

Request for Eight Precepts

Ahaṃ bhante, tisaraṇena saha, aṭṭhaṅga-samannāgataṃ uposatha-sīlaṃ, dhammaṃ yācāmi, anuggahaṃ katvā sīlaṃ detha, me bhante.

Venerable sir, I would like to request the *uposatha* eight precepts with refuge in the Triple Gem. Please kindly grant me the request.

Sayadaw says (S): Yam ahaṃ vadāmi, taṃ vadetha - Repeat after me.

Yogis reply (Y): Āma bhante - Yes, Venerable sir.

Homage to the Buddha

Namo tassa bhagavato arahato sammāsambuddhasa (3 times)

Homage to him, the Exalted One, the fully Enlightened One

Taking Three Refuges

Buddhaṃ saranaṃ gacchāmi - I go to the Buddha as my refuge.

Dhammaṃ saranaṃ gacchāmi - I go to the Dhamma as my refuge.

Saṅghaṃ saranaṃ gacchāmi - I go to the Sangha as my refuge

Dutiyampi Buddhaṃ saranaṃ gacchāmi.

For the second time, I go to the Buddha as my refuge

Dutiyampi Dhammaṃ saranaṃ gacchāmi.

For the second time, I go to the Dhamma as my refuge.

Dutiyampi Saṅghaṃ saranaṃ gacchāmi.

For the second time, I go to the Sangha as my refuge.

Tatiyampi Buddhaṃ saranaṃ gacchāmi.

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

Tatiyampi Dhammaṃ saranaṃ gacchāmi.

For the third time, I go to the Dhamma as my refuge.

Tatiyampi Saṅghaṃ saranaṃ gacchāmi.

For the third time, I go to the Sangha as my refuge.

(S): Saraṇagamanāṃ paripuṇṇaṃ - Taking refuge is complete.

(Y): Āma Bhante - Yes, Venerable Sir

Taking Eight Precepts

1. Pāṇātipātā veramaṇi-sikkhāpadaṃ samādiyāmi.

I undertake the rule of training to refrain from killing any beings.

2. Adinnādānā veramaṇi-sikkhāpadaṃ samādiyāmi.

I undertake the rule of training to refrain from taking what is not given.

3. Abrahmacariya veramaṇi-sikkhāpadaṃ samādiyāmi.

I undertake the rule of training to refrain from sexual conducts.

4. Musāvādā veramaṇi-sikkhāpadaṃ samādiyāmi.

I undertake the rule of training to refrain from false speech.

5. Surā-meraya-majja-pamādaṭṭhānā veramaṇi-sikkhāpadaṃ samādiyāmi.

I undertake the rule of training to refrain from drinks and drugs that fuddle the mind and reduce mindfulness.

6. Vikāla-bhojanā veramaṇi-sikkhāpadaṃ samādiyāmi.

I undertake the rule of training to refrain from taking food at improper time (after midday).

7. Nacca gīta vādita visūkadassana, mālāgandha vilepana dhārana maṇḍana vibhūsaṇaṭṭhānā veramaṇi-sikkhāpadaṃ samādiyāmi.

I undertake the rule of training to refrain from dancing, singing, music, shows, using garlands, perfumes, cosmetics, adornments and ornaments.

8. Uccāsayana-mahāsayanā veramaṇi-sikkhāpadaṃ samādiyāmi.

I undertake the rule of training to refrain from using high and luxurious seats or beds.

Idaṃ me sīlaṃ magga-phala-ñāṇassa paccayo hotu.

May my keeping of precepts be a suitable condition for my attaining path and fruitions.

(S): Appamādena sampādeṭṭha - Accomplish the training with mindfulness.

(Y): Āma Bhante - Yes, Venerable Sir.