

# ALBA retreat

6 September 2025

The Noble Eightfold Path

*Led by Martin Evans*

<https://accesstoinsight.org/tipitaka/dn/dn.09.0.than.html> tree acquisitions of a self

<https://www.accesstoinsight.org/ati/tipitaka/sn/sn12/sn12.038.than.html> whatever they want, it comes to be otherwise

“A life without Sila is like a car without brakes”

<https://www.accesstoinsight.org/tipitaka/sn/sn25/sn25.003.than.html> faith follower, Dhamma follower, stream entry

<https://www.accesstoinsight.org/ptf/dhamma/sacca/sacca4/samma-vaca/index.html> RSpeech <https://www.accesstoinsight.org/tipitaka/mn/mn.058.than.html> The criteria for deciding what is worth saying

Gratitude et Respect à Nick Carol pour ses enseignements, comme source d'inspiration et de détermination.

The criteria for deciding what is worth saying:

[1] "In the case of words that the Tathagata knows to be unfactual, untrue, unbeneficial (or: not connected with the goal), unendearing & disagreeable to others, he does not say them.

[2] "In the case of words that the Tathagata knows to be factual, true, unbeneficial, unendearing & disagreeable to others, he does not say them.

[3] "In the case of words that the Tathagata knows to be factual, true, beneficial, but unendearing & disagreeable to others, he has a sense of the proper time for saying them.

[4] "In the case of words that the Tathagata knows to be unfactual, untrue, unbeneficial, but endearing & agreeable to others, he does not say them.

[5] "In the case of words that the Tathagata knows to be factual, true, unbeneficial, but endearing & agreeable to others, he does not say them.

[6] "In the case of words that the Tathagata knows to be factual, true, beneficial, and endearing & agreeable to others, he has a sense of the proper time for saying them. Why is that? Because the Tathagata has sympathy for living beings."