

These basic rules of conduct: not killing, not stealing, being very careful and responsible in our sexual conduct, having ethical speech and not destroying our minds through drugs and alcohol – these are eternal rules of conduct... it's like a cup: if we want to pour in the elixir of the dharma, we have to have something to support it, we have to have something to contain it...so, it doesn't just run everywhere and get wasted. It holds it, it contains it. So, likewise, for our spiritual cultivation we need a container. And this is our basic ethical conduct, that we live in this world in a way, that any being, who comes in our presence, knows, they have nothing to fear from us, because we are not going to hurt them, we are not going to steal from them, we are not going to misuse them, we are not going to cheat them... they are safe with us and we are also safe with ourselves, because we know, we are not going to do these things, because we have promised ourselves and the Buddhas not to do that.

Jetsunma Tenzin Palmo

Refrain from harmful deeds,
Foster all that is virtuous,
And thoroughly tame your mind
These are the teachings of the Buddha

The Buddha

The root of Dharma is your mind.
Tame it and you're practicing Dharma.
To practice Dharma is to tame your mind,
And when you tame it, then you will be free!

Dudjom Rinpoche