

Pāṇātipātā Veramaṇī

Abstaining from killing living beings

Seven Practical Dimensions for Daily Memorization

1 Practical Meaning



Do not intentionally kill or injure living beings.

2 Situations in Daily or Retreat Life



Mosquitoes, insects, pests, anger, obstruction, difficult people.

3 Borderline Situations



Delegated harm, cruelty, negligence, rough handling.

4 Sati-Sampajañña Questions



What is unpleasant?
Is harm necessary?
Am I feeding *dosa*?

5 Vedanā → Taṇhā



Unpleasant feeling → remove, punish, eliminate.

6 Evening Assessment



Did irritation move toward harm?
Did compassion interrupt?

7 Signs the Training Is Working



Less hostility, quicker pause, more care for life.

Protect life • Weaken aversion • Strengthen compassion

Adinnādānā Veramaṇī

Abstaining from taking what is not given

Seven Practical Dimensions for Daily Memorization

1

PRACTICAL MEANING



Do not take or appropriate what has not been given.

2

SITUATIONS IN DAILY OR RETREAT LIFE



Borrowing without asking, office items, downloads, extra change, shared goods.

3

BORDERLINE SITUATIONS



Entitlement, subtle taking, manipulation, keeping what is not offered.

4

SATI-SAMPAJAÑÑA QUESTIONS



Has this been given?
Am I taking more than my share?

5

VEDANĀ → TAṆHĀ



Pleasant sight of an object → wanting, appropriating, keeping.

6

EVENING ASSESSMENT



Did greed lead me to take, keep, or pressure?

7

SIGNS THE TRAINING IS WORKING



More honesty, more asking, less greed, greater contentment.

Respect what is given • Weaken greed • Strengthen contentment

MAY ALL BEINGS BE HAPPY AND FREE.

Abrahmacariyā Veramaṇī

Abstaining from sexual activity

Seven Practical Dimensions for Daily Memorization

1

Practical Meaning



Protect celibacy;
do not feed sexual
activity or sensual pursuit.

2

Situations in Daily
or Retreat Life



Fantasy, flirting,
screens, suggestive talk,
emotional dependence.

3

Borderline
Situations



Private messaging,
stimulation, romantic
feeding, mental rehearsal.

4

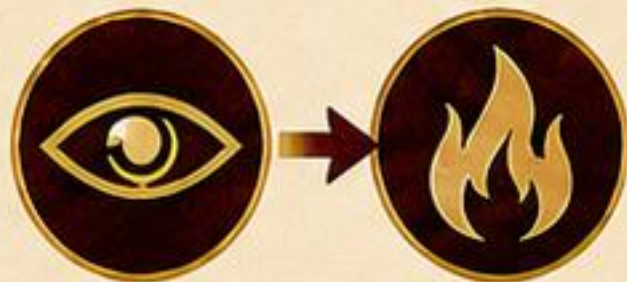
Sati-Sampajañña
Questions



What am I seeking—
pleasure, comfort,
validation, escape?

5

Vedanā → Taṇhā



Pleasant contact,
image, or memory →
fantasy, pursuit, craving.

6

Evening
Assessment



Did I guard the senses?
Did I feed desire
or step back?

7

Signs the Training
Is Working



Less obsession, more clarity,
more energy, more
respectfulness.



Guard desire • Preserve energy • Strengthen clarity



Musāvādā Veramaṇī

Abstaining from false speech

Seven Practical Dimensions for Daily Memorization

1 Practical Meaning



Speak truthfully;
do not deceive or
distort reality.

2 Situations in Daily or Retreat Life



Excuses, exaggeration,
blame-avoidance,
image-making, social
convenience.

3 Borderline Situations



Half-truths, misleading
silence, flattery for gain,
impression management.

4 Sati-Sampajañña Questions



Is it true?
Is it necessary?
What fear or gain is
driving this?

5 Vedanā → Taṇhā



Unpleasant shame or
pleasant gain → fabrication,
concealment, twisting.

6 Evening Assessment



Did I distort, hide, or
speak truth with care?

7 Signs the Training Is Working



Greater transparency,
courage, trustworthiness,
a simpler mind.

Speak truth • Weaken deception • Strengthen integrity

Surāmerayamajjapamādaṭṭhānā Veramaṇī

Abstaining from intoxicants that cause heedlessness

Seven Practical Dimensions for Daily Memorization

1 Practical Meaning



Do not take intoxicants that cloud mindfulness and heedfulness.

2 Situations in Daily or Retreat Life



Alcohol, drugs, social pressure, 'just to relax', escape habits.

3 Borderline Situations



Using for numbness, rationalizing indulgence, pleasure-seeking through intoxication.

4 Sati-Sampajañña Questions



Do I want clarity or escape? Will this weaken mindfulness?

5 Vedanā → Taṇhā



Stress, restlessness, or social pleasure → urge to numb or join in.

6 Evening Assessment



Did I seek escape, dullness, or heedlessness?

7 Signs the Training Is Working



Clearer mind, steadier mindfulness, less escapism, more confidence in sobriety.

Protect mindfulness • Weaken heedlessness • Strengthen clarity



Vikālabhojanā Veramaṇī

Abstaining from eating at an improper time

Seven Practical Dimensions for Daily Memorization

1 Practical Meaning



Do not eat at the wrong time; train moderation and lightness.

2 Situations in Daily or Retreat Life



Snacking, after-noon eating, boredom, emotional eating, craving tastes.

3 Borderline Situations



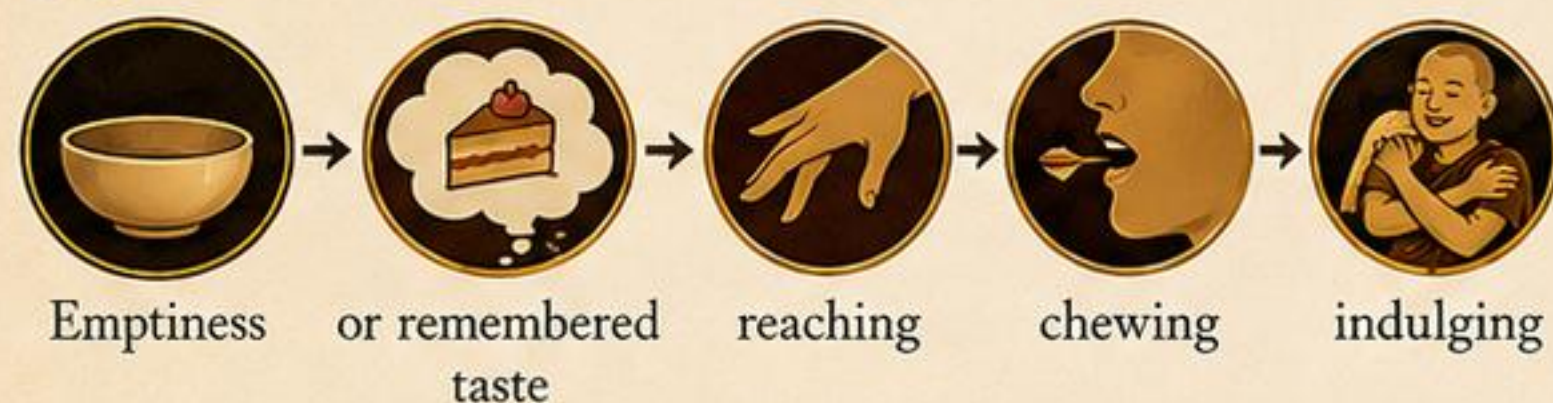
'Just a little,' taste-seeking, planning treats, eating to soothe the mind.

4 Sati-Sampajañña Questions



Is this hunger or craving? What feeling am I trying to silence?

5 Vedanā → Taṇhā



6 Evening Assessment



Did I eat from need or from wanting?

7 Signs the Training Is Working



Lighter body, less obsession with food, more contentment, easier meditation.

Train moderation • Weaken taste-craving • Strengthen lightness

Uccāsayanamahāsayanā Veramaṇī

Abstaining from high and luxurious beds and seats

Seven Practical Dimensions for Daily Memorization



1 Practical Meaning

Do not depend on luxury, softness, status-seating, or indulgent comfort.



2 Situations in Daily or Retreat Life

Lounging, oversleeping, excessive cushioning, comfort rituals, status comfort.



3 Borderline Situations

Choosing ease over effort, refusing inconvenience, comfort-seeking as habit.



4 Sati-Sampajañña Questions

Is this needed or indulgent? Is comfort weakening energy?



5 Vedanā → Taṇhā

Pleasant comfort or tiredness → sink, lounge, prolong ease.



6 Evening Assessment

Did I seek comfort beyond need? Did simplicity support wakefulness?



7 Signs the Training Is Working

Less dependence on luxury, easier wakefulness, stronger effort, greater simplicity.



Simplify comfort • Weaken indulgence • Strengthen energy



Mālāgandhavilepanadhāraṇamaṇḍanavibhūsanatṭhānā Veramaṇi

Abstaining from adornment, perfumes, cosmetics, and beautification

Seven Practical Dimensions for Daily Memorization

1 Practical Meaning



Do not beautify the body for vanity, display, or identity-making.

2 Situations in Daily or Retreat Life



Perfume, cosmetics, ornaments, image-curation, repeated mirror-checking.

3 Borderline Situations



Seeking praise, beautifying for admiration, subtle self-display, vanity.

4 Sati-Sampajañña Questions



Is this hygiene or self-display? Am I seeking approval or admiration?

5 Vedanā → Taṇhā



Insecurity or pleasant praise → beautify, decorate, present self.

6 Evening Assessment



Did vanity drive my choices, or was simplicity enough?

7 Signs the Training Is Working



Less comparison, less self-display, ease with simplicity, a quieter self-image.

Choose simplicity • Weaken vanity • Strengthen modesty

Naccagītavāditavisūkadassanā Veramaṇi

Abstaining from entertainment and shows

Seven Practical Dimensions for Daily Memorization

1

Practical Meaning



Do not feed the mind with entertainment, spectacle, and stimulation.

2

Situations in Daily or Retreat Life



Music, videos, reels, shows, novelty-seeking, gossip spectacles.

3

Borderline Situations



Background entertainment, doom-scrolling, constant stimulation, restless checking.

4

Sati-Sampajañña Questions



Am I seeking stimulation? What happens if I stay with restlessness?

5

Vedanā → Taṇhā



Boredom or neutral feeling → urge for novelty, sound, spectacle.

6

Evening Assessment



Did I reach for entertainment automatically or remain quietly present?

7

Signs the Training Is Working



Less compulsive consumption, more inward contentment, better continuity of mindfulness.

Reduce stimulation • Weaken restlessness • Strengthen inward contentment

Jātarūparajatapaṭiggahaṇā Veramaṇī

Abstaining from accepting gold and money

Seven Practical Dimensions for Daily Memorization

1 Practical Meaning



Do not lean into owning, receiving, and controlling money or valuables.

2 Situations in Daily or Retreat Life



Handling money, directing purchases, planning acquisitions, possession-thinking.

3 Borderline Situations



Indirect owning, subtle claiming, accumulation, security through possessions.

4 Sati-Sampajañña Questions



Am I seeking safety in possessions? Is acquisition driving this choice?

5 Vedanā → Taṇhā



Fear, insecurity, or opportunity → acquire, keep, control.

6 Evening Assessment



Did the mind lean into owning or controlling? Was letting go possible?

7 Signs the Training Is Working



Lighter relationship to possessions, reduced acquisitiveness, more contentment and freedom.

