

## **Buddhist Higher/Super Powers**

### **The Four Immeasurables (Infinite Qualities/Attitudes/Virtues/Divine Abodes):**

(the Metta Sutra of Shakyamani Buddha considers these the path to liberation)

1. **Loving Kindness** (Maitri or Metta) Caring, selfless wish for all beings to be happy
2. **Compassion** ((Karuna) The wish for all beings to be freed from suffering (altruism)
3. **Empathetic Joy**(Mudita) Rejoicing in the happiness and virtues of all beings
4. **Equanimity** (Upekkha) Clear mindedness, tranquility, serenity, balance, peace

### **The Twelve Great Perfections (Purifying and Transcendent Virtues/Paramitas):**

1. **Generosity** (Dana) Benevolence, forgiveness, altruism, giving of oneself
2. **Morality**(Sila) Discipline, proper, ethical, virtuous conduct
3. **Patience** (Kshanti) Tolerance, forbearance, acceptance, temperance
4. **Diligence** (Virya) Steadfast energy, vigor, effort, enthusiasm
5. **Awareness** (Dhyana) Mindfulness, presence, concentration, attention
6. **Wisdom** (Prajna) Insight, understanding, discernment, knowledge, clarity
7. **Skillful Means** (Upaya) Appropriate, prudent, proper, correct, suitable useful methods
8. **Determination** (Pranidhana) Resolve, aspiration, intention, vow
9. **Spiritual Power, Strength, or Force**(Bala) Miracles, blessings, holiness, sacredness
10. **Knowledge** (Jnana) Understanding inseparable from the total experience of reality
11. **Honesty** (Sacca): Truthful, authentic, genuine, sincere, trustworthy, open, real
12. **Renunciation** (Nehhhamma) Restraint from harmful cravings and desires

### **Four Holy/Noble Truths:**

1. **Suffering/Ignorance/Confusion**(the Problem) the task: to be comprehended
2. **Looking Deeply** into suffering to find seeds:(the Cause) the task: to be abandoned
3. **Cessation** of ego Attachment/Aversion/Indifference: (the Hope) the task: to be realized
4. **Eight Fold Path:**(the Cure) the task: to be developed as our way of life - as follows:

### **Eight Fold Path:**

1. **Right View** (Understanding): Viewing reality as it is, not just as it appears to be
2. **Right Intention:** Intention of renouncing evils and embracing harmlessness
3. **Right Speech:** Speaking in a loving, truthful, and non-hurtful way
4. **Right Action:** Acting in a loving and non-harmful way
5. **Right Living:** Useful, beneficial, and non-harmful life and work
6. **Right Effort:** Making an effort to improve ourselves and our world
7. **Right Awareness :** Mindfulness to see things for what they are with clear consciousness
8. **Right Concentration:** Correct meditation, focus, or concentration

## **Buddhist "Lower Powers"**

**Samsara:** Continual repetitive cycle of realms or states of existence, characterized by suffering that arise from ordinary beings' grasping and fixating on (binding to) a self and experiences.

### **The Three Objects/Poisons/ Causes of Suffering/Seeds of Virtue:**

1. Attraction /Passion/Desire: Wanting to attract, cling to, or possess
2. Aversion /Hatred/Aggression: Wanting to attack, reject, or cast out.
3. Indifference/Ignorance: Uninterested, couldn't care less.

**The Three Fires/Passions/Unwholesome Roots:** Desire , Anger , Delusion/Ignorance

**Five Hindrances:** Craving, Ill Will, Laziness, Restlessness, Doubt.

**Five Poisons(Kleshas):** Ignorance, Attachment, Aversion, Pride, Jealousy,

**Ten Hindrances :(Kleshas):** Greed, Hate, Delusion, Conceit, Wrong Views, Doubt, Dormancy, Restlessness, Recklessness, Shamelessness,

**Fifteen Defilements:** Greed, Ill Will, Hostility, Denigration, Dominance, Envy, Jealousy, Hypocrisy, Fraud, Obstinacy, Presumption, Conceit, Arrogance, Vanity, Negligence

**Ten Great Precepts:** Meanness, Aggression, Using Intoxicants, Praising Oneself, Gossiping, Lying, Sexual Misconduct, Taking Life, Stealing