

Puñña- Also known as merit, or good kamma, one accumulates through various means, such as generosity, morality, or mind development/meditation. These three base ways can be expanded into ten:

1. Giving or generosity (Dāna-maya)
2. Moral conduct or virtue (Sīla-maya)
3. Meditation or mental development (Bhāvana-maya)
4. Respect or reverence (Apacayana-maya)
5. Service in helping others (Veyyāvacca-maya)
6. Rejoicing with others' merit (Pattānumodāna-maya)
7. Through sharing of merits (Pattidāna-maya)
8. Teaching the dhamma (Dhammadesanā-maya)
9. Listening to the dhamma (Dhammasavana-maya)
10. Straightening one's views (Ditthijjukamma)

Dāna- the act of giving, being generous and charitable. There are two main purposes in giving-one as a token of reverence to the Sangha, and the other is to help someone in need.

Often during important Buddhist holy days, or Uposotha days people will observe five or eight precepts for one or more days. Many of those days are celebrated with chanting, paying homage to the Triple Gem, offering lunch and alms to the monks and nuns, and meditating. Important days include Magha Puja, Vesak, and Asalha Puja Day each representing an important turning point for Buddhism and can be found in more detail in other pages.

Offering to monks is the greatest act of giving to provide requisites to those who have gone forth from home to homelessness to study, practice and later expound the teachings. The Sangha performs many acts of service for humanity including donating overages to the homeless, victims of natural disasters and creating community events for all to participate and study.

In summary, accumulation of merit through various acts is an important part of Buddhism, and principle of life that creates harmony and happiness.