



## 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.”*

*(Samyutta 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
- Slanderous 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.”*