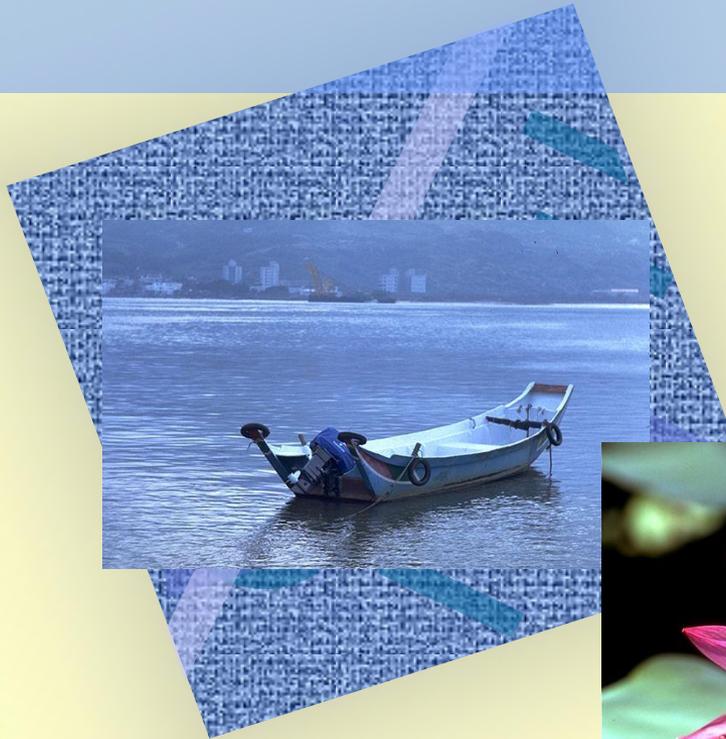


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# **An Introduction to Buddhist Ethics**



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# *What is Buddhism?*

諸惡莫作，      *Do not do any evil things,*  
諸善奉行；      *Practice all good things;*  
自淨其意，      *Purify your mind,*  
是為佛教。      *This is Buddhism.*

- ◆ Then, the remaining problems are:

*According to Buddhism, what is “good”  
and what is “evil” ?*



# A Principle for healthy mind

*Those things that can not leads to a peaceful, calm, tranquil, serene, placid, balanced and enlightened mind are “evil”.*

There are many mental status which are considered “normal” by western psychologists, such as emotions, are considered “unhealthy” to mind/heart by Buddhists.

*Daniel Goleman, Ph.D.  
In the Chinese translation version of  
“Mind Science” An East –West Dialogue,  
1995, p.150*



## ***Some Basic ideas of Buddhism***

- ◆ **Buddhist believes it is the mind/heart that controls people's behavior.**

So, mind training is an important practice of Buddhism.
- ◆ **Buddhism is the way to show/teach people to be “good”.**
- ◆ **The ultimate “good” people is Buddha.**

Buddha is completely enlightened.  
Any people can become a Buddha if he/she keeps on practicing Buddhism.



## ***Some Basic ideas of Buddhism***

- ◆ According to Buddhism, there are 51 observable mental status of human mind. About half of them are “no good”. Among them, there are three “bad” roots or kernels. The three bad roots are:

*Greedy, selfish...*

*Anger, bad temple...*

*Idiotic...*

➤ Including not knowing what one should know

- ◆ These three bad roots are the major fundamental causes that leads to bad behaviors.



# *Vinaya*

- ◆ The purpose of *Vinaya* is to know afflictive emotions and then, to be able to control or eliminate afflictive emotions.





# Traditional *Vinaya* of Buddhism 律

◆ There two classes of *Vinaya*:

*Vinaya of h na-y na* 聲聞律儀

- This branch of Vinaya is popular in East-Southern Asia countries, such as Thailand, Cambodia, Laos, Burma...

*Vinaya of mah -y na* 菩薩律儀

- 聲聞律儀 is included in 菩薩律儀
- More flexible, more coverage...



# Vinaya of *h na-y na* 聲聞律儀

- ◆ The Original Ethical Rules in Buddhism
- ◆ Various Codes of Conduct:
  - 3(三皈)、5(五戒)、8(八戒) rules
    - For believers at home
  - 10(十戒)、6(六法)、250(比丘戒)、500(比丘尼戒) rules
    - For monks and nuns



# ***Fundamental Vinaya***

- ◆ Refuge, *a ritual that a person to be converted to Buddhism*

Believe in the three Jewels:

➤ *Buddha, Dharma, and Monk(teacher)*

- ◆ 5 forbidden things 五戒

No killing

No theft

No sex or no illegal sex

No lies

No wine





## *Vinaya of mah -y na* 菩薩律儀

- ◆ For all sentient beings
- ◆ According to “*Brahmaj la-sutta*(梵網六十二見經)”, there are 10 major rules and 48 general rules. Other sutras may show some variations compared with that of *Brahmaj la-sutta*.
- ◆ In general, all the rules can be classified into three categories:
  - Forbidden ones.....stop doing “evil”*
  - Virtuous ones.....practicing “Good”*
  - Benevolent ones for all sentient beings.....help all sentient beings*



# *da aku ala-karm ni* 十善道

## ◆ *Body:*

*No killing*

*No theft*

*No sex (no illegal sex for believers at home)*

## ◆ *Language:*

*No Lies*

*No provoking*

*No scorn, no malicious words*

*No flattery*

## ◆ *Mind:*

*No Greedy, no selfish...*

*No Anger, no bad temple...*

*Not to be Idiotic...*



# *da aku ala-karm ni* 十善道

- ◆ *“da aku ala-karm ni 十善道”* has become a common set of rules for all branches of *“mah -y na 大乘”* Buddhism parties developed in China, Japan, Tibet..., respectively.





# Eight Right Ways 八正道

- ◆ 正見 Right knowledge, right vision
- ◆ 正思惟 Right will
- ◆ 正語 Right way of speaking
- ◆ 正業 Right actions
- ◆ 正命 Right ways of living
- ◆ 正精進 Right diligent
- ◆ 正念 Right way of thinking
- ◆ 正定 Right



# 6 ways to bodhi-satta

- ◆ Dana 布施  
財施、法施（教以真理）、無畏施
- ◆ Practice Ethics 持戒
- ◆ No self 忍辱
- ◆ Diligent, Hard working 精進
- ◆ 禪定 sam dhi
- ◆ 般若 praj , means wisdom





# Three principles to Judge Right from Wrong

- ◆ 諸行無常
  - ◆ 諸法無我
  - ◆ 涅槃寂靜
- 等三項根本佛法



# Concluding Remarks

- ◆ **Buddhist believes it is the mind/heart of a people that controls his/her behavior.**

So, mind training or meditation become an important practice of Buddhism.

- ◆ **All the documents of Buddhism is somehow relevant to Buddhist Ethics. Because *the only simple goal* of Buddhism is to show/teach a person to become a Buddha, an completely enlightened person.**





***Thank you !***

