

The Three Refuges and the Eight Precepts

The lay person bows three times and requests the
Refuges & Precepts by reciting the lines in red:

Ahang bhante, ti-saranena saha atta siilaani yaacaami.

Venerable Sir, I request the Three Refuges & the Eight
Precepts.

***Dutiyampi* Ahang bhante ti-saranena saha atta siilaani
yaacaami.**

Venerable Sir, a second time I request the Three
Refuges & the Eight Precepts.

***Tatiyampi* Ahang bhante ti-saranena saha atta siilaani
yaacaami.**

Venerable Sir, a third time I request the Three Refuges
& the Eight Precepts.

(When reciting as part of a group change Ahang to
Mayang – we, and yaacaami to yaacaama.)

The monk then recites the following passage three times, after which the lay people repeat it three times:

Namo tassa bhagavato arahato sammaa-sambuddhassa.

Homage to the Blessed One,
the Worthy One, the Rightly Self-awakened One.

The monk next recites the following passages line by line, with the lay people reciting line by line after him:

Buddhang saranang gacchaami.

I go to the Buddha for refuge.

Dhammang saranang gacchaami.

I go to the Dhamma for refuge.

Sangghang saranang gacchaami.

I go to the Sangha for refuge.

Dutiyampi buddhang saranang gacchaami.

A second time, I go to the Buddha for refuge.

Dutiyampi dhammang saranang gacchaami.

A second time, I go to the Dhamma for refuge.

Dutiyampi sangghang saranang gacchaami.

A second time, I go to the Sangha for refuge.

Tat'yampi buddhang saranang gacchaami.

A third time, I go to the Buddha for refuge.

Tat'yampi dhammang saranang gacchaami.

A third time, I go to the Dhamma for refuge.

Tat'yampi sangghang saranang gacchaami.

A third time, I go to the Sangha for refuge.

The monk then says:

Ti-sarana-gamanang nitthitang.

This ends the going for refuge.

The lay person responds:

Aama bhante.

Yes, Venerable Sir.

The monk then recites the precepts line by line, with the lay people reciting them line by line after him.

Paanaatipaataa veramanii sikkhaa-padang samaadiyaami.

I undertake the training rule to refrain from taking life.

Adinnaadaanaa veramanii sikkhaa-padang samaadiyaami.

I undertake the training rule to refrain from stealing.

Abrahmacariyaa veramanii sikkhaa-padang samaadiyaami.

I undertake the training rule to refrain from sexual activity.

Musaavaadaa veramanii sikkhaa-padang samaadiyaami.

I undertake the training rule to refrain from telling lies.

Suraa-meraya-majja-pamaadatthaanaa veramanii sikkhaa-padang samaadiyaami.

I undertake the training rule to refrain from alcohol & drugs that impair mindfulness.

Vikaala-bhojanaa veramanii sikkhaa-padang samaadiyaami.

I undertake the training rule to refrain from eating after midday.

Nacca-giita-vaadita-visuka-dassanaa maala-ghanda-vilepana-dhaarana-mandana-vibuusana-taanaa veramanii sikkhaa-padang samaadiyaami.

I undertake the training rule to refrain from dancing, singing, music, going to see entertainments, wearing garlands, using perfumes, and beautifying the body with cosmetics.

Uccaasayana mahaasayanaa veramanii sikkhaa-padang samaadiyaami.

I undertake the training rule to refrain from lying on a high or luxurious sleeping place.

The monk alone then concludes with the following:

Imaani atta sikkhaa-padaani:

These are the eight training rules.

Siilena sugating yanti.

Through virtue you go to heaven.

Siilena bhoga-sampadaa.

Through virtue is wealth attained.

Siilena nibbuting yanti.

Through virtue you can be liberated.

Tasmaa siilang visodhaye.

Therefore virtue should be purified.