



## The 10 precepts Pali

**1. *Panatipata / veramani sikkhapadam samadiyami***

I undertake the precept to refrain from destroying living creatures.

**2. *Adinnadana / veramani sikkhapadam samadiyami***

I undertake the precept to refrain from taking that which is not given.

**3. *Abrahmacariya / veramani sikkhapadam samadiyami***

I undertake the precept to refrain from sexual activity.

**4. *Musavada / veramani sikkhapadam samadiyami***

I undertake the precept to refrain from incorrect speech.

**5. *Suramerayamajja pamadatthana / veramani sikkhapadam samadiyami***

I undertake the precept to refrain from intoxicating drinks and drugs which lead to carelessness.

**6. *Vikalabhojana / veramani sikkhapadam samadiyami***

I undertake the precept to refrain from eating at the forbidden time (i.e., after noon).

**7. *Nacca-gita-vadita-visuka-dassana / veramani sikkhapadam samadiyami***

I undertake the precept to refrain from dancing, singing, music, going to see entertainments.

**8. *Mala-gandha-vilepana-dharana-mandana- vibhusanatthana/ veramani sikkhapadam samadiyami***

I undertake the precept to refrain from wearing garlands, using perfumes, and beautifying the body with cosmetics.

**9. *Uccasayana-mahasayana / veramani sikkhapadam samadiyami***

I undertake the precept to refrain from lying on a high or luxurious sleeping place.

**10. *Jatarupa-rajata-patiggahana / veramani sikkhapadam samadiyami***

I undertake the precept to refrain from accepting gold and silver (money).