

## Six Paramitas Handout

Paramita = Crossing Over – from the shore of birth and death to the shore of nirvana

### Generosity

With material goods

With the teachings

In fearlessly standing by others to protect and support them

### Self-Discipline

In giving up what is not good

In developing what is good

In increasingly benefiting all beings

### Patience

With injuries

With sufferings

With the truthful observation of all realities

### Diligence

As an armor against temptations and hardships

In developing good qualities

In our efforts to help all beings

### Meditation

For the deepening degrees of concentration, awareness, and equanimity

For the development of virtuous qualities and powers

For the benefit of all beings

### Wisdom

In regard to conventional worldly truth

In regard to ultimate truth

In regard to the benefit of all beings