

Panca Sila (The Five Precepts) in Buddhism

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Panca Sila (The Five Precepts) are the minimum requirements for lay practitioners in Theravada Buddhism.

***Panca Sila* (The Five Precepts)**

1. *Panātipata veramani sikkhapadam samadiyami*
2. *Adinnadana veramani sikkhapadam samadiyami*
3. *Kamesu micchacara veramani sikkhapadam samadiyami*
4. *Musavada veramani sikkhapadam samadiyami*
5. *Sura meraya majja pamadatthana veramani sikkhapadam samadiyami*

***Pañca ·Sīla* (The Five Precepts) with Diacriticals**

1. *Pāṇātipātā veramaṇī·sikkhāpadaṃ samādiyāmi*
2. *Adinnādānā veramaṇī·sikkhāpadaṃ samādiyāmi*
3. *Kāmesu micchācārā veramaṇī·sikkhāpadaṃ samādiyāmi*
4. *Musā·vādā veramaṇī·sikkhāpadaṃ samādiyāmi*
5. *Surā·meraya·majja·pamādaṭṭhānā veramaṇī·sikkhāpadaṃ samādiyāmi*

***Panca Sila* (The Five 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 refrain from sexual misconduct and excessive sensuality
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

The word *Upasaka* denotes a male lay disciple and *Upasika* denotes a female lay disciple. An *Upasaka/Upasika* is defined by Venerable Nyanatiloka in his *Buddhist Dictionary* as:

Literally ‘sitting close by, i.e. a ‘lay adherent’ is any lay follower who is filled with faith and has taken refuge in the Buddha, his doctrine and his community of noble disciples. His virtue is regarded as pure if he observes the Five Precepts (*Panca Sila*). He should avoid the following wrong ways of livelihood: trading in arms; in living beings; meat; alcohol; and poison.

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February 2010 updated edition

Full text included

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