

# Determination

“The four aspects of skilled determination highlight the importance of establishing wise priorities and sticking to them regardless of the temptation to sacrifice them for lesser aims. In this way, they help guard against a common problem in approaching practice in daily life: a tendency to indulge in the self-delusion that can justify any activity, as long as it’s done mindfully, as part of the path.”

—*Bhikkhu Bodhi*

“We must also, and always, be determined to be compassionate. Adhitthana, the spiritual perfection of determination, comes from embracing the whole of our flawed and wondrous humanity.”

—*Sister Ocean*

“Even if you have the tendency to make a determination but only stick to it for two or three days, it is OK as long as you keep refreshing that determination.”

—*Daisaku Ikeda*

