

The Paramis: 10 Supreme Supports for Practice 2019-2020
with Chris Clifford, David Cohn, Jennifer Lemas

Welcome to this 10-month course of study, discussion and practice with these ten qualities of the heart!

Dates and topics: all dates are Fridays from 9:30am to 12:00pm, bring an optional bag lunch!

| | | |
|-----------------------|---------------|----------------------|
| 9/13 Intro/Generosity | 1/17 Energy | 5/15 Loving Kindness |
| 10/11 Virtue | 2/14 Patience | 6/26 Equanimity |
| 11/8 Renunciation | 3/13 Truth | |
| 12/6 Wisdom | 4/17 Resolve | |

Email

Please put the course address: imc.paramiscourse@gmail.com in your contacts list. You may still also have to check in your “junk” or “social promotions folders” to find mail from us.

Recordings of Group Sessions and Archive of Emailed Materials:

<https://www.audiodharma.org/series/35/talk/10344/>

Course Structure

Each Saturday, we will email out a short reading and reflection. These will usually be related to the *next month's* topic, so you will first read and reflect on your own, then come to class to discuss and share what you've observed. We will also offer some basic teachings and guidance at each class and a brief introduction to the next month's topic.

Important Note: You will still be welcome and able to participate in the class even if you haven't done the homework, so please do come when you can.

Optional Reference Materials

Below is a general **optional** set of reference materials on The Paramis for those who like to read and study in depth. **We will email out small sections from these and other resources each month that will be the material for the course.** This list is just for background and is roughly in order from easy reading to quite challenging with many Sutta quotes.

- *Pay Attention, For Goodness' Sake* by Sylvia Boorstein
//a warm and accessible book of anecdotes and inspirations, you would need to purchase it
- *Parami: Ways to Cross Life's Floods* by Ajahn Sucitto
//a rich book of reflections on working with the Paramis to support your practice
Online: <https://forestsangha.org/teachings/books/parami-ways-to-cross-life-s-floods?language=English>
Or Paperback available from www.lulu.com for ~\$6 (=cost of printing)
- *The Ten Perfections: A Study Guide* by Ajahn Thanissaro //mostly Sutta quotes with commentary for serious students of the Buddhist discourses.
Online: <https://www.dhammatalks.org/books/TenPerfections/Contents.html>
Note: he has his own unique translations of many terms and the book is not in the standard order of Paramis.

You can also search by the name of the Parami in Audiodharma.org to find many talks by IMC teachers on the subject, or on DharmaSeed.org to hear talks by other Insight teachers.