

REFUGES AND PRECEPTS FOR DAILY LIFE

NAMO TASSA BHAGAVATO ARAHATO SAMMASAMBUDDHASSA
(Homage to the Blessed One, the Perfected One, the Fully Enlightened One)
(repeat 3 times)

THE THREE REFUGES

BUDDHAM SARANAM GACCHAMI

(I take refuge in the Buddha)

DHAMMAM SARANAM GACCHAMI

(I take refuge in the Dhamma)

SANGHAM SARANAM GACCHAMI

(I take refuge in the Sangha)

DUTIAMPI BUDDHAM SARANAM GACCHAMI

(For the second time, I take refuge in the Buddha)

DUTIAMPI DHAMMAM SARANAM GACCHAMI

(For the second time, I take refuge in the Dhamma)

DUTIAMPI SANGHAM SARANAM GACCHAMI

(For the second time, I take refuge in the Sangha)

TATIYAMPI BUDDHAM SARANAM GACCHAMI

(For the third time, I take refuge in the Buddha)

TATIYAMPI DHAMMAM SARANAM GACCHAMI

(For the third time, I take refuge in the Dhamma)

TATIYAMPI SANGHAM SARANAM GACCHAMI

(For the third time, I take refuge in the Sangha)

THE FIVE TRAINING PRECEPTS

I undertake the training precept to refrain from killing.

I undertake the training precept to refrain from stealing.

I undertake the training precept to refrain from harming with my sexuality.

I undertake the training precept to refrain from harming with my speech.

I undertake the training precept to refrain from intoxicating the body or mind.

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**REFUGES AND PRECEPTS (secular)**  
**FOR DAILY LIFE**

**THE THREE REFUGES**

I take refuge in this awakening heart/ mind,  
I take refuge in the nature of the way things are,  
I take refuge in the community of fellow practitioners.

For the second time, I take refuge in this awakening heart/ mind,  
For the second time, I take refuge in the nature of the way things are,  
For the second time, I take refuge in the community of fellow practitioners.

For the third time, I take refuge in this awakening heart/ mind,  
For the third time, I take refuge in the nature of the way things are,  
For the third time, I take refuge in the community of fellow practitioners.

**THE FIVE TRAINING PRECEPTS**

I undertake the precept to refrain from killing.  
I undertake the precept to refrain from stealing.  
I undertake the precept to refrain from harming through sexual activity.  
I undertake the precept to refrain from harmful speech.  
I undertake the precept to abstain from intoxicants that cloud the mind and heart.

*Whatever has brought you to this Sangha or whatever has been bringing you back,  
the Dhamma teachings welcome you. Whatever your color, race, class, physical  
ability, gender, sexual orientation, political views, this is a safe place.  
All are welcome!*