

Yoga of Six Perfections (Paramitas)¹

Paramita means "transcendent action," in the sense that actions or attitudes are performed in a non-egocentric manner. "Transcendental" in this context does not refer to some external reality, but rather to the way in which we conduct our lives and perceive the world, stepping out of egocentrism.²

Meditation & Pranayama

Chant Om Mane Padme Hung
Alternate nostril breathing x 10
Relaxing balanced breaths x 10
Tonglen meditation

cat/cow variations

The Perfection of **Generosity**

Surya Namaskar
Standing poses
Warrior I / II
Trikonasana
Half-Moon
Standing split

The Perfection of **Kindness**

Three Small Drops*
Western Stretch
Head to Knee Stretch
Diamond Wheel

The Perfection of **Patience**

The Hook
King of Fishes
Reclining Spinal Twist
Bridge variations
Viparita karani mudra

Alternate chant:

**satyam brūyāt priyam brūyāt na brūyāt satyam
apriyam priyam anritam na brūyāt esha dharmah
sanātanah** (Manusmriti 4:138) "Say what is true, say what is sweet, but do not say
what is true but not sweet, nor say what is sweet but not true, this is wisdom."

¹ Adapted from Tibetan Heart Yoga (THY), Geshe Michael Roach, Christie McNally, 2006.

² Paraphrasing Ray, Reginald A. (ed.) (2004). *In the Presence of Masters: Wisdom from 30 Contemporary Tibetan Buddhist Teachers*. Boston, Massachusetts, USA: Shambala. [ISBN 1-57062-849-1](https://www.amazon.com/dp/1570628491) (pbk.: alk. paper) p.140.

