

FBA talks on Ethics

[Confession](#) by Dassini, 2018

The individual nature of practicing ethics, the need for metta, how to make a confession effective and the power of chanting.

[Sila Paramita](#) by Dassini, 2012

Freeing oneself from fixed self-view is an essential fuel to ethical practice. Confession and the positive mental events of hri and apatrapya also discussed.

[The Mind Precepts](#) by Vimalasara, 2016

The importance of the negative precepts.

(The volume is low, needs to be listened to with ear buds or head phones.)

[Walking the Talk](#) by Subhadramati, 2009

Connection between meditation and the rest of our lives, becoming more ethically sensitive.

[Ethics and Imagination: Sun, Moon, Stars and Darkness In-between](#) by Vajratara, 2024

Who can resist a title like that! Ethics as a path of imaginative sensitivity, an empathy for life that sees the universe as alive and vibrant.

[Mind and Mental Events Part 5](#) by Subhuti, 2001

How hri and apatrapya are positive mental events to be cultivated in our ethical values along with sraddha and confession.

[Ethics and Speech: What Am I Trying to Say?](#) By Padmatara, 2008

A short talk on the ethics of speech, authenticity, kindness and miscommunication.

[Love and Sex-The Third Precept](#) by Sahajatarata, 2018

Sex, contentment and the romantic myth spoken with raw honesty

[The Speech Precepts](#) by Sahajatarata, 2018

Honest, enthusiastic dive into the speech precepts, down to earth with humor.

Thank you to Lois for sharing your list of curated talks on this theme.