

Taking the Three Refuges and the Five Precepts

Honoring the Buddha:

Namo tassa bhagavato arahato sammāsambuddhassa
(Homage to the Blessed, Noble and Perfectly Enlightened One)

Taking the Three Refuges: *(Repeat each line after the leader in Pali)*

buddham saranam gacchāmi	To the Buddha I go for refuge.
dhammam saranam gacchāmi	To the Dhamma I go for refuge.
sangham saranam gacchāmi	To the Sangha I go for refuge.

dutiyampi buddham saranam gacchāmi	For the second time...
dutiyampi dhammam saranam gacchāmi	For the second time...
dutiyampi sangham saranam gacchāmi	For the second time...

tatiyampi buddham saranam gacchāmi	For the third time...
tatiyampi dhammam saranam gacchāmi	For the third time...
tatiyampi sangham saranam gacchāmi	For the third time.....

Taking the Five Precepts *(Repeat each precept after the leader in Pali.)*

pānātipāta veramani sikkhāpadam samādiyāmi.
I undertake the training to refrain from destroying living beings.

adinnadāna veramani sikkhāpadam samādiyāmi.
I undertake the training to refrain from stealing or taking that which is not freely given.

kamesu micchacara veramani sikkhāpadam samādiyāmi.
I undertake the training to refrain from sexual misconduct.

musāvādā veramani sikkhāpadam samādiyāmi.
I undertake the training to refrain from false speech.

surā-meraya-majja-pamādatthāna veramani sikkhāpadam samādiyāmi.
I undertake the training to refrain from taking intoxicants, which cause carelessness and cloud the mind.

idam me silam magga-phala-ñānassa paccayo hotu.
May my conduct be the condition for the attainment of the highest fruits of Liberation.

(Chant all together with the leader in Pali):

Sādhu, Sādhu, Sādhu! (Excellent, Excellent, Excellent!)