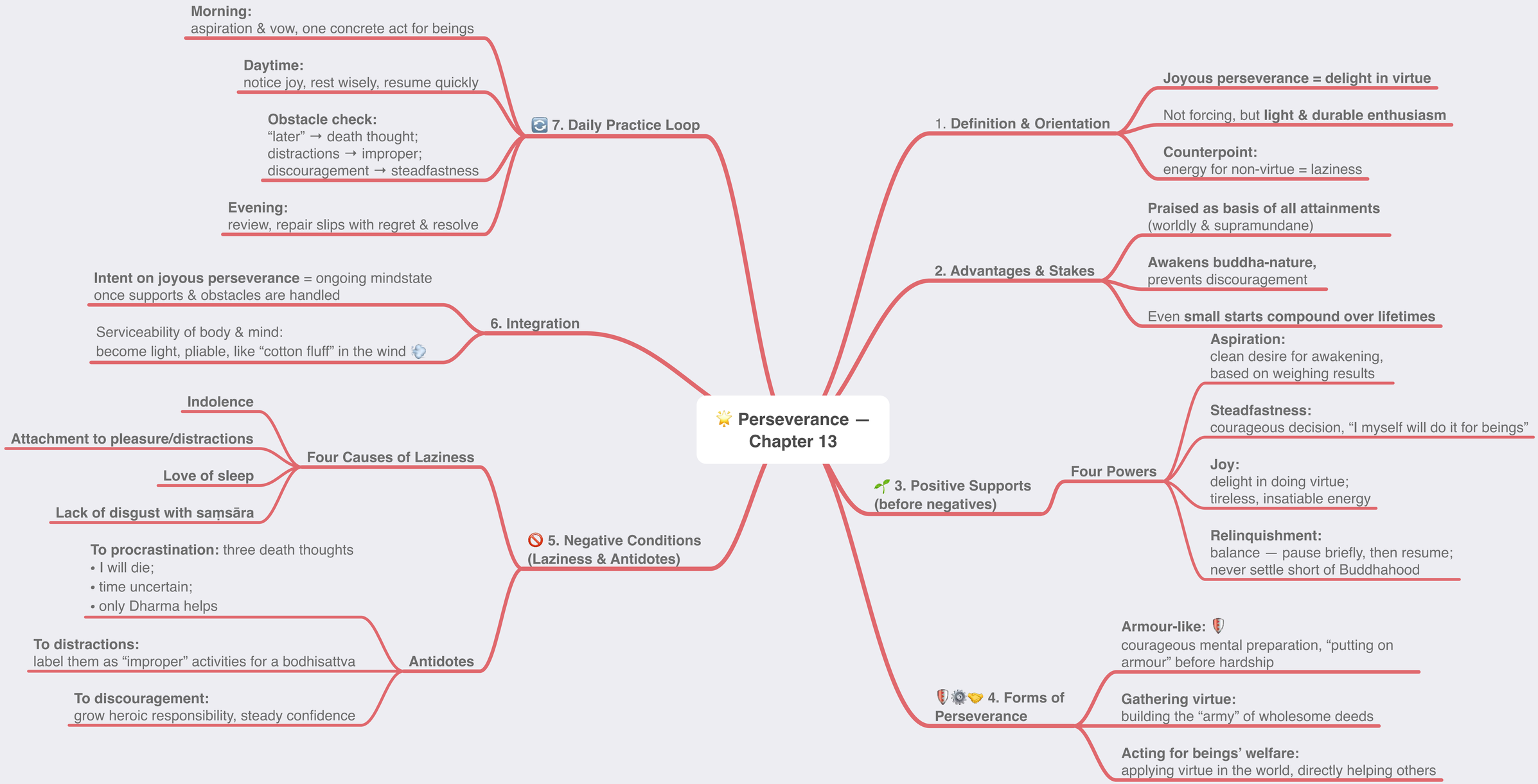

🌟 Perseverance — Chapter 13
1. Definition & Orientation
Joyous perseverance = delight in virtue
Not forcing, but light & durable enthusiasm
Counterpoint:
energy for non-virtue = laziness
2. Advantages & Stakes
Praised as basis of all attainments
(worldly & supramundane)
Awakens buddha-nature,
prevents discouragement
Even small starts compound over lifetimes
🌱 3. Positive Supports
(before negatives)
Four Powers
Aspiration:
clean desire for awakening,
based on weighing results
Steadfastness:
courageous decision, “I myself will do it for beings”
Joy:
delight in doing virtue;
tireless, insatiable energy
Relinquishment:
balance — pause briefly, then resume;
never settle short of Buddhahood
🛡️⚙️🤝 4. Forms of
Perseverance
Armour-like: 🛡️
courageous mental preparation, “putting on
armour” before hardship
Gathering virtue:
building the “army” of wholesome deeds
Acting for beings’ welfare:
applying virtue in the world, directly helping others
🚫 5. Negative Conditions
(Laziness & Antidotes)
Four Causes of Laziness
Indolence
Attachment to pleasure/distractions
Love of sleep
Lack of disgust with saṃsāra
Antidotes
To procrastination: three death thoughts
• I will die;
• time uncertain;
• only Dharma helps
To distractions:
label them as “improper” activities for a bodhisattva
To discouragement:
grow heroic responsibility, steady confidence
6. Integration
Intent on joyous perseverance = ongoing mindstate
once supports & obstacles are handled
Serviceability of body & mind:
become light, pliable, like “cotton fluff” in the wind 💨
🔄 7. Daily Practice Loop
Morning:
aspiration & vow, one concrete act for beings
Daytime:
notice joy, rest wisely, resume quickly
Obstacle check:
“later” → death thought;
distractions → improper;
discouragement → steadfastness
Evening:
review, repair slips with regret & resolve