

## The Three Refuges

Namo Tassa Bhagavato Arahato Samasambuddhassa  
(Homage to the Buddha -- chant line 3 times)

Buddham Saranam Gacchami  
Dhammam Saranam Gacchami  
Sangham Saranam Gacchami

Dutiyampi Buddham Saranam Gacchami  
Dutiyampi Dhammam Saranam Gacchami  
Dutiyampi Sangham Saranam Gacchami

Tatiyampi Buddham Saranam Gacchami  
Tatiyampi Dhammam Saranam Gacchami  
Tatiyampi Sangham Saranam Gacchami

I take refuge in the Buddha, trusting inherent peace and freedom of a heart free from clinging.  
I take refuge in the Dharma, trusting mindful awareness of the way things are.  
I take refuge in the Sangha trusting those with wisdom and compassion who show us the way.

## The Five Precepts

1. Panatipata veramani sikkhapadam samadiyami.  
I undertake the training to refrain from harming living beings.
2. Adinnadana veramani sikkhapadam samadiyami.  
I undertake the training to refrain from taking that which is not given.
3. Kamesu micchacara veramani sikkhapadam samadiyami.  
I undertake the training to refrain from causing harm through sexual misconduct.
4. Musavada veramani sikkhapadam samadiyami.  
I undertake the training to refrain from false and harmful speech.
5. Sura-meraya-majjapamadatthana veramani sikkhapadam samadiyami.  
I undertake the training to refrain from the misuse of intoxicants. Idam me silam

Maggaphalananasa paccayo hotu  
May my conduct conduce to attainment of the highest fruits of liberation.

This section are the precepts adapted from Thich Nhat Hanh, For a Future to be Possible.

Aware of the suffering caused by the destruction of life, I am committed to cultivating compassion and learning ways to protect the lives of all beings. I am determined not to kill, not to let others kill, and not to condone any act of killing in the world, in my thinking, and in my way of life. This is the first of the five mindfulness trainings, I vow to study and practice it.

Aware of the suffering caused by exploitation, social injustice, stealing, and oppression, I am committed to cultivating loving kindness and learning ways to work for the well-being of all beings. I will practice generosity by sharing my time, energy, and material resources with those who are in real need. I am determined not to steal and not to possess anything that should belong to others. I will respect the property of others, but I will prevent others from profiting from human suffering or the suffering of other species on Earth. This is the second of the five mindfulness trainings, I vow to study and practice it.

Aware of suffering caused by sexual misconduct, I am committed to cultivating responsibility and learning ways to protect the safety and integrity of individuals, couples, families and society. I am determined not to engage in sexual activities without love and commitment. To preserve the happiness of myself and others, I am determined to respect my commitments and the commitments of others. I will do everything in my power to protect children from sexual abuse and to protect couples and families from being harmed by sexual misconduct. This is the third of the five mindfulness trainings, I vow to study and practice it.

Aware of the suffering caused by unmindful speech and the inability to listen to others, I am committed to cultivating loving speech and deep listening in order to bring joy and happiness to others and relieve others of their suffering. Knowing that words can create happiness or suffering, I am determined to speak truthfully, with words that inspire self-confidence, joy and hope. I will not spread information that I do not know to be certain and will not criticize or condemn things of which I am not sure. I will refrain from uttering words with the intention of causing division or discord. I am determined to make efforts to reconcile and resolve all conflicts, however small. This is the fourth of the five mindfulness trainings, I vow to study and practice it.

Aware of the suffering caused by unmindful consumption, I am committed to the cultivation of good health, both physical and mental, for myself, my family, and my society by practicing mindful eating, drinking, and consuming. I will ingest only items that preserve peace, well-being, and joy in my body, in my consciousness, and in the collective body and consciousness of my family and society. I am determined not to (mis)use alcohol or any other intoxicant or to ingest foods or other items that undermine spiritual growth such as unwholesome TV programs, magazines, books, films and conversations. I am aware that to damage my body or my consciousness with such poisons is to harm all beings. I understand that a proper diet is crucial for self-transformation and for the transformation of society. This is the fifth of the five mindfulness trainings, I vow to study and practice it.