

The Refuges and Precepts

Namo Buddhaya	Homage to the Buddha – Enlightened one
Namo Dharmaya	Homage to the Dharma – teachings
Namo Sanghaya	Homage to the Sangha – community of Buddhists
Namo Nama	Emphatically so
Om	With body
Ah	With speech
Hum	With heart / mind

Namo Tassa Bhagavato Arahato Sammāsambuddhassa	Homage to Him, the Blessed One, the Worthy One, the Perfectly Enlightened One!
Namo Tassa Bhagavato Arahato Sammāsambuddhassa	Homage to Him, the Blessed One, the Worthy One, the Perfectly Enlightened One!
Namo Tassa Bhagavato Arahato Sammāsambuddhassa	Homage to Him, the Blessed One, the Worthy One, the Perfectly Enlightened One!
Buddham Saranam Gacchami	To the Buddha I go for refuge.
Dhammam Saranam Gacchami	To the Dharma I go for refuge.
Sangham Saranam Gacchami	To the Sangha I go for refuge.
Dutiyampi Buddham Saranam Gacchami	For the second time I go to the Buddha for refuge.
Dutiyampi Dhammam Saranam Gacchami	For the second time I go to the Dharma for refuge.
Dutiyampi Sangham Saranam Gacchami	For the second time I go to the Sangha for refuge.
Tatiyampi Buddham Saranam Gacchami	For the third time I go to the Buddha for refuge.
Tatiyampi Dhammam Saranam Gacchami	For the third time I go to the Dharma for refuge.
Tatiyampi Sangham Saranam Gacchami	For the third time I go to the Sangha for refuge.

The Five Precepts

Panātipata Veramani Sikkhapadam Samādiyami	I undertake to abstain from taking life.
Adinnadana Veramani Sikkhapadam Samādiyami	I undertake to abstain from taking the not given.
Kamesu Micchacara Veramani Sikkhapadam Samādiyami	I undertake to abstain from sexual misconduct.
Musavada Veramani Sikkhapadam Samādiyami	I undertake to abstain from false speech.
Surameraya Majja Pamadatthana Veramani Sikkhapadam Samādiyami	I undertake to abstain from taking intoxicants.
sadhu sadhu sadhu ¹	

The Positive Precepts

- With deeds of loving kindness, I purify my body.
 - With open handed generosity, I purify my body.
 - With stillness, simplicity, and contentment, I purify my body.
 - With truthful communication, I purify my speech.
 - With mindfulness clear and radiant, I purify my mind.
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¹ Sadhu means 'excellent', 'good' or 'auspicious'

The Heart Sutra

The Bodhisattva of Compassion,
When he meditated deeply,
Saw the emptiness of all five skandhas
And sundered the bonds that caused him
suffering.

Here then,
Form is no other than emptiness,
Emptiness no other than form.
Form is only emptiness,
Emptiness only form.

Feeling, thought, and choice,
Consciousness itself,
Are the same as this.

All things are by nature void
They are not born or destroyed
Nor are they stained or pure
Nor do they wax or wane

So, in emptiness, no form,
No feeling, thought, or choice,
Nor is there consciousness.
No eye, ear, nose, tongue, body, mind;
No colour, sound, smell, taste, touch,
Or what the mind takes hold of,
Nor even act of sensing.

No ignorance or end of it,
Nor all that comes of ignorance
No withering, no death,
No end of them.

Nor is there pain, or cause of pain,
Or cease in pain, or noble path
To lead from pain;
Not even wisdom to attain!
Attainment too is emptiness.

So know that the Bodhisattva
Holding to nothing whatever,
But dwelling in Prajna wisdom,
Is freed of delusive hindrance,
Rid of the fear bred by it,
And reaches clearest Nirvana.

All Buddhas of past and present,
Buddhas of future time,
Using this Prajna wisdom,
Come to full and perfect vision.

Hear then the great dharani,
The radiant peerless mantra,
The Prajnaparamita
Whose words allay all pain;
Hear and believe its truth!

Gate Gate Paragate Parasamgate Bodhi Svaha
Gate Gate Paragate Parasamgate Bodhi Svaha
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