

The Five Indriyas as Precepts for Everyday Life, by Dhammaloka

1) (Sati – mindfulness)

Always aim to be as fully aware and as much an integrated whole as you possibly can.

2) (Saddha – faith)

Always aim to be as emotionally positive and receptive as you can be.

3) (Panna – wisdom)

Never loose sight of your highest goals and ideals in life.

4) (Samadhi – meditation)

Always apply and practise what you have learnt or understood on the highest level of your being.

5) (Virya – energy)

Do your best for other people; do what you can for other people.