

Buddhist Teachings on Right Speech
(kindly provided to us by Thomas Daffern)

One's speech is like a treasure

Speech should be at the right moment and in the right place
Accompanied by arguments, moderation and common sense
Unless one can say something useful, one should keep "noble silence"

Abstain from tale bearing:

What one has heard here, one does not repeat there
What one has heard there, one does not repeat here
Thus one does not cause dissension in both places
One unites those that are divided,
And encourages those that are united
It is concord that one spreads by one's words.

Abstain from vain talk:

Speak at the right time and in accordance with the facts
Speak of the law and of the discipline
Speak what is useful
Avoid idle, useless, foolish babble and gossip

Abstain from lying:

Speak the truth and be devoted to it
Be reliable, worthy of confidence and not a deceiver of men,
When asked what one knows,
If one knows nothing, say "I know nothing"
If one knows, one answers "I know"
Speak not falsely for one's own
Nor for any other's advantage.

Abstain from harsh language:

Avoid harsh language and abstain from it
Speak gently, courteously,
With words agreeable to the many
With words that go to the heart

Admonishing another:

If about to admonish another, realise
5 qualities within yourself:
at the right time will I speak, not at the wrong time
I will speak truthfully and not falsely, gently and not harshly
I will speak for their profit and not for their loss
I will speak with kind intent and not in anger.

Posted by Evelin Lindner at July 1, 2006, 05:42 AM