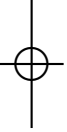


PART 1

Morning Chanting





Dedication of offerings

[Yo so] bhagavā arahaṃ sammāsambuddho

To the Blessed One, the Lord, who fully attained perfect enlightenment,

Svākkhāto yena bhagavātā dhammo

To the Teaching which he expounded so well,

Supaṭipanno yassa bhagavato sāvakasaṅgho

And to the Blessed One's disciples who have practised well,

Tam-māyaṃ bhagavantam sadhammam sāsaṅgham

To these - the Buddha, the Dhamma, and the Saṅgha -

Imehi sakkārehi yathārahaṃ āropitehi abhīpūjayāma

We render with offerings our rightful homage.

Sādhū no bhante bhagavā sucira-parinibbutopi

It is well for us that the Blessed One, having attained liberation,

Pacchīmā-janātānukampa-mānasā

Still had compassion for later generations.

Ime sakkāre duggatā-pañṇākārā-bhūte paṭiggaṇhātu

May these simple offerings be accepted

Amhākaṃ dīgharattaṃ hitāya sukhāya

For our long-lasting benefit and for the happiness it gives us.





MORNING CHANTING

NAMO TASSA

3

Arahaṃ sammāsambuddho bhagavā

The Lord, the Perfectly Enlightened and Blessed One -

Buddhaṃ bhagavantam abhivādemi

I render homage to the Buddha, the Blessed One.

[BOW]

[Svākkhāto] bhagavatā dhammo

The Teaching so completely explained by him -

Dhammaṃ namassāmi

I bow to the Dhamma.

[BOW]

[Supaṭipanno] bhagavato sāvakasaṅgho

The Blessed One's disciples who have practised well -

Saṅghaṃ namāmi

I bow to the Sangha.

[BOW]

Preliminary homage

[Hānda mayaṃ buddhassa bhagavato
pubbabhāga-namakāraṃ karomase]

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

Namo tassa bhagavato arahato sammāsambuddhassa

[THREE TIMES]

Homāge to the Blessed, Noble, and Perfectly Enlightened One.

[THREE TIMES]



Recollection of the Buddha

[Hānda mayam buddhābhitthutim karomase]

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

Yo so tathāgato araham sammāsambuddho

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

Vijjācaraṇa-sampanno

He is impeccable in conduct and understanding,

Sugato The Accomplished One,

Lokavidū The Knower of the Worlds.

Anūttaro purisadamma-sārathi

He trains perfectly those who wish to be trained.

Satthā deva-manussānam

He is Teacher of gods and humans.

Buddho bhagavā

He is awake and holy.

Yo imam lokam sadevakam samarakam sabrahmakam

In this world with its gods, demons, and kind spirits,

Sassāmaṇa-brāhmaṇim pajam sadeva-manussam sayam abhiññā
sacchikatvā pavedesi

*Its seekers and sages, celestial and human beings, he has by
deep insight revealed the Truth.*





MORNING CHANTING

HOMAGE TO THE DHAMMA

5

Yo dhammaṃ desēsi ādī-kalyāṇaṃ majjhē-kalyāṇaṃ
pariyosāṇa-kalyāṇaṃ

*He has pointed out the Dhamma: beautiful in the beginning,
beautiful in the middle, beautiful in the end.*

Sāttḥaṃ sabyañjanaṃ kevala-paripunṇaṃ parisuddhaṃ
brahma-carīyaṃ pakāsesi

*He has explained the Spiritual Life of complete purity in its
essence and conventions.*

Tam-aḥaṃ bhagavantaṃ abhīpūjayāmi tam-aḥaṃ bhagavantaṃ
sirasā namāmi

*I chant my praise to the Blessed One, I bow my head to
the Blessed One.*

[BOW]

Homage to the Dhamma

[Hānda mayaṃ dhammābhithūtiṃ karomase]

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

Yo so svākkhāto bhagavatā dhammo

The Dhamma is well expounded by the Blessed One,

Sāṇḍiṭṭhiko Apparent here and now,

Akāliko Timeless,

Ehipassiko Encouraging investigation,

Opanayiko Leading inwards,





HOMAGE TO THE SANGHA

MORNING CHANTING

6

Paccattam vedītabbo viññūhi

To be experienced individually by the wise.

Tam-aham dhammam abhīpūjayāmi tam-aham dhammam
sirasā namāmi

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

[BOW]

Homage to the Sangha

[Hānda mayam saṅghābhitthutim karomase]

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

Yo so supaṭipanno bhagavato sāvakasaṅgho

They are the Blessed One's disciples, who have practised well,

Ujupaṭipanno bhagavato sāvakasaṅgho

Who have practised directly,

Ñāyapaṭipanno bhagavato sāvakasaṅgho

Who have practised insightfully,

Sāmīcipaṭipanno bhagavato sāvakasaṅgho

Those who practise with integrity -

Yadidaṃ cattāri purisayugāni aṭṭhā purisapuggalā

That is the four pairs, the eight kinds of noble beings -

Esa bhagavato sāvakasaṅgho





MORNING CHANTING

SALUTATION TO THE TRIPLE GEM

7

These are the Blessed One's disc̣iples.

Āḥuṇ̣eyyo Such ones are worthy of gifts,

Pāḥuṇ̣eyyo Worthy of hospitạlity,

Dakḳhiṇ̣eyyo Worthy of offeṛings,

Aṇ̃jali-karaṇ̣īyo Worthy of respect;

Aṇuttaraṃ puṇ̣ṇakḳhetṭaṃ lokassa

*They give occasion for incomparable gooḍness to arise
in the world.*

Tam-aḥaṃ saṅghaṃ abḥip̣ūjayāmi tam-aḥaṃ saṅghaṃ
siraṣā namāmi

*I chant my praise to this Saṅgha, I bow my head to
this Saṅgha.*

[BOW]

Salutation to the Triple Gem

[Hānda mayam ratanattaya-panāma-gāthāyo ceva
saṃvega-parikittana-pāṭhañca bhaṇāmaṣe]

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

Buddho susuddho karuṇāmahāṇṇavo

The Buddha, absolutely pure, with ocean-like compassion,

Yocanta-suddhabbāra-ñāṇa-locano

Possessing the clear sight of wisdom,





SALUTATION TO THE TRIPLE GEM

MORNING CHANTING

8

Lokassa pāpūpakīlesa-ghātakō

Destroyer of worldly self-corruption

Vandāmi buddham aham-ādarena taṃ

Devotedly indeed, that Buddha I revere.

Dhammo padīpo viya tassa satthuno

The Teaching of the Lord, like a lamp,

Yo maggāpākāmata-bheda-bhinnako

Illuminating the Path and its Fruit: the Deathless,

Lokuttaro yo ca tadattha-dīpano

That which is beyond the conditioned world -

Vandāmi dhammam aham-ādarena taṃ

Devotedly indeed, that Dhamma I revere.

Saṅgho sukhettābhyati-khetta-saññito

The Sangha, the most fertile ground for cultivation,

Yo diṭṭhasanto sugatānubodhako

*Those who have realised peace, awakened after the
Accomplished One,*

Lolappahīno ariyo sumedhaso

Noble and wise, all longing abandoned -

Vandāmi saṅgham aham-ādarena taṃ

Devotedly indeed, that Sangha I revere.





MORNING CHANTING

SALUTATION TO THE TRIPLE GEM

9

Icevam-ekantabhipūja-neyyakam vatthuttayam
vandayatābhisankhataṃ

This salutation should be made to that which is worthy.

Puññaṃ mayā yaṃ mama sabbupaddavā mā hontu ve tassa
pabhāvasiddhiyā

Through the power of such good action, may all obstacles disappear.

Idha tathāgato loke uppanno araham sammāsambuddho

*One who knows things as they are has come into this world;
and he is an Arahant, a perfectly Awakened being.*

Dhammo ca desito niyyāniko upasamiko parinibbāniko
sambodhagāmi sugatappavedito

*Purifying the way leading out of delusion, calming and directing to
perfect peace, and leading to enlightenment – this Way he has made
known.*

Māyantaṃ dhammaṃ sutvā evaṃ jānāma

Having heard the Teaching, we know this:

Jātipi dukkhā Birth is dukkha,

Jarāpi dukkhā Ageing is dukkha,

Maraṇampi dukkhaṃ And death is dukkha;

Sōka-parideva-dukkha-domanassupāyāsāpi dukkhā

Sorrow, lamentation, pain, grief, and despair are dukkha;





SALUTATION TO THE TRIPLE GEM

MORNING CHANTING

10

Appiyehi sampayogo dukkho

Association with the disliked is dukkha;

Piyehi vippayogo dukkho

Separation from the liked is dukkha;

Yampiccham na labhati tampi dukkham

Not attaining one's wishes is dukkha.

Saṅkhittena pañcupādānakkhādhā dukkhā

In brief, the five focuses of identity are dukkha.

Seyyathīdam

These are as follows:

Rūpūpādānakkhādhō

attachment to form,

Vedanūpādānakkhādhō

attachment to feeling,

Sāññūpādānakkhādhō

attachment to perception,

Saṅkhārūpādānakkhādhō

attachment to mental formations,

Viññāṇūpādānakkhādhō

attachment to sense-consciousness.

Yesam pariññāya

For the complete understanding of this,

Dharamāno sō bhagavā evaṃ bahulaṃ sāvake vineti

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

Evaṃ bhāgā ca panassa bhagavato sāvakesu anusāsani bahulā pavattati





MORNING CHANTING

SALUTATION TO THE TRIPLE GEM

11

In addition, he further instructed:

Rūpaṃ aniccaṃ	Form is impermanent,
Vedanā aniccā	Feeling is impermanent,
Saññā aniccā	Perception is impermanent,
Sāṅkhārā aniccā	Mental formations are impermanent,
Viññāṇaṃ aniccaṃ	Sense-consciousness is impermanent;
Rūpaṃ anattā	Form is not-self,
Vedanā anattā	Feeling is not-self,
Saññā anattā	Perception is not-self,
Sāṅkhārā anattā	Mental formations are not-self,
Viññāṇaṃ anattā	Sense-consciousness is not-self;
Sabbe saṅkhārā aniccā	

All conditions are transient,

Sabbe dhammā anattā'ti

There is no self in the created or the uncreated.

Te māyaṃ otiṇṇāṃha-jātiyā jarāmarañena

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

Sōkehi paridevehi dukkhehi domanassehi upāyāsehi

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

Dukkhōtiṇṇā dukkhaparetā

Bound by dukkha and obstructed by dukkha.





SALUTATION TO THE TRIPLE GEM

MORNING CHANTING

12

Appevanā^{mi}massa^ṃ kevalassa^ṃ dukkhakkhāndhassa^ṃ antakiriyā^ṃ
paññāyethā'ti

Let us all aspire to complete freedom from suffering.

[THE FOLLOWING IS CHANTED ONLY BY THE MONKS AND NUNS.]

Cirā^{pa}rinibbuta^ṃpi ta^ṃ bhā^{ga}vānta^ṃ uddissa^ṃ arahā^{nta}ṃ
sammā^sambuddha^ṃ

*Remembering the Blessed One, the Noble Lord, and
Perfectly Enlightened One, who long ago attained Parinibbāna,*

Saddhā^ṃ agā^{ra}smā^ṃ anagā^{ri}ya^ṃ pabbajitā^ṃ

We have gone forth with faith from home to homelessness,

Tasmī^m bhā^{ga}vati brahma⁻carī^{ya}ṃ carā^{ma}

And like the Blessed One, we practise the Holy Life,

Bhikkhū^{ṇa}ṃ/Sī^{la}dharī^{ṇa}ṃ sikkhā^{sā}jī^{va}-samā^pannā^ṃ

Being fully equipped with the bhikkhus'/nuns' system of training.

Ta^ṃ no brahma⁻carī^{ya}ṃ ima^{ssa} kevalassa^ṃ dukkhakkhāndhassa^ṃ
anta^{kir}iyā^ṃ sa^mvā^ttatu

*May this Holy Life lead us to the end of this whole mass
of suffering.*





MORNING CHANTING

CLOSING HOMAGE

13

[AN ALTERNATIVE VERSION OF THE PRECEDING SECTION, WHICH
CAN BE CHANTED BY LAYPEOPLE AS WELL.]

Cīrāparinibbutampī taṃ bhagavantaṃ saraṇaṃ gatā

The Blessed One, who long ago attained Parinibbāna, is our refuge.

Dhāmmaṇca Saṅghaṇca

So too are the Dhāmma and the Saṅgha.

Tassa bhagavato sāsanaṃ yathāsati yathābalaṃ manasikaṛoma
anupaṭipājjāma

*Attentively we follow the pathway of that Blessed One, with all of
our mindfulness and strength.*

Sā sā no paṭipatti

May then the cultivation of this practice

Imassa kevalassa dukkhakkhandhassa antakiriyaṃ sāmvaṭṭatu

Lead us to the end of every kind of suffering.

Closing homage

[Arahaṃ] sammāsambuddho bhagavā

The Lord, the Perfectly Enlightened and Blessed One -

Buddhaṃ bhagavantaṃ abhivādemi

I render homage to the Buddha, the Blessed One.

[BOW]

[Svākkhāto] bhagavatā dhammo

The Teaching, so completely explained by him -





CLOSING HOMAGE

MORNING CHANTING

14

Dhammaṃ namassāmi

I bow to the Dhamma.

[BOW]

[Supatipanno] bhagavato sāvakaśaṅho

The Blessed One's disciples, who have practised well -

Śaṅghaṃ namāmi

I bow to the Sangha

[BOW]

