# Going for Refuge and Affirming the Precepts

*Going for Refuge is the way a person formally becomes a Buddhist. Affirming the Precepts is a further expression of your desire to live the Buddhist ideals. They can be done together or separately, but Going for Refuge is always first.*

*The Leader takes a position facing the sangha in meditative posture. Those desiring to take part sit or stand facing the Leader. Those taking the vows may present an offering at the altar if desired.*

## **Going for Refuge**

**Leader**: This person / these people desire to expresses their commitment to Pragmatic Buddhism in the presence of this community. Will you support them in their travel along the Buddha Way?

**People:** We will.

*Addressing the refuge takers:*

**Leader:** Do you take refuge in the Buddha?

**Respondent**(s): I take refuge in the Buddha; the consummating personal element, our inborn contentment.

**Leader**: Do you take refuge in the Dharma?

**Respondent**(s): I take refuge in the Dharma; the consummating methods and teachings, our commitment to lifelong learning.

**Leader**: Do you take refuge in the Sangha?

**Respondent**(s): I take refuge in the Sangha; the consummating social element, our family and friends who support us.

## **Affirming the Precepts**

**Leader**: Do you undertake the training of abstaining from harming sentient beings?

**Respondent**(s): I undertake the training of life-affirming action; in all possible circumstances, I will abstain from hurting sentient beings.

**Leader**: Do you undertake the training of not taking what is not freely offered?

**Respondent**(s): I undertake the training of generosity; I will abstain from taking that which is not needed for our survival.

**Leader**: Do you undertake the training of abstaining from sexual immorality and intoxication?

**Respondent**(s): I undertake the training of moderation and contentment; I will abstain from sexual misconduct and the abuse of sensory pleasures.

**Leader**: Do you undertake the training of abstaining from untrue speech?

**Respondent**(s): I undertake the training of true speech; I will abstain from false statements.

**Leader**: Do you undertake the training of lifelong learning?

**Respondent**(s): I undertake the training of wisdom and knowledge of our world; I embrace lifelong learning and the cultivation of selflessness..

**Leader**: *You have Gone for Refuge (and/or) Affirmed the Precepts. On behalf of the Pragmatic Buddhist Sangha and the MahaSangha, the world-wide community of Buddhists, I express my delight that you are committed to follow the Buddha’s Middle Way and Eight-fold Path, and wish you every blessing.*