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By BGKT Buddhist Group of Kendal (Theravada) England UK

### **Atthangika Uposatha Sila (Eight Uposatha Precepts)**

In Theravada Buddhism there are two versions of the Eight Precepts: *Atthangika Uposatha Sila* (Eight *Uposatha* Precepts) and *Ajivatthamaka Sila* (Eight Precepts with Right Livelihood as the Eighth)

*Atthangika Uposatha Sila* (Eight *Uposatha* Precepts) are observed on *Uposatha* Days (i.e. Full Moon, New Moon and the two Half Moon Days). Lay Buddhists often wear white clothes and attend Viharas to observe these Precepts.

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1) *Panatipata veramani sikkhapadam samadiyami*

I undertake the Precept to refrain from killing and injuring living beings

2) *Adinnadana veramani sikkhapadam samadiyami*

I undertake the Precept to refrain from taking that which is not given

3) *Abrahmacariya veramani sikkhapadam samadiyami*

I undertake the Precept to refrain from non-celibate conduct

4) *Musavada veramani sikkhapadam samadiyami*

I undertake the Precept to refrain from false and harmful speech

5) *Sura – meraya – majja pamadatthana veramani sikkhapadam samadiyami*

I undertake the Precept to refrain from drink and drugs which fuddle the mind and reduce mindfulness

6) *Vikala bhojana veramani sikkhapadam samadiyami*

I undertake the Precept to refrain from taking food at an unreasonable time

7) *Nacca – gita – vadita – visuka – dassana – mala – gandha vilepana – dharana mandana vibhusanatthana veramani sikkhapadam samadiyami*  
I undertake the Precept to refrain from dancing, singing, music, and unseemly shows; from the use of garlands, perfumes, and unguents; and from things that tend to beautify and adorn [the person]

8) *Ucchasayana – Mahasayana veramani sikkhapadam samadiyami*  
I undertake the Precept to refrain from using high and luxurious seats and beds

### **Bibliography**

“The development and use of the Eight Precepts for lay practitioners, *Upasakas* and *Upasikas* in Theravada Buddhism in the West”, Jacquetta Gomes, *Contemporary Buddhism*, Volume 5(1) (May, 2004) 47-63 (ISSN 1463-9947)

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**See the webpages on the BGKT Buddhist Group of Kendal (Theravada) website**

<http://buddhistgroupofkendal.co.uk/>

*Ajivatthamaka Sila (Eight Precepts with Right Livelihood as the Eighth) Bibliography*

<http://buddhistgroupofkendal.co.uk/ajivatthamka-sila-eight-precepts-with-right-livelihood-as-the-eighth-bibliography/>

*Buddhist Precepts Bibliography*

<http://buddhistgroupofkendal.co.uk/buddhist-precepts-bibliography/>