

Insight Meditation Society: Refuges & Precepts

The Three Refuges

Namo Tassa Bhagavato Arahato Samma Sambuddhasa (3x)

Homage to the Blessed One, the Worthy One, the Fully Enlightened Buddha.

Buddham saranam gacchami

I take refuge in the Buddha.

Dhammam saranam gacchami

I take refuge in the Dhamma.

Sangham saranam gacchami

I take refuge in the Sangha.

Dutiyampi Buddham saranam gacchami

For the second time...

Dutiyampi Dhammam saranam gacchami

For the second time...

Dutiyampi Sangham saranam gacchami

For the second time...

Tatiyampi Buddham saranam gacchami

For the third time...

Tatiyampi Dhammam saranam gacchami

For the third time...

Tatiyampi Sangham saranam gacchami

For the third time...

The Five Precepts

1. Panatipata veramani sikkhapadam samadiyami
2. Adinnadana veramani sikkhapadam samadiyami
3. Kamesu micchacara veramani sikkhapadam samadiyami
4. Musavada veramani sikkhapadam samadiyami
5. Sura meraya majja pamadatthana veramani sikkhapadam samadiyami

1. I undertake the precept to refrain from killing living creatures, and to practice compassionate action.
2. I undertake the precept to refrain from taking that which is not given, and to practice generosity.
3. I undertake the precept to refrain from using sexual energies unwisely or uncaringly, and to practice responsibility in all of my relationships.
4. I undertake the precept to refrain from harmful speech, and to practice kind speech.
5. I undertake the precept to refrain from the misuse of alcohol and drugs, and to practice caring for my body and my mind.

