

THE PARAMIS **(or THE TEN PERFECTIONS)**

The Paramis are the ten states of mind, attitude or behaviors that lead to peace. They do not exist in a vacuum. They are interrelated with each other. They have no boundary lines or strict definitions. They are fluid, flowing in and out of each other. We practice by keeping them lightly in the back of our minds as reminders of what is possible. Below is a general statement about each.

- Generosity** Having a willingness to open to all things, to share with others and contemplate abundance.
- Morality** Being willing to undertake the training to live within the 5 precepts.
- Renunciation** Cultivating the capacity to abandon our attachments.
- Wisdom** Being able to see or consider the implications of the 3 Characteristics in any experience.
- Energy** Our level of willingness to participant in mental development.
- Patience** Cultivating the capacity to stop our resistance to the truth of an experience.
- Truthfulness** Paying attention to the truthfulness of words and actions.
- Resolution** The degree in which we are willing to follow our aspiration to practice.
- Lovingkindness** The willingness to connect with and care about other sentient beings.
- Equanimity** Being willing to consider phenomena outside our opinions and judgments.

We are practicing the Paramis in relationship to the 7 Factors of Enlightenment. We can think of them as a balancing scale. Mindfulness can be understood as the base with the 3 energizing factors on one scale (Investigation, Energy and Joy) and the 3 calming factors on the other scale (Calm, Concentration and Equanimity). Whenever we awake to an experience, we can pay attention to our state of mind, attitude or behavior around the experience. Are we in line with the Paramis? Are we blocking one or more of them? We can then consider whether to increase our energy or relax our clinging which will allow us to see more clearly the reality of the experience.