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| ***Ten Non-Virtuous and 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 | Reconciliatory speech – creating harmony; 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 |
| 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. | |