

| THE SIX PERFECTIONS         | EXPLANATION                                                                                                                                                                    |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Dana</b> (giving)        | You could give someone money, time, energy or friendship. You can then start to live less selfishly and become aware that your life depends on many other beings in the world. |
| <b>Sila</b> (morality)      | If you follow the Buddhist precepts you should be able to get along more easily with others.                                                                                   |
| <b>Virya</b> (energy)       | A Buddhist needs to develop energy to be confident and to do what is right without being afraid. For Buddhists, action is important as meditation.                             |
| <b>Kshanti</b> (Patience)   | You should be kind in everything you do and not push to get your own way at the expense of others. You should respond to them in a positive and helpful way, not in anger.     |
| <b>Samadhi</b> (Meditation) | Buddhists' believe that training mind is important.                                                                                                                            |
| <b>Prajna</b> (Wisdom)      | Prajna does not mean being clever. A Buddhist will seek to understand the nature of life, the cause of suffering and the way to overcome it.                                   |