

REQUIREMENTS AND CEREMONIES FOR

The Five Precepts (*Pañca Sīla*)

**The Eight Precepts with Right Livelihood as the
Eighth (*Ājīvatthamaka Sīla*)**

***Dhamma* Teachers Certificate**



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The Five Precepts (*Pañca Sīla*)

In his *Buddhist Dictionary* Venerable Ñyānatiloka Mahā Thera defines an *Upāsaka* as:

“Literally ‘sitting close by’, i.e. a ‘lay adherent’ is any lay follower who is filled with faith and has taken refuge in the Buddha, his doctrine and his community of noble disciples. His virtue should be regarded as pure if he observes the Five Precepts (*Pañca Sīla*). He should avoid the following wrong ways of livelihood: trading in arms, in living beings, meat, alcohol and poison.”

The word *Upāsaka* denotes a male lay disciple and *Upāsikā* denotes a female lay disciple.

Requirements for formally requesting the Five Precepts (Pañca Sīla) from a Senior Bhikkhu of the Mahā Sangha

- 1) A Senior *Bhikkhu* representing the *Mahā Sangha* must express willingness to act as Preceptor.
- 2) The candidate must be at least 18 years old.
- 3) The candidate must have studied and practised the *Dhamma* for a period of at least one year under (i) a *Bhikkhu* (Buddhist Monk), (ii) an *Ayya* (Buddhist Nun) or (iii) a lay *Dhamma* Teacher who has been authorised to teach by the *Mahā Sangha* (the community of Buddhist monks).
- 4) The candidate is required to wear white, cream or beige clothes at the Ceremony where the Five Precepts are taken.
- 5) If more than one person is taking the Five Precepts on the same occasion, they will take them in accordance with the *Theravāda* convention regarding seniority. Consequently, the oldest male candidate will take them first, followed in order according to age by the other male candidates. Next, the oldest female candidate will take them followed in order according to age by the other female candidates.
- 6) The Preceptor will give the candidate a Buddhist name.
- 7) The Preceptor will arrange for a certificate to be presented to the candidate by a *Bhikkhu* of great seniority at the next festival at Ketumati.
- 8) After the ceremony is completed, the *Upāsaka/Upāsikā* must endeavour to adhere to the Five Precepts. On Full Moon and New Moon Days the Five Precepts must be recited. It is also advisable for the *Upāsaka/Upāsikā* to keep in contact with *Bhikkhus*, *Ayyas* or authorised lay *Dhamma* Teachers and a *Vihāra* or a Buddhist group.
- 9) People who have previously taken the Five Precepts elsewhere with another *Theravāda Bhikkhu* may retake them and receive a Buddhist name.

***Ceremony for requesting the Refuges and the Five Precepts
(Pañca Sīla) from a Senior Bhikkhu***

The following ceremony provides the format for a candidate, who has met the requirements outlined previously to ask for, and receive, the Three Refuges and Five Precepts from a senior *Bhikkhu* representing the *Mahā Sangha*.

The ceremony takes the form of a dialogue between the candidate and the Preceptor. The dialogue is conducted in the *Pāli* language. (An English translation is provided here for reference.)

(Spoken by the candidate)

*Okāsa, okāsa, okāsa aham bhante
tisarānena saḥā pañca sīlam dhammam
yachāmi. Anukāmpam katvā, sīlam
detha me bhante.*

With your permission venerable sir, I ask for the Five Precepts with the Three Refuges. Out of compassion, please give me the precepts.

*Dutiyampi aham bhante tisarānena
saḥā pañca sīlam dhammam yachāmi.
Anukāmpam katvā, sīlam detha me
bhante.*

A second time with your permission venerable sir, I ask for the Five Precepts with the Three Refuges. Out of compassion, please give me the precepts.

*Tatīyampi aham bhante tisarānena
saḥā pañca sīlam dhammam yachāmi.
Anukāmpam katvā, sīlam detha me
bhante.*

A third time with your permission venerable sir, I ask for the Five Precepts with the Three Refuges. Out of compassion, please give me the precepts.

Vandanā

Homage

*Namo tassa bhagavato arahato sammā
sambuddhassa.*

Homage to the Blessed One, the Perfected One, the fully Awakened One.

*Namo tassa bhagavato arahato sammā
sambuddhassa.*

Homage to the Blessed One, the Perfected One, the fully Awakened One.

*Namo tassa bhagavato arahato sammā
sambuddhassa.*

Homage to the Blessed One, the Perfected One, the fully Awakened One.

The candidate now repeats after the *Bhikkhu* the Three Refuges and the Five Precepts.

Tisarana

*Buddham saranam gacchāmi
Dhammam saranam gacchāmi
Sangham saranam gacchāmi*

*Dutiyampi Buddham saranam gacchāmi
Dutiyampi Dhammam saranam gacchāmi
Dutiyampi Sangham saranam gacchāmi*

*Tatiyampi Buddham saranam gacchāmi
Tatiyampi Dhammam saranam gacchāmi
Tatiyampi Sangham saranam gacchāmi*

The Three Refuges

I go to the Buddha for refuge.
I go to the Dhamma for refuge.
I go to the Sangha for refuge.

For the second time I go to the Buddha for refuge.
For the second time I go to the Dhamma for refuge.
For the second time I go to the Sangha for refuge.

For the third time I go to the Buddha for refuge.
For the third time I go to the Dhamma for refuge.
For the third time I go to the Sangha for refuge.

Pañca Sīla

1. *Pānātipātā veramanī sikkhāpadam samādiyāmi.*
2. *Adinnādānā veramanī sikkhāpadam samādiyāmi.*
3. *Kāmesu micchācārā veramanī sikkhāpadam samādiyāmi.*
4. *Musāvādā veramanī sikkhāpadam samādiyāmi.*
5. *Surā meraya majja pamādatthānā veramanī sikkhāpadam samādiyāmi*

The Five Precepts

1. I undertake the rule of training to refrain from killing living beings.
2. I undertake the rule of training to refrain from taking what is not given.
3. I undertake the rule of training to refrain from sexual misconduct.
4. I undertake the rule of training to refrain from false speech.
5. I undertake the rule of training to refrain from drugs and drink which tend to cloud the mind.

(Spoken by the *Bhikkhu*)

*Tisaranena saha pañca sīlam dhammam
sādhukam surakkhitam katvā appamādena
sampādettha.*

Observing carefully these Five Precepts together with the Three Refuges, strive earnestly.

(Spoken by the candidate)

Āma bhante.

Yes, venerable sir.

Required CD/Cassette

Puja Chanting Tutorial London Buddhist Vihara (CD/cassette with Puja sheet).
(Available from The Buddhist Society, 58 Eccleston Square, London SW1V 1PH
Telephone 0207-834-5858, www.thebuddhistsociety.org,
Email: info@thebuddhistsociety.org)

Required Reading

Eight Mindful Steps to Happiness: Walking the Path of the Buddha. Bhante Henepola Gunaratana. Boston (USA): Wisdom Publications, 2001. (ISBN 0-86171-176-9)

Introducing Buddhism. Venerable Dr. Balangoda Ānanda Maitreya Mahānāyaka Thera and Jacquetta Gomes. 3rd edition. London: The Buddhist Society, 2003. (Also published by The Buddhist Group of Kendal (Theravāda), The Buddhist Society of Manchester and Ketumati Buddhist Vihāra.)

Mindfulness in Plain English. Bhante Henepola Gunaratana. Updated and expanded edition. Boston (USA): Wisdom Publications, 2002. (ISBN 0-86171-321-4)

The Noble Eightfold Path: Way to the End of Suffering. Bhikkhu Bodhi. Second edition. Kandy (Sri Lanka): BPS Buddhist Publication Society, 1994. (ISBN 955-24-0116-X)

Wheel 8: *Kālāma Sutta: The Buddha's Charter of Free Inquiry.* Translated by Soma Thera.

Wheel 14: *Everyman's Ethics: Four Discourses of the Buddha.* Adapted from the Translations of Nārada Mahā Thera.

Wheel 54: *Mirror of the Dhamma: A Manual of Buddhist Chanting and Devotional Texts.* Nārada Mahā Thera and Bhikkhu Kassapa, revised by Bhikkhu Khantipalo

Wheel 55: *The Five Precepts: Collected Essays.*

Wheel 206/207: *Lay Buddhist Practice.* Bhikkhu Khantipalo.

Wheel 282/283/284: *Going for Refuge, Taking the Precepts.* Bhikkhu Bodhi.

(Wheel booklets are published by the BPS Buddhist Publication Society)

Recommended Reading

Books

Bhāvanā Vandanā: Bhāvanā Devotions Compiled by Dr Henepola Gunaratana Nāyaka Thera. Second edition. High View, West Virginia (USA): Bhāvanā Society, 2001.
(Available from Bhāvanā Society, Rt1, PO Box 218-3, High View, West Virginia, WV26808, USA, www.bhavanasociety.org, Email: info@bhavanasociety.org)

The Buddha and His Teachings. Venerable Nārada Mahā Thera. 5th edition. Kandy (Sri Lanka): BPS Buddhist Publication Society, 1997. (ISBN 955-24-0025-2)

The Buddha's Ancient Path. Piyadassi Mahā Thera, Kandy (Sri Lanka): BPS Buddhist Publication Society, 2003. (ISBN 955-24-0024-4)

Buddhist Ethics. Venerable Dr. Hammalawa Saddhatissa Mahā Thera. Revised edition. Boston (USA): Wisdom Publications, 1997. (ISBN 0-86171-124-6)

Buddhist Ethics: A Very Short Introduction. Damien Keown. Oxford: Oxford University Press, 2005 (ISBN 0-19-280457-X)

A Buddhist's Manual. Dr Hammalawa Saddhatissa Mahā Thera and Venerable Pesala. London: British Mahabodhi Society, 1990.

Daily Buddhist Devotions. Venerable K Sri Dhammānanda. Second edition. Kuala Lumpur (Malaysia): BMS Buddhist Missionary Society, 1993. (ISBN 967-9920-61-5)

The Dhammapada: The Path of Truth. Translated by Venerable Dr. Balangoda Ānanda Maitreya Mahānāyaka Thera. Berkeley, California (USA): Parallax Press, 1995. (ISBN 0-938077-87-2)

An Introduction to Buddhist Ethics: Foundations, Values and Issues. Peter Harvey. Cambridge: Cambridge University Press, 2000. (ISBN 0-521-55640-6)

Mahā Paritta: The Discourses of the Great Protection (With the Threefold Refuges, Precepts, Salutations to the Triple Gem, Dependent Origination and Mettā Bhāvanā). Birmingham: Dhamma – Talaka Publications, 1996.

Old Wisdom in the New World: Americanization in Two Immigrant Theravāda Buddhist Temples. Paul David Numrich. Knoxville, Tennessee (USA): The University of Tennessee Press, 1996. (ISBN 0-87049-905-X)

Significance of the Full Moons in Buddhism. Desabandhu Alec Robertson. 3rd edition. Dehiwala (Sri Lanka): BCC Buddhist Cultural Centre, 1998. (ISBN 955-8129-04-6) (Available from BCC Buddhist Cultural Centre, 125 Anderson Road, Nedimala, Dehiwala, Sri Lanka. www.buddhistcc.com, Email: infor@buddhistcc.com)

What the Buddha Taught. Venerable Dr Walpola Rahula Mahā Thera. Oxford: One World Publications, 1997. (ISBN 1-85168-142-6)

Suttas

In the Buddha's Words: An Anthology of Discourses from the Pāli Canon. Edited and Introduced by Bhikkhu Bodhi. Boston (USA): Wisdom Publications, 2005. (ISBN 0-86171-491-1)

Articles

“The Development and Use of the Eight Precepts for Lay Practitioners, *Upāsakas* and *Upāsikās* in *Theravāda* Buddhism in the West”, Jacquetta Gomes, Buddhist Group of Kendal (Theravāda), *Contemporary Buddhism*, 5(1) (May, 2004) 47-63. (ISSN 1463-9947) (The article is available online at www.journalsonlinetandf.co.uk)

“The Eight Precepts in *Theravāda* Buddhism”, Jacquetta Gomes, *Buddhism Now*, 18 (1) (February, 2006) 22-23.

The Eight Precepts with Right Livelihood as the Eighth (*Ājīvatthamaka Sīla*)

“The three constituents of the Morality Group of the Eightfold Path when considered in detail become *Ājīvatthamaka Sīla*.” (*The Requisites of Enlightenment: Bodhipakkhiya Dīpani*. Venerable Ledi Sayadaw. Kandy, Sri Lanka: BPS Buddhist Publication Society, 1971, (Wheel Publication 171-4), 10)

“The perfect moral conduct or character can be categorised under the Eight Precepts called *Ājīvatthamaka Sīla*.” (*Nine Special Qualities of the Buddha & Other Essays*. Venerable Dr. Balangoda Ānanda Maitreya Mahānāyaka Thera. London: World Buddhist Foundation, 1995, 16)

The *Ājīvatthamaka Sīla* builds upon the framework of the Five Precepts (*Pañca Sīla*). It expands the Fourth Precept of the *Pañca Sīla* to specify the four types of wrong speech from which a lay disciple should abstain. The *Ājīvatthamaka Sīla* also requires the candidate to abstain from wrong livelihood, including trading in arms, in living beings (slavery, prostitution), meat, alcohol and poison.

Requirements for formally requesting the Ājīvatthamaka Sīla from a Senior Bhikkhu of the Mahā Sangha

- 1) A Senior *Bhikkhu* representing the *Mahā Sangha* must express willingness to act as Preceptor.
- 2) The candidate must have been an *Upāsaka/Upāsikā* for at least three years.
- 3) The candidate is required to wear white, cream or beige clothes at the Ceremony where the *Ājīvatthamaka Sīla* are taken.
- 4) If more than one person is taking the *Ājīvatthamaka Sīla* on the same occasion, the candidates will take them in accordance with the *Theravāda* convention regarding seniority. Consequently, the oldest male candidate will take them first, followed in order according to age by the other male candidates. Next, the oldest female candidate will take them followed in order according to age by the other female candidates.
- 5) The Preceptor will provide a sash for the candidate to wear at Buddhist meetings.
- 6) The Preceptor will arrange for a certificate to be presented to the candidate by a *Bhikkhu* of great seniority at the next festival at Ketumati.
- 7) After the ceremony is completed, the *Upāsaka/Upāsikā* must endeavour to adhere to the *Ājīvatthamaka Sīla*. On Full Moon and New Moon Days the *Ājīvatthamaka Sīla* must be recited. It is also advisable for the *Upāsaka/Upāsikā* to keep in contact with *Bhikkhus*, *Ayyas* or authorised lay *Dhamma* Teachers and a *Vihāra* or a Buddhist group.
- 8) If no *Bhikkhu* or *Ayya* is present, the most senior lay person who has taken the *Ājīvatthamaka Sīla* may give the Five Precepts to lay people at any Buddhist meeting. (Seniority is determined according to the *Theravāda* convention.) He/she must wear white, cream or beige clothes and also the sash which was presented to them by their Preceptor. These symbols help identify them as someone who has been authorised by the *Mahā Sangha* to give the Five Precepts to lay people.

***Ceremony for requesting the Ājīvatthamaka Sīla
from a Senior Bhikkhu of the Mahā Sangha***

The following ceremony provides the format for a candidate, who has met the requirements outlined previously to ask for, and receive the Eight Precepts with Right Livelihood as the Eighth (*Ājīvatthamaka Sīla*) from a senior *Bhikkhu* representing the *Mahā Sangha*.

The ceremony takes the form of a dialogue between the candidate and the Preceptor. The dialogue is conducted in the *Pāli* language. (An English translation is provided here for reference.)

(Spoken by the candidate)

*Okāsa, okāsa, okāsa aham bhante
tisananena sahā Ājīvatthamaka-sīlam
dhammam yachāmi. Anukampam katvā,
sīlam detha me bhante.*

With your permission venerable sir, I ask for the Eight Precepts with Right Livelihood as the Eighth. Out of compassion, please give me the precepts.

*Dutiyampi aham bhante tisananena sahā
Ājīvatthamaka-sīlam dhammam yachāmi.
Anukampam katvā, sīlam detha me bhante.*

A second time with your permission venerable sir, I ask for the Eight Precepts with Right Livelihood as the Eighth. Out of compassion, please give me the precepts.

*Tatīyampi aham bhante tisananena sahā
Ājīvatthamaka-sīlam dhammam yachāmi.
Anukampam katvā, sīlam detha me bhante.*

A third time with your permission venerable sir, I ask for the Eight Precepts with Right Livelihood as the Eighth. Out of compassion, please give me the precepts.

Vandanā

Homage

*Namo tassa bhagavato arahato sammā
sambuddhassa.*

Homage to the Blessed One, the Perfected One, the fully Awakened One.

*Namo tassa bhagavato arahato sammā
sambuddhassa.*

Homage to the Blessed One, the Perfected One, the fully Awakened One.

*Namo tassa bhagavato arahato sammā
sambuddhassa.*

Homage to the Blessed One, the Perfected One, the fully Awakened One.

The candidate now repeats after the *Bhikkhu* the Three Refuges and the Eight Precepts with Right Livelihood as the Eighth.

Tisarana

*Buddham saranam gacchāmi
Dhammam saranam gacchāmi
Sangham saranam gacchāmi*

*Dutiyampi Buddham saranam gacchāmi
Dutiyampi Dhammam saranam gacchāmi
Dutiyampi Sangham saranam gacchāmi*

*Tatiyampi Buddham saranam gacchāmi
Tatiyampi Dhammam saranam gacchāmi
Tatiyampi Sangham saranam gacchāmi*

Ājīvatthamaka Sīla

1. *Pānātipātā veramanī sikkhāpadam samādiyāmi*
2. *Adinnādānā veramanī sikkhāpadam samādiyāmi*
3. *Kāmesu micchācārā veramanī sikkhāpadam samādiyāmi*
4. *Musāvādā veramanī sikkhāpadam samādiyāmi*
5. *Pisunā vācā veramanī sikkhāpadam samādiyāmi*
6. *Pharusā vācā veramanī sikkhāpadam samādiyāmi*
7. *Samphappalāpā veramanī sikkhāpadam samādiyāmi*
8. *Micchājivā veramanī sikkhāpadam samādiyāmi*

(Spoken by the *Bhikkhu*)

*Tisaranena sahā Ājīvatthamaka-sīlam
dhammam sādhuḥkam surakkhitam katvā
appamādena sampādettha.*

(Spoken by the candidate)

Āma bhante

The Three Refuges

I go to the Buddha for refuge.
I go to the Dhamma for refuge.
I go to the Sangha for refuge.

For the second time I go to the Buddha for refuge.
For the second time I go to the Dhamma for refuge.
For the second time I go to the Sangha for refuge.

For the third time I go to the Buddha for refuge.
For the third time I go to the Dhamma for refuge.
For the third time I go to the Sangha for refuge.

The Eight Precepts with Right Livelihood as the Eighth

1. I undertake the rule of training to refrain from killing living beings.
2. I undertake the rule of training to refrain from taking what is not given.
3. I undertake the rule of training to refrain from sexual misconduct.
4. I undertake the rule of training to refrain from false speech.
5. I undertake the rule of training to refrain from backbiting.
6. I undertake the rule of training to refrain from using harsh and abusive speech.
7. I undertake the rule of training to refrain from useless or meaningless conversation.
8. I undertake the rule of training to refrain from wrong means of livelihood.

Observing carefully these Eight Precepts with Right Livelihood as the Eighth together with the Three Refuges, strive earnestly.

Yes, venerable sir.

Required Reading

Books

Bhāvanā Vandanā: Bhāvanā Devotions Compiled by Dr Henepola Gunaratana Nāyaka Thera. Second edition. High View, West Virginia (USA): Bhāvanā Society, 2001. (Available from Bhāvanā Society, Rt1, PO Box 218-3, High View, West Virginia, WV26808, USA. www.bhavasociety.org, Email: info@bhavasociety.org)

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Safe Harbor: Guidelines, Process and Resources for Ethics and Right Conduct in Buddhist Communities. Edited by Alan Senauke with Teresa Lesko. Berkeley, California (USA): BPF Buddhist Peace Fellowship, 1997. (Available from BPF Buddhist Peace Fellowship, PO Box 4650, Berkeley, California CA 94704, USA, www.bpf.org, Email: bpf@bpf.org)

Wheel 8: *Kālāma Sutta: The Buddha's Charter of Free Inquiry*. Translated by Soma Thera.

Wheel 14: *Everyman's Ethics: Four Discourses of the Buddha*. Adapted from the Translations of Nārada Mahā Thera.

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Wheel 206/207: *Lay Buddhist Practice*. Bhikkhu Khantipalo.

Wheel 282/283/284: *Going for Refuge, Taking the Precepts*. Bhikkhu Bodhi.

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Recommended Reading

Books

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Suttas

In the Buddha's Words: An Anthology of Discourses from the Pāli Canon. Edited and Introduced by Bhikkhu Bodhi. Boston (USA): Wisdom Publications, 2005. (ISBN 0-86171-491-1)

Dhamma Teachers Certificate

“When I lived with Ajahn Chah, he often admonished us not to worry about teaching others but instead to worry about teaching oneself. The foundation of teaching is always to teach oneself, to teach and encourage oneself. Then, later, one may teach others from the perspective of knowing how to teach oneself. One looks after oneself and then one looks after others.” (“Teaching Oneself”, Ajahn Jundee, *Fearless Mountain: Newsletter of the Abhayagiri Monastery*, 11(1) (Spring, 2006), 1)

The *Dhamma* Teachers Certificate entitles the successful candidate to give *Dhamma* talks and teach meditation, answer questions, organise Buddhist groups and Buddhist meetings.

It is NOT possible to request a *Dhamma* Teachers certificate for oneself.

Requirements for the Dhamma Teachers Certificate

- 1) The candidate must have studied and practised the *Dhamma* for a minimum of five years under a *Bhikkhu*, *Ayya*, or a lay *Dhamma* Teacher who has been authorised by the *Mahā Sangha*. The teacher will, from time to time, provide the candidate with opportunities to conduct a meeting. The candidate’s suitability will eventually be assessed by the *Bhikkhu*, *Ayya* or lay *Dhamma* Teacher who will then recommend the candidate to a senior *Bhikkhu* representing the *Mahā Sangha* who must express his willingness to act as supervising *Dhamma* Teacher.
- 2) The candidate does not have to have formally become an *Upāsaka/Upāsikā* by being given the Five Precepts (*Pañca Sīla*) from a senior *Bhikkhu* of the *Mahā Sangha*. However, it is important that he/she endeavours at all times to adhere to the Five Precepts (*Pañca Sīla*) and thereby act as an example.
- 3) The supervising *Dhamma* Teacher will arrange for a *Dhamma* Teachers Certificate to be presented to the candidate by a *Bhikkhu* of great Seniority at the next festival at Ketumati.
- 4) The supervising *Dhamma* Teacher will provide a badge for the candidate to wear at Buddhist meetings. When teaching the *Dhamma*, the lay *Dhamma* Teacher must wear this badge and white, cream or beige clothing.
- 5) It is advisable for the *Dhamma* Teacher to keep in contact with *Bhikkhus*, *Ayyas* or authorised lay *Dhamma* Teachers and a *Vihāra* or a Buddhist group.
- 6) If more than one person is receiving the *Dhamma* Teachers Certificate and badge on the same occasion, the candidates will receive them in accordance with the *Theravāda* convention regarding seniority. Consequently, the oldest male candidate will receive his certificate first, followed in order according to age by the other male candidates. Next, the oldest female candidate will receive her certificate followed in order according to age by the other female candidates.
- 7) Seniority amongst lay *Dhamma* Teachers is determined according to the date of the receiving the *Dhamma* Teachers Certificate and badge. Gender is irrelevant.

Required Reading

Books

The Buddha and His Teachings. Venerable Nārada Mahā Thera. 5th edition. Kandy (Sri Lanka): BPS Buddhist Publication Society, 1997. (ISBN 955-24-0025-2)

Buddhist Ethics. Venerable Dr. Hammalawa Saddhatissa Mahā Thera. Revised edition. Boston (USA): Wisdom Publications, 1997. (ISBN 0-86171-124-6)

The Dhammapada: The Path of Truth. Translated by Venerable Dr. Balangoda Ānanda Maitreya Mahānāyaka Thera. Berkeley, California (USA): Parallax Press, 1995. (ISBN 0-938077-87-2)

The Heart of Buddhist Meditation: A Handbook of Mental Training Based on the Buddha's Way of Mindfulness: With an Anthology of Relevant Texts translated from the Pāli and Sanskrit. Nyañaponika Thera. Kandy (Sri Lanka): BPS Buddhist Publication Society, 1992. (ISBN 955-24-0100-3)

Introducing Buddhism. Venerable Dr. Balangoda Ānanda Maitreya Mahānāyaka Thera and Jacquetta Gomes. 3rd edition. London: The Buddhist Society, 2003. (Also published by The Buddhist Group of Kendal (Theravāda), The Buddhist Society of Manchester and Ketumati Buddhist Vihāra.)

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Eight Mindful Steps to Happiness: Walking the Path of the Buddha. Bhante Henepola Gunaratana. Boston (USA): Wisdom Publications, 2001. (ISBN 0-86171-176-9)

The Noble Eightfold Path: Way to the End of Suffering. Bhikkhu Bodhi. Second edition. Kandy (Sri Lanka): BPS Buddhist Publication Society, 1994. (ISBN 955-24-0116-X)

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A Still Forest Pool: The Insight Meditation of Achaan Chah. Jack Kornfield and Paul Breiter. Wheaton, Illinois (USA): Theosophical Publication House, 1985. (ISBN 0-8356-0597-3)

Safe Harbor: Guidelines, Process and Resources for Ethics and Right Conduct in Buddhist Communities. Edited by Alan Senauke with Teresa Lesko. Berkeley, California (USA): BPF Buddhist Peace Fellowship, 199?. (Available from BPF Buddhist Peace Fellowship, PO Box 4650, Berkeley, California CA 74704, USA, www.bpf.org, Email: bpf@bpf.org)

Transmitting the Dhamma: the Role of the Teacher in Buddhism. Susan Elbaum Jootla. Kandy, Sri Lanka: BPS Buddhist Publication Society, 1998. (Bodhi Leaves No. 145)

What the Buddha Taught. Venerable Dr Walpola Rahula Mahā Thera. Oxford: One World Publications, 1997. (ISBN 1-85168-142-6)

Wheel 8: *Kālāma Sutta: The Buddha's Charter of Free Inquiry*. Translated by Soma Thera.

Wheel 14: *Everyman's Ethics: Four Discourses of the Buddha*. Adapted from the Translations of Nārada Mahā Thera.

Wheel 54: *Mirror of the Dhamma: A Manual of Buddhist Chanting and Devotional Texts*. Nārada Mahā Thera and Bhikkhu Kassapa, revised by Bhikkhu Khantipalo

Wheel 55: *The Five Precepts: Collected Essays*.

Wheel 206/207: *Lay Buddhist Practice*. Bhikkhu Khantipalo.

Wheel 282/283/284: *Going for Refuge, Taking the Precepts*. Bhikkhu Bodhi.
(Wheel booklets are published by the BPS Buddhist Publication Society)

Articles

“Association with the Wise”, Bhikkhu Bodhi, *Buddhist Publication Society Newsletter*, 26 (1994) 1-2.

“Attachment to Teachers”, Venerable Sumedho Bhikkhu, *The Middle Way: Journal of The Buddhist Society*, 58(3) (November, 1983) 143-9.

“Conference for Western Buddhist Teachers with H. H. The Dalai Lama”, *The Middle Way: Journal of the Buddhist Society*, 68(1) (May, 1993) 55-56.

“The Development and Use of the Eight Precepts for Lay Practitioners, *Upāsakas* and *Upāsikās* in *Theravāda* Buddhism in the West”, Jacquetta Gomes, Buddhist Group of Kendal (Theravāda), *Contemporary Buddhism*, 5(1) (May, 2004) 47-63. (ISSN 1463-9947) (The article is available online at www.journalsonlinetandf.co.uk)

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“Meditation on Loving-Kindness (*Mettā*)”, Venerable Dr. Henepola Gunaratana Mahā Thera, *The Middle Way: Journal of the Buddhist Society*, 64(4) (February, 1990) 232-239.

“Teaching Dhamma”, Venerable Achaan Chah, *The Middle Way: Journal of the Buddhist Society*, 63(2) (August, 1988) 67-68.

“Validity and Vitality of *Theravāda* Tradition”, Venerable Professor Dr. Walpola Sri Rahula, *The Middle Way: Journal of the Buddhist Society*, 64(4) (February, 1990) 205-211.

Suttas

In the Buddha's Words: An Anthology of Discourses from the Pāli Canon. Edited and Introduced by Bhikkhu Bodhi. Boston (USA): Wisdom Publications, 2005. (ISBN 0-86171-491-1)

The Middle Length Discourses of the Buddha: A New Translation of the Majjhīma Nikāya. Original Translation by Bhikkhu Ñānamoli: Translation Edited and Revised by Bhikkhu Bodhi. Boston (USA): Wisdom Publications, 1995. (ISBN 0-86171-072-X)

Suttas on Teaching the Dhamma

- Anguttara Nikāya* III 22 Gilana Sutta 'Sick People'
Anguttara Nikāya III 65 Kalama Sutta 'To the Kalamas'
Anguttara Nikāya III 72 Ajivaka Sutta 'To the Fatalists Student'
Anguttara Nikāya III 112 Dullabha Sutta 'Hard to Find / Rarities'
Anguttara Nikāya IV 42 Pañha Sutta 'Questions'
Anguttara Nikāya IV 111 Kesi Sutta 'To Kesi the Horsetrainer'
Anguttara Nikāya IV 192 Thana Sutta 'Traits'
Anguttara Nikāya V 38 Saddha Sutta 'Conviction'
Anguttara Nikāya V 154 Saddhammasammosa Sutta (1) 'The Decline of the True Dhamma (1)'
Anguttara Nikāya V 155 Saddhammasammosa Sutta (2) 'The Decline of the True Dhamma (2)'
Anguttara Nikāya V 156 Saddhammasammosa Sutta (3) 'The Decline of the True Dhamma (3)'
Anguttara Nikāya V 157 Dukkathaa Sutta 'A Badly Given Talk'
Anguttara Nikāya V 158 Saarajja Sutta 'Diffidence / Timidity'
Anguttara Nikāya V 159 Udayi Sutta 'About Udayin'
Anguttara Nikāya V 202 Dhammassavana Sutta 'Listening to the Dhamma'
Anguttara Nikāya VI 88 Sussusa Sutta 'Listening Well'
Anguttara Nikāya VII 64 Dhammaññu Sutta 'One With a Sense of Dhamma'
Anguttara Nikāya VII 80 Satthusasana Sutta 'To Upali (The Teacher's Instruction)'
Anguttara Nikāya VIII 53 Gotami Sutta 'To Gotami'
Anguttara Nikāya X 24 Cunda Sutta 'Cunda'
Anguttara Nikāya X 93 Ditthi Sutta 'Views'
- Digha Nikaya* 12 Lohicca Sutta 'To Lohicca'
- Majjhima Nikāya* 95 Canki Sutta 'With Canki'
Majjhima Nikāya 110 Cula-punnama Sutta 'The Shorter Discourse on the Full Moon Night'
Majjhima Nikāya 137 Salayatana-vibhanga Sutta 'An Analysis of the Six Sense Media'
- Samyutta Nikāya* XXII 2 Devadaha Sutta 'At Devadaha'
Samyutta Nikāya XLIV 10 Ananda Sutta 'To Ananda'
Samyutta Nikāya XLV 2 Upaddhasutta Sutta 'Half of the Holy Life'
- Sutta Nipata* II 8 Nava Sutta 'A Boat'
Sutta Nipata IV 8 Pasura Sutta 'To Pasura'
Sutta Nipata IV 12 Cula-viyuha Sutta 'The Lesser Array'

Recommended Reading

Books

An Analysis of the Pāli Canon. Edited by Russell Webb. Kandy (Sri Lanka): BPS Buddhist Publication Society, 2001. (ISBN 955-24-0048-1)

Bhāvanā Vandanā: Bhāvanā Devotions Compiled by Dr Henepola Gunaratana Nāyaka Thera. Second edition. High View, West Virginia (USA): Bhāvanā Society, 2001. (Available from Bhāvanā Society, Rt1, PO Box 218-3, High View, West Virginia, WV26808, USA. www.bhavasociety.org, Email: info@bhavasociety.org)

The Buddha's Ancient Path. Piyadassi Mahā Thera, Kandy (Sri Lanka): BPS Buddhist Publication Society, 2003. (ISBN 955-24-0024-4)

Buddhist Ethics: A Very Short Introduction. Damien Keown. Oxford: Oxford University Press, 2005 (ISBN 0-19-280457-X)

An Introduction to Buddhism: Teachings, History and Practices. Peter Harvey. Cambridge: Cambridge University Press, 1990. (ISBN 0-521-31333-3)

An Introduction to Buddhist Ethics: Foundations, Values and Issues. Peter Harvey. Cambridge: Cambridge University Press, 2000. (ISBN 0-521-55640-6)

Pressing Out Pure Honey: A Practitioner's Study Guide: A Companion for the Majjhīma Nikāya The Middle Length Discourses of the Buddha: Based on the Translation by Bhikkhu Ñānamoli and Bhikkhu Bodhi, Wisdom Publications, 1995. Sharda Rogell. Barre, Massachusetts (USA): Dhamma Dana Publications, 2003. (Available from Dhamma Dana Publications, BCBS Barre Center for Buddhist Studies, 149 Lockwood Road, Barre, Massachusetts MA 01005, USA. www.dharma.org/bcbs/publications/index.htm, Email: bcbs@dharma.org)

Relating to a Spiritual Teacher: Building a Healthy Relationship. Alexander Berzin. Ithaca, New York (USA): Snow Lion Publications 2000. (ISBN 1-55939-139-1)

Significance of the Full Moons in Buddhism. Desabandhu Alec Robertson. 3rd edition. Dehiwala (Sri Lanka): BCC Buddhist Cultural Centre, 1998. (ISBN 955-8129-04-6) (Available from BCC Buddhist Cultural Centre, 125 Anderson Road, Nedimala, Dehiwala, Sri Lanka. www.buddhistcc.com, Email: infor@buddhistcc.com)

Teaching Buddhism in the West: From the Wheel to the Web. Edited by Victor Sōgen Hori, Richard P. Hayes and James Mark Shields. London: Routledge Curzon, 2002. (ISBN 0-7007-1557-6)

The Vision of Dhamma: Buddhist Writings of Ñyānaponika Thera. Edited, with an Introduction by Bhikkhu Bodhi. Second edition. Kandy (Sri Lanka): BPS Buddhist Publication Society, 1994, (ISBN 955-24-0108-9)

What Buddhists Believe. Venerable K. Sri Dhammānanda. 6th edition. Kuala Lumpur (Malaysia): BMS Buddhist Missionary Society, 1998. (ISBN 967-9920-29-1)

Dictionaries

Buddhist Dictionary: Manual of Buddhist Terms and Doctrines. Ñānatiloka Mahā Thera. 5th edition. Kandy (Sri Lanka): BPS Buddhist Publication Society, 2004. (ISBN 955-24-0019-8)

A Dictionary of Buddhism. Damien Keown. Oxford: Oxford University Press, 2003. (ISBN 0-19-860560-9)

Glossary

Ayya - a Buddhist nun

Bhante – “Venerable Sir” (a respectful way of addressing a Buddhist monk)

Bhikkhu - a fully ordained Buddhist monk

Dhamma - the teachings of the Buddha

Mahā Sangha – the community of Buddhist monks

Pāli – the language in which the Buddha’s teachings have been recorded

Sīla – Buddhist morality or ethics

Sutta – a discourse

Theravāda – literally “The Teaching of the Elders”

Upāsaka – a male lay disciple

Upāsikā– a female lay disciple

Vihāra - monastery

Booksellers

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Theravāda Buddhist Texts, dictionaries and related works are available from:

PTS Pali Text Society

c/o CPI Anthony Rowe
Unit 4, Pegasus Way
Bowerhill Industrial Estate
Melksham
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SN12 6TR
Telephone 01179 175341
www.palitext.com, Email: pts@palitext.com

Information on Buddhism, books, cassettes and CD's are available from:

The Buddhist Society

58 Eccleston Square
London
SW1V 1PH
Telephone 0207 834 5858
www.thebuddhistsociety.org, Email: info@thebuddhistsociety.org

Audio Materials

Introducing Buddhism Course. Recorded by Bryan Appleyard. 2006. 7 CDs with *Introducing Buddhism* booklet and A4 photocopy of the Wheel of Life. (Available from The Buddhist Society)
The Buddha's Teaching As It Is. Bhikkhu Bodhi. 10 lectures. (Available for download from www.bodhimonastery.net/talks_audio.html)

Web Sites

Most Suttas mentioned in this booklet and many of the BPS Buddhist Publication Society publications are available online at www.accesstoinsight.org, which is currently the best source of Sutta translations on the Internet.

Other useful web sites include:

www.buddhistcc.com (the web site for the BCC Buddhist Cultural Centre Sri Lanka)
<http://jbe.gold.ac.uk/global.html> - (the web site for the Journal of Buddhist Ethics)
www.bhavanasociety.org – (the web site for the Bhāvanā Society – includes information on the *Ājvatthamaka Sīla*)
www.bodhimonastery.net - (contains talks by Bhikkhu Bodhi which are available for download)
www.buddhanet.net - (web site of the Buddha Dharma Education Association inc.)
www.ciolek.com/WWWVL-Buddhism.html - (the World Wide Web Virtual Library – Buddhism Section)
www.dhamma.ru/sadhu - (a Theravāda Buddhism web directory and portal)
www.dhammadata.org.uk/ - (features Dhamma talks by the Thai Forest Sangha which

are available for download)

www.dharmanet.org - (Buddhist resources and web links)

www.dharmavijaya.org – (the web site for the Dharma Vijaya Buddhist Vihāra)