

## Paramita #4: Energy

Zeal - Vigor - Vitality in one's quest for enlightenment

精

**Shou**

米 = rice

王 = jade

月 = moon; body

a spirit

a soul

energy

**vigor**

be expert

refined

fine

進

**Jin**

尢 = weak

隹 = short-tailed bird

go forward

step forward

go ahead

**advance**

improve

progress

get on with

gain

promote

further

hasten