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**Precepts Renewal Full Moon Ceremony**

**THE FIVE REMEMBRANCES**

I am of the nature to grow old. There is no way to escape growing old.

I am of the nature to have ill health. There is no way to escape ill health.

I am of the nature to die. There is no way to escape death.

All that is dear to me and everyone I love are of the nature to change. There is no way to escape being separated from them.

My actions are my only true belongings. I cannot escape the consequences of my actions. My actions are the ground upon which I stand.

**THE THREE REFUGES**

Buddham saranam gacchami

Dhammam saranam gacchami

Sangham saranam gacchami

I take refuge in Buddha

I take refuge in Dhamma

I take refuge in Sangha*.*

**THE THREE PURE PRECEPTS**

I vow to make every effort to embody non-violence and non-harming.

*It is the abode of the law of all Buddhas; It is the source of the law of all Buddhas.*

I vow to make every effort to wake up to my true nature, to see clearly and to live in accordance with what is true.

*It is the teaching of anuttara samyaksambodhi and the path of one who practices and that which is practiced.  
and the path of one who practices   
and that which is practiced*

I vow to make every effort to live and be lived selflessly, for the benefit of all beings.

*It is transcending profane and holy and taking self and others across.*

**THE FIVE TRAINING PRECEPTS**

***First Precept:*** Aware of the suffering caused by the destruction of life, I undertake as a training precept not to kill, and to not to condone killing.

***Second Precept:*** Aware of the suffering caused by exploitation, stealing and oppression, I undertake as a training precept not to take what is not freely offered, and not to condone others taking what is not freely offered.

***Third Precept:*** Aware of the suffering caused by inappropriate interpersonal relationships, especially sexual misconduct, I undertake the training precept of not to engage in inappropriate interpersonal relationships, and not to condone others engaging in inappropriate interpersonal relationships.

***Fourth Precept:*** Aware of the suffering caused by unmindful speech and not listening deeply, I undertake as a training precept not to speak falsely or unskillfully, and not to condone others speaking falsely or unskillfully.

***Fifth Precept:*** Aware of the suffering caused by unmindful consumption, I undertake as a training precept not to cloud the mind with intoxicants or inappropriate consumption, and not to condone others engaging in inappropriate or unmindful consumption.

