

## PERFECTION OF PATIENCE (KSHANTI)

<b>Early Buddhism</b> Two Main Aspects (context of Monasticism)	<b>Mahayana</b> Three Main Aspects (Context of Monasticism and Lay Life)	<b>Contemporary</b> Six Key Practices for Applying Kshanti to Our Everyday Lives
<ol style="list-style-type: none"> <li>1. Ability to withstand physical and mental abuse.</li> <li>2. Capacity to engage the pursuit of truth without fear.</li> </ol> <p>Buddha taught an attitude of restraint (passivity).</p>	<ol style="list-style-type: none"> <li>1. Capacity to tolerate all forms of personal suffering on the way to Buddhahood.</li> <li>2. Capacity to tolerate injuries of body and ego caused by human relations.</li> <li>3. Capacity to accept the truth or more comprehensive visions of reality that undermine long-standing habits of mental insecurity.</li> </ol> <p>Bodhisattva gains “a serene confidence of mind” which is wisdom based.</p>	<ol style="list-style-type: none"> <li>1. Doing zazen.</li> <li>2. Working with hatred/anger.</li> <li>3. Developing one’s capacity to face what is ultimately true about oneself and the world.</li> <li>4. Seeing deeply into Prajna Wisdom (Emptiness/NonDuality) helps us to: <ul style="list-style-type: none"> <li>• Put things into perspective.</li> <li>• See the impermanence of a situation.</li> <li>• See that context depends on conditions.</li> </ul> </li> <li>5. Seeing that kshanti is a way to serve other beings in their liberation and maturity.</li> <li>6. Understanding the what, when, and how to tolerate (see Guiding Questions).</li> </ol>