



# 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)*

Lokanta Vihara, Harris Park, Sydney

[lokanta.github.io](https://lokanta.github.io) and [tinyurl.com/dhammanet](https://tinyurl.com/dhammanet). Sources at [github.com/cuboids/717](https://github.com/cuboids/717).

*March 2020, v1.0*



## The Three Refuges

Buddhaṃ saraṇaṃ gacchāmi,

*I go to the Buddha for refuge.*

Dhammaṃ saraṇaṃ gacchāmi,

*I go to the Dhamma for refuge.*

Samghaṃ saraṇaṃ gacchāmi.

*I go to the Sangha for refuge.*

Dutiyampi buddhaṃ saraṇaṃ gacchāmi,

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

Dutiyampi dhammaṃ saraṇaṃ gacchāmi,

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

Dutiyampi samghaṃ saraṇaṃ gacchāmi.

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

Tatīyampi buddhaṃ saraṇaṃ gacchāmi,


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

Tatīyampi dhammaṃ saraṇaṃ gacchāmi,

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

Tatīyampi samghaṃ saraṇaṃ gacchāmi.

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



## Recollection of the Triple Gem

Itipi so bhagavā arahaṃ sammāsambuddho

*That Blessed One is perfected, a fully awakened Buddha*

vijjācaraṇasampanno sugato lokavidū

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

anuttaro purisadammasārathi satthā devamanussānaṃ 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 paccattaṃ veditabbo viññūhī'ti.

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

Suppaṭipanno bhagavato sāvakasaṅgho,

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

ujuppaṭipanno bhagavato sāvakasaṅgho,

*straightforward,*

ñāyappaṭipanno bhagavato sāvakasaṅgho,

*methodical,*

...

sāmīcippaṭipanno bhagavato sāvakaśaṅho,

*and proper.*

yadidaṃ cattāri purisayugāni, aṭṭha purisapuggalā.

*It consists of the four pairs, the eight individuals.*

Esa bhagavato sāvakaśaṅho

*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,*

anuttaraṃ puñṇakkhettaṃ lokassā'ti.

*and is the supreme field of merit for the world.*



## 7am: Maṅgala Sutta

Asevanā ca bālānam,

*“Not associating with fools,*

paṇḍitānañ-ca sevanā;

*with the wise associating,*

pūjā ca pūjaneyyānam,

*honouring those worthy of honour:*

etaṃ 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-paṇidhi ca,

*having the right aspiration for oneself:*

etaṃ maṅgalam-uttamaṃ.

*this is a supreme blessing.*

Bāhu-saccañ-ca sippañ-ca,

*“Having great learning and craft,*

...

vinayo ca susikkhito;

*being disciplined and well trained,*

subhāsītā ca yā vācā,

*and whatever words are well spoken:*

etaṃ 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:*

etaṃ maṅgalam-uttamaṃ.

*this is a supreme blessing.*

Dānañ-ca dhamma-cariyā ca,

*“Giving, and living by the Dhamma,*

ñātakānañ-ca saṅgaho;

*and looking after one’s relatives,*

anavajjāni kammāni,

*performing actions that are blameless:*

etaṃ 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 dhammesu,

*being heedful regarding all things:*

etaṃ maṅgalam-uttamaṃ.

*this is a supreme blessing.*

Gāravo ca nivāto ca,

*“Having respect and being humble,*

santuṭṭhi ca katañ-ñutā;

*being satisfied and grateful,*

kālena dhammassavanaṃ,

*listening to the Dhamma at the right time:*

etaṃ maṅgalam-uttamaṃ.

*this is a supreme blessing.*

Khantī ca sovacassatā,

*“Being patient and easily spoken to,*

samañānañ-ca dassanaṃ;

*having sight of ascetics,*

kālena dhamma-sākacchā,

*discussing the Dhamma at the right time:*

etaṃ maṅgalam-uttamaṃ.

*this is a supreme blessing.*

Tapo ca brahma-cariyañ-ca,

*“Austerity, living spiritually,*

ariya-saccāna dassanaṃ;

*insight into the noble truths,*

nibbāna-sacchikiriya ca,

*and experiencing Emancipation:*

etaṃ maṅgalam-uttamaṃ.

*this is a supreme blessing.*

Phuṭṭhassa loka-dhammehi,

*“He whose mind does not waver,*

cittaṃ yassa na kampati;

*when it is touched by things of this world,*

asokaṃ virajaṃ khemaṃ,

*being griefless, dustless, and secure:*

etaṃ maṅgalam-uttamaṃ.

*this is a supreme blessing.*



---

Etādisāni katvāna,

*“Having done as here directed,*

sabbattham-aparājitā;

*being undefeated everywhere,*

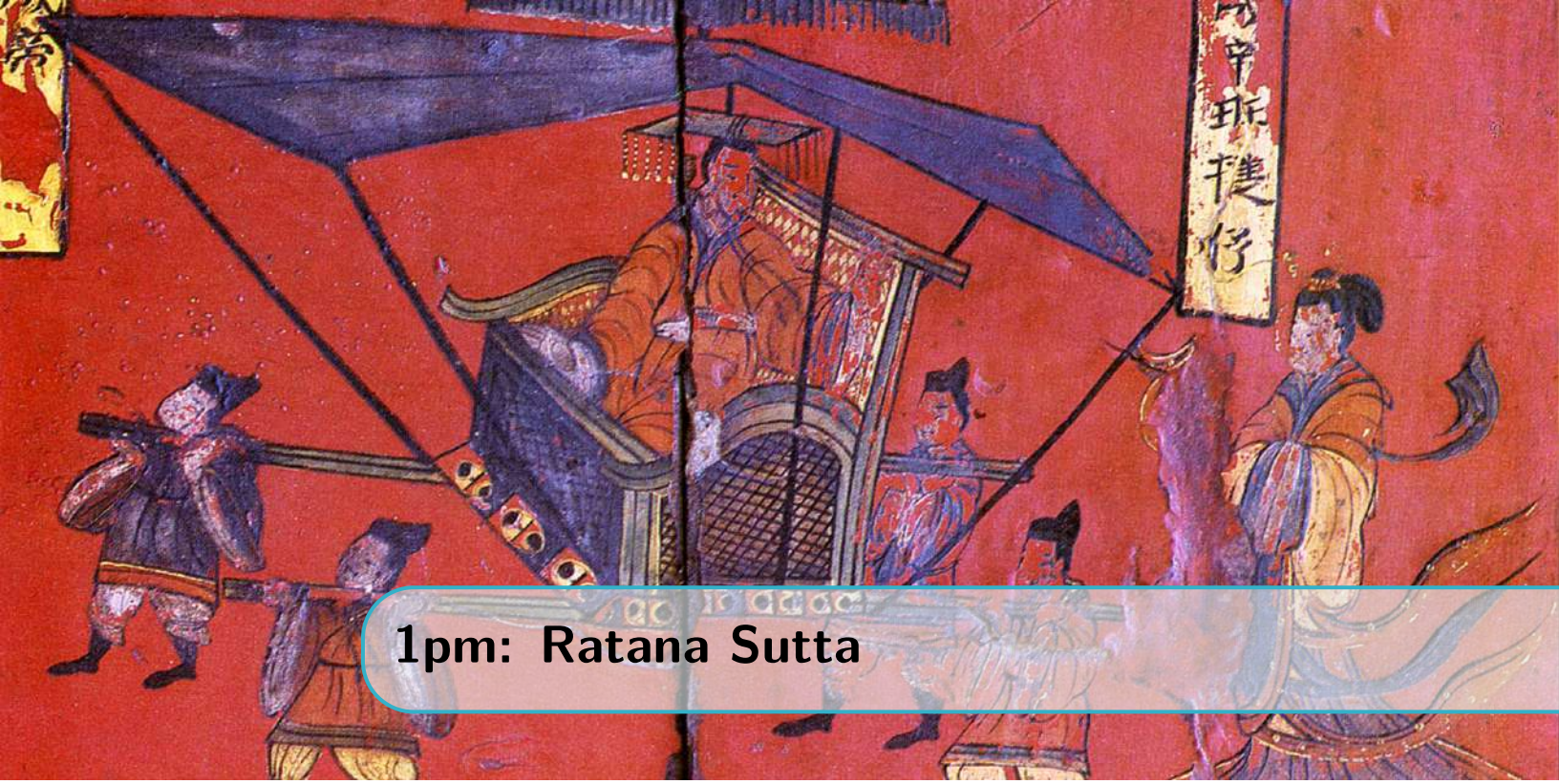
sabbattha sotthiṃ gacchanti,

*they go everywhere in safety:*

taṃ tesaṃ maṅgalam-uttaman”ti.

*for them this is a supreme blessing.”*

(meditation)



## 1pm: Ratana Sutta

Yaṃ kiñci vittaṃ idha vā huraṃ vā,

*Whatever riches there are—here or hereafter*

saggesu vā yaṃ ratanaṃ paṇītaṃ;

*or in the heavens—that excellent treasure*

na no samaṃ atthi tathāgatena,

*is not equal unto the Realised One—*

idampi buddhe ratanaṃ paṇītaṃ;

*this excellent treasure is in the Buddha:*

etena saccena suvatthi hotu.

*by virtue of this truth may there be safety!*

Khayaṃ virāgaṃ amataṃ paṇītaṃ,

*Craving's end, dispassion, deathlessness, excellence—*

yad-ajjhagā sakya-munī 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 ratanaṃ paṇītaṃ;

*this excellent treasure is in the Dhamma:*

etena saccena suvatthi hotu.

*by virtue of this truth may there be safety!*

Yaṃ buddha-seṭṭho parivaṇṇayī sucīṃ,

*That which the great Buddha praised as being pure—*

samādhim-ānantarikaññam-āhu;

*the concentration said to have immediate result—*

samādhinā tena samo na vijjati,

*no equal to that concentration is found—*

idampi dhamme ratanaṃ paṇītaṃ;

*this excellent treasure is in the Dhamma:*

etena saccena suvatthi hotu.

*by virtue of this truth may there be safety!*

Ye puggalā aṭṭha 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 saṃ ghe ratanaṃ paṇītaṃ,

*this excellent treasure is in the Sangha:*

etena saccena suvatthi hotu.

*by virtue of this truth may there be safety!*

Ye suppayuttā manasā dalhena,

*Those who have firm minds that are devoted to*

nikkāmino gotama-sāsanamhi;

*Gotama's teaching, being free from sense desire—*

te patti-pattā amataṃ vigayha,

*having attained and entered the deathless—*

laddhā mudhā nibbutiṃ bhuñjamānā;

*are enjoying the stillness, obtained for free—*

...



idampi saṃ ghe ratanaṃ paṇītaṃ,

*this excellent treasure is in the Sangha:*

etena saccena suvatthi hotu.

*by virtue of this truth may there be safety!*

Khīṇaṃ purāṇaṃ navaṃ n'atthi sambhavaṃ,

*Just as a locking post stuck fast in the earth*

viratta-citt'āyatike bhavasmim;

*does not waver on account of the four winds,*

te khīṇa-bījā avirūḷhi-chandā,

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

nibbanti dhīrā yathā'yaṃ padīpo;

*the one who sees the noble truths completely—*

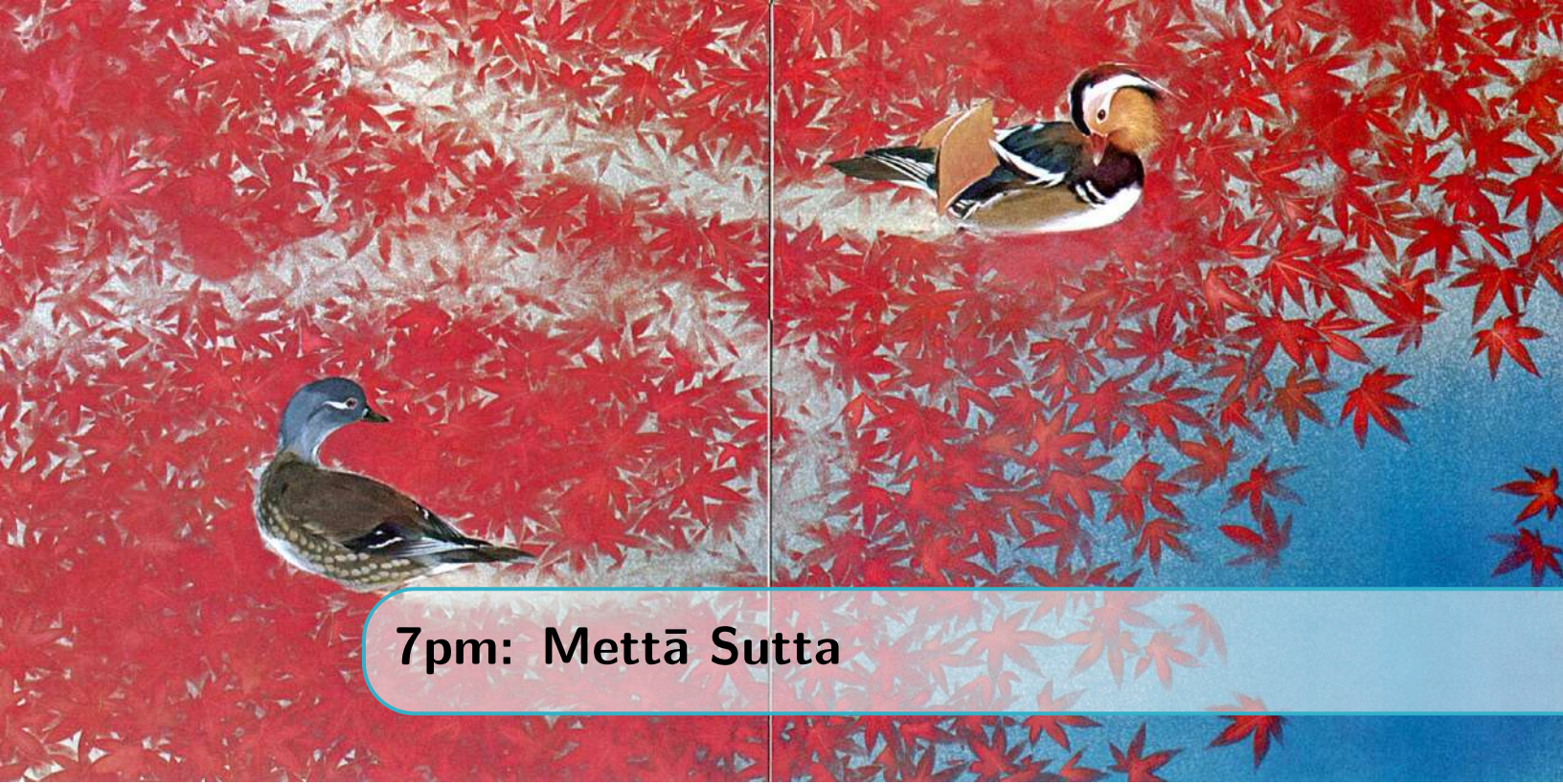
idampi saṃ ghe ratanaṃ paṇītaṃ,

*this excellent treasure is in the Sangha:*

etena 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-taṃ santaṃ padaṃ 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 khuddaṃ samācare 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,*

Diṭṭhā vā ye ca adiṭṭhā,

*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 paraṃ nikubbetha,

*Let none deceive another,*

nātimaññetha katthaci naṃ kiñci;

*Or despise any being in any state.*

byārosanā pāṭighasañña,

*Let none through anger or ill-will*

nāññam-aññassa dukkham-iccheyya.

*Wish harm upon another.*



Mātā yathā niyaṃ puttā —

*Even as a mother protects with her life*

āyusā eka-puttā-anurakkhe;

*Her child, her only child,*

evampi sabba-bhūtesu,

*So with a boundless heart*

mānasam-bhāvaye aparimāṇaṃ .

*Should one cherish all living beings;*

Mettañ-ca sabba-lokasmim,

*Radiating kindness over the entire world:*

mānasam-bhāvaye aparimāṇaṃ;

*Spreading upwards to the skies,*

uddhaṃ adho ca tiriyañ-ca,

*And downwards to the depths;*

asambādhaṃ averaṃ asapattaṃ.

*Outwards and unbounded, freed from hatred and ill-will.*

Tiṭṭhañ-caraṃ nisinno vā,

*Whether standing or walking, seated or lying down*

sayāno vā yāvat'āssa vigata-middho;

*Free from drowsiness,*

etaṃ satiṃ adhiṭṭheyya,

*One should sustain this recollection.*

brahmam-etaṃ vihāraṃ idham-āhu.

*This is said to be the sublime abiding.*

Diṭṭhiñ-ca anupaggaṃ,

*By not holding to fixed views,*

sīlavā dassanena sampanno;

*The pure-hearted one, having clarity of vision,*

kāmesu vineyya gedhaṃ,

*Being freed from all sense desires,*

na hi jātu gabbha-seyyaṃ punareti”ti.

*Is not born again into this world.*

(meditation)



## Closing homage

Arahaṃ sammāsambuddho bhagavā

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

Buddhaṃ bhagavantaṃ abhivādemi

*I render homage to the Buddha, the Blessed One.*

(bow)

Svākkhāto bhagavatā dhammo

*The Teaching, so well explained by him—*

Dhammaṃ namassāmi

*I bow to the Dhamma.*

(bow)

Supaṭipanno bhagavato sāvakasaṅgho

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

Saṅghaṃ namāmi

*I bow to the Sangha*

(bow)