# Admonition (Anusasana) ရှိသာယာ, အကရက်သ

When one is ordained as a bhikkhu he must know the four supports and the four things which he must never do.

### The four supports:

### Alms-food

Renunciation has alms-food as its support. For the rest of your life you are to endeavour at that. The extra allowances are: a meal for the Sangha, a meal for a specific number of bhikkhus, a meal for a bhikkhu invited by name.

### Rag-robes

Renunciation has rag-robes as its support. For the rest of your life you are to endeavour at that. The extra allowances are robes made from allowable materials.

## Dwelling at the foot of a tree

Renunciation has dwelling at the foot of a tree as its support. For the rest of your life you are to endeavour at that. The extra allowances are dwellings build in allowable ways.

### Fermented urine as medicine

Renunciation has fermented urine medicine as its support. For the rest of your life you are to endeavour at that. The extra allowances are ghee, butter oil, oil, honey, sugar.

## The four things which a bhikkhu must never do:

## Sexual intercourse

A bhikkhu who has received higher ordination must not indulge in sexual intercourse, even with an animal. Any bhikkhu who indulges in sexual intercourse is no longer a bhikkhu and can never be ordained again in this very life.

### Taking what is not given

A bhikkhu who has received higher ordination must not take with stealing intention what has not been given, even if it is only a blade of grass. Any bhikkhu who takes with stealing intention what has not been given—worth either one Pāda or the equivalent of one Pāda or more—is no longer a bhikkhu and can never be ordained again in this very life.

### Depriving a human being of life

A bhikkhu who has received higher ordination must not deprive a living being of life, even if it is only an ant. Any bhikkhu who purposely deprives a human being of life, even to the extent of causing an abortion, is no longer a bhikkhu and can never be ordained again in this very life.

### Claiming false superior human states

A bhikkhu who has received higher ordination should not lay claim to a superior human state. Any bhikkhu who—with evil desires—lays claim to a superior human state that is false and does not exist in him such as absorption, freedom, attainment of path and fruition is no longer a bhikkhu and can never be ordained again in this very life.