

## The Five Precepts

Pāṇātipātā verāmaṇī sikkhāpadaṃ sāmādiyāmi  
Adinnādānā verāmaṇī sikkhāpadaṃ sāmādiyāmi  
Abrahmacāriyā verāmaṇī sikkhāpadaṃ sāmādiyāmi \*  
Musāvādā verāmaṇī sikkhāpadaṃ sāmādiyāmi  
Surāmeraya-majja-pamādatṭhānā  
verāmaṇī sikkhāpadaṃ sāmādiyāmi

*I undertake the precept to refrain from taking the life  
of any living creature.*

*I undertake the precept to refrain from taking that which is not given.*

*I undertake the precept to refrain from sexual activity.*

*I undertake the precept to refrain from lying.*

*I undertake the precept to refrain from consuming  
intoxicating drink and drugs which lead to carelessness.*

\* When not on retreat, the third precept may change to:

Kāmesu micchācārā verāmaṇī sikkhāpadaṃ sāmādiyāmi

*I undertake the precept to refrain from sexual misconduct.*

Spirit Rock