The 5 moral precepts

Recap

1. Karuna is compassion
2. Metta is loving-kindness
3. Sympathetic joy and equanimity

The five moral precepts are the most fundamental Buddhist ethical principles that Buddhists follow in order to live ethical and moral lives. They are:

1. Abstain from taking life
2. Abstain from taking what is not freely given
3. Abstain from misuse of sex and sexual misconduct
4. Abstain from wrong speech
5. Abstain from intoxicants that cloud the mind

Examples

1. Murdering humans, murdering animals, suicide
2. Stealing, stealing power, blackmail
3. Rape, incest, bigamy
4. Swearing, talking badly of another person, racism
5. Drinking alcohol, drugs, addiction

**See quote in book**

The 5 moral precepts should be a habit

There are different ways the 5 moral precepts influence Buddhists today. One of them is to abstain from taking life. This means that Buddhists cannot kill.