

PARAMI	WHAT IS IT	GIFT	INTENTION	GATHERING	COMPLETION
			INITIATE	RESISTANCE	BALANCE
RESOLVE	ability to follow through our intentions	realizing our aspirations cumulative; perseverance becomes automatic	Willingness to do one next thing	doubt, discouragement, excessive striving	Clarity and confidence; this is our path and we will keep going
ENERGY	mental and physical resources to do connect with our experience	vitality sensitivity to energy of others	interest self-care	boredom, sloth & torpor, doubt, not managing energy well	Vitality, well-being
PATIENCE	wilingness to be with what is	acceptance for ourselves & others shared relief in a rushed world	understanding things are sometimes not as we wish	impatience, wanting	peace of mind kindness
EQUANIMITY	to be with what is occurring without grasping or pushing away	relief from pain of wanting; clarity we all have the same heart that can hold everything	realize this is how it is right now	reactivity	strength of mind to be with whatever arises
WISDOM	deep understanding of four noble truths	wise action wise counsel recognizing shared humanity	willing to see things as they are	delusion, ignorance Not able or not wanting to see things clearly	relief from bondage to hate, greed, delusion