

10 Qualities of An Awakened Person: The Paramis as Daily Practice

An evening with Gina Sharpe
7 – 9 PM, Tuesday, September 11, 2012



Meditation is a key element of the Buddhist path, but sometimes we overemphasize it. There is much more to a Buddhist spiritual life than mindfulness alone—even if mindfulness is the foundation that supports other practices. The Paramis (or Perfections) are 10 qualities of a Buddha or awakened person: Generosity, Ethics, Renunciation, Wisdom, Vitality, Patience, Truthfulness, Determination, Loving-kindness and Equanimity. They are qualities that can be cultivated through practice in daily life and they are basic aspects of insight practice, not separate from it. When they are undeveloped, the possibilities of development in meditation are limited. Join us for an introduction to these qualities.



Gina Sharpe is a co-founder and the Guiding Teacher of New York Insight Meditation Center. Born in Jamaica, she discovered Buddhist teachings over 35 years ago and has studied and practiced with teachers in the Zen, Tibetan and Theravada traditions (in Asia and the U.S.). She has been teaching workshops and retreats since 1995, is a core teacher at Insight Meditation Society, and has also taught at Spirit Rock Meditation Center,

the Garrison Institute, and other venues around the country. Gina helped to initiate retreats for People of Color at IMS and has been teaching such retreats for a decade.

Space is limited & registration is required. Register at www.eastbaymeditation.org or email admin@eastbaymeditation.org for registration information.

Cost: The teachings are regarded as priceless. So they are offered without a fee. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of “Dana”) for the expenses of the meditation center and the support of the teachers.

In order to protect the health of community members with environmental illness, please do not wear fragranced products (including “natural” fragrances) or clothes laundered in fragranced products to EBMC.



Generosity
Ethics
Renunciation
Wisdom
Vitality
Patience
Truthfulness
Determination
Loving-kindness
Equanimity

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