



INSIGHT MEDITATION COMMUNITY OF CHARLOTTESVILLE

THE PRECEPTS

1. AWARE OF THE SUFFERING CAUSED BY THE DESTRUCTION OF LIFE, I VOW TO CULTIVATE COMPASSION AND TO LEARN THE WAYS OF PROTECTING THE LIVES OF PEOPLE, ANIMALS AND PLANTS.
2. AWARE OF THE SUFFERING CAUSED BY EXPLOITATION, SOCIAL INJUSTICE, STEALING AND OPPRESSION, I VOW TO CULTIVATE LOVING-KINDNESS AND TO LEARN WAYS TO WORK FOR THE WELL-BEING OF PEOPLE, ANIMALS AND PLANTS. I AM DETERMINED NOT TO STEAL AND NOT TO POSSESS ANYTHING THAT SHOULD BELONG TO OTHERS.
3. AWARE OF THE SUFFERING CAUSED BY SEXUAL MISCONDUCT, I VOW TO CULTIVATE MY RESPONSIBILITY FOR MY OWN SEXUAL ENERGIES AND ACTIONS AND TO LEARN WAYS TO PROTECT THE SAFETY AND INTEGRITY OF INDIVIDUALS, COUPLES, FAMILIES AND SOCIETY.
4. AWARE OF THE SUFFERING CAUSED BY UNMINDFUL SPEECH AND THE INABILITY TO LISTEN TO THE SUFFERING OF OTHERS, I VOW TO CULTIVATE LOVING SPEECH AND DEEP LISTENING.
5. AWARE OF THE SUFFERING CAUSED BY UNMINDFUL CONSUMPTION, I VOW TO CULTIVATE GOOD HEALTH, BOTH PHYSICAL AND MENTAL, FOR MYSELF, MY FAMILY, AND MY SOCIETY BY PRACTICING MINDFUL EATING, DRINKING AND CONSUMING.