

## **Refuges**

I take refuge in Buddha.

*To take refuge is to always return. Returning to Buddha is returning to the spaciousness, the love and kindness that is the deepest nature of all life.*

I take refuge in Dharma.

*To take refuge is to always return. Returning to the Dharma is to embrace all that life teaches us.*

I take refuge in Sangha.

*To take refuge is to always return. Returning to Sangha is embracing the community of all being that is our refuge of love and support.*

## **Three Pure Precepts**

I vow to avoid all action that causes suffering. \*(repeat)

*This is the intention to always practice a wise restraint*

I vow to engage in action that increases awareness and happiness. \*(repeat)

*This is the intention to do wholesome actions that make ourselves and each other truly happy*

I vow to live for and with all beings. \*(repeat)

*This is the intention to always keep each other in mind*

## **Ten Clear Mind Precepts**

I vow to cultivate and encourage life, I will not take life needlessly.

*A follower of the way of awakening is someone who lives with awareness. Such a person can never knowingly harm a single person or thing.*

I vow to receive what is offered as a gift, I will not steal.

*Everything belongs to us and nothing belongs to us; we don't take anything unless it is given to us as a gift.*

I vow to remain faithful in relationships, I will not misuse sexuality.

*There is no way to remain deeply in relationship without complete honesty and openness with each other.*

I vow to communicate truthfully, I will not lie.

*Our speech must have integrity, being true and kind. We create or destroy relationships with our words.*

I vow to polish clarity and dispel delusion, I will not intoxicate myself or another.  
*Intoxication, whether it be with substances or with doctrines, creates confusion and unhappiness.*

I vow to speak with words of loving-kindness, I will not criticize mindlessly.

*We make an effort to be compassionate in our speech about others. In this way we can love and be loved.*

I vow to practice humility, I will not praise myself at the expense of another.

*Please let others know that you respect and appreciate them and why.*

I vow to share freely and with generosity, I will not be possessive of anything.

*Since there is nothing we can possess, especially others, we approach the world and each other with open hands.*

I vow to return to equanimity, I will not harbor anger or ill will.

*When there is anger, see it as anger; respect and feel it but don't keep it close; try as much as you can to let it go.*

I vow to cultivate awareness, seek truth, and nourish our community.

*We embrace the Buddha nature of all beings, open our hearts to the wisdom of the Dharma, and entrust ourselves to the love and support of the Sangha.*