



APR-MAY 2023

ONLINE PROGRAM WITH MAITREYA

## 6 Paramitas - The Invaluable Qualities

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- 1 - Generosity (*Dana*)
- 2 - Ethical Discipline (*Shila*)
- 3 - Patience (*Kshanti*)
- 4 - Heroic Effort (*Virya*)
- 5 - Concentration (*Dhyana*)
- 6 - Wisdom (*Prajna*)

The Buddha taught 6 Transcendent Actions that help us leap beyond Duality, supporting us in cultivating the Supreme Virtues, and Awakening to our True Nature!

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50 Min Weekly Sessions x 4 - teaching, practice, music

\$108 for ENTIRE program

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[www.maitreyasada.com](http://www.maitreyasada.com)