

# How to Practice Five Precepts and purify them

## Five Precepts

1. Refrain from killing

- killing by oneself
- get someone else to kill
- approve killing

1. Refrain from stealing

- Stealing by oneself
- get someone else to steal
- approve stealing

1. Refrain from sexual misconduct

- engage in by oneself
- get somebody else to do so
- approve sexual misconduct

1. Refrain from false speech

- using false speech by oneself
- get somebody else to use false speech
- approve using false speech

1. Refrain from taking intoxicants

- Taking intoxicants, drugs or liquor
- giving intoxicants to others
- approve taking intoxicants

## Three ways to refrain

## sīla dear to Noble ones

- 1.unbroken
- 2.untorn
- 3.unblemished
- 4.unmottled
- 5.freeing
- 6.praised by the wise
- 7.ungrasped
- 8.leading to concentration

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