

The Ten Precepts

1. I will be reverential and mindful with all life.
I will not be violent nor will I kill.
2. I will respect others' property.
I will not steal.
3. I will be conscious and loving in my relationships.
I will not give way to lust.
4. I will honor honesty and truth.
I will not deceive.
5. I will exercise proper care of my body and mind.
I will not be gluttonous or abuse intoxicants.
6. I will remember that silence is precious.
I will not gossip or be petty in my speech.
7. I will be humble.
I will not praise myself and judge others.
8. I will be satisfied with myself.
I will not covet, be envious or jealous.
9. I will keep my mind always calm and at peace.
I will not give way to anger.
10. I will esteem the Three Treasures: Buddha, Dharma and Sangha. I will not defame them.