

Still Point Zen Buddhist Temple

Five Traditional Precepts:

1. Do not harm but cherish all life.
2. Do not take what is not given but respect the things of others.
3. Do not engage in sexual promiscuity but practice purity of mind and self-restraint.
4. Do not lie but speak the truth.
5. Do not partake in the production and transactions of firearms and chemical poisons that are injurious to public health and safety nor of drugs and liquors that confuse and weaken the mind.

Three Optional Contemporary Precepts:

6. Do not waste but conserve energy and natural resources.
7. Do not harbor enmity against the wrongs of others but promote peace and justice through non-violent means.
8. Do not cling to things that belong to you but practice generosity and the joy of sharing.