

REFUGES AND FIVE PRECEPTS

**NAMO TASSA BHAGAVATO ARAHATO
SAMMĀSAMBUDDHASA (3 times)**

**Homage to the Blessed One, the Perfected
One, the Fully Enlightened One.**

**BUDDHAM SARANAM GACCHĀMI
DHAMMAM SARANAM GACCHĀMI
SANGHAM SARANAM GACCHĀMI**

**I go to the Buddha for refuge.
I go to the Dhamma for refuge.
I go to the Sangha for refuge.**

DUTIYAMPI BUDDHAM SARANAM GACCHĀMI

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

**DUTIYAMPI DHAMMAM SARANAM
GACCHĀMI**

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

DUTIYAMPI SANGHAM SARANAM GACCHĀMI

**For the second time, I go to the Sangha for
refuge.**

TATIYAMPI BUDDHAM SARANAM GACCHĀMI

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

TATIYAMPI DHAMMAM SARANAM GACCHĀMI

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

TATIYAMPI SANGHAM SARANAM GACCHĀMI

**For the third time, I go to the Sangha for
refuge.**

**1. PĀNĀTIPĀTĀ VERAMANI-SIKKHĀPADAM
SAMĀDIYĀMI**

**I undertake the training to refrain from killing
any living being.**

**2. ADINNĀDĀNĀ VERAMANI-SIKKHĀPADAM
SAMĀDIYĀMI**

**I undertake the training to refrain from taking
what has not been offered.**

**3. KAMESU-MICCACARA VERAMANI
SIKKHĀPADAM SAMĀDIYĀMI**

**I undertake the training to refrain from using
harmful sexual energy.**

**4. MUSĀVĀDĀ VERAMANI-SIKKHĀPADAM
SAMĀDIYĀMI**

**I undertake the training to refrain from false
speech.**

**5. SURĀ-MERAYA-MAJJAPAMĀDATTHĀNĀ
VERAMANI-SIKKHĀPADAM SAMĀDIYĀMI**

**I undertake the training to refrain from using
intoxicants that cloud the mind/heart.**

**IDAM ME SILAM MAGGAPHALAÑANASSA
PACCAYO HOTU**

**May my conduct conduce attainment of the
highest fruits of liberation.**