

10 Virtuous Refrains and Cultivations of Body, Speech, and Mind

Non-Virtuous Refrains

Body

1. Killing / Taking Life
2. Stealing / Taking What Is Not Offered
3. Sexual Misconduct / Non-Consensual, Disrespectful, and/or Dishonest Conduct of a Sexual Nature

Speech

4. Lying /Being Dishonest or Indirect
5. Meaningless Speech / Complaining, Giving Unsolicited Opinions, Mindlessly Filling Space with Words
6. Divisive Speech / Gossiping and Speech that Divides or Sows Discord
7. Harsh Speech / Hurtful and Unpleasant Speech

Mind

8. Covetousness / Desiring another's Possessions or Accomplishments
9. Ill Will / Wishing harm
10. Wrong Views / Holding or Perpetuating Views Discordant with the Dharma/Reality such as Eternalism, Nihilism, or Materialism

Virtuous Cultivations

Body

1. Honoring and Protecting Life
2. Generosity and Making Offerings
3. Respecting Ourselves & Others / Consenting Sexual Relations Known to All

Speech

4. Being Honest and Direct
5. Meaningful Speech, Memorizing and Reciting Dharma, and Enjoying Silence
6. Harmonious Speech / Saying only the Good of Others and Reconciling Disputes
7. Kind and Pleasant Speech

Mind

8. Rejoicing in the Good of Others and their Accomplishments
9. Cultivating Loving-Kindness for All Beings
10. Developing the Wisdom and Discernment that accurately sees what is