

The Three Refuges and Eight Precepts

Buddham saraṇaṃ gacchāmi

I take refuge in Buddha.

Dhammaṃ saraṇaṃ gacchāmi

I take refuge in Dhamma.

Saṅghaṃ saraṇaṃ gacchāmi

I take refuge in Sangha.

Dutiyampi buddham saraṇaṃ gacchāmi

A second time, I take refuge in Buddha.

Dutiyampi dhammaṃ saraṇaṃ gacchāmi

A second time, I take refuge in Dhamma.

Dutiyampi saṅghaṃ saraṇaṃ gacchāmi

A second time, I take refuge in Sangha.

Tatiyampi buddham saraṇaṃ gacchāmi

A third time, I take refuge in Buddha.

Tatiyampi dhammaṃ saraṇaṃ gacchāmi

A third time, I take refuge in Dhamma.

Tatiyampi saṅghaṃ saraṇaṃ gacchāmi

A third time, I take refuge in Sangha.

Pāṇātipātā veramaṇī sikkhāpadaṃ samādiyāmi

I undertake the precept of not killing.

Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi

I undertake the precept of not stealing.

Abrahmacariyā veramaṇī sikkhāpadaṃ samādiyāmi

I undertake the precept of not engaging in sexual activity.

Musāvādā veramaṇī sikkhāpadaṃ samādiyāmi

I undertake the precept of not telling lies.

Surā-meraya-majja-pamādaṭṭhānā veramaṇī sikkhāpadaṃ samādiyāmi

I undertake the precept of not using intoxicants.

Vikāla-bhojanā veramaṇī sikkhāpadaṃ samādiyāmi

I undertake the precept of not eating at inappropriate times.

Nacca-gīta-vādita-visūka-dassana-mālā-gandha-vilepana-dhāraṇa-maṇḍana-vibhūsanatṭhānā veramaṇī sikkhāpadaṃ samādiyāmi

I undertake the precept of refraining from dance, song, music, entertainment, jewelry, fragrances, cosmetics, adornments, and self-beautification.

Uccā-sayana-mahā-sayanā veramaṇī sikkhāpadaṃ samādiyāmi

I undertake the precept of not using high or large beds.

Imāni aṭṭha-sikkhāpadāni samādiyāmi.

I undertake these eight precepts.