

# Refuges and Precepts

## The Three Refuges

Namo Tassa Bhagavato Arahato  
Sammāsambuddhassa

Namo Tassa Bhagavato Arahato  
Sammāsambuddhassa

Namo Tassa Bhagavato Arahato  
Sammāsambuddhassa

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

## Translation

Homage to Him, the Blessed One, the Worthy One, the Perfectly Enlightened One!

To the Buddha for refuge I go.  
To the Dharma for refuge I go.  
To the Sangha for refuge I go.

For the second time to the Buddha for refuge I go.  
For the second time to the Dharma for refuge I go.  
For the second time to the Sangha for refuge I go.

For the third time to the Buddha for refuge I go.  
For the third time to the Dharma for refuge I go.  
For the third time to the Sangha for refuge I go.

## Five Precepts

Panatipata Veramani  
Sikkhapadam Samadiyami

Adinnadana Veramani  
Sikkhapadam Samadiyami

Kamesu Micchacara Veramani  
Sikkhapadam Samadiyami

Musavada Veramani  
Sikkhapadam Samadiyami

Surameraya Majja Pamadatthana Veramani  
Sikkhapadam Samadiyami

sadhu sadhu sadhu

## Translation

I undertake to abstain from taking life.

I undertake to abstain from taking the not-given.

I undertake to abstain from sexual misconduct.

I undertake to abstain from false speech.

I undertake to abstain from taking intoxicants.

## The Positive Precepts

With deeds of loving kindness, I purify my body.

With open-handed generosity, I purify my body.

With stillness, simplicity, and contentment, I purify my body.

With truthful communication, I purify my speech.

With mindfulness clear and radiant, I purify my mind.