

FIVE PRECEPTS

I will refrain from killing. Since all beings are one within the Buddha Mind, how could I willingly cut off the life of any creature?

I will refrain from stealing. Since it is my true wish to give up all attachments, how could I willingly grasp after anything which is not freely given?

I will refrain from abusing sexuality. Since physical affection is a deep expression of love, and love is an aspect of the Unborn, how could I willingly debase this sacred love by merely gratifying my desires in a way which uses, harms, betrays, or abuses anyone?

I will refrain from speaking untruthfully. Since my heart's desire is to be one with truth, how could I willingly deceive anyone by any means whatsoever?

I will refrain from selling the wine of delusion. Since clear awareness is the door to enlightenment, how could I willingly hinder the Way for anyone by enticing them into partaking of substance, ideologies, media programs, false beliefs, or anything whatsoever which befuddles or intoxicates.

--Zen version of precepts from Shasta Abbey Zen Center