Monks, the Four Noble Truths and the Ten Precepts

Monks

- Three pieces of cloth for robes
- Alms bowl to collect gifts of food; the lid is used as a plate
- A piece of rope (girdle) for holding robes together
- A water strainer
- A razor
- A needle

Monks and nuns are called bikkhu (meaning beggar). They do not beg and may only accept gifts such as food from people wishing to donate it as a noble act. They do not own anything except:

The Four Noble Truths

- First Truth DUKKHA
  Life is unsatisfactory and full of suffering.
- Second Truth SAMUDAYA
  Suffering is caused by people’s greed and craving for things (tanha).
- Third Truth NIRODHAA
  If people overcame their selfish desires and stopped craving then dukkha would disappear.
- Fourth Truth MAGGA
  The solution to be found by following the Middle Way laid down in the Eightfold Path.

The Ten Precepts

- Avoid false speech
- Not to take alcohol or drugs
- Not to eat at forbidden times, i.e. after midday
- Not to dance or sing
- Not to live in a luxurious way
- Not to use cosmetics or other adornments
- Not to accept gold or silver
- POVERTY
  The promise not to own or possess anything
- CHASTITY
  The promise to remain unmarried and refrain from sexual relationships
- NON-VIOLENCE
  The promise not to kill or harm any person or animal