

The Five Precepts

1. I undertake the training to abstain from killing living beings.

I will purify the mind through acts of goodwill, compassion, and joy.

2. I undertake the training to abstain from taking that which is not given.

I will purify the mind through acts of generosity and giving.

3. I undertake the training to abstain from sexual misconduct.

I will purify the mind by engaging wisely with the senses and by protecting the vulnerable.

4. I undertake the training to abstain from false speech.

I will purify the mind by practicing deep listening and loving speech.

5. I undertake the training to abstain from intoxicants that lead to heedlessness.

I will support an attentive, clear, and caring mind by taking in healthy nutriment.