

The Eight Precepts

Pāṇātipātā verāmaṇī sikkhāpadaṃ sāmādiyāmi
Adinnādānā verāmaṇī sikkhāpadaṃ sāmādiyāmi
Abrahmacāriyā verāmaṇī sikkhāpadaṃ sāmādiyāmi
Musāvādā verāmaṇī sikkhāpadaṃ sāmādiyāmi
Surāmeraya-majja-pamādaṭṭhānā
verāmaṇī sikkhāpadaṃ sāmādiyāmi

I undertake the precept to refrain from taking the life of any living creature.
I undertake the precept to refrain from taking that which is not given.
I undertake the precept to refrain from sexual activity.
I undertake the precept to refrain from lying.
*I undertake the precept to refrain from consuming
intoxicating drink and drugs which lead to carelessness.*

Vikālabhojanā verāmaṇī sikkhāpadaṃ sāmādiyāmi
Nacca-gīta-vādita-visūkadāssanā
mālā-gandha-vilepana-dhāraṇa-mañḍana
vibhūsanāṭṭhānā verāmaṇī sikkhāpadaṃ sāmādiyāmi
Uccāsāyana-mahāsāyanā
verāmaṇī sikkhāpadaṃ sāmādiyāmi

I undertake the precept to refrain from eating at inappropriate times.
*I undertake the precept to refrain from entertainment,
beautification, and adornment.*
*I undertake the precept to refrain from lying on a high
or luxurious sleeping place.*

Imāni aṭṭha sikkhāpadāni sāmādiyāmi |x3|

I undertake these Eight Precepts. |x3|