

I vow to practice these

Ten Selfless Precepts

1. **Responsibility**
To take responsibility for my life. Not to blame others for my own unhappiness, nor make excuses for my own mistakes.
2. **Self-discipline**
To regard each moment as a precious opportunity for spiritual practice. Not to waste time in frivolous pursuits, nor overindulge in drugs, alcohol or escapist entertainments.
3. **Harmlessness**
Not to injure or kill any being heedlessly or needlessly.
4. **Stewardship**
Not to waste the resources upon which other beings depend.
5. **Honesty**
Not to deceive myself or others by word or deed.
6. **Integrity**
Not to take what does not belong to me.
7. **Honor**
To regard my word as sacred; not to give it lightly but, once given, strive to honor it under all circumstances.
8. **Sexual restraint**
To make of sex a sacrament; not to profane it in the pursuit of selfish ends.
9. **Charity**
Not to be possessive of people or things, but to give unsparingly of my assets, both material and spiritual, for the alleviation of suffering.
10. **Remembrance**
To recite these precepts once a day, renewing my vows and remembering this path which I have freely chosen.

The Five Fundamentals & Ten Selfless Precepts of Our Way



Center for Sacred Sciences

www.centerforsacredsciences.org



The Five Fundamentals

I. **Consciousness Alone is Absolutely Real.**

The appearance of an objective world distinguishable from a subjective self is but the imaginary form in which Consciousness Perfectly Realizes Itself.

II. **Ignorance of the Real is the root of suffering.**

From ignorance is born the delusion of self; from the delusion of self, desire for the world; from desire for the world, attachment to worldly forms; from attachment to worldly forms, all forms of suffering.

III. **The end of suffering comes by way of Gnosis,**

or the Sacrifice of ignorance through the Grace of a Perfect Realization that Consciousness Alone is Absolutely Real.

IV. **The Way of Gnosis is the Way of Selflessness,**

cultivated on the basis of **Love** (boundless compassion) and **Truth** (profound insight).

It may be seen as unfolding in **Seven Stages**:

1. *Awakening of faith*
2. *Investigation of teachings*
3. *Unification of self*
4. *Purification of mind*
5. *Illumination of heart*
6. *Exhaustion of will (Kenosis)*
7. *Sacrifice of ignorance (Gnosis)*

governed by **Four Principles**:

1. *Attention*
2. *Commitment*
3. *Detachment*
4. *Surrender*

reflecting **Seven Virtues**:

1. *Courage*
2. *Humility*
3. *Justice*
4. *Patience*
5. *Gratitude*
6. *Mercy*
7. *Joy*

embodied in **Four Disciplines**:

1. *Inquiry*
2. *Meditation*
3. *Morality*
4. *Devotion*

V. **The Way of Selflessness is the very way in which Consciousness Perfectly Realizes Itself.**

Thus, the Way of Selflessness constitutes not only the Perfection of human life, but of the entire world as well.

I vow to practice these

Ten Selfless Precepts

1. **Responsibility**
To take responsibility for my life. Not to blame others for my own unhappiness, nor make excuses for my own mistakes.
2. **Self-discipline**
To regard each moment as a precious opportunity for spiritual practice. Not to waste time in frivolous pursuits, nor overindulge in drugs, alcohol or escapist entertainments.
3. **Harmlessness**
Not to injure or kill any being heedlessly or needlessly.
4. **Stewardship**
Not to waste the resources upon which other beings depend.
5. **Honesty**
Not to deceive myself or others by word or deed.
6. **Integrity**
Not to take what does not belong to me.
7. **Honor**
To regard my word as sacred; not to give it lightly but, once given, strive to honor it under all circumstances.
8. **Sexual restraint**
To make of sex a sacrament; not to profane it in the pursuit of selfish ends.
9. **Charity**
Not to be possessive of people or things, but to give unsparingly of my assets, both material and spiritual, for the alleviation of suffering.
10. **Remembrance**
To recite these precepts once a day, renewing my vows and remembering this path which I have freely chosen.

In addition, I vow to keep these

Five Monastic Precepts

for the duration of this retreat

1. To practice **poverty** by realizing that, in reality, nothing belongs to me.
2. To practice **chastity** by refraining from all external sexual behavior, and from indulging in internal sexual fantasies.
3. To practice strict **obedience** to all my precepts, as well as to the rules of this retreat center.
4. To maintain **outer silence**, except for speech relating to teachings or tasks; and to allow **inner silence** to permeate my heart and mind.
5. To strive for **constancy** in my practice, both day and night.

Letting go of all worldly sorrow and joy,
I gladly undertake this practice
for the benefit of all beings.

Letting go of all worldly sorrow and joy,
I gladly undertake this practice
for the benefit of all beings.

Letting go of all worldly sorrow and joy,
I gladly undertake this practice
for the benefit of all beings.

Letting go of all worldly sorrow and joy,
I gladly undertake this practice
for the benefit of all beings.

A Grace Before Meals

Remembering that sacrifice is the law of this world,
we give thanks to these plants and animals
who have sacrificed their own lives that we might live.

In return, we vow to sacrifice ourselves,
surrendering our hearts to love,
our minds to truth, and our bodies to service,
so that all might awaken to the Real World
and the Eternal Life of Consciousness Itself.

A Grace Before Meals

Remembering that sacrifice is the law of this world,
we give thanks to these plants and animals
who have sacrificed their own lives that we might live.

In return, we vow to sacrifice ourselves,
surrendering our hearts to love,
our minds to truth, and our bodies to service,
so that all might awaken to the Real World
and the Eternal Life of Consciousness Itself.

A Grace Before Meals

Remembering that sacrifice is the law of this world,
we give thanks to these plants and animals
who have sacrificed their own lives that we might live.

In return, we vow to sacrifice ourselves,
surrendering our hearts to love,
our minds to truth, and our bodies to service,
so that all might awaken to the Real World
and the Eternal Life of Consciousness Itself.

A Grace Before Meals

Remembering that sacrifice is the law of this world,
we give thanks to these plants and animals
who have sacrificed their own lives that we might live.

In return, we vow to sacrifice ourselves,
surrendering our hearts to love,
our minds to truth, and our bodies to service,
so that all might awaken to the Real World
and the Eternal Life of Consciousness Itself.