

REFUGES AND PRECEPTS

**NAMO TASSA BHAGAVATO ARAHATO
SAMMĀSAMBUDDHASSA (3 times)**

**Homage to the Blessed One, the Perfected One,
the Fully Enlightened One.**

**BUDDHAM SARANAM GACCHĀMI
DHAMMAM SARANAM GACCHĀMI
SANGHAM SARANAM GACCHĀMI**

REFUGES

**I go to the Buddha for refuge.
I go to the Dhamma for refuge.
I go to the Sangha for refuge.**

**DUTIYAMPI BUDDHAM SARANAM GACCHĀMI
DUTIYAMPI DHAMMAM SARANAM GACCHĀMI
DUTIYAMPI SANGHAM SARANAM GACCHĀMI**

**For the second time, I go to the Buddha for refuge.
For the second time, I go to the Dhamma for refuge.
For the second time, I go to the Sangha for refuge.**

**TATIYAMPI BUDDHAM SARANAM GACCHĀMI
TATIYAMPI DHAMMAM SARANAM GACCHĀMI
TATIYAMPI SANGHAM SARANAM GACCHĀMI**

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

PRECEPTS

**1. PĀNĀTIPĀTĀ VERAMANI-SIKKHĀPADAM
SAMĀDIYĀMI**

**I undertake the training to refrain from harming any
living being.**

**2. ADINNĀDĀNĀ VERAMANI-SIKKHĀPADAM
SAMĀDIYĀMI**

**I undertake the training to refrain from taking what
has not been offered.**

**3. ABRAHMACARIYĀ VERAMANI-SIKKHĀPADAM
SAMĀDIYĀMI**

**I undertake the training to refrain from intentional
sexual activity**

**4. MUSĀVĀDĀ VERAMANI-SIKKHĀPADAM
SAMĀDIYĀMI**

I undertake the training to refrain from false speech.

**5. SURĀ-MERAYA-MAJJAPAMĀDATTHĀNĀ
VERAMANI-SIKKHĀPADAM SAMĀDIYĀMI**

**I undertake the training to abstain from using
substances that cloud the mind/heart.**

**6. VIKĀLA-BHOJANĀ VERAMANI SIKKHĀ PADAM
SAMĀDIYĀMI**

**I undertake the training to refrain from taking food at
inappropriate times. (Solid food after the noon meal.)**

**7. NACCA-GĪTA-VĀDITA VISŪKADASSANA
MĀLĀGANDHA VILEPANA DHĀRANA MANDANA-
VIBHŪSANATTHĀNĀ VERAMANI SIKKHĀPADAM
SAMĀDIYĀMI**

**I undertake the training to refrain from dancing,
singing, music and unseemly shows; from the use of
garlands, perfumes and unguents; from things that
tend to beautify and adorn (the body).**

**8. UCCĀSAY ANA-MAHĀSAYANĀ VERAMANI
SIKKHĀPADAM SAMĀDIYĀMI**

**I undertake the training to refrain from the use of
high and luxurious seats and beds.**

**IDAM ME SILAM MAGGAPHALANANASSA
PACCAYO HOTU**

**May my conduct conduce to attainment of the
highest fruits of liberation.**

METTA

IMĀYA DHAMMĀNU
DHAMMA PATIPATTIYĀ
BUDDHAM PUJEMI
IMĀYA DHAMMĀNU
DHAMMA PATIPATTIYĀ
DHAMMAM PUJEMI
IMĀYA DHAMMĀNU
DHAMMA PATIPATTIYĀ
SANGHAM PUJEMI

AHAM AVERO HOMI
ABYĀPAJJO HOMI
ANIGHO HOMI
SUKHĪ ATTANAM, PARIHARĀMI

MAMA MĀTĀ PITU
ĀCARIYĀCA, NATIMITTACA
SABRAHMA CĀRINOCA
AVERĀ HONTU
ABYĀPAJJĀ HONTU
ANIGHĀ HONTU
SUKHĪ ATTANAM, PARIHARANTU

IMASMIM ĀRĀME, SABBE YOGINO
AVERĀ HONTU
ABYĀPAJJĀ HONTU
ANIGHĀ HONTU
SUKHĪ ATTANAM, PARIHARANTU

AMHĀKAM ĀRAKKHA DEVATĀ
IMASMIM VIHĀRE
IMASMIM AVĀSE
IMASMIM ARĀME
ĀRAKKHA DEVATĀ
AVERĀ HONTU
ABYĀPAJJĀ HONTU
ANIGHĀ HONTU
SUKHĪ ATTĀNAM, PARIHARANTU

SABBE SATTĀ
SABBE PĀNĀ
SABBE BHUTĀ
SABBE PUGGALĀ
SABBE ATTABHĀVA, PARIYĀPANNĀ
SABBĀ ITTHIYO
SABBE PURISĀ
SABBE ARIYĀ
SABBE ANARIYĀ
SABBE DEVĀ
SABBE MANUSSĀ
SABBE VINIPĀTIKĀ
AVERĀ HONTU
ABYĀPAJJĀ HONTU
ANIGHĀ HONTU
SUKHĪ ATTANAM, PARIHARANTU
DUKKHĀ MUCCANTU
YATHĀ LADDHA SAMPATTITO
MĀVIGACCHANTU KAMMASSAKĀ
SABBE SATTA SUKHĪ HONTU

SADHU, SADHU, SADHU

LOVINGKINDNESS

By this practice
in accord with the true dhamma
I honor the Buddha.

By this practice
in accord with the true dhamma
I honor the Dhamma.

By this practice
in accord with the true dhamma
I honor the Sangha.

May I be free from enmity/ danger,
May I be free from mental suffering,
May I be free from physical suffering,
May I take care of myself happily.

May my father and mother
and teachers, relatives and friends
and fellow brahma farers,
may they be free from enmity,
may they be free from mental suffering,
may they be free from physical suffering,
may they take care of themselves happily.

In this grove, may all yogis,
be free from enmity,
be free from mental suffering,
be free from physical suffering,
take care of themselves happily.

May our guardian deities,
in this temple,
in this dwelling,
in this place,
may the guardian deities,
be free from enmity,
be free from mental suffering,
be free from physical suffering,
take care of themselves happily.

May all beings,
all living things,
all creatures,
all individuals,
all personalities,
all females,
all males,
all noble ones,
all who are not nobles,
all deities,
all humans,
all those in unhappy states,
may they be free from enmity,
may they be free from mental suffering,
may they be free from physical suffering,
may they take care of themselves happily,
may they be free from suffering,
may they enjoy safety and abundance,
have kamma as their true property.

May all beings be happy and free.

Well spoken,...