

## Notes from 6/25/23 Live Ethically

From *Essential Spirituality* by Roger Walsh

“When rightly understood and practiced, ethical living – being kind, compassionate, and truthful – is a gift to everyone, and an essential means for awakening.” *Roger Walsh*

“Ethical behavior – when we try to foster people’s well-being, including our own – is far more beneficial to both ourselves and others than we usually recognize. When we act ethically – when we forgive instead of retaliate, help instead of attack – we become a source of healing rather than pain.” *Roger Walsh*

### How to Live an Ethical Life

- Right Speech
  - “Before you speak, let your words pass through three gates: Is it true? Is it necessary? Is it kind?”
- Right Action
- Heal the Past
  - Undo damage – make amends
  - Find win-win solutions
  - Avoid attack
  - Communicate
  - Learn

### Exercises in Ethical Living

1. Reflect on your good deeds
2. Tell the truth for a day
3. Give up gossip: Victim → Creator, Perpetrator → Challenger, Rescuer → Coach
4. Do no harm
5. Communicate to heal
6. Right a wrong

**“The time is always right to do what is right.” *Dr. Martin Luther King***