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Namo Tassa Bhagavato Arahato Sammasambuddhasa

Published by

Buddhist Discussion Centre Australia.

A.C.N. 005 701 806 A.B.N. 42 611 496 488

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Kamesu Micchacara Veramani

The following is taken from the article "The Five Precepts - Panca Sila" by Maha Upasaka U Nu, published in "The Young Buddhist 1982", the annual journal of the Singapore Buddha-Yana Organisation (SBYO).

"The beneficial results of refraining from committing adultery, or from carnally knowing maidens still under guardianship":

The person who vigilantly and steadfastly observes this Kamesu Micchacara Precept reaches the world of Devas on his death. When he expires in the world of Devas, and is reborn in the world of human beings, he is endowed with the following qualities:

1. Having no enemies;
2. Being the object of affection and regard by all others;
3. Being able to obtain food, beverages, clothes and ornaments readily;
4. Being able to sleep well and peacefully;
5. Being able to wake up in peace and comfort;
6. Being free from falling into the four lower planes;
7. Being free from the state of a eunuch;
8. Being free from gusts of hot anger;
9. Being given to just and fair actions;
10. Having a fresh and happy face;
11. Being able to enjoy comfort and well-being;
12. Being free from physical defects and deformities;
13. Having a sound and healthy appearance;
14. Not being assailed by doubts and suspicions;
15. Having no anxiety or worry;
16. Being able to live in calm happiness;
17. Having no dangers, or threats, or harm;
18. Being able to associate with loved ones.

Kamesu Micchacara

"The bad results of committing adultery or carnally knowing maidens still under guardianship:"

The person who breaks this Precept of Kamesu Micchacara may, on his death, reach one of the four lower planes of existence, and after that, if he should be reborn in the human world, he is liable to have many enemies, so that all meet him regard him with hostility.