**Taking Refuge (The Three Jewels):**

Buddham Saranam Gachami

Dhammam Saranam Gachami

Sangham Saranam Gachami

Dutyam-pi Buddham Saranam Gachami

Dutyam-pi Dhammam Saranam Gachami

Dutyam-pi Sangham Saranam Gachami

Tatyam-pi Buddham Saranam Gachami

Tatyam-pi Dhammam Saranam Gachami

Tatyam-pi Sangham Saranam Gachami

TRANSLATION:

I go for Refuge in the Buddha for the first time

I go for Refuge in the Dhamma for the first time

I go for Refuge in the Sangha for the first time.

I go for Refuge in the Buddha for the second time

I go for Refuge in the Dhamma for the second time

I go for Refuge in the Sangha for the second time.

I go for Refuge in the Buddha for the third time

I go for Refuge in the Dhamma for the third time

I go for Refuge in the Sangha for the third time.

**The Five Precepts:**

*I vow to train myself to:*

* Not hurt any being – to do no Harm;
* Not to take anything, which is not freely or willingly given;
* Speak wholesomely and pleasantly
* Not to indulge in improper sexual pleasures;
* Not to consume intoxicating substances which confuse the mind and cloud the judgement.

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There are these five facts that one should reflect on often, whether one is a woman or a man, lay or ordained. Which five?  
  
I am subject to aging, have not gone beyond aging.

I am subject to illness, have not gone beyond illness.

I am subject to death, have not gone beyond death.

I will grow different, separate from all that is dear and appealing to me.  
***I am the owner of my Kamma, heir to my Kamma, born of my Kamma, related to my Kamma. Whatever I do, for good or for evil, to that will I fall heir.***

**Accept that:**

* All things are impermanent and there is no essential substance or concept that IS permanent.
* All emotions bring pain and suffering, and there is NO emotion that is ever purely pleasurable.
* All phenomena are illusory and empty.
* Enlightenment is beyond concepts: It is not a blissful ‘heaven’ but instead a Release from delusion.