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Namo Tassa Bhagavato Arahato Sammasambuddhasa

### Summary

This article describes the eight precepts often upheld by the lay people during periods of intensive meditation practice or on Buddhist observance days and festivals. They are based on the five precepts and are considered to support meditation practice.

### Eight Uposatha Precepts

**E**ight uposatha precepts can be divided into two kinds. Seven dealing with bodily action and one (precept #8) dealing with speech.

These are, in Pali (with English translation):

- (1) Panatipata veramani - refraining from taking life.
- (2) Adinnadana veramani - refraining from stealing the possessions of others.
- (3) Abrahmacariya veramani - refraining from any and all sexual intercourse.
- (4) Sura-merayamajja pamadatthana veramani - refraining from taking intoxicants.
- (5) Vikalabhajana veramani - refraining from eating food during the period from noon until the following dawn.
- (6) Naccagitavaditavisukadassana malagandha vilepana dharana mandana vibhusanatthana veramani - refraining from watching dancing, singing, instrumental music and other shows, and from using garlands, perfumes, cosmetics and jewellery.
- (7) Uccasayana mahasayana veramani - refraining from using high and luxurious beds and seats.

- (8) Musavada veramani - refraining from telling lies, from divisive tale-bearing, from coarse and abusive speech, and from aimless and idle chatter, these latter three being conducive to outright lying.

Thus, whoever observes the eight precepts can be said to lead one form of the chaste life – kalabrahmacariya (temporary renunciation). The only difference being that one doesn't have to change one's mode of dress, as with those who are ordained.