**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**