



Atonement Ceremony Precept Recitation

The Three Pure Precepts:

First, to do no evil. I renew my vow to not-knowing as the source of all manifestations, and to all manifestations as the teachings of not-knowing.

Second, to do good. I renew my vow to bearing witness by allowing myself to be touched by the joys and pain of the universe, clearly seeing what is without attachment or judgment.

Third, to do good for others. I renew my vow to serve others by using my energy and love for the healing of myself, the earth, humanity, and all creations.

The Ten Grave Precepts:

First, the precept of not killing. I renew my vow to not live a harmful life nor encouraging others to do so. I will cultivate gratitude and recognize that I am not separate from what is. I will live in harmony with all life and the environment that sustains it.

Second, The precept of not stealing. I renew my vow to abstain from taking anything not given. I will cultivate contentment and be satisfied with what I have. I will freely give, ask for, and accept what is needed.


Third, the precept of chaste conduct. I renew my vow to abstain from unchastity. I will cultivate love and encounter all creations with respect and dignity. I will give and accept love and friendship without clinging.


Fourth, the precept of not telling lies. I renew my vow to speak the truth and to deceive no one. I will cultivate honesty and listen and speak from the heart. I will see and act in accordance with what is.

Fifth, the precept of not being deluded. I renew my vow to abstain from being deluded nor encouraging others to do so. I will cultivate awareness and a mind that sees clearly. I will embrace all experience directly.

Sixth, the precept of not talking about others' errors and faults. I renew my vow to abstain from criticizing others. I will cultivate kindness and unconditionally accept what each moment has to offer. I will acknowledge responsibility for everything in my life.

Seventh, the precept of not elevating oneself and blaming others. I renew my vow to abstain from blaming others or coveting recognition. I will cultivate humility and speak what I perceive to be the truth without guilt or blame. I will give my best efforts and accept the results.





Eighth, the precept of not being stingy. I renew my vow to not foster a mind of poverty in myself and others. I will cultivate generosity and use all of the ingredients in my life. I will freely bestow the teachings.

Ninth, the precept of not being angry. I renew my vow to not harbor resentment, rage or revenge. I will cultivate determination and transform suffering into wisdom. I will roll all negative experience into my practice.

Tenth, not speaking ill of the Three Treasures. I renew my vow to not speak ill of the Three Treasures of Buddha, Dharma and Sangha. I will cultivate compassion and honor my life as an instrument of peacemaking. I will recognize myself and others as manifestations of Oneness, Diversity and Harmony.

Statement of Repentance (adapted from Hui Neng)

May I always be free
from the taints of ignorance and delusion.
I repent for all my thoughts, words and deeds
committed in ignorance or under delusion.
May they be extinguished at once
and may they never rise again.

May I always be free
from the taints of arrogance and dishonesty.
I repent of all my arrogant behavior
and dishonest dealings in the past.
May they be extinguished at once
and may they never rise again.

May I always be free
from the taints of envy and jealousy.
I repent of all my thoughts, words and deeds
committed in an envious or jealous spirit.
May they be extinguished at once
and may they never rise again.

