

The 3 Buddhist Refuges

Namo Tasa Bhagavato Arahato Sama-sambuddhasa

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(Homage to the enlightened Buddha)

Buddham saranam gachami

(I take refuge in the Buddha)

Dhammam saranam gachami

(I take refuge in the Dharma)

Sangham saranam gachami

(I take refuge in the Sangha)

Dutiampi Buddham saranam gachami (Second time)

Dutiampi Dhammam saranam gachami

Dutiampi Sangham saranam gachami

Tatiampi Buddham saranam gachami (Third time)

Tatiampi Dhammam saranam gachami

Tatiampi Sangham saranam gachami

The Five Buddhist Training Precepts

1. I undertake the precept of not intentionally killing any living beings.

2. I undertake the precept of not taking what is not freely given.

3. I undertake the precept of being wise and careful with my sexuality.

4. I undertake the precept of being wise, careful and timely with my speech.

5. I undertake the precept of refraining from the use of intoxicating drink and substances that lead to heedlessness.