



BHIKKHU MANUAL

Handbook Edition

Essential Chants and Vinaya Notes

BHIKKHU MANUAL

Essential Chants and Vinaya Notes

Forest Sangha Publications

Bhikkhu Manual
Essential Chants and Vinaya Notes

Published by Forest Sangha Publications

ISBN 000-000-0000-00-0

Copyright © Forest Sangha Publications 2020

This work is licensed under a Creative Commons
Attribution-NonCommercial-NoDerivatives 4.0 International License.

Produced with the L^AT_EX typesetting system,
set in Gentium and Nunito Sans.

Fourth edition, 2020

Namo tassa bhagavato arahato sammāsbuddhassa

Namo tassa bhagavato arahato sammāsbuddhassa

Namo tassa bhagavato arahato sammāsbuddhassa

Abbreviations used in the text

AN	Aṅguttara Nikāya	Pr	Pārājika
Cv	Cullavagga	Pv	Parivāra
Dhp	Dhammapada	SN	Samyutta Nikāya
DN	Digha Nikāya	Sn	Sutta Nipāta
It	Itivuttaka	Th	Theragāthā
Ja	Jātaka	Thī	Therīgāthā
Khp	Khuddakapāṭha	Ud	Udāna
MN	Majjhima Nikāya	Vin	Vinaya Piṭaka
Mv	Mahāvagga	Vin-a	Vinaya Aṭṭhakathā
Paṭis	Paṭisambhidā	Vism	Visuddhimagga

CONTENTS

PART I. ESSENTIAL CHANTS

1. MORNING CHANTING	2
2. EVENING CHANTING	9
3. REFLECTIONS	16
3.1 Reflection on the Four Requisites	16
3.2 Five Subjects for Frequent Recollection	18
3.3 Ten Subjects for Frequent Recollection	19
3.4 Suffusion With the Divine Abidings	22
3.5 Dedication of Merit to the Devas and Others	24
3.5.1 Pasannā hontu sabbe pi	25
3.6 Recollection After Using the Requisites	25
3.7 Reflection on the Off-Putting Qualities	26
3.8 Reflection on Universal Well-Being	27
3.9 Reflection on Universal Well-Being (English)	28
3.10 The Unconditioned	29
3.11 Reflection on the Thirty-Two Parts	30

3.12	Verses on the Sharing of Merit	31
3.12.1	Yan-dāni me kataṃ puññaṃ	32
3.13	Verses of Sharing and Aspiration	32
3.14	Verses of Sharing and Aspiration	33
3.15	Sabbe sattā sadā hontu	34
3.16	Ti-loka-vijaya-rāja-patti-dāna-gāthā	35
4.	PARITTA CHANTS	36
4.1	Thai Traditions	36
4.2	Invitations	40
4.2.1	Invitation for Paritta Chanting	40
4.2.2	Invitation to the Devas	41
4.3	Introductory Chants	43
4.3.1	Pubba-bhāga-nama-kāra-pāṭho	43
4.3.2	Saraṇa-gamana-pāṭho	43
4.3.3	Sambuddhe	44
4.3.4	Nama-kāra-siddhi-gāthā	44
4.3.5	Namo-kāra-aṭṭhaka	46
4.4	Core Sequence	47
4.4.1	Maṅgala-sutta	47
4.4.2	Ratana Sutta	49
4.4.3	The Buddha's Words on Loving-Kindness	53
4.4.4	The Buddha's Words on Loving-Kindness (English)	55
4.4.5	Khandha-parittam	57

4.4.6	Chaddanta-parittam	58
4.4.7	Mora-parittam	59
4.4.8	Vaṭṭaka-parittam	60
4.4.9	Buddha-dhamma-saṅgha-guṇā	60
4.4.10	Āṭānāṭiya Paritta (short)	62
4.4.11	Sacca-kiriya-gāthā	63
4.4.12	Yaṅkiñci ratanam loke	63
4.4.13	Sakkatvā buddharatanam	64
4.4.14	Aṅguli-māla-parittam	64
4.4.15	Bojjh'aṅga-parittam	65
4.4.16	Abhaya-parittam	66
4.5	Closing Sequence	67
4.5.1	Devatā-uyyojana-gāthā	67
4.5.2	Jaya-maṅgala-aṭṭha-gāthā	67
4.5.3	Jaya-parittam	69
4.5.4	So attha-laddho	70
4.5.5	Sā attha-laddhā	70
4.5.6	Te attha-laddhā sukhitā	70
4.5.7	Bhavatu sabba-maṅgalam	70
4.6	Mahā-kāruṇiko nātho ti ādikā gāthā	71
4.7	Āṭānāṭiya Paritta (long)	72
4.7.1	Natthi me saraṇam aññaṃ	75
4.7.2	Yaṅkiñci ratanam loke	75
4.7.3	Sakkatvā	76
4.7.4	Sabbītiyo vivajjantu	76

4.8	Pabbatopama-gāthā	77
4.9	Verses on the Burden	77
4.10	True and False Refuges	78
4.11	Verses on a Shining Night of Prosperity	78
4.12	Verses on the Three Characteristics	79
4.13	Verses on Respect for the Dhamma	80
4.14	Verses on the Buddha's First Exclamation	81
4.15	Arising From a Cause	81
4.16	Nakkhattayakkha	82

5. ANUMODANĀ 83

5.1	Just as Rivers	83
5.2	Ratanattay'ānubhāv'ādi-gāthā	85
5.3	Bhojana-dānānumodanā	85
5.4	Saṅgha-vatthu-gāthā	86
5.5	Ādiya-sutta-gāthā	86
5.6	Maha-maṅgala-cakkavāḷa	87
5.7	Culla-maṅgala-cakka-vāḷa	88
5.8	Verses on the Riches of a Noble One	89
5.9	Aggappasāda-sutta-gāthā	90
5.10	Devat'ādissa-dakkhiṇā'numodanā-gāthā	90
5.11	Adāsi-me ādi-gāthā (Tiro-kuḍḍa-kaṇḍam)	91
5.12	Kāla-dāna-sutta-gāthā	92
5.13	Vihāradāna-gāthā	93

6. FUNERAL CHANTS	94
6.1 Dhamma-saṅgaṇī-mātikā	94
6.2 Dhammasaṅgiṇī	97
6.3 Vibhaṅga	98
6.4 Dhātukathā	98
6.5 Puggala-paññati	99
6.6 Kathāvatthu	99
6.7 Yamaka	100
6.8 Paṭṭhāna-mātikā-pāṭho	100
6.9 Vipassanā-bhūmi-pāṭho	101
6.10 Paṃsu-kūla	104
 7. SUTTAS	 105
7.1 Dhammacakkappavattana Sutta	105
7.1.1 Bhummaṇaṃ devānaṃ	110
7.2 Anatta-lakkhaṇa Sutta	112
7.3 Āditta-pariyāya Sutta	118
7.4 Ānāpānassati Sutta	122
 8. PĀṬIMOKKHA CHANTS	 125
8.1 Verses on the Training Code	125
8.2 Sacca-kiriya-gāthā	126
8.3 Sil'uddesa-pāṭho	126

8.4	The Verses of Tāyana	128
8.5	Sāmaṇera Sikkhā	129

PART II. VINAYA NOTES

9. GUIDELINES 137

9.1	Establishing of the Pāṭimokkha	137
9.2	The Four Great Standards (Mahāpadesa)	138
9.3	Upholding the Principles	138

10. REQUISITES 139

10.1	Bindu (Marking)	139
10.2	Adhiṭṭhāna (Determining)	139
10.3	Paccuddharaṇa (Relinquishing)	141
10.4	Vikappana (Sharing Ownership)	141
10.4.1	Generally Addressing the Recipient	141
10.4.2	Addressing the Recipient by Name	142
10.4.3	Receiving Bhikkhu is Absent	143
10.5	Vikappana-paccuddharaṇa (Relinquishing)	145

11. OFFENCES	147
11.1 Āpatti-paṭidesanā (Confession of Offences)	147
11.1.1 Six reasons for āpatti	147
11.1.2 Four conditions for exemption from āpatti	147
11.1.3 The kinds of āpatti	147
11.1.4 Method of confessing light offences	148
11.2 Nissaggiya Pācittiya	150
11.2.1 Nissaggiya Pācittiya 1 ('extra robe')	150
11.2.2 Returning the robe	151
11.2.3 Nissaggiya Pācittiya 2 ('separated from')	152
11.2.4 Nissaggiya Pācittiya 3 ('over-kept cloth')	152
11.2.5 Nissaggiya Pācittiya 6 ('asked for')	153
11.2.6 Nissaggiya Pācittiya 7 ('beyond limit')	153
11.2.7 Nissaggiya Pācittiya 8 ('instructing')	154
11.2.8 Nissaggiya Pācittiya 9 ('instructing')	154
11.2.9 Nissaggiya Pācittiya 10 ('reminding')	155
11.2.10 Nissaggiya Pācittiya 18 ('gold and silver')	155
11.2.11 Nissaggiya Pācittiya 19 ('monetary exchange')	156
11.2.12 Nissaggiya Pācittiya 20 ('buying and selling')	156
11.2.13 Nissaggiya Pācittiya 21 ('extra bowl')	156
11.2.14 Nissaggiya Pācittiya 22 ('new bowl')	157
11.2.15 Nissaggiya Pācittiya 23 ('kept medicines')	157
11.2.16 Nissaggiya Pācittiya 25 ('snatched back')	158
11.2.17 Nissaggiya Pācittiya 28 ('urgent')	158

11.2.18	Nissaggiya Pācittiya 29 ('wilderness abode')	159
11.2.19	Nissaggiya Pācittiya 30	159
11.3	Saṅghādisesa	160
12.	UPOSATHA	161
12.1	Pārisuddhi-uposatha (Purity Uposatha)	161
12.1.1	Pārisuddhi Before Sangha	161
12.1.2	Pārisuddhi for Three Bhikkhus	161
12.1.3	Pārisuddhi for Two Bhikkhus	162
12.1.4	Adhiṭṭhānuposatha (For a lone bhikkhu)	163
12.2	Sick Bhikkhus	163
12.2.1	Pārisuddhi	163
12.2.2	Sending Consent (Chanda)	164
12.2.3	Pārisuddhi + Chanda	165
13.	RAINS AND KATHINA	166
13.1	Khamāpana-kammaṃ (Asking for Forgiveness)	166
13.2	Vassāvāso (Rains-residence)	168
13.2.1	Entering the Rains (Thai tradition)	168
13.2.2	Sattāha-karaṇīya (Seven-day leave)	169
13.2.3	Rains privileges	169
13.3	Pavāraṇā (Inviting Admonition)	170
13.3.1	For five or more bhikkhus	170

13.3.2	For four or three bhikkhus	172
13.3.3	For two bhikkhus	173
13.3.4	For one bhikkhu	174
13.3.5	Pavāraṇā by a sick bhikkhu	174
13.4	Kaṭhina	175
13.4.1	Offering the Kaṭhina (Thai Tradition)	175
13.4.2	Procedure to Give the Kaṭhina-cloth	176
13.4.3	Kaṭhina Saṅghakamma	177
13.4.4	Spreading the Kaṭhina	178
13.4.5	Kaṭhina Anumodanā	179

14. OTHER PROCEDURES 181

14.1	Nissaya (Dependence)	181
14.2	Kappiya-karaṇa (The making allowable)	182
14.3	Entering Town after Midday	182
14.4	Saṅghadāna-apalokana (Sharing Saṅghadāna)	183
14.5	Paṃsukūla-cīvara (Taking Forest-cloth)	183
14.6	Desanā	184
14.6.1	Requesting permission	184
14.6.2	To speak on Dhamma	184
14.7	Añjali	185
14.8	Requesting a Dhamma Talk	185
14.9	Acknowledging the Teaching	186
14.9.1	After the talk on Vinaya or Dhamma	186

14.9.2	Acknowledging the Teaching	187
14.10	Requesting Paritta Chanting	188
14.11	Three Refuges & the Five Precepts	189
14.12	Three Refuges & the Eight Precepts	194
14.12.1	Asking Forgiveness To The Triple Gem	201
14.12.2	Taking Leave	202
14.13	Disrobing	203

15.	USEFUL NOTES	204
-----	--------------	-----

PART III. APPENDIX

A.	PĀLI PHONETICS AND PRONUNCIATION	212
----	----------------------------------	-----

A.0.1	Aspirated consonants	213
A.0.2	Examples	214
A.0.3	Retroflex consonants	214

B.	DHAMMA QUOTES	217
----	---------------	-----

	<i>Bibliography</i>	228
--	---------------------	-----

LIST OF FIRST LINES

Aciraṃ vat'ayaṃ kāyo	104
Adāsi me akāsi me	91
Addhuvaṃ jīvitaṃ	104
Aggato ve pasannānaṃ	90
Ahaṃ sukhito homi niddukkho homi	27
Ajja mayā apaccavekkhitvā yaṃ cīvaraṃ	25
Ānāpānassati bhikkhave bhāvitā bahulī-katā	122
Aneka-jāti-saṃsāraṃ sandhāviṣsaṃ anibbisaṃ	81
Aniccā vata saṅkhārā	104
Anuññāsi kho bhagavā, sāmaṇeraṇaṃ dasa	129
Anuttaraṃ abhisambodhiṃ sambujjhivā tathāgato	105
Apet'ayañ-cakkhumā eka-rājā	59
Appamāṇo buddho appamāṇo dhammo	58
Appasannehi nāthassa sāsane sādhusammate	72
Araññe rukkha-mūle vā	61
Asevanā ca bālānaṃ	47
Atitaṃ nānvāgameyya nappaṭikaṅkhe anāgataṃ	78
Atthi bhikkhave ajātaṃ abhūtaṃ akataṃ	29
Atthi loka-sīla-guṇo saccaṃ soceyy'anuddaya	60
Ayaṃ kho me kāyo uddhaṃ pādatalā	30
Ayañ-ca kho dakkhiṇā dinnā	91
Āyu-do bala-do dhiro vaṇṇa-do paṭibhāṇa-do	85
Bāhuṃ sahaṃsaṃ-abhinimmita sāvudhan-taṃ	67

Bahuṃ ve saraṇaṃ yanti pabbatāni vanāni ca	78
Bhārā have pañcakkhandhā	77
Bhāsitaṃ idaṃ tena bhagavatā jānatā passatā	126
Bhavatu sabba-maṅgalaṃ	70
Bhavatu sabba-maṅgalaṃ	84
Bhummaṇaṃ devānaṃ saddaṃ sutvā	110
Bhuttā bhogā bhaṭṭā bhaccā vitinṇā āpadāsu me	86
Bojjh'aṅgo sati-saṅkhāto	65
Buddho susuddho karuṇā-mahaṇṇavo	5
Chinda soṭaṃ parakkamma	128
Dānañ-ca peyya-vajjañ-ca attha-cariyā ca yā idha	86
Dasa ime bhikkhave	19
Dukkhappattā ca niddukkhā	67
Hetu-paccayo ārammaṇa-paccayo	100
Iminā puñṇakammena upajjhāyā guṇuttarā	32
Iti pi so bhagavā araham sammā-sambuddho	60
Jarā-dhammomhi jaraṃ anatīto	18
Kāle dadanti sapaññā vadaññū vīta-maccharā	92
Karaṇīyam-attha-kusalena	53
Khantī paramaṃ tapo tītikkhā	125
Kusalā dhammā akusalā dhammā	94
Mahā-kāruṇiko nātho atthāya sabba-pāṇinaṃ	71
Mahā-kāruṇiko nātho hitāya sabba-pāṇinaṃ	69
May I abide in well-being	28
Mettañ-ca sabba-lokasmim	54

Mettā-sahagatena	22
Nakkhatta-yakkha-bhūtānaṃ	82
Namo arahato sammā	46
Namo me sabbabuddhānaṃ	72
Natthi me saraṇaṃ aññaṃ	126
Natthi me saraṇaṃ aññaṃ	63
Natthi me saraṇaṃ aññaṃ	75
Pañcakkhandhā rūpakkhando vedanākkhandho . . .	101
Pasannā hontu sabbe pi	25
Paṭisaṅkhā yoniso cīvaraṃ paṭisevāmi	16
Pharivāna mettaṃ samettā bhadantā	41
Puññass'idāni katassa yān'aññāni katāni me	31
Ratanattay'ānubhāvena ratanattaya-tejasā	85
Sā attha-laddhā sukhitā viruḷhā buddha-sāsane	70
Sabba-buddh'ānubhāvena	88
Sabba-pāpassa akaraṇaṃ	125
Sabba-roga-vinimutto	83
Sabbe buddhā balappattā	67
Sabbe saṅkhārā aniccā'ti yadā paññāya passati	79
Sabbe sattā sadā hontu	34
Sabbītiyo vivajjantu sabbarogo vinassatu	76
Sabb'ītiyo vivajjantu sabba-rogo vinassatu	84
Sakkatvā buddharatanaṃ	64
Sakkatvā buddha-ratanaṃ osathaṃ uttamaṃ varaṃ .	76
Samantā cakka-vāḷesu	41

Sambuddhe aṭṭhavīsaṇca	44
Sarajjaṃ sasenāṃ sabandhuṃ nar'indaṃ	41
Siri-dhiti-mati-tejo-jayasiddhi	87
So attha-laddho sukhito viruḷho buddha-sāsane	70
Te attha-laddhā sukhitā viruḷhā buddha-sāsane	70
Tesaṃ saccena sīlena khantimettābalena ca	74
This is what should be done	55
Through the goodness that arises from my practice . .	33
Udet'ayaṇ-cakkhumā eka-rājā	59
Vadhissamenanti parāmasanto	58
Veneyyadamanopāye sabbaso pāramiṃ gato	118
Vipassissa nam'atthu cakkhumantassa sirīmato	62
Vipatti-paṭibāhāya sabba-sampatti-siddhiyā	40
Virūpakkehi me mettaṃ mettaṃ erāpathehi me . . .	57
Yā devatā santi vihāra-vāsinī	24
Yan-dāni me kataṃ puññaṃ	32
Yan-dunnimittaṃ avamaṅgalaṇ-ca	66
Yānīdha bhūtāni samāgatāni	49
Yaṇ kiñci kusalaṃ kammaṃ	35
Yaṅkiñci ratanaṃ loke	63
Yaṅkiñci ratanaṃ loke vijjati vividhaṃ puthu	75
Yaṅkiñci vittaṃ idha vā huraṃ vā	49
Yantaṃ sattehi dukkhena ñeyyaṃ anattalakkhaṇaṃ .	112
Yasmaṃ padese kappeti vāsaṃ paṇḍita-jātiyo	90
Yassa saddhā tathāgate acalā supatiṭṭhitā	89

Yathā paccayaṃ pavattamānaṃ dhātu-mattam	26
Yathā pi selā vipulā nabhaṃ āhacca pabbatā	77
Yathā vāri-vahā pūrā	83
Yato'haṃ bhagini ariyāya jātiyā jāto	64
Ye ca atītā sambuddhā ye ca buddhā anāgatā	80
Ye dhammā hetuppabhavā	81
Yo cakkhumā moha-malāpakatṭho	44
Yo so bhagavā arahaṃ sammāsambuddho	9

PART I

ESSENTIAL CHANTS

1.

MORNING CHANTING

Dedication of Offerings

[Yo so] bhagavā arahaṃ sammāsambuddho
Svākkhāto yena bhagavatā dhammo
Supaṭipanno yassa bhagavato sāvakaśaṅgho
Tam-mayaṃ bhagavantaṃ sadhammaṃ saśaṅghaṃ
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 sāvakaśaṅgho
Saṅghaṃ namāmi

[Yam-amha kho mayaṃ bhagavantaṃ saraṇaṃ gatā, uddissa
pabbajitā yo no bhagavā satthā, yassa ca mayaṃ bhagavato
dhammaṃ rocema

Imehi sakkārehi taṃ bhagavantaṃ sasaddhammaṃ
sasāvakaśaṅghaṃ abhipūjayāma.]

Preliminary Homage

[Handa mayaṃ buddhassa bhagavato
pubbabhāga-namakāraṃ karomase]

Namo tassa bhagavato arahato sammāsambuddhassa (×3)

Homage to the Buddha

[Handa mayaṃ buddhābhitthutiṃ karomase]

Yo so tathāgato arahaṃ sammāsambuddho
Vijjācaraṇa-sampanno, sugato, lokavidū
Anuttaro purisadamma-sārathi
Satthā deva-manussānaṃ, buddho bhagavā.

Yo imaṃ lokaṃ sadevakaṃ samārakaṃ sabrahmaṃ
Sassamaṇa-brāhmaṇiṃ paṇḍitaṃ sadeva-manussaṃ sayamaṃ
abhiññā sacchikatvā pavedesi
Yo dhammaṃ desesi ādi-kalyāṇaṃ majjhe-kalyāṇaṃ
pariyosāna-kalyāṇaṃ
Sātthaṃ sabyañjanaṃ kevala-paripuṇṇaṃ parisuddhaṃ
brahma-cariyaṃ pakāsesi

Tam-ahaṃ bhagavantaṃ abhipūjayāmi tam-ahaṃ
bhagavantaṃ sirasā namāmi

Homage to the Dhamma

[Handa mayaṃ dhammābhitthutiṃ 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 Saṅgha

[Handa mayaṃ saṅghābhitthutiṃ karomase]

Yo so supaṭipanno bhagavato sāvakasaṅgho
Ujupaṭipanno bhagavato sāvakasaṅgho
Ñāyapaṭipanno bhagavato sāvakasaṅgho
Sāmicipaṭipanno bhagavato sāvakasaṅgho
Yadidaṃ cattāri purisayugāni aṭṭha purisapuggalā
Esa bhagavato sāvakasaṅgho
Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-karaṇīyo
Anuttaraṃ puññakkhettaṃ lokassa
Tam-ahaṃ saṅghaṃ abhipūjayāmi tam-ahaṃ saṅghaṃ sirasā
namāmi

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-ghātaḥ
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 loke uppanno arahaṃ sammāsambuddho
Dhammo ca desito niyyāniko upasamiko parinibbāniko
sambodhagāmī sugatappavedito
Mayan-taṃ dhammaṃ sutvā evaṃ jānāma

Jātipi dukkhā

Jarāpi dukkhā

Maraṇampi dukkhaṃ

Soka-parideva-dukkha-domanass'upāyāsāpi dukkhā

Appiyehi sampayogo dukkho

Piyehi vippayogo dukkho

Yamp'icchaṃ na labhati tampi dukkhāṃ

Saṅkhittena pañcupādānakkhandhā dukkhā

Seyyathidaṃ

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 otiṇṇāṃha jātiyā jarā-maraṇena

Sokehi paridevehi dukkhehi domanassehi upāyāsehi

Dukkhotiṇṇā dukkha-paretā

Appeva nāmimassa kevalassa dukkha-kkhandhassa

antakiriyā paññāyethā'ti

Cira-parinibbutampi taṃ bhagavantaṃ uddissa arahantaṃ
sammāsambuddhaṃ

Saddhā agārasmā anagāriyaṃ pabbajitā

Tasmiṃ bhagavati brahma-cariyaṃ carāma

Bhikkhūnaṃ/Sīladharānaṃ sikkhāsājīva-samāpannā

Taṃ no brahma-cariyaṃ imassa kevalassa

dukkha-kkhandhassa antakiriyāya saṃvattatu

Closing Homage

[Arahaṃ] sammāsambuddho bhagavā
Buddhaṃ bhagavantaṃ abhivādemi

[Svākkhāto] bhagavatā dhammo
Dhammaṃ namassāmi

[Supaṭipanno] bhagavato sāvakasaṅgho
Saṅghaṃ namāmi

2.

EVENING CHANTING

Dedication of Offerings

[Yo so] bhagavā arahaṃ sammāsambuddho
Svākkhāto yena bhagavatā dhammo
Supaṭipanno yassa bhagavato sāvakaśaṅgho
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 sāvakaśaṅgho
Śaṅghaṃ namāmi

[Yam-amha kho mayaṃ bhagavantam saraṇam gatā, uddissa
pabbajitā yo no bhagavā satthā, yassa ca mayaṃ bhagavato
dhammam rocema]

Imehi sakkārehi taṃ bhagavantam sasaddhammam
sasāvaka-saṅgham abhipūjayāma.]

Preliminary Homage

[Handa mayaṃ buddhassa bhagavato
pubbabhāga-namakāraṃ karomase]

Namo tassa bhagavato arahato sammāsambuddhassa (×3)

Recollection of the Buddha

[Handa mayaṃ buddhānussatinayaṃ karomase]

Taṃ kho pana bhagavantam evaṃ kalyāṇo
kittisaddo abbhuggato

Itipi so bhagavā araham sammāsambuddho

Vijjācaraṇa-sampanno sugato lokavidū

Anuttaro purisadamma-sārathi satthā deva-manussānaṃ
buddho bhagavā'ti

Supreme Praise of the Buddha

[Handa mayaṃ buddhābhigītiṃ karomase]

Buddh'vārahanta-varatādiguṇābhiyutto
 Suddhābhiñña-karuṇāhi samāgatatto
 Bodhesi yo sujanataṃ kamalaṃ va sūro
 Vandāma'haṃ tam-araṇaṃ sirasā jinendaṃ
 Buddho yo sabba-pāṇīnaṃ saraṇaṃ khemam-uttamaṃ
 Paṭhamānussatiṭṭhānaṃ vandāmi taṃ siren'ahaṃ
 Buddhassāh'asmi dāso/dāsī va buddho me sāmi-kissaro
 Buddho dukkhassa ghātā ca vidhātā ca hitassa me
 Buddhass'ahaṃ niyyādemī sarīraṇ-jīvitaṇ-cidaṃ
 Vandanto'haṃ/Vandanti'haṃ carissāmi
 buddhass'eva subodhitam
 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 accayaṇtaṃ
 Kālantare saṃvaritaṃ va buddhe

Recollection of the Dhamma

[Handa mayaṃ dhammānussatinayaṃ karomase]

Svākkhāto bhagavatā dhammo
 Sandiṭṭhiko akāliko ehipassiko
 Opanayiko paccattaṃ veditabbo viññūhi'ti

Supreme Praise of the Dhamma

[Handa mayaṃ dhammābhigītiṃ karomase]

Svākkhātāt'ādiḡuṇa-yoga-vasena seyyo
 Yo magga-pāka-pariyatti-vimokkha-bhedo
 Dhammo kuloka-patanā tada-dhāri-dhārī
 Vandām'ahaṃ tama-haraṃ vara-dhammam-etaṃ
 Dhammo yo sabba-pāṇīnaṃ saraṇaṃ khemaṃ-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 niyyādemī 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

(Bowing)

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

Recollection of the Saṅgha

[Handa mayaṃ saṅghānussatinayaṃ karomase]

Supaṭipanno bhagavato sāvakasaṅgho
 Ujupaṭipanno bhagavato sāvakasaṅgho
 Ñāyapaṭipanno bhagavato sāvakasaṅgho
 Sāmīcipaṭipanno bhagavato sāvakasaṅgho
 Yadidaṃ cattāri purisayugāni aṭṭha purisapuggalā
 Esa bhagavato sāvakasaṅgho
 Āhuneyyo pāhuneyyo dakkhiṇeyyo añjali-karaṇīyo
 Anuttaraṃ puññaakkhettaṃ lokassā'ti

Supreme Praise of the Saṅgha

[Handa mayaṃ saṅghābhigītiṃ karomase]

Saddhammajō supāṭipatti-guṇādiyutto
 Yo'tṭhabbidho ariyapuggala-saṅgha-seṭṭho
 Sīlādiddhamma-pavarāsaya-kāya-citto
 Vandāma'haṃ tam-ariyāna-gaṇaṃ susuddhaṃ
 Saṅgho yo sabba-pāṇīnaṃ saraṇaṃ khemaṃ-uttamaṃ
 Tatiyānussatiṭṭhānaṃ vandāmi taṃ siren'haṃ
 Saṅghassa'āhasmi dāso/dāsī va saṅgho me sāmi-kissaro
 Saṅgho dukkhassa ghātā ca vidhātā ca hitassa me
 Saṅghassa'āhaṃ niyyādemi sarīraṇ-jīvitaṇ-cidaṃ
 Vandanto'haṃ/Vandanti'haṃ carissāmi
 saṅghassopāṭipannataṃ
 Natthi me saraṇaṃ aññaṃ saṅgho me saraṇaṃ vamaṃ
 Etena sacca-vajjena vaḍḍheyyaṃ satthu-sāsane
 Saṅghaṃ me vandamānena/vandamānāya
 yaṃ puññaṃ pasutaṃ idha
 Sabbepi antarāyā me māhesuṃ tassa tejasā

(Bowing)

Kāyena vācāya va cetasā vā
 Saṅghe kukammaṃ pakataṃ mayā yaṃ
 Saṅgho paṭiggaṇhātu accayantaṃ
 Kālantare saṃvarituṃ va saṅghe

Closing Homage

[Arahaṃ] sammāsambuddho bhagavā
Buddhaṃ bhagavantaṃ abhivādemi

[Svākkhāto] bhagavatā dhammo
Dhammaṃ namassāmi

[Supaṭipanno] bhagavato sāvakasaṅgho
Saṅghaṃ namāmi

3.

REFLECTIONS

3.1 Reflection on the Four Requisites

[Handa mayaṃ taṅkhaṇika-
paccavekkhaṇa-pāṭhaṃ bhaṇāmaṣe]

[Paṭisaṅkhā] yoniso cīvaram paṭisevāmi,
yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya,
ḍaṃsa-makasa-vātātapa-siriṃsapa-samphassānaṃ
paṭighātāya, yāvadeva hirikopina-paṭicchādanatthaṃ

*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 piṇḍapātaṃ paṭisevāmi, neva davāya, na
madāya, na maṇḍanāya, na vibhūsanāya, yāvadeva imassa
kāyassa ṭhitiyā, yāpanāya, vihiṃsūparatiyā,
brahmacariyānuggahāya, iti purāṇaṇca vedanaṃ
paṭihaṅkhāmi, navaṇca vedanaṃ na uppādessāmi, 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,
ḍaṃsa-makasa-vātātapa-siriṃsapa-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.

3.2 Five Subjects for Frequent Recollection

[Handa mayaṃ abhiñha-paccavekkhaṇa-pāṭhaṃ
bhaṇāmaṣe]

(Men Chant)

[Jarā-dhammomhi] jaraṃ anatīto
Byādhi-dhammomhi byādhiṃ anatīto
Maraṇa-dhammomhi maraṇaṃ anatīto
Sabbehi me piyehi manāpehi nānābhāvo vinābhāvo
Kammassakomhi kammaḍāyādo kammayoni kammabandhu
kammaṇaṭṭhisaṇaṇo
Yaṃ kammaṃ karissāmi, kalyāṇaṃ vā pāpakaṃ vā, tassa
dāyādo bhavissāmi
Evaṃ amhehi abhiñhaṃ paccavekkhitabbaṃ

(Women Chant)

[Jarā-dhammāmhi] jaraṃ anatītā
Byādhi-dhammāmhi byādhiṃ anatītā
Maraṇa-dhammāmhi maraṇaṃ anatītā
Sabbehi me piyehi manāpehi nānābhāvo vinābhāvo
Kammassakāmhi kammaḍāyādā kammayoni kammabandhu
kammaṇaṭṭhisaṇā

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

Evaṃ amhehi abhiṇhaṃ paccavekkhitabbaṃ

A.III.71f

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 abhiṇhaṃ
paccavekkhitabbaṃ

'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 abhiñhaṃ
paccavekkhitabbaṃ

*'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
abhiñhaṃ paccavekkhitabbaṃ

*'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 abhiñhaṃ paccavekkhitabbaṃ

*'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 abhiñhaṃ paccavekkhitabbaṃ

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

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

Kammassakomhi kammadāyādo kammayoni kammabandhu
kammaṇaṭṭisaṇaṇo, yaṃ kammaṃ karissāmi, kalyāṇaṃ vā
pāpakaṃ vā, tassa dāyādo bhavissāmī'ti pabbajitena
abhiṇhaṃ paccavekkhitabbaṃ

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

'Kathambhūtassa me rattindivā vītipatantī'ti pabbajitena
abhiṇhaṃ paccavekkhitabbaṃ

*'The days and nights are relentlessly passing; how well am I
spending my time?'
This should be reflected upon again and again
by one who has gone forth.*

Kacci nu kho'haṃ suññāgāre abhiraṃāmi'ti pabbajitena
abhiṇhaṃ paccavekkhitabbaṃ

'Do I delight in solitude or not?'

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

Atthi nu kho me uttari-manussa-dhammā
alamariya-ñāṇa-dassana-viseso adhigato, so'haṃ pacchime
kāle sabrahmacārihi puṭṭho na maṅku bhavissāmī'ti
pabbajitena abhiñhaṃ 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 abhiñhaṃ
paccavekkhitabbā'ti

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

AN 10.48

3.4 Suffusion With the Divine Abidings

[Handa mayaṃ caturappamaññā-obhāsaṇaṃ karomase]

[Mettā-sahagatena] cetasā ekaṃ disaṃ pharitvā viharati
Tathā dutiyaṃ tathā tatiyaṃ tathā catutthaṃ

Iti uddhamadho tiriyaṃ sabbadhi sabbattatāya
 Sabbāvantāṃ lokāṃ 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 lokāṃ 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
 Sabbāvantāṃ lokāṃ 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
 Sabbāvantāṃ lokāṃ upekkhā-sahagatena cetasā
 Vipulena mahaggatena appamāṇena averena abyāpajjhena
 pharitvā viharatī'ti

3.5 Dedication of Merit to the Devas and Others

[Handa mayaṃ patti-dāna-gāthāyo bhaṇāmasē.]

Yā devatā santi vihāra-vāsini
 Thūpe ghare bodhi-ghare tahiṃ tahiṃ
 Tā dhamma-dānena bhavantu pūjitā
 Sotthiṃ karonte'dha vihāra-maṇḍale
 Therā ca majjhā navakā ca bhikkhavo
 Sārāṃikā dāna-patī upāsakā
 Gāmā ca desā nigamā ca issarā
 Sappāṇa-bhūtā sukhitā bhavantu te
 Jalābu-jā ye pi ca aṇḍa-sambhavā
 Saṃseda-jātā atha-v-opapātikā
 Niyyānikāṃ dhamma-varaṃ paṭicca te
 Sabbe pi dukkhassa karontu saṅkhayaṃ.
 Thātu ciraṃ satāṃ dhammo
 Dhamma-dharā ca puggalā
 Saṅgho hotu samaggo va
 Atthāya ca hitāya ca
 Amhe rakkhatu saddhammo
 Sabbe pi dhamma-cārino
 Vuḍḍhiṃ sampāpuṇeyyāma
 Dhamme ariyappavedite.

3.5.1 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 sabbadā.

3.6 Recollection After Using the Requisites

[Handa mayaṃ atīta-paccavekkhaṇa-pāṭhaṃ bhaṇāmaṣe.]

Ajja mayā apaccavekkhitvā yaṃ cīvaram paribhuttaṃ,
 taṃ yāvad-eva sītassa paṭighātāya, uṇhassa paṭighātāya,
 ḍaṃsa-makasa-vātātapa-siriṃsapa-samphassānaṃ
 paṭighātāya, yāvad-eva hiri-kopīna paṭicchādan’atthaṃ.

Ajja mayā apaccavekkhitvā yo piṇḍapāto paribhutto, so n’eva
 davāya na madāya na maṇḍanāya na vibhūsanāya, yāvad-eva
 imassa kāyassa ṭhitiyā yāpanāya vihiṃsūparatiyā
 brahma-cariyānuggahāya, iti purāṇaṇ-ca vedanaṃ

paṭihaṅkhāmi, navañ-ca vedanaṃ na uppādessāmi, yātrā ca me bhavissati anavajjatā ca phāsuvihāro cā-ti.

Ajja mayā apaccavekkhitvā yaṃ senāsanam paribhuttaṃ, taṃ yāvad-eva sītassa paṭighātāya, uñhassa paṭighātāya, ḍaṃsa-makasa-vātātapa-siriṃsapasamphassānaṃ paṭighātāya, yāvad-eva utu-parissaya-vinodanaṃ paṭisallān'ārām'atthaṃ.

Ajja mayā apaccavekkhitvā yo gilāna-paccayabhesajja-parikkhāro paribhutto, so yāvad-eva uppannānaṃ veyyābādhikānaṃ Vedanānaṃ paṭighātāya, abyāpajjha-paramatāyā-ti.

cf. M.I.10

3.7 Reflection on the Off-Putting Qualities of the Requisites

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

[Yathā paccayaṃ] pavattamānaṃ dhātu-mattam-ev'etaṃ
Yad idaṃ cīvaraṃ tad upabhuñjako ca puggalo
Dhātu-mattako, nissatto, nijjīvo, suñño
Sabbāni pana imāni cīvarāni ajigucchaniyāni
Imaṃ pūti-kāyaṃ patvā, ativiya jigucchaniyāni jāyanti
Yathā paccayaṃ pavattamānaṃ dhātu-mattam-ev'etaṃ
Yad idaṃ piṇḍapāto tad upabhuñjako ca puggalo

Dhātu-mattako, nissatto, nijjīvo, suñño
 Sabbo panāyaṃ piṇḍapāto ajigucchanīyo
 Imaṃ pūti-kāyaṃ patvā, ativiya jigucchanīyo jāyati
 Yathā paccayaṃ pavattamānaṃ dhātu-mattam-ev'etaṃ
 Yad idaṃ senāsaṇaṃ tad upabhuñjako ca puggalo
 Dhātu-mattako, nissatto, nijjīvo, suñño
 Sabbāni pana imāni senāsaṇāni ajigucchanīyāni
 Imaṃ pūti-kāyaṃ patvā, ativiya jigucchanīyāni jāyanti
 Yathā paccayaṃ pavattamānaṃ dhātu-mattam-ev'etaṃ
 Yad idaṃ gilāna-paccaya-bhesajja-parikkhāro tad
 upabhuñjako ca puggalo
 Dhātu-mattako, nissatto, nijjīvo, suñño
 Sabbo panāyaṃ
 gilāna-paccaya-bhesajja-parikkhāro ajigucchanīyo
 Imaṃ pūti-kāyaṃ patvā, ativiya jigucchanīyo jāyati

3.8 Reflection on Universal Well-Being

[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

3.9 Reflection on Universal Well-Being (English)

[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

3.10 Reflection on the Unconditioned

[Handa mayaṃ nibbāna-sutta-pāṭhaṃ bhaṇāmaṣe]

Atthi bhikkhave ajātaṃ abhūtaṃ akataṃ asaṅkhatam

There is an Unborn, Unoriginated, Uncreated and Unformed.

No cetam bhikkhave abhavissa ajātaṃ abhūtaṃ akataṃ
asankhatam

*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
asaṅkhataṃ

*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

3.11 Reflection on the Thirty-Two Parts

[Handa mayaṃ dvattiṃsākāra-pāṭhaṃ bhaṇāmaṣe]

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

Atthi imasmiṃ kāye

kesā, lomā, nakhā, dantā, taco, maṃsaṃ, nahārū, aṭṭhī,
 aṭṭhimiñjaṃ, vakkhaṃ, hadayaṃ, yakanāṃ, kilomakāṃ,
 pihakāṃ, papphāsaṃ, antaṃ, antagaṇaṃ, udariyaṃ, karīsaṃ,
 pittaṃ, semhaṃ, pubbo, lohitaṃ, sedo, medo, assu, vasā,
 kheḷo, siṅghāṇikā, lasikā, muttaṃ, matthaluṅgaṇaṃ'ti

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

cf. M.I.57

3.12 Verses on the Sharing of Merit

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

Puññass'idāni katassa	yān'aññāni katāni me,
Tesaṇ-ca bhāgino hontu	sattānantāppamāṇaka.
Ye piyā guṇavantā ca	mayhaṃ mātā-pitā-dayo.
Diṭṭhā me cāpyadiṭṭhā vā	aññe majjhata-verino;
Sattā tiṭṭhanti lokasmiṃ	te bhumma catu-yonikā.
Pañc'eka-catu-vokārā	saṃsarantā bhavābhava:
Ñātaṃ ye patti-dāna-me,	anumodantu te sayama.
Ye c'imamaṃ nappajānanti	devā tesamaṃ nivedayama.
Mayā dinnāna-puññānaṃ	anumodana-hetunā.
Sabbe sattā sadā hontu	averā sukha-jīvino.
Khemappadaṇ-ca pappontu	tesāsā sijjhataṃ subhā.

3.12.1 Yan-dāni me kataṃ puññaṃ

Yan-dāni me kataṃ puññaṃ	tenānen'uddisena ca,
Khippaṃ sacchikareyyāhaṃ	dhamme lok'uttare nava.
Sace tāva abhabbo'haṃ	samsāre pana samsaram,
Niyato bodhi-satto va	sambuddhena viyākato.
Nāṭṭhārasa pi abhabba	ṭhānāni pāpuṇeyy'ahaṃ.
Manussattañ-ca līgañ-ca	pabbajjañ-c'upasampadaṃ.
Labhitvā pesalo sīlī	dhāreyyaṃ satthu sāsanaṃ,
Sukhā-paṭipado khippābhiñño	sacchikareyyahaṃ.
Arahatta-phalaṃ aggamaṃ	vijj'ādi-guṇ'alañ-kataṃ,
Yadi n'uppajjati Buddho	kammaṃ paripūrañ-ca me,
Evamaṃ sante labheyyāhaṃ	pacceka-bodhim-uttaman-ti.

3.13 Verses of Sharing and Aspiration

[Handa mayaṃ uddissanādhiṭṭhāna-gāthāyo bhaṇāmasa]

[Iminā puññaṃakammena] 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 majjhataṭṭha verikāpi ca
 Sabbe sattā sukhī hontu puññāni pakatāni me
 Sukhañca tividdhaṃ dentu khippaṃ pāpetha vomataṃ

Iminā puññakammena iminā uddissena ca
 Khipp'āhaṃ sulabhe ceva taṇhūpādāna-chedanam
 Ye santāne hīnā dhammā yāva nibbānato mamaṃ
 Nassantu sabbadā yeva yattha jāto bhava bhava
 Ujucittam satipaṇṇā sallekho viriyamhinā
 Mārā labhantu nokāsaṃ kātuñca viriyesu me
 Buddhādhipavaro nātho dhammo nātho varuttamo
 Nātho paccekabuddho ca saṅgho nāthottaro mamaṃ
 Tesottamānubhāvena mārokāsaṃ labhantu mā

3.14 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 desires 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.

3.15 Sabbe sattā sadā hontu

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

3.16 Ti-loka-vijaya-rāja-patti-dāna-gāthā

Yaṇ 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
 dinnaṃ puñña-phalaṃ mayā
 Ye ca tattha na jānanti
 devā gantvā nivedayaṃ
 Sabbe lokamhi ye sattā
 jīvant’āhāra-hetukā
 Manuññaṃ bhojanaṃ sabbe
 labhantu mama cetasā.

Apadāna 4

4.

PARITTA CHANTS

4.1 Thai Traditions

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 3rd introductory chant in the Mahānikāya sect is commonly *Sambuddhe*. In Thammayut circles and frequently in the Forest Tradition, the 3rd chant is *Yo cakkhumā*.

There is a shorter and longer traditional core sequence. The *djet-damnahn* (เจ็ดตำนาน) contains D1-D7 as below, the *sipsong-damnahn* (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		43
i2	Buddhaṃ saraṇaṃ gacchāmi		43
i3/a	Sambuddhe atṭhavisaṇca		44
i3/b	Yo cakkhumā		44
i4	Namo arahato		46
D1	Asevanā ca bālānaṃ	S1	47
D2	Yaṅkiñci vittaṃ	S2	49
D3	Karaṇīyam-attha-kusalena	S3	53
D4	Virūpakkhehi me mettaṃ	S4	57
	Vadhissamenanti parāmasanto		58
D5	Udet'ayaṇ-cakkhumā eka-rājā	S5	59
	Atthi loke sīla-guṇo	S6	60
D6	Iti pi so bhagavā	S7	60
D7	Vipassissa nam'atthu	S8	62
	Natthi me saraṇaṃ aññaṃ		63
	Yaṅkiñci ratanaṃ loke		63
	Sakkatvā buddharatanaṃ		64
	Yato'haṃ bhagini	S9	64
	Bojjh'aṅgo sati-saṅkhāto	S10	65
	Yan-dunnimittaṃ	S11	66
	Dukkhaṃ pattā ca niddukkhā		67
	Bāhuṃ sahaṃsaṃ-abhinimmita		67
	Mahā-kāruṇiko nātho	S12	69
	Te attha-laddhā sukhitā		70
	Bhavatu sabba-maṅgalaṃ		70

Notes for Particular Chants

Asevanā ca bālānaṃ: The candles at 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 practice 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 *djet-* or *sipsong-damnahn* 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 *djet-sipsong-damnahn*, 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-maṅgalaṃ*.

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-maṅgalaṃ*, 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
Sabbadukkha-vināsāya
Parittaṃ brūtha maṅgalaṃ

Vipatti-paṭibāhāya sabba-sampatti-siddhiyā
Sabbabhaya-vināsāya
Parittaṃ brūtha maṅgalaṃ

Vipatti-paṭibāhāya sabba-sampatti-siddhiyā
Sabbaroga-vināsāya
Parittaṃ brūtha maṅgalaṃ

(Bow three times)

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-kāruṇiko nātho* or *Bhavatu sabba-maṅgalaṃ*, which should be kept in mind by the last bhikkhu or *sāmaṇera*.

Before royal ceremonies, the invitation starts with A.

Before the shorter, *djet-damnahn* set of parittas, B. is used and C. is omitted. Before the longer, *sipsong-damnahn* 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 either with E. or F.

(With hands joined in añjali, recite the following)

- A. Sarajjaṃ sasenaṃ sabandhuṃ nar'indaṃ
Paritt'ānubhavo sadā rakkhatū-ti
- B. Pharitvāna mettaṃ samettā bhadantā
Avikkhitta-cittā parittaṃ bhaṇantu
- C. Samantā cakka-vāḷesu
Atr'āgacchantu devatā
- D. Sagge kāme ca rūpe
Giri-sikhara-taṭṭe c'antalikkhe vimāne
Dīpe raṭṭhe ca gāme
Taru-vana-gahane geha-vatthumhi khette
Bhumma c'āyantu devā
Jala-thala-visame yakkha-gandhabba-nāgā
Tiṭṭhantā santike yaṃ
Muni-vara-vacanaṃ sādhave me suṇantu
- E. Dhammassavana-kālo ayam-bhadantā

(Three times, or)

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

4.3 Introductory Chants

4.3.1 Pubba-bhāga-nama-kāra-pāṭho

Namo tassa bhagavato arahato sammā-sambuddhassa

Namo tassa bhagavato arahato sammā-sambuddhassa

Namo tassa bhagavato arahato sammā-sambuddhassa

4.3.2 Saraṇa-gamana-pāṭho

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

4.3.3 Sambuddhe

Sambuddhe aṭṭhavisañca	dvādasañca saḥassake
Pañca-sata-saḥassāni	namāmi sirasā ahaṃ
Tesaṃ dhammañca saṅghañca	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

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-maggaṃ
 Niyyāniko dhamma-dharassa dhārī
 Sāt'āvaho santi-karo suciṇṇo
 Dhammaṃ 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 sayamaṃ santi-niyojako ca
 Svākkhāta-dhammaṃ veditaṃ karoti
 Saṅghaṃ varan-taṃ sirasā namāmi
 Buddhānubuddhaṃ sama-sīla-ditṭhiṃ
 Tan-tejasā te jaya-siddhi hotu
 Sabb'antarāyā ca vināsamentu

Thai

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 sādhuḥkaṃ
 Namo omakātītassa
 Tassa vatthuttayassa-pi
 Namo-kārappabhāvena
 Vigacchantu upaddavā
 Namo-kārānubhāvena
 Suvatthi hotu sabbadā
 Namo-kārassa tejena
 Vidhimhi homi tejavā

Thai

4.4 Core Sequence

4.4.1 Maṅgala-sutta

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

Paṭirūpa-desa-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
 Samañānañ-ca dassanaṃ
 Kālena dhamma-sākacchā
 Etam maṅgalam-uttamaṃ

Tapo ca brahma-cariyañ-ca
 Ariya-saccāna-dassanaṃ
 Nibbāna-sacchikiriyā ca
 Etam maṅgalam-uttamaṃ

Phuṭṭhassa loka-dhammehi
 Cittaṃ yassa na kampati
 Asokaṃ virajaṃ khemaṃ
 Etam maṅgalam-uttamaṃ

Etādisāni katvāna
 Sabbattham-aparājita
 Sabbattha sotthiṃ gacchanti
 Tan-tesaṃ maṅgalam-uttaman'ti

Snp 2.4

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,
 Aho pi sakkacca suṇantu bhāsitaṃ.
 Tasmā hi bhūtā nisāmetha sabbe,
 Mettaṃ karotha mānusiya pajāya.
 Divā ca ratto ca haranti ye baliṃ,
 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 sucim
Samādhim-ānantarikaññam-āhu
Samādhinā tena samo na vijjati
Idam-pi dhamme ratanaṃ paṇītaṃ
Etena saccena suvatthi hotu.
4. Ye puggalā aṭṭha satam pasatṭhā
Cattāri etāni yugāni honti
Te dakkhiṇeyyā sugatassa sāvakā
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 nibbutim 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-paññaṇa 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 cābhiṭṭhānāni abhabbo kātuṃ.
 Idam-pi Saṅghe ratanaṃ paṇītaṃ,
 Etena saccena suvatthi hotu.

Kiñ-cāpi so kammaṃ karoti pāpakaṃ,
 Kāyena vācā uda cetasā vā.
 Abhabbo so tassa paṭicchadāya,

Abhabbatā diṭṭha-padassa vuttā.
Idam-pi Saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Vanappagumbe yathā phussi-t-agge,
Gimhāna-māse paṭhamasmiṃ gimhe.
Tathūpamaṃ dhamma-varaṃ adesayi,
Nibbāna-gāmiṃ paramaṃ hitāya.
Idam-pi Buddhhe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Varo varañ-ñū vara-do var'āharo,
Anuttaro dhamma-varaṃ adesayi.
Idam-pi Buddhhe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

6. Khīṇaṃ purāṇaṃ navaṃ n'atthi sambhavaṃ
Viratta-citt'āyatike bhavasmim
Te khīṇa-bijā avirulhi-chandā
Nibbanti dhīrā yathā'yam padīpo
Idam-pi saṅghe ratanaṃ paṇītaṃ
Etena saccena suvatthi hotu.

Yānīdha bhūtāni samāgatāni,
Bhum māni 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

4.4.3 The Buddha's Words on Loving-Kindness

Karaṇīyam-attha-kusalena
 Yan-taṃ santaṃ padaṃ abhisamecca
 Sakko ujū ca suhujū ca
 Suvaco c'assa mudu anātimānī

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-thūlā

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 puttāṃ
 Āyusā eka-puttam-anurakkhe
 Evam'pi sabba-bhūtesu
 Mānasam-bhāvaye aparimāṇaṃ

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

Etam satim adhiṭṭheyya
Brahmam-etaṃ vihāraṃ idham-āhu

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

Snp 1.8

4.4.4 The Buddha's Words on Loving-Kindness (English)

[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

4.4.5 Khandha-parittam

Virūpakkhehi me mettaṃ
mettaṃ erāpathehi me
Chabyā-puttehi me mettaṃ
mettaṃ kaṇhā-gotamakehi ca
Apādadehi me mettaṃ
mettaṃ dipādadehi 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 pāṇā
sabbe bhūtā ca kevalā
Sabbe bhadraṇi passantu
mā kiñci pāpam-āgamā

Appamāṇo buddho
 appamāṇo dhammo
 appamāṇo saṅgho
 Pamāṇavantāni sirimṣapāni
 ahi-vicchikā sata-padī
 Uṇṇā-nābhī sarabhū mūsikā

 Katā me rakkhā katā me parittā
 paṭikkamantu bhūtāni
 So'haṃ namo bhagavato
 namo sattannaṃ
 sammā-sambuddhānaṃ

AN 2.72-73

4.4.6 Chaddanta-parittam

Vadhissamenanti parāmasanto
 Kāsāvamaddakkhi dhajaṃ isīnaṃ
 Dukkheṇa phuṭṭhassudapādi saññā
 Arahaddhajo sabbhi avajjharūpo

 Sallena viddho byathitopi santo
 Kāsāvavatthamhi manaṃ na dussayi.
 Sace imaṃ nāgavarena saccam,
 Mā maṇ vane bālamigā agaṇchunti.

4.4.7 Mora-parittam

a.m.

Udet'ayañ-cakkhumā eka-rājā,
 Harissa-vaṇṇo paṭhavippabhāso;
 Taṃ taṃ namassāmi harissa-vaṇṇaṃ paṭhavippabhāsaṃ,
 Tay'ajja guttā viharemu divasaṃ.

Ye brāhmaṇā veda-gu sabba-dhamme,
 Te me namo, te ca maṃ pālayantu;
 Nam'atthu Buddhānaṃ, nam'atthu bodhiyā,
 Namo vimuttānaṃ, namo vimuttiyā.
 Imaṃ so parittaṃ katvā,
 Moro carati esanā'ti.

p.m.

Apet'ayañ-cakkhumā eka-rājā,
 Harissa-vaṇṇo paṭhavippabhāso;
 Taṃ taṃ namassāmi harissa-vaṇṇaṃ paṭhavippabhāsaṃ,
 Tay'ajja guttā viharemu rattiṃ.

Ye brāhmaṇā veda-gu sabba-dhamme,
 Te me namo, te ca maṃ pālayantu;
 Nam'atthu Buddhānaṃ, nam'atthu bodhiyā,
 Namo vimuttānaṃ, namo vimuttiyā.
 Imaṃ so parittaṃ katvā,
 Moro vāsam-akappayī'ti.

4.4.8 Vattaka-parittam

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

Cariyapiṭaka vv.319-322

4.4.9 Buddha-dhamma-saṅgha-guṇā

Iti pi so bhagavā arahaṃ sammā-sambuddho
 Vijjā-caraṇa-sampanno sugato loka-vidū
 Anuttaro purisa-damma-sārathi
 Satthā devamanussānaṃ buddho bhagavā'ti
 Svākkhāto bhagavatā dhammo sandiṭṭhiko
 akāliko ehi-passiko opanayiko
 paccattaṃ veditabbo viññūhī'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 puññakkhettaṃ lokassā'ti

4.4.9.1 Araññe rukkha-mūle vā

Araññe rukkha-mūle vā
 Suññāgāre va bhikkhavo
 Anussaretha Sambuddham
 Bhayaṃ tumhāka no siyā.
 No ce Buddham sareyyātha
 Loka-jetṭham nar'āsabham
 Atha dhammaṃ sareyyātha
 Niyyānikaṃ sudesitaṃ.
 No ce dhammaṃ sareyyātha
 Niyyānikaṃ sudesitaṃ
 Atha saṅghaṃ sareyyātha
 Puññakkhettaṃ anuttaram.
 Evam-Buddham sarantānaṃ
 Dhammaṃ saṅghañ-ca bhikkhavo
 Bhayaṃ vā chambhitattaṃ vā
 Loma-haṃso na hessatī-ti.

S.I.219-220

4.4.10 Ātānātiya 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-dukkhāpanūdanaṃ
Ye cāpi nibbutā loke	yathā-bhūtaṃ vipassisuṃ
Te janā apisuṇā	mahantā vīta-sāradā
Hitāṃ deva-manussānaṃ	yaṃ namassanti gotamaṃ
Vijjā-caraṇa-sampannaṃ	mahantaṃ vīta-sāradaṃ
Vijjā-caraṇa-sampannaṃ	buddhaṃ vandāma gotaman'ti

D.III.195-196

4.4.11 Sacca-kiriyā-gāthā

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

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

Natthi me saraṇaṃ aññaṃ 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 sotthi bhavantu te
Yaṅkiñci ratanaṃ loke	vijjati vividhaṃ puthu
Ratanaṃ dhammasamaṃ	natthi tasmā sotthi bhavantu te
Yaṅkiñci ratanaṃ loke	vijjati vividhaṃ puthu
Ratanaṃ saṅghasamaṃ	natthi tasmā sotthi bhavantu te

4.4.13 Sakkatvā buddharatanam

Sakkatvā buddharatanam	osatham uttamaṃ varaṃ
Hitaṃ devamanussānam	buddhatejena sotthinā
Nassantupaddavā sabbe	dukkhā vūpasamentu te
Sakkatvā dhammaratanam	osatham uttamaṃ varaṃ
Parilāhūpasamanam	dhammatejena sotthinā
Nassantupaddavā sabbe	bhayā vūpasamentu te
Sakkatvā saṅgharatanam	osatham uttamaṃ varaṃ
Āhuneyyaṃ pāhuneyyaṃ	saṅghatejena sotthinā
Nassantupaddavā sabbe	rogā vūpasamentu te

The djet-damnahn sequence ends here
and continues with the closing sequence.

4.4.14 Aṅguli-māla-parittam

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

M.II.103

4.4.15 Bojjh'aṅga-parittam

Bojjh'aṅgo sati-saṅkhāto
 Viriyam-pīti-passaddhi
 Samādh'upekkha-bojjh'aṅgā
 Muninā sammad-akkhātā
 Saṃvattanti abhiññāya
 Etena sacca-vajjena
 Ekasmiṃ samaye nātho
 Gilāne dukkhite disvā
 Te ca taṃ abhinanditvā
 Etena sacca-vajjena
 Ekaḍā dhamma-rājā pi
 Cundattherena tañ-ñeva
 Sammoditvā ca ābādhā
 Etena sacca-vajjena
 Pahīnā te ca ābādhā
 Magg'āhata-kilesā va
 Etena sacca-vajjena

dhammānaṃ vicayo tathā
 bojjh'aṅgā ca tathā'pare
 satt'ete sabba-dassinā
 bhāvitā bahulikatā
 nibbānāya ca bodhiyā
 sotthi te hotu sabbadā
 moggallānañ-ca kassapaṃ
 bojjh'aṅge satta desayi
 rogā muccimsu tañ-khaṇe
 sotthi te hotu sabbadā
 gelaññenābhipīlito
 bhaṇāpetvāna sādaraṃ
 tamhā vuṭṭhāsi ṭhānaso
 sotthi te hotu sabbadā
 tiṇṇannam-pi mahesinaṃ
 pattānupatti-dhammataṃ
 sotthi te hotu sabbadā

S.V.80f

4.4.16 Abhaya-parittam

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

Trad.

The sipsong-damnahn sequence ends here
 and continues with the closing sequence.

4.5 Closing Sequence

4.5.1 Devatā-uyyojana-gāthā

Dukkhappattā ca niddukkhā	bhayappattā ca nibbhayā
Sokappattā ca nissokā	hontu sabbe pi pāṇino
Ettāvatā ca amhehi	sambhataṃ puñña-sampadam
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

4.5.2 Jaya-maṅgala-aṭṭha-gāthā

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

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

Nālāgiriṃ gaja-varaṃ atimatta-bhūtaṃ
 Dāv'aggi-cakkam-asanīva 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- mālavantaṃ
 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-ditṭhi-bhujagena sudaṭṭha-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
Mokkhaṃ sukhaṃ adhigameyya naro sapañño

Trad.

4.5.3 Jaya-parittaṃ

Mahā-kāruṇiko nātho
Pūretvā pāramī sabbā
Etena sacca-vajjena
Jayanto bodhiyā mūle
Evaṃ tvaṃ vijayo hohi
Aparājita-pallaṅke
Abhiseke sabba-buddhānaṃ
Sunakkhattaṃ sumaṅgalaṃ
Sukhaṇo sumuhutto ca
Padakkhiṇaṃ kāya-kammaṃ
Padakkhiṇaṃ mano-kammaṃ
Padakkhiṇāni katvāna

hitāya sabba-pāṇinaṃ
patto sambodhim-uttamaṃ
hotu te jaya-maṅgalaṃ
sakyānaṃ nandi-vaḍḍhanaṃ
jayassu jaya-maṅgale
sīse paṭhavi-pokkhare
aggappatto pamodati
supabhātaṃ suhuṭṭhitaṃ
suyiṭṭhaṃ brahma-cārisu
vācā-kammaṃ padakkhiṇaṃ
paṇidhi te padakkhiṇā
labhant'atthe padakkhiṇe

A.I.294

4.5.4 So attha-laddho

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

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)

cf. 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	ahiṃsāya ca guttiyā
Yandesesi mahāvīro	parittan-tam bhaṇāma se.

(If started 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 kāraṇiko	dhammadassī tamonudo
Siddhattho asamo loke	tisso ca vadataṃ 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
 Sabbe buddhā asamasamā
 Sabbe dasabalūpetā
 Sabbe te paṭijānanti
 Sīhanādaṃ nadantete
 Brahmacakkaṃ pavattenti
 Upetā buddhadhammehi
 Dvattiṃsa-lakkhaṇūpetā
 Byāmapabbhāya suppbhā
 Buddhā sabbaññuno ete
 Mahappabhā mahāteja
 Mahākāruṇikā dhīrā
 Dīpā nāthā paṭiṭṭhā
 Gatī bandhū mahassāsā
 Sadevakassa lokassa
 Tesāhaṃ sirasā pāde
 Vacasā manasā ceva
 Sayane āsane ṭhāne
 Sadā sukhena rakkhantu
 Tehi tvaṃ rakkhito santo

anekasatakoṭṭayo
 sabbe buddhā mahiddhikā
 vesārajehupāgatā
 āsabhaṇṭhānamuttamaṃ
 parisāsu visārada
 loke appaṭivattiyaṃ
 aṭṭhārasahi nāyakā
 sītyānubyañjanādharā
 sabbe te munikuñjarā
 sabbe khīṇāsavā jinā
 mahāpaññā mahabbalā
 sabbesānaṃ sukhāvahā
 ca tāṇā leṇā ca pāṇinaṃ
 saraṇā ca hitesino
 sabbe ete parāyaṇā
 vandāmi purisuttame
 vandāmete tathāgate
 gamane cāpi sabbadā
 buddhā santikarā tuvaṃ
 mutto sabbabhayena ca

Sabba-roḡavinimutto
 Sabba-veramatikkanto
 Tesaṃ saccena sīlena
 Tepi tumhe* anurakkhantu
 Puratthimasmiṃ disābhāge
 Tepi tumhe anurakkhantu
 Dakkhiṇasmiṃ disābhāge
 Tepi tumhe anurakkhantu
 Pacchimasmiṃ disābhāge
 Tepi tumhe anurakkhantu
 Uttarasmiṃ disābhāge
 Tepi tumhe anurakkhantu
 Purimadisāṃ dhataratṭho
 Pacchimena virūpakkho
 Cattāro te mahārājā
 Tepi tumhe anurakkhantu
 Ākāsaṭṭhā ca bhummaṭṭhā
 Tepi tumhe anurakkhantu

sabba-santāpavajjito
 nibbuto ca tuvaṃ bhava
 khantimettābalena ca
 ārogyena sukhena ca
 santi bhūtā mahiddhikā
 ārogyena sukhena ca
 santi devā mahiddhikā
 ārogyena sukhena ca
 santi nāgā mahiddhikā
 ārogyena sukhena ca
 santi yakkhā mahiddhikā
 ārogyena sukhena ca
 dakkhiṇena viruḷhako
 kuvero uttaraṃ disāṃ
 lokapālā yasassino
 ārogyena sukhena ca
 devā nāgā mahiddhikā
 ārogyena sukhena ca

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

4.7.1 Natthi me saraṇaṃ aññaṃ

Natthi me saraṇaṃ aññaṃ	buddho me saraṇaṃ varaṃ
Etena saccavajjena	hotu te* jayamaṅgalaṃ
Natthi me saraṇaṃ aññaṃ	dhammo me saraṇaṃ varaṃ
Etena saccavajjena	hotu te jayamaṅgalaṃ
Natthi me saraṇaṃ aññaṃ	saṅgho me saraṇaṃ varaṃ
Etena saccavajjena	hotu te jayamaṅgalaṃ

4.7.2 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

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

4.7.3 Sakkatvā

Sakkatvā buddharatanam	osatham uttamam varam
Hitam devamanussanam	buddhatejena sotthinā
Nassantupaddavā sabbe	dukkhā vūpasamentu te
Sakkatvā dhammaratanam	osatham uttamam varam
Parilāhūpasamanam	dhammatejena sotthinā
Nassantupaddavā sabbe	bhayā vūpasamentu te
Sakkatvā saṅgharatanam	osatham uttamam varam
Āhuneyyam pāhuneyyam	saṅghatejena sotthinā
Nassantupaddavā sabbe	rogā vūpasamentu te

4.7.4 Sabbītiyo vivajjantu

Sabbītiyo vivajjantu	sabbarogo vinassatu
Mā te bhavatvantarāyo	sukhī dīghāyuko bhava
Abhivādanasilissa	niccam vuḍḍhāpacāyino
Cattāro dhammā vaḍḍhanti	āyu vaṇṇo sukham balaṃ

4.8 Pabbatopama-gāthā

Yathā pi selā vipulā	nabhaṃ āhacca pabbatā;
Samantā anupariyeyyaṃ	nippothentā catuddisā;
Evam jarā ca maccu ca	adhivattanti pāṇino;
Khattiye brāhmaṇe vesse	sudde caṇḍāla-pukkuse;
Na kiñci parivajjeti	sabbam-evābhimaddati;
Na tattha hatthīnaṃ bhūmi	na rathānaṃ na pattiyā;
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

4.9 Verses on the Burden

[Handa mayaṃ bhāra-sutta-gāthāyo bhaṇāmasa]

Bhārā have pañcakkhandhā	bhāra-hāro ca puggalo
Bhār'ādānaṃ dukkhaṃ loke	bhāra-nikkhepanaṃ sukhaṃ
Nikkhipitvā garuṃ bhāraṃ	aññaṃ bhāraṃ anādiya
Samūlaṃ taṇhaṃ abbuyha	nicchāto parinibbuto

S.III.26

4.10 True and False Refuges

Bahuṃ ve saraṇaṃ yanti
 Ārāma-rukkha-cetyāni
 N'etaṃ kho saraṇaṃ khemaṃ
 N'etaṃ saraṇaṃ āgama
 Yo ca Buddhañ-ca Dhammañ-ca
 Cattāri ariya-saccāni
 Dukkhaṃ dukkha-samuppādaṃ
 Ariyañ-c'aṭṭh'aṅgikaṃ maggaṃ
 Etaṃ kho saraṇaṃ khemaṃ
 Etaṃ saraṇaṃ āgama

pabbatāni vanāni ca;
 manussā bhaya-tajjitā.
 n'etaṃ saraṇaṃ-uttamaṃ;
 sabba-dukkhā pamuccati.
 saṅghañ-ca saraṇaṃ gato;
 sammappaññāya passati.
 dukkhassa ca atikkamaṃ;
 dukkhūpasama-gāminaṃ.
 etaṃ saraṇaṃ-uttamaṃ;
 sabba-dukkhā pamuccatī-ti.

Dhp 188-192.

4.11 Verses on a Shining Night of Prosperity

[Handa mayaṃ bhadd'eka-ratta-gāthāyo bhaṇāmaṣe]

Atītaṃ nānvāgameyya
 Yad'atītaṃ pahīna-taṃ
 Paccuppannañca yo dhammaṃ
 Asaṃhiraṃ asaṅkappaṃ
 Ajj'eva kiccaṃ-ātappaṃ
 Na hi no saṅgaran-tena

nappaṭikaṅkhe anāgataṃ
 appattañca anāgataṃ
 tattha tattha vipassati
 taṃ viddhāṃ-anubrūhaye
 ko jaññā maraṇaṃ suve
 mahā-senena maccunā

Evam vihārim-ātāpiṃ	aho-rattam-atanditaṃ
Taṃ ve bhadd'eka-ratto'ti	santo ācikkhate muni

M.III.187

4.12 Verses on the Three Characteristics

[Handa mayaṃ ti-lakkhaṇ'ādi-gāthāyo bhaṇāmasa]

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 vippahāya	sukkaṃ bhāvētha paṇḍito
Okā anokam-āgama	viveke yattha dūramaṃ
Tatrābhiratim-iccheyya	hitvā kāme akiñcano
Pariyodapeyya attānaṃ,	citta-klesehi paṇḍito

Yesaṃ sambodhi-y-aṅgesu, sammā cittaṃ subhāvitam
 Ādāna-paṭinissagge, anupādāya ye ratā
 Khīṇ'āsavā jutimanto, te loke parinibbutā-ti.

Dhp 85-89

4.13 Verses on Respect for the Dhamma

[Handa mayaṃ dhamma-gārav'ādi-gāthāyo bhaṇāmase]

Ye ca atītā sambuddhā ye ca buddhā anāgatā
 Yo c'etarahi sambuddho bahunnaṃ soka-nāsano
 Sabbe saddhamma-garuno vihariṃsu viharanti ca
 Atho pi viharissanti esā buddhāna dhammatā
 Tasmā hi atta-kāmena mahattam-abhikaṅkhatā
 Saddhammo garu-kātabbo saraṃ buddhāna sāsanaṃ

S.I.140

Na hi dhammo adhammo ca
 Ubho sama-vipākino
 Adhammo nirayaṃ neti
 Dhammo pāpeti suggatiṃ

Dhammo have rakkhati dhamma-cāriṃ
 Dhammo suciṇṇo sukham-āvahāti
 Esānisaṃso dhamme suciṇṇe
 Na duggatiṃ gacchati dhamma-cārī.

Thag 303-304

4.14 Verses on the Buddha's First Exclamation

[Handa mayaṃ paṭhama-buddha-bhāsita-gāthāyo
bhaṇāmaṣe]

Aneka-jāti-saṃsāraṃ	sandhāvissaṃ anibbisaṃ
Gaha-kāraṃ gavesanto	dukkhā jāti punappunaṃ
Gaha-kāraka diṭṭho'si	puna gehaṃ na kāhasi
Sabbā te phāsukā bhaggā	gaha-kūṭaṃ visaṅkhatam
Visaṅkhāra-gataṃ cittaṃ	taṇhānaṃ khayam-ajjhagā

Dhp 153-154

4.15 Arising From a Cause

Ye dhammā hetuppabhavā
Tesaṃ hetuṃ tathāgato āha
Tesaṅca 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

4.16 Nakkhattayakkha

The paritta chanting may be closed with the following:

Nakkhatta-yakkha-bhūtānaṃ	pāpa-ggaha-nivāraṇā
Parittassānubhāvena	hantvā tesāṃ upaddave

(Three times)

5.

ANUMODANĀ

5.1 Just as Rivers

Yathā vāri-vahā pūrā paripūrenti sāgaram
Evam-eva ito dinnaṃ petānaṃ upakappati

*Just as rivers full of water entirely fill up the sea So will what's
here been given bring blessings to departed spirits.*

Khṇ.VII.v8

Icchitaṃ patthitaṃ tumhaṃ khippam-eva samijjhatu
Sabbe pūrentu saṅkappā cando paṇṇaraso yathā
Maṇi jotiraso yathā

*May all your hopes and all your longings come true in no long
time. May all your wishes be fulfilled like on the fifteenth day the
Moon or like a bright and shining gem.*

DhpA.I.198

Sabba-roga-vinimutto sabba-santāpa-vajjito
Sabba-veram-atikkanto nibbuto ca tuvaṃ-bhava

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

Sabb'ītiyo vivajjantu
 sabba-rogo vinassatu
 Mā te bhavatv-antarāyo
 sukhī dīgh'āyuko bhava
 Abhivādana-sīlissa
 niccam vuddhāpacāyino
 Cattāro dhammā vaḍḍhanti
 āyu vaṇṇo sukham balaṃ

Dhp 109

May all misfortunes be avoided, may all illness be dispelled, may you never meet with dangers, may you be happy and live long. For those who are respectful, who always honour the elders, four are the qualities which will increase: Life, beauty, happiness and strength.

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

May every blessing come to be and all good spirits guard you well. Through the power of all Buddhas ... Dhammas ... Saṅghas may you always be at ease.

5.2 Ratanattay'ānubhāv'ādi-gāthā

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

5.3 Bhojana-dānānumodanā

Āyu-do bala-do dhīro	vaṇṇa-do paṭibhāṇa-do;
Sukhassa dātā medhāvī	sukham so adhigacchati.
Āyū datvā balam vaṇṇam	sukhañ-ca paṭibhāṇa-do;
Dīgh'āyu yasavā hoti	yattha yatthūpapajjati-ti.

A.III.42

5.4 Saṅgha-vatthu-gāthā

Dānañ-ca peyya-vajjañ-ca
 Samānattatā ca dhammesu
 Ete kho saṅgahā loke
 Ete ca saṅgahā nāssu
 Labhetha mānaṃ pūjaṃ vā
 Yasmā ca saṅgahā ete
 Tasmā mahattaṃ papponti

attha-cariyā ca yā idha
 tattha tattha yathā'rahaṃ
 rathass'āṇīva yāyato
 na mātā putta-kāraṇā
 pitā vā putta-kāraṇā
 samavekkhanti paṇḍitā
 pāsaṃsā ca bhavanti te-ti.

A.II.32

5.5 Ādiya-sutta-gāthā

Bhuttā bhogā bhaṭā bhaccā
 Uddhaggā dakkhiṇā dinnā
 Upaṭṭhitā sīlavanto
 Yad-atthaṃ bhogam-iccheyya
 So me attho anuppatto
 Etaṃ anussaraṃ macco
 Idh'eva naṃ pasaṃsanti

vitiṇṇā āpadāsu me;
 atho pañca balī katā;
 saññatā brahma-cārino;
 paṇḍito gharam-āvasaṃ;
 kataṃ ananutāpiyaṃ;
 ariya-dhamme ṭhito naro;
 pecca sagge ca pamodatī-ti.

A.III.46

5.6 Maha-maṅgala-cakkavāḷa

Siri-dhiti-mati-tejo-jayasiddhi-mahiddhi-mahāguṇā-parimita-
 puññādhikarassa sabbantarāya-nivāraṇa-samatthassa
 bhagavato arahato sammā-sambuddhassa
 dvattiṃsa-mahā-purisa-lakkhaṇānubhavana
 asītyānubyañjanānubhavana
 aṭṭhuttara-sata-maṅgalānubhavana
 chabbaṇṇa-raṃsiyānubhāvena 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-ññānubhāvena
 dasa-bala-ññānubhāvena
 sabbaññuta-ññānubhāvena
 mettā-karuṇā-muditā-upekkhānubhāvena
 sabba-parittānubhāvena
 ratanattaya-saraṇānubhāvena

tuyhaṃ sabba-roga-sok’upaddava-dukkha-domanass’upāyāsā
 vinassantu
 sabba-antarāyā pi vinassantu
 sabba-saṅkappā tuyhaṃ samijjhantu
 dīghāyutā tuyhaṃ hotu sata-vassa-jīvena samaṅgiko hotu
 sabbadā.

ākāsa-pabbata-vana-bhūmi-gaṅgā-mahāsamuddā ārakkhakā
 devatā sadā tumhe anurakkhantu.

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-sāvaka'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 balaṃ
Siri āyu ca vaṇṇo ca, bhogam vuḍḍhī ca yasavā
Sata-vassā ca āyū ca, jīva-siddhī bhavantu te
Bhavatu sabba-maṅgalam...

5.8 Verses on the Riches of a Noble One

Yassa saddhā tathāgate	acalā supatiṭṭhitā
Sīlañ-ca yassa kalyāṇam	ariya-kantaṃ paṣamsitaṃ
Sanṅhe paśādo yass'atthi	uju-bhūtañ-ca dassanaṃ
Adaliddo-ti taṃ āhu	amoghaṃ tassa jīvitaṃ
Tasmā saddhañ-ca sīlañ-ca	paśādaṃ dhamma-dassanaṃ
Anuyuñjetha medhāvī	saraṃ buddhāna sāsana-ti

5.9 Aggappasāda-sutta-gāthā

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

A.II.35; A.III.36

5.10 Devat'ādissa-dakkhiṇā'numodanā-gāthā

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

Vin.I.229f

5.11 Adāsi-me ādi-gāthā (Tiro-kuḍḍa-kaṇḍaṃ)

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

“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.

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

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've acquired merit that's not small.*

Khp.VII.v10-13

5.12 Kāla-dāna-sutta-gāthā

Kāle dadanti sapaññā	vadaññū vīta-maccharā
Kālena dinnam ariyesu	uju-bhūtesu tādisu
Vip̐pasanna-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-lokasmiṃ	patiṭṭhā honti pāṇinan-ti

A.III.41

5.13 Vihāradāna-gāthā

Sītaṃ uṇhaṃ paṭihanti
 sarimsape ca makase
 Tato vātātapo ghorō
 Leṇatthañ ca sukhatthañ ca
 Vihāradānaṃ saṅghassa
 Tasmā hi paṇḍito poso
 Vihāre kāraye ramme
 Tesam annañ ca pānañ ca
 Dadeyya uju-bhūtesu
 Te tassa dhammaṃ desenti
 Yaṃ so dhammaṃ idhaññāya

tato vālamigāni ca;
 sisire cāpi vuṭṭhiyo.
 sañjāto paṭihaññati.
 jhāyituñ ca vipassituṃ.
 aggam buddhehi vaṇṇitaṃ;
 sampassaṃ attham attano.
 vāsayettha bahu-ssute;
 vattha-senāsanāni ca;
 vippasannena cetasā.
 sabbadukkhāpanūdanaṃ
 parinibbātayanāsavo ti.

6.

FUNERAL CHANTS

6.1 Dhamma-saṅgaṇī-mātikā

Kusalā dhammā.

Akusalā dhammā.

Abyākatā dhammā.

Sukhāya vedanāya sampayuttā dhammā.

Dukkhāya vedanāya sampayuttā dhammā.

Adukkhamasukhāya vedanāya sampayuttā dhammā.

Vipākā dhammā.

Vipāka-dhamma-dhammā.

N'eva vipāka na vipāka-dhamma-dhammā.

Upādinn'upādāniyā dhammā.

Anupādinn'upādāniyā dhammā.

Anupādinnānupādāniyā dhammā.

Saṅkiliṭṭha-saṅkilesikā dhammā.

Asaṅkiliṭṭha-saṅkilesikā dhammā.

Asaṅkiliṭṭhāsaṅkilesikā dhammā.

Savitakka-savicārā dhammā.

Avitakka-vicāra-mattā dhammā.

Avitakkāvicārā dhammā.

Pīti-saha-gatā dhammā.

Sukha-saha-gatā dhammā.

Upekkhā-saha-gatā dhammā.

Dassanena pahātabbā dhammā.

Bhāvanāya pahātabbā dhammā.

N'eva dassanena na bhāvanāya pahātabbā dhammā.

Dassanena pahātabba-hetukā dhammā.

Bhāvanāya pahātabba-hetukā dhammā.

N'eva dassanena na bhāvanāya pahātabba-hetukā dhammā.

Ācaya-gāmino dhammā.

Apacaya-gāmino dhammā.

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

Sekkhā dhammā.

Asekkhā dhammā.

N'eva sekkhā nāsekkhā dhammā.

Parittā dhammā.

Mahaggatā dhammā.

Appamāṇā dhammā.

Paritt'ārammaṇā dhammā.
 Mahaggat'ārammaṇā dhammā.
 Appamāṇ'ārammaṇā dhammā.

Hīnā dhammā.
 Majjhimā dhammā.
 Paṇītā dhammā.

Micchatta-niyatā dhammā.
 Sammatta-niyatā dhammā.
 Aniyatā dhammā.

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

Uppannā dhammā.
 Anuppannā dhammā.
 Uppādinō dhammā.

Atītā dhammā.
 Anāgatā dhammā.
 Paccuppannā dhammā.

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

Ajjhattā dhammā.

Bahiddhā dhammā.

Ajjhatta-bahiddhā dhammā.

Ajjhatt'ārammaṇā dhammā.

Bahiddh'ārammaṇā dhammā.

Ajjhatta-bahiddh'ārammaṇā dhammā.

Sanidassana-sappaṭighā dhammā.

Anidassana-sappaṭighā dhammā.

Anidassanāppaṭighā dhammā.

Dhammasaṅgani 1f

6.2 Dhammasaṅgiṇī

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, tasmिṃ samaye phasso hoti, avikkhepo hoti;

Ye vā pana tasmिṃ samaye aññe pi atthi paṭicca-samuppannā
arūpino dhammā – ime dhammā kusalā.

6.3 Vibhaṅga

Pañca-kkhandhā rūpakkhandho, vedanākkhandho,
saññākkhandho, saṅkhārakkhandho, viññāṇakkhandho.

Tattha katamo rūpakkhandho?

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

6.4 Dhātukathā

Saṅgaho asaṅgaho
saṅgahitena asaṅgahitaṃ
asaṅgahitena saṅgahitaṃ
saṅgahitena saṅgahitaṃ
asaṅgahitena asaṅgahitaṃ
sampayogo vippayogo
sampayuttena vippayuttaṃ ...
vippayuttena sampayuttaṃ asaṅgahitaṃ.

6.5 Puggala-paññati

Cha paññattiyo: khandhapaññatti, āyatanapaññatti,
dhātupaññatti, saccapaññatti, indriyapaññatti,
puggalapaññattīti.

Kittāvatā puggalānaṃ puggalapaññatti?

Samayavimutto, asamayavimutto,
kuppadhammo, akuppadhammo,
parihānadhammo, अपरिहानदधम्मो,
cetanābhabbo, anurakkhaṇābhabbo,
puthujjano, gotrabhū,
bhayūparato, abhayūparato,
bhabbāgamano, abhabbāgamano,
niyato, aniyato,
paṭipannako, phaleṭṭhito, ...
arahā, arahattāya paṭipanno.

6.6 Kathāvatthu

Puggalo upalabbhati saccikaṭṭha-paramatthenāti?

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
saccikaṭṭhaparamatthenā'ti micchā.

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?

6.8 Paṭṭhāna-mātikā-pāṭho

Hetu-paccayo, ārammaṇa-paccayo,
adhipati-paccayo, anantara-paccayo,
samanantara-paccayo, saha-jāta-paccayo,
aññam-añña-paccayo, nissaya-paccayo,
upanissaya-paccayo, pure-jāta-paccayo,
pacchā-jāta-paccayo, āsevana-paccayo,
kamma-paccayo, vipāka-paccayo,
āhāra-paccayo, indriya-paccayo,

jhāna-paccayo, magga-paccayo,
 sampayutta-paccayo, vippayutta-paccayo,
 atthi-paccayo, n'atthi-paccayo,
 vigata-paccayo, avigata-paccayo.

Tika Paṭṭhāna.1

6.9 Vipassanā-bhūmi-pāṭho

Pañcakkhandhā:

Rūpakkhandho, vedanākkhandho, saññākkhandho,
 saṅkhārakkhandho, viññāṇakkhandho.

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.

Aṭṭhārassa 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.

Bā-vīsat'indriyāni:

Cakkhu'ndriyaṃ sot'indriyaṃ ghān'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.

Cattāri ariya-saccāni:

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

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.

Avijjāya tv-eva asesa-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.

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

6.10 Paṃsu-kūla

(For the dead)

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

D.II.157; S.I.6

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

Addhavaṃ jīvitam,
Dhavaṃ maraṇam,
Avassaṃ mayā maritabbaṃ
Maraṇapariyosānaṃ me jīvitam.
Jīvitam m'eva aniyataṃ,
Maraṇam niyataṃ,
Maraṇam niyataṃ.

DhpA.III.170

(For the living)

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

Dhp 41

7.

SUTTAS

7.1 Dhammacakkappavattana Sutta

Solo introduction

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

[Evaṃ me suttaṃ]

Ekam 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, upasamāya, abhiññāya, sambodhāya, nibbānāya saṃvattati.

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

Ayam-eva ariyo aṭṭhaṅgiko maggo seyyathidaṃ:

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

Ayaṃ kho sā, bhikkhave, majjhimā paṭipadā tathāgatena abhisambuddhā cakkhukaraṇī ñāṇakaraṇī, upasamāya, abhiññāya, sambodhāya, nibbānāya saṃvattati.

Idaṃ kho pana, bhikkhave, dukkhaṃ ariya-saccaṃ:

Jātipi dukkhā, jarāpi dukkhā, maranampi dukkhaṃ,
soka-parideva-dukkha-domanass'upāyāsāpi dukkhā, appiyehi
sampayogo dukkho, piyehi vippayogo dukkho, yamp'icchaṃ
na labhati tampi dukkhaṃ, saṅkhittena pañcupādānakkhandā
dukkhā.

Idaṃ kho pana, bhikkhave, dukkha-samudayo ariya-saccaṃ:

Yā'yaṃ taṇhā ponobbhavikā nandi-rāga-sahagatā
tatra-tatrābhinandinī seyyathīdaṃ: kāma-taṇhā,
bhava-taṇhā, vibhava-taṇhā.

Idaṃ kho pana, bhikkhave, dukkha-nirodho ariya-saccaṃ:

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

Idaṃ kho pana, bhikkhave, dukkha-nirodha-gāminī paṭipadā
ariya-saccaṃ:

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

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

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

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

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

Taṃ kho pan'idaṃ dukkhasamudayo ariyasaccaṃ pahātabban'ti me bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

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

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

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

Taṃ kho pan'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-saccan'ti me bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

Taṃ kho pan'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 pan'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 suvisuddhaṃ ahosi, ath'āhaṃ bhikkhave, sadevake loke samārake sabrahmake sassamaṇa-brāhmaṇiyā pajāya sadeva-manussāya anuttaraṃ sammā-sambodhiṃ abhisambuddho paccaññāsim.

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

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

Imasmiṇca pana veyyākaraṇasmiṃ bhaññaṃāne āyasmato
koṇḍaññaṃ virajaṃ vītamalaṃ dhammacakkaṃ 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
lokaṃ'ti.

7.1.1 Bhummānaṃ devānaṃ

Bhummaṇaṃ devānaṃ saddaṃ sutvā, cātummahārājikā devā
saddamanussāvesuṃ...

Cātummahārājikānaṃ devānaṃ saddaṃ sutvā, tāvatiṃsā
devā saddamanussāvesuṃ...

Tāvatiṃsānaṃ 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
ahosī ti.

Dhammacakkappavattana-suttaṃ niṭṭhitaṃ.

7.2 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	vimuccimṣu 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 hidaṃ bhikkhave attā abhavissa, nayidaṃ rūpaṃ ābādhāya saṃvatteyya, labbhetha 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 hidaṃ bhikkhave attā abhaviṣṣa,
 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 abhaviṣṣa,
 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
 abhaviṣṣaṃsu, nayidaṃ saṅkhārā ābādhāya saṃvatteyyuṃ,
 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 ca hidaṃ bhikkhave attā
 abhaviṣṣa, nayidaṃ viññāṇaṃ ābādhāya saṃvatteyya,

labbhetha ca viññāne evaṃ me viññāṇaṃ hotu, evaṃ me viññāṇaṃ mā ahoṣī ti.

Yasmā ca kho bhikkhave viññāṇaṃ anattā, tasmā viññāṇaṃ ābādhāya saṃvattati, na ca labbhati viññāne, 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, esohaṃ'asmi, eso me attā ti. No hetuṃ 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 hetuṃ bhante.

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

Yam panāniccaṃ dukkhaṃ viparināma-dhammaṃ, kallaṃ nu taṃ samanupassituṃ, etaṃ mama, esohaṃ'asmi, eso me attā ti. No hetam bhante.

Taṃ kiṃ maññatha bhikkhave, saṅkhārā niccā vā aniccā vā ti. Aniccā bhante. Yam panāniccaṃ, dukkhaṃ vā taṃ sukhaṃ vā ti. Dukkhaṃ bhante.

Yam panāniccaṃ dukkhaṃ viparināma-dhammaṃ, kallaṃ nu taṃ samanupassituṃ, etaṃ mama, esohaṃ'asmi, eso me attā ti. No hetam bhante.

Taṃ kiṃ maññatha bhikkhave, viññāṇaṃ niccaṃ vā aniccaṃ vā ti. Aniccaṃ bhante. Yam panāniccaṃ, dukkhaṃ vā taṃ sukhaṃ vā ti. Dukkhaṃ bhante.

Yam panāniccaṃ dukkhaṃ viparināma-dhammaṃ, kallaṃ nu taṃ samanupassituṃ etaṃ mama, esohaṃ'asmi, eso me attā ti. No hetam 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 netam mama, nesohaṃ'asmi, na me so attā ti, evametam yathābhūtaṃ sammappaññāya datṭhabbaṃ.

Yā kāci vedanā atītānāgata-paccuppannā ajjhataṭṭhā vā bahiddhā vā oḷārikā vā sukhumā vā hīnā vā paṇīta vā yā dūre santike vā, sabbā vedanā netam mama, nesoham'asmi, na me so attā ti, evametaṃ yathābhūtaṃ sammappaññāya daṭṭhabbam.

Yā kāci saññā atītānāgata-paccuppannā ajjhataṭṭhā vā bahiddhā vā oḷārikā vā sukhumā vā hīnā vā paṇīta vā yā dūre santike vā, sabbā saññā netam mama, nesoham'asmi, na me so attā ti, evametaṃ yathābhūtaṃ sammappaññāya daṭṭhabbam.

Ye keci saṅkhārā atītānāgata-paccuppannā ajjhataṭṭhā vā bahiddhā vā oḷārikā vā sukhumā vā hīnā vā paṇīta vā ye dūre santike vā, sabbe saṅkhārā netam mama, nesoham'asmi, na me so attā ti, evametaṃ yathābhūtaṃ sammappaññāya daṭṭhabbam.

Yaṃ kiñci viññāṇaṃ atītānāgata-paccuppannaṃ ajjhataṃ vā bahiddhā vā oḷārikaṃ vā sukhumaṃ vā hīnaṃ vā paṇītaṃ vā yandūre santike vā, sabbam viññāṇaṃ netam mama, nesoham'asmi, na me so attā ti, evametaṃ yathābhūtaṃ sammappaññāya daṭṭhabbam.

[Evaṃ passaṃ bhikkhave] sutvā ariyasāvako rūpasmim pi nibbindati, vedanāya pi nibbindati, saññāya pi nibbindati, saṅkhāresu pi nibbindati, viññāṇasmim pi nibbindati, nibbindaṃ virajjati, virāgā vimuccati, vimuttasmiṃ vimuttam iti ñāṇaṃ hoti, khīṇa jāti, vusitaṃ brahmacariyaṃ, kataṃ karaṇiyaṃ, nāparaṃ itthattāyā ti pajānāti ti.

[Idam-avoca bhagavā.] Attamanā pañcavaggiyā bhikkhū
bhagavato bhāsitaṃ abhinandunṃ. Imasmiñca pana
veyyākaraṇasmiṃ bhaññamāne pañcavaggiyānaṃ
bhikkhūnaṃ anupādāya āsavehi cittāni vimuccimṣū ti.

Anattalakkhaṇa-suttaṃ niṭṭhitaṃ.

SN 22.59; Vin.I.13f

7.3 Āditta-pariyāya Sutta

Solo introduction

Veneyyadamanopāye	sabbaso pāramiṃ gato
Amoghavacano buddho	abhiññāyānusāsako
Ciṇṇānurūpato cāpi	dhammena vinayaṃ pajāṃ
Ciṇṇāggipāricariyānaṃ	sambojjhārahayoginaṃ
Yamāditṭtapariyāyaṃ	desayanto manoharaṃ
Te sotāro vimocesi	asekkhāya vimuttiyā
Tathevopaparikkhāya	viññūṇaṃ sotumicchataṃ
Dukkhatālakkaṇopāyaṃ	taṃ suttantaṃ bhaṇāma se

[Evaṃ me suttaṃ]

Ekaṃ 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 taṃ pi ādittaṃ. Kena

ādittaṃ. Ādittaṃ rāgagginā dosagginā mohagginā, ādittaṃ

jātiyā jarāmarañena 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, ādittaṃ jātiyā jarāmarañena sokehi paridevehi dukkhehi domanassehi upāyāsehi ādittan'ti vadāmi.

Ghānaṃ ādittaṃ, gandhā ādittā, ghānaviññāṇaṃ ādittaṃ, ghānasamphasso āditto, yampidaṃ ghānasamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tam pi ādittaṃ. Kena ādittaṃ. Ādittaṃ rāgagginā dosagginā mohagginā, ādittaṃ jātiyā jarāmarañena sokehi paridevehi dukkhehi domanassehi upāyāsehi ādittan'ti vadāmi.

Jivhā ādittā, rasā ādittā, jivhāviññāṇaṃ ādittaṃ, jivhāsamphasso āditto, yampidaṃ jivhāsamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tam pi ādittaṃ. Kena ādittaṃ. Ādittaṃ rāgagginā dosagginā mohagginā, ādittaṃ jātiyā jarāmarañena sokehi paridevehi dukkhehi domanassehi upāyāsehi ādittan'ti vadāmi.

Kāyo āditto, phoṭṭhabbā ādittā, kāyaviññāṇaṃ ādittaṃ, kāyasamphasso āditto, yampidaṃ kāyasamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tam pi ādittaṃ. Kena ādittaṃ. Ādittaṃ rāgagginā dosagginā mohagginā, ādittaṃ jātiyā jarāmarañena

sokehi paridevehi dukkhehi domanassehi upāyāsehi ādittan'ti vadāmi.

Mano āditto, dhammā ādittā, manoviññāṇaṃ ādittaṃ, manosamphasso āditto, yampidaṃ manosamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tam pi ādittaṃ. Kena ādittaṃ. Ādittaṃ rāgagginā dosagginā mohagginā, ādittaṃ jātiyā jarāmarañena sokehi paridevehi dukkhehi domanassehi upāyāsehi ādittan'ti vadāmi.

[Evaṃ passaṃ bhikkhave] sutvā ariyasāvako cakkhusmiṃ pi nibbindati, rūpesu pi nibbindati, cakkhuviññāṇe pi nibbindati, cakkhusamphassepi nibbindati, yampidaṃ cakkhusamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmिṃ pi nibbindati.

Sotasmiṃ pi nibbindati, saddesu pi nibbindati, sotaviññāṇe pi nibbindati, sotasamphassepi nibbindati, yampidaṃ sotasamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmिṃ pi nibbindati.

Ghānasmiṃ pi nibbindati, gandhesu pi nibbindati, ghānaviññāṇe pi nibbindati, ghānasamphassepi nibbindati, yampidaṃ ghānasamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmिṃ pi nibbindati.

Jivhāya pi nibbindati, rasesu pi nibbindati, jivhāviññāṇe pi nibbindati, jivhāsamphassepi nibbindati, yampidaṃ jivhāsamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmim pi nibbindati.

Kāyasmim pi nibbindati, phoṭṭhabbesu pi nibbindati, kāyaviññāṇe pi nibbindati, kāyasamphassepi nibbindati, yampidaṃ kāyasamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmim pi nibbindati.

Manasmim pi nibbindati, dhammesu pi nibbindati, manoviññāṇe pi nibbindati, manosamphassepi nibbindati, yampidaṃ manosamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmim pi nibbindati.

Nibbindaṃ virajjati, virāgā vimuccati, vimuttasmim, vimuttam iti ñāṇaṃ hoti, khīṇā jāti, vusitaṃ brahmacariyaṃ, kataṃ karaṇīyaṃ, nāparaṃ itthattāyā ti pajānāti ti.

[Idam-avoca bhagavā.] Attamanā te bhikkhū bhagavato bhāsitaṃ abhinandaṃ. Imasmiṃca pana veyyākaraṇasmim bhaññamāne tassa bhikkhu-sahassassa anupādāya āsavehi cittāni vimuccim sū ti.

Ādittapariyāya-suttaṃ niṭṭhitaṃ.

7.4 Ānāpānassati Sutta

[Handa mayam ānāpānassati-sutta-pāṭhaṃ bhaṇāmaṣe]

Ānāpānassati bhikkhave bhāvitā bahulikatā

Mahapphalā hoti mahānisaṃsā

Ānāpānassati bhikkhave bhāvitā bahulikatā

Cattāro satipaṭṭhāne paripūreti

Cattāro satipaṭṭhānā bhāvitā bahulikatā

Satta-bojjhaṅge paripūrenti

Satta-bojjhaṅgā bhāvitā bahulikatā

Vijjā-vimuttiṃ paripūrenti

Kathaṃ bhāvitā ca bhikkhave ānāpānassati kathaṃ bahulikatā

Mahapphalā hoti mahānisaṃsā

Idha bhikkhave bhikkhu

Arañña-gato vā

Rukkha-mūla-gato vā

Suññāgāra-gato vā

Nisīdati pallaṅkaṃ ābhujitvā

Ujjuṃ kāyaṃ paṇidhāya parimukhaṃ satiṃ 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-kāya-paṭisaṃvedī assasissāmi'ti sikkhati

Sabba-kāya-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 citta-saṅkhāraṃ assasissāmi'ti sikkhati

Passambhayaṃ citta-saṅkhāraṃ passasissāmi'ti sikkhati

Citta-paṭisaṃvedī assasissāmi'ti sikkhati

Citta-paṭisaṃvedī passasissāmī'ti sikkhati
 Abhippamodayaṃ cittaṃ assasissāmī'ti sikkhati
 Abhippamodayaṃ cittaṃ passasissāmī'ti sikkhati
 Samādahaṃ cittaṃ assasissāmī'ti sikkhati
 Samādahaṃ cittaṃ passasissāmī'ti sikkhati
 Vimocayaṃ cittaṃ assasissāmī'ti sikkhati
 Vimocayaṃ cittaṃ passasissāmī'ti sikkhati
 Aniccānupassī assasissāmī'ti sikkhati
 Aniccānupassī passasissāmī'ti sikkhati
 Virāgānupassī assasissāmī'ti sikkhati
 Virāgānupassī passasissāmī'ti sikkhati
 Nirodhānupassī assasissāmī'ti sikkhati
 Nirodhānupassī passasissāmī'ti sikkhati
 Paṭinissaggānupassī assasissāmī'ti sikkhati
 Paṭinissaggānupassī passasissāmī'ti sikkhati
 Evaṃ bhāvitā kho bhikkhave ānāpānassati evaṃ bahulikatā
 Mahapphalā hoti mahānisaṃsā'ti

8.

PĀṬIMOKKHA CHANTS

8.1 Verses on the Training Code

[Handa mayaṃ ovāda-pāṭimokkha-gāthāyo bhaṇāmasa]

Sabba-pāpassa akaraṇaṃ
Kusalassūpasampadā
Sacitta-pariyodapanam
Etaṃ buddhāna sāsanaṃ
Khantī paramaṃ tapo titikkhā
Nibbānaṃ paramaṃ vadanti buddhā
Na hi pabbajito parūpaghātī
Samaṇo hoti paraṃ viheṭṭhayanto
Anūpavādo anūpaghāto
Pāṭimokkhe ca saṃvaro
Mattaññutā ca bhattachariyaṃ
Pantañca sayan'āsanaṃ
Adhicitta ca āyogo
Etaṃ buddhāna sāsanaṃ

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-pāṭho Uposath'āvasāne Sajjhāyitabbo

[Handa mayaṃ sīl'uddesa-pāṭho 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.

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.’

Tasmā-tih’amhehi sikkhitabbaṃ,
Sampanna-sīlā viharissāma sampannapāṭimokkhā,
Pāṭimokkha-saṃvara-saṃvutā viharissāma
ācāra-gocara-sampannā,
Aṇu-mattesu vajjesu bhaya-dassāvī
samādāya sikkhissāma sikkhāpadesū-ti,
Evañ hi no sikkhitabbaṃ.

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.

cf. D.I.63; D.III.266f

8.4 The Verses of Tāyana

[Handa mayaṃ tāyana-gāthāyo bhaṇāmasa]

Chinda sotam parakkamma	kāme panūda brāhmaṇa
Nappahāya muni kāme	n'ekattam-upapajjati
Kayirā ce kayirāthenaṃ	daḷham-enam parakkame
Sithilo hi paribbājo	bhiyyo ākirate rajaṃ

Exert yourself and cut the stream.

Discard sense-pleasures, Holy Man;

Not letting sensual pleasures go,

A sage will not reach unity. 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
Kuso yathā duggahito	hattham-evānukantati
Sāmaññaṃ dupparāmaṭṭhaṃ	nirayāyūpakaḍḍhati
Yaṃ kiñci sithilaṃ kammaṃ	saṅkiliṭṭhañca yaṃ vataṃ
Saṅkassaraṃ brahma-cariyaṃ	na taṃ hoti mahapphalan'ti

*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.
 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.
 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,
 Tesu ca sāmaṇerehi sikkhituṃ:

*Ten novice training rules
 were established by the Blessed One.
 They are the things in which a novice should train*

Pāṇātipātā veramaṇī,
 Adinn'ādānā veramaṇī,
 Abrahma-cariyā veramaṇī,
 Musā-vādā veramaṇī,
 Surā-meraya-majja-pamādaṭṭhānā veramaṇī,
 Vikāla-bhojanā veramaṇī,
 Nacca-gīta-vādita-visūka-dassanā veramaṇī,
 Mālā-gandha-vilepana-dhāraṇa-
 maṇḍana-vibhūsanatṭhānā veramaṇī,
 Uccā-sayana-mahā-sayanā veramaṇī,
 Jāta-rūpa-rajata-paṭiggahaṇā veramaṇī-ti.

Abstaining from killing living beings
Abstaining from taking what is not given
Abstaining from unchastity
Abstaining from false speech
Abstaining from intoxicants that dull the mind
Abstaining from eating at the wrong time
Abstaining from dancing, singing, music and watching shows
Abstaining from perfumes, beautification and adornment
Abstaining from lying on high or luxurious beds
Abstaining from using gold, silver or money.

Anuññāsi kho Bhagavā,
 Dasahi aṅgehi samannāgataṃ sāmaṇeraṃ nāsetuṃ.
 Katamehi dasahi?

*Ten grounds for a novice to be dismissed
 were established by the Blessed One.
 What are these ten?*

Pāṇātipātī hoti,
 Adinn'ādāyī hoti,
 Abrahma-carī hoti,
 Musā-vādī hoti,
 Majja-pāyī hoti,
 Buddhassa avaṇṇaṃ bhāsati,
 Dhammassa avaṇṇaṃ bhāsati,
 Saṅghassa avaṇṇaṃ bhāsati,
 Micchā-diṭṭhiko hoti,
 Bhikkhunī-dūsako hoti,

*He is a killer of living beings
 He is a taker of what is not given
 He is a practitioner of unchastity
 He is a speaker of falsity
 He is a consumer of intoxicants
 He speaks in dispraise of the Buddha
 He speaks in dispraise of the Dhamma*

*He speaks in dispraise of the Saṅgha
He is a holder of wrong views
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 kātum.
Katamehi pañcahi?

*Five grounds for a novice to be punished
were established by the Blessed One.
What are these five?*

Bhikkhūnaṃ alābhāya parisakkati,
Bhikkhūnaṃ anattāya parisakkati,
Bhikkhūnaṃ anāvāsāya parisakkati,
Bhikkhū akkosati paribhāsati,
Bhikkhū bhikkhūhi bhedetī,

*He strives for the loss of the Bhikkhus
 He strives for the non-benefit of the Bhikkhus
 He strives for the non-residence of the Bhikkhus
 He insults or abuses the Bhikkhus
 He causes a split between the Bhikkhus*

Anuññāsi kho Bhagavā,
 Imehi pañcahi aṅgehi samannāgatassa
 sāmaṇerassa daṇḍa-kammaṃ kātun-ti.

*These are the ten grounds for a novice to be punished
 that were established by the Blessed One.*

Vin.I.84

PART II

VINAYA NOTES

‘And even, oh bhikkhus, as the great ocean is stable and does not overflow its banks, even so, oh bhikkhus, whatever training rule has been laid down by me for sāvakā, they will not transgress it even for life’s sake.’

Ud 5.5

9.

GUIDELINES

9.1 The Ten Reasons for the Establishing of 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 wellbehaved bhikkhus;
5. for the restraint of the āsavā in this present state;
6. for protection against the āsavā 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

9.2 The 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

9.3 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

10.

REQUISITES

10.1 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.’

cf. Vin.IV.120

10.2 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-colaṃ (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)

10.3 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 ‘saṅghāṭiṃ’.

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.

10.4 Vikappana (Sharing Ownership)

There are varied practices about sharing ownership. Here are the most common ways.

10.4.1 Generally Addressing the Recipient

In the presence of the receiving bhikkhu, and with the article within forearm’s length:

‘Imaṃ cīvaram tuyhaṃ vikappemi.’

‘I share this robe with you.’

‘Imāni cīvarāni tuyhaṃ vikappemi.’

‘... *these robes ...*’

‘Imaṃ pattaṃ 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’ → ‘tumahākaṃ’

When the article is beyond forearm’s length:

‘imaṃ’ → ‘etaṃ’;

‘imāni’ → ‘etāni’;

‘ime’ → ‘ete’

Vin.IV.122

10.4.2 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. 10.4.1 above.

When the item is beyond forearm’s length substitute as in sec. 10.4.1 above.

Vin.IV.122

10.4.3 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 tesaṃ dammi.’ *‘I give it to them.’*

or

‘Ahaṃ uttarassa bhikkhuno ca tissassa sāmaṇerassa dammi.’

‘*I give it to Bhikkhu Uttarro and Sāmaṇera Tisso.*’

Vin.IV.122

To share a bowl: ‘cīvaraṃ’ → ‘pattaṃ’

If more than one article is to be shared substitute the plural form as in sec.10.4.1 above.

When the item is beyond forearm’s length substitute as in sec.10.4.1 above.

10.5 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 karoḥi.’

‘This robe of mine: you may use it, give it away, or do as you wish with it.’

cf. 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’

‘karoḥi’ → ‘karoṭha’

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. 10.4.3), the witness says:

‘Tesaṃ santakaṃ 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. 10.4.1 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.

11.

OFFENCES

11.1 Āpatti-paṭidesanā (Confession of Offences)

11.1.1 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).

11.1.2 Four conditions for exemption from āpatti

A bhikkhu who is (1) insane, (2) delirious, (3) suffering intense pain, or (4) the original perpetrator.

11.1.3 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).

11.1.4 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

The more junior bhikkhu confesses first, going through the different offence classes. Then the senior bhikkhu does likewise:

SAB: Senior Acknowledging Bhikkhu

JCB: Junior Confessing Bhikkhu

JCB: *Āhaṃ bhante sambahulā nānā-vatthukāyo thullacca yā yo āpattiyo āpanno tā paṭidesemi.*

I, ven. sir, having many times fallen into grave offences with different bases, these I confess.

SAB: *Passasi āvuso?*

Do you see, friend?

JCB: *Āma bhante passāmi.*

Yes, ven. sir, I see.

SAB: Āyatiṃ āvuso saṃvareyyāsi.

In future, friend, you should be restrained.

JCB: Sādhu suṭṭhu bhante saṃvarissāmi. (×3)

It is well indeed, ven. sir. I shall be restrained.

SCB: Āhaṃ āvuso sambahulā nānā-vatthukāyo thullacca yā yo
āpattiyo āpanno tā paṭidesemi.

*I, friend, having many times fallen into grave offences with different
bases, these I confess.*

JAB: Passatha bhante?

Do you see, ven. sir?

SCB: Āma āvuso passāmi.

Yes, friend, I see.

JAB: Āyatiṃ bhante saṃvareyyātha

In future, ven. sir, you should be restrained.

SCB: Sādhu suṭṭhu āvuso saṃvarissāmi. (×3)

It is well indeed, friend. I shall be restrained.

This formula is repeated replacing ‘thullacca yā yo’ 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 *thullacca yā yo āpattiyo āpanno* tā paṭidesemi.’

→ ‘Ekaṃ *thullacca yaṃ āpattiṃ āpanno taṃ paṭidesemi.*’

Replace, as appropriate, ‘*thullaccayaṃ*’ with ‘*pācittiyaṃ*’, ‘*dukkaṭaṃ*’, ‘*dubbhāsitaṃ*’.

11.2 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.11.1.4 above.

However, before confessing, the article in question must be forfeited to another bhikkhu or to a Sangha. Vin.III.196f

11.2.1 Nissaggiya Pācittiya 1 (‘extra robe’)

On the eleventh dawn of keeping one ‘extrarobe’, 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’ (this) → ‘etaṃ’ (that)

‘imāhaṃ’ → ‘etāhaṃ’

‘imāni’ (these) → ‘etāni’ (those)

‘imānāhaṃ’ → ‘etānāhaṃ’

Vin.III.197

11.2.2 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.

11.2.3 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)

11.2.4 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.’

11.2.5 Nissaggiya Pācittiya 6 ('asked for')

‘Idaṃ me bhante cīvaraṃ aññātaṃ gahapatikaṃ 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 aññātaṃ gahapatikaṃ aññatra samayā viññāpitāni nissaggiyāni. Imānāhaṃ āyasmato nissajjāmi.’

11.2.6 Nissaggiya Pācittiya 7 ('beyond limit')

‘Idaṃ me bhante cīvaraṃ aññātaṃ gahapatikaṃ 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’uttariṃ viññāpitāni nissaggiyāni. Imānāhaṃ āyasmato
nissajjāmi.’

11.2.7 Nissaggiya Pācittiya 8 (‘instructing’)

‘Idaṃ me bhante cīvaraṃ pubbe appavārito aññātakam
gahapatikam upasaṃkamitvā cīvare vikappaṃ āpannam
nissaggiyaṃ. Imāhaṃ 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

11.2.8 Nissaggiya Pācittiya 9 (‘instructing’)

For a robe (robe-cloth) received after making instructions to
two or more householders. Use formula of sec.11.2.7 above
but change:

‘aññātakam gahapatikam’ → ‘aññātake gahapatike’

For returning the robe(s) see sec.11.2.2 above.

Vin.III.219

11.2.9 Nissaggiya Pācittiya 10 ('reminding')

‘Idaṃ me bhante cīvaraṃ atireka-tikkhattuṃ codanāya
atireka-chakkhattuṃ ṭhānena abhinipphāditaṃ nissaggiyaṃ,
imāhaṃ āyasmato nissajjāmi.’

*‘This robe, ven. sir, which has been effected/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

11.2.10 Nissaggiya Pācittiya 18 ('gold and silver')

‘Ahaṃ bhante rūpiyaṃ paṭiggahesiṃ. 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

11.2.11 Nissaggiya Pācittiya 19 ('monetary exchange')

‘Ahaṃ bhante nānappakāraṃ rūpiyaṣaṃvohāraṃ 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 Saṅgha only.

Vin.III.240

11.2.12 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 Saṅgha: ‘āyasmato’ → ‘saṅghassa’

If forfeiting to a group of bhikkhus:

‘āyasmato’ → ‘āyasmantānaṃ’

11.2.13 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 pattaṃ āyasmato dammi.'

'I give this bowl to you.'

Vin.III.243-244

11.2.14 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

11.2.15 Nissaggiya Pācittiya 23 ('kept medicines')

'Idaṃ me bhante bhesajjaṃ sattāhātikkantaṃ nissaggiyaṃ. Imāhaṃ āyasmato nissajjāmi.'

'This medicine, ven. sir, which has been passed beyond the seven-day (limit), is to be forfeited by me: I forfeit it to you.'

Medicine can be returned, but not for consumption:

‘Imaṃ bhesajjaṃ āyasmato dammi.’

‘I give this medicine to you.’

Vin.III.251

11.2.16 Nissaggiya Pācittiya 25 (‘snatched back’)

‘Idaṃ me bhante cīvaraṃ bhikkhussa sāmaṃ datvā
acchinnaṃ 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

11.2.17 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

11.2.18 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

11.2.19 Nissaggiya Pācittiya 30

‘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

11.3 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*. 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.

12.

UPOSATHA

12.1 Pārisuddhi-uposatha (Purity Uposatha)

12.1.1 Pārisuddhi Before Sangha

Declaring one's purity before the Sangha:

‘Parisuddho ahaṃ bhante, parisuddho’ti maṃ saṅgho dhāretu.’

‘I, ven. sirs, am quite pure May the Saṅgha hold me to be pure.’

Vin.I.120–129

12.1.2 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 Uposatha day, which is a fifteenth (day of the fortnight) one. 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’

12.1.3 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’

12.1.4 Adhitthānuposatha (For a lone bhikkhu)

For a bhikkhu staying alone on the Uposatha day. After the Preliminary duties, he then determines:

‘Ajjā me uposatho.’

‘Today is an Uposatha day for me.’

12.2 Sick Bhikkhus12.2.1 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’

12.2.2 Sending Consent (Chanda)

(a) The sick bhikkhu sends his consent to the saṅghākamma:

‘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’ mayhaṃ chandaṃ adāsi, tassa
chando mayā āhaṭṭo, 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’

12.2.3 Pārisuddhi + Chanda

When both purity and consent are conveyed to the Sangha:

‘Uttaro bhante bhikkhu gilāno mayhaṃ chandañca pārisuddhiñca adāsi, tassa chando ca pārisuddhi ca mayā āhaṭā, 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.

RAINS AND KATHINA

13.1 Khamāpana-kammaṃ (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 dependents kneel on toes before the Ācariya, the most senior dependent (SD) in front, with the offering tray to his side.

(Bow three times, and start chanting in a bowed posture.)

SD bhikkhu may prompt the chanting, then all dependents chanting together.

SD: Na–

All: ‘Namo tassa...’ (×3)

SD picks up the and holds the tray, still in bowed posture.

SD: Ā-

All: 'Āyasmante pamādena, dvārattayena kataṃ,
sabbam aparādham khamatu no bhante.'

(*'Forgive us, ven. sir, for all wrong-doing done carelessly to the ven. one by way of the three doors.'*)

SD offers the tray to the Ācariya.

The Ācariya:

'Ahaṃ khamāmi, tumhehi pi me khamitabbaṃ.'

'I forgive you. You should also forgive me.'

The bhikkhus: 'Khamāma bhante.'

'We forgive you, ven. sir.'

Then the bhikkhus may bow while the Ācariya gives his blessing.

At the end of the blessing the bhikkhus, while still bowing, respond:

All: 'Sādhu bhante.'

For senior bhikkhus 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.181.

When one bhikkhu asks for forgiveness:

‘no’	→	‘me’
‘tumhehi pi’	→	‘tayā pi’
‘khamāma’	→	‘khamāmi’

13.2 Vassāvāso (Rains-residence)

The Rains begins the day after the full-moon day of July; if July has two full moons, it begins after the second full moon. During this time bhikkhus must live in a *kuṭi* with a lockable door.

13.2.1 Entering the Rains (Thai tradition)

The boundaries are specified, then all resident bhikkhus:

‘Imasmiṃ 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:

‘Imasmiṃ vihāre imaṃ te-māsaṃ vassaṃ upemi.’ (×3)

‘I enter the Rains in this kuṭi for three months.’

Alternatively:

‘Idha vassaṃ upemi.’ (×3)

‘I enter the Rains here.’

cf. Sp.V.1067

13.2.2 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 gantabbaṃ imasmiṃ 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.’

cf. Vin.I.139

13.2.3 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’.

13.3 Pavāraṇā (Inviting Admonition)

13.3.1 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.’

cf. 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 rank 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:

‘Saṅgham-bhante pavāremi. Diṭṭhena vā sutena vā parisāṅkāya vā, vadantu maṃ āyasmanto anukampaṃ upādāya. Passanto paṭikkarissāmi.

Dutiyam-pi bhante saṅghaṃ pavāremi. Diṭṭhena vā sutena vā parisāṅkāya vā, vadantu maṃ āyasmanto anukampaṃ upādāya. Passanto paṭikkarissāmi.

Tatiyam-pi bhante saṅghaṃ pavāremi Diṭṭhena vā sutena vā parisāṅkāya 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:

‘Saṅgham-bhante’ → ‘Saṅghaṃ āvuso’

‘Dutiyam-pi bhante’ → ‘Dutiyam-pi āvuso’

‘Tatiyam-pi bhante’ → ‘Tatiyam-pi āvuso’

13.3.2 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 pavāraṇā to each other.’

cf. 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’

13.3.3 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 paṭikkarissāmi.

Dutiyam-pi bhante āyasmantaṃ pavāremi. Diṭṭhena vā sutena vā parisaṅkāya vā, Vadatu maṃ āyasmā anukampaṃ upādāya, Passanto paṭikkarissāmi.

Tatīyam-pi bhante āyasmantaṃ pavāremi. Diṭṭhena vā sutena vā parisaṅkāya vā, Vadatu maṃ āyasmā anukampaṃ upādāya, Passanto paṭikkarissāmi.’

For the senior bhikkhu: ‘bhante’ → ‘āvuso’

cf. Vin.I.163

13.3.4 For one bhikkhu

Preliminary duties, then:

‘Ajjā me pavāraṇā.’

‘Today is my pavāraṇā.’

Vin.I.163

13.3.5 Pavāraṇā by a sick bhikkhu

‘Pavāraṇaṃ dammi, pavāraṇaṃ me hara, mam’atthāya pavārehi.’

‘I give my pavāraṇā. May you convey pavāraṇā for me. May you pavāraṇā 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 pavāraṇā 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

13.4 Kaṭhina

13.4.1 Offering the Kaṭhina (Thai Tradition)

Preliminary consultation of Saṅgha:

The first bhikkhu describes the merits obtained in
acknowledging the making of the kaṭhina robe, and then asks
the Saṅgha whether or not it desires to do so. The bhikkhus
respond by saying in unison:

‘Ākaṅkhāma, bhante.’ (*‘We desire to do so, ven. sir.’*)

The second bhikkhu describes qualities of one worthy of the
kaṭhina-robe, and the bhikkhus respond by remaining silent.

The third bhikkhu nominates the worthy recipient, and the assembly responds:

‘Ruccati bhante’. (*It is pleasing, ven. sir.*)

The fourth bhikkhu makes the formal proposal, and the assembly responds:

‘Sādhu bhante’. (*It is well, ven. sir.*)

Bhikkhus senior to the speaker omit ‘bhante’.

Then two bhikkhus chant the formal motion and announcement.

But cf. Vin.I.254

13.4.2 Procedure to Give the Kathina-cloth

The bhikkhus meet in the Dhamma Hall.

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.13.4.3).

The bhikkhu receiving the robe, in front of everyone relinquishes the robe he will replace, usually a *sabong*.

Then he binds the robe he has received in front of everyone. He leaves the room with one or two bhikkhus, and changes

into the new robe. He returns to the gathered bhikkhus, determines the new robe and determines the *Kaṭhina* by chanting *Spreading the Kaṭhina* (sec.13.4.4).

Together, the other bhikkhus chant their anumodanā (sec.13.4.5).

13.4.3 Kaṭhina Saṅghakamma

In the following, 'Amaro Bhikkhu' is the receiving senior bhikkhu.

Suṇātu me bhante saṅgho. Idaṃ saṅghassa kaṭhina-dussaṃ uppannaṃ. Yadi saṅghassa pattakallaṃ, saṅgho imaṃ kaṭhina-dussaṃ āyasmato Amarassa dadeyya, kaṭhinaṃ attharituṃ. Esā ñatti.

Suṇātu me bhante saṅgho. Idaṃ saṅghassa kaṭhina-dussaṃ uppannaṃ. Saṅgho imaṃ kaṭhina-dussaṃ 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-dussaṃ āyasmato Amarassa, kaṭhinaṃ attharituṃ. Khamati saṅghassa, tasmā tuṇhī. Evam-etam dhārayāmi.

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.

13.4.4 Spreading the Kathina

After the kaṭhina-robe has been sewed and dyed, and the old robe relinquished, the new robe is marked and determined, and then the recipient chants *one* of the following:

‘Namo....’ (×3)

‘Imāya saṅghāṭiyā kaṭhinaṃ attharāmi.’

‘Iminā uttarāsaṅgena kaṭhinaṃ attharāmi.’

‘Iminā antaravāsakena kaṭhinaṃ attharāmi.’

‘By means of this outer robe / upper robe / lower robe I spread the Kaṭhina.’

Sp.V.1109; Pv.XIV.4

13.4.5 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 extend for a further four months.

Vin.III.261

14.

OTHER PROCEDURES

14.1 Nissaya (Dependence)

Taking dependence happens with the whole community before the Rains Retreat and Winter Retreat. It is frequently preceded by *Asking for Forgiveness*, see p.166 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:

‘Sādhū; 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:

‘Sādhū bhante. Ajja-t-agge-dāni thero mayhaṃ bhāro, Aham-pi therassa bhāro.’ (×3)

‘It is good, ven. sir. From this day onwards the Thera will be my burden and I shall be the burden of the Thera.’

Sp.V.977

At the end, bow three times and sit papiap. The Ajahn may offer advice and encouragement in the practice.

14.2 Kappiya-karaṇa (The making allowable)

For fruit or vegetables that can grow again, bhikkhu:

‘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*

14.3 Entering Town after Midday

Leave can be taken in one’s own language, or in Pali:

‘Vikāle gāmappavesanaṃ āpucchāmi.’

‘I take leave to go to the town at the ‘wrong time’. *cf. Kv.140*

14.4 Saṅghadāna-apalokana (Sharing Saṅghadāna)

After *saṅghadāna* is offered, a bhikkhu, other than the *Thera*, kneels and recites:

‘Yagghe bhante saṅgho jānātu.

Ayaṃ paṭhama bhāgo *therassa* pāpuṇāti.

Avasesā bhāgā amhākañc’eva pāpuṇanti.

Bhikkhūnañca sāmaṇerānaṃ gahaṭṭhānaṃ

Te yathāsukhaṃ paribhuñjantu.’ (×3)

‘therassa’ → ‘mahātherassa’

‘May the Saṅgha hear me. The first portion (of this offering) goes to the Elders. The remainder is for the rest of us here.’

The Sangha responds: ‘Sādhu.’

cf. *Sp.VII.1405–1409*

14.5 Paṃsukūla-cīvara (Taking Forest-cloth)

‘Imaṃ paṃsukūla-cīvaraṃ assāmikaṃ mayhaṃ pāpuṇāti.’

‘This rag-robe, which is ownerless, has reached me.’

14.6 Desanā

14.6.1 Requesting permission

(a) To speak on Vinaya

After bowing three times, with hands joined in añjali, addressing the senior bhikkhu:

‘Okāsaṃ me bhante thero detu vinaya-kathaṃ kathetuṃ.’

‘Namo... (×3); Buddhaṃ Dhammaṃ Saṅghaṃ namassāmi.’

‘Vinaya sāsanaṃ āyūti 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, ven. sir.’

cf. Vin.I.113

14.6.2 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.’

‘Namo... (×3); Buddhāṃ Dhammāṃ Saṅghaṃ namassāmi.’

‘Apārutā tesāṃ amatassa dvārā ye sotavantā pamuñcantu saddham.’

‘Ven. sir, please give permission to speak on Dhamma... Open are the doors to the Deathless. May all those who have ears release their faith.’

14.7 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.

14.8 Requesting a Dhamma Talk

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

Brahmā ca lokādhipatī sahampatī

Katañjalī anadhivaraṃ ayācatha

Santīdha sattāpparajakkha-jātikā

Desetu dhammaṃ anukampimaṃ pajam

(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.'*

BV. v1

14.9 Acknowledging the Teaching

One person:

*Handa mayaṃ dhammakathāya sādhu-kāraṃ dadāmaṃ.
Now let us express our approval of this Dhamma Teaching.*

Response:

*'Sādhu, sādhu, sādhu, anumodāmi.'
It is well, I appreciate it.*

14.9.1 After the talk on Vinaya or Dhamma

*'Ayaṃ dhammā- / vinayā- / dhammavinayākathā
sādh'āyasmantehi saṃrakketabbāti.'*

*'This talk on Dhamma / Vinaya / Dhammavinaya should be
well-preserved by you, ven. sirs.'*

The senior bhikkhu:

‘Handa mayaṃ ovādā dhammā/ vinayā- / dhammavinayā-kathāya sādhu-kāraṃ dadāmaṣe.’

‘Now let us make the act of acknowledging this Dhamma / Vinaya / Dhammavinaya talk.’

The listeners:

‘Sādhu. Sādhu. Sādhu. Anumodāmi.’

14.9.2 Acknowledging the Teaching

‘Handa mayaṃ dhamma-kathāya/ovādakathāya sādhu-kāraṃ dadāmaṣe.’

‘Now let us express our approval of this Dhamma Teaching.’

If an exhortation:

‘dhamma-kathāya’ → ‘ovāda-kathāya’

Response:

‘Sādhu, Sādhu, Sādhu. Anumodāmi.’

‘It is well, I appreciate it.’

14.10 Requesting Paritta Chanting

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

Vipatti-paṭibāhāya sabba-sampatti-siddhiyā
Sabbadukkha-vināsāya
Parittaṃ brūtha maṅgalaṃ

Vipatti-paṭibāhāya sabba-sampatti-siddhiyā
Sabbabhaya-vināsāya
Parittaṃ brūtha maṅgalaṃ

Vipatti-paṭibāhāya sabba-sampatti-siddhiyā
Sabbaroga-vināsāya
Parittaṃ brūtha maṅgalaṃ

(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.*

14.11 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
Tatiyampi 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

Tatiyaṃpi mayaṃ ayye tisaraṇena saha
pañca sīlāni yācāma

For oneself from a nun

Ahaṃ ayye tisaraṇena saha
pañca sīlāni yācāmi
Dutiyaṃpi ahaṃ ayye tisaraṇena saha
pañca sīlāni yācāmi
Tatiyaṃpi ahaṃ ayye tisaraṇena saha
pañca sīlāni yācāmi

For a group from a layperson

Mayaṃ mitta tisaraṇena saha
pañca sīlāni yācāma
Dutiyaṃpi mayaṃ mitta tisaraṇena saha
pañca sīlāni yācāma
Tatiyaṃpi mayaṃ mitta tisaraṇena saha
pañca sīlāni yācāma

For oneself from a layperson

Ahaṃ mitta tisaraṇena saha
pañca sīlāni yācāmi
Dutiyaṃpi ahaṃ mitta tisaraṇena saha
pañca sīlāni yācāmi
Tatiyaṃpi ahaṃ mitta tisaraṇena saha
pañca sīlāni yācāmi

*We/I, Venerable Sir/Sister/Friend,
request the Three Refuges and the Five Precepts.
For the second time,
we/I, Venerable Sir/Sister/Friend,
request the Three Refuges and the Five Precepts.
For the third time,
we/I, Venerable Sir/Sister/Friend,
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-gamanaṃ niṭṭhitaṃ]
This completes the going to the Three Refuges.

Response:

Āma bhante / Āma ayye / Āma mitta
Yes, Venerable Sir / Sister / Friend.

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. 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 sugatiṃ yanti
Sīlena bhogasampadā
Sīlena nibbutiṃ 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, sādhū, sādhū

(Bow three times)

14.12 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 mayam ayye tisaraṇena saha
aṭṭha sīlāni yācāma

For oneself from a nun

Aham ayye tisaraṇena saha
aṭṭha sīlāni yācāmi
Dutiyampi aham ayye tisaraṇena saha
aṭṭha sīlāni yācāmi
Tatiyampi aham ayye tisaraṇena saha
aṭṭha sīlāni yācāmi

For a group from a layperson

Mayam mitta tisaraṇena saha
aṭṭha sīlāni yācāma
Dutiyampi mayam mitta tisaraṇena saha
aṭṭha sīlāni yācāma
Tatiyampi mayam mitta tisaraṇena saha
aṭṭha sīlāni yācāma

For oneself from a layperson

Aham mitta tisaraṇena saha
aṭṭha sīlāni yācāmi
Dutiyampi aham mitta tisaraṇena saha
aṭṭha sīlāni yācāmi
Tatiyampi aham mitta tisaraṇena saha
aṭṭha sīlāni yācāmi

*We/I, Venerable Sir/Sister/Friend,
request the Three Refuges and the Eight Precepts.
For the second time,
We/I, Venerable Sir/Sister/Friend,
request the Three Refuges and the Eight Precepts.
For the third time,
We/I, Venerable Sir/Sister/Friend,
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...

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 / Āma mitta
 Yes, Venerable Sir / Sister / Friend.

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-vibhūsanatṭhānā 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.

cf. 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 sugatiṃ yanti

Sīlena bhogasampadā

Sīlena nibbutiṃ yanti

Tasmā sīlaṃ 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

The laypeople may chant:

‘Imaṃ aṭṭh’aṅga-samannāgataṃ
buddhapaññattaṃ uposathaṃ, imaṅ-ca rattiṃ
imaṅca divasaṃ, samma-deva abhirakkhituṃ samādiyāmi.’

Leader:

‘Imāni aṭṭha sikkhā-padāni,
ajj’ekaṃ rattin-divaṃ, uposatha (sīla)
vasena sādhuḥkaṃ (katvā appamādena) rakkhitabbāni.’

Response:

‘Āma bhante.’

Leader:

‘Sīlena sugatiṃ yanti,
Sīlena bhoga-sampadā,
Sīlena nibbutiṃ yanti,
Tasmā sīlaṃ visodhaye.’

14.12.1 Asking Forgiveness To 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 assam anāgate.

w. dukkha-nissaraṇass' eva bhāginissaṃ anāgate.

Kāyena vācāya va cetasā vā
buddhe kukammaṃ pakataṃ mayā yaṃ
buddho paṭigghañhātu accayantaṃ
kālantare saṃvarituṃ va buddhe

Kāyena vācāya va cetasā vā
dhamme kukammaṃ pakataṃ mayā yaṃ
dhammo paṭigghañhātu accayantaṃ
kālantare saṃvarituṃ va dhamme

Kāyena vācāya va cetasā vā
 saṅghe kukammaṃ pakataṃ mayā yaṃ
 saṅgho paṭigghaṇhātu accayaṇtaṃ
 kālantare saṃvaritaṃ va saṅghe

14.12.2 Taking Leave

Having undertaken the Eight Precepts, layfollowers may stay overnight. The next morning they will take their leave from the senior monk:

Laypeople:

Handadāni mayaṃ bhante
 āpucchāma bahukiccā bahukaraṇīyā

Senior monk:

‘Yassa dāni tumhe kālaṃ maññatha.’
‘Please do what is appropriate at this time.’

14.13 Disrobing

After the bhikkhus who are to witness the disrobing have assembled, the bhikkhu who will disrobe should first confess his offences. Then, 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.25).

Bow three times.

Chant in Pali and in his own language:

‘Sikkhaṃ 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*.

15.

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 terminology 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, 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 traveled 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, as consuming a mixture can be a *pācittiya* offence.

The mixture takes on the shortest lifetime of the ingredients. The combinations are described in the *Mahāvagga*:

a.	1d juice + food	rec. that morning
		rec. that morning
		→ allowable that morning
b.	7d tonic + food	rec. that morning
		rec. that morning
		→ allowable that morning
c.	lifetime medicine + food	rec. that morning
		rec. that morning
		→ allowable that morning
d.	7d tonic + juice	rec. sometime
		rec. that day
		→ allowable until dawn
e.	lifetime medicine + juice	rec. sometime
		rec. that day
		→ allowable until dawn
f.	lifetime medicine + 7d tonic	rec. sometime
		rec. sometime
		→ allowable for 7 days

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; Da.I.206

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* 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

a as in about

i as in hit

u as in put

Long

ā as in father

ī as in machine

ū as in rule

e as in grey

o as in more

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, ñ as ng in sang

ñ as ny in canyon

v rather softer than the English v; near w

A.0.1 Aspirated consonants

bh ch dh ðh 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 · ṆĀ	MA · HAṆ · ṆA · 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'; '**sukkha**' 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.

DHAMMA QUOTES

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 (Kālāmasutta)

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 Last Words of the Buddha

‘Handadāni bhikkhave āmantayāmi vo, vayadhammā saṅkhārā, appamādena sampādetha’, ayaṃ tathāgatassa pacchimā vācā.

‘Now, take heed bhikkhus, I caution you thus:
 decline-and-disappearance is the nature of all conditions.
 Therefore strive on ceaselessly, discerning and alert!’ These
 are the final words of the Tathāgata.

D.II.156

The Three Cravings and the Four Attachments

Craving for sense-experience, craving for being, craving for non-existence.

Attachment to sensuality, to views, to conduct and custom,
 and attachment to the way of self.

D.III.230; M.I.66

The Three Universal Characteristics of Existence

All conditioned phenomena is subject to change. All
 conditioned phenomena is suffering. All things are not-self.

S.IV.1; Dh.p.vv.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 or change 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 or 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 Pātimokkha; restraint of the senses; restraint as regards talking; love of solitude; cultivation of right views.

A.III.138

The Five Ways of Restraint

Restraint by the Monastic Code of Discipline, by mindfulness, by knowledge, by patience, by energy and effort.

Vism. 7

The Six Attributes of Dhamma

Dhamma is well-expounded by the Awakened One. It is visible here and now, non-temporal, inviting one to come and see, leading onward and inward, directly experientiable 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

Suitable abode, location, speech, companion, food, climate, and posture.

Vism. 127

The Seven Conditions Leading to the Welfare of the Sangha

To hold regular and frequent meetings.

To meet in harmony, to do the duties of the Sangha in harmony, and to disperse in harmony.

To introduce no revolutionary ordinance, break up no established ordinance, but to train oneself in accordance with the prescribed training rules.

To honour and respect those elders of long experience, the fathers and leaders of the Sangha, and to deem them worthy of listening to.

Not to fall under the influence of craving.

To delight in forest dwelling.

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’.

Not to be fond of activities; not to be fond of gossip; not to be fond of sleeping; not to be fond of society; not to have evil desires; not to have evil friends; not to be prematurely satisfied and rest content with early success.

D.II.77-78; A.IV.20-21

The Eight Worldly Conditions (Lokadhammā)

Gain and loss, prominence and obscurity, praise and blame, happiness and suffering.

A.IV.157

The Eight Gifts of a Good Person

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

Generosity; morality; renunciation; wisdom; energy; patience; earnest-truth; determination; loving-kindness; equanimity.

BV.v.6

The Ten Wholesome Courses of Action

To avoid the destruction of life and be anxious for the welfare of all lives.

To avoid taking what belongs to others.

To avoid sexual misconduct.

To avoid lying, not knowingly speaking a lie for the sake of any advantage.

To avoid malicious speech, to unite the discordant, to encourage the united, and to utter speech that makes for harmony.

To avoid harsh language and speak gentle, courteous and agreeable words.

To avoid frivolous talk; to speak at the right time, in accordance with facts, what is useful, moderate and full of sense.

To be without covetousness.

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’.

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 Dhutaṅgā

(1) Wearing rag-robles; (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 latecome 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 Thirty-Eight Highest Blessings

(1) Not to associate with fools; (2) to associate with the wise; (3) to honour those worthy of honour; (4) living in a good environment; (5) having formerly done meritorious deeds; (6) setting oneself in the right course; (7) having extensive learning; (8) having skill and knowledge; (9) being accomplished in discipline; (10) being well-spoken; (11) being supportive of mother and father; (12) cherishing one's children; (13) cherishing one's spouse; (14) having an uncomplicated livelihood; (15) being generous; (16) having right conduct; (17) rendering aid to relatives; (18) behaving blamelessly; (19) abstaining from and avoiding evil; (20) abstaining from intoxicants; (21) persevering in virtue; (22) being respectful; (23) being humble; (24) being content; (25) having gratitude; (26) hearing the Dhamma; (27) being patient; (28) being amenable to correction; (29) seeing monks; (30) discussing the Dhamma; (31) having strenuous self control; (32) living the holy life; (33) seeing the Noble Truths; (34) realizing Nibbana; (35) being unshakable; (36) being free

from sorrow; (37) having a mind undefiled; (38) having a mind which is secure.

Those who have done these things see no defeat and go in safety everywhere: to them these are the highest blessings.

Sn.259–268

The Root of All Things

Rooted in desire, friend, are all things. Born of attention, are all things. Arising from contact, are all things. Converging on feeling are all things. Headed by concentration are all things. Dominated by mindfulness are all things. Surmountable by wisdom are all things. Yielding deliverance as essence are all things. Merging in the Deathless are all things. Terminating in Nibbāna are all things.

When questioned by wanderers, thus you should answer them.

AN 10.58

BIBLIOGRAPHY

TODO



This work is licensed under a Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License.
<https://creativecommons.org/licenses/by-nc-nd/4.0/>

You are free to:

- Share — copy and redistribute the material in any medium or format

The licensor cannot revoke these freedoms as long as you follow the license terms. Under the following terms:

- Attribution — You must give appropriate credit, provide a link to the license, and indicate if changes were made. You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use.
- NonCommercial — You may not use the material for commercial purposes.
- NoDerivatives — If you remix, transform, or build upon the material, you may not distribute the modified material.

No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits.

You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation.

No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material.

Forest Sangha Publications asserts its moral right to be identified as the author of this book.

Forest Sangha Publications requests that you attribute ownership of the work to Forest Sangha Publications on copying, distribution, display or performance of the work.

