

- 1) **To undertake the training to avoid taking the life of beings.** This precept applies to all living beings not just humans. All beings have a right to their lives and that right should be respected.
- 2) **To undertake the training to avoid taking things not given.** This precept goes further than mere stealing. One should avoid taking anything unless one can be sure that it is intended that it is for you.
- 3) **To undertake the training to avoid sensual misconduct.** This precept is often mistranslated or misinterpreted as relating only to sexual misconduct but it covers any overindulgence in any sensual pleasure such as gluttony as well as misconduct of a sexual nature.
- 4) **To undertake the training to refrain from false speech.** As well as avoiding lying and deceiving, this precept covers slander as well as speech which is not beneficial to the welfare of others.
- 5) **To undertake the training to abstain from substances which cause intoxication and heedlessness.** This precept is in a special category as it does not infer any intrinsic evil in, say, alcohol itself but indulgence in such a substance could be the cause of breaking the other four precepts.