

**1-3) The Ten Commandments
Spiritual Wisdom
Buddhism**



1-3-1) The Ten Commandments of Buddhism

1. Do not destroy life.
2. Do not take what is not given you.
3. Do not commit adultery.
4. Tell no lies and deceive no one.
5. Do not become intoxicated.
6. Eat temperately and not at all in the afternoons.
7. Do not watch dancing, nor listen to singing or plays.
8. Wear no garlands, perfumes or any adornments.
9. Sleep not in luxurious beds.
10. Accept no gold or silver.

1-3-2) The Ten Commandments of Buddhism

Source; Wisdom Quarterly

1. Thou art well advised not to take the lives of living beings.
2. Thou art well advised not to take what is not given.
3. Thou art well advised not to engage in sexual misconduct.
4. Thou art well advised not to commit perjury (speak falsely when questioned as a witness).
5. Thou art well advised not to speak divisively (separating those who are united).
6. Thou art well advised not to speak harshly (offensively).
7. Thou art well advised not to speak frivolously.
8. Thou art well advised not to covet.
9. Thou art well advised not to harbor ill-will.
10. Thou art well advised not to hold wrong-views.

1-3-3) The Ten Commandments of Buddhism

1. Do not kill (Body).
2. Do not steal (Body).
3. Do not do sexual misconduct (Body).
4. Do not lie (Mouth).
5. Do not exclude (Mouth).
6. Do not speak harshly (Mouth).
7. Do not speak senselessly (Mouth).
8. Do not hate (Mind).
9. Do not attach (Mind).
10. Do not do delude (Mind).

1-3-4) The Ten Commandments of the principles of Buddha

1. Self-fulfillment
2. Loyalty to parent-first, loyalty to society-second
3. The life death principle – once born prepare for death – “No one knows the birthday.
4. Live remorseless fully
5. Pay your debt anytime
6. Live yourself alone without a regret
7. Pay attention to reality
8. Peace of mind
9. Virtue-cow
10. Realize Buddha in our daily lives by mature through our activity

1-3-5) The Ten Commandments of the principles of Buddhism

by Seven Dharmachari (Wisdom Quarterly)

1. Thou art well advised not to take the lives of living beings.
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1-3-6) The Ten Commandments of the principles of Buddha

1. Self-fulfillment
2. Loyalty to parent-first, loyalty to society-second
3. The life death principle – once born prepare for death – “No one knows the birthday.
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7. Pay attention to reality
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9. Virtue-cow
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1-3-7) The Ten Commandments of the principles of Buddhism

by Seven Dharmachari (Wisdom Quarterly)

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10. Thou art well advised not to hold wrong-views.

1-3-8) The Ten Commandments of the Buddhist Meritorious Deeds

Source: Buddha Sasana; What Buddhists Believe

- 1) Charity**
- 2) Morality**
- 3) Mental culture**
- 4) Reverence or respect**
- 5) Service in helping others**
- 6) Sharing merits with others**
- 7) Rejoicing in the merits of others**
- 8) Preaching and teaching the Dhamma**
- 9) Listening to the Dhamma**
- 10) Straightening one's views**

1-3-9) The Ten Commandments of the Buddhist Demeritorious Evil Deeds

Source: Buddha Sasana; What Buddhists Believe

Bodily Actions

- (1) Killing of living beings**
- (2) Stealing**
- (3) Unlawful sexual intercourse**

Verbal Actions

- (4) Lying**
- (5) Slander and tale-bearing**
- (6) Harsh speech**
- (7) Frivolous and meaningless talk**

HAD (Hatred, Attachment, Delusion) Three Evil Roots

- (8) Hatred - Ill-will**
- (9) Attachment - Covetousness, or eagerly desirous especially of things belonging to others**
- (10) Wrong view.**

1-3-10) The Ten Commandments of Mindfulness

Source: Namó Amitabha Buddha

1. Yearn not for a body free of disease and suffering, because without going through pain and illness, sundry desires are easily awakened.
2. Wish not for a life free of mishaps and obstacles, because without them one tends to become arrogant and egotistical.
3. Pray not for a quick shortcut regarding spiritual introspection, because without excruciating effort, one becomes small-minded.
4. Fear not the haunting disturbance of evil while accumulating spiritual strength, because without it one's determination does not grow strong.
5. Hope not for easy success in one's work, because without difficulties and failures, one tends to undervalue others and become overly proud.
6. Build not relationships on selfish gain, because a relationship based on profit has lost its genuine meaning.
7. Look not for a universal consensus regarding one's personal opinion, because complete adoption to a single opinion will render narrow mindedness.
8. Expect not repayment or reward from others for one's services, because calculation and expectations contradict true service.
9. Engage not irrationally in profitable attractions, because jumping too quickly into temptation may well blind wisdom.
10. Stir not at being a victim of injustice, because eagerness to clarify reputation belongs to an ego too attached to let go.

1-3-11) The Ten Commandments of Great Virtues of Buddhism

1. Charity
2. Morality
3. Renunciation
4. Wisdom
5. Effort
6. Patience
7. Truth
8. Determination
9. Universal Love
10. Equanimity

1-3-12) The Ten Commandments of the Buddhist Monastic Precepts

Source: Buddhist Ethics

1. I resolve to avoid harming sentient beings
2. I resolve to avoid taking that which is not freely given
3. I resolve to avoid lust
4. I resolve to avoid harmful speech
5. I resolve to avoid intoxicants
6. I resolve to avoid performing as an actor or to watch them
7. I resolve to avoid sleeping on fine beds (but on a mat)
8. I resolve to avoid eating after noon
9. I resolve to avoid using cosmetics or personal adornments
10. I resolve to avoid money, gold, or precious things

The Ten Commandments

The End

