

Refining the Qualities of the Heart

Particular Expressions of a Compassionate Heart

The practice of:	Develops the habit of:	By:	And is supported by:	And manifests as:
Generosity	Sharing	Experiencing the joy of not feeling needy, the ease of a peaceful mind, the possibility of the end of suffering (the 3 rd Noble Truth).	Realizing that life is inevitably challenging (the 1 st Noble Truth). Discovering the relief of the absence of self-centered preoccupation.	Contentment
Morality	Calming	Discovering the joy of practicing Wise Action, Wise Speech, Wise Livelihood, the relational aspects of the Eightfold Path (the 4 th Noble Truth).	Experiencing the pain of contrition and remorse and the pleasure of making amends (the bliss of blamelessness).	Virtue
Renunciation	Restraining	Realizing that insatiable wanting is suffering (the 2 nd Noble Truth).	Discovering that everything passes, <i>including</i> uncomfortable desires. (Insight into impermanence.)	Temperance
Wisdom	Discerning	Understanding that although our minds are continually and inevitably challenged by desires, peace is possible (the 1 st , 2 nd and 3 rd Noble Truths).	Practicing Wise Effort, Wise Concentration, Wise Mindfulness, the mind-training aspects of the Eightfold Path, the 4 th Noble Truth.	Clarity
Energy	Striving	Realizing that there is no time other than now. (Insight into interdependence.)	Focusing on the <i>formidable</i> task of ending suffering, and remembering the possibility of peace (the 1 st and 3 rd Noble Truths).	Indefatigability
Patience	Abiding	Understanding “This <i>will</i> change” and “It <i>cannot</i> be other, yet.” (Insight into impermanence, and into <i>karma</i> .)	Cultivating tranquility by practicing Wise Concentration (the mind-steadying aspect of the Eightfold Path, the 4 th Noble Truth).	Tolerance

The practice of:	Develops the habit of:	By:	And is supported by:	And manifests as:
Truthfulness	Disclosing	Discovering what is true, and telling the truth, in ways that are helpful. (Practicing Wise Mindfulness and Wise Speech, the mind-clarifying and speech-guiding aspects of the 4 th Noble Truth.)	Experiencing the discomfoting isolation of guile (separation from self and others) and the ease (and peace) of candor (the 3 rd Noble Truth).	Intimacy
Determination	Persevering	Seeing clearly into the cause of suffering so that the resolve to change habits of mind becomes spontaneous. (Practicing Wise Understanding and Wise Intention, the mind-energizing aspects of the 4 th Noble Truth.)	Validating, through direct experience, the possibility of a peaceful mind (the 3 rd Noble Truth). Consolidating, through repeated experience, the spiritual faculty of Faith.	Tenacity
Lovingkindness	Well-wishing	Celebrating positive qualities in other people. Cultivating Forgiveness.	Remembering that since suffering is universal, <i>everyone</i> is motivated by the desire to be happy (the 1 st Noble Truth).	Kindness
Equanimity	Accepting	Experiencing the happiness of impartiality by paying attention to the <i>whole</i> truth of every moment. (Practicing Wise Mindfulness, the mind-balancing aspect of the 4 th Noble Truth).	Intuiting and acknowledging that this is a lawful cosmos, just and comforting in its dependability. Understanding <i>karma</i> , cause and effect, and interdependence.	Compassion