

The Six Spiritual Perfections (Northern Tradition)

1. **The Perfection of Giving (dāna-pāramitā):** “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 (śīla-pāramitā):** “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 Patience (kṣānti-pāramitā):** “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.”
4. **The Perfection of Energy (vīrya-pāramitā):** “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 Meditation (dhyāna-pāramitā):** “May I be devoted to the practice of meditation, in order to tame and master the mind and enjoy the blissful peace of samadhi.”
6. **The Perfection of Wisdom (prajñā-pāramitā):** “May my wisdom grow 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.”

The Four Immeasurable Minds

1. **Loving-kindness (maitrī/mettā):** “May I develop a mind of boundless loving-kindness intent on promoting the welfare and happiness of all beings.”
2. **Compassion (karuṇā):** “May I develop a mind of boundless compassion intent on alleviating the suffering of all beings.”
3. **Altruistic Joy (muditā):** “May I develop a mind of boundless altruistic joy, rejoicing in the success and good fortune of others, without envy or resentment.”
4. **Equanimity (upekkhā):** “May I develop a mind of 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).”