

The Three Refuges

Namo tassa bhagavato arahato
sammāsambuddhasa (three times).

Homage to the blessed one, the
enlightened one, the fully perfected
Buddha.

Buddham saranam gacchami.
Dhammam saranam gacchami.
Sangham saranam gacchami.

To the Buddha as a refuge I go.
To the Dhamma as a refuge I go.
To the Sangha as a refuge I go.

Dutiyampi, buddham saranam gacchami.
Dutiyampi, dhammam saranam gacchami.
Dutiyampi, sangham saranam gacchami.

(For the second time)

Tatiyampi, buddham saranam gacchami.
Tatiyampi, dhammam saranam gacchami.
Tatiyampi, sangham saranam gacchami.

(For the third time)

The Five Precepts

Panatipata veramani sikkhapadam samadiyami.

For the sake of training, I undertake
the precept to abstain from the taking
of life.

Adinnadana veramani sikkhapadam samadiyami.

For the sake of training, I undertake
the precept not to take that which is
not given.

Kamesu micchacara veramani sikkhapadam
samadiyami.

For the sake of training, I undertake
the precept to abstain from sexual
misconduct.

Musavada veramani sikkhapadam samadiyami.

For the sake of training, I undertake
the precept to abstain from false
speech.

Sura-meraya-majja-pamadatthana veramani
sikkhapadam samadiyami.

For the sake of training, I undertake
the precept to abstain from
intoxicants that cause heedlessness.