

Padma Sambhava – 10 Non-Virtues / Virtues / Supports

(*Dakini Teachings* –
A Collection of Padmasambhava's Advice to the Dakini Yeshe Tsogyal)

Non-Virtues

The first three non-virtues are **physical**:

- 1) Killing
- 2) Taking What Is Not Given
- 3) Sexual Misconduct

The next four are **verbal**:

- 1) Telling Lies
- 2) Divisive Talk
- 3) Idle Gossip
- 4) Harsh Words

The final three are **mental**:

- 1) Covetousness
- 2) Ill Will
- 3) Wrong Views

Virtues

- 1) To save lives
- 2) To be tremendously generous
- 3) To abide in pure living
- 4) To speak truthfully
- 5) To reconcile strife
- 6) To speak gently and with discipline
- 7) To speak meaningfully
- 8) To be loving toward all beings
- 9) To be unattached
- 10) To be free from doubt about the results of actions and the definitive meaning

Supports – (cause the virtues to remain in the stream of one's being)

- 1) To have faith in the true teachings
- 2) To keep self-respect and pure conscience
- 3) To refrain from gambling and quarrelling
- 4) To refrain from watching market gatherings
- 5) To always act conscientiously
- 6) To cast away laziness
- 7) To not associate with immoral friends
- 8) To train in the pliancy of body, speech, and mind
- 9) To cultivate the four-fold spheres of perception
- 10) To focus your mind on the path of noble beings