

The Five Precepts*

1. *Panatipata veramani sikkhapadam samadiyami*

I undertake the [training] precept to refrain from destroying living creatures.

2. *Adinnadana veramani sikkhapadam samadiyami*

I undertake the [training] precept to refrain from taking that which is not given.

3. *Kamesu micchacara veramani sikkhapadam samadiyami*

I undertake the [training] precept to refrain from sexual misconduct.

4. *Musavada veramani sikkhapadam samadiyami*

I undertake the [training] precept to refrain from incorrect speech.

5. *Suramerayamajja pamadatthana veramani sikkhapadam samadiyami*

I undertake the [training] precept to refrain from intoxicating drinks and drugs which lead to carelessness.



"And what is right speech? Abstaining from lying, from divisive speech, from abusive speech, & from idle chatter: This is called right speech."**

— SN 45.8

*From "The Five Precepts: *pañca-sīla*," edited by Access to Insight [bracketed words added]. *Access to Insight (Legacy Edition)*, 30 November 2013, <http://www.accesstoinsight.org/ptf/dhamma/sila/pancasila.html>

**From "Right Speech: *samma vaca*", edited by Access to Insight. *Access to Insight (Legacy Edition)*, 30 November 2013, <http://www.accesstoinsight.org/ptf/dhamma/sacca/sacca4/samma-vaca/index.html>

Practicing with the Five Lay Precepts: Some Resources

Bikkhu Bodhi

Going For Refuge and Taking the Precepts [book] found at <http://www.accesstoinsight.org/lib/authors/bodhi/wheel282.html>

Nourishing the Roots: Essays on Buddhist Ethics [book] found at <http://www.accesstoinsight.org/lib/authors/bodhi/wheel259.html>

Abhayagiri Monastery Chanting Book [includes the precepts and many other chants]: <https://www.abhayagiri.org/books/abhayagiri-chanting-book> and home page: <https://www.abhayagiri.org> [search "chanting" and "audio"]

Gil Fronsdal:

5 essays on the precepts: in the Newsletter of the Insight Meditation Center, April-June 2014, July-September 2014, October-December 2014, January-March 2015, July-September 2015, at: <http://www.insightmeditationcenter.org/books-articles/newsletter/>

Virtue Without Rules: *Ethics in the Insight Meditation Movement* (essay), at <http://www.insightmeditationcenter.org/site/wp-content/uploads/2009/06/Virtues-without-Rules-.pdf>

Thich Nhat Hanh: Five Wonderful Precepts (commentary), at <http://www.abuddhistlibrary.com/Buddhism/G%20-%20TNH/TNH/The%20Five%20Precepts/Five%20Wonderful%20Precepts.htm> (for a more "affirmative" description of the precepts)

Sacramento Insight Meditation/Jeff Hardin: How We Practice (book), found at <http://sactoinsight.org/wp-content/uploads/2015/06/How-We-Practice-at-SIM-Book.pdf>

Audio Dharma: Ethics talks by Tony Bernhard, Andrea Fella, Gil Fronsdal and others, at <http://www.audiodharma.org/talks/?search=precepts>