

## **THE FIVE PRECEPTS**

### **1. Refrain from taking life**

- a. Higher form of precept: not harming
- b. Highest level: affirmative practice lovingkindness and compassion for all beings

### **2. Refrain from taking what is not freely offered**

- a. Higher level: not demanding more than we have
- b. Highest level: affirmative practice letting go; renunciation; generosity

### **3. Refrain from sexual misconduct**

- a. Higher level: not wanting any of my relationships to cause harm
- b. Highest level: affirmatively wanting all my relationships to be beneficial

### **4. Refrain from false speech**

- a. Higher level: practice speech that is beneficial to both self and others
- b. Highest level: affirmatively engage in speech that helps others to evolve on the spiritual path

### **5. Refrain from intoxication**

- a. Higher level: avoid anything that is escapist
- b. Highest level: affirmatively ingest only those things through the senses that are healthy