

Tisarana

Buddham Saranam Gacchami
Dammam Saranam Gacchami
Sangham Saranam Gacchami

Dutiyampi Buddham Saranam Gacchami
Dutiyampi Dammam Saranam Gacchami
Dutiyampi Sangham Saranam Gacchami

Tatiyampi Buddham Saranam Gacchami
Tatiyampi Dammam Saranam Gacchami
Tatiyampi Sangham Saranam Gacchami

Translation from Pali – **Three Refuges**

I take refuge in Buddha
I take refuge in Dharma
I take refuge in Sangha

I take refuge in Buddha as the perfect teacher
I take refuge in Dharma as the perfect teaching
I take refuge in Sangha as the perfect life

Now I have completely taken refuge in Buddha
Now I have completely taken refuge in Dharma
Now I have completely taken refuge in Sangha