

The Five Mindfulness Trainings – Two Versions

Editor's Note: The yellow highlights are new wording/words in the revised version and the underlined are revised/removed words in previous version. Please email truejoy@kenleyneufeld.com errors.

Introduction to Revised Five Mindfulness Trainings

Sisters and brothers in the community, this is the moment when we enjoy reciting the Five Mindfulness Trainings together. The Five Mindfulness Trainings represent the Buddhist vision for a global spirituality and ethic. They are a concrete expression of the Buddha's teachings on the Four Noble Truths and the Noble Eightfold Path, the path of right understanding and true love, leading to healing, transformation, and happiness for ourselves and for the world. To practice the Five Mindfulness Trainings is to cultivate the insight of interbeing, or Right View, which can remove all discrimination, intolerance, anger, fear, and despair. If we live according to the Five Mindfulness Trainings, we are already on the path of a bodhisattva. Knowing we are on that path, we are not lost in confusion about our life in the present or in fears about the future.

Revised Version – July 2009	Previous Version
<p>Reverence For Life Aware of the suffering caused by the destruction of life, I <u>am committed</u> to cultivating <u>the insight of interbeing and</u> compassion and learning ways to protect the lives of people, animals, plants, and minerals. I am determined not to kill, not to let others kill, and not to support any act of killing in the world, in my thinking, or in my way of life. <u>Seeing that harmful actions arise from anger, fear, greed, and intolerance, which in turn come from dualistic and discriminative thinking, I will cultivate openness, non-discrimination, and non-attachment to views in order to transform violence, fanaticism, and dogmatism in myself and in the world.</u></p>	<p>The First Training Aware of the suffering caused by the destruction of life, I <u>vow</u> to cultivate compassion and learn ways to protect the lives of people, animals, plants and minerals. I am determined not to kill, not to let others kill, and not to condone any act of killing in the world, in my thinking and in my way of life.</p>
<p>True Happiness Aware of the suffering caused by exploitation, social injustice, stealing, and oppression, I <u>am committed to</u> practicing generosity <u>in my thinking, speaking, and acting</u>. I am determined not to steal and not to possess anything that should belong to others; and I will share my time, energy, and material resources with those who are in need. <u>I will practice looking deeply to see that the happiness and suffering of others are not separate from my own happiness and suffering; that true happiness is not possible without understanding and compassion; and that running after wealth, fame, power and sensual pleasures can bring much suffering and despair. I am aware that happiness depends on my mental attitude and not on external conditions, and that I can live happily in the present moment simply by remembering that I already have more than enough conditions to be happy. I am committed to practicing Right Livelihood so that I can help reduce the suffering of living beings on Earth and reverse the process of global warming.</u></p>	<p>The Second Training Aware of the suffering caused by exploitation, social injustice, stealing and oppression, I <u>vow to cultivate loving kindness and learn ways to work for the well-being of people, animals, plants and minerals. I vow to</u> practice generosity <u>by</u> sharing my time, energy, and material resources with those in real need. I am determined not to steal and not to possess anything that should belong to others. <u>I will respect the property of others, but I will prevent others from profiting from human suffering or the suffering of other species on earth.</u></p>

<p>True Love Aware of the suffering caused by sexual misconduct, I am committed to cultivating responsibility and learning ways to protect the safety and integrity of individuals, couples, families, and society. Knowing that sexual desire is not love, and that sexual activity motivated by craving always harms myself as well as others, I am determined not to engage in sexual relations without true love and a deep, long-term commitment made known to my family and friends. I will do everything in my power to protect children from sexual abuse and to prevent couples and families from being broken by sexual misconduct. Seeing that body and mind are one, I am committed to learning appropriate ways to take care of my sexual energy and cultivating loving kindness, compassion, joy and inclusiveness – which are the four basic elements of true love – for my greater happiness and the greater happiness of others. Practicing true love, we know that we will continue beautifully into the future.</p>	<p>The Third Training Aware of the suffering caused by sexual misconduct, I <u>vow</u> to cultivate responsibility and learn ways to protect the safety and integrity of individuals, couples, families and society. I am determined not to engage in sexual relations without love and a long-term commitment. <u>To preserve the happiness of myself and others, I am determined to respect my commitments and the commitments of others.</u> I will do everything in my power to protect children from sexual abuse and to prevent couples and families from being broken by sexual misconduct.</p>
<p>Loving Speech and Deep Listening Aware of the suffering caused by unmindful speech and the inability to listen to others, I am committed to cultivating loving speech and compassionate listening in order to relieve suffering and to promote reconciliation and peace in myself and among other people, ethnic and religious groups, and nations. Knowing that words can create happiness or suffering, I am committed to speaking truthfully using words that inspire confidence, joy, and hope. When anger is manifesting in me, I am determined not to speak. I will practice mindful breathing and walking in order to recognize and to look deeply into my anger. I know that the roots of anger can be found in my wrong perceptions and lack of understanding of the suffering in myself and in the other person. I will speak and listen in a way that can help myself and the other person to transform suffering and see the way out of difficult situations. I am determined not to spread news that I do not know to be certain and not to utter words that can cause division or discord. I will practice Right Diligence to nourish my capacity for understanding, love, joy, and inclusiveness, and gradually transform anger, violence, and fear that lie deep in my consciousness.</p>	<p>The Fourth Training Aware of the suffering caused by unmindful speech and the inability to listen to others, I <u>vow</u> to cultivate loving speech and <u>deep listening</u> in order to <u>bring joy and happiness to others and</u> relieve others of suffering. Knowing that words can create happiness or suffering, I <u>vow</u> to learn to speak truthfully, with words that inspire <u>self-confidence, joy and hope.</u> I am determined not to spread news that I do not know to be certain and not to criticize or condemn things of which I am not sure. I will refrain from uttering words that can cause division or discord; <u>or words that can cause the family or the community to break. I will make all efforts to reconcile and resolve all conflicts, however small.</u></p>

Nourishment and Healing

Aware of the suffering caused by unmindful consumption, I **am committed** to cultivating good health, both physical and mental, for myself, my family, and my society by practicing mindful eating, drinking, and consuming. **I will practice looking deeply into how I consume the Four Kinds of Nutriments, namely edible foods, sense impressions, volition, and consciousness.** I am determined not to **gamble**, or to use alcohol, **drugs**, or any other products which contain toxins, such as certain **websites, electronic games**, TV programs, films, magazines, books, and conversations. **I will practice coming back to the present moment to be in touch with the refreshing, healing and nourishing elements in me and around me, not letting regrets and sorrow drag me back into the past nor letting anxieties, fear, or craving pull me out of the present moment.** I am determined not to try to cover up loneliness, anxiety, or other suffering by losing myself in consumption. I will **contemplate interbeing and consume in a way that preserves peace, joy, and well-being in my body and consciousness, and in the collective body and consciousness of my family, my society and the Earth.**

The Fifth Training

Aware of the suffering caused by unmindful consumption, I vow to cultivate good health, both physical and mental, for myself, my family, and my society by practicing mindful eating, drinking and consuming. I vow to ingest only items that preserve peace, well being, and joy in my body, in my consciousness, and in the collective body and consciousness of my family and society. I am determined not to use alcohol or any other intoxicant or to ingest foods or other items that contain toxins, such as certain TV programs, magazines, books, films and conversations. I am aware that to damage my body and my consciousness with these poisons is to betray my ancestors, my parents, my society and future generations. I will work to transform violence, fear, anger and confusion in myself and in society by practicing a diet for myself and for society. I understand that a proper diet is crucial for self transformation and the transformation of society.