

# The Ten Cardinal Precepts

1. I resolve not to kill, but to cherish all life.
2. I resolve not to take what is not given, but to respect the things of others.
3. I resolve not to engage in improper sexuality, but to lead a life of purity and self-restraint.
4. I resolve not to lie, but to speak the truth.
5. I resolve not to cause others to take substances that impair the mind, nor to do so myself, but to keep the mind clear.
6. I resolve not to speak of the faults of others, but to be understanding and sympathetic.
7. I resolve not to praise myself and disparage others, but to overcome my own shortcomings.
8. I resolve not to withhold spiritual or material aid, but to give them freely as needed.
9. I resolve not to indulge in anger, but to exercise restraint.
10. I resolve not to revile the three treasures – the Buddha, the Dharma, and the Sangha – but to cherish and uphold them.

*From Mt. Adams Zen Buddhist Temple*