

Refuges and Precepts

Bhante Bodhidhamma · Bhante's Essays · 1 min read

PPPP UUUU JJJJ AAAA VIPASSANA VERSES

All conditioned things are impermanent

When this is perceived with wisdom

Buddham pujemi

One becomes disenchanted with what cannot satisfy

Dhammam pujemi

Just this is the Path of Purification.

Sangham pujemi

I bow to the Buddha, Dhamma and Sangha

All conditioned things are unsatisfactory

VVVVAAAANNND DDDD AAAANNNNAAAA When this is perceived with wisdom

One becomes disenchanted with what cannot satisfy

HOMAGE

Just this is the Path of Purification.

Namo tassa bhagavato arahato samma sambuddhassa!

Namo tassa bhagavato arahato samma sambuddhassa!

All conditioned things and the Unconditioned are not-self

Namo tassa bhagavato arahato samma sambuddhassa!

When this is perceived with wisdom

Homage to the Buddha, the Blessed, Noble and the Fully Self-Enlightened One!

One becomes disenchanted with what cannot satisfy

TTTTIIIISSSSAAAARRRRRAAAAANNNNAAAA Just this is the Path of Purification.

THE THREE REFUGES [Dhp 20 v5-7]

Buddham saranam gacchami

I go to the Buddha as my Refuge

There is

Dhammam saranam gacchami

The Unborn, the Undying, the Uncreated, the Unconditioned

I go to the Dhamma as my Refuge

Sangham saranam gacchami Refuge, harbour and home.

I go to the Sangha as my Refuge

Perfect contentment and peace.

Dutiyampi Buddham saranam gacchami... (repeat)

For the second time I go the Buddha... as my Refuge

Tatiyampi Buddham saranam gacchami.... (repeat)

Just as the great ocean has only one taste, the taste of salt

For the third time..... as my Refuge

So Nibbana has only one taste, the taste of freedom.

PPPPAAAANNNNCCCCAAAA SSSS1111LLLLAAAA

THE FIVE TRAINING RULES

Panatipata veramani sikkhapadam samadiyami [Last words of the Buddha - Parinibbana Sutta]

I undertake the training rule to abstain from killing any living being All conditioned things have the nature to decay.

Adinnadana veramani sikkhapadam samadiyami Work diligently for your liberation.

I undertake the training rule not to take that which is not freely given

Kamesu micchacara veramani sikkhapadam samadiyami

I undertake the training rule to abstain from sexual misconduct

Musavada veramani sikkhapadam samadiyami

I undertake the training rule to abstain from wrong speech

Sura meraya majja pamadatthana

veramani sikkhapadam samadiyami

I undertake the training rule not to take substances that cloud the mind

SSSSaaaaddddhhhhuuuu!!!! SSSSaaaaddddhhhhuuuu!!!! SSSSaaaaddddhhhhuuuu!!!!

(Well-done!)

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