

## වගලවවිනාව



නිගිති දම්න*ර්ණ ළමා* හමුව

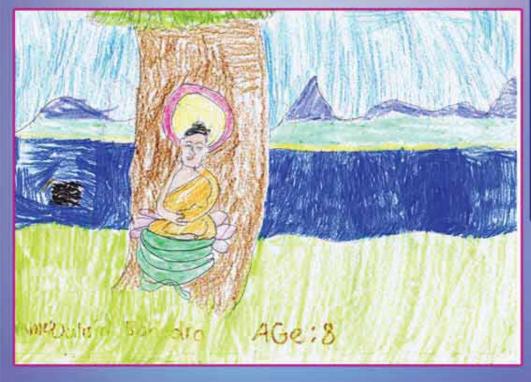
නව ගුණ නිතරම මට සිහි වේවා – නව අරහාදී ගුණ බැබලේවා නවතින සසරට දහම ලැබේවා - නව අරහාදී පිහිට ලැබේවා

false speech is when you say back words that could short another person. False speech occurs when you get angry of depressed. The consequences of false speech are-Asometimes, no one will believe you waste the time which you could've used to collect merits. A listaining from telling false speech is when I you don't gossip, lie and use word mappropriately. You have elevoted you time to found on other things like collecting ments so you can acchieve Nibanna and escape from Samsara. The good consequences of Abstraining from false are you earn merits, you will have a clear had full of peacefullness. Sandaru

Abstaining from takin What is not given.

Steeling is a very had thing to do. Actually for Huddhist followers it is known as breaking one of the five precents. In This means you are collecting had Kerma such for steeling you in your nest life will be poor because pollery or being in a poor family. So do not steel.

Having degire for things. Having degire for things is called wouting-There is comething the six sensors in our body. That is smell, hear, table, 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 1. for things.



Wholesome deed is abstraing from If we don't kill we get good Ramma, If we don't kill beings the persons will have a very long life if you don't kill you might by born in reach. If you don't hill beings you have a very other beings who don't kill beings to kill beings with wall

"Self-conquest is far better then 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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