



## Wholesome Actions you can Take to Generate Good Karma

*Tibetans often make a special effort to take some of these good actions on holy days, such as during Saka Dawa, as the merit of the action is multiplied, but you can take any of the actions below any time to generate good karma.*

- Refraining from eating meat
- Offering donations to monasteries/nunneries, or to individual monks/nuns
- Praying and reciting mantras or common prayers (such as the refuge prayer, the *om mani padme hung* mantra, or the Buddha Shakyamuni mantra)
- Making prostrations around holy sites (In Tibet, people will make prostrations around the lingkor and barkhor)
- Giving money to the poor
- Lighting butter lamps (Please don't leave your candles or butter lamps unattended.)
- Making pilgrimages to holy places
- Buying all kinds of animals they are going to be killed and releasing them. (Fish, for example)
- Making kora (circumambulations) around stupas or other holy places.

### *Taking the Eight Mahayana Precepts*

1. Avoid killing, directly or indirectly.
2. Avoid stealing and taking things without the permission of their owner.
3. Avoid sexual contact.
4. Avoid lying and deceiving others.
5. Avoid intoxicants: alcohol, tobacco and recreational drugs. (You may take prescription drugs.)
6. Avoid eating more than one meal that day. The meal is taken before noon, and once one has stopped eating for thirty minutes, the meal is considered finished. At other times of the day one can take light drinks, but not undiluted whole milk or fruit juice with pulp. Avoid eating meat, chicken, fish, eggs, onions, garlic and radishes. (Of course, please only do this if you don't have medical conditions that don't preclude it.)

7. Avoid sitting on a high, expensive bed or seat with pride. Also avoid sitting on animal skins.
8. Avoid wearing jewelry, perfume, and make-up. Avoid singing, dancing or playing music with attachment.

### **Wholesome Actions Anyone can Take, Anytime :-)**

- Visit a sick friend with a hand-written card or the gift of an inspirational book
- Hold the door for a stranger
- Welcome someone who is new to your work or school (the person who is sitting alone at lunch without a soul to talk to.)
- Volunteer with any community service organization you might like (a food kitchen, a Dharma center, a hospice, suicide prevention hotline, a local hospital or senior center)
- Cook a meal for a friend who may be feeling lonely
- Offer to do some errands for an elderly friend
- Offer a few words of encouragement or a small gift to someone who is down
- Buy a meal for a homeless person
- Give up your seat on the subway or bus to someone who looks like they could use a rest.
- Sponsor a nun through the Tibetan Nuns Project ([www.tnp.org](http://www.tnp.org)) or a monk through the Institute of Buddhist Dialectics in Dharamsala (Drop us a note if you need contacts for this.)
- Say a prayer for someone who is irritating you or who has been unkind to you.
- Make time to listen to someone, really listen.
- Sponsor a child at the Tibetan Children's Village
- Donate to a local charity
- Be kind to your co-workers.
- Let someone know they look good that day
- Pick up a few pieces of trash from the street or that you find in nature.
- Make time to play with your child or pet (or spouse or friend :-)
- Call someone who is going through a hard time
- Set your intention in the morning to be of service at work or home that day.
- Refrain from gossiping for one day.
- Give someone praise for their good actions.
- Read wholesome literature — dharma books, inspiring stories. (Examples: *The Words of My Perfect Teacher* by Patrul Rinpoche, *Radical Acceptance* by Tara Brach, *Mountains Beyond Mountains* by Tracy Kidder)
- Find a way to help if there is a weather or other emergency in your area — like bringing some blankets to the shelters (for humans or animals).
- Be kind to yourself.

Please make suggestions on the Facebook page for additions to this page :-) We'd love to make a HUGE list of wholesome actions!