



# how to be a bodhisattva practicing the paramitas



## A Profound Treasury Retreat

**Sept. 25 – Oct. 4, 2026 • Drala Mountain Center, Colorado**

*“Paramita practice is based on human decency, and how to be in the world and help others who are suffering. . . . Paramita practice is the essence of how to be a bodhisattva. A bodhisattva is someone who is brave, and utterly and thoroughly involved in the discipline taught by the Buddha. Bodhisattvas are ideally soaked in the water of helping others in every way.” — Chögyam Trungpa*

*“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” — The Dalai Lama*

**T**he bodhisattva is the prime example of compassion in action. Bodhisattvas act in the world as compassion warriors and activators of awakening. They embody wisdom, compassion, and courage in their commitment to full engagement in the world with all its suffering and difficulties. In the mahayana we emulate their example and aspire to develop those same qualities ourselves.

How do we do so? By practicing the paramitas. *Paramita* means “going beyond” or “arriving at the other shore.” It means crossing beyond pettiness and self-concern to greater openness, freedom, and love.

To strengthen our compassion, we must apply paramita practice in all that we do, in our work, our relationships, and in the choices we make. Paramita practice is simple and direct. It is meditation in action, and the measure of this practice is kindness; it is love.

In this retreat we will have a chance to explore paramita practice and the broader question of how to lead a more compassionate life. We will focus on the six primary paramitas—generosity, discipline, patience, exertion, meditation, and wisdom—and how we can apply them to our lives and to our meditation practice.

The Profound Treasury Retreats are for everyone, whether you are new to meditation or a seasoned practitioner. Your presence and wisdom are welcome.

<https://profoundtreasuryretreat.com/the-retreat/>