

# Together on the Path

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23-Feb-2021

Take a few minutes to get to know each other :)

## Questions

1. Share your experience from today's meditation.
2. Are there any points from the last teaching with Ven. Robina that made an impact on you or that you would like to discuss?
3. Controlling our body and speech is the first level of Buddhist practice. Why is that?
4. What are the Ten Non-Virtuous Actions and what are the experiences similar to the cause triggered by these actions?  
(see next page if you need help with this question 😊)
5. What are the Four Oponent Powers in the practice of purification ("The Four Rs")?  
(see next page if you need help with this question 😊)
6. What is the difference between regret and guilt?

## References

### Ten Non-Virtuous Actions:

Body:

**1. Killing**

Experiences similar to the cause – short life, ill health, many problems in life

**2. Stealing**

Experiences similar to the cause – lack of wealth and resources, getting things stolen from you or lost

**3. Sexual misconduct**

Experiences similar to the cause – unable to keep relationships, separation from family and friends

Speech:

**4. Lying**

Experiences similar to the cause – others do not believe your words

**5. Divisive speech**

Experiences similar to the cause – being lonely, no friends, difficulty developing relationships

**6. Harsh / Insulting speech**

Experiences similar to the cause – others will abuse you and interpret your words negatively, even when you try to be nice

**7. Idle gossip**

Experiences similar to the cause – others do not take you seriously or listen what you say

Mind:

**8. Covetousness (intense craving of possessions of others)**

Experiences similar to the cause - inability to achieve your goals and get what you want)

**9. Malice (harmful intent, wanting others to suffer)**

Experiences similar to the cause – being easily frightened, getting panic attacks, living in fear

**10. Wrong views (e.g. rejecting the law of cause and effect or the Four Noble Truths as false)**

Experiences similar to the cause – being fundamentalist, having difficulties developing realizations or correct understanding of the spiritual path

**The Four Opponent Powers**

- 1) Regret
- 2) Reliance (refuge in the Buddha, Dharma and Sangha + compassion for those whom we have harmed)
- 3) Remedy
- 4) Resolve