

Buddhist Paramitas – perfections

	Passion	Motivated by fixation	Rules – I must...	Paramita	Path to satori
1	Anger	Perfection	Correct what is wrong.	Patience	Acceptance of conditions that do not conform to one's ideal
2	Pride	Entitlement (caring for others is conditional)	Take care of others' needs.	Loving-kindness	Compassion without expectation
3	Vanity	Deception (in seeing oneself as successful)	Achieve and get results.	Truthfulness	Knowing true Self
4	Envy	Dissatisfaction	Regret what is missing in my life.	Equanimity	Seeing all things as intrinsically neutral and understanding that desire compares good and bad
5	Hoarding	Detachment (from emotional connection)	Understand everything.	Generosity	Giving freely of oneself so energy flows outward
6	Fear	Accusation	Beware of potential problems and threats.	Morality	Living with integrity and recognizing one's own contribution instead of playing the victim
7	Gluttony	Enthusiasm	Be positive, upbeat, look into the future.	Renunciation	Seeking moderation and letting go of materialism
8	Power & control	Excess	Be in control.	Wisdom	Shift to a more altruistic and benign modes of operating and service to the world
9	Indolence	Self-forgetting (resulting from their other-directedness)	Respond to others' ideas and expectations.	Energy	Willingness to stay focused on their own purpose, without distraction

[-- Determination]