

The First Two Paramitas

16 August 2011

1. Generosity

Based on pure intentions

Giving freely without expecting anything in return

Aspects of Generosity / Generous Giving:

- Generosity to those in need. (Frank talked of the scary overwhelm feeling: Story of the starfish)
- Generosity from a sense of gratitude & respect (as in Dana)
- Generosity as a sheer act of pleasure, love
- Generosity as a practice of letting go: of something desired, treasured...while noting self-clinging.
(Look at the reaction: "This doesn't work for me")
- Generosity of Spirit, Open-Heartedness
Generosity in this sense means giving oneself as completely as possible, moment-by-moment, to the practices, the the truth, to the intention to bring benefit to all beings.
What does giving oneself in this sense really mean?
...The Paramitas are an answer to that question.

It is not an accident that Generosity is the first Paramita. Generosity of spirit is required to practice each and every paramita, and is required in the work overall.

2. Moral Conduct, Moral Discipline

This is directly related to the 4th Noble Truth of the Path that leads to the cessation of suffering.

Moral Conduct refers to the five precepts of not killing, not stealing, not lying, not engaging in sexual misconduct, and not clouding the mind with drugs and alcohol.

Also, Moral Conduct is related to the Third Thought, which is that everything we do, all our actions of thought, word and deed, can bring either benefit or harm to self and others. The precepts keep us from causing harm.