

Dhammacāri / Dhammacāriṇī Precepts

Pāṇātipātā veramaṇī sikkhāpadaṃ samādiyāmi
Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi
Kāmesu micchācārā veramaṇī sikkhāpadaṃ samādiyāmi
Musāvādā veramaṇī sikkhāpadaṃ samādiyāmi
Pharusavācāya veramaṇī sikkhāpadaṃ samādiyāmi
Samphappalāpā veramaṇī sikkhāpadaṃ samādiyāmi
Pisuṇavācāya veramaṇī sikkhāpadaṃ samādiyāmi
Abhijjhāya veramaṇī sikkhāpadaṃ samādiyāmi
Byāpādā veramaṇī sikkhāpadaṃ samādiyāmi
Micchādīṭṭhiyā veramaṇī sikkhāpadaṃ samādiyāmi

Sādhu sādhu sādhu

The Positive Precepts

With deeds of loving kindness, I purify my body.
With open-handed generosity, I purify my body.
With stillness, simplicity, and contentment, I purify my body.
With truthful communication, I purify my speech.
With kindly communication, I purify my speech.
With helpful communication, I purify my speech.
With harmonious communication, I purify my speech.
Abandoning covetousness for tranquillity, I purify my mind.
Changing hatred into compassion, I purify my mind.
Transforming ignorance into wisdom, I purify my mind.