

**Capacity - རྟམ་པ་ལྷན་པ་ (dbang po)**

Faith / Participation	Perseverance	Presence	Contemplation	Prajna
Benefits	Benefits	Benefits	Benefits	Benefits
Personal Obstacles	Personal Obstacles	Personal Obstacles	Personal Obstacles	Personal Obstacles
How to work with obstacle	How to work with obstacle	How to work with obstacle	How to work with obstacle	How to work with obstacle

Condition - ཁམས་ཀྱི་ (kham)			
Body Constitution	Physical Health	Mental Health	Life patterns
Benefits	Benefits	Benefits	Benefits
Personal Obstacles	Personal Obstacles	Personal Obstacles	Personal Obstacles
How to work with obstacle	How to work with obstacle	How to work with obstacle	How to work with obstacle

**Desire / wish / intention - བསམ་ལུ་པོ་ཏོ་ (bsam pa)**

What is it?

What difficulties could arise from it?

How would I work with these difficulties?