WORKSHEET 2

THE TEN BENEFICIAL AND HARMFUL ACTIONS IN BUDDHISM

All beings want to experience happiness and avoid suffering as much as possible. Buddha gave advice on how to achieve this.

Positive actions build up good impressions in the mind, leading to deep confidence and the development of liberating abilities and beyond-personal qualities.

Negative actions are performed out of basic ignorance and dualistic view, not realizing that ultimately everything we do, think and say reflects back on oneself. The point of Buddha's teaching and the goal of all Buddhist mediation is to dissolve being trapped in this dualistic delusion.

Buddhist teachings aim at mindful and conscious use of body, speech and mind, so that as much happiness as possible is created for all beings.

In Buddhism, the principle of personal responsibility applies. Everyone is responsible for his or her own actions. Thus, with regard to the law of cause and effect (karma), Buddha gives advice on sensible view and behavior. The underlying motivation also plays an essential role.

	USEFUL ACTIONS	HARMFUL ACTIONS
BODY	protect life	to kill
	be generous	to steal and cheat
	happiness bringing sexual behavior	harmful sexual actions
SPEECH	to tell the truth	to lie and abuse trust
	to create harmony	to separate and slander people
	to speak calmly and confidently	to speak rudely and hurtfully
	to speak sensibly	to talk senselessly
MIND	being frugal and content	to be greedy and envious
	to be benevolent	to be malicious
	to develop the right view	to hold wrong views

EXERCISES

1. Which of the Buddha's advice is new and unfamiliar to you?

2. Find similarities and differences to the solutions presented earlier.

3. Add new things to the moderation wall/board.