**The Five Ethical Trainings:
cultivating restraint and aspiration.

Knowing how deeply our lives intertwine,
I undertake the training,**

**to refrain from harming living beings.
May I respect all life.

Knowing how deeply our lives intertwine,
I undertake the training,**

**to refrain from taking what is not freely offered to me.
I will practice generosity

Knowing how deeply our lives intertwine,
I undertake the training,**

**to refrain from harmful expressions of sensuality.
May I relate to sensuality with respect and sensitivity.

Knowing how deeply our lives intertwine,
I undertake the training,**

**to refrain from untrue or harmful speech.
May my words contribute to harmony.

Knowing how deeply our lives intertwine,
I undertake the training,**

**to refrain from substances that cloud the mind.
I will cultivate steadfastness and clarity.

These five ethical trainings are a vehicle for wellbeing,
a vehicle for awakening, and an offering to this world**