

THE SIX PERFECTIONS

with Geshe Jampa

Saturday, March 8, 1-4 PM



Geshe Jampa will offer a traditional teaching on the Six Perfections, known also as the Six Paramitas. The Paramitas are principles of enlightened living followed by the bodhisattvas. Applying these principles to all our actions enables us to follow the path of awakening.

The Perfection of Generosity

Generosity implies openness with our time, our resources, and our hearts. We all have within us the seed of generosity: consciously practicing the first perfection makes that seed grow and flourish.

The Perfection of Ethics

With the practice of ethics, we abandon harming others and work to benefit them. We cultivate a kind heart.

The Perfection of Patience

With patience, our minds remain undisturbed by the changing nature of samsara.

The Perfection of Energy

The energy we bring to our Dharma practice is that of joyous effort. We can generate the enthusiastic mind that takes delight in constructive actions, and thus counter any tendency toward laziness.

The Perfection of Concentration

As we gain the ability to control our minds, we gain liberation and enlightenment. Experiencing the joy of concentrated meditation is available on the path to awakening.

The Perfection of Wisdom

Transcendental wisdom, or prajna paramita, is the antidote to samsara. The Perfection of Wisdom refers to perceiving things as they really are.

The Six Perfections are part of the Lam Rim, the gradual path to enlightenment. Join Geshe-la as he brings depth to our understanding of this important teaching.



www.emahofoundation.org

Emaho Center is just south of McDowell Road, on the west side of Miller, in the Los Arcos Medical Plaza.