

Taking the Three Refuges and the Five Householder Precepts

Honoring the Buddha:

(Chant only the Pali. Please chant the following three times, after the leader chants once alone.)

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!)