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.