**The Zen Precepts**

**The Three Refuges:**

1. We take refuge in the Buddha
2. We take refuge in the Dharma
3. We take refuge in the Sangha

**The Three Pure Precepts:**

1. To do no evil
2. To do good
3. To save all beings

**The Ten Precepts:**

1. A follower of the way does not kill, but rather cultivates and encourages life.
2. A follower of the way does not take what is not given, but rather cultivates and encourages generosity.
3. A follower of the way does not misuse sexuality, but rather cultivates and encourages open and honest relationships
4. A follower of the way does not lie, but rather cultivates and encourages truthful communication.
5. A follower of the way does not intoxicate self or others, but rather cultivates and encourages clarity.
6. A follower of the way does not slander others, but rather cultivates and encourages respectful speech.
7. A follower of the way does not praise self nor demeans others, but rather cultivates awareness of the interdependent nature of self.
8. A follower of the way does not attach to anything, even the teaching, but rather cultivates mutual support and shares the dharma with all beings.
9. A follower of the way does not harbor ill-will, but rather cultivates and encourages lovingkindness, understanding and forgiveness.
10. A follower of the way does not turn away from the Three Refuges, but rather cultivates and encourages taking refuge in them.

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