

TRANSLATION

REFUGES IN PALI (TISARANA)

Buddham Saranam Gacchāmi ↑
Dhammam Saranam Gacchāmi ↑ ↑
Sangham Saranam Gacchāmi ↓
Dutiyampi Buddham Saranam Gacchāmi ↑
Dutiyampi Dhammam Saranam Gacchāmi ↑ ↑
Dutiyampi Sangham Saranam Gacchāmi ↓
Tatiyampi Buddham Saranam Gacchāmi ↑
Tatiyampi Dhammam Saranam Gacchāmi ↑ ↑
Tatiyampi Sangham Saranam Gacchāmi ↓

THREE REFUGES (TISARANA)

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