

## Salutation to the Buddha, Dhamma & Sangha

Arahaṃ Sammā sambuddho Bhagavā      *The Blessed One is Worthy & Fully Self-Enlightened*  
Buddhaṃ Bhagavantaṃ Abhivādemī      *I bow down before the Buddha, the Blessed One*

Svākkhāto Bhagavatā Dhammo      *The Teaching is well expounded by the Blessed One*  
Dhammaṃ Namassāmi      *I pay homage to the Dhamma*

Supaṭipāṇno Bhagavato Sāvaka sangho      *The disciples of the Blessed One have practiced well*  
Sanghaṃ Namāmi      *I pay respect to the Sangha*

## Homage to the Buddha

Namo tassa Bhagavato Arahato      *Homage to Him, the Blessed One, the Worthy One,*  
Sammā sambuddhassa      **3 X**      *the Fully Enlightened One*

## Refuge

Buddhaṃ saranaṃ gacchāmi      *I go to the Buddha as my refuge*  
Dhammaṃ saranaṃ gacchāmi      *I go to the Dhamma as my refuge*  
Sanghaṃ saranaṃ gacchāmi      *I go to the Sangha as my refuge*

Dutiyam'pi Buddhaṃ saranaṃ gacchāmi      *For the second time, I go to the Buddha as my refuge*  
Dutiyam'pi Dhammaṃ saranaṃ gacchāmi      *For the second time, I go to the Dhamma as my refuge*  
Dutiyam'pi Sanghaṃ saranaṃ gacchāmi      *For the second time, I go to the Sangha as my refuge*

Tatīyam'pi Buddhaṃ saranaṃ gacchāmi      *For the third time, I go to the Buddha as my refuge*  
Tatīyam'pi Dhammaṃ saranaṃ gacchāmi      *For the third time, I go to the Dhamma as my refuge*  
Tatīyam'pi Sanghaṃ saranaṃ gacchāmi      *For the third time, I go to the Sangha as my refuge*

## 5 Precepts

Pānātipātā veramani sikkhāpadaṃ samādiyāmi      *I undertake to abstain from destroying living beings*  
Adinnādānā veramani sikkhāpadaṃ  
samādiyāmi      *I undertake to abstain from taking things not given*  
Kāmesu micchācārā veramani sikkhāpadaṃ      *I undertake to abstain from sexual misconduct*  
samādiyāmi  
Musāvādā veramani sikkhāpadaṃ samādiyāmi      *I undertake to abstain from false speech*  
Surā meraya majja pamādatṭhānā      *I undertake to abstain from taking drinks or drugs*  
veramani sikkhāpadaṃ samādiyāmi      *that causes intoxication or heedlessness*

## Salutation to the Buddha

Iti pi so Bhagavā  
Arahaṃ Sammā sambuddho  
Vijjā caraṇa sampanno  
Sugato Lokavidū  
Anuttaro purisa dammasārathi  
Satthā devamanussānaṃ  
Buddho Bhagavā ti

*Such indeed is the Blessed One, the Worthy One, the  
Perfectly Enlightened One;  
endowed with knowledge and virtue; the Liberated  
One;  
Knower of the worlds;  
the incomparable Master of those to be tamed;  
Teacher of Gods and men;  
the Enlightened One, the Blessed One*

## Salutation to the Dhamma

Svākkhāto Bhagavatā Dhammo  
Sandiṭṭhiko Akāliko  
Ehipassiko Opanayiko  
Pacattaṃ veditabbo viññūhī ti

*The Dhamma of the Blessed One is perfectly  
expounded;  
to be self-realised;  
not subject to time;  
inviting investigation;  
onward leading (to Nibbāna);  
and can be understood by the wise for themselves*

## Salutation to the Sangha

Supaṭipanno Bhagavato sāvaka sangho  
Uju paṭipanno Bhagavato  
sāvaka sangho  
Ñāya paṭipanno Bhagavato  
sāvaka sangho  
Sāmīci paṭipanno Bhagavato  
sāvaka sangho  
Yadidaṃ cattāri purisa yugāni  
Aṭṭha purisa puggalā  
Esa Bhagavato sāvaka sangho  
Āhuneyyo pāhuneyyo  
Dakkhineyyo anjali karanīyo  
Anuttaram puññakkhettaṃ  
Lokassā ti

*Well attained is the Order of the Blessed One's  
disciples;  
Upright is the Order of the Blessed One's disciples;  
Wise is the Order of the Blessed One's disciples;  
Dutiful is the Order of the Blessed  
One's disciples;  
That is to say :  
This Order of the Blessed One's disciples namely :  
the Four Pairs of Persons  
the Eight Types of individuals,  
is worthy of offerings,  
is worthy of hospitality,  
is worthy of gifts,  
is worthy of reverential salutations,  
is an incomparable field of merits  
to the world*

## Close with salutation to the Triple Gem

*SADHU ! SADHU ! SADHU ! (excellent! excellent! excellent!)*