

The Six Paramitas

The Bodhisattva Path

A *bodhisattva* is a being whose life-energy is directed toward awakening for the benefit of all.

Dainin Katagiri-roshi once said, “All beings, without exception, are bodhisattvas.” Just as a plant naturally turns toward the sun, we naturally turn toward aliveness, with a heart that is concerned for the well-being of others as well as ourselves.

Our bodhisattva nature, however, is often obscured and underdeveloped. Zen practice is fundamentally about how to support our nature as bodhisattvas.

Traditionally, six interlocking practices, called the *Paramitas*, or Perfections, are seen as the path of a bodhisattva. These six are generosity, ethical discipline, patience, enthusiastic effort, meditative stabilization, and transcendental wisdom.

This course will explore how the bodhisattva path is cultivated through the six paramitas. We will study just what each of the paramitas refers to, both conceptually and in terms of practice. We will also see how we can integrate paramita practice into our daily lives, helping to bring alive our bodhisattva nature.



The course will include meditation, lecture, and discussion. Our texts will be *The World Could Be Otherwise: Imagination and the Bodhisattva Path* by Norman Fischer and *The Six Perfections: Buddhism and the Cultivation of Character* by Dale Wright.

Wednesdays, September 25—November 13 (eight sessions) (#B91)

7:00–9:00 P.M.

Compassionate Ocean Zen Center

652 17th Avenue NE, Minneapolis, MN 55413

\$185 (members \$165) (includes course texts)

Member rates apply to members of all local Dharma centers.

Reduced fees are offered as needed; please contact the Center to request.

To register, go to www.OceanDharma.org or call (612) 781-7640.



**Compassionate Ocean
Zen Center**

Taught by Michael & Joen O’Neal

Michael and Joen are the Guiding Teachers of Compassionate Ocean Zen Center. They practiced and taught for many years at the Minnesota Zen Meditation Center and Hokyoji Zen Monastery under the guidance of Dainin Katagiri Roshi. They have also practiced with Thich Nhat Hanh in France and the United States.

