

THE EIGHT PRECEPTS

1. To refrain from taking the life of any living being.
2. To refrain from taking that which is not given.
3. To refrain from any kind of sexual activity.
4. To refrain from false speech, harsh speech, malicious gossip, and idle chatter.
5. To refrain from taking intoxicants.
6. To refrain from eating after noon.
7. To refrain from entertainment, beautification, and adornment.
8. To refrain from sleeping on a high or luxurious bed.