|  |
| --- |
| ***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.   |