

PĀRAMĪ

Virtues



These *pāramī* cards offer reminders of key themes in terms of the practice of Dhamma in daily life. Loaded onto your phone or tablet, they may help you to keep a skilful orientation as the day unfolds with its urgencies and dilemmas.

Just take a ten-second pause and, asking yourself,
‘What’s important, now?’
scroll through the cards to see which one
feels most meaningful at this time.

PAUSE...

What's important, now?

GENEROSITY • SHARING

dāna

Recognizing the joy of sharing, and acknowledging that we all come into this world subject to pain, sorrow, sickness and death, I aspire to offer what I can in terms of resources, hospitality, healing and wise advice.

MORALITY

sīla

Recognizing the confidence that develops from personal integrity and respect for others, I aspire to cultivate actions of body, speech and mind that turn away from hostility and harshness, and that cut off greed and manipulative behaviour.

RENUNCIATION • SIMPLICITY

nekkhamma

Recognizing the ease that arises with
modesty and contentment,
I aspire to relinquish needless acquisition
and imbalanced use of material resources.

CLARITY • WISDOM

paññā

Recognizing the skill of clarity,
I aspire to check my assumptions with
awareness and careful reflection, and
thereby arrive at an unbiased understanding.

ENERGY

virīya

Recognizing my capacity for vigour,
or for distraction and lethargy,
I aspire to use my energy for my long-term
benefit and for the welfare of others.

PATIENCE

khanti

Recognizing the value of tolerance and perseverance,
I aspire to let go of getting my own way,
cutting corners and being narrow-minded.

TRUTHFULNESS

sacca

Recognizing the wise relationships that can be established through my own veracity and through the trust of others, I aspire to free my mind from biases and devious behaviour.

RESOLUTION

adhiṭṭhāna

Recognizing the potency of a firm heart,
I aspire to hold intentions that are enriching,
and to ward off vacillation on one hand and
forceful goal-seeking on the other.

GOODWILL

mettā

Recognizing the happiness of a warm heart, I aspire to cultivate empathy and compassion. Resisting mind-states based on fault-finding of myself or others, I will encourage goodwill rather than foster ideals of perfection.

EQUANIMITY
STABILITY OF HEART

upekkhā

Recognizing the peace of even-minded acceptance,
I aspire to let sickness and health, blame and praise,
failure and accomplishment flow through my awareness
without getting distracted by them.

PĀRAMĪ CARDS
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