

# The Five Precepts



**I. Pāṇātipātā veramaṇī sikkhapadaṃ samādiyāmi.**

(I abstain from killing any living beings.)

**II. Adinnādānā veramaṇī sikkhapadaṃ samādiyāmi.**

(I abstain from taking what is not given.)

**III. Kāmesu micchācārā veramaṇī sikkhapadaṃ samādiyāmi.**

(I abstain from sexual misconduct.)

**IV. Musāvādā veramaṇī sikkhapadaṃ samādiyāmi.**

(I abstain from saying what is not true.)

**V. Surā-meraya-majja-pamādaṭṭhānā veramaṇī sikkhapadaṃ samādiyāmi.**

(I abstain from taking in drinks and drugs that are intoxicating and cause forgetfulness.)