

## Precept Ceremony for All Ages

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### Chanting the Ti Sarana

Buddham saranam ga↑cha↓mi  
Dhammam saranam ga↑cha↑mi  
Sangham saranam ga↓cha↑mi

Dutiyampi Buddham saranam ga↑cha↓mi  
Dutiyampi Dhammam saranam ga↑cha↑mi  
Dutiyampi Sangham saranam ga↓cha↑mi

Tatiyampi Buddham saranam ga↑cha↓mi  
Tatiyampi Dhammam saranam ga↑cha↑mi  
Tatiyampi Sangham saranam ga↓cha↑mi

The Three Refuges  
(Translation from Pali)  
I go to the Buddha as my refuge  
I go to the teaching as my refuge  
I go to the community as my refuge

For the second time ...  
I go to the Buddha as my refuge  
I go to the teaching as my refuge  
I go to the community as my refuge

For the third time ...  
I go to the Buddha as my refuge  
I go to the teaching as my refuge  
I go to the community as my refuge

### DOAN:

Wishing to do no harm, to do good and to free all beings, I engage in the precepts of:

### ALL:

1. Protecting life. All things are precious. I will protect people, animals, plants and minerals. I will treat them with love and respect.
2. Acting with generosity, I will not take things that belong to others. I will share my own things as much as I can.
3. Speaking honestly and listening deeply, I will speak the truth. I will be honest to others and myself. I will be a friend who listens for the truth of others.
4. Honoring the body. I will be loving and respectful to others and myself.
5. Keeping a clear mind, I will keep myself bright and clear. I will avoid things that cloud my mind.

### Eko:

Our words ring out through space beyond the stars. Their virtue and compassion echo back from all the many beings. We recite the precepts for the renewal of the Buddha mind in fields and forests, homes and streets throughout the world, in grateful thanks to our many guides along the ancient way.

### Dedication:

All Buddhas throughout space and time  
All honored ones, bodhisattvas, mahasattvas  
Wisdom beyond wisdom  
Maha prajña paramita