



Requesting the Three Refuges and Five Precepts

(After bowing three times, with hands joined in añjali, recite the Pāli:)

Mayaṃ¹ ayye² tisaṇaṇena saḥa pañca sīlāni yācāma³

Dutiyampi mayaṃ ayye tisaṇaṇena saḥa pañca sīlāni yācāma

Tatīyampi mayaṃ ayye tisaṇaṇena saḥa pañca sīlāni yācāma

We, Venerable Sister, request the Three Refuges and the Five Precepts.

For the second time, we, Venerable Sister, request the Three Refuges and the Five Precepts.

For the third time, we, Venerable Sister, request the Three Refuges and the Five Precepts.

Taking the Three Refuges

(Repeat, after the leader has chanted three times:)

Namo tassa bhāgavato arahato sāmāsāmbuddhaṣṣa

Namo tassa bhāgavato arahato sāmāsāmbuddhaṣṣa

Namo tassa bhāgavato arahato sāmāsāmbuddhaṣṣa

Homage to the Blessed, Noble, and Perfectly Enlightened One.

Homage to the Blessed, Noble, and Perfectly Enlightened One.

Homage to the Blessed, Noble, and Perfectly Enlightened One.

Buddhaṃ saṇaṇaṃ gacchāmi

Dhammaṃ saṇaṇaṃ gacchāmi

Sāṅghaṃ saṇaṇaṃ gacchāmi

To the Buddha I go for refuge.

To the Dhamma I go for refuge.

To the Sangha I go for refuge.

Dutiyampi Būddhaṃ saṇaṇaṃ gacchāmi

Dutiyampi Dhāmmaṃ saṇaṇaṃ gacchāmi

Dutiyampi Sāṅghaṃ saṇaṇaṃ gacchāmi

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

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

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

¹ When requesting for oneself alone, use ahaṃ (“I”); when requesting as part of or on behalf of a group, use mayaṃ (“we”).

² When requesting from a monk, use bhante (“Venerable Sir”) in place of ayye. When requesting from a lay person, use mitta (“friend”) in place of ayye.

³ When requesting for oneself alone, use yācāmi; when requesting as part of or on behalf of a group, use yācāma.

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)