

## B. Contemplating the Specific Categories

- 1) The principal teaching of the ten paths of action (p.122)
- 2) Establishing actions and their effects (p.123)
  - a. Nonvirtuous actions and their effects
  - b. Virtuous actions and their effects
  - c. Other categories of actions

## a. Nonvirtuous Actions and their Effects

- i. The actual nonvirtuous paths of action  
(p. 123 - 130)
- ii. Differentiating heavy and light karma
- iii. A presentation of their effects

# The Ten Nonvirtues

## **Three of body:**

1. Killing
2. Stealing
3. Unwise sexual behavior

## **Four of speech:**

4. Lying
5. Harsh speech

6. Divisive speech

7. Idle talk

## **Three of mind:**

8. Covetousness

9. Harmful intent

10. Wrong views

# Four Aspects of a Complete Path of Action

1. Basis/object (e.g. a being you kill)
2. Attitude
  - a) Discernment (correct identification)
  - b) Affliction (one of the three poisons)
  - c) Motivation (you intend to do it)
3. Performance (you actually do it)
4. Completion (e.g. the being dies)

A complete path of action creates the cause for a particular type of rebirth.