

About the Refuge Chant

The refuge chant is a simple devotional practice that is traditionally performed at the beginning of a retreat or formal practice. The chant is recited in Pali, the language of the oldest extant Buddhist scriptures, and expresses an intention to "take refuge" in the Buddha, Dhamma, and Sangha (referred to collectively as the "Triple Gem").

The chant can be understood as an expression of gratitude for those who have helped us along the path as well as for our own potential to awaken. More broadly, the chant expresses an intention to be present (Buddha) to our experience as it unfolds moment by moment (Dhamma) with an attitude of kindness and compassion for ourselves and others (Sangha).

Taking the Three Refuges (Pali)

Namo tassa bhagavato arahato
sammāsambuddhassa.

Namo tassa bhagavato arahato
sammāsambuddhassa.

Namo tassa bhagavato arahato
sammāsambuddhassa.

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.

NOTE: The ending "-am" is pronounced "-ang" in this chant.

Taking the Three Refuges (English)

Homage to the Blessed, Noble, and Perfectly
Enlightened One.

Homage to the Blessed, Noble, and Perfectly
Enlightened One.

Homage to the Blessed, Noble, and Perfectly
Enlightened One.

To the Buddha I go for refuge.

To the Dhamma I go for refuge.

To the Sangha I go for refuge.

For the second time, to the Buddha I go for
refuge.

For the second time, to the Dhamma I go for
refuge.

For the second time, to the Sangha I go for
refuge.

For the third time, to the Buddha I go for
refuge.

For the third time, to the Dhamma I go for
refuge.

For the third time, to the Sangha I go for
refuge.