

Precepts of the American Dragon Gate Lineage

I take refuge in the Great Dao.

I take refuge in the Canon.

I take refuge in the Teacher and Hidden Immortals of the Great Way.

I vow not to create evil or harm to others.

I vow to practice good.

I vow to bring forth good to others.

I vow to Practice

Not misusing sexuality.

Not clouding the mind with drugs or alcohol.

Not being greedy, or angry.

I vow to Practice

Being compassionate to self and others.

Being mindful and paying attention to things in my daily life.

Cultivating the Three Treasures of *Jing*, *Qi*, and *Shen*.

Developing a spacious view of self and others.

Dedicating the merits of my cultivation to all beings, both the living and the dead.

I vow to practice Not Two until I realize Complete Perfection.

Verse of Atonement

All evil karma ever committed by me

Since of old,

Because of my beginningless greed, anger,

And ignorance,

Born of my body, mouth, and thought,

Now I atone for it all.