

{Reaffirming my commitment to the precepts}

## In Praise of the Precepts

{Note: in this piece, one can substitute the words sila, vinaya, ethics, ethical sense, moral sense, morality, virtue, fundamental goodness, discipline, conduct, moral guidelines, or any other term with the same meaning.}

Homage to the precepts that give life

I bow to the ethics that heal, that soothe, and pacify,  
and that are the foundation for all the good that arises in this world

I bow to the moral conduct that protects the mind and the body from  
suffering  
and that brings peace to oneself and others in the community

I praise the Noble conduct that restores the balance of the elements

I bow to the fundamental goodness that gives health  
that gives strength  
and that purifies all beings

I bow to the pratimoksha-precepts,  
the guidelines and embodied ways of living  
that are the basis for individual liberation

that are the expression of great respect between people  
that are the expression of reverence for life,  
that are the expression of this wisdom

I honor the virtue that is the manifest essential character of all good people,  
and that is the guardian and protector of oneself and of all beings

I pay homage to the morality that supports meditation  
that tames the mind, and keeps it humble  
and that awakens the sense of dignity

I bow to the ethical integrity that is cool and refreshing  
whose practice ennobles  
whose practice uplifts  
whose practice purifies and transforms,  
whose practice beautifies the world

I bow to the sila that is true wealth  
I bow to those wholesome instincts, those good roots,  
that bring safety to self and others  
and that bring freedom from fear to self and others

I bow to the wise, compassionate, disciplined conduct  
that creates the causes for happiness,  
now and in the future,  
for oneself and for others

I bow to the far-seeing, impeccable morality whose beneficial influence,  
when practiced by even just one person, reaches far

I honor the kindness and decency that clarifies the mind,  
and that is a true compass for life in the world

Even the worst person,  
as soon as they turn their mind to ethical conduct,  
gains some improvement in their mind

I bow to the goodness that is the essential nature of the nectar that relieves the sufferings of the six realms

I bow to the sila that liberates

I pay homage to the vinaya - precepts from their origin in wisdom, and as spoken, written, practiced, and realized

Any person in whom the moral sense is strong is an object of refuge, whether they be a layperson or ordained

They are a source of safety and strength

Even without speaking, their presence alone comforts, and can heal

I bow to the virtue that is the essential, abundantly clear character of all good persons, and that is perfected in all arhats, bodhisattvas and saints

I bow to the practice of ethics that nourishes, that heals, that revitalizes, and that brings happiness