

From Patrul Rinpoche (1808-1887), *Words of My Perfect Teacher*

From Chapter 4: "Actions: the principle of cause and effect"

Negative Actions to be Abandoned

1. TAKING LIFE
2. TAKING WHAT IS NOT GIVEN
3. SEXUAL MISCONDUCT

4. LYING
5. SOWING DISCORD
6. HARSH SPEECH
7. WORTHLESS CHATTER

8. COVETOUSNESS
9. WISHING HARM ON OTHERS
10. WRONG VIEWS