

Vermont Insight Meditation Center

Honoring the Buddha

Namo tassa bhagavato arahato sammāsambuddhassa
(Homage to the Blessed, Noble and Perfectly Enlightened One)

The Three Refuges: Buddha, Dhamma, Sangha

<i>Buddham saranam gacchami</i>	I go to the Buddha for refuge.
<i>Dhammam saranam gacchami</i>	I go to the Dhamma for refuge.
<i>Sangham saranam gacchami</i>	I go to the Sangha for refuge.
<i>Dutiyampi Buddham saranam gacchami</i>	For a second time, I go to the Buddha for refuge.
<i>Dutiyampi Dhammam saranam gacchami</i>	For a second time, I go to the Dhamma for refuge.
<i>Dutiyampi Sangham saranam gacchami</i>	For a second time, I go to the Sangha for refuge.
<i>Tatiyampi Buddham saranam gacchami</i>	For a third time, I go to the Buddha for refuge.
<i>Tatiyampi Dhammam saranam gacchami</i>	For a third time, I go to the Dhamma for refuge.
<i>Tatiyampi Sangham saranam gacchami</i>	For a third time, I go to the Sangha for refuge.

The Five Precepts for Laypeople

<i>1. Panatipata veramani sikkhapadam samadiyami</i>	I undertake the precept to refrain from destroying living creatures.
<i>2. Adinnadana veramani sikkhapadam samadiyami</i>	I undertake the precept to refrain from taking that which is not given.
<i>3. Kamesu micchacara veramani sikkhapadam samadiyami</i>	I undertake the precept to refrain from sexual misconduct.
<i>4. Musavada veramani sikkhapadam samadiyami</i>	I undertake the precept to refrain from incorrect speech.
<i>5. Suramerayamajja pamadatthana veramani sikkhapadam samadiyami</i>	I undertake the precept to refrain from intoxicating drinks and drugs, which lead to carelessness.