

Namo tassa bhagavato arahato sammāsambuddhassa!



"... I bow at the feet of my mother"



dasa māse ure katvā, posesi vuddhikāraṇaṃ āyu dīgham vassa sataṃ, mātu pādam namāmaham



"... I bow at the feet of my father"

vuddhikāro alingitvā cumbitvā piya puttakaṃ āyu dīgham vassa sataṃ pītu pādaṃ namāmahaṃ





