

Faith

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A. Enables the mind to apply itself to a constructive object in whatever manner it wishes and dissipates any mental or physical tightness or rigidity.

B. Ex. After years in an abusive relationship, Emily was able to see her clinging to a fantasy about her husband changing, and was able to end the relationship with clarity and compassion for them both.

C. Values the accumulation of virtue and guards the mind against that which gives rise to afflictions.

Integrity

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D. It is the basis for the prevention of hostility

E. It is confidence in such things as the law of karma and its effects and the Three Jewels

F. It wishes all sentient beings to be free from suffering. It prevents disrespecting others and increases the wish to benefit and being then happiness.

Consideration for others

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G. It acts to generate constructive qualities that have not been generated and to bring those that have to completion.

H. Arising from an inborn disposition and nurtured by study, reflection, and meditation, it accompanies the firm wisdom that thoroughly analyzes the nature and specific characteristics of an object.

I. It does not allow the mind to be greatly affected by agitation and laxity without having to exert great effort to prevent them.

Non-attachment

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J. Referring to an object in cyclic existence, it prevents and counteracts attachment and subdues obsession with attractive objects and people

K. It produces a joyous state of mind free from the turmoil of the root and auxiliary afflictions

Non- hatred

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L. Ex. No matter what difficulties life throws at him, Sam can see the virtuous growth possibilities in them and happily gives it his best.

M. It enables us to refrain from harmful physical, verbal and mental actions

Non- confusion

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N. It prevents others from losing faith in us, and causes joy to arise in the minds of others.

Joyous effort

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O. It cares about the effect of our actions on others and avoids negativity for their sake.

P. Is compassion

Pliancy

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Q. It is a love and benevolence, not just the absence of anger and ill will.

Conscientiousness

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R. Ex. Sarah turned to her refuge in the Three Jewels when her father died from COVID

S. Ex. Even as a child, the Buddha cared and loved all beings; human and non-human

No harmfulness

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T. It is important for the development of serenity, and enables the mind to settle and remain on a virtuous object

U. Ex. When the company CEO asked Kimberly to exaggerate the profits for the year's end report, she clearly and calmly refused.

V. It brings to fulfillment and maintains all that is good, protects the mind from pollution, and is the root for attaining all grounds and paths.

Equanimity

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W. Ex. Peter considered his impact on his friends when he refrained from spreading false accusations regarding a fellow hiker in his hiking group.

X. Avoids negativity for reasons of personal conscience and self-respect.

## Reflections

1. Give a 1 line statement to describe each of the following: Identify each of the five aggregates that constitute you as a person in your own experience, contemplate their different functions and unique attributes.
2. Look at the eleven virtuous mental factors. Give examples of when you have experienced each of them.
3. In the morning when thinking about who you will meet that day, notice your expectation of how an interaction will go with a person with whom you have had difficulty in the past. Be aware that that person is not here now and today's interaction has not yet occurred.