

Basic Buddhist Prayer

- *Namo tassa, bhagavato, arahato samma sambuddhasa*
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- *Namo tassa, bhagavato, arahato, samma sambuddhasa*
- *Buddham saranam gacchami,*
- *Dhammam saranam gacchami,*
- *Sangham saranam gacchami.*
- *Dutiyampi Buddham saranam gacchami,*
- *Dutiyampi Dhammam saranam gacchami,*
- *Dutiyampi Sangham saranam gacchami.*
- *Tatiyampi Buddham saranam gacchami,*
- *Tatiyampi Dhammam saranam gacchami,*
- *Tatiyampi Sangham saranam gacchami.*

This means:

- Homage to Him, the Exalted One, the Worthy One, The Supremely Enlightened One
- Homage to Him, the Exalted One, the Worthy One, The Supremely Enlightened One
- Homage to Him, the Exalted One, the Worthy One, The Supremely Enlightened One
- I go to the Buddha as my refuge.
- I go to the Dhamma as my refuge.
- I go to the Sangha as my refuge.
- For the second time, I go to the Buddha as my refuge.
- For the second time, I go to the Dhamma as my refuge.
- For the second time, I go to the Sangha as my refuge.
- For the third time, I go to the Buddha as my refuge.
- For the third time, I go to the Dhamma as my refuge.
- For the third time, I go to the Sangha as my refuge.

The Buddha recommends that all his disciples keep the minimum of the Five Precepts. These are not rigid commandments that one is compelled to live by. They really are more like training rules that are taken voluntarily. They establish your virtue and protect you from harm in this life as well as in future lives. It is the foundation for your spiritual journey.

Again, the Five Precepts are taken by reciting in Pali while in the kneeling position.

- ***Panatipata veramani sikkhapadam samadiyami.***
- ***Adinnadana veramani sikkhapadam samadiyami.***
- ***Kamesu micchacara veramani sikkhapadam samadiyami.***
- ***Musavada veramani sikkhapadam samadiyami.***
- ***Sura meraya majja pamadatthana veramani sikkhapadam samadiyami.***

This means:

- I undertake the precept of abstaining from destroying living creatures.
- I undertake the precept of abstaining from taking anything not freely given.
- I undertake the precept of abstaining from sexual misconduct.
- I undertake the precept of abstaining from false speech.
- I undertake the precept of abstaining from taking intoxicants which lead to carelessness.