

Purifying the 10 Non-virtuous Actions

Student Name: _____ Date: ____/____/____

The 4R's

Regret - healthy regret for future suffering

Reliance - on buddhas and sentient beings

Remedy - purification, antidote, recompense

Resolve - realistic and specific time period

	Body: Killing, stealing, sexual misconduct	Speech: Lying, divisive talk, harsh speech, gossip	Mind: Covetousness, ill-will, wrong views
Give specific examples			
Antidotes (Use these as examples to target the specific negative actions you have listed above)	<p>First, <u>abandon killing</u>. Then, try to save lives, protect people, help them improve their situation, live healthier, longer lives.</p> <p>First, <u>abandon stealing</u>. Then, try to be content with our own situation, share your resources with others, give material aid and the Dharma.</p> <p>First, <u>abandon sexual misconduct</u>. Then, cultivate trust and treat others with respect.</p>	<p>First, <u>abandon telling lies</u>. Then, focus on telling the truth and saying what will benefit others.</p> <p>First, <u>abandon divisive talk</u>. Then, enhance good relationships between others, assist in resolves disputes, unite people, encourage virtue.</p> <p>First, <u>abandon speech that distresses others</u>. Then, engage in speech pleasurable to others or that causes them happiness.</p> <p>First, <u>abandon idle chatter</u>. Then, try to always say things that have meaning.</p>	<p>First, <u>abandon the mind of attachment</u>. Stop thinking about wealth. Then, rejoice at other's fortune, see the faults of cyclic existence.</p> <p>First, <u>abandon thoughts of harming others</u>. Then, engage in thoughts of love and compassion for others.</p> <p>First, try to <u>overcome feelings of indifference to others</u>. Then, respect rules of society, study correct view.</p>
What I <u>will</u> do			
What I <u>won't</u> do			
Length of time			