

# ATṬHANGA SĪLA

*The Eight Precepts*

අට සිල්

In many Buddhist countries, devout Buddhists observe the eight precepts on Full Moon and New Moon days by going to the temple early in the morning and spending a period of 24 hours there. The idea is to withdraw from one's busy daily life in this material and sensual world and to cultivate spiritual development, self-training and peace of mind.

It is not compulsory for every Buddhist to observe these precepts all the time. After observing these precepts for 24 hours one is at liberty to return to his normal way of life. One who keeps away from worldly frivolities once in a while trains the mind not to be a slave to sensual pleasures.

Many entertainments only increase the passions for the mind which hinder the progress of spiritual development in man. It is only by restraining oneself from time to time in this way that a person will be able to overcome his uneasiness, and be able to control himself. This practice trains him not to be disappointed when he is denied sensual pleasures. Buddhist monks and nuns who have renounced worldly pleasures observe these precepts all the time. Buddhist lay devotees, on the other hand, observe the eight precepts from time to time. All practicing Buddhists, however, make a conscious effort to observe the five precepts every day.

Namo tassa bhagavato arahato sammā sambuddhassa (Three times)

නමෝ තස්ස භගවතෝ අරහතෝ සම්මා සම්බුද්ධස්ස (තුන් වරක්)

*Homage to the Blessed One, the Perfected One, the Fully Awakened One*

Buddhaṃ saraṇaṃ gacchāmi බුද්ධං සරණං ගච්ඡාමි	<i>I go to the Buddha for refuge</i>
Dhammaṃ saraṇaṃ gacchāmi ධම්මං සරණං ගච්ඡාමි	<i>I go to the Dhamma for refuge</i>
Sanghaṃ saraṇaṃ gacchāmi සංඝං සරණං ගච්ඡාමි	<i>I go to the Sangha for refuge</i>
Dutiyampi Buddhaṃ saraṇaṃ gacchāmi ද්විතීයං බුද්ධං සරණං ගච්ඡාමි	<i>A second time I go to the Buddha for refuge</i>
Dutiyampi Dhammaṃ saraṇaṃ gacchāmi ද්විතීයං ධම්මං සරණං ගච්ඡාමි	<i>A second time I go to the Dhamma for refuge</i>
Dutiyampi Sanghaṃ saraṇaṃ gacchāmi ද්විතීයං සංඝං සරණං ගච්ඡාමි	<i>A second time I go to the Sangha for refuge</i>
Tatiyampi Buddhaṃ saraṇaṃ gacchāmi තෛතීයං බුද්ධං සරණං ගච්ඡාමි	<i>A third time I go to the Buddha for refuge</i>
Tatiyampi Dhammaṃ saraṇaṃ gacchāmi තෛතීයං ධම්මං සරණං ගච්ඡාමි	<i>A third time I go to the Dhamma for refuge</i>
Tatiyampi Sanghaṃ saraṇaṃ gacchāmi තෛතීයං සංඝං සරණං ගච්ඡාමි	<i>A third time I go to the Sangha for refuge</i>

Okasa ahaṃ bhante ajja imaṃ cha divasaṃ aṭṭhanga samannāgataṃ sīlaṃ  
samādiyāmi sīlaṃ detha me bhante.

ඔකාස අහං භන්තේ අජ්ජ ඉමං ච දිවසං අට්ඨංග සමන්තාගතං සීලං සමාදියාමි  
සීලං දේථ මේ භන්තේ

1. Pānātipātā veramaṇi sikkhā padaṃ samādiyāmi  
පාණාතිපාතා වෙරමණි සික්ඛාපදං සමාදියාමි  
*I undertake the precept to abstain from killing.*
2. Adiṇṇādanā veramaṇi sikkhā padaṃ samādiyāmi  
අදින්නාදානා වෙරමණි සික්ඛාපදං සමාදියාමි  
*I undertake the precept to abstain from stealing.*
3. Abrahma cariyā veramaṇi sikkhā padaṃ samādiyāmi  
අබ්‍රහ්ම චරියා වෙරමණි සික්ඛාපදං සමාදියාමි  
*I undertake the precept to abstain from sexual misconduct.*
4. Musāvādā veramaṇi sikkhā padaṃ samādiyāmi  
මුසාවාදා වෙරමණි සික්ඛාපදං සමාදියාමි  
*I undertake the precept to abstain from lying.*
5. Surā meraya majja pamādatthānā veramaṇi sikkhā padaṃ samādiyāmi  
සුරා මේරස මජ්ජ පමාදත්තානා වෙරමණි සික්ඛාපදං සමාදියාමි  
*I undertake the precept to abstain from anything that causes intoxication and heedlessness.*
6. Vikāla-Bhōjanā veramaṇi sikkhā padaṃ samādiyāmi  
විකාල භෝජනා වෙරමණි සික්ඛාපදං සමාදියාමි  
*I undertake the precept to abstain from taking food at inappropriate times*
7. Nacca – gīta – vādita – visūka dassana mālā gandha vilepana dhārana  
mandana – vibhūsanatṭhānā veramaṇi sikkhā padaṃ samādiyāmi  
නච්ච ගීත වාදිත විසුක දස්සන මාලා ගන්ධ විලේපන ධාරණ මණ්ඩන විභූසනට්ඨානා  
වෙරමණි සික්ඛාපදං සමාදියාමි  
*I undertake the precept to abstain from dancing, singing, music and unseemly  
shows; from the use of garlands.*
8. Uccā sayana mahā sayanā veramaṇi sikkhā padaṃ samādiyāmi  
උච්චා සයන මහා සයනා වෙරමණි සික්ඛාපදං සමාදියාමි  
*I undertake the precept to abstain from (using) high and luxurious seats.*

Imāni aṭṭhanga silani samādiyāmi (Three times)

ඉමානි අට්ඨංග සීලානි සමාදියාමි (තුන් වරක්)