



I undertake the training of...

...loving-kindness.

*My intent is to abstain from killing sentient beings.
I will honor life.*

...generosity.

I will abstain from taking what is not given.

...moderation & contentment.

*I will abstain from sexual misconduct and
the abuse of sensory pleasures.*

...positive speech.

I will abstain from false speech.

...life-affirming action.

*I will abstain from the cultivation of
unwholesome habitual reactivities.*

