

Five Precepts for Daily Living

Brought to Vermont Insight by Amita Schmidt

- * Knowing how deeply our lives intertwine, I vow to protect life.
- * Knowing how deeply our lives intertwine, I vow to practice generosity.
- * Knowing how deeply our lives intertwine, I vow to be respectful with my sexuality.
- * Knowing how deeply our lives intertwine, I vow to speak what is true, useful and kind.
- * Knowing how deeply our lives intertwine, I vow to practice clarity of mind and openness of heart.