

Practicing the Paramitas

There are so many ways to practice the paramitas in our everyday life. We just have to remember to do it! Use this list to help you think of ways to practice each of the paramitas or think of your own way. Remind yourself each day to practice generosity, morality, patience, effort, concentration and wisdom.

Dana paramita (generosity)

What are some ways to be generous ?

- giving or sharing something with a friend
- spending time with a sibling
- giving my time to help someone?
- being a good listener

Think of something you could do to be generous today.

Sila paramita (morality)

How can I use my voice to say kind things?

How does it feel when I say something that isn't true?

What happens when I say bad things about someone behind their back?

What helps me remember to do the right thing?

Ksanti paramita (patience/tolerance)

When do I get impatient and how can I stay calm when I feel that way?

What helps me wait for my turn?

What can I do to make someone who is different from me in some way feel comfortable and how can I learn from them?

Virya paramita (effort, diligence)

What are my good qualities that I should encourage and what tendencies do I have to watch?

What helps me to keep going on an important project?

How do I make my best effort even when I don't want to or don't think I can do it?

Dyana paramita (concentration)

What conditions do I need in order to concentrate?

What kinds of meditation work best for me?

What things make it hard for me to concentrate?

How does it feel when I'm really concentrating on what I'm doing?

Prajna Paramita (wisdom)

What am I seeing, hearing, feeling, tasting and smelling right now?

Where am I and what's happening right now?

How can I stay present with it instead of thinking about other things and day dreaming?