

The 10 Paramis - Refining the Qualities of the Heart

Parami	Develops the Habit of:	By:	Manifestation	and Manifests as:
Generosity	Sharing	Experiencing the joy of not feeling needy, the ease of a peaceful mind, the possibility of the end of suffering (3rd Noble Truth)	Realizing that life is inevitably challenging (1st Noble Truth) and discovering the relief that comes with the absence of self-centered preoccupation	Contentment
Morality	Calming	Discovering the joy of practicing Wise Action, Wise Speech, and Wise Livelihood - the relational aspect of the 8-Fold Path (4th Noble Truth)	Experiencing the pain of contrition and remorse and the pleasure of making amends (the bliss of blamelessness)	Virtue
Renunciation	Restraining	Realizing that insatiable wanting is suffering (2nd Noble Truth)	Discovering that everything passes, including uncomfortable desires (insight into impermanence)	Temperance
Wisdom	Discerning	Understanding that although our minds are continually and inevitably challenged by desires, peace is possible (1st, 2nd, and 3rd Noble Truth)	Practicing Wise Effort, Wise Concentration, and Wise Mindfulness, the mind-training aspects of the 8-Fold Path, (4th Noble Truth).	Clarity
Energy	Striving	Realizing that there is no other time than now (insight into interdependence)	Discovering that everything passes, including uncomfortable desires (insight into impermanence)	Tireless
Patience	Abiding	Understanding "This will change" and "It cannot be other, yet" (insight into impermanence and into karma)	Discovering that everything passes, including uncomfortable desires (insight into impermanence)	Tolerance
Truthfulness	Disclosing	Discovering what is true, and telling the truth in ways that are helpful (practicing Wise Mindfulness and Wise Speech, the mind-clarifying and speech-guiding aspects of the 4th Noble Truth)	Experiencing the discomforting isolation of guile (separation from self and others) and the ease (and peace) of candor (3rd Noble Truth)	Intimacy
Determination	Perservering	Seeing clearly into the cause of suffering so that the resolve to change habits of mind becomes spontaneous (practicing Wise Understanding and Wise Intention, the mind energizing aspects of the 4th Noble Truth)	Validating, through direct experience, the possibility of a peaceful mind (3rd Noble Truth) and consolidating through repeated experience, the spiritual faculty of faith.	Tenacity
Lovingkindness	Well-wishing	Celebrating positive qualities in other people, cultivating forgiveness	Remembering that since suffering is universal, everyone is motivated by the desire to be happy (1st Noble Truth)	Kindness
Equanimity	Accepting	Experiencing the happiness of impartiality by paying attention to the whole truth of every moment (practicing Wise Mindfulness, the mind-balancing aspect of the 4th Noble Truth)	Intuiting and acknowledging that this is a lawful cosmos, just and comforting in its dependability; understanding karma, cause and effect, and interdependence	Compassion