

NOBLE WAY OF LIVING

- Right Understanding — Clear understanding of the nature of life and the moral responsibilities.
Right Thought — Purification of the mind by avoiding craving, ill-will and cruelty.
Right Speech — Speak gently by keeping away from lying, back-biting, harsh words and gossiping.
Right Action — Pure action without hurting, damaging and disturbing others.
Right Livelihood — A decent occupation that does not cause harm or injustice to others.
Right Effort — Use effort to avoid evil thoughts and to cultivate good thoughts.
Right Mindfulness — Awareness of the nature of the mind, body and feeling.
Right Concentration — Aim at one-pointedness to gain peace and realisation.

(The Buddha).



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ON BREAKING THE PRECEPTS

'Monks, killing a living being, when practised, developed and repeatedly performed, causes one to arise in hell, in the world of animals and in the world of ghosts; the very least result of taking life is the shortening of one's life when reborn as a man.'

Monks, stealing, when practised, developed and repeatedly performed, causes one to arise in hell, in the world of animals and in the world of ghosts; the very least result of stealing is loss of one's wealth when reborn as a man.'

Monks, sexual misconduct, when practised, developed and repeatedly performed, causes one to arise in hell, in the world of animals and in the world of ghosts; the very least result of practising sexual misconduct is that one will breed rivalry and hatred when reborn as a man.

Monks, telling lies, when practised, developed and repeatedly performed, causes one to arise in hell, in the world of animals and in the world of ghosts; the very least result of telling lies is that one will be falsely accused when reborn as a man.

Monks, backbiting, when practised, developed and repeatedly performed, causes one to arise in hell, in the animal world and in the world of ghosts; the very least result of backbiting is the breaking up of one's friendships when reborn as a man.

Monks, harsh speech when practised, developed and repeatedly performed, causes one to arise in hell, in the animal world and in the world of ghosts; the very least result of harsh speech is that one will possess an displeasing voice when reborn as a man.

Monks, frivolous talk, when practised, developed and repeatedly performed, causes one to arise in hell, in the world of animals and in the world of ghosts; the very least result of frivolous talks is that one's words will not be accepted when reborn as a man.

Monks, partaking of intoxicants, when practised, developed and repeatedly performed, causes one to arise in hell, in the world of animals and in the world of ghosts; the very least result of partaking of intoxicants is that one will be afflicted with insanity when reborn as a man.'

(Duccarit vipaka Sutta: Anguttara Nikaya)