

Merit

Merit - that which purifies and cleanses the mind

Said another way: Merit is that which purifies and cleanses the mind of evil (karmic imprints that lead to dukkha) while strengthening what is beneficial and skilful (actions that are appropriate for a given situation).

If Buddhist are happy people and if their happiness goes beyond the frail and transitory pleasures so much advertised in modern life, then it is because they know, those among them who practice, that **the way to happiness lies through merits.**

The 10 Ways of Making Merit (frequently taught in Buddhist countries as a layman's guide to the practice of Dharma)

- 1- Giving or generosity
- 2- Moral conduct
- 3- Mind-development or meditation
- 4- Reverence or respect
- 5- Service in helping others
- 6- Gives away the merit
- 7- Rejoice in the merits of others
- 8- Listening to the Dharma
- 9- Teaching the Dharma
- 10- Straightening out one's views.

Lord Buddha says in the last stanza of the *Treasure-Store Discourse*:

"So great indeed are its rewards,
Simply, this merit's excellence;
For that the steadfast and the wise
Commend a store of merit made."