

The Three Refuges and Five Rules of Training

Namo, Tassa, Bhagavato, Arahato

Homage to the Buddha, the Arahata,

Samma Sambuddhassa

the one who is Fully Enlightened.

Buddham saranam gacchami

I go to the Buddha for refuge.

Dhammam saranam gacchami

I go to the Dhamma for refuge.

Sangham saranam gacchami

I go to the Sangha for refuge.

Dutiyampi

For a second time,

Buddham saranam gacchami

Dutiyampi Dhammam saranam gacchami

Dutiyampi Sangham saranam gacchami

Tatiyampi

For a third time,

Buddham saranam gacchami

Tatiyampi Dhammam saranam gacchami

Tatiyampi Sangham saranam gacchami

1. Panatipata, veramani sikkhapadam samadiyami.

I undertake the training of harmlessness and pervading kindness to all beings.

2. Adinnadana, veramani sikkhapadam samadiyami.

I undertake the training of not taking what isn't offered and of generosity to all beings.

3. Kamesu micchacara, veramani sikkhapadam samadiyami.

I undertake the training of refraining from using sexuality to harm myself or others.

4. Musavada, veramani sikkhapadam samadiyami.

I undertake the training of truthfulness in thought, speech and action.

5. Suramerayamajja pamadatthana, veramani sikkhapadam samadiyami.

I undertake the training of avoiding anything that lowers my awareness in any way.