

Homage to the Buddha

Namo tassa bhagavato arahato sammāsambuddhassa

Hōmage to the Blessed, Noble, and Perfectly Enlightened One.

The Three Refuges

Buddhaṃ saraṇaṃ gacchāmi
Dhammaṃ saraṇaṃ gacchāmi
Saṅghaṃ saraṇaṃ gacchāmi

Dutiyampi buddhaṃ saraṇaṃ gacchāmi
Dutiyampi dhammaṃ saraṇaṃ gacchāmi
Dutiyampi saṅghaṃ saraṇaṃ gacchāmi

Tatīyampi buddhaṃ saraṇaṃ gacchāmi
Tatīyampi dhammaṃ saraṇaṃ gacchāmi
Tatīyampi saṅghaṃ saraṇaṃ gacchāmi

I go for refuge to the Buddha.

I go for refuge to the Dhamma.

I go for refuge to the Saṅgha.

For the second time, I go for refuge to the Buddha.

For the second time, I go for refuge to the Dhamma.

For the second time, I go for refuge to the Saṅgha.

For the third time, I go for refuge to the Buddha.

For the third time, I go for refuge to the Dhamma.

For the third time, I go for refuge to the Saṅgha.

The Five Precepts

Pāṇātipātā verāmaṇī sikkhāpadaṃ sāmādiyāmi
Adinnādānā verāmaṇī sikkhāpadaṃ sāmādiyāmi
Abrahmacāriyā verāmaṇī sikkhāpadaṃ sāmādiyāmi
Musāvādā verāmaṇī sikkhāpadaṃ sāmādiyāmi
Surāmeraya-majja-pamādaṭṭhānā
verāmaṇī sikkhāpadaṃ sāmādiyāmi

*I undertake the precept to refrain from taking the life
of any living creature.*

I undertake the precept to refrain from taking that which is not given.

I undertake the precept to refrain from sexual activity.

I undertake the precept to refrain from lying.

*I undertake the precept to refrain from consuming
intoxicating drink and drugs which lead to carelessness.*

* When not on retreat, the third precept may change to:

Kāmesu micchācārā verāmaṇī sikkhāpadaṃ sāmādiyāmi

I undertake the precept to refrain from sexual misconduct.