

Upasaka Precepts

The First Training: Aware of the suffering caused by the destruction of life, I vow to cultivate compassion and learn ways to protect the lives of people, animals, and plants. *I am determined not to kill, not to let others kill, and not to condone any act of killing in the world, in my thinking and in my way of life.*

The Second Training: Aware of the suffering caused by exploitation, social injustice, stealing and oppression, I vow to cultivate loving kindness and learn ways to work for the well-being of people, animals, and plants. I vow to practice generosity by sharing my time, energy, and material resources with those in real need. *I am determined not to steal and not to possess anything that should belong to others.* I will respect the property of others, but I will prevent others from profiting from human suffering or the suffering of other species on earth.

The Third Training: Aware of the suffering caused by sexual misconduct, I vow to cultivate responsibility and learn ways to protect the safety and integrity of individuals, couples, families and society. *To preserve the happiness of myself and others, I am determined to respect my commitments and the commitments of others, and not engage in sexual activities that can cause suffering to others.* I am determined not to engage in sexual relations without love and a long-term commitment. I will do everything in my power to protect children from sexual abuse and to prevent couples and families from being broken by sexual misconduct.

The Fourth Training: Aware of the suffering caused by unmindful speech and the inability to listen to others, I vow to cultivate loving speech and deep listening in order to bring joy and happiness to others and relieve others of suffering. Knowing that words can create happiness or suffering, *I vow to learn to speak truthfully, with words that inspire self-confidence, joy and hope. I am determined not to spread news that I do not know to be certain and not to criticize or condemn things of which I am not sure.* I will refrain from uttering words that can cause division or discord; or words that can cause the family or the community to break. I will make all efforts to reconcile and resolve all conflicts, however small.

The Fifth Training: Aware of the suffering caused by unmindful consumption, I vow to cultivate good health, both physical and mental, for myself, my family, and my society by practicing mindful eating, drinking and consuming. I vow to ingest only items that preserve peace, well being, and joy in my body, in my consciousness, and in the collective body and consciousness of my family and society. *I am determined not to abuse alcohol or any other intoxicant or to ingest foods or other items that contain toxins, such as certain TV programs, magazines, books, websites, films and conversations.* I am aware that to damage my body and my consciousness with these poisons is to betray my ancestors, my parents, my society, my lineage and future generations. I will work to transform violence, fear, anger and confusion in myself and in society by practicing a diet for myself and for society. I understand that a proper diet is crucial for self transformation and the transformation of society.

Ten Virtuous Actions

As a practical meditation exercise, one can take a vows to not do these for a day, three days, a week, a month, etc. Ordained individuals take all ten vows (for as long as they are ordained). If one takes a vow and keeps it, one derives the postive karma from this action. If one simply doesn't do the negative action, such as not killing and doesn't take the vow, then one doesn't derive any postive karma from it (but obviously also doesn't get any negative karma from killing).

1. Not to take a life
2. Not to take what is not given
3. Avoid Sexual Misconduct
4. Not to Decieve
5. Avoid Slander of others
6. Avoid Harsh words
7. Avoid Empty Speech
8. Avoid Greedy Thoughts
9. Not to be Malicious
- 10.** Avoid the Wrong View