

## Homage to the Buddha

***Namo Tassa Bhagavato Arahato Sammasambuddhassa (3 times)***

Homage to the Blessed One, the Worthy One, the Fully Enlightened One

### The Three Refuges

***Buddham saranam gacchami.***

***Dhammam saranam gacchami.***

***Sangham saranam gacchami.***

(I go to the Buddha as my refuge.

I go to the Dhamma as my refuge.

I go to the Sangha as my refuge.)

***Dutiyam pi Buddham saranam gacchami.***

***Dutiyam pi Dhammam saranam gacchami.***

***Dutiyam pi Sangham saranam gacchami.***

(A second time...)

***Tatiam pi Buddham saranam gacchami.***

***Tatiam pi Dhammam saranam gacchami.***

***Tatiam pi Sangham saranam gacchami.***

(A third time...)

### The Five Precepts

**1. *Panatipata veramani-sikkhapadam samadiyami.***

I undertake the precept to refrain from killing living beings.

**2. *Adinnadana veramani-sikkhapadam samadiyami.***

I undertake the precept to refrain from taking what is not given.

**3. *Kamesu micchacara veramani-sikkhapadam samadiyami.***

I undertake the precept to refrain from sexual misconduct.

**4. *Musavada veramani-sikkhapadam samadiyami.***

I undertake the precept to refrain from wrong speech.

**5. *Sura-meraya-majja-pamadatthana veramani-sikkhapadam samadiyami.***

I undertake the precept to refrain from taking intoxicants which cloud the mind and cause heedlessness.

Veneration to the Buddha, Dhamma & Sangha

## **Sharing Merit**

***Imaya dhammanu Dhamma patipatiya Buddham pujemi.***

By these practices of Dhamma, I pay respect to the Buddha

***Imaya dhammanu Dhamma patipatiya Dhammam pujemi.***

By these practices of Dhamma I pay respect to the Dhamma

***Imaya dhammanu Dhamma patipatiya Sangham pujemi.***

By these practices of Dhamma I pay respect to the Sangha

***Addha imaya patipadaya jara marananmha parimuccissami.***

With this noble practice of Vipassana meditation, may I be liberated from the universal suffering of aging, sickness and death

***Idam me punnam asavakkhayavaham hotu.***

May this merit of mine be a good cause for the attainment of Nibbana

***Idan me silan maggaphala nanassa paccayo hotu.***

May my sila be a good cause for the attainment of Path and Fruition

***Imanno punnabagan sabbasattanan dema.***

We share our merit with all beings

***Sabbe satta sukhita hontu.***

May all beings be well and happy

***Sadhu! Sadhu! Sadhu!***

Well done! Well done! Well done!

Veneration to the Buddha, Dhamma & Sangha