



Nalandabodhi Connecticut Paramita of the Month Newsletter



"When faced with the vicissitudes of life,
one's mind remains unshaken,
sorrowless, stainless, secure;
this is the greatest welfare."
-Sutta Nipata 2.271

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For September our study of Khenpo Ngawang Pelzang's teaching on the perfections as presented in "A Guide to the Words of My Perfect Teacher" will focus on the paramita of patience. Khenpo defines patience as the avoidance of anger... not getting upset. "A single moment of anger can destroy the merit accumulated over a thousand kalpas." Khenpo goes on to explain that anger directed at members of the Sangha or at noble beings such as Buddhas and Bodhisattvas is the most damaging. Even thoughts of anger not acted upon can lead to the destruction of all of our merit. Thus, from the very beginning it is critical for us to arouse the mind of bodhicitta.

More specifically, without patience the merits accumulated through the perfections of generosity and moral discipline are all consumed. For this reason, without the perfection of patience one cannot continue to accumulate the merit required to progress on our spiritual path. As soon as merit is accumulated it is consumed by our thoughts of anger and our acts motivated by them. Khenpo explains that our "bodhicitta is banished and eradicated without a trace." Anger and hatred can have no other result than one's rebirth in the hell realms, while patience leads us towards ultimate buddhahood. For this reason, understanding the benefits of patience and the dangers of anger, it is important for us to meditate on patience.

To meditate on patience we first have to "starve hatred to death." Whatever sources of dissatisfaction may arise for us, we need to confront them with thoughts of patience. In the breaks between our sessions of meditation Khenpo advises that we cultivate thoughts of the three types of patience: patience when wronged, patience to bear hardships for the Dharma, and patience to face profound truth without fear. Whenever we are faced with dissatisfaction, that is the moment to meditate on patience.

May all beings benefit!

The information presented in this newsletter is based upon teachings presented by Khenpo Ngawang Pelzang presented in the text "[A Guide to The Words of My Perfect Teacher](#)." This text is available through [Namse Bangdzo Bookstore](#).



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