



# THE TEN WHOLESOME AND UNWHOLESOME ACTIONS

## ✦ Bodily Actions

Wholesome



Unwholesome



Refraining from killing living beings

Killing living beings

Refraining from stealing



Stealing what is not given



Refraining from sexual mis-conduct

Sexual mis-conduct

## ✦ Verbal Actions

Refraining from lying



Lying

Refraining from divisive speech

Divisive speech

Refraining from harsh speech

Harsh speech

Refraining from idle chatter

Idle chatter

## ✦ Mental Actions

Non-covetousness



Covetousness

Non-hatred



Hatred

Right view



Wrong view

