

## **Kamma (actions) and Vipaka (results – outcomes)**

*Manō pubbangamā dhammā – manō settha manōmayā*

*Manasā cē padutthēna – bhāsati vā karōti vā*

*Tatō nam dukkha manvēti – cakkavā vahatō padam*

Mind precedes all mental states. Mind is their chief; they are all mind-wrought. If with an impure mind a person speaks or acts suffering follows him like the wheel that follows the foot of the ox.

Bad Mental actions (actions of impure mind)

1. Craving / Greediness (Lōbha)
2. Anger / Hatred (Dōsa)
3. Unknowingness / Ignorance (Mōha)

Can you think of the *Vipaka* or result for each of these actions? What can you do to overcome these feelings? Why is it important?

Bad verbal actions (bad speeches)

1. Lying
2. Slandering
3. Malicious /hateful/harsh words
4. Gossiping

Can you think of the *Vipaka* or result for each of these actions? What can you do to overcome these feelings? Why is it important?

Bad bodily actions

1. Killing
2. Stealing
3. Sensual misconducts

Can you think of the *Vipaka* or result for each of these actions? What can you do to overcome these feelings? Why is it important?



If with an impure mind a person speaks or acts suffering follow him like the wheel that follows the foot of the ox.

## Good mind / Pure mind

*Manō pubbangamā dhammā – manō settha manōmayā*

*Manasā cē padutthēna – bhāsati vā karōti vā*

*Tatō nam sukkha manvēti – chayava anapayini*

Mind precedes all mental states. Mind is their chief; they are all mind- wrought. If with a pure mind a person speaks or acts happiness follows him like his never –departing shadow.

There are three good mental actions:

1. Non –craving/non –greediness ( Alobha )
2. Love & kindness /non hatred ( Adosa)
3. Knowingness /Wisdom ( Amoha)

Good verbal actions (good speeches):

1. No lying –truth speaking
2. No Slandering
3. No malicious /hateful/harsh words
4. No gossiping

Good Bodily actions:

1. No killing –save or protect lives
2. No stealing –protect other wealth
3. No sensual misconducts



If with a pure mind a person speaks or acts happiness follows him like his never –departing shadow.