Sangha House
NOLA

The Five Precepts and the Five Mindfulness Trainings

These trainings are the ground of our shared practice.
Please read each one slowly and with an open heart.

The Five Precepts

1 **Protecting life**

Pāṇātipātā veramaṇī sikkhāpadaṃ samādiyāmi

I undertake the training to refrain from taking life.

2 **Generosity**

Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi

I undertake the training to refrain from taking what is not freely given.

3 **Right conduct**

Kāmesu micchācārā veramaṇī sikkhāpadaṃ samādiyāmi

I undertake the training to refrain from sexual misconduct.

4 **Truthful speech**

Musāvādā veramaṇī sikkhāpadaṃ samādiyāmi

I undertake the training to refrain from false and harmful speech.

5 **A clear mind**

Surāmeraya-majja-pamādaṭṭhānā veramaṇī sikkhāpadaṃ samādiyāmi

I undertake the training to refrain from intoxicants that cloud the mind.

The Five Mindfulness Trainings

The Mindfulness Trainings carry the precepts into daily life, as a way of being with ourselves, one another, and the land.

1 **Reverence for life**

Aware of the suffering caused by violence, I commit to protecting the lives of people, animals, plants, and the earth, and to cultivating understanding so that harm does not arise from me in thought, word, or action.

2 **True happiness**

Aware of the suffering caused by exploitation and injustice, I commit to sharing my time, energy, and resources with those in need, and to finding happiness in understanding and compassion rather than in taking.

3 **True love**

Aware of the suffering caused by sexual misconduct, I commit to responsibility, respect, and trust in my relationships, and to protecting the safety and dignity of individuals, couples, families, and children.

4 **Loving speech and deep listening**

Aware of the suffering caused by unmindful speech and the inability to listen, I commit to speaking truthfully and with kindness, and to listening deeply so that reconciliation and peace may grow in beloved community.

5 **Nourishment and healing**

Aware of the suffering caused by unmindful consumption, I commit to caring for my body and mind through what I eat, drink, and take in through my senses, choosing what nourishes healing, joy, and liberation.