

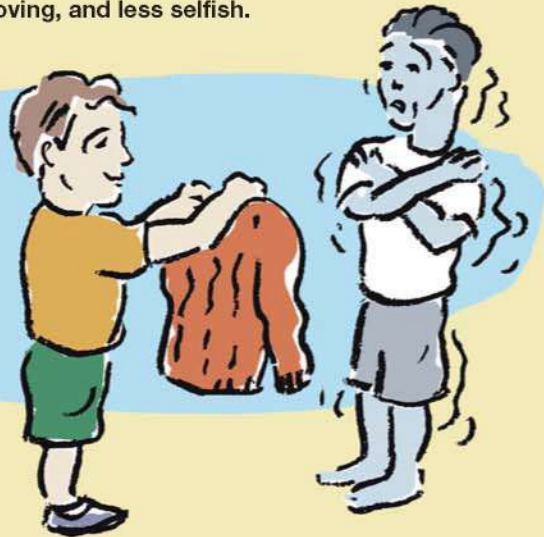
The Six Paramitas

In Buddhism there are six types of thoughtful actions that if we do them with a good heart we will become kinder, more loving, and less selfish.

1. Generosity

There are 3 main ways we can be generous or giving:

- Giving material things to people in need that will help make them feel happy and more comfortable, like clothes if they are cold, food if they are hungry, and money if they are poor.
- Giving comfort to help to make people and animals who are frightened feel safe.
- Helping someone who is old, sick or tired.



"Sorry, my mistake!"



2. Honesty and good behaviour

We all make mistakes and sometimes things go wrong. So, when we make a mistake or something goes wrong we should try to be honest with ourselves and others about what has happened. We should try not to blame others for our own mistakes. If we have made a mistake we can learn from it. We always have a chance to do better next time. Because we have been honest then we don't need to hide.

"I want it NOW!"



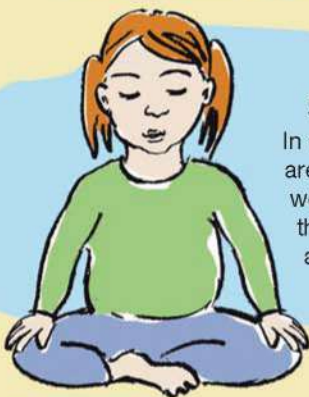
4. Strength and Energy

Sometimes it seems easier to be selfish and naughty and harder to be thoughtful, honest and kind. Being selfish and naughty is the same as being lazy. We need to be strong in our hearts to be good to others and to be good to ourselves. We should always put energy into what ever we are doing so we can always get better at everything we do. We should put energy and effort into helping others when ever we can.

3. Patience

Sometimes we only have one thought in our mind – "I want this now". If we don't get what we want straight away we might become angry, grumpy and impatient.

To help us be more patient we should try to think of other peoples needs not just our own. This way we can feel happier and less disappointed when we need to wait for something or when things don't work out the way we hoped they would.



5. Meditation

In meditation we are able to calm our minds down. When our minds are calm it is easier for us to see how our minds work. We can see that we create how we are feeling. Angry thoughts make us feel angry. Happy thoughts make us feel happy. Meditation helps us to let go of selfish angry thoughts and replacing them with kind, generous and happy thoughts. Then we can feel strong and stable.

6. Wisdom

We are always changing. Sometimes we might feel happy and sometimes we might feel sad. Each year we might grow a little taller. Everything in the world is always changing too like the weather. Sometimes it is hot and sometimes it is cold. Friends might move away, or our favourite toy might break. It is good to think about how everything changes. Even if we loose something or somebody that we love we can remember that things always change. We don't need to be angry. We can calm our minds with meditation, and be patient because we understand that things don't always work out the way we hoped. We can be strong and do what ever we can to make things better. We can be generous by giving comfort to others when they loose something or somebody they love too. We can always be kind and gentle to ourselves.

