

## Refuges & Precepts

<b>Refuges</b>	<b>Namo</b> <i>Salutation</i>	<b>Tassa</b> <i>To him</i>	<b>Bhagavato</b> <i>Richly endowed one</i>	<b>Arahato</b> <i>Worthy</i>	<b>Samma</b> <i>Fully</i>	<b>Sambuddhasa</b> <i>Perfectly awakened</i>	<b>x3</b>
		<b>Buddham</b> <i>To the Buddha</i>	<b>Saranam</b> <i>For refuge</i>	<b>Gacchami</b> <i>I go</i>			
		<b>Dhammam</b> <i>To the Dharma</i>	"	"			
		<b>Sangham</b> <i>To the Sangha</i>	"	"			
	<b>Dutiyampi</b> <i>For the second time</i>	"	"	"			
	<b>Tatiyampi</b> <i>For the third time</i>	"	"	"			
<b>Precepts</b>	<b>Panatipata</b> <i>Destroying life</i>	<b>Veramani</b> <i>Abstain from</i>	<b>Sikkhapadam</b> <i>Training principle</i>	<b>Samadiyami</b> <i>I undertake</i>	<i>= "I undertake the training principle to abstain from destroying life"</i>		
	<b>Adinnadana</b> <i>Taking the not- given</i>	"	"	"			
	<b>Kamesu</b> <i>Sensual</i>	<b>Micchacara</b> <i>Misconduct</i>	"	"			
	<b>Musavada</b> <i>Lying</i>		"	"			
	<b>Surameraya</b> <i>Intoxicating</i>	<b>Majja</b> <i>Strong drink</i>	<b>Pamadatthana</b> <i>Losing heedfulness</i>	"	"	"	<b>Sadhu!</b> <i>Great! Bravo!</i>

# The Five Ethical Precepts

## 1. Negative precepts

- (1) Pānātipātā Veramani Sikkhāpadam Samādiyami
- (2) Adinnādānā Veramani Sikkhāpadam Samādiyami
- (3) Kāmesu Micchācārā Veramani Sikkhāpadam Samādiyami
- (4) Musāvādā Veramani Sikkhāpadam Samādiyami
- (5) Surāmeraya Majja Pamādatthānā Veramani Sikkhāpadam Samādiyami

sadhu sadhu sadhu

### translation:

I undertake to abstain from taking life.

I undertake to abstain from taking the not-given.

I undertake to abstain from sexual misconduct.

I undertake to abstain from false speech.

I undertake to abstain from taking intoxicants

## 2. Positive precepts

- (1) With deeds of loving kindness, I purify my body.
- (2) With open-handed generosity, I purify my body.
- (3) With stillness, simplicity, and contentment, I purify my body.
- (4) With truthful communication, I purify my speech.
- (5) With mindfulness clear and radiant, I purify my mind.