

Ten Precepts (Dasa Sila)

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These training rules are observed by novice monks and nuns and lay people who observe sil. They are derived from the [Eight Precepts](#) by splitting the precept concerning entertainments into two parts and by adding one rule prohibiting the handling of money.

A fully-ordained monk (*bhikkhu*) observes the 227 rules of the [bhikkhu Patimokkha](#); a fully ordained nun (*bhikkhuni*) would observe the 311 rules of the [bhikkhuni Patimokkha](#).

The Ten Precepts:

Pānātipātā Vēramaṇī Sikkhāpadaṃ Samādiyāmi

I observe the precept to abstain from killing.

Adinnādānā Vēramaṇī Sikkhāpadaṃ Samādiyāmi

I observe the precept to abstain from stealin

Abbrahma Cariyā Vēramaṇī Sikkhāpadaṃ Samādiyāmi

I observe the precept to abstain from sensual activities (celibacy).

Musāvāda Veramani Sikkhāpadaṃ Samādiyāmi

I observe the precept to abstain from lying.

Surāmēraya Majjapamā daṭṭhānā Vēramaṇī Sikkhāpadaṃ Samādiyāmi

I observe the precept to abstain from taking drugs & intoxicants.

Vikāla Bhōjanā Vēramaṇī Sikkhāpadaṃ Samādiyāmi

I observe the precept to abstain from eating after midday.

Naccha Gīta Vādita Visūka Dassanā Vēramaṇī Sikkhāpadaṃ Samādhiyāmi

I observe the precept to abstain from dancing, singing, music and entertainments.

Mālā Gandha Vilēpana Dhāraṇa Maṇḍana Vibhūsanatṭhānā Vēramaṇī Sikkhāpadaṃ Samādiyāmi

I observe the precept to abstain from wearing garlands, using perfumes, beautifying the body

Ucchā Sayana Mahā Sayanā Vēramaṇī Sikkhāpadaṃ Samādiyāmi

I observe the precept to abstain from using high and luxurious seats & beds.

Jāta rūpa rajata paṭiggahaṇā Vēramaṇī Sikkhāpadaṃ Samādiyāmi

I observe the precept to abstain from using jewellery, from accepting gold, silver and money, and pleasurable wearings.

Rewards of virtues/Sila/Moral conduct

Sila (virtue, moral conduct)

- Lay men and women observe the Five Precepts (*pañca-sila*)
- Lay men and women doing intensive meditation practice (as on Uposatha days) observe the Eight Precepts (*attha-sila*) or Ten Precepts.

Lord Buddha explained rewards of Sila to Venerable Ananda:

[Ananda:] "What, O Venerable One, is the reward and blessing of wholesome morality?"

[The Buddha:] "Freedom from remorse, Ananda."

"And of freedom from remorse?"

"Joy, Ananda"

"And of happiness?"

"Tranquility, Ananda."

"And of tranquility?"

"Concentration, Ananda."

"And of concentration?"

"Vision and knowledge according to reality."

"And of the vision and knowledge according to reality?"

"Turning away and detachment, Ananda."

"And of turning away and detachment?"

"The vision and knowledge with regard to Liberation, Ananda."