

Traits of Mind: Small Self vs. Great Self

Traits of the Small Self's Mind	Traits of the Great Self's Mind
Mindless	Mindful
Anxiety	Ataraxis
Incessant Rumination	Limited, Directed Thought
Tension / Stress	Calmness / Softness / Relaxation
Enslavement to Emotions	Volition / Emotional Freedom
Closed-Minded / Fixed Views	Open-Minded / Flexible Views
Judgmental	Accepting
Craving / Longing / Aversion / Dissatisfaction	Equanimity
Childish	Mature
Defensive	Open-Hearted / Vulnerable
Aggressive	Compassionate