

Don't Be Frivolous

Don't demonstrate frivolous jealousy at your friends' success. If an acquaintance is wearing a new tie or a new blouse that you yourself would like, don't capriciously point out its shortcomings to him or her. "Yes, it's nice, but it has a stain on it." That will only serve to irritate him and won't help either his or your practice.

From Training the Mind & Cultivating Loving-Kindness by Chogyam Trungpa ,

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The first step is to see yourself jealous, see yourself frivolous, see yourself wallowing in self-pity. You think to yourself, "Well, what would Dr. Seuss do in this situation?" Instead of using it as ammunition against yourself, you can lighten up and realize it's the information that you need in order to keep your heart open. If everybody on the planet could experience seeing what they do with gentleness, everything would start to turn around very fast, even if we didn't get to the second difficulty.

From Start Where You Are : A Guide to Compassionate Living by Pema Chodron

Don't Be Fickle

This nineteenth practice does not need much commentary. It especially concerns our relationship with other people. Presenting ourselves to others as a trustworthy friend and then letting them down is being fickle. And being fickle is incompatible with the aspiration of entering into the Bodhisattva's way of life.

Excerpted from: The Seven-Point Mind Training (first published as A Passage from Solitude : Training the Mind in a Life Embracing the World), by B. Alan Wallace.

Do Not Be Temperamental

Because of its transparency, a crystal ball takes on the color of whatever it is standing on. In the same way, there are some practitioners who, if they are given a lot of money, will have all sorts of positive thoughts. 'Oh, this is such a kind sponsor,' they will say. But if they get nothing, they will say bad things and hold a grudge. We should not be swayed by such trivial things.

From Enlightened Courage, by Dilgo Khyentse Rinpoche