

The Ten Spiritual Perfections (Southern Tradition)

1. **The Perfection of Giving (dāna-pāramī):** “May I always be generous and open-handed, giving to others the threefold gift in accordance with their needs -- joyfully, with a heart free from the taint of selfishness, with a heart overflowing with kindness and compassion.”
2. **The Perfection of Virtue (sīla-pāramī):** “May my actions of body, speech and mind always accord with the precepts I have undertaken: pure and clean, free from breach or blemish. May my conduct always be noble, lofty, and upright, a model for all the world.”
3. **The Perfection of Renunciation (nekkhamma-pāramī):** “May I always have the discernment and strength of will to renounce the worldly life and go forth into homelessness in order to lead the pure spiritual life.”
4. **The Perfection of Energy (viriya-pāramī):** “May I be filled with inexhaustible energy, vigor, and fortitude in cultivating the path to enlightenment and in working for the benefit of others.”
5. **The Perfection of Patience (khantī-pāramī):** “May I always be patient under all circumstances, no matter how difficult and challenging they might be. May I be forbearing and forgiving towards all beings, even towards those who revile me, abuse me, and harass me.”
6. **The Perfection of Truthfulness (sacca-pāramī):** “May I always speak the truth, live by truth, and be devoted to truth in order to win the confidence of others.”
7. **The Perfection of Determination (adhiṭṭhāna-pāramī):** “May I be fixed and unshakable in my determination to follow the way of the Buddha in life after life, without ever turning away due to laziness, fear, or doubt.”
8. **The Perfection of Lovingkindness (mettā-pāramī):** “May I develop a heart of boundless lovingkindness and great compassion, a heart vast, sublime, and immeasurable, embracing all beings within its range.”
9. **The Perfection of Equanimity (upekkhā-pāramī):** “May I develop a mind of perfect equanimity, a mind that is just and impartial towards all beings, without bias or preferences; a mind that cannot be shaken by the pairs of worldly opposites (gain and loss, fame and obscurity, praise and blame, pleasure and pain).”
10. **The Perfection of Wisdom (paññā-pāramī):** “May my wisdom grow as vast as space, as deep as the ocean, and as luminous as the sun, dispelling the darkness of ignorance and illumining the true nature of all things.”