

Jujukai – Ten Basic Precepts of Buddhism

The “Yamas and Niyamas” of Buddhism

“The sincere practitioner should be watchful over his speech, well-restrained in mind, and commit no unwholesome deed with his body. Let him thus purify this threefold avenue of karma and tread the path made known by the seers and sages.” Dhammapada



Exoteric Form

1. Never Taking Life

2. Never Engaging in Stealing

3. Never Being Unchaste

4. Never Speaking Falsehoods

5. Never Selling or Buying Alcohol

6. Never Recounting the Misdeeds of Others

7. Never Praising Oneself and Deprecating Others

8. Never Being Selfish With Time and Money

9. Never Engaging in Violence and Aggression

10. Never Slandering the Three Great Ones



Esoteric Form



1. Maintaining Dharma

2. Never Failing to Seek Enlightenment

3. Coveting Nothing and Being Generous

4. Always Showing Compassion

5. Never Denigrating the Dharma Teachings

6. Always Remaining Unattached

7. Keeping Free of False Views

8. Encouraging All Towards Enlightenment

9. Explaining Hinayana and Mahayana

10. Offering Charity to Spiritual Teachers

“Engaging in spiritual practice prior to the initiation and implementation of advised preliminary disciplines results in failure to comprehend the teachings, to act in accordance with the dharma, to meditate properly, and to worship in the right spirit.” Babaji Bob Kindler

Buddhism In Ten

S Ben Porath



Buddhism In Ten:

Decoding **Buddhism In Ten**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Buddhism In Ten**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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