

Atthangika Uposatha Sila (Eight Uposatha Precepts) in Buddhism

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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 (Full Moon, New Moon and the two Half Moon Days). Lay Buddhists often wear white clothes and attend Viharas [monasteries/temples] to observe these Precepts.

Atthangika Uposatha Sila (Eight Uposatha Precepts)

- 1) *Panātipata veramani sikkhapadam samādiyāmi*
- 2) *Adinnadana veramani sikkhapadam samādiyāmi*
- 3) *Abrahmacariya veramani sikkhapadam samādiyāmi*
- 4) *Musavada veramani sikkhapadam samādiyāmi*
- 5) *Sura meraya majja pamadatthana veramani sikkhapadam samādiyāmi*
- 6) *Vikala bhojana veramani sikkhapadam samādiyāmi*
- 7) *Nacca gita vadita visuka dassana mala gandha vilepana dharana mandana vibhusanautthana veramani sikkhapadam samādiyāmi*
- 8) *Uccha sayana maha sayana veramani sikkhapadam samādiyāmi*

Aṭṭhaṅgika Sīla (Eight Uposatha Precepts) with Diacriticals

- 1) *Pāṇātipātā veramaṇī · sikkhāpadaṃ samādiyāmi.*
- 2) *Adinnādānā veramaṇī · sikkhāpadaṃ samādiyāmi.*
- 3) *Abrahmacariyā veramaṇī · sikkhāpadaṃ samādiyāmi.*
- 4) *Musāvādā veramaṇī · sikkhāpadaṃ samādiyāmi.*
- 5) *Surā · meraya · majja · pamādaṭṭhānā veramaṇī · sikkhāpadaṃ samādiyāmi.*
- 6) *Vikāla · bhojanā veramaṇī · sikkhāpadaṃ samādiyāmi.*
- 7) *Nacca · gīta · vādita · visūka · dassana · mālā · gandha · vilepana · dhāraṇa · maṇḍana · vibhūsanaṭṭhānā veramaṇī · sikkhāpadaṃ samādiyāmi.*
- 8) *Uccā · sayana · mahā · sayanā veramaṇī · sikkhāpadaṃ samādiyāmi*

Atthangika Uposatha Sila (Eight Uposatha Precepts)

- 1) I undertake the Precept to refrain from killing and injuring living beings
- 2) I undertake the Precept to refrain from taking that which is not given
- 3) I undertake the Precept to abstain from all sexual activity and non-celibate conduct
- 4) I undertake the Precept to refrain from false and harmful speech
- 5) I undertake the Precept to refrain from drink and drugs which fuddle the mind and reduce mindfulness
- 6) I undertake the Precept to abstain from eating at improper times
- 7) I undertake the Precept to abstain from dancing, singing, music, shows, wearing garlands, using perfumes, and beautifying with cosmetics
- 8) I undertake the Precept to abstain from the use of high and large seats and beds

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