

5 Lay Buddhist Training Precepts for Retreat

Namo Tassa Bhagavato Arahato Samasambuddhassa

Homage to the blessed, noble and perfectly enlightened one.

Going For Refuge

Buddham Saranam Gacchami

I go to the Buddha for refuge

Dhamam Saranam Gacchami

I go to the Dhamma for refuge

Sangham Sranam Gacchami

I go to the Sangha for refuge

Ditiyampi Buddham Saranam Gacchami

For the second time...

Ditiyampi Dhamam Saranam Gacchami

For the second time...

Ditiyampi Sangham Sranam Gacchami

For the second time...

Tatiyampi Buddham Saranam Gacchami

For the third time...

Tatiyampi Dhamam Saranam Gacchami

For the third time...

Tatiyampi Sangham Sranam Gacchami

For the third time...

Taking The Five Precepts

Panatipata veramani sikkhapadam samadiyami

I undertake the precept to refrain from harming living creatures.

Aninnadana veramani sikkhapadam samadiyami

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

Abramaccaria veramani sikkhapadam samadiyami

I undertake the precept to avoid all forms of sexual expression during this retreat.

Musavada veramani sikkhapadam samadiyami

I undertake the precept to refrain from speaking that which I know to not be true.

Sura-meraya-Majjapamadatthana veramani sikkhapadam samadiyami

I undertake the precept to refrain from intoxicating liquors and drugs which lead to carelessness.

Idmam me silam magga-phala nnessa paccayo hotu.

Through my observance of ethical conduct, may I experience the highest happiness.