

Rewards of virtue/Sila/Moral conduct

Sila (virtue, moral conduct)

- Lay men and women observe the [Five Precepts \(*pañca-sila*\)](#)
- Lay men and women doing intensive meditation practice (as on [Uposatha days](#)) observe the [Eight Precepts \(*attha-sila*\)](#) or Ten Precepts.
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Lord Buddha explained rewards of Sila to Venerable Ananda:

[Ananda:] "What, O Venerable One, is the reward and blessing of wholesome morality?"

[The Buddha:] "Freedom from remorse, Ananda."

"And of freedom from remorse?"

"Joy, Ananda"

"And of happiness?"

"Tranquillity, Ananda."

"And of tranquillity?"

"[Concentration](#), Ananda."

"And of concentration?"

"Vision and knowledge according to reality."

"And of the vision and knowledge according to reality?"

"Turning away and detachment, Ananda."

"And of turning away and detachment?"

"The vision and knowledge with regard to Liberation, Ananda."