

## The Five Mindfulness Trainings

### Reverence for life

Aware of the suffering caused by the destruction of life, I am committed to cultivating Right View and compassion, and to learning ways to protect the lives of people, animals, plants and minerals. I am determined not to kill, not to let others kill and not to support any act of killing in the world, in my thinking and in my way of life. Seeing that actions motivated by fear, anger and craving have their roots in dualistic and discriminative thinking, I am determined to cultivate openness, non-discrimination and non-attachment to views in order to transform fanaticism and intolerance within myself and in the world.

### Generosity

Aware of the suffering caused by exploitation, social injustice, stealing and oppression, I am committed to practicing generosity in my thinking, speaking and acting and to sharing my time, energy and material resources with those in need. I am determined not to steal and not to possess anything that should belong to others. I am determined to practice looking deeply to see that the happiness and suffering of others is deeply connected to my own happiness and suffering, that true happiness is not possible without understanding and compassion, and that running after wealth, fame, power and sex can bring about much suffering and despair. I am aware that it is possible to live happily right in the present moment and that I already have more than enough conditions to be happy. I am committed to practicing Right Livelihood and to living simply so that I can help reduce the suffering of living beings and reverse the process of global warming.

### True Love

Aware of the suffering caused by sexual misconduct, I am committed to cultivating responsibility and learning ways to protect the safety and integrity of individuals, couples, families and society. I am aware that sexual desire is not love and that sexual activity motivated by craving always brings harm to me and to others. I am determined not to engage in sexual relations without true love and a deep, long-term commitment. I will do everything in my capacity to prevent children from being sexually abused and to prevent couples and families from being broken by sexual misconduct. I am committed to learning appropriate ways to take care of my sexual energy, to seeing the oneness of body and mind, and to cultivating more loving kindness, compassion, joy and inclusiveness, for my greater happiness and the greater happiness of others. I know that practicing true love is the best way to ensure a beautiful continuation in the future.

### Loving Speech and Deep Listening

Aware of the suffering caused by unmindful speech and the inability to listen to others, I am committed to cultivating loving speech and compassionate listening in order to help relieve suffering, and promote reconciliation and peace in myself and others, including people of different ethnic groups, religions and nations. Knowing that words can create happiness or suffering, I am determined to speak truthfully with words that inspire self-confidence, joy and hope. I am committed not to speak when anger is in me, but to practice mindful breathing and walking in order to recognize my anger, and to look deeply to see its roots, which may be my wrong perceptions and the inability to understand my own and others' suffering. I am committed to listening in such a way that can help the other person see a way out of his or her difficult situation. I am committed not to spread news that I do not know to be certain and shall refrain from uttering words that can cause division or discord. I am committed to practicing Right Diligence in order to nourish my capacity for love, joy, and non-discrimination and to diminish the energy of anger, violence and fear in me.

### Mindful Consumption

Aware of the suffering caused by unmindful consumption, I am committed to cultivating good health, both physical and mental for myself, my family and my society by practicing mindful eating, drinking and consuming. I am committed to looking deeply at how I consume the Four Kinds of Nutriment in my daily life: namely edible foods, sense impressions, volition and consciousness. I am committed not to use alcohol, drugs or any other products which contains toxins, including T.V. programs, magazines, books films and even conversations. I am committed to coming back to the present moment to be in touch with the refreshing, healing and nourishing elements in me and around me, not allowing regrets, sorrow, and fear to carry me away from the present moment. I am determined to avoid consuming in order to cover up my suffering, loneliness and anxiety. I am committed to looking into the nature of interbeing and to consuming in such a way that can preserve peace, well-being and joy in my body and consciousness and in the collective body and consciousness of my family and society.