

## *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.*