

Gautama Buddha – “The Ten Perfections”

(The Summit Lighthouse)

- 1) Giving of yourself (*alms*)
- 2) Attaining enlightenment (*precepts*)
- 3) Centering in ultimate reality (*renunciation*)
- 4) Transcending the human mind (*wisdom*)
- 5) Overcoming fear and unworthiness (*courage*)
- 6) Refining the soul through communion (*patience*)
- 7) Freeing yourself from the effects of errors (*truth*)
- 8) Conquering self-destructive habits (*resolution*)
- 9) Integrating the divine into your daily life (*goodwill*)
- 10) Sustaining intensity and equanimity as you fulfill your goals (*indifference*)