

The Five Precepts

1. *Panatipata veramani sikkhapadam samadiyami*

I undertake the training to refrain from destroying living creatures.

2. *Adinnadana veramani sikkhapadam samadiyami*

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

3. *Kamesu micchacara veramani sikkhapadam samadiyami*

I undertake the training to refrain from sexual misconduct.

4. *Musavada veramani sikkhapadam samadiyami*

I undertake the training to refrain from incorrect speech.

5. *Suramerayamajja pamadatthana veramani sikkhapadam samadiyami*

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

Right Speech^{*}

"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

"Monks, a statement endowed with five factors is well-spoken, not ill-spoken. It is blameless & unfaulted by knowledgeable people. Which five?

"It is spoken at the right time. It is spoken in truth. It is spoken affectionately. It is spoken beneficially. It is spoken with a mind of good-will."
AN 5.198

* 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>

Access to Insight

Right Speech (source compilation)
<https://www.accesstoinsight.org/ptf/dhamma/sacca/sacca4/samma-vaca/index.html>

Abhayagiri Monastery

Chanting Book [includes the precepts and many other chants]:
<https://www.abhayagiri.org/books/424-abhayagiri-chanting-book> and home page:

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
<https://www.audiodharma.org/talks/?search=precepts>