

Pālaka Ceremony.

Namo Buddhaya

Namo Dharmaya

Namo Sanghaya

Namo Nama

Om

Ah

Hum

The Threefold Puja

Opening Reverence

We reverence the Buddha
The perfectly Enlightened One
The shower of the Way.

We reverence the Dharma
The teaching of the Buddha
Which leads from darkness to light

We reverence the Sangha
The fellowship of the Buddha's disciples
That inspires and guides



Refuges and Precepts

Namo Tassa Bhagavato Arahato Sammasambuddhassa
Namo Tassa Bhagavato Arahato Sammasambuddhassa
Namo Tassa Bhagavato Arahato Sammasambuddhassa

Buddham Saranam Gacchami
Dhammam Saranam Gacchami
Sangham Saranam Gacchami

Dutiyampi Buddham Saranam Gacchami
Dutiyampi Dhammam Saranam Gacchami
Dutiyampi Sangham Saranam Gacchami

Tatiyampi Buddham Saranam Gacchami
Tatiyampi Dhammam Saranam Gacchami
Tatiyampi Sangham Saranam Gacchami

Panatipata Veramani Sikkhapadam Samadiyami
Adinnadana Veramani Sikkhapadam Samadiyami
Kamesu Micchacara Veramani Sikkhapadam Samadiyami Musavada Veramani
Sikkhapadam Samadiyami
Surameraya Majja Pamadatthana Veramani Sikkhapadam Samadiyami

sadhu sadhu sadhu

With deeds of loving kindness, I purify my body
With open-handed generosity, I purify my body
With stillness, simplicity, and contentment, I purify my body
With truthful communication, I purify my speech
With mindfulness clear and radiant, I purify my mind



Reverence to the Three Jewels

We reverence the Buddha, and aspire to follow Him.

The Buddha was born, as we are born.

What the Buddha overcame, we too can overcome;

What the Buddha attained, we too can attain.

We reverence the Dharma, and aspire to follow it,

With body, speech and mind, until the end.

The Truth in all its aspects, the Path in all its stages,

We aspire to study, practise, realise.

We reverence the Sangha, and aspire to follow it:

The fellowship of those who tread the Way.

As, one by one, we make our own commitment,

An ever-widening circle, the Sangha grows.

A circle of rejoicing



Offerings to the Buddha

Reverencing the Buddha, we offer flowers -
Flowers that today are fresh and sweetly blooming,
Flowers that tomorrow are faded and fallen.
Our bodies too, like flowers, will pass away.

Reverencing the Buddha, we offer candles.
To Him, who is the Light, we offer light.
From His greater lamp a lesser lamp we light within us:
The lamp of Bodhi shining within our hearts.

Reverencing the Buddha, we offer incense,
Incense whose fragrance pervades the air.
The fragrance of the perfect life, sweeter than incense,
Spreads in all directions throughout the world.

*Binding ritual
Pālaka vows
Mantra and offerings
Sadhus!*



The Palaka Vows

May I protect you, whenever you need protection
May I support you and your parents, whenever support is needed
May I encourage you, whenever you need encouragement
May I love you, always.

