

# Thisarana

## Buddan Saranan Gachchami

I go to Buddha for help (refuge)

## Dhamman Saranan Gachchami

I go to Dhamma for help (refuge)

## Sanghan Saranan Gachchami

I go to Sangha for help (refuge)

## Duthiyampi Buddan Saranan Gachchami Duthiyampi Dhamman Saranan Gachchami Duthiyampi Sanghan Saranan Gachchami

For second time, I go to Buddha for help (refuge)

For second time, I go to Dhamma for help (refuge)

For second time, I go to Sangha for help (refuge)

## Thathiyampi Buddan Saranan Gachchami Thathiyampi Dhamman Saranan Gachchami Thathiyampi Sanghan Saranan Gachchami

For third time, I go to Buddha for help (refuge)

For third time, I go to Dhamma for help (refuge)

For third time, I go to Sangha for help (refuge)