Ritual for Receiving The Eight Precepts

Present the offerings in accordance with your ability and place them in front of the Three Jewels. Take off your shoes. Wash the Five Limbs (two hands, two feet, and the face). Prostrate to the Three Jewels and the Guru with both knees on the floor, palms together, and give rise to the mind of renunciation and Bodhicitta.

Recite the following text, three times, in front of the Guru or the Three Jewels:

“Most virtuous (Guru), think of me wholeheartedly. My name is __________. From now on, I will forever Take refuge in the Buddha, who has the most distinguished blessed virtue and wisdom; Take refuge in the Dharma, which has the most distinguished method for ridding desires; Take refuge in the Sangha, who are most distinguished amongst all beings.”

(The Guru says:) “This is an expedient method.” (The disciple says:) “Excellent.”

Recite the following text, three times, in front of the Guru or the Three Jewels:
次誦：願師（導師）念我，往昔聖者阿羅漢如何斷除殺生而不殺生，如是名________，
亦從此時起，乃至明日日出時止，斷除殺生而不殺生，我以此第一支，向聖者阿羅漢之學
處隨修、隨學、隨作。此外，往昔聖者阿羅漢如何斷除盜取、非梵行、妄語、穀酒、酒
粉、能醉、放逸之物，歌舞、音樂、華鬘、涂香、裝飾、涂色、高廣大床，非時食而不食
非時食。如是我名________，亦從此時起，乃至明日日出時止，不盜、不非梵行、不妄
語、不飲穀酒、酒粉、能醉、放逸之物，不作歌舞、音樂、華鬘、涂香、裝飾、涂色、不
坐臥高廣大床，不非時食，我以此八支向阿羅漢之學處隨修、隨學、隨作（誦一遍）。

Next, the disciple recites, one time: “May the Guru (the teacher) think of me. By the means of
the Arhats, the saints of the past, who thoroughly forsook killing by stopping any killing,
I (say disciple’s name) _______ will, from now until tomorrow’s sunrise, also, thoroughly
forsake killing by stopping any killing. As my first precept, I will cultivate, learn, and practice
from the place where the Arhats, the saints, learned. In addition, in the manner in which the
Arhats, the saints of the past, thoroughly forsook stealing, sexual immorality, lying, ingesting
alcohol made from grains or powdered alcohol, or items that can intoxicate and make me indulge
in pleasure, music and dance, wearing garlands, wearing perfume, wearing jewelry, wearing
makeup, lying on an elevated or luxurious bed, and eating at the wrong time,
I (say disciple’s name) _______ will not, from now until tomorrow’s sunrise, steal, commit
sexual immorality, lie, ingest alcohol made from grains or powdered alcohol or any items that
can intoxicate and cause me to indulge in pleasure, perform music and dance, wear garlands,
perfume, jewelry, and makeup, lie on an elevated or luxurious bed, and eat at the wrong time.
I will take these eight precepts and cultivate, learn and practice from the place where the Arhats,
the saints, learned.”

@ོབ་དཔོན་ཐབས་ཡིན་ནོ།
@ོབ་མས་ལེགས་སོ་ཞེས་བ^ོད།

此乃方便（師說）善哉（自説）。

The Guru says: “This is an expedient method.”
The disciple says: “Excellent.”