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FALSE SPEECH

False speech is when you say bad words that could hurt another person. False speech occurs when you get angry or depressed. The consequences of false speech are-

*Sometimes, no-one will believe you and also you waste the time which you could've used to collect merits.

ABSTAINING FROM TELLING FALSE SPEECH

Abstaining from telling false speech is when you don't gossip, lie and use words inappropriately. You have devoted your time to focus on other things like collecting merits so you can achieve Nibbana and escape from Samsara. The good consequences of abstaining from false are - you earn merits, you will have a clear head full of peacefulness.

Sandaru



Abstaining from taking what is not given.

Stealing is a very bad thing to do. Actually for Buddhist followers it is known as breaking one of the five precepts.

* This means you are collecting bad Karma such for stealing you in your next life will be poor because robbery or being in a poor family. So do not steal.

Having desire for things.

Having desire for things is called wanting. There is something the six senses in our body. That is smell, hear, taste, feel and think. All those things make you want it. But if a disaster come such as a tsunami it will destroy it. The you will start suffering. This is called

Wholesome deed is abstaining from killing beings. If we don't kill we get good Karma. If we don't kill beings the person will have a very long life. If you don't kill you might be born in heaven. If you don't kill beings you have a very peaceful mind. That person who don't kill beings will be kind to other beings.

Tharuni Hewavissa

"Self-conquest is far better than the conquest of others. Not even a god, an angel, Mara or Brahma can turn into defeat the victory of a person who is self-subdued and ever restrained in conduct..."

Sahassa vagga ~ Dhammapada~

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