

Paying Respect to the Three Jewels

Buddha
Dhamma
Sangha



Buddhists in Myanmar use the traditional method of paying respect to the three jewels – **Buddha, Dhamma, Samghas**. The method is called through the use of **touching five places of your body parts to the floor**.

The same method should be repeated **three times** as a symbol of paying respect in reverence to the three jewels – Buddha, Dhamma & Samgha.

This symbolic paying respect is used on the following occasions:

- a. When praying in front of the Buddha Image, shrine or Cedi.
- b. When meeting with Bhikkhu (Monks)

Male House Holder – Laity – Dayakar - Upasaka

- a. Place yourself in position 1. – Touch your **foot** to the floor



- b. Touch both your **palms** to the floor



c. Touch your **knees** to the floor



d. Touch your **full length elbows** to the floor, then



e. Touch your **forehead** to the floor



(Repeat the same three times)

Female Laity – **Daryakarma - Upasika**

f. Place yourself in position 1. – Touch your **foot** to the floor



g. Touch both your **knees** to the floor



h. Touch your **palms** to the floor



i. Touch your **full length elbows** to the floor, then



j. Touch your **forehead** to the floor



(repeat the same three times)