

saraṇagamaṇa (Refuges and Precepts)

buddhaṃ saraṇaṃ gacchāmi
dhammaṃ saraṇaṃ gacchāmi
saṅghaṃ saraṇaṃ gacchāmi dutiyampi... tatiyampi...

pañcasikkhāpadāni (Five Precepts)

pāṇātipātā veramaṇīsikkhāpadaṃ samādiyāmi
adinnādānā veramaṇīsikkhāpadaṃ samādiyāmi
kāmesu micchācārā veramaṇīsikkhāpadaṃ samādiyāmi
musāvādā veramaṇīsikkhāpadaṃ samādiyāmi
surāmerayamajjapamādaṭṭhānā veramaṇīsikkhāpadaṃ samādiyāmi

kusaladhammā (Positive Precepts)

sabbabhūtānukampāya kāyaṃ vipassādemī
cāgaparipūrakārinā kāyaṃ vipassādemī
appicchaṃ santuṭṭhiṃ nissāya kāyaṃ vipassādemī
kālabhūtattavādena vācaṃ vipassādemī
sativapullānupattinā mano vipassādemī

dasasikkhāpadāni (Ten Precepts)

pāṇātipātā veramaṇīsikkhāpadaṃ samādiyāmi
adinnādānā veramaṇīsikkhāpadaṃ samādiyāmi
kāmesu micchācārā veramaṇīsikkhāpadaṃ samādiyāmi
musāvādā veramaṇīsikkhāpadaṃ samādiyāmi
pharusavācāya veramaṇīsikkhāpadaṃ samādiyāmi
saṃphappalāpā veramaṇīsikkhāpadaṃ samādiyāmi
pisuṇavācāya veramaṇīsikkhāpadaṃ samādiyāmi
abhijjhāya veramaṇīsikkhāpadaṃ samādiyāmi
vyāpādā veramaṇīsikkhāpadaṃ samādiyāmi
micchādassanā veramaṇīsikkhāpadaṃ samādiyāmi

kusaladhammā (Positive Precepts)

sabbabhūtānukampāya kāyaṃ vipassādemī
cāgaparipūrakārinā kāyaṃ vipassādemī
appicchaṃ santuṭṭhiṃ nissāya kāyaṃ vipassādemī
kālabhūtattavādena vācaṃ vipassādemī
samaggakaraṇavadanena vācaṃ vipassādemī
atthasaṃhitavadanena vācaṃ vipassādemī
upasamādhittānena mano vipassādemī
karuṇānuvattinā mano vipassādemī
vijjam uppajjanena mano vipassādemī