

SEED IDEALS FOR MEDITATION AND DAILY LIVING  
 (Spiritual fortune 200. Every ideal is enhanced by other ideals.)

Adaptability		Forgiveness		Neatness	100	Self-mastery	
Affection		Fortitude		Nobleness		Self-realization	
Alertness		Freedom		Non-aggression		Self-reliance	
Altruism		Friendliness		Non-attachment		Self-sacrifice	
Amiability				Non-violence			
Appreciation		Gentleness				Serenity	
Attention		Genuineness		One-pointedness		Service	
Awareness		Giving		Oneness		Sharing	
		Goodness		Open-handedness		Silence	
Balance		Goodwill		Open-heartedness		Simplicity	
Beauty	10	Grace	60	Open-mindedness		Sincerity	160
Benevolence		Gratitude		Optimism	110	Skill	
Bravery		Growth		Order		Solidarity	
Broadmindedness				Originality		Spirituality	
		Harmlessness				Stillness	
Calm		Harmony		Patience		Strength	
Carefulness		Helpfulness		Peace		Study	
Caring		Holiness		Perception		Sympathy	
Character		Honesty		Perfection			
Charity		Honor		Perseverance		Tact	
Cheerfulness		Hope		Philanthropy		Temperance	
Clarity	20	Humaneness	70	Praise		Tenderness	170
Cleanliness		Humility		Precision	120	Thoughtfulness	
Commitment		Humor		Preparedness		Thrift	
Compassion				Productivity		Tidiness	
Competence		Imagination		Proficiency		Timelessness	
Concentration		Independence		Promptness		Togetherness	
Conciseness		Industry		Propriety		Tolerance	
Confidence		Ingenuity		Prudence		Tranquility	
Cooperation		Initiative		Punctuality		Transcendence	
Courage		Insight		Purity		Transformation	
Creativity	30	Inspiration				Trust	180
		Integration	80	Quiet		Trustworthiness	
Decency		Integrity		Readiness	130	Truthfulness	
Dedication		Intelligence		Realization			
Dependability		Intensity		Receptivity		Understanding	
Desirelessness		Intuition		Reciprocity		Uniqueness	
Detachment				Rectitude		Unity	
Determination		Joyfulness		Reflectiveness		Universality	
Devotion		Judiciousness		Reliability		Unpretentiousness	
Diligence		Justice		Resilience		Unselfishness	
Discipline		Kindness		Resoluteness		Uprightness	
Duty	40	Knowledge		Resourcefulness			
				Respect	140	Valor	190
Effectiveness		Leadership	90	Responsibility		Vastness	
Efficiency		Love		Reverence		Versatility	
Empathy		Loyalty		Rhythm		Vigilance	
Endurance						Volition	
Equanimity		Magnanimity		Selflessness:			
Excellence		Mercy		Self-confidence		Watchfulness	
		Mindfulness		Self-conquest		Wholeness	
Faith		Moderation		Self-control		Will	
Faithfulness		Modesty		Self-discipline		Wisdom	
Fitness		Morality		Self-improvement		Wit	
Foresight	50	Motivation		Self-knowledge	150	Zeal	200