

KARMA

A Brief Look at The Ten Courses of Wholesome Karma

**By Master Jen Chun, founder and spiritual leader of
Bodhi Monastery**

Three of the body:

1. Abstaining from killing or taking life, oppression and harassment; possessing kindness, compassion and helpfulness.
2. Abstaining from filching, theft and exploitation; respecting the property rights of others.
3. Abstaining from misconduct and violation of others' loved or cherished ones; not abusing them, disgracing or dishonoring their families.

Four of speech:

4. Abstaining from false speech, lying and deception; speaking only the truth, not intentionally saying things that stray from the truth out of a desire for personal gain.
5. Abstaining from malicious speech inciting one person against another; speaking only words that are conciliatory and conducive to harmony.
6. Abstaining from coarse, vulgar or damaging speech; speaking only words that are polite and pleasant to the ear.
7. Abstaining from worthless or frivolous speech; speaking only words that are true, reasonable, useful and appropriate to the occasion.

Three of the mind:

8. Not being greedy, not focusing only on taking; thinking of giving, of sacrifice; making the mind munificent.
9. Not thinking hateful and destructive thoughts or having a destructive attitude toward others; bearing good intentions toward others, spreading good will and aiming for the common good.
10. Cultivating Right View, understanding the law of karma, that good actions bring good results and bad actions bring bad results; having a thorough grasp of the truth of life and the world; seeing the faring of things according to causes and conditions.