

Refuges

Namo Tassa Bhagavato Arahato Sammasambuddhassa x 3

Homage to the Blessed Noble and Perfectly Enlightened One

Buddham, (Dhamman, Sangham) Saranam Gacchami x3

I go to the Buddha (Dhamma, Sangha) for refuge.

Dutiyampi Buddham (Dhamman, Sangham) Saranam Gacchami x3

For the second time, I go to the Buddha (Dhamma, Sangha) for refuge.

Tatiyampi Buddham (Dhamman, Sangham) Saranam Gacchamix3

For the third time, I go to the Buddha (Dhamma, Sangha) for refuge.

Precepts

1. Panatipata Veramani Sikkhapadam Samadiyami

I undertake the training to refrain from intentionally taking life.

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 misuse of sexuality and the senses

4. Musavada Veramani Sikkhapadam Samadiyami

I undertake the training to refrain from speech that is false, divisive, harsh, and meaningless.

5. Surameraya Majjapamadatthana Veramani Sikkhapadam Samadiyami

I undertake the training to refrain from intoxication which leads to carelessness.