

## *The Five Precious Precepts*

### *Trainings for Non-Harming*

- 1) Aware of the suffering caused by violence, I undertake the training to refrain from killing or committing violence toward living beings. I will attempt to treat all beings with compassion and lovingkindness.
- 2) Aware of the suffering caused by theft, I undertake the training to refrain from stealing, from taking what is not given. I will attempt to practice generosity and will be mindful about how I use the world's resources.
- 3) Aware of the suffering caused by sexual misconduct, I undertake the training to refrain from using sex in ways that are harmful to myself or to others. I will attempt to express my sexuality in ways that bring joy and feelings of connection.
- 4) Aware of the suffering caused by harmful speech, I undertake the training to refrain from lying, from harsh speech, from slander, and from idle speech. I will attempt to speak and write in ways that are loving, truthful and appropriate.
- 5) Aware of the suffering caused by alcohol and drugs, I undertake the training to refrain from misusing intoxicants that dull and confuse the mind. I will attempt to cultivate a clear mind and an open heart.

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