

Questions for Reflection/Journaling

Talk 1: *The Six Paramitas: Techniques of Nongrasping*

- 1) Activities such as generosity are valued by all religions and by people who have no religion as well. What makes them perfections?

- 2) In addition, what makes them become supramundane practices of the perfections?

- 3) Carefully examine the dependent nature of each perfection. For example, someone can't be a giver without there being a gift and the action of giving; the action of fortitude can't exist without a person who practice it and a person who is problematic or harmful. Please sit with this understanding and discover the implications that underlie it.

- 4) Contemplate how engaging in the practice of the perfections with the awareness of emptiness entails seeing the agent who does the action, the action itself, and the object acted upon as empty of inherent existence but existing dependently. Give an example from your daily life that validates this perception.

- 5) How can you generate these six practices in your daily life? Where and how do they show up?

- 6) What emotions or attitudes make you hesitate to engage in these practices even though you hold them in high regard?

- 7) How can you remove these mental impediments so that you can joyfully enrich your life and the lives of others through engaging in these practices?