

REFUGES AND PRECEPTS

Namo Tassa Bhagavato Arahato Sammasambuddhassa	Homage to Him, the Blessed One, the Worthy One, the Perfectly Enlightened One!
Namo Tassa Bhagavato Arahato Sammasambuddhassa	
Namo Tassa Bhagavato Arahato Sammasambuddhassa	
Buddham Saranam Gacchami Dhammam Saranam Gacchami Sangham Saranam Gacchami	To the Buddha for refuge I go. To the Dhamma for refuge I go. To the Sangha for refuge I go.
Dutiyampi Buddham Saranam Gacchami Dutiyampi Dhammam Saranam Gacchami Dutiyampi Sangham Saranam Gacchami	For the second time to the Buddha for refuge I go. For the second time to the Dhamma for refuge I go. For the second time to the Sangha for refuge I go.
Tatiyampi Buddham Saranam Gacchami Tatiyampi Dhammam Saranam Gacchami Tatiyampi Sangham Saranam Gacchami	For the third time to the Buddha for refuge I go. For the third time to the Dhamma for refuge I go. For the third time to the Sangha for refuge I go.
Panatipata Veramani Sikkhapadam Samadiyami Adinnadana Veramani Sikkhapadam Samadiyami Kamesu Micchacara Veramani Sikkhapadam Samadiyami Musavada Veramani Sikkhapadam Samadiyami Surameraya Majja Pamadatthana Veramani Sikkhapadam Samadiyami	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.
Sadhu, Sadhu, Sadhu.	
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.	