

## Namaskaraya

Namô Tassa Bhagavatô Arahâtô Sammâ-Sambuddhassa

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**Brief translation:** “I pay homage to the fully Enlightened One who found the truth about the existence and became free of all defilements”

## Tisarana

Buddham Saranam Gacchâmi. I go to the Buddha as my refuge.

Dhammam Saranam Gacchâmi. I go to the Dhamma - The Teachings, as my Refuge.

Sangham Saranam Gacchâmi. I go to the Sangha - The Community, as my Refuge.

Dutiyampi Buddham Saranam Gacchâmi. For the second time I go to the Buddha as my Refuge.

Dutiyampi Dhammam Saranam Gacchâmi.

Dutiyampi Sangham Saranam Gacchâmi.

Tatiyampi Buddham Saranam Gacchâmi. For the third time I go to the Buddha as my Refuge.

Tatiyampi Dhammam Saranam Gacchâmi.

Tatiyampi Sangham Saranam Gacchâmi.

## Panca-sila

Pânâtipâtâ Veramani Sikkhâpadam Samâdiyâmi.

Adinnâdânâ Veramani Sikkhâpadam Samâdiyâmi.

Kâmesu Micchâcârâ Veramani Sikkhâpadam Samâdiyâmi.

Musâvâdâ Veramani Sikkhâpadam Samâdiyâmi.

Surâ Mêraya Majja Pamâdatthânâ Verami Sikkhâpadam Samâdiyâmi

**For brevity, I am giving the conventional English translations here; the real meanings are discussed in “[The Five Precepts – What the Buddha Meant by Them](#)”.**

I undertake to observe the precept to abstain from destroying living beings.

I undertake to observe the precept to abstain from taking things not given.

I undertake to observe the precept to abstain from sexual misconduct.

I undertake to observe the precept to abstain from false speech.

I undertake to observe the precept to abstain from intoxication.