

Ten Perfections of the Heart – A Year of Practice – Month 6

(6/13/25) Home Practices

Parami Home Practices: Patience

Next class: Friday 7/11/25

- 1) **Sit every day.** Try sitting for a minimum of 15-30 minutes per day. **At a time of unpleasant or what seems like uninteresting experience, focus on bringing the quality of Patience to it. Notice any resistance to the experience. Mindfully, bring the quality of patient kindness into the experience. *** Also, “Allow each moment to take its own time” *****
- 2) **Gratitude & Patience** *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: Patience & impatience.
- 3) **Ajahn Sucitto’s Pāramī: Ways to Cross Life’s Floods.** *Please read the chapter “Bearing with Life” pp113-130.*
- 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 Patience 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 Patience 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*
 - e. *Continue the parami of Energy*

Khanti; Often translated as **Patience** endurance, forbearance, forgiveness, gentleness, kindness, compassion, strength, and constancy

- Patience is the ability to be with things as they are
- What we are practicing here is the mind of letting go.
- Freedom is not simply doing what we want when we want. That is addiction.
- Freedom is the ability to choose wisely.
- Patience is a long enduring heart/mind
- When the mind is calm or tranquil, it is not impatient.

Read ALL the Practices & do the ones that make sense for you at this time -HAVE FUN**

5) Be aware of impatience & patience in your sitting & daily life practice...

Practice patience, practice pausing.

- a) **Gentle forbearance:** When impatience is triggered, can you tap into a deeper reservoir of intention/motivation to do no harm?
- b) **Calm endurance under hardship:** in a frustrating situation, it helps to pause and/or to ask the question, “What would being patient mean right now?”
- c) **Acceptance of the truth-** Accepting experience as it is—rather than how we want it to be. Remembering that everything is continually changing and acceptance of “things as they are” can take a long time to evolve. It is skillful to develop a long-enduring heart.

6) Khanti: Reflections & Practices: (Learn the happiness of being with what is)

- **Reflect on:** What personal obstacles you might have that interfere with gentle forbearance or persevering with a challenging activity. What abilities & understanding do you have that help you to stick with doing something you have committed yourself to?
- **Reflect on:** How do you generally respond to hardship? How do you generally respond to anger & insults directed at you? Under what circumstances are you most reactive to anger toward yourself? What abilities, practices, understandings do you have that help you to be patient or non-reactive to hardship or anger & insult? What benefits come from being patient or having calm endurance while under hardship or while being insulted?
- **Reflect on:** what attitudes do you have toward forgiveness? Under what circumstances are you willing to forgive someone? When is forgiveness difficult for you? Are there areas in your life where it would be useful to forgive?
- **Reflect on:** Are there things that you are not willing to look at, to be honest about? Are there some things you believe are true that you resist? When can acceptance of the truth help you to be more at ease?
- **Ask yourself:** What is important in my life? What do I value in this moment? Where is ease & freedom in this moment? Can I pause & stand calmly now?

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

1. **Track the number of times in a day** you experience impatience. What type of circumstances, tend to give rise to impatience for you? Make a list.
2. **Expand your attention** to what mind states might be associated with impatience, such as restlessness, rushing, frustration, aversion, resistance, non-acceptance.
 - a) How are these mind states related to impatience? How & when do they arise?
 - b) Investigate the different degrees & tones of impatience.

Grosser level -Ask, "What is my attitude?" Subtler level watch for what happens in the mind in the exact moment you ask the question? Sometimes, the mind is already shifting from restlessness or aversion as you ask the question. See that you can move out of restlessness, even if it is only a moment. Even if it returns.

3. Now we go deeper. Look for how impatience may arise from a choice in your mind, not only because of a specific situation.

a) You can decide to get into mental projections... **or not**. Watch closely for them & remember, it is not necessary to act on them. Imagine you have a remote control, practice changing the channel.

b) See if you can notice a pattern of particular things that trigger impatience. Watch for subtleties of impatience. EX, watch for impatience during meditation, it is just a moment of impatience. It is not necessary to act on it.

4. It is also important to investigate the different nuances that arise when you are feeling patience not just impatience.

a) Ask yourself, "What else is present?"

b) Is it patience or resignation? Patience is allowing, enduring, constancy, not resignation.

c) Pay attention to those times when you consciously decide to be patient or when you are just naturally patient. Investigate; get to know, that quality of mind.

d) See if you can catch the movement when patience becomes impatience & when impatience becomes patience.

OR try these daily life activities:

5. **Choose a task**, that you regularly avoid doing or which you often procrastinate about. Engage in the task & stick with it until it is done. When you are done, reflect what that was like.
6. **If you become angry**, do your best to not do or say anything out of anger. What happens inside of you when you hold your anger in check? What do you have to do in order to keep your anger in check? What are the benefits & disadvantages of this?
7. **Choose one person**, you are angry or irritated with, or who you feel hurt by. Reflect on what it would take for you to be able to forgive this person. (Don't use your most difficult person)

HAVE FUN SENDING LOVE & VIRTUAL HUGS & Heart Wheels

