



Uposatha Precepts

LEADER: To observe the eight precepts, say after me,

Imitating great arahants

1. I observe the precept of || abstaining from killing beings.
2. I observe the precept of || abstaining from stealing.
3. I observe the precept of || abstaining from incelibacy.
4. I observe the precept of || abstaining from telling lies.
5. I observe the precept of || abstaining from taking || intoxicating drinks and drugs.
6. I observe the precept of || abstaining from || eating at improper times.
7. I observe the precept of || abstaining from || dancing || singing || music || shows || wearing garlands || and beautifying with cosmetics.
8. I observe the precept of || abstaining from using || luxurious and comfortable || seats and beds.

Imitating great arahants, || I follow these precepts || for happiness in this life || for rebirth in heaven || and to realize the Four Noble Truths || in this Gautama Buddha's Dispensation.

— Sādhu! Sādhu! Sādhu!

