

Tatīyampi Būddham saraṇaṃ gacchāmi  
Tatīyampi Dhāmmaṃ saraṇaṃ gacchāmi  
Tatīyampi Saṅghaṃ saraṇaṃ gacchāmi

For the third time, to the Buddha I go for refuge.  
For the third time, to the Dhamma I go for refuge.  
For the third time, to the Sangha I go for refuge.

(Leader:) Tisaraṇa-gamaṇaṃ niṭṭhitaṃ  
This completes taking the Three Refuges.

(Response:) Āma ayye/bhante/mitta  
Yes, Venerable Sister/Sir/Friend.

### Taking the Five Precepts

(To undertake the precepts, repeat each precept after the leader:)

1. Pāṇātipātā verāmaṇī sikkhāpadaṃ sāmādiyāmi  
I undertake the precept to refrain from taking the life of any living creature.
2. Adinnādānā verāmaṇī sikkhāpadaṃ sāmādiyāmi  
I undertake the precept to refrain from taking that which is not given.
3. Kāmesu micchācārā verāmaṇī sikkhāpadaṃ sāmādiyāmi  
I undertake the precept to refrain from sexual misconduct.
4. Musāvādā verāmaṇī sikkhāpadaṃ sāmādiyāmi  
I undertake the precept to refrain from false and harmful speech.
5. Surāmeraya-majja-pamādaṭṭhānā verāmaṇī sikkhāpadaṃ sāmādiyāmi  
I undertake the precept to refrain from consuming intoxicating drink and drugs which lead to carelessness.

(Leader:) Imāni pañca sikkhāpadāni  
Sīlena sugaṭiṃ yanti  
Sīlena bhogaśāmpadā  
Sīlena nibbutiṃ yanti  
Tasmā sīlaṃ visôdhaye  
These are the Five Precepts;  
Virtue is the source of happiness,  
Virtue is the source of true wealth,  
Virtue is the source of peacefulness.  
Therefore let virtue be purified.

(Response:) Sādhu sādhu sādhu  
(Bow three times)