

## Month 3 of the PARAMITA CHALLENGE – October 2021

Perfection of Patience, the Bodhisattva Precept of No Sexual Misconduct,  
and beginning the Ten Abodes

Welcome to the Third Month of the Paramita Challenge!  
波羅蜜多挑戰

Each month we will receive sets of 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 October 2021. The third set refers to the Patience Paramita, the Precept of No Sexual Misconduct, and the first 4 stages of the 10 Abodes from 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, etc.

Begin with observing your intentions, opportunities, and actions to be moral and ethical. Also, arouse your faith in the Triple Gem. See where/when you are confident and where/when you have doubts.

SEE ATTACHED Commentary on the Third Precept from the Brahma’s Net Sutra by Master Hui Seng

### Six Perfections and their Subdivisions from the *Sutra on Understanding the Profound and Esoteric Doctrine* 解深密經 Jiě shēnmì jīng

	Six Perfections 六波羅蜜多 liù pō luó mì duō	Three Subdivisions 三分 sānfēn
3	Patience 忍辱 rěnrù (Pāli <i>khanti</i> ; Skt. <i>kṣānti</i> )	<p style="color: red;">patience to endure insult and injury 耐怨害忍 ān shòu kǔ rěn</p> <p style="color: red;">patience to abide peacefully in suffering 安受苦忍 ānshòu kǔ rěn</p> <p style="color: red;">patience to investigate the Dharma 諦察法忍 dì chá fǎ rěn</p>

### Doctrine of Mere-Consciousness

The ten excellent moral exercises are the ten Paramitas.

十勝行者, 即是十種波羅蜜多

The Ten Paramitas in the <i>Chéng wéishí lùn</i> 成唯識論				
#	English (Wei Tat Trans.)	Chinese	Pinyin	Commentary
3	Patient endurance	忍	rěn	Patient endurance is of three kinds 忍有三種: (1) to endure patiently resentment and injury; (2) to accept quietly sorrow and suffering; and (3) to examine patiently and adhere to the Dharma. 謂耐怨害忍、安受苦忍、諦察法忍。

58 Bodhisattva Vows			
#	Chinese 菩薩十重戒	Pinyin Púsà shí zhòng jiè	English <u>The Ten Major Bodhisattva Precepts</u>
3	婬戒	yín jiè	Don't engage in sexual misconduct.

### The Brahmā's Net Sutra

*Brahmajāla-sūtra*, 梵網經 *Fànwǎng jīng* Fascicle Two

(Chinese translation attributed to Kumārajīva 鳩摩 in 406.

English translation by A. Charles Muller and Kenneth K. Tanaka.)

#### 3. Prohibition of the Heartless Pursuit of Lust

My disciples, you should not engage in lustful behavior, incite someone to engage in lustful behavior, or even indulge in unplanned lustful behavior with any woman; you should avoid the causes of debauchery, the conditions of lustful behavior, the planning of lustful behavior, and the consummated act of lustful behavior. This includes everything up to sexual gratification with female animals, female celestials, or female spirits, as well as deviant forms of sexual conduct. Moreover, bodhisattvas should give rise to an attitude of piety; they should save all sentient beings by providing them with the pure teaching. If instead they repeatedly indulge in lustful behavior with anyone, engaging in sexual acts with animals, or one's mother, daughter, sister, or another close relative, then this is cruelty and constitutes a bodhisattva *pārājika* offense.

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## Fifty-Two Stages of the Bodhisattva Path

五十二位

wǔshíèr wèi

**Ten Abodes 十住 shízhù (stages 11-20)**

**(focus on one stage per week)**

1	The abode of arousing the aspiration	發心住 fāxīn zhù	We abide in the firm resolve to attain Buddhahood
2	The abode of nurturing	治地住 zhìdì zhù	We abide in preparing the mind-ground to practice the view of emptiness
3	The abode of practice	修行住 xiū xíng zhù	We abide in cultivating all good practices and the four wholesome roots of warmth, tipping point, patience, and highest worldly wisdom (四善根 sì shàngēn)
4	The abode of producing virtues	生貴住 shēng guì zhù	We abide peaceably in the principle of 'no-self' where the seed-natures are purified