

## **Chanting Homage, Refuges and Precepts**

### **Honoring the Buddha:**

Namo tassa bhagavato arahato sammāsamBuddhassa

*Homage to the Blessed, Noble and Perfectly Enlightened One*

### **Taking Refuge**

Buddham saranam gacchāmi

Dhammam saranam gacchāmi

Sangham saranam gacchāmi

*To the Buddha, I go for refuge*

*To the Dhamma, I go for refuge*

*To the Sangha, I go for refuge*

dutiyampi Buddham saranam gacchāmi

dutiyampi Dhammam saranam gacchāmi

dutiyampi Sangham saranam gacchāmi

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

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

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

tatiyampi Buddham saranam gacchāmi

tatiyampi Dhammam saranam gacchāmi

tatiyampi Sangham saranam gacchāmi

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

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

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

### **Taking The Five Precepts (Training in Peaceful Conduct)**

1. pānātipātā veramani sikkhāpadam samādiyāmi.  
*I undertake the training to refrain from destroying living beings.*
2. adinnādāna veramani sikkhāpadam samādiyāmi.  
*I undertake the training to refrain from stealing or taking that which is not freely given.*
3. kāmesu micchācārā veramani sikkhāpadam samādiyāmi.  
*I undertake the training to refrain from sexual misconduct.*
4. musāvādā veramani sikkhāpadam samādayāmi.  
*I undertake the training to refrain from false speech.*
5. surā-meraya-majja-pamādatthāna veramani sikkhāpadam samādiyāmi.  
*I undertake the training to refrain from taking intoxicants, which cause heedlessness.*

idam me silam magga-phala-ñānassa paccayo hotu.

*May this training in peaceful conduct help to bring about the knowledge of the path and the fruits of Liberation.*