



TAKING THREE REFUGES AND FIVE PRECEPTS

Opening Veneration

Buddham pujemi (bow)	Veneration to the Buddha
Dhammam pujemi (bow)	Veneration to the Dhamma
Sangham pujemi (bow)	Veneration to the Sangha

Requesting the Three Refuges and the Five Precepts

Aham Bhante, tisarena saha panca silam Dhammam yacami	Venerable Sir, I humbly ask the three refuges and the five precepts
Anuggaham katva silam detha me Bhante	Out of kindness administer the precepts to me
Dutiyampi ✎	A second time ...
Tatiyampi ✎	A third time ...
Yamaham vandami tamvadetha (<i>Teacher's Line</i>)	Repeat after me
Ama Bhante (<i>Yogi's Line</i>)	Yes, Venerable Sir

Homage to the Buddha

Namo, tassa Bhagavato Arahato Samma Sambuddhassa (3 times)	Homage to the Blessed One, the Worthy One, The Perfectly Enlightened One (3 times)
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Taking the Three Refuges

Buddham saranam gacchami Dhammam saranam gacchami Sangham saranam gacchami	I take refuge in the Buddha I take refuge in the Dhamma I take refuge in the Sangha
Dutiyampi ✎	<i>A second time ...</i>
Tatiyampi ✎	<i>A third time ...</i>

Taking the Five Precepts

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| 1. Panatipata veramani sikkhapadam samadiyami | I undertake the precept to refrain from killing any living beings |
| 2. Adinnadana veramani sikkhapadam samadiyami | I undertake the precept to refrain from taking what is not willingly given |
| 3. Kamesu micchacara veramani sikkhapadam samadiyami | I undertake the precept of refraining from sexual misconduct |
| 4. Musavada veramani sikkhapadam samadiyami | I undertake the precept to refrain from false speech |
| 5. Sura-meraya majja pamadatthana veramani sikkhapadam samadiyami | I undertake the precept to refrain from taking any intoxicant which cloud the mind and cause heedlessness |
| Idam me silan Magga-Phala Nanassa paccayo hotu | May my precepts be a good cause for the attainment of Path and Fruition Wisdom |
| Sadhu! Sadhu! Sadhu! | Well done! Well done! Well done! |
| Buddham pujemi (bow) | Veneration to the Buddha |
| Dhammam pujemi (bow) | Veneration to the Dhamma |
| Sangham pujemi (bow) | Veneration to the Sangha |

Sharing Merits

**Imaya Dhammanu Dhamma Patipattiya
Buddhan Pujemi**

By these practices of Dhamma I pay respect to the Buddha

**Imaya Dhammanu Dhamma Patipattiya
Dhamman Pujemi**

By these practices of Dhamma I pay respect to the Dhamma

**Imaya Dhammanu Dhamma Patipattiya
Sanghan Pujemi**

By these practices of Dhamma I pay respect to the Sangha

**Addha Imaya Patipattiya 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 Asavakkhaya Vaham Hotu

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

**Idam Me Silan Magga-phala Nanassa Paccayo
Hotu**

May my sila be a good cause for the attainment of Magga and Phala

**Imanno Punnabagan Sabbasattanan Dema
Sabbe Satta Sukkhita Hontu**

We share our merit with all beings
May all beings be well and happy

Sadhu! Sadhu! Sadhu!

Well done! Well done! Well done!

Buddham pujemi (bow)

Veneration to the Buddha

Dhammam pujemi (bow)

Veneration to the Dhamma

Sangham pujemi (bow)

Veneration to the Sangha