



The 5 Precepts - *pañca-sila*

Virtue

These basic training rules are observed by all practicing lay Buddhists. The precepts are often recited after reciting the [formula for taking refuge in the Buddha, Dhamma, and Sangha](#).

The Five Precepts:

1. Panatipata veramani sikkhapadam samadiyami

I undertake the precept to refrain from destroying living creatures.

2. Adinnadana veramani sikkhapadam samadiyami

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

3. Kamesu micchacara veramani sikkhapadam samadiyami

I undertake the precept to refrain from sexual misconduct.

4. Musavada veramani sikkhapadam samadiyami

I undertake the precept to refrain from incorrect speech.

5. Suramerayamajja pamadatthana veramani sikkhapadam samadiyami

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

Also known as the **5 Faultless Gifts:**

*In doing so, **he gives** freedom from danger, freedom from animosity,
freedom from oppression to limitless numbers of beings...
he gains a share in limitless freedom...*

“The Buddha says when you take the five precepts, it's not some act of non-doing. It's actually an act of generosity, because you're giving living beings the freedom of safety. You're giving living beings the freedom from animosity, from obstruction. So when you actually take the five precepts, you're saying, I'm going to prolong life by not taking it, you know? I'm going to make people feel safe by not taking anything that's not mine. I'm going to give people the opportunity to trust and value humans because I don't lie. I'm going to give people the opportunity to experience a wonderful, intimate relationship because I'm not going to have sexual misconduct. And I'm going to give the opportunity for the world to be a bright and aware place because I'm not going to dull it with my actions. That's what taking the five precepts does.”

Precept Renewal

It is recommended that when you transgress a precept it is best to recognize it and repent immediately. You can do so with yourself, your teacher, a monastic or an accountability partner, etc. Once you have confessed and seen the error in your ways you should resolve to not commit this action again in the future as doing so would only produce harmful results. From then on we are encouraged to continue to act with modesty and caution while reflecting on the dangers of impure actions so that we may maintain purity and proper ethical conduct. While in samsara we are still vulnerable to suffering and precepts provide us and others protection from pain, regret, remorse and unwanted circumstances. It is important to know that the precepts are taken voluntarily and are not to be treated like commandments. We agree to follow these training rules with wisdom and compassion as our guide. This is how we uproot evil causes and produce the conditions leading to enlightenment, being of benefit to all sentient beings!

[Becoming a Light in the World](#)

Let go and have faith!

Sadhu!

Sadhu!

Sadhu!