

# THE FIVE PRECEPTS

1



I UNDERTAKE THE PRECEPT TO REFRAIN FROM KILLING OR HARMING ANY LIVING BEING.

I WILL ACT FOR THE WELFARE AND HAPPINESS OF ALL BEINGS



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

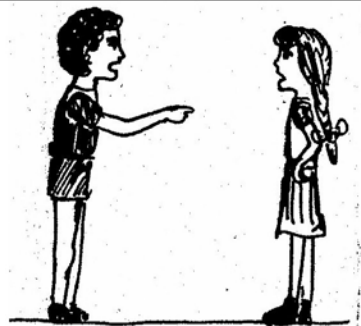
2



I UNDERTAKE THE PRECEPT TO REFRAIN FROM STEALING OR CHEATING

I WILL BE HONEST, GENEROUS AND TAKE DELIGHT IN GIVING AND SHARING

4



I UNDERTAKE THE PRECEPT TO REFRAIN FROM LYING, SLANDERING, SPEAKING MALICIOUSLY, HARSHLY AND FRIVOLOUSLY

I WILL SPEAK THE TRUTH, PROMOTE CONCORD AND FRIENDSHIP, SPEAKING KINDLY, GENTLY AND BENEFICIALLY

5



I UNDERTAKE THE PRECEPT TO REFRAIN FROM TAKING ALCOHOL AND DRUGS WHICH ARE HARMFUL TO THE MIND AND BODY

I WILL STRIVE TO KEEP MY MIND PURE, CLEAR AND ALERT, MINDFUL, AND UNCONFUSED AS MUCH OF THE TIME AS POSSIBLE.

I UNDERSTAND THAT THESE FIVE PRECEPTS ARE WONDERFUL PRECEPTS BECAUSE THEY ARE CONDUCIVE TO THE WELFARE AND HAPPINESS OF BOTH MYSELF AND OTHERS.  
I UNDERTAKE TO KEEP THESE PRECEPTS TO THE BEST OF MY ABILITY