

## THE FIVE PRECEPTS

1. I undertake the mindfulness training to abstain from taking life.  
I will endeavor to cultivate Loving friendliness and compassion towards all beings.
2. I undertake the mindfulness training to abstain from taking what is not given.  
I will endeavor to cultivate non-greed and generosity and to respect others' property.
3. I undertake the mindfulness training to abstain from sexual misconduct.  
I will endeavor to cultivate respect for others and circumspection in satisfying sensual pleasure.
4. I undertake the mindfulness training to abstain from false speech.  
I will endeavor to speak truthfully with kind, constructive words.
5. I undertake the mindfulness training to abstain from intoxicating drinks and drugs causing heedlessness. I will endeavor to purify and strengthen my mind through meditative development.