

# Welcome to the Pāramitā Challenge!

## 波羅蜜多挑戰

Each month we will receive 2-sets of 4 to 5 suggested topics for contemplation, one for each week of the month. The first set refers to the Perfections. Contemplate one topic each week during the month of August 2021. The second set refers to the 52 Stages of the Bodhisattva. Again, take one stage at a time and contemplate this stage for a week.

Keep a journal record of your insights. The journal can be in the form of prose narratives, poems, artwork, photographs, etc.

Week of 8-1

Begin with observing your intentions, opportunities, and actions to be generous in a material way.

Also, arouse your faith in the Triple Gem. See where/when you are confident and where/when you have doubts.

Six Perfections and their Subdivisions from the Sutra on Understanding the Profound and Esoteric Doctrine 解深密經 <i>Jiě shēnmì jīng</i>		
Six Perfections (Pāramitā) 六波羅蜜多 liù pō luó mì duō	Three Subdivisions 三分 sānfēn	
8-1	<b>Generosity</b> (Giving) 布施 bùshī (dāna)	giving of material goods
8-8		giving of Dharma teachings when requested
8-15		giving of fearlessness: 1) providing a feeling of safety to others 2) providing antidote skills to self and others when anxious 3) overcoming fears of impermanence, even those of sickness, aging, & death
8-22		
8-29		

Fifty-Two Stages of the Bodhisattva Path 五十二位 wǔshíèr wèi			
Week #	Stage	Chinese Pinyin	Description
<b>Ten Stages of Faith 十信 shíxìn (stages 1–10)</b>			
1 8-1	The Stage of Faith	<u>信心</u> xìnxīn	We arouse our faith and confidence in the Buddha, Dharma, Sangha, as well as having a firm belief in our original mind.
2 8-8	The Stage of Mindfulness	<u>念心</u> niànxīn	We cultivate faith in the six kinds of mindfulness: of the Buddha, Dharma, Sangha, the precepts, generosity, and mindfulness of the ultimate truth. (六念 liùniàn)
3 8-15	The Stage of Endeavor	<u>精進心</u> jīngjìn xīn	We confidently cultivate our diligence, effort, and energy.
4 8-22	The Stage of Mental Stability	<u>定心</u> dìngxīn	We cultivate confidence in being able to focus on an object without distraction.
5 8-29	The Stage of the Wisdom of Understanding Emptiness	<u>慧心</u> huìxīn	We arouse our faith in the mind's ability to understand emptiness and to attain enlightenment.

Mid-month Addition (month one)

Please see attached transcription of a very good commentary on the first Bodhisattva Precept from Venerable Hui Seng.