



# BHIKKHU MANUAL

Reference Edition

*All Chants with English Translations  
and Vinaya Notes*



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Bhikkhu Manual  
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*Namo tassa bhagavato arahato sammāsbuddhassa*  
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### Abbreviations used in the text

A	Aṅguttara Nikāya	M	Majjhima Nikāya
Cv	Cullavagga	Mv	Mahāvagga
D	Dīgha Nikāya	Pr	Pārājika
Dhp	Dhammapada	Pv	Parivāra
DhpA	Dhammapada	Snp	Sutta Nipāta
	Aṭṭhakathā	Sp	Samantapāsādikā
DhsA	Dhammasaṅgani	S	Saṃyutta Nikāya
	Aṭṭhakathā	Thī	Therīgāthā
It	Itivuttaka	Th	Theragāthā
Ja	Jātaka	Ud	Udāna
Khp	Khuddakapāṭha	Vin	Vinaya Piṭaka
Kv	Kaṅkhāvitarāṇī	Vism	Visuddhimagga

References to shorter texts consisting of verses such as the Dhammapada, Udāna, Itivuttaka, Theragāthā, Therīgāthā or Sutta Nipāta are to the verse number or chapter and verse number. The other longer texts are referred to by volume and page number of the PTS edition.

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PART I

# ESSENTIAL CHANTS

# 1.

## MORNING CHANTING

### Dedication of Offerings

[Yo so] bhagavā arahaṃ sammāsambuddho  
Svākkhāto yena bhagavatā dhammo  
Supaṭipanno yassa bhagavato sāvakasaṅgho  
Tam-mayaṃ bhagavantaṃ sadhammaṃ sasaṅghaṃ  
Imehi sakkārehi yathārahaṃ āropitehi abhipūjayāma  
Sādhu no bhante bhagavā sucira-parinibbutopi  
Pacchimā-janatānukampa-mānasā  
Ime sakkāre duggata-paṇṇākāra-bhūte paṭiggaṇhātu  
Amhākaṃ dīgharattaṃ hitāya sukhāya  
Arahaṃ sammāsambuddho bhagavā  
Buddhaṃ bhagavantaṃ abhivādemi  
[Svākkhāto] bhagavatā dhammo  
Dhammaṃ namassāmi  
[Supaṭipanno] bhagavato sāvakasaṅgho  
Saṅghaṃ namāmi

### Dedication of Offerings (English)

To the Blessed One, the Lord,  
    who fully attained perfect enlightenment,  
To the Teaching which he expounded so well,  
And to the Blessed One's disciples who have practised well,



To these — the Buddha, the Dhamma, and the Saṅgha —  
 We render with offerings our rightful homage.  
 It is well for us that the Blessed One, having attained liberation,  
 Still had compassion for later generations.  
 May these simple offerings be accepted  
 For our long-lasting benefit and for the happiness it gives us.  
 The Lord, the Perfectly Enlightened and Blessed One —  
 I render homage to the Buddha, the Blessed One.  
 The Teaching so completely explained by him —  
 I bow to the Dhamma.  
 The Blessed One's disciples who have practised well —  
 I bow to the Saṅgha.

### **Preliminary Homage**

[Handa mayaṃ buddhassa bhagavato pubbabhāga-namakāraṃ  
karomase]

Namo tassa bhagavato arahato sammāsambuddhassa (×3)

### **Preliminary Homage (English)**

[Now let us pay preliminary homage to the Buddha.]

Homage to the Blessed, Noble, and Perfectly Enlightened One. (×3)

## Homage to the Buddha

[Handa mayaṃ buddhābhitthutim karomase]

Yo so tathāgato araham sammāsambuddho

Vijjācaraṇa-sampanno sugato lokavidū

Anuttaro purisadamma-sārathi

Satthā deva-manussānam buddho bhagavā

Yo imam lokam sadevakam samarakam sabrahmakam

Sassamaṇa-brāhmaṇim pajam sadeva-manussam sayam abhiññā

sacchikatvā pavedesi

Yo dhammam desesi ādi-kalyāṇam majjhe-kalyāṇam

pariyosāna-kalyāṇam

Sāttam sabyañjanam kevala-paripuṇṇam parisuddham

brahma-cariyam pakāsesi

Tam-aham bhagavantam abhipūjayāmi

Tam-aham bhagavantam sirasā namāmi

## Homage to the Buddha (English)

[Now let us chant in praise of the Buddha.]

The Tathāgata is the Pure One, the Perfectly Enlightened One.

He is impeccable in conduct and understanding,

The Accomplished One,

The Knower of the Worlds.

He trains perfectly those who wish to be trained.

He is Teacher of gods and humans.

He is awake and holy.

In this world with its gods, demons, and kind spirits,  
 Its seekers and sages, celestial and human beings, he has by  
 deep insight revealed the Truth.  
 He has pointed out the Dhamma: beautiful in the beginning,  
 beautiful in the middle, beautiful in the end.  
 He has explained the Spiritual Life of complete purity in its  
 essence and conventions.  
 I chant my praise to the Blessed One, I bow my head to  
 the Blessed One.

### **Homage to the Dhamma**

[Handa mayaṃ dhammābhitthutim karomase]

Yo so svākkhāto bhagavatā dhammo  
 Sandiṭṭhiko akāliko ehipassiko opanayiko  
 Paccattaṃ veditabbo viññūhi  
 Tam-ahaṃ dhammaṃ abhipūjayāmi  
 Tam-ahaṃ dhammaṃ sirasā namāmi

### **Homage to the Dhamma (English)**

[Now let us chant in praise of the Dhamma.]

The Dhamma is well expounded by the Blessed One,  
 Apparent here and now,  
 Timeless,  
 Encouraging investigation,  
 Leading inwards,  
 To be experienced individually by the wise.

I chant my praise to this Teaching, I bow my head  
to this Truth.

### Homage to the Saṅgha

[Handa mayarṁ saṅghābhitthutirṁ karomase]

Yo so supaṭipanno bhagavato sāvakaśaṅgho  
Ujupaṭipanno bhagavato sāvakaśaṅgho  
Ñāyapaṭipanno bhagavato sāvakaśaṅgho  
Sāmicipaṭipanno bhagavato sāvakaśaṅgho  
Yadidaṁ cattāri purisayugāni aṭṭha purisapuggalā  
Esa bhagavato sāvakaśaṅgho  
Āhuneyyo pāhuneyyo dakkhiṇeyyo añjali-karaṇīyo  
Anuttaraṁ puñṇakkhettaṁ lokassa  
Tam-ahaṁ saṅghaṁ abhipūjayāmi  
Tam-ahaṁ saṅghaṁ sirasā namāmi

### Homage to the Saṅgha (English)

[Now let us chant in praise of the Saṅgha.]

They are the Blessed One's disciples, who have practised well,  
Who have practised directly,  
Who have practised insightfully,  
Those who practise with integrity —  
That is the four pairs, the eight kinds of noble beings —  
These are the Blessed One's disciples.  
Such ones are worthy of gifts,  
Worthy of hospitality,

Worthy of offerings,  
 Worthy of respect;  
 They give occasion for incomparable goodness to arise  
 in the world.  
 I chant my praise to this Saṅgha, I bow my head to  
 this Saṅgha.

### Salutation to the Triple Gem

[Handa mayaṃ ratanattaya-pañāma-gāthāyo c'eva  
 saṃvega-parikittana-pāṭhañca bhaṇāmaṣe]

Buddho susuddho karuṇā-mahaṇṇavo  
 Yo'ccanta-suddhabbara-ñāṇa-locano  
 Lokassa pāpūpakilesa-ghātako  
 Vandāmi buddhaṃ aham-ādarena taṃ  
 Dhammo padīpo viya tassa satthuno  
 Yo magga-pākāmata-bheda-bhinnako  
 Lokuttaro yo ca tad-attha-dīpano  
 Vandāmi dhammaṃ aham-ādarena taṃ  
 Saṅgho sukhettābhyati-khetta-saññito  
 Yo diṭṭha-santo sugatānubodhako  
 Lolappahīno ariyo sumedhaso  
 Vandāmi saṅghaṃ aham-ādarena taṃ  
 Iccevaṃ-ekantabhipūja-neyyakaṃ vatthuttayaṃ  
 vandayatābhisaṅkhatam  
 Puññaṃ mayā yaṃ mama sabbupaddavā mā hontu ve tassa  
 pabhāva-siddhiyā

Idha tathāgato loka uppanno araham sammāsambuddho  
 Dhammo ca desito niyyāniko upasamiko parinibbāniko  
 sambodhagāmī sugatappavedito  
 Mayan-taṃ dhammaṃ sutvā evaṃ jānāma

Jātipi dukkhā

Jarāpi dukkhā

Maraṇampi dukkham

Soka-parideva-dukkha-domanass’upāyāsāpi dukkhā

Appiyehi sampayogo dukkho

Piyehi vippayogo dukkho

Yamp’icchaṃ na labhati tampi dukkham

Saṅkhittena pañcupādānakkhandhā dukkhā

Seyyathīdaṃ

Rūpūpādānakkhandho

Vedanūpādānakkhandho

Saññūpādānakkhandho

Saṅkhārūpādānakkhandho

Viññāṇūpādānakkhandho

Yesaṃ pariññāya

Dharamāno so bhagavā evaṃ bahulaṃ sāvake vineti

Evaṃ bhāgā ca panassa bhagavato sāvakesu anusāsani bahulā  
 pavattati

Rūpaṃ aniccaṃ

Vedanā aniccā

Saññā aniccā

Saṅkhārā aniccā

Viññāṇaṃ aniccaṃ

Rūpaṃ anattā

Vedanā anattā

Saññā anattā

Saṅkhārā anattā

Viññāṇaṃ anattā

Sabbe saṅkhārā aniccā

Sabbe dhammā anattā'ti

Te mayaṃ otiṇṇāma jātiyā jarā-maraṇa

Sokehi paridevehi dukkhehi domanassehi upāyāsehi

Dukkhotiṇṇā dukkha-paretā

Appeva nānimassa kevalassa dukkha-kkhandhassa

antakiriyā paññāyethā'ti

Cira-parinibbutampi taṃ bhagavantaṃ uddissa arahantaṃ

sammāsambuddhaṃ

Saddhā agāasmā anagāriyaṃ pabbajitā

Tasmaṃ bhagavati brahma-cariyaṃ carāma

Bhikkhūnaṃ/Sīladharānaṃ sikkhāsājīva-samāpannā

Taṃ no brahma-cariyaṃ imassa kevalassa dukkha-kkhandhassa

antakiriyāya saṃvattatu

### Salutation to the Triple Gem (English)

[Now let us chant our salutation to the Triple Gem and a passage to arouse urgency.]

The Buddha, absolutely pure, with ocean-like compassion,  
Possessing the clear sight of wisdom,

Destroyer of worldly self-corruption —  
Devotedly indeed, that Buddha I revere.  
The Teaching of the Lord, like a lamp,  
Illuminating the Path and its Fruit: the Deathless,  
That which is beyond the conditioned world —  
Devotedly indeed, that Dhamma I revere.  
The Saṅgha, the most fertile ground for cultivation,  
Those who have realized peace, awakened after the  
Accomplished One,  
Noble and wise, all longing abandoned —  
Devotedly indeed, that Saṅgha I revere.

This salutation should be made to that which is worthy.  
Through the power of such good action,  
    may all obstacles disappear.

One who knows things as they are has come into this world; and he  
is an Arahant, a perfectly Awakened being,  
Purifying the way leading out of delusion, calming and directing to  
perfect peace, and leading to enlightenment — this Way he has  
made known.

Having heard the Teaching, we know this:  
Birth is dukkha,  
Ageing is dukkha,  
And death is dukkha;  
Sorrow, lamentation, pain, grief, and despair are dukkha;  
Association with the disliked is dukkha;  
Separation from the liked is dukkha;  
Not attaining one's wishes is dukkha.



In brief, the five focuses of identity are dukkha.

These are as follows:

Attachment to form,

Attachment to feeling,

Attachment to perception,

Attachment to mental formations,

Attachment to sense-consciousness.

For the complete understanding of this,

The Blessed One in his lifetime frequently instructed his disciples in just this way.

In addition, he further instructed:

Form is impermanent,

Feeling is impermanent,

Perception is impermanent,

Mental formations are impermanent,

Sense-consciousness is impermanent;

Form is not-self,

Feeling is not-self,

Perception is not-self,

Mental formations are not-self,

Sense-consciousness is not-self;

All conditions are transient,

There is no self in the created or the uncreated.

All of us are bound by birth, ageing, and death,

By sorrow, lamentation, pain, grief, and despair,

Bound by dukkha and obstructed by dukkha.

Let us all aspire to complete freedom from suffering.

The following is chanted only by the monks and nuns.

Remembering the Blessed One, the Noble Lord, and Perfectly  
Enlightened One, who long ago attained Parinibbāna,  
We have gone forth with faith from home to homelessness,  
And like the Blessed One, we practise the Holy Life,  
Being fully equipped with the bhikkhus'/nuns' system of training.  
May this Holy Life lead us to the end of this whole mass  
of suffering.

An alternative version of the preceding section, which can be chanted by  
laypeople as well.

The Blessed One, who long ago attained Parinibbāna, is our refuge.  
So too are the Dhamma and the Saṅgha.  
Attentively we follow the pathway of that Blessed One, with all of  
our mindfulness and strength.  
May then the cultivation of this practice  
Lead us to the end of every kind of suffering.

### Closing Homage

[Arahaṃ] sammāsambuddho bhagavā  
Buddhaṃ bhagavantaṃ abhivādemī  
[Svākkhāto] bhagavatā dhammo  
Dhammaṃ namassāmi  
[Supaṭipanno] bhagavato sāvakaśaṅgho  
Saṅghaṃ namāmi

### **Closing Homage (English)**

The Lord, the Perfectly Enlightened and Blessed One —  
I render homage to the Buddha, the Blessed One.

The Teaching, so completely explained by him —  
I bow to the Dhamma.

The Blessed One's disciples, who have practised well —  
I bow to the Saṅgha.

## 2.

### EVENING CHANTING

#### Dedication of Offerings

[Yo so] bhagavā arahaṃ sammāsambuddho  
Svākkhāto yena bhagavatā dhammo  
Supaṭipanno yassa bhagavato sāvakasaṅgho  
Tam-mayaṃ bhagavantaṃ sadhammaṃ sasaṅghaṃ  
Imehi sakkārehi yathārahaṃ āropitehi abhipūjayāma  
Sādhu no bhante bhagavā sucira-parinibbutopi  
Pacchimā-janatānukampa-mānasā  
Ime sakkāre duggata-paṇṇākāra-bhūte paṭiggaṇhātu  
Amhākaṃ dīgharattaṃ hitāya sukhāya  
Arahaṃ sammāsambuddho bhagavā  
Buddhaṃ bhagavantaṃ abhivādemī  
[Svākkhāto] bhagavatā dhammo  
Dhammaṃ namassāmi  
[Supaṭipanno] bhagavato sāvakasaṅgho  
Saṅghaṃ namāmi

#### Dedication of Offerings (English)

[To the Blessed One,] the Lord, who fully attained  
perfect enlightenment,  
To the Teaching, which he expounded so well,

And to the Blessed One's disciples who have practised well,  
 To these — the Buddha, the Dhamma, and the Saṅgha —  
 We render with offerings our rightful homage.  
 It is well for us that the Blessed One, having attained liberation,  
 Still had compassion for later generations.  
 May these simple offerings be accepted  
 For our long-lasting benefit and for the happiness it gives us.  
 The Lord, the Perfectly Enlightened and Blessed One —  
 I render homage to the Buddha, the Blessed One.  
 [The Teaching,] so completely explained by him —  
 I bow to the Dhamma.  
 [The Blessed One's disciples,] who have practised well —  
 I bow to the Saṅgha.

### **Preliminary Homage**

[Handa mayaṃ buddhassa bhagavato pubbabhāga-namakāraṃ  
karomase]

Namo tassa bhagavato arahato sammāsambuddhassa (×3)

### **Preliminary Homage (English)**

[Now let us pay preliminary homage to the Buddha.]

Homage to the Blessed, Noble, and Perfectly Enlightened One. (×3)

### Recollection of the Buddha

[Handa mayaṃ buddhānussatinayaṃ karomase]

Taṃ kho pana bhagavantāṃ evaṃ kalyāṇo  
 kittisaddo abbhuggato  
 Itipi so bhagavā arahāṃ sammāsambuddho  
 Vijjācaraṇa-sampanno sugato lokavidū  
 Anuttaro purisadamma-sārathi satthā deva-manussānaṃ  
 buddho bhagavā'ti

### Recollection of the Buddha (English)

[Now let us chant the recollection of the Buddha.]

A good word of the Blessed One's reputation has spread as follows:  
 He, the Blessed One, is indeed the Pure One,  
 the Perfectly Enlightened One;  
 He is impeccable in conduct and understanding,  
 the Accomplished One, the Knower of the Worlds;  
 He trains perfectly those who wish to be trained;  
 he is Teacher of gods and humans; he is Awake and Holy.

### Supreme Praise of the Buddha

[Handa mayaṃ buddhābhigītiṃ karomase]

Buddh'vārahanta-varatādiguṇābhiyutto  
 Suddhābhiñña-karuṇāhi samāgatatto  
 Bodhesi yo sujanataṃ kamalaṃ va sūro  
 Vandāmaṃ tam-araṇaṃ sirasā jinendaṃ

Buddho yo sabba-pāṇīnaṃ saraṇaṃ khemaṃ-uttamaṃ  
 Paṭhamānussatiṭṭhānaṃ vandāmi taṃ siren'ahaṃ  
 Buddhassāh'asmi dāso/dāsī va buddho me sāmi-kissaro  
 Buddho dukkhassa ghātā ca vidhātā ca hitassa me  
 Buddhass'āhaṃ niyyādemī sarīraṇ-jīvitaṇ-cidaṃ  
 Vandanto'haṃ/Vandantī'haṃ carissāmi

buddhass'eva subodhitaṃ

Natthi me saraṇaṃ aññaṃ buddho me saraṇaṃ varaṃ  
 Etena sacca-vajjena vaḍḍheyyaṃ satthu-sāsane  
 Buddhaṃ me vandamānena/vandamānāya  
 yaṃ puññaṃ pasutaṃ idha  
 Sabbepi antarāyā me māhesuṃ tassa tejasā

(Bowing)

Kāyena vācāya va cetasā vā  
 Buddhē kukammaṃ pakataṃ mayā yaṃ  
 Buddho paṭiggaṇhātu accayantaṃ  
 Kālantare saṃvaritum va buddhe

### Supreme Praise of the Buddha (English)

[Now let us chant the supreme praise of the Buddha.]

The Buddha, the truly worthy one, endowed with  
 such excellent qualities,  
 Whose being is composed of purity, transcendental wisdom,  
 and compassion,  
 Who has enlightened the wise like the sun awakening the lotus —  
 I bow my head to that peaceful chief of conquerors.

The Buddha, who is the safe, secure refuge of all beings —  
As the First Object of Recollection,

I venerate him with bowed head.

I am indeed the Buddha's servant,  
the Buddha is my Lord and Guide.

The Buddha is sorrow's destroyer, who bestows blessings on me.

To the Buddha I dedicate this body and life,

And in devotion I will walk the Buddha's Path of Awakening.

For me there is no other refuge, the Buddha is my excellent refuge.

By the utterance of this Truth, may I grow in the Master's Way.

By my devotion to the Buddha, and the blessing of this practice —

By its power, may all obstacles be overcome.

(Bowing)

By body, speech, or mind,

For whatever wrong action I have committed towards the Buddha,

May my acknowledgement of fault be accepted,

That in future there may be restraint regarding the Buddha.

### **Recollection of the Dhamma**

[Handa mayam dhammānussatinayam karomase]

Svākkhāto bhagavatā dhammo

Sandiṭṭhiko akāliko ehipassiko

Opanayiko paccattam veditabbo viññūhi'ti



## Recollection of the Dhamma (English)

[Now let us chant the recollection of the Dhamma.]

The Dhamma is well expounded by the Blessed One,  
Apparent here and now, timeless, encouraging investigation,  
Leading inwards, to be experienced individually by the wise.

## Supreme Praise of the Dhamma

[Handa mayaṃ dhammābhigītīm karomase]

Svākkhātāt'ādiguṇa-yoga-vasena seyyo  
Yo magga-pāka-pariyatti-vimokkha-bhedo  
Dhammo kuloka-patanā tada-dhāri-dhāri  
Vandām'ahaṃ tama-haraṃ vara-dhammam-etaṃ  
Dhammo yo sabba-pāṇīnaṃ saraṇaṃ khemam-uttamaṃ  
Dutiyānussatiṭṭhānaṃ vandāmi taṃ siren'ahaṃ  
Dhammassāh'asmi dāso/dāsī va dhammo me sāmi-kissaro  
Dhammo dukkhassa ghātā ca vidhātā ca hitassa me  
Dhammass'āhaṃ niyyādemi sarīraṇ-jīvitaṇ-cidaṃ  
Vandantoḥaṃ/Vandantīhaṃ carissāmi  
dhammass'eva sudhammataṃ  
Natthi me saraṇaṃ aññaṃ dhammo me saraṇaṃ varaṃ  
Etena sacca-vajjena vaḍḍheyyaṃ satthu-sāsane  
Dhammaṃ me vandamānena/vandamānāya  
yaṃ puññaṃ pasutaṃ idha  
Sabbepi antarāyā me māhesuṃ tassa tejasā

(Bowling)

Kāyena vācāya va cetasā vā  
 Dhamme kukammaṃ pakataṃ mayā yaṃ  
 Dhammo paṭiggaṇhātu accayantaṃ  
 Kālantare saṃvaritum va dhamme

### Supreme Praise of the Dhamma (English)

[Now let us chant the supreme praise of the Dhamma.]

It is excellent because it is ‘well expounded,’  
 And it can be divided into Path and Fruit, Learning and Liberation.  
 The Dhamma holds those who uphold it from falling into delusion.  
 I revere the excellent Teaching, that which removes darkness —  
 The Dhamma, which is the supreme, secure refuge of all beings —  
 As the Second Object of Recollection,  
     I venerate it with bowed head.  
 I am indeed the Dhamma’s servant,  
     the Dhamma is my Lord and Guide.  
 The Dhamma is sorrow’s destroyer, and it bestows blessings on me.  
 To the Dhamma I dedicate this body and life,  
 And in devotion I will walk this excellent way of Truth.  
 For me there is no other refuge,  
     the Dhamma is my excellent refuge.  
 By the utterance of this Truth, may I grow in the Master’s Way.  
 By my devotion to the Dhamma, and the blessing of this practice —  
 By its power, may all obstacles be overcome.

(Bowing)

By body, speech, or mind,  
 For whatever wrong action I have committed  
     towards the Dhamma,  
 May my acknowledgement of fault be accepted,  
 That in future there may be restraint regarding the Dhamma.

### **Recollection of the Saṅgha**

[Handa mayarṁ saṅghānussatinayaṁ karomase]

Supaṭipanno bhagavato sāvakaśaṅgho  
 Ujupaṭipanno bhagavato sāvakaśaṅgho  
 Ñāyapaṭipanno bhagavato sāvakaśaṅgho  
 Sāmīcipaṭipanno bhagavato sāvakaśaṅgho  
 Yadidaṁ cattāri purisayugāni aṭṭha purisapuggalā  
 Esa bhagavato sāvakaśaṅgho  
 Āhuneyyo pāhuneyyo dakkhiṇeyyo añjali-karaṇīyo  
 Anuttaraṁ puññakkhettaṁ lokassā'ti

### **Recollection of the Saṅgha (English)**

[Now let us chant the recollection of the Saṅgha.]

They are the Blessed One's disciples, who have practised well,  
 Who have practised directly,  
 Who have practised insightfully,  
 Those who practise with integrity —  
 That is the four pairs, the eight kinds of noble beings —  
 These are the Blessed One's disciples.

Such ones are worthy of gifts, worthy of hospitality,  
 worthy of offerings, worthy of respect;  
 They give occasion for incomparable goodness  
 to arise in the world.

### Supreme Praise of the Saṅgha

[Handa mayarṃ saṅghābhigītiṃ karomase]

Saddhammajo supaṭipatti-guṇādiyutto  
 Yo'tṭhabbidho ariyapuggala-saṅgha-seṭṭho  
 Sīlādidhamma-pavarāsaya-kāya-citto  
 Vandām'aham tam-ariyāna-gaṇam susuddham  
 Saṅgho yo sabba-pāṇīnam saraṇam khemam-uttamam  
 Tatiyānussatiṭṭhānam vandāmi tam siren'aham  
 Saṅghass'ahasmi dāso/dāsī va saṅgho me sāmi-kissaro  
 Saṅgho dukkhassa ghātā ca vidhātā ca hitassa me  
 Saṅghass'aham niyyādemī sarīraṇ-jīvitaṇ-cidaṃ  
 Vandanto'ham/Vandantī'ham carissāmi  
 saṅghassopaṭipannatam  
 Natthi me saraṇam aññaṃ saṅgho me saraṇam varam  
 Etena sacca-vajjena vaḍḍheyyam satthu-sāsane  
 Saṅgham me vandamānena/vandamānāya  
 yaṃ puññaṃ pasutam idha  
 Sabbepi antarāyā me māhesuṃ tassa tejasā

(Bowing)

Kāyena vācāya va cetasā vā  
 Saṅhe kukammarṃ pakatarṃ mayā yaṃ

Saṅgho paṭiggaṇhātu accayantam  
Kālantare saṁvaritum va saṅghe

### Supreme Praise of the Saṅgha (English)

[Now let us chant the supreme praise of the Saṅgha.]

Born of the Dhamma, that Saṅgha which has practised well,  
The field of the Saṅgha formed of eight kinds of noble beings,  
Guided in body and mind by excellent morality and virtue.  
I revere that assembly of noble beings perfected in purity.  
The Saṅgha, which is the supreme, secure refuge of all beings —  
As the Third Object of Recollection, I venerate it with bowed head.  
I am indeed the Saṅgha's servant, the Saṅgha is my Lord and Guide.  
The Saṅgha is sorrow's destroyer and it bestows blessings on me.  
To the Saṅgha I dedicate this body and life,  
And in devotion I will walk the well-practised way of the Saṅgha.  
For me there is no other refuge, the Saṅgha is my excellent refuge.  
By the utterance of this Truth, may I grow in the Master's Way.  
By my devotion to the Saṅgha, and the blessing of this practice —  
By its power, may all obstacles be overcome.

(Bowing)

By body, speech, or mind,  
For whatever wrong action I have committed towards the Saṅgha,  
May my acknowledgement of fault be accepted,  
That in future there may be restraint regarding the Saṅgha.

### Closing Homage

[Arahāṃ] sammāsambuddho bhagavā

Buddhaṃ bhagavantaṃ abhivādemi

[Svākkhāto] bhagavatā dhammo

Dhammaṃ namassāmi

[Supaṭipanno] bhagavato sāvakasaṅgho

Saṅghaṃ namāmi

### Closing Homage (English)

[The Lord,] the Perfectly Enlightened and Blessed One —

I render homage to the Buddha, the Blessed One.

[The Teaching,] so completely explained by him —

I bow to the Dhamma.

[The Blessed One's disciples,] who have practised well —

I bow to the Saṅgha.

# 3.

## REFLECTIONS

### 3.1 Reflection on the Four Requisites

[Handa mayarñ tañkhaṇika-  
paccavekkhaṇa-pāṭham bhaṇāmase]

[Paṭisaṅkhā] yoniso cīvararñ paṭisevāmi,  
yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya,  
ḍamśa-makasa-vātātapa-sirimsapa-samphassānarñ  
paṭighātāya, yāvadeva hirikopina-paṭicchādanattharñ

*Wisely reflecting, I use the robe: only to ward off cold, to ward off heat,  
to ward off the touch of flies, mosquitoes, wind, burning and creeping  
things, only for the sake of modesty.*

[Paṭisaṅkhā] yoniso piṇḍapātarñ paṭisevāmi, neva davāya, na  
madāya, na maṇḍanāya, na vibhūsanāya, yāvadeva imassa kāyassa  
ṭhitiyā, yāpanāya, vihiṃsūparatiyā, brahmacariyānuggahāya, iti  
purāṇaṇca vedanarñ paṭihaṅkhāmi, navaṇca vedanarñ na  
uppadessāmi, yātrā ca me bhavissati anavajjatā ca phāsuvihāro  
cā'ti

*Wisely reflecting, I use almsfood: not for fun, not for pleasure, not for  
fattening, not for beautification, only for the maintenance and  
nourishment of this body, for keeping it healthy, for helping with the  
Holy Life; thinking thus, 'I will allay hunger without overeating, so  
that I may continue to live blamelessly and at ease.'*

[Paṭisaṅkhā] yoniso senāsanam paṭisevāmi,  
 yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya,  
 ḍamsa-makasa-vātātapa-sirimsapa-samphassānam  
 paṭighātāya, yāvadeva utuparissaya vinodanam  
 paṭisallānārāmattham

*Wisely reflecting, I use the lodging: only to ward off cold, to ward off heat, to ward off the touch of flies, mosquitoes, wind, burning and creeping things, only to remove the danger from weather, and for living in seclusion.*

[Paṭisaṅkhā] yoniso gilāna-paccaya-bhesajja-parikkhāram  
 paṭisevāmi, yāvadeva uppannānam veyyābādhikānam vedanānam  
 paṭighātāya, abyāpajjha-paramatāyā'ti

*Wisely reflecting, I use supports for the sick and medicinal requisites: only to ward off painful feelings that have arisen, for the maximum freedom from disease.*

M.I.10

### 3.2 Five Subjects for Frequent Recollection

[Handa mayam abhiṇha-paccavekkhaṇa-pāṭham bhaṇāmase]

(Men Chant)

[Jarā-dhammomhi] jaram anatīto

*I am of the nature to age, I have not gone beyond ageing.*

Byādhi-dhammomhi byādhim anatīto

*I am of the nature to sicken, I have not gone beyond sickness.*



Maraṇa-dhammomhi maraṇaṃ anatīto

*I am of the nature to die, I have not gone beyond dying.*

Sabbehi me piyehi manāpehi nānābhāvo vinābhāvo

*All that is mine, beloved and pleasing,  
will become otherwise, will become separated from me.*

Kammassakomhi kammaḍāyādo kammayoni kammabandhu  
kammaṭṭisaraṇo

Yaṃ kammaṃ karissāmi, kalyāṇaṃ vā pāpakaṃ vā, tassa dāyādo  
bhavissāmi

*I am the owner of my kamma, heir to my kamma, born of my kamma,  
related to my kamma, abide supported by my kamma. Whatever  
kamma I shall do, for good or for ill, of that I will be the heir.*

Evaṃ amhehi abhiñhaṃ paccavekkhitabbaṃ

*Thus we should frequently recollect.*

(Women Chant)

[Jarā-dhammāmhi] jaraṃ anatītā

*I am of the nature to age, I have not gone beyond ageing.*

Byādhi-dhammāmhi byādhiṃ anatītā

*I am of the nature to sicken, I have not gone beyond sickness.*

Maraṇa-dhammāmhi maraṇaṃ anatītā

*I am of the nature to die, I have not gone beyond dying.*

Sabbehi me piyehi manāpehi nānābhāvo vinābhāvo

*All that is mine, beloved and pleasing,  
will become otherwise, will become separated from me.*

Kammassakāmhi kammadāyādā kammayoni kammabandhu  
kammapaṭisaraṇā

Yaṃ kammaṃ karissāmi, kalyāṇaṃ vā pāpakaṃ vā, tassa dāyādā  
bhavissāmi

*I am the owner of my kamma, heir to my kamma, born of my kamma,  
related to my kamma, abide supported by my kamma. Whatever  
kamma I shall do, for good or for ill, of that I will be the heir.*

Evam amhehi abhiṇhaṃ paccavekkhitabbaṃ

*Thus we should frequently recollect.*

A.III.71

### 3.3 Ten Subjects for Frequent Recollection

[Handa mayaṃ pabbajita-abhiṇha-  
paccavekkhaṇa-pāṭhaṃ bhaṇāmaṣe]

[Dasa ime bhikkhave] dhammā pabbajitena abhiṇhaṃ  
paccavekkhitabbā, katame dasa

*Bhikkhus, there are ten dhammas which should be reflected upon,  
again and again, by one who has gone forth. What are these ten?*

Vevaṇṇiyamhi ajjhūpagato'ti pabbajitena abhiṇhaṃ  
paccavekkhitabbaṃ

*'I am no longer living according to worldly aims and values.'  
This should be reflected upon, again and again,  
by one who has gone forth.*

Parapaṭibaddhā me jīvikā'ti pabbajitena abhiṇham  
paccavekkhitabbam

*'My very life is sustained through the gifts of others.'*  
*This should be reflected upon, again and again,*  
*by one who has gone forth.*

Añño me ākappo karaṇīyo'ti pabbajitena abhiṇham  
paccavekkhitabbam

*'I should strive to abandon my former habits.'*  
*This should be reflected upon, again and again,*  
*by one who has gone forth.*

Kacci nu kho me attā sīlato na upavadatī'ti pabbajitena abhiṇham  
paccavekkhitabbam

*'Does regret over my conduct arise in my mind?'*  
*This should be reflected upon, again and again,*  
*by one who has gone forth.*

Kacci nu kho maṃ anuvicca viññū sabrahmacārī sīlato na  
upavadantī'ti pabbajitena abhiṇham paccavekkhitabbam

*'Could my spiritual companions find fault with my conduct?'*  
*This should be reflected upon, again and again,*  
*by one who has gone forth.*

Sabbehi me piyehi manāpehi nānābhāvo vinābhāvo'ti pabbajitena  
abhiṇham paccavekkhitabbam

*'All that is mine, beloved and pleasing, will become otherwise, will*  
*become separated from me.'*



sabrahmacārīhi puṭṭho na mañku bhavissāmī'ti pabbajitena  
abhiñham paccavekkhitabbaṃ

*'Has my practice borne fruit with freedom or insight so that at the end  
of my life I need not feel ashamed when questioned by my spiritual  
companions?'*

*This should be reflected upon, again and again,  
by one who has gone forth.*

Ime kho bhikkhave dasa dhammā pabbajitena abhiñham  
paccavekkhitabbā'ti

*Bhikkhus, these are the ten dhammas to be reflected upon, again and  
again, by one who has gone forth.*

A.V.87

### 3.4 Caturappamaññā-obhāsana

[Handa mayaṃ caturappamaññā-obhāsanaṃ karomase]

[Mettā-sahagatena] cetasā ekaṃ disaṃ pharitvā viharati

Tathā dutiyaṃ tathā tatiyaṃ tathā catutthaṃ

Iti uddhamadho tiriyaṃ sabbadhi sabbattatāya

Sabbāvantāṃ lokaṃ mettā-sahagatena cetasā

Vipulena mahaggatena appamāṇena averena

abyāpajjhena pharitvā viharati

Karuṇā-sahagatena cetasā ekaṃ disaṃ pharitvā viharati

Tathā dutiyaṃ tathā tatiyaṃ tathā catutthaṃ

Iti uddhamadho tiriyaṃ sabbadhi sabbattatāya

Sabbāvantāṃ lokaṃ karuṇā-sahagatena cetasā

Vipulena mahaggatena appamāṇena averena  
abyāpajjhena pharitvā viharati

Muditā-sahagatena cetasā ekaṃ disaṃ pharitvā viharati  
Tathā dutiyaṃ tathā tatiyaṃ tathā catutthaṃ  
Iti uddhamadho tiriyaṃ sabbadhi sabbattatāya  
Sabbāvantam lokam muditā-sahagatena cetasā  
Vipulena mahaggatena appamāṇena averena  
abyāpajjhena pharitvā viharati

Upekkhā-sahagatena cetasā ekaṃ disaṃ pharitvā viharati  
Tathā dutiyaṃ tathā tatiyaṃ tathā catutthaṃ  
Iti uddhamadho tiriyaṃ sabbadhi sabbattatāya  
Sabbāvantam lokam upekkhā-sahagatena cetasā  
Vipulena mahaggatena appamāṇena averena  
abyāpajjhena pharitvā viharati'ti

*D.I.251*

### Suffusion With the Divine Abidings

[Now let us make the Four Boundless Qualities shine forth.]

[I will abide] pervading one quarter  
with a heart imbued with loving-kindness;  
Likewise the second, likewise the third,  
likewise the fourth;  
So above and below, around and everywhere;  
and to all as to myself.  
I will abide pervading the all-encompassing  
world with a heart imbued with loving-kindness;  
abundant, exalted, immeasurable, without hostility,  
and without ill-will.

I will abide pervading one quarter  
with a heart imbued with compassion;  
Likewise the second, likewise the third,  
likewise the fourth;  
So above and below, around and everywhere;  
and to all as to myself.

I will abide pervading the all-encompassing  
world with a heart imbued with compassion;  
abundant, exalted, immeasurable, without hostility,  
and without ill-will.

I will abide pervading one quarter  
with a heart imbued with gladness;  
Likewise the second, likewise the third,  
likewise the fourth;  
So above and below, around and everywhere;  
and to all as to myself.

I will abide pervading the all-encompassing  
world with a heart imbued with gladness;  
abundant, exalted, immeasurable, without hostility,  
and without ill-will.

I will abide pervading one quarter  
with a heart imbued with equanimity;  
Likewise the second, likewise the third,  
likewise the fourth;  
So above and below, around and everywhere;  
and to all as to myself.

I will abide pervading the all-encompassing

world with a heart imbued with equanimity;  
abundant, exalted, immeasurable, without hostility,  
and without ill-will.

### 3.5 Recollection After Using the Requisites

[Handa mayāṃ atīta-paccavekkhaṇa-pāṭham bhaṇāmase]

Ajja mayā apaccavekkhitvā yaṃ cīvaram paribhuttaṃ, taṃ  
yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya,  
ḍaṃsa-makasa-vātātapa-sirīmsapa-samphassānaṃ paṭighātāya,  
yāvadeva hirikopina paṭicchādan’atthaṃ.

*Whatever robe I used today without consideration, was only to ward  
off cold, to ward off heat, to ward off the touch of flies, mosquitoes,  
wind, burning and creeping things, only for the sake of modesty.*

Ajja mayā apaccavekkhitvā yo piṇḍapāto paribhutto, so n’eva  
davāya, na madāya, na maṇḍanāya, na vibhūsanāya, yāvad-eva  
imassa kāyassa ṭhitiyā, yāpanāya, vihiṃsūparatiyā,  
brahmacariyānuggahāya, iti purāṇaṇca vedanaṃ paṭihanākhāmi,  
navaṇca vedanaṃ na uppādessāmi, yātrā ca me bhavissati  
anavajjatā ca phāsuvihāro cā’ti.

*Whatever alms-food I used today without consideration, was not for  
fun, not for pleasure, not for fattening, not for beautification, only for  
the maintenance and nourishment of this body, for keeping it healthy,  
for helping with the Holy Life; thinking thus, ‘I will allay hunger  
without overeating, so that I may continue to live blamelessly and at  
ease.’*



Ajja mayā apaccavekkhitvā yaṃ senāsanam paribhuttam, taṃ  
yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya,  
ḍaṃsa-makasa-vātātapa-sirimsapa-samphassānam paṭighātāya,  
yāvadeva utuparissaya vinodanam paṭisallānārāmattham.

*Whatever lodging I used today without consideration, was only to  
ward off cold, to ward off heat, to ward off the touch of flies,  
mosquitoes, wind, burning and creeping things, only to remove the  
danger from weather, and for living in seclusion.*

Ajja mayā apaccavekkhitvā yo gilāna-paccayabhesajja-  
parikkhāro paribhutto, so yāvadeva uppannānam  
veyyābādhikānam vedanānam paṭighātāya,  
abyāpajjha-paramatāyā'ti.

*Whatever medicinal requisite for supporting the sick I used today  
without consideration, was only to ward off painful feelings that have  
arisen, for the maximum freedom from disease.*

M.I.10

### 3.6 Reflection on the Off-Putting Qualities of the Requisites

[Handa mayam dhātu-paṭikūla-  
paccavekkhaṇa-pāṭham bhaṇāmase]

[Yathā paccayam] pavattamānam dhātu-mattam-ev'etaṃ

*Composed of only elements according to causes and conditions*

Yad idaṃ cīvaram tad upabhuñjako ca puggalo

*Are these robes and so is the person wearing them;*

Dhātu-mattako, nissatto, nijjīvo, suñño

*Merely elements, not a being, without a soul,  
and empty of self.*

Sabbāni pana imāni cīvarāni ajigucchanīyāni

*None of these robes are innately repulsive*

Imaṃ pūti-kāyaṃ patvā, ativiya jigucchanīyāni jāyanti

*But touching this unclean body, they become disgusting indeed.*

Yathā paccayaṃ pavattamānaṃ dhātu-mattam-ev’etaṃ

*Composed of only elements according to causes and conditions*

Yad idaṃ piṇḍapāto tad upabhuñjako ca puggalo

*Is this almsfood and so is the person eating it;*

Dhātu-mattako, nissatto, nijjīvo, suñño

*Merely elements, not a being, without a soul,  
and empty of self.*

Sabbo panāyaṃ piṇḍapāto ajigucchanīyo

*None of this almsfood is innately repulsive*

Imaṃ pūti-kāyaṃ patvā, ativiya jigucchanīyo jāyati

*But touching this unclean body, it becomes disgusting indeed.*

Yathā paccayaṃ pavattamānaṃ dhātu-mattam-ev’etaṃ

*Composed of only elements according to causes and conditions*

Yad idaṃ senāsaṇaṃ tad upabhuñjako ca puggalo

*Is this dwelling and so is the person using it;*

Dhātu-mattako, nissatto, nijjīvo, suñño

*Merely elements, not a being, without a soul,  
and empty of self.*

Sabbāni pana imāni senāsaṇāni ajigucchaniyāni

*None of these dwellings are innately repulsive*

Imaṃ pūti-kāyaṃ patvā, ativiya jigucchaniyāni jāyanti

*But touching this unclean body, they become disgusting indeed.*

Yathā paccayaṃ pavattamānaṃ dhātu-mattam-ev'etaṃ

*Composed of only elements according to causes and conditions*

Yad idaṃ gilāna-paccaya-bhesajja-parikkhāro tad upabhuñjako ca puggalo

*Is this medicinal requisite and so is the person that takes it;*

Dhātu-mattako, nissatto, nijjīvo, suñño

*Merely elements, not a being, without a soul,  
and empty of self.*

Sabbo paṇāyaṃ gilāna-paccaya-bhesajja-parikkhāro ajigucchaniyo

*None of this medicinal requisite is innately repulsive*

Imaṃ pūti-kāyaṃ patvā, ativiya jigucchaniyo jāyati

*But touching this unclean body, it becomes disgusting indeed.*

### 3.7 Mettāpharaṇa

[Handa mayam mettāpharaṇaṃ karomase]

[Ahaṃ sukhito homi] niddukkho homi, avero homi, abyāpajjho  
homi, anīgho homi, sukhī attānaṃ pariharāmi

Sabbe sattā sukhitā hontu, sabbe sattā averā hontu, sabbe sattā  
abyāpajjhā hontu, sabbe sattā anīghā hontu, sabbe sattā sukhī  
attānaṃ pariharantu

Sabbe sattā sabbadukkhā pamuccantu

Sabbe sattā laddha-sampattito mā vigacchantu

Sabbe sattā kammassakā kammaḍāyādā kammayonī  
kammabandhū kammaṭṭisaraṇā, yaṃ kammaṃ karissanti,  
kalyāṇaṃ vā pāpakaṃ vā, tassa dāyādā bhavissanti

M.I.288; A.V.88

#### Reflection on Universal Well-Being

[Now let us chant the reflections on universal well-being]

[May I abide in well-being,]

In freedom from affliction,

In freedom from hostility,

In freedom from ill-will,

In freedom from anxiety,

And may I maintain well-being in myself.

May everyone abide in well-being,

In freedom from hostility,

In freedom from ill-will,  
 In freedom from anxiety, and may they  
 Maintain well-being in themselves.

May all beings be released from all suffering.

And may they not be parted from the good fortune  
 they have attained.

When they act upon intention,  
 All beings are the owners of their action  
 and inherit its results.

Their future is born from such action,  
 companion to such action,  
 And its results will be their home.

All actions with intention,  
 Be they skilful or harmful –  
 Of such acts they will be the heirs.

*M.I.288; A.V.88*

### 3.8 Reflection on the Unconditioned

[Handa mayarñ nibbāna-sutta-pāṭham bhaṇāmase]

Atthi bhikkhave ajātañ abhūtañ akatañ asaṅkhatañ

*There is an Unborn, Unoriginated, Uncreated and Unformed.*

No cetarñ bhikkhave abhaviṣṣa ajātañ abhūtañ akatañ  
 asaṅkhatañ

*If there was not this Unborn, this Unoriginated, this Uncreated,  
 this Unformed,*

Na yidaṃ jātassa bhūtassa katassa saṅkhatassa nissaraṇaṃ  
paññāyetha

*Freedom from the world of the born, the originated, the created, the  
formed would not be possible.*

Yasmā ca kho bhikkhave atthi ajātaṃ abhūtaṃ akataṃ asaṅkhatam

*But since there is an Unborn, Unoriginated, Uncreated and Unformed,*

Tasmā jātassa bhūtassa katassa saṅkhatassa nissaraṇaṃ paññāyati

*Therefore is freedom possible from the world of the born, the  
originated, the created and the formed.*

Ud.8.3

### 3.9 Reflection on the Thirty-Two Parts

[Handa mayaṃ dvattiṃsākāra-pāṭhaṃ bhaṇāmaṣe]

[Ayaṃ kho] me kāyo uddhaṃ pādatalā adho kesamatthakā  
tacapariyanto pūro nānappakārassa asucino

*This, which is my body, from the soles of the feet up, and down from  
the crown of the head, is a sealed bag of skin filled with unattractive  
things.*

Atthi imasmim kāye

*In this body there are:*

kesā	hair of the head
lomā	hair of the body
nakhā	nails
dantā	teeth
taco	skin

maṃsaṃ	<i>flesh</i>
nahārū	<i>sinews</i>
aṭṭhī	<i>bones</i>
aṭṭhimiñjaṃ	<i>bone marrow</i>
vakkaṃ	<i>kidneys</i>
hadayaṃ	<i>heart</i>
yakanaṃ	<i>liver</i>
kilomakaṃ	<i>membranes</i>
pihakaṃ	<i>spleen</i>
papphāsaṃ	<i>lungs</i>
antaṃ	<i>bowels</i>
antaguṇaṃ	<i>entrails</i>
udariyaṃ	<i>undigested food</i>
karīsaṃ	<i>excrement</i>
pittaṃ	<i>bile</i>
semhaṃ	<i>phlegm</i>
pubbo	<i>pus</i>
lohitaṃ	<i>blood</i>
sedo	<i>sweat</i>
medo	<i>fat</i>
assu	<i>tears</i>
vasā	<i>grease</i>
khelo	<i>spittle</i>
siṅghāṇikā	<i>mucus</i>
lasikā	<i>oil of the joints</i>
muttaṃ	<i>urine</i>
matthaluṅgaṇ'ti	<i>brain</i>

Evam-ayaṃ me kāyo uddhaṃ pādatalā adho kesamatthakā  
tacapariyanto pūro nānappakārassa asucino

*This, then, which is my body, from the soles of the feet up, and down  
from the crown of the head, is a sealed bag of skin filled with  
unattractive things.*

M.I.57

### 3.10 Sabba-patti-dāna-gāthā

Verses on the Sharing of Merit

[Handa mayaṃ sabba-patti-dāna-gāthāyo bhaṇāmaṣe]

Puññass'idaṇi katassa  
Yān'aññāni katāni me  
Tesaṇca bhāgino hontu  
Sattānantāppamāṇakā

*May whatever living beings,  
Without measure, without end,  
Partake of all the merit,  
From the good deeds I have done:*

Ye piyā guṇavantā ca  
Mayhaṃ mātā-pitādayo  
Diṭṭhā me cāpyadiṭṭhā vā  
Aññe majjhata-verino

*Those loved and full of goodness,  
My mother and my father dear,  
Beings seen by me and those unseen,  
Those neutral and averse,*



Sattā tiṭṭhanti lokasmim  
 Te bhumkā catu-yonikā  
 Pañc'eka-catu-vokārā  
 Saṃsarantā bhavābhavā

*Beings established in the world,  
 From the three planes and four grounds of birth,  
 With five aggregates or one or four,  
 Wand'ring on from realm to realm,*

Ñātāṃ ye patti-dānam-me  
 Anumodantu te sayāṃ  
 Ye c'imāṃ nappajānanti  
 Devā tesāṃ nivedayaṃ

*Those who know my act of dedication,  
 May they all rejoice in it,  
 And as for those yet unaware,  
 May the devas let them know.*

Mayā dinnāna-puññānaṃ anumodana-hetunā  
 Sabbe sattā sadā hontu  
 Averā sukha-jīvinā  
 Khemappadañca pappontu  
 Tesāsā sijjhatāṃ subhā

*By rejoicing in my sharing,  
 May all beings live at ease,  
 In freedom from hostility,  
 May their good wishes be fulfilled,  
 And may they all reach safety.*

### 3.11 Uddissanādhiṭṭhāna-gāthā

[Handa mayaṃ uddissanādhiṭṭhāna-gāthāyo bhaṇāmaṣe]

[Iminā puññakammena] upajjhāyā guṇuttarā  
 Ācariyūpakārā ca mātāpitā ca ñātakā  
 Suriyo candimā rājā guṇavantā narāpi ca  
 Brahma-mārā ca indā ca lokapālā ca devatā  
 Yamo mittā manussā ca majjhattā verikāpi ca  
 Sabbe sattā sukhī hontu puññāni pakatāni me  
 Sukhañca tividhaṃ dentu khippaṃ pāpetha vomataṃ  
 Iminā puññakammena iminā uddissena ca  
 Khipp'āhaṃ sulabhe ceva taṇhūpādāna-chedanāṃ  
 Ye santāne hīnā dhammā yāva nibbānato mamaṃ  
 Nassantu sabbadā yeva yattha jāto bhava bhava  
 Ujucittaṃ satipaṇṇā sallekho viriyamhinā  
 Mārā labhantu nokāsaṃ kātuñca viriyesu me  
 Buddhādhipavaro nātho dhammo nātho varuttamo  
 Nātho paccekabuddho ca saṅgho nāthottaro mamaṃ  
 Tesottamānubhāvena mārokāsaṃ labhantu mā  
 [Dasapuññānubhāvena mārokāsaṃ labhantu mā]

(This chant is a short excerpt from a longer composition. Some monasteries include the last line in brackets.)

#### Verses of Sharing and Aspiration

[Now let us chant the verses of sharing and aspiration]

Through the goodness that arises from my practice,  
 May my spiritual teachers and guides of great virtue,

My mother, my father, and my relatives,  
The Sun and the Moon, and all virtuous  
    leaders of the world,  
May the highest gods and evil forces,  
Celestial beings, guardian spirits of the Earth,  
    and the Lord of Death,  
May those who are friendly, indifferent, or hostile,  
May all beings receive the blessings of my life,  
May they soon attain the threefold bliss  
    and realize the Deathless.  
Through the goodness that arises from my practice,  
And through this act of sharing,  
May all cravings and attachments quickly cease  
And all harmful states of mind.  
Until I realize Nibbāna,  
In every kind of birth, may I have an upright mind,  
With mindfulness and wisdom, austerity and vigour.  
May the forces of delusion not take hold  
    nor weaken my resolve.  
The Buddha is my excellent refuge,  
Unsurpassed is the protection of the Dhamma,  
The Solitary Buddha is my noble guide,  
The Saṅgha is my supreme support.  
Through the supreme power of all these,  
May darkness and delusion be dispelled.  
[By the power of the ten merits,  
May Māra gain no opening.]

### 3.12 Sabbe sattā sadā hontu

Sabbe sattā sadā hontu  
 Averā sukha-jīvino  
 Kataṃ puñña-phalaṃ mayhaṃ  
 Sabbe bhāgī bhavantu te

*May all beings always live happily, free from animosity.  
 May all share in the blessings springing from the good I have done.*

### 3.13 Ti-loka-vijaya-rāja-patti-dāna-gāthā

Yaṃ kiñci kusalaṃ kammaṃ  
 kattabbaṃ kiriyaṃ mama  
 Kāyena vācā manasā  
 ti-dase sugataṃ kataṃ  
 Ye sattā saññino atthi  
 ye ca sattā asaññino  
 Kataṃ puñña-phalaṃ mayhaṃ  
 sabbe bhāgī bhavantu te  
 Ye taṃ kataṃ suviditaṃ  
 dinnāṃ puñña-phalaṃ mayā  
 Ye ca tattha na jānanti  
 devā gantvā nivedayum  
 Sabbe lokamhi ye sattā  
 jīvant'āhāra-hetukā  
 Manuññaṃ bhojanaṃ sabbe  
 labhantu mama cetasā.

### 3.14 The Teaching on Striving According to Dhamma

[Handa mayam dhamma-pahamsāna-pāṭham bhaṇāmase]

Evam svākkhāto bhikkhave mayā dhammo

*Bhikkhus, the Dhamma has thus been well expounded by me,*

Uttāno

*Elucidated,*

Vivaṭo

*Disclosed,*

Pakāsito

*Revealed,*

Chinna-pilotiko

*And stripped of patchwork —*

Alam-eva saddhā-pabbajitena kula-puttena vīriyam ārabhitum

*This is enough for a clansman, who has gone forth out of faith, to  
arouse his energy thus:*

Kāmaṃ taco ca nahāru ca aṭṭhi ca avasissatu

*‘Willingly let only my skin, sinews and bones remain,*

Sarīre upasussatu maṃsa-lohitam

*And let the flesh and blood in this body wither away.*

Yam tam

*As long as whatever is to be attained*

Purisa-thāmena

*By human strength,*

Purisa-vīriyena

*By human energy,*

Purisa-parakkamena

*By human effort,*

Pattabbaṃ na taṃ apāpuṇitvā

*Has not been attained,*

Vīriyassa saṇṭhānaṃ bhavissatī'ti

*Let not my efforts stand still.'*

Dukkhaṃ bhikkhave kusīto viharati

*Bhikkhus, the lazy person dwells in suffering,*

Vokiṇṇo pāpakehi akusalehi dhammehi

*Soiled by evil, unwholesome states*

Mahantañca sadatthaṃ parihāpeti

*And great is the personal good that he neglects.*

Āraddha-vīriyo ca kho bhikkhave sukhaṃ viharati

*The energetic person though dwells happily,*

Pavivitto pāpakehi akusalehi dhammehi

*Well withdrawn from unwholesome states*

Mahantañca sadatthaṃ paripūreti

*And great is the personal good that he achieves.*

Na bhikkhave hīnena aggassa patti hoti

*Bhikkhus, it is not by lower means that the supreme is attained*

Aggena ca kho bhikkhave aggassa patti hoti

*But, bhikkhus, it is by the supreme that the supreme is attained.*

Maṇḍapeyyam-idam bhikkhave brahmacariyaṃ

*Bhikkhus, this holy life is like the cream of the milk:*

Satthā sammukhī-bhūto

*The Teacher is present,*

Tasmātiha bhikkhave vīriyaṃ ārabhatha

*Therefore, bhikkhus, start to arouse your energy*

Appattassa pattiya

*For the attainment of the as yet unattained,*

Anadhigatassa adhigamāya

*For the achievement of the as yet unachieved,*

Asacchikatassa sacchikiriya

*For the realization of the as yet unrealized.*

Evaṃ no ayaṃ amhākaṃ pabbajjā avaṅkatā avañjhā bhavissati

*Thinking, in such a way: ‘Our Going Forth will not be barren*

Saphalā sa-udrayā

*But will become fruitful and fertile,*

Yesam mayam paribhuñjāma cīvara-piṇḍapāta-senāsana-  
gilānappaccaya-bhesajja-parikkhāram tesam te kārā amhesu

*And all our use of robes, almsfood, lodgings, and medicinal requisites,  
given by others for our support,*

Mahapphalā bhavissanti mahānisamsā’ti

*Will reward them with great fruit and great benefit.’*

Evam hi vo bhikkhave sikkhitabbarā

*Bhikkhus, you should train yourselves thus:*

Att’attham vā hi bhikkhave sampassamānena

*Considering your own good,*

Alam-eva appamādena sampādetum

*It is enough to strive for the goal without negligence;*

Par’attham vā hi bhikkhave sampassamānena

*Bhikkhus, considering the good of others,*

Alam-eva appamādena sampādetum

*It is enough to strive for the goal without negligence;*

Ubhay’attham vā hi bhikkhave sampassamānena



*Bhikkhus, considering the good of both,*

Alam-eva appamādena sampādetun'ti

*It is enough to strive for the goal without negligence.*

### 3.15 Dedication of Merit to the Devas and Others

[Handa mayam patti-dāna-gāthāyo bhaṇāmase]

Yā devatā santi vihāra-vāsinī

Thūpe ghare bodhi-ghare tahiṃ tahiṃ

Tā dhamma-dānena bhavantu pūjitā

Sotthiṃ karonte'dha vihāra-maṇḍale.

*May the devas dwelling in the temple,*

*the stupa, the buildings, the Bodhi-tree enclosure, here and there,*

*be honored with the gift of Dhamma.*

*May they bring about well-being here in the monastery.*

Therā ca majjhā navakā ca bhikkhavo

Sārāmikā dāna-patī upāsakā

Gāmā ca desā nigamā ca issarā

Sappāṇa-bhūtā sukhitā bhavantu te.

*May elder, intermediat, and new monks,*

*temple attendants, donors, lay followers;*

*towns, cities, and principalities,*

*with their beings and spirits be happy.*

Jalābu-jā ye pi ca aṇḍa-sambhavā

Samśeda-jātā atha-v-opapātikā

Niyyānikaṃ dhamma-varaṃ paṭicca te  
Sabbe pi dukkhassa karontu saṅkhaṃ.

*Whether born from a womb, from an egg,  
from moisture, or spontaneously arising:  
May they, in dependence on the foremost Dhamma for leading out,  
all make an end to suffering and stress.*

Ṭhātu ciraṃ sataṃ dhammo  
Dhamma-dharā ca puggalā  
Saṅgho hotu samaggo va  
Atthāya ca hitāya ca  
Amhe rakkhatu saddhammo  
Sabbe pi dhamma-cārino  
Vuḍḍhiṃ sampāpuṇeyyāma  
Dhamme ariyappavedite.

*May the Dhamma stand firm for long,  
along with those individuals who maintain it.  
May the Sangha live in harmony, for our welfare and benefit.  
May the true Dhamma protect us,  
together with all who practise the Dhamma.  
May we flourish in the Dhamma taught by the noble ones.*

Pasannā hontu sabbe pi

Pasannā hontu sabbe pi  
Pāṇino Buddha-sāsane.  
Sammā-dhāraṃ paveccanto  
Kāle devo pavassatu.

Vuḍḍhi-bhāvāya sattānaṃ  
 Samiddhaṃ netu medaniṃ.  
 Mātā-pitā ca atra-jaṃ  
 Niccaṃ rakkhanti puttakaṃ.  
 Evaṃ dhammena rājāno  
 Pajaṃ rakkhantu sabbaḍā.

### 3.16 Verses on Friends

Aññadatthu haro mitto  
 Yo ca mitto vacī-paramo,  
 Anupiyañ-ca yo āhu,  
 Apāyesu ca yo sakhā:  
 Ete amitte cattāro iti viññāya paṇḍito  
 Ārakā parivajjeyya  
 Maggaṃ paṭibhayaṃ yathā.

*One who makes friends only to cheat them,  
 one who is good only in word,  
 one who merely flatters you,  
 and a companion in ruinous fun:  
 These four the wise know as non-friends.  
 Avoid them from afar,  
 like a dangerous road.*

Upakāro ca yo mitto,  
 Sukha-dukkho ca yo sakhā,  
 Atthakkhāyī ca yo mitto,  
 Yo ca mittānukampako:

Etepi mitte cattāro iti viññāya paṇḍito.  
 Sakkaccaṃ payirupāseyya,  
 Mātā puttaṃ va orasaṃ.

*A friend who is helpful,  
 one who shares in your sorrows and joys,  
 one who points you to worthwhile things,  
 one sympathetic to friends:  
 These four; the wise know as true friends.  
 Attend to them earnestly,  
 as a mother her child.*

### 3.17 Reflection on Impermanence

[Handa mayaṃ aniccānussati-pāṭhaṃ bhaṇāmaṣe]

[Sabbe saṅkhārā aniccā]

*All conditioned things are impermanent;*

Sabbe saṅkhārā dukkhā

*All conditioned things are dukkha;*

Sabbe dhammā anattā

*Everything is void of self.*

Addhvaṃ jīvitāṃ

*Life is not for sure;*

Dhvaṃ maraṇāṃ

*Death is for sure;*

Avassaṃ mayā maritabbaṃ

*It is inevitable that I'll die;*

Maraṇa-pariyosānaṃ me jīvitāṃ

*Death is the culmination of my life;*

Jīvitāṃ me aniyataṃ

*My life is uncertain;*

Maraṇaṃ me niyataṃ

*My death is certain.*

Vata

*Indeed,*

Ayaṃ kāyo

*This body*

Aciraṃ

*Will soon*

Apeta-viññāṇo

*Be void of consciousness*

Chuddho

*And cast away.*

Adhisessati

*It will lie*

Paṭhaviṃ

*On the ground*

Kaliṅgarāṃ iva

*Just like a rotten log,*

Nirattham

*Completely void of use.*

Aniccā vata saṅkhārā

*Truly conditioned things cannot last,*

Uppāda-vaya-dhammino

*Their nature is to rise and fall,*

Uppajjitvā nirujjhanti

*Having arisen things must cease,*

Tesaṃ vūpasamo sukho

*Their stilling is true happiness.*

### 3.18 The Guardian Meditations

[Handa mayarṃ catur'ārakkhā-kammaṭṭhāna-pāṭham  
bhaṇāmase]

Buddhānussati mettā ca

Asubharṃ maraṇassati

Iccimā catur'ārakkhā

Kātabbā ca vipassanā.

*These four meditations – recollection of the Buddha,  
good-will, the foulness of the body, and mindfulness of death –  
are guardians and means of insight that should be done.*

Visuddha-dhamma-santāno  
Anuttarāya bodhiyā  
Yogato ca pabodhā ca  
Buddho Buddho'ti ñāyate.

*Endowed with pure qualities through his unexcelled Awakening,  
and from training others to awaken,  
he is known as the Awakened One.*

Narānara-tiracchāna-  
bhedā sattā sukhesino,  
Sabbe pi sukhino hontu  
Sukhitattā ca khemino.

*All living beings – human, non-human, and animal – who are  
searching  
for happiness: May they all be happy and,  
through their happiness, secure.*

Kesa-lomādi-chavānaṃ  
Ayam'eva samussayo  
Kāyo sabbo pi jeguccho  
Vaṇṇādito paṭikkulo.

*This conglomeration of things from dead bodies, like hair of  
the head and hair of the body: The body as a whole is  
disgusting and, in terms of such things as its colours, unclean.*

Jīvit'indriy'upaccheda-  
 saṅkhāta-maraṇaṃ siyā  
 Sabbesaṃ pīdha paṇīnaṃ  
 Tañ-hi dhuvaṃ na jīvitaṃ.

*Death, the destruction of the faculty of life, will come to all beings.  
 That is certain, but life is not.*

### 3.19 Yan-dāni me kataṃ puññaṃ

Yan-dāni me kataṃ puññaṃ  
 Khippaṃ sacchikareyyāhaṃ  
 Sace tāva abhabbo'haṃ  
 Niyato bodhi-satto va  
 Nāṭṭhārasa pi abhabba  
 Manussattañ-ca liṅgañ-ca  
 Labhitvā pesalo sīlī  
 Sukhā-paṭipado khippābhiñño  
 Arahatta-phalaṃ aggaṃ  
 Yadi n'uppajjati Buddho  
 Evaṃ sante labheyyāhaṃ

tenānen'uddisena ca,  
 dhamme lok'uttare nava.  
 saṃsāre pana saṃsaraṃ,  
 sambuddhena viyākato.  
 ṭhānāni pāpuṇeyy'ahaṃ.  
 pabbajjañ-c'upasampadaṃ.  
 dhāreyyaṃ satthu sāsanaṃ,  
 sacchikareyyahaṃ.  
 vijj'ādi-guṇ'alaṃ-kataṃ,  
 kammaṃ paripūraṃ-ca me,  
 pacceka-bodhim-uttaman-ti.





## 4.

# PARITTA CHANTS

### 4.1 Thai Tradition

Paritta chanting ceremonies in Thailand vary regionally but may be outlined as:

- a layperson chants the invitation for paritta chanting
- the third bhikkhu or nun in seniority chants the invitation to the devas
- the introductory chants are chanted
- the core sequence of paritta chants follow
- the closing chants end the ceremony.

The third introductory chant in the Mahānikāya sect is commonly *Sambuddhe*. In Dhammayut circles and frequently in the forest tradition, the third chant is *Yo cakkhumā* instead.

There is a shorter and longer traditional core sequence. The *jet tamnaan* (เจ็ดตำนาน) contains D1-D7 as below, the *sipsong tamnaan* (สิบสองตำนาน) contains S1-S12. Chants that are not numbered ‘D’ or ‘S’ can be included or not, as wished, but should be recited in the order listed here.

	first line		page
i1	Namo tassa		67
i2	Buddhaṃ saraṇaṃ gacchāmi		67
i3/a	Sambuddhe aṭṭhavāsaṇca		67
i3/b	Yo cakkhumā		69
i4	Namo arahato		72
D1	Asevanā ca bālānaṃ	S1	73
D2	Yaṅkiñci vittaṃ	S2	78
D3	Karaṇīyam-attha-kusalena	S3	83
D4	Virūpakkhehi me mettaṃ	S4	86
	Vadhissamenanti parāmasanto		88
D5	Udet'ayaṇ-cakkhumā eka-rājā	S5	89
	Atthi loke sīla-guṇo	S6	91
D6	Iti pi so bhagavā	S7	92
D7	Vipassissa nam'atthu	S8	93
	Natthi me saraṇaṃ aññaṃ		95
	Yaṅkiñci ratanaṃ loke		95
	Sakkatvā buddharatanaṃ		95
	Yato'haṃ bhagini	S9	96
	Bojjh'aṅgo sati-saṅkhāto	S10	97
	Yan-dunnimittaṃ	S11	99
	Dukkhappattā ca niddukkhā		100
	Bāhuṃ sahaṣṣam-abhinimmita		101
	Mahā-kāruṇiko nātho	S12	104
	Te attha-laddhā sukhitā		107
	Bhavatu sabba-maṅgalaṃ		107

### Notes for Particular Chants

**Asevanā ca bālānaṃ:** The candles on the shrine during a house invitation are lit by the senior bhikkhu or nun at *Asevanā*.

**Yaṅkiñci vittaṃ:** The candles are put out at *Nibbanti dhīrā yathā'yam padīpo*.

**Atthi loke sīla-guṇo:** On the occasion of blessing a new house, this chant should be included, as it is traditionally considered protection against fire.

**Yato'haṃ bhagini:** This chant is to be used for expectant mothers since the time of the Buddha for the blessing and protection of the mother and child. It is also a good occasion to chant it when receiving alms from a newly married couple. Sangha members are encouraged to practise it.

**Dukkhappattā ca niddukkhā:** This is usually chanted as second to last before *Bhavatu sabba-maṅgalaṃ*. It is considered necessary to include it whenever the devas have been invited at the beginning of the paritta chanting as this chant contains a line inviting them to leave again.

**Bāhuṃ sahaṣsam-abhinimmita:** This is a popular later addition to the present day standard chants. It is not listed in the *jet tamnaan* or *sipsong tamnaan* sets. Yet these days it is frequently added just before *Mahā-kāruṇiko nātho*. On some occasions (e.g. public birthdays, jubilees, inauguration ceremonies, etc.), it is an alternative, instead of chanting *jet tamnaan* or *sipsong tamnaan*, to do a minimum sequence called *suat phorn phra* which contains only:

- (1) *Namo Tassa,*
- (2) *Iti pi so bhagavā,*
- (3) *Bāhum,*
- (4) *Mahā-kāruṇiko nātho,* and
- (5) *Bhavatu sabba-maṅgalam.*

In this minimal chanting sequence usually one does not invite the devas.

**Te attha-laddhā sukhitā:** This is sometimes inserted before closing with *Bhavatu sabba-maṅgalam*, as a special well-wishing when the occasion has to do with Buddhism in general (e.g. inauguration of a new abbot, or at the end of an *upasampadā*).

## 4.2 Invitations

### 4.2.1 Invitation for Paritta Chanting

(After bowing three times, with hands joined in añjali, recite the following)

Vipatti-paṭibāhāya sabba-sampatti-siddhiyā  
Sabbadukkhā-vināsāya  
Parittam brūtha maṅgalam

Vipatti-paṭibāhāya sabba-sampatti-siddhiyā  
Sabbabhaya-vināsāya  
Parittam brūtha maṅgalam

Vipatti-paṭibāhāya sabba-sampatti-siddhiyā  
Sabbaroga-vināsāya  
Parittam brūtha maṅgalam

(Bow three times)

*For warding off misfortune, for the arising of good fortune,  
 For the dispelling of all dukkha,  
 May you chant a blessing and protection.  
 For warding off misfortune, for the arising of good fortune,  
 For the dispelling of all fear,  
 May you chant a blessing and protection.  
 For warding off misfortune, for the arising of good fortune,  
 For the dispelling of all sickness,  
 May you chant a blessing and protection.*

#### 4.2.2 Invitation to the Devas

In Thai custom, the third monk in seniority invites the devas, holding his hands in *añjali*, and lifting up the ceremonial string.

The string is wound up at the beginning of the last chant, *Mahā-kāraṇiko nātho* or *Bhavatu sabba-maṅgalam*, which should be kept in mind by the last bhikkhu or *sāmaṇera*.

Before royal ceremonies, the invitation starts with A.

Before the shorter *jet tamnaan* set of parittas, B is used and C is omitted. Before the longer *sipsong tamnaan* set of parittas, B is omitted and C is used.

The verses at D are always chanted.

When chanting outside the monastery, the invitation is concluded with E. When chanting at the monastery, the invitation is concluded with either E or F.

(With hands joined in añjali, recite the following)

- A. Sarajjaṃ sasenaṃ sabandhuṃ nar'indaṃ  
Paritt'ānubhāvo sadā rakkhatū'ti
- B. Pharitvāna mettaṃ samettā bhadantā  
Avikkhitta-cittā parittaṃ bhaṇantu
- C. Samantā cakka-vāḷesu  
Atr'āgacchantu devatā  
Saddhammaṃ muni-rājassa  
Suṇantu sagga-mokkha-daṃ
- D. Sagge kāme ca rūpe  
Giri-sikhara-taṭṭe c'antalikkhe vimāne  
Dīpe raṭṭhe ca gāme  
Taru-vana-gahane geḥa-vatthumhi khetṭe  
Bhummā c'āyantu devā  
Jala-thala-visame yakkha-gandhabba-nāgā  
Tiṭṭhantā santike yaṃ  
Muni-vara-vacanaṃ sādhave me suṇantu
- E. Dhammassavana-kālo ayam-bhadantā (×3)

Or, end with:

- F. Buddha-dassana-kālo ayam-bhadantā  
Dhammassavana-kālo ayam-bhadantā  
Saṅgha-payirūpāsana-kālo ayam-bhadantā

*Benevolent, venerable sirs: having spread thoughts of goodwill, listen to the chant with undistracted mind.*

*From all around the ten-thousand world-systems, may the devas  
come here.*

*May they listen to the True Dhamma of the King of Sages,  
leading to heaven and liberation.*

*Those in the heavens of sensuality and form,  
on peaks and mountain precipices, in palaces floating in the sky,  
in islands, countries, and towns,  
in groves of trees and thickets, around home sites and fields.  
And the earth-devas, spirits, heavenly minstrels, and nagas  
in water, on land, in bad lands, and nearby:*

*May they come and listen with approval  
as I recite the word of the excellent sage.*

*This is the time to see the Buddha, venerable sirs.*

*This is the time to listen to the Dhamma, venerable sirs.*

*This is the time to attend to the Saṅgha, venerable sirs.*



### 4.3 Introductory Chants

#### 4.3.1 Pubba-bhāga-nama-kāra-pāṭha

Namo tassa bhagavato arahato sammā-sambuddhassa

Namo tassa bhagavato arahato sammā-sambuddhassa

Namo tassa bhagavato arahato sammā-sambuddhassa

#### 4.3.2 Saraṇa-gamana-pāṭha

Buddhaṃ saraṇaṃ gacchāmi

Dhammaṃ saraṇaṃ gacchāmi

Saṅghaṃ saraṇaṃ gacchāmi

Dutiyam pi buddhaṃ saraṇaṃ gacchāmi

Dutiyam pi dhammaṃ saraṇaṃ gacchāmi

Dutiyam pi saṅghaṃ saraṇaṃ gacchāmi

Tatīyam pi buddhaṃ saraṇaṃ gacchāmi

Tatīyam pi dhammaṃ saraṇaṃ gacchāmi

Tatīyam pi saṅghaṃ saraṇaṃ gacchāmi

#### 4.3.3 Sambuddhe

Sambuddhe aṭṭhavāsaṇa

Dvādasāṇa saḥassake

Pañca-sata-saḥassāni

Namāmi sirasā ahaṃ

Tesaṃ dhammaṇa saṅghaṇa

Ādarena namāmihaṃ

Namakārānubhāvena

Hantvā sabbe upaddave  
 Anekā antarāyāpi  
 Vinassantu asesato

Sambuddhe pañca-paññāsañca  
 Catuvīsati saḥassake  
 Dasa-sata-saḥassāni  
 Namāmi sirasā ahaṃ

Tesaṃ dhammañca saṅghañca  
 Ādarena namāmihaṃ  
 Namakārānubhāvena  
 Hantvā sabbe upaddave  
 Anekā antarāyāpi  
 Vinassantu asesato

Sambuddhe navuttarasate  
 Aṭṭhacattālīsa saḥassake  
 Vīsati-sata-saḥassāni  
 Namāmi sirasā ahaṃ

Tesaṃ dhammañca saṅghañca  
 Ādarena namāmihaṃ  
 Namakārānubhāvena  
 Hantvā sabbe upaddave  
 Anekā antarāyāpi  
 Vinassantu asesato

The Buddhas

I pay homage with my head to  
the 512,028 Buddhas.

I pay devoted homage to their Dhamma and Saṅgha.  
Through the power of this homage,  
having demolished all misfortunes,  
may countless dangers be destroyed without trace.

I pay homage with my head to  
the 1,024,055 Buddhas.

I pay devoted homage to their Dhamma and Saṅgha.  
Through the power of this homage,  
having demolished all misfortunes,  
may countless dangers be destroyed without trace.

I pay homage with my head to  
the 2,048,109 Buddhas.

I pay devoted homage to their Dhamma and Saṅgha.  
Through the power of this homage,  
having demolished all misfortunes,  
may countless dangers be destroyed without trace.

4.3.4 Nama-kāra-siddhi-gāthā

Yo cakkhumā moha-malāpakaṭṭho  
Sāmaṃ va buddho sugato vimutto  
Mārassa pāsā vinimocayanto  
Pāpesi khemaṃ janataṃ vineyyaṃ  
Buddhaṃ varan-taṃ sirasā namāmi

Lokassa nāthañ-ca vināyakañ-ca  
 Tan-tejasā te jaya-siddhi hotu  
 Sabb'antarāyā ca vināsamentu

Dhammo dhajo yo viya tassa satthu  
 Dassesī lokassa visuddhi-maggañ  
 Niyyāniko dhamma-dharassa dhārī  
 Sāt'āvaho santi-karo suciñño  
 Dhammañ varan-taṃ sirasā namāmi  
 Mohappadālaṃ upasanta-dāhaṃ  
 Tan-tejasā te jaya-siddhi hotu  
 Sabb'antarāyā ca vināsamentu

Saddhamma-senā sugatānugo yo  
 Lokassa pāpūpakilesa-jetā  
 Santo sayāṃ santi-niyojako ca  
 Svākkhāta-dhammañ viditaṃ karoti  
 Saṅghaṃ varan-taṃ sirasā namāmi  
 Buddhānubuddhaṃ sama-sīla-ditṭhiṃ  
 Tan-tejasā te jaya-siddhi hotu  
 Sabb'antarāyā ca vināsamentu

### The Verses of Success through Homage

The One with Vision, with the stain of delusion removed,  
 Self-awakened, Well-Gone, and Released.  
 Releasing them from the Māra's snare,  
 he leads humanity from evils to security.

I pay homage with my head to that excellent Buddha,  
the Protector and Mentor for the world.

By the majesty of this, may you have triumph and success,  
and may all your dangers be destroyed.

The Teacher's Dhamma, like a banner,  
shows the path of purity to the world.

Leading out, upholding those who uphold it,  
rightly accomplished, it brings pleasure, makes peace.

I pay homage with my head to that excellent Dhamma,  
which pierces delusion and makes fever grow calm.

By the majesty of this, may you have triumph and success,  
and may all your dangers be destroyed.

The True Dhamma's army, following the One Well-Gone,  
is victor over the evils and corruptions of the world.

Self-calmed, it is calming and unfettering,  
and makes the well-taught Dhamma be known.

I pay homage with my head to that excellent Saṅgha,  
awakened following the Awakened One,

harmonious in virtue and view.

By the majesty of this, may you have triumph and success,  
and may all your dangers be destroyed.

#### 4.3.5 Namo-kāra-aṭṭhaka

Namo arahato sammā  
 Sambuddhassa mahesino  
 Namo uttama-dhammassa  
 Svākkhātass'eva ten'idha  
 Namo mahā-saṅghassāpi  
 Visuddha-sīla-diṭṭhino  
 Namo omāty-āraddhassa  
 Ratanattayassa sādhukaṃ  
 Namo omakātītassa  
 Tassa vatthuttayassa-pi  
 Namo-kārappabhāvena  
 Vigacchantu upaddavā  
 Namo-kārānubhāvena  
 Suvatthi hotu sabbadā  
 Namo-kārassa tejena  
 Vidhimhi homi tejavā

#### The Homage Octet

Homage to the Great Seer, the Worthy One, Rightly Self-awakened.  
 Homage to the highest Dhamma, well-taught by him here.  
 And homage to the Great Saṅgha, pure in virtue and view.  
 Homage to the Triple Gem beginning auspiciously with AUM.  
 And homage to those three objects that have left base things  
 behind.  
 By the potency of this homage, may misfortunes disappear.

By the potency of this homage, may there always be well-being.  
 By the majesty of this homage, may I be successful in this ceremony.

#### 4.4 Core Sequence

##### 4.4.1 Maṅgala-sutta

[Evam-me sutarṃ: ekaṃ samayaṃ bhagavā, sāvatthiyaṃ viharati,  
 jeta-vane anāthapiṇḍikassa ārāme. Atha kho aññatarā devatā  
 abhikkantāya rattiyaṃ abhikkanta-vaṇṇā kevala-kappaṃ jetavanaṃ  
 obhāsetvā, yena bhagavā ten'upasaṅkami. Upasaṅkamitvā  
 bhagavantarṃ abhivādetvā ekaṃ-antarṃ aṭṭhāsi. Ekaṃ-antarṃ ʈhitā  
 kho sā devatā bhagavantarṃ gāthāya ajjhabhāsi:

Bahū devā manussā ca,  
 Maṅgalāni acintayurṃ;  
 Ākaṅkhamānā sotthānaṃ,  
 Brūhi maṅgalam-uttamaṃ.]

Asevanā ca bālānaṃ  
 Paṇḍitānañ-ca sevanā  
 Pūjā ca pūjaniyānaṃ  
 Etam maṅgalam-uttamaṃ

Paṭirūpa-desā-vāso ca  
 Pubbe ca kata-puññatā  
 Atta-sammā-paṇidhi ca  
 Etam maṅgalam-uttamaṃ

Bāhu-saccañ-ca sippañ-ca,  
 Vinayo ca susikkhito  
 Subhāsītā ca yā vācā  
 Etam maṅgalam-uttamaṃ

Mātā-pitu-upaṭṭhānaṃ  
 Putta-dārassa saṅgaho  
 Anākulā ca kammantā  
 Etam maṅgalam-uttamaṃ

Dānañ-ca dhamma-cariyā ca  
 Ñātakānañ-ca saṅgaho  
 Anavajjāni kammāni  
 Etam maṅgalam-uttamaṃ

Āratī viratī pāpā  
 Majja-pānā ca saññāmo  
 Appamādo ca dhammesu  
 Etam maṅgalam-uttamaṃ

Gāravo ca nivāto ca  
 Santuṭṭhī ca kataññutā  
 Kālena dhammassavanaṃ  
 Etam maṅgalam-uttamaṃ

Khantī ca sovacassatā  
 Samaṇānañ-ca dassanaṃ  
 Kālena dhamma-sākacchā  
 Etam maṅgalam-uttamaṃ



Tapo ca brahma-cariyañ-ca  
 Ariya-saccāna-dassanañ  
 Nibbāna-sacchikiriya ca  
 Etam maṅgalam-uttamañ

Phuṭṭhassa loka-dhammehi  
 Cittarañ yassa na kampati  
 Asokañ virajañ khemañ  
 Etam maṅgalam-uttamañ

Etādisāni katvāna  
 Sabbattham-aparājita  
 Sabbattha sotthiñ gacchanti  
 Tan-tesaṃ maṅgalam-uttamañ'ti

*Snp 2.4*

*The Thirty-Eight Highest Blessings*

[Now let us chant the verses on the Highest Blessings]

[Thus have I heard that the Blessed One]  
 Was staying at Sāvattthī,  
 Residing at the Jeta's Grove  
 In Anāthapiṇḍika's Park.

Then in the dark of the night, a radiant deva  
 Illuminated all Jeta's Grove.  
 She bowed down low before the Blessed One  
 Then standing to one side she said:

‘Devas are concerned for happiness  
And ever long for peace.  
The same is true for humankind.  
What then are the highest blessings?’

Avoiding those of foolish ways,  
Associating with the wise,  
And honouring those worthy of honour.  
These are the highest blessings.

Living in places of suitable kinds,  
With the fruits of past good deeds  
And guided by the rightful way.  
These are the highest blessings.

Accomplished in learning and craftsman’s skills,  
With discipline, highly trained,  
And speech that is true and pleasant to hear.  
These are the highest blessings.

Providing for mother and father’s support  
And cherishing family,  
And ways of work that harm no being,  
These are the highest blessings.

Generosity and a righteous life,  
Offering help to relatives and kin,  
And acting in ways that leave no blame.  
These are the highest blessings.

Steadfast in restraint, and shunning evil ways,  
Avoiding intoxicants that dull the mind,

And heedfulness in all things that arise.  
These are the highest blessings.

Respectfulness and being of humble ways,  
Contentment and gratitude,  
And hearing the Dhamma frequently taught.  
These are the highest blessings.

Patience and willingness to accept one's faults,  
Seeing venerated seekers of the truth,  
And sharing often the words of Dhamma.  
These are the highest blessings.

Ardent, committed to the Holy Life,  
Seeing for oneself the Noble Truths  
And the realization of Nibbāna.  
These are the highest blessings.

Although in contact with the world,  
Unshaken the mind remains  
Beyond all sorrow, spotless, secure.  
These are the highest blessings.

They who live by following this path  
Know victory wherever they go,  
And every place for them is safe.  
These are the highest blessings.

#### 4.4.2 Ratana-sutta

(In certain monasteries only the numbered verses are chanted.)

Yānīdha bhūtāni samāgatāni  
 Bhum māni vā yāni va antalikkhe  
 Sabb'eva bhūtā sumanā bhavantu  
 Atho pi sakkacca suṇantu bhāsitaṃ  
 Tasmā hi bhūtā nisāmetha sabbe  
 Mettaṃ karotha mānusiya pajāya  
 Divā ca ratto ca haranti ye balim  
 Tasmā hi ne rakkhatha appamattā

1. Yaṅkiñci vittaṃ idha vā huraṃ vā  
 Saggesu vā yaṃ ratanaṃ paṇītaṃ  
 Na no samaṃ atthi tathāgatena  
 Idam-pi buddhe ratanaṃ paṇītaṃ  
 Etena saccena suvatthi hotu
2. Khayaṃ virāgaṃ amataṃ paṇītaṃ  
 Yad-ajjhagā sakya-munī samāhito  
 Na tena dhammena sam'atthi kiñci  
 Idam-pi dhamme ratanaṃ paṇītaṃ  
 Etena saccena suvatthi hotu
3. Yam buddha-seṭṭho parivaṇṇayī suciṃ  
 Samādhim-ānantarikaññaṃ-āhu  
 Samādhinā tena samo na vijjati  
 Idam-pi dhamme ratanaṃ paṇītaṃ  
 Etena saccena suvatthi hotu

4. Ye puggalā aṭṭha sataṃ pasatṭhā  
 Cattāri etāni yugāni honti  
 Te dakkhiṇeyyā sugatassa sāvaka  
 Etesu dinnāni mahapphalāni  
 Idam-pi saṅghe ratanaṃ paṇītaṃ  
 Etena saccena suvatthi hotu
5. Ye suppayuttā manasā dalhena  
 Nikkāmino gotama-sāsanamhi  
 Te patti-pattā amataṃ vigayha  
 Laddhā mudhā nibbutiṃ bhuñjamānā  
 Idam-pi saṅghe ratanaṃ paṇītaṃ  
 Etena saccena suvatthi hotu
- Yath'inda-khīlo paṭhaviṃ sito siyā  
 Catubbhi vātebhi asampakampiyo  
 Tathūpamaṃ sappurisaṃ vadāmi  
 Yo ariya-saccāni avecca passati  
 Idam-pi Saṅghe ratanaṃ paṇītaṃ  
 Etena saccena suvatthi hotu
- Ye ariya-saccāni vibhāvayanti  
 Gambhīra-paññena sudesitāni  
 Kiñ-cāpi te honti bhusappamattā  
 Na te bhavaṃ aṭṭhamam-ādiyanti  
 Idam-pi Saṅghe ratanaṃ paṇītaṃ  
 Etena saccena suvatthi hotu
- Sahā v'assa dassana-sampadāya  
 Tay'assu dhammā jahitā bhavanti

Sakkāya-diṭṭhi vicikicchitañ-ca  
 Sīlabbatam vā pi yad-atthi kiñci  
 Catūh'apāyehi ca vippamutto  
 Cha cābhiṭhānāni abhabbo kātum  
 Idam-pi Saṅghe ratanam paṇītam  
 Etena saccena suvatthi hotu

Kiñ-cāpi so kamman karoti pāpakam  
 Kāyena vācā uda cetasā vā  
 Abhabbo so tassa paṭicchādāya  
 Abhabbatā diṭṭha-padassa vuttā  
 Idam-pi Saṅghe ratanam paṇītam  
 Etena saccena suvatthi hotu

Vanappagumbe yathā phussitagge  
 Gimhāna-māse paṭhamasmiṃ gimhe  
 Tathūpaman dhamma-varam adesayi  
 Nibbāna-gāmiṃ paramam hitāya  
 Idam-pi Buddhhe ratanam paṇītam  
 Etena saccena suvatthi hotu

Varo varaññū varado var'āharo  
 Anuttaro dhamma-varam adesayi  
 Idam-pi Buddhhe ratanam paṇītam  
 Etena saccena suvatthi hotu

6. Khīṇam purāṇam navam n'atthi sambhavam  
 Viratta-citt'āyatike bhavasmim  
 Te khīṇa-bījā aviruḷhi-chandā  
 Nibbanti dhīrā yathā'yam padīpo

Idam-pi saṅghe ratanaṃ paṇītaṃ  
Etena saccena suvatthi hotu.

Yānīdha bhūtāni samāgatāni  
Bhummāni vā yāni va antalikkhe  
Tathāgataṃ deva-manussa-pūjitaṃ  
Buddhaṃ namassāma suvatthi hotu

Yānīdha bhūtāni samāgatāni  
Bhummāni vā yāni va antalikkhe  
Tathāgataṃ deva-manussa-pūjitaṃ  
Dhammaṃ namassāma suvatthi hotu

Yānīdha bhūtāni samāgatāni  
Bhummāni vā yāni va antalikkhe  
Tathāgataṃ deva-manussa-pūjitaṃ  
Saṅghaṃ namassāma suvatthi hotū'ti.

*Snp 2.1*

### Verses from the Discourse on Treasures

(The translations correspond to the numbered verses above.)

1. Whatever wealth in this world or the next,  
whatever exquisite treasure in the heavens,  
is not, for us, equal to the Tathāgata.  
This, too, is an exquisite treasure in the Buddha.  
By this truth may there be well-being.
2. The exquisite Deathless – dispassion, ending –  
discovered by the Sakyan Sage while in concentration:  
There is nothing equal to that Dhamma.  
This, too, is an exquisite treasure in the Dhamma.  
By this truth may there be well-being.

3. What the excellent Awakened One extolled as pure  
and called the concentration of unmediated knowing:  
No equal to that concentration can be found.  
This, too, is an exquisite treasure in the Dhamma.  
By this truth may there be well-being.
4. The eight persons – the four pairs –  
praised by those at peace:  
They, disciples of the One Well-Gone, deserve offerings.  
What is given to them bears great fruit.  
This, too, is an exquisite treasure in the Saṅgha.  
By this truth may there be well-being.
5. Those who, devoted, firm-minded,  
apply themselves to Gotama's message,  
on attaining their goal, plunge into the Deathless,  
freely enjoying the Unbinding they've gained.  
This, too, is an exquisite treasure in the Saṅgha.  
By this truth may there be well-being.
6. Ended the old, there is no new taking birth.  
Dispassioned their minds toward further becoming,  
they – with no seed, no desire for growth,  
enlightened – go out like this flame.  
This, too, is an exquisite treasure in the Saṅgha.  
By this truth may there be well-being.



4.4.3 Karaṇīya-metta-sutta

Karaṇīyam-attha-kusalena  
 Yan-taṃ santaṃ padaṃ abhisamecca  
 Sakko ujū ca suhujū ca  
 Suvaco c'assa mudu anatimānī  
  
 Santussako ca subharo ca  
 Appakicco ca sallahuka-vutti  
 Sant'indriyo ca nipako ca  
 Appagabbho kulesu ananugiddho  
  
 Na ca khuddaṃ samācare kiñci  
 Yena viññū pare upavadeyyuṃ  
 Sukhino vā khemino hontu  
 Sabbe sattā bhavantu sukhit'attā  
  
 Ye keci pāṇa-bhūt'atthi  
 Tasā vā thāvarā vā anavasesā  
 Dīghā vā ye mahantā vā  
 Majjhimā rassakā aṇuka-thulā  
  
 Diṭṭhā vā ye ca adiṭṭhā  
 Ye ca dūre vasanti avidūre  
 Bhūtā vā sambhavesī vā  
 Sabbe sattā bhavantu sukhit'attā  
  
 Na paro paraṃ nikubbetha  
 Nātimaññetha katthaci naṃ kiñci  
 Byārosanā paṭighasaññā  
 Nāññam-aññassa dukkham-iccheyya

Mātā yathā niyaṃ puttaṃ  
 Āyusā eka-puttaṃ-anurakkhe  
 Evaṃ'pi sabba-bhūtesu  
 Mānasam-bhāvaye aparimāṇaṃ

Mettañ-ca sabba-lokasmim

(A shorter form is sometimes started here)

Mettañ-ca sabba-lokasmim  
 Mānasam-bhāvaye aparimāṇaṃ  
 Uddhaṃ adho ca tiriyañ-ca  
 Asambādhaṃ averaṃ asapattaṃ

Tiṭṭhañ-caraṃ nisinno vā  
 Sayāno vā yāvat'assa vigata-middho  
 Etaṃ satim adhiṭṭheyya  
 Brahmam-etaṃ vihāraṃ idham-āhu

Diṭṭhiñca anupagamma  
 Sīlavā dassanena sampanno  
 Kāmesu vineyya gedhaṃ  
 Na hi jātu gabbha-seyyaṃ punareti'ti

*Snp 1.8*

*The Buddha's Words on Loving-Kindness*

[Now let us chant the Buddha's words on loving-kindness]

[This is what should be done]

By one who is skilled in goodness

And who knows the path of peace:

Let them be able and upright,

Straightforward and gentle in speech,

Humble and not conceited,

Contented and easily satisfied,

Unburdened with duties and frugal in their ways.

Peaceful and calm, and wise and skilful,

Not proud and demanding in nature.

Let them not do the slightest thing

That the wise would later reprove,

Wishing: In gladness and in safety,

May all beings be at ease.

Whatever living beings there may be,

Whether they are weak or strong, omitting none,

The great or the mighty,

medium, short, or small,

The seen and the unseen,

Those living near and far away,

Those born and to be born,

May all beings be at ease.

Let none deceive another

Or despise any being in any state.

Let none through anger or ill-will  
Wish harm upon another.

Even as a mother protects with her life  
Her child, her only child,  
So with a boundless heart  
Should one cherish all living beings,  
Radiating kindness over the entire world:

Spreading upwards to the skies  
And downwards to the depths,  
Outwards and unbounded,  
Freed from hatred and ill-will.

Whether standing or walking, seated,  
Or lying down – free from drowsiness –  
One should sustain this recollection.  
This is said to be the sublime abiding.

By not holding to fixed views,  
The pure-hearted one, having clarity of vision,  
Being freed from all sense-desires,  
Is not born again into this world.

*Snp 1.8*

#### 4.4.4 Khandha-paritta

Virūpakkhehi me mettāṃ  
    mettāṃ erāpathehi me  
Chabyā-puttehi me mettāṃ  
    mettāṃ kaṇhā-gotamakehi ca

Apādahehi me mettaṃ  
     mettaṃ dipādahehi me  
 Catuppadehi me mettaṃ  
     mettaṃ bahuppadehi me  
 Mā maṃ apādako hiṃsi  
     mā maṃ hiṃsi dipādako  
 Mā maṃ catuppado hiṃsi  
     mā maṃ hiṃsi bahuppado  
 Sabbe sattā sabbe paṇā  
     sabbe bhūtā ca kevalā  
 Sabbe bhaḍḍāni passantu  
     mā kiñci pāpam-āgamā

Appamāṇo buddho appamāṇo dhammo

(This part is sometimes chanted on its own)

Appamāṇo buddho  
     appamāṇo dhammo  
     appamāṇo saṅgho  
 Pamāṇavantāni sirimsapāni  
     ahi-vicchikā sata-padī  
 Uṇṇā-nābhī sarabhū mūsikā  
 Katā me rakkhā katā me parittā  
     paṭikkamantu bhūtāni  
 So'haṃ namo bhagavato  
     namo sattannaṃ  
     sammā-sambuddhānaṃ

### The Group Protection

I have goodwill for the Virupakkhas, the Erapathas,  
goodwill for the Chabya descendants, and the Black Gotamakas.

I have goodwill for footless beings, two-footed beings,  
goodwill for four-footed, and many-footed beings.

May footless beings, two-footed beings do me no harm.

May four-footed beings and many-footed beings do me no harm.

May all creatures, all breathing things, all beings

– each and every one –

meet with good fortune. May none of them come to any evil.

Limitless is the Buddha, limitless the Dhamma,  
limitless the Saṅgha.

There is a limit to creeping things – snakes, scorpions, centipedes,  
spiders, lizards and rats.

I have made this protection, I have made this spell.

May the beings depart.

I pay homage to the Blessed One,

homage to the seven Rightly Self-awakened Ones.

#### 4.4.5 Chaddanta-paritta

##### *The Great Elephant Protection*

Vadhissamenanti parāmasanto

Kāsāvamaddakkhi dhajaṃ isīnaṃ

Dukkhena phuṭṭhassudapādi saññā

Arahaddhajo sabbhi avajjharūpo

Sallena viddho byathitopi santo  
 Kāsāvatthamhi manañ na dussayi  
 Sace imañ nāgavarena saccañ  
 Mā mañ vane bālamigā agañchunti

#### 4.4.6 Mora-paritta

(a.m.)

Udet'ayañ-cakkhumā eka-rājā  
 Harissa-vaṇṇo paṭhavippabhāso  
 Tañ tañ namassāmi harissa-vaṇṇañ paṭhavippabhāsañ  
 Tay'ajja guttā viharemu divasañ  
 Ye brāhmaṇā vedagu sabba-dhamme  
 Te me namo te ca mañ pālayantu  
 Nam'atthu Buddhānañ nam'atthu bodhiyā  
 Namo vimuttānañ namo vimuttiyā  
 Imañ so parittañ katvā  
 Moro carati esanā'ti

(p.m.)

Apet'ayañ-cakkhumā eka-rājā  
 Harissa-vaṇṇo paṭhavippabhāso  
 Tañ tañ namassāmi harissa-vaṇṇañ paṭhavippabhāsañ  
 Tay'ajja guttā viharemu rattiñ  
 Ye brāhmaṇā vedagu sabba-dhamme  
 Te me namo te ca mañ pālayantu  
 Nam'atthu Buddhānañ nam'atthu bodhiyā  
 Namo vimuttānañ namo vimuttiyā  
 Imañ so parittañ katvā  
 Moro vāsam-akappayī'ti

*The Peacock's Protection*

The One King, rising, with Vision,  
golden-hued, illuminating the Earth: I pay homage to you,  
golden-hued, illuminating the Earth.  
Guarded today by you, may I live through the day.

Those Brahmans who are knowers of all truths,  
I pay homage to them; may they keep watch over me.  
Homage to the Awakened Ones. Homage to Awakening.  
Homage to the Released Ones. Homage to Release.

Having made this protection, the peacock sets out in search for food.

The One King, setting, with Vision,  
golden-hued, illuminating the Earth: I pay homage to you,  
golden-hued, illuminating the Earth.  
Guarded today by you, may I live through the night.

Those Brahmans who are knowers of all truths,  
I pay homage to them; may they keep watch over me.  
Homage to the Awakened Ones. Homage to Awakening.  
Homage to the Released Ones. Homage to Release.

Having made this protection, the peacock arranges his nest.



4.4.7 Vattaka-paritta

Atthi loke sīla-guṇo	saccaṃ soceyy'anuddayā
Tena saccena kāhāmi	sacca-kiriyam-anuttaram
Āvajjitvā dhamma-balaṃ	saritvā pubbake jine
Sacca-balam-avassāya	sacca-kiriyam-akās'aham
Santi pakkhā apattanā	santi pādā avañcanā
Mātā pitā ca nikkhantā	jāta-veda paṭikkama
Saha sacce kate mayham	mahā-pajjalito sikhī
Vajjesi soḷasa karīsāni	udakaṃ patvā yathā sikhī
Saccena me samo n'atthi	esā me sacca-pāramī'ti

*Cariyāpiṭaka vv.319-322*The Quail's Protection

There is in this world the quality of virtue,  
truth, purity, tenderness.

In accordance with this truth I will make  
an unsurpassed vow of truth.

Sensing the strength of the Dhamma,  
calling to mind the victors of the past,  
in dependence on the strength of truth,  
I made an unsurpassed vow of truth:

Here are wings with no feathers;  
here are feet that can't walk.  
My mother and father have left me.  
Fire, go back!

When I made my vow with truth,  
 the great crested flames  
 avoided the sixteen acres around me  
 as if they had come to a body of water.  
 My truth has no equal:  
 Such is my perfection of truth.

#### 4.4.8 Buddha-dhamma-saṅgha-guṇā

Iti pi so bhagavā araham sammā-sambuddho  
 Vijjā-caraṇa-sampanno sugato loka-vidū  
 Anuttaro purisa-damma-sārathi  
 Satthā devamanussānam buddho bhagavā'ti  
  
 Svākkhāto bhagavatā dhammo sandiṭṭhiko  
     akāliko ehi-passiko opanayiko  
 paccattam veditabbo viññūhi'ti  
  
 Supaṭipanno bhagavato sāvaka-saṅgho  
 Uju-paṭipanno bhagavato sāvaka-saṅgho  
 Ñāya-paṭipanno bhagavato sāvaka-saṅgho  
 Sāmīci-paṭipanno bhagavato sāvaka-saṅgho  
 Yad-idam cattāri purisa-yugāni aṭṭha purisa-puggalā  
 Esa bhagavato sāvaka-saṅgho  
 Āhuneyyo pāhuneyyo dakkhiṇeyyo añjali-karaṇīyo  
 Anuttaram puññakkhetam lokassā'ti

4.4.9 Araññe rukkhā-mūle vā

Araññe rukkhā-mūle vā  
 Suññāgāre va bhikkhavo  
 Anussaretha sambuddhaṃ  
 Bhayaṃ tumhāka no siyā  
 No ce buddhaṃ sareyyātha  
 Loka-jetṭhaṃ nar'āsabhaṃ  
 Atha dhammaṃ sareyyātha  
 Niyyanikaṃ sudesitaṃ  
 No ce dhammaṃ sareyyātha  
 Niyyanikaṃ sudesitaṃ  
 Atha saṅghaṃ sareyyātha  
 Puññakkhettaṃ anuttaraṃ  
 Evaṃ-buddhaṃ sarantānaṃ  
 Dhammaṃ saṅghaṃ-ca bhikkhavo  
 Bhayaṃ vā chambhitattaṃ vā  
 Loma-haṃso na hessatī'ti.

S.I.219-220

4.4.10 Ātānāṭiya-paritta (short)

Vipassissa nam'atthu	cakkhumantassa sirīmato
Sikhissa pi nam'atthu	sabba-bhūtānukampino
Vessabhussa nam'atthu	nhātakassa tapassino
Nam'atthu kakusandhassa	māra-senappamaddino
Konāgamanassa nam'atthu	brāhmaṇassa vusīmato
Kassapassa nam'atthu	vippamuttassa sabbadhi
Aṅgīrasassa nam'atthu	sakya-puttassa sirīmato

Yo imaṃ dhammam-adesesi	sabba-dukkhāpanūdanam
Ye cāpi nibbutā loke	yathā-bhūtaṃ vipassisum
Te janā apisuṇā	mahantā vīta-sāradā
Hitaṃ deva-manussānam	yaṃ namassanti gotamaṃ
Vijjā-caraṇa-sampannam	mahantaṃ vīta-sāradam
Vijjā-caraṇa-sampannam	buddham vandāma gotaman'ti

*D.III.195-196*

Homage to the Seven Past Buddhas

Homage to Vipassī, possessed of vision and splendor.  
 Homage to Sikhī, sympathetic to all beings.  
 Homage to Vesabhū, cleansed, austere.  
 Homage to Kakusandha, crusher of Māra's host.  
 Homage to Konāgamana, the Brahman who lived the life perfected.  
 Homage to Kassapa, everywhere released.  
 Homage to Aṅgīrasa, splendid son of the Sakyans,  
 Who taught this Dhamma – the dispelling of all stress.  
 Those unbound in the world,  
     who have seen things as they have come to be,  
 Great Ones of gentle speech, thoroughly mature:  
 Even they pay homage to Gotama,  
     the benefit of human and heavenly beings,  
 consummate in knowledge and conduct,  
     the Great One, thoroughly mature.  
 We revere the Buddha Gotama,  
     consummate in knowledge and conduct.

4.4.11 Sacca-kiriyā-gāthā

Natthi me saraṇaṃ aṇṇaṃ buddho me saraṇaṃ varaṃ  
Etena sacca-vajjena sotthi te/me hotu sabbadā

Natthi me saraṇaṃ aṇṇaṃ dhammo me saraṇaṃ varaṃ  
Etena sacca-vajjena sotthi te/me hotu sabbadā

Natthi me saraṇaṃ aṇṇaṃ saṅgho me saraṇaṃ varaṃ  
Etena sacca-vajjena sotthi te/me hotu sabbadā

4.4.12 Yaṅkiñci ratanaṃ loke

Yaṅkiñci ratanaṃ loke	vijjati vividhaṃ puthu
Ratanaṃ buddhasamaṃ	natthi tasmā sotthī bhavantu te
Yaṅkiñci ratanaṃ loke	vijjati vividhaṃ puthu
Ratanaṃ dhammasamaṃ	natthi tasmā sotthī bhavantu te
Yaṅkiñci ratanaṃ loke	vijjati vividhaṃ puthu
Ratanaṃ saṅghasamaṃ	natthi tasmā sotthī bhavantu te

4.4.13 Sakkatvā buddharatanaṃ

Sakkatvā buddharatanaṃ	osadhaṃ uttamaṃ varaṃ
Hitaṃ devamanussānaṃ	buddhatejēna sotthinā
Nassantupaddavā sabbe	dukkhā vūpasamentu te
Sakkatvā dhammaratanaṃ	osadhaṃ uttamaṃ varaṃ
Paṇḍitaṃ vūpasamaṃ	dhammatejēna sotthinā
Nassantupaddavā sabbe	bhayaṃ vūpasamentu te

Sakkatvā saṅgharatanam	osadham uttamaṃ varaṃ
Āhuneyyaṃ pāhuneyyaṃ	saṅghatejena sotthinā
Nassantupaddavā sabbe	rogā vūpasamentu te

The jet tamnaan sequence ends here  
and continues with the closing sequence.

### Having Revered

Having revered the jewel of the Buddha, the highest, most excellent medicine, the welfare of human and heavenly beings: Through the Buddha's majesty and safety, may all obstacles vanish. May your sufferings grow totally calm.

Having revered the jewel of the Dhamma, the highest, most excellent medicine, the stiller of feverish passion: Through the Dhamma's majesty and safety, may all obstacles vanish. May your fears grow totally calm.

Having revered the jewel of the Saṅgha, the highest, most excellent medicine, worthy of gifts, worthy of hospitality: Through the Saṅgha's majesty and safety, may all obstacles vanish. May your diseases grow totally calm.

#### 4.4.14 Aṅgulimāla-paritta

Yato'ham bhagini ariyāya jātiyā jāto  
Nābhijānāmi sañcicca paṇaṃ jīvita voropetā  
Tena saccena sotthi te hotu sotthi gabbhassa

M.II.103

(Three times)

*Sister, since being born in the Noble Birth,  
I am not aware that I have intentionally deprived a being of life.  
By this truth may you be well,  
and so may the child in your womb.*

#### 4.4.15 Bojjhaṅga-paritta

Bojjhaṅgo sati-saṅkhāto	dhammānaṃ vicayo tathā
Viriyaṃ-pīti-passaddhi	bojjhaṅgā ca tathā'pare
Samādh'upekkha-bojjhaṅgā	satt'ete sabba-dassinā
Muninā sammad-akkhātā	bhāvitā bahulikātā
Samvattanti abhiññāya	nibbānāya ca bodhiyā
Etena sacca-vajjena	sotthi te hotu sabbadā
Ekasmiṃ samaye nātho	moggallānañ-ca kassapaṃ
Gilāne dukkhite disvā	bojjhaṅge satta desayi
Te ca taṃ abhinanditvā	rogā muccimsu tañ-khaṇe
Etena sacca-vajjena	sotthi te hotu sabbadā
Ekadā dhamma-rājā pi	gelaññenābhipiḷito
Cundattherena tañ-ñeva	bhaṇāpetvāna sādaraṃ
Sammoditvā ca ābādhā	tamhā vuṭṭhāsi ṭhānaso
Etena sacca-vajjena	sotthi te hotu sabbadā
Pahīnā te ca ābādhā	tiṇṇannam-pi mahesinaṃ
Magg'āhata-kilesā va	pattānuppatti-dhammataṃ
Etena sacca-vajjena	sotthi te hotu sabbadā

### The Factors of Awakening Protection

The factors for Awakening include: mindfulness, analysis of qualities, persistence, rapture, and calm as factors for Awakening, plus concentration and equanimity.

These seven, which the All-seeing Sage has rightly taught, when developed and matured, bring about heightened knowledge, Unbinding and Awakening.

By the utterance of this truth, may you always be well.

At one time, our Protector – seeing that Moggallāna and Kassapa were sick and in pain – taught them the seven factors for Awakening.

They, delighting in that, were instantly freed from their illness.

By the utterance of this truth, may you always be well.

Once, when the Dhamma King was afflicted with fever, he had the Elder Cunda recite that very teaching with devotion. And as he approved, he rose up from that disease.

By the utterance of this truth, may you always be well.

Those diseases were abandoned by the three great seers, just as defilements are demolished by the Path in accordance with step-by-step attainment.

By the utterance of this truth, may you always be well.



4.4.16 Abhaya-paritta

Yan-dunnimittam avamaṅgalañ-ca  
 Yo cāmanāpo sakuṇassa saddo  
 Pāpaggaho dussupinaṃ akantaṃ  
 Buddhānubhāvena vināsamentu

Yan-dunnimittam avamaṅgalañ-ca  
 Yo cāmanāpo sakuṇassa saddo  
 Pāpaggaho dussupinaṃ akantaṃ  
 Dhammānubhāvena vināsamentu

Yan-dunnimittam avamaṅgalañ-ca  
 Yo cāmanāpo sakuṇassa saddo  
 Pāpaggaho dussupinaṃ akantaṃ  
 Saṅghānubhāvena vināsamentu

The sipsong tamnaan sequence ends here  
 and continues with the closing sequence.

The Danger-free Protection

Whatever unlucky portents and ill omens,  
 and whatever distressing bird calls,  
 evil planets, upsetting nightmares:

By the Buddha's power may they be destroyed.

Whatever unlucky portents and ill omens,  
 and whatever distressing bird calls,  
 evil planets, upsetting nightmares:

By the Dhamma's power may they be destroyed.

Whatever unlucky portents and ill omens,  
 and whatever distressing bird calls,  
 evil planets, upsetting nightmares:  
 By the Saṅgha's power may they be destroyed.

## 4.5 Closing Sequence

### 4.5.1 *Devatā-uyyojana-gāthā*

Dukkhaṃ pattā ca niddukkhā	bhayaṃ pattā ca nibbhayā
Sokaṃ pattā ca nissokā	hontu sabbe pi paṇino
Ettāvatā ca amhehi	sambhataṃ puñña-sampadaṃ
Sabbe devānumodantu	sabba-sampatti-siddhiyā
Dānaṃ dadantu saddhāya	sīlaṃ rakkhantu sabbadā
Bhāvanābhiratā hontu	gacchantu devatā-gatā
[Sabbe buddhā] balappattā	paccekānañ-ca yaṃ balaṃ
Arahantānañ-ca tejena	rakkhaṃ bandhāmi sabbaso

### Verses on Sending Off the Devatā

May all beings: who have fallen into suffering be without suffering,  
 who have fallen into danger be without danger,  
 who have fallen into sorrow be without sorrow.

For the sake of all attainment and success, may all heavenly beings  
 rejoice in the extent to which we have gathered a consummation  
 of merit.

May they give gifts with conviction, may they always maintain  
 virtue.

May they delight in meditation. May they go to a heavenly destination.

From the strength attained by all the Buddhas,  
the strength of the Private Buddhas,  
by the majesty of the arahants,  
I bind this protection all around.

#### 4.5.2 Jaya-maṅgala-atṭha-gāthā

Bāhuṃ sahaṣṣam-abhinimmita sāvudhan-taṃ  
Grīmekhalaṃ uḍḍita-ghora-sasena-māraṃ  
Dān'ādi-dhamma-vidhinā jitavā mun'indo  
Tan-tejasā bhavatu te jaya-maṅgalāni

Mārātirekam-abhiyujjhita-sabba-rattim  
Ghoram-pan'alavakam-akkhama-thaddha-yakkham  
Khantī-sudanta-vidhinā jitavā mun'indo  
Tan-tejasā bhavatu te jaya-maṅgalāni

Nālāgiriṃ gaja-varaṃ atimatta-bhūtaṃ  
Dāv'aggi-cakkam-asaṇḍa sudāruṇaṃ-taṃ  
Mett'ambu-seka-vidhinā jitavā mun'indo  
Tan-tejasā bhavatu te jaya-maṅgalāni

Ukkhitta-khaggam-atihattha-sudāruṇaṃ-taṃ  
Dhāvan-ti-yojana-path'aṅguli- mālavantarā  
Iddhī'bhisāṅkhata-mano jitavā mun'indo  
Tan-tejasā bhavatu te jaya-maṅgalāni

Katvāna kaṭṭham-udaraṃ iva gabbhinīyā  
 Ciñcāya duṭṭha-vacanaṃ jana-kāya majjhe  
 Santena soma-vidhinā jitavā mun'indo  
 Tan-tejasā bhavatu te jaya-maṅgalāni

Saccaṃ vihāya-mati-saccaka-vāda-ketuṃ  
 Vādābhiropita-manaṃ ati-andha-bhūtaṃ  
 Paññā-padīpa-jalito jitavā mun'indo  
 Tan-tejasā bhavatu te jaya-maṅgalāni

Nandopananda-bhujagaṃ vibudhaṃ mah'iddhiṃ  
 Puttena thera-bhujagena damāpayanto  
 Iddhūpadesa-vidhinā jitavā mun'indo  
 Tan-tejasā bhavatu te jaya-maṅgalāni

Duggāha-diṭṭhi-bhujagena sudatṭha-hatthaṃ  
 Brahmaṃ visuddhi-jutim-iddhi-bakābhidhānaṃ  
 Ñāṇāgadena vidhinā jitavā mun'indo  
 Tan-tejasā bhavatu te jaya-maṅgalāni

Etā pi buddha-jaya-maṅgala-aṭṭha-gāthā  
 Yo vācano dina-dine saratem-atandī  
 Hitvān'aneka-vividhāni c'upaddavāni  
 Mokkaṃ sukhaṃ adhigameyya naro sapañño

#### Verses on the Buddha's Victories

Creating a form with a thousand arms, each equipped with a  
 weapon,  
 Māra, on the elephant Girimekhala,  
 uttered a frightening roar together with his troops.

The Lord of Sages defeated him by means of such qualities as generosity:

By the majesty of this, may you have blessings of victory.

Even more frightful than Māra making war all night,  
was Āḷavaka, the arrogant unstable ogre.

The Lord of Sages defeated him by means of well-trained endurance:

By the majesty of this, may you have blessings of victory.

Nāḷāgiri, the excellent elephant, when maddened,  
was very horrific, like a forest fire, a flaming discus, a lightning bolt.

The Lord of Sages defeated him by sprinkling the water of goodwill:

By the majesty of this, may you have blessings of victory.

Very horrific, with a sword upraised in his expert hand,  
Garlanded-with-Fingers ran three leagues along the path.

The Lord of Sages defeated him with mind-fashioned marvels:

By the majesty of this, may you have blessings of victory.

Having made a wooden belly to appear pregnant,  
Ciñcā made a lewd accusation in the midst of the gathering.

The Lord of Sages defeated her with peaceful, gracious means:

By the majesty of this, may you have blessings of victory.

Saccaka, whose provocative views had abandoned the truth,  
his mind delighting in argument, had become thoroughly blind.

The Lord of Sages defeated him with the light of discernment:

By the majesty of this, may you have blessings of victory.

Nandopananda was a serpent with great power but wrong views.  
 The Lord of Sages defeated him by means of a display of marvels,  
 sending his son (Moggallāna), the serpent-elder, to tame him:  
 By the majesty of this, may you have blessings of victory.

His hands bound tight by the serpent of wrongly held views,  
 Baka, the Brahmā, thought himself pure in his radiance and power.  
 The Lord of Sages defeated him by means of his words of  
 knowledge: By the majesty of this, may you have blessings of  
 victory.

These eight verses of the Buddha's blessings of victory:  
 Whatever person of discernment  
 recites or recalls them day after day without lapsing,  
 destroying all kinds of obstacles,  
 will attain liberation and happiness.

#### 4.5.3 Jaya-paritta

Mahā-kāruṇiko nātho  
 Hitāya sabba-pāṇinaṃ  
 Pūretvā pāramī sabbā  
 Patto sambodhim-uttamaṃ  
 Etena sacca-vajjena  
 Hotu te jaya-maṅgalaṃ

Jayanto bodhiyā mūle

(This part is sometimes chanted on its own)

Jayanto bodhiyā mūle

Sakyānaṃ nandi-vaḍḍhano

Evaṃ tvaṃ vijayo hohi

Jayassu jaya-maṅgale

Aparājita-pallaṅke

Sīse paṭhavi-pokkhare

Abhiseke sabba-buddhānaṃ

Aggappatto pamodati

Sunakkhattaṃ sumaṅgalaṃ

Supabhātaṃ suhuṭṭhitaṃ

Sukhaṇo sumuhutto ca

Suyiṭṭhaṃ brahma-cārisu

Padakkhiṇaṃ kāya-kammaṃ

Vācā-kammaṃ padakkhiṇaṃ

Padakkhiṇaṃ mano-kammaṃ

Paṇidhi te padakkhiṇā

Padakkhiṇāni katvāna

Labhant'atthe padakkhiṇe

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Victory Protection

(The Buddha), our protector, with great compassion,  
for the welfare of all beings,  
having fulfilled all the perfections,  
attained the highest self-awakening.

By the utterance of this truth,  
may you have a blessing of victory.

Victorious at the foot of the Bodhi tree,  
was he who increased the Sakyans' delight.  
May you have the same sort of victory.  
May you win blessings of victory.

At the head of the lotus leaf of the world  
on the undefeated seat  
consecrated by all the Buddhas,  
he rejoiced in the utmost attainment.

A lucky star it is, a lucky blessing,  
a lucky dawn, a lucky sacrifice,  
a lucky instant, a lucky moment,  
a lucky offering: i.e., a rightful bodily act  
a rightful verbal act, a rightful mental act,  
your rightful intentions  
with regard to those who lead the holy life.  
Doing these rightful things, your rightful aims are achieved.

#### 4.5.4 So attha-laddho

So attha-laddho sukhito	viruḷho buddha-sāsane
Arogo sukhito hohi	saha sabbehi ñātibhi (×3)

*May he gain in his aims, be happy, and flourish in the Buddha's teachings. May you, together with all your relatives, be happy and free from disease.*



4.5.5 Sā attha-laddhā

Sā attha-laddhā sukhitā      viruḷhā buddha-sāsane  
 Arogā sukhitā hohi      saha sabbehi ñātibhi (×3)

4.5.6 Te attha-laddhā sukhitā

Te attha-laddhā sukhitā      viruḷhā buddha-sāsane  
 Arogā sukhitā hotha      saha sabbehi ñātibhi (×3) A.I.294

4.5.7 Bhavatu sabba-maṅgalaṃ

Bhavatu sabba-maṅgalaṃ rakkhantu sabba-devatā  
 Sabba-buddhānubhāvena sadā sotthī bhavantu te  
 Bhavatu sabba-maṅgalaṃ rakkhantu sabba-devatā  
 Sabba-dhammānubhāvena sadā sotthī bhavantu te  
 Bhavatu sabba-maṅgalaṃ rakkhantu sabba-devatā  
 Sabba-saṅghānubhāvena sadā sotthī bhavantu te

**4.6 Mahā-kāruṇiko nātho'ti ādikā gāthā**

Mahā-kāruṇiko nātho  
 Atthāya sabba-pāṇinaṃ  
 Hitāya sabba-pāṇinaṃ  
 Sukhāya sabba-pāṇinaṃ  
 Pūretvā pāramī sabbā  
 Patto sambodhim-uttamaṃ  
 Etena sacca-vajjena  
 Mā hontu sabb'upaddavā

#### 4.7 Āṭānāṭiya-paritta (long)

(Solo introduction)

Appasannehi nāthassa	sāsane sādhusammate
Amanussehi caṇḍehi	sadā kibbisakāribhi
Parisānañca-tassannam	ahimsāya ca guttiyā
Yandesesi mahāvīro	parittan-tam bhaṇāma se

(If starting with Vipassissa..., continue below  
without the solo introduction)

[Namo me sabbabuddhānaṃ]	uppannānaṃ mahesinaṃ
Taṇhaṅkaro mahāvīro	medhaṅkaro mahāyaso
Saraṇaṅkaro lokahito	dīpaṅkaro jutindharo
Koṇḍañño janapāmokkho	maṅgalo purisāsabho
Sumano sumano dhīro	revato rativaḍḍhano
Sobhito guṇasampanno	anomadassī januttamo
Padumo lokapajjoto	nārado varasārathī
Padumuttaro sattasāro	sumedho appaṭipuggalo
Sujāto sabbalokaggo	piyadassī narāsabho
Atthadassī kāruṇiko	dhammadassī tamonudo
Siddhattho asamo loke	tisso ca vadatarṃ varo
Phusso ca varado buddho	vipassī ca anūpamo
Sikhī sabbahito satthā	vessabhū sukhadāyako
Kakusandho satthavāho	koṇāgamano raṇaṇjaho
Kassapo sirisampanno	gotamo sakyapuṅgavo
Ete caññe ca sambuddhā	anekasatakoṭayo
Sabbe buddhā asamasamā	sabbe buddhā mahiddhikā
Sabbe dasabalūpetā	vesārajehupāgatā

Sabbe te paṭijānanti	āsabhaṇṭhānamuttamaṇi
Sīhanādaṇi nadantete	parisāsu visāradā
Brahmacakkaṇi pavattenti	loke appaṭivattiyaṇi
Upetā buddhadhammehi	aṭṭhārasahi nāyakā
Dvattiṇṣa-lakkhaṇūpetā	sītyānubyañjanādharā
Byāmapabbhāya suppbhā	sabbe te munikuñjarā
Buddhā sabbaññuno ete	sabbe khīṇāsavā jinā
Mahappabhā mahātejā	mahāpaññā mahabbalā
Mahākāruṇikā dhīrā	sabbesānaṇi sukhāvahā
Dīpā nāthā paṭiṭṭhā	ca tāṇa leṇā ca paṇinaṇi
Gatī bandhū mahassāsā	saraṇā ca hitesino
Sadevakassa lokassa	sabbe ete parāyaṇā
Tesāhaṇi sirasā pāde	vandāmi purisuttame
Vacasā manasā ceva	vandāmete tathāgate
Sayane āsane ṭhāne	gamane cāpi sabbadā
Sadā sukhena rakkhantu	buddhā santikarā tuvaṇi
Tehi tvaṇi rakkhito santo	mutto sabbabhayaṇa ca
Sabba-rogaṇimutto	sabba-santāpavajjito
Sabba-veramatikkanto	nibbuto ca tuvaṇi bhava
Tesaṇi saccena sīlena	khantimettābalena ca
Tepi tumhe* anurakkhantu	ārogyeṇa sukhena ca
Purattthimasmim disābhāge	santi bhūtā mahiddhikā
Tepi tumhe anurakkhantu	ārogyeṇa sukhena ca

\* If chanting for oneself, change *tumhe* to *amhe* here and in the lines below.

Dakkhiṇasmiṃ disābhāge  
 Tepi tumhe anurakkhantu  
 Pacchimasmim disābhāge  
 Tepi tumhe anurakkhantu  
 Uttarasmiṃ disābhāge  
 Tepi tumhe anurakkhantu  
 Purimadisam dhatarattho  
 Pacchimena virūpakkho  
 Cattāro te mahārājā  
 Tepi tumhe anurakkhantu  
 Ākāsaṭṭhā ca bhummaṭṭhā  
 Tepi tumhe anurakkhantu

santi devā mahiddhikā  
 ārogyena sukhena ca  
 santi nāgā mahiddhikā  
 ārogyena sukhena ca  
 santi yakkhā mahiddhikā  
 ārogyena sukhena ca  
 dakkhiṇena virulhako  
 kuvero uttaram disam  
 lokapālā yasassino  
 ārogyena sukhena ca  
 devā nāgā mahiddhikā  
 ārogyena sukhena ca

Natthi me saraṇam aññaṃ

Natthi me saraṇam aññaṃ  
 Etena saccavajjena  
 Natthi me saraṇam aññaṃ  
 Etena saccavajjena  
 Natthi me saraṇam aññaṃ  
 Etena saccavajjena

buddho me saraṇam varaṃ  
 hotu te\* jayamaṅgalaṃ  
 dhammo me saraṇam varaṃ  
 hotu te jayamaṅgalaṃ  
 saṅgho me saraṇam varaṃ  
 hotu te jayamaṅgalaṃ

\*If chanting for oneself, change *te* to *me* here and in the lines below.

Yaṅkiñci ratanaṃ loke

Yaṅkiñci ratanaṃ loke	vijjati vividhaṃ puthu
Ratanaṃ buddhasamaṃ	natthi tasmā sotthī bhavantu te
Yaṅkiñci ratanaṃ loke	vijjati vividhaṃ puthu
Ratanaṃ dhammasamaṃ	natthi tasmā sotthī bhavantu te
Yaṅkiñci ratanaṃ loke	vijjati vividhaṃ puthu
Ratanaṃ saṅghasamaṃ	natthi tasmā sotthī bhavantu te

Sakkatvā

Sakkatvā buddharatanaṃ	osadhaṃ uttamaṃ varaṃ
Hitaṃ devamanussānaṃ	buddhatejēna sotthinā
Nassantupaddavā sabbe	dukkhā vūpasamentu te
Sakkatvā dhammaratanaṃ	osadhaṃ uttamaṃ varaṃ
Parilāhūpasamaṃ	dhammatejēna sotthinā
Nassantupaddavā sabbe	bhayā vūpasamentu te
Sakkatvā saṅgharatanaṃ	osadhaṃ uttamaṃ varaṃ
Āhuneyyaṃ pāhuneyyaṃ	saṅghatejēna sotthinā
Nassantupaddavā sabbe	rogā vūpasamentu te

Sabbītiyo vivajjantu

Sabbītiyo vivajjantu	sabbarogo vinassatu
Mā te bhavatvantarāyo	sukhī dīghāyuko bhava
Abhivādanasīlissa	niccaṃ vuḍḍhāpacāyino
Cattāro dhammā vaḍḍhanti	āyu vaṇṇo sukhaṃ balaṃ

#### 4.8 The Twenty-Eight Buddhas' Protection

Solo introduction

We will now recite the discourse given by the Great Hero  
(the Buddha), as a protection for virtue-loving human beings,  
Against harm from all evil-doing, malevolent non-humans who are  
displeased with the Buddha's Teachings.

Homage to all Buddhas, the mighty who have arisen:  
Taṇhaṅkara, the great hero, Medhaṅkara, the renowned,  
Saraṇaṅkara, who guarded the world, Dīpaṅkara, the light-bearer,  
Koṇḍañña, liberator of people, Maṅgala, great leader of people,  
Sumana, kindly and wise, Revata, increaser of joy,  
Sobhita, perfected in virtues, Anomadassī, greatest of beings,  
Paduma, illuminer of the world, Nārada, true charioteer,  
Padumuttara, most excellent of beings, Sumedha,  
the unequalled one,  
Sujāta, summit of the world, Piyadassī, great leader of men,  
Atthadassī, the compassionate, Dhammadassī,  
destroyer of darkness,  
Siddhattha, unequalled in the world, and Tissa, speaker of Truth,  
Phussa, bestower of blessings, Vipassī, the incomparable,  
Sikhī, the bliss-bestowing teacher, Vessabhū, giver of happiness,  
Kakusandha, the caravan leader, Koṇāgamana, abandoner of ills,  
Kassapa, perfect in glory, Gotama, chief of the Sakyans.

These and all self-enlightened Buddhas are also peerless ones,  
All the Buddhas together, all of mighty power,  
All endowed with the Ten Powers, attained to highest knowledge,

All of these are accorded the supreme place of leadership.  
They roar the lion's roar with confidence among their followers,  
They observe with the divine eye, unhindered, all the world.  
The leaders endowed with the eighteen kinds of Buddha-Dhamma,  
The thirty-two major and eighty minor marks of a great being,  
Shining with fathom-wide haloes, all these elephant-like sages,  
All these omniscient Buddhas, conquerors free of corruption,  
Of mighty brilliance, mighty power, of mighty wisdom,  
    mighty strength,  
Of mighty compassion and wisdom, bearing bliss to all,  
Islands, guardians and supports, shelters and caves for all beings,  
Resorts, kinsmen and comforters, benevolent givers of refuge,  
These are all the final resting place for the world with its deities.  
With my head at their feet I salute these greatest of humans.  
With both speech and thought I venerate those Tathāgatas,  
Whether lying down, seated or standing, or walking anywhere.  
May they ever guard your happiness, the Buddhas,  
    bringers of peace,  
And may you, guarded by them, at peace, freed from all fear,  
Released from all illness, safe from all torments,  
Having transcended hatred, may you gain cessation.

By the power of their truth, their virtue and love,  
May they protect and guard you in health and happiness.  
In the Eastern quarter are beings of great power,  
May they protect and guard you in health and happiness.  
In the Southern quarter are deities of great power,  
May they protect and guard you in health and happiness.

In the Western quarter are dragons of great power,  
 May they protect and guard you in health and happiness.  
 In the Northern quarter are spirits of great power,  
 May they protect and guard you in health and happiness.  
 In the East is Dhataratṭha, in the South is Viruḷhaka,  
 In the West is Virūpakkha, Kuvera rules the North.  
 These Four Mighty Kings, far-famed guardians of the world,  
 May they all be your protectors in health and happiness.  
 Sky-dwelling and earth-dwelling gods and dragons of great power,  
 May they all be your protectors in health and happiness.  
 For me there is no other refuge, the Buddha is my excellent refuge:  
 By this declaration of truth may the blessings of victory be yours.  
 For me there is no other refuge,  
     the Dhamma is my excellent refuge:  
 By this declaration of truth may the blessings of victory be yours.  
 For me there is no other refuge, the Saṅgha is my excellent refuge:  
 By this declaration of truth may the blessings of victory be yours.  
 Whatever jewel may be found in the world, however splendid,  
 There is no jewel equal to the Buddha,  
     therefore may you be blessed.  
 Whatever jewel may be found in the world, however splendid,  
 There is no jewel equal to the Dhamma,  
     therefore may you be blessed.  
 Whatever jewel may be found in the world, however splendid,  
 There is no jewel equal to the Saṅgha,  
     therefore may you be blessed.  
 If you venerate the Buddha jewel, the supreme,



excellent protection,  
 Which benefits gods and humans, then in safety,  
 by the Buddha's power,  
 All dangers will be prevented, your sorrows will pass away.  
 If you venerate the Dhamma jewel, the supreme,  
 excellent protection,  
 Which calms all fevered states, then in safety,  
 by the Dhamma's power,  
 All dangers will be prevented, your fears will pass away.  
 If you venerate the Saṅgha jewel, the supreme,  
 excellent protection,  
 Worthy of gifts and hospitality, then in safety,  
 by the Saṅgha's power,  
 All dangers will be prevented, your sicknesses will pass away.  
 May all calamities be avoided, may all illness pass away,  
 May no dangers threaten you, may you be happy and long-lived,  
 Greeted kindly and welcome everywhere.  
 May four things accrue to you: long life, beauty, bliss, and strength.

#### 4.9 Pabbatopama-gāthā

Verses on Mountains

Yathā pi selā vipulā	nabham āhacca pabbatā
Samantā anupariyeyyum	nippothentā catuddisā
Evaṃ jarā ca maccu ca	adhivattanti pāṇino
Khattiye brāhmaṇe vesse	sudde caṇḍāla-pukkuse
Na kiñci parivajjeti	sabbam-evābhimaddati

Na tattha hatthīnaṃ bhūmi	na rathānaṃ na pattiya
Na cāpi manta-yuddhena	sakkā jetuṃ dhanena vā
Tasmā hi paṇḍito poso	sampassaṃ attham-attano
Buddhe dhamme ca saṅghe ca	dhīro saddhaṃ nivesaye
Yo dhamma-cārī kāyena	vācāya uda cetasā
Idh'eva naṃ pasaṃsanti	pecca sagge pamodati

S.I.102

#### 4.10 Bhāra-sutta-gāthā

Verses on the Burden

Bhārā have pañcakkhandhā	bhāra-hāro ca puggalo
Bhār'ādānaṃ dukkhaṃ loke	bhāra-nikkhepanaṃ sukhaṃ

*The five aggregates indeed are burdens,*

*The beast of burden though is man.*

*In this world to take up burdens is dukkha.*

*Putting them down brings happiness.*

Nikkhipitvā garuṃ bhāraṃ	aññaṃ bhāraṃ anādiya
Samūlaṃ taṇhaṃ abbuyha	nicchāto parinibbuto

*A heavy burden cast away,*

*Not taking on another load,*

*With craving pulled out from the root,*

*Desires stilled, one is released.*

S.III.26

### 4.11 Khemākhema-saraṇa-gamana-paridīpikā-gāthā

#### True and False Refuges

Bahuṃ ve saraṇaṃ yanti      pabbatāni vanāni ca  
 Ārāma-rukkha-cetyāni      manussā bhaya-tajjitā

*To many refuges they go —  
 To mountain slopes and forest glades,  
 To parkland shrines and sacred sites —  
 People overcome by fear.*

N’etaṃ kho saraṇaṃ khemaṃ      n’etaṃ saraṇaṃ-uttamaṃ  
 N’etaṃ saraṇaṃ-āgamma      sabba-dukkhā pamuccati

*Such a refuge is not secure,  
 Such a refuge is not supreme,  
 Such a refuge does not bring  
 Complete release from suffering.*

Yo ca buddhañ-ca dhammañ-ca      saṅghañ-ca saraṇaṃ gato  
 Cattāri ariya-saccāni      sammappaññāya passati

*Whoever goes to refuge  
 In the Triple Gem  
 Sees with right discernment  
 The Four Noble Truths:*

Dukkhaṃ dukkha-samuppādaṃ      dukkhassa ca atikkamaṃ  
 Ariyañ-c’atth’āṅgikaṃ maggaṃ      dukkhūpasama-gāmināṃ

*Suffering and its origin  
 And that which lies beyond —*

*The Noble Eightfold Path  
That leads the way to suffering's end.*

Etam kho saraṇaṃ khemaṃ      etaṃ saraṇaṃ-uttamaṃ  
Etam saraṇaṃ-āgama      sabba-dukkhā pamuccatī'ti.

*Such a refuge is secure,  
Such a refuge is supreme,  
Such a refuge truly brings  
Complete release from all suffering.*

*Dhp 188-192*

#### 4.12 Bhadd'eka-ratta-gāthā

Verses on a Shining Night of Prosperity

Atītaṃ nānvāgameyya      nappaṭikaṅkhe anāgataṃ  
Yad'atītaṃ pahīnaṃ-taṃ      appattañca anāgataṃ

*One should not revive the past  
Nor speculate on what's to come;  
The past is left behind,  
The future is un-realized.*

Paccuppannañca yo dhammaṃ      tattha tattha vipassati  
Asaṃhiraṃ asaṅkappaṃ      taṃ viddhāṃ-anubrūhaye

*In every presently arisen state  
There, just there, one clearly sees;  
Unmoved, unagitated,  
Such insight is one's strength.*

Ajj'eva kiccam-ātappam ko jaññā maraṇam suve  
Na hi no saṅgaran-tena mahā-senena maccunā

*Ardently doing one's task today,  
Tomorrow, who knows, death may come;  
Facing the mighty hordes of death,  
Indeed one cannot strike a deal.*

Evaṃ vihārim-ātāpim aho-rattam-atanditam  
Tam ve bhadd'eka-ratto'ti santo ācikkhate muni

*To dwell with energy aroused  
Thus for a night of non-decline,  
That is a 'night of shining prosperity.'  
So it was taught by the Peaceful Sage.*

M.III.187

#### 4.13 Ti-lakkhaṇ'ādi-gāthā

Sabbe saṅkhārā aniccā'ti yadā paññāya passati  
Atha nibbindati dukkhe esa maggo visuddhiyā  
Sabbe saṅkhārā dukkhā'ti yadā paññāya passati  
Atha nibbindati dukkhe esa maggo visuddhiyā  
Sabbe dhammā anattā'ti yadā paññāya passati  
Atha nibbindati dukkhe esa maggo visuddhiyā

Dhp 277-279

Appakā te manussesu	ye janā pāra-gāmino
Athāyaṃ itarā pajā	tīram-evānudhāvati
Ye ca kho sammad-akkhāte	dhamme dhammānuvattino
Te janā pāram-essanti	maccu-dheyyaṃ suduttaraṃ
Kaṇhaṃ dhammaṃ vipphāya	sukkaṃ bhāvētha paṇḍito
Okā anokam-āgamma	viveke yattha dūramaṃ
Tatrābhiratim-iccheyya	hitvā kāme akiñcano
Pariyodapeyya attānaṃ	citta-klesehi paṇḍito
Yesāṃ sambodhiy-aṅgesu	sammā cittaṃ subhāvitaṃ
Ādāna-paṭinissagge	anupādāya ye ratā
Khīṇ'āsavā jutimanto	te loke parinibbutā'ti

*Dhp 85-89*

Verses on the Three Characteristics

‘Impermanent are all conditioned things’ —

When with wisdom this is seen  
One feels weary of all dukkha;  
This is the path to purity.

‘Dukkha are all conditioned things’ —

When with wisdom this is seen  
One feels weary of all dukkha;  
This is the path to purity.

‘There is no self in anything’ —

When with wisdom this is seen  
One feels weary of all dukkha;  
This is the path to purity.

Few amongst humankind  
 Are those who go beyond,  
 Yet there are the many folks  
 Ever wand'ring on this shore.

Wherever Dhamma is well-taught,  
 Those who train in line with it  
 Are the ones who will cross over  
 The realm of death so hard to flee.

Abandoning the darker states,  
 The wise pursue the bright;  
 From the floods dry land they reach  
 Living withdrawn so hard to do.  
 Such rare delight one should desire,  
 Sense pleasures cast away,  
 Not having anything.

#### 4.14 Dhamma-gārav'ādi-gāthā

Verses on Respect for the Dhamma

Ye ca atītā sambuddhā	ye ca buddhā anāgatā
Yo c'etarahi sambuddho	bahunnarīṃ soka-nāsano

*All the Buddhas of the past,  
 All the Buddhas yet to come,  
 The Buddha of this current age —  
 Dispellers of much sorrow.*

Sabbe saddhamma-garuno      viharimsu viharanti ca  
 Atho pi viharissanti      esā buddhāna dhammatā

*Those having lived or living now,  
 Those living in the future,  
 All do revere the True Dhamma —  
 That is the nature of all Buddhas.*

Tasmā hi atta-kāmena      mahattam-abhikaṅkhatā  
 Saddhammo garu-kātabbo      saraṁ buddhāna sāsanaṁ

*Therefore desiring one's own welfare,  
 Pursuing greatest aspirations,  
 One should revere the True Dhamma —  
 Recollecting the Buddha's teaching.*

S.I.140

Na hi dhammo adhammo ca  
 Ubho sama-vipākino  
 Adhammo nirayaṁ neti  
 Dhammo pāpeti suggaṭṭiṁ

*What is true Dhamma and what not  
 Will never have the same results,  
 While lack of Dhamma leads to hell-realms —  
 True Dhamma takes one on a good course.*

Dhammo have rakkhati dhamma-cāriṁ  
 Dhammo suciṇṇo sukham-āvahāti  
 Esānisaṁso dhamme suciṇṇe



*The Dhamma guards who lives in line with it  
And leads to happiness when practised well —  
This is the blessing of well-practised Dhamma.*

*Thag 303-304*

#### 4.15 Paṭhama-buddha-bhāsita-gāthā

Verses on the Buddha's First Exclamation

Aneka-jāti-saṁsāraṁ      sandhāviṣsaṁ anibbisaṁ  
Gaha-kāraṁ gavesanto      dukkhā jāti punappunaṁ

*For many lifetimes in the round of birth,  
Wandering on endlessly,  
For the builder of this house I searched —  
How painful is repeated birth.*

Gaha-kāraka diṭṭho'si      puna gehaṁ na kāhasi  
Sabbā te phāsukā bhaggā      gaha-kūṭaṁ visaṅkhataṁ  
Visaṅkhāra-gataṁ cittaṁ      taṇhānaṁ khayam-ajjhagā

*House-builder you've been seen,  
Another home you will not build,  
All your rafters have been snapped,  
Dismantled is your ridge-pole;  
The non-constructing mind  
Has come to craving's end.*

*Dhp 153-154*

#### 4.16 Pacchima-ovāda-gāthā

Verses on the Last Instructions

Handa dāni bhikkhave āmantayāmi vo  
 Vaya-dhammā saṅkhārā  
 Appamādena sampādeṭhā'ti  
 Evaṃ tathāgatassa pacchimā vācā

*'Now, take heed, bhikkhus, I caution you thus: Dissolution is the nature of all conditions. Therefore strive on with diligence!' These are the final words of the Tathāgata.*

D.II.156

#### 4.17 Ye dhammā hetuppabhavā

Arising From a Cause

Ye dhammā hetuppabhavā  
 Tesaṃ hetuṃ tathāgato āha  
 Tesaṃ yo nirodho  
 Evaṃ-vādī mahāsamaṇo'ti

*Whatever phenomena arise from a cause,  
 The Tathāgata has explained their cause,  
 And also their cessation.  
 That is the teaching of the Great Ascetic.*

Mv.1.23.5

### 4.18 Nakkhattayakkha

The paritta chanting may be closed with the following:

Nakkhatta-yakkha-bhūtānaṃ  
 Pāpa-ggaha-nivāraṇā  
 Parittassānubhāvena  
 Hantvā tesāṃ upaddave

(Three times)

### 4.19 Verses on Respect

Satthu-garu dhamma-garu,  
 Saṅghe ca tibba-gāravo,  
 Samādhi-garu ātāpī,  
 Sikkhāya tibba-gāravo,  
 Appamāda-garu bhikkhu,  
 Paṭisanthāra-gāravo:  
 Abhabbo parihānāya,  
 Nibbānasseva santike.

*One with respect for the Buddha and Dhamma,  
 and strong respect for the Saṅgha,  
 one who is ardent, with respect for concentration,  
 and strong respect for the Training,  
 one who sees danger and respects being heedful,  
 and shows respect in welcoming guests.  
 A person like this cannot decline,  
 stands right in the presence of Nibbāna.*

## 5. ANUMODANĀ

### 5.1 Yathā vāri-vahā pūrā

*Just as Rivers*

Yathā vāri-vahā pūrā paripūrenti sāgaram

*Just as rivers full of water entirely fill up the sea,*

Evam-eva ito dinnam petānam upakappati

*So will what's here been given bring blessings to departed spirits.*

*Khṇ.VII.v8*

Icchitam patthitam tumham

*May all your hopes and all your longings*

Khippam-eva samijjhatu

*Come true in no long time.*

Sabbe pūrentu saṅkappā

*May all your wishes be fulfilled*

Cando paṇṇaraso yathā

*Like on the fifteenth day the moon*

Maṇi jotiraso yathā

*Or like a bright and shining gem.*

*DhpA.I.198*

Sabb'ītiyo vivajjantu

*May all misfortunes be avoided,*

Sabba-rogo vinassatu

*May all illness be dispelled,*

Mā te bhavatv-antarāyo

*May you never meet with dangers,*

Sukhī dīgh'āyuko bhava

*May you be happy and live long.*

Abhivādana-sīlissa

Niccaṃ vuḍḍhāpacāyino

Cattāro dhammā vaḍḍhanti

Āyu vaṇṇo sukhaṃ balaṃ

*For those who are respectful,*

*Who always honour the elders,*

*Four are the qualities which will increase:*

*Life, beauty, happiness and strength.*

*Dhp 109*

Bhavatu sabba-maṅgalaṃ

*May every blessing come to be*

Rakkhantu sabba-devatā

*And all good spirits guard you well.*

Sabba-buddhānubhāvena

*Through the power of all Buddhas*

Sadā sotthī bhavantu te

*May you always be at ease.*

Bhavatu sabba-maṅgalaṃ

*May every blessing come to be*

Rakkhantu sabba-devatā

*And all good spirits guard you well.*

Sabba-dhammānubhāvena

*Through the power of all Dhammas*

Sadā sotthī bhavantu te

*May you always be at ease.*

Bhavatu sabba-maṅgalaṃ

*May every blessing come to be*

Rakkhantu sabba-devatā

*And all good spirits guard you well.*

Sabba-saṅghānubhāvena

*Through the power of all Saṅghas*

Sadā sotthī bhavantu te

*May you always be at ease.*

Sabba-roga-vinimutto

(This shorter form is sometimes used instead of 'Yathā...')

Sabba-roga-vinimutto

sabba-santāpa-vajjito

Sabba-veram-atikkanto  
     nibbuto ca tuvam-bhava  
 Sabb'ītiyo vivajjantu  
     sabba-rogo vinassatu  
 Mā te bhavatv-antarāyo  
     sukhī dīgh'āyuko bhava  
 Abhivādana-sīlissa  
     niccaṃ vuḍḍhāpacāyino  
 Cattāro dhammā vaḍḍhanti  
     āyu vaṇṇo sukhaṃ balaṃ

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*May you be freed from all disease, safe from all torment, beyond all animosity and at peace.*

*May all misfortunes be avoided...*

## 5.2 Bhojana-dānānumodanā

Āyu-do bala-do dhīro	vaṇṇa-do paṭibhāṇa-do
Sukhassa dātā medhāvī	sukhaṃ so adhigacchati
Āyuraṃ datvā balaṃ vaṇṇaṃ	sukhañ-ca paṭibhāṇa-do
Dīgh'āyu yasavā hoti	yattha yatthūpapajjati'ti

*The enlightened person, having given life, strength, beauty, quick-wittedness – The intelligent person, a giver of happiness – attain happiness themselves. Having given life, strength, beauty, happiness, and quick-wittedness, They have a long life and status wherever they arise.*

### 5.3 Aggappasāda-sutta-gāthā

Aggato ve pasannānaṃ	aggam dhammaṃ vijānataṃ
Agge Buddhē pasannānaṃ	dakkhiṇeyye anuttare
Agge dhamme pasannānaṃ	virāgūpasame sukhe
Agge saṅghe pasannānaṃ	puññakkhette anuttare
Aggasmim dānaṃ dadataṃ	aggam puññaṃ pavaḍḍhati
Aggaṃ āyu ca vaṇṇo ca	yaso kitti sukhaṃ balaṃ
Aggassa dātā medhāvī	agga-dhamma-samāhito
Deva-bhūto manusso vā	aggappatto pamodatī'ti

*For one with confidence, realising the supreme Dhamma to be supreme. With confidence in the Buddha, unsurpassed in deserving offerings. With confidence in the supreme Dhamma, the happiness of dispassion and calm. With confidence in the supreme Saṅgha, unsurpassed as a field of merit.*

*Having given gifts to the supreme, one develops supreme merit, supreme long life and beauty, status, honor, happiness and strength. Having given to the supreme, the intelligent person, firm in the supreme Dhamma, Whether becoming a deva or a human being, rejoices, having attained the supreme.*

A.II.35; A.III.36



### 5.4 Adāsi-me ādi-gāthā

Adāsi me akāsi me	ñāti-mittā sakhā ca me
Petānaṃ dakkhiṇaṃ dajjā	pubbe katam-anussaraṃ
Na hi ruṇṇaṃ vā soko vā	yā v'aññā paridevanā
Na taṃ petānaṃ-atthāya	evaṃ tiṭṭhanti ñātayo

Ayañ-ca kho dakkhiṇā dinnā  
 Saṅghamhi supatiṭṭhitā  
 Dīgha-rattaṃ hitāy'assa  
 Ṭhānaso upakappati  
 So ñāti-dhammo ca ayaṃ nidassito  
 Petāna'pūjā ca katā ulāra  
 Balañ-ca bhikkhūnaṃ-anuppadinnaṃ  
 Tumhehi puññaṃ pasutaṃ anappakaṇ'ti.

*“He gave to me, he acted on my behalf, and he was my relative, companion, friend.” Offerings should be given for the dead when one reflects thus on what was done in the past. For no weeping or sorrowing or any kind of lamentation benefit the dead whose relatives keep acting in that way.*

*But when this offering is given, well-placed in the Sangha, it works for their long-term benefit and they profit immediately. In this way the proper duty to relatives has been shown and great honour has been done to the dead and the monks have been given strength: You have acquired merit that is not small.*

### 5.5 Kāla-dāna-sutta-gāthā

Kāle dadanti sapaññā	vadaññū vīta-maccharā
Kālena dinnam ariyesu	uju-bhūtesu tādisu
Vipprasanna-manā tassa	vipulā hoti dakkhiṇā
Ye tattha anumodanti	veyyāvaccam karonti vā
Na tena dakkhiṇā onā	te pi puññassa bhāgino
Tasmā dade appaṭivāna-citto	yattha dinnam mahapphalaṃ
Puññāni para-lokasmim	patiṭṭhā honti paṇinan'ti

*Those with discernment, responsive, free from stinginess, give in the proper season. Having given in the proper season with hearts inspired by the Noble Ones straightened. Such – their offering bears an abundance.*

*Those who rejoice in that gift, or give assistance, they too have a share of the merit, and the offering is not depleted by that. Therefore, with an unhesitant mind, one should give where the gift bears great fruit. Merit is what establishes living beings in the next life.*

AN 5.36, A.III.41

### 5.6 Ratanattay'ānubhāv'ādi-gāthā

Ratanattay'ānubhāvena	ratanattaya-tejasā
Dukkha-roga-bhayā verā	sokā sattu c'upaddavā
Anekā antarāyā pi	vinassantu asesato
Jaya-siddhi dhanam lābham	sotthi bhāgyam sukham balaṁ
Siri āyu ca vaṇṇo ca	bhogam vuḍḍhī ca yasavā
Sata-vassā ca āyu ca	jīva-siddhī bhavantu te

*Through the power of the Triple Gem, through the majesty of the Triple Gem, May suffering, disease, danger, animosity, sorrow, adversity, misfortune – obstacles without number – vanish without a trace.*

*Triumph, success, wealth, gain, safety, luck, happiness and strength, glory, long life, beauty, fortune and status increase, A lifespan of a hundred years, and success in your livelihood: may they be yours.*

### 5.7 Culla-maṅgala-cakka-vāḷa

Sabba-buddh'ānubhāvena
sabba-dhamm'ānubhāvena
sabba-saṅgh'ānubhāvena
Buddha-ratanam dhamma-ratanam saṅgha-ratanam
Tiṇṇam ratanānam ānubhāvena
Catur-āsīti-sahassa-dhammakkhandh'ānubhāvena
Piṭakattay'ānubhāvena
Jina-sāvak'ānubhāvena

Sabbe te rogā sabbe te bhayā sabbe te antarāyā sabbe te upaddavā  
sabbe te dunnimittā sabbe te avamaṅgalā vinassantu

Āyu-vaḍḍhako dhana-vaḍḍhako siri-vaḍḍhako yasa-vaḍḍhako  
bala-vaḍḍhako vaṇṇa-vaḍḍhako sukha-vaḍḍhako hotu sabbadā

Dukkha-roga-bhayā verā sokā sattū c'upaddavā

Anekā antarāyā pi vinassantu ca tejasā

Jaya-siddhi dhanam lābham

Sotthi bhāgyam sukham balam

Siri āyu ca vaṇṇo ca bhogam vuḍḍhī ca yasavā

Sata-vassā ca āyū ca jīva-siddhī bhavantu te

Bhavatu sabba-maṅgalam...

*Through the power of all the Buddhas, the power of all the Dhamma,  
the power of all the Saṅgha, the treasure of the Buddha, the treasure  
of the Dhamma, the treasure of the Saṅgha, the power of the 84,000  
Dhamma groups, the power of the Tripitaka, the power of the Victor's  
disciples:*

*May all your diseases, all your fears, all your obstacles, all your  
dangers, all your bad visions, all your bad omens be destroyed.*

*May there be always be an increase of long life, wealth, glory, status,  
strength, beauty and happiness.*

*May suffering, disease, danger, animosity, sorrow, adversity,  
misfortune – obstacles without number – vanish through the majesty  
of the Triple Gem.*

*Triumph, success, wealth, gain, safety, luck, happiness, strength, glory, long life, beauty, fortune and status increase, a lifespan of a hundred years, and success in your livelihood: May they be yours.*

*May there be every good blessing, may all the devas protect you, through the power of all the Buddhas, Dhamma and Saṅgha, may you always be well.*

### 5.8 Mahā-maṅgala-cakka-vāḷa

Siri-dhiti-mati-tejo-jayasiddhi-mahiddhi-mahāguṇā-parimita-  
puññādhikarassa sabbantarāya-nivāraṇa-samatthassa bhagavato  
arahato sammā-sambuddhassa

Dvattiṁsa-mahā-purisa-lakkhaṇānubhāvena  
asītyānubyañjanānubhāvena  
aṭṭhuttara-sata-maṅgalānubhāvena  
chabbaṇṇa-raṁsiyānubhāvena ketumālānubhāvena  
dasa-pāramitānubhāvena  
dasa-upapāramitānubhāvena  
dasa-paramattha-pāramitānubhāvena  
sīla-samādhi-paññānubhāvena  
buddhānubhāvena  
dhammānubhāvena  
saṅghānubhāvena  
tejānubhāvena  
iddhānubhāvena  
balānubhāvena  
ñeyya-dhammānubhāvena

caturāsīti-sahassa-dhamma-kkhandhānubhāvena  
 nava-lokuttara-dhammānubhāvena  
 aṭṭhaṅgika-maggānubhāvena  
 aṭṭha-samāpattiyānubhāvena  
 chaḷabhiññānubhāvena  
 catu-sacca-ñāṇānubhāvena  
 dasa-bala-ñāṇānubhāvena  
 sabbaññuta-ñāṇānubhāvena  
 mettā-karuṇā-muditā-upekkhānubhāvena  
 sabba-parittānubhāvena  
 ratanattaya-saraṇānubhāvena  
 tuyhaṁ sabba-roga-sok'upaddava-  
 dukkha-domanass'upāyāsā vinassantu  
 sabba-antarāyā pi vinassantu  
 sabba-saṅkappā tuyhaṁ samijjhantu  
 dīghāyukā tuyhaṁ hotu sata-vassa-jīvena  
 samaṅgiko hotu sabbadā  
 Ākāsa-pabbata-vana-bhūmi-gaṅgā-mahāsamuddā ārakkhakā  
 devatā sadā tumhe anurakkhantu

*Through the power of the thirty-two marks of the Great Man  
 belonging to the Blessed One, the Worthy One, the Rightly  
 Self-awakened One, who through his accumulation of merit is  
 endowed with glory, steadfastness of intent, majesty, victorious power,  
 great might, countless great virtues, who settles all dangers and  
 obstacles,*

through the power of his eighty minor characteristics,  
 of his hundred and eight blessings,  
 of his sixfold radiance,  
 of the aura surrounding his head,  
 of his ten perfections, ten higher perfections and ten ultimate  
 perfections,  
 of his virtue, concentration and discernment,  
 of the Buddha, Dhamma and Saṅgha,  
 of his majesty, might and strength,  
 of his Dhammas that can be known,  
 of the 84,000 divisions of his Dhamma,  
 of his nine transcendent Dhammas,  
 of his eightfold path,  
 of his meditative attainments,  
 of his six cognitive skills,  
 of his knowledge of the four noble truths,  
 of his knowledge of the ten strengths,  
 of his omniscience,  
 of his goodwill, compassion, empathetic joy and equanimity,  
 of all protective chants,  
 of refuge in the Triple Gem,

may all your diseases, griefs, misfortunes, pains, distresses and  
 dispairs be destroyed,  
 may all obstructions be destroyed, may all your resolves succeed,  
 may you live long, always attaining a hundred years.

May the protective devas of the sky, the mountains, the forests, the  
 land, the River Ganges, and the great ocean always protect you.

### 5.9 Vihāra-dāna-gāthā

Sītaṃ uṇhaṃ paṭihanti	tato vāḷamigāni ca
sarimsape ca makase	sisire cāpi vuṭṭhiyo
Tato vātātapo ghorō	sañjāto paṭihaññati
Leṇatthaṇ ca sukhatthaṇ ca	jhāyituṇ ca vipassituru
Vihāradānaṃ saṅghassa	aggam buddhehi vaṇṇitaṃ
Tasmā hi paṇḍito poso	sampassaṃ attham attano
Vihāre kāraye ramme	vāsayettha bahu-ssute
Tesaṃ annaṇ ca pānaṇ ca	vattha-senāsanāni ca
Dadeyya uju-bhūtesu	vippasannena cetasā
Te tassa dhammaṃ desenti	sabbadukkhāpanūdanam
Yaṃ so dhammaṃ idh'aññāya	parinibbātayanāsavo'ti

*They ward off cold and heat and beasts of prey from there  
And creeping things and gnats and rains in the wet season.  
When the dreaded hot wind arises, that is warded off.  
To meditate and obtain insight in a refuge and at ease:*

*A dwelling-place is praised by the Awakened One  
as chief gift to an Order.*

*Therefore a wise man, looking to his own weal,  
Should have charming dwelling-places built  
So that those who have heard much can stay therein.*

*To these food and drink, raiment and lodgings  
He should give, to the upright, with mind purified.  
(Then) these teach him Dhamma dispelling every ill;  
He, knowing that Dhamma,  
here attains Nibbāna, free of taints.*



### 5.10 Saṅgaha-vatthu-gāthā

Dānañ-ca peyya-vajjañ-ca	attha-cariyā ca yā idha
Samānattatā ca dhammesu	tattha tattha yathā'rahaṃ
Ete kho saṅgahā loke	rathass'āṇīva yāyato
Ete ca saṅgahā nāssu	na mātā putta-kāraṇā
Labhetha mānaṃ pūjaṃ vā	pitā vā putta-kāraṇā
Yasmā ca saṅgahā ete	samavekkhanti paṇḍitā
Tasmā mahattaṃ papponti	pāsamsā ca bhavanti te'ti

*Generosity, kind words, beneficial action,  
and treating all consistently, in line with what each deserves:  
These bonds of fellowship in the world are like the linchpin in a  
moving cart.*

*Now, if these bonds of fellowship were lacking, a mother would not  
receive the honor and respect owed by her child,  
nor would a father receive what his child owes him.  
But because the wise show regard for these bonds of fellowship,  
they achieve greatness and are praised.*

### 5.11 Ādiya-sutta-gāthā

Bhuttā bhogā bhaṭṭā bhaccā	vitīṇṇā āpadāsu me
Uddhaggā dakkhiṇā dinnā	atho pañca balī katā
Upaṭṭhitā sīlavanto	saññatā brahma-cārino
Yad-atthaṃ bhogam-iccheyya	paṇḍito gharam-āvasaṃ
So me attho anuppatto	kataṃ ananutāpiyaṃ
Etaṃ anussaraṃ macco	ariya-dhamme ṭhito naro
Idh'eva naṃ paṃsaṃsanti	pecca sagge ca pamodatī'ti.

*“My wealth has been enjoyed, my dependents supported, protected from calamities by me. I have given lofty offerings, and performed the five oblations. I have provided for the virtuous, the restrained, leaders of the holy life.*

*For whatever aim a wise householder would desire wealth, that aim have I attained. I have done what will not lead to future distress.”*  
*When this is recollected by a mortal, a person established in the Dhamma of the Noble Ones, He is praised in this life and, after death, rejoices in heaven.*

A.III.46

### 5.12 Ariya-dhana-gāthā

Verses on the Riches of a Noble One

Yassa saddhā tathāgate      acalā supatiṭṭhitā  
Sīlañ-ca yassa kalyāṇaṃ      ariya-kantaṃ pasaṃsitaṃ

*One whose faith in the Tathāgata  
Is unshaken and established well,  
Whose virtue is beautiful,  
The Noble Ones enjoy and praise;*

Saṅghe pasādo yass'atthi      uju-bhūtañ-ca dassanaṃ  
Adaliddo-ti taṃ āhu      amoghaṃ tassa jīvitaṃ

*Whose trust is in the Saṅgha,  
Who sees things rightly as they are,  
It is said that not poor  
And not in vain is their life.*

Tasmā saddhañ-ca sīlañ-ca      pasādaṃ dhamma-dassanaṃ  
Anuyuñjetha medhāvī      saraṃ buddhāna sāsanaṃ'ti

*To virtue and to faith,  
To trust to seeing truth,  
To these the wise devote themselves,  
The Buddha's teaching in their mind.*

### 5.13 Devat'ādissa-dakkhiṇā'numodanā-gāthā

Yasmim padese kappeti	vāsaṃ paṇḍita-jātiyo
Sīlavant'ettha bhojetvā	saññate brahma-cārino
Yā tattha devatā āsurā	tāsaṃ dakkhiṇam-ādise
Tā pūjitā pūjayanti	mānitā mānayanti naṃ
Tato naṃ anukampanti	mātā puttā va orasaṃ
Devatā'nukampito poso	sadā bhadrāni passati

*In whatever place a wise person makes his dwelling, there providing food for the virtuous, the restrained, leaders of the holy life – He should dedicate that offering to the devas there.*

*They receiving honor, will honor him; being respected, will show him respect. As a result, they will feel sympathy for him, like that of a mother for her child. A person with whom the devas sympathize always sees things go auspiciously.*

Vin.I.229

## 6.

### FUNERAL CHANTS

#### 6.1 Dhamma-saṅgaṇī-mātikā

Kusalā dhammā.

Akusalā dhammā.

Abyākatā dhammā.

*Skillful phenomena,  
unskillful phenomena,  
undeclared phenomena.*

Sukhāya vedanāya sampayuttā dhammā.

Dukkhāya vedanāya sampayuttā dhammā.

Adukkhamasukhāya vedanāya sampayuttā dhammā.

*Phenomena conjoined with pleasant feeling,  
phenomena conjoined with painful feeling,  
phenomena conjoined with neither-painful-nor-pleasant feeling.*

Vipākā dhammā.

Vipāka-dhamma-dhammā.

N'eva vipāka na vipāka-dhamma-dhammā.

*Phenomena that are kammic results,  
phenomena that have kammic results,  
phenomena that neither are nor have kammic results.*

Upādinn'upādāniyā dhammā.  
 Anupādinn'upādāniyā dhammā.  
 Anupādinannānupādāniyā dhammā.

*Clung-to clingable phenomena,  
 unclung-to clingable phenomena,  
 unclung-to unclingable phenomena.*

Saṅkiliṭṭha-saṅkilesikā dhammā.  
 Asaṅkiliṭṭha-saṅkilesikā dhammā.  
 Asaṅkiliṭṭhāsaṅkilesikā dhammā.

*Defiled defiling phenomena,  
 undefiled defiling phenomena,  
 undefiled undefiling phenomena.*

Savitakka-savicārā dhammā.  
 Avitakka-vicāra-mattā dhammā.  
 Avitakkāvicārā dhammā.

*Phenomena accompanied by directed thought and evaluation,  
 phenomena unaccompanied by directed thought but with a modicum  
 of evaluation,  
 phenomena unaccompanied by directed thought or evaluation.*

Pīti-saha-gatā dhammā.  
 Sukha-saha-gatā dhammā.  
 Upekkhā-saha-gatā dhammā.

*Phenomena accompanied with rapture,  
 phenomena accompanied with pleasure,  
 phenomena accompanied with equanimity.*

Dassanena pahātabbā dhammā.

Bhāvanāya pahātabbā dhammā.

N'eva dassanena na bhāvanāya pahātabbā dhammā.

*Phenomena to be abandoned through seeing,  
phenomena to be abandoned through developing,  
phenomena to be abandoned neither through seeing nor through  
developing.*

Dassanena pahātabba-hetukā dhammā.

Bhāvanāya pahātabba-hetukā dhammā.

N'eva dassanena na bhāvanāya pahātabba-hetukā dhammā.

*Phenomena connected to a cause that is to be abandoned through  
seeing,  
phenomena connected to a cause that is to be abandoned through  
developing,  
phenomena connected to a cause that is to be abandoned neither  
through seeing nor through developing.*

Ācaya-gāmino dhammā.

Apacaya-gāmino dhammā.

N'ev'ācaya-gāmino nāpacaya-gāmino dhammā.

*Phenomena leading to accumulation,  
phenomena leading to diminution,  
phenomena leading neither to accumulation nor to diminution.*

Sekkhā dhammā.

Asekkhā dhammā.

N'eva sekkhā nāsekkhā dhammā.

*Phenomena of one in training,  
phenomena of one beyond training,  
phenomena neither of one in training nor of one beyond training.*

Parittā dhammā.

Mahaggatā dhammā.

Appamāṇā dhammā.

*Limited phenomena,  
expanded phenomena,  
immeasurable phenomena.*

Paritt'ārammaṇā dhammā.

Mahaggat'ārammaṇā dhammā.

Appamāṇ'ārammaṇā dhammā.

*Limited mind-object phenomena,  
expanded mind-object phenomena,  
immeasurable mind-object phenomena.*

Hīnā dhammā.

Majjhimā dhammā.

Paṇītā dhammā.

*Lowly phenomena,  
middling phenomena,  
exquisite phenomena.*

Micchatta-niyatā dhammā.

Sammatta-niyatā dhammā.

Aniyatā dhammā.



*Phenomena of certain wrongness,  
phenomena of certain rightness,  
uncertain phenomena.*

Magg'ārammaṇā dhammā.  
Maggā-hetukā dhammā.  
Maggādhīpatino dhammā.

*Path mind-object phenomena,  
path-causing phenomena,  
path-dominant phenomena.*

Uppannā dhammā.  
Anuppannā dhammā.  
Uppādino dhammā.

*Arisen phenomena,  
un arisen phenomena,  
phenomena bound to arise.*

Atītā dhammā.  
Anāgatā dhammā.  
Paccuppannā dhammā.

*Past phenomena,  
future phenomena,  
present phenomena.*

Atīt'ārammaṇā dhammā.  
Anāgat'ārammaṇā dhammā.  
Paccuppann'ārammaṇā dhammā.

*Past mind-object phenomena,  
future mind-object phenomena,  
present mind-object phenomena.*

Ajjhattā dhammā.

Bahiddhā dhammā.

Ajjhatta-bahiddhā dhammā.

*Internal phenomena,  
external phenomena,  
internal-and-external phenomena.*

Ajjhatt'ārammaṇā dhammā.

Bahiddh'ārammaṇā dhammā.

Ajjhatta-bahiddh'ārammaṇā dhammā.

*Internal mind-object phenomena,  
external mind-object phenomena,  
internal-and-external mind-object phenomena.*

Sanidassana-sappaṭighā dhammā.

Anidassana-sappaṭighā dhammā.

Anidassanāppaṭighā dhammā.

*Phenomena with surface and offering resistance,  
phenomena without surface but offering resistance,  
phenomena without surface offering no resistance.*

*Dhammasaṅgani 1f*

## 6.2 Dhammasaṅgaṇī

Kusalā dhammā, akusalā dhammā, abyākatā dhammā.

Katame dhammā kusalā.

Yasmiṃ samaye kāmāvacaraṃ kusalaṃ cittaṃ uppannaṃ hoti, somanassa-sahagataṃ ñāṇa-sampayuttaṃ, rūpārammaṇaṃ vā saddārammaṇaṃ vā gandhārammaṇaṃ vā rasārammaṇaṃ vā phoṭṭhabbārammaṇaṃ vā dhammārammaṇaṃ vā, yaṃ yaṃ vā panārabbha, tasmīṃ samaye phasso hoti, avikkhepo hoti, ye vā pana tasmīṃ samaye aññe pi atthi paṭicca-samuppannā arūpino dhammā, ime dhammā kusalā.

*Dhammasaṅgaṇī 56*

## 6.3 Vibhaṅga

Pañcakkhandhā rūpakkhandho, vedanākkhandho, saññākkhandho, saṅkhārakkhandho, viññāṇakkhandho.

Tattha katamo rūpakkhandho.

Yaṃ kiñci rūpaṃ atītānāgata-paccuppannaṃ ajjhattaṃ vā bahiddhā vā oḷārikaṃ vā sukhumaṃ vā hīnaṃ vā paṇītaṃ vā yaṃ dūre santike vā, tad ekajjhaṃ abhisaññūhitvā abhisañkhipitvā, ayaṃ vuccati rūpakkhandho.

*Vibhaṅga 1*

#### 6.4 Dhātukathā

Saṅgaho asaṅgaho,  
 saṅgahitena asaṅgahitaṃ,  
 asaṅgahitena saṅgahitaṃ,  
 saṅgahitena saṅgahitaṃ,  
 asaṅgahitena asaṅgahitaṃ,  
 sampayogo vip̐payogo,  
 sampayuttēna vip̐payuttaṃ,  
 vip̐payuttēna sampayuttaṃ,  
 asaṅgahitaṃ.

*Dhātukathā 1*

#### 6.5 Puggalapaññatti

Cha paññattiyo khandhapaññatti, āyatanapaññatti, dhātupaññatti,  
 saccapaññatti, indriyapaññatti, puggalapaññatti'ti.

Kittāvatā puggalānaṃ puggalapaññatti.

Samayavimutto, asamayavimutto,  
 kuppadhammo, akuppadhammo,  
 parihaṇadhammo, aparīhaṇadhammo,  
 cetanābhabbo, anurakkhaṇābhabbo,  
 puthujjano, gotrabhū,  
 bhayūparato, abhayūparato,  
 bhabbāgamano, abhabbāgamano,  
 niyato, aniyato,  
 paṭipannako, phaleṭhito,  
 arahā, arahattāya paṭipanno.

*Puggalapaññatti 1*

### 6.6 Kathāvatthu

Puggalo upalabbhati saccikaṭṭha-paramatthenā'ti.

Āmantā.

Yo saccikaṭṭho paramattho, tato so puggalo upalabbhati  
saccikaṭṭha-paramatthenā'ti.

Na h'evaṃ vattabbe.

Ājānāhi niggahaṃ. Hañci puggalo upalabbhati  
saccikaṭṭha-paramatthena, tena vata re vattabbe.

Yo saccikaṭṭho paramattho, tato so puggalo upalabbhati  
saccikaṭṭha-paramatthenā'ti micchā.

*Kathāvatthu 1*

### 6.7 Yamaka

Ye keci kusalā dhammā, sabbe te kusalamūlā.

Ye vā pana kusalamūlā, sabbe te dhammā kusalā.

Ye keci kusalā dhammā, sabbe te kusalamūlena ekamūlā.

Ye vā pana kusalamūlena ekamūlā, sabbe te dhammā kusalā.

*Yamaka 1*

### 6.8 Paṭṭhāna-mātikā-pāṭha

Hetu-paccayo, ārammaṇa-paccayo,  
adhipati-paccayo, anantara-paccayo,  
samanantara-paccayo, saha-jāta-paccayo,

*Root-cause condition, support condition,  
dominant condition, immediate condition,  
quite-immediate condition, born-simultaneously condition,*

*aññam-añña-paccayo, nissaya-paccayo,  
upanissaya-paccayo, pure-jāta-paccayo,  
pacchā-jāta-paccayo, āsevana-paccayo,*

*reciprocal condition, dependence condition,  
immediate-dependence condition, born-before condition,  
born-after condition, habit condition,*

*kamma-paccayo, vipāka-paccayo,  
āhāra-paccayo, indriya-paccayo,  
jhāna-paccayo, magga-paccayo,*

*action condition, result condition,  
nutriment condition, faculty condition,  
jhāna condition, path condition,*

*sampayutta-paccayo, vippayutta-paccayo,  
atthi-paccayo, n'atthi-paccayo,  
vigata-paccayo, avigata-paccayo.*

*conjoined-with condition, disjoined-from condition,  
condition when existing, condition when not existing,  
condition when without, condition when not without.*

*Tika Paṭṭhāna 1*

### 6.9 Vipassanā-bhūmi-pāṭha

Pañcakkhandhā:

Rūpakkkhandho, vedanākkhandho, saññākkhandho,  
saṅkhārakkhandho, viññāṇakkhandho.

*The five groups:*

*The form group, the feeling group, the perception group, the  
fabrications group, the consciousness group.*

Dvā-das'āyatanāni:

Cakkhv-āyatanam rūp'āyatanam,  
Sot'āyatanam sadd'āyatanam,  
Ghān'āyatanam gandh'āyatanam,  
Jivh'āyatanam ras'āyatanam  
Kāy'āyatanam phoṭṭhabb'āyatanam  
Man'āyatanam dhamm'āyatanam.

*The twelve spheres:*

*The eye-sphere, the form-sphere;  
the ear-sphere, the sound-sphere;  
the nose-sphere, the smell-sphere;  
the tongue-sphere, the taste-sphere;  
the body-sphere, the touch-sphere;  
the intellect-sphere, the ideas-sphere.*

Aṭṭhārasa dhātuyo:

Cakkhu-dhātu rūpa-dhātu cakkhu-viññāṇa-dhātu,  
Sota-dhātu sadda-dhātu sota-viññāṇa-dhātu,  
Ghāna-dhātu gandha-dhātu ghāna-viññāṇa-dhātu,

Jivhā-dhātu rasa-dhātu jivhā-viññāṇa-dhātu,  
 Kāya-dhātu phoṭṭhabba-dhātu kāya-viññāṇa-dhātu,  
 Mano-dhātu dhamma-dhātu mano-viññāṇa-dhātu.

*The eighteen elements:*

*The eye-element, form-element, eye-consciousness-element;  
 the ear-element, sound-element, ear-consciousness-element;  
 the nose-element, smell-element, nose-consciousness-element;  
 the tongue-element, taste-element, tongue-consciousness-element;  
 the body-element, touch-element, body-consciousness-element;  
 the intellect-element, ideas-element, intellect-consciousness-element.*

Bā-vīsat'indriyāni:

Cakkhu'ndriyaṃ sot'indriyaṃ ghāṇ'indriyaṃ,  
 jivh'indriyaṃ kāy'indriyaṃ man'indriyaṃ,  
 Itth'indriyaṃ puris'indriyaṃ jīvit'indriyaṃ,  
 Sukh'indriyaṃ dukkh'indriyaṃ,  
 somanass'indriyaṃ domanass'indriyaṃ upekkh'indriyaṃ,  
 saddh'indriyaṃ viriy'indriyaṃ sat'indriyaṃ  
 samādh'indriyaṃ paññ'indriyaṃ,  
 Anaññātāñ-ñassāmī-t'indriyaṃ aññ'indriyaṃ  
 aññātāv'indriyaṃ.

*The twenty two faculties:*

*The eye-faculty, ear-faculty, nose-faculty,  
 tongue-faculty, body-faculty, intellect-faculty.  
 Feminine-faculty, masculine-faculty, life-faculty.  
 Bodily-pleasure-faculty, bodily-pain-faculty,  
 mental-pleasure-faculty, mental-pain-faculty, equanimity-faculty.*



*Faith-faculty, energy-faculty, mindfulness-faculty,  
concentration-faculty, wisdom-faculty.  
I am knowing the unknown-faculty, knowing-faculty,  
one who has fully known-faculty.*

Cattāri ariya-saccāni:

Dukkhaṃ ariya-saccaṃ,  
Dukkha-samudayo ariya-saccaṃ,  
Dukkha-nirodho ariya-saccaṃ,  
Dukkha-nirodha-gāminī paṭipadā ariya-saccaṃ.

*The Four Noble Truths:  
The noble truth of suffering,  
the noble truth of the cause of suffering,  
the noble truth of the cessation of suffering,  
the noble truth of the way of practice leading to the cessation of  
suffering.*

Avijjā-paccayā saṅkhārā,  
Saṅkhāra-paccayā viññāṇaṃ,  
Viññāṇa-paccayā nāma-rūpaṃ,  
Nāma-rūpa-paccayā saḷ-āyatanaṃ,  
Saḷ-āyatana-paccayā phasso,  
Phassa-paccayā vedanā,  
Vedanā-paccayā taṇhā,  
Taṇhā-paccayā upādānaṃ,  
Upādāna-paccayā bhavo,  
Bhava-paccayā jāti,

Jāti-paccayā jarā-maraṇaṃ  
 soka-parideva-dukkha-domanass'upāyāsā sambhavanti.  
 Evam-etassa kevalassa dukkhakkhandhassa samudayo hoti.

*With ignorance as a condition there are fabrications.*

*With fabrications as a condition there is consciousness.*

*With consciousness as a condition there are name-and-form.*

*With name-and-form as a condition there are the six sense media.*

*With the six sense media as a condition there is contact.*

*With contact as a condition there is feeling.*

*With feeling as a condition there is craving.*

*With craving as a condition there is clinging.*

*With clinging as a condition there is becoming.*

*With becoming as a condition there is birth.*

*With birth as a condition, aging and death, sorrow, lamentation, pain,  
 distress and despair are originated.*

Avijjāya tv-eva asesā-virāga-nirodhā saṅkhāra-nirodho,  
 Saṅkhāra-nirodhā viññāṇa-nirodho,  
 Viññāṇa-nirodhā nāma-rūpa-nirodho,  
 Nāma-rūpa-nirodhā saḷ-āyatana-nirodho,  
 Saḷ-āyatana-nirodhā phassa-nirodho,  
 Phassa-nirodhā vedanā-nirodho,  
 Vedanā-nirodhā taṇhā-nirodho,  
 Taṇhā-nirodhā upādāna-nirodho,  
 Upādāna-nirodhā bhava-nirodho,  
 Bhava-nirodhā jāti-nirodho,  
 Jāti-nirodhā jarā-maraṇaṃ  
 soka-parideva-dukkha-domanass'upāyāsā nirujjhanti.

Evam-etassa kevalassa dukkhakkhandhassa nirodho hoti.

*From the remainderless fading and cessation of that very ignorance there is the cessation of fabrications.*

*From the cessation of fabrications there is the cessation of consciousness.*

*From the cessation of consciousness there is the cessation of name-and-form. From the cessation of name-and-form there is the cessation of the six sense media. From the cessation of the six sense media there is the cessation of contact. From the cessation of contact there is the cessation of feeling. From the cessation of feeling there is the cessation of craving. From the cessation of craving there is the cessation of clinging. From the cessation of clinging there is the cessation of becoming. From the cessation of becoming there is the cessation of birth. From the cessation of birth, then aging and death, sorrow, lamentation, pain, distress and despair all cease. Thus is the cessation of this entire mass of suffering and stress.*

*M.III.15f; M.III.280f; M.III.62; M.III.249f; S.II.1f*

### 6.10 Paṃsukūla

The following verses are often repeated three times.

(For the dead)

Aniccā vata saṅkhārā  
Uppāda-vaya-dhammino  
Uppajjitvā nirujjhanti  
Tesaṃ vūpasamo sukho.

Sabbe sattā maranti ca  
Marīṃsu ca marissare  
Tath'evāhaṃ marissāmi  
N'atthi me ettha saṃsayo.

*How inconstant are fabrications!  
Their nature: to arise and pass away.  
They disband as they are arising.  
Their total stilling is bliss.  
All living beings are dying,  
have died, and will die.  
In the same way, I will die:  
I have no doubt about this.*

*D.II.157; S.I.6*

Addhvaṃ jīvitāṃ  
Dhvaṃ maraṇaṃ  
Avassaṃ mayā maritabbāṃ  
Maraṇapariyosānaṃ me jīvitāṃ  
Jīvitāṃ me aniyatāṃ  
Maraṇaṃ me niyatāṃ.

*DhpA.III.170*

(For the living)

Aciraṃ vat'ayaṃ kāyo  
 Paṭhaviṃ adhisessati  
 Chuḍḍho apeta-viññāṇo  
 Niratthaṃ va kaliṅgaram.

*Not long, alas – and it will lie  
 this body here, upon the earth!  
 Rejected, void of consciousness  
 and useless as a rotten log.*

*Dhp 41*

## 7. SUTTAS

### 7.1 Dhammacakkappavattana-sutta

Solo introduction

Anuttaraṃ abhisambodhiṃ	sambujjhivā tathāgato
Pathamaṃ yaṃ adesesi	dhammacakkaṃ anuttaraṃ
Sammadeva pavattento	loke appativattiyaṃ
Yatthākkhātā ubho antā	paṭipatti ca majjhimā
Catūsvāriyasaccesu	visuddhaṃ ñāṇadassanaṃ
Desitaṃ dhammarājena	sammāsambodhikittanaṃ
Nāmena vissutaṃ suttaṃ	dhammacakkappavattanaṃ
Veyyākaraṇapāthena	saṅgītantam bhaṇāma se

[Evaṃ me suttaṃ]

Ekaṃ samayaṃ bhagavā bārāṇasiyaṃ viharati isipatane migadāye.  
Tatra kho bhagavā pañcavaggiye bhikkhū āmantesi:

Dve'me, bhikkhave, antā pabbajitena na sevitabbā: yo cāyaṃ  
kāmesu kāma-sukh'allikānuyogo, hīno, gammo, pothujjaniko,  
anariyo, anatta-saṇhito; yo cāyaṃ atta-kilamathānuyogo,  
dukkho, anariyo, anatta-saṇhito.

Ete te, bhikkhave, ubho ante anupagamma majjhimā paṭipadā  
tathāgatena abhisambuddhā cakkhukaraṇī, ñāṇakaraṇī,  
upasaṃyāya, abhiññāya, sambodhāya, nibbānāya saṃvattati.

Katamā ca sā, bhikkhave, majjhimā paṭipadā tathāgatena abhisambuddhā cakkhukaraṇī, ñāṇakaraṇī, upasamāya, abhiññāya, sambodhāya, nibbānāya saṁvattati.

Ayam-eva ariyo aṭṭhaṅgiko maggo seyyathīdaṁ:

Sammā-diṭṭhi, sammā-saṅkappo, sammā-vācā, sammā-kammanto, sammā-ājīvo, sammā-vāyāmo, sammā-sati, sammā-samādhi.

Ayaṁ kho sā, bhikkhave, majjhimā paṭipadā tathāgatena abhisambuddhā cakkhukaraṇī, ñāṇakaraṇī, upasamāya, abhiññāya, sambodhāya, nibbānāya saṁvattati.

Idaṁ kho pana, bhikkhave, dukkhaṁ ariya-saccaṁ:

Jātipi dukkhā, jarāpi dukkhā, maranampi dukkhaṁ, soka-parideva-dukkha-domanass’upāyāsāpi dukkhā, appiyehi sampayogo dukkho, piyehi vippayogo dukkho, yamp’icchaṁ na labhati tampi dukkhaṁ, saṅkhittena pañcupādānakkhandhā dukkhā.

Idaṁ kho pana, bhikkhave, dukkha-samudayo ariya-saccaṁ:

Yā’yaṁ taṇhā ponobbhavikā nandi-rāga-sahagatā tatra-tatrābhinandinī seyyathīdaṁ: kāma-taṇhā, bhava-taṇhā, vibhava-taṇhā.

Idaṁ kho pana, bhikkhave, dukkha-nirodho ariya-saccaṁ:

Yo tassā yeva taṇhāya asesa-virāga-nirodho, cāgo, paṭinissaggo, mutti, anālayo.

Idaṁ kho pana, bhikkhave, dukkha-nirodha-gāminī paṭipadā ariya-saccaṁ:

Ayam-eva ariyo aṭṭhaṅgiko maggo seyyathīdam: sammā-diṭṭhi, sammā-saṅkappo, sammā-vācā, sammā-kammanto, sammā-ājīvo, sammā-vāyāmo, sammā-sati, sammā-samādhī.

[Idaṃ dukkhaṃ] ariya-saccaṇ'ti me bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

Taṃ kho paṇ'idaṃ dukkhaṃ ariya-saccaṃ paṇiññeyyaṇ'ti me bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

Taṃ kho paṇ'idaṃ dukkhaṃ ariya-saccaṃ paṇiññātaṇ'ti me bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

Idaṃ dukkha-samudayo ariya-saccaṇ'ti me bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

Taṃ kho paṇ'idaṃ dukkha-samudayo ariyasaccaṃ pahātabbaṇ'ti me bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

Taṃ kho paṇ'idaṃ dukkha-samudayo ariya-saccaṃ pahīnaṇ'ti me bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

Idaṃ dukkha-nirodho ariya-saccaṇ'ti me bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.



Taṃ kho paṇ'idaṃ dukkha-nirodho ariya-saccaṃ sacchikātabban'ti me bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

Taṃ kho paṇ'idaṃ dukkha-nirodho ariya-saccaṃ sacchikatan'ti me bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

Idaṃ dukkha-nirodha-gāminī paṭipadā ariya-saccaṇ'ti me bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

Taṃ kho paṇ'idaṃ dukkha-nirodha-gāminī paṭipadā ariya-saccaṃ bhāvetabban'ti me bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

Taṃ kho paṇ'idaṃ dukkha-nirodha-gāminī paṭipadā ariya-saccaṃ bhāvitan'ti me bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

[Yāva kīvaṇca me bhikkhave] imesu catūsu ariya-saccesu evan-ti-parivaṭṭaṃ dvādas'ākāraṃ yathā-bhūtaṃ ñāṇa-dassanaṃ na suvisuddhaṃ ahosi, n'eva tāv'āhaṃ bhikkhave, sadevake loke samārake sabrahmake sassamaṇa-brāhmaṇiyā pajāya sadeva-manussāya anuttaraṃ sammā-sambodhiṃ abhisambuddho paccaññāsim.

Yato ca kho me bhikkhave, imesu catūsu ariya-saccesu evan-ti-parivaṭṭaṃ dvādas'ākāraṃ yathā-bhūtaṃ ñāṇa-dassanaṃ suvisuddham ahosi, ath'āhaṃ bhikkhave, sadevake loke samārake

sabrahmake sassamaṇa-brāhmaṇiyā pajāya sadeva-manussāya  
anuttaraṃ sammā-sambodhiṃ abhisambuddho paccaññāsīṃ.

Ñāṇaṇca pana me dassanaṃ udapādi, akuppā me vimutti  
ayam-antimā jāti, natthi dāni punabbhavo'ti.

Idam-avoca bhagavā. Attamanā pañcavaggiyā bhikkhū bhagavato  
bhāsitaṃ abhinandun.

Imasmiṇca pana veyyākaraṇasmiṃ bhaññamāne āyasmato  
koṇḍaññassa virajaṃ vītamalaṃ dhammacakkhuṃ udapādi: yaṃ  
kiñci samudaya-dhammaṃ sabbaṃ-taṃ nirodha-dhammaṃ'ti.

[Pavattite ca bhagavatā] dhammacakke bhumma devā  
saddamanussāvesuṃ:

Etaṃ bhagavatā bārāṇasiyaṃ isipatane migadāye anuttaraṃ  
dhammacakkaṃ pavattitaṃ appaṭivattiyaṃ samaṇena vā  
brāhmaṇena vā devena vā mārena vā brahmunā vā kenaci vā  
lokaṣmiṇ'ti.

### Bhummaṇaṃ devānaṃ

Bhummaṇaṃ devānaṃ saddaṃ sutvā, cātummahārājikā devā  
saddamanussāvesuṃ...

Cātummahārājikānaṃ devānaṃ saddaṃ sutvā, tāvatimsā devā  
saddamanussāvesuṃ...

Tāvatimsānaṃ devānaṃ saddaṃ sutvā, yāmā devā  
saddamanussāvesuṃ...

Yāmānaṃ devānaṃ saddaṃ sutvā, tusitā devā  
saddamanussāvesuṃ...

Tusitānaṃ devānaṃ saddaṃ sutvā, nimmānaratī devā  
saddamanussāvesuṃ...

Nimmānaratīnaṃ devānaṃ saddaṃ sutvā, paranimmitavasavattī  
devā saddamanussāvesuṃ...

Paranimmitavasavattīnaṃ devānaṃ saddaṃ sutvā, brahmakāyikā  
devā saddamanussāvesuṃ:

Etaṃ bhagavatā bārāṇasiyaṃ isipatane migadāye anuttaraṃ  
dhammacakkaṃ pavattitaṃ appaṭivattiyaṃ samaṇena vā  
brāhmaṇena vā devena vā mārena vā brahmunā vā kenaci vā  
lokasmin'ti.

Iti'ha tena khaṇena, tena muhuttana, yāva brahmalokā saddo  
abbhuggacchi. Ayañca dasa-sahassī lokadhātu saṅkampi  
sampakampi sampavedhi, appamāṇo ca oḷāro obhāso loke  
pāturahosi atikkammeva devānaṃ devānubhāvaṃ.

Atha kho bhagavā udānaṃ udānesi:

Aññāsi vata bho koṇḍañño, aññāsi vata bho koṇḍañño'ti. Iti hidaṃ  
āyasmato koṇḍaññassa aññā-koṇḍañño tveva nāmaṃ ahoṣī'ti.

Dhammacakkapavattana-suttaṃ niṭṭhitaṃ.

*S.V.420; Vin.I.10f*

## 7.2 Setting in Motion the Wheel of Dhamma

Solo introduction

This is the first teaching of the Tathāgata on attaining to unexcelled, perfect enlightenment.

Here is the perfect turning of the incomparable wheel of Truth, inestimable wherever it is expounded in the world.

Disclosed here are the two extremes, and the Middle Way, with the Four Noble Truths and the purified knowledge and vision pointed out by the Lord of Dhamma.

Let us chant together this Sutta proclaiming the supreme, independent enlightenment that is widely renowned as ‘The Turning of the Wheel of the Dhamma.’

Thus have I heard.

Once when the Blessed One was staying in the deer sanctuary at Isipatana, near Benares, he spoke to the group of five bhikkhus:

‘These two extremes, bhikkhus, should not be followed by one who has gone forth: sensual indulgence, which is low, coarse, vulgar, ignoble, and unprofitable; and self-torture, which is painful, ignoble, and unprofitable.

‘Bhikkhus, by avoiding these two extremes, the Tathāgata has realized the Middle Way, which gives vision and understanding, which leads to calm, penetration, enlightenment, to Nibbāna.

‘And what, bhikkhus, is the Middle Way realized by the Tathāgata, which gives vision and understanding, which leads to calm, penetration, enlightenment, to Nibbāna?’

‘It is just this Noble Eightfold Path, namely:

‘Right View, Right Intention, Right Speech, Right Action, Right Livelihood, Right Effort, Right Mindfulness, and Right Concentration.

‘Truly, bhikkhus, this Middle Way understood by the Tathāgata produces vision, produces knowledge, and leads to calm, penetration, enlightenment, to Nibbāna.

‘This, bhikkhus, is the Noble Truth of dukkha:

‘Birth is dukkha, ageing is dukkha, death is dukkha, grief, lamentation, pain, sorrow and despair are dukkha, association with the disliked is dukkha, separation from the liked is dukkha, not to get what one wants is dukkha. In brief, clinging to the five khandhas is dukkha.

‘This, bhikkhus, is the Noble Truth of the cause of dukkha:

‘The craving which causes rebirth and is bound up with pleasure and lust, ever seeking fresh delight, now here, now there; namely, craving for sense pleasure, craving for existence, and craving for annihilation.

‘This, bhikkhus, is the Noble Truth of the cessation of dukkha:

‘The complete cessation, giving up, abandonment of that craving, complete release from that craving, and complete detachment from it.

‘This, bhikkhus, is the Noble Truth of the way leading to the cessation of dukkha:

‘Only this Noble Eightfold Path; namely, Right View, Right Intention, Right Speech, Right Action, Right Livelihood, Right Effort, Right Mindfulness, and Right Concentration.

‘With the thought, “This is the Noble Truth of dukkha,” there arose in me, bhikkhus, vision, knowledge, insight, wisdom, light, concerning things unknown before.

‘With the thought, “This is the Noble Truth of dukkha, and this dukkha has to be understood,” there arose in me, bhikkhus, vision, knowledge, insight, wisdom, light, concerning things unknown before.

‘With the thought, “This is the Noble Truth of dukkha, and this dukkha has been understood,” there arose in me, bhikkhus, vision, knowledge, insight, wisdom, light, concerning things unknown before.

‘With the thought, “This is the Noble Truth of the cause of dukkha,” there arose in me, bhikkhus, vision, knowledge, insight, wisdom, light, concerning things unknown before.

‘With the thought, “This is the Noble Truth of the cause of dukkha, and this cause of dukkha has to be abandoned,” there arose in me, bhikkhus, vision, knowledge, insight, wisdom, light, concerning things unknown before.

‘With the thought, “This is the Noble Truth of the cause of dukkha, and this cause of dukkha has been abandoned,” there arose in me, bhikkhus, vision, knowledge, insight, wisdom, light, concerning things unknown before.

‘With the thought, “This is the Noble Truth of the cessation of dukkha,” there arose in me, bhikkhus, vision, knowledge, insight, wisdom, light, concerning things unknown before.

‘With the thought, “This is the Noble Truth of the cessation of dukkha, and this cessation of dukkha has to be realized,” there arose in me, bhikkhus, vision, knowledge, insight, wisdom, light, concerning things unknown before.

‘With the thought, “This is the Noble Truth of the cessation of dukkha, and this cessation of dukkha has been realized,” there arose in me, bhikkhus, vision, knowledge, insight, wisdom, light, concerning things unknown before.

‘With the thought, “This is the Noble Truth of the way leading to the cessation of dukkha,” there arose in me, bhikkhus, vision, knowledge, insight, wisdom, light, concerning things unknown before.

‘With the thought, “This Noble Truth of the way leading to the cessation of dukkha has to be developed,” there arose in me, bhikkhus, vision, knowledge, insight, wisdom, light, concerning things unknown before.

‘With the thought, “This Noble Truth of the way leading to the cessation of dukkha has been developed,” there arose in me, bhikkhus, vision, knowledge, insight, wisdom, light, concerning things unknown before.

‘So long, bhikkhus, as my knowledge and vision of reality regarding these Four Noble Truths, in their three phases and twelve aspects, was not fully clear to me, I did not declare to the world of spirits,

demons, and gods, with its seekers and sages, celestial and human beings, the realization of incomparable, perfect enlightenment.

‘But when, bhikkhus, my knowledge and vision of reality regarding these Four Noble Truths, in their three phases and twelve aspects, was fully clear to me, I declared to the world of spirits, demons, and gods, with its seekers and sages, celestial and human beings, that I had realized incomparable, perfect enlightenment.

‘Knowledge and vision arose: “Unshakeable is my deliverance; this is the last birth, there will be no more renewal of being.”’

Thus spoke the Blessed One. Glad at heart, the group of five bhikkhus approved of the words of the Blessed One.

As this exposition was proceeding, the spotless, immaculate vision of the Dhamma appeared to the Venerable Koṇḍañña and he knew: ‘Everything that has the nature to arise has the nature to cease.’

When the Blessed One had set in motion the Wheel of Dhamma, the Earthbound devas proclaimed with one voice,

‘The incomparable Wheel of Dhamma has been set in motion by the Blessed One in the deer sanctuary at Isipatana, near Benares, and no seeker, brahmin, celestial being, demon, god, or any other being in the world can stop it.’

Having heard what the Earthbound devas said, the devas of the Four Great Kings proclaimed with one voice...

Having heard what the devas of the Four Great Kings said, the devas of the Thirty-three proclaimed with one voice...



Having heard what the devas of the Thirty-three said, the Yāma devas proclaimed with one voice...

Having heard what the Yāma devas said, the Devas of Delight proclaimed with one voice...

Having heard what the Devas of Delight said, the Devas Who Delight in Creating, proclaimed with one voice...

Having heard what the Devas Who Delight in Creating said, the Devas Who Delight in the Creations of Others proclaimed with one voice...

Having heard what the Devas Who Delight in the Creations of Others said, the Brahma gods proclaimed in one voice,

‘The incomparable Wheel of Dhamma has been set in motion by the Blessed One in the deer sanctuary at Isipatana, near Benares, and no seeker, brahmin, celestial being, demon, god, or any other being in the world can stop it.’

Thus in a moment, an instant, a flash, word of the Setting in Motion of the Wheel of Dhamma went forth up to the Brahma world, and the ten-thousandfold universal system trembled and quaked and shook, and a boundless, sublime radiance surpassing the power of devas appeared on earth.

Then the Blessed One made the utterance, ‘Truly, Koṇḍañña has understood, Koṇḍañña has understood!’ Thus it was that the Venerable Koṇḍañña got the name Aññā-Koṇḍañña: ‘Koṇḍañña Who Understands.’

Thus ends the discourse on Setting in Motion the Wheel of Dhamma.

### 7.3 Anatta-lakkhaṇa-sutta

Solo introduction

Yantaṃ sattehi dukkhena	ñeyyaṃ anattalakkhaṇaṃ
Attavādattasaññānaṃ	sammadeva vimocanaṃ
Sambuddho taṃ pakāsesi	diṭṭhasaccāna yoginaṃ
Uttariṃ paṭivedhāya	bhāvetuṃ ñāṇamuttamaṃ
Yantesaṃ diṭṭhadhammānaṃ	ñāṇenupaparikkhataṃ
Sabbāsavehi cittāni	vimuccimsu asesato
Tathā ñāṇānussārena	sāsaṇaṃ kātumicchataṃ
Sādhūnaṃ atthasiddhatthaṃ	taṃ suttantaṃ bhaṇāma se

[Evaṃ me suttaṃ]

Ekam samayaṃ bhagavā bārāṇasiyaṃ viharati isipatane migadāye.  
Tatra kho bhagavā pañcavaggiye bhikkhū āmantesi:

Rūpaṃ bhikkhave anattā, rūpañca idaṃ bhikkhave attā  
abhavissa, nayidaṃ rūpaṃ ābādhāya saṃvatteyya, labbhettha ca  
rūpe, evaṃ me rūpaṃ hotu, evaṃ me rūpaṃ mā ahoṣī'ti.

Yasmā ca kho bhikkhave rūpaṃ anattā, tasmā rūpaṃ ābādhāya  
saṃvattati, na ca labbhati rūpe, evaṃ me rūpaṃ hotu, evaṃ me  
rūpaṃ mā ahoṣī'ti.

Vedanā anattā, vedanā ca idaṃ bhikkhave attā abhavissa,  
nayidaṃ vedanā ābādhāya saṃvatteyya, labbhettha ca vedanāya,  
evaṃ me vedanā hotu, evaṃ me vedanā mā ahoṣī'ti.

Yasmā ca kho bhikkhave vedanā anattā, tasmā vedanā ābādhāya  
saṃvattati, na ca labbhati vedanāya, evaṃ me vedanā hotu, evaṃ  
me vedanā mā ahoṣī'ti.

Saññā anattā, saññā ca hidaṃ bhikkhave attā abhavissa, nayidaṃ saññā ābādhāya saṃvatteyya, labbhettha ca saññāya, evaṃ me saññā hotu, evaṃ me saññā mā ahoṣī'ti.

Yasmā ca kho bhikkhave saññā anattā, tasmā saññā ābādhāya saṃvattati, na ca labbhati saññāya, evaṃ me saññā hotu, evaṃ me saññā mā ahoṣī'ti.

Saṅkhārā anattā, saṅkhārā ca hidaṃ bhikkhave attā abhavissamsu, nayidaṃ saṅkhārā ābādhāya saṃvatteyyum, labbhettha ca saṅkhāresu, evaṃ me saṅkhārā hontu, evaṃ me saṅkhārā mā ahesun'ti.

Yasmā ca kho bhikkhave saṅkhārā anattā, tasmā saṅkhārā ābādhāya saṃvattanti, na ca labbhati saṅkhāresu, evaṃ me saṅkhārā hontu, evaṃ me saṅkhārā mā ahesun'ti.

Viññāṇaṃ anattā, viññāṇaṃ hidaṃ bhikkhave attā abhavissa, nayidaṃ viññāṇaṃ ābādhāya saṃvatteyya, labbhettha ca viññāṇe evaṃ me viññāṇaṃ hotu, evaṃ me viññāṇaṃ mā ahoṣī'ti.

Yasmā ca kho bhikkhave viññāṇaṃ anattā, tasmā viññāṇaṃ ābādhāya saṃvattati, na ca labbhati viññāṇe, evaṃ me viññāṇaṃ hotu, evaṃ me viññāṇaṃ mā ahoṣī'ti.

[Taṃ kiṃ maññatha bhikkhave] rūpaṃ niccaṃ vā aniccaṃ vā'ti. Aniccaṃ bhante. Yaṃ paṇāniccaṃ, dukkhaṃ vā taṃ sukhaṃ vā'ti. Dukkhaṃ bhante.

Yaṃ paṇāniccaṃ dukkhaṃ viparināma-dhammaṃ, kallaṃ nu taṃ samanupassituṃ, etaṃ mama, esoṃ aham'asmi, eso me attā'ti. No heṭaṃ bhante.

Taṃ kiṃ maññatha bhikkhave, vedanā niccā vā aniccā vā'ti.  
 Aniccā bhante. Yaṃ paṇāniccaṃ, dukkhaṃ vā taṃ sukhaṃ vā'ti.  
 Dukkhaṃ bhante.

Yaṃ paṇāniccaṃ dukkhaṃ viparināma-dhammaṃ, kallaṃ nu taṃ  
 samanupassituṃ, etaṃ mama, esohaṃ'asmi, eso me attā'ti. No  
 he taṃ bhante.

Taṃ kiṃ maññatha bhikkhave, saññā niccā vā aniccā vā'ti. Aniccā  
 bhante. Yaṃ paṇāniccaṃ, dukkhaṃ vā taṃ sukhaṃ vā'ti.  
 Dukkhaṃ bhante.

Yaṃ paṇāniccaṃ dukkhaṃ viparināma-dhammaṃ, kallaṃ nu taṃ  
 samanupassituṃ, etaṃ mama, esohaṃ'asmi, eso me attā'ti. No  
 he taṃ bhante.

Taṃ kiṃ maññatha bhikkhave, saṅkhārā niccā vā aniccā vā'ti.  
 Aniccā bhante. Yaṃ paṇāniccaṃ, dukkhaṃ vā taṃ sukhaṃ vā'ti.  
 Dukkhaṃ bhante.

Yaṃ paṇāniccaṃ dukkhaṃ viparināma-dhammaṃ, kallaṃ nu taṃ  
 samanupassituṃ, etaṃ mama, esohaṃ'asmi, eso me attā'ti. No  
 he taṃ bhante.

Taṃ kiṃ maññatha bhikkhave, viññāṇaṃ niccaṃ vā aniccaṃ vā'ti.  
 Aniccaṃ bhante. Yaṃ paṇāniccaṃ, dukkhaṃ vā taṃ sukhaṃ vā'ti.  
 Dukkhaṃ bhante.

Yaṃ paṇāniccaṃ dukkhaṃ viparināma-dhammaṃ, kallaṃ nu taṃ  
 samanupassituṃ etaṃ mama, esohaṃ'asmi, eso me attā'ti. No  
 he taṃ bhante.

[Tasmā tiha bhikkhave] yaṃ kiñci rūpaṃ  
atītānāgata-paccuppannaṃ ajjhattaṃ vā bahiddhā vā oḷārikaṃ vā  
sukhumaṃ vā hīnaṃ vā paṇītaṃ vā yandūre santike vā, sabbaṃ  
rūpaṃ netarṃ mama, nesoham’asmi, na me so attā’ti, evamevaṃ  
yathābhūtaṃ sammappaññāya daṭṭhabbaṃ.

Yā kāci vedanā atītānāgata-paccuppannā ajjhattā vā bahiddhā vā  
oḷārikā vā sukhumā vā hīnā vā paṇītā vā yā dūre santike vā, sabba  
vedanā netarṃ mama, nesoham’asmi, na me so attā’ti, evamevaṃ  
yathābhūtaṃ sammappaññāya daṭṭhabbaṃ.

Yā kāci saññā atītānāgata-paccuppannā ajjhattā vā bahiddhā vā  
oḷārikā vā sukhumā vā hīnā vā paṇītā vā yā dūre santike vā, sabba  
saññā netarṃ mama, nesoham’asmi, na me so attā’ti, evamevaṃ  
yathābhūtaṃ sammappaññāya daṭṭhabbaṃ.

Ye keci saṅkhārā atītānāgata-paccuppannā ajjhattā vā bahiddhā vā  
oḷārikā vā sukhumā vā hīnā vā paṇītā vā ye dūre santike vā, sabbe  
saṅkhārā netarṃ mama, nesoham’asmi, na me so attā’ti, evamevaṃ  
yathābhūtaṃ sammappaññāya daṭṭhabbaṃ.

Yaṃ kiñci viññāṇaṃ atītānāgata-paccuppannaṃ ajjhattaṃ vā  
bahiddhā vā oḷārikaṃ vā sukhumaṃ vā hīnaṃ vā paṇītaṃ vā  
yandūre santike vā, sabbaṃ viññāṇaṃ netarṃ mama,  
nesoham’asmi, na me so attā’ti, evamevaṃ yathābhūtaṃ  
sammappaññāya daṭṭhabbaṃ.

[Evaṃ passaṃ bhikkhave] sutvā ariyasāvako rūpasmiṃ pi  
nibbindati, vedanāya pi nibbindati, saññāya pi nibbindati,  
saṅkhāresu pi nibbindati, viññāṇasmim pi nibbindati, nibbindaṃ  
virajjati, virāgā vimuccati, vimuttasmiṃ vimuttaṃ iti ñāṇaṃ hoti,

khīṇā jāti, vusitaṃ brahmacariyaṃ, kataṃ karaṇīyaṃ, nāparaṃ  
itthattāyā'ti pajānātī'ti.

[Idam-avoca bhagavā.] Attamanā pañcavaggiyā bhikkhū  
bhagavato bhāsitaṃ abhinandun. Imasmiṃca pana  
veyyākaraṇasmim bhaññamāne pañcavaggiyānaṃ bhikkhūnaṃ  
anupādāya āsavehi cittāni vimuccimsū'ti.

Anattalakkhaṇa-suttaṃ niṭṭhitaṃ.

*S.III.66; Vin.I.13f*

## 7.4 The Characteristic of Not-Self

Solo introduction

All beings should take pains to understand the characteristic of not-self, which provides matchless deliverance from self-view and self-perception, as taught by the supreme Buddha.

This teaching is given so that those who meditate on experienceable realities may arrive at perfect comprehension; It is for the development of perfect understanding of these phenomena, and for the investigation of all defiled mind-moments.

The consequence of this practice is total deliverance, so, desirous of bringing this teaching forth with its great benefit, let us now recite this Sutta.

Thus have I heard.

At one time the Blessed One was dwelling at Benares in the deer park. There he addressed the group of five bhikkhus:

‘Form, bhikkhus, is not-self. If, bhikkhus, form were self, then form would not lead to affliction, and one might be able to say in regard to form, “Let my form be thus, let my form not be thus.” But since, bhikkhus, form is not-self, form therefore leads to affliction, and one is not able to say in regard to form, “Let my form be thus, let my form not be thus.”

‘Feeling is not-self. If, bhikkhus, feeling were self, feeling would not lead to affliction, and one might be able to say in regard to feeling, “Let my feeling be thus, let my feeling not be thus.” But since, bhikkhus, feeling is not-self, feeling therefore leads to

affliction, and one is not able to say in regard to feeling, “Let my feeling be thus, let my feeling not be thus.”

‘Perception is not-self. If, bhikkhus, perception were self, perception would not lead to affliction, and one might be able to say in regard to perception, “Let my perception be thus, let my perception not be thus.” But since, bhikkhus, perception is not-self, perception therefore leads to affliction, and one is not able to say in regard to perception, “Let my perception be thus, let my perception not be thus.”

‘Mental formations are not-self. If, bhikkhus, mental formations were self, mental formations would not lead to affliction, and one might be able to say in regard to mental formations, “Let my mental formations be thus, let my mental formations not be thus.” But since, bhikkhus, mental formations are not-self, mental formations therefore lead to affliction, and one is not able to say in regard to mental formations, “Let my mental formations be thus, let my mental formations not be thus.”

‘Consciousness is not-self. If, bhikkhus, consciousness were self, consciousness would not lead to affliction, and one might be able to say in regard to consciousness, “Let my consciousness be thus, let my consciousness not be thus.” But since, bhikkhus, consciousness is not-self, consciousness therefore leads to affliction, and one is not able to say in regard to consciousness, “Let my consciousness be thus, let my consciousness not be thus.”

‘What do you think about this, bhikkhus? Is form permanent or impermanent?’



‘Impermanent, Venerable Sir.’

‘But is that which is impermanent painful or pleasurable?’

‘Painful, Venerable Sir.’

‘But is it fit to consider that which is impermanent, painful, of a nature to change, as “This is mine, I am this, this is my self”?’

‘It is not, Venerable Sir.’

‘What do you think about this, bhikkhus? Is feeling permanent or impermanent?’

‘Impermanent, Venerable Sir.’

‘But is that which is impermanent painful or pleasurable?’

‘Painful, Venerable Sir.’

‘But is it fit to consider that which is impermanent, painful, of a nature to change, as “This is mine, I am this, this is my self”?’

‘It is not, Venerable Sir.’

‘What do you think about this, bhikkhus? Is perception permanent or impermanent?’

‘Impermanent, Venerable Sir.’

‘But is that which is impermanent painful or pleasurable?’

‘Painful, Venerable Sir.’

‘But is it fit to consider that which is impermanent, painful, of a nature to change, as “This is mine, I am this, this is my self”?’

‘It is not, Venerable Sir.’

‘What do you think about this, bhikkhus? Are mental formations permanent or impermanent?’

‘Impermanent, Venerable Sir.’

‘But is that which is impermanent painful or pleasurable?’

‘Painful, Venerable Sir.’

‘But is it fit to consider that which is impermanent, painful, of a nature to change, as “This is mine, I am this, this is my self”?’

‘It is not, Venerable Sir.’

‘What do you think about this, bhikkhus? Is consciousness permanent or impermanent?’

‘Impermanent, Venerable Sir.’

‘But is that which is impermanent painful or pleasurable?’

‘Painful, Venerable Sir.’

‘But is it fit to consider that which is impermanent, painful, of a nature to change, as “This is mine, I am this, this is my self”?’

‘It is not, Venerable Sir.’

‘Wherefore, bhikkhus, whatever form there is, past, future, present, internal or external, gross or subtle, inferior or superior, whether it is far or near, all form should, by means of right wisdom, be seen as it really is, thus: “This is not mine, I am not this, this is not my self.”

‘Whatever feeling there is, past, future, present, internal or external, gross or subtle, inferior or superior, whether it is far or

near, all feeling should, by means of right wisdom, be seen as it really is, thus: “This is not mine, I am not this, this is not my self.”

‘Whatever perception there is, past, future, present, internal or external, gross or subtle, inferior or superior, whether it is far or near, all perception should, by means of right wisdom, be seen as it really is, thus: “This is not mine, I am not this, this is not my self.”

‘Whatever mental formations there are, past, future, present, internal or external, gross or subtle, inferior or superior, whether they are far or near, all mental formations should, by means of right wisdom, be seen as they really are, thus: “This is not mine, I am not this, this is not my self.”

‘Whatever consciousness there is, past, future, present, internal or external, gross or subtle, inferior or superior, whether far or near, all consciousness should, by means of right wisdom, be seen as it really is, thus: “This is not mine, I am not this, this is not my self.”

‘Seeing in this way, bhikkhus, the wise noble disciple becomes disenchanted with form, becomes disenchanted with feeling, becomes disenchanted with perception, becomes disenchanted with mental formations, becomes disenchanted with consciousness. Becoming disenchanted, their passions fade away; with the fading of passion the heart is liberated; with liberation there comes the knowledge: “It is liberated,” and they know: “Destroyed is birth, the Holy Life has been lived out, done is what had to be done, there is no more coming into any state of being.”’

Thus spoke the Blessed One. Delighted, the group of five bhikkhus rejoiced in what the Blessed One had said. Moreover, while this

discourse was being delivered, the minds of the five bhikkhus were freed from the defilements, through clinging no more.

Thus ends the discourse on The Characteristic of Not-self.

## 7.5 Āditta-pariyāya-sutta

Solo introduction

Veneyyadamanopāye	sabbaso pāramiṃ gato
Amoghavacano buddho	abhiññāyānusāsako
Ciṇṇānurūpato cāpi	dhammena vinayaṃ pajarṃ
Ciṇṇāggipāricariyānaṃ	sambojjhārahayoginaṃ
Yamāditatapariyāyaṃ	desayanto manoharaṃ
Te sotāro vimocesi	asekkhāya vimuttiyā
Tathevopaparikkhāya	viññūṇaṃ sotumicchataṃ
Dukkhatālakkaṇopāyaṃ	taṃ suttantaṃ bhaṇāma se

[Evaṃ me sutam]

Ekam samayaṃ bhagavā gayāyaṃ viharati gayāsīse saddhiṃ  
bhikkhu-sahassena. Tatra kho bhagavā bhikkhū āmantesi:

Sabbaṃ bhikkhave ādittaṃ. Kiñca bhikkhave sabbaṃ ādittaṃ.

Cakkhuṃ bhikkhave ādittaṃ, rūpā ādittā, cakkhuviññāṇaṃ  
ādittaṃ, cakkhusamphasso āditto, yampidaṃ  
cakkhusamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā  
dukkhaṃ vā adukkhamasukhaṃ vā tam pi ādittaṃ. Kena ādittaṃ.  
Ādittaṃ rāgagginā dosagginā mohagginā, ādittaṃ jātiyā  
jarāmaṇaṇa sokehi paridevehi dukkhehi domanassehi upāyāsehi  
ādittan'ti vadāmi.

Sotaṃ ādittaṃ, saddā ādittā, sotaviññāṇaṃ ādittaṃ,  
sotasamphasso āditto, yampidaṃ sotasamphassapaccayā uppajjati  
vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tam pi  
ādittaṃ. Kena ādittaṃ. Ādittaṃ rāgagginā dosagginā mohagginā,

ādittam jātiyā jarāmarañena sokehi paridevehi dukkhehi  
domanassehi upāyāsehi ādittan'ti vadāmi.

Ghānam ādittam, gandhā ādittā, ghānaviññāṇam ādittam,  
ghānasamphasso āditto, yampidaṃ ghānasamphassapaccayā  
upapajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā  
tam pi ādittam. Kena ādittam. Ādittam rāgagginā dosagginā  
mohagginā, ādittam jātiyā jarāmarañena sokehi paridevehi  
dukkhehi domanassehi upāyāsehi ādittan'ti vadāmi.

Jivhā ādittā, rasā ādittā, jivhāviññāṇam ādittam, jivhāsamphasso  
āditto, yampidaṃ jivhāsamphassapaccayā upapajjati vedayitaṃ  
sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tam pi ādittam.  
Kena ādittam. Ādittam rāgagginā dosagginā mohagginā, ādittam  
jātiyā jarāmarañena sokehi paridevehi dukkhehi domanassehi  
upāyāsehi ādittan'ti vadāmi.

Kāyo āditto, phoṭṭhabbā ādittā, kāyaviññāṇam ādittam,  
kāyasamphasso āditto, yampidaṃ kāyasamphassapaccayā  
upapajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā  
tam pi ādittam. Kena ādittam. Ādittam rāgagginā dosagginā  
mohagginā, ādittam jātiyā jarāmarañena sokehi paridevehi  
dukkhehi domanassehi upāyāsehi ādittan'ti vadāmi.

Mano āditto, dhammā ādittā, manoviññāṇam ādittam,  
manosamphasso āditto, yampidaṃ manosamphassapaccayā  
upapajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā  
tam pi ādittam. Kena ādittam. Ādittam rāgagginā dosagginā  
mohagginā, ādittam jātiyā jarāmarañena sokehi paridevehi  
dukkhehi domanassehi upāyāsehi ādittan'ti vadāmi.

[Evaṃ passaṃ bhikkhave] sutvā ariyasāvako cakkhusmiṃ pi nibbindati, rūpesu pi nibbindati, cakkhuviññāṇe pi nibbindati, cakkhusamphasse pi nibbindati, yampidaṃ cakkhusamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmīṃ pi nibbindati.

Sotasmīṃ pi nibbindati, saddesu pi nibbindati, sotaviññāṇe pi nibbindati, sotasamphasse pi nibbindati, yampidaṃ sotasamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmīṃ pi nibbindati.

Ghānasmīṃ pi nibbindati, gandhesu pi nibbindati, ghānaviññāṇe pi nibbindati, ghānasamphasse pi nibbindati, yampidaṃ ghānasamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmīṃ pi nibbindati.

Jivhāya pi nibbindati, rasesu pi nibbindati, jivhāviññāṇe pi nibbindati, jivhāsamphasse pi nibbindati, yampidaṃ jivhāsamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmīṃ pi nibbindati.

Kāyasmīṃ pi nibbindati, phoṭṭhabbesu pi nibbindati, kāyaviññāṇe pi nibbindati, kāyasamphasse pi nibbindati, yampidaṃ kāyasamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmīṃ pi nibbindati.

Manasmīṃ pi nibbindati, dhammesu pi nibbindati, manoviññāṇe pi nibbindati, manosamphassepi nibbindati, yampidaṃ manosamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmīṃ pi nibbindati.

Nibbindaṃ virajjati, virāgā vimuccati, vimuttasmiṃ vimuttam iti  
 ñāṇaṃ hoti, khīṇā jāti, vusitaṃ brahmacariyaṃ, kataṃ karaṇīyaṃ,  
 nāparaṃ itthattāyā'ti pajānāti'ti.

[Idam-avoca bhagavā.] Attamanā te bhikkhū bhagavato bhāsitaṃ  
 abhinandun. Imasmiṃca pana veyyākaraṇasmiṃ bhaññaṃāne  
 tassa bhikkhu-sahassassa anupādāya āsavehi cittāni vimuccimsū'ti.  
 Ādittapariyāya-suttaṃ niṭṭhitaṃ.

*S.IV.19; Vin.I.34*



## 7.6 The Fire Sermon

Solo introduction

With his skill in training the trainable, the All-transcendent Buddha, lucid speaker, teacher of the highest knowledge, He who expounds to the people the Dhamma and Vinaya that is fitting and worthy, teaching with this wonderful parable about fire, meditators of the highest skill; He has liberated those who listen with the liberation that is utterly complete, through true investigation, with wisdom and attention.

Let us now recite this Sutta which describes the characteristics of dukkha.

Thus have I heard.

At one time the Blessed One was staying near Gayā at Gayā Head together with a thousand bhikkhus. There the Blessed One addressed the bhikkhus thus:

‘Bhikkhus, everything is burning. And what, bhikkhus, is everything that is burning?

‘The eye, bhikkhus, is burning, forms are burning, eye consciousness is burning, eye contact is burning, the feeling that arises from eye contact, whether it is pleasant, painful, or neutral, that too is burning. With what is it burning? I declare that it is burning with the fires of passion, hatred, and delusion; it is burning with birth, ageing, and death, with sorrow, lamentation, pain, grief, and despair.

‘The ear is burning, sounds are burning, ear consciousness is burning, ear contact is burning, the feeling that arises from ear contact, whether it is pleasant, painful, or neutral, that too is burning. With what is it burning? I declare that it is burning with the fires of passion, hatred, and delusion; it is burning with birth, ageing, and death, with sorrow, lamentation, pain, grief, and despair.

‘The nose is burning, odours are burning, nose consciousness is burning, nose contact is burning, the feeling that arises from nose contact, whether it is pleasant, painful, or neutral, that too is burning. With what is it burning? I declare that it is burning with the fires of passion, hatred, and delusion; it is burning with birth, ageing, and death, with sorrow, lamentation, pain, grief, and despair.

‘The tongue is burning, tastes are burning, tongue consciousness is burning, tongue contact is burning, the feeling that arises from tongue contact, whether it is pleasant, painful, or neutral, that too is burning. With what is it burning? I declare that it is burning with the fires of passion, hatred, and delusion; it is burning with birth, ageing, and death, with sorrow, lamentation, pain, grief, and despair.

‘The body is burning, tangible objects are burning, body consciousness is burning, body contact is burning, the feeling that arises from body contact, whether it is pleasant, painful, or neutral, that too is burning. With what is it burning? I declare that it is burning with the fires of passion, hatred, and delusion; it is

burning with birth, ageing, and death, with sorrow, lamentation, pain, grief, and despair.

‘The mind is burning, mental states are burning, mind consciousness is burning, mind contact is burning, the feeling that arises through mind contact, whether it is pleasant, painful, or neutral, that too is burning. With what is it burning? I declare that it is burning with the fires of passion, hatred, and delusion; it is burning with birth, ageing, and death, with sorrow, lamentation, pain, grief, and despair.

‘Seeing thus, bhikkhus, the wise noble disciple becomes disenchanted with the eye, disenchanted with forms, disenchanted with eye consciousness, disenchanted with eye contact, and the feeling that arises from eye contact — whether it is pleasant, painful, or neutral — that too they become disenchanted with.

‘They become disenchanted with the ear, disenchanted with sounds, disenchanted with ear consciousness, disenchanted with ear contact, and the feeling that arises from ear contact — whether it is pleasant, painful, or neutral — that too they become disenchanted with.

‘They become disenchanted with the nose, disenchanted with odours, disenchanted with nose consciousness, disenchanted with nose contact, and the feeling that arises from nose contact — whether it is pleasant, painful, or neutral — that too they become disenchanted with.

‘They become disenchanted with the tongue, disenchanted with tastes, disenchanted with tongue consciousness, disenchanted

with tongue contact, and the feeling that arises from tongue contact — whether it is pleasant, painful, or neutral — that too they become disenchanted with.

‘They become disenchanted with the body, disenchanted with tangible objects, disenchanted with body consciousness, disenchanted with body contact, and the feeling that arises from body contact — whether it is pleasant, painful, or neutral — that too they become disenchanted with.

‘They become disenchanted with the mind, disenchanted with mental states, disenchanted with mind consciousness, disenchanted with mind contact, and the feeling that arises from mind contact — whether it is pleasant, painful, or neutral — that too they become disenchanted with.

‘Becoming disenchanted, their passions fade away; with the fading of passion the heart is liberated; with liberation there comes the knowledge: “It is liberated,” and they know: “Destroyed is birth, the Holy Life has been lived out, done is what had to be done, there is no more coming into any state of being.”’

Thus spoke the Blessed One; delighted, the bhikkhus rejoiced in what the Blessed One had said. Moreover, while this discourse was being uttered, the minds of those thousand bhikkhus were freed from the defilements, without any further attachment.

Thus ends The Fire Sermon.

### 7.7 Ānāpānassati-sutta

[Handa mayam ānāpānassati-sutta-pāṭham bhaṇāmase]

Ānāpānassati bhikkhave bhāvitā bahulikatā

*Bhikkhus, when mindfulness of breathing is developed and cultivated*

Mahapphalā hoti mahānisamsā

*It is of great fruit and great benefit;*

Ānāpānassati bhikkhave bhāvitā bahulikatā

*When mindfulness of breathing is developed and cultivated*

Cattāro satipaṭṭhāne paripūreti

*It fulfills the Four Foundations of Mindfulness;*

Cattāro satipaṭṭhānā bhāvitā bahulikatā

*When the Four Foundations of Mindfulness are developed and cultivated*

Satta-bojjhaṅge paripūrenti

*They fulfill the Seven Factors of Awakening;*

Satta-bojjhaṅgā bhāvitā bahulikatā

*When the Seven Factors of Awakening are developed and cultivated*

Vijjā-vimuttiṃ paripūrenti

*They fulfill true knowledge and deliverance.*

Katham bhāvitā ca bhikkhave ānāpānassati katham bahulikatā

*And how, bhikkhus, is mindfulness of breathing developed and cultivated*

Mahapphalā hoti mahānisaṁsā

*So that it is of great fruit and great benefit?*

Idha bhikkhave bhikkhu

*Here, bhikkhus, a bhikkhu,*

Arañña-gato vā

*Gone to the forest,*

Rukkha-mūla-gato vā

*To the foot of a tree*

Suññāgāra-gato vā

*Or to an empty hut.*

Nisīdati pallaṅkaṁ ābhujitvā

*Sits down having crossed his legs,*

Ujurm kāyaṁ paṇidhāya parimukhaṁ satim upaṭṭhapetvā

*Sets his body erect, having established mindfulness in front of him.*

So sato'va assasati sato'va passasati

*Ever mindful he breathes in; mindful he breathes out.*

Dīghaṁ vā assasanto dīghaṁ assasāmī'ti pajānāti

*Breathing in long, he knows 'I breathe in long';*

Dīghaṃ vā passasanto dīghaṃ passasāmī'ti pajānāti

*Breathing out long, he knows 'I breathe out long';*

Rassaṃ vā assasanto rassaṃ assasāmī'ti pajānāti

*Breathing in short, he knows 'I breathe in short';*

Rassaṃ vā passasanto rassaṃ passasāmī'ti pajānāti

*Breathing out short, he knows 'I breathe out short'.*

Sabba-kāya-paṭisaṃvedī assasissāmī'ti sikkhati

*He trains thus: 'I shall breathe in experiencing the whole body'.*

Sabba-kāya-paṭisaṃvedī passasissāmī'ti sikkhati

*He trains thus: 'I shall breathe out experiencing the whole body'.*

Passambhayaṃ kāya-saṅkhāraṃ assasissāmī'ti sikkhati

*He trains thus: 'I shall breathe in tranquillizing the bodily formations'.*

Passambhayaṃ kāya-saṅkhāraṃ passasissāmī'ti sikkhati

*He trains thus: 'I shall breathe out tranquillizing the bodily formations'.*

Pīti-paṭisaṃvedī assasissāmī'ti sikkhati

*He trains thus: 'I shall breathe in experiencing rapture'.*

Pīti-paṭisaṃvedī passasissāmī'ti sikkhati

*He trains thus: 'I shall breathe out experiencing rapture'.*

Sukha-paṭisaṃvedī assasissāmī'ti sikkhati

*He trains thus: 'I shall breathe in experiencing pleasure'*

Sukha-paṭisaṁvedī passasissāmī'ti sikkhati

*He trains thus: 'I shall breathe out experiencing pleasure'.*

Citta-saṅkhāra-paṭisaṁvedī assasissāmī'ti sikkhati

*He trains thus: 'I shall breathe in experiencing the mental formations'.*

Citta-saṅkhāra-paṭisaṁvedī passasissāmī'ti sikkhati

*He trains thus: 'I shall breathe out experiencing the mental formations'.*

Passambhayaṁ citta-saṅkhāraṁ assasissāmī'ti sikkhati

*He trains thus: 'I shall breathe in tranquillizing the mental formations'.*

Passambhayaṁ citta-saṅkhāraṁ passasissāmī'ti sikkhati

*He trains thus: 'I shall breathe out tranquillizing the mental formations'.*

Citta-paṭisaṁvedī assasissāmī'ti sikkhati

*He trains thus: 'I shall breathe in experiencing the mind'.*

Citta-paṭisaṁvedī passasissāmī'ti sikkhati

*He trains thus: 'I shall breathe out experiencing the mind'.*

Abhippamodayaṁ cittaṁ assasissāmī'ti sikkhati

*He trains thus: 'I shall breathe in gladdening the mind'.*

Abhippamodayaṁ cittaṁ passasissāmī'ti sikkhati



*He trains thus: 'I shall breathe out gladdening the mind'.*

Samādahaṃ cittaṃ assasissāmī'ti sikkhati

*He trains thus: 'I shall breathe in concentrating the mind'*

Samādahaṃ cittaṃ passasissāmī'ti sikkhati

*He trains thus: 'I shall breathe out concentrating the mind'.*

Vimocayaṃ cittaṃ assasissāmī'ti sikkhati

*He trains thus: 'I shall breathe in liberating the mind'.*

Vimocayaṃ cittaṃ passasissāmī'ti sikkhati

*He trains thus: 'I shall breathe out liberating the mind'.*

Aniccānupassī assasissāmī'ti sikkhati

*He trains thus: 'I shall breathe in contemplating impermanence'.*

Aniccānupassī passasissāmī'ti sikkhati

*He trains thus: 'I shall breathe out contemplating impermanence'.*

Virāgānupassī assasissāmī'ti sikkhati

*He trains thus: 'I shall breathe in contemplating the fading away of passions'.*

Virāgānupassī passasissāmī'ti sikkhati

*He trains thus: 'I shall breathe out contemplating the fading away of passions'.*

Nirodhānupassī assasissāmī'ti sikkhati

*He trains thus: 'I shall breathe in contemplating cessation'.*

Nirodhānupassī passasissāmī'ti sikkhati

*He trains thus: 'I shall breathe out contemplating cessation'.*

Paṭinissaggānupassī assasissāmī'ti sikkhati

*He trains thus: 'I shall breathe in contemplating relinquishment'.*

Paṭinissaggānupassī passasissāmī'ti sikkhati

*He trains thus: 'I shall breathe out contemplating relinquishment'.*

Evam bhāvitā kho bhikkhave ānāpānassati evam bahulikatā

*Bhikkhus, that is how mindfulness of breathing is developed and cultivated*

Mahapphalā hoti mahānisamsā'ti

*So that it is of great fruit and great benefit.*

M.III.78

### 7.8 Dhaj’agga-sutta

[Evam-me sutam.] Ekaṃ samayaṃ Bhagavā, Sāvattiyaṃ viharati, Jeta-vane Anāthapiṇḍikassa ārāme. Tatra kho Bhagavā bhikkhū āmantesi: “bhikkhavo-ti”. “Bhadante-ti,” te bhikkhū Bhagavato paccassosum. Bhagavā etad avoca:

“Bhūta-pubbaṃ bhikkhave devāsura-saṅgāmo samupabbūho ahoṣi. Atha kho bhikkhave Sakko devānamindo deve tāva-timse āmantesi: ‘Sace mārisā devānaṃ saṅgāma-gatānaṃ uppajjeyya bhayaṃ vā chambhitattaṃ vā lomahaṃso vā, mameva tasmim samaye dhaj’aggaṃ ullokeyyātha. Mamaṃ hi vo dhaj’aggaṃ ullokayataṃ yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā loma-haṃso vā, so pahīyissati.’

‘No ce me dhaj’aggaṃ ullokeyyātha, atha Pajāpatissa deva-rājassa dhaj’aggaṃ ullokeyyātha. Pajāpatissa hi vo deva-rājassa dhaj’aggaṃ ullokayataṃ yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā loma-haṃso vā, so pahīyissati’.

‘No ce Pajāpatissa deva-rājassa dhaj’aggaṃ ullokeyyātha, atha Varuṇassa deva-rājassa dhaj’aggaṃ ullokeyyātha. Varuṇassa hi vo deva-rājassa dha’jaggaṃ ullokayataṃ yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā lomahaṃso vā, so pahīyissati’.

‘No ce Varuṇassa deva-rājassa dhaj’aggaṃ ullokeyyātha, atha Īsānassa deva-rājassa dhaj’aggaṃ ullokeyyātha. Īsānassa hi vo devarājassa dhaj’aggaṃ ullokayataṃ yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā loma-haṃso vā, so pahīyissatī-ti.’

“Taṃ kho pana bhikkhave Sakkassa vā devānam indassa dhaj’aggaṃ ullokayataṃ, Pajāpatissa vā deva-rājassa dhaj’aggaṃ

ullokayataṃ, Varuṇassa vā deva-rājassa dhaj’aggam ullokayataṃ, Īsānassa vā devarājassa dhaj’aggam ullokayataṃ yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā loma-haṃso vā, so pahīyethāpi no’pi pahīyetha.

“Taṃ kissa hetu? Sakko hi, bhikkhave, devānam indo avītarāgo avītadoso avītamoho bhīru chambhī utrāsī palāyī-ti.

“Ahañ-ca kho, bhikkhave, evaṃ vadāmi: Sace tumhākaṃ, bhikkhave, arañña-gatānaṃ vā rukkha-mūla-gatānaṃ vā suññāgāra-gatānaṃ vā uppajjeyya bhayaṃ vā chambhitattaṃ vā loma-haṃso vā, mam eva tasmim samaye anussareyyātha:

‘Iti pi so bhagavā araham sammā-sambuddho, vijjā-caraṇa-sampanno sugato loka-vidū, anuttaro purisa-damma-sārathi satthā devamanussānaṃ Buddho Bhagavā-ti. Mamaṃ hi vo bhikkhave anussarataṃ, yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā loma-haṃso vā, so pahīyissati.

“No ce maṃ anussareyyātha, atha dhammaṃ anussareyyātha:

‘Svākkhāto Bhagavatā dhammo, sandiṭṭhiko akāliko ehi-passiko, opanayiko paccattaṃ veditabbo viññūhī-ti. Dhammaṃ hi vo bhikkhave anussarataṃ, yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā loma-haṃso vā, so pahīyissati.

“No ce dhammaṃ anussareyyātha, atha saṅghaṃ anussareyyātha:

‘Supaṭipanno Bhagavato sāvaka-saṅgho, uju-paṭipanno Bhagavato sāvaka-saṅgho, ñāya-paṭipanno Bhagavato sāvaka-saṅgho, sāmīci-paṭipanno Bhagavato sāvaka-saṅgho, yad-idaṃ cattāri purisa-yugāni aṭṭha purisapuggalā, esa Bhagavato sāvaka-saṅgho, āhuneyyo pāhuneyyo dakkhiṇeyyo añjalikaraṇīyo, anuttaraṃ

puññakkhettam lokassā-ti. Saṅgham hi vo bhikkhave anussaratam  
yam bhavissati bhayam vā chambhitattam vā lomahaṁso vā, so  
pahīyissati.

“Tam kissa hetu? Tathāgato hi bhikkhave araham  
sammā-sambuddho, vītarāgo vītadoso vītamoho, abhīru  
acchambhī anutrāsī apalāyīti.”

Idam avoca Bhagavā. Idam vatvā sugato athāparam etad avoca  
satthā:

“Araññe rukkha-mūle vā,  
Suññ’āgāre va bhikkhavo;  
Anussaretha Sambuddham,  
Bhayam tumhāka no siyā.  
No ce Buddham sareyyātha,  
Loka-jeṭṭham narāsabham;  
Atha dhammam sareyyātha,  
Niyyanīkam sudesitam.  
No ce dhammam sareyyātha,  
Niyyanīkam sudesitam;  
Atha saṅgham sareyyātha,  
Puññakkhettam anuttaram.  
Evaṁ-Buddham sarantānam,  
Dhammam saṅghaṇ-ca bhikkhavo;  
Bhayam vā chambhitattam vā,  
Loma-haṁso na hessatī-ti.”  
Dhaj’agga-suttam niṭṭhitam.

### 7.9 Girimānanda-sutta

[Evaṃ me sutam] Ekaṃ samayaṃ bhagavā sāvatthiyaṃ viharati jetavane Anāthapiṇḍikassa ārāme. Tena kho pana samayena āyasmā Girimānando ābādhiko hoti dukkhito bālha-gilāno. Atha kho āyasmā Ānando yena bhagavā ten'upasaṅkami, upasaṅkamitvā Bhagavantam abhivādetvā ekam-antaṃ nisīdi. Ekam-antaṃ nisinno kho āyasmā Ānando bhagavantam etad-avoca:

Āyasmā bhante Girimānando ābādhiko hoti dukkhito bālha-gilāno. Sādhū bhante bhagavā yen'āyasmā Girimānando ten'upasaṅkamatū anukampaṃ upādāyā'ti.

Sace kho tvaṃ Ānanda Girimānandassa bhikkhuno dasa saññā bhāseyyāsi, tṭhānaṃ kho paṇ'etaṃ vijjati yaṃ Girimānandassa bhikkhuno dasa saññā sutvā so ābādhō tṭhānaso paṭipassambheyya.

Katamā dasa? Anicca-saññā, anatta-saññā, asubha-saññā, ādīnava-saññā, pahāna-saññā, virāga-saññā, nirodha-saññā, sabba-loke anabhirata-saññā, sabba-saṅkhāresu anicchāsaññā, ānāpānassati.

Katamā c'Ānanda anicca-saññā? Idh'Ānanda, bhikkhu araṇṇa-gato vā rukkhamaṇḍala-gato vā suññāgāra-gato vā iti paṭisaṅcikkhati: rūpaṃ aniccaṃ, vedanā aniccā, saññā aniccā, saṅkhārā aniccā, viññāṇaṃ aniccaṃ'ti. Iti imesu pañcasu upādānakkhandhesu aniccānupassī viharati. Ayaṃ vuccat'Ānanda anicca-saññā.

Katamā c'Ānanda anatta-saññā? Idh'Ānanda, bhikkhu araṇṇa-gato vā rukkhamaṇḍala-gato vā suññāgāra-gato vā iti paṭisaṅcikkhati: cakkhuṃ anattā, rūpā anattā, soṭaṃ anattā, saddā anattā, ghānaṃ anattā, gandhā anattā, jivhā anattā, rasā anattā, kāyo anattā,

phoṭṭhabbā anattā, mano anattā, dhammā anattā'ti. Iti imesu chasu ajjhattikabāhiresu āyatanesu anattānupassī viharati. Ayaṃ vuccat'Ānanda anatta-saññā.

Katamā c'Ānanda asubha-saññā? Idh'Ānanda, bhikkhu imam-eva kāyaṃ uddhaṃ pāda-talā adho kesa-matthakā taca-pariyantaṃ pūraṃ nānāppakārassa asucino paccavekkhati: Atthi imasmim kāye kesā, lomā, nakhā, dantā, taco, maṃsaṃ, nhāru, aṭṭhi, aṭṭhi-miñjaṃ, vakkam, hadayaṃ, yakanam, kilomakam, pihakam, papphāsaṃ, antaṃ, anta-guṇaṃ, udariyaṃ, karisaṃ, pittaṃ, semhaṃ, pubbo, lohitaṃ, sedo, medo, assu, vasā, kheḷo, siṅghāṇikā, lasikā, muttan'ti. Iti imasmim kāye asubhānupassī viharati. Ayaṃ vuccat'Ānanda asubha-saññā.

Katamā c'Ānanda ādīnava-saññā? Idh'Ānanda, bhikkhu arañña-gato vā rukkhamūla-gato vā suññāgāra-gato vā iti paṭisañcikkhati: Bahu-dukkho kho ayaṃ kāyo bahu-ādīnavo. Iti imasmim kāye vividhā ābādhā uppajjanti, seyyathidaṃ cakkhu-rogo, sota-rogo, ghāna-rogo, jivhā-rogo, kāya-rogo, sīsa-rogo, kaṇṇa-rogo, mukha-rogo, dantarogo, oṭṭha-rogo, kāso, sāso, pināso, dāho, jaro, kucchi-rogo, mucchā, pakkhandikā, sūlā, visūcikā, kuṭṭhaṃ, gaṇḍo, kilāso, soso, apamāro, daddu, kaṇḍu, kacchu, nakhasā, vitacchikā, lohitaṃ, pittaṃ, madhu-meho, aṃsā, piḷakā, bhagandalā, pitta-samuṭṭhānā ābādhā, semha-samuṭṭhānā ābādhā, vāta-samuṭṭhānā ābādhā, sannipātikā ābādhā, utupariṇāma-jā ābādhā, visama-parihāra-jā ābādhā, opakkamikā ābādhā, kamma-vipāka-jā ābādhā, sītaṃ, uṇhaṃ, jighacchā, pipāsā, uccāro, passāvo'ti. Iti imasmim kāye ādīnavānupassī viharati. Ayaṃ vuccat'Ānanda ādīnava-saññā.

Katamā c'Ānanda pahāna-saññā? Idh'Ānanda, bhikkhu uppannaṃ kāma-vitakkaṃ nādhivāseti, pajahati, vinodeti, byantikaroti, anabhāvaṃ gameti. Uppannaṃ byāpāda-vitakkaṃ nādhivāseti, pajahati, vinodeti, byantikaroti, anabhāvaṃ gameti. Uppannaṃ vihirīsa-vitakkaṃ nādhivāseti, pajahati, vinodeti, byantikaroti, anabhāvaṃ gameti. Uppannaṃ uppanne pāpake akusale dhamme nādhivāseti, pajahati, vinodeti, byantikaroti, anabhāvaṃ gameti. Ayaṃ vuccat'Ānanda pahāna-saññā.

Katamā c'Ānanda, virāga-saññā? Idh'Ānanda, bhikkhu araṇña-gato vā rukkhamaṇḍala-gato vā suññāgāra-gato vā iti paṭisañcikkhati: Etaṃ santaṃ, etaṃ paṇītaṃ, yad-idam sabba-saṅkhāra-samatho sabbūpadhippaṭṭinissaggo taṇhākkhayo virāgo nibbānaṃ'ti. Ayaṃ vuccat'Ānanda virāgasaññā.

Katamā c'Ānanda, nirodha-saññā? Idh'Ānanda, bhikkhu araṇña-gato vā rukkhamaṇḍala-gato vā suññāgāra-gato vā iti paṭisañcikkhati: Etaṃ santaṃ, etaṃ paṇītaṃ, yad-idam sabba-saṅkhāra-samatho sabbūpadhippaṭṭinissaggo taṇhākkhayo nirodho nibbānaṃ'ti. Ayaṃ vuccat'Ānanda nirodhasaññā.

Katamā c'Ānanda, sabba-loke anabhiratasaññā? Idh'Ānanda, bhikkhu ye loke upādānā cetaso adhiṭṭhānābhinivesānusayā, te pajahanto viharati anupādiyanto. Ayaṃ vuccat'Ānanda sabba-loke anabhirata-saññā.

Katamā c'Ānanda sabba-saṅkhāresu anicchāsaññā? Idh'Ānanda bhikkhu sabba-saṅkhāresu aṭṭiyati, harāyati, jigucchati. Ayaṃ vuccat'Ānanda, sabba-saṅkhāresu anicchā-saññā.



Katamā c'Ānanda ānāpānassati? Idh'Ānanda, bhikkhu araṇṇa-gato vā rukkkhamūla-gato vā suñṇāgāra-gato vā nisīdati, pallaṅkam ābhujitvā ujum kāyaṃ paṇidhāya parimukhaṃ satim upaṭṭhapetvā. So sato'va assasati sato'va passasati.

Dīghaṃ vā assasanto: Dīghaṃ assasāmi'ti pajānāti. Dīghaṃ vā passasanto: Dīghaṃ passasāmi'ti pajānāti. Rassaṃ vā assasanto: Rassaṃ assasāmi'ti pajānāti. Rassaṃ vā passasanto: Rassaṃ passasāmi'ti pajānāti. Sabba-kāyapaṭisaṃvedī assasissāmi'ti sikkhati. Sabbakāya-paṭisaṃvedī passasissāmi'ti sikkhati. Passambhayaṃ kāya-saṅkhāraṃ assasissāmi'ti sikkhati. Passambhayaṃ kāya-saṅkhāraṃ passasissāmi'ti sikkhati.

Pīti-paṭisaṃvedī assasissāmi'ti sikkhati. Pīti-paṭisaṃvedī passasissāmi'ti sikkhati. Sukha-paṭisaṃvedī assasissāmi'ti sikkhati. Sukha-paṭisaṃvedī passasissāmi'ti sikkhati.

Citta-saṅkhāra-paṭisaṃvedī assasissāmi'ti sikkhati. Citta-saṅkhāra-paṭisaṃvedī passasissāmi'ti sikkhati. Passambhayaṃ cittasaṅkhāraṃ assasissāmi'ti sikkhati. Passambhayaṃ citta-saṅkhāraṃ passasissāmi'ti sikkhati.

Citta-paṭisaṃvedī assasissāmi'ti sikkhati. Citta-paṭisaṃvedī passasissāmi'ti sikkhati. Abhippamodayaṃ cittaṃ assasissāmi'ti sikkhati. Abhippamodayaṃ cittaṃ passasissāmi'ti sikkhati. Samādahaṃ cittaṃ assasissāmi'ti sikkhati. Samādahaṃ cittaṃ passasissāmi'ti sikkhati. Vimocayaṃ cittaṃ assasissāmi'ti sikkhati. Vimocayaṃ cittaṃ passasissāmi'ti sikkhati.

Aniccānupassī assasissāmi'ti sikkhati. Aniccānupassī passasissāmi'ti sikkhati. Virāgānupassī assasissāmi'ti sikkhati.

Virāgānupassī passasissāmī'ti sikkhati. Nirodhānupassī assasissāmī'ti sikkhati. Nirodhānupassī passasissāmī'ti sikkhati. Paṭinissaggānupassī assasissāmī'ti sikkhati. Paṭinissaggānupassī passasissāmī'ti sikkhati. Ayaṃ vuccat' Ānanda, ānāpānassati.

Sace kho tvaṃ Ānanda Girimānandassa bhikkhuno imā dasa saññā bhāseyyāsi, ṭhānaṃ kho paṇ'etaṃ vijjati yaṃ Girimānandassa bhikkhuno imā dasa saññā sutvā so ābādho ṭhānaso paṭippassambheyyā'ti.

Atha kho āyasmā Ānando bhagavato santike imā dasa saññā uggahetvā yen'āyasmā Girimānando ten'upasaṅkami, upasaṅkamitvā āyasmato Girimānandassa imā dasa saññā abhāsi.

Atha kho āyasmato Girimānandassa dasa saññā sutvā so ābādho ṭhānaso paṭippassambhi. Vuṭṭhahi c'āyasmā Girimānando tamhā ābādhā. Tathā pahīno ca paṇ'āyasmato Girimānandassa so ābādho ahoṣī'ti.

Girimānanda-suttaṃ niṭṭhitaṃ.

A.V.108

## 8.

### PĀṬIMOKKHA CHANTS

#### 8.1 Ovāda-pāṭimokkha-gāthā

Verses on the Training Code

[Handa mayam ovāda-pāṭimokkha-gāthāyo bhaṇāmaṣe]

Sabba-pāpassa akaraṇam

*Not doing any evil;*

Kusalassūpasampadā

*To be committed to the good;*

Sacitta-pariyodapanam

*To purify one's mind:*

Etaṃ buddhāna sāsanaṃ

*These are the teachings of all Buddhas.*

Khantī paramaṃ tapo tītikkhā

*Patient endurance is the highest practice,  
burning out defilements;*

Nibbānaṃ paramaṃ vadanti buddhā

*The Buddhas say Nibbāna is supreme.*

Na hi pabbajito parūpaghātī

*Not a renunciant is one who injures others;*

Samaṇo hoti paraṃ viheṭṭhayanto

*Whoever troubles others can't be called a monk.*

Anūpavādo anūpaghāto

*Not to insult and not to injure;*

Pāṭimokkhe ca saṃvaro

*To live restrained by training rules;*

Mattaññutā ca bhattasmiṃ

*Knowing one's measure at the meal;*

Pantañca sayan'āsanam

*Retreating to a lonely place;*

Adhicitte ca āyogo

*Devotion to the higher mind:*

Etam buddhāna sāsanaṃ

*These are the teachings of all Buddhas.*

*Dhp 183-185*

## 8.2 Sacca-kiriya-gāthā

[Handa mayaṃ sacca-kiriya-gāthāyo bhaṇāmaṣe]

Natthi me saraṇaṃ aññaṃ buddho me saraṇaṃ varaṃ

Etena sacca-vajjena sotthi me hotu sabbadā

Natthi me saraṇaṃ aññaṃ dhammo me saraṇaṃ varaṃ

Etena sacca-vajjena sotthi me hotu sabbadā

Natthi me saraṇaṃ aññaṃ saṅgho me saraṇaṃ varaṃ

Etena sacca-vajjena sotthi me hotu sabbadā

*For me there is no other Refuge, the Buddha ... Dhamma ... Sangha is my excellent refuge. By the utterance of this Truth, may there be blessings for me.*

### 8.3 Sīl'uddesa-pāṭha

[Handa mayaṃ sīl'uddesa-pāṭhaṃ bhaṇāmaṣe]

Bhāsitam idaṃ tena bhagavatā jānatā passatā

arahatā sammā-sambuddhena

Sampanna-sīlā bhikkhave viharatha

sampanna-pāṭimokkhā

Pāṭimokkha-saṃvara-saṃvutā viharatha

ācāra-gocara-sampannā

Aṇu-mattesu vajjesu bhaya-dassāvī

samādāya sikkhatha sikkhāpadesū'ti

Tasmā-tih'amhehi sikkhitabbaṃ

Sampanna-sīlā viharissāma sampanna-pāṭimokkhā

Pāṭimokkha-saṃvara-saṃvutā viharissāma

ācāra-gocara-sampannā

Aṇu-mattesu vajjesu bhaya-dassāvī

samādāya sikkhissāma sikkhāpadesū'ti

Evañ hi no sikkhitabbaṃ

*This has been said by the Lord, One-who-knows, One-who-sees, the Arahant, the Perfect Buddha enlightened by himself: 'Bhikkhus, be perfect in moral conduct. Be perfect in the Pāṭimokkha. Dwell restrained in accordance with the the Pāṭimokkha. Be perfect in*

*conduct and resort, seeing danger even in the slightest faults. Train yourselves by undertaking rightly the rules of training.'*

*Therefore we should train ourselves thus: 'We will be perfect in the Pāṭimokkha. We will dwell restrained in accordance with the Pāṭimokkha. We will be perfect in conduct and resort, seeing danger even in the slightest faults.' Thus indeed we should train ourselves.*

*D.I.63; D.III.266f*

#### 8.4 Tāyana-gāthā

The Verses of Tāyana

[Handa mayaṃ tāyana-gāthāyo bhaṇāmaṣe]

Chinda sotaṃ parakkamma  
Kāme paṇūda brāhmaṇa  
Nappahāya muni kāme  
N'ekattam-upapajjati

*Exert yourself and cut the stream.  
Discard sense pleasures, brahmin;  
Not letting sensual pleasures go,  
A sage will not reach unity.*

Kayirā ce kayirāthenaṃ  
Daḷham-enaṃ parakkame  
Sithilo hi paribbājo  
Bhiyyo ākirate rajaṃ

*Vigorously, with all one's strength,  
It should be done, what should be done;  
A lax monastic life stirs up  
The dust of passions all the more.*

Akataṃ dukkaṭaṃ seyyo  
Pacchā tappati dukkaṭaṃ  
Katañca sukataṃ seyyo  
Yaṃ katvā nānutappati

*Better is not to do bad deeds  
That afterwards would bring remorse;  
It's rather good deeds one should do  
Which having done one won't regret.*

Kuso yathā duggahito  
Hattham-evānukantati  
Sāmaññaṃ dupparāmaṭṭhaṃ  
Nirayāyūpakaḍḍhati

*As Kusa-grass, when wrongly grasped,  
Will only cut into one's hand  
So does the monk's life wrongly led  
Indeed drag one to hellish states.*

Yaṃ kiñci sithilaṃ kammaṃ  
Saṅkiliṭṭhañca yaṃ vataṃ  
Saṅkassaraṃ brahma-cariyaṃ  
Na taṃ hoti mahapphalan'ti

*Whatever deed that's slackly done,  
 Whatever vow corruptly kept,  
 The Holy Life led in doubtful ways –  
 All these will never bear great fruit.*

*S.I.49f*

### 8.5 Sāmaṇera-sikkhā

Anuññāsi kho bhagavā  
 Sāmaṇerānaṃ dasa sikkhā-padāni

*Ten novice training rules  
 were established by the Blessed One.*

Tesu ca sāmaṇerehi sikkhituṃ

*They are the things in which a novice should train:*

Pāṇātipātā veramaṇī

*Abstaining from killing living beings*

Adinn'ādānā veramaṇī

*Abstaining from taking what is not given*

Abrahma-cariyā veramaṇī

*Abstaining from unchastity*

Musā-vādā veramaṇī

*Abstaining from false speech*

Surā-meraya-majja-pamādaṭṭhānā veramaṇī

*Abstaining from intoxicants that dull the mind*

Vikāla-bhojanā veramaṇī



*Abstaining from eating at the wrong time*

Nacca-gīta-vādita-visūka-dassanā veramaṇī

*Abstaining from dancing, singing, music and watching shows*

Mālā-gandha-vilepana-dhāraṇa-

maṇḍana-vibhūsanatṭhānā veramaṇī

*Abstaining from perfumes, beautification and adornment*

Uccā-sayana-mahā-sayanā veramaṇī

*Abstaining from lying on high or luxurious beds*

Jāta-rūpa-rajata-paṭiggahaṇā veramaṇī'ti.

*Abstaining from using gold, silver or money.*

*Vin.I.83f*

Anuññāsi kho Bhagavā

Dasahi aṅgehi samannāgataṃ sāmaṇeraṃ nāsetuṃ

*Ten grounds for a novice to be dismissed*

*were established by the Blessed One.*

Katamehi dasahi

*What are these ten?*

Pāṇātipātī hoti

*He is a killer of living beings*

Adinn'ādāyī hoti

*He is a taker of what is not given*

Abrahma-cārī hoti

*He is a practitioner of unchastity*

Musā-vādī hoti

*He is a speaker of falsity*

Majja-pāyī hoti

*He is a consumer of intoxicants*

Buddhassa avaṇṇaṃ bhāsati

*He speaks in dispraise of the Buddha*

Dhammassa avaṇṇaṃ bhāsati

*He speaks in dispraise of the Dhamma*

Saṅghassa avaṇṇaṃ bhāsati

*He speaks in dispraise of the Saṅgha*

Micchā-diṭṭhiko hoti

*He is a holder of wrong views*

Bhikkhunī-dūsako hoti

*He has corrupted a nun*

Anuññāsi kho Bhagavā

Imehi dasahi aṅgehi samannāgataṃ sāmaṇeraṃ nāsetun'ti.

*These are the ten grounds for a novice to be dismissed  
which were established by the Blessed One.*

*Vin.I.85*

Anuññāsi kho Bhagavā

Pañcahi aṅgehi samannāgatassa sāmaṇerassa daṇḍa-kammaṃ  
kātuṃ

*Five grounds for a novice to be punished  
were established by the Blessed One.*

Katamehi pañcahi

*What are these five?*

Bhikkhūnaṃ alābhāya parisakkati

*He strives for the loss of the Bhikkhus*

Bhikkhūnaṃ anattthāya parisakkati

*He strives for the non-benefit of the Bhikkhus*

Bhikkhūnaṃ anāvāsāya parisakkati

*He strives for the non-residence of the Bhikkhus*

Bhikkhū akkosati paribhāsati

*He insults or abuses the Bhikkhus*

Bhikkhū bhikkhūhi bhedeti

*He causes a split between the Bhikkhus*

Anuññāsi kho Bhagavā

Imehi pañcahi aṅgehi samannāgatassa

sāmaṇerassa daṇḍa-kammaṃ kātun'ti

*These are the five grounds for a novice to be punished  
that were established by the Blessed One.*

*Vin.I.84*

## 9.

### CHANTS USED IN SRI LANKA

#### 9.1 Devotional Chants

##### 9.1.1 Salutation to the Three Main Objects of Venerations

Vandāmi cetiyarñ sabbarñ  
Sabba-ṭhānesu patitṭhitarñ  
Sārīrika-dhātu-Mahā-bodhirñ  
Buddha-rūparñ sakalañ sadā.

##### 9.1.2 Salutation to the Bodhi-Tree

Yassa mūle nissino va	sabbāri vijayarñ akā,
Patto sabbaññutarñ Satthā	vande tarñ Bodhi-pādaparñ.
Ime ete Mahā-Bodhi	loka-nāthena pūjitā,
Aham-pi te namassāmi	bodhi-Rājā nam'atthu te!

##### 9.1.3 Offering of Lights

Ghana-sārappadittena  
Dīpena tama-dhamṣinā  
Tīloka-dīpam sambuddham  
Pūjayāmi tamo-nudañ.

9.1.4 Offering of Incense

Gandha-sambhāra-yuttena  
 Dhūpenāhaṃ sugandhinā  
 Pūjaye pūjaneyyan-taṃ  
 Pūjā-bhājanam-uttamaṃ.

9.1.5 Offering of Flowers

Vaṇṇa-gandha-guṇopetaṃ  
 Etaṃ kusuma-santatiṃ.  
 Pūjayāmi munindassa  
 Sirīpāda-saroruhe.  
 Pūjemi Buddhaṃ kusumena'nena  
 Puññenam-etena ca hotu mokkaṃ  
 Pupphaṃ milāyāti yathā idaṃ me  
 Kāyo tathā yāti vināsa-bhāvaṃ.

9.1.6 Transference of Merit to Devas

Ākāsatthā ca bhummatthā  
 Devā nāgā mah'iddhikā  
 Puññaṃ taṃ anumoditvā  
 Ciraṃ rakkhantu [loka] sāsaṇaṃ  
 Ciraṃ rakkhantu desanaṃ  
 Ciraṃ rakkhantu maṃ paraṃ  
 Ettāvatā ca amhehi  
 Sambhataṃ puñña-sampadaṃ  
 Sabbe devā/ bhūtā/ sattā anumodantu  
 Sabba-sampatti siddhiyā.

### 9.1.7 Blessing to the World

Devo vassatu kālena  
 Sassa-sampatti-hetu ca  
 Phīto bhavatu loko ca  
 Rajā bhavatu dhammiko.

### 9.1.8 Transference of Merits to Departed Ones

Idaṃ te/vo/no/me ñātīnaṃ hotu  
 sukhitā hontu ñātayo. (×3)

(When chanting for one person use 'te'; when for laypeople use 'vo';  
 when chanting together in a group use 'no'; when alone use 'me'.)

### 9.1.9 The Aspirations

Iminā puññakammena	mā me bāla-samāgamo,
Sataṃ samāgamo hotu,	yāva nibbāna-pattiyā.
Kāyena vācā-cittena	pamādena mayā kataṃ
Accayaṃ khama me bhante	bhūri-paṇṇa Tathāgata.

9.1.10 Blessing and Protection

Sabb'itiyo vivajjantu  
 Mā me/no bhavatvantarāyo  
 Bhavatu sabba-maṅgalam  
 Sabba-buddhānubhāvena  
 Bhavatu sabba-maṅgalam  
 Sabba-dhammānubhāvena  
 Bhavatu sabba-maṅgalam.  
 Sabba-saṅghānubhāvena,  
 Nakkhatta-yakkha-bhūtānaṃ  
 Parittassānubhāvena  
 Devo vassatu kālena.  
 Phīto bhavatu loko ca.  
 Sabbe buddhā balappattā,  
 Arahantānaṃ tejaṇa,

sabba-rogo vinassatu;  
 sukhī dīghāyuko/ā bhava/homa.  
 rakkhantu sabba-devatā.  
 sadā sotthi bhavantu me.  
 rakkhantu sabba-devatā.  
 sadā sotthi bhavantu me.  
 rakkhantu sabba-devatā.  
 sadā sotthi bhavantu me.  
 pāpaggaha-nivāraṇā  
 hantvā mayhaṃ/amhe upaddave.  
 sassa-sampatti-hetu ca.  
 rājā bhavatu dhammiko.  
 paccekānaṃ yaṃ balaṃ  
 rakkhaṃ bandhāmi sabbaso.

9.1.11 Mettā Bhāvanā

Attūpamāya sabbesaṃ  
 Passitvā kamato mettāṃ  
 Sukhi bhaveyyaṃ niddukkho  
 Hitā ca me sukhī hontu  
 Imamhi gāmakkhettamhi  
 Tato paraṇ ca-rajjesu

sattānaṃ sukhakāmatāṃ,  
 sabbasattesu bhāvaye.  
 ahaṃ niccaṃ ahaṃ viya,  
 majjhatthā c'atha verino.  
 sattā hontu sukhī sadā,  
 cakkavāḷesu jantuno.

Samantā cakkavāḷesu	sattānan-tesu pāṇino,
Sukhino puggala bhūtā	attabhāvagatā siyūṇi.
Tathā itthī pumā ce'va	ariya anariya' pi ca,
Devā narā apāyaṭṭhā	tathā dasa disāsu cā-ti.

### 9.1.12 Pattanumodana (Sharing Merits)

Idaṃ te/vo/no/me ñātīnaṃ hotu  
Sukhitā hontu ñātayo (×3)

Yathā vāri-vahā pūrā	paripūrenti sāgaram,
Evaṃ eva ito dinnam	petānaṃ upakappatu.
Unname udakaṃ vattam	yathā ninnam pavattati,
Evaṃ eva ito dinnam	petānaṃ upakappatu.
Āyūr-arogya-sampatti	sagga-sampattiṃ eva ca,
Atho nibbāna-sampatti	iminā te/vo/no/me samijjhatu.
Icchitaṃ patthitaṃ tuyhaṃ	sabbam-eva samijjhatu,
Pūrentu citta-saṅkappā	maṇi-joti-raso yathā.
Icchitaṃ patthitaṃ tuyhaṃ	sabbam-eva samijjhatu,
Pūrentu citta-saṅkappā	cando paṇṇa-rasī yathā.
Icchitaṃ patthitaṃ tuyhaṃ	khippam-eva samijjhatu,
Sabbe pūrentu saṅkappā	cando paṇṇa-rasī yathā.

*Petavatthu p.19-31 & KhpA. 206-215*



## 9.2 Offences

### 9.2.1 Āpatti-paṭidesanā (Confession of Offences)

#### Method of confessing light offences

JCB: Junior Confessing Bhikkhu

SAB: Senior Acknowledging Bhikkhu

JCB: Okāsa, ahaṃ bhante, sabbā āpattiyo ārocemi.

Dutiyam-pi ahaṃ bhante, sabbā āpattiyo ārocemi.

Tatīyam-pi ahaṃ bhante, sabbā āpattiyo ārocemi.

*I ven. sir, declare all offences. For the second time... For the third time...*

SAB: Sādhu, sādhu.

*It is good, it is good.*

JCB: Okāsa ahaṃ bhante, sambahulā nānā-vatthukā āpattiyo  
āpajjim, tā tumha-mūle paṭidesemi.

*I, ven. sir, having many times fallen into many different offences with  
different bases, these I confess.*

SAB: Passasi āvuso tā āpattiyo?

*Do you see, friend, those offences?*

JCB: Āma bhante passāmi.

*Yes, ven. sir, I see.*

SAB: Āyatim āvuso saṃvareyyāsi.

*In the future, friend, you should be restrained.*

JCB: Sādhu suṭṭhu bhante āyatim saṃvarissāmi.

Dutiyam-pi sādhu suṭṭhu bhante āyatim saṃvarissāmi.

Tatīyam-pi sādhu suṭṭhu bhante āyatim saṃvarissāmi.

*It is well indeed, ven. sir, in future I shall be restrained. For the second time...For the third time...*

SAB: Sādhū, sādhu.

*It is good, it is good.*

JCB: Okāsa ahaṃ bhante,  
sabbā tā garukāpattiyo āvikaromi.

Dutiyam-pi okāsa ahaṃ bhante,  
sabbā tā garukāpattiyo āvikaromi.

Tatiyam-pi okāsa ahaṃ bhante,  
sabbā tā garukāpattiyo āvikaromi.

*Ven. sir, I reveal all heavy offences. For the second time... For the third time...*

This final declaration is only used in some communities. Also, some communities will acknowledge with a ‘Sādhū’ after each declaration rather than as shown above. That is, after each ‘ārocemi’ and each ‘saṃvarissāmi’.

#### Formula for same base offences

JCB: Okāsa ahaṃ bhante, desanādukkatāpattiṃ āpajjīṃ, taṃ  
tumha-mūle paṭidesemi.

*I, ven. sir, confess an offence of wrong-doing through having confessed the same-based offences.*

SAB: Passasi āvuso taṃ āpaṭṭiṃ?

*Do you see, friend, that offence?*

JCB: Āma bhante passāmi.

*Yes, ven. sir, I see.*

SAB: Āyatim āvuso saṁvareyyāsi.

*In the future, friend, you should be restrained.*

JCB: Sādhū suṭṭhu bhante āyatim saṁvarissāmi. Dutiyam-pi sādhu suṭṭhu ... . Tatiyam-pi ... saṁvarissāmi.

*It is well indeed, ven. sir, in future I shall be restrained. For the second time... For the third time...*

SAB: Sādhū, sādhu.

*It is good, it is good.*

*Vin.II.102*

### 9.3 Rains and Kathina

#### 9.3.1 Entering the Rains

‘Imasmim vihāre imam te-māsam vassam upemi. Idha vassam upemi.’

*‘I enter the Rains in this kuṭi for three months. I enter the Rains here.’*

### 9.4 Uposatha-day for Lay-followers

#### 9.4.1 Eight Precepts

With hands in *añjali*, the laypeople recite the following request:

‘Sādhū! Sādhū! Sādhū! Okāsa aham bhante ti-saraṇena saddhim aṭṭh’aṅga sīlam dhammam yācāmi, anuggaḥam katvā sīlam detha me bhante. Dutiyam-pi okāsa... detha me bhante. Tatiyam-pi okāsa... detha me bhante.’

*Bhk*: ‘Yaṁ aham vadāmi taṁ vadetha.’

*Laypeople*: ‘Āma, bhante.’

*Bhk:* ‘Namo...’ (×3)

*Laypeople:* repeat.

*Bhk:*

‘Buddhaṃ saraṇaṃ gacchāmi.

Dhammaṃ saraṇaṃ gacchāmi.

Saṅghaṃ saraṇaṃ gacchāmi.

Dutiyam-pi Buddhaṃ saraṇaṃ gacchāmi.

Dutiyam-pi Dhammaṃ saraṇaṃ gacchāmi.

Dutiyam-pi Saṅghaṃ saraṇaṃ gacchāmi.

Tatiyam-pi Buddhaṃ saraṇaṃ gacchāmi.

Tatiyam-pi Dhammaṃ saraṇaṃ gacchāmi.

Tatiyam-pi Saṅghaṃ saraṇaṃ gacchāmi.’

*Laypeople:* repeat line by line.

*Bhk:* ‘Saraṇagamanāṃ sampuṇṇaṃ.’

*Laypeople:* ‘Āma, bhante.’

Then the bhikkhu recites, with the laypeople repeating line by line:

- Pāṇātipātā veramaṇī sikkhā-padaṃ samādiyāmi.
- Adinnādānā veramaṇī sikkhā-padaṃ samādiyāmi.
- Abrahma-cariyā veramaṇī sikkhā-padaṃ samādiyāmi.
- Musāvādā veramaṇī sikkhā-padaṃ samādiyāmi.
- Surā-meraya-majja-pamādaṭṭhānā veramaṇī sikkhā-padaṃ samādiyāmi.
- Vikāla-bhojanā veramaṇī sikkhā-padaṃ samādiyāmi.

- Nacca-gīta vādita visūka-dassana mālāgandha vilepana dhāraṇa maṇḍana vibhūsanatṭhānā veramaṇī sikkhā-padaṃ samādiyāmi.
- Uccā-sayana mahā-sayana veramaṇī sikkhā-padaṃ samādiyāmi.

A.IV.248-250

I undertake the precept to refrain from:

- destroying living beings.
- taking that which is not given.
- any kind of intentional sexual behaviour.
- false speech.
- intoxicating drinks and drugs that lead to carelessness.
- eating at wrong times.
- dancing, singing, music and going to entertainments, perfumes, beautification and adornment.
- lying on a high or luxurious sleeping place.

*Bhk:* 'Imaṃ aṭṭh'aṅga-sīlaṃ samādiyāmi.'

*Laypeople:* 'Imaṃ aṭṭh'aṅga-sīlaṃ samādiyāmi.' (×3)

*Bhk:* 'Ti-saraṇena saddhiṃ aṭṭh'aṅga-sīlaṃ dhammaṃ sādhuṃ surakkhitaṃ katvā appamādena sampādettha.'

*Laypeople:* 'Āma, bhante.'

*Bhk:*

'Sīlena sugatiṃ yanti,  
Sīlena bhoga-sampadā,

Sīlena nibbutim yanti,  
Tasmā sīlaṃ visodhaye.’

*‘These Eight Precepts*

*Have morality as a vehicle for happiness,  
Have morality as a vehicle for good fortune,  
Have morality as a vehicle for liberation,  
Let morality therefore be purified.’*

The Laypeople may respond with:

‘Sādhū, sādhū, sādhū!’

#### 9.4.2 Five Precepts

With hands in *añjali*, the laypeople recite the following request:

‘Sādhū! Sādhū! Sādhū! Okāsa ahaṃ bhante tisaraṇena saddhim  
pañca-sīlaṃ dhammaṃ yācāmi, anuggahaṃ katvā sīlaṃ detha me  
bhante. Dutiyam-pi okāsa... Tatiyam-pi okāsa...’

*Bhikkhu*: ‘Yaṃ ahaṃ vadāmi taṃ vadetha.’

*Laypeople*: ‘Āma, bhante.’

*Bhk*: ‘Namo...’ (×3)

*Laypeople*: repeat.

*Bhk*: ‘Saraṇagamaṇaṃ sampuṇṇaṃ.’

*Laypeople*: ‘Āma, bhante.’

Then the *bhikkhu* recites, with the laypeople repeating line by line:

- Pāṇātipātā veramaṇī sikkhā-padaṃ samādiyāmi.

- Adinnādānā veramaṇī sikkhā-padaṃ samādiyāmi.
- Kāmesu micchā-cārā veramaṇī sikkhā-padaṃ samādiyāmi.
- Musā-vādā veramaṇī sikkhā-padaṃ samādiyāmi.
- Surā-meraya-majja-pamādaṭṭhānā veramaṇī sikkhā-padaṃ samādiyāmi.

A.IV.248-250

*Bhk:*

‘Tisaraṇena saddhiṃ pañcasīlaṃ dhammaṃ sādhukaṃ  
surakkhitaṃ katvā appamādena sampādettha.’

*Laypeople:* ‘Āma, bhante.’

*Bhk:*

‘Sīlena sugatiṃ yanti  
Sīlena bhoga-sampadā,  
Sīlena nibbutiṃ yanti,  
Tasmā sīlaṃ visodhaye.’





PART II

VINAYA NOTES

‘And even as the great ocean is stable and does not overflow its banks, even so, bhikkhus, whatever training rule has been laid down by me for my disciples, they will not transgress it even for life’s sake.’

*Ud 5.5*

# 10.

## GUIDELINES

### 10.1 Ten Reasons for Establishing the Pāṭimokkha

1. For the excellence of the Sangha;
2. for the wellbeing of the Sangha;
3. for the control of ill-controlled bhikkhus;
4. for the comfort of well-behaved bhikkhus;
5. for the restraint of the taints in this present state;
6. for protection against the taints in a future state;
7. to give confidence to those of little faith;
8. to increase the confidence of the faithful;
9. to establish the True Dhamma;
10. to support the Vinaya.

*Vin.III.20; A.V.70*

### 10.2 Four Great Standards (Mahāpadesa)

Whatever things are not prohibited as unallowable but agree with things that are unallowable, being opposed to things that are allowable — such things are unsuitable.

Whatever things are not prohibited as unallowable but agree with things that are allowable, being opposed to things that are unallowable — such things are suitable.

Whatever things are not permitted as allowable but agree with things that are unallowable, being opposed to things that are allowable — such things are unsuitable.

Whatever things are not permitted as allowable but agree with things that are allowable, being opposed to things that are unallowable — such things are suitable.

*Vin.I.250*

### **10.3 Upholding the Principles**

If there is some obstacle to [the practice of the training rules], due to time and place, the rules should be upheld indirectly and not given up entirely, for otherwise there will be no principles (for discipline). A community without principles for discipline cannot last long...

*Entrance to the Vinaya, I.230*

# 11.

## REQUISITES

### 11.1 Bindu (Marking)

Before use, a new robe must be marked with three dots, blue, green, black or brown in colour, saying, either out loud or mentally:

‘Imaṃ bindukappaṃ karomi.’ (×3)

*‘I make this properly marked.’*

*Vin.IV.120*

### 11.2 Adhiṭṭhāna (Determining)

‘Imaṃ saṅghāṭiṃ adhiṭṭhāmi.’

*‘I determine this outer robe.’*

For ‘saṅghāṭiṃ’ substitute item as appropriate:

- uttarā-saṅgaṃ (upper robe)
- antara-vāsakaṃ (lower robe)
- pattaṃ (alms bowl)
- nisīdanaṃ (sitting-cloth)
- kaṇḍu-paṭicchādiṃ (skin-eruption covering cloth)
- vassika-sāṭikaṃ (rains cloth)
- paccattharaṇaṃ (sleeping cloth)
- mukha-puñchana-colaṃ (handkerchief)

- parikkhāra-colāṃ (small requisite)

The first three articles must be properly marked *before* being determined for use. Only one of each of these items may be determined at any one time.

The rains cloth may be used only during the four months of the Rains.

There is no limit to the number of articles which may be determined in each of the last three categories above, e.g.:

‘Imāni paccattharaṇāni adhiṭṭhāmi.’

*‘I determine these sleeping cloths.’*

Substitute ‘mukhapuñchana-colāni’ (handkerchiefs) or

‘parikkhāra-colāni’ (small requisites) as appropriate.

Articles are determined either by touching the article and mentally reciting the relevant Pali passage, or by uttering the Pali passage without touching the article. In the latter case, if the article is beyond forearm’s length:

‘imaṃ’ (this) → ‘etaṃ’ (that)

‘imāni’ (these) → ‘etāni’ (those)

*Sp.III.643-644*

### 11.3 Paccuddharaṇa (Relinquishing)

When an outer robe, upper robe, lower robe, alms bowl or sitting-cloth is to be replaced, the article already determined must first be relinquished from use:

‘Imaṃ saṅghāṭiṃ paccuddharāmi.’

*‘I relinquish this outer robe.’*

*Sp.III.643*

Substitute the appropriate item for *‘saṅghāṭim’*.

Apart from relinquishing from use, a determined article ceases to be determined if it is given to another, is stolen, is taken on trust by a friend, or has a large visible hole in it.

#### **11.4 Vikappana (Sharing Ownership)**

There are varied practices about sharing ownership. Here are the most common ways.

##### 11.4.1 Generally Addressing the Recipient

In the presence of the receiving bhikkhu, and with the article within forearm’s length:

*‘Imaṃ cīvaraṃ tuyhaṃ vikappemi.’*

*‘I share this robe with you.’*

*‘Imāni cīvarāni tuyhaṃ vikappemi.’*

*‘... these robes ...’*

*‘Imaṃ pattaraṃ tuyhaṃ vikappemi.’*

*‘... this bowl ...’*

*‘Ime patte tuyhaṃ vikappemi.’*

*‘... these bowls ...’*

When the receiving bhikkhu is the senior:

*‘tuyhaṃ’ → ‘āyasmato’*

When it is shared with more than one bhikkhu:

‘tuyhaṃ’ → ‘tumhākaṃ’

When the article is beyond forearm’s length:

‘imaṃ’ → ‘etaṃ’;

‘imāni’ → ‘etāni’;

‘ime’ → ‘ete’

*Vin.IV.122*

#### 11.4.2 Addressing the Recipient by Name

In the presence of the receiving bhikkhu (who is named, e.g., ‘Uttaro’), and with the article within forearm’s length, one says to another bhikkhu:

‘Imaṃ cīvaraṃ uttarassa bhikkhuno vikappemi.’

*‘I share this robe with Uttaro Bhikkhu.’*

When the receiving bhikkhu is the senior:

‘uttarassa bhikkhuno’ → ‘āyasmato uttarassa’

If it is shared with a novice:

‘uttarassa bhikkhuno’ → ‘uttarassa sāmaṇerassa’

To share a bowl: ‘cīvaraṃ’ → ‘pattaṃ’

If more than one article is to be shared substitute the plural form as in sec. 11.4.1 above.

When the item is beyond forearm’s length substitute as in sec.

11.4.1 above.

*Vin.IV.122*



### 11.4.3 Receiving Bhikkhu is Absent

In the absence of the receiving bhikkhus, say to a witness:

‘Imaṃ cīvaraṃ vikappanattāya tuyhaṃ dammi.’

*‘I give this robe to you for the purpose of sharing.’*

The witness should then ask the original owner the names of two bhikkhus or novices who are his friends or acquaintances:

‘Ko te mitto vā sandiṭṭho vā.’

*‘Who is your friend or acquaintance?’*

After the original owner tells their names, e.g.,

‘Uttaro bhikkhu ca tisso sāmaṇero ca.’

*‘Bhikkhu Uttaro and Sāmaṇera Tisso.’*

The witness then says:

‘Ahaṃ tesāṃ dammi.’ *‘I give it to them.’*

or

‘Ahaṃ uttarassa bhikkhuno ca tissassa sāmaṇerassa dammi.’

*‘I give it to Bhikkhu Uttaro and Sāmaṇera Tisso.’*

Vin.IV.122

To share a bowl: ‘cīvaraṃ’ → ‘pattāṃ’

If more than one article is to be shared substitute the plural form as in sec.11.4.1 above.

When the item is beyond forearm’s length substitute as in sec.11.4.1 above.

### 11.5 Vikappana-paccuddharaṇa (Relinquishing Shared Ownership)

Before actually using the shared article, the other bhikkhu must relinquish his share.

If the other bhikkhu is senior, and the article is within forearm's length:

‘Imaṃ cīvaraṃ mayhaṃ santakaṃ paribhuñja vā visajjehi vā yathāpaccayaṃ vā karohi.’

*‘This robe of mine: you may use it, give it away, or do as you wish with it.’*

Kv.122

When more than one robe is being relinquished:

‘imaṃ cīvaraṃ’ → ‘imāni cīvarāni’

‘santakaṃ’ → ‘santakāni’

When the second owner is junior:

‘paribhuñja’ → ‘paribhuñjatha’

‘visajjehi’ → ‘visajjetha’

‘karohi’ → ‘karotha’

If the articles are beyond forearm's length, change case accordingly:

‘imaṃ’ (this) → ‘etaṃ’ (that)

‘imāni’ (these) → ‘etāni’ (those)

To rescind the shared ownership in the case when the receiving bhikkhu is absent (sec. 11.4.3), the witness says:

‘Tesam santakam paribhuñja vā vissajjehi vā yathāpaccayaṃ vā karohi.’

*‘Use what is theirs, give it away or do as you like with it.’*

To rescind the shared ownership of a bowl:

‘cīvaram’ → ‘pattam’

and alter according to sec. [11.4.1](#) above.

The practice of some communities when sharing ownership of a bowl is that permission is not required before using it. However, if the first owner wishes to determine a shared bowl, the second owner should relinquish it first.

## 12.

### OFFENCES

#### 12.1 Āpatti-paṭidesanā (Confession of Offences)

##### 12.1.1 Six reasons for āpatti

(1) Lack of shame; (2) ignorance of the rule; (3) in doubt but goes ahead; (4) thinks he ought when he ought not; (5) thinks he ought not when he ought; (6) acts without thinking (i.e. absent-mindedly).

##### 12.1.2 Four conditions for exemption from āpatti

A bhikkhu who is (1) insane, (2) delirious, (3) suffering intense pain, or (4) the original perpetrator.

##### 12.1.3 The kinds of āpatti

**(a)** Those that cannot be remedied (*pārājika*).

**(b)** Those that can be remedied:

Heavy offences (*saṅghādisesa*), confessed to a Sangha.

Light offences, confessed to another bhikkhu: *thullaccaya* (grave offences), *pācittiya* (offences of expiation), *pāṭidesanīya* (offences to be confessed), *dukkata* (offences of wrongdoing), and *dubbhāsita* (offences of wrong speech).

### 12.1.4 Method of confessing light offences

(Thai Formula)

Before the general confession any known offences should be specified. Two bhikkhus with the same offence should not confess that offence together. To do so is a *dukkata* offence. Vin.IV.122

SB: Senior Bhikkhu

JB: Junior Bhikkhu

Junior bhikkhu is confessing:

JB: Ahaṃ bhante sambahulā nānā-vatthukāyo *thullaccayāyo*  
āpattiyo āpanno tā paṭidesemi.

*I, ven. sir, having many times fallen into grave offences with different bases, these I confess.*

SB: Passasi āvuso.

*Do you see, friend?*

JB: Āma bhante passāmi.

*Yes, ven. sir, I see.*

SB: Āyatim āvuso saṃvareyyāsi.

*In future, friend, you should be restrained.*

JB: Sādhu suṭṭhu bhante saṃvarissāmi. (×3)

*It is well indeed, ven. sir. I shall be restrained.*

Senior bhikkhu is confessing:

SB: Ahaṃ āvuso sambahulā nānā-vatthukāyo *thullaccayāyo*  
āpattiyo āpanno tā paṭidesemi.

*I, friend, having many times fallen into grave offences with different bases, these I confess.*

JB: Passatha bhante.

*Do you see, ven. sir?*

SB: Āma āvuso passāmi.

*Yes, friend, I see.*

JB: Āyatim bhante saṁvareyyātha.

*In future, ven. sir, you should be restrained.*

SB: Sādhū suṭṭhu āvuso saṁvarissāmi. (×3)

*It is well indeed, friend. I shall be restrained.*

This formula is repeated replacing ‘*thullaccayāyo*’ with, in turn, ‘*pācittiyāyo*’, ‘*dukkaṭāyo*’, ‘*dubbhāsītāyo*’.

With ‘*dubbhāsītāyo*’ omit ‘*nānā-vatthukāyo*’.

When confessing two offences of the same class:

‘*sambahulā*’ (*many*) → ‘*dve*’ (*twice*)

When confessing a single offence:

‘*Sambahulā nānā-vatthukāyo thullaccayāyo āpattiyo āpanno tā paṭidesemi.*’

→ ‘*Ekam thullaccayaṁ āpattim āpanno tam paṭidesemi.*’

Replace, as appropriate, ‘*thullaccayaṁ*’ with ‘*pācittiyaṁ*’, ‘*dukkaṭaṁ*’, ‘*dubbhāsitaṁ*’.

## 12.2 Nissaggiya Pācittiya

When confessing a *nissaggiya pācittiya* ('expiation with forfeiture') offence, substitute '*nissaggiyāyo pācittiyāyo*' for '*thullaccayāyo*', or '*nissaggiyaṃ pācittiyaṃ*' for '*thullaccayaṃ*' in the formula at sec.12.1.4 above.

However, before confessing, the article in question must be forfeited to another bhikkhu or to a Sangha. *Vin.III.196f*

### 12.2.1 Nissaggiya Pācittiya 1 ('extra robe')

On the eleventh dawn of keeping one 'extra robe', within forearm's length, forfeiting to a more senior bhikkhu:

'Idaṃ me *bhante* cīvaraṃ dasāhātikkantaṃ nissaggiyaṃ. Imāhaṃ āyasmato nissajjāmi.'

*'This extra robe, ven. sir, which has passed beyond the ten day (limit), is to be forfeited by me: I forfeit it to you.'*

More than one robe, within forearm's length:

'Imāni me *bhante* cīvarāni dasāhātikkantāni nissaggiyāni. Imānāhaṃ āyasmato nissajjāmi.'

If forfeiting to a Sangha: 'āyasamato' → 'saṅghassa'

If forfeiting to a group of bhikkhus:

'āyasamato' → 'āysamantānaṃ'

If senior bhikkhu: 'bhante' → 'āvuso'

If beyond forearm's length:

‘idaṃ’ ( <i>this</i> )	→	‘etaṃ’ ( <i>that</i> )
‘imāhaṃ’	→	‘etāhaṃ’
‘imāni’ ( <i>these</i> )	→	‘etāni’ ( <i>those</i> )
‘imānāhaṃ’	→	‘etānāhaṃ’

### Returning the robe

‘Imaṃ cīvaraṃ āyasmato dammi.’

‘I give this robe to you.’

Vin.III.197

For returning more than one robe:

‘imaṃ’ → ‘imāni’ ; ‘cīvaraṃ’ → ‘cīvarāni’

This formula for returning the article(s) also applies in NP. 2, 3, 6, 7, 8, 9, 10 below.

### 12.2.2 Nissaggiya Pācittiya 2 (‘separated from’)

‘Idaṃ me bhante cīvaraṃ ratti-vippavutthaṃ aññatra bhikkhu-sammatiyā nissaggiyaṃ. Imāhaṃ āyasmato nissajjāmi.’

‘This robe, ven. sir, which has stayed separate (from me) for a night without the consent of the bhikkhus, is to be forfeited by me: I forfeit it to you.’

Vin.III.199-200

If multiple robes:

‘cīvaraṃ’ → ‘dvicīvaraṃ’/‘ticīvaraṃ’ (two-/three-robes)

### 12.2.3 Nissaggiya Pācittiya 3 (‘over-kept cloth’)

‘Idaṃ me bhante akāla-cīvaraṃ māsātikkantaṃ nissaggiyaṃ. Imāhaṃ āyasmato nissajjāmi.’



*‘This, ven. sir, ‘out of season’ robe, which has passed beyond the month (limit), is to be forfeited by me: I forfeit it to you.’* Vin.III.205

For more than one piece of cloth:

*‘Imāni me bhante akāla-cīvarāni māsātikkantāni nissaggiyāni. Imānāhaṃ āyasmato nissajjāmi.’*

#### 12.2.4 Nissaggiya Pācittiya 6 (‘asked for’)

*‘Idaṃ me bhante cīvaraṃ aññātakam gahapatikam aññatra samayā viññāpitaṃ nissaggiyaṃ. Imāhaṃ āyasmato nissajjāmi.’*

*‘This robe, ven. sir, which has been asked from an unrelated householder at other than the proper occasion, is to be forfeited by me: I forfeit it to you.’* Vin.III.213

For more than one piece of cloth:

*‘Imāni me bhante cīvarāni aññātakam gahapatikam aññatra samayā viññāpitāni nissaggiyāni. Imānāhaṃ āyasmato nissajjāmi.’*

#### 12.2.5 Nissaggiya Pācittiya 7 (‘beyond limit’)

*‘Idaṃ me bhante cīvaraṃ aññātakam gahapatikam upasaṃkamitvā tat’uttariṃ viññāpitaṃ nissaggiyaṃ. Imāhaṃ āyasmato nissajjāmi.’*

*‘This robe, ven. sir, which has been asked for beyond the limitation from an unrelated householder, is to be forfeited by me: I forfeit it to you.’*  
Vin.III.214–215

For more than one piece of cloth:

‘Imāni me bhante cīvarāni aññātakam gahapatikam tat’uttarim viññāpitāni nissaggiyāni. Imānāham āyasmato nissajjāmi.’

#### 12.2.6 Nissaggiya Pācittiya 8 (‘instructing’)

‘Idam me bhante cīvaram pubbe appavārito aññātakam gahapatikam upasaṅkamitvā cīvare vikappam āpannam nissaggiyam. Imāham āyasmato nissajjāmi.’

*‘This robe, ven. sir, which has been instructed about after having approached an unrelated householder without prior invitation is to be forfeited by me: I forfeit it to you.’* Vin.III.217

#### 12.2.7 Nissaggiya Pācittiya 9 (‘instructing’)

For a robe (robe-cloth) received after making instructions to two or more householders. Use formula of sec.12.2.6 above but change:

‘aññātakam gahapatikam’ → ‘aññātake gahapatike’

For returning the robe(s) see sec.12.2.1 above.

Vin.III.219

#### 12.2.8 Nissaggiya Pācittiya 10 (‘reminding’)

‘Idam me bhante cīvaram atireka-tikkhattum codanāya atireka-chakkhattum ṭhānena abhinipphāditam nissaggiyam, imāham āyasmato nissajjāmi.’

*‘This robe, ven. sir, which has been obtained by inciting more than three times, by standing more than six times, is to be forfeited by me: I forfeit it to you.’* Vin.III.223

12.2.9 Nissaggiya Pācittiya 18 ('gold and silver')

'Ahaṃ bhante rūpiyaṃ paṭiggaheṣiṃ, idaṃ me nissaggiyaṃ.  
Imāhaṃ saṅghassa nissajjāmi.'

*'Ven. sirs, I have accepted money. This is to be forfeited by me: I forfeit it to the Saṅgha.'*

To be forfeited to the Sangha only.

Vin.III.238

12.2.10 Nissaggiya Pācittiya 19 ('monetary exchange')

'Ahaṃ bhante nānappakāraṃ rūpiyaṃvohāraṃ samāpajjīṃ,  
idaṃ me nissaggiyaṃ. Imāhaṃ saṅghassa nissajjāmi.'

*'Ven. sirs, I have engaged in various kinds of trafficking with money. This (money) is to be forfeited by me: I forfeit it to the Saṅgha.'*

To be forfeited to the Sangha only.

Vin.III.240

12.2.11 Nissaggiya Pācittiya 20 ('buying and selling')

'Ahaṃ bhante nānappakāraṃ kayavikkayaṃ samāpajjīṃ, idaṃ  
me nissaggiyaṃ. Imāhaṃ āyasmato nissajjāmi.'

*'Ven. sir, I have engaged in various kinds of buying and selling. This (gain) of mine is to be forfeited by me: I forfeit it to you.'*

Vin.III.242

If forfeiting to a Sangha: 'āyasmato' → 'saṅghassa'

If forfeiting to a group of bhikkhus:

'āyasmato' → 'āyasmantānaṃ'

12.2.12 Nissaggiya Pācittiya 21 ('extra bowl')

'Ayaṃ me bhante patto dasāhātikkanto nissaggiyo. Imāhaṃ āyasmato nissajjāmi.'

*'This bowl, ven. sir, which has passed beyond the ten-day (limit), is to be forfeited by me: I forfeit it to you.'*

For returning the bowl:

'Imaṃ pattaraṃ āyasmato dammi.'

*'I give this bowl to you.'*

Vin.III.243-244

12.2.13 Nissaggiya Pācittiya 22 ('new bowl')

'Ayaṃ me bhante patto ūnapañca-bandhanena pattena cetāpito nissaggiyo. Imāhaṃ saṅghassa nissajjāmi.'

*'This bowl, ven. sirs, which has been exchanged for a bowl that has less than five mends, is to be forfeited by me: I forfeit it to the Sangha.'*

To be forfeited to the Sangha only.

Vin.III.246

12.2.14 Nissaggiya Pācittiya 23 ('kept tonics')

'Idaṃ me bhante bhesajjaṃ sattāhātikkantaṃ nissaggiyaṃ. Imāhaṃ āyasmato nissajjāmi.'

*'This tonic, ven. sir, which has passed beyond the seven-day (limit), is to be forfeited by me: I forfeit it to you.'*

Tonics can be returned, but not for consumption:

'Imaṃ bhesajjaṃ āyasmato dammi.'

*'I give this tonic to you.'*

Vin.III.251

12.2.15 Nissaggiya Pācittiya 25 ('snatched back')

'Idaṃ me bhante cīvaraṃ bhikkhussa sāmāṃ datvā acchinnāṃ nissaggiyaṃ. Imāhaṃ āyasmato nissajjāmi.'

*'This robe, ven. sir, which has been snatched back after having given it myself to a bhikkhu, is to be forfeited by me: I forfeit it to you.'*

Vin.III.255

12.2.16 Nissaggiya Pācittiya 28 ('urgent')

'Idaṃ me bhante acceka-cīvaraṃ cīvara-kālasamayaṃ atikkāmitaṃ nissaggiyaṃ. Imāhaṃ āyasmato nissajjāmi.'

*'This robe-offered-in-urgency, ven. sir, has passed beyond the robe-season, is to be forfeited by me: I forfeit it to you.'*

Vin.III.262

12.2.17 Nissaggiya Pācittiya 29 ('wilderness abode')

'Idaṃ me bhante cīvaraṃ atireka-chā-rattaṃ vippavutthaṃ aññaṭṭha bhikkhu-sammatiyā nissaggiyaṃ. Imāhaṃ āyasmato nissajjāmi.'

*'This robe, ven. sir, which has stayed separate (from me) for a night without the consent of the bhikkhus, is to be forfeited by me: I forfeit it to you.'*

Vin.III.264

### 12.2.18 Nissaggiya Pācittiya 30 ('diverted gain')

‘Idaṃ me bhante jānaṃ saṅghikaṃ lābhaṃ pariṇataṃ attano pariṇāmitaṃ nissaggiyaṃ. Imāhaṃ āyasmato nissajjāmi.’

‘This gain belonging to the Saṅgha, ven. sir, which has been (already) diverted (to someone), (and) which has been knowingly diverted to myself (instead), is to be forfeited by me: I forfeit it to you.’

To return the article: ‘Imaṃ āyasmato dammi.’

Vin.III.266

## 12.3 Saṅghādisesa

**(i)** A bhikkhu who has committed *saṅghādisesa* must first inform one or more bhikkhus, and then inform a Sangha of at least four bhikkhus of his fault(s) and ask to observe *mānatta* (penance). When the Sangha has given *mānatta* to that bhikkhu, he recites the formula undertaking *mānatta* and then practises the appropriate duties for six days and nights. When the bhikkhu has completed practising *mānatta*, he requests rehabilitation (*abbhāna*) in the presence of a Sangha of at least twenty bhikkhus.

**(ii)** A bhikkhu who has committed *saṅghādisesa* and deliberately concealed it must first live in *parivāsa* (probation) for the number of days that the offence was concealed. When the bhikkhu has completed his time living in *parivāsa*, he requests *mānatta* and then follows the procedure outlined in (i) above.

# 13.

## UPOSATHA

### 13.1 Pārisuddhi-uposatha (Purity Uposatha)

#### 13.1.1 Pārisuddhi Before Sangha

Declaring one's purity before the Sangha:

‘Parisuddho ahaṃ bhante, parisuddho’ti maṃ saṅgho dhāretu.’

*‘I, ven. sirs, am quite pure (of offences). May the Saṅgha hold me to be pure.’*

Vin.I.120–129

#### 13.1.2 Pārisuddhi for Three Bhikkhus

The Pātimokkha requires at least four bhikkhus. If there are only three bhikkhus then, after the preliminary duties and the general confession, one bhikkhu chants the *ñatti*:

‘Suṇantu me bhante āyasmantā ajj’uposatho paṇṇaraso,  
yad’āyasmantānaṃ pattakallaṃ, mayaṃ aññamaññaṃ pārisuddhi  
uposathaṃ kareyyāma.’

*‘Let the ven. ones listen to me. Today is an Observance day, which is a fifteenth (day of the fortnight). If it seems right to the ven. ones let us carry out the Observance with one another by way of entire purity.’*

When it is the 14th day:

‘paṇṇaraso’ → ‘cātuddaso’

If the announcing bhikkhu is the most senior:

‘bhante’ → ‘āvuso’

Then, starting with the senior bhikkhu:

‘Parisuddho ahaṃ āvuso,

parisuddho’ti maṃ dhāretha.’ (×3)

*‘I, friends, am quite pure. Understand that I am quite pure.’*

For each of the two junior bhikkhus:

‘āvuso’ → ‘bhante’

### 13.1.3 Pārisuddhi for Two Bhikkhus

Omit the *ñatti*. The senior bhikkhu declares purity first:

‘Parisuddho ahaṃ āvuso, parisuddho’ti maṃ dhārehi.’ (×3)

For the junior:

‘āvuso’ → ‘bhante’

‘dhārehi’ → ‘dhāretha’

### 13.1.4 Adhiṭṭhānuposatha (For a lone bhikkhu)

For a bhikkhu staying alone on the Uposatha day. After the preliminary duties, he then determines:

‘Ajja me uposatho.’

*‘Today is an Observance day for me.’*



## 13.2 Sick Bhikkhus

### 13.2.1 Pārisuddhi

**(a)** The sick bhikkhu makes general confession, then:

‘Pārisuddhiṃ dammi, pārisuddhiṃ me hara, pārisuddhiṃ me ārocehi.’

*‘I give my purity. Please convey purity for me (and) declare purity for me.’*

If the sick bhikkhu is the junior:

‘hara’ → ‘haratha’

‘ārocehi’ → ‘ārocetha’

**(b)** The sick bhikkhu’s (e.g. Uttaro’s) purity is conveyed after the Pātimokkha:

‘Āyasmā bhante ‘uttaro’ bhikkhu gilāno, parisuddho’ti paṭijāni, parisuddho’ti taṃ saṅgho dhāretu.’

*‘Ven. sirs, ‘Uttaro Bhikkhu’ who is sick acknowledges that he is pure. May the Saṅgha hold him to be pure.’*

If the bhikkhu conveying purity is senior to the sick bhikkhu:

‘Āyasmā bhante uttaro’ → ‘Uttaro bhante bhikkhu’

### 13.2.2 Sending Consent (Chanda)

**(a)** The sick bhikkhu sends his consent to the saṅghakamma:

‘Chandaṃ dammi, chandaṃ me hara, chandaṃ me ārocehi.’

*‘I offer my consent. May you convey my consent (to the Saṅgha). May you declare my consent to them.’*

If the sick bhikkhu is the junior:

‘hara’ → ‘haratha’

‘ārocehi’ → ‘ārocetha’

**(b)** Informing the Sangha of the sick bhikkhu’s consent:

‘Āyasmā bhante ‘uttaro’ mayham chandaṃ adāsi, tassa chando mayā āhaṭṭha, sādhu bhante saṅgho dhāretu.’

*‘Ven. sirs, ‘Uttaro Bhikkhu’ has given his consent to me. I have conveyed his consent. It is well, ven. sirs, if the Saṅgha holds it to be so.’*

If the bhikkhu conveying consent is senior to the sick bhikkhu:

‘Āyasmā bhante uttaro’ → ‘Uttaro bhante bhikkhu’

### 13.2.3 Pārisuddhi and Chanda

When both purity and consent are conveyed to the Sangha:

‘Uttaro bhante bhikkhu gilāno mayham chandaṇca pārisuddhiṇca adāsi, tassa chando ca pārisuddhi ca mayā āhaṭṭha, sādhu bhante saṅgho dhāretu.’

*‘Ven. sirs, ‘Uttaro Bhikkhu’ is sick. He has given his consent and purity to me. I have conveyed his consent and purity. It is well, ven. sirs, if the Sangha holds it to be so.’*

### **13.3 Reciting the Pāṭimokkha in Brief**

If there are four or more bhikkhus at the uposatha, but there is an obstruction to reciting the Pāṭimokkha in full, it may be recited in brief, abbreviating the recited text and announcing the remainder as ‘heard’ (*sutā*).

On the occasions when an abbreviated recitation is necessary, it is common practice to recite the Pubbakicca, Nidāna, followed by the Pārājika rules, and announce the rest as ‘heard’.

One may include the Saṅghādisesa and Aniyata rules as well, for a longer recitation, or if the situation demands it, there is allowance to abbreviate directly after the Nidāna for a shorter recitation.

If the abbreviation is after the Pārājika rules, the chanter concludes with:

‘Uddiṭṭhaṁ kho āyasmanto nidānam.  
 Uddiṭṭhā cattāro pārājikā dhammā.  
 Sutā terasa saṅghādisesā dhammā.  
 Sutā dve aniyatā dhammā.  
 Sutā tiṁsa nissaggiyā pācittiyā dhammā.  
 Sutā dve-navuti pācittiyā dhammā.  
 Sutā cattāro pāṭidesanīyā dhammā.  
 Sutā sekhiyā dhammā.  
 Sutā sattādhikaraṇa-samathā dhammā.

Ettakantassa bhagavato suttāgataṁ sutta-pariyāpannaṁ  
 anvaḍḍha-māsaṁ uddesaṁ āgacchati. Tattha sabbeheva  
 samaggehi sammōda-mānehi avivada-mānehi sikkhitabban’ti.

Bhikkhu-pāṭimokkhaṁ niṭṭhitaṁ.’

*Vinaya Mukha Vol 2., p.107*

# 14.

## RAINS AND KATHINA

### 14.1 Khamāpana-kamma (Asking for Forgiveness)

#### Setup

Prepare an offering tray with two candles, incense, some flowers, and optionally other gifts. Prepare a seat and water for the Ācariya if appropriate for the occasion. Wear your triple robe.

#### Asking for Forgiveness

All community members as a group kneel on toes before the Ācariya. The most senior of them is going to lead the ceremony. He moves in front of the group, with the offering tray to his side.

All members of the group bow three times together, and remain in a bowed posture for the chanting.

The leader may prompt the chanting, then all members of the group are chanting together.

*Leader:* ‘Na-’

*All:* ‘Namo tassa...’ (×3)

The leader picks up and holds the tray, still in a bowed posture.

*Leader:* ‘Ā-’

*All:* ‘Āyasmante pamādena, dvārattayena kataṃ,  
sabbaṃ aparādhaṃ khamatu no bhante.’

*(Forgive us, ven. sir, for all wrong-doing done carelessly to the ven. one by way of the three doors.)*

The leader offers the tray to the Ācariya.

The Ācariya:

*‘Ahaṃ khamāmi, tumhehi pi me khamitabbaṃ.’  
(I forgive you. You should also forgive me.)*

The group responds together:

*‘Khamāma bhante.’  
(We forgive you, ven. sir.)*

The group stays in a bowed posture while the Ācariya gives his blessing:

*‘Evaṃ hotu evaṃ hotu,  
Yo ca pubbe pamajjitvā pacchā so nappamajjati,  
So’maṃ lokaṃ pabhāseti abbhā mutto va candimā.’  
‘Yassa pāpaṃ kataṃ kammaṃ kusalena pithīyati,  
So’maṃ lokaṃ pabhāseti abbhā mutto va candimā.’  
‘Abhivādana sīlissa niccaṃ vuḍḍhāpacāyino,  
Cattāro dhammā vaḍḍhanti:  
Āyu vaṇṇo sukhaṃ balaṃ.’*

*Dhp 172, 173, 109*

At the end of the blessing the group, while still bowing, responds:

*All: ‘Sādhu bhante.’*

### Variations depending on the situation

For senior bhikkhus generally use ‘Āyasmante’. For Ajahns use ‘There’, ‘Mahāthere’, ‘Ācariye’, ‘Upajjhāye’, as appropriate.

When entering Rains, asking for forgiveness is followed by taking dependence (*nissaya*), see p.268.

When a single community member is asking for forgiveness:

‘no’	→	‘me’
‘tumhehi pi’	→	‘tayā pi’
‘khamāma’	→	‘khamāmi’

## **14.2 Vassāvāsa (Rains-residence)**

The Rains begins the day after the full-moon day of July (Āsālha); if July has two full moons, it begins after the second full moon.

During this time bhikkhus must live in a dwelling with a lockable door.

### 14.2.1 Entering the Rains (Thai tradition)

The boundaries are specified, then all resident bhikkhus:

‘Imasmim āvāse imaṃ te-māsaṃ vassaṃ upema.’ (×3)

*‘We enter the Rains in this monastery for three months.’*

If one bhikkhu at a time: ‘upema’ → ‘upemi’

Alternatively:

‘Imasmim vihāre imaṃ te-māsaṃ vassaṃ upemi.’ (×3)

*‘I enter the Rains in this dwelling for three months.’*

Alternatively:

‘Idha vassarū upemi.’ (×3)

*‘I enter the Rains here.’*

*Sp.V.1067*

#### 14.2.2 Sattāha-karaṇīya (Seven-day leave)

Allowable reasons: to go to nurse an ill bhikkhu or one’s parents, support a bhikkhu in danger of disrobing, aid another monastery, uphold the faith of lay supporters, etc.

One may take leave using one’s own language, or the Pali:

‘Sattāha-karaṇīyaṃ kiccaṃ me-v-atthi tasmā mayā gantabbam, imasmimṃ sattāh’abbhantare nivattissāmi.’

*‘I have an obligation which must be fulfilled within seven days. Therefore I have to go. I shall return within seven days.’*

*Vin.I.139*

#### 14.2.3 Rains privileges

These last for one month following the Pavāraṇā day. One may: go wandering without taking leave; go without taking the complete set of robes; go taking any robes that have accrued; keep extra robes beyond ten days; eat a ‘group meal’, and ‘substitute an invitation to a meal’.

### 14.3 Pavāraṇā (Inviting Admonition)

#### 14.3.1 For five or more bhikkhus

After the preliminary duties, one bhikkhu chants the *ñatti*:

‘Suṇātu me *bhante* saṅgho.  
 Ajja pavāraṇā *paṇṇarasī*.  
 Yadi saṅghassa pattakallaṃ,  
 Saṅgho *te-vācikaṃ* pavāreyya.’

*‘Ven. sirs, may the Community listen to me. Today is the Pavāraṇā on the fifteenth (day of the fortnight). If the Community is ready, the Community should invite with three statements.’*

Vin.I.159

When it is the 14th day:

‘*paṇṇarasī*’ → ‘*cātuddasī*’

If the announcing bhikkhu is the most senior:

‘*bhante*’ → ‘*āvuso*’

If each bhikkhu is to state his invitation twice:

‘*te-vācikaṃ*’ → ‘*dve-vācikaṃ*’

If each bhikkhu is to state his invitation once:

‘*te-vācikaṃ*’ → ‘*eka-vācikaṃ*’

If bhikkhus of equal rains are to invite in unison:

‘*Saṅgho te-vācikaṃ pavāreyya*’ → ‘*Saṅgho samāna-vassikaṃ pavāreyya*’

*‘The Community should invite in the manner of equal Rains.’*



After the *ñatti*, if each bhikkhu is to invite ‘three times’, then, in order of Rains:

‘*Saṅghaṃ bhante pavāremi. Diṭṭhena vā sutena vā parisaṅkāya vā, vadantu maṃ āyasmanto anukampaṃ upādāya. Passanto paṭikkarissāmi.*

Dutiyam-pi bhante saṅghaṃ pavāremi. Diṭṭhena vā sutena vā parisaṅkāya vā, vadantu maṃ āyasmanto anukampaṃ upādāya. Passanto paṭikkarissāmi.

Tatīyam-pi bhante saṅghaṃ pavāremi Diṭṭhena vā sutena vā parisaṅkāya vā, vadantu maṃ āyasmanto anukampaṃ upādāya. Passanto paṭikkarissāmi.’

*‘Ven. sirs, I invite admonition from the Sangha. According to what has been seen, heard or suspected, may the ven. ones instruct me out of compassion. Seeing it, I shall make amends. For a second time... For a third time....’*

For the most senior bhikkhu:

‘*Saṅghaṃ bhante*’ → ‘*Saṅghaṃ āvuso*’

‘*Dutiyam-pi bhante*’ → ‘*Dutiyam-pi āvuso*’

‘*Tatīyam-pi bhante*’ → ‘*Tatīyam-pi āvuso*’

#### 14.3.2 For four or three bhikkhus

Preliminary duties, then *ñatti*:

‘*Suṇantu me āyasmanto, ajja pavāraṇā paṇṇarasī, yad’āyasmantānaṃ pattakallaṃ, mayaṃ aññaṃaññaṃ pavāreyyāma.*’

*‘Sirs, may you listen to me. Today is the pavāraṇā on the 15th (day of the fortnight). If there is complete preparedness of the ven. ones, we should invite one another.’*

*Vin.I.162*

If there are three bhikkhus:

‘āyasmanto’ → ‘āyasmantā’

Then each bhikkhu in order of Rains:

‘Ahaṃ bhante āyasmante pavāremi. Diṭṭhena vā sutena vā  
parisaṅkāya vā, vadantu maṃ āyasmanto anukampaṃ  
upādāya. Passanto paṭikkarissāmi.

Dutiyam-pi bhante āyasmante pavāremi. Diṭṭhena vā sutena vā  
parisaṅkāya vā, vadantu maṃ āyasmanto anukampaṃ  
upādāya. Passanto paṭikkarissāmi.

Tatīyam-pi bhante āyasmante pavāremi. Diṭṭhena vā sutena vā  
parisaṅkāya vā, vadantu maṃ āyasmanto anukampaṃ  
upādāya. Passanto paṭikkarissāmi.’

For the most senior bhikkhu:

‘bhante’ → ‘āvuso’

If there are three bhikkhus:

‘āyasmanto’ → ‘āyasmantā’

### 14.3.3 For two bhikkhus

Preliminary duties, but no *ñatti*, then each bhikkhu in order of Rains:

‘Ahaṃ bhante āyasmantaṃ pavāremi. Diṭṭhena vā sutena vā  
parisaṅkāya vā, vadatu maṃ āyasmā anukampaṃ upādāya.  
Passanto paṭikkariṣāmi.

Dutiyam-pi bhante āyasmantaṃ pavāremi. Diṭṭhena vā sutena  
vā parisaṅkāya vā, vadatu maṃ āyasmā anukampaṃ upādāya.  
Passanto paṭikkariṣāmi.

Tatīyam-pi bhante āyasmantaṃ pavāremi. Diṭṭhena vā sutena  
vā parisaṅkāya vā, vadatu maṃ āyasmā anukampaṃ upādāya.  
Passanto paṭikkariṣāmi.’

For the senior bhikkhu: ‘bhante’ → ‘āvuso’

*Vin.I.163*

### 14.3.4 For one bhikkhu

Preliminary duties, then:

‘Ajja me pavāraṇā.’

‘Today is my pavāraṇā.’

*Vin.I.163*

### 14.3.5 Pavāraṇā by a sick bhikkhu

‘Pavāraṇaṃ dammi, pavāraṇaṃ me hara,  
maṃ’atthāya pavārehi.’

‘I give my invitation. May you convey invitation for me.  
May you invite on my behalf.’

*Vin.I.161*

If the sick bhikkhu is the junior one:

‘hara’ → ‘haratha’

‘pavārehi’ → ‘pavāretha’

The pavāraṇā of the sick bhikkhu (e.g. ‘Uttaro’) is conveyed in his place in the order of Rains:

‘Āyasmā bhante ‘uttaro’ gilāno saṅghaṃ pavāreti. Diṭṭhena vā sutena vā parisāṅkāya vā, vadantu taṃ āyasmanto anukampaṃ upādāya.

Passanto paṭikkarissati.

Dutiyam-pi bhante āyasmā ‘uttaro’ gilāno...

Passanto paṭikkarissati.

Tatīyam-pi bhante āyasmā ‘uttaro’ gilāno...

Passanto paṭikkarissati.’

*‘Ven. sirs, ven. ‘Uttaro’ who is sick makes invitation to the Saṅgha. With what you have seen, heard and suspected, may all of you instruct him out of compassion. Seeing it, he will make amends.’*

If the conveying bhikkhu is senior to the sick bhikkhu:

‘Āyasmā bhante ‘uttaro’ → “Uttaro’ bhante bhikkhu’

*Sp.V.1075*

## 14.4 Kaṭhina

### 14.4.1 Procedure to Give the Kaṭhina-cloth

Before this procedure, during the public Kaṭhina ceremony with the lay supporters, the bhikkhus appoint who is going to receive the Kaṭhina-cloth. The wording of this *apalokana kamma* may be chosen by the resident community. The cloth is subsequently sewn into a robe.

When the sewing has been completed, the bhikkhus meet inside the *sīmā*.

After bowing to the shrine, chant the ‘Dedication of Offerings’ (*Yo so bhagavā...*), and ‘Preliminary Homage’ (*Namo tassa*).

The chanting bhikkhu announces the motion and decision to give the *Kaṭhina-cloth* to a particular bhikkhu (sec.14.4.2).

The bhikkhu receiving the robe, in front of everyone, relinquishes the robe he will replace, usually the *antaravāsaka*. He marks the robe he has received with a *bindu*, either when receiving it, or after having changed into it, before determining it.

He leaves the room and changes into the new robe. He returns to the gathered bhikkhus, determines the new robe and completes the *Kaṭhina* by chanting *Spreading the Kaṭhina* (sec.14.4.3).

Together, the other bhikkhus chant their *anumodanā* (sec.14.4.4).

### 14.4.2 Kathina Saṅghakamma

In the following, 'Amaro Bhikkhu' is the receiving senior bhikkhu.

Suṇātu me bhante saṅgho. Idaṃ saṅghassa kaṭhina-dussarṇ  
uppannaṃ. Yadi saṅghassa pattakallaṃ, saṅgho imaṃ  
kaṭhina-dussarṇ āyasmato Amarassa dadeyya, kaṭhinaṃ attharituṃ.  
Esā ñatti.

Suṇātu me bhante saṅgho. Idaṃ saṅghassa kaṭhina-dussarṇ  
uppannaṃ. Saṅgho imaṃ kaṭhina-dussarṇ āyasmato Amarassa deti,  
kaṭhinaṃ attharituṃ. Yass'āyasmato khamati, imassa  
kaṭhina-dussassa āyasmato Amarassa dānaṃ, kaṭhinaṃ attharituṃ,  
so tuṇh'assa. Yassa nakkhamati, so bhāseyya.

Dinnaṃ idaṃ saṅghena kaṭhina-dussarṇ āyasmato Amarassa,  
kaṭhinaṃ attharituṃ. Khamati saṅghassa, tasmā tuṇhī.  
Evam-etarṃ dhārayāmi.

Mv.VII.1.4

*Venerable sirs, may the Community listen to me. This Kaṭhina-cloth  
has arisen for the Community. If the Community is ready, it should  
give this Kaṭhina-cloth to Venerable Amaro to spread the Kaṭhina.  
This is the motion.*

*Venerable sirs, may the Community listen to me. This Kaṭhina-cloth  
has arisen for the Community. The Community is giving this  
Kaṭhina-cloth to Venerable Amaro to spread the Kaṭhina. He to  
whom the giving of this Kaṭhina-cloth to Venerable Amaro to spread  
the Kaṭhina is agreeable should remain silent. He to whom it is not  
agreeable should speak.*

*This Kaṭhina-cloth is given by the Community to Venerable Amaro to spread the Kaṭhina. This is agreeable to the Community, therefore it is silent. Thus do I hold it.*

#### 14.4.3 Spreading the Kaṭhina

After the Kaṭhina robe has been sewn and dyed, and the old robe relinquished (p.232), the new robe should be marked and determined (p.231). Then the recipient chants *one* of the following:

‘Namo...’ (×3)

(a) ‘Imāya saṅghāṭiyā kaṭhinaṃ attharāmi.’

(b) ‘Iminā uttarāsaṅgena kaṭhinaṃ attharāmi.’

(c) ‘Iminā antaravāsakena kaṭhinaṃ attharāmi.’

*‘By means of this outer robe / upper robe / lower robe I spread the Kaṭhina.’*

*Sp.V.1109; Pv.XIV.4*

#### 14.4.4 Kaṭhina Anumodanā

The recipient of the Kaṭhina:

‘Atthataṃ bhante saṅghassa kaṭhinaṃ, dhammiko kaṭhinatthāro, anumodatha.’ (×3)

*‘Ven. sirs, the spreading of the Kaṭhina is in accordance with the Dhamma. Please approve of it.’*

If the recipient is senior to all the other bhikkhus:

‘bhante’ → ‘āvuso’

The rest of the Sangha, chanting together:

‘Atthataṃ bhante saṅghassa kaṭhinaṃ, dhammiko kaṭhinatthāro,  
anumodāma.’ (×3)

*‘Ven. sirs, the spreading of the Kaṭhina is in accordance with the Dhamma.  
We approve of it.’*

*Sp.V.1109; Pv.XIV.4*

Bhikkhus senior to the recipient omit ‘bhante’.

If approving one by one:

‘anumodāma’ → ‘anumodāmi’

For bhikkhus senior to the recipient:

‘bhante’ → ‘āvuso’.

For a bhikkhu who completes the *Kaṭhina* ceremony, the Rains privileges (p.257) extend for a further four months until the end of the cold season, unless the Sangha unanimously decides to revoke them. The Rains privileges also lapse automatically with the ending of the two constraints: with regard to the residence and with regard to making a robe.

*Vin.III.261*

#### 14.4.5 Offering Paṃsukūla-cloth

If the community during the Vassa has been less than five bhikkhus, the lay supporters may organize a Paṃsukūla-cloth offering ceremony (ผ้าป่า *phā pā*) instead of a *Kaṭhina*. After the cloth is offered, sewing it into a robe is optional.



‘Mayaṃ bhante, imasmiṃ kaṭṭhinasamaye, imāni  
paṃsukūlacīvarāni saparivārāni saṅghassa oṇojayāma.

Sādhu no bhante saṅgho, imāni paṃsukūlacīvarāni  
saparivārāni paṭiggaṇhātu, amhākaṃ dīgharattaṃ hitāya  
sukhāya.’

*‘May we, Venerable Sirs, in this Kaṭṭhina season, offer these  
Paṃsukūla-cloths to the Saṅgha, together with other requisites.*

*Please accept these Paṃsukūla-cloths and other requisites, for our long  
lasting welfare and happiness.’*

# 15.

## OTHER PROCEDURES

### 15.1 Nissaya (Dependence)

Taking dependence happens either individually or with the whole community before the Rains Retreat and Winter Retreat. It is frequently preceded by *Asking for Forgiveness*, see p.254 for preparation.

The bhikkhu:

‘Ācariyo me bhante hohi,  
āyasmato nissāya vacchāmi.’ (×3)

*(Ven. sir, may you be my teacher. I shall stay dependent on the ven. one.)*

The Ācariya:

‘Sādhu, lahu, opāyikaṃ, paṭirūpaṃ,  
pāsādikena sampādehi.’

*(It is good; ...convenient; ...suitable; ...proper; ... you should endeavour to conduct yourself in a good manner.)*

*Vin.I.60–61*

The bhikkhu:

‘Sādhu bhante. Ajja-t-agge-dāni thero mayhaṃ bhāro, aham-pi therassa bhāro.’ (×3)

*(It is good, ven. sir. From this day onwards the Elder will be my burden and I shall be the burden of the Elder.)*

*Sp.V.977*

At the end, bow three times and sit with feet folded on one side. The senior monk may offer advice and encouragement in the practice.

### 15.2 Kappiya-karaṇa (Making Fruit Allowable)

For fruit with seeds or vegetables that can grow again, the bhikkhu says:

‘Kappiyaṃ karohi’ *‘Make it allowable.’*

The lay person, while ‘marking’ (cutting, tearing or burning) the fruit, etc., responds:

‘Kappiyaṃ bhante.’ *‘It is allowable, ven. sir.’* Sp.IV.767-768

### 15.3 Entering Town after Midday

Leave can be taken in one’s own language, or in Pali:

‘Vikāle gāmapavesanaṃ āpucchāmi.’

*(I take leave to go to the town at the ‘wrong time’.)*

Kv.140

### 15.4 Saṅghadāna-apalokana (Sharing Saṅghadāna)

After *saṅghadāna* is offered, a bhikkhu, other than the senior *Thera*, recites:

‘Yagghe bhante saṅgho jānātu.

Ayaṃ paṭhama-bhāgo therassa pāpuṇāti.

Avasesā bhāgā amhākañc’eva pāpuṇanti.

Bhikkhūnañca sīladharānaṃ sāmaṇerānaṃ gahaṭṭhānaṃ

Te yathāsukhaṃ paribhuñjantu.’

‘therassa’ → ‘mahātherassa’

*‘May the Saṅgha hear me. The first portion (of this offering) goes to the Elder. The remainder is for the rest of us here: for the bhikkhus, sīladharās, sāmaṇeras and lay people. May they partake of it as they please.’*

The Sangha responds: ‘Sādhu.’

*Sp.VII.1405–1409*

### 15.5 Paṃsukūla-cīvara (Taking Rag-cloth)

‘Imaṃ paṃsukūla-cīvaraṃ assāmikaṃ mayhaṃ pāpuṇāti.’

*‘This rag-cloth, which is ownerless, has reached me.’*

### 15.6 Desanā

#### 15.6.1 Requesting permission to speak on Vinaya

After bowing three times, with hands joined in añjali, addressing the senior elder:

‘Okāsaṃ me bhante thero detu vinaya-kathaṃ kathetum.’

‘Namo... (×3); Buddhaṃ Dhammaṃ Saṅghaṃ namassāmi.’

‘Vinayo sāsanaṃ āyū’ti. Karotu me āyasmā okāsaṃ ahan-taṃ vattukāmo.’

*‘Ven. sir, please give permission to speak on Vinaya... Vinaya is the life of the religion. I ask for permission from the ven. one: I wish to speak about the Vinaya.’*

Reply: ‘Karomi āyasmato okāsaṃ.’

*‘I give you the opportunity, venerable.’*

*Vin.I.113*

### 15.6.2 Requesting permission to speak on Dhamma

After bowing three times, with hands joined in añjali, addressing the senior bhikkhu:

‘Okāsaṃ me bhante thero detu dhamma-kathaṃ kathetuṃ.’

*‘Ven. sir, please give permission to speak on Dhamma.’*

‘Namo... (×3); Buddhaṃ Dhammaṃ Saṅghaṃ namassāmi.’

One may recite a sutta quote before beginning the talk, such as:

‘Apārutā tesāṃ amatassa dvārā ye sotavantā pamuñcantu saddhaṃ.’

*‘Open are the doors to the Deathless. May all those who have ears release their faith.’*

‘Iti paraṃ sakkaccaṃ dhammo sotabbo’ti.’

*‘After this you should attentively listen to the Dhamma.’*

## **15.7 Añjali**

Chanting and making formal requests is done with the hands in añjali. This is a gesture of respect, made by placing the palms together directly in front of the chest, with the fingers aligned and pointing upwards.

## **15.8 Requesting a Dhamma Talk**

After bowing three times, with hands joined in añjali, recite the following:

Brahmā ca lokādhipatī sahampati  
Katañjali anadhivaraṃ ayācatha

Santīdha sattāpparajakkha-jātikā  
Desetu dhammaṃ anukampimaṃ pajāṃ

(Bow three times again)

*The Brahmā god Sahampati, Lord of the world,  
With palms joined in reverence, requested a favour:  
‘Beings are here with but little dust in their eyes,  
Pray, teach the Dhamma out of compassion for them.’*

*Buddhavaṃsa 1*

### 15.9 Acknowledging the Teaching

After the talk, the person next in seniority after the speaker, chants:

‘Handa mayaṃ dhamma-kathāya / ovāda-kathāya sādhu-kāraṃ dadāmaṃse.’

*Now let us express our approval of this Dhamma teaching / exhortation.*

If an exhortation, use *ovāda-kathāya* instead of *dhamma-kathāya*.

The listeners, together:

‘Sādhu, sādhu, sādhu. Anumodāmi.’

*It is well, I appreciate it.*

#### 15.9.1 After the talk on Vinaya or Dhamma

When the talk is concluded, the speaker chants:

‘Ayaṃ dhamma- / vinaya- / dhammavinaya-kathā  
sādh’āyasmantehi saṃrakkhetabbā’ti.’

*‘This talk on Dhamma / Vinaya / Dhammavinaya should be well-preserved by you, ven. sirs.’*

The person next in seniority after the speaker:

*‘Handa mayaṃ dhamma- / vinaya- / dhammavinaya-kathāya sādhu-kāraṃ dadāmaṣe.’*

*‘Now let us make the act of acknowledging this Dhamma / Vinaya / Dhammavinaya talk.’*

The listeners, together:

*‘Sādhu, sādhu, sādhu. Anumodāmi.’*

### **15.10 Requesting the Three Refuges & the Five Precepts (Thai Tradition)**

After bowing three times, with hands joined in añjali,  
recite the appropriate request.

#### For a group from a monk

Mayaṃ bhante tisaraṇena saha  
pañca sīlāni yācāma

Dutiyampi mayaṃ bhante tisaraṇena saha  
pañca sīlāni yācāma

Tatīyampi mayaṃ bhante tisaraṇena saha  
pañca sīlāni yācāma

#### For oneself from a monk

Ahaṃ bhante tisaraṇena saha  
pañca sīlāni yācāmi

Dutiyampi ahaṃ bhante tisaraṇena saha

pañca sīlāni yācāmi  
 Tatiyampi ahaṃ bhante tisaraṇena saha  
 pañca sīlāni yācāmi

For a group from a nun

Mayaṃ ayye tisaraṇena saha  
 pañca sīlāni yācāma  
 Dutiyampi mayaṃ ayye tisaraṇena saha  
 pañca sīlāni yācāma  
 Tatiyampi mayaṃ ayye tisaraṇena saha  
 pañca sīlāni yācāma

For oneself from a nun

Ahaṃ ayye tisaraṇena saha  
 pañca sīlāni yācāmi  
 Dutiyampi ahaṃ ayye tisaraṇena saha  
 pañca sīlāni yācāmi  
 Tatiyampi ahaṃ ayye tisaraṇena saha  
 pañca sīlāni yācāmi

*We/I, Venerable Sir/Sister,  
 request the Three Refuges and the Five Precepts.  
 For the second time,  
 we/I, Venerable Sir/Sister,  
 request the Three Refuges and the Five Precepts.  
 For the third time,  
 we/I, Venerable Sir/Sister,  
 request the Three Refuges and the Five Precepts.*



Repeat, after the leader has chanted 'Namo tassa' three times.

Namo tassa bhagavato arahato sammāsambuddhassa (×3)

*Homage to the Blessed, Noble, and Perfectly Enlightened One.*

Buddhaṃ saraṇaṃ gacchāmi

Dhammaṃ saraṇaṃ gacchāmi

Saṅghaṃ saraṇaṃ gacchāmi

*To the Buddha I go for refuge.*

*To the Dhamma I go for refuge.*

*To the Saṅgha I go for refuge.*

Dutiyampi buddhaṃ saraṇaṃ gacchāmi

Dutiyampi dhammaṃ saraṇaṃ gacchāmi

Dutiyampi saṅghaṃ saraṇaṃ gacchāmi

*For the second time...*

Tatiyampi buddhaṃ saraṇaṃ gacchāmi

Tatiyampi dhammaṃ saraṇaṃ gacchāmi

Tatiyampi saṅghaṃ saraṇaṃ gacchāmi

*For the third time...*

Leader:

[Tisaraṇa-gamaṇaṃ niṭṭhitaṃ]

*This completes the going to the Three Refuges.*

Response:

Āma bhante / Āma ayye

*Yes, Venerable Sir / Sister.*

Repeat each precept after the leader.

1. Pāṇātipatā veramaṇī sikkhāpadaṃ samādiyāmi  
*I undertake the precept to refrain from taking the life of any living creature.*
2. Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi  
*I undertake the precept to refrain from taking that which is not given.*
3. Kāmesu micchācārā veramaṇī sikkhāpadaṃ samādiyāmi  
*I undertake the precept to refrain from sexual misconduct.*
4. Musāvādā veramaṇī sikkhāpadaṃ samādiyāmi  
*I undertake the precept to refrain from lying.*
5. Surāmeraya-majja-pamādaṭṭhānā veramaṇī sikkhāpadaṃ samādiyāmi  
*I undertake the precept to refrain from consuming intoxicating drink and drugs which lead to carelessness.*

Leader:

[Imāni pañca sikkhāpadāni  
Sīlena sugatim yanti  
Sīlena bhogasampadā  
Sīlena nibbutim yanti  
Tasmā sīlaṃ visodhaye]

*These are the Five Precepts;  
virtue is the source of happiness,  
virtue is the source of true wealth,  
virtue is the source of peacefulness —  
Therefore let virtue be purified.*

Response:

Sādhū, sādhu, sādhu.

(Bow three times)

### **15.11 Requesting the Three Refuges & the Eight Precepts (Thai Tradition)**

After bowing three times, with hands joined in añjali,  
recite the appropriate request.

#### For a group from a monk

Mayaṃ bhante tisaraṇena saha  
aṭṭha sīlāni yācāma  
Dutiyampi mayaṃ bhante tisaraṇena saha  
aṭṭha sīlāni yācāma  
Tatiyampi mayaṃ bhante tisaraṇena saha  
aṭṭha sīlāni yācāma

#### For oneself from a monk

Ahaṃ bhante tisaraṇena saha  
aṭṭha sīlāni yācāmi  
Dutiyampi ahaṃ bhante tisaraṇena saha  
aṭṭha sīlāni yācāmi  
Tatiyampi ahaṃ bhante tisaraṇena saha  
aṭṭha sīlāni yācāmi

#### For a group from a nun

Mayaṃ ayye tisaraṇena saha  
aṭṭha sīlāni yācāma

Dutiyampi mayaṃ ayye tisaraṇena saha  
aṭṭha sīlāni yācāma

Tatiyampi mayaṃ ayye tisaraṇena saha  
aṭṭha sīlāni yācāma

For oneself from a nun

Ahaṃ ayye tisaraṇena saha  
aṭṭha sīlāni yācāmi

Dutiyampi ahaṃ ayye tisaraṇena saha  
aṭṭha sīlāni yācāmi

Tatiyampi ahaṃ ayye tisaraṇena saha  
aṭṭha sīlāni yācāmi

*We/I, Venerable Sir/Sister,  
request the Three Refuges and the Eight Precepts.  
For the second time,  
We/I, Venerable Sir/Sister,  
request the Three Refuges and the Eight Precepts.  
For the third time,  
We/I, Venerable Sir/Sister,  
request the Three Refuges and the Eight Precepts.*

Repeat, after the leader has chanted 'Namo tassa' three times.

Namo tassa bhagavato arahato sammāsambuddhassa (×3)

*Homage to the Blessed, Noble, and Perfectly Enlightened One.*

Buddhaṃ saraṇaṃ gacchāmi  
Dhammaṃ saraṇaṃ gacchāmi  
Saṅghaṃ saraṇaṃ gacchāmi

*To the Buddha I go for refuge.*

*To the Dhamma I go for refuge.*

*To the Saṅgha I go for refuge.*

Dutiyampi buddhaṃ saraṇaṃ gacchāmi

Dutiyampi dhammaṃ saraṇaṃ gacchāmi

Dutiyampi saṅghaṃ saraṇaṃ gacchāmi

*For the second time...*

Tatīyampi buddhaṃ saraṇaṃ gacchāmi

Tatīyampi dhammaṃ saraṇaṃ gacchāmi

Tatīyampi saṅghaṃ saraṇaṃ gacchāmi

*For the third time...*

Leader:

[Tisaraṇa-gamaṇaṃ niṭṭhitaṃ]

*This completes the going to the Three Refuges.*

Response:

Āma bhante / Āma ayye

*Yes, Venerable Sir / Sister.*

Repeat each precept after the leader.

1. Pāṇātipātā veramaṇī sikkhāpadaṃ samādiyāmi

*I undertake the precept to refrain from taking the life of any living creature.*

2. Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi

*I undertake the precept to refrain from taking that which is not given.*

3. Abrahmacariyā veramaṇī sikkhāpadaṃ samādiyāmi  
*I undertake the precept to refrain from any intentional sexual activity.*
4. Musāvādā veramaṇī sikkhāpadaṃ samādiyāmi  
*I undertake the precept to refrain from lying.*
5. Surāmeraya-majja-pamādaṭṭhānā veramaṇī sikkhāpadaṃ samādiyāmi  
*I undertake the precept to refrain from consuming intoxicating drink and drugs which lead to carelessness.*
6. Vikālabhojanā veramaṇī sikkhāpadaṃ samādiyāmi.  
*I undertake the precept to refrain from eating at inappropriate times.*
7. Nacca-gīta-vādita-visūkadassanā  
mālā-gandha-vilepana-dhāraṇa-maṇḍana-vibhūsaṇaṭṭhānā  
veramaṇī sikkhāpadaṃ samādiyāmi.  
*I undertake the precept to refrain from entertainment, beautification, and adornment.*
8. Uccāsayana-mahāsayanā veramaṇī sikkhāpadaṃ samādiyāmi.  
*I undertake the precept to refrain from lying on a high or luxurious sleeping place.*

A.IV.248–250

Leader:

[Imāni aṭṭha sikkhāpadāni samādiyāmi]

Response:

Imāni aṭṭha sikkhāpadāni samādiyāmi (×3)

*I undertake these Eight Precepts.*

Leader:

[Imāni aṭṭha sikkhāpadāni  
Sīlena sugatim yanti  
Sīlena bhogasampadā  
Sīlena nibbutim yanti  
Tasmā sīlam visodhaye]

*These are the Eight Precepts;  
virtue is the source of happiness,  
virtue is the source of true wealth,  
virtue is the source of peacefulness —  
Therefore let virtue be purified.*

Response:

Sādhu, sādhu, sādhu.

(Bow three times)

### Alternative ending for undertaking Uposatha precepts

The laypeople may chant:

‘Imam aṭṭh’āṅga-samannāgataṁ  
buddhapaññattaṁ uposathaṁ, imaṁca rattim  
imaṁca divasaṁ, samma-deva abhirakkhitum samādiyāmi.’

Leader:

‘Imāni aṭṭha sikkhāpadāni,  
ajj’ekaṁ rattin-divaṁ, uposatha (sīla)  
vasena sādhuṁ (katvā appamādena) rakkhitabbāni.’

Response:

‘Āma bhante.’

Leader:

‘Sīlena sugatīm yanti,  
Sīlena bhoga-sampadā,  
Sīlena nibbutīm yanti,  
Tasmā sīlaṃ visodhaye.’

### 15.11.1 Asking Forgiveness of The Triple Gem

(Men Chant)

Ahaṃ buddhañ ca dhammañ ca saṅghañ ca saraṇaṃ gato  
upāsakattaṃ desesiṃ bhikkhu-saṅghassa sammukhā.

(Women Chant)

Ahaṃ buddhañ ca dhammañ ca saṅghañ ca saraṇaṃ gatā  
upāsikattaṃ desesiṃ bhikkhu-saṅghassa sammukhā.

Etaṃ me saraṇaṃ khemaṃ,  
etaṃ saraṇaṃ uttamaṃ  
etaṃ saraṇaṃ āgamaṃ sabba-dukkhā pamuccaye.  
Yathā-balaṃ careyyāhaṃ sammā-sambuddha-sāsaṇaṃ

m. dukkha-nissaraṇass’ eva bhāgī assaṃ anāgate.

w. dukkha-nissaraṇass’ eva bhāginissaṃ anāgate.

Kāyena vācāya va cetasā vā  
buddhe kukammaṃ pakataṃ mayā yaṃ  
buddho paṭigghaṇhātu accayantaṃ  
kālantare saṃvaritūṃ va buddhe



Kāyena vācāya va cetasā vā  
 dhamme kukammaṃ pakataṃ mayā yaṃ  
 dhammo paṭigghañhātu accayantaṃ  
 kālantare saṃvaritum va dhamme

Kāyena vācāya va cetasā vā  
 saṅghe kukammaṃ pakataṃ mayā yaṃ  
 saṅgho paṭigghañhātu accayantaṃ  
 kālantare saṃvaritum va sanghe

#### 15.11.2 Taking Leave after Uposatha

Having undertaken the Eight Precepts, lay followers may stay overnight at the monastery. The next morning they will take their leave from the senior monk:

Laypeople:

Handa dāni mayaṃ bhante āpucchāma  
 bahukiccā mayaṃ bahukaraṇīyā

Senior monk:

‘Yassa dāni tumhe kālaṃ maññatha.’

*‘Please do what is appropriate at this time.’*

### **15.12 Disrobing**

After the bhikkhus who are to witness the disrobing have assembled, the bhikkhu who will disrobe should first confess his offences and ask for forgiveness. Wearing all his three robes, with his *saṅghāti* on his left shoulder:

Bow three times.

‘Namo tassa bhagavato arahato  
sammā-sambuddhassa’ (×3)

Optionally, one may chant *Recollection After Using the Requisites* (p.34).

Bow three times.

Recite in Pali and in his own language:

‘Sikkham paccakkhāmi. Gihī’ti maṃ dhāretha.’

*I give up the training. May you regard me as a layman.*

He may state this once, three times, or as many times as he needs to assure himself that he is now a layman and no longer a bhikkhu. If two or more are disrobing, they should state this passage separately.

The former bhikkhu then withdraws to change into lay clothes. When he returns, he may request the *Three Refuges and Five Precepts*.

## 16.

### USEFUL NOTES

#### **Invitation to Request**

An invitation to request (*pavāraṇā*), unless otherwise specified, lasts at most four months. One may make requests of blood-relatives (but not in-laws) without receiving an invitation. One may give special help to one's parents as well as to one's steward and to anyone preparing to become a bhikkhu.

*Vin.IV.101-104*

#### **Hatthapāsa Distance**

The *hatthapāsa* generally means a distance within arm's reach, or forearm's length. There are variations in the specific way of measuring it.

It may be measured from the trunk of the body, until the tip of the fingers of one's extended hands, about 1.25 metres. That is, one bhikkhu should be able to reach the other.

Other interpretations consider that the distance between the bodies of two bhikkhus should not be greater than the length from the elbow to the tip of the fingers. For example, a forearm's distance between the knees of two seated bhikkhus.

The distance is measured horizontally, the vertical elevation is not taken into account.

## Days and Dawns

The Vinaya definition for *one day* is the period of time between two dawns.

If one extends a hand and is able to see the lines in the palm (assuming the sky is clear), the dawnrise *has already passed*.

One may also use a clock and the time of *nautical twilight*. While the Sun is between 12 and 6 degrees below the horizon, dawnrise *has not yet passed*. Once the Sun is less than 6 degrees below the horizon, dawnrise *has passed*.

## Seven-day Allowable Period

The *seven-day tonics* are permitted to be kept until the seventh dawnrise, not for a seven-day period, which is already past the seventh dawnrise.

The factor of *effort* here is keeping the tonic past the seventh dawnrise after receiving it.

*Perception* is not a factor, if one thinks the seventh dawnrise hasn't passed, but it has, it is nonetheless a *nissaggiya pācittiya* offence.

The offence is to be confessed by the bhikkhu who received the items. If he has travelled away since, and the items are no longer with him to be forfeited, he may confess the offence, and the other bhikkhus may forfeit the items.

### **Mixing Allowables**

The day on which food, one-day, seven-day and lifetime allowables are received should be kept in mind when mixing them, or consuming a mixture. Such a mistake can be made for example when receiving biscuits at the meal time, and mixing it with tea or coffee made with allowables offered on a previous day.

The mixture takes on the shortest lifetime of the ingredients. The combinations are described in the *Mahāvagga*:

- a. 1d juice, received that morning  
+ food, received that morning  
→ is allowable that morning

---

- b. 7d tonic, received that morning  
+ food, received that morning  
→ is allowable that morning

---

- c. lifetime medicine, received that morning  
+ food, received that morning  
→ is allowable that morning

---

- d. 7d tonic, received sometime  
+ juice, received that day  
→ is allowable until dawn

---

- e. lifetime medicine, received sometime  
+ juice, received that day  
→ is allowable until dawn

---

- f. lifetime medicine, received sometime  
+ 7d tonic, received sometime  
→ is allowable for 7 days

Consuming the mixture outside its allowable period is a *pācittiya* offence under *Pc 38 (Stored food)*, even through lack of mindfulness. Perception is not a factor.

*Mv. VI.40.3.*

### The Eight Utensils (aṭṭha-parikkhārā)

The three robes, the bowl, a razor/sharp knife, needle, belt, water-filter.

*Ja.I.65*

### Unallowable Meats

The flesh of humans (this is a base for *thullaccaya*), elephants, horses, dogs, snakes, lions, tigers, leopards, bears, and panthers.

*Vin.I.218-219*

Also unallowable is flesh incompletely cooked, and meat from an animal seen, heard or suspected to have been killed in order that its meat be offered to bhikkhus.

*Vin.I.218-219*

### Abusive Speech

The bases of abuse are rank of birth, personal name, clan name, work, art, disease, physical appearance, mental stains, faults, and other bases. There are both direct abuse and sarcasm and ridicule. Abusive speech may be a base for either expiation (or wrong-doing) or, when only teasing, for *dubbhāsita*.

*Vin.IV.4-11*

## Lighting a Fire

Suitable reasons for lighting a fire, or having one lit (Pc. 56) include the health benefit of warmth, or needing the fire for a task, such as boiling water or burning garden waste.

For the health benefit, one is considered *ill* (*gilāno*) when one can not get by comfortably without warming oneself.

For a task, lighting a fire may damage plants (Pc. 11) and living creatures (Pc. 61), either on the ground or in the fire wood.

Damage to plants or living creatures on the ground may be avoided by lighting the fire on stones, sand, in a tin box, or using portable gas stoves.

One may also indicate the task (*kappiya-vohāra*) for lay friends without an explicit instruction, who may light the fire.



PART III

APPENDIX

## APPENDIX A.

### PĀLI PHONETICS AND PRONUNCIATION

Pāli is the original scriptural language of Theravāda Buddhism. It was a spoken language, closely related to Sanskrit, with no written script of its own. As written forms have emerged, they have been in the letterings of other languages (e.g. Devanagari, Sinhalese, Burmese, Khmer, Thai, Roman). The Roman lettering used here is pronounced as in English, with the following clarifications:

#### Vowels

Short	Long
<b>a</b> as in <u>a</u> bout	<b>ā</b> as in f <u>a</u> ther
<b>i</b> as in h <u>i</u> t	<b>ī</b> as in mach <u>i</u> ne
<b>u</b> as in p <u>u</u> t	<b>ū</b> as in r <u>u</u> le
	<b>e</b> as in gr <u>e</u> y
	<b>o</b> as in m <u>o</u> re

Exceptions: **e** and **o** change to short sounds in syllables ending in consonants. They are then pronounced as in ‘get’ and ‘ox’, respectively.

#### Consonants

**c** as in ancient (like ch but unaspirated)

**m̐, n̐** as ng in sang

**ñ** as ny in canyon

**v** rather softer than the English v; near w

**cc** is a double c as in Fibonacci, never pronounced as in account

### A.0.1 Aspirated consonants

**bh ch dh ḍh gh jh kh ph th ṭh**

These two-lettered notations with h denote an aspirated, airy sound, distinct from the hard, crisp sound of the single consonant. They should be considered as one unit.

However, the other combinations with **h**, i.e., **lh**, **mh**, **ñh**, and **vh**, do count as two consonants (for example in the Pāli words ‘jiv**hā**’ or ‘mul**ḥo**’).

### A.0.2 Examples

**th** as t in tongue. (Never pronounced as in ‘the’.)

**ph** as p in palate. (Never pronounced as in ‘photo’.)

These are distinct from the hard, crisp sound of the single consonant, e.g. **th** as in ‘Thomas’ (not as in ‘thin’) or **ph** as in ‘puff’ (not as in ‘phone’).

### A.0.3 Retroflex consonants

**ḍ ḍh ḷ ṇ ṭ ṭh**

These retroflex consonants have no English equivalents. They are sounded by curling the tip of the tongue back against the palate.

## Chanting technique

Once you have grasped the system of Pāli pronunciation and the following chanting technique, it allows you to chant a text in Pāli from sight with the correct rhythm.

**Unstressed syllables** end in a short **a, i** or **u**. All other syllables are stressed. Stressed syllables take twice the time of unstressed syllables — rather like two beats in a bar of music compared to one. This is what gives the chanting its particular rhythm.

BUD · DHO    SU · SUD · DHO    KA · RU · ÑĀ    MA · HAṆ · ÑA · VO  
 1    1    ½    1    1    ½    ½    1    ½    1    ½    1

Two details that are important when separating the syllables:

1. Syllables with double letters get divided in this way:

A · NIC · CA	PUG · GA · LĀ
½    1    ½	1    ½    1
(not A · NI · CCA)	(not PU · GGA · LĀ)
½    ½    ½	½    ½    1

They are always enunciated separately, e.g. **dd** in ‘uddeso’ as in ‘mad dog’, or **gg** in ‘maggo’ as in ‘big gun’.

2. **Aspirated consonants** like **bh, dh** etc. count as single consonant and don’t get divided (Therefore **am·hā·kaṃ**, but **sa·dham·maṃ**, not **sad·ham·maṃ** or, another example: **Bud·dho** and not **Bu·ddho**).

Precise pronunciation and correct separation of the syllables is especially important when someone is interested in learning Pāli and to understand and memorize the meaning of Suttas and other chants, otherwise the meaning of it will get distorted.

**An example to illustrate this:**

The Pāli word **‘sukka’** means ‘bright’; **‘sukkhā’** means ‘dry’; **‘sukha’** — ‘happiness’; **‘suka’** — ‘parrot’ and **‘sūka’** — ‘bristles on an ear of barley’.

So if you chant **‘sukha’** with a **‘k’** instead of a **‘kh’**, you would chant ‘parrot’ instead of ‘happiness’.

A general rule of thumb for understanding the practice of chanting is to listen carefully to what the leader and the group are chanting and to follow, keeping the same pitch, tempo and speed. All voices should blend together as one.

APPENDIX B.

QUOTATIONS

**Admonishing Another Bhikkhu**

Before admonishing another bhikkhu, a bhikkhu should investigate five conditions in himself and establish five other conditions in himself.

He should investigate thus: ‘Am I one who practises purity in bodily action?;... purity in speech?; is the heart of good-will established in me towards my fellows?; am I one who has heard the Teachings, practised them, and penetrated them with insight?; is the Discipline known and thoroughly understood by me?’

And he should establish these five conditions in himself: he should speak at the right time, speak of facts, and speak gently, and he should speak only profitable words, and with a kindly heart.

*A.V.78*

**Wrong Livelihood for a Layperson**

Trade in weapons, in human beings, in animal flesh, in liquor, in poison.

*A.III.207*

### **Dealing with Doubtful Matters (Kālāma-sutta)**

Be not led by report, by tradition, by hearsay, by the authority of texts, by mere logic, by inference, by considering appearances, by its agreement with an established theory, by seeming possibilities, by the idea ‘This is our teacher’.

*A.I.189*

### **The Gradual Teaching**

Talk on: generosity and giving; morality; the ease and happiness of heavenly realms; the disadvantages of sensual pleasures; the benefits of renouncing sensual pleasures.

*D.I.148*

### **The Three Cravings and the Four Attachments**

Craving for sensuality, craving for becoming, craving for non-becoming.

Attachment to sensuality, to views, to conduct and custom, and attachment to the idea of self.

*D.III.230; M.I.66*

### **The Three Universal Characteristics of Existence**

All conditioned phenomena are subject to change. All conditioned phenomena are unsatisfactory. All things are not-self.

*S.IV.1; Dh.p.277-9*

### **The Three Kinds of Suffering**

The suffering of pain (*dukkha-dukkhatā*). The suffering of conditioned phenomena (*saṅkhāra-dukkhatā*). The suffering of change (*vipariṇāma-dukkhatā*).

*D.III.216; S.IV.259*

### **The Three Characteristics of Conditioned Experience**

Its arising is apparent. Its passing away is apparent. While it persists, alteration is apparent.

*A.I.152*

### **The Four Nutriment**

‘All beings are maintained by nutriment.’ The Four Nutriment are coarse, material food; sense-contact food; mental-intention food; and consciousness food.

*D.III.228; M.I.48; S.II.101*

### **The Four Bases of Judgement**

Judging and basing faith on form and outward appearance, on reputation and beauty of speech, on ascetic and self-denying practices, on teaching and righteous behaviour.

*A.II.71*



**The Five Facts to be Frequently Contemplated**

I am subject to decay and I cannot escape it. I am subject to disease and I cannot escape it. I am subject to death and I cannot escape it. There will be division and separation from all that I love and hold dear. I am the owner of my actions – whatever I do, whether good or bad, I must be heir to it.

*A.III.71*

**The Five Qualities for a New Bhikkhu to Establish**

Restraint in accordance with the Pāṭimokkha; restraint of the senses; restraint as regards talking; love of solitude; cultivation of right views.

*A.III.138*

**The Five Ways of Restraint (Saṁvara)**

Restraint by the Monastic Code of Discipline, by mindfulness, by knowledge, by patience, by energy and effort.

*Vism. 7*

**The Six Attributes of Dhamma**

The Dhamma is well expounded by the Blessed One, apparent here and now, timeless, encouraging investigation, leading inwards, to be experienced individually by the wise.

*M.I.37; A.III.285*

### **The Seven Qualities of a Wholesome Friend**

That individual is endearing; worthy of respect; cultured and worthy of emulation; a good counsellor; a patient listener; capable of discussing profound subjects; and is one who never exhorts groundlessly, not leading or spurring one on to a useless end.

*A.IV.31*

### **The Seven Things Favourable to Mental Development (Sappāya)**

Suitable abode, location, speech, companion, food, climate, and posture.

*Vism. 127*

### **The Seven Conditions Leading to the Welfare of the Sangha**

*(The Mahā Parinibbāna Sutta introduces five sets of seven conditions on this topic. The first two are listed below.)*

- (1) To hold regular and frequent meetings.
- (2) To meet in harmony, to do the duties of the Sangha in harmony, and to disperse in harmony.
- (3) To introduce no revolutionary rules, break up no established rules, but to train oneself in accordance with the prescribed training rules.
- (4) To honour and respect those elders of long experience, the fathers and leaders of the Sangha, and to deem them worthy of listening to.

(5) Not to fall under the influence of craving.

(6) To delight in forest dwelling.

(7) To establish oneself in mindfulness, with this thought: 'May disciplined monks who have not yet come, come here; and may those who have already come live in comfort'.

Seven further conditions that lead to no decline:

(1) Not to be fond of activities;

(2) not to be fond of gossip;

(3) not to be fond of sleeping;

(4) not to be fond of socializing;

(5) not to have evil desires;

(6) not to have evil friends;

(7) not to be prematurely satisfied and rest content with early success.

*D.II.77-78*

### **The Eight Worldly Conditions (Loka-dhammā)**

Gain and loss, fame and obscurity, praise and blame, happiness and suffering.

*A.IV.157*

### **The Eight Gifts of a Good Person (Sappurisa-dāna)**

To give clean things; to give well-chosen things; to give at the appropriate time; to give proper things; to give with discretion; to

give regularly; to calm one's mind on giving; to be joyful after giving.

A.IV.243

### The Ten Perfections (Pāramī)

- (1) *Dāna*: generosity;
- (2) *Sīla*: morality;
- (3) *Nekkhamma*: renunciation;
- (4) *Paññā*: wisdom;
- (5) *Viriya*: energy;
- (6) *Khanti*: patience;
- (7) *Sacca*: truthfulness;
- (8) *Adhiṭṭhāna*: determination;
- (9) *Mettā*: loving-kindness;
- (10) *Upekkhā*: equanimity.

*Buddhavaṃsa* v.6

### The Ten Wholesome Courses of Action

- (1) To avoid the destruction of life and aim for the welfare of all lives.
- (2) To avoid taking what belongs to others.
- (3) To avoid sexual misconduct.
- (4) To avoid lying, not knowingly speaking a lie for the sake of any advantage.
- (5) To avoid malicious speech, to unite the discordant, to encourage the united, and to utter speech that makes for harmony.

(6) To avoid harsh language and speak gentle, courteous and agreeable words.

(7) To avoid frivolous talk; to speak at the right time, in accordance with facts, what is useful, moderate and full of sense.

(8) To be without covetousness.

(9) To be free from ill-will, thinking, 'Oh, that these beings were free from hatred and ill-will, and would lead a happy life free from trouble'.

(10) To possess right view, such as that gifts and offerings are not fruitless and that there are results of wholesome and unwholesome actions.

*M.I.287; A.V.266; 275-278*

### **The Ten Topics for Talk among Bhikkhus**

(1) Talk favourable to wanting little; (2) to contentment; (3) to seclusion; (4) to not mingling together; (5) to strenuousness; (6) to good conduct; (7) to concentration; (8) to understanding and insight; (9) to deliverance; (10) and talk favourable to the knowledge and vision of deliverance.

*M.I.145; M.III.113; A.V.129*

### **The Thirteen Austerities (Dhutaṅgā)**

(1) Wearing rag-robes; (2) possessing only 3 robes; (3) eating only alms-food; (4) collecting alms-food house-to-house; (5) eating only at one sitting; (6) eating only from the bowl; (7) not accepting

late-come food; (8) living in the forest; (9) living at the foot of a tree; (10) living in the open; (11) living in a cemetery; (12) being satisfied with whatever dwelling is offered; (13) abstaining from lying down to sleep.

*Vism.* 59–83

### **The Ten Bases of Merit**

*(Puññakiriyā-vatthu)*

- (1) *Dāna*: meritorious action based in generosity, merit acquired by giving;
- (2) *Sīla*: by observing the precepts or moral behaviour;
- (3) *Bhāvanā*: by mental development or meditation;
- (4) *Apacāyana*: by humility or reverence;
- (5) *Veyyāvacca*: by rendering services;
- (6) *Pattidāna*: by sharing or giving out merit;
- (7) *Pattānumodanā*: by rejoicing in others' merit;
- (8) *Dhammassavana*: by listening to the Doctrine or right teaching;
- (9) *Dhammadesanā*: by teaching the Doctrine or showing truth;
- (10) *Diṭṭhujukamma*: by straightening one's views or forming correct views.

*DhsA.*157

### **The Root of All Things**

*Chandamūlakā*: Rooted in desire are all things.

*Manasikārasambhavā*: Born of attention are all things.

*Phassasamudayā*: Arising from contact are all things.

*Vedanāsamosaṇṇā*: Converging on feeling are all things.

*Samādhippamukhā*: Headed by concentration are all things.

*Satādhīpateyyā*: Dominated by mindfulness are all things.

*Paññuttarā*: Surmountable by wisdom are all things.

*Vimuttisārā*: Yielding deliverance as essence are all things.

*Amatogadhā*: Merging in the Deathless are all things.

*Nibbānapariyosānā*: Terminating in Nibbāna are all things.

A.V.106

## APPENDIX C.

# METHODS OF CHANTING NAMO TASSA

Single bar | = short pause

Double bar || = medium pause

### Method 1

- Regular Morning and Evening Chanting
- Giving Precepts

Namo tassa bhagavato arahato sammāsambuddhassa ||

Namo tassa bhagavato arahato sammāsambuddhassa ||

Namo tassa bhagavato arahato sammāsambuddhassa

### Method 2

- Funeral Chanting (*Matika*)

Namo tas ||

sa bhagavato arahato sammāsambud || dhas || sa Namō tas ||

sa bhagavato arahato sammāsambud || dhas || sa Namō tas ||

sa bhagavato arahato sammāsambud || dhas || sa

### Method 3

- Saṅghakamma (including Pāṭimokkha)
- When giving Dhamma Talks

Namo tassa bhagavato arahato sammāsambuddhassa

Namo tassa || bhagavato arahato sammāsambuddhassa ||



Namo tassa bhagavato || arahato sammā || sambuddhassa

## Method 4

- Paritta Chanting

Namo tassa bhagavato ||

arahato | sammā | sambud | dhas || sa Namō tas || sa bhagavato |

arahato | sammā | sambud | dhas || sa Namō tas || sa bhagavato |

arahato | sammā | sambud | dhas || sa



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