



## Sucarita – The Three Types of Good Conduct – Category 3/6

**Puññāni kayirātha sukhāvahāni**

*[Pronunciation: pun-yaa-ni, ka-yi-raa-tha, su-khaa-wa-haa-ni]*

*“One should do merit, which brings happiness.”*

*(Saṃyutta Nikāya Sakā, 15/3; Aṅguttara Nikāya Tika, 20/198)*

### **The Nature of Merit (Puñña)**

Merit, when performed, leads only to **happiness** and **prosperity**—both in this life and future lives. The wholesome fruits of good conduct follow one like a shadow and uplift one’s path.

There are **three kinds of merit** based on **right behavior** and **wholesome conduct**:

### **The Three Sucarita (Good Conducts)**

## 1. Kāya-sucarita – Good Conduct in Action (Body)

Refraining from:

- Killing living beings
- Stealing
- Sexual misconduct

## 2. Vacī-sucarita – Good Conduct in Speech

Refraining from:

- Lying
- Slandorous or divisive speech
- Harsh words
- Idle, frivolous talk

## 3. Mano-sucarita – Good Conduct in Thought

Practicing:

- Non-greed (contentment)
- Non-harm (loving-kindness)
- Right views in accordance with the Dhamma

## Why We Should Cultivate Merit

As human beings, we have the rare opportunity to create and accumulate merit. The merit we previously created will gradually be exhausted; thus, we must continually generate **new merit** to sustain our well-being.

The blessings of being born human, having intelligence, a good status, health, or beauty—all arise from past merit. Therefore, **making merit** is a vital and meaningful endeavor that brings true happiness.

**Merit is not just a religious act; it is a life-sustaining force.**

Making merit brings deep happiness, inner peace, and blessings in both worldly and spiritual realms.

## Summary: The Threefold Sucarita

Type	Meaning
Kāya-sucarita	Good conduct in bodily action
Vacī-sucarita	Good conduct in speech
Mano-sucarita	Good conduct in thought

These wholesome behaviors **generate merit**, making one an **honorable, respected person**, and leading to happiness of both **body and mind**, in this life and beyond.

***“Merit is the true wealth. Merit brings lasting joy.”***