

THE FIVE PRECEPTS

1. Pāṇātipātā verāmaṇī sikkhāpadaṃ sāmādiyāmi.

I undertake the precept to refrain from taking the life of any living creature.

I will act for the welfare and happiness of all beings.

2. Adinnādānā verāmaṇī sikkhāpadaṃ sāmādiyāmi.

I undertake the precept to refrain from taking that which is not given.

I will be honest, generous and take delight in giving and sharing

3. Kāmesu micchācārā verāmaṇī sikkhāpadaṃ sāmādiyāmi.

I undertake the precept to refrain from sexual misconduct.

I will be honest and sincere in my relationship with others, nurturing true love and compassion

4. Musāvādā verāmaṇī sikkhāpadaṃ sāmādiyāmi.

I undertake the precept to refrain from false and harmful speech.

I will speak the truth, promote concord, friendship and speak kindly, gently and beneficially.

5. Surāmeraya-majja-pamādaṭṭhānā verāmaṇī sikkhāpadaṃ sāmādiyāmi.

I undertake the precept to refrain from consuming intoxicating drink and

drugs which lead to carelessness.

I will strive to keep my mind pure, clear, alert, mindful and unconfused as possible.