

The Perfection of Energy

It is for you to make strong effort, the Buddhas only tell you how. (Dhammapada 276)

The Dharma is for those who are industrious, not the lazy. (Anguttara IV. 229)

Be quick in making effort. (Dhammapada 236)

From time to time someone devoted to the higher training should give attention to three things: concentration, energetic effort, and equanimity. In giving regular attention to each of these, then one's mind will become pliant, workable, lucid, and wieldy, and it will be well concentrated to overcome the taints. (Anguttara Nikaya III.42)

What is the power of energy? Here, monks, a practitioner lives with energy set upon the abandoning of everything unwholesome and the acquiring of everything wholesome; one is steadfast and strong in effort, not shirking one's task in regard to wholesome qualities. (Anguttara Nikaya V.92)

The characteristic of energy is strengthening and support. As an old house stands when strengthened by new pillars, so, when strengthened by energy, wholesome states do not fall away or deteriorate. (Atthasalini I, part IV)

With steady effort one should do what is to be done
Because the lax practitioner stirs up even more dust. (Dhammapada 313)

As if one's head were on fire A practitioner should live mindfully. (Theragatha 39)

There are the five factors supporting effort in practice. Which five?

1. Confidence or conviction in the Buddha's Awakening.
2. Being free from illness & discomfort.
3. Being honest and willing to present as one is to the Teacher or to wise friends.
4. Being persistent in abandoning unskillful mental qualities and taking on skillful mental qualities. Being steadfast, solid in his effort, not shirking from cultivating skillful mental qualities.
5. Being wise in having insight into impermanence.

(Numerical Discourses 5.53)