**Ten Non-Virtues and Ten Virtues**

Virtuous actions (positive deeds coming from wholesome intentions) sow seeds of future happiness. On the other hand, non-virtuous actions (negative deeds arising from unwholesome motivations) sow seeds of future suffering. These karmic seeds can remain dormant in our mind until the conditions for them to ripen occur – and then they produce their effect.

The ten non-virtuous actions, and their opposites, are presented in the table that follows – three actions of the body, four of speech, and three of the mind.

*Bodily actions*: killing, stealing, sexual misconduct

*Verbal actions*: lying, slander (divisive speech), harsh speech (hurtful words), and gossip (idle chatter)

*Mental actions*: covetousness (greed), harmful intent (hatred), and holding wrong views (ignorance)

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| ***Ten Non-Virtuous/Ten Virtuous Actions*** |
| ***Actions of Body*** |
| Killing | Protecting the life of other beings |
| Stealing | Giving – practicing generosity |
| Sexual misconduct | Maintaining moral conduct |
| ***Actions of Speech*** |
| Lying | Truthfulness – speaking the truth |
| Divisive speech – using words to harm others or to cause conflict between them | Reconciliatory speech – creating harmony among others; bringing foes together |
| Harsh words – using mean language such as swearing | Kind words – speaking peacefully and politely |
| Idle gossip – meaningless talk | Meaningful talk – speaking that which is important |
| ***Actions of Mind*** |
| Covetousness | Non-attachment – and being content with what one has |
| Harmful intent – malice and thinking ill of people | Loving-kindness – goodwill and being kind to others |
| Wrong views | Right view |
| ***Source***: Adapted from Gill Farrer-Halls, *Working with Karma: Understanding and Transforming Your Karma* (London: Godsfield Press, 2007), 14; and Geshe Tashi Tsering, *The Four Noble Truths* (Somerville, MA: Wisdom Publications, 2005), 130-131. |

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