

## Finding Gil's Dharma talks and meditations for the Eight-Fold Path

If you are not up to speed on the four noble truths, here is a quick overview:  
Suffering is to be seen, to be recognized, to be known. Suffering arises due to Ignorance and craving. When we can let go of craving, suffering ceases. The way we learn to go is by cultivating the Eight-Fold Path.

<https://www.audiodharma.org/speakers/1?page=22>.

<https://www.audiodharma.org/series/12393> These are the dharma talks only

Date presented	Title and link	Type	Date for us	Notes
10.26.20	<a href="#">Practicing with Here</a>	Meditation	9.16.21	1
10.26.20	<a href="#">Eight-Fold Path (1 of 2)</a>	Dharmette	9.16.21	
10.27.20	<a href="#">Meeting the Sage Within</a>	Meditation	9/23/21	2
	<a href="#">Eightfold Path: Introduction (2 of 2)</a>	Dharmette	9/23/21	
10.28	<a href="#">Mindfulness as Observation</a>	Meditation	9/30	3
	<a href="#">Eightfold Path: Right View (1 of 3)</a>	Dharmette	9/30	
10.29	<a href="#">Freedom with Change</a>	Meditation		4
	<a href="#">Eightfold Path: Right View (2 of 3)</a>	Dharmette		
10.30.20	<a href="#">Breath Counting for Freedom</a>	Meditation		5
	<a href="#">Eightfold Path: Right View (3 of 3)</a>	Dharmette		
11.1.20	<a href="#">Alert and Next to Nothing</a>	meditation		From weekend missing on 11.2
11.2.20	<a href="#">Eightfold Path: Right Consideration (1 of 3)</a>	dharmette		1
11.3.20	<a href="#">Guided Meditation on Stillness</a>	meditation		2
11.3.20	<a href="#">Eightfold Path: Right Consideration (2 of 3)</a>	dharmette		
11.4.20	<a href="#">Giving Birth to the World</a>	Meditation		3
11.4.20	<a href="#">Eightfold Path: Right Consideration (3 of 3)</a>	Dharmette		
11.5.20	<a href="#">Mindfulness as Truth-Telling</a>	meditation		4
11.5.20	<a href="#">Eightfold Path: Right Speech (1 of 3)</a>	dharmette		
11.6.20	<a href="#">Holding All Things in our Heart</a>	meditation		5
11.6.20	<a href="#">Eightfold Path: Right Speech (2 of 3)</a>	Dharmette		
11.9.20	<a href="#">Relating Kindly without Strain</a>	meditation		1
11.9.20	<a href="#">Eightfold Path: Right Speech (3 of 3)</a>	Dharmette		
11.10.20	<a href="#">Guided Meditation: Mindful Harmlessly</a>	Meditation		2
11.10.20	<a href="#">Eightfold Path: Right Action (1 of 3)</a>	Dharmette		
11.11.20	<a href="#">Guided Meditation: Mindful Generously</a>	Meditation		3
11.11.20	<a href="#">Eightfold Path: Right Action (2 of 3)</a>	Dharmette		
11.12.20	<a href="#">Guided Meditation: Contentment</a>	Meditation		4
11.12.20	<a href="#">Eightfold Path: Right Action (3 of 3)</a>	Dharmette		
11.13.20	<a href="#">Active and Receptive Mindfulness</a>	Meditation		5
11.13.20	<a href="#">Eightfold Path: Right Livelihood (1 of 1)</a>	Dharmette		

