

THE THREE REFUGES

**Namo tassa Bhagavato arahato sammāsambuddhassa
(Chant 3 times)**

**Buddham saranam gacchami.
Dhammam saranam gacchami.
Sangham saranam gacchami.**

**Dutiyam pi Buddham saranam gacchami.
Dutiyam pi Dhammam saranam gacchami.
Dutiyam pi Sangham saranam gacchami.**

**Tatīyam pi Buddham saranam gacchami.
Tatīyam pi Dhammam saranam gacchami.
Tatīyam pi Sangham saranam gacchami.**

**Saranagamanam sampunnam.
(In silence)**

**Homage to the Blissful One, the Worthy One,
the Fully Enlightened One (Chant 3 times)**

**I go to the Buddha for Refuge.
I go to the Dhamma for Refuge.
I go to the Sangha for Refuge.**

**A second time, I go to the Buddha for Refuge.
A second time, I go to the Dhamma for Refuge.
A second time, I go to the Sangha for Refuge.**

**A third time, I go to the Buddha for Refuge.
A third time, I go to the Dhamma for Refuge.
A third time, I go to the Sangha for Refuge.**

The Three Refuges are complete.

THE FIVE PRECEPTS

- 1. I undertake the training rule to abstain from taking life.
I will endeavor to cultivate Lovingfriendliness and compassion towards all beings.**
- 2. I undertake the training rule to abstain from taking what is not given.
I will endeavor to cultivate non-greed and generosity and to respect others' property.**
- 3. I undertake the training rule to abstain from sexual misconduct.
I will endeavor to cultivate respect for others and circumspection in satisfying sensual pleasure.**
- 4. I undertake the training rule to abstain from false speech.
I will endeavor to speak truthfully with kind, constructive words.**
- 5. I undertake the training rule to abstain from intoxicating drinks and drugs causing heedlessness.
I will endeavor to purify and strengthen my mind through meditative development.**