



Taking the Three Refuges and the Five Householder Precepts

Honoring the Buddha:

(Chant only the Pali; Repeat three times, after the leader has chanted once):

Namo tassa bhagavato arahato sammāsambuddhassa
(Homage to the Blessed, Noble and Perfectly Enlightened One)
Namo tassa bhagavato arahato sammāsambuddhassa
(Homage to the Blessed, Noble and Perfectly Enlightened One)
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, and then read the English version together with the leader.)

pānātipāta veramani sikkhāpadam samādiyāmi.
I undertake the training to refrain from the taking of life or the harming of life.

adinnādāna 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 samādayāmi.
I undertake the training to refrain from lying, from harsh speech, from slander, and from idle speech.

surā-meraya-majja-pamādatthāna veramani sikkhāpadam samādiyami.
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!)