

# Uttamayanmuni Buddhist Temple



## Morning Chanting



**VENERATING THE TRIPLE GEM**

**BUDDHAM VANDĀMI BHANTE**  
*(Prostrate Once)*

**DHAMMAM VANDĀMI BHANTE**  
*(Prostrate Once)*

**SANGHAM VANDĀMI BHANTE**  
*(Prostrate Once)*

## HOMAGE TO THE TRIPLE GEM

Yo so bhagavā araham sammā -sambuddho  
*He is the Exalted One, far from defilements, Perfectly Enlightened by himself*

Svākkhāto yena bhagavatā dhammo  
*The Teaching well expounded by the Exalted One*

Supaṭipanno yassa bhagavato sāvakaśaṅgho  
*The Order of the Exalted One, which is good conduct.*

Tammayam bhagavantam sadhammam sasaṅgham  
*To that Exalted One, that Teaching, that Order, honouring them as in proper*

Imedhi sakkārehi yathārahama āropitehi abhipūjayāma  
*We render supreme homage*

Sādhu no bhante bhagavā sucira-parinibbutopi  
*It is well for us, Venerable Sir, Exalted One so pure, having reached the Final Passing-away.*

Pacchimā-janatānukampamānsā  
*(You still) have compassion on the later generations*

Ime sakkāre duggatapaṇṇākārabhūte paṭiggaṇhātu  
*These humble offerings deign to accept.*

Ambākam digharattam hitāya sukhāya  
*For lasting benefit and happiness*

## VENERATING THE TRIPLE GEM

Araham sammā-sambuddho bhagava Buddham bhagavantam  
abhivādemi (*The exalted, far from defilements, Perfectly Enlightened by Himself, I bow low before the BUDDHA, the Exalted One*) – **Prostrate Once**

Svākkhāto bhagavatā dhammo Dhammam namassāmi  
(*The Teaching, well expounded by the Exalted One, I bow low before the Dhamma*)  
**Prostrate Once**

Supatipanno bhagavato sāvakaśaṅgho Saṅgham namāmi  
(*The Sangha of disciples who have practised well, I bow low before the SANGHA*)  
**Prostrate Once**

## DOXOLOGY OF THE BUDDHA

Leader: Handa mayam buddhassa bhagavato pubbabhāga-nama-kā ram karoma se. *(Let us now begin our preliminary homage to our Lord, the Buddha, the Exalted One)*

All: Namo tassa bhagavato arahato sammā-sambuddhassa (3 times)  
*(Homage to HIM, the Exalted One, the Holy One, the Perfectly Enlightened One).*

Leader: Handa mayam Buddhā-bhithutim karoma se  
*(Let us now chant the sublime praise of the Buddha)*

All:

Yo so tathāgato araham sammā-sambuddho.

*He who is attained to TRUTH, far from defilements, Perfectly Enlightened by Himself, fully possessed of wisdom and (excellent) conduct.*

Vijja-caraṇa-sampanno sugato lokavidū anuttaro

*One who has proceeded by the good way, Knower of worlds, Unexcelled Trainer of tamable men*

Purisa-damma-sārathi Sattā deva-manussanam Buddhho bhagavā;

*Teacher of devas and men, the Awakened One, the One skilled in teaching DHAMMA*

Yo imam lokam sadevakam samārakam sabrahmakam sassamaṇa-brāhmaṇim pajam sadeva-manussam sayam Abhiññā sacchikatvā pavedesi;

*Who in this world with its devas, maras and brahmas, this generation with its samanas and brahmas together with its rulers and mankind, made known, having realized it through higher knowledge.*

Yo dhammam desesi Ādikalyānam majjhekalyāṇam

pariyosānakalyānam sāttham sabyañjanam kevara-paripuṇṇam

parisuddham brahma-cariyam pakāsesi;

*Who pointed out DHAMMA good in the beginning, good in the middle, good at the end, who explained the brahmacariya with essential and literal meaning, complete and perfect, of surpassing purity.*

Tamaham bhagavantam abhipujāyami Tamaham bhagavantam

sirasā namāmi

*To that Exalted One I worship most highly, to that Exalted One I worship most highly, to that Exalted One my head I bow down.*

*(Prostrate).*

## DOXOLOGY ON THE TEACHING

**Leader:** Handa mayam dhammā-bhithutim karoma se

*Let us now chant the sublime praise of the DHAMMA*

**All:**

**Yo so svākkhato bhagavatā dhammo**

*That which is well-expounded DHAMMA of the Exalted One*

**Sanditthiko Akāliko ehi-passiko Opanayiko Paccatam Veditabbo**

**Viññuhi;**

*To be seen here-and-now, not delayed in time (inviting one to) come and see, leading inwards, to be seen by each wise man for himself*

**Tamaham dhammam abhipūjayāmi Tamaham dhammam sirasā  
namāmi**

*That DHAMMA I worship most highly, to that DHAMMA my head I bow down.*

(Prostrate once)

## DOMOLOGY ON THE ORDER OF MONKS

**Leader:** Handa mayam Saṅgha-bhithutim karoma se

*Let us now chant the sublime praise of the SANGHA*

**All:**

**Yo so supaṭipanno bhagavato sāvakasaṅgho**

*That which is the SANGHA of the Exalted One's disciples who have practised well*

**Ujupaṭipanno bhagavato sāvakasaṅgho.**

*The SANGHA of the Exalted One's disciples who have practised straightly*

**Ñaya-paṭipanno bhagavato sāvakasaṅgho;**

*The SANGHA of the Exalted One's disciples who have practised rightly*

**Samici-paṭipanno bhagavato sāvakasaṅgho;**

*The SANGHA of the Exalted One's disciples who have practised properly*

**Yadidam cattāri purisa-yugāni attha purisa-puggalā.**

*That is to say, the four pairs of men, the eight individual persons*

**Esa bhagavato sāvakasaṅgho Āhuneyyo, Pāhuneyyo,**

*That is the SANGHA of the Exalted One's disciples, worthy of gifts, worthy of hospitality*

**Dakkhineyyo, añjalīkaraṇīyo Anuttaram**

*Worthy of offerings who should be respected*

**Puññakkhetam lokassa;**

*The incomparable field of punna for the world*

**Tamaham saṅgham abhipūjayāmi. Tamaham saṅgham sirasā  
namami**

*That SANGHA I worship most highly, to that SANGHA my head I bow down*

(Prostrate Once)

**(Change to Sitting position)**

## VERSE OF SALUTATION TO THE TRIPLE GEM

Leader: Handa mayam ratanat-tayap-pañāma-gāthāyo ceva sam  
vega-parikittana-pāthañca bhañāma se

All:

**Buddho susuddho karuṇā-mahannavo Yoccanta-  
suddhabbarañña-locano Lokassa pāpū-pakilesa-ghātako  
Vandāmi buddham ahamā-darena tam;**

*The BUDDHA purified compassion ocean-like, possessed of wisdom's eye completely purified,  
destroyer of the stains, the evils of the world: Devotedly indeed that BUDDHA I revere.*

**Dhammo padīpo viya tassa satthuno Yo magga-pākamata-  
bheda-bhinnako Lokuttaro yo ca tadattha-dipano Vandāmi  
dhammam ahamā-darena tam;**

*The DHAMMA of the Lord likened to a lamp is thus diversified: the Path, its fruits as well.  
The Deathless – lighting up that beyond the world: Devotedly indeed that DHAMMA I revere.*

**Sañgho sukhattā-bhyati-khetta-saññito Yo diṭṭha-santo sugatā-  
nubodhako Lolappahīno ariyo sumedhaso Vandāmi saṅgham  
ahamā-darena tam**

*The SANGHA called a better field better than the best, who having : Devotedly indeed that  
SANGHA I revere.*

**Iceva-mekantabhi-pūjaneyya-kam Vatthuttayam vandayatā-  
bhisañkhantam Puññam mayāyam mama sabbu-paddavā Mā  
hontu ve tassa pubhāva-siddhiyā**

*Truly this puja supreme which should be made unto the Triple Gem. Worthy of reverence  
and thus obstructions all by this my punna here, may they cease to be by the power of  
success.*

## PASSAGES CONDUCTIVE TO DISPASSIONATENESS

**Idha tathāgato loke uppanno. Araham sammā-sambuddho Dhammo  
ca desito niyyāniko upasamiko pari-nibbāniko. Sambodha-gāmi  
sugatap-pavedito**

*Here One attained to Truth appears in the world, One far from defilements, Perfectly Enlightened by himself and DHAMMA is pointed out by Him, leading out (of samsara), calming, tending towards Final Nibbana, going to self-enlightenment, so the Sugata has declared.*

**Mayan-tam dhammam sutvā evam jānāma,**

*We, having heard this DHAMMA, know thus:*

**Jatipi dukkha jātapi dukkhā maraṇampi dukkham. Soka-parideva-  
dukkha-domanassupā-yāsāpi dukkhā, Appiyehi sampayogo dukkho.  
Piyehi vippayogo dukkho. Yampiccham nā labhati tampi dukkham**

*Birth is suffering, decay is suffering, death is suffering, sorrow, lamentation, pain, grief and despair are sufferings, association with the dislike is suffering, separation from the likes is suffering, not getting what one wants is suffering.*

**Sañkhittena pancupādānakkhandhā dukkhā.**

*In brief, the five grasped-at groups are suffering which are as follows:*

**Seyyathīdam Rūpū-pādānakkhandho. Vedanū-pādānakkhandho.  
Saññū- pādānakkhandho. Sañkhārū-pādānakkhandho. Viññāṇū-  
pādā-nakkhandho,**

*The grasped-at group of the body, the grasped-at group of feelings, the grasped-at group of memory, the grasped-at group of volitions, the grasped-at group of consciousness.*

**Yesam pariññāya dharamāno so bhagavā Evam bahulam sāvake  
vineti**

*For full knowledge of which while the Exalted One was still alive, He had frequently instructed disciples in this way.*

**Evam bhāgā ca panassa bhagavato sāvakesu anusāsanī Bahulā  
pavattati**

*The section of teaching taught by the Exalted One amongst disciples was thus, many times He had emphasized:*

**Rūpam aniccam Vedanā aniccā Saññā aniccā Sañkhārā aniccā  
Viññāṇam aniccam**

*Body is impermanent, feeling is impermanent, memory is impermanent, volitions are impermanent, consciousness is impermanent.*

**Rūpam anattā Vedanā anattā Saññā anattā Sañkhārā anattā  
Viññānam anattā Sabbe sañkhārā aniccā Sabbe dhammā anattāti.**

*Body is not self, feelings is not self, memory is not self, volitions are not self, consciousness is not self, all conditioned things are impermanent, all dhammas are not self.*

**Te/Ta mayam Otiṅṅāmaha jātiyā jarāmaraṇena sokehi paridevehi  
dukkhehi domanassehi upāyāsehi Dukkho-tiṅṅā dukkha-paretā  
Appevanāmi-massa kevalassa dukkhakkhandhassa ana-kiriya paññā-  
yethāti.**

*All of us beset by birth, decay and death, by sorrow, lamentation, pain, grief and despair, beset by dukkha, obstructed by dukkha (consider) that is well if the complete ending of the dukkha-groups might be known.*

*(for the monk only) Cira-pari-nibbutampi tam bhagavantam udissa Arahantam  
Sammā-sambuddham Saddhā agārasmā anagāriyam pabbajitā.  
Tasmim bhagavati brahma-cariyam cārāma.  
Bhikkhūnam sikkhā-sājīva-samāpannā. Tam no brahma-cariyam Imassa  
kevalassa dukkhak-khandhassa Anta-kiriya samvattatu*

Cira-pari-nibbutampi tam bhagavantam saranam gatā Dhammañca bhikkhu-  
saṅghañca tassa bhagavato sasanam Yathāsati yathā-balam Manasi-karoma  
anu-paṭipajjāma Sā sā no paṭipatti Imassa kevalassa dukkhakkhandhassa  
Anta-kiriya sam vattatu

*Although long is the passing away of the Exalted One, we, however, take HIM together with the DHAMMA and the SANGHA for guidance, and strive and endeavour to follow, according to our ability and as much as we can afford to, in the Doctrine of the Exalted One. May this practice of ours be conducive to the extinction of dukkha.*

## **TIMSA PARAMI** **(The Thirty Perfections)**

### **Pathamam dāna-pāramī dana-upapārami dāna-paramattha-pāramī**

*First, the Ordinary Perfection of Charity, the Superior Perfection of Charity, the Supreme Perfection of Charity.*

### **Dutiyam sīla-pāramī sīla-upapāramī sīla-paramattha-pāramī**

*Second, the Ordinary Perfection of Morality, the Superior Perfection of Morality, the Supreme Perfection of Morality.*

### **Tatiyam nekkhamma – pāramī nekkhamma – upapāramī nekkhamma-paramattha-pāramī**

*Third, the Ordinary Perfection of Renunciation, the Superior Perfection of Renunciation, the Supreme Perfection of Renunciation*

### **Catuttham paññā-pāramī paññā-upapāramī paññā-paramattha-pāramī**

*Fourth, the Ordinary Perfection of Wisdom, the Superior Perfection of Wisdom, the Supreme Perfection of Wisdom.*

### **Pañcamam viriya-pāramī viriya-upapārami viriya-paramattha-pāramī**

*Fifth, the Ordinary Perfection of Energy, the Superior Perfection of Energy, the Supreme Perfection of Energy.*

### **Chaṭṭhamam khanti-pāramī khanti-upapāramī khanti-paramattha-pāramī**

*Sixth, the Ordinary Perfection of Patience, the Superior Perfection of Patience, the Supreme Perfection of Patience*

### **Sattamam sacca-pāramī sacca-upapāramī sacca-paramattha-pāramī**

*Seventh, the Ordinary Perfection of Truthfulness, the Superior Perfection of Truthfulness, the Supreme Perfection of Truthfulness*

### **Atthamam adhiṭṭhāna-pāramī adhiṭṭhāna-upapāramī adhiṭṭhāna-paramattha-pāramī**

*Eighth, the Ordinary Perfection of Resolution, the Superior Perfection of Resolution, the Supreme Perfection of Resolution*

### **Navamam mettā-pāramī mettā-upapāramī metta-paramattha-pāramī**

*Ninth, the Ordinary Perfection of loving-kindness, the Superior Perfection of loving-kindness, the Supreme Perfection of loving-kindness*

### **Dasamam upekkhā-pāramī upekkhā-upapāramī upekkhā-paramattha-pāramī**

*Tenth, the Ordinary Perfection of Equanimity, the Superior Perfection of Equanimity, the Supreme Perfection of Equanimity.*

### **Sama-timsa pāramī mytri mettā karuṇā muditā upekkhā kusala-sampanno.**

*All the thirty Perfections, together with friendship, loving-kindness, compassion, sympathetic joy, equanimity abound with wholesomeness.*

## TIRATANANUSARANAPATHA

**Iti'pi so bhagavā araham sammā-sambuddho.**

*He is indeed the Exalted One, far from defilements, Perfectly Enlightened by Himself, fully possessed of wisdom and (excellent) conduct.*

**Vijjā-caraṇa-sampanno Sugato lokavidū Annuttaro**

*One who has proceeded by the good way, Knower of the worlds, unexcelled, Trainer of tamable men.*

**Purisa-damma-sārathi. Satthā deva-manussānam. Buddho bhagavā ti**

*Teacher of deities and men, the Awakened One, the Lord skilled in teaching Dhamma.*

**Svākkhato bhagavatā dhammo. Sandiṭṭhiko, Akāliko, ehi-passiko opanayiko paccatam veditabbo viññuhī 'ti**

*Well expounded is the Exalted One's Dhamma, to be seen here and now, not delayed in time,, (inviting one to) come and see, leading inwards to be seen by the wise, each for himself.*

**Supaṭipanno bhagavato sāvakaśaṅgho.**

*The Sangha of the Exalted One's disciples who have practised well*

**Ujupaṭipanno bhagavato sāvakaśaṅgho**

*The Sangha of the Exalted One's disciples who have practised straightly*

**Ñaya-paṭipanno bhagavato sāvakaśaṅgho**

*The Sangha of the Exalted One's disciples who have practised rightly*

**Sāmīci-paṭipanno bhagavato sāvakaśaṅgho;**

*The Sangha of the Exalted One's disciples who have practised properly*

**Yadidam cattāri, purisa-yugāni, aṭṭha purisa-puggalā.**

*That is to say, the four pairs of men, the eight individuals*

**Esa bhagavato sāvakaśaṅgho, āhuneyyo, pāhuneyyo,**

*That is the Sangha of the Exalted One's disciples, worthy of gifts, worthy of hospitality*

**Dakkiṇeyyo, añjalīkaraṇīyo, anuttaram**

*Worthy of offerings, who should be respected*

**Puññakkhetam lokassā ti**

*The incomparable field of punna for the world.*

## JAYAMANGALA

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

*Creating a form thousand-armed, each with a weapon*

### **Grīmekhalam udita-ghorasa-senamāram**

*Mara on the elephant Girimekhala roared frightfully with his soldiers*

### **Dānādidhamavidhinā jitvā munindo**

*The Lord of Munis conquered him by means of Dhamma giving and so on*

### **Tantejasā bhavatu te jayamaṅghalāni**

*By the power of this may you be of wholesome victories*

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

*More than mara making war all night*

### **Ghoram-panālavakamakhamathaddha-yakkham**

*Was the frightfulness of Alavaka the Yakkha, impatient and arrogant*

### **Khantī-sudanta-vidhinā jitvā munindo**

*The Lord of Munis conquered him by means of well-taming with patience*

### **Tantejasā bhavatu te jayamaṅghalāni**

*By the power of this may you be of wholesome victories*

### **Nālāgirim gajavaram atimattabhūtam**

*The noble elephant Nalagiri became quite mad*

### **Dāvaggi-cakka-masanīva sudāruṇantam**

*Very cruel, like a forest fire, wheel-weapon like a thunderbolt*

### **Mettambuseka-vidhinā jitvā munindo**

*The Lord of Munis conquered him by means of sprinkling water of loving-kindness*

### **Tantejasā bhavatu te jayamaṅghalāni**

*By the power of this may you be of wholesome victories*

### **Ukkhitta-khagga-matihattha-sudāruṇantam**

*Very cruel with a sword upraised in his expert hand*

### **Dhāvantiyojana-pathaṅgulimālavantam**

*Angulimala running three leagues along the path, he was garlanded with fingers*

### **Iddhībhi-saṅkhatamano jitvā munindo**

*The Lord of Munis conquered him with a mind performing marvels*

### **Tantejasā bhavatu te jayamaṅghalāni**

*By the power of this may you be of wholesome victories*

### **Katvāna kaṭṭhamudaram iva gabbhiniyā**

*Having made her belly like a pregnant woman (by tying on) with a piece of wood*

### **Ciñcāya duṭṭhavacanam janakāyamajjhe**

*Cinca spoke lewdly in the midst of the people*

### **Santena soma-vidhinā jitva munindo**

*The Lord of Munis conquered her by serene and peaceful means*

### **Tantejasā bhavatu te jayamaṅghalāni**

*By the power of this may you be of wholesome victories*

**Saccam vihāya matisaccakavādaketum**

*Saccaka, whose speech habitually departed from the truth*

**Vādabhiropitamanam ati-andhabhūtam**

*Raised up like a flag, his theory with a mind completely blind*

**Paññā-padīpa-jalito-jitvā munindo**

*The Lord of Munis conquered him by wisdom's shining lamp*

**Tantejasā bhavatu te jayamañghalāni**

*By the power of this may you be of wholesome victories*

**Nando-panandabhujagam vibudham mahiddhim**

*Nandopananda the serpent of wrong understanding but great power*

**Puttena therabhujagena damāpayanto**

*The (Buddha's) son, the Elder (Moggallana) serpent-like set out to tame*

**Iddhūpadesa-vidhinā jitvā minindo**

*The Lord of Munis conquered him by means of a demonstration of power*

**Tantejasā bhavatu te jayamañghalāni**

*By the power of this may you be of wholesome victories*

**Duggāha-diṭṭhi-bhujagena sudaṭṭhahattham**

*Like a serpent well coiled about the arms were the wrongly grasped views*

**Brahmam visuddhi-juti-middhi-bakābhidhanam**

*Of the Brahma-god named Baka of pure light and power*

**Ñaṅgādena-vidhinā jitvā minindo**

*The Lord of Munis conquered him by means of the medicine of knowledge*

**Tantejasā bhavatu te jayamañghalāni**

*By the power of this may you be of wholesome victories*

**Etāpi Buddha-jayamañgala-aṭṭhagāthā**

*These are the eight verses on the Buddha's wholesome victories*

**Yo vācano dinadine sarate matandī**

*Which should be chanted and recollected everyday without laziness*

**Hitvāna-neka-vividāni jupaddavāni**

*(So that) being rid of the many kinds of obstacles*

**Mokkham sukham adhigameyya naro sapañño**

*The man of wisdom can attain liberation and*

## JAYABHARITTA

Mahākāruṇiko nātho  
*The Lord greatly compassionate*  
 Pūretvā pāramī sabbā  
*Having fulfilled all the perfections*  
 Etena saccavajjena  
*By the speaking of this truth*  
 Jayanto bodhiyā mūle  
*Victorious at the bodhi-tree's root*  
 Evam tvam vijayo hohi  
*Thus may victory be yours*  
 Aparājitapallaṅke  
*In the undefeated posture*  
 Abhiseke sabbabuddhānam  
*Having the consecration of all the Buddhas*  
 Sunakkhattam sumaṅgalam  
*Lucky stars, lucky blessings*  
 Sukhaṇo sumuhutto ca  
*A lucky instant, a lucky moment*  
 Padakkhiṇam kāyakammam  
*(When) bodily kamma is righteous*  
 Padakkhiṇam manokammam  
*(When) mental Kamma is righteous*  
 Padakkhiṇāni katvāna  
*These righteousness having been done*

Hitāya sabbapāṇinam  
*For the welfare of all living beings*  
 Patto sambodhimuttamam  
*Attained by Himself the highest Bodhi*  
 Hotu te jayamangalam  
*May you be blessed with victory*  
 Sakyānam nandivad'ddhano  
*he who increased delight for the Sakyas*  
 Jayassu jayamaṅgale  
*May you win the blessing of victory*  
 Sise paṭhavipokkhare  
*Upon the exalted holy place*  
 Aggappatto pamodati  
*He rejoices in the best attainment*  
 Supabhātam suhuṭṭhitam  
*A lucky dawn, a lucky sacrifice*  
 Suyiṭṭham brahmacārisu  
*(When) well-given (are things) to Brahmacarīs*  
 Vacākammmam padakkhiṇam  
*And righteous is verbal Kamma*  
 Paṇidhī te padakkhiṇā  
*Righteous are their aspirations*  
 Labhantatthe padakkiṇe  
*One gains the goal by righteousness*

## SUMANGALA GATHA

### (Verses on excellent blessings)

Bhavatu sabba-maṅgalam  
*May there be for you all blessings*  
 Sabba-buddhā-nubhāvena  
*By the Power of the Buddhas*

Rakkhantu sabba-devatā  
*May all the Devas guard you well*  
 Sadā sothhī bhavantu te  
*Ever in Safety may you be*

Bhavatu sabba-maṅgalam  
*May there be for you all blessings*  
 Sabba-dhammā-nubhāvena  
*By the Power of the Dhamma*

Rakkhantu sabba-devatā  
*May all the Devas guard you well*  
 Sadā sothhī bhavantu te  
*Ever in Safety may you be*

Bhavatu sabba-maṅgalam  
*May there be for you all blessings*  
 Sabba-saṅghā-nubhāvena  
*By the Power of the Dhamma*

Rakkhantu sabba-devatā  
*May all the Devas guard you well*  
 Sadā sothhī bhavantu te  
*Ever in Safety may you be*