

## **Taking Refuge (Sanskrit)**

Namas Tasmai Bhagavate Arhate Samyak Sambuddhaya

(I prostrate to him who has conquered the enemy, who possesses virtue, who has transcended, who is worthy of respect, the completely and fully enlightened one.)

Buddham Sharanam Gacchami  
Dharmam Sharanam Gacchami  
Sangham Sharanam Gacchami

Dvitiyam Api  
Buddham Sharanam Gacchami  
Dharmam Sharanam Gacchami  
Sangham Sharanam Gacchami

Tritiyam Api  
Buddham Sharanam Gacchami  
Dharmam Sharanam Gacchami  
Sangham Sharanam Gacchami

## **The Five Precepts (Pancha Shila)**

Pranatipata-Viratih Shikshapadam Samadiyami

I take the precept of abstaining from the destruction of life

Adattadana-Viratih Shikshapadam Samadiyami

I take the precept of abstaining from stealing

Abrahmacharya-Viratih Shikshapadam Samadiyami

I take the precept of abstaining from sexual misconduct

Mrishavada-Viratih Shikshapadam Samadiyami

I take the precept of abstaining from lying

Sura-Maireya-Madyapana-Viratih Shikshapadam Samadiyami

I take the precept of abstaining from drinking intoxicating liquor