

**PARTE 1**

# **Canto Mattina**

## Dedica di offerte

[ Yo so ] bhagavā arahaṃ sammāsambuddho  
 Svākkhāto yena bhagavatā dhammo  
 Supaṭipanno yassa bhagavato sāvakasaṅgho  
 Tam-māyaṃ bhagavantam sādhammaṃ sasaṅgham  
 Imehi sakkārehi yathārahaṃ āropitehi abhīpūjayāma  
 Sādhū no bhante bhagavā sucira-parinibbutopi  
 Pacchimā-janātānūkampa-mānasā  
 Ime sakkāre duggatā-panṇākārā-bhūte paṭiggaṇhātu  
 Amhākaṃ dīgharattaṃ hitāya sukhāya

Arahaṃ sammāsambuddho bhagavā  
 Buddhaṃ bhagavantam abhivādemi

[ INCHINO ]

[ Svākkhāto ] bhagavatā dhammo  
 Dhammaṃ namassāmi

[ INCHINO ]

[ Supaṭipanno ] bhagavato sāvakasaṅgho  
 Saṅgham namāmi

[ INCHINO ]

## Omaggio Preliminare

[ Hānda mayam buddhassa bhagavato  
 pubbabhāga-namakāraṃ karomase ]

Namo tassa bhagavato arahato sammāsambuddhassa

[ TRE VOLTE ]

## Ricordo del Buddha

[ Hānda mayam buddhābhitthutim karomase ]

Yo so tathāgato araham sammāsambuddho

Vijjācaraṇa-sampanno Sugato Lokavidū

Anuttaro purisadamma-sārathi

Satthā deva-manussānam Buddho bhagavā

Yo imam lokam sadevakam samarakam sabrahmakam

Sassāmaṇa-brāhmaṇim pajam sadeva-manussam sayam abhiññā

sacchikatvā pavedesi

Yo dhammam desesi ādi-kalyāṇam majjhē-kalyāṇam

pariyosāṇa-kalyāṇam

Sāttham sabyañjaṇam kevala-paripuṇṇam parisuddham

brahma-carīyam pakāsesi

Tam-aham bhagavantam abhīpūjayāmi tam-aham bhagavantam

sirasā namāmi

[ INCHINO ]

## Ricordo del Dhamma

[ Hānda mayam dhammābhitthutim karomase ]

Yo so svākkhāto bhagavatā dhammo

Sāṇḍiṭṭhiko akāliko ehipassiko opānāyiko paṇḍitaṇṇo viññūhi

Tam-aham dhammam abhīpūjayāmi

tam-aham dhammam sirasā namāmi

[ INCHINO ]

## Ricordo del Sangha

[ Hānda mayam saṅghābhitthutim karomase ]

Yo so supaṭipanno bhagavato sāvakaśaṅgho

Ujupaṭipanno bhagavato sāvakaśaṅgho

Ñāyapaṭipanno bhagavato sāvakaśaṅgho

Sāmīcipaṭipanno bhagavato sāvakaśaṅgho

Yadidaṃ cattāri purisayugāni aṭṭhā purisapuggalā

Esa bhagavato sāvakaśaṅgho

Āhuṇeyyo pāhuṇeyyo dakkhiṇeyyo añjali-karaṇīyo

Anuttaraṃ puññakkhettaṃ lokassa

Tam-aham saṅghaṃ abhīpūjayāmi

tam-aham saṅghaṃ sirasā namāmi

[ INCHINO ]

## Saluti alla Triplice Gemma

[ Hānda mayam ratanattaya-pañāma-gāthāyo ceva  
sāmvega-parikittana-pāṭhañca bhaṇāmasa ]

Buddho susuddho karuṇāmahāṇṇavo

Yoccanta-suddhabbara-ñāṇa-locano

Lokassa pāpūpakilesa-ghāṭako

Vandāmi buddhaṃ aham-ādarena taṃ

Dhammo paḍipo viya tassa satthuno

Yo maggāpākāmata-bheda-bhinnako

Lokuttaro yo ca tadattha-dīpano

Vandāmi dhammaṃ aham-ādarena taṃ

Saṅgho sukhettābhyati-khetta-sāññito

Yo diṭṭhāsanto sugatānubodhako  
 Lolappahīno ariyo sumedhaso  
 Vandāmi saṅghaṃ ahaṃ-ādarena taṃ  
 Iccevam-ekantaḥīpūja-neyyakam vatthuttayaṃ  
 vandayatābhisaṅkhatam  
 Puññaṃ mayā yaṃ mama sabbupaddavā  
 mā hōntu ve tassa pabhāvasiddhiyā  
 Idha tathāgato loka uppanno araham sammāsambuddho  
 Dhammo ca desito niyyāniko upasamiko parinibbāniko  
 sambodhagāmī sugatappavedito  
 Māyantaṃ dhammaṃ sutvā evaṃ jānāma  
 Jātipi dukkhā jarāpi dukkhā maraṇampi dukkham  
 Sōka-parideva-dukkha-domanassupāyāsāpi dukkhā  
 Appiyehi sampayogo dukkho  
 Piyehi vippayogo dukkho  
 Yampiccham na labhati tampi dukkham  
 Saṅkhittena pañcupādānakkhāndhā dukkhā  
 Seyyathidaṃ

Rūpupādānakkhāndho	Vedanupādānakkhāndho
Saññupādānakkhāndho	Saṅkhārūpādānakkhāndho
Viññāṇupādānakkhāndho	

Yesam pariññāya  
 Dharamāno sō bhagavā evaṃ bahulaṃ sāvake vineti  
 Evaṃ bhāgā ca panassa bhagavato sāvakesu anusāsani bahulā pavattati

Rūpaṃ aniccaṃ      Vedanā aniccā      Saññā aniccā

Saṅkhārā aniccā      Viññāṇaṃ aniccaṃ

Rūpaṃ anattā      Vedanā anattā      Saññā anattā

Saṅkhārā anattā      Viññāṇaṃ anattā

Sabbe saṅkhārā aniccā

Sabbe dhammā anattā'ti

Te māyaṃ otiṇṇāmha-jātiyā jarāmarañena

Sōkehi paridevehi dukkhēhi domanassehi upāyāsehi

Dukkhōtiṇṇā dukkhaparetā

Appewanāmiṃsaṃ kevalassa dukkhakkhāṇḍhassa

antakiriya paññāyethā'ti

[ LA SEGUENTE È CANTATO SOLO DAI MONACI E MONACHE. ]

Cīrapariniḥṣṭāṃ taṃ bhagavāntaṃ uddissa

arahāntaṃ sammāsambuddhaṃ

Saddhā agārasmā anagāriyaṃ pabbajitā

Tasmīṃ bhagavati brahma-carīyaṃ carāma

Bhikkhūnaṃ/Sīladharīnaṃ sikkhāsājīva-samāpannā

Taṃ no brahma-carīyaṃ imassa kevalassa dukkhakkhāṇḍhassa

antakiriya samvattatu

[ UNA VERSIONE ALTERNATIVA DEL PARAGRAFO PRECEDENTE, CHE PUÒ  
ESSERE CANTATO DA LAICI PURE. ]

Cīrāparinibbutampī taṃ bhagavāntaṃ saraṇaṃ gatā  
Dhāmmañca Saṅghañca  
Tassa bhagavato sāsanaṃ yathāsati yathābalaṃ  
manasikaroma anupaṭipajjāma  
Sā sā no paṭipatti  
Imassa kevalassa dukkhakkhāndhassa  
antakiriyāya saṃvattatu

## Omaggio di Chiusura

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





**PARTE 2**

**Canto Sera**



**PARTE 3**

**Riflessioni e  
Ricordi**