

REFUGE CEREMONY

DECEMBER 16, 2012

Invocation

Namo Tassa Bhagavato Arahato SammaSambuddhassa

namo = homage

tassa= to him(Buddha)

bhagavato= worthy one

arahato= without any defilements

sammaa sambuddhassa= The fully self enlightened

The Three Refuges

Buddham saranam gacchami

I go to the Buddha for refuge.

Dhammam saranam gacchami

I go to the Dhamma for refuge.

Sangham saranam gacchami

I go to the Sangha for refuge.

Dutiyampi Buddham saranam gacchami

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

Dutiyampi Dhammam saranam gacchami

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

Dutiyampi Sangham saranam gacchami

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

Tatiyampi Buddham saranam gacchami

For a third time, I go to the Buddha for refuge.

Tatiyampi Dhammam saranam gacchami

For a third time, I go to the Dhamma for refuge.

Tatiyampi Sangham saranam gacchami

For a third time, I go to the Sangha for refuge.

Five Training Precepts

1. *Pāṇātipātā veramanī sikkhāpadam samādiyāmi.*

I undertake the training rule to abstain from taking life.

2. *Adinnādānā veramanī sikkhāpadam samādiyāmi.*

I undertake the training rule to abstain from taking what is not freely given.

3. *Kāmesumicchācāra veramanī sikkhāpadam samādiyāmi.*

I undertake the training rule to abstain from sensual misconduct.

4. *Musāvādā veramanī sikkhāpadam samādiyāmi.*

I undertake the training rule to abstain from false speech.

5. *Surāmerayamajjapamādatthānā veramanī sikkhāpadam samādiyāmi.*

I undertake the training rule to abstain from substances that cloud the mind and cause heedlessness.

Meditation on Impermanence

Anicca vata sankhara Uppada vaya dhammino

Uppajjitva nirujjhan'ti Tesam vupasamo sukho

Impermanent, alas, are all conditioned formations; arising and passing away, having been born they all must cease; the calming of these formations is true happiness.

Sharing the Merit

Idam me punnakammaṃ āsavakkhayā vahaṃ hotu

Literal: By the merit of this meditation may the defilements diminish.

General: May the merit of this work be shared with all other beings.