

The Eight Lifetime Precepts

These Precepts were developed by Bhante Henepola Gunaratana *Maha Thera* at the Bhavana Society, West Virginia, USA.

The Eight Lifetime Precepts are an expansion of *Ajivatthamaka Sila*. The first seven Precepts are the same but the eighth Precept is an amalgamation of the eighth Precept of *Ajivatthamaka Sila* and the fifth Precept of *Panca Sila* (The Five Precepts):

I undertake the training rule [Precept] to abstain from wrong livelihood; and drinks and drugs that cause heedlessness

The Bhavana Society website (www.bhavanasociety.org) explains "The lifetime precepts ... include the right speech precepts found in the eightfold path and right livelihood... In traditional Buddhist countries, abstaining from intoxicants is assumed to be included in the precept on right livelihood. For clarification, we spell it out."

Bhante Henepola Gunaratana described the development of the Eight Lifetime Precepts in his 2001 book *Eight Mindful Steps to Happiness: Walking the Path of the Buddha*. He also explains them in his 2008 book *Bhavana Vandana: Devotions for Meditation*. (available for download from www.lulu.com)

Bibliography

Bhavana Vandana: Bhavana Devotions Compiled by Dr Henepola Gunaratana Nayaka Thera. Second edition. High View, West Virginia (USA): Bhavana Society, 2001. (Available from Bhavana Society, Rt1, PO Box 218-3, High View, West Virginia, WV26808, USA.) (www.bhavanasociety.org)

Henepola Gunaratana, Bhante. 2008. (Revised edition) *Bhavana Vandana: Devotions for Meditation*. (High View West Virginia USA, Bhavana Society) (available for download from www.lulu.com)

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

For more information about Venerable Henepola Gunaratana and the Eight Lifetime Precepts (an expansion of the *Ajivatthamaka Sila*), see the Bhavana Society website at: www.bhavanasociety.org

