

**Ten Perfections of the Heart - A Year of Practice – Month 1 (1/11/2025) Home Practices: Gratitude & Generosity**

**Next class: Friday, 2/14/25 - 6:00 – 8:30 PM ET**

- 1) **Sit every day.** Try sitting for a minimum of 15 -30 minutes per day (more if able). Please practice your meditation in silence. If you use an app, try silence several times a week.
- 2) **Ajahn Sucitto's book:** *Pāramī: Ways to Cross Life's Floods*, will be our shared text. **Please read**, "Crossing the Floods" starting on **page 11-29** & Generosity **31-40**. [Link here](#) (book will be mailed to you)
- 3) **Setting A Year Long Intention, Vow, Dedication:** Finish writing your year long intention, vow, dedication. (What is my motivation in the Ten Perfections of Heart-A Year of practice? What is my aspiration in life? What is my intention/vow right now?) Then put it someplace where you keep special things. Then, as you go through the year, let it be your compass, your underlying direction, in spite of changing outer circumstances. Let it carry you.
- 4) **The Paramis-**
  - **Read this list every day: Generosity, Virtue or morality, Renunciation or letting go, Discernment or wisdom, Energy, Patience, Truthfulness, Resolve, Loving-Kindness, Equanimity and Gratitude**
  - **Ask yourself each day**, "What is going to take me you out of stress, discontent right now?" Listen for the answer.
  - **Initially one brings the topic to mind** - this is helpful and useful - it means that the parami gets built-in as a frame of reference. **Do your best to build in Gratitude & Generosity.**
  - **The gathering stage** is when you apply the parami in the face of its opposition. (Something in you doesn't want to bother, other people don't see the point, not convenient to do so) **Do your best to apply Gratitude & Generosity in the face of opposition.**
- 5) **Gratitude Parami Practices**
  - **Gratitude is** appreciation, thankfulness, gratefulness. Gratitude is the capacity to take delight in life, in this moment in being alive! Gratitude is the ability to let ourselves feel joy and wonder. Our life rests on the lives of so many lives.
  - **Until buddy groups are formed**, write down in a journal or word document or say them out loud to yourself. 3 gratitude's each day. **When you know your group from CIMC, Text or e-mail your buddies 3 things** you are grateful for each day. Can be anything.

## 6) Generosity Parami Reflections & Practices

- **Dana is the Pali word for generosity or giving. Dana refers specifically to taking delight in giving.** To recall acts of generosity is not conceited or egotistical-rather we can use it to see all the choices in the world. To see that we care about ourselves and others to make a skillful choice. We give rather than hold on. We give up rather than hoard. We let go rather than cling. To delight in choices is to delight in goodness.

### **Reflections for yourself and to discuss in Buddy Groups before next class:**

- Reflect on your attitudes and beliefs about generosity which were likely conditioned by how generosity was viewed and practices in your family or culture. What are your beliefs about generosity? Do you have beliefs that interfere with being generous and what beliefs interfere with acting on your impulses to be generous? Consider the validity, usefulness of these beliefs.
- Contemplate the ways that it benefits you to be generous to someone else. Reflect on your attitudes, beliefs & feelings about receiving generosity

### **Practices for yourself and to discuss in Buddy Groups before next class:**

- **When you have the thought to be generous, simply, do it.** Notice what happens next. What feelings arise? What thoughts arise? **Then pay attention as you give.** What feelings arise? What thoughts arise? Finally, **after you have been generous (or after you have not been generous)** investigate. What feelings arise? What thoughts arise? **Try exploring different ways of being generous.** (caring, time, energy, service) Explore what is the motivation underlying the moment of generosity? Look in the day for what undermines the motivation. “Generosity becomes stronger and more delightful the more we engage in it.”-Joseph Goldstein.

#### **Below Practices (pick at least 2 during this month cartwheels if try all)**

- **For 15 minutes a few times each week, try offering respectful attention to everyone you meet or talk to.** Take the other person’s point of view. Let the person: in, the zoom room, your home, a friend, your neighbor, roommate, child, partner- be the most important person around. Give your full attention to them physically. Put your device(s) away. Look at the person. Listen carefully. Open your heart. Be there without pushing an agenda. Simply Listening.
- **During this month** find an occasion where you can bring food (e.g. a nice snack) to share with people who would not expect you to bring food. Notice what effect your gift has on these people. Also notice how it affects you to have done this.
- **During this month** find an occasion where you can give something anonymously to a person you have some direct contact with. Be mindful of what you are feeling as you are considering this act, while you are doing it, after it is done.

- **During this month** look for an opportunity where you want to do something generous that feels like a challenge or a stretch for you to do. Act on your wish and explore what you feel and think before, during, and after doing it.

## **HAVE FUN!**

**7) Agreed upon Guidelines for Yearlong Program.** *Practicing the ways below, together, every month can support us in our everyday lives thru noticing our immediate reactions. Remembering that we have an opportunity to pause, check in, & choose how we respond.*

- **Show up. Pay Attention.** Speak your truth without blame or judgment. Let go of outcome and be open to outcome.
- **All perspectives are welcome here.** Notice your reaction to what is shared and have that be your practice in that moment.
- **Everything we do here is voluntary.** It is a courageous & generous act to share. It is a compassionate & generous act to deeply listen.
- **Speak about what's alive for you in this moment from your heart,** your own experience, refrain from intellectual or philosophical sharing or long story telling, notice if may be judging or blaming another's perspective. ***Is it possible to talk from a place of kindness and love?***
- **Notice what arises as you speak.** Are we in touch with what is true and alive or we wanting to impress, to feel important, to be liked?
- **Listen deeply; notice what arises within you** as you listen. Where do we go when someone says something we agree with? When we hear something that triggers us?
- **Please be lean of expression,** meaning be mindful to stay on point vs. going tangential. We are a large group, and it would be good to hear from as many voices as possible. WAIT "Why Am I Talking?" Wait?
- **If you've already spoken,** think twice before choosing to speak again as it would be good to hear from those who have not yet
- **Please refrain from offering advice** unless it is specifically solicited or unless you ask the person's permission.
- **Please honor confidentiality.** If you need to share with others out-side of this circle, please share from your own direct experience not that of other members in the sangha.-community
- **The next three were added from the workshop:**
  - **Trust your heart** that we all have the capacity to work these guidelines and paramis.
  - **Non-Harming yourself or others** with the words you are expressing

- **Pause** before you speak