

Parami Home Practices: Truthfulness & Patience --Next class, Friday-September 12th

- 1) **Sit every day.** Try sitting for a minimum of 15-30 minutes per day.
- 2) **Gratitude & Truthfulness** *Text or e-mail your buddies 3 things you are grateful for each day.* Also meet in person, or zoom, Facetime, text, e-mail with your buddies once or Twice over the 2 months. Share what you learned re: Truthfulness in July & in August- Patience or any of the other 5 paramis.
- 3) **Ajahn Sucitto's Pāramī: Ways to Cross Life's Floods.** *Please read the chapter "The Fullness of Truth" pp133-151.*
- 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 Truthfulness 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 Truthfulness 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
 - f. Continue the parami of Patience

*****New Home Practices --Starts Here** (Read ALL the HP as there are 2 months in this HP. Do the HP's that makes sense for you at this time-**

- 5) **Sacca; is the Pali word which we translate as truthfulness or straight forwardness and specifically keeping one's promises.** Sacca asks us to see things as they are - to understand truth. Therefore, this path is a promise, a pledge to the truth. Dharma means truth. Dharma practice means living a life of truth. Sacca also means acting & speaking in accord with the truth, which includes the qualities of loyalty, trustworthiness, honesty, and sincerity.
- 6) **Helpful hints for sacca: (From JG) Joseph quote on unworthiness at end of HP-**
-Truthfulness is the antidote to self- delusion- (even before one explores wise speech, wise action, this parami includes being truthful about one's own mind.
 - Ask the question, "Are we really seeing ourselves truthfully?"
 - Are we observing our acts of body, speech, mind truthfully?

- Watch habits that give rise to moments of “almost true”

- Investigate Deeper:

- Acknowledge any defilements of the mind, that are unwholesome. Ex: greed, hatred, delusion, conceit, wrong view, doubt, torpor, restlessness, shamelessness, recklessness.
- Try recognizing & opening to any defilement separately. See it’s arising. What are its habit patterns? Unwholesome patterns in the mind often go unnoticed. Also ask, are we acknowledging that which is wholesome? What wholesome habits are here as well?

-Observing Truthfulness: watch for unskillful patterns of speech, minimizing, exaggerating, unkind humor, participating in gossip.

- Look out for obvious patterns & ordinary speech for things you say that are almost true. Look carefully at the underlying motive. Investigate these motives when saying something untruthful in social situations. (motive behind an untruthful response at work?)
- Investigate recurring patterns & habits.
- Two important parts of this practice are: investigating what our motivation when we know we are not being truthful & getting to know what habits may be at play or unnoticed.

7) Sacca: Reflections & Practices: (Talk over with Buddies) HAVE FUN!

Reflections:

- **Reflect on:** What has been your history with truth? What did you learn about being truthful growing up? What teachings have you received about truthfulness? What experiences have influenced your attitude toward being truthful? What is your attitude & beliefs about being truthful?
- **Reflect on:** How would you assess the strength of your commitment to being truthful? What are the conditions that make it easier for you to be truthful? Under what circumstances is your commitment to truthfulness compromised? When do you believe it is ok to not be truthful?
- **Reflect on the acceptance of truth:** 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?
- **Reflect on:** As many benefits that you can come up with about being truthful.
- **Reflect on:** the areas where you could improve your truthfulness.
- **Ask yourself:** What is important in my life? What do I value in this moment? Where is truth & freedom in this moment?

Truthfulness Practices: Please Share with you Buddies, what you learned. ☺,
Until September you are invited to practice speaking truthfully, kindly, with awareness. You are invited to refrain from false & harmful speech. The Buddha considered wise speech so important that it is one of the Eightfold Noble Path

factors. ***This is a great practice!*** And you will need to practice patience before, during and after your wise speech practices!

Wise Speech has 4 qualities:

- **always** truthful & honest,
- **uplifting**, harmony producing-not malicious, unkind or dividing.
- **gentle**, -not crude, rude or harsh.
- **moderate and useful** -not idle, trivial or gossip.

*****A simple test is to ask ourselves..Is it true? is it kind, is it beneficial?
Does it harm anyone? Is this the right time & right place to say something?

- Watch carefully, for 2 weeks**, over you speech and do your best to only speak what you are confident is truthful. Do your best to avoid 1) exaggerating or minimizing 2) repeating as if true things that you have heard or read but don't actually know for yourself, 3) the common lies of everyday conversation (e.g. saying 'fine' when you are not when some asks how you are).
- For 2 weeks, spend 5 minutes a day** after formal meditation considering if there is anything you have not really admitted to yourself. Are there any truths that you have been avoiding?
- Spend another 2 weeks being as committed to truthfulness** while not causing anyone any unnecessary hurt. Notice the effect this has on you, your conversations & on others.
- Spend another 2 weeks noticing when the tone of your voice** is conveying a different message than your words. Find ways that you could be more truthful so that your tone & words match?

8) *Parami recap 134-136 – Read & Talk over with Buddies*

9) *Reflect on Joseph's Quote from One Dharma: "Seeing unworthiness as a wrong view of ourselves helps make it something we can work with. Instead of thinking there is something fundamentally wrong with the way we are. We see it as the very thought of being unworthy that is the problem."*

SEE YOU IN SEPTEMBER! ENJOY THE SUMMER! HAVE SOME FUN! SENDING LOVE & VIRTUAL HUGS & Heart Wheels