



Code of Conduct for Meditation Courses for Children and Teenager

While at the meditation course, you should agree to follow these rules because they will provide a good foundation for your practice and will give you mental strength.

During the first meditation session at the course you will be asked to repeat the following five vows or precepts. These are written in bold and underneath each is an explanation. Please read them carefully so that you will understand what you are saying when the time comes.

The 5 Precepts



I shall abstain from killing.

I promise to try to treat all beings kindly and not kill them or harm them in any way.



I shall abstain from stealing.

I promise to take only what is given to me and not take anything which belongs to others without permission.



I shall abstain from a life of misconduct.

I promise to treat other boys and girls as if they were my brothers or sisters or best friends.



I shall abstain from speaking lies, harsh words, or backbiting which will harm others.

I promise to speak truthfully, kindly and gently, and not to tell lies or to say hurtful things to anybody or about anybody.



I shall abstain from taking any intoxicant.

I promise not to take any alcohol, drugs or intoxicants, but to keep my mind clear.

I promise to do my best to follow the instructions that I will be given during the course.