

Dasa Kusala Kamma and Dasa Akusala Kamma
or
Ten Wholesome Deeds and Ten Unwholesome Deeds
as explained in Sàleyyaka Sutta discourse by Gautama Buddha

Dasa Kusala Kamma
Ten Wholesome Deeds

Abstain from killing of living creatures of all sorts, abstain being wicked with bloody hands, not engaged in killing living creatures in whatever method, being compassionate towards living beings of all sorts.

Abstain from stealing possessions belonging to others whether in village or in forest not given to him with deceived mind status....

Abstain from misbehaving sexually with women , Those who are protected by Mother, protected by Father, protected by Mother and Father, protected by Brother, protected by Sister, protected by Relations.....

There is one who abstain from telling lies, in an assembly, amidst people, amidst relations, amidst royal court or government. There when asked by Judges to tell what he knows, without knowing,.....

One would abstain from slander. Hearing from here, does not go elsewhere and tell to disunite or to split here. Hearing from elsewhere, would not tell here to disunite or to split there. Thus would unite the disunited.

One would not talk roughly. Does not talk words that make others angry, Speak words that are pleasant, words that others like. His talk paves way to bring together everybody.....

One would abstain from frivolous talk and gossip. Would talk that is suitable to that moment, would talk that is truth, would talk that is meaningful, would talk that is conductive to dhamma or vinaya.

One would abstain being greedy. Would not think greedily on other's wealth. Would not desire the wealth belonging to others to be his..

One would not be angry. His mind is not defiled and without destructive thoughts of others Would think of loving kindness on all beings

One would be of right views as follows. Would think there is merit (vipaka) on giving, merit on worshipping (alms giving), merit on helping and looking after others, merit on good deeds (actions).....

Dasa Akusala Kamma
Ten Unwholesome Deeds

Killing of living creatures of all sorts, being wicked with bloody hands, engaged in killing living creatures in various methods, being uncompassionate towards living beings of all sorts

Stealing possessions belonging to others whether in village or in forest not given to him with deceived mind status

Misbehaves sexually with women, Those who are protected by Mother, protected by Father, protected by Mother and Father, protected by Brother, protected by Sister, protected by Relations.....

There is one who lies, in an assembly, amidst people, amidst relations, amidst royal court or government. There when asked by Judges to tell what he knows, without knowing,

One would slander. Hearing from here, goes elsewhere and tell to disunite or to split here. Hearing from elsewhere, would tell here to disunite or to split there. Thus would disunite the united.....

One would talk roughly. Talk words that make others angry, words that are unpleasant, scathing words that others despise. His talk does not pave way to concentration.

One would engage in frivolous talk and gossip. Talk that is not suitable to that moment, talk that is false, talk that has no meaning, talk that is not conductive to dhamma or vinaya.

One would be greedy. Would think greedily on other's wealth. Would desire the wealth belonging to others to be his.

One would be angry. His mind is defiled and with destructive thoughts of others he does not like. Would think of ill will towards them and would want to destroy and kill them.

One would be of wrong and distorted views as follows. Would think there is no merit (vipaka) on giving, no merit on worshipping (alms giving), no merit on helping and looking after others, no merit on good deeds....

