

The Ten Essential Precepts of Buddhist Practice

1. A disciple of Buddha does not kill but rather cultivates and encourages life.
2. A disciple of Buddha does not take what is not given but rather cultivates and encourages generosity.
3. A disciple of Buddha does not misuse sexuality but rather cultivates and encourages open and honest relationships.
4. A disciple of Buddha does not lie but rather cultivates and encourages truthful communication.
5. A disciple of Buddha does not intoxicate self or others but rather cultivates and encourages clarity.
6. A disciple of Buddha does not slander others but rather cultivates and encourages respectful speech.
7. A disciple of Buddha does not praise self at the expense of others but rather cultivates and encourages self and others to abide in their awakened nature.
8. A disciple of Buddha is not possessive of anything but rather cultivates and encourages mutual support.
9. A disciple of Buddha does not harbor ill-will but rather cultivates and encourages lovingkindness and understanding.
10. A disciple of Buddha does not abuse the Three Treasures but rather cultivates and encourages awakening, the path and teaching of awakening and the community that takes refuge in awakening.

