

Threefold Refuge & Five precepts

(TISARANA- THE TREE REFUGES)

Namo tassa bhagavato arahato sammāsambuddhassa !

Namo tassa bhagavato arahato sammāsambuddhassa !

Namo tassa bhagavato arahato sammāsambuddhassa !

Homage to the Blessed One, the Worthy One, the supremely Enlightened One!

Homage to the Blessed One, the Worthy One, the supremely Enlightened One!

Homage to the Blessed One, the Worthy One, the supremely Enlightened One!

Buddham saranam gacchāmi.

Dhammam saranam gacchāmi.

Sangham saranam gacchāmi.

I go to the supreme Buddha for refuge.

I go to the Dhamma for refuge.

I go to the Sangha for refuge.

Dutiyam'pi Buddham saranam gacchāmi.

Dutiyam'pi Dhammam saranam gacchāmi.

Dutiyam'pi Sangham saranam gacchāmi.

A second time I go to the supreme Buddha for refuge.

A second time I go to the Dhamma for refuge.

A second time I go to the Sangha for refuge.

Tatīyam'pi Buddham saranam gacchāmi.

Tatīyam'pi Dhammam saranam gacchāmi.

Tatīyam'pi Sangham saranam gacchāmi.

A third time I go to the supreme Buddha for refuge.

A third time I go to the Dhamma for refuge.

A third time I go to the Sangha for refuge.

(THE FIVE PRECEPTS)

1. *Pānātipātā veramani sikkhāpadam samādiyāmi*

I undertake the training rule to abstain from taking life.

2. *Adinnādānā veramani sikkhāpadam samādiyāmi*

I undertake the training rule to abstain from taking that which is not given.

3. *Kāmesumiccācārā veramani sikkhāpadam samādiyāmi*

I undertake the training rule to abstain from sexual misconduct.

4. *Musāvāda veramani sikkhāpadam samādiyāmi*

I undertake the training rule to abstain from false speech.

5. *Surāmerayamajja pamādatthānā veramani sikkhāpadam samādiyāmi*

I undertake the training rule to abstain from intoxicating drinks and drugs causing heedlessness.

Buddhānussati

(Contemplation on the Qualities of the Buddha)

*Iti pi so bhagavā, araham, sammāsambuddho, vijjācaranasampanno,
sugato, lokavidū, anuttaro purisadammasārathi, satthā devamanussānam,
buddho, bhagavā ti.*

Such, indeed, is the Exalted One: Worthy one: Supremely Enlightened, Endowed with Knowledge and Conduct, Well-gone, Knower of world, Incomparable trainer of persons to be tamed, Teacher of gods and men, Enlightened and Exalted.

Dhammānussati

(Contemplation on the Qualities of the Dhamma)

Svākkhāto Bhagavatā dhammo sanditthiko akāliko ehipassiko opanayiko paccattam vedittabbo viññūhīti.

The Dhamma is well expounded by the Blessed One, directly visible, immediately effective, inviting one to come and see, leading onwards, to be personally experienced by the wise."

Sanghānussati

(Contemplation on the Qualities of the Sangha)

*Supatipanno Bhagavato sāvakasangho.
Ujupatipanno Bhagavato sāvakasangho.
Ñāyapatipanno Bhagavato sāvakasangho.
Sāmīcipatipanno Bhagavato sāvakasangho.
Yadidam cattāri purisayugāni attha purisapuggalā
esa Bhagavato sāvakasangho.
āhuneyyo pāhuneyyo dakkhineyyo anjalikaranīyo
anuttaram puññakkhettam lokassā ti.*

"The Sangha of the Blessed One's disciples is practicing well, the order of the Blessed One's disciples is practicing rightly, the order of the Blessed One's disciples is practicing the true way, the order of the Blessed One's disciples is practicing properly-that is, the four pairs of persons, the eight kinds of individuals - This Sangha of the Blessed One's disciples is worthy of gifts, worthy of hospitality, worthy of offerings, worthy of reverential salutation, the supreme field of merit for the world."