

# BUDDHIST ETHICS

## Principles

1. Kindness, not cruelty
2. Generosity, not being mean
3. Contentment, not craving
4. Being genuine, not false
5. Awareness, not escapism

## The Five Precepts - Negative Form

I undertake the training principle of:

1. Not harming living beings
2. Not taking the not-given
3. Abstaining from sexual misconduct
4. Abstaining from false speech
5. Abstaining from intoxicants

## The Five Precepts - Positive Form

1. With deeds of loving kindness, I purify my body
2. With open-handed generosity, I purify my body
3. With stillness, simplicity and contentment, I purify my body
4. With truthful communication, I purify my speech
5. With mindfulness clear and radiant, I purify my mind