

POCKET PARAMIS

Generosity



“Being generous creates ‘instant karma’—we can immediately see and feel the results of being generous.” —*Gil Fronsdal*

“There is happiness in planning the generous act, happiness in the actual giving, and happiness in reflecting later on your generosity.”

—*Joseph Goldstein*

Tip: if you feel an urge to be generous, act on it.
Then notice what happens in your mind and heart.

Generosity is practiced on a scale—from beggarly giving to royal giving.

Any giving is better than giving nothing at all.

“When you are practicing generosity, you should feel a little pinch when you give something away. That pinch is your stinginess protesting.”

—*Gelek Rinpoche*



Try a little change of vocabulary. Instead of telling yourself you have to do something or give something, try thinking that you get to do something or give something.

Be open to being a receiver as well as a giver.



Practicing generosity helps us step back from our own self-interest and see how everything is interconnected.

“These five are a person of integrity’s gifts. Which five?

A person of integrity gives a gift with a sense of conviction. A person of integrity gives a gift attentively. A person of integrity gives a gift in season.

A person of integrity gives a gift with an empathetic heart. A person of integrity gives a gift without adversely affecting himself or others.”

—*Anguttara Nikaya 5.148 (trans. Thanissaro Bhikkhu)*