

# Eight Fully Ripened Excellent Qualities

1. Excellent lifespan
2. Excellent complexion
3. Excellent lineage
4. Excellent power
5. Respected words
6. Renown for being powerful
7. Male birth
8. Strength

| Fully Ripened Effect         | Its Causes   |
|------------------------------|--|
| 1. Excellent lifespan        | Give up harming sentient beings  |
| 2. Excellent complexion      | Make offerings; practice patience                                      |
| 3. Excellent lineage         | Overcome pride; respect gurus, etc.                                    |
| 4. Excellent power           | Give to those in need, who are suffering, or have excellent qualities  |
| 5. Respected words           | Abandon the 4 nonvirtues of speech                                     |
| 6. Renown for being powerful | Pray to accomplish excellent qualities in future lives; make offerings |
| 7. Male birth                | Rejoice in excellent qualities of male birth, etc.                     |
| 8. Strength                  | Accomplish what others can't do or help them; give food & drink        |

# Three Additional Conditions

- Pure attitude
  - Related to oneself—(1) dedicate all virtue to enlightenment, not samsaric experiences; (2) accomplish the causes sincerely
  - Related to others—(1) give up jealousy, rivalry, and contempt reg. others' practice; (2) If you can't do this, contemplate it
- Pure application—(1) related to self: practice virtue continuously & intensively for a long time; (2) related to others: help others engage in virtue
- Pure field—the above two are like a field producing lots of good fruit.