

Five Training Precepts

1. I observe the precept of abstaining from killing beings.
2. I observe the precept of abstaining from stealing.
3. I observe the precept of abstaining from sexual misconduct.
4. I observe the precept of abstaining from telling lies.
5. I observe the precept of abstaining from taking intoxicating drinks and drugs.

I follow these precepts for happiness in this life, for rebirth in heaven, and to realize the Four Noble Truths in this Gautama Buddha's Dispensation.

Sādhu! Sādhu! Sādhu!