



The 717 Chanting Book

An Oasis of Peace amid a World of Turmoil

Lokanta Vihara

Homage to the Buddha

Namo tassa bhagavato arahato sammā-sambuddhassa. (3x)

Homage to the Blessed, Noble, and Perfectly Enlightened One. (3x)

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lokanta.github.io and tinyurl.com/dhammanet. Sources at github.com/cuboids/717.

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The Three Refuges

Buddham saranam gacchāmi,

I go to the Buddha for refuge.

Dhammam saranam gacchāmi,

I go to the Dhamma for refuge.

Samgham saranam gacchāmi.

I go to the Sangha for refuge.

Dutiyampi buddham saranam gacchāmi,

For a second time I go to the Buddha for refuge.

Dutiyampi dhammam saranam gacchāmi,

For a second time I go to the Dhamma for refuge.

Dutiyampi samgham saranam gacchāmi.

For a second time I go to the Sangha for refuge.

Tatiyampi buddham saranam gacchāmi,

For a third time I go to the Buddha for refuge.

Tatiyampi dhammam saranam gacchāmi,

For a third time I go to the Dhamma for refuge.

Tatiyampi samgham saranam gacchāmi.

For a third time I go to the Sangha for refuge.



Recollection of the Triple Gem

Itipi so bhagavā araham sammāsambuddho

That Blessed One is perfected, a fully awakened Buddha

vijjācaranāsampanno sugato lokavidū

accomplished in knowledge and conduct, holy, knower of the world,

anuttaro purisadammasārathi satthā devamanussānaṁ buddho bhagavā'ti.

supreme guide for those who wish to train, teacher of gods and humans, awakened, blessed.

Svākkhāto bhagavatā dhammo

The teaching is well explained by the Buddha—

sandiṭṭhiko akāliko ehipassiko

visible in this very life, immediately effective, inviting inspection,

opaneyyiko paccattam veditabbo viññūhi'ti.

relevant, so that sensible people can know it for themselves.

Suppatipanno bhagavato sāvakasaṅgho,

The Saṅgha of the Buddha's disciples is practicing the way that's good,

ujuppatipanno bhagavato sāvakasaṅgho,

straightforward,

ñāyappatipanno bhagavato sāvakasaṅgho,

methodical,

...

sāmīcippatippanno bhagavato sāvakasaṅgho,

and proper.

yadidam cattāri purisayugāni, aṭṭha purisapuggalā.

It consists of the four pairs, the eight individuals.

Esa bhagavato sāvakasaṅgho

This is the Saṅgha of the Buddha's disciples

āhuneyyo pāhuneyyo dakkhiṇeyyo añjalikaraṇīyo,

that is worthy of offerings dedicated to the gods, worthy of hospitality, worthy of a religious donation,

worthy of greeting with joined palms,

anuttaram puññakkhettam lokassā'ti.

and is the supreme field of merit for the world.



7am: Maṅgala Sutta

Asevanā ca bālānam,

"Not associating with fools,

paññitānañ-ca sevana;

with the wise associating,

pūjā ca pūjaneyyānam,

honouring those worthy of honour:

etam maṅgalam-uttamam.

this is a supreme blessing.

Patirūpa-desa-vāso ca,

"Living in a suitable place,

pubbe ca kata-puññatā;

formerly having done good deeds,

atta-sammā-pañidhi ca,

having the right aspiration for oneself:

etam maṅgalam-uttamam.

this is a supreme blessing.

Bāhu-saccañ-ca sippañ-ca,

"Having great learning and craft,

...

vinayo ca susikkhito;
being disciplined and well trained,
 subhāsitā ca yā vācā,
and whatever words are well spoken:
 etam maṅgalam-uttamā .
this is a supreme blessing.

Mātā-pitu upaṭṭhānam,
"Attending on one's mother and father,
 putta-dārassa saṅgaho;
looking after one's wife and sons,
 anākulā ca kammantā,
having work that is not confusing:
 etam maṅgalam-uttamam.
this is a supreme blessing.

Dānañ-ca dhamma-cariyā ca,
"Giving, and living by the Dhamma,
 nātakānañ-ca saṅgaho;
and looking after one's relatives,
 anavajjāni kammāni,
performing actions that are blameless:
 etam maṅgalam-uttamam.
this is a supreme blessing.

Āratī viratī pāpā,
"Abstaining, refraining from bad deeds,
 majja-pānā ca saññamo;
restraint from intoxicating drink,
 appamādo ca dharmesu,
being heedful regarding all things:
 etam maṅgalam-uttamam.
this is a supreme blessing.

Gāravo ca nivāto ca,
“Having respect and being humble,
santuṭṭhi ca katañ-ñutā;
being satisfied and grateful,
kālena dhammassavanam,
listening to the Dhamma at the right time:
etam maṅgalam-uttamam.
this is a supreme blessing.

Khanti ca sovacassatā,
“Being patient and easily spoken to,
samañānañ-ca dassanam;
having sight of ascetics,
kālena dhamma-sākacchā,
discussing the Dhamma at the right time:
etam maṅgalam-uttamam.
this is a supreme blessing.

Tapo ca brahma-cariyañ-ca,
“Austerity, living spiritually,
ariya-saccāna dassanam;
insight into the noble truths,
nibbāna-sacchikiriyā ca,
and experiencing Emancipation:
etam maṅgalam-uttamam.
this is a supreme blessing.

Phutṭhassa loka-dhammehi,
“He whose mind does not waver,
cittam yassa na kampati;
when it is touched by things of this world,
asokam virajam khemam,
being griefless, dustless, and secure:
etam maṅgalam-uttamam.
this is a supreme blessing.

Etādisāni katvāna,
“Having done as here directed,
sabbattham-aparājitā;
being undefeated everywhere,
sabbattha sotthim gacchanti,
they go everywhere in safety:
tam tesam maṅgalam-uttaman”ti.
for them this is a supreme blessing.”

(meditation)

1pm: Ratana Sutta

Yam kiñci vittam idha vā huram vā,

Whatever riches there are—here or hereafter

saggesu vā yam ratanam pañitam;

or in the heavens—that excellent treasure

na no samam atthi tathāgatena,

is not equal unto the Realised One—

idampi buddhe ratanam pañita;

this excellent treasure is in the Buddha:

etenā saccena suvatthi hotu.

by virtue of this truth may there be safety!

Khayam virāgam amatam pañitam,

Craving's end, dispassion, deathlessness, excellence—

yad-ajjhagā sakya-muni samāhito;

that which the concentrated Sakyan sage attained—

na tena dhammena sam'atthi kiñci,

there is nothing that is equal to the Dhamma—

idampi dhamme ratanam pañitam;

this excellent treasure is in the Dhamma:

etenā saccena suvatthi hotu.

by virtue of this truth may there be safety!

Yam buddha-settho parivanṇayī sucim,

*That which the great Buddha praised as being pure—
samādhim-ānantarikaññam-āhu;*

*the concentration said to have immediate result—
samādhiṇā tena samo na vijati,*

*no equal to that concentration is found—
idampi dhamme ratanam pañitam;*

*this excellent treasure is in the Dhamma:
etena saccena suvatthi hotu.*

by virtue of this truth may there be safety!

Ye puggalā atṭha satam pasatthā,

*Those eight individuals praised by the good—
cattāri etāni yugāni honti;*

*there are these four pairs of persons—
te dakkhiṇeyyā sugatassa sāvakā,
those disciples of the Fortunate One are worthy of gifts,
etesu dinnāni mahapphalāni;*

*those things that have been given to them have great fruit—
idampi sam ghe ratanam pañitam,*

*this excellent treasure is in the Sangha:
etena saccena suvatthi hotu.*

by virtue of this truth may there be safety!

Ye suppayuttā manasā daḷhena,

*Those who have firm minds that are devoted to
nikkāmino gotama-sāsanamhi;*

*Gotama's teaching, being free from sense desire—
te patti-pattā amataṁ vigayha,*

*having attained and entered the deathless—
laddhā mudhā nibbutim bhuñjamānā;
are enjoying the stillness, obtained for free—*

...

idampi sam̄ ghe ratanam̄ pañitam̄,

this excellent treasure is in the Sangha:

etenā saccena suvatthi hotu.

by virtue of this truth may there be safety!

Khīnam̄ purāṇam̄ navam̄ n'atthi sambhavam̄,

Just as a locking post stuck fast in the earth

viratta-citt'āyatike bhavasmim̄;

does not waver on account of the four winds,

te khīna-bījā avirūlhī-chandā,

just like this, I say, is the person who is true,

nibbanti dhīrā yathā'yam̄ padīpo;

the one who sees the noble truths completely—

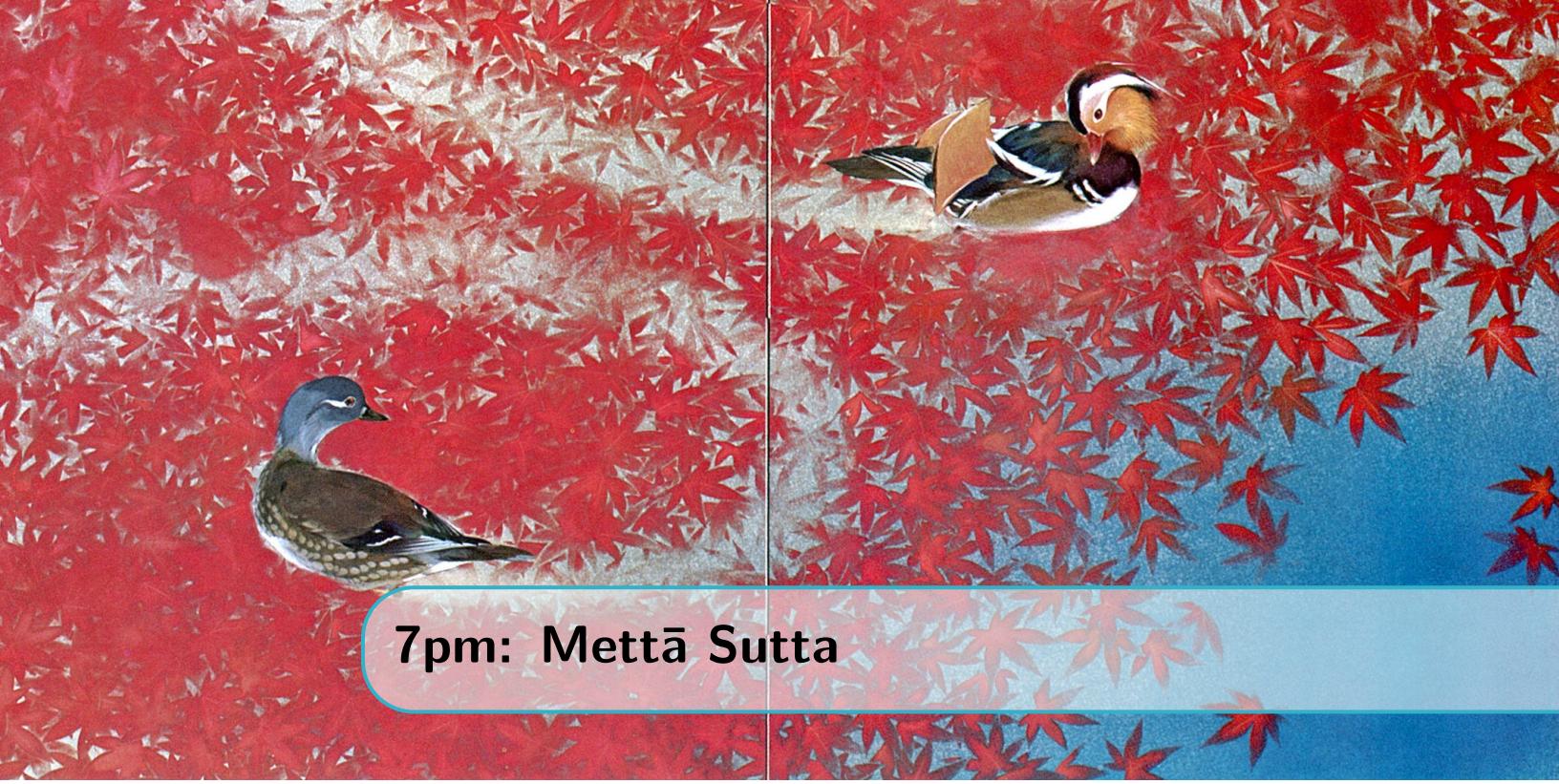
idampi sam̄ ghe ratanam̄ pañitam̄,

this excellent treasure is in the Sangha:

etenā saccena suvatthi hotu.

by virtue of this truth may there be safety!

(meditation)



7pm: Mettā Sutta

Karaṇīya m-attha-kusalena,

This is what should be done

yan-tam̄ santam̄ padam̄ abhisamecca;

By one who is skilled in goodness,

sakko ujū ca suhujū ca,

And who knows the path of peace:

sūvaco c'assa mudu anatimānī.

Let them be able and upright,

Santussako ca subharo ca,

Straightforward and gentle in speech,

appakicco ca sallahuka-vutti;

Humble and not conceited, contented and easily satisfied,

sant'indriyo ca nipako ca,

Unburdened with duties and frugal in their ways.

appagabbho kulesu ananugiddho.

Peaceful and calm and wise and skillful,

Na ca khuddam̄ samācāre kiñci,

Not proud or demanding in nature.

...

yena viññū pare upavadeyyum;

Let them not do the slightest thing that the wise would later reprove.

sukhino vā khemino hontu,

Wishing: In gladness and in safety,

sabbe sattā bhavantu sukhit'attā.

May all beings be at ease.

Ye keci pāṇa-bhūt'atthi,

Whatever living beings there may be;

tasā vā thāvarā vā anavasesā;

Whether they are weak or strong, omitting none,

dīghā vā ye mahantā vā,

The great or the mighty,

majjhimā rassakā aṇuka-thūlā.

medium, short or small,

Ditṭhā vā ye ca aditṭhā,

The seen and the unseen,

ye ca dūre vasanti avidūre;

Those living near and far away,

bhūtā vā sambhavesī vā,

Those born and to-be-born—

sabbe sattā bhavantu sukhit'attā.

May all beings be at ease!

Na paro param nikubbetha,

Let none deceive another,

nātimaññetha katthaci nam kiñci;

Or despise any being in any state.

byārosanā pāṭighasañña,

Let none through anger or ill-will

nāñnam-aññassa dukkham-iccheyya.

Wish harm upon another.

Mātā yathā niyam̄ puttam —
Even as a mother protects with her life
 āyusā eka-puttam-anurakkhe;
Her child, her only child,
 evampi sabba-bhūtesu,
So with a boundless heart
 mānasam-bhāvaye aparimāṇam .
Should one cherish all living beings;

Mettañ-ca sabba-lokasmim̄,
Radiating kindness over the entire world:
 mānasam-bhāvaye aparimāṇam;
Spreading upwards to the skies,
 uddham̄ adho ca tiriyañ-ca,
And downwards to the depths;
 asambādham̄ averam̄ asapattam̄.
Outwards and unbounded, freed from hatred and ill-will.

Tiṭṭhañ-caram̄ nisinno vā,
Whether standing or walking, seated or lying down
 sayāno vā yāvat'āssa vigata-middho;
Free from drowsiness,
 etam̄ satim̄ adhiṭṭheyya,
One should sustain this recollection.
 brahmam-etam̄ vihāram̄ idham-āhu.
This is said to be the sublime abiding.

Ditṭhiñ-ca anupaggamma,
By not holding to fixed views,
 sīlavā dassanena sampanno;
The pure-hearted one, having clarity of vision,
 kāmesu vineyya gedham̄,
Being freed from all sense desires,
 na hi jātu gabbha-seyyam̄ punareti”ti.
Is not born again into this world.
 (meditation)



Closing homage

Araham sammāsambuddho bhagavā

*The Blessed One, who is perfected, a fully awakened Buddha—
Buddham bhagavantam abhivādemi*

I render homage to the Buddha, the Blessed One.

(bow)

Svākkhāto bhagavatā dhammo

*The Teaching, so well explained by him—
Dhammam namassāmi*

I bow to the Dhamma.

(bow)

Supatipanno bhagavato sāvakasaṅgho

*The Blessed One's disciples, who have practiced well
Saṅgham namāmi*

I bow to the Sangha

(bow)