



TAKING THREE REFUGES AND NINE 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 Nine Precepts

Aham bhante; tisarena saha navanga samannagatam uposatha silam Dhammam yacami	Venerable Sir, I would like to request the special Nine Precepts of samanera with refuge in the Triple Gem
Anuggaham katva; Silam detha me Bhante	Out of kindness administer the precepts to me
Dutiyampi ↻	<i>A second time ...</i>
Tatiyampi ↻	<i>A third time ...</i>
Yamaham vandami tamvadetha (Teacher's Line)	Repeat after me.
Ama Bhante (Yogi's Line)	Yes, venerable Sir

Homage to the Buddha

Namo tassa Bhagavato Arahato Samma Sambuddhasa (3 times)	Homage to the Blessed one, the Worthy One, the Perfectly Enlightened One (<i>3 times</i>)
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Taking the Three Refuges

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

Taking the Nine Precepts

1. **Panatapata veramani sikkhapadam samadiyami;** I undertake the precept to refrain from killing any beings.
 2. **Adinnadana veramani sikkhapadam samadiyami;** I undertake the precept to refrain from taking what is not willingly given
 3. **Abrahmacariya veramani sikkhapadam samadiyami;** I undertake the precept to refrain from all sexual activities
 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 intoxicants which cloud the mind and cause heedlessness
 6. **Vikala bhojana veramani sikkhapadam samadiyami;** I undertake the precept to refrain from eating after noon till dawn
 7. **Nacca gita vadita visuka-dassana mala gandha vilepana dharana mandana vibhusanatthana veramani sikkhapadam samadiyami;** I undertake the precept to refrain from dancing, singing, music, unseemly shows, use of garlands, perfumes, cosmetics, jewelry that tend to beautify the person
 8. **Uccasyana mahasayana veramani sikkhapadam samadiyami;** I undertake the precept to refrain from using high and luxurious seats and beds
 9. **Metta sahagatena cetasa sabbavantam lokan pharitva viharami;** I undertake to live radiating loving-kindness towards all beings
- Idam me silan Magga-Phala-Nanassa paccayo hotu** May my precepts be a good cause for the attainment of Path and Fruition Wisdom
- 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
Sadhu! Sadhu! Sadhu!**

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