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Sacramento Insight Meditation,  
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Resources (next page)

Readings, Audio courses, video  
courses

Recommended additional  
readings:

Lewis Richmond, *“Aging as a  
Spiritual Practice”*

Ezra Bayda, *“Aging for Beginners”*

Sylvia Boorstein, *“Pay Attention for  
Goodness Sake: Practicing the  
perfections of the heart, the  
Buddhist path to kindness”*



## Resources for the study of the paramis

### Readings

Sylvia Boorstein (overview to her book: *Pay Attention for goodness sake*)

<https://www.buddhistinquiry.org/article/the-paramis-heart-of-buddhas-teachings-and-of-our-own-practice/>

Ajahn Sucitto (*Parami: Ways to cross life's floods*)

<https://holybooks-lichtenbergpress.netdna-ssl.com/wp-content/uploads/Parami.pdf>

Thanissaro Bhikku (*The Ten Perfections: A Study Guide*) (framework is discernment)

<https://www.accesstoinsight.org/lib/study/perfections.html>

Guy Armstrong (background on the paramis)

[http://media.audiodharma.org/documents/ParamisHandouts2010/TheParamis\\_GuyArmstrong.pdf](http://media.audiodharma.org/documents/ParamisHandouts2010/TheParamis_GuyArmstrong.pdf)

Acariya Dhammapala (A Treatise on the Paramis)

<https://www.accesstoinsight.org/lib/authors/bodhi/wheel409.html>

### Audio/ Podcasts/Video Courses

Insight Meditation Center-Redwood City (Parami Course) (Gil Fronsdal & Others)

<https://www.insightmeditationcenter.org/books-articles/articles/theparamis/>

Thanissaro Bhikku (4 week retreat through Tricycle)

<https://tricycle.org/trikedaily/what-are-ten-perfections/>

Common Ground Meditation Center-Minnesota (Audio Course)

<http://buddhiststudies.commongroundmeditation.org/ten-paramis>

Jack Kornfield (audio)

<https://jackkornfield.com/heart-wisdom-ep-36-the-ten-perfections/>

# Clarification on ordering and purpose

## Theravada (paramis)

- Generosity (dana)
- Virtue (Sila)
- Renunciation (nekkhamma)
- Wisdom (panna)
- Energy (viriya)
- Patience (khanti)
- Truthfulness (sacca)
- Determination (aditthana)
- Lovingkindness (metta)
- Equanimity (upekkha)

Note: generosity, virtue, patience, and truthfulness can be developed strongly in daily life; aspects of energy, wisdom and equanimity may developed more strongly through meditation) Renunciation (letting go) and determination (persistence and effort) enable the others.

See Guy Armstrong's discussion of the historical background differentiating the traditions.

## Mahayana (paramitas)

- Generosity
- Virtue
- Patience
- Energy
- Concentration
- Wisdom

(viewed as a sequence of development)

The two accumulations required for liberation:  
(merit & wisdom)

” for liberation, we need to perform a lot of wholesome actions, and generate a great deal of insight .” The six paramitas denote the balance.

Note that the Theravadan version of the ten is embedded in the Mahayana six.

## *Contemplation of the paramis—aspects of the dharma talk*

- Brief overview of the readings & audio provided as suggestions for future study.
- Note: The paramis are the Bodhisattva path and are a great bridge in aspirations between generations. It can be used as a life review for those who are toward the end of their life, and a clarifying heart practice for those who are younger and beginning their journey.
- In your individual inquiry into the paramis, frame your exploration of each of the ten with the following categories: who, what, when, where, why, and, how. See example.
- Questions in small group: *Describe a time in your life when someone was generous toward you. How did the gesture make you feel? Did the offering of generosity inspire you to pay such kindness forward, and if so, in what ways?*

### *Example using generosity:*

- **Who** do you find yourself most generous with; who is more difficult?
- In **what** ways are you generous? Monetarily, in time, in service?
- **When** are you generous? Time of day, time of year, end of year to get a tax write-off? Seasonal with animal migration.
- **Where** are you generous? In the sangha? In social service agencies serving the poor? Doing coastal clean-up?
- **Why** are you generous? Is it about your need to be wanted? Is it about developing reciprocity? It is about leaving a legacy? Is it about “pay it forward” for an act of generosity shown you?
- **How** do you make connections to allow for generous actions? How do you organize your life to encourage generosity?
- Ask these types of questions for all of the paramis. Write down your initial reflections. Take time to reflect on the answers, and continue to expand for each of the paramis as this journey of discovery unfolds.
- Notice the mind states and feel states that arise in your exploration.