

## What is BAM?

### The five ethical precepts

With deeds of loving kindness I purify my body.

With open handed generosity I purify my body.

With stillness, simplicity and contentment I purify my body.

With truthful communication I purify my speech.

With mindfulness clear and radiant I purify my mind.

BAM is the UK's Buddhist Action Month – a festival of Buddhist social action held across Britain every June. Conceived by the Network of Buddhist Organisations UK (NBO) ([www.nbo.org.uk](http://www.nbo.org.uk)), it keeps expanding, and in 2015 and 2016 Triratna Buddhist Centres across Europe participated, perhaps international in 2017!



BAM invites us to make more conscious the connections between our ethical commitment as Buddhists and the needs of other beings – human and otherwise, our society and our environment; and it offers us the opportunity to explicitly explore and discuss the ethical issues facing Buddhists in the 21st century.

### How are the ethical precepts connected?

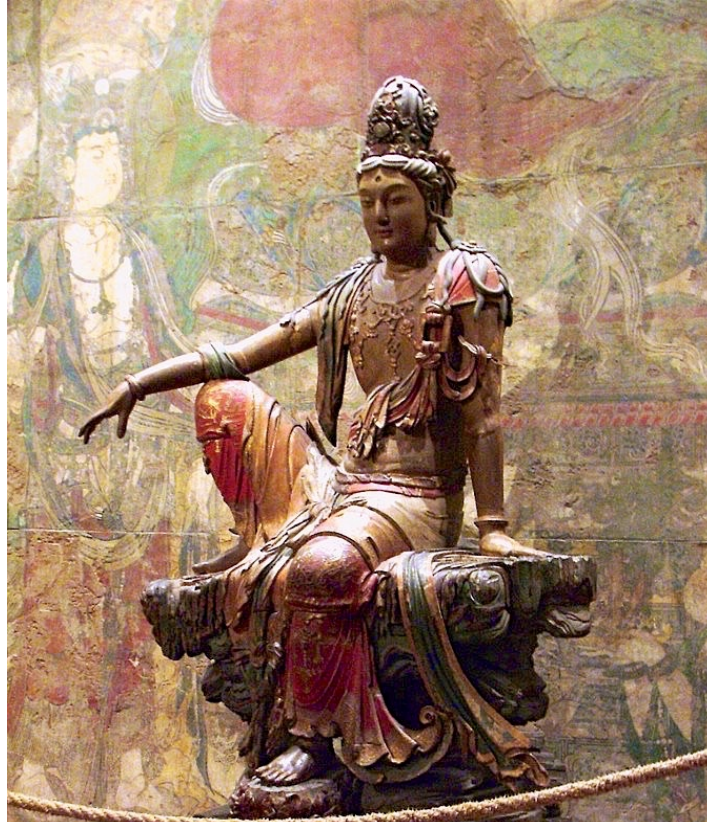
Sometimes we may tend to see our practice of ethics only from a personal perspective (how my actions affect my own state of mind) and from an interpersonal one (how my actions affect other people I interact with).

But in our increasingly interconnected world our actions will often also have an effect on people living the other side of the world (who produce lots of our food and our consumer goods) as well as the beings of the future (the recipients of environmental destruction, climate change and species extinction).

### Find out more

[thebuddhistcentre.com](http://thebuddhistcentre.com) has produced a brilliant handbook with loads of ideas and information.

Download it right [here](#) and sign up for emails [here](#).



*When we recognise the empty nature, the energy to benefit others  
dawns, effortless and uncontrived”.*

*Dilgo Khyentse*