

Morning Chanting

Araham sammā-sambuddho bhagavā.

The Blessed One is Worthy & Rightly Self-awakened.

Buddham bhagavantam abhivādemī.

I bow down before the Awakened, Blessed One.

(BOW DOWN)

Svākkhāto bhagavatā dhammo.

The Dhamma is well-expounded by the Blessed One.

Dhammam namassāmi.

I pay homage to the Dhamma.

(BOW DOWN)

Supatipanno bhagavato sāvaka-sangho.

The Sangha of the Blessed One's disciples has practiced well.

Sangham namāmi.

I pay respect to the Sangha.

(BOW DOWN)

Homage

[LEADER] [Handa mayam buddhassa bhagavato pubba-bhāga-
namakāram karoma se:]

*[Now let us chant the preliminary passage in homage to the Awakened One,
the Blessed One:]*

Namo tassa bhagavato arahato sammāsambuddhassa.

Namo tassa bhagavato arahato sammāsambuddhassa.

Namo tassa bhagavato arahato sammāsambuddhassa.

Homage to the Blessed One, the Worthy One, the Rightly Self-Awakened One.

Going for Refuge

[LEADER]

[Handa mayam tisarana-gamana-pātham bhanāma se:]
[Now let us chant the passage going for refuge to the Triple Gem:]

Buddham saranam gacchāmi.

I go to the Buddha for refuge.

Dhammam saranam gacchāmi.

I go to the Dhamma for refuge.

Sangham saranam gacchāmi.

I go to the Sangha for refuge.

Dutiyampi buddham saranam gacchāmi.

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

Dutiyampi dhammam saranam gacchāmi.

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

Dutiyampi sangham saranam gacchāmi.

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

Tatīyampi buddham saranam gacchāmi.

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

Tatīyampi dhammam saranam gacchāmi.

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

Tatīyampi sangham saranam gacchāmi.

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

Taking the Eight Precepts

Pānātipātā veramanī sikkhā-padam samādiyāmi.

I undertake the training rule to refrain from taking life.

Adinnādānā veramanī sikkhā-padam samādiyāmi.

I undertake the training rule to refrain from stealing.

Abrahma-cariyā veramanī sikkhā-padam samādiyāmi.

I undertake the training rule to refrain from sexual intercourse.

Musāvādā veramanī sikkhā-padam samādiyāmi.

I undertake the training rule to refrain from telling lies.

Surā-meraya-majja-pamādatthānā veramanī
sikkhā-padam samādiyāmi.

*I undertake the training rule to refrain from intoxicating
liquors & drugs that lead to heedlessness.*

Vikāla-bhojanā veramanī sikkhā-padam samādiyāmi.

I undertake the training rule to refrain from eating after noon & before dawn.

Nacca-gīta-vādita-visūka-dassanā mālā-gandha-
vilepana-dhāraṇa-maṇḍana-vibhūsanatthānā
veramanī sikkhā-padam samādiyāmi.

*I undertake the training rule to refrain from dancing, singing, music, watching
shows, wearing garlands, beautifying myself with perfumes & cosmetics.*

Uccāsayana-mahāsayanā veramanī
sikkhā-padam samādiyāmi.

I undertake the training rule to refrain from high & luxurious seats & beds.

Imāni attha sikkhā-padāni samādiyāmi. [x3]

I undertake these eight precepts

[BOW THREE TIMES]

Evening Chanting

Recollection of the Buddha

[LEADER] Handa mayam Buddhānussati-nayam karoma se:
Now let us recite the guide to the recollection of the Buddha:

Itipi so bhagavā araham sammā-sambuddho,
He is a Blessed One, a Worthy One, a Rightly Self-awakened One,

Vijjā-carana-sampanno sugato lokavidū,
*consummate in knowledge & conduct, one who has gone the good way,
knower of the worlds,*

Anuttaro purisa-damma-sārathi satthā deva
manussānam buddho bhagavāti.
*unexcelled trainer of those who can be taught,
teacher of human & divine beings; awakened; blessed.*

Recollection of the Dhamma

[LEADER] Handa mayam Dhammānussati-nayam karoma se:
Now let us recite the guide to the recollection of the Dhamma:

Svākkhāto bhagavatā dhammo,
The Dhamma is well-expounded by the Blessed One,

Sanditthiko akāliko ehipassiko,
to be seen here & now, timeless, inviting all to come & see,

Opanayiko paccattam veditabbo viññūhīti.
pertinent, to be seen by the observant for themselves.

Recollection of the Sangha

[LEADER] Handa mayam Sanghānussati-nayam karoma se:
Now let us recite the guide to the recollection of the Sangha:

Su-patipanno bhagavato sāvaka-sangho,
The Sangha of the Blessed One's disciples who have practiced well,

Uju-patipanno bhagavato sāvaka-sangho,
the Sangha of the Blessed One's disciples who have practiced straightforwardly,

Ñāya-patipanno bhagavato sāvaka-sangho,
the Sangha of the Blessed One's disciples who have practiced methodically,

Sāmīci-patipanno bhagavato sāvaka-sangho,
the Sangha of the Blessed One's disciples who have practiced masterfully,

Yadidam cattāri purisa-yugāni attha purisa-puggalā:
i.e., the four pairs—the eight types—of Noble Ones:

Esa bhagavato sāvaka-sangho—
That is the Sangha of the Blessed One's disciples—

Ahuneyyo pāhuneyyo dakkhineyyo añjali-karaniyo,
worthy of gifts, worthy of hospitality, worthy of offerings, worthy of respect,

Anuttaram puññakkhettam lokassāti.
the incomparable field of merit for the world.

The Sublime Attitudes

(METTA — LOVING-KINDNESS)

Sabbe sattā sukhitā hontu.

May all living beings be happy.

Sabbe sattā averā hontu.

May all living beings be free from animosity.

Sabbe sattā abyāpajjhā hontu.

May all living beings be free from oppression.

Sabbe sattā anīghā hontu.

May all living beings be free from trouble.

Sabbe sattā sukhī attānam pariharantu.

May all living beings look after themselves with ease.

(KARUṆA — COMPASSION)

Sabbe sattā sabba-dukkhā pamuccantu.

May all living beings be freed from all stress & pain.

(MUDITA — SYMPATHETIC JOY)

Sabbe sattā laddha-sampattito mā vigacchantu.

*May all living beings not be deprived
of the good fortune they have attained.*

(UPEKKHA — EQUANIMITY)

Sabbe sattā kamma-ssakā kamma-dāyādā

kamma-yonī kamma-bandhū kamma-patisaranā.

*All living beings are the owners of their actions, heir to their actions,
born of their actions, related through their actions,
and live dependent on their actions.*

Yam kammam karissanti kalyānam vā pāpakam vā
tassa dāyādā bhavissanti.

Whatever they do, for good or for evil, to that will they fall heir.