

Ten Perfections of the Heart – A Year of Practice – Month 3 (3/14/25) Home Practices

Parami: Gratitude & Generosity

Next class: Friday, 4/11/25 6:00 – 8:30pm ET

- 1) **Sit every day.** Try sitting for a minimum of 15-30 minutes per day (more if you are able). Please practice your meditation in silence. If you use an app- try silence several times a week.

- 2) **Gratitude & Renunciation Buddies: *Text or e-mail your buddies 3 things you are grateful for each day.*** **Also meet either in person, on zoom, or on Facetime, with your buddies** once this month. Share what you learned about renunciation.

- 3) **Ajahn Sucitto's Pāramī:** Ways to Cross Life's Floods, will be our shared text. **Please read pages 55-70. [Link here.](#)**

- 4) **Renunciation – *Nekkhamma* (pali word for renunciation)**
 - Is not getting rid of the things of the world, but accepting that they pass away. The only choice is to let go. The truth of impermanence teaches us that no matter how desperately we hold on to anything, it is already in the process of leaving us. Our choice is whether or not we suffer in the unavoidable arrivals, departures, beginnings & endings in our lives.
 - **Great Tips:** *Reframing deprivation as non-addiction. Saying no thanks- not now, indicates we have a choice-* or like Tulku Urgen said, we can practice Renunciation for short moments, that is within our power-so we cultivate the habit of Renunciation for short moments, many times- that becomes a more wholesome & doable habit.

- 5) **Recollect Parami Practice-**
 - **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 renunciation this month.
 - **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 Renunciation in the face of opposition.
 - *Continue the parami of generosity giving & receiving.*
 - *Continue the parami of non-harming*

- 6) **Renunciation Reflections & Practices:** lots of ways listed, practice what you can
Reflections:

1. What are your concerns and views about the value of renunciation? What reservations & fears do you have about the practice of renunciation? What is attractive to you about this practice? In what ways do you understand renunciation differently than the practice of letting go?
2. In what areas of your life could you benefit from practicing renunciation? What motivations or impulses would renunciation help to overcome in those areas? What motivations & understandings would make renunciation easier? Write down a list of all ways you might benefit from renouncing particular things. (bring to class in April)
3. Under what circumstances is it difficult for you to let go of things you want to let go of? In what circumstances is it easiest? What inner states of being support skillful letting go? What inner states make it difficult?
4. What would be the single most useful thing for you to let go of?

Renunciation Practices: **scroll down for ideas from class too**

1. Look for an instance when you are strongly clinging to something. Spend some time observing & reflecting on the clinging. Don't try to let go. Rather take the time to get to know as much as you can about the clinging.
2. Choose something you do regularly to renounce for a day. Throughout that day, investigate & consider how this renunciation might benefit you. Does the act of renouncing help highlight things about yourself that you had not seen before?
3. Find situations where you can give something up out of compassion or concern for others. What is it like for you to give something up when it is motivated by compassion?

** And below are some extra thoughts shared in class from Joseph Goldstein that you can use if helpful for you. Look at habit of trying to maintain pleasant moments & avoid unpleasant one-The Buddha said "as long as there is attachment to the pleasant & aversion to the unpleasant liberation is impossible"- **see it not as giving up addiction to pleasure- more on the playing field of freedom...Ahh here is where freedom lies- choosing happiness, choosing freedom.**

1. **What are our compelling familiar habits?**
2. Explore the habits- **Which are skillful? Which are not serving us?** Which habits might be up for some letting go
3. Investigate further: **What is the mind state from which each habit arises?**
4. **Once we have seen the power our habits have over us, we can gently begin letting go of the unskillful ones.** When you have an impulse, try not following it. Ask yourself if there could be a way of doing it differently or of not doing it. **Practice letting go of a moment's desire, then watch closely for what arises, what happens next.**

5. ***How do you feel in the moment when the habit of craving slips away?*** This can be a very rich, very revealing opportunity to **see the power of the wanting mind & feel the relief of its release.**

HAVE FUN!