

The Five Precepts

1. I undertake to train myself to abstain from taking life.
2. I undertake to train myself to abstain from taking that which was not given.
3. I undertake to train myself to abstain from sensual misconduct.
4. I undertake to train myself to abstain from unskillful speech.
5. I undertake to train myself to abstain from taking substances that cause intoxication to the point of heedlessness.

The Five Precepts in Positive Expression ¹

1. I vow to train myself to support, extend and appreciate the life of all living beings, I will train myself to live with a sensitive and responsible awareness for the whole ecology of life.
2. I vow to train myself to dwell more and more in the mind of spontaneous generosity. Daily I will train myself to give material and emotional support, and be an example to others of awakening in action.
3. I vow to train myself to use the senses to increase awakening, to explore Dharma and to come to know the world more profoundly and compassionately.
4. I undertake to train myself to use verbal communication in a skillful and compassionate manner.
5. I undertake to train myself to be ever more directly aware of how nutriment affects the mind and body. I will eat and drink in a way that is supportive of awakening.

¹ Daily Puja, Reflections to Orient the Mind Towards Awakening
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