

**Parami Home Practices: Resolve --Next class, Friday-October 10th**

- 1) **Sit every day.** Try sitting for a minimum of 15-30 minutes per day.
- 2) **Gratitude & Resolve** *Text or e-mail your buddies 3 things you are grateful for each day.* Meet in person, zoom, Facetime with your buddies –share what you are learn about Resolve
- 3) **Ajahn Sucitto's Pāramī: Ways to Cross Life's Floods.** Please read "Resolve" pp153-169.
- 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 Resolve.***
  - **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 Resolve 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*
    - g. *Continue the parami of Truthfulness*

***\*\*\*New Home Practices –Starts Here\*\* (Read ALL the HP & do the HP's that makes sense for you at this time- HAVE FUN)***

- 5) **Aditthana; is the Pali word which we translates as Resolve or Resoluteness is used to designate the 8<sup>th</sup> parami.** It's the capacity to set a direction in life, to pursue it with courageous energy and patience despite obstacles to its attainment. It is the unshakeable spirit in us that calls us to stick to our course with the kind of dedication the Buddha had on the night of his enlightenment, So, it means determination, tenacity in following an aspiration. It is described as unwavering, faithful. It is connected to achieving one's aspiration or goal. What is needed is to investigate what is required to realize one's aspirations. "There are 4 grounds for resolve: the resolve on wisdom or determination, on truth, on relinquishment and on calm."(M.140.11)

***\*\*Parami means purification of the heart- the application of Resolve-***

**Resoluteness can be practiced on a wide range of things. Remember we can have all these good intentions, but what is important is:**

- **The carry-through element**
- **Not giving up**
- **Understanding that difficulties are part of the path**
- **And when we do give up, simply beginning again**

- 6) **Resolve: Reflections & Practices: (Talk over with Buddies)**

**Reflections: (from class)**

- **Reflect on:** The difference between expectations and aspirations.

- **Reflect on:** What have been the strongest resolves that you have acted on? What was required of you to act on the resolves? Were you able to follow through on these resolves? Did you benefit from having resolve?
- **Reflect on:** What resolves or determined motivations do you currently have? How might it be useful for you to be more resolved? Do you have any resolves in relationship to practice or mindfulness? What resolves would support your practice?
- **Reflect on:** What, if anything, hinders you from being resolved, committed, or strongly motivated? How might you be resolved in a counter-productive manner? Do you have any beliefs, attitudes or feelings that make you reluctant to be resolved? Or which undermine your determined effort?

**Resolve Practices: Share with you Buddies, what you learned.** Till next class, you are invited to practice Resolve & perhaps a Vow or two. **Below Practices: With Some Helpful hints for Resolve-Resoluteness: (JG)**

- When you first sit down to meditate:*** take the time to get into a grounded & resolved posture. Then take time to make a clear determination to be as present as possible without straining. ***During meditation,*** if your mind wanders off in thought, don't just come back to the present and to your body, breath, sounds *but also come back to your determination* to stay focused. **Try to notice how being determined affects your meditation.**
  - For one –two weeks resolve to be at ease.*** Figure out as many ways as are practical to remember this resolve throughout the day. Look for opportunities to be at ease & try your best to do it even when being tense or stressed seems important. ***At the end of the day*** consider how you maintained the resolve & how you benefited from it.
  - Consider what you know about practice** to see if there is any practice, virtue, or understanding that would be good for you to further develop. Set a resolve to do so & ***notice what happens as you follow through on the resolve.***
- Write down 1-5 things a week, that you aspire to.*** For each aspiration, be as truthful as you can about what is needed to achieve it. Be super honest with yourselves. We can have many misconceptions. As an aspiration takes shape-accuracy, care, clarity are needed to see what is required to achieve it-it can change over time. Repeatedly, asking what is needed gives focus to the resolve.
    - **Ask yourself, “What is this week’s aspiration?”**
    - **Then ask, “What is needed or required to achieve it?”**
    - **And start paying attention to what happens around the aspiration?**
  - Another way to practice with this parami is to:***
    - **Focus on recognizing the quality of Resolve- Resoluteness.**
    - **Learn the ways you might manifest it. Investigate this for yourself.**

- When you notice you are experiencing Resolve-Resoluteness, pay close attention to the ways it appears. Get to know with what can cause it to arise.

**3. Begin to look at what can undermine our aspirations.**

- Notice the times you do not follow through with an aspiration.
- Investigate what is happening here. If you do not achieve an aspiration, ask, "Why not? "What undermined the original Resolve- Resoluteness.
- 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) GREAT BODHISATTVA VOWS from class:**

- Sentient beings are numberless, I vow to save them, Desires are inexhaustible, I vow to put an end to them, The Dharmas are boundless, I vow to master them. The Buddha's Way is unsurpassable, I vow to attain it.

- **Shantideva-**

"May I be a protector to those without protection,  
A guide for those who journey,  
And a boat, a bridge, a passage  
For those desiring the further shore.  
May the pain of every living creature  
Be completely cleared away.  
May I be the doctor and the medicine  
And may I be the nurse  
For all sick beings in the world  
Until everyone is healed.  
Just like space  
And the great elements such as earth,  
May I always support the life  
Of all the boundless creatures.  
And until they pass away from pain  
May I also be the source of life  
For all the realms of varied beings  
That reach unto the ends of space."

**8) REMEMBER...*It is enough just to attend to whatever is up at the moment with a welcoming heart! It is so radical to many of us who can press on long after our welcoming heart has had enough-closed down shop & gone home. Attending to the moment with a welcoming, kind, heart, including for oneself, can offer us tremendous relief from our tendency to discount our efforts, minimize our worthiness. -It is not easy to do- And when we remember, perhaps we can feel at ease, calm, & peacefulness.***

**See you in October! Sending love & virtual hugs!**