

THE FIVE MOST COMMON BUDDHIST PRECEPTS

A Version Developed by the Earth Sangha

Let us not harm, but respect all forms of life.

Our world is rich in living things but many of them are dying out;
let us find a way to let them have their lives.

Let us not take the things of others, but care for others who lack the things they need.

Our world contains great wealth but much is lost through waste and over-consumption; let us find a way to share our wealth with those who have too little.

Let us not engage in promiscuity, but practice thoughtful sexual relations.

Our world renews itself through desire but careless sex breeds great misery;
let us find a way to reduce this suffering and assure ourselves that all our children
are wanted.

Let us not injure others with our words, but speak in ways that benefit them.

Our world is full of talk but much of it serves narrow, selfish purposes;
let us find a way to turn our self-expression into a form of selflessness.

**Let us not encourage the use of substances or practices that cloud the mind,
but promote clarity of mind.**

Our world is saturated with pleasures but many of them invite confusion;
let us find a way to help ourselves and others see things as they really are.