

**TEN-FOLD  
PROHIBITORY PRECEPTS**  
*clear-mind precepts*

**NO KILLING LIFE**  
*cultivating and encouraging life*

**NO STEALING**  
*honoring the gift not yet given*

**NO ATTACHMENT TO FULFILLMENT**  
*remaining faithful in relationships*

**NO ILLUSORY WORDS**  
*communicating truth*

**NO SELLING THE WINE OF DELUSION**  
*polishing clarity, dispelling delusion*

**NO DWELLING ON PAST MISTAKES**  
*creating wisdom from ignorance*

**NO PRAISING YOURSELF OR BLAMING OTHERS**  
*maintaining modesty, extolling others*

**NO HOARDING TEACHINGS OR MATERIALS**  
*sharing understanding, freely giving of self*

**NO BEING ANGRY**  
*dwelling in equanimity*

**NO ABUSING THE THREE TREASURES**  
*respecting the Buddha,  
unfolding the Dharma,  
nourishing the Sangha*

This dual interpretation of the Buddhist precepts was created by Kobun Chino, first teacher at Kannon Do and Les Kaye, its current abbot. Kobun contributed the traditional, prohibitory precepts in black, while Les provided the updated version in blue, representing how practice needs to be expressed in the modern world. Feel free to download. Printing on high quality photo paper provides the best results.

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