

Respect to the Triple Gem

Iminā sakkārena tam buddham abhipujayāmi May I pay homage to the Buddha with these offerings

Iminā sakkārena tam dhammam abhipujayāmi May I pay homage to the Buddha with these offerings

Iminā sakkārena tam sangham abhipujayāmi May I pay homage to the Buddha with these offerings

Arahaṃ samma -sambuddho bhagavā **Buddhaṃ bhagavantaṃ abhivādemī.**

The Blessed One is Worthy & Rightly Self-awakened. I revere to the Awakened, Blessed One. (BOW DOWN)

Svākkhāto bhagavatā dhammo **Dhammaṃ namassāmi.**

The Dhamma is well-expounded by the Blessed One. I pay homage to the Dhamma. (BOW DOWN)

Supatipanno bhagavato sāvaka-sangho **Sanghaṃ namāmi.**

The Sangha of the Blessed One's disciples has practiced well. I pay respect to the Sangha. (BOW DOWN)

Requesting the Three refuges and the five precepts

Mayam bhante visum visum rakkhanatthāya tisananena saha panca silāni yācāma

Dutiyampi Mayam bhante visum visum rakkhanatthāya tisananena saha panca silāni yācāma

Tatīyampi Mayam bhante visum visum rakkhanatthāya tisananena saha panca silāni yācāma

Repeat after venerable monk

Namo tassa bhagavato arahato sammā-sambuddhassa. (Three times.)

Homage to the Blessed One, the Worthy One, the Rightly Self-awakened One.

Buddhaṃ saranaṃ gacchāmi.

I go to the Buddha for refuge.

Dhammaṃ saranaṃ gacchāmi.

I go to the Dhamma for refuge.

Sangham saranaṃ gacchāmi.

I go to the Sangha for refuge.

Dutiyampi Buddhaṃ saranaṃ gacchāmi.

A second time, I go to the Buddha for refuge.

Dutiyampi Dhammaṃ saranaṃ gacchāmi.

A second time, I go to the Dhamma for refuge.

Dutiyampi Sangham saranaṃ gacchāmi.

A second time, I go to the Sangha for refuge.

Tatīyampi Buddhaṃ saranaṃ gacchāmi.

A third time, I go to the Buddha for refuge.

Tatīyampi Dhammaṃ saranaṃ gacchāmi.

A third time, I go to the Dhamma for refuge.

Tatīyampi Sangham saranaṃ gacchāmi.

A third time, I go to the Sangha for refuge.

Pānātipātā veramanī sikkhā-padaṃ samādiyāmi I undertake the training rule to refrain from taking life.

Adinnādānā veramanī sikkhā-padam samādiyāmi I undertake the training rule to refrain from stealing.

Kāmesu micchācārā veramanī sikkhā-padam samādiyāmi

I undertake the training rule to refrain from sexual misconduct.

Musāvādā veramanī sikkhā-padam samādiyāmi. I undertake the training rule to refrain from telling lies.

Surā-meraya-majja-pamādatthānā veramanī sikkhā-padam samādiyāmi.

I undertake the training rule to refrain from intoxicating liquors & drugs that lead to carelessness.

1. Requesting Blessings

Vipatti-patibāhāya	sabba-sampatti-siddhiyā,
Sabba- dukkha -vināsāya	parittam brūtha mangalam.
Vipatti-patibāhāya	sabba-sampatti-siddhiyā,
Sabba- bhaya -vināsāya	parittam brūtha mangalam.
Vipatti-patibāhāya	sabba-sampatti-siddhiyā,
Sabba- roga -vināsāya	parittam brūtha mangalam.

For warding off misfortune, for the achievement of all good fortune,
For the dispelling of all **pain**, may you chant a blessing & protection.
For warding off misfortune, for the achievement of all good fortune,
For the dispelling of all **danger**, may you chant a blessing & protection.
For warding off misfortune, for the achievement of all good fortune,
For the dispelling of all **illness**, may you chant a blessing & protection.

2. Offering to the Buddha

Imam supabyanjana sampannan sālinam othanam udakam varam buddhassa pujemi

3. Offering Sangha Dana

Namo tassa bhagavato arahato sammā-sambuddhassa. (Three times.)

Imāni mayam bhante, **sangha-dānāni**, bhikkhu-sanghassa, onojayāma. Sādhu no bhante, bhikkhu-sangho, imāni **sangha-dānāni**, patiggaṇhātu, amhākañceva mātāpitu āthinamca piyajānānam, dīgha-rattam, hitāya, sukhāya.

We present these Sangha gifts of ours to the Bhikkhu Sangha. May venerable Sangha accept our these Sangha gifts for me along with my family, father mother, lovely ones, nearer and dearer's long-term welfare & happiness.

4. Food offering

Namo tassa bhagavato arahato sammā-sambuddhassa. (Three times.)

Imāni mayam bhante, **bhattāni**, saparivārāni, bhikkhu-sanghassa, onojayāma. Sādhu no bhante, bhikkhu-sangho, imāni, **bhattāni**, saparivārāni, patiggaṇhātu, amhākañceva mātāpitu āthinamca piyajānānam, dīgha-rattam, hitāya, sukhāya.

We present these foods of ours, together with their accompanying articles, to the Bhikkhu Sangha. May Bhikkhu Sangha accept our these foods, together with their accompanying articles, for me along with my family, father mother, lovely ones, nearer and dearer's long-term welfare & happiness.