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 to this effect.

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

Buddhist teachings are aimed at mindful and conscious use of body, speech and mind.

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

Read the text and work in the group.

1. Which of the Buddha's advice is new and unfamiliar to you?
2. Explain the category of "mental actions" by showing the consequences of each.
3. Develop ideas about the effects of an action on yourself and those around you, both in the short term and over a longer period of time. Select one positive and one negative example. Present your answers in a Mind Map or table.