Homage to the Buddha

Namo tassa bhagavato arahato sammāsambuddhassa

Homage to the Blessed, Noble, and Perfectly Enlightened One.

The Three Refuges

Buddhaṃ saraṇaṃ gacchāmi Dhammaṃ saraṇaṃ gacchāmi Saṅghaṃ saraṇaṃ gacchāmi

Dutiyampi buddham saranam gacchāmi Dutiyampi dhammam saranam gacchāmi Dutiyampi sangham saranam gacchāmi

Tatiyampi buddham saranam gacchāmi Tatiyampi dhammam saranam gacchāmi Tatiyampi sangham saranam gacchāmi I go for refuge to the Buddha. I go for refuge to the Dhamma. I go for refuge to the Saṅgha.

For the second time, I go for refuge to the Buddha. For the second time, I go for refuge to the Dhamma. For the second time, I go for refuge to the Saṅgha.

For the third time, I go for refuge to the Buddha. For the third time, I go for refuge to the Dhamma. For the third time, I go for refuge to the Saṅgha.

Spirit Rock