

10 Pāramīs

Based on the Paramatthadīpanī, Commentary on the Cariyāpiṭaka

	Characteristic	Function	Manifestation	Proximal Cause
	Benefitting of Others	Helpful to others	Wishes for the well-being of others	Great Compassion - Skilfull means
Dāna Giving / Generosity	Relinquishing	Dispels greed for that which can be given away	Non-attachment	An object that can be relinquished
Sīla Virtue / Morality	Composing	Blameless conduct (impeccability)	Moral purity	Moral shame and moral dread
Nekkhamma Renunciation	Restraint from sense pleasure and existing	Verification of their unsatisfactoriness	Withdrawal from them	Spiritual Urgency: Awareness of the pain of desire
Paññā Wisdom	Penetration of phenomena according to their true nature	Illuminate objective field	Non-confusion	Concentration: Insight into the four noble truths
Viriya Energy	Striving	Fortifies practice	Indefatigability	Spiritual Urgency: an occasion for arousing energy
Khanti Patience	Acceptance	Cultivates endurance	Tolerance - non-opposition	Seeing things as they are
Sacca Truthfulness	Non-deceptiveness. in speech	Cultivates authenticity	Excellence	Honesty
Adhiṭṭhāna Determination	Steadfastness	Sustains clarity	Tenacity	Spiritual Urgency: factors of enlightenment
Mettā Loving-Kindness	Friendliness (Promotes welfare of living beings)	Removes resentment	Kindness	Seeing the good qualities in other beings
Upekkhā Equanimity	Promoting neutrality	Seeing things impartially	Subsiding of attraction and repulsion	Understanding kamma