

The Five Precepts of Buddhism

1. Reverence of Live

- a. Avoid Violence on Yourself and Others
- b. Hateful/Violent Thoughts Hurt You First.
- c. Be Peaceful and Mindful.

2. Generosity: There are Three Kinds

- a. Give your Time and Money
- b. Gift of Knowledge
- c. Gift of Non-Fear
Abayaprudam - He who Grants Fearlessness

3. Avoid Over-indulgence

4. Speaking & Listening Deeply

- a. Avoid Gossip & Exaggerations
- b. Listening and Speaking Auspiciously Leads to
Living Auspiciously without effort

5. Ingesting Wholesome Substances

- a. Satwick (pure):
Eat Fresh Fruits and Vegetables
- b. Rhagisic Foods:
Avoid Meats, Oily, Heavy, Very Rich Foods
- c. Tamosic Foods (stale):
Avoid Alcohol, Cheese, Wines, Aged, or Preserved Foods

6. Following these Precepts will prepare you to the Higher Knowledge of who you are. No matter how much knowledge you attain you can only reach so far by yourself fueled with arrogance. Open yourself up to the Lord or Guru, and only then will He cometh.