

Refuges and Precepts

Homage: *Namo tassa bhagavato arahato samma sambuddhasa.* (3x)

Going for Refuge:

Buddham saranam gacchami

I go for refuge to the Buddha;

Dhammam saranam gacchami

I go for refuge to the Dhamma;

Sangham saranam gacchami

I go for refuge to the Sangha.

Dutiyampi Buddham saranam gacchami

A second time I go for refuge to the Buddha.

Dutiyampi Dhammam saranam gacchami

A second time I go for refuge to the Dhamma.

Dutiyampi Sangham saranam gacchami

A second time I go for refuge to the Sangha.

Tatiyampi Buddham saranam gacchami

A third time I go for refuge to the Buddha.

Tatiyampi Dhammam saranam gacchami

A third time I go for refuge to the Dhamma.

Tatiyampi Sangham saranam gacchami

A third time I go for refuge to the Sangha.

The Five Training Precepts:

For the sake of our training together, I undertake the precept to refrain from taking life.

For the sake of our training together, I undertake the precept to refrain from taking that which is not given.

For the sake of our training together, I undertake the precept to refrain from sexual misconduct.

For the sake of our training together, I undertake the precept to refrain from lying.

For the sake of our training together, I undertake the precept to refrain from intoxicating body and mind.