

Formless Admission

All the karma ever created by me
Since of old through greed, anger and self-delusion
Which has no beginning born of my body, speech and thought
I now make full open admission of it.

The Three Pure Precepts

Preceptor:

In the presence of all beings,

Everyone:

I vow to live in enlightenment,
I vow to practice non-injury,
I vow to live for the benefit of all beings.