

The Ten Virtues

What are the causes of happiness? We can enumerate them as the ten virtues:

Three physical virtues

- abandoning killing and sustaining life
- abandoning stealing and engaging in giving
- abandoning sexual misconduct and maintaining pure ethics

Four verbal virtues

- abandoning lying and speaking the truth
- abandoning divisiveness and speaking harmoniously
- abandoning harsh words and speaking lovingly
- abandoning senseless talk and talking sensibly

Three mental virtues

- abandoning covetousness and cultivating joy for other's prosperity
- abandoning harmful thoughts and cultivating helpfulness
- abandoning wrong ideas and learning correct views.

Khetsun Sangpo Rinpoche (1982) *Tantric practice in Nyingma*.