

Ten Perfections of the Heart – A Year of Practice – Month 5 (5/9/25) Home Practices

Parami: Energy

Next class: Friday 6/13/25

- 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.
- 2) **Gratitude & Wisdom Buddies: Text or e-mail your buddies 3 things you are grateful for each day: Also meet in person, zoom, Facetime, text, e-mail with your buddies** once a week or once this month. Share what you learned re: Energy
- 3) **Ajahn Sucitto's Pāramī:** Ways to Cross Life's Floods, will be our shared text. **Please read pages 93-107. The chapter is "Stewarding Resources"**
- 4) ****Recollect Parami Practice- ****
 - **Initially one brings the topic to mind**-this is helpful & useful-it means that the parami gets built-in as a frame of reference. ***Do your best to build in Energy in 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 Energy in the face of opposition.***
 - a. *Continue the parami of Generosity: giving & receiving.*
 - b. *Continue the parami of Non-harming*
 - c. *Continue the parami of Renunciation*
 - d. *Continue the parami of Wisdom*

***** New Home Practices – (Read all the HP & do the HP that makes sense for you at this time- HAVE FUN)**

- 5) **Viriya -Energy:** Often translated as energy-can also be defined as perseverance, strength, courage, vigor & vitality. Viriya- is the willingness to stay with what is. When we use it wisdom grows. The more we use it the stronger it becomes. As we use it, we are developing strength of mind.

The Buddha talked about the 4 great instructions, that call for Viriya. **

- **Guarding:** Applying energy to avoid or prevent the arising of harmful, unwholesome, unskillful states that have not arisen.
- **Abandoning:** Applying energy to reduce, abandon, let go of harmful, unwholesome, unskillful states that have already arisen.
- **Developing:** Applying energy to encourage, arouse beneficial, skillful wholesome qualities that have not yet arisen.
- **Sustaining:** Applying energy to enhance, increase, cultivate beneficial, skillful, wholesome qualities that have already arisen.

(scroll to bottom for more info on the above)**

6) **Viriya: Reflections & Practices:**

Reflections: (from class)

- **Reflect on:** How you experience physical vitality? Mental vitality? What makes you feel more energetic? What drains your energy? Does spending time with other people bring you energy or drain your energy? Is spending time alone energizing or not? Is meditation energizing or not? What activities bring you a balanced sense of vitality?
- **Reflect on:** What is the relationship between your interest & your level of energy? What motivations tend to energize you? What emotions tend to increase or decrease your vitality? How does desire, fear, and aversion play in how energized you are? What role does compassion have?
- **Reflect on:** How do you decide what to apply energy to? Of all the things a person could do, how do you choose where you apply your energy?

JG-MK Practices: Please Share with you Buddies, what you learned. ☺

1. Begin by exploring distractions

- Investigate all the different times in the day & the different ways you do something that distracts the mind. Are you wasting time?
- Make a list of these distractions. Look to see if there are habits at work beneath the surface.
- What is it you want to distract yourself from? Investigate to see if the distraction is a retreat from boredom or unpleasant body sensations, restlessness or fear.

2. Viriya is meeting the difficulty. Viriya is energized by challenges. It is inspired by difficulties & faces them with courage. Investigate further:

- Begin to notice when in life you tend to retreat from difficulties.
- What would it look like to meet a common moment of suffering with Viriya?
- Challenge yourself to play outside of your comfort zone.
- Pay particular attention to the quality of your energy. This is a powerful force that needs a gentle touch.

3. Go deeper. When resistance arises as you work with viriya, use the moment as an opportunity to more deeply investigate the nature & power of resistance.

4. During the month, consciously do a couple of generous & compassionate activities, notice your energy level before, during, & after doing these things. What affects the amount of energy you have for these activities? How can you appropriately apply more energy in these activities?

5. Choose some ordinary household chores you often do. Give your full attention to doing them. Engage in these activities with your whole body. Turn off technology phone, etc - In same way you might let go of distracting thoughts to return to the breath in meditation, let go of distractions that take you away from being present for your chores-including thoughts-How does

working in this way affect your energy.

(Scroll- HERE IT IS):** -For the next 4 weeks, spend 15 minutes each week focused on one of the 4 energy-efforts, doing a different one each day. In this way, you are doing something that makes you stretch and is worthwhile. This strengthens the heart & mind. Use your energy wisely- Instead of adding more things to get done, deepen the quality of what you put into your actions. Most importantly...**HAVE FUN**

Remember-Viriya is practicing hopefulness. - Viriya is an ideal-a direction that you are going. It is a practice- it's energy. It is a practice that you can do.

Guarding -Avoiding Unskillful States-The energy to **avoid the harmful, unskillful, unwholesome, states of our bodies, hearts, & minds that have not arisen.** Wise avoidance is not aversion or rejection but the recognition that not all experiences in life are conducive to our well-being. We may be faced with overt conflicts in our lives yet we appreciate that there are times when habit takes us to places that are far from where we wish to be. Habits can be ways we wear down our inner well-being. Habits like-judgment, fantasy, obsession cloud our capacity for trust, wholeness. We learn wise avoidance in understanding that those paths do not offer understanding or well-being. **We are invited to turn toward our lives, to explore where we are fostering pathways of sorrow and where the pathways of happiness lie.**

Abandoning -Letting go of Unskillful States-The energy to learn to let go of, **reduce, release ourselves from the confusing, harmful, unskillful, unwholesome states that drive us into separation, confusion, complexity in our hearts/minds.** Greed, anger, hatred, jealousy, obsessions, struggles, divisions are to be released because they lead to further sorrow, fear, and conflict. We learn not to judge ourselves, but instead to explore, engage, embrace them gently in our body, heart, mind, and life. **With kind attention and tenderness** they will be transformed.

Developing -Awakening the Dormant Qualities within The energy to **encourage, inspire, arouse the healing, beautiful, wise qualities of heart, mind that lie dormant within us.** It is wise energy that gently nudges those seeds from dormancy into life. (In the midst of our impatience in a traffic jam, or on line at the store, we surprise ourselves by encouraging kindness. Turning away from a homeless person asking for money – we pause and remember compassion. In moments when we feel confused-we remember we have the capacity to listen, find connectedness.) We remind ourselves that **calm, ease, are possible and we encourage them.**

Sustaining: Cultivating a Heart & Mind of Wisdom - The energy to foster, **nurture, enhance the skillful, beautiful, wholesome qualities of our being that are present within our heart & mind.** Calmness, patience, generosity, gratitude, loving kindness, compassion arise, and **we learn to be intimate with them.** How do we

experience them in the body, heart and mind? How do they change our perception of and relationship to people, events, ourselves? **Learning how to marinate, nourish and support these lovely qualities.**