



<p>Five Precepts</p> <p>To refrain from killing, stealing, lying, sexual misconduct, and intoxication.</p>	
<p>Ten Virtuous and Non-Virtuous Actions</p>	
<p>Non-virtuous actions of body</p> <ol style="list-style-type: none"> 1. Taking the lives of other beings 2. Stealing, covertly or openly 3. Engaging in sexual misconduct 	<p>Virtuous actions of body</p> <ol style="list-style-type: none"> 1. Saving lives 2. Giving generously 3. Guarding sexual conduct
<p>Non-virtuous actions of speech</p> <ol style="list-style-type: none"> 4. Lying 5. Slander, causing spite and malice 6. Speaking harshly, speaking of others' faults 7. Meaningless chatter, gossip, insinuation, flattery, scandal, etc 	<p>Virtuous actions of speech</p> <ol style="list-style-type: none"> 4. To speak the truth 5. Reconciling those divided 6. Speaking gently 7. Speaking meaningfully
<p>Non-virtuous actions of mind</p> <ol style="list-style-type: none"> 8. Coveting others' wealth, spouses, family, retinue, land, etc 9. Ill will, harboring malice 10. Wrong views: rejecting karma, impermanence, Three Jewels, etc 	<p>Virtuous actions of mind</p> <ol style="list-style-type: none"> 8. Contentment, rejoicing in the good fortune of others 9. Altruism and goodwill 10. Right views: action and results, impermanence, etc

Further study and reflection

- Gampopa, *Jewel Ornament of Liberation*, chapter 6
- Kramer, *A Whole Life Path*, chapters 6 (speech), 7 (action), and 8 (livelihood)
- McLeod, *Wake Up to Your Life*, p.30-40
- Taranatha, *Essence of Ambrosia*, p.32-36, 214-215, 224