

Retreat Precepts

*I undertake the training to refrain from taking the life of any being.
I aspire to become kind and of service to all beings.*

*I undertake the training to refrain from taking that which is not
freely given.
I aspire to become generous to all beings.*

*I undertake the training to refrain from sexual activity.
I aspire to nurture love, relationship, and beauty.*

*I undertake the training to practice with Noble Silence and Right
Speech.
I aspire to use speech to create happiness, harmony and understanding.*

*I undertake the training to refrain from the use of intoxicants.
I aspire to cultivate mindfulness and wisdom.*