

欲受五戒者應知....Five Precepts Instructions

The five precepts are: no killing (including abortion), no stealing, no sexual misconduct (sexual relations outside of marriage), no lying, and no intoxicants (including alcohol, cigarettes, and illicit drugs). The Buddha established the Five Moral Precepts as basic virtues for human life and the foundation of spiritual cultivation. From keeping the precepts, you stop creating many of the causes of suffering for yourself and others. Below is a list of some of the benefits of holding the precepts.

1. 不殺生 (含：墮胎)。這一生和未來世長壽，沒有疾病，相貌莊嚴。
The benefits of refraining from killing are that in this life and in all future lives, one will have a long life, be free from illness, and have a handsome appearance.
2. 不偷盜。這一生和未來世受用圓滿，旁人亦不會侵犯您的財富。
The benefit of refraining from stealing is that in this life and in all future lives, one will have abundant wealth that others cannot ruin.
3. 不邪淫 (凡非自己的配偶皆不可行淫及無同性戀)。這一生和未來世相貌莊嚴和忠實眷屬常相伴。
The benefits of refraining from sexual misconduct are that in this life and in all future lives, one will have a handsome appearance and a faithful spouse.
4. 不妄語。這一生和未來世受人尊敬，不受人欺騙。
The benefits of refraining from lying are that in this life and in all future lives, one will not be cheated and will be respected by others.
5. 不飲酒 (含：酒、毒品、迷幻藥和煙)。這一生和未來世，有清醒的頭腦，五官靈敏，智慧圓滿。
The benefits of refraining from taking intoxicants are that in this life and in all future lives, one will possess a lucid and alert mind, keen senses, and perfect wisdom.

根據您的情形，您可以決定要受一戒、二戒、三戒、四戒或五戒全受。受一戒乃至五戒後，要盡力持戒。若真的無法繼續持戒時 (如：惡緣逼迫)，在您未破戒前可以捨戒，將來可以再重新受戒。若未捨戒而破戒者，則五戒戒體全失，必須經取相懺，見好相後方可再重受。如果無心犯戒，不算破戒。(如：不小心在路上踩死一隻螞蟻。)

Depending on your situation, you may take one, two, three, four, or all five precepts. After taking them, you must do your best to keep them. However, if you truly cannot hold them, you should renounce the precepts and let someone know it before committing the offence. In the future you still can take the precepts again. But if you do not renounce the precepts before committing the offence, you will completely destroy your Precept Substance. If you want to take the precepts again after that, you must purify your body and mind through repentance and make a vow to change your ways until you see an auspicious sign or experience a wholesome and serene state of mind. After that you can take the precepts again. Unintentionally going against the precepts (e.g. stepping on an ant accidentally) is not considered breaking the precepts.

【凡欲受一戒至五戒者，須於受五戒法會時，至誠發願受持欲受之戒。唯五戒全受者，方有戒牒。】
(If you are not taking all five precepts, please do not sign below. To take less than five precepts, simply respond to the questions during the ceremony. However, you will not receive the Certificate of Taking the Five Precepts.)

I agree to keep all **Five Precepts** for the rest of my life.

我已讀此資料，可以盡形壽，受持滿分五戒 (不殺生、不偷盜、不邪淫、不妄語及不飲酒)。

受持滿分五戒人簽名 Signature _____ 日期 Date _____.