

The Ten Virtues of Body, Speech and Mind

Body:

- Abandoning killing and sustaining life
- Abandoning stealing and being generous
- Abandoning sexual misconduct and maintaining integrity

Speech

- Abandoning lying and speaking the truth
- Abandoning divisiveness and speaking harmoniously
- Abandoning harsh words and speaking kindly
- Abandoning idle chatter and talking sensibly

Mind

- Abandoning covetousness and cultivating joy for other's good fortune
- Abandoning maliciousness and cultivating benefit
- Abandoning wrong views and maintaining insight