

### **(Homage to the Buddha)**

*Namo Tassa Bhagavāto, Ārāhāto, Sammā-sambuddhāssā* (3 times)

I pay homage to the Blessed One, the Awaken One, the Perfectly Enlightened One.

### **(Three Refuges)**

I take refuge in the Buddha (The Enlightenment)

I take refuge in the Dhamma (The Noble Discipline)

I take refuge in the Sangha (The Community of Noble Sangha)

### **(Five Training Rules)**

- ◆ I undertake the training rule to abstain from killing.
- ◆ I undertake the training rule to abstain from taking what is not given to me.
- ◆ I undertake the training rule to abstain from abuse of the senses.
- ◆ I undertake the training rule to abstain from false speech.
- ◆ I undertake the training rule to abstain from the use of intoxicating drinks and drugs.

### **Bhante:**

Maintaining well the five training rules together with the three refuges, strive on with diligence.

**Lay Devotee:** Yes Bhnate!