

The Three Refuges

Namo, Tassa, Bhagavato, Arahato, Samma Sambuddhassa (repeat 3 times)

I pay homage to the Buddha, the fully Awakened one.

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 Buddham saranam gacchami

Twice, I take refuge in the Buddha.

Dutiyampi Dhammam saranam gacchami

Twice, I take refuge in the Dhamma.

Dutiyampi Sangham saranam gacchami

Twice, I take refuge in the Sangha.

Tatiyampi Buddham saranam gacchami

Three times, I take refuge in the Buddha.

Tatiyampi Dhammam saranam gacchami

Three times, I take refuge in the Dhamma.

Tatiyampi Sangham saranam gacchami

Three times, I take refuge in the Sangha.

The Five Precepts

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 that which isn't freely offered and of generosity toward all beings.

3. Kamesu micchacara veramani sikkhapadam samadiyami

I undertake the training of renouncing pleasure & distraction from sensuality and of contentment of heart & mind.

4. Musavada veramani sikkhapadam samadiyami

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

5. Sura meraya majja pamadatthana veramani sikkhapadam samadiyami

I undertake the training of avoiding anything that lowers the clarity of awareness.