

## Six Perfections

Six kinds of practice that bodhisattvas can follow to attain enlightenment:

1. Donation (generosity)
2. Keeping the Precepts (being ethical)
3. Perseverance (patience)
4. Assiduity (effort)
5. Meditation (purification)
6. Wisdom (understanding)

**DONATION** – 3 types: material goods, teaching, action

Who could benefit from your generosity?

Material need – what to whom? \_\_\_\_\_

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What knowledge can you pass on, to whom? \_\_\_\_\_

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What specific action can you do for someone to ease their burden? \_\_\_\_\_

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**KEEPING THE PRECEPTS** - rendering ethical service

What service can you perform and for whom? \_\_\_\_\_

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**PERSEVERANCE**

What situation typically will move you to anger? What can you do to remain calm the next time the situation comes up? \_\_\_\_\_

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**ASSIDUITY**

It is human nature to make resolutions to improve a character flaw. It is equally human to allow something to interfere with our success. What would you like to change about yourself and how can you prevent self-sabotage? \_\_\_\_\_

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## MEDITATION

In order to make the best decisions, we must view issues through a thoroughly calm mind. What practice are you *willing* to undertake to reduce anxiety and calm your mind? \_\_\_\_\_

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## WISDOM – (learning to truly see)

Two aspects of wisdom:

1. knowledge based in the Dharma so there is a foundation of information to draw upon when needed;
2. ability to read a situation correctly through unfiltered eyes.

What can you do to remove colored lenses from your eyes when encountering a recurring problem in your life? \_\_\_\_\_

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