

10 PARIMITAS (perfection's)

10 SPIRITUAL QUALITIES.

1. DANA generosity
2. SILA morality
3. NEKKHAMA renunciation
4. PANNA wisdom
5. VIRIYA energy
6. KHANTI patience endurance
7. SACCA honesty
8. ADHITTHANA determination
9. METTA loving kindness
10. UPEKKHA equanimity humility.