



## The Virtues That Bring Grace and Beauty – Category 2 / 3

Pāli: Manāpo hoti khantiko

[Pronunciation: ma-naa-po ho-ti khan-ti-ko]

“He who has patience is pleasing to others.”

— (R. Ch.)

This teaching highlights two essential Dhamma qualities that bring beauty, charm, and grace to a person—Khanti (patience) and Soracca (modesty). These virtues are not only inner strengths but also qualities that make one pleasant to be around and cherished in relationships.

### 1. Khanti – Patience

Khanti means patience or forbearance. It is the ability to remain calm, composed, and unshaken in the face of difficulty or provocation. A person with Khanti is mindful and in control of their emotions, refusing to be dominated by craving or irritation.

They endure:

- Physical and emotional hardships

- Difficulties in relationships
- Inner struggles such as lust, anger, and delusion

Through mental stability and resilience, they remain calm and strong no matter what challenges arise.

## 2. Soracca – Modesty

Soracca refers to gentleness and modesty—a graceful calmness in both mind and behavior. When one practices Soracca, they remain composed and kind even when patience is required. There is no show of irritation or forced politeness—just genuine ease and balance.

A modest person does not allow emotions to ripple outward and disturb others. Instead, they offer a gentle presence that soothes and comforts those around them.

### The Beauty of Inner Grace

A person who cultivates both Khanti and Soracca becomes beloved by others. Their presence does not bring tension or discomfort, but rather peace, warmth, and ease.

Such individuals:

- Are easy to live and work with
- Do not create suspicion or irritation
- Leave a lasting positive impression

“When we meet someone with patience and modesty, we feel lighthearted and joyful. Their calm nature brings peace to the relationship.”

### Summary: Two Gracing Virtues

1. Khanti – *Patience; the strength of calm endurance*
2. Soracca – *Modesty; gentle composure in action and speech*

These qualities bring a subtle beauty to one’s character and make them truly graceful in both body and spirit.

#Patience #Modesty #DhammaBeauty #InnerVirtue #MahaguruBhumi #Khanti  
#Soracca #DhammaTeachings