

## REFUGES AND PRECEPTS

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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

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.

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.

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

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

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.