



Mindfulness for Daily Living

How the **Ten Perfections** (*ten paramitas*) provide us a **guide** to
“Navigate the River of Life”

GENEROSITY
VIRTUE
LETTING GO
WISDOM
ENERGY
PATIENCE
TRUTHFULNESS
DETERMINATION
LOVING KINDNESS
EQUANIMITY

Ten Perfections:

Giving: Loosening the grip of greed and hate.

Virtue: Engaging in proper conduct – one is blameless, having peace of mind.

Letting go: Letting go of what binds us to suffering and ignorance.

Wisdom: Seeing the true nature of our experiences and the world.

Energy: Striving in spite of obstacles.

Patience: Tolerating and accepting situations we cannot change.

Honesty: Not deceiving others.

Determination: Focusing on achieving a goal.

Loving-kindness: Cultivating good will, kindness and friendliness.

Equanimity: Being even-minded, impartial and open to uncertainty.

“Were there a mountain all made of gold, doubled that would not be enough to satisfy a single man: know this and live accordingly.”

- *Samyutta Nikaya*

“One may conquer in battle a thousand times a thousand men, yet he is the best of conquerors who conquers himself.”

“Hatred does not cease by hatred, but only by love; this is the eternal rule.”

“One should not pry into the faults of others, into things done and left undone by others. One should rather consider what by oneself is done and left undone.”

- *The Dhammapada*

"Monks, I know not of any other single thing that brings such woe as the mind that is untamed, uncontrolled, unguarded and unrestrained. Such a mind indeed brings great woe; Monks, I know not of any other single thing that brings such bliss as the mind that is tamed, controlled, guarded and restrained. Such a mind indeed brings great bliss."

- *Anguttara Nikaya*

Key points discussed in class:

- Exploring feelings and emotions experienced in daily living situations.
- How problems often appear bigger than they actually are.
- Labelling emotions and feelings.
- A “bad” thing may eventually turn out into a “good” thing.
- Considering alternative explanations for situations.
- How we learn/improve from a situation.
- Developing gratitude, patience and forgiveness
- Changing our attitude towards problems (opportunities to develop spiritual qualities).
- How meditation practices can help.