

Five Precepts

Insight Meditation South Bay

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Five Precepts

Precept in English	Precept in Pali	Notes
1. I undertake to keep the precept of refraining from killing any living being.	<i>Pānātipātā Veramanī-Sikkhāpadam Samādiyāmi</i>	In respect to the lives of others, one must not deliberately kill any living creature. By observing the first precept, one cultivates the attitude of loving kindness by wishing other beings be free from harm.
2. I undertake to keep the precept of refraining from stealing or taking what is not given.	<i>Adinnādānā Veramanī-Sikkhāpadam Samādiyāmi</i>	In respect to others, one should practice generosity, and not take the property of others through force, theft, trickery, or fraud.
3. I undertake to keep the precept to refrain from sexual misconduct.	<i>Kamasu Micchaccara Veramanī-Sikkhāpadam Samādiyāmi</i>	One abstains from sexual behavior that causes pain, suffering or injury to others, including sexual activity that is damaging to relationships.
4. I undertake to keep the precept of refraining from wrongful speech.	<i>Musāvādā Veramanī-Sikkhāpadam Samādiyāmi</i>	One abstains from speech that conveys lies, half-truths, idle gossip, slander, negativity, that is mean-spirited, malicious, harsh, or promotes disharmony. Speech that is encouraged is true, timely, useful, and motivated by kindness.
5. I undertake to keep the precept of refraining from intoxicants that cloud the mind or cause heedlessness.	<i>Surā-Meraya-Majjapamādatthānā Veramanī-Sikkhāpadam Samādiyāmi</i>	Ingestion of intoxicants that cloud the mind, such as drugs, or alcohol, neither promotes mindful behavior nor enables the development of awareness. Breaching this precept weakens our resolve and facilitates the breaking of the other precepts.
I undertake these five precepts	<i>Imam Pañcha Sīlam Samādiyāmi</i>	The precepts are not intended as moralistic commandments, but rather as a support for living in concord and as guidelines for training ourselves in virtue, clarity, and ethical conduct.