

Homage to the Buddha

Namo tassa bhagavato arahato sammāsambuddhassa

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

The Three Refuges

Buddhaṃ saraṇaṃ gacchāmi

I go for refuge to the Buddha.

Dhammaṃ saraṇaṃ gacchāmi

I go for refuge to the Dhamma.

Saṅghaṃ saraṇaṃ gacchāmi

I go for refuge to the Saṅgha.

Dutiyampi buddhaṃ saraṇaṃ gacchāmi

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

Dutiyampi dhammaṃ saraṇaṃ gacchāmi

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

Dutiyampi saṅghaṃ saraṇaṃ gacchāmi

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

Tatīyampi buddhaṃ saraṇaṃ gacchāmi

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

Tatīyampi dhammaṃ saraṇaṃ gacchāmi

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

Tatīyampi saṅghaṃ saraṇaṃ gacchāmi

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

The Five Precepts

Pāṇātipātā verāmaṇī sikkhāpadaṃ sāmādiyāmi

I undertake the precept to refrain from taking the life of any living creature.

Adinnādānā verāmaṇī sikkhāpadaṃ sāmādiyāmi

I undertake the precept to refrain from taking that which is not given.

Abrahmacāriyā verāmaṇī sikkhāpadaṃ sāmādiyāmi

I undertake the precept to refrain from sexual activity.

Musāvādā verāmaṇī sikkhāpadaṃ sāmādiyāmi

I undertake the precept to refrain from lying.

Surāmeraya-majja-pamādaṭṭhānā

I undertake the precept to refrain from consuming

verāmaṇī sikkhāpadaṃ sāmādiyāmi

intoxicating drink and drugs which lead to carelessness.