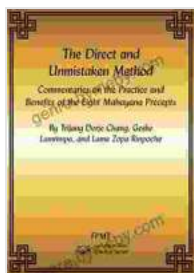


Commentaries On The Practice And Benefits Of The Eight Mahayana Precepts: A Journey Towards Ethical Living and Spiritual Growth

In the vast tapestry of Buddhist teachings, the Eight Mahayana Precepts stand as guiding principles for ethical living and spiritual growth. These precepts, rooted in the Mahayana tradition of Buddhism, offer a profound framework for cultivating compassion, wisdom, and liberation.

The Commentaries On The Practice And Benefits Of The Eight Mahayana Precepts, a seminal work by Buddhist scholar and practitioner Geshe Sonam Rinchen, provides an in-depth exploration of these precepts and their transformative power.



The Direct and Unmistaken Method eBook:

Commentaries on the Practice and Benefits of the Eight Mahayana Precepts

★★★★★ 5 out of 5

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File size : 1359 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 33 pages
Lending : Enabled

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EIGHT MAHAYANA PRECEPTS

(<http://www.dharmafarer.com/8-mahayana-precepts.html>)

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Note that the practice of taking 8 precepts for one day also occurs in the Hinayana tradition. The only real difference lies in the fact that the practitioner does not generate the Mahayana motivation. (Also fully ordained monks and nuns cannot take these precepts as they would be lower than their ordination.)

INTRODUCTION

The Eight Mahayana Precepts are taken for twenty-four hours. It is especially good to take them on full and new moon days and on special Buddhist days (see the Tibetan Calendar). The essence of this practice is to be mindful of the Mahayana motivation: to take these precepts in order to lead all sentient beings to enlightenment. Observing precepts for even such a short time has tremendous benefits: one accumulates a great amount of positive potential (merit) in a short time. One will receive pleasant rebirths and eventually will attain enlightenment. One is protected from karma and the place where one lives becomes peaceful and prosperous. One's mind is peaceful and calm; one gains control over one's bad habits; there will be fewer distractions when meditating. One gets along better with others. One will meet the Buddha's teachings in the future and can be born as a disciple of Maitreya Buddha.

The eight precepts are:

1. Avoid killing, directly or indirectly.
2. Avoid stealing and taking things without the permission of their owner.
3. Avoid sexual contact.
4. Avoid lying and deceiving others.
5. Avoid toxicants: alcohol, tobacco and drugs (except for medical purposes).
6. Avoid eating more than one meal that day. The meal is taken before noon, and once one has stopped eating for thirty minutes, the meal is considered finished. At other times of the day one can take light drinks, but not condensed whole milk or fruit juices with pulp. Avoid eating black foods: meat, eggs, onions, garlic and radishes.
7. Avoid sitting on a high, expensive bed or seat with pride. Also avoid sitting on animal skins.
8. Avoid wearing jewellery, perfumes, and make-up. Avoid singing, dancing or playing music with attachment.

For a precept to be broken completely, four conditions must be present:

1. The motivation is a negative attitude such as attachment, anger, etc.
2. There is an object of the action, e.g. a being that is killed or an object that is stolen.
3. One does the action: if one tells someone else to kill, steal or lie, it is also a transgression.
4. The action is completed, e.g. the living dies before oneself or one thinks, "This is mine."

The first time one takes the precepts, it is done from a master. Thereafter one can do the ceremony before a Buddha image by regarding it as the actual Buddha.

THE ACTUAL PRACTICE

Stand up and recite the following prayers:

REFUGE AND BODHICITTA

The Essence of the Eight Mahayana Precepts

The Eight Mahayana Precepts are an extension of the Five Lay Precepts observed in Theravada Buddhism. They encompass:

1. Refraining from killing
2. Refraining from stealing

3. Refraining from sexual misconduct
4. Refraining from lying

In addition to these core precepts, the Mahayana tradition introduces three additional precepts:

5. Refraining from consuming intoxicants
6. Refraining from slander
7. Refraining from covetousness

The Practice of the Precepts

According to Geshe Sonam Rinchen, the practice of the precepts involves three essential components:

1. **Taking the precepts:** This formal ceremony marks the commitment to observe the precepts and signifies a step towards the Buddhist path.
2. **Maintaining the precepts:** This requires ongoing effort and mindfulness to uphold the precepts in daily life.
3. **Restoring broken precepts:** If a precept is broken, it is crucial to acknowledge the transgression, purify the negative karma, and recommit to observing the precepts.

The Benefits of the Precepts

Observing the Eight Mahayana Precepts brings numerous benefits, including:

- Cultivating ethical conduct and reducing negative karma

- Developing compassion and empathy towards all beings
- Promoting mental clarity and emotional stability
- Creating a foundation for spiritual growth and liberation

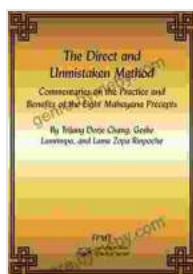
The Commentaries: A Guide to Transformation

Geshe Sonam Rinchen's Commentaries On The Practice And Benefits Of The Eight Mahayana Precepts offers a comprehensive guide to the practice and benefits of these precepts. The book features:

- Clear and concise explanations of each precept
- Practical advice for implementing the precepts in daily life
- Inspiring stories and examples of the precepts in action
- Meditations and exercises to deepen understanding and practice

Commentaries On The Practice And Benefits Of The Eight Mahayana Precepts is an invaluable resource for anyone seeking to deepen their understanding of ethical living and spiritual growth. Through its profound teachings, this book guides readers on a transformative journey towards compassion, wisdom, and liberation.

Embrace the wisdom of the Eight Mahayana Precepts and embark on a path of ethical transformation and spiritual awakening.



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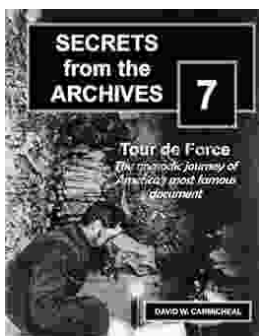
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