

The Five Mindfulness Trainings¹

The First Mindfulness Training

Aware of the suffering caused by the destruction of life, I am committed to cultivating compassion and learning ways to protect the lives of people, animals, plants, and all living beings. 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.

The Second Mindfulness Training

Aware of the suffering caused by exploitation, social injustice, theft, and oppression, I am committed to cultivating loving kindness and learning ways to work for the well-being of people, animals, plants, and the environment. I will practice generosity by sharing time, energy, and material resources with those who are in real need. I am determined not to steal and not to possess anything that belongs to others. I will respect the property of others, and I will prevent others from profiting from human suffering or the suffering of other species on Earth.

The Third Mindfulness Training

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 determined not to engage in sexual relations without love and long-term commitment. To preserve the happiness of others and myself, I am determined to respect my commitment. To preserve the happiness of others and myself, I am determined to respect my commitments and the commitments of others. I will do everything in my power to protect children from sexual abuse and to prevent couples and families from being broken by sexual misconduct.

The Fourth Mindfulness Training

Aware of the suffering caused by unmindful speech and the inability to listen to others, I am committed to cultivating loving speech and deep listening in order to bring joy and happiness to others and alleviate their suffering. Knowing that words can create happiness or suffering, I am determined to speak truthfully with words that inspire self-confidence, joy, and hope. I will not spread news that I do not know to be certain and will not criticize or condemn things of which I am not sure. I will refrain from uttering words that can cause division or discord, or that can cause the family or community to break. I am determined to make every effort to reconcile and resolve all conflicts, however small.

¹ By Thich Nhat Hanh

The Fifth Mindfulness Training

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 will ingest only items that preserve peace, well-being, and joy in my body, in my consciousness, and in the collective body and consciousness of my family and society. I am determined not to use alcohol or any other intoxicant or to ingest foods or other items that contain toxins, such as certain TV programs, magazines, books, films, and conversations. I am aware that to damage my body or my consciousness with these poisons is to betray my ancestors, my parents, my society, and future generations. I will work to transform violence, fear, anger, and confusion in myself and in society by practicing a diet for myself and for society. I understand that a proper diet is crucial for self-transformation and for the transformation of society.