Namo Tassa Bhagavato Arahato
Samma Sambuddhassa
(Repeat Three times)

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

Tisaṭhampi Buddham Saranam
Gacchami
Tisaṭhampi Dhammam Saranam
Gacchami
Tisaṭhampi Sangham Saranam
Gacchami

Tatīyampi Buddham Saranam
Gacchami
Tatīyampi Dhammam Saranam
Gacchami
Tatīyampi Sangham Saranam
Gacchami

Panatipata Veramani Sikkhapadām Samadīyami

Adinadana Veramani Sikkhapadām Samadīyami

Kamesu-Micchacara Veramani Sikkhapadām Samadīyami

Musavada Veramani Sikkhapadām Samadīyami

Sura Meraya Majja Pamadatthana Veramani Sikkhapadām Samadīyami

Imam Pancha Silam Samadīyama (Repeat 3 Times)

Idam Me Silam Magga Phala-Nanassa Paccayo Hotu

Appamadena Sampadētha
Sadhu Sadhua Sadhu

Refuges & Precepts
I pay homage to the Blessed One, the Perfected One, the fully Enlightened One.

Tisarana (The Three Refuges)
I go to the Buddha for refuge
I go to the Dhamma for refuge
I go to the Sangha for refuge

A second time, I go to the Buddha for refuge
A second time, I go to the Dhamma for refuge
A second time, I go to the Sangha for refuge

A third time, I go to the Buddha for refuge
A third time, I go to the Dhamma for refuge
A third time, I go to the Sangha for refuge

Sila (The Five Precepts)
1. I undertake the training rule to abstain from taking life
2. I undertake the training rule to abstain from taking what is not freely given
3. I undertake the training rule to abstain from sexual misconduct
4. I undertake the training rule to abstain from wrongful speech
5. I undertake the training rule to abstain from drugs and alcohol

I Undertake these five training rules

Dedication
May this practice of Morality help to bring about knowledge of the path and it’s fruit

Strive on with Diligence
Well done!