

RIGHT SPEECH GUIDELINES

The following guidelines help to create an environment that supports our practice

**Please observe Noble Silence
Speak only if you can improve upon silence**

Right Speech, Wholesome Speech: Speech that is appropriate and helpful in the spiritual life

From Sallekha Sutta 8 Majjhima Nikaya

- Others will speak falsehood; we shall abstain from false speech here
- Others will speak maliciously; we shall abstain from malicious speech here
- Others will speak harshly; we shall abstain from harsh speech here
- Others will indulge in useless speech; we shall abstain from useless speech here

From Angutarra Nikaya V.19

- It is spoken at the right time
- It is spoken in truth
- It is spoken affectionately
- It is spoken beneficially
- It is spoken with a mind of good-will

Topics of Proper Conversation are

- Talk on modesty, deportment, humility, minimising the self, and observing the appropriate code of conduct
- Talk on contentment, and renunciation
- Talk on physical and mental solitude
- Talk on freedom from defilements
- Talk on freedom from the hindrances
- Talk on avoidance of entanglements, and of simplicity
- Talk on arousing Energy and Right Effort
- Talk on virtue
- Talk on meditation
- Talk on wisdom
- Talk on release from suffering
- Talk on the knowledge & vision of release from suffering

Please avoid pointless talk, frivolous talk, idle talk, empty chatter