

## **Layperson's Precepts**

I undertake the precept to abstain from harming living beings.

I undertake the precept to abstain from taking that which is not freely given.

I undertake the precept to abstain from incorrect speech.

I undertake the precept to abstain from incorrect sexual expression.

I undertake the precept to keep my mind free of intoxicants of all sorts.

**May these precepts be the cause of Happiness**