**Observation of Eight Precepts**

Laity: Okāsa ahaṃ Bhante tisaranena saddhiṃ ājīvātthamaka sīlam dhammam yācāmi, anuggaham katvā sīlam detha me Bhante

 Dutiyam pi okāsa … (repeat above)
Tatiyam pi okāsa … (repeat above)

**Three Refuges**

 Namo tassa Bhagavato arahato sammā sambuddhassa.
(3 times)

Buddhaṃ saraṇaṃ gacchāmi.
Dhammaṃ saraṇaṃ gacchāmi.
Saṅghaṃ saraṇaṃ gacchāmi.

Dutiyam pi Buddhaṃ saraṇaṃ gacchāmi.
Dutiyam pi Dhammaṃ saraṇaṃ gacchāmi.
Dutiyam pi Saṅghaṃ saraṇaṃ gacchāmi.

Tatiyam pi Buddhaṃ saraṇaṃ gacchāmi.
Tatiyam pi Dhammaṃ saraṇaṃ gacchāmi.
Tatiyam pi Saṅghaṃ saraṇaṃ gacchāmi.

1. Pāṇātipātā veramaṇī sikkhāpadaṃ samādiyāmi.

2. Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi.

3. Abrahma cariyā veramaṇī sikkhāpadaṃ samādiyāmi.

4. Musā vādā veramaṇī sikkhāpadaṃ samādiyāmi.

5. Surā meraya majja pamādaṭṭhānā ca veramaṇī sikkhāpadaṃ samādiyāmi.

6. Vikāla bhojanā veramaṇī sikkhāpadaṃ samādiyāmi.

7. Nacca-gīta vādita visuka dassana mālā gandha vilepana dhārana- mandana vibhusanattānā veramaṇī sikkhāpadaṃ samādiyāmi.

8. Ucchā sayana mahā sayanā veramaṇī sikkhāpadaṃ samādiyāmi.

Monk/nun: Tisaraṇena saddhiṃ attangika uposatha sīlaṃ dhammaṃ

sādhukaṃ surakkhitaṃ katvā appamādena sampādetabbaṃ.

Laity: Āma Bhante

English Meaning

1. I undertake the training rule to abstain from taking life.
2. I undertake the training rule to abstain from stealing.
3. I undertake the training rule to abstain from incelibacy.
4. I undertake the training rule to abstain from false speech.
5. I undertake the training rule to abstain from intoxicating drinks and drugs causing heedlessness.
6. I undertake the training rule to abstain from eating at improper times.
7. I undertake the training rule to abstain from dancing, singing, music, shows, wearing garlands, using perfumes, and beautifying with cosmetics.
8. I undertake the training rule to abstain from the use of high and large seats and beds.