

## Some Benefits of Skillful Living

- You know and act from your core values at all times.
- You gain wisdom from both pleasant and unpleasant experiences.
- You can discern between thoughts, words, and actions that cause harm and those that do not, and you act accordingly.
- You know your true nature, the essence of your character, and how to protect it.
- You accept gain and loss equally, and derive insight from each.
- You have an inner life in which love can flourish, even if your outer life is filled with challenges.
- You learn to speak only what is true, useful, and timely, even during moments of anger and outrage.
- You are not controlled by your views, opinions or the story of your past, but rather you have a “don’t know” mind that responds wisely to whatever you encounter in life.
- You have the ability to soothe yourself whenever you feel disappointed or overwhelmed by life.