

Morning Refuges and Basic Precepts,

Recording starts:

Please sit with your backs straight, and calm your mind. Now repeat after me:

I now take refuge in the Buddha.

I now take refuge in the Dhamma.

I now take refuge in the Sangha.

For the second time, I take refuge in the Buddha.

For the second time, I take refuge in the Dhamma.

For the second time, I take refuge in the Sangha.

For the third time, I take refuge in the Buddha.

For the third time, I take refuge in the Dhamma.

For the third time, I take refuge in the Sangha.

The Basic Precepts:

Please clear your mind and pay close attention, and repeat after me:

1. I undertake to keep the precept to abstain from killing or harming living beings, on purpose.
2. I undertake to keep the precept to abstain from taking what is not given.
3. I undertake to keep the precept to abstain from wrong sexual activity.
4. I undertake to keep the precept to abstain from telling lies and using harsh speech.
5. I undertake to keep the precept to abstain from taking drugs and alcohol.
6. I undertake to keep the precept to be loving and kind to myself, and all beings.

Now you have taken the Three Refuges and the Precepts, taking these leads to happiness and peace. Sadhu... Sadhu... Sadhu...

Recording ends.

Notes: Taking the Refuges reminds us each day to keep them as part of our meditation practice. We do things three times so that we never forget there are three parts to Buddhism: The Buddha, The Dhamma, and The Sangha (The word 'Sangha' here has the meaning of the monks and nuns of all the various traditions.)

Taking the Refuges means that you are paying respect to the Buddha for figuring all this out, paying respect to the Dhamma which is the teachings that can set you free from suffering, and paying respect to the Monastics who dedicate their lives to preserving these teaching so others might learn and practice it producing clear Peace in this world.

You are also asking for the protection of the Buddha's energy while you are taking this retreat. At the retreat center a monk or nun might assist you to take the Precepts during retreats. We are developing a recording for you in the future with Bhante's doing this.. But also, just like you, each person here takes them everyday privately in the privacy of their own kuti. It is not necessary to have a monk to take the precepts just as it is not necessary have a priest present for you to say the Lord's prayer if you were a Christian. Learning to do this will help steady and reinforce your practice of the meditation all the time.
Sadhu = well done.

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