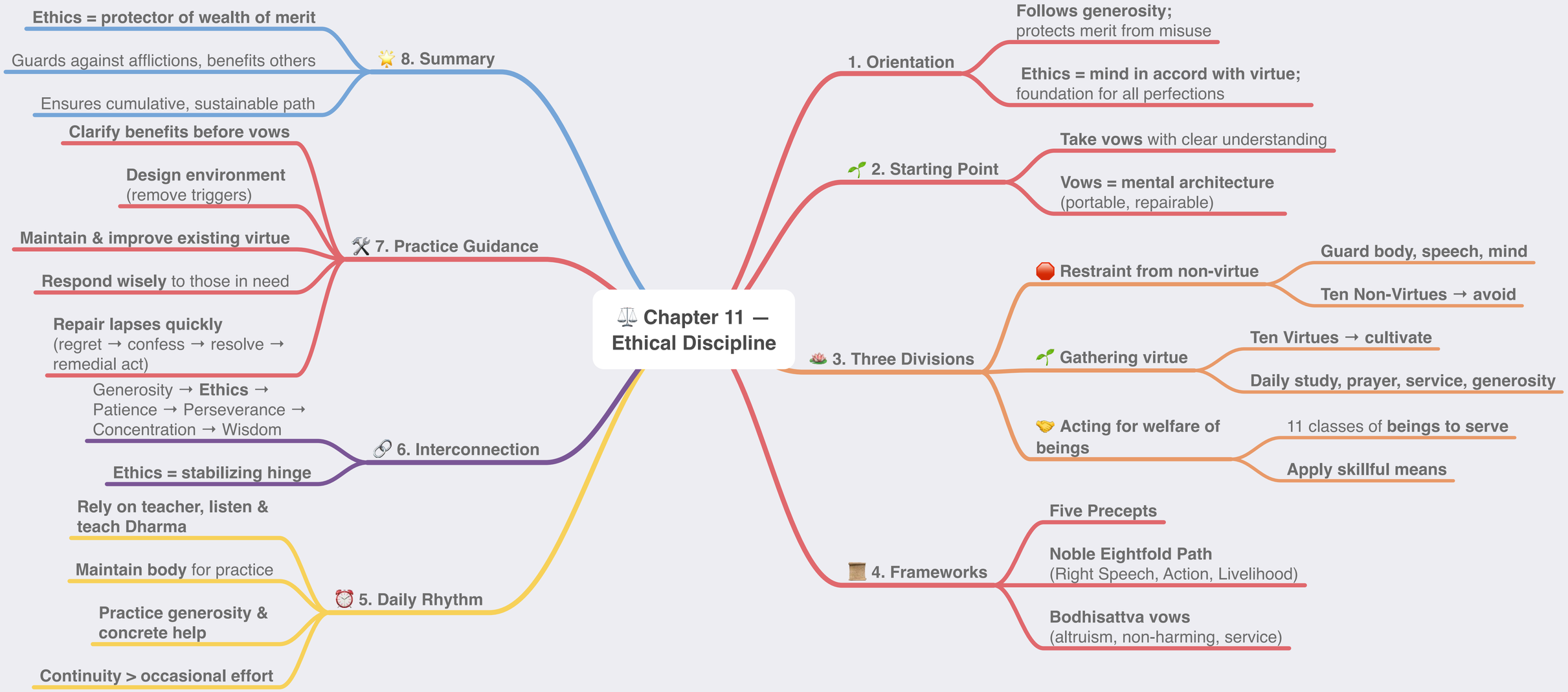

⚖️ Chapter 11 — Ethical Discipline
1. Orientation
Follows generosity; protects merit from misuse
Ethics = mind in accord with virtue; foundation for all perfections
🌱 2. Starting Point
Take vows with clear understanding
Vows = mental architecture (portable, repairable)
🪷 3. Three Divisions
🛑 Restraint from non-virtue
Guard body, speech, mind
Ten Non-Virtues → avoid
🌱 Gathering virtue
Ten Virtues → cultivate
Daily study, prayer, service, generosity
🤝 Acting for welfare of beings
11 classes of beings to serve
Apply skillful means
📜 4. Frameworks
Five Precepts
Noble Eightfold Path (Right Speech, Action, Livelihood)
Bodhisattva vows (altruism, non-harming, service)
⏰ 5. Daily Rhythm
Rely on teacher, listen & teach Dharma
Maintain body for practice
Practice generosity & concrete help
Continuity > occasional effort
🔗 6. Interconnection
Generosity → Ethics → Patience → Perseverance → Concentration → Wisdom
Ethics = stabilizing hinge
🛠️ 7. Practice Guidance
Clarify benefits before vows
Design environment (remove triggers)
Maintain & improve existing virtue
Respond wisely to those in need
Repair lapses quickly (regret → confess → resolve → remedial act)
🌟 8. Summary
Ethics = protector of wealth of merit
Guards against afflictions, benefits others
Ensures cumulative, sustainable path