

An Opportunity to Receive the Precepts/Five Mindfulness Trainings

During the retreat, there will be an opportunity to formally receive the Five Precepts. Mindfulness is the heart of Buddhist meditation. These Five Trainings can help us be mindful in each moment of our lives and protect ourselves, our families, and our society. Receiving and practicing precepts like these in the context of a community can be especially supportive and clarifying.

The Five Mindfulness Trainings (as adapted by Thich Nhat Hanh)

1. Aware of the suffering caused by the destruction of life, I am committed to cultivating compassion and learning ways to protect the lives of people, animals, plants, and minerals. I am determined not to kill, not to let others kill, and not to support any act of killing in the world, in my thinking, and in my way of life.
 2. Aware of the suffering caused by exploitation, social injustice, stealing, and oppression, I am committed to cultivating loving kindness and learning ways to work for the well-being of people, animals, plants, and minerals. I vow to practice generosity by sharing my time, energy, and material resources with those who are in need. I am determined not to steal and not to possess anything that should belong to others. I will respect the property of others, but I will prevent others from profiting from human suffering or the suffering of other species on Earth.
 3. Aware of the suffering caused by sexual misconduct, I am committed to cultivating responsibility and learning ways to protect the safety and integrity of individuals, couples, families, and society. I am determined not to engage in sexual relations without love and a long-term commitment. To preserve the happiness of myself and others, I am determined to respect my commitments and the commitments of others. I will do everything in my power to protect children from sexual abuse and to prevent couples and families from being broken by sexual misconduct.
 4. Aware of the suffering caused by unmindful speech and the inability to listen to others, I am committed to cultivating loving speech and deep listening in order to bring joy and happiness to others and relieve others of their suffering. Knowing that words can create happiness or suffering, I am determined to speak truthfully, with words that inspire self-confidence, joy, and hope. I will not spread news that I do not know to be certain and will not to criticize or condemn things of which I am not sure. I will refrain from uttering words that can cause division or discord, or that can cause the family or the community to break. I am determined to make all efforts to reconcile and resolve all conflicts, however small.
 5. Aware of the suffering caused by unmindful consumption, I am committed to cultivating good health, both physical and mental, for myself, my family and my society by practicing mindful eating, drinking, and consuming. I will ingest only items that preserve peace, well-being, and joy in my body, mind, and the collective consciousness of my family and society. I am determined not to misuse or support the abuse of intoxicants or to ingest other toxins, including conversations and media. I am aware that to damage my body or my consciousness is to betray my ancestors, parents, society, and future generations. I will work to understand and transform violence, fear, anger, and confusion in myself and in society.
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If you are considering receiving the Five Mindfulness Trainings, please bring this form to the retreat, or email it with your Pre-Retreat Questionnaire to Therese Fitzgerald at DharmaFriends@aol.com.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Which of the Mindfulness Trainings would you like to receive?

All Five First Second Third Fourth Fifth

Would you like to receive a Dharma Name to encourage you?

Yes No

If you would like to receive a Dharma Name, please write a statement of your aspirations.