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Suttas, Parittas and Funeral Chanting  
Pāli and English

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**PART 1**

# The Cardinal Suttas





## 2

## Setting in Motion the Wheel of Dhamma

### [ SOLO INTRODUCTION ]

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

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

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

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

Thus have I heard.

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

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

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

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



## Dhammacakkappavattana Sutta

3

### [ SOLO INTRODUCTION ]

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

[ Evaṃ me suttaṃ ]

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,  
anattha-saṇhito; yo cāyaṃ atta-kilamathānuyogo; dukkho, anariyo,  
anattha-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.



## SETTING IN MOTION THE WHEEL OF DHAMMA

## THE CARDINAL SUTTAS

## 4

‘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.



## THE CARDINAL SUTTAS

## DHAMMACAKKAPPAVATTANA SUTTA

5

Ayaṃ-eva ariyo aṭṭhaṅgiko maggo seyyathīdaṃ:

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

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:

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

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





## SETTING IN MOTION THE WHEEL OF DHAMMA

## THE CARDINAL SUTTAS

## 6

‘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.



## THE CARDINAL SUTTAS

## DHAMMACAKKAPPAVATTANA SUTTA

7

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

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

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

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

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

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



## SETTING IN MOTION THE WHEEL OF DHAMMA

## THE CARDINAL SUTTAS

## 8

‘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.





## THE CARDINAL SUTTAS

## DHAMMACAKKAPPAVATTANA SUTTA

9

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 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  
sabrahmaṇe 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  
sabrahmaṇe 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.



## SETTING IN MOTION THE WHEEL OF DHAMMA

## THE CARDINAL SUTTAS

## 10

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.’



## THE CARDINAL SUTTAS

## DHAMMACAKKAPPAVATTANA SUTTA

11

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

[ Pavattite ca bhagavatā ] dhammacakke bhumma devā  
saddamanussāvesuṃ:

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

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.



## SETTING IN MOTION THE WHEEL OF DHAMMA

## THE CARDINAL SUTTAS

## 12

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.





## THE CARDINAL SUTTAS

## DHAMMACAKKAPPAVATTANA SUTTA

13

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

Atha kho bhagavā udānaṃ udānesi:

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

Dhammacakkappavattana-suttaṃ niṭṭhitaṃ.





## 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-lakkhaṇa Sutta

15

### [ 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, rūpaṇca hidaṃ bhikkhave attā abhavissa, nayidaṃ rūpaṃ ābādhāya saṃvatteyya, labbhettha ca rūpe, evaṃ me rūpaṃ hotu, evaṃ me rūpaṃ mā ahoṣī ti. Yasmā ca kho bhikkhave rūpaṃ anattā, tasmā rūpaṃ ābādhāya saṃvattati, na ca labbhati rūpe, evaṃ me rūpaṃ hotu, evaṃ me rūpaṃ mā ahoṣī ti.

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



## THE CHARACTERISTIC OF NOT-SELF

## THE CARDINAL SUTTAS

16

‘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.’





## THE CARDINAL SUTTAS

## ANATTA-LAKKHAṆA SUTTA

17

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

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

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

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

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

Aniccaṃ bhante.

Yam panāniccaṃ, dukkhaṃ vā taṃ sukhaṃ vā ti.

Dukkhaṃ bhante.

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

No hetam bhante.





## THE CHARACTERISTIC OF NOT-SELF

## THE CARDINAL SUTTAS

18

‘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.’



## THE CARDINAL SUTTAS

## ANATTA-LAKKHAṆA SUTTA

19

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

Aniccā bhante.

Yam panāniccam, dukkhaṃ vā taṃ sukhaṃ vā ti.

Dukkhaṃ bhante.

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

No hetam bhante.

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

Aniccā bhante.

Yam panāniccam, dukkhaṃ vā taṃ sukhaṃ vā ti.

Dukkhaṃ bhante.

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

No hetam bhante.

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

Aniccā bhante.

Yam panāniccam, dukkhaṃ vā taṃ sukhaṃ vā ti.

Dukkhaṃ bhante.

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

No hetam bhante.



## THE CHARACTERISTIC OF NOT-SELF

## THE CARDINAL SUTTAS

20

‘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.”



## THE CARDINAL SUTTAS

## ANATTA-LAKKHAṆA SUTTA

21

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, esoham’asmi, eso me attā ti.

No hetāṃ bhante.

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

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

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

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

**THE CHARACTERISTIC OF NOT-SELF****THE CARDINAL SUTTAS****22**

‘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.



## THE CARDINAL SUTTAS

## ANATTA-LAKKHAṆA SUTTA

23

Yaṃ kiñci viññāṇaṃ atītānāgata-paccuppannaṃ ajjhattaṃ vā  
bahiddhā vā oḷārikaṃ vā sukhumaṃ vā hīnaṃ vā paṇītaṃ vā yandūre  
santike vā, sabbāṃ viññāṇaṃ netāṃ mama, nesohaṃ'asmi, na me so  
attā ti, evameva yathābhūtaṃ sammappaññāya daṭṭhabbaṃ.

[ 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 pajānāti ti.

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

25

### [ SOLO INTRODUCTION ]

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

[ Evaṃ me suttaṃ ]

Ekam samayaṃ bhagavā gayāyaṃ viharati gayāsise 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  
upapajjati 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.

Sotaṃ ādittaṃ, saddā ādittā, sotaviññāṇaṃ ādittaṃ, sotasamphasso  
āditto, yampidaṃ sotasamphassapaccayā upapajjati 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.



## THE FIRE SERMON

## THE CARDINAL SUTTAS

## 26

‘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.



## THE CARDINAL SUTTAS

## ĀDITTA-PARIYĀYA SUTTA

27

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  
tasmiṃ pi nibbindati.

## THE FIRE SERMON

## THE CARDINAL SUTTAS

28

‘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.



## THE CARDINAL SUTTAS

## ĀDITTA-PARIYĀYA SUTTA

29

Sotasmim̐ pi nibbindati, saddesu pi nibbindati, sotaviññāṇe pi nibbindati, sotasamphassepi nibbindati, yampidaṃ sotasamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmim̐ pi nibbindati.

Ghānasmim̐ pi nibbindati, gandhesu pi nibbindati, ghānaviññāṇe pi nibbindati, ghānasamphassepi nibbindati, yampidaṃ ghānasamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmim̐ pi nibbindati.

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

Kāyasmim̐ pi nibbindati, phoṭṭhabbesu pi nibbindati, kāyaviññāṇe pi nibbindati, kāyasamphassepi nibbindati, yampidaṃ kāyasamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmim̐ pi nibbindati.

Manasmim̐ pi nibbindati, dhammesu pi nibbindati, manoviññāṇe pi nibbindati, manosamphassepi nibbindati, yampidaṃ manosamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmim̐ pi nibbindati.

Nibbindaṃ virajjati, virāgā vimuccati, vimuttasmim̐, 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 veyyākaraṇasmim̐ bhaññamāne tassa bhikkhu-sahassassa anupādāya āsavehi cittāni vimuccim̐sū ti.

Ādittapariyāya-suttaṃ niṭṭhitaṃ.







**PART 2**

**Parittas**





## PARITTAS

32

## Invitation to the Devas

- A. Pharitvāna mettaṃ samettā bhadantā  
Avikkhitta-cittā parittaṃ bhaṇantu
- B. Samantā cakka-vāḷesu  
Atr'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 sādhave 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

33

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 buddhaṃ saraṇaṃ gacchāmi

Dutiyam pi dhammaṃ saraṇaṃ gacchāmi

Dutiyam pi saṅghaṃ saraṇaṃ gacchāmi

Tatīyam pi buddhaṃ saraṇaṃ gacchāmi

Tatīyam pi dhammaṃ saraṇaṃ gacchāmi

Tatīyam pi saṅghaṃ saraṇaṃ gacchāmi



## PARITTAS

34

## 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  
 Dassei 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 viditaṃ karoti  
 Saṅghaṃ varan-taṃ sirasā namāmi  
 Buddhānubuddhaṃ sama-sīla-dīṭṭhiṃ  
 Tan-tejasā te jaya-siddhi hotu  
 Sabb'antarāyā ca vināsamentu



## Namo-kāra-aṭṭhaka

35

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





## PARITTAS

36

## 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

Khayaṃ virāgaṃ amataṃ paṇītaṃ  
 Yad-ajjhagā sakya-munī samāhito  
 Na tena dhammena sam'atthi kiñci  
 Idam-pi dhamme ratanaṃ paṇītaṃ  
 Etena saccena suvatthi hotu

Yaṃ buddha-seṭṭho parivaṇṇayī suciṃ  
 Samādhim-ānantarikaññaṃ-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 dalhena  
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 avirulhi-chandā  
Nibbanti dhīrā yathā'yam padīpo  
Idam-pi saṅghe ratanaṃ paṇītaṃ  
Etena saccena suvatthi hotu



## PARITTAS

38

## 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 saññamo  
 Appamādo ca dhammesu  
 Etam maṅgalam-uttamaṃ

Gāravo ca nivāto ca  
Santutṭhī 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-sacchikiriya ca  
Etam maṅgalam-uttamaṃ  
  
Phuṭṭhassa loka-dhammehi  
Cittaṃ yassa na kampati  
Asokaṃ virajaṃ khemaṃ  
Etam maṅgalam-uttamaṃ  
  
Etādisāni katvāna  
Sabbattham-aparājitā  
Sabbattha sotthiṃ gacchanti  
Tan-tesaṃ maṅgalam-uttaman'ti



## PARITTAS

40

## Karaṇīya-metta-sutta

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





Mātā yathā niyaṃ puttāṃ  
 Āyusā eka-puttāṃ-anurakkhe  
 Evaṃ'pi sabba-bhūtesu  
 Mānasam-bhāvaye aparimāṇaṃ  
  
 Mettañ-ca sabba-lokaṃ  
 Mānasam-bhāvaye aparimāṇaṃ  
 Uddhaṃ adho ca tiriyañ-ca  
 Asambādhaṃ averaṃ asapattaṃ  
  
 Tiṭṭhañ-caraṃ nisinno vā  
 Sayāno vā yāvat'assa vigata-middho  
 Etaṃ satīṃ adhiṭṭheyya  
 Brahmam-etaṃ vihāraṃ idham-āhu  
  
 Diṭṭhiñca anupagamma  
 Sīlavā dassanena sampanno  
 Kāmesu vineyya gedhaṃ  
 Na hi jātu gabbha-seyyaṃ punareti ti

## Yaṅkiñci ratanaṃ loke

Yaṅkiñci ratanaṃ loke	vijjati vividhaṃ puthu
Ratanaṃ buddha-samaṃ n'atthi	tasmā sotthī bhavantu te/me
Yaṅkiñci ratanaṃ loke	vijjati vividhaṃ puthu
Ratanaṃ dhamma-samaṃ n'atthi	tasmā sotthī bhavantu te/me
Yaṅkiñci ratanaṃ loke	vijjati vividhaṃ puthu
Ratanaṃ saṅgha-samaṃ n'atthi	tasmā sotthī bhavantu te/me



## PARITTAS

42

## Sambuddhe

Sambuddhe aṭṭhavīsañca	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

## Khandha-parittam

Virūpakkhehi me mettaṃ	mettaṃ erāpathehi me
Chabyā-puttehi me mettaṃ	mettaṃ kaṇhā-gotamakehi ca
Apādahehi me mettaṃ	mettaṃ dipādahehi me
Catuppadehi me mettaṃ	mettaṃ bahuppadehi me
Mā maṃ apādako hiṃsi	mā maṃ hiṃsi dipādako
Mā maṃ catuppado hiṃsi	mā maṃ hiṃsi bahuppado
Sabbe sattā sabbe pāṇā	sabbe bhūtā ca kevalā
Sabbe bhadraṇi passantu	mā kiñci pāpam-āgamā
Appamāṇo buddho	appamāṇo dhammo
Appamāṇo saṅgho	pamāṇavantāni siriṃsapāni
Ahi-vicchikā sata-padī	uṇṇā-nābhī sarabhū mūsikā
Katā me rakkhā katā me parittā	paṭikkamantu bhūtāni
So'haṃ namo bhagavato	namo sattannaṃ
Sammā-sambuddhānaṃ	



## PARITTAS

44

## 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-idaṃ cattāri purisa-yugāni aṭṭha purisa-puggalā

Esa bhagavato sāvaka-saṅgho

Āhuneyyo pāhuneyyo dakkhiṇeyyo añjali-karaṇīyo

Anuttaraṃ puññakkhettaṃ lokassā ti

## Mora-parittaṃ

Udet'ayañ-cakkhumā eka-rājā  
 Harissa-vaṇṇo paṭhavippabhāso  
 Taṃ taṃ namassāmi  
 Harissa-vaṇṇaṃ paṭhavippabhāsaṃ  
 Tay'ajja guttā viharemu divasaṃ  
 Ye brāhmaṇā vedagu 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

Apet'ayañ-cakkhumā eka-rājā  
 Harissa-vaṇṇo paṭhavippabhāso  
 Taṃ taṃ namassāmi  
 Harissa-vaṇṇaṃ paṭhavippabhāsaṃ  
 Tay'ajja guttā viharemu rattiṃ  
 Ye brāhmaṇā vedagu 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

## PARITTAS

46

**Vaṭṭaka-parittam**

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

**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

## Āṭānāṭiya-parittam

Vipassissa nam'atthu	cakkhumantassa sirīmato
Sikhissa pi nam'atthu	sabba-bhūtānukampino
Vessabhussa nam'atthu	nhātakassa tapassino
Nam'atthu kakusandhassa	māra-senappamaddino
Konāgamanassa nam'atthu	brāhmaṇassa vusīmato
Kassapassa nam'atthu	vippamuttassa sabbadhi
Aṅgīrasassa nam'atthu	sakya-puttassa sirīmato
Yo imaṃ dhammam-adesesi	sabba-dukkhāpanūdanam
Ye cāpi nibbutā loke	yathā-bhūtaṃ vipassisum
Te janā apisuṇā	mahantā vīta-sāradā
Hitam deva-manussānam	yaṃ namassanti gotamam
Vijjā-caraṇa-sampannam	mahantaṃ vīta-sāradam
Vijjā-caraṇa-sampannam	buddham vandāma gotaman'ti

## Aṅguli-māla-parittam

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

[ THREE TIMES ]

## PARITTAS

48

**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	osathaṃ uttamaṃ varaṃ
Hitāṃ deva-manussānaṃ	buddha-tejēna sotthinā
Nassant'upaddavā sabbe	dukkhā vūpasamentu te/me
Sakkatvā dhamma-ratanaṃ	osathaṃ uttamaṃ varaṃ
Pariḷāhūpasamanaṃ	dhamma-tejēna sotthinā
Nassant'upaddavā sabbe	bhayā vūpasamentu te/me
Sakkatvā saṅgha-ratanaṃ	osathaṃ uttamaṃ varaṃ
Āhuneyyaṃ pāhuneyyaṃ	saṅgha-tejēna sotthinā
Nassant'upaddavā sabbe	rogā vūpasamentu te/me



## Bojjh'aṅga-parittaṃ

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



## PARITTAS

50

## Jaya-maṅgala-aṭṭha-gāthā

Bāhuṃ saḥassam-abhinimmita sāvudhan-taṃ

Grīmekhalaṃ uḍita-ghora-sasena-māraṃ

Dān'ādi-dhamma-vidhinā jitavā mun'indo

Tan-tejasā bhavatu te jaya-maṅgalāni

Mārātirekam-abhiyujjhita-sabba-rattiṃ

Ghoram-pan'ālavakam-akkhama-thaddha-yakkhaṃ

Khantī-sudanta-vidhinā jitavā mun'indo

Tan-tejasā bhavatu te jaya-maṅgalāni

Nāḷāgiriṃ gaja-varaṃ atimatta-bhūtaṃ

Dāv'aggi-cakkam-asaṇṇa 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 viḥāya-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 therā-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  
 Mokkaṃ sukhaṃ adhigameyya naro sapaṇṇo

## Devatā-uyyojana-gāthā

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



## PARITTAS

52

## Jaya-parittaṃ

Mahā-kāruṇiko nātho  
 Hitāya sabba-pāṇinaṃ  
 Pūretvā pāramī sabbā  
 Patto sambodhim-uttamaṃ  
 Etena sacca-vajjena  
 Hotu te jaya-maṅgalaṃ  
 Jayanto bodhiyā mūle  
 Sakyānaṃ nandi-vaḍḍhano  
 Evaṃ tvaṃ vijayo hohi  
 Jayassu jaya-maṅgale  
 Aparājita-pallaṅke  
 Sīse paṭhavi-pokkhare  
 Abhiseke sabba-buddhānaṃ  
 Aggappatto pamodati  
 Sunakkhattaṃ sumaṅgalaṃ  
 Supabhātaṃ suhuṭṭhitaṃ  
 Sukhaṇo sumuhutto ca  
 Suyiṭṭhaṃ brahma-cārisu  
 Padakkhiṇaṃ kāya-kammaṃ  
 Vācā-kammaṃ padakkhiṇaṃ  
 Padakkhiṇaṃ mano-kammaṃ  
 Paṇidhi te padakkhiṇā  
 Padakkhiṇāni katvāna  
 Labhant'atthe padakkhiṇe





## Bhavatu sabba-maṅgalaṃ

53

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





## PARITTAS

54

## The Twenty-Eight Buddhas' Protection

### [ SOLO INTRODUCTION ]

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

Homage to all Buddhas, the mighty who have arisen:

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



## Āṭānāṭiya Paritta (long version)

### [ SOLO INTRODUCTION ]

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

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



## PARITTAS

56

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	anekasatakoṭṭayo
Sabbe buddhā asamasamā	sabbe buddhā mahiddhikā
Sabbe dasabalūpetā	vesārajjeḥupāgatā
Sabbe te paṭijānanti	āsabhaṇṭhānamuttamaṃ
Sihanādaṃ nadantete	parisāsu visāradā
Brahmacakkaṃ pavattenti	loke appaṭivattiyaṃ
Upetā buddhadhammehi	aṭṭhārasahi nāyakā
Dvattiṃsa-lakkhaṇūpetā	sītyānubyañjanādharā
Byāmapabbhāya suppbhā	sabbe te munikuñjarā
Buddhā sabbañño ete	sabbe khīṇāsavā jinā
Mahappabhā mahātejā	mahāpaññā mahabbalā
Mahākāruṇikā dhīrā	sabbesānaṃ sukhāvahā
Dīpā nāthā paṭiṭṭhā	ca tāṇā leṇā ca pāṇinaṃ
Gatī bandhū mahassāsā	saraṇā ca hitesino
Sadevakassa lokassa	sabbe ete parāyanā
Tesāhaṃ sirasā pāde	vandāmi purisuttame
Vacasā manasā ceva	vandāmete tathāgate
Sayane āsane ṭhāne	gamane cāpi sabbadā
Sadā sukkena rakkhantu	buddhā santikarā tuvaṃ
Tehi tvaṃ rakkhito santo	mutto sabbabhayena ca
Sabba-rogavinimutto	sabba-santāpavajjito
Sabba-veramatikkanto	nibbuto ca tvaṃ bhava





## PARITTAS

58

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

Tesaṃ saccena sīlena	khantimettābalena ca
Tepi tumhe <sup>1</sup> anurakkhantu	ārogyena sukhena ca
Puratthimasmiṃ disābhāge	santi bhūtā mahiddhikā
Tepi tumhe anurakkhantu	ārogyena sukhena ca
Dakkhiṇasmiṃ disābhāge	santi devā mahiddhikā
Tepi tumhe anurakkhantu	ārogyena sukhena ca
Pacchimasmiṃ disābhāge	santi nāgā mahiddhikā
Tepi tumhe anurakkhantu	ārogyena sukhena ca
Uttarasmiṃ disābhāge	santi yakkhā mahiddhikā
Tepi tumhe anurakkhantu	ārogyena sukhena ca
Purimadisaṃ dhataratṭho	dakkhiṇena viruḷhako
Pacchimena virūpakkho	kuvero uttaraṃ disaṃ
Cattāro te mahārājā	lokapālā yasassino
Tepi tumhe anurakkhantu	ārogyena sukhena ca
Ākāsaṭṭhā ca bhummaṭṭhā	devā nāgā mahiddhikā
Tepi tumhe anurakkhantu	ārogyena sukhena ca
Natthi me saraṇaṃ aññaṃ	buddho me saraṇaṃ varaṃ
Etena saccavajjena	hotu te <sup>2</sup> 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

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

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



## PARITTAS

60

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

Yaṅkiñci ratanaṃ loke	vijjati vividhaṃ puthu
Ratanaṃ buddhasamaṃ	natthi tasmā sotthī bhavantu te
Yaṅkiñci ratanaṃ loke	vijjati vividhaṃ puthu
Ratanaṃ dhammasamaṃ	natthi tasmā sotthī bhavantu te
Yaṅkiñci ratanaṃ loke	vijjati vividhaṃ puthu
Ratanaṃ saṅghasamaṃ	natthi tasmā sotthī bhavantu te
Sakkatvā buddharatanaṃ	osathaṃ uttamaṃ varaṃ
Hitam devamanussānaṃ	buddhatejēna sotthinā
Nassantupaddavā sabbe	dukkhā vūpasamentu te
Sakkatvā dhammaratanaṃ	osathaṃ uttamaṃ varaṃ
Pariḷāhūpasamanaṃ	dhammatejēna sotthinā
Nassantupaddavā sabbe	bhayā vūpasamentu te
Sakkatvā saṅgharatanaṃ	osathaṃ uttamaṃ varaṃ
Āhuneyyaṃ pāhuneyyaṃ	saṅghatejēna sotthinā
Nassantupaddavā sabbe	rogā vūpasamentu te
Sabbītiyo vivajjantu	sabbarogo vinassatu
Mā te bhavatvantarāyo	sukhī dīghāyuko bhava
Abhivādanasilissa	niccam vuddhāpacāyino
Cattāro dhammā vaḍḍhanti	āyu vaṇṇo sukhaṃ balaṃ





**PART 3**

# Funeral Chanting





## FUNERAL CHANTING

64

## 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’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  
 Maggāhipatino dhammā



## FUNERAL CHANTING

66

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  
 Ajjhata-bahiddhā dhammā  
  
 Ajjhatt'ārammaṇā dhammā  
 Bahiddh'ārammaṇā dhammā  
 Ajjhata-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-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

Aṭṭhārasa dhātuyo:

Cakkhu-dhātu rūpa-dhātu cakkhu-viññāṇa-dhātu, sota-dhātu  
sadda-dhātu sota-viññāṇa-dhātu, ghāna-dhātu gandha-dhātu  
ghāna-viññāṇa-dhātu, jivhā-dhātu rasa-dhātu  
jivhā-viññāṇa-dhātu, kāya-dhātu phoṭṭhabba-dhātu  
kāya-viññāṇa-dhātu, mano-dhātu dhamma-dhātu  
mano-viññāṇa-dhātu

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



## FUNERAL CHANTING

68

domanass'indriyaṃ upekkh'indriyaṃ, saddh'indriyaṃ  
viriy'indriyaṃ sat'indriyaṃ samādh'indriyaṃ paññ'indriyaṃ,  
anaññātañ-ñassāmī-t'indriyaṃ aññ'indriyaṃ aññātāv'indriyaṃ

Cattāri ariya-saccāni:

Dukkhaṃ ariya-saccaṃ, dukkha-samudayo ariya-saccaṃ,  
dukkha-nirodho ariya-saccaṃ, dukkha-nirodha-gāmini 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 asesā-virāga-nirodhā saṅkhāra-nirodho,  
saṅkhāra-nirodhā viññāṇa-nirodho, viññāṇa-nirodhā  
nāma-rūpa-nirodho, nāma-rūpa-nirodhā saḷ-āyatana-nirodho,  
saḷ-āyatana-nirodhā phassa-nirodho, phassa-nirodhā  
vedanā-nirodho, vedanā-nirodhā taṇhā-nirodho, taṇhā-nirodhā  
upādāna-nirodho, upādāna-nirodhā bhava-nirodho,  
bhava-nirodhā jāti-nirodho, jāti-nirodhā jarā-maraṇaṃ  
soka-parideva-dukkha-domanass'upāyāsā nirujjhanti

Evam-etassa kevalassa dukkhakkhandhassa nirodho hoti



## Paṃsu-kūla for the dead

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Aniccā vata saṅkhārā  
Uppāda-vaya-dhammino  
Uppajjitvā nirujjhanti  
Tesaṃ vūpasamo sukho  
  
Sabbe sattā maranti ca  
Mariṃsu ca marissare  
Tath'evāhaṃ marissāmi  
N'atthi me ettha saṃsayo

## Paṃsu-kūla for the living

Aciraṃ vat'ayaṃ kāyo  
Paṭhaviṃ adhisessati  
Chuddho apeta-viññāṇo  
Niratthaṃ va kaliṅgaraṃ





**PART 4**

**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: <b>e</b> and <b>o</b> change to short sounds in syllables ending in consonants. They are then pronounced as in ‘get’ and ‘ox’, respectively.
<b>a</b> as in <u>a</u> bout	<b>ā</b> as in f <u>a</u> ther	
<b>i</b> as in h <u>i</u> t	<b>ī</b> as in mach <u>i</u> ne	
<b>u</b> as in p <u>u</u> t	<b>ū</b> as in r <u>u</u> le	
	<b>e</b> as in gr <u>e</u> y	
	<b>o</b> as in m <u>o</u> re	

### Consonants

**c** as in ancient (like ch but unaspirated)

**m̐, ṇ** as ng in sang

**ṇ̐** as ny in canyon

**v** rather softer than the English v; near w

### Aspirated consonants

#### **bh ch dh ḍh gh jh kh ph th ṭh**

These two-lettered notations with h denote an aspirated, airy sound, distinct from the hard, crisp sound of the single consonant. They should be considered as one unit.

However, the other combinations with **h**, i.e., **lh**, **mh**, **ṇh**, and **vh**, do count as two consonants (for example in the Pāli words ‘jivhā’ or ‘mulho’).



## 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’).

## Retroflex consonants

**ḍ ḍh ṇ 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.

### 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 or 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:	n <sup>^</sup> oble	Long low tone:	h <sub>~</sub> omage
Low tone:	b <sub>~</sub> lessed	Long mid tone:	g <sub>~</sub> uides

### 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.

**Arahant/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’.



## GLOSSARY OF PĀLI TERMS

## APPENDIX

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**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 (brahmachariya)** 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: *rūpa*, *vedanā*, *saññā*, *saṅkhārā*, *viññāṇa*. Attachment to any of these as, ‘This is mine’, ‘I am this’ or, ‘This is my self’ is *upādāna* — 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:  
*kāmāvacara-bhūmi*: the sensuous plane; *rūpāvacara-bhūmi*: form plane;  
*arūpāvacara-bhūmi*: 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).

**Saṅgha** 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.

**Saññā** 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 Nibbānic 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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