There are **10 Transcendental Virtues or Perfections** that are **cultivated** to gain **Supreme Enlightenment**.
The **10 Perfections** are: Dana, Sila, Nekkhamma, Panna, Viriya, Khanti, Sacca, Adhithana, Metta and Upekkha. They are to be **cultivated with compassion, unselfish motives, no self-conceit and guided by wise understanding and altruism**. A **Bodhisattva** who walks this path must have a **selfless heart** with **great compassion**. He came for the living beings and is dedicated to service the world at large.

2. All the 10 Virtues have **three levels of Practices**.

3. There are **3 types of Dana** or Generosity parami:
   1) **give of possessions** and **materialistic wealth** like food, clothes and money;
   2) **give of Life** like blood and organs donation;
   3) **give of Truth or Dhamma**...not just teaching personally but it includes facilitating the printing of books, help organise and inform others of dhamma talks and events;
   All wholesomeness starts with **Generosity**. With dana, Sila can be developed. One needs merits to aspire for causes and conditions to avoid the foolish, meet with the **wise** to cultivate the Dhamma.

4. For keeping Sila or Virtues, we need to maintain the **minimum of 5 Precepts** to prevent one from committing Evil and maintain our good kamma. It is the foundation for other virtues.

5. Renunciation is not just being a monastic but to **have the ability to renounce everything** to root out attachment borne of self-delusion. **Patience Endurance** is very important for cultivation of this virtue. We should just do what we are supposed to (base on wisdom), despite the difficulty. Don’t try to know. Accord & flow with the conditions and situation. Have no desire and craving to progress. Just do. This is wisdom.

6. **Truthfulness (Sacca)** and **sincerity** is to root out selfishness.

7. **Adhithanna** is the **Affirmation of Truth** by making vows/aspirations and invoking the power of merits and wholesomeness for causes and conditions to arise to deal with difficulties and help in spiritual progress.

8. We should **cultivate till we realize** the state of **no thoughts** to understand the self-Nature, then realise No Mark of a Self-cultivating, no mark of others and Life to realise Non-self and true Emptiness. Finally, to **realize the mind with no Dwelling** to be completely free of all suffering borne of attachments and clinging. We are guided by Understanding and wisdom, especially of both the conditioned and unconditioned dhamma clearly.
9. **Contentment is the Highest Wealth.**

(Above short notes is drafted by Sister Yoon Chun)