

Eight Uposatha Precepts

Imitating great arahants,

1. I observe the precept of abstaining from killing beings.
2. I observe the precept of abstaining from stealing.
3. I observe the precept of abstaining from incelibacy.
4. I observe the precept of abstaining from telling lies.
5. I observe the precept of abstaining from taking intoxicating drinks and drugs.
6. I observe the precept of abstaining from eating at improper times.
7. I observe the precept of abstaining from dancing, singing, music, shows, wearing garlands, and beautifying with cosmetics.
8. I observe the precept of abstaining from using luxurious and comfortable seats and beds.

Imitating great arahants, I follow these precepts for happiness in this life, for rebirth in heaven, and to realize the Four Noble Truths in this Gautama Buddha's Dispensation.

Sādhu! Sādhu! Sādhu!