

*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*

*Panatipata Veramani Sikkhapadam
Samadiyami*

*Adinadana Veramani Sikkhapadam
Samadiyami*

*Kamesu-Micchacara Veramani
Sikkhapadam Samadiyami*

*Musavada Veramani Sikkhapadam
Samadiyami*

*Sura Meraya Majja Pamadatthana
Veramani Sikkhapadam Samadiyami*

*Imam Pancha Silam Samadiyama
(repeat 3 times)*

*Idam Me Silam Magga Phala-Nanassa
Paccayo Hotu*

*Appamadena Sampadetha
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 its fruit

Strive on with Diligence
Well done!