

# UTTAMAMAYANMUNI BUDDHIST TEMPLE



## EVENING CHANTING



32-B Hong San Terrace, Singapore 688785 - Tel: 67691761 - [www.uttamayanmuni.org](http://www.uttamayanmuni.org)

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# MONDAY

## JAYAMANGALA GATHA (The Stanzas of Joyous victory)

### **Bāhum sahasa-mabhinim-mitasāvudhantam**

Grīmekhalam uditā-ghorasa-senamāram

Dānādidhammavidhinā jitvā munindo

Tantejasā bhavatu te jayamaṅghalāni

### **Mārātireka-mabhiyujjhita-sabbarattim**

Ghoram-panālavakamakhamathaddha-yakkham

Khantī-sudanta-vidhinā jitvā munindo

Tantejasā bhavatu te jayamaṅghalāni

### **Naḷāgirim gajavaram atimattabhūtam**

Dāvaggi-cakka-masanīva sudāruṇantam

Mettambuseka-vidhinā jitvā munindo

Tantejasā bhavatu te jayamaṅghalāni

### **Ukkihitta-khagga-matihattha-sudāruṇantam**

Dhāvantiyojana-pathaṅgulimālavantam

Iddhībhi-saṅkhatamano jitvā munindo

Tantejasā bhavatu te jayamaṅghalāni

### **Katvāna kaṭṭhamudaram iva gabbhinīyā**

Ciñcāya duṭṭhavacanam janakāyamajjhe

Santena soma-vidhinā jitvā munindo

Tantejasā bhavatu te jayamaṅghalāni

### **Saccam vihāya matisaccakavādaketum**

Vādābhiropitamanam ati-andhabhūtam

Paññā-padīpa-jalito jitvā munindo

Tantejasā bhavatu te jayamaṅghalāni

**Nando-panandabhujagam vibudham mahiddhim**

Puttena therabhujagena damāpayanto

Iddhūpadesa-vidhinā jivā munindo

Tantejasā bhavatu te jayamaṅghalāni

**Duggāha-diṭṭhi-bhujagena sudaṭṭhahattham**

Brahmam visuddhi-juti-middhi-bakābhidhanam

ñāṇāgadena-vidhinā jivā munindo

Tantejasā bhavatu te jayamaṅghalāni

**Etāpi Buddha-jayamaṅgala-aṭṭhagāthā**

Yo vācano dinadine sarate matandī

Hitvāna-neka-vividāni jupaddavāni

Mokkham sukham adhigameyya naro sapanṇo

**JAYABHARITTAM**

Mahākāruṇiko nātho	Hitāya sabbapāṇinam
Pūretvā pāramī sabbā	Patto sambodhimuttamam
Etena saccavajjena	Hotu te jayamaṅgalam
Jayanto bodhiyā mūle	Sakyānam nandivaddhano
Evam tvam vijayo hohi	Jayassu jayamaṅgale
Aparājitapallaṅke	Sīse paṭhavipokkhare
Abhiseke sabbabuddhānam	Aggappatto pamodati
Sunakkhattam sumaṅgalam	Supabhātam suhuṭṭhitam
Sukhaṇo sumuhutto ca	Suyiṭṭham brahmacārisu
Padakkhiṇam kāyakammam	Vācākammam padakkhiṇam
Padakkhiṇam manokammam	Paṇidhī te padakkhiṇā
Padakkhiṇāni katvāna	Labhantatthe padakkhiṇe

*(Please continue with Post Parita)*

## TUESDAY

### ITIPĪ SO (108 TIMES)

Iti' pi so Bhagavā Araham  
Sammā Sambuddho  
Vijjā-Carana-sampano  
Sugato Loka-vidū  
Anuttaro Purisa damma-sārathi  
Sathā Deva –manussānam  
Buddho Bhagavā ' ti

### JAYAMANGALA GATHA (The Stanzas of Joyous victory)

#### **Bāhum sahassa-mabhinim-mitasāvudhantam**

Grīmekhalam udita-ghorasa-senamāram  
Dānādidhammavidhinā jivā munindo  
Tantejasā bhavatu te jayamaṅghalāni

#### **Mārātireka-mabhiyujjhita-sabbarattim**

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Tantejasā bhavatu te jayamaṅghalāni

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**Etāpi Buddha-jayamaṅgala-aṭṭhagāthā**

Yo vācano dinadine sarate matandī

Hitvāna-neka-vividāni jupaddavāni

Mokkham sukham adhigameyya naro sapaṇṇo

*(To continue with Post Parita)*

## WEDNESDAY AND FRIDAY

### DHAMMACAKKAPPAVATTANA SUTTA

(The Discourse on the turning of the wheel Dhamma)

Evam-me sutam: Ekam samayam bhagavā bārāṇasiyam viharati Isipatane migadāye. Tatra kho bhagavā pañca-vaggiye bhikkhū ā mantesi.

Dveme bhikkhave anta pabbajitena na sevitabbā. Yo cāyam kāmesu kamasukhallikā-nuyogo hīno gammo pothujjaniko anariyo anatta-sañhito. Yo cāyam atta-kilamathā-nuyogo dukkho anariyo anattasañhito.

Ete te bhikkhave ubjo ante anupagamma majjhimā paṭipadā tathāgatena abhisambuddhā cakkukaraṇī ñāṇakaraṇī upsamāya abhiññāya sambodhāya nibbānāya samvattati.

Katamā ca sā bhikkhave majjhimā paṭipadā tathāgatena abhisambuddhā cakkhukaraṇī nāṇakaraṇī upasamāya abhiññāya sambodhāya nibbānāya saṅvattati.

Ayameva ariyo aṭṭhaṅgiko maggo. Seyyathīdam Sammā-diṭṭhi Sammā-saṅkappo. Sammā-vācā Sammā-kammanto Sammā-ājivo Sammā-vāyāmo Sammā-sati Sammā-samādhī.

Ayam kho sā bhikkhave majjhimā paṭipadā tathāgatena abhisambuddhā cakkhukaraṇī ñāṇakaraṇī upasamāya

abhiññāya sambodhāya nibbānāya samvattati

Idam kho pana bhikkhave dukkham ariyasaccam. Jātipi dukkhā jarāpi dukkhā maraṇampi dukkham soka-parideva-dukkha-domanas-supāyāsāpi dukkhā appiyehi sampayogo dukkho piyehi vippayogo dukkho. Yampiccham na labhati tampi dukkham saṅ khittena pañcupādānakkhantā dukkhā.

Idam kho pana bhikkhave dukkhasamudayo ariyasaccam. Yā yam taṇhā ponobbhavikā nandi-rāga-sahagatā. Tatra tatrā-bhinandinī. Seyyathīdam. Kāmatanhā bhavatanhā vibhavataṇhā.

Idam kho pana bhikkhave dukkha-nirodho ariyasaccam. Yo tassāyeva taṇhāya asesavirāga-nirodho cāgo paṭinissaggo mutti anālayo.

Idam kho pana bhikkhave dukkha-nirodha-gāminī paṭipadā ariyasaccam.

Ayameva ariyo aṭṭhaṅgiko maggo Seyyathīdam Sammā-ditṭhi Sammā-saṅkappo Sammā-vācā Sammā-kammanto Sammā-ājīvo Sammā-vayamo Sammā-sati Sammā-samādhi

Idam dukkham ariyasaccanti me bhikkhave pubbe ananussutesu dhammesu cakkhum udapādi ñāṇam udapādi paññā udapādi vijjā udapādi āloko udapādi.

Tam kho panidam dukkham ariyasaccam pariññeyyanti me bhikkhave pubbe ananussutesu dhammesu cakkhum udapādi ñāṇam udapādi paññā udapādi vijjā udapādi āloko udapādi.

Tam kho panidam dukkham ariyasaccam pariññātanti me bhikkhave pubbe ananussutesu dhammesu cakkhum udapādi ñāṇam udapādi paññā udapādi vijjā udapādi āloko udapādi

Idam dukkha-samudayo ariyasaccanti me bhikkhave pubbe ananussutesu dhammesu cakkhum udapādi ñāṇam udapādi paññā udapādi vijjā udapādi āloko udapādi

Tam kho panidam dukkha-samudayo ariyasaccam pahā tabbanti me bhikkhave pubbe ananussutesu dhammesu cakkhum udapādi ñāṇam udapādi paññā udapādi vijjā udapādi āloko udapādi

Tam kho panidam dukkha-samudayo ariyasaccam pahinanti me bhikkhave pubbe ananussutesu dhammesu cakkhum udapādi ñāṇam udapādi paññā udapādi vijjā udapādi āloko udapādi



Idam dukkha-nirodho ariyasaccanti me bhikkhave pubbe ananussutesu dhammesu cakkhum udapādi ñāṇam udapādi paññā udapādi āloko udapādi

Tam kho panidam dukkha-nirodho ariyasaccam sacchi-kā

tabbanti me bhikkhave pubbe ananussutesu dhammesu cakkhum udapādi ñāṇam udapādi paññā udapādi vijjā udapādi āloko udapādi

Tam kho panidam dukkha-nirodho ariyasaccam

sacchikatanti me bhikkhave pubbe ananussutesu dhammesu cakkhum udapādi ñāṇam udapādi paññā udapādi vijjā udapādi āloko udapādi

Idam dukkha-nirodha-gāmini paṭipadā ariyasaccanti me bhikkhave pubbe ananussutesu dhammesu cakkhum udapādi ñāṇam udapādi paññā udapādi vijjā udapādi āloko udapādi

Tam kho panidam dukkha-nirodha-gaminī paṭipadā ariyasaccam bhāvetabbanti me bhikkhave pubbe ananussutesu dhammesu cakkhum udapādi ñāṇam udapādi paññā udapādi vijjā udapādi āloko udapādi

Tam kho panidam dukkha-nirodha-gaminī paṭipadā ariyasaccam bhāvitanti me bhikkhave pubbe ananussutesu dhammesu cakkhum udapādi ñāṇam udapādi paññā udapādi vijjā udapādi āloko udapādi

Yāvā-kīvañca me bhikkhave imesu catusu ariya-saccesu evantiparivaṭṭam dvādasākāram yathābhūtam ñāṇadassanam na suvisuddham ahosi.

Neva tāvāham bhikkhave sadevake loke samāraṇe

sabrahmaṇe sassamaṇa-brāhmaṇiyā pajāya sadeva-manussāya anuttaram sammāsambodhim abhisambuddho paccaññāsim.

Yato ca kho me bhikkhave imesu catūsu ariyasaccesu

evantiparivaṭṭam dvādasākāram yathābhūtam ñāṇadassanam suvisuddham ahosi.

Athāham bhikkhave sadevake loke samārake sabrahmake sassamaṇa-  
brahmaṇiya pajāya sadeva-manussāya anuttaram sammā-sambodhin  
abhisambuddho paccaññāsim.

Ñāṇaṇca pana me dassanam udapādi akuppā me vimutti ayamantimā jāti  
natthidāni punabbhavoti

Idamavoca bhagavā. Attamanā pañcavaggiyā bhikkhu bhagavato bhāsitam  
abhinandum. Imasmiṇca pana veyyākaraṇ asmim bhaññamāne āyasmato  
koṇḍaññaassa virajam vītalam dhammacakkhum udapādi yañkiñci  
samudayadhammam sabbantam nirodhadhammanti.

Pavattite ca bhagavatā Dhammacakke bhummā devā sadda-  
manussāvesum etambhagavatā bārāṇasiyam isipatane migadāye anuttaram  
dhammacakkham pavattitam appaṭivattiyam samaṇena vā brāhmaṇena vā  
devena vā mārena vā brahmunā vā kenaci vā lokasminti.

Bhummānam devānam saddam sutvā Cātummahārājikā devā  
saddamanussāvesum Cātummahā-rājikānam devānam saddam sutvā.

Tāvatimsā devā saddamanussāvesum Tāvatimsānam devā nam saddam sutvā.

Yāmā devā saddamanussāvesum Yamanam devānam saddam sutvā.

Tusitā devā saddamanussāvesum Tsuitānam devānam saddam sutvā.

Nimmā-narati devā sadda-manussāvesum Nimmā-naratīnam devānam saddam  
sutvā.

Paranimmitavasavati devā sadda-manussāvesum Paranimmitavasavattīnam  
devānam saddam sutvā.

Brahma-pārisajjā devā sadda-manussāvesum Brahma-pārisajjanam devānam  
saddam sutvā.

Brahma-parohitā devā sadda-manussāvesum Brahma-parohitā nam devānam  
saddam sutvā.

Mahābrahmā devā sadda-manussāvesum Mahābrahmānam devānam saddam  
sutvā.

Parittābhā devā sadda-manussāvesum Parittābhānam devānam saddam sutvā  
Appamāṇābhā devā sadda-manussāvesum Appamāṇābhānam devānam  
saddam sutvā

Ābhassarā devā sadda-manussāvesum Ābhassarānam devānam saddam sutvā  
Parittasubhā devā sadda-manussāvesum Parittasubhānam devānam saddam  
sutvā

Appamāṇāsubha devā sadda-manussāvesum Appamāṇā-subhānam devānam  
saddam sutvā

Subhakiṇhakā devā sadda-manussāvesum Subhakiṇhakānam devānam saddam  
sutvā

(Asaññisattā devā sadda-manussāvesum Asaññisattanam devānam saddam  
sutvā)

Vehapphalā devā sadda-manussāvesum Vehapphalānam devānam saddam  
sutvā

Avihā devā sadda-manussāvesum Avihānam devānam saddam sutvā

Atappā devā sadda-manussāvesum Atappānam devānam saddam sutvā.

Sudassā devā sadda-manussāvesum Sudassnam devānam saddam sutvā

Sudassī devā sadda-manussāvesum Sudassīnam devānam saddam sutvā.

Akaniṭṭhakā devā sadda-manussāvesum.

Etambhagavatā bārāṇasiyam isipatane migadāye anuttaram dhammacakkam  
pavattitam appaṭivattiyam samaṇena vā brahmaṇena vā devena vā mārena vā  
brahmunā vā kenaci vā lokasmin'ti

Itiha tena khaṇena tena muhuttana yāva brahmalokā saddo abbhugacchi.  
Ayañca dasasahassī lokadātu saṅkampi sampakampi sampavedhi. Appamāṇo  
ca oḷaro obhāso loke pāturahosi atikkammeva devānam devānubhavam.

Athakho bhagavā udānam udnesi aññāsi vata bho koṇḍañño aññāsi vata bho  
koṇḍañño'ti.

Itihidam āyasmato koṇḍaññassa aññākoṇḍañño-tveva-nāmam ahosi'ti

*(To continue with Post Parita)*

## THURSDAY AND SUNDAY

### MANGALA SUTTA

(The discourse on the highest blessing)

*Evamme sutam: Ekam samayam bhagavā sāvatthiyam viharati Jetavane anāthapiṇḍikassa ārāme. Athakho aññatara devatā abhikkantāya rattiyā abhikkantavaṇṇā. Kevalakappam jetavanam obhāsetvā yena bhagavā tenupasaṅkami upasaṅkamtivā bhagavantam abhivādetvā ekamantam aṭṭhāsi. Ekamantam ṭhitā kho sā devatā bhagavantam gāthayā ajjhabhāsi:*

Bahu devā manussā ca	maṅgalāni acintayum
Ākaṅkhamānā sotthānam	brūhi maṅgalamuttamam
Asevanā ca bālānam	paṇḍitānañca sevanā
Pūjā ca pūjāniyānam	etammaṅgalamuttamam
Paṭirūpadesavāso ca	pubbe ca katapuññatā
Attasammāpaṇidhi ca	etammaṅgalamuttamam
Bāhu-saccañca sippañca	vinayo ca susikkhito
Subhāsītā ca yā vācā	etammaṅgalamuttamam
Mātāpitu-upaṭṭhānam	puttadārassa sangaho
Anākulā ca kammantā	etammaṅgalamuttamam
Dānañca dhammacariyā ca	ñātakānañca saṅgaho
Anavajjāni kammāni	etammaṅgalamuttamam
Āratī viratī pāpā	majja-pānā ca saññāmo
Appamādo ca dhammesu	etammaṅgalamuttamam
Gāravo ca nivāto ca	santuṭṭhi ca kataññutā
Kālena dhammas-savanam	etammaṅgalamuttamam
Khantī ca sovacassatā	samanānañ cā dassanam
Kalena dhamma-sācakchā	etammaṅgalamuttamam
Tapo ca brahma-cariyañca	ariya-saccāna dassanam
Nibbāna-sacchikiriyā ca	etammaṅgalamuttamam
Phuṭṭhasa loka-dhammehi	cittam yassa na kampati
Asokam virajam khemam	etammaṅgalamuttamam

Etādisāni katvāna  
Sabbattha sotthim ghanti

sabbatthamaparājita  
Tam-tesam maṅgalamuttamam ti

## **KARANIYA METTASUTTA** (The discourse on loving kindness)

Karaṇīya-matta-kusalena  
Sakko ujū ca suhujū ca  
Santus-sako ca subharo ca  
Santindriyo ca nipako ca  
Na ca khuddam samācare  
Sukhino vā khemino hontu  
Ye keci pāṇabhūtatthi  
Dīghā va ye mahantā vā  
Ditthā vā ye ca adiṭṭhā  
bhūtā vā sambhavesī vā  
Na paro param nikubbetha  
Byārosanā paṭiṅghasaññā  
Mātā yathā niyam puttam  
Evampi sabba-bhūtesu  
Mettañca sabba-lokasmim  
Uddham adho ca tiriyañca  
Tiṭṭhañcaram nisinno vā  
Etam satim adhiṭṭheyya  
Diṭṭhiñca anupagamma  
Kāmesu vineyya gedham

Yantam santam padam abhisamecca  
Suvaco cassa mudu ana-timānī  
Appakicco ca sallahuka-vutti  
Appa-gabbo kulesu ananugiddho  
Kiñci yena viññū pare upavadeyyum  
Sabbe sattā bhavantu sukhittā  
Tasā vā thāvarā vā anavasesā  
Majjhimā rassakā aṅukathulā  
Ye ca dūre vasanti avidūre  
Sabbe sattā bhavantu sukhittā  
nātimaññetha katthaci nam kiñci  
Naññamaññassa dukkhamiccheyya  
Āyusā eka-putta-manurakkhe  
Mānasambhāvaye aparimāṇam  
Mānasambhāvaye aparimāṇam  
Asambādham averam asapattam  
Sayāno vā yāva tassa vigatamiddho  
Brahmametam viharam idhamāhu  
Sīlavā dassanena sampanno  
Na hi jātu gabbhaseyyam punareṭi ti

# **JAYAMANGALA GATHA**

(The Stanzas of Joyous victory)

## **Bāhum sahassa-mabhinim-mitasāvudhantam**

Grīmekhalam udita-ghorasa-senamāram  
Dānādidhammavidhinā jivā munindo  
Tantejasā bhavatu te jayamaṅghalāni

## **Mārātireka-mabhiyujjhita-sabbarattim**

Ghoram-panālavakamakhamathaddha-yakkham  
Khantī-sudanta-vidhinā jivā munindo  
Tantejasā bhavatu te jayamaṅghalāni

## **Naḷāgirim gajavaram atimattabhūtam**

Dāvaggi-cakka-masanīva sudāruṇantam  
Mettambuseka-vidhinā jivā munindo  
Tantejasā bhavatu te jayamaṅghalāni

## **Ukkihitta-khagga-matihattha-sudāruṇantam**

Dhāvantiyojana-pathaṅgulimālavantam  
Iddhībhi-saṅkhatamano jivā munindo  
Tantejasā bhavatu te jayamaṅghalāni

## **Katvāna kaṭṭhamudaram iva gabbhinīyā**

Ciñcāya duṭṭhavacanam janakāyamajjhe  
Santena soma-vidhinā jivā munindo  
Tantejasā bhavatu te jayamaṅghalāni

## **Saccam vihāya matisaccakavādaketum**

Vādābhiropitamanam ati-andhabhūtam  
Paññā-padīpa-jalito jivā munindo  
Tantejasā bhavatu te jayamaṅghalāni

**Nando-panandabhujagam vibudham mahiddhim**

Puttena therabhujagena damāpayanto

Iddhūpadesa-vidhinā jitvā munindo

Tantejasā bhavatu te jayamañghalāni

**Duggāha-diṭṭhi-bhujagena sudaṭṭhahattham**

Brahmam visuddhi-juti-middhi-bakābhidhanam

ñāṇāgadena-vidhinā jitvā munindo

Tantejasā bhavatu te jayamañghalāni

**Etāpi Buddha-jayamañgala-aṭṭhagāthā**

Yo vācano dinadine sarate matandī

Hitvāna-neka-vividāni jupaddavāni

Mokkham sukham adhigameyya naro sapaṇṇo

***(Please continue with Post Parita)***

## SATURDAY

### ANATTALAKKHANA SUTTA (Discourse on the Non-self Characteristic)

Evamme sutam: Ekam samayam bhagavā bārāṇasiyam viharati Isipatane migadāye. Tatra kho bhagavā pañca-vaggiye bhikkhū āmantesi:  
Rupam bhikkhave anattā. Rūpañcahidam bhikkhave attā abhavissa nayidam rūpam ābādhāya samvatteyya labbhettha ca rūpe evam me rūpam hotu evam me rūpam mā ahoṣī'ti. Yasmā ca kho bhikkhave rūpam anattā tasmā rūpam ābādhāya samvattati na ca labbhati rūpe evam me rūpam hotu evam me rūpam mā ahoṣī ' ti.

Vedanā anattā. Vedanā ca hidam bhikkhave attā abhavissa nayidam vedanā ābādhāya samvatteyya labbhettha ca vedanāya evam me vedanā hotu evam me vedanā mā ahoṣī ' ti. Yasmā ca kho bhikkhave vedanā anattā tasmā vedanā ābādhāya samvattati na ca labbhati vedanāya evam me vedanā hotu evam me vedanā mā ahoṣī ' ti

Saññā anattā. Saññā ca hidam bhikkhave attā abhavissa nayidam saññā ābādhāya samvatteyya labbhettha ca saññāya evam me saññā hotu evam me saññā mā ahoṣī ' ti. Yasmā ca kho bhikkhave saññā anattā tasmā saññā ābādhāya samvattati na ca labbhati saññāya evam me saññā hotu evam me saññā mā ahoṣī ' ti. Sañkhārā anattā. Sañkhārā ca hidam bhikkhave attā abhavissañ su nayidam sañkhārā ābādhāya samvatteyyum labbhettha ca sañkhāresu evam me sañkhārā hontu evam me sañkhārā mā ahesun'ti. Yasmā ca kho bhikkhave sañkhārā anattā tasmā sañkhārā ābādhāya samvattanti na ca labbhati sañkhāresu evam me sañkhārā hontu evam me sañkhārā mā ahesun'ti.

Viññāṇam anatt. Viññāṇaṅca hidam bhikkhave attā abhavissa nayidam viññāṇam ābādhāya samvatteyya labbhettha ca viññāṇe evam me viññāṇam hotu evam me viññāṇam mā ahoṣī ' ti. Yasmā ca kho bhikkhave viññāṇam anattā tasmā



viññāṇam ābādhāya sam vattati na ca labbhati viññāṇe evam me viññāṇam hotu  
evam me viññāṇam mā ahoṣ' ti.

Tam kim maññatha bhikkhave rūpam niccam vā aniccam vā'ti. Aniccam bhante.

Yampanāniccam dukkham vā tam sukham vā'ti. Dukkham bhante.

Yampanāniccam dukkham vipariṇāmadhammam kalam nu tam  
samanupassitum etam mama esohamasmi eso me attā'ti. No hetam bhante.

Tam kim maññatha bhikkhave vedanā niccā vā aniccā vā' ti. Aniccā bhante.

Yampanāniccam dukkham vā tam sukham vā'ti. Dukkham bhante.

Yampanāniccam dukkham vipariṇāmadhammam kalam nu tam samanupassitum  
etam mama esohamasmi eso me attā'ti. No hetam bhante.

Tam kim maññatha bhikkhave saññā niccā vā aniccā vā'ti. Aniccā bhante.

Yampanāniccam dukkham vā tam sukham vā'ti. Dukkham bhante.

Yampanāniccam dukkham vipariṇāmadhammam kalam nu tam samanupassitum  
etam mama esohamasmi eso me attā'ti. No hetam bhante.

Tam kim maññatha bhikkhave sañkhārā niccā vā aniccā vā'ti. Aniccā bhante.

Yampanāniccam dukkham vā tam sukham vā'ti. Dukkham bhante.

Yampanāniccam dukkham vipariṇāma-dhammam kalam nu tam  
samanupassitum etam mama esohamasmi eso me attā'ti. No hetam bhante.

Tam kim maññatha bhikkhave viññāṇam niccam vā aniccam vā'ti. Aniccam  
bhante. Yampanāniccam dukkham vā tam sukham vā'ti. Dukkham bhante.

Yampanāniccam dukkham vipariṇāma-dhammam kalam nu tam  
samanupassitum etam mama esohamasmi eso me attā'ti. No hetam bhante.

Tasmātiha bhikkhave yañkiñci rūpam atītā-nāgata-paccupannam ajjhatam vā  
bahiddhā vā oḷārikam vā sukhumam vā hīnam va paṇītam vā yandūre santike vā  
sabbam rūpam netam mama nesohamasmi na meso attā'ti. Evametam  
yathābhūtam sammappaññāya daṭṭhabbam.

Yā kāci vedanā atītā-nāgata-paccuppanā ajjhattā vā bahiddhā vā oḷārikā vā  
sukhumā vā hīnā vā paṇītā vā yā dūre

santike vā sabbā vedanā netam mama nesohamasmi na meso attā'ti.

Evametam yathā bhūtam sammappaññāya daṭṭhabbam.

Yā kāci saññā atītā-nāgata-paccuppannā ajjhattā vā bahiddhā vā oḷārikā vā  
sukhumā vā hīnā vā paṇītā vā yā dūre santike va sabbā saññā netam mama  
nesohamsmi na meso attā'ti. Evametam yathābhūtam sammappaññāya  
daṭṭhabbam.

Ye keci sañkhārā atītā-nāgata-paccuppannā ajjhattā vā bahiddhā vā oḷārikā vā  
sukhumā vā hīnā vā paṇītā vā yā dūre santike vā sabbe sañkhārā netam mama  
nesohamsmi na meso attā'ti. Evametam yathābhūtam sammappaññāya  
daṭṭhabbam.

Yañkiñci viññāṇam atītā-nāgata-paccuppannam ajjhattam vā bahiddhā vā  
oḷārikam vā sukhumam vā hīnam vā paṇītam vā yandū re santike vā sabbam  
viññāṇam netam mama nesohamsmi na meso attā'ti. Evametam yathā-bhūtam  
sammappaññāya daṭṭhabbam.

Evam passam bhukkhave sutvā ariyasāvako rūpasmimpi nibbindati vedanāyapi  
nibbindati sañāyapi nibbindati sañkhā resupi nibbindati viññāṇasmimpi nibbindati  
Nibbindam virajjati. Virāgā vimuccati. Vimuttasmim vimuttamī'ti nāṇam hoti khīṇā  
jā ti vusitam brahmacariyam katam karaṇīyam nāparam itthattāyāti pajānātī'ti.  
Idamavoca bhagavā attamanā pañcavaggiyā bhikkhū bhagavato bhāsitam  
abhinandum

Imasmiñca pana veyyākaraṇasmim bhaññamāne pañcavaggiyā nam  
bhikkhūnam anupādāya āsavehi cittāni vimuccimsu'ti.

*(Please continue with Post Parita)*

## POST PARITA

### METTA-NISAMSA-SUTTA-PATHO (The Eleven gains from Loving-Kindness)

**Evamme sutam. Ekam समयam bhagavā sāvattiyam viharati Jetavane anāthapiṇḍikassa ārāme. Tatra kho bhagavā bhikkhū ā mantesi bhikkhavo-ti. Bhadante-ti te bhikkhū bhagavato paccassosum Bhagavā etadavoca:**

*Thus have I heard: At one time the Exalted One was staying at Jetavana Vihara which was the monastery of Anathapindka near Savathi. There indeed the Exalted One assembled the Bhikkus and spoke thus to them:*

**Mettāya bhikkhave cetovimuttiyā āsevitāya bhāvitāya bahulī katāya yānīkatāya vatthukatāya anuṭṭhitāya paricitāya susamāradhā ya Ekādasā-nisamsā pāṭikañkhā. Katame ekādasā. Sukham supati Sukham paṭibujjhati. Na pāpakam supinam passati. Manussā nam piyo hoti. Amanussānam piyo hoti. Devatā rakkhanti. Nāssa aggi vā visam vā sattham vā kamati. Tuvaṭṭam cittam samādhīyati. Mukhavaṇṇo vippasīdati. Asammuḷho kālam karoti. Uttarim appaṭivijjhanto brahmalokūpago hoti.**

*O Bhikkus, Loving-kindness conduces the unshackling of the mind. An individual who is familiar with Metta, practises it frequently, becomes good at it until it becomes his nature, such an individual so developed in loving-kindness will gain eleven benefits. What are they? He sleeps well. He wakes up feeling good. He does not have bad dreams. He is well-liked by fellow men. He is well-liked by people everywhere. He is protected by Devas. He will not be harmed by fire, poisons or weapons. He achieves Samadhi fast. His facial complexion is healthy. He will not cause death through bewilderment. He may not achieve anything superb but the Brahma world will still be within his reach.*

**Mettaya bhikkhave cetovimuttiyā āsevitāya bhāvitāya bahulī katāya yānīkatāya vatthukatāya anuṭṭhitāya paricitāya susamāradhā ya Ime ekādasā-nisamsā pāṭikañkhā-ti. Idamavoca bhagavā. Attamanā te bhikkhū bhagavato bhsitam abhinandun-ti.**

*O Bhikkus, Loving-kindness thus conduces the unshackling of the mind. An individual who is familiar with Metta, practises it frequently, becomes good at it until it becomes his nature, such an individual so developed in loving-kindness will gain eleven benefits. Thus spoke the Blessed One. All the Bhikkus were glad, and they rejoiced at the words of the Lord.*

## JINAPANJARA GATHA (Cage of the Conqueror)

**Jayāsanākatā buddhā**

*The Lord of men, the Buddhas went up to their victorious throne conquered the Evil One*

**Catusaccāsabham rasam**

*Together with his army and vehicles, having obtained the savour of Four Noble Truths.*

**Taṅhaṅkarādayo Buddhā**

*May the 28 Buddhas known as Tanhahkara, etc.*

**Jetvā māram savāhanam**

**Ye pivimsu narāsabhā**

**Aṭṭhavīsati nāyakā**

**Sabbe patiṭṭhitā mayham**

*And the sublime Leaders stand firmly upon my head*

**Sīse patiṭṭhito mayham**

*The Buddha is upon my head. The Dhamma is upon both my eyes*

**Saṅgho patiṭṭhito mayham**

*The Sangha, the phenomenon of virtues is at my chest*

**Hadaye me anuruddho**

*Venerable Anurudha is at my heart. Venerable Sariputta is at my right side*

**Koṇḍañño piṭṭhibhāgasmim**

*Ven. Ana Kondanna is behind my back*

**Dakkhiṇe savane mayham**

*Venerable Ananda and Venerable Rahula are at my right side*

**Kassapo ca Mahānāmo**

*Venerable Kasapa and Venerable Mahanama are at my left ear*

**Kesato piṭṭhibhāgasmim**

*Venerable Sobhita, the handsome master splendoured perfectly like the sunshine*

**Nisinno sirisampanno**

*Is all over the hair throughout my body of both sides in front and behind*

**Kumārakassapo thero**

*Venerable Kassapa, the great sage and eloquent speaker is in my mouth*

**So mayham vadane niccam**

*Those 5 known as*

**Puṅṇo aṅgulimālo ca**

*Venerable Punna, Angulimala, Upali, Nanda,*

**Therā pañca ime jātā**

*Stands like a holy mark anointing my forehead*

**Sesāsiti mahātherā**

*The remainder of the 80 senior Saints, the victors*

**Etesīti mahātherā**

*Disciples and followers of the Conqueror, the Buddha*

**Jalantā sīlatejena**

*But each one brilliantly distinguished by the power of moral conduct, be inscribed throughout all parts of my body.*

**Ratanam purato āsi**

*The Ratana Sutta is in front of me, the Discourse on Metta is at my right hand*

**Dhajaggam pacchato āsi**

*The Discourse of Dhajagga is at my back. The protective verses of Angulimala is at my left hand*

**Matthake te munissarā**

**Buddho dhammo dāvilocane**

**Ure sabbaguṇākaro**

**Sārīputto ca dakkhiṇe**

**Moggallāno ca vāmake**

*Ven. Moggallano is at my left side*

**Āsum Ānandarāhulā**

**Ubhāsum vāmasotake**

**Suriyo va pabhaṅkaro**

**Sobhīto munipuṅgavo**

**Mahesī cittavādako**

**Patiṭṭhāsi guṇākaro**

**Upālīnandasīvalī**

*Savali*

**Nalāṭṭhe tilakā mama**

**Vijitā jinasāvakā**

**Jitavanto jinorasā**

**Aṅgamaṅgesu saṅṭhitā**

**Dakkhiṇe mettasuttakam**

**Vāme aṅgulimālakam**

**Khandha-mora-parittañca**

*The protection of Khanda and protective verses of Atanatiya like the strong roof covered me in the air*

**Ākāse chadanam āsi**

*The remaining suttas are established as a fortress wall around me*

**Jinā nānā varasamyuttā**

*The Conquerors bedies the Buddhas with their various kinds of power of virtue and so on*

**Vātapittā-disañjātā**

*Are like seven walls enclosing me by the majestic power of the Dhamma*

**Asevā vinayam yantu**

*At all time, may I reside in the encircling cage of the Enlightened Ones*

**Vasato me sakiccena**

*Then, may all the trouble of external and internal diseases caused by air bile and so on; be eliminated and entirely be destroyed.*

**Jinapañjaramajjhamhi**

*Then, may all the trouble of external and internal diseases caused by air bile and so on;*

**Sadā pārentu mam sabbe**

*Be eliminated and entirely be destroyed*

**Ātānāṭiya-suttakam****Sesā pākāra-sañhitā****Sattappākāra-laṅkatā****Bāhirajjhattupaddavā****Ananta-jinatejasā****Sadā sambuddha-pañjare****Viharantam mahītale****Te mahāpurisā-sabbā****Icevamanto Sugutto surakkho****Jinānubhavana Jitūpaddavo****Dhammā-nubhāvena Jitārisaṅgho****Saṅghānubhāvena Jitantarāro****Saddhammā-nubhāvapālito Carāmi jinapañjareti**

*May the Holy Ones centralized within my Jinapanjara  
Well protect and safeguard by the majestic power of True Doctrine  
Subdue any distress, by the majestic power of the Conqueror,  
Won over the enemies, by the majestic power of Dhamma expel over all perils,  
By the majestic power of the Sangha, may I be guarded*

## DUKKHA PATTADI GATHA (Verses on having got suffering)

**Dukkhappattā ca niddukkhā**

*Having got suffering, may they not suffer*

**Sokappattā ca nissokā**

*Having got grief, may they not grief*

**Ettāvatā ca amhehi**

*To the extent that by us*

**Sabbe devānumodantu**

*May all Devas rejoice in (and share) it*

**Dānam dadantu saddhāya**

*By faith should gifts be given*

**Bhāvan bhiratā hontu**

*Delightful should meditation be, and all the deities who are present here may return to their respective abodes.*

**Sabbe Buddhā balappattā**

*By all Buddhas attained to power*

**Arahantānañca tejena**

*And by the might of the Arahants*

**Bhayappattā ca nibbhayā**

*Having got fear, may they not fear*

**Hontu sabbepi pāṇino**

*(Thus) all beings may they be*

**Sambhatam puñña-sampadam**

*Puñña has been attained and collected*

**Sabba-sampatti-siddhiyā**

*For the attainment of all fortune*

**Sīlam rakkhantu sabbadā**

*Virtue should always be protected*

**Gacchantu devatā-gatā**

*And all the deities who are present here may return to their respective abodes.*

**Paccekānañca yam balam**

*And the power of the Solitary Ones*

**Rakkham bandhāmi sabbaso**

*I bind (this thread) in every way for protection*

# ATANATIYA PARITTAM

## (The Atanata Protection)

**Leader:** Handa mayam sabbabuddhanam namakaram karoma se.

**All:**

**Namo me sabbabuddhānam**

*I pay homage to all the Buddhas who have appeared (in this world) in quest of great benefits (for all beings).*

**Uppannānam mahesinam**

**Taṅhaṅkaro mahāvīro**

*To Tanhankara Buddha, who was endowed with great courage. To Medhankara Buddha, who held a high position.*

**Medhaṅkaro mahāyaso**

**Saraṅkaro lokahito**

*To Saranankara Buddha, who did great service to all beings. To Dipankara Buddha, who was endowed with brilliance.*

**Dipaṅkaro jutindharo**

**Koṇḍañño janapāmokkho**

*To Kondanna Buddha, the Leader of men. To Mangala Buddha, who was superbly bold*

**Maṅgalo purisāsabho**

**Sumano sumano dhīro**

*To Sumana Buddha, who was learned and beautiful hearted. To Revata Buddha, who was full of rejoicing for all beings.*

**Revato rativaddhano**

**Sobhīto gunasampanno**

*To Sobhita Buddha, who was fully endowed with virtues. To Anomadasi Buddha who was the highest among men.*

**Anomadassī januttamo**

**Padumo lokapajoto**

*To Paduma Buddha, who lighted up the world. To Narada Buddha, trainer of men par excellence.*

**Nārado varasārathi**

**Padumuttaro sattasāro**

*To Padumuttara Buddha, refuge of all beings. To Sumedha Buddha, the incomparable*

**Sumedho appaṭipuggalo**

**Sujāto sabbalokaggo**

*To Sujata Buddha, supreme over all beings in the world. To Piyadasi Buddha, greatest among men.*

**Piyadassī narāsabho**

**Atthadassī kāruṇiko**

*To Atthadasi Buddha, whose compassion is so vast. To Dhammadassi Buddha, who dispersed darkness in men*

**Dhammadassī tamonudo**

**Siddhattho asamo loke**

*To Siddhatha Buddha, who had no equal in the world. To Tissa Buddha, most excellent among the wise.*

**Tisso ca vadatam varo**

**Pusso ca varado buddho**

*To Pussa Buddha, superb expounder of the Dhamma. To Vipassi Buddha, with whom no comparison could be found*

**Vipassi ca anūpamo**

**Sikhī sabbahito satthā**

*To Sikhi, a teacher who cared for all mankind. To Vessabhu who brought happiness*

**Vessabhū sukhadāyako**

**Kakusandho satthavāho**

*To Kakusandha Buddha who lead beings out of bondage. To Konagamana Buddha who broke the hold of defilement.*

**Konāgamano raṇaṅjaho**

**Kassapo sirisampanno**

*To Kassapa Buddha who was so full of glory. To Gotama who ws the greatest of the Sakyas*

**Gotamo sakyapuṅgavo**

## VANDAMI BUDDHAM

**Vandāmi buddham bhava-pāratiṅṅam tīloka-ketum tibhaveka-nātham Yo  
loka-seṭṭho sakalam kilesam chetvāna bodhesi janam anantam.**

*I revere the Buddha, who has crossed over becoming, the banner of the threefold cosmos, the sole protector of the three levels of becoming, the foremost in the world who, having destroyed the entirety of defilement, has led countless people to Awakening.*

**Yam nammadāya nadiyā puline ca tīre yam sacca-bandha-girike Sumanaca-  
lagge yam tattha yonakapure munino ca pā dam Tam pāda-lañjanamaham  
sirasā namāmi**

*I pay homage with my head to the footprints that the Sage left in the sands by the Nammada River. On Saccabandha Mountain, on Sumana's unshakeable summit and in Yonakapura.*

**suvaṇṇa-mālike suvaṇṇa-pabbate sumanakūṭe yonakapure namma-dāya  
nadiyā Pañ ca-pāda-varam thānam. Aham vandāmi dūrato. Aham vandāmi  
dhā tuyo. Aham vandāmi sabbaso.**

*I revere from afar the places of the five foremost footprints: On Suvannamalika Mountain, on Gold Mount, on Sumana's Peak, in Yonakapura and by the Nammada River.*

**Iceva-maccanta-namassa-neyyam**

**Namassa-mano ratanattayam yam**

**Puññā-bhisandam vipulam alattham**

**Tassānubhāvena hatantarāyo**

*In pay homage thus to the Triple Gem, worthy of the highest Homage, a vast amount of merit has been accumulated: By its power, may all dangers be destroyed.*

**Āmantayāmi vo bhikkhave pativedayāmi vo bhikkhave khaya-vaya-dhammā  
sañkhārā appamādena sampādethā'ti.**

*I address you, monks, I inform you, monks: Processes are subject to passing away. Become consummate through heedfulness.*



## KATHAWANSAI

**Imasmim rājasemana khetto samantā satayojana-satasahassāni Buddha-jālaparikkhetto rakkhantu surakkhantu.**

*May the Buddhas protect. May this protection of the Buddhas be like a net, spreading over a distance of 100,000 yojannas.*

**Imasmim rājasemānā khetto samantā satayojana-satasahassāni Dhamma-jālaparikkhetto rakkhantu surakkhantu.**

*May the Dhamma protect. May this protection of the Dhamma be like a net, spreading over a distance of 100,000 yojannas.*

**Imasmim rājasemānā khetto samantā satayojana-satasahassāni Saṅgha-jālaparikkhetto rakkhantu surakkhantu.**

*May the Sangha protect. May this protection of the Dhamma be like a net, spreading over a distance of 100,000 yojannas.*

**Hiri-ottappa-sampannā**

**sukka-dhamma-samāhitā**

**Santo sappurisā loke**

**devadhammā'ti vuccare**

*People of integrity living in the world, consummate in conscience and concern, their minds centred in bright qualities, are said to be devas in terms of their qualities.*

## UDDISANADHITTHANA GATHA (Radiation of Merits)

**Leader:** Handa mayam uddisanādhiṭṭhāna-gāthayo bhaṇāma se.

*Let us now chant the verses on Aspiration for Transfer of Merits*

**All:**

Iminā puñña-kammena  
Ācāriyūpakārā ca  
Suriyo candimā rājā  
Brahma-mārā ca indā catu-  
Yamo mittā manussā ca  
Sabbe sattā sukhī hontu  
Sukham ca tividham dentu  
Iminā puñña-kammena  
Khippāham sulabhe ceva  
Ye santene hinā dhammā  
Nassantu sabbadā yeva  
Ujucittam satipaññā  
Mārā labhantu nokāsam  
Buddhādipavaro nātho  
Nātho paccekabuddho ca  
Tesottamānubhāvena  
Pañca māre jine nātho  
Catusaccam pakāsenti  
Namāmiham Etena  
Idam no ñātīnam hotu

Upajjhāyā guṇuttara  
Mātāpitā ca ñātakā (Piyā mamam)  
Guṇavantā narāpi ca  
lokapālā ca devatā  
Majjhattā verikāpi ca  
Puññāni pakatāni me  
Khippam pāpetha vo matam  
Iminā uddisena ca  
Taṇhupādanachedanam  
Yāva nibbānato mamam  
Yattha jāto bhava bhava  
Sallekho viriyamhinā  
Kātuñca viriyesu me  
Dhammo nātho varuttamo  
Saṅgho nāthottaro mamam  
Mārokāsam labhantu mā  
Patto sambodhimuttamam  
Mahāveram sabbabuddhe  
Sabbe mārā palāyantu  
Sukhitā hontu ñātayo

## **METTA BHAVANA** (Radiation of Loving-Kindness)

**Sabbe sattā Averā hontu Abyapajjhā hontu Anīghā hontu Sukhī attānam pariharantu**

*All beings, may they be free of enmity, may they be free from ill-treatment, may they be free from troubles (of body and mind) and may they protect their own happiness.*

**Sabbe pāṇā Averā hontu Abyapajjhā hontu Anīghā hontu Sukhī attānam pariharantu**

*All living creatures, may they be free of enmity, may they be free from ill-treatment, may they be free from troubles (of body and mind) and may they protect their own happiness.*

**Sabbe bhūtā Averā hontu Abyapajjhā hontu Anīghā hontu Sukhī attānam pariharantu**

*All creatures, may they be free of enmity, may they be free from ill-treatment, may they be free from troubles (of body and mind) and may they protect their own happiness.*

**Sabbe puggalā Averā hontu Abyapajjhā hontu Anīghā hontu sukhī attānam pariharantu**

*All individuals, may they be free of enmity, may they be free from ill-treatment, may they be free from troubles (of body and mind) and may they protect their own happiness.*

**Sabbe atta-bhāva-pariyāpannā Avera hontu Abyapajjhā hontu Anīghā hontu sukhī attānam pariharantu**

*All forms, may they be free of enmity, may they be free from ill-treatment, may they be free from troubles (of body and mind) and may they protect their own happiness.*

## **VENERATING THE TRIPLE GEM**

**Araham sammā-sambuddho bhagavā**

**Buddham bhagavantam abhivādemi (Prostrate)**

**Svākkhāto bhagavatā dhammo**

**Dhammam namassāmi (Prostrate)**

**Supatipanno bhagavato sāvakasaṅgho**

**Saṅgham namāmi (Prostrate)**

**ARADHANA TISARANA PANCASĪLĀ**  
(REQUEST FOR REFUGES AND FIVE PRECEPTS)

**Mayam Bhante Tisaranena Sila Panca Yacama**

*May we, O Venerable Sir, observe the Five Precepts together with the Three Refuges*

**Dutiyampi Mayam Bhante Tisaranena Sila Panca Yacam**

*For the second time, may we, O Venerable Sir, observe the Five Precepts together with the Three Refuges*

**Tatiyampi Mayam Bhante Tisaranena Sila Panca Yacama**

*For the third time, may we, O Venerable Sir, observe the Five Precepts together with the Three Refuges*

**SARANAGAMANAPTHA**

**(PASSAGES ON GOING FOR REFUGES)**

**Repeat after the monk:**

**Namo Tassa Bhagavato Arahato Samma Sambuddha (3 x)**

**BUDDHAM SARANAM GACCHĀMI**

*To the Buddha I go for refuge*

**DHAMMAM SARANAM GACCHĀMI**

*To the Dhamma I go for refuge*

**SANGHAM SARANAM GACCHĀMI**

*To the Sangha I go for refuge*

**DUTIYAMPI BUDDHAM SARANAM GACCHĀMI**

*For the second time, to the Buddha I go for refuge*

**DUTIYAMPI DHAMMAM SARANAM GACCHĀMI**

*For the second time, to the Dhamma I go for refuge*

**DUTIYAMPI SANGHAM SARANAM GACCHĀMI**

*For the second time, to the Sangha I go for refuge*

**TATIYAMPI BUDDHAM SARANAM GACCHĀMI**

*For the third time, to the Buddha I go for refuge*

**TATIYAMPI DHAMMAM SARANAM GACCHĀMI**

*For the third time, to the Dhamma I go for refuge*

**TATIYAMPI SANGHAM SARANAM GACCHĀMI**

*For the third time, to the Sangha I go for refuge*

**BHIKKHU: TISARAṄAGAMAṄAM NIṬṬHITAM**

**LAITY: AMA BHANTE**

**PANCA SĪLĀ**  
**THE FIVE PRECEPTS**

*(Repeat after monk)*

**Panatipata veramani sikkhapadam samadiyami**

*I take the precept to abstain from destroying living creatures*

**Adinnadana veramani sikkhapadam samadiyami**

*I take the precept to abstain from taking what is not given*

**Kamesu micchacara veramani sikkhapadam samadiyami**

*I take the precept to abstain from sexual misconduct*

**Musavada veramani sikkhapadam samadiyami**

*I take the precept to abstain from false speech*

**Suramerayamajjapamadatthana veramani sikkhapadam  
sammadiyami**

*I take the precept to refrain from distilled fermented intoxicants which are  
the occasion for carelessness.*

**Imani panca sikkhapadani samadiyami**

*I undertake to observe these five precepts*

*Bhikku:* **Silena sugatim yanti**

**Silena bhogasampada**

**Silena nibbutim yanti**

**Tasma silam visodhaye**

*Through Precepts people go to heaven*

*Through Precepts people are wealthy*

*Through Precepts they attain to the Extinction (of passion)*

*Therefore let them purify their Precepts*

*All:* **SADHU, SADHU, SADHU**