

# Chanting Book · Volume Two Suttas, Parittas and Funeral Chanting Pāli and English

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# The Cardinal Suttas

### Setting in Motion the Wheel of Dhamma

#### [SOLO INTRODUCTION]

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

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

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

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

Thus have I heard.

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

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

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

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

### Dhammacakkappavattana Sutta

#### [SOLO INTRODUCTION]

Anuttaram abhisambodhim sambujjhitvā tathāgato Pathamam yam adesesi dhammacakkam anuttaram Sammadeva pavattento loke appativattiyam Yatthākkhātā ubho antā patipatti ca majjhimā visuddham ñānadassanam Catūsvāriyasaccesu Desitam dhammarājena sammāsambodhikittanam Nāmena vissutam suttam dhammacakkappavattanam Veyyākaranapāthena sangītantam bhanāma se

#### Evam me sutam

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

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

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. 'It is just this Noble Eightfold Path, namely:

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

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

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

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

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

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

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

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

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

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

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

Ayam-eva ariyo aṭṭhaṅgiko maggo seyyathīdaṃ:

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.

Idam kho pana, bhikkhave, dukkham ariya-saccam:

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.

Idam kho pana, bhikkhave, dukkha-samudayo ariya-saccam:

Yā'yam tanhā ponobbhavikā nandi-rāga-sahagatā tatra-tatrābhinandinī seyyathīdam: kāma-tanhā, bhava-tanhā, vibhava-tanhā.

Idam kho pana, bhikkhave, dukkha-nirodho ariya-saccam:

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 seyyathīdam: 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.

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

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

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

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

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

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

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

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

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.

Idam dukkha-samudayo ariya-saccan'ti me bhikkhave, pubbe ananussutesu dhammesu cakkhum udapādi, ñāṇam 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.

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

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

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

'So long, bhikkhus, as my knowledge and vision of reality regarding these Four Noble Truths, in their three phases and twelve aspects, was not fully clear to me, I did not declare to the world of spirits, demons, and gods, with its seekers and sages, celestial and human beings, the realization of incomparable, perfect enlightenment.

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

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

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

Idam dukkha-nirodha-gāminī paṭipadā ariya-saccan'ti me bhikkhave, pubbe ananussutesu dhammesu cakkhum udapādi, ñāṇam 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 kīvañca 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 paccaññāsiṃ.

Yato ca kho me bhikkhave, imesu catūsu ariya-saccesu evan-ti-parivaṭṭaṃ dvādas'ākāraṃ yathā-bhūtaṃ ñāṇa-dassanaṃ suvisuddham ahosi, ath'āham bhikkhave, sadevake loke samārake sabrahmake sassamaṇa-brāhmaṇiyā pajāya sadeva-manussāya anuttaraṃ sammā-sambodhiṃ abhisambuddho paccaññāsiṃ.

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

Idam-avoca bhagavā. Attamanā pañcavaggiyā bhikkhū bhagavato bhāsitam abhinandum.

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

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

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

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

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

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

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

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

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

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

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

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

[Pavattite ca bhagavatā] dhammacakke bhummā devā saddamanussāvesum:

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

Bhummānam devānam saddam sutvā, cātummahārājikā devā saddamanussāvesum...

Cātummahārājikānaṃ devānaṃ saddaṃ sutvā, tāvatiṃsā devā saddamanussāvesuṃ...

Tāvatiṃsānaṃ devānaṃ saddaṃ sutvā, yāmā devā saddamanussāvesuṃ...

Yāmānam devānam saddam sutvā, tusitā devā saddamanussāvesum...

Tusitānam devānam saddam sutvā, nimmānaratī devā saddamanussāvesum...

Nimmānaratīnam devānam saddam sutvā, paranimmitavasavattī devā saddamanussāvesum...

Paranimmitavasavattīnam devānam saddam sutvā, brahmakāyikā devā saddamanussāvesum:

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

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

Then the Blessed One made the utterance,

'Truly, Koṇḍañña has understood, Koṇḍañña has understood!' Thus it was that the Venerable Koṇḍañña got the name Aññā-Koṇḍañña: 'Koṇḍañña Who Understands.'

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

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

Atha kho bhagavā udānam udānesi:

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

Dhammacakkappavattana-suttam niṭṭhitam.

#### The Characteristic of Not-Self

#### [SOLO INTRODUCTION]

All beings should take pains to understand the characteristic of not-self, which provides matchless deliverance from self-view and self-perception, as taught by the supreme Buddha. This teaching is given so that those who meditate on experienceable realities may arrive at perfect comprehension; It is for the development of perfect understanding of these phenomena, and for the investigation of all defiled mind-moments.

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

Thus have I heard.

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

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

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

### Anatta-lakkhana Sutta

#### [SOLO INTRODUCTION]

Yantaṃ sattehi dukkhena
Attavādattasaññāṇaṃ
Sambuddho taṃ pakāsesi
Uttariṃ paṭivedhāya
Yantesaṃ diṭṭhadhammānam
Sabbāsavehi cittāni
Tathā ñāṇānussārena
Sādhūnam atthasiddhattham

ñeyyam anattalakkhanam sammadeva vimocanam diṭṭhasaccāna yoginam bhāvetum ñāṇamuttamam ñāṇenupaparikkhatam vimucciṃsu asesato sāsanam kātumicchatam tam suttantam bhanāma se

#### [Evam me sutam]

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

Vedanā anattā, vedanā ca hidaṃ bhikkhave attā abhavissa, nayidaṃ vedanā ābādhāya saṃvatteyya, labbhetha ca vedanāya, evaṃ me vedanā hotu, evaṃ me vedanā mā ahosī ti. Yasmā ca kho bhikkhave vedanā anattā, tasmā vedanā ābādhāya saṃvattati, na ca labbhati vedanāya, evaṃ me vedanā hotu, evaṃ me vedanā mā ahosī ti.

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

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

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

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

'Impermanent, Venerable Sir.'

'But is that which is impermanent painful or pleasurable?'

'Painful, Venerable Sir.'

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

'It is not, Venerable Sir.'

Saññā anattā, saññā ca hidaṃ bhikkhave attā abhavissa, nayidaṃ saññā ābādhāya saṃvatteyya, labbhetha ca saññāya, evaṃ me saññā hotu, evaṃ me saññā mā ahosī ti.

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

Saṅkhārā anattā, saṅkhārā ca hidaṃ bhikkhave attā abhavissaṃsu, nayidaṃ saṅkhārā ābādhāya saṃvatteyyuṃ, labbhetha 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, evam me saṅkhārā mā ahesun ti.

Viññāṇaṃ anattā, viññāṇañca hidaṃ bhikkhave attā abhavissa, nayidaṃ viññānam ābādhāya saṃvatteyya, labbhetha ca viññāne evam me viññānam hotu, evam me viññānam mā ahosī ti.

Yasmā ca kho bhikkhave viññāṇaṃ anattā, tasmā viññāṇaṃ ābādhāya saṃvattati, na ca labbhati viññāne, evaṃ me viññāṇaṃ hotu, evaṃ me viññāṇaṃ mā ahosī ti.

[Taṃ kiṃ maññatha bhikkhave,] rūpam niccaṃ vā aniccaṃ vā ti.

Aniccam bhante.

Yam panāniccam, dukkham vā tam sukham vā ti.

Dukkham bhante.

Yam panāniccaṃ dukkhaṃ viparināma-dhammaṃ, kallaṃ nu taṃ samanupassituṃ, etaṃ mama, esoham'asmi, eso me attā ti.

No hetam bhante.

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

'Impermanent, Venerable Sir.'

'But is that which is impermanent painful or pleasurable?'

'Painful, Venerable Sir.'

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

'It is not, Venerable Sir.'

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

'Impermanent, Venerable Sir.'

'But is that which is impermanent painful or pleasurable?'

'Painful, Venerable Sir.'

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

'It is not, Venerable Sir.'

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

'Impermanent, Venerable Sir.'

'But is that which is impermanent painful or pleasurable?'

'Painful, Venerable Sir.'

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

'It is not, Venerable Sir.'

Tam kim maññatha bhikkhave, vedanā niccā vā aniccā vā ti.

Aniccā bhante.

Yam panāniccam, dukkham vā tam sukham vā ti.

Dukkham bhante.

Yam panāniccam dukkham viparināma-dhammam, kallam nu tam samanupassitum, etam mama, esoham asmi, eso me attā ti.

No hetam bhante.

Taṃ kiṃ maññatha bhikkhave, saññā niccā vā aniccā vā ti.

Aniccā bhante.

Yam panāniccam, dukkham vā tam sukham vā ti.

Dukkham bhante.

Yam panāniccam dukkham viparināma-dhammam, kallam nu tam samanupassitum, etam mama, esoham'asmi, eso me attā ti.

No hetam bhante.

Taṃ kiṃ maññatha bhikkhave, saṅkhārā niccā vā aniccā vā ti.

Aniccā bhante.

Yam panāniccam, dukkham vā tam sukham vā ti.

Dukkham bhante.

Yam panāniccam dukkham viparināma-dhammam, kallam nu tam samanupassitum, etam mama, esoham'asmi, eso me attā ti.

No hetam bhante.

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

'Impermanent, Venerable Sir.'

'But is that which is impermanent painful or pleasurable?'

'Painful, Venerable Sir.'

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

'It is not, Venerable Sir.'

'Wherefore, bhikkhus, whatever form there is, past, future, present, internal or external, gross or subtle, inferior or superior, whether it is far or near, all form should, by means of right wisdom, be seen as it really is, thus: "This is not mine, I am not this, this is not my self."

'Whatever feeling there is, past, future, present, internal or external, gross or subtle, inferior or superior, whether it is far or near, all feeling should, by means of right wisdom, be seen as it really is, thus: "This is not mine, I am not this, this is not my self."

'Whatever perception there is, past, future, present, internal or external, gross or subtle, inferior or superior, whether it is far or near, all feeling should, by means of right wisdom, be seen as it really is, thus: "This is not mine, I am not this, this is not my self."

'Whatever mental formations there are, past, future, present, internal or external, gross or subtle, inferior or superior, whether they are far or near, all mental formations should, by means of right wisdom, be seen as they really are, thus: "This is not mine, I am not this, this is not my self."

Taṃ kiṃ maññatha bhikkhave, viññāṇaṃ niccaṃ vā aniccaṃ vā ti.

Aniccam bhante.

Yam panāniccam, dukkham vā tam sukham vā ti.

Dukkham bhante.

Yam panāniccam dukkham viparināma-dhammam, kallam nu tam samanupassitum etam mama, esoham'asmi, eso me attā ti.

No hetam bhante.

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

Yā kāci vedanā atītānāgata-paccuppannā ajjhattā vā bahiddhā vā oļārikā vā sukhumā vā hīnā vā paṇītā vā yā dūre santike vā, sabbā vedanā netaṃ mama, nesoham'asmi, na me so attā ti, evametaṃ yathābhūtaṃ sammappaññāya daṭṭhabbaṃ.

Yā kāci saññā atītānāgata-paccuppannā ajjhattā vā bahiddhā vā oļārikā vā sukhumā vā hīnā vā paṇītā vā yā dūre santike vā, sabbā saññā netaṃ mama, nesoham'asmi, na me so attā ti, evametaṃ yathābhūtaṃ sammappaññāya daṭṭhabbaṃ.

Ye keci sankhārā atītānāgata-paccuppannā ajjhattā vā bahiddhā vā oļārikā vā sukhumā vā hīnā vā paṇītā vā ye dūre santike vā, sabbe sankhārā netaṃ mama, nesoham'asmi, na me so attā ti, evametaṃ yathābhūtaṃ sammappaññāya daṭṭhabbaṃ.

'Whatever consciousness there is, past, future, present, internal or external, gross or subtle, inferior or superior, whether far or near, all consciousness should, by means of right wisdom, be seen as it really is, thus: "This is not mine, I am not this, this is not my self."

'Seeing in this way, bhikkhus, the wise noble disciple becomes disenchanted with form, becomes disenchanted with feeling, becomes disenchanted with perception, becomes disenchanted with mental formations, becomes disenchanted with consciousness. Becoming disenchanted, their passions fade away; with the fading of passion the heart is liberated; with liberation there comes the knowledge: "It is liberated," and they know: "Destroyed is birth, the Holy Life has been lived out, done is what had to be done, there is no more coming into any state of being."

Thus spoke the Blessed One. Delighted, the group of five bhikkhus rejoiced in what the Blessed One had said. Moreover, while this discourse was being delivered, the minds of the five bhikkhus were freed from the defilements, through clinging no more.

Thus ends the discourse on The Characteristic of Not-self.

Yam kiñci viññāṇam atītānāgata-paccuppannam ajjhattam vā bahiddhā vā oļārikam vā sukhumam vā hīnam vā paṇītam vā yandūre santike vā, sabbam viññāṇam netam mama, nesoham'asmi, na me so attā ti, evametam yathābhūtam 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, khīṇā jāti, vusitaṃ brahmacariyaṃ, kataṃ karaṇīyaṃ, nāparaṃ itthattāyā ti pajānātī ti.

[Idam-avoca bhagavā.] Attamanā pañcavaggiyā bhikkhū bhagavato bhāsitam abhinandum. Imasmiñca pana veyyākaraṇasmim bhaññamāne pañcavaggiyānam bhikkhūnam anupādāya āsavehi cittāni vimucciṃsū ti.

Anattalakkhaṇa-suttaṃ niṭṭhitaṃ.

#### The Fire Sermon

#### [SOLO INTRODUCTION]

With his skill in training the trainable, the All-transcendent Buddha, lucid speaker, teacher of the highest knowledge, He who expounds to the people the Dhamma and Vinaya that is fitting and worthy, teaching with this wonderful parable about fire, meditators of the highest skill;

He has liberated those who listen with the liberation that is utterly complete, through true investigation, with wisdom and attention.

Let us now recite this Sutta which describes the characteristics of dukkha.

Thus have I heard.

At one time the Blessed One was staying near Gayā at Gayā Head together with a thousand bhikkhus. There the Blessed One addressed the bhikkhus thus:

'Bhikkhus, everything is burning. And what, bhikkhus, is everything that is burning?

'The eye, bhikkhus, is burning, forms are burning, eye consciousness is burning, eye contact is burning, the feeling that arises from eye contact, whether it is pleasant, painful, or neutral, that too is burning. With what is it burning? I declare that it is burning with the fires of passion, hatred, and delusion; it is burning with birth, ageing, and death, with sorrow, lamentation, pain, grief, and despair.

'The ear is burning, sounds are burning, ear consciousness is burning, ear contact is burning, the feeling that arises from ear contact, whether it is pleasant, painful, or neutral, that too is burning. With what is it burning? I declare that it is burning with the fires of passion, hatred, and delusion; it is burning with birth, ageing, and death, with sorrow, lamentation, pain, grief, and despair.

## Āditta-pariyāya Sutta

#### [SOLO INTRODUCTION]

Veneyyadamanopāye sabbaso pāramim gato Amoghavacano buddho abhiññāyānusāsako Cinnānurūpato cāpi dhammena vinayam pajam sambojjhārahayoginam Cinnāggipāricariyānam Yamādittapariyāyam desayanto manoharam asekkhāya vimuttiyā Te sotāro vimocesi Tathevopaparikkhāya viññūnam sotumicchatam

Dukkhatālakkhanopāyam tam suttantam bhanāma se

#### Evam me sutam

Ekam samayam bhagavā gayāyam viharati gayāsīse saddhim bhikkhu-sahassena. Tatra kho bhagavā bhikkhū āmantesi:

Sabbam bhikkhave ādittam. Kiñca bhikkhave sabbam ādittam.

Cakkhum bhikkhave ādittam, rūpā ādittā, cakkhuviññānam ādittam, cakkhusamphasso āditto, yampidam cakkhusamphassapaccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā tam pi ādittam. Kena ādittam. Ādittam rāgagginā dosagginā mohagginā, ādittam jātiyā jarāmaranena sokehi paridevehi dukkhehi domanassehi upāyāsehi ādittan'ti vadāmi.

Sotam ādittam, saddā ādittā, sotaviññānam ādittam, sotasamphasso āditto, yampidam sotasamphassapaccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā tam pi ādittam. Kena ādittam. Ādittam rāgagginā dosagginā mohagginā, ādittam jātiyā jarāmaraņena sokehi paridevehi dukkhehi domanassehi upāyāsehi ādittan'ti vadāmi.

'The nose is burning, odours are burning, nose consciousness is burning, nose contact is burning, the feeling that arises from nose contact, whether it is pleasant, painful, or neutral, that too is burning. With what is it burning? I declare that it is burning with the fires of passion, hatred, and delusion; it is burning with birth, ageing, and death, with sorrow, lamentation, pain, grief, and despair.

'The tongue is burning, tastes are burning, tongue consciousness is burning, tongue contact is burning, the feeling that arises from tongue contact, whether it is pleasant, painful, or neutral, that too is burning. With what is it burning? I declare that it is burning with the fires of passion, hatred, and delusion; it is burning with birth, ageing, and death, with sorrow, lamentation, pain, grief, and despair.

'The body is burning, tangible objects are burning, body consciousness is burning, body contact is burning, the feeling that arises from body contact, whether it is pleasant, painful, or neutral, that too is burning. With what is it burning? I declare that it is burning with the fires of passion, hatred, and delusion; it is burning with birth, ageing, and death, with sorrow, lamentation, pain, grief, and despair.

'The mind is burning, mental states are burning, mind consciousness is burning, mind contact is burning, the feeling that arises through mind contact, whether it is pleasant, painful, or neutral, that too is burning. With what is it burning? I declare that it is burning with the fires of passion, hatred, and delusion; it is burning with birth, ageing, and death, with sorrow, lamentation, pain, grief, and despair.

'Seeing thus, bhikkhus, the wise noble disciple becomes disenchanted with the eye, disenchanted with forms, disenchanted with eye consciousness, disenchanted with eye contact, and the feeling that arises from eye contact — whether it is pleasant, painful, or neutral — that too they become disenchanted with.

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 jarāmaraṇena sokehi paridevehi dukkhehi domanassehi upāyāsehi ādittan'ti vadāmi.

Jivhā adittā, rasā adittā, jivhāviññāṇam adittaṃ, jivhāsamphasso aditto, yampidaṃ jivhāsamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tam pi adittaṃ. Kena adittaṃ. Ādittaṃ rāgagginā dosagginā mohagginā, adittaṃ jātiyā jarāmaraṇena sokehi paridevehi dukkhehi domanassehi upāyāsehi adittan'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 jarāmaraṇena 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 jarāmaraṇena 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 tasmiṃ pi nibbindati. 'They become disenchanted with the ear, disenchanted with sounds, disenchanted with ear consciousness, disenchanted with ear contact, and the feeling that arises from ear contact — whether it is pleasant, painful, or neutral — that too they become disenchanted with.

'They become disenchanted with the nose, disenchanted with odours, disenchanted with nose consciousness, disenchanted with nose contact, and the feeling that arises from nose contact — whether it is pleasant, painful, or neutral — that too they become disenchanted with.

'They become disenchanted with the tongue, disenchanted with tastes, disenchanted with tongue consciousness, disenchanted with tongue contact, and the feeling that arises from tongue contact — whether it is pleasant, painful, or neutral — that too they become disenchanted with.

'They become disenchanted with the body, disenchanted with tangible objects, disenchanted with body consciousness, disenchanted with body contact, and the feeling that arises from body contact — whether it is pleasant, painful, or neutral — that too they become disenchanted with.

'They become disenchanted with the mind, disenchanted with mental states, disenchanted with mind consciousness, disenchanted with mind contact, and the feeling that arises from mind contact — whether it is pleasant, painful, or neutral — that too they become disenchanted with.

'Becoming disenchanted, their passions fade away; with the fading of passion the heart is liberated; with liberation there comes the knowledge: "It is liberated," and they know: "Destroyed is birth, the Holy Life has been lived out, done is what had to be done, there is no more coming into any state of being."'

Thus spoke the Blessed One; delighted, the bhikkhus rejoiced in what the Blessed One had said. Moreover, while this discourse was being uttered, the minds of those thousand bhikkhus were freed from the defilements, without any further attachment.

Thus ends The Fire Sermon.

Sotasmim pi nibbindati, saddesu pi nibbindati, sotaviññāṇe pi nibbindati, sotasamphassepi nibbindati, yampidaṃ sotasamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmiṃ pi nibbindati.

Ghānasmiṃ pi nibbindati, gandhesu pi nibbindati, ghānaviñnāṇe pi nibbindati, ghānasamphassepi nibbindati, yampidaṃ ghānasamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmiṃ pi nibbindati.

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

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

Manasmiṃ pi nibbindati, dhammesu pi nibbindati, manoviññāṇe pi nibbindati, manosamphassepi nibbindati, yampidaṃ manosamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmiṃ pi nibbindati.

Nibbindam virajjati, virāgā vimuccati, vimuttasmim, vimuttam iti ñāṇam hoti, khīṇā jāti, vusitam brahmacariyam, katam karaṇīyam, nāparam itthattāyā ti pajānātī ti.

[Idam-avoca bhagavā.] Attamanā te bhikkhū bhagavato bhāsitaṃ abhinanduṃ. Imasmiñca pana veyyākaraṇasmiṃ bhaññamāne tassa bhikkhu-sahassassa anupādāya āsavehi cittāni vimucciṃsū ti.

Ādittapariyāya-suttam niţţhitam.

# **Parittas**

#### Invitation to the Devas

- A. Pharitvāna mettam samettā bhadantāAvikkhitta-cittā parittam bhanantu
- B. Samantā cakka-vāļesuAtr'āgacchantu devatā

Sagge kāme ca rūpe
Giri-sikhara-taṭe c'antalikkhe vimāne
Dīpe raṭṭhe ca gāme
Taru-vana-gahane geha-vatthumhi khette
Bhummā c'āyantu devā
Jala-thala-visame yakkha-gandhabba-nāgā
Tiṭṭhantā santike yaṃ
Muni-vara-vacanaṃ sādhavo me suṇantu

Dhammassavana-kālo ayam-bhadantā

[THREE TIMES, OR]

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

#### Pubba-bhāga-nama-kāra-pāṭho

Namo tassa bhagavato arahato sammā-sambuddhassa Namo tassa bhagavato arahato sammā-sambuddhassa Namo tassa bhagavato arahato sammā-sambuddhassa

#### Saraṇa-gamana-pāṭho

Buddhaṃ saraṇaṃ gacchāmi Dhammaṃ saraṇaṃ gacchāmi Saṅghaṃ saraṇaṃ gacchāmi

Dutiyam pi buddham saranam gacchāmi Dutiyam pi dhammam saranam gacchāmi Dutiyam pi sangham saranam gacchāmi

Tatiyam pi buddham saranam gacchāmi Tatiyam pi dhammam saranam gacchāmi Tatiyam pi saṅgham saranam gacchāmi

#### 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
Dassesi 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 sayaṃ santi-niyojako ca
Svākkhāta-dhammaṃ viditaṃ karoti
Saṅghaṃ varan-taṃ sirasā namāmi
Buddhānubuddhaṃ sama-sīla-diṭṭhiṃ
Tan-tejasā te jaya-siddhi hotu
Sabb'antarāyā ca vināsamentu

#### Namo-kāra-aṭṭhaka

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

Vidhimhi homi tejavā

#### Ratana-sutta

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

Khayam virāgam amatam paṇītam Yad-ajjhagā sakya-munī samāhito Na tena dhammena sam'atthi kiñci Idam-pi dhamme ratanam paṇītam Etena saccena suvatthi hotu

Yam buddha-seṭṭho parivaṇṇayī suciṃ Samādhim-ānantarikaññam-āhu Samādhinā tena samo na vijjati Idam-pi dhamme ratanaṃ paṇītaṃ Etena saccena suvatthi hotu

Ye puggalā aṭṭha sataṃ pasaṭṭhā
Cattāri etāni yugāni honti
Te dakkhiṇeyyā sugatassa sāvakā
Etesu dinnāni mahapphalāni
Idam-pi saṅghe ratanaṃ paṇītaṃ
Etena saccena suvatthi hotu

Ye suppayuttā manasā daļhena Nikkāmino gotama-sāsanamhi Te patti-pattā amataṃ vigayha Laddhā mudhā nibbutiṃ bhuñjamānā Idam-pi saṅghe ratanaṃ paṇītaṃ Etena saccena suvatthi hotu

Khīṇaṃ purāṇaṃ navaṃ n'atthi sambhavaṃ Viratta-citt'āyatike bhavasmiṃ Te khīṇa-bījā aviruļhi-chandā Nibbanti dhīrā yathā'yam padīpo Idam-pi saṅghe ratanaṃ paṇītaṃ Etena saccena suvatthi hotu

#### Mangala-sutta

Asevanā ca bālānaṃ
Paṇḍitānañ-ca sevanā
Pūjā ca pūjanīyānaṃ

Etam mangalam-uttamam

Pațirūpa-desa-vāso ca

Pubbe ca kata-puññatā

Atta-sammā-paṇidhi ca

Etam maṅgalam-uttamam

Bāhu-saccañ-ca sippañ-ca,

Vinayo ca susikkhito

Subhāsitā ca yā vācā

Etam maṅgalam-uttamaṃ

Mātā-pitu-upatthānam

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 saññamo

Appamādo ca dhammesu

Etam maṅgalam-uttamaṃ

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

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

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

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

Etādisāni katvāna Sabbattham-aparājitā Sabbattha sotthim gacchanti Tan-tesam maṅgalam-uttaman'ti

#### Karanīya-metta-sutta

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

Santussako ca subharo ca Appakicco ca sallahuka-vutti Sant'indriyo ca nipako ca Appagabbho kulesu ananugiddho

Na ca khuddam samācare kiñci Yena viññū pare upavadeyyum 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 niyam puttam Āyusā eka-puttam-anurakkhe Evam'pi sabba-bhūtesu

Mānasam-bhāvaye aparimāṇaṃ

Mettañ-ca sabba-lokasmiṃ Mānasam-bhāvaye aparimāṇaṃ Uddhaṃ adho ca tiriyañ-ca Asambādham averaṃ asapattaṃ

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

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

# Yaṅkiñci ratanaṃ loke

Yankinci ratanam loke vijjati vividham puthu
Ratanam buddha-samam n'atthi tasmā sotthī bhavantu te/me
Yankinci ratanam loke vijjati vividham puthu
Ratanam dhamma-samam n'atthi tasmā sotthī bhavantu te/me
Yankinci ratanam loke vijjati vividham puthu
Ratanam sangha-samam n'atthi tasmā sotthī bhavantu te/me

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#### Sambuddhe

Sambuddhe atthavīsañca Pañca-sata-sahassāni Tesam dhammañca sanghañca Namakārānubhāvena Anekā antarāyāpi Sambuddhe pañca-paññāsañca Dasa-sata-sahassāni Tesam dhammañca sanghañca Namakārānubhāvena Anekā antarāyāpi Sambuddhe navuttarasate Vīsati-sata-sahassāni Tesam dhammañca sanghañca Namakārānubhāvena Anekā antarāyāpi

dvādasañca sahassake namāmi sirasā aham ādarena namāmiham hantvā sabbe upaddave vinassantu asesato catuvīsati sahassake namāmi sirasā aham ādarena namāmiham hantvā sabbe upaddave vinassantu asesato atthacattāļīsa sahassake namāmi sirasā aham ādarena namāmiham hantvā sabbe upaddave vinassantu asesato

#### Khandha-parittam

Virūpakkhehi me mettaṃ
Chabyā-puttehi me mettaṃ
Apādakehi me mettaṃ
Catuppadehi me mettaṃ
Mā maṃ apādako hiṃsi
Mā maṃ catuppado hiṃsi
Sabbe sattā sabbe pāṇā
Sabbe bhadrāni passantu
Appamāṇo buddho
Appamāṇo saṅgho
Ahi-vicchikā sata-padī
Katā me rakkhā katā me parittā
So'haṃ namo bhagavato
Sammā-sambuddhānam

mettaṃ erāpathehi me
mettaṃ kaṇhā-gotamakehi ca
mettaṃ dipādakehi me
mettaṃ bahuppadehi me
mā maṃ hiṃsi dipādako
mā maṃ hiṃsi bahuppado
sabbe bhūtā ca kevalā
mā kiñci pāpam-āgamā
appamāṇo dhammo
pamāṇavantāni siriṃsapāni
uṇṇā-nābhī sarabhū mūsikā
paṭikkamantu bhūtāni
namo sattannaṃ

#### Buddha-dhamma-sangha-gunā

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-idaṃ cattāri purisa-yugāni aṭṭha purisa-puggalā
Esa bhagavato sāvaka-saṅgho
Āhuneyyo pāhuneyyo dakkhiṇeyyo añjali-karaṇīyo
Anuttaraṃ puññakkhettaṃ lokassā'ti

#### Mora-parittam

Udet'ayañ-cakkhumā eka-rājā

Harissa-vanno pathavippabhāso

Tam tam namassāmi

Harissa-vannam pathavippabhāsam

Tay'ajja guttā viharemu divasam

Ye brāhmaṇā vedagu sabba-dhamme

Te me namo te ca mam pālayantu

Nam'atthu buddhānam nam'atthu bodhiyā

Namo vimuttānam namo vimuttiyā

Imam so parittam katvā moro carati esanā ti

Apet'ayañ-cakkhumā eka-rājā

Harissa-vaṇṇo paṭhavippabhāso

Taṃ taṃ namassāmi

Harissa-vannam pathavippabhāsam

Tay'ajja guttā viharemu rattim

Ye brāhmaṇā vedagu sabba-dhamme

Te me namo te ca maṃ pālayantu

Nam'atthu buddhānaṃ nam'atthu bodhiyā

Namo vimuttānam namo vimuttiyā

Imam so parittam katvā moro vāsam-akappayī ti

#### Vaţţaka-parittam

Atthi loke sīla-guņo saccaṃ soceyy'anuddayā

Tena saccena kāhāmi sacca-kiriyam-anuttaram

Āvajjitvā dhamma-balam 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 mayham mahā-pajjalito sikhī

Vajjesi solasa karīsāni udakam patvā yathā sikhī

Saccena me samo n'atthi esā me sacca-pāramī ti

#### Abhaya-parittam

Yan-dunnimittam avamaṅgalañ-ca

Yo cāmanāpo sakuņassa saddo

Pāpaggaho dussupinam akantam

Buddhānubhāvena vināsamentu

Yan-dunnimittam avamangalañ-ca

Yo cāmanāpo sakuņassa saddo

Pāpaggaho dussupinam akantam

Dhammānubhāvena vināsamentu

Yan-dunnimittam avamangalañ-ca

Yo cāmanāpo sakuṇassa saddo

Pāpaggaho dussupinam akantam

Sanghānubhāvena vināsamentu

# Āṭānāṭiya-parittam

Vipassissa nam'atthu cakkhumantassa sirīmato Sikhissa pi nam'atthu sabba-bhūtānukampino Vessabhussa nam'atthu nhātakassa tapassino Nam'atthu kakusandhassa māra-senappamaddino brāhmanassa vusīmato Konāgamanassa nam'atthu Kassapassa nam'atthu vippamuttassa sabbadhi Angīrasassa nam'atthu sakya-puttassa sirīmato Yo imam dhammam-adesesi sabba-dukkhāpanūdanam Ye cāpi nibbutā loke yathā-bhūtam vipassisum mahantā vīta-sāradā Te janā apisuņā Hitam deva-manussānam yam namassanti gotamam Vijjā-caraṇa-sampannam mahantam vīta-sāradam Vijjā-caraṇa-sampannam buddham vandāma gotaman'ti

### Aṅguli-māla-parittaṃ

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

[THREE TIMES]

#### N'atthi me saraṇaṃ aññaṃ

N'atthi me saraṇaṃ aññaṃ
Buddho me saraṇaṃ varaṃ
Etena sacca-vajjena
Hotu te jaya-maṅgalaṃ
N'atthi me saraṇaṃ aññaṃ
Dhammo me saraṇaṃ varaṃ
Etena sacca-vajjena
Hotu te jaya-maṅgalaṃ
N'atthi me saraṇaṃ aññaṃ
Saṅgho me saraṇaṃ varaṃ
Etena sacca-vajjena
Hotu te jaya-maṅgalaṃ

#### Sakkatvā

Sakkatvā buddha-ratanaṃ
Hitaṃ deva-manussānaṃ
Nassant'upaddavā sabbe
Sakkatvā dhamma-ratanaṃ
Pariļāhūpasamanaṃ
Nassant'upaddavā sabbe
Sakkatvā saṅgha-ratanaṃ
Āhuneyyaṃ pāhuneyyaṃ
Nassant'upaddavā sabbe

osatham uttamam varam buddha-tejena sotthinā dukkhā vūpasamentu te/me osatham uttamam varam dhamma-tejena sotthinā bhayā vūpasamentu te/me osatham uttamam varam saṅgha-tejena sotthinā rogā vūpasamentu te/me

### Bojjh'aṅga-parittaṃ

Bojjh'ango sati-sankhāto Viriyam-pīti-passaddhi Samādh'upekkha-bojjh'angā Muninā sammad-akkhātā Samvattanti abhiññāya Etena sacca-vajjena Ekasmim samaye nātho Gilāne dukkhite disvā Te ca tam abhinanditvā Etena sacca-vajjena Ekadā dhamma-rājā pi Cundattherena tañ-ñeva Sammoditvā ca ābādhā Etena sacca-vajjena Pahīnā te ca ābādhā Magg'āhata-kilesā va Etena sacca-vajjena

dhammānam vicayo tathā bojjh'angā ca tathā'pare satt'ete sabba-dassinā bhāvitā bahulīkatā nibbānāya ca bodhiyā sotthi te hotu sabbadā moggallānañ-ca kassapam bojjh'ange satta desayi rogā muccimsu tan-khane sotthi te hotu sabbadā gelaññenābhipīlito bhaṇāpetvāna sādaram tamhā vutthāsi thānaso sotthi te hotu sabbadā tinnannam-pi mahesinam pattānuppatti-dhammatam sotthi te hotu sabbadā

#### Jaya-mangala-attha-gāthā

Bāhuṃ sahassam-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'āļavakam-akkhama-thaddha-yakkhaṃ Khantī-sudanta-vidhinā jitavā mun'indo Tan-tejasā bhavatu te jaya-maṅgalāni

Nāļāgirim gaja-varam atimatta-bhūtam Dāv'aggi-cakkam-asanīva sudāruņan-tam Mett'ambu-seka-vidhinā jitavā mun'indo Tan-tejasā bhavatu te jaya-maṅgalāni

Ukkhitta-khaggam-atihattha-sudāruṇan-taṃ Dhāvan-ti-yojana-path'aṅguli- mālavantaṃ Iddhī'bhisaṅkhata-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

Saccam vihāya-mati-saccaka-vāda-ketum Vādābhiropita-manam ati-andha-bhūtam Paññā-padīpa-jalito jitavā mun'indo Tan-tejasā bhavatu te jaya-maṅgalāni Nandopananda-bhujagaṃ vibudhaṃ mah'iddhiṃ Puttena thera-bhujagena damāpayanto Iddhūpadesa-vidhinā jitavā mun'indo Tan-tejasā bhavatu te jaya-maṅgalāni

Duggāha-diṭṭhi-bhujagena 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

## Devatā-uyyojana-gāthā

Dukkhappattā ca niddukkhā bhayappattā ca nibbhayā Sokappattā ca nissokā hontu sabbe pi pāṇino Ettāvatā ca amhehi sambhatam puñña-sampadam Sabbe devānumodantu sabba-sampatti-siddhiyā Dānam dadantu saddhāya sīlam rakkhantu sabbadā Bhāvanābhiratā hontu gacchantu devatā-gatā [Sabbe buddhā] balappattā paccekānañ-ca yam balam rakkham bandhāmi sabbaso Arahantānañ-ca tejena

#### Jaya-parittam

Mahā-kāruniko nātho

Hitāya sabba-pāṇinaṃ

Pūretvā pāramī sabbā

Patto sambodhim-uttamam

Etena sacca-vajjena

Hotu te jaya-mangalam

Jayanto bodhiyā mūle

Sakyānam nandi-vaḍḍhano

Evam tvam vijayo hohi

Jayassu jaya-mangale

Aparājita-pallanke

Sīse paṭhavi-pokkhare

Abhiseke sabba-buddhānam

Aggappatto pamodati

Sunakkhattam sumangalam

Supabhātam suhuṭṭhitam

Sukhano sumuhutto ca

Suyiṭṭhaṃ brahma-cārisu

Padakkhiṇaṃ kāya-kammaṃ

Vācā-kammam padakkhinam

Padakkhinam mano-kammam

Paṇidhi te padakkhiṇā

Padakkhināni katvāna

Labhant'atthe padakkhine

#### Bhavatu sabba-mangalam

Bhavatu sabba-maṅgalaṃ Rakkhantu sabba-devatā Sabba-buddhānubhāvena Sadā sotthī bhavantu te/me

Bhavatu sabba-maṅgalaṃ Rakkhantu sabba-devatā Sabba-dhammānubhāvena Sadā sotthī bhavantu te/me

Bhavatu sabba-maṅgalaṃ Rakkhantu sabba-devatā Sabba-saṅghānubhāvena Sadā sotthī bhavantu te/me

#### The Twenty-Eight Buddhas' Protection

#### [SOLO INTRODUCTION]

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

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

# Āṭānāṭiya Paritta (long version)

#### [SOLO INTRODUCTION]

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

Namo me sabbabuddhānam Tanhankaro mahāvīro Saranankaro lokahito Kondañño janapāmokkho Sumano sumano dhiro Sobhito gunasampanno Padumo lokapajjoto Padumuttaro sattasāro Sujāto sabbalokaggo Atthadassī kāruniko Siddhattho asamo loke Phusso ca varado buddho Sikhī sabbahito satthā Kakusandho satthavāho Kassapo sirisampanno

uppannānam mahesinam medhankaro mahāyaso dīpankaro jutindharo mangalo purisāsabho revato rativaddhano anomadassī januttamo nārado varasārathī sumedho appatipuggalo piyadassī narāsabho dhammadassī tamonudo tisso ca vadatam varo vipassī ca anūpamo vessabhū sukhadāyako konāgamano raņañjaho gotamo sakyapungavo

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

Ete caññe ca sambuddhā Sabbe buddhā asamasamā Sabbe dasabalūpetā Sabbe te patijānanti Sīhanādam nadantete Brahmacakkam pavattenti Upetā buddhadhammehi Dvattimsa-lakkhanūpetā Byāmappabhāya suppabhā Buddhā sabbaññuno ete Mahappabhā mahātejā Mahākārunikā dhīrā Dīpā nāthā patitthā Gatī bandhū mahassāsā Sadevakassa lokassa Tesāham sirasā pāde Vacasā manasā ceva Sayane āsane thāne Sadā sukhena rakkhantu Tehi tvam rakkhito santo Sabba-rogavinimutto Sabba-veramatikkanto

anekasatakotayo sabbe buddhā mahiddhikā vesārajjehupāgatā āsabhanthānamuttamam parisāsu visāradā loke appativattiyam atthārasahi nāyakā sītyānubyañjanādharā sabbe te munikuñjarā sabbe khīnāsavā jinā mahāpaññā mahabbalā sabbesānam sukhāvahā ca tānā lenā ca pāninam saranā ca hitesino sabbe ete parāyanā vandāmi purisuttame vandāmete tathāgate gamane cāpi sabbadā buddhā santikarā tuvam mutto sabbabhayena ca sabba-santāpavajjito nibbuto ca tuvam bhava

By the power of their truth, their virtue and love, May they protect and guard you in health and happiness. In the Eastern quarter are beings of great power, May they protect and guard you in health and happiness. In the Southern quarter are deities of great power, May they protect and guard you in health and happiness. In the Western quarter are dragons of great power, May they protect and guard you in health and happiness. In the Northern quarter are spirits of great power, May they protect and guard you in health and happiness. In the East is Dhatarattha, in the South is Virulhaka, In the West is Virūpakkha, Kuvera rules the North. These Four Mighty Kings, far-famed guardians of the world, May they all be your protectors in health and happiness. Sky-dwelling and earth-dwelling gods and dragons of great power, May they all be your protectors in health and happiness. For me there is no other refuge, the Buddha is my excellent refuge: By this declaration of truth may the blessings of victory be yours. For me there is no other refuge, the Dhamma is my excellent refuge: By this declaration of truth may the blessings of victory be yours. For me there is no other refuge, the Sangha is my excellent refuge: By this declaration of truth may the blessings of victory be yours.

Tesam saccena silena Tepi tumhe<sup>1</sup> anurakkhantu Puratthimasmim disābhāge Tepi tumhe anurakkhantu Dakkhinasmim disābhāge Tepi tumhe anurakkhantu Pacchimasmim disābhāge Tepi tumhe anurakkhantu Uttarasmim disābhāge Tepi tumhe anurakkhantu Purimadisam dhatarattho Pacchimena virūpakkho Cattāro te mahārājā Tepi tumhe anurakkhantu Ākāsatthā ca bhummatthā Tepi tumhe anurakkhantu Natthi me saranam aññam Etena saccavajjena Natthi me saranam aññam Etena saccavajjena Natthi me saranam aññam Etena saccavajjena

khantimettābalena ca ārogyena sukhena ca santi bhūtā mahiddhikā ārogvena sukhena ca santi devā mahiddhikā ārogyena sukhena ca santi nāgā mahiddhikā ārogyena sukhena ca santi yakkhā mahiddhikā ārogyena sukhena ca dakkhinena virulhako kuvero uttaram disam lokapālā yasassino ārogyena sukhena ca devā nāgā mahiddhikā ārogyena sukhena ca buddho me saranam varam hotu te<sup>2</sup> jayamangalam dhammo me saranam varam hotu te jayamangalam sangho me saranam varam hotu te jayamangalam

<sup>&</sup>lt;sup>1</sup>If chanting for oneself, change *tumhe* to *amhe* here and in the lines below.

<sup>&</sup>lt;sup>2</sup>If chanting for oneself, change te to me here and in the lines below.

Whatever jewel may be found in the world, however splendid, There is no jewel equal to the Buddha, therefore may you be blessed. Whatever jewel may be found in the world, however splendid, There is no jewel equal to the Dhamma, therefore may you be blessed. Whatever jewel may be found in the world, however splendid, There is no jewel equal to the Sangha, therefore may you be blessed. If you venerate the Buddha jewel, the supreme, excellent protection, Which benefits gods and humans, then in safety, by the Buddha's power, All dangers will be prevented, your sorrows will pass away. If you venerate the Dhamma jewel, the supreme, excellent protection, Which calms all fevered states, then in safety, by the Dhamma's power, All dangers will be prevented, your fears will pass away. If you venerate the Sangha jewel, the supreme, excellent protection, Worthy of gifts and hospitality, then in safety, by the Sangha's power, All dangers will be prevented, your sicknesses will pass away. May all calamities be avoided, may all illness pass away, May no dangers threaten you, may you be happy and long-lived, Greeted kindly and welcome everywhere.

May four things accrue to you: long life, beauty, bliss, and strength.

Yankiñci ratanam loke Ratanam buddhasamam Yankiñci ratanam loke Ratanam dhammasamam Yankiñci ratanam loke Ratanam sanghasamam Sakkatvā buddharatanam Hitam devamanussānam Nassantupaddavā sabbe Sakkatvā dhammaratanam Parilāhūpasamanam Nassantupaddavā sabbe Sakkatvā sangharatanam Āhuneyyam pāhuneyyam Nassantupaddavā sabbe Sabbītiyo vivajjantu Mā te bhavatvantarāyo Abhivādanasīlissa Cattāro dhammā vaddhanti vijjati vividham puthu natthi tasmā sotthī bhavantu te vijjati vividham puthu natthi tasmā sotthī bhavantu te vijjati vividham puthu natthi tasmā sotthī bhavantu te osatham uttamam varam buddhatejena sotthinā dukkhā vūpasamentu te osatham uttamam varam dhammatejena sotthinā bhayā vūpasamentu te osatham uttamam varam sanghatejena sotthinā rogā vūpasamentu te sabbarogo vinassatu sukhī dīghāyuko bhava niccam vuddhāpacāyino āyu vanno sukham balam

# **Funeral Chanting**

#### Dhamma-sanganī-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

Sankilițțha-sankilesikā dhammā

Asaṅkiliṭṭha-saṅkilesikā dhammā

Asankilițțhāsankilesikā 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'evācaya-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

Maggādhipatino dhammā

66

Uppannā dhammā

Anuppannā dhammā

Uppādino 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'ārammanā dhammā

Ajjhatta-bahiddh'ārammaṇā dhammā

Sanidassana-sappaṭighā dhammā

Anidassana-sappaṭighā dhammā

Anidassanāppaṭighā dhammā

# 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.

# Vipassanā-bhūmi-pāţho

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

Atthārasa 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'ndriyam sot'indriyam ghān'indriyam jivh'indriyam kāy'indriyam man'indriyam, itth'indriyam puris'indriyam jīvit'indriyam, sukh'indriyam dukkh'indriyam somanass'indriyam domanass'indriyam upekkh'indriyam, saddh'indriyam viriy'indriyam sat'indriyam samādh'indriyam paññ'indriyam, anaññātañ-ñassāmī-t'indriyam aññ'indriyam aññātāv'indriyam Cattāri ariya-saccāni:

Dukkham ariya-saccam, dukkha-samudayo ariya-saccam, dukkha-nirodho ariya-saccam, dukkha-nirodha-gāminī paṭipadā ariya-saccam

Avijjā-paccayā saṅkhārā, saṅkhāra-paccayā viññāṇaṃ, viññāṇa-paccayā nāma-rūpaṃ, nāma-rūpa-paccayā saḍ-āyatanaṃ, saḍ-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

# Paṃsu-kūla for the dead

Aniccā vata sankhārā

Uppāda-vaya-dhammino

Uppajjitvā nirujjhanti

Tesam vūpasamo sukho

Sabbe sattā maranti ca

Marimsu ca marissare

Tath'evāham marissāmi

N'atthi me ettha saṃsayo

# Paṃsu-kūla for the living

Aciram vat'ayam kāyo

Pathavim adhisessati

Chuddho apeta-viññāṇo

Nirattham va kalingaram

# **Appendix**

## Pāli Phonetics and Pronunciation

Pāli is the original scriptural language of Theravāda Buddhism. It was a spoken language, closely related to Sanskrit, with no written script of its own. As written forms have emerged, they have been in the letterings of other languages (e.g. Devanagari, Sinhalese, Burmese, Khmer, Thai, Roman). The Roman lettering used here is pronounced as in English, with the following clarifications:

#### **Vowels**

Short Long Exceptions: **e** and **o** change to short sounds in syllables ending in consonants. They are then pronounced as in 'get' and **i** as in hit **i** as in machine

'ox', respectively.

 $\mathbf{u}$  as in put  $\mathbf{\bar{u}}$  as in rule

**e** as in gr<u>e</u>y

o as in more

## Consonants

**c** as in ancient (like <u>ch</u> but unaspirated)

m, n as ng in sang

 $\mathbf{\tilde{n}}$  as  $\underline{\mathbf{n}}\underline{\mathbf{y}}$  in  $\mathbf{ca}\underline{\mathbf{n}}\underline{\mathbf{y}}$  on

 ${f v}$  rather softer than the English  ${f \underline{v}}$ ; near  ${f \underline{w}}$ 

## Aspirated consonants

## bh ch dh dh gh jh kh ph th țh

These two-lettered notations with  $\underline{h}$  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 'ji**vh**ā' or 'mu**lh**o').

## **Examples**

**th** as t in tongue. (Never pronounced as in 'the'.)

**ph** as <u>p</u> in <u>p</u>alate. (Never pronounced as in '<u>ph</u>oto'.)

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').

#### Retroflex consonants

#### d dh l n t th

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 · ŅĀ MA · HAŅ · ŅA · VO 
$$1 \quad 1 \quad 1 \quad \frac{1}{2} \quad 1 \quad 1 \quad \frac{1}{2} \quad \frac{1}{2} \quad 1 \quad \frac{1}{2} \quad 1$$

Two details that are important when separating the syllables:

**1.** Syllables with double letters get divided in this way:

A · NIC · CA PUG · GA · 
$$L\bar{A}$$

½ 1 ½ 1

(not A · NI · CCA) (not PU · GGA ·  $L\bar{A}$ )

½ ½ ½ ½

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.

## Punctuation, tonal marks and pauses in this edition

[Square brackets] indicate parts usually chanted only by the leader, but chanting customs differ in the various monasteries.

The slash / indicates variations of male of female forms according to the person chanting them, or singular and plural forms when chanting alone or in a group.

The cantillation marks indicate changes in pitch, usually a full tone up or down:

High tone: noble Long low tone: homage
Low tone: blessed Long mid tone: guides

## A note on hyphenation in the text

As an aid to understanding, some of the longer Pāli words in the text have been hyphenated into the words from which they are compounded. This does not affect the pronunciation in any way.

# Glossary of Pāli Terms

- **Anattā** Literally, 'not-self,' i.e. impersonal, without individual essence; neither a person nor belonging to a person. One of the three characteristics of conditioned phenomena.
- **Anicca** Transient, impermanent, unstable, having the nature to arise and pass away. One of the three characteristics of conditioned phenomena.
- **Añjali** A gesture of respect. The palms of both hands join together directly in front of the chest, with the fingers aligned and pointing upwards.
- **Araham/Arahant** Literally, 'worthy one' a term applied to all enlightened beings. As an epithet of the Buddha alone, 'Lord' is used.
- **Ariyapuggalā** 'Noble Beings' or 'Noble Disciples' there are eight kinds: those who are working on or who have achieved the four different stages of realization.
- **Bhagavā** Bountiful, with good fortune when used as an epithet of the Buddha, 'the Fortunate One,' 'the Blessed One.'
- **Bhikkhu** A Buddhist monk who lives as an alms mendicant, abiding by 227 training precepts that define a life of renunciation and simplicity.
- **Brahmā** Celestial being; a god in one of the higher spiritual realms.
- **Buddha** The Understanding One, the Awakened One, who knows things as they are; a potential in every human being. The historical Buddha, Siddhattha Gotama, lived and taught in India in the 5th century B.C.E.
- **Deva** A celestial being. Less refined than a brahmā; as a deva is still in a sensual realm, albeit a very refined one.
- **Dhamma** (Sanskrit: Dharma) The Teaching of the Buddha as contained in the scriptures; not dogmatic in character, but more like a raft or vehicle to convey the disciple to deliverance. Also, the Truth towards which that Teaching points; that which is beyond words, concepts or intellectual understanding. When written as 'dhamma', i.e. with lower case 'd', this refers to an 'item' or 'thing'.

- **Dukkha** Literally, 'hard to bear' dis-ease, restlessness of mind, anguish, conflict, unsatisfactoriness, discontent, stress, suffering. One of the three characteristics of conditioned phenomena.
- **Factors of Awakening (bojjhaṅga)** 1. mindfulness, 2. investigation of truth, 3. effort, 4. rapture, 5. tranquility, 6. concentration, 7. equanimity.
- **Foundations of Mindfulness (satipaṭṭhāna)** Mindfulness of 1. kāya (body), 2. vedanā (feelings), 3. citta (mind), 4. dhamma (mind-objects).
- **Grounds of Birth (yoni)** The four modes of generation by which beings take birth: womb-born, egg-born, moisture-born and spontaneously born.
- **Holy Life (brahmacariya)** Literally: the Brahma-conduct; usually referring to the monastic life. Using this term emphasizes the vow of celibacy.
- **Jhāna** Mental absorption. A state of strong concentration focused on a single physical or sensation or mental notion.
- **Kamma** (Sanskrit: karma) Action, deed; actions created by habitual impulse, intention, volition.
- **Khandhā** The five aggregates, physical or mental that is:  $r\bar{u}pa$ ,  $vedan\bar{a}$ ,  $sa\tilde{n}n\bar{a}$ ,  $sa\tilde{n}k\bar{n}a$ ,  $vi\tilde{n}n\bar{a}na$ . Attachment to any of these as, 'This is mine', 'I am this' or, 'This is my self' is  $up\bar{a}d\bar{a}na$  clinging or grasping.
- **Māra** Personification of evil forces. During the Buddha's struggle for enlightenment, Māra manifested frightening and enticing forms to try to turn him back from his goal.
- **Nibbāna** (Sanskrit: Nirvāṇa) Literally, 'coolness' the state of liberation from all suffering and defilements, the goal of the Buddhist path.
- **Paccekabuddha** Solitary Buddha someone enlightened by their own efforts without relying on a teacher but who, unlike the Buddha, has no following of disciples.
- **Paritta** Verses chanted particularly for blessing and protection.
- **Parinibbāna** The Buddha's final passing away, i.e. final entering Nibbāna.

Peaceful Sage (muni) An epithet of the Buddha.

- **Planes of Birth (bhūmi)** The three planes where rebirth takes place:  $k\bar{a}m\bar{a}vacara-bh\bar{u}mi$ : the sensuous plane;  $r\bar{u}p\bar{a}vacara-bh\bar{u}mi$ : form plane;  $ar\bar{u}p\bar{a}vacara-bh\bar{u}mi$ : formless plane.
- **Puñña** Merit, the accumulation of good fortune, blessings, or well-being resulting from the practice of Dhamma.
- **Rūpa** Form or matter. The physical elements that make up the body, i.e. earth, water, fire and air (solidity, cohesion, temperature and vibration).
- Sangha The community of those who practise the Buddha's Way.

More specifically, those who have formally committed themselves to the lifestyle of mendicant monks and nuns. The 'four pairs, the eight kinds of noble beings' are those who are on the path to or who have realized the fruition of the four stages of enlightenment: stream-entry, once-return, non-return and arahantship.

**Saṅkhārā** Formations, constructions, all conditioned things, or volitional impulses, that is all mental states apart from feeling and perception that colour one's thoughts and make them either good, bad or neutral.

Sañña Perception, the mental function of recognition.

**Tathāgata** 'Thus gone' or 'Thus come' — one who has gone beyond suffering and mortality; one who experiences things as they are, without delusion. The epithet that the Buddha applied to himself.

Threefold bliss Mundane bliss, celestial bliss and Nibbanic bliss.

Triple Gem Buddha, Dhamma and Saṅgha.

**Vedanā** Feeling — physical and mental feelings that may be either pleasant, unpleasant or neutral.

**Viññāṇa** Sense consciousness — the process whereby there is seeing, hearing, smelling, tasting, touching and thinking.

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