

# The Refuge Ceremony

## The Homage

Namo tassa bhagavato arahato samma-sambuddhassa (3x)

(I pay homage to the blessed one, the worthy one, the perfectly enlightened one)

## The Refuges

Buddham Saranam Gacchami (I go to the Buddha for refuge)

Dhammam Saranam Gacchami (I go to the Dhamma for refuge)

Sangham Saranam Gacchami (I go to the Sangha for refuge)

Dutiyampi Buddham Saranam Gacchami (For a second time I go to the Buddha for refuge)

Dutiyampi Dhammam Saranam Gacchami (For a second time I go to the Dhamma for refuge)

Dutiyampi Sangham Saranam Gacchami (For a second time I go to the Sangha for refuge)

Tatiyampi Buddham Saranam Gacchami (For a third time I go to the Buddha for refuge)

Tatiyampi Dhammam Saranam Gacchami (For a third time I go to the Sangha for refuge)

## The Precepts

1. I undertake the precept to refrain from killing living beings.
2. I undertake the precept to refrain from stealing, taking that which is not freely offered.
3. I undertake the precept to refrain from sexual misconduct.
4. I undertake the precept to refrain from false and malicious speech.
5. I undertake the precept to refrain from the misuse of intoxicants that cause heedlessness.