**THE REFUGES AND PRECEPTS**

Namo Tassa Bhagavato Arahato Sammasambuddhassa
Namo Tassa Bhagavato Arahato Sammasambuddhassa
Namo Tassa Bhagavato Arahato Sammasambuddhassa

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!

**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.

**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.

Excellent! (…or Good! …or Auspicious!)