

## Morning Chanting

Araham̃ sammā-sambuddho bhagavā.

*The Blessed One is Worthy & Rightly Self-awakened.*

Buddham̃ bhagavantam̃ abhivādemī.

*I bow down before the Awakened, Blessed One.*

(BOW DOWN)

Svākkhāto bhagavatā dhammo.

*The Dhamma is well-expounded by the Blessed One.*

Dhammam̃ namassāmi.

*I pay homage to the Dhamma.*

(BOW DOWN)

Supaṭipanno bhagavato sāvaka-saṅgho.

*The Sangha of the Blessed One's disciples has practiced well.*

Saṅgham̃ namāmi.

*I pay respect to the Sangha.*

(BOW DOWN)

DEDICATION (by leader)

Yam-amha kho mayam̃ bhagavantam̃ saraṇam̃ gatā,

*We have gone for refuge to the Blessed One,*

(uddissa pabbajitā,) yo no bhagavā satthā

*(have gone forth on account of) the Blessed One who is our Teacher*

yassa ca mayam̃ bhagavato dhammam̃ rocema.

*and in whose Dhamma we delight.*

Imehi sakkārehi tam̃ bhagavantam̃ sasaddhammam̃

sasāvaka-saṅgham̃ abhipūjayāma.

*With these offerings we worship most highly that Blessed One together with the True Dhamma & the Sangha of his disciples.*

Handa mayam̐ buddhassa bhagavato pubba-bhāga-  
namakāram̐ karoma se:

*Now let us chant the preliminary passage in homage to the Awakened One,  
the Blessed One:*

(ALL)

[Namo tassa] bhagavato arahato  
sammā-sambuddhassa. (THREE TIMES.)

*Homage to the Blessed One, the Worthy One,  
the Rightly Self-awakened One.*

### *Praise for the Buddha*

(LEADER)

Handa mayam̐ buddhābhithutim̐ karoma se:

*Now let us give high praise to the Awakened One:*

(ALL) [Yo so tathāgato] araham̐ sammā-sambuddho,  
*He who has attained the Truth, the Worthy One, Rightly Self-awakened,*

Vijjā-caraṇa-sampanno sugato lokavidū,  
*consummate in knowledge & conduct, one who has gone the good way,  
knower of the cosmos,*

Anuttaro purisa-damma-sārathi satthā deva-  
manussānam̐ buddho bhagavā;

*unexcelled trainer of those who can be taught, teacher of human & divine  
beings; awakened; blessed;*

Yo imam̐ lokam̐ sadevakam̐ samārakam̐  
sabrahmakam̐,

Sassamaṇa-brāhmaṇim̐ pajam̐ sadeva-manussam̐  
sayam̐ abhiññā sacchikatvā pavedesi.

*who made known—having realized it through direct knowledge—this world  
with its devas, māras, & brahmās, its generations with their contemplatives  
& brāhmans, their rulers & common people;*

Yo dhammaṃ desesi ādi-kalyāṇaṃ majjhe-  
kalyāṇaṃ pariyosāna-kalyāṇaṃ;

*who explained the Dhamma fine in the beginning, fine in the middle,  
fine in the end;*

Sātthaṃ sabyañjanaṃ kevala-paripuṇṇaṃ  
parisuddhaṃ brahma-cariyaṃ pakāsesi:

*who expounded the holy life both in its particulars & in its essence, entirely  
complete, surpassingly pure:*

Tam-ahaṃ bhagavantaṃ abhipūjayāmi,  
Tam-ahaṃ bhagavantaṃ sirasā namāmi.

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

(BOW DOWN)

### *Praise for the Dhamma*

(LEADER)

Handa mayaṃ dhammābhithutiṃ karoma se:

*Now let us give high praise to the Dhamma:*

(ALL) [Yo so svākkhāto] bhagavatā dhammo,  
*The Dhamma well-expounded by the Blessed One,*

Sandiṭṭhiko akāliko ehipassiko,  
*to be seen here & now, timeless, inviting all to come & see,*

Opanayiko paccattaṃ veditabbo viññūhi:

*pertinent, to be seen by the observant for themselves:*

Tam-ahaṃ dhammaṃ abhipūjayāmi,  
Tam-ahaṃ dhammaṃ sirasā namāmi.

*I worship most highly that Dhamma,  
To that Dhamma I bow my head down.*

(BOW DOWN)

## *Praise for the Sangha*

(LEADER) Handa mayam saṅghābhithutim karoma se:

*Now let us give high praise to the Sangha:*

(ALL) [Yo so supaṭipanno] bhagavato sāvaka-saṅgho,  
*The Sangha of the Blessed One's disciples who have practiced well,*

Uju-paṭipanno bhagavato sāvaka-saṅgho,  
*the Sangha of the Blessed One's disciples who have practiced straightforwardly,*

Ñāya-paṭipanno bhagavato sāvaka-saṅgho,  
*the Sangha of the Blessed One's disciples who have practiced methodically,*

Sāmīci-paṭipanno bhagavato sāvaka-saṅgho,  
*the Sangha of the Blessed One's disciples who have practiced masterfully,*

Yadidaṃ cattāri purisa-yugāni aṭṭha purisa-puggalā:  
*i.e., the four pairs—the eight types—of Noble Ones:*

Esa bhagavato sāvaka-saṅgho—  
*That is the Sangha of the Blessed One's disciples—*

Āhuneyyo pāhuneyyo dakkhiṇeyyo añjali-karaṇiyo,  
*worthy of gifts, worthy of hospitality, worthy of offerings, worthy of respect,*

Anuttaram puññakkhettaṃ lokassa:  
*the incomparable field of merit for the world:*

Tam-ahaṃ saṅghaṃ abhipūjayāmi,

Tam-ahaṃ saṅghaṃ sirasā namāmi.

*I worship most highly that Sangha,  
To that Sangha I bow my head down.*

(BOW DOWN)

*Salutation to the Triple Gem  
&  
The Topics for Chastened Dispassion*

(LEADER)

Handa mayam ratanattayappaṇāma-gāthāyo ceva  
saṃvega-vatthu-paridipaka-pāṭhañ-ca bhaṇāma se:  
*Now let us recite the stanzas in salutation to the Triple Gem together with  
the passage on the topics inspiring a sense of chastened dispassion:*

(ALL)

[Buddho susuddho] karuṇā-mahaṇṇavo,  
Yoccanta-suddhabbara-ñāṇa-locano,  
Lokassa pāpūpakilesa-ghātako:

Vandāmi buddham aham-ādarena taṃ.

*The Buddha, well-purified, with ocean-like compassion,  
possessed of the eye of knowledge completely purified,  
destroyer of the evils & corruptions of the world:*

*I revere that Buddha with devotion.*

Dhammo padipo viya tassa satthuno,  
Yo magga-pākāmata-bhedabhinnako,  
Lokuttaro yo ca tad-attha-dipano:

Vandāmi dhammam aham-ādarena taṃ.

*The Teacher's Dhamma, like a lamp,  
divided into Path, Fruition, & the Deathless,  
both transcendent (itself) & showing the way to that goal:*

*I revere that Dhamma with devotion.*

Saṅgho sukhattābhyatikhetta-saññito,  
Yo diṭṭha-santo sugatānubodhako,  
Lolappahino ariyo sumedhaso:

Vandāmi saṅghaṃ aham-ādarena taṃ.

*The Sangha, called a field better than the best,  
who have seen peace, awakening after the one gone the good way,  
who have abandoned heedlessness—the noble ones, the wise:  
I revere that Sangha with devotion.*

Icevam-ekant'abhipūjaneyyakam,  
Vatthuttayaṃ vandayatābhisankhataṃ,  
Puññaṃ mayā yaṃ mama sabbupaddavā,  
Mā hontu ve tassa pabhāva-siddhiyā.

*By the power of the merit I have made  
in giving reverence to the Triple Gem  
worthy of only the highest homage,  
may all my obstructions cease to be.*

\* \* \*

Idha tathāgato loke uppanno araham sammā-  
sambuddho,

*Here, One attained to the Truth, Worthy & Rightly Self-awakened, has  
appeared in the world,*

Dhammo ca desito niyyāniko upasamiko  
parinibbāniko sambodhagāmi sugatappavedito.

*And Dhamma is explained, leading out (of samsara), calming, tending  
toward total Nibbana, going to self-awakening, declared by one who has  
gone the good way.*

Mayan-taṃ dhammaṃ sutvā evaṃ jānāma,  
*Having heard the Dhamma, we know this:*

Jātipi dukkhā jarāpi dukkhā maraṇampi dukkham,  
*Birth is stressful, aging is stressful, death is stressful,*

Soka-parideva-dukkha-domanassupāyāsāpi dukkhā,  
*Sorrow, lamentation, pain, distress, & despair are stressful,*

Appiyehi sampayogo dukkho piyehi vippayogo  
 dukkho yam-p'icchaṃ na labhati tampi dukkhaṃ,  
*Association with things disliked is stressful, separation from things liked is stressful, not getting what one wants is stressful,*

Saṅkhittena pañcupādānakkhandhā dukkhā,

*In short, the five clinging-aggregates are stressful,*

Seyyathidaṃ:

*Namely:*

Rūpūpādānakkhandho,

*The form clinging-aggregate,*

Vedanūpādānakkhandho,

*The feeling clinging-aggregate,*

Saññūpādānakkhandho,

*The perception clinging-aggregate,*

Saṅkhārūpādānakkhandho,

*The fabrication clinging-aggregate,*

Viññāṇūpādānakkhandho.

*The consciousness clinging-aggregate.*

Yesaṃ pariññāya,

Dharamāno so bhagavā,

Evam bahulaṃ sāvake vineti,

*So that they might fully understand this, the Blessed One, while still alive, often instructed his listeners in this way;*

Evam bhāgā ca panassa bhagavato sāvakesu  
 anusāsanī,

Bahulaṃ pavattati:

*Many times did he emphasize this part of his admonition:*

“Rūpaṃ aniccaṃ,

*“Form is inconstant,*

Vedanā aniccā,

*Feeling is inconstant,*

Saññā aniccā, *Perception is inconstant,*  
 Saṅkhārā aniccā, *Fabrications are inconstant,*  
 Viññāṇaṃ aniccaṃ, *Consciousness is inconstant,*  
 Rūpaṃ anattā, *Form is not-self,*  
 Vedanā anattā, *Feeling is not-self,*  
 Saññā anattā, *Perception is not-self,*  
 Saṅkhārā anattā, *Fabrications are not-self,*  
 Viññāṇaṃ anattā, *Consciousness is not-self,*  
 Sabbe saṅkhārā aniccā, *All fabrications are inconstant,*  
 Sabbe dhammā anattāti.” *All phenomena are not-self.”*  
 Te (WOMEN: Tā ) mayam,  
 Otiṇṇāma jātiyā jarā-maraṇena,  
 Sokehi paridevehi dukkhehi domanassehi upāyāsehi,  
 Dukkhotiṇṇā dukkha-paretā,  
*All of us, beset by birth, aging, & death, by sorrows, lamentations, pains,*  
*distresses, & despairs, beset by stress, overcome with stress, (consider),*  
 “Appeva nāma’imassa kevalassa  
 dukkhakkhandhassa antakiriya paññāyethāti!”  
*“O, that the end of this entire mass of suffering & stress might be known!”*

\* (MONKS & NOVICES)

Cira-parinibbutampi taṃ bhagavantaṃ uddissa  
 arahantaṃ sammā-sambuddhaṃ,  
 Saddhā agārasmā anagāriyaṃ pabbajitā.  
*Though the total Liberation of the Blessed One, the Worthy One, the*  
*Rightly Self-awakened One, was long ago, we have gone forth in faith from*  
*home to homelessness in dedication to him.*  
 Tasmim bhagavati brahma-cariyaṃ carāma,  
*We practice that Blessed One’s holy life,*

(Bhikkhūnaṃ sikkhā-sājīva-samāpannā.)

*(Fully endowed with the bhikkhus' training & livelihood.)*

Taṃ no brahma-cariyaṃ,

Imassa kevalassa dukkhakkhandhassa antakiriyaṃ  
samvattatu.

*May this holy life of ours bring about the end of this entire mass of suffering  
& stress.*

\* (OTHERS)

Cira-parinibbutampi taṃ bhagavantaṃ saraṇaṃ gatā,  
Dhammañ-ca bhikkhu-saṅghañ-ca,

*Though the total Liberation of the Blessed One, the Worthy One, the  
Rightly Self-awakened One, was long ago, we have gone for refuge in him,  
in the Dhamma, & in the Bhikkhu Sangha,*

Tassa bhagavato sāsanaṃ yathā-sati yathā-balaṃ  
manasikaroma,

Anupaṭipajjāma,

*We attend to the instruction of the Blessed One, as far as our mindfulness  
& strength will allow, and we practice accordingly.*

Sā sā no paṭipatti,

Imassa kevalassa dukkhakkhandhassa antakiriyaṃ  
samvattatu.

*May this practice of ours bring about the end of this entire mass of suffering  
& stress.*

## *Reflection at the Moment of Using the Requisites*

(LEADER)

Handa mayam taṅkhaṇika-paccavekkhaṇa-pāṭham  
bhaṇāma se:

*Now let us recite the passage for reflection at the moment (of using the requisites):*

(ALL)

[Paṭisaṅkhā yoniso] cīvaram paṭisevāmi,

*Considering it thoughtfully, I use the robe,*

Yāvadeva sītassa paṭighātāya,

*Simply to counteract the cold,*

Uṇhassa paṭighātāya, *To counteract the heat,*

Ḍaṃsa-makasa-vātātapa-sirimsapa-samphassānam  
paṭighātāya,

*To counteract the touch of flies, mosquitoes, wind, sun, & reptiles;*

Yāvadeva hirikopina-paṭicchādan'attham.

*Simply for the purpose of covering the parts of the body that cause shame.*

Paṭisaṅkhā yoniso piṇḍapātam paṭisevāmi,

*Considering it thoughtfully, I use alms food,*

N'eva davāya na madāya na maṇḍanāya na  
vibhūsanāya,

*Not playfully, nor for intoxication, nor for putting on bulk, nor for beautification,*

Yāvadeva imassa kāyassa ṭhitiyā yāpanāya

vihimsuparatiyā brahma-cariyānuggahāya,

*But simply for the survival & continuance of this body, for ending its afflictions, for the support of the holy life,*

Iti purāṇañ-ca vedanam paṭihaṅkhāmi navañ-ca  
vedanam na uppādessāmi,

*(Thinking,) Thus will I destroy old feelings (of hunger) and not create new feelings (from overeating).*

Yātrā ca me bhavissati anavajjatā ca phāsu-vihāro  
cāti.

*I will maintain myself, be blameless, & live in comfort.*

Paṭisaṅkhā yoniso senāsanam paṭisevāmi,

*Considering it thoughtfully, I use the lodging,*

Yāvadeva sītassa paṭighātāya,

*Simply to counteract the cold,*

Uṇhassa paṭighātāya,

*To counteract the heat,*

Ḍamsa-makasa-vātātapa-sirimsapa-samphassānam

paṭighātāya,

*To counteract the touch of flies, mosquitoes, wind, sun, & reptiles;*

Yāvadeva utuparissaya-vinodanam

paṭisallānārām'attham.

*Simply as protection from the inclemencies of weather and for the enjoyment of seclusion.*

Paṭisaṅkhā yoniso gilāna-paccaya-bhesajja-

parikkhāram paṭisevāmi,

*Considering them thoughtfully, I use medicinal requisites for curing the sick,*

Yāvadeva uppannānam veyyābādhikānam

vedanānam paṭighātāya,

*Simply to counteract any pains of illness that have arisen,*

Abyāpajjha-paramatāyāti.

*And for maximum freedom from disease.*

## Evening Chanting

Araham̃ sammā-sambuddho bhagavā.

*The Blessed One is Worthy & Rightly Self-awakened.*

Buddham̃ bhagavantam̃ abhivādemī.

*I bow down before the Awakened, Blessed One.*

(BOW DOWN)

Svākkhāto bhagavatā dhammo.

*The Dhamma is well-expounded by the Blessed One.*

Dhammam̃ namassāmi.

*I pay homage to the Dhamma.*

(BOW DOWN)

Supaṭipanno bhagavato sāvaka-saṅgho.

*The Saṅgha of the Blessed One's disciples has practiced well.*

Saṅgham̃ namāmi.

*I pay respect to the Saṅgha.*

(BOW DOWN)

DEDICATION (by leader)

Yam-amha kho mayam̃ bhagavantam̃ saraṇam̃ gatā,

*We have gone for refuge to the Blessed One,*

(uddissa pabbajitā) yo no bhagavā satthā

*(have gone forth on account of) the Blessed One who is our Teacher*

yassa ca mayam̃ bhagavato dhammam̃ rocema.

*and in whose Dhamma we delight.*

Imehi sakkārehi tam̃ bhagavantam̃ sasaddhammam̃  
sasāvaka-saṅgham̃ abhipūjayāma.

*With these offerings we worship most highly that Blessed One together with  
the True Dhamma & the Saṅgha of his disciples.*

Handadāni mayantaṃ bhagavantaṃ vācāya  
 abhigāyituṃ pubba-bhāga-namakāraṅ-c'eva  
 buddhānussati-nayaṅ-ca karoma se:

*Now let us chant the preliminary passage in homage to the Blessed One,  
 together with the guide to the recollection of the Buddha:*

(ALL)

[Namo tassa] bhagavato arahato sammā-  
 sambuddhassa. (Three times.)

*Homage to the Blessed One, the Worthy One, the Rightly Self-awakened  
 One.*

### *A Guide to the Recollection of the Buddha*

[Taṃ kho pana bhagavantaṃ] evaṃ kalyāṇo kitti-  
 saddo abbhuggato,

*This fine report of the Blessed One's reputation has spread far & wide:*

Itipi so bhagavā arahantaṃ sammā-sambuddho,  
*He is a Blessed One, a Worthy One, a Rightly Self-awakened One,*

Vijjā-carāṇa-sampanno sugato lokavidū,  
*consummate in knowledge & conduct, one who has gone the good way,  
 knower of the cosmos,*

Anuttaro purisa-damma-sārathi satthā deva  
 manussānaṃ buddho bhagavāti.

*unexcelled trainer of those who can be taught, teacher of human & divine  
 beings; awakened; blessed.*

## *Verses in Celebration of the Buddha*

(LEADER)

Handa mayam̐ buddhābhigītim̐ karoma se:  
*Now let us chant in celebration of the Buddha:*

(ALL)

[Buddh'vārahanta]-varatādiguṇābhiyutto,  
*The Buddha, endowed with such virtues as highest worthiness:*

Suddhābhiñāṇa-karuṇāhi samāgatatto,  
*In him, purity, supreme knowledge, & compassion converge.*

Bodhesi yo sujanatam̐ kamalam̐ va sūro,  
*He awakens good people as the sun does the lotus.*

Vandām'aham̐ tam-araṇam̐ sirasā jinendam̐.  
*I revere with my head that Peaceful One, the Conqueror Supreme.*

Buddho yo sabba-pāṇīnam̐

Saraṇam̐ khemam-uttamam̐.

*The Buddha who for all beings is the secure, the highest refuge,*

Paṭhamānussatiṭṭhānam̐

Vandāmi tam̐ sirenaham̐,

*The first theme for recollection: I revere him with my head.*

Buddhassāhasmi dāso (WOMEN: dāsī) va

Buddho me sāmikissaro.

*I am the Buddha's servant, the Buddha is my sovereign master,*

Buddho dukkhassa ghātā ca

Vidhātā ca hitassa me.

*The Buddha is a destroyer of suffering & a provider of welfare for me.*

Buddhassāham̐ niyyādemī

Sarirañjivitañ-c'idam̐.

*To the Buddha I dedicate this body & this life of mine.*

Vandanto'ham̃ (Vandanti'ham̃) carissāmi  
 Buddhasseva subodhitam̃.

*I will fare with reverence for the Buddha's genuine Awakening.*

N'atthi me saraṇam̃ aññam̃,

Buddho me saraṇam̃ varam̃:

*I have no other refuge; the Buddha is my foremost refuge:*

Etena sacca-vajjena,

Vaḍḍheyyam̃ satthu-sāsane.

*By the speaking of this truth, may I grow in the Teacher's instruction.*

Buddham̃ me vandamānena (vandamānāya)

Yam̃ puññam̃ pasutam̃ idha,

Sabbe-pi antarāyā me,

Māhesum̃ tassa tejasā.

*Through the power of the merit here produced by my reverence for the Buddha, may all my obstructions cease to be.*

(BOW DOWN AND SAY)

Kāyena vācāya va cetasā vā,  
 Buddhe kukammam̃ pakatam̃ mayā yam̃,  
 Buddho paṭiggaṇhatu accayantam̃,  
 Kālantare samvaritum̃ va buddhe.

*Whatever bad kamma I have done to the Buddha  
 by body, by speech, or by mind,  
 may the Buddha accept my admission of it,  
 so that in the future I may show restraint toward the Buddha.*

## *A Guide to the Recollection of the Dhamma*

(LEADER)

Handa mayam̐ dhammānussati-nayam̐ karoma se:

*Now let us recite the guide to the recollection of the Dhamma:*

(ALL)

[Svākkhāto] bhagavatā dhammo,

*The Dhamma is well-expounded by the Blessed One,*

Sanditthiko akāliko ehipassiko,

*to be seen here & now, timeless, inviting all to come & see,*

Opanayiko paccattam̐ veditabbo viññūhiti.

*pertinent, to be seen by the observant for themselves.*

## *Verses in Celebration of the Dhamma*

(LEADER)

Handa mayam̐ dhammābhigītim̐ karoma se:

*Now let us chant in celebration of the Dhamma:*

(ALL)

[Svākkhātātā]diguṇa-yogavasena seyyo,

*Superior, through having such virtues as being well-expounded,*

Yo magga-pāka-pariyatti-vimokkha-bhedo,

*Divided into Path & Fruit, study & emancipation,*

Dhammo kuloka-patanā tadadhāri-dhāri.

*The Dhamma protects those who hold to it from falling into miserable worlds.*

Vandām'aham̐ tama-haram̐ vara-dhammam-etam̐.

*I revere that foremost Dhamma, the destroyer of darkness.*

Dhammo yo sabba-pāṇinaṃ

Saraṇam̐ khemam-uttamam̐.

*The Dhamma that for all beings is the secure, the highest refuge,*

Dutiyānussatiṭṭhānaṃ

Vandāmi taṃ sirenaḥaṃ,

*The second theme for recollection: I revere it with my head.*

Dhammassāhasmi dāso (dāsī) va

Dhammo me sāmikissaro.

*I am the Dhamma's servant, the Dhamma is my sovereign master,*

Dhammo dukkhassa ghātā ca

Vidhātā ca hitassa me.

*The Dhamma is a destroyer of suffering & a provider of welfare for me.*

Dhammassāhaṃ niyyādemi

Sarīrañjivitañ-c'idam.

*To the Dhamma I dedicate this body & this life of mine.*

Vandanto'haṃ (Vandanti'haṃ) carissāmi

Dhammasseva sudhammataṃ.

*I will fare with reverence for the Dhamma's genuine rightness.*

N'atthi me saraṇaṃ aññaṃ,

Dhammo me saraṇaṃ varam:

*I have no other refuge; the Dhamma is my foremost refuge:*

Etena sacca-vajjena,

Vaddheyyaṃ satthu-sāsane.

*By the speaking of this truth, may I grow in the Teacher's instruction.*

Dhammaṃ me vandamānena (vandamānāya)

Yaṃ puññaṃ pasutaṃ idha,

Sabbe-pi antarāyā me,

Māhesuṃ tassa tejasā.

*Through the power of the merit here produced by my reverence for the Dhamma, may all my obstructions cease to be.*

(BOW DOWN AND SAY)

Kāyena vācāya va cetasā vā,  
 Dhamme kukammaṃ pakataṃ mayā yaṃ,  
 Dhammo paṭiggaṇhatu accayantaṃ,  
 Kālantare saṃvaritum va dhamme.

*Whatever bad kamma I have done to the Dhamma  
 by body, by speech, or by mind,  
 may the Dhamma accept my admission of it,  
 so that in the future I may show restraint toward the Dhamma.*

### *A Guide to the Recollection of the Saṅgha*

(LEADER) Handa mayam saṅghānussati-nayam  
 karoma se:

*Now let us recite the guide to the recollection of the Saṅgha:*

(ALL)

[Supaṭipanno] bhagavato sāvaka-saṅgho,  
*The Saṅgha of the Blessed One's disciples who have practiced well,*

Uju-paṭipanno bhagavato sāvaka-saṅgho,  
*the Saṅgha of the Blessed One's disciples who have practiced  
 straightforwardly,*

Ñāya-paṭipanno bhagavato sāvaka-saṅgho,  
*the Saṅgha of the Blessed One's disciples who have practiced methodically,*

Sāmicī-paṭipanno bhagavato sāvaka-saṅgho,  
*the Saṅgha of the Blessed One's disciples who have practiced masterfully,*

Yadidaṃ cattāri purisa-yugāni aṭṭha purisa-puggalā:  
*i.e., the four pairs—the eight types—of Noble Ones:*

Esa bhagavato sāvaka-saṅgho—  
*That is the Saṅgha of the Blessed One's disciples—*

Āhuneyyo pāhuneyyo dakkhiṇeyyo añjali-karaṇiyo,  
*worthy of gifts, worthy of hospitality, worthy of offerings, worthy of respect,*

Anuttaram puñṇakkhettaṃ lokassāti.  
*the incomparable field of merit for the world.*

## *Verses in Celebration of the Saṅgha*

(LEADER)

Handa mayam̐ saṅghābhigītim̐ karoma se:

*Now let us chant in celebration of the Saṅgha:*

(ALL)

[Saddhammajō] supaṭipatti-guṇādiyutto,

*Born of the true Dhamma, endowed with such virtues as good practice,*

Yoṭṭhābbidho ariya-puggala-saṅgha-seṭṭho,

*The supreme Saṅgha formed of the eight types of Noble Ones,*

Silādidhamma-pavarāsaya-kāya-citto:

*Guided in body & mind by such principles as virtue:*

Vandām'aham̐ tam-ariyāna-gaṇam̐ susuddham̐.

*I revere that group of Noble Ones well-purified.*

Saṅgho yo sabba-pāṇinaṃ

Saraṇam̐ khemam-uttamam̐.

*The Saṅgha that for all beings is the secure, the highest refuge,*

Tatiyānussatiṭṭhānam̐

Vandāmi tam̐ sirenaham̐,

*The third theme for recollection: I revere it with my head.*

Saṅghassāhasmi dāso (dāsī) va

Saṅgho me sāmikissaro.

*I am the Saṅgha's servant, the Saṅgha is my sovereign master,*

Saṅgho dukkhassa ghātā ca

Vidhātā ca hitassa me.

*The Saṅgha is a destroyer of suffering & a provider of welfare for me.*

Saṅghassāham̐ niyyādemi

Sarirañjivitañ-c'idam̐.

*To the Saṅgha I dedicate this body & this life of mine.*

Vandanto'ham̃ (Vandanti'ham̃) carissāmi  
 Saṅghassopaṭipannataṃ.

*I will fare with reverence for the Saṅgha's genuine practice.*

N'atthi me saraṇaṃ añaṇaṃ,

Saṅgho me saraṇaṃ varaṃ:

*I have no other refuge; the Saṅgha is my foremost refuge:*

Etena sacca-vajjena,

Vaḍḍheyyaṃ satthu-sāsane.

*By the speaking of this truth, may I grow in the Teacher's instruction.*

Saṅghaṃ me vandamānena (vandamānāya)

Yaṃ puññaṃ pasutaṃ idha,

Sabbe-pi antarāyā me,

Māhesuṃ tassa tejasā.

*Through the power of the merit here produced by my reverence for the Saṅgha, may all my obstructions cease to be.*

(BOW DOWN AND SAY)

Kāyena vācāya va cetasā vā,

Saṅghe kukammaṃ pakataṃ mayā yaṃ,

Saṅgho paṭiggaṇhatu accayantaṃ,

Kālantare saṃvaritum̃ va saṅghe.

*Whatever bad kamma I have done to the Saṅgha*

*by body, by speech, or by mind,*

*may the Saṅgha accept my admission of it,*

*so that in the future I may show restraint toward the Saṅgha.*

## *Reflection after Using the Requisites*

(LEADER)

Handa mayam atita-paccavekkhaṇa-pāṭham bhaṇāma  
se:

*Now let us recite the passage for reflection on the past (use of the requisites):*

(ALL)

[Ajja mayā] apaccavekkhitvā yaṃ cīvaram parib-  
huttam,

*Whatever robe I used today without consideration,*

Tam yāvadeva sītassa paṭighātāya,

*Was simply to counteract the cold,*

Uṇhassa paṭighātāya, *To counteract the heat,*

Ḍamśa-makasa-vātātapa-sirimśapa-samphassānam  
paṭighātāya,

*To counteract the touch of flies, mosquitoes, wind, sun, & reptiles;*

Yāvadeva hirikopina-paṭicchādan'attham.

*Simply for the purpose of covering the parts of the body that cause shame.*

Ajja mayā apaccavekkhitvā yo piṇḍapatto  
paribhutto,

*Whatever alms food I used today without consideration,*

So n'eva davāya na madāya na maṇḍanāya na  
vibhūsanāya,

*Was not used playfully, nor for intoxication, nor for putting on bulk, nor  
for beautification,*

Yāvadeva imassa kāyassa ṭhitiyā yāpanāya

vihimsuparatiyā brahma-cariyānuggahāya,

*But simply for the survival & continuance of this body, for ending its  
afflictions, for the support of the holy life,*

Iti purāṇañ-ca vedanaṃ paṭihaṅkhāmi navañ-ca  
vedanaṃ na uppādessāmi,

*(Thinking,) Thus will I destroy old feelings (of hunger) and not create new feelings (from overeating).*

Yātrā ca me bhavissati anavajjatā ca phāsu-vihāro  
cāti.

*I will maintain myself, be blameless, & live in comfort.*

Ajja mayā apaccavekkhitvā yaṃ senāsanam  
paribhuttam,

*Whatever lodging I used today without consideration,*

Tam yāvadeva sītassa paṭighātāya,

*Was simply to counteract the cold,*

Uṇhassa paṭighātāya, *To counteract the heat,*

Ḍaṃsa-makasa-vātātapa-sirimsapa-samphassānam  
paṭighātāya,

*To counteract the touch of flies, mosquitoes, wind, sun, & reptiles;*

Yāvadeva utuparissaya-vinodanam

paṭisallānārām'attham.

*Simply for protection from the inclemencies of weather and for the enjoyment of seclusion.*

Ajja mayā apaccavekkhitvā yo gilāna-paccaya-  
bhesajja-parikkhāro paribhutto,

*Whatever medicinal requisite for curing the sick I used today without consideration,*

So yāvadeva uppannānam veyyābādhikānam

vedanānam paṭighātāya,

*Was simply to counteract any pains of illness that had arisen,*

Abyāpajjha-paramatāyāti.

*And for maximum freedom from disease.*

## *Contemplation of the Body*

(LEADER)

Handa mayam kāyagatā-sati-bhāvanā-pāṭham  
bhaṇāma se:

*Let us now recite the passage on mindfulness immersed in the body.*

(ALL)

Ayaṃ kho me kāyo,	<i>This body of mine,</i>
Uddham pādatalā,	<i>from the soles of the feet on up,</i>
Adho kesa-matthakā,	<i>from the crown of the head</i>
	<i>on down,</i>

Taca-pariyanto,	<i>surrounded by skin,</i>
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Pūro nānappakārassa asucino,	<i>filled with all sorts of unclean things.</i>
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Atthi imasmim kāye:	<i>In this body there is:</i>
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Kesā	<i>Hair of the head,</i>
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Lomā	<i>Hair of the body,</i>
------	--------------------------

Nakhā	<i>Nails,</i>
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Dantā	<i>Teeth,</i>
-------	---------------

Taco	<i>Skin,</i>
------	--------------

Mamsam	<i>Flesh,</i>
--------	---------------

Nhārū	<i>Tendons,</i>
-------	-----------------

Aṭṭhī	<i>Bones,</i>
-------	---------------

Aṭṭhimiñjam	<i>Bone marrow,</i>
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Vakkam	<i>Spleen,</i>
--------	----------------

Hadayaṃ	<i>Heart,</i>
---------	---------------

Yakanam	<i>Liver,</i>
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Kilomakam	<i>Membranes,</i>
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Pihakam̃	<i>Kidneys,</i>
Papphāsam̃	<i>Lungs,</i>
Antam̃	<i>Large intestines,</i>
Antaguṇam̃	<i>Small intestines,</i>
Udariyam̃	<i>Gorge,</i>
Karīsam̃	<i>Feces,</i>
Matthake matthaluṅgam̃	<i>Brain,</i>
Pittam̃	<i>Gall,</i>
Semham̃	<i>Phlegm,</i>
Pubbo	<i>Lymph,</i>
Lohitam̃	<i>Blood,</i>
Sedo	<i>Sweat,</i>
Medo	<i>Fat,</i>
Assu	<i>Tears,</i>
Vasā	<i>Oil,</i>
Khelo	<i>Saliva,</i>
Siṅghāṇikā	<i>Mucus,</i>
Lasikā	<i>Oil in the joints,</i>
Muttam̃	<i>Urine.</i>
Evam-ayam̃ me kāyo:	<i>Such is this body of mine:</i>
Uddham̃ pādatalā,	<i>from the soles of the feet on up,</i>
Adho kesa-matthakā,	<i>from the crown of the head</i>
	<i>on down,</i>
Taca-pariyanto,	<i>surrounded by skin,</i>
Pūro nānappakārassa asucino.	
	<i>filled with all sorts of unclean things.</i>

## *Five Subjects for Frequent Recollection*

(LEADER)

Handa mayam̐ abhiṅha-paccavekkhaṇa-pātham̐  
bhaṇāma se:

*Let us now recite the passage for frequent recollection:*

(ALL)

Jarā-dhammomhi jaram̐ anatito.

*I am subject to aging. Aging is unavoidable.*

Byādhi-dhammomhi byādhiṃ anatito.

*I am subject to illness. Illness is unavoidable.*

Maraṇa-dhammomhi maraṇam̐ anatito.

*I am subject to death. Death is unavoidable.*

Sabbehi me piyehi manāpehi nānā-bhāvo vinā-bhāvo.

*I will grow different, separate from all that is dear &  
appealing to me.*

Kammassakomhi kamma-dāyādo kamma-yoni  
kamma-bandhu kamma-paṭisaraṇo.

*I am the owner of my actions, heir to my actions, born  
of my actions, related through my actions, and live  
dependent on my actions.*

Yam̐ kammaṃ karissāmi kalyāṇam̐ vā pāpakam̐  
vā tassa dāyādo bhavissāmi.

*Whatever I do, for good or for evil, to that will I fall  
heir.*

Evam̐ amhehi abhiṅham̐ paccavekkhitabbam̐.

*We should often reflect on this.*

## *The Verses on Friends*

Aññadatthu haro mitto,

*One who makes friends only to cheat them,*

Yo ca mitto vacī-paramo,

*one who is good only in word,*

Anupiyañ-ca yo āhu,

*one who flatters & cajoles,*

Apāyesu ca yo sakhā,

*and a companion in ruinous fun:*

Ete amitte cattāro      Iti viññāya paṇḍito,

*These four the wise know as non-friends.*

Ārakā parivajjeyya                      *Avoid them from afar,*

Maggaṃ paṭibhayaṃ yathā.      *like a dangerous road.*

Upakāro ca yo mitto,                      *A friend who is helpful,*

Sukha-dukkho ca yo sakhā,

*one who shares in your sorrows & joys,*

Atthakkhāyī ca yo mitto,

*one who points you to worthwhile things,*

Yo ca mittānukampako,

*one sympathetic to friends:*

Ete-pi mitte cattāro      Iti viññāya paṇḍito,

*These four, the wise know as true friends.*

Sakkaccaṃ payirupāseyya,

*Attend to them earnestly,*

Mātā puttāṃ va orasāṃ. *as a mother her child.*

## *The Verses on Respect*

Satthu-garu dhamma-garu,  
*One with respect for the Buddha & Dhamma,*  
 Saṅghe ca tibba-gāravo,  
*and strong respect for the Saṅgha,*  
 Samādhi-garu ātāpī,  
*one who is ardent, with respect for concentration,*  
 Sikkhāya tibba-gāravo,  
*and strong respect for the Training,*  
 Appamāda-garu bhikkhu,  
*one who sees danger and respects being heedful,*  
 Paṭisanthāra-gāravo:  
*and shows respect in welcoming guests:*  
 Abhabbo parihānāya,  
*A person like this cannot decline,*  
 Nibbānasseva santike.  
*stands right in the presence of Nibbana.*

## *The Verses on the Noble Truths*

Ye dukkham nappajānanti  
*Those who don't discern suffering,*  
 Atho dukkhassa sambhavam *suffering's cause,*  
 Yattha ca sabbaso dukkham Asesam uparujjhati,  
*and where it totally stops, without trace,*

Tañ-ca maggaṃ na jānanti,  
*who don't understand the path,*  
 Dukkūpasama-gāminam,  
*the way to the stilling of suffering:*  
 Ceto-vimutti-hinā te,  
*They are far from release of awareness,*  
 Atho paññā-vimuttiyā,  
*and release of discernment.*  
 Abhabbā te anta-kiriyāya,  
*Incapable of making an end,*  
 Te ve jāti-jarūpagā. *they'll return to birth & aging again.*  
 Ye ca dukkham pajānanti,  
*While those who do discern suffering,*  
 Atho dukkhassa sambhavam, *suffering's cause,*  
 Yattha ca sabbaso dukkham Asesam uparujjhati,  
*and where it totally stops, without trace,*  
 Tañ-ca maggaṃ pajānanti, *who understand the path,*  
 Dukkūpasama-gāminam:  
*the way to the stilling of suffering:*  
 Ceto-vimutti-sampannā,  
*They are consummate in release of awareness,*  
 Atho paññā-vimuttiyā,  
*and in release of discernment.*  
 Bhabbā te anta-kiriyāya,  
*Capable of making an end,*  
 Na te jāti-jarūpagāti.  
*they won't return to birth & aging, ever again.*

## *The Guardian Meditations*

Buddhānussati mettā ca  
 Asubhaṃ maraṇassati,  
 Iccimā catur'ārakkhā  
 Kātabbā ca vipassanā.

*These four meditations—recollection of the Buddha, good will, the foulness of the body, and mindfulness of death—are guardians & means of insight that should be done.*

Visuddha-dhamma-santāno  
 Anuttarāya bodhiyā,  
 Yogato ca pabodhā ca  
 Buddho Buddho'ti ñāyate.

*The Buddha is unfailingly pure. Because of his unexcelled Awakening, and because he trains others to awaken, he is known as the Awakened/Awakening One.*

Narānara-tiracchāna-  
 bhedaṃ sattā sukhesino,  
 Sabbe pi sukhino hontu  
 Sukhitattā ca khemino.

*All living beings—human, non-human, & animal—who are searching for happiness: May they all be happy and, through their happiness, secure.*

Kesa-lomādi-chavānaṃ  
 Ayam'eva samussayo,  
 Kāyo sabbo pi jeguccho  
 Vaṇṇādito paṭikkulo.

*This conglomeration of things from dead bodies, like hair of the head & hair of the body: The body as a whole is disgusting and, in terms of such things as its colors, unclean.*

Jīvit'indriy'upaccheda-  
 saṅkhāta-maraṇaṃ siyā,  
 Sabbesaṃ pīdha pāṇinaṃ  
 Tañhi dhuvaṃ na jīvitaṃ.

*Death, the destruction of the faculty of life, will come to all beings. Death is certain, but life is not.*

## *Ten Reflections*

Dasa ime bhikkhave dhammā,  
 Pabbajitena abhiṅhaṃ paccavekkhitabbā,  
*Those gone forth should frequently reflect on these ten things.*

Katame dasa?

*Which ten?*

1) Vevaṅṇiyamhi ajjhūpagatoti.

*I have left the social order.*

2) Parapaṭibaddhā me jīvikāti.

*My life needs the support of others.*

3) Añño me ākappo karaṇiyoti.

*I must change the way I behave.*

4) Kacci nu kho me attā silato na upavadatīti?

*Can I fault myself with regard to the precepts?*

5) Kacci nu kho maṃ anuvicca viññū sabrahma-cāri  
sīlato na upavadantīti?

*Can my knowledgeable fellows in the holy life, on  
close examination, fault me with regard to the  
precepts?*

6) Sabbehi me piyehi manāpehi nānā-bhāvo vinā-  
bhāvoti.

*I will grow different, separate from all that is dear &  
appealing to me.*

7) Kammassakomhi kamma-dāyādo kamma-yoni  
kamma-bandhu kamma-paṭisaraṇo. Yaṃ kammaṃ  
karissāmi kalyāṇaṃ vā pāpakaṃ vā tassa dāyādo  
bhavissāmīti.

*I am the owner of my actions, heir to my actions, born  
of my actions, related through my actions, and live  
dependent on my actions. Whatever I do, for good or  
for evil, to that will I fall heir.*

8) Katham-bhūtassa me rattin-divā vītipatantīti?

*What am I becoming as the days & the nights fly  
past?*

9) Kacci nu kho'haṃ suññāgāre abhiraṃamīti?

*Is there an empty dwelling in which I delight?*

10) Atthi nu kho me uttari-manussa-dhammā,  
Alam-ariya-ñāṇa-dassana-viseso adhigato,  
So'haṃ pacchime kāle sabrahma-cārihi puṭṭho,  
Na maṅku bhavissāmīti?

*Have I attained a superior human state, a truly noble knowledge & vision, such that when my fellows in the holy life ask me near the hour of my death, I will not feel ashamed?*

Ime kho bhikkhave dasa dhammā pabbajitena abhiñham paccavekkhitabbāti.

*These are the ten things on which those gone forth should frequently reflect.*

### *The Four Dhamma Summaries*

- |   |   |
|---|---|
| 1. Upaniyati loko,<br>Addhuvo.              | <i>The world is swept away.<br/>It does not endure.</i>   |
| 2. Atāṇo loko,<br>Anabhissaro.              | <i>The world offers no shelter.<br/>There is no one in charge.</i>                              |
| 3. Assako loko,<br>Sabbam pahāya gamaniyam. | <i>The world has nothing of its own.<br/>One has to pass on,<br/>leaving everything behind.</i> |
| 4. Ūno loko,<br>Atitto,<br>Taṇhā dāso.      | <i>The world is insufficient,<br/>insatiable,<br/>a slave to craving.</i>                       |

## *Ovāda-pāṭimokkha Gāthā*

Khanti paramam tapo titikkhā  
 Nibbānam paramam vadanti buddhā,  
 Na hi pabbajito parūpaghāti  
 Samaṇo hoti param viheṭhayanto.

*Patient forbearance is the highest austerity.  
 Liberation is highest: that's what the Buddhas say.  
 He is no monk who harms another;  
 nor a contemplative, he who oppresses another.*

Sabba-pāpassa akaraṇam,  
 Kusalassūpasampadā,  
 Sacitta-pariyodapanam:

*Etam buddhāna-sāsanam.  
 The non-doing of all evil,  
 the performance of what is skillful,  
 the cleansing of one's own mind:  
 this is the Buddhas' teaching.*

Anūpavādo anūpaghāto  
 Pāṭimokkhe ca saṁvaro,  
 Mattaññutā ca bhattasmim  
 Pantañ-ca sayan'āsanam.

Adhicitte ca āyogo:

*Etam buddhāna-sāsananti.  
 Not reviling, not injuring,  
 restraint in line with the monastic code,*

*moderation in food,  
dwelling in seclusion,  
devotion to the heightened mind:  
this is the Buddhas' teaching.*

## *The Sublime Attitudes*

(METTĀ — GOOD WILL)

*Ahaṃ sukhito homi—May I be happy.  
Niddukkho homi—May I be free from stress & pain.  
Avero homi—May I be free from animosity.  
Abyāpajjho homi—May I be free from oppression.  
Aniḅho homi—May I be free from trouble.  
Sukhī attānaṃ pariharāmi—May I look after myself  
with ease.*

*Sabbe sattā sukhitā hontu.*

*May all living beings be happy.*

*Sabbe sattā averā hontu.*

*May all living beings be free from animosity.*

*Sabbe sattā abyāpajjhā hontu.*

*May all living beings be free from oppression.*

*Sabbe sattā aniḅhā hontu.*

*May all living beings be free from trouble.*

*Sabbe sattā sukhī attānaṃ pariharantu.*

*May all living beings look after themselves with ease.*

(KARUṆĀ — COMPASSION)

Sabbe sattā sabba-dukkhā pamuccantu.

*May all living beings be freed from all stress & pain.*

(MUDITĀ — EMPATHETIC JOY)

Sabbe sattā laddha-sampattito mā vigacchantu.

*May all living beings not be deprived of the good fortune they have attained.*

(UPEKKHĀ — EQUANIMITY)

Sabbe sattā kammassakā kamma-dāyādā kamma-yonī kamma-bandhū kamma-paṭisaraṇā.

*All living beings are the owners of their actions, heir to their actions, born of their actions, related through their actions, and live dependent on their actions.*

Yaṃ kammaṃ karissanti kalyāṇaṃ vā pāpakaṃ vā tassa dāyādā bhavissanti.

*Whatever they do, for good or for evil, to that will they fall heir.*

\* \* \*

[Sabbe sattā sadā hontu]

Averā sukha-jīvino.

*May all beings live happily,  
always free from animosity.*

Kataṃ puñña-phalaṃ mayhaṃ

Sabbe bhāgī bhavantu te.

*May all share in the blessings  
springing from the good I have done.*

\* \* \*

[Hotu sabbam̐ sumaṅgalam̐]

*May there be every good blessing.*

Rakkhantu sabba-devatā

*May all the devas protect you.*

Sabba-buddhānubhāvena

*Through the power of all the Buddhas,*

Sotthi hontu nirantaram̐

*may you forever be well.*

Hotu sabbam̐ sumaṅgalam̐

*May there be every good blessing.*

Rakkhantu sabba-devatā

*May all the devas protect you.*

Sabba-dhammānubhāvena

*Through the power of all the Dhamma,*

Sotthi hontu nirantaram̐

*may you forever be well.*

Hotu sabbam̐ sumaṅgalam̐

*May there be every good blessing.*

Rakkhantu sabba-devatā

*May all the devas protect you.*

Sabba-saṅghānubhāvena

*Through the power of all the Sangha,*

Sotthi hontu nirantaram̐

*may you forever be well.*

## *Dedication of Merit*

Puññassidāni katassa                      Yānaññāni katāni me  
Tesañ-ca bhāgino hontu                      Sattānantāppamāṇaka.

*May all beings—without limit, without end—have a share  
in the merit just now made, and in any other merit I have made.*

Ye piyā guṇavantā ca                      Mayhaṃ mātā-pitādayo  
Diṭṭhā me cāpyadiṭṭhā vā                      Aññe majjhata-verino;

*Those who are dear & kind to me—beginning with my mother & father—  
whom I have seen or never seen; and others, neutral or hostile;*

Sattā tiṭṭhanti lokasmim                      Te-bhumkā catu-yonikā  
Pañc'eka-catuvokārā                      Saṃsarantā bhavābhavā:

*beings established in the cosmos—the three realms, the four modes of birth,  
with five, one, or four aggregates—wandering on from realm to realm:*

Ñātaṃ ye pattidānam-me                      Anumodantu te sayāṃ  
Ye cimāṃ nappajānanti                      Devā tesāṃ nivedayum.

*If they know of my dedication of merit, may they themselves rejoice,  
And if they do not know, may the devas inform them.*

Mayā dinnāna-puññānaṃ                      Anumodana-hetunā  
Sabbe sattā sadā hontu                      Averā sukha-jīvinā

*By reason of their rejoicing in my gift of merit,  
may all beings always live happily, free from animosity.*

Khemappadañ-ca pappontu                      Tesāsā sijjhataṃ subhā.  
*May they attain the Serene State, and their radiant hopes be fulfilled.*

\* \* \*

Ākāsaṭṭhā ca bhummaṭṭhā                      Deva-nāgā mahiddhikā  
Puññan-taṃ anumodantu

Ciraṃ rakkhantu buddha-sāsanam.

*May devas & nagas of great power, standing in space and on land  
rejoice in this merit and long protect the Buddha's teachings.*

## Refuge

(LEADER) Handa mayam buddhassa bhagavato pubba-  
bhāga-nama-kāram karoma se:

*Now let us chant the preliminary passage in homage to the Awakened One,  
the Blessed One:*

(ALL) [Namo tassa] bhagavato arahato  
sammā-sambuddhassa. (THREE TIMES.)

*Homage to the Blessed One, the Worthy One,  
the Rightly Self-awakened One.*

(LEADER) Handa mayam saraṇa-gamana-pāṭham bhaṇāma se:

(ALL)

Buddham saraṇam gacchāmi.

*I go to the Buddha for refuge.*

Dhammam saraṇam gacchāmi.

*I go to the Dhamma for refuge.*

Saṅgham saraṇam gacchāmi.

*I go to the Saṅgha for refuge.*

Dutiyam-pi buddham saraṇam gacchāmi.

*A second time, I go to the Buddha for refuge.*

Dutiyam-pi dhammam saraṇam gacchāmi.

*A second time, I go to the Dhamma for refuge.*

Dutiyam-pi saṅgham saraṇam gacchāmi.

*A second time, I go to the Saṅgha for refuge.*

Tatīyam-pi buddham saraṇam gacchāmi.

*A third time, I go to the Buddha for refuge.*

Tatīyam-pi dhammam saraṇam gacchāmi.

*A third time, I go to the Dhamma for refuge.*

Tatīyam-pi saṅgham saraṇam gacchāmi.

*A third time, I go to the Saṅgha for refuge.*

(LEADER) Handa mayam sacca-kiriyā gāthāyo  
bhaṇāma se:

(ALL)

N'atthi me saraṇam aññaṃ

Buddho me saraṇam varam,

Etena sacca-vajjena Sotthi te [me] hotu sabbadā.

*I have no other refuge,*

*The Buddha is my foremost refuge.*

*Through the speaking of this truth, may they [I] be blessed always.*

N'atthi me saraṇam aññaṃ

Dhammo me saraṇam varam,,

Etena sacca-vajjena Sotthi te [me] hotu sabbadā.

*I have no other refuge,*

*The Dhamma is my foremost refuge.*

*Through the speaking of this truth, may they [I] be blessed always.*

N'atthi me saraṇam aññaṃ

Saṅgho me saraṇam varam,

Etena sacca-vajjena Sotthi te [me] hotu sabbadā.

*I have no other refuge,*

*The Saṅgha is my foremost refuge.*

*Through the speaking of this truth, may they [I] be blessed always.*

(LEADER) Handa mayam mahā-kāruṇikonāti-ādikā-  
gāthāyo bhaṇāma se:

(ALL)

Mahā-kāruṇiko nātho Atthāya sabba-pāṇinam,

Pūretvā pārami sabbā Patto sambodhim-uttamam.

Etena sacca-vajjena Mā hontu sabbupaddavā.

*(The Buddha), our protector, with great compassion,*

*for the welfare of all beings,*

*having fulfilled all the perfections,*

*attained the highest self-awakening.*

*Through the speaking of this truth, may all troubles cease to be.*

Mahā-kāruṇiko nātho Hitāya sabba-pāṇinaṃ,  
Pūretvā pāramī sabbā Patto sambodhim-uttamaṃ.  
Etena sacca-vajjena Mā hontu sabbupaddavā.

*(The Buddha), our protector, with great compassion,  
for the benefit of all beings,  
having fulfilled all the perfections,  
attained the highest self-awakening.*

*Through the power of this truth, may all troubles cease to be.*

Mahā-kāruṇiko nātho Sukhāya sabba-pāṇinaṃ,  
Pūretvā pāramī sabbā Patto sambodhim-uttamaṃ.  
Etena sacca-vajjena Mā hontu sabbupaddavā.

*(The Buddha), our protector, with great compassion,  
for the happiness of all beings,  
having fulfilled all the perfections,  
attained the highest self-awakening.*

*Through the power of this truth, may all troubles cease to be.*

(LEADER) Handa mayam khemākhema-saraṇa-  
gamana-paridipikā-gāthāyo bhaṇāma se:

(ALL)

Bahum ve saraṇam yanti  
Pabbatāni vanāni ca,  
Ārāma-rukkha-cetyāni  
Manussā bhaya-tajjitā.

*Many are those who go for refuge  
to mountains, forests,  
parks, trees, & shrines:*

*People threatened with danger.*

N'etaṃ kho saraṇam khemaṃ

N'etaṃ saraṇam-uttamaṃ,  
 N'etaṃ saraṇam-āgama,  
 Sabba-dukkhā pamuccati.

*That is not the secure refuge,  
 that is not the highest refuge,  
 that is not the refuge, having gone to which,  
 one gains release from all suffering.*

Yo ca buddhañ-ca dhammañ-ca  
 Saṅghañ-ca saraṇam gato,  
 Cāttāri ariya-saccāni

Sammappaññāya passati:  
*But a person who, having gone to the Buddha,  
 Dhamma, & Saṅgha for refuge,  
 sees the four Noble Truths  
 with right discernment:*

Dukkham dukkha-samuppādam,  
 Dukkhasa ca atikkamaṃ,  
 Ariyañ-c'aṭṭhaṅgikaṃ maggaṃ  
 Dukkhūpasama-gāminam.

*Stress, the cause of stress,  
 the transcending of stress,  
 and the Noble Eightfold Path,  
 the way to the stilling of stress.*

Etaṃ kho saraṇam khemaṃ  
 Etaṃ saraṇam-uttamaṃ,  
 Etaṃ saraṇam-āgama  
 Sabba-dukkhā pamuccati.

*That is the secure refuge,  
 that is the highest refuge,  
 that is the refuge, having gone to which,  
 one gains release from all suffering.*

## *Dhamma-cakkappavattana Sutta*

*The Discourse on Setting the Wheel of Dhamma in Motion*

[Evam-me sutam,] Ekam samayam Bhagava,  
Bārāṇasiyam viharati isipatane migadāye.

Tatra kho Bhagavā pañca-vaggiye bhikkhū āmantesi.

*I have heard that on one occasion the Blessed One was staying at Varanasi in the Game Refuge at Isipatana. There he addressed the group of five monks:*

“Dve’me bhikkhave antā pabbajitena na sevitabbā,  
“These two extremes are not to be indulged in by one who has gone forth—

Yo cāyam kāmesu kāma-sukhallikānuyogo,

Hino gammo pothujjaniko anariyo anattha-saṅhito,

*That which is devoted to sensual pleasure in sensuality: base, vulgar, common, ignoble, unprofitable;*

Yo cāyam atta-kilamathānuyogo,

Dukkho anariyo anattha-saṅhito.

*and that which is devoted to self-affliction: painful, ignoble, unprofitable.*

Ete te bhikkhave ubho ante anupagamma,

Majjhimā paṭipadā tathāgatena abhisambuddhā,

Cakkhu-karaṇi ñāṇa-karaṇi upasamāya abhiññāya  
sambodhāya nibbānāya saṁvattati.

*Avoiding both of these extremes, the middle way realized by the Tathagata—producing vision, producing knowledge—leads to calm, to direct knowledge, to self-awakening, to Unbinding.*

Katamā ca sā bhikkhave majjhimā paṭipadā

tathāgatena abhisambuddhā,

Cakkhu-karaṇi ñāṇa-karaṇi upasamāya abhiññāya  
sambodhāya nibbānāya saṁvattati.

*And what is the middle way realized by the Tathāgata that—producing vision, producing knowledge—leads to calm, to direct knowledge, to self-awakening, to Unbinding?*

Ayam-eva ariyo aṭṭhaṅgiko maggo,  
Seyyathidaṃ, Sammā-diṭṭhi sammā-saṅkappo,  
Sammā-vācā sammā-kammanto sammā-ājīvo,  
Sammā-vāyāmo sammā-sati sammā-samādhi.

*Precisely this Noble Eightfold Path: right view, right resolve, right speech, right action, right livelihood, right effort, right mindfulness, right concentration.*

Ayaṃ kho sā bhikkhave majjhimā paṭipadā  
tathāgatena abhisambuddhā,  
Cakkhu-karaṇi ñāṇa-karaṇi upasamāya abhiññāya  
sambodhāya nibbānāya saṃvattati.

*This is the middle way realized by the Tathāgata that—producing vision, producing knowledge—leads to calm, to direct knowledge, to self-awakening, to Liberation.*

Idaṃ kho pana bhikkhave dukkhaṃ ariya-saccaṃ,  
*Now this, monks, is the noble truth of stress:*

Jātipi dukkhā jarāpi dukkhā maraṇampi dukkhaṃ,  
*Birth is stressful, aging is stressful, death is stressful,*

Soka-parideva-dukkha-domanassupāyāsāpi dukkhā,  
*Sorrow, lamentation, pain, distress, & despair are stressful,*

Appiyehi sampayogo dukkho piyehi vippayogo  
dukkho yam-p'icchaṃ na labhati tampi dukkhaṃ,  
*Association with what is unloved is stressful, separation from what is loved is stressful, not getting what one wants is stressful,*

Saṅkhittena pañcupādānakkhandhā dukkhā.

*In short, the five clinging-aggregates are stressful.*

Idaṃ kho pana bhikkhave dukkha-samudayo ariya-  
saccaṃ,

*And this, monks, is the noble truth of the origination of stress:*

Yāyaṃ taṇhā ponobbhavikā nandi-rāga-sahagatā

tatra tatrābhinandini,

Seyyathidaṃ,

Kāma-taṇhā bhava-taṇhā vibhava-taṇhā,

*the craving that makes for further becoming—accompanied by passion & delight, relishing now here & now there—i.e., craving for sensuality, craving for becoming, craving for non-becoming.*

Idaṃ kho pana bhikkhave dukkha-nirodho ariya-saccam,

*And this, monks, is the noble truth of the cessation of stress:*

Yo tassā yeva taṇhāya asesavirāganirodho cāgo

paṭinissaggo mutti anālayo,

*the remainderless fading & cessation, renunciation, relinquishment, release, & letting go of that very craving.*

Idaṃ kho pana bhikkhave dukkhanirodha-gāminipaṭipadā ariya-saccam,

*And this, monks, is the noble truth of the way of practice leading to the cessation of stress:*

Ayam-eva ariyo aṭṭhaṅgiko maggo,

Seyyathidaṃ, Sammā-diṭṭhi sammā-saṅkappo,

Sammā-vācā sammā-kammanto sammā-ājīvo,

Sammā-vāyāmo sammā-sati sammā-samādhi.

*precisely this Noble Eightfold Path—right view, right resolve, right speech, right action, right livelihood, right effort, right mindfulness, right concentration.*

Idaṃ dukkham ariyasaccanti me bhikkhave,

Pubbe ananussutesu dhammesu,

Cakkhum udapādi ñāṇam udapādi paññā udapādi

vijjā udapādi āloko udapādi.

*Vision arose, insight arose, discernment arose, knowledge arose, illumination arose within me with regard to things never heard before: 'This is the noble truth of stress.'*

Tam kho pan'idam dukkham ariya-saccam  
 pariññeyyanti me bhikkhave,  
 Pubbe ananussutesu dhammesu,  
 Cakkhum udapādi ñāṇam udapādi paññā udapādi  
 vijjā udapādi āloko udapādi.

*Vision arose, insight arose, discernment arose, knowledge arose, illumination arose within me with regard to things never heard before: 'This noble truth of stress is to be comprehended.'*

Tam kho pan'idam dukkham ariya-saccam  
 pariññātanti me bhikkhave,  
 Pubbe ananussutesu dhammesu,  
 Cakkhum udapādi ñāṇam udapādi paññā udapādi  
 vijjā udapādi āloko udapādi.

*Vision arose, insight arose, discernment arose, knowledge arose, illumination arose within me with regard to things never heard before: 'This noble truth of stress has been comprehended.'*

Idam dukkha-samudayo ariya-saccanti me  
 bhikkhave, Pubbe ananussutesu dhammesu,  
 Cakkhum udapādi ñāṇam udapādi paññā udapādi  
 vijjā udapādi āloko udapādi.

*Vision arose, insight arose, discernment arose, knowledge arose, illumination arose within me with regard to things never heard before: 'This is the noble truth of the origination of stress.'*

Tam kho pan'idam dukkha-samudayo ariya-saccam  
 pahātabbanti me bhikkhave, Pubbe ananussutesu  
 dhammesu, Cakkhum udapādi ñāṇam udapādi  
 paññā udapādi vijjā udapādi āloko udapādi.

*Vision arose, insight arose, discernment arose, knowledge arose, illumination arose within me with regard to things never heard before: 'This noble truth of the origination of stress is to be abandoned.'*

Taṃ kho paṇ'idaṃ dukkha-samudayo ariya-saccaṃ  
pahīnanti me bhikkhave,  
Pubbe ananussutesu dhammesu,  
Cakkhum' udapādi ñāṇaṃ udapādi paññā udapādi  
vijjā udapādi āloko udapādi.

*Vision arose, insight arose, discernment arose, knowledge arose, illumination arose within me with regard to things never heard before: 'This noble truth of the origination of stress has been abandoned.'*

Idaṃ dukkha-nirodho ariya-saccanti me bhikkhave,  
Pubbe ananussutesu dhammesu,  
Cakkhum' udapādi ñāṇaṃ udapādi paññā udapādi  
vijjā udapādi āloko udapādi.

*Vision arose, insight arose, discernment arose, knowledge arose, illumination arose within me with regard to things never heard before: 'This is the noble truth of the cessation of stress.'*

Taṃ kho paṇ'idaṃ dukkha-nirodho ariya-saccaṃ  
sacchikātabbanti me bhikkhave,  
Pubbe ananussutesu dhammesu,  
Cakkhum' udapādi ñāṇaṃ udapādi paññā udapādi  
vijjā udapādi āloko udapādi.

*Vision arose, insight arose, discernment arose, knowledge arose, illumination arose within me with regard to things never heard before: 'This noble truth of the cessation of stress is to be realized.'*

Taṃ kho paṇ'idaṃ dukkha-nirodho ariya-saccaṃ  
sacchikatanti me bhikkhave,  
Pubbe ananussutesu dhammesu,

Cakkhum̐ udapādi ñāṇam̐ udapādi paññā udapādi  
vijjā udapādi āloko udapādi.

*Vision arose, insight arose, discernment arose, knowledge arose, illumination arose within me with regard to things never heard before: 'This noble truth of the cessation of stress has been realized.'*

Idam̐ dukkha-nirodha-gāmini-paṭipadā ariya-saccanti  
me bhikkhave, Pubbe ananussutesu dhammesu,  
Cakkhum̐ udapādi ñāṇam̐ udapādi paññā udapādi  
vijjā udapādi āloko udapādi.

*Vision arose, insight arose, discernment arose, knowledge arose, illumination arose within me with regard to things never heard before: 'This is the noble truth of the way of practice leading to the cessation of stress.'*

Tam̐ kho pan' idam̐ dukkha-nirodha-gāmini-paṭipadā  
ariya-saccam̐ bhāvetabbanti me bhikkhave,  
Pubbe ananussutesu dhammesu,  
Cakkhum̐ udapādi ñāṇam̐ udapādi paññā udapādi  
vijjā udapādi āloko udapādi.

*Vision arose, insight arose, discernment arose, knowledge arose, illumination arose within me with regard to things never heard before: 'This noble truth of the way of practice leading to the cessation of stress is to be developed.'*

Tam̐ kho pan' idam̐ dukkha-nirodha-gāmini-paṭipadā  
ariya-saccam̐ bhāvitanti me bhikkhave,  
Pubbe ananussutesu dhammesu,  
Cakkhum̐ udapādi ñāṇam̐ udapādi paññā udapādi  
vijjā udapādi āloko udapādi.

*Vision arose, insight arose, discernment arose, knowledge arose, illumination arose within me with regard to things never heard before: 'This noble truth of the way of practice leading to the cessation of stress has been developed.'*

Yāvakiṇaṅ-ca me bhikkhave imesu catūsu ariya-  
saccesu,

Evan-ti-parivaṭṭaṃ dvādas'ākāraṃ yathābhūtaṃ  
 ñāṇa-dassanaṃ na suvisuddhaṃ ahosi,  
 N'eva tāvāhaṃ bhikkhave sadevake loke samārake  
 sabrahmahe,  
 Sassamaṇa-brāhmaṇiyā pajāya sadeva-manussāya,  
 Anuttaraṃ sammā-sambodhiṃ abhisambuddho  
 paccaññāsim.

*And, monks, as long as this—my three-round, twelve-permutation knowledge & vision concerning these four noble truths as they have come to be—was not pure, I did not claim to have directly awakened to the right self-awakening unexcelled in the cosmos with its devas, Māras, & Brahmās, with its contemplatives & brāhmins, its royalty & common people.*

Yato ca kho me bhikkhave imesu catūsu ariya-saccesu,  
 Evan-ti-parivaṭṭaṃ dvādas'ākāraṃ yathābhūtaṃ  
 ñāṇa-dassanaṃ suvisuddhaṃ ahosi,  
 Athāhaṃ bhikkhave sadevake loke samārake  
 sabrahmahe,  
 Sassamaṇa-brāhmaṇiyā pajāya sadeva-manussāya,  
 Anuttaraṃ sammā-sambodhiṃ abhisambuddho  
 paccaññāsim.

*But as soon this—my three-round, twelve-permutation knowledge & vision concerning these four noble truths as they have come to be—was truly pure, then I did claim to have directly awakened to the right self-awakening unexcelled in the cosmos with its devas, Māras, & Brahmās, with its contemplatives & brāhmins, its royalty & commonfolk.*

Ñāṇañ-ca pana me dassanaṃ udapādi,  
 Akuppā me vimutti, Ayam-antimā jāti,  
 N'atthidāni punabbhavoti."

*The knowledge & vision arose in me: 'Unprovoked is my release. This is the last birth. There is now no further becoming.'*"

Idam-avoca Bhagavā,

Attamanā pañca-vaggiyā bhikkhū Bhagavato  
bhāsitaṃ abhinandum.

*That is what the Blessed One said. Gratified, the group of five monks delighted at his words.*

Imasmiñ-ca pana veyyā-karaṇasmim̐ bhaññamāne,  
Āyasmato Koṇḍaññaṃ virajaṃ vitamalaṃ dhamma-  
cakkhum̐ udapādi,

*And while this explanation was being given, there arose to Ven. Kondañña the dustless, stainless Dhamma eye:*

Yaṅkiñci samudaya-dhammaṃ sabban-taṃ nirodha-  
dhammanti.

*“Whatever is subject to origination is all subject to cessation.”*

Pavattite ca Bhagavatā dhamma-cakke,  
Bhummā devā saddamanussāvesum̐,

*Now when the Blessed One had set the Wheel of Dhamma in motion, the earth devas cried out:*

“Etam-Bhagavatā Bārāṇasiyaṃ isipatane migadāye  
anuttaraṃ dhamma-cakkaṃ pavattitaṃ,  
Appaṭivattiyaṃ samaṇena vā brāhmaṇena vā devena  
vā mārena vā brahmunā vā kenaci vā lokasminti.”

*“At Varanasi, in the Game Refuge at Isipatana, the Blessed One has set in motion the unexcelled Wheel of Dhamma that cannot be stopped by brāhman or contemplative, deva, Māra, Brahmā, or anyone at all in the cosmos.”*

Bhummānaṃ devānaṃ saddaṃ sutvā,

Cātummahārājikā devā saddamanussāvesum̐.

*On hearing the earth devas' cry, the devas of the Heaven of the Four Kings took up the cry.*

Cātummahārājikānaṃ devānaṃ saddaṃ sutvā,

Tāvatiṃsā devā saddamanussāvesum̐.

*On hearing the cry of the devas of the Heaven of the Four Kings, the devas of the Heaven of the Thirty-three took up the cry.*

Tāvatiṃsānaṃ devānaṃ saddaṃ sutvā,  
Yāmā devā saddamanussāvesuṃ.

*On hearing the cry of the devas of the Heaven of the Thirty-three, the Yama devas took up the cry.*

Yāmānaṃ devānaṃ saddaṃ sutvā,  
Tusitā devā saddamanussāvesuṃ.

*On hearing the cry of the Yama devas, the Tusita devas took up the cry.*

Tusitānaṃ devānaṃ saddaṃ sutvā,  
Nimmānaratī devā saddamanussāvesuṃ.

*On hearing the cry of the Tusita devas, the Nimmanarati devas took up the cry.*

Nimmānaratīnaṃ devānaṃ saddaṃ sutvā,  
Paranimmita-vasavatti devā saddamanussāvesuṃ.

*On hearing the cry of the Nimmanarati devas, the Paranimmita-vasavatti devas took up the cry.*

Paranimmita-vasavattīnaṃ devānaṃ saddaṃ sutvā,  
Brahma-kāyikā devā saddamanussāvesuṃ,

*On hearing the cry of the Paranimmita-vasavatti devas, the devas of Brahmā's retinue took up the cry:*

“Etam-Bhagavatā Bārāṇasiyaṃ isipatane migadāye  
anuttaraṃ dhamma-cakkaṃ pavattitaṃ,  
Appaṭivattiyaṃ samaṇena vā brāhmaṇena vā devena  
vā mārena vā brahmunā vā kenaci vā lokasminti.”

*“At Varanasi, in the Game Refuge at Isipatana, the Blessed One has set in motion the unexcelled Wheel of Dhamma that cannot be stopped by brāhmaṇ or contemplative, deva, Māra, Brahmā, or anyone at all in the cosmos.”*

Itiha tena khaṇena tena muhuttana,  
Yāva brahma-lokā saddo abbhuggacchi.

*So in that moment, that instant, the cry shot right up to the Brahmā world.*

Ayañ-ca dasa-sahassī loka-dhātu,

Saṅkampi sampakampi sampavedhi,

*And this ten-thousandfold cosmos shivered & quivered & quaked,*

Appamāṇo ca oḷāro obhāso loke pāturahosi,

Atikkammeva devānaṃ devānubhāvaṃ.

*while a great, measureless radiance appeared in the cosmos, surpassing the  
effulgence of the devas.*

Atha kho Bhagavā udānaṃ udānesi,

“Aññāsi vata bho Koṇḍañño,

Aññāsi vata bho Koṇḍaññoti.”

*Then the Blessed One exclaimed: “So you really know, Kondañña? So you  
really know?”*

Itihidaṃ āyasmato Koṇḍaññassa,

Añña-koṇḍañño’tveva nāmaṃ, ahoṣīti.

*And that is how Ven. Kondañña acquired the name Añña-Kondañña—  
Kondañña who knows.*

*Anatta-lakkhaṇa Sutta*  
*The Discourse on the Not-self Characteristic*

[Evam-me sutam,] Ekam samayam Bhagava,  
 Baranasiyam viharati isipatane migadāye.

Tatra kho Bhagava pañca-vaggiye bhikkhu amantesi.

*I have heard that on one occasion the Blessed One was staying at Varanasi in the Game Refuge at Isipatana. There he addressed the group of five monks:*

“Rūpam bhikkhave anattā.

Rūpañ-ca hidam bhikkhave attā abhavissa,

Nayidam rūpam ābādhāya samvatteyya,

Labbhetha ca rūpe,

Evam me rūpam hotu evam me rūpam mā ahoṣi.

*“Form, monks, is not-self. If form were self, this form would not lend itself to dis-ease. It would be possible (to say) with regard to form, ‘Let my form be thus. Let my form not be thus.’*

Yasmā ca kho bhikkhave rūpam anattā,

Tasmā rūpam ābādhāya samvattati,

Na ca labbhati rūpe,

Evam me rūpam hotu evam me rūpam mā ahoṣi.

*But precisely because form is not-self, form lends itself to dis-ease. And it is not possible (to say) with regard to form, ‘Let my form be thus. Let my form not be thus.’*

Vedanā anattā.

Vedanā ca hidam bhikkhave attā abhavissa,

Nayidam vedanā ābādhāya samvatteyya,

Labbhetha ca vedanāya,

Evam me vedanā hotu evam me vedanā mā ahoṣi.

*Feeling is not-self. If feeling were self, this feeling would not lend itself to dis-ease. It would be possible (to say) with regard to feeling, 'Let my feeling be thus. Let my feeling not be thus.'*

Yasmā ca kho bhikkhave vedanā anattā,

Tasmā vedanā ābādhāya saṁvattati,

Na ca labbhati vedanāya,

Evam me vedanā hotu evam me vedanā mā ahoṣīti.

*But precisely because feeling is not-self, feeling lends itself to dis-ease. And it is not possible (to say) with regard to feeling, 'Let my feeling be thus. Let my feeling not be thus.'*

Saññā anattā.

Saññā ca hidaṁ bhikkhave attā abhavissa,

Nayidaṁ saññā ābādhāya saṁvatteyya,

Labbhetha ca saññāya,

Evam me saññā hotu evam me saññā mā ahoṣīti.

*Perception is not-self. If perception were self, this perception would not lend itself to dis-ease. It would be possible (to say) with regard to perception, 'Let my perception be thus. Let my perception not be thus.'*

Yasmā ca kho bhikkhave saññā anattā,

Tasmā saññā ābādhāya saṁvattati,

Na ca labbhati saññāya,

Evam me saññā hotu evam me saññā mā ahoṣīti.

*But precisely because perception is not-self, perception lends itself to dis-ease. And it is not possible (to say) with regard to perception, 'Let my perception be thus. Let my perception not be thus.'*

Saṅkhārā anattā.

Saṅkhārā ca hidaṁ bhikkhave attā abhavissaṁsu,

Nayidaṁ saṅkhārā ābādhāya saṁvatteyyum,

Labbhetha ca saṅkhāresu, Evam me saṅkhārā hontu

evam me saṅkhārā mā ahesunti.

*Fabrications are not-self. If fabrications were self, these fabrications would not lend themselves to dis-ease. It would be possible (to say) with regard to fabrication, 'Let my fabrications be thus. Let my fabrications not be thus.'*

Yasmā ca kho bhikkhave saṅkhārā anattā,  
Tasmā saṅkhārā ābādhāya saṁvattanti,  
Na ca labbhati saṅkhāresu,  
Evaṁ me saṅkhārā hotu evaṁ me saṅkhārā mā  
ahesunti.

*But precisely because fabrications are not-self, fabrications lend themselves to dis-ease. And it is not possible (to say) with regard to fabrications, 'Let my fabrications be thus. Let my fabrications not be thus.'*

Viññāṇaṁ anattā.  
Viññāṇañ-ca hidam bhikkhave attā abhavissa,  
Nayidam viññāṇaṁ ābādhāya saṁvatteyya,  
Labbhetha ca viññāṇe,  
Evaṁ me viññāṇaṁ hotu evaṁ me viññāṇaṁ mā  
ahosīti.

*Consciousness is not-self. If consciousness were self, this consciousness would not lend itself to dis-ease. It would be possible (to say) with regard to consciousness, 'Let my consciousness be thus. Let my consciousness not be thus.'*

Yasmā ca kho bhikkhave viññāṇaṁ anattā,  
Tasmā viññāṇaṁ ābādhāya saṁvattati,  
Na ca labbhati viññāṇe,  
Evaṁ me viññāṇaṁ hotu evaṁ me viññāṇaṁ mā  
ahosīti.

*But precisely because consciousness is not-self, consciousness lends itself to dis-ease. And it is not possible (to say) with regard to consciousness, 'Let my consciousness be thus. Let my consciousness not be thus.'*

Tam kiṁ maññatha bhikkhave rūpaṁ niccaṁ vā  
aniccaṁ vāti."

*How do you construe thus, monks—Is form constant or inconstant?"*

"Aniccaṃ bhante."

*"Inconstant, lord."*

"Yam-panāniccaṃ dukkhaṃ vā taṃ sukhaṃ vāti."

*"And is that which is inconstant easeful or stressful?"*

"Dukkhaṃ bhante."

*"Stressful, lord."*

"Yam-panāniccaṃ dukkhaṃ vipariṇāma-dhammaṃ,  
Kallaṃ nu taṃ samanupassituṃ,  
Etaṃ mama eso'ham-asmi eso me attāti."

*"And is it fitting to regard what is inconstant, stressful, subject to change as: 'This is mine. This is my self. This is what I am'?"*

"No hetam bhante."

*"No, lord."*

"Taṃ kiṃ maññaṭha bhikkhave vedanā niccā vā  
aniccā vāti."

*"How do you construe thus, monks—Is feeling constant or inconstant?"*

"Aniccā bhante."

*"Inconstant, lord."*

"Yam-panāniccaṃ dukkhaṃ vā taṃ sukhaṃ vāti."

*And is that which is inconstant easeful or stressful?*

"Dukkhaṃ bhante."

*"Stressful, lord."*

"Yam-panāniccaṃ dukkhaṃ vipariṇāma-dhammaṃ,  
Kallaṃ nu taṃ samanupassituṃ,  
Etaṃ mama eso'ham-asmi eso me attāti."

*"And is it fitting to regard what is inconstant, stressful, subject to change as: 'This is mine. This is my self. This is what I am'?"*

No hetam bhante.

*“No, lord.”*

“*Taṃ kiṃ maññaṭha bhikkhave sañña niccā vā aniccā vāti.*”

*“How do you construe thus, monks—Is perception constant or inconstant?”*

“*Aniccā bhante.*”

*“Inconstant, lord.”*

“*Yaṃ-panāniccaṃ dukkhaṃ vā taṃ sukhaṃ vāti.*”

*“And is that which is inconstant easeful or stressful?”*

“*Dukkhaṃ bhante.*”

*“Stressful, lord.”*

“*Yaṃ-panāniccaṃ dukkhaṃ vipariṇāma-dhammaṃ, Kallaṃ nu taṃ samanupassituṃ,*

*Etaṃ mama eso’ham-asmi eso me attāti.*”

*“And is it fitting to regard what is inconstant, stressful, subject to change as: ‘This is mine. This is my self. This is what I am’?”*

“*No hetāṃ bhante.*”

*“No, lord.”*

“*Taṃ kiṃ maññaṭha bhikkhave saṅkhārā niccā vā aniccā vāti.*”

*“How do you construe thus, monks—Are fabrications constant or inconstant?”*

“*Aniccā bhante.*”

*“Inconstant, lord.”*

“*Yaṃ-panāniccaṃ dukkhaṃ vā taṃ sukhaṃ vāti.*”

*“And is that which is inconstant easeful or stressful?”*

“*Dukkhaṃ bhante.*”

*“Stressful, lord.”*

“*Yaṃ-panāniccaṃ dukkhaṃ vipariṇāma-dhammaṃ, Kallaṃ nu taṃ samanupassituṃ,*

Etam mama eso'ham-asmī eso me attāti."

*"And is it fitting to regard what is inconstant, stressful, subject to change as: 'This is mine. This is my self. This is what I am'?"*

"No hetam bhante."

*"No, lord."*

"Tam kiṃ maññatha bhikkhave viññāṇam niccam vā aniccam vāti."

*"How do you construe thus, monks—Is consciousness constant or inconstant?"*

"Aniccam bhante."

*"Inconstant, lord."*

"Yam-panāniccam dukkham vā tam sukham vāti."

*"And is that which is inconstant easeful or stressful?"*

"Dukkham bhante."

*"Stressful, lord."*

"Yam-panāniccam dukkham vipariṇāma-dhammam,  
Kallam nu tam samanupassitum,

Etam mama eso'ham-asmī eso me attāti."

*"And is it fitting to regard what is inconstant, stressful, subject to change as: 'This is mine. This is my self. This is what I am'?"*

"No hetam bhante."

*"No, lord."*

"Tasmātiha bhikkhave yaṅ-kiñci rūpam atitānāgata-  
paccuppannam,

Ajjhattam vā bahiddhā vā,

Olārikam vā sukhumam vā,

Hinam vā paṇitam vā,      Yan-dūre santike vā,

Sabbam rūpam,

*Thus, monks, any form whatsoever—past, future, or present; internal or external; blatant or subtle; common or sublime; far or near: every form —*

Netam mama neso'ham-asmi na meso attāti,  
 Evam-etaṃ yathābhūtaṃ sammappaññāya  
 daṭṭhabbam.

*is to be seen as it has come to be with right discernment as: 'This is not mine. This is not my self. This is not what I am.'*

Yā kāci vedanā atitānāgata-paccuppannā,  
 Ajjhata vā bahiddhā vā,  
 Oḷārikā vā sukhumā vā,  
 Hinā vā paṇitā vā,      Yā dūre santike vā,  
 Sabbā vedanā,

*Any feeling whatsoever—past, future, or present; internal or external; blatant or subtle; common or sublime; far or near: every feeling—*

Netam mama neso'ham-asmi na meso attāti,  
 Evam-etaṃ yathābhūtaṃ sammappaññāya  
 daṭṭhabbam.

*is to be seen as it has come to be with right discernment as: 'This is not mine. This is not my self. This is not what I am.'*

Yā kāci saññā atitānāgata-paccuppannā,  
 Ajjhata vā bahiddhā vā,  
 Oḷārikā vā sukhumā vā,  
 Hinā vā paṇitā vā,      Yā dūre santike vā,  
 Sabbā saññā,

*Any perception whatsoever—past, future, or present; internal or external; blatant or subtle; common or sublime; far or near: every perception—*

Netam mama neso'ham-asmi na meso attāti,  
 Evam-etaṃ yathābhūtaṃ sammappaññāya  
 daṭṭhabbam.

*is to be seen as it has come to be with right discernment as: 'This is not mine. This is not my self. This is not what I am.'*

Ye keci saṅkhārā atitānāgata-paccuppannā,

Ajjhattā vā bahiddhā vā,  
 Olārikā vā sukhumā vā,  
 Hinā vā paṇitā vā,      Ye dūre santike vā,  
 Sabbe saṅkhārā,

*Any fabrication whatsoever—past, future, or present; internal or external;  
 blatant or subtle; common or sublime; far or near: all fabrications—*

Netam mama neso'ham-asmī na meso attāti,  
 Evam-etaṃ yathābhūtaṃ sammappaññāya  
 daṭṭhabbam.

*are to be seen as they have come to be with right discernment as: 'This is not  
 mine. This is not my self. This is not what I am.'*

Yaṅ-kiñci viññāṇaṃ atitānāgata-paccuppannaṃ,  
 Ajjhattaṃ vā bahiddhā vā,  
 Olārikaṃ vā sukhuṃaṃ vā,  
 Hinaṃ vā paṇitaṃ vā,      Yaṅ-dūre santike vā,  
 Sabbam viññāṇaṃ,

*Any consciousness whatsoever—past, future, or present; internal or  
 external; blatant or subtle; common or sublime; far or near: every  
 consciousness—*

Netam mama neso'ham-asmī na meso attāti,  
 Evam-etaṃ yathābhūtaṃ sammappaññāya  
 daṭṭhabbam.

*is to be seen as has come to be with right discernment as: 'This is not mine.  
 This is not my self. This is not what I am.'*

Evam passam bhikkhave sutavā ariya-sāvako,  
 Rūpasmim pi nibbindati,  
 Vedanāya pi nibbindati,  
 Saññāya pi nibbindati,  
 Saṅkhāresu pi nibbindati,  
 Viññāṇasmim pi nibbindati.

*Seeing thus, the instructed Noble disciple grows disenchanted with form, disenchanted with feeling, disenchanted with perception, disenchanted with fabrications, & disenchanted with consciousness.*

Nibbindaṃ virajjati, Virāgā vimuccati,

*Disenchanted, he becomes dispassionate. Through dispassion, he is released.*

Vimuttasmiṃ vimuttam-iti ñāṇaṃ hoti,

Khīṇā jāti, Vusitaṃ brahma-cariyaṃ,

Kataṃ karaṇīyaṃ, Nāparaṃ itthattāyāti pajānātīti.”

*With release, there is the knowledge, ‘Released.’ He discerns that, ‘Birth is ended, the holy life fulfilled, the task done. There is nothing further for this world.’*

Idam-avoca Bhagavā,

Attamaṇā pañca-vaggiyā bhikkhū Bhagavato

bhāsitaṃ abhinandun.

*That is what the Blessed One said. Gratified, the group of five monks delighted at his words.*

Imasmiñ-ca pana veyyā-karaṇasmiṃ bhaññamāne,

Pañca-vaggiyānaṃ bhikkhūnaṃ anupādāya,

Āsavehi cittāni vimuccimsūti.

*And while this explanation was being given, the hearts of the group of five monks, through lack of clinging, were released from mental effluents.*

## *Āditta-pariyāya Sutta*

### *The Fire Discourse*

[Evam-me sutam,] Ekam samayam Bhagava,  
 Gayayam viharati gayasise,  
 Saddhim bhikkhu-sahassena,  
 Tatra kho Bhagava bhikkhu amantesi.

*I have heard that on one occasion the Blessed One was staying in Gaya, at Gaya Head, with 1,000 monks. There he addressed the monks:*

“Sabbam bhikkhave adittam,  
 Kiñ-ca bhikkhave sabbam adittam.

Cakkhum bhikkhave adittam,  
 Rupa aditta,

Cakkhu-viññanam adittam,  
 Cakkhu-samphasso aditto,

*“Monks, All is aflame. What All is aflame? The eye is aflame. Forms are aflame. Consciousness at the eye is aflame. Contact at the eye is aflame.*

Yam-p’idam cakkhu-samphassa-paccaya uppajjati  
 vedayitam,

Sukham va dukkham va adukkham-asukham va,  
 Tam-pi adittam.

*And whatever there is that arises in dependence on contact at the eye—experienced as pleasure, pain, or neither-pleasure-nor-pain—that too is aflame.*

Kena adittam. *Aflame with what?*

Adittam rag’agginā dos’agginā moh’agginā,

Adittam jatiyā jarā-maraṇena,

Sokehi paridevehi dukkhehi domanassehi upāyāsehi  
 adittanti vadāmi.

*Aflame with the fire of passion, the fire of aversion, the fire of delusion.  
Aflame, I tell you, with birth, aging, & death, with sorrows, lamentations,  
pains, distresses, & despairs.*

Sotaṃ ādittaṃ,

Saddā ādittā,

Sota-viññāṇaṃ ādittaṃ,

Sota-samphasso āditto,

*The ear is aflame. Sounds are aflame. Consciousness at the ear is aflame.  
Contact at the ear is aflame.*

Yam-p'idaṃ sota-samphassa-paccayā uppajjati

vedayitaṃ,

Sukhaṃ vā dukkhaṃ vā adukkham-asukhaṃ vā,

Tam-pi ādittaṃ.

*And whatever there is that arises in dependence on contact at the ear—  
experienced as pleasure, pain, or neither-pleasure-nor-pain—that too is  
aflame.*

Kena ādittaṃ. *Aflame with what?*

Ādittaṃ rāg'agginā dos'agginā moh'agginā,

Ādittaṃ jātiyā jarā-maraṇena,

Sokehi paridevehi dukkhehi domanassehi upāyāsehi

ādittanti vadāmi.

*Aflame with the fire of passion, the fire of aversion, the fire of delusion.  
Aflame, I tell you, with birth, aging, & death, with sorrows, lamentations,  
pains, distresses, & despairs.*

Ghānaṃ ādittaṃ,

Gandhā ādittā,

Ghāna-viññāṇaṃ ādittaṃ,

Ghāna-samphasso āditto,

*The nose is aflame. Aromas are aflame. Consciousness at the nose is aflame.  
Contact at the nose is aflame.*

Yam-p'idam̃ ghāna-samphassa-paccayā uppajjati  
vedayitam̃,  
Sukham̃ vā dukkham̃ vā adukkham-asukham̃ vā,  
Tam-pi ādittam̃.

*And whatever there is that arises in dependence on contact at the nose—  
experienced as pleasure, pain, or neither-pleasure-nor-pain—that too is  
aflame.*

Kena ādittam̃. *Aflame with what?*

Ādittam̃ rāg'agginā dos'agginā moh'agginā,  
Ādittam̃ jātiyā jarā-maraṇena,  
Sokehi paridevehi dukkhehi domanassehi upāyāsehi  
ādittanti vadāmi.

*Aflame with the fire of passion, the fire of aversion, the fire of delusion.  
Aflame, I tell you, with birth, aging, & death, with sorrows, lamentations,  
pains, distresses, & despairs.*

Jivhā ādittā,

Rasā ādittā,

Jivhā-viññāṇam̃ ādittam̃,

Jivhā-samphasso āditto,

*The tongue is aflame. Flavors are aflame. Consciousness at the tongue is  
aflame. Contact at the tongue is aflame.*

Yam-p'idam̃ jivhā-samphassa-paccayā uppajjati  
vedayitam̃,  
Sukham̃ vā dukkham̃ vā adukkham-asukham̃ vā,  
Tam-pi ādittam̃.

*And whatever there is that arises in dependence on contact at the tongue—  
experienced as pleasure, pain, or neither-pleasure-nor-pain—that too is  
aflame.*

Kena ādittam̃. *Aflame with what?*

Ādittam̃ rāg'agginā dos'agginā moh'agginā,

Ādittam̐ jātiyā jarā-maraṇena,  
Sokehi paridevehi dukkhehi domanassehi upāyāsehi  
ādittanti vadāmi.

*Aflame with the fire of passion, the fire of aversion, the fire of delusion.  
Aflame, I tell you, with birth, aging, & death, with sorrows, lamentations,  
pains, distresses, & despairs.*

Kāyo āditto,  
Phoṭṭhabbā ādittā,  
Kāya-viññāṇam̐ ādittam̐,  
Kāya-samphasso āditto,

*The body is aflame. Tactile sensations are aflame. Consciousness at the  
body is aflame. Contact at the body is aflame.*

Yam-p'idaṁ kāya-samphassa-paccayā uppajjati  
vedayitaṁ,  
Sukham̐ vā dukkham̐ vā adukkham-asukham̐ vā,  
Tam-pi ādittam̐.

*And whatever there is that arises in dependence on contact at the body—  
experienced as pleasure, pain, or neither-pleasure-nor-pain—that too is  
aflame.*

Kena ādittam̐. *Aflame with what?*

Ādittam̐ rāg'agginā dos'agginā moh'agginā,  
Ādittam̐ jātiyā jarā-maraṇena,  
Sokehi paridevehi dukkhehi domanassehi upāyāsehi  
ādittanti vadāmi.

*Aflame with the fire of passion, the fire of aversion, the fire of delusion.  
Aflame, I tell you, with birth, aging, & death, with sorrows, lamentations,  
pains, distresses, & despairs.*

Mano āditto,  
Dhammā ādittā,  
Mano-viññāṇam̐ ādittam̐,

Mano-samphasso āditto,

*The intellect is aflame. Ideas are aflame. Consciousness at the intellect is aflame. Contact at the intellect is aflame.*

Yam-p'idaṃ mano-samphassa-paccayā uppajjati  
vedayitaṃ,

Sukhaṃ vā dukkhaṃ vā adukkham-asukhaṃ vā,

Tam-pi ādittaṃ.

*And whatever there is that arises in dependence on contact at the intellect—experienced as pleasure, pain, or neither-pleasure-nor-pain—that too is aflame.*

Kena ādittaṃ. *Aflame with what?*

Ādittaṃ rāg'agginā dos'agginā moh'agginā,

Ādittaṃ jātiyā jarā-maraṇena,

Sokehi paridevehi dukkhehi domanassehi upāyāsehi  
ādittanti vadāmi.

*Aflame with the fire of passion, the fire of aversion, the fire of delusion.*

*Aflame, I tell you, with birth, aging & death, with sorrows, lamentations, pains, distresses, & despairs.*

Evam passam bhikkhave sutavā ariya-sāvako,

Cakkhusmiṃ pi nibbindati, Rūpesu pi nibbindati,

Cakkhu-viññāṇe pi nibbindati,

Cakkhu-samphasse pi nibbindati,

*Seeing thus, the instructed Noble disciple grows disenchanted with the eye, disenchanted with forms, disenchanted with consciousness at the eye, disenchanted with contact at the eye.*

Yam-p'idaṃ cakkhu-samphassa-paccayā uppajjati

vedayitaṃ, Sukhaṃ vā dukkhaṃ vā adukkham-

asukhaṃ vā, Tasmim pi nibbindati.

*And whatever there is that arises in dependence on contact at the eye, experienced as pleasure, pain or neither-pleasure-nor-pain: With that, too, he grows disenchanted.*

Sotasmim̃ pi nibbindati, Saddesu pi nibbindati,  
 Sota-viññāṇe pi nibbindati,  
 Sota-samphasse pi nibbindati,

*He grows disenchanted with the ear, disenchanted with sounds,  
 disenchanted with consciousness at the ear, disenchanted with contact at  
 the ear.*

Yam-p'idaṃ sota-samphassa-paccayā uppajjati  
 vedayitaṃ,

Sukhaṃ vā dukkhaṃ vā adukkham-asukhaṃ vā,  
 Tasmim̃ pi nibbindati.

*And whatever there is that arises in dependence on contact at the ear,  
 experienced as pleasure, pain or neither-pleasure-nor-pain: With that, too,  
 he grows disenchanted.*

Ghānasmim̃ pi nibbindati, Gandhesu pi nibbindati,  
 Ghāna-viññāṇe pi nibbindati,  
 Ghāna-samphasse pi nibbindati,

*He grows disenchanted with the nose, disenchanted with aromas,  
 disenchanted with consciousness at the nose, disenchanted with contact at  
 the nose.*

Yam-p'idaṃ ghāna-samphassa-paccayā uppajjati  
 vedayitaṃ, Sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā,  
 Tasmim̃ pi nibbindati.

*And whatever there is that arises in dependence on contact at the nose,  
 experienced as pleasure, pain, or neither-pleasure-nor-pain: With that, too,  
 he grows disenchanted.*

Jivhāya pi nibbindati, Rasesu pi nibbindati,  
 Jivhā-viññāṇe pi nibbindati,  
 Jivhā-samphasse pi nibbindati,

*He grows disenchanted with the tongue, disenchanted with flavors,  
 disenchanted with consciousness at the tongue, disenchanted with contact  
 at the tongue.*

Yam-p'idaṃ jivhā-samphassa-paccayā uppajjati  
vedayitaṃ,

Sukhaṃ vā dukkhaṃ vā adukkham-asukhaṃ vā,  
Tasmim pi nibbindati.

*And whatever there is that arises in dependence on contact at the tongue, experienced as pleasure, pain, or neither-pleasure-nor-pain: With that, too, he grows disenchanted.*

Kāyasmim pi nibbindati, Phoṭṭhabbesu pi nibbindati,  
Kāya-viññāṇe pi nibbindati,

Kāya-samphasse pi nibbindati,

*He grows disenchanted with the body, disenchanted with tactile sensations, disenchanted with consciousness at the body, disenchanted with contact at the body.*

Yam-p'idaṃ kāya-samphassa-paccayā uppajjati  
vedayitaṃ,

Sukhaṃ vā dukkhaṃ vā adukkham-asukhaṃ vā,  
Tasmim pi nibbindati.

*And whatever there is that arises in dependence on contact at the body, experienced as pleasure, pain, or neither-pleasure-nor-pain: With that, too, he grows disenchanted.*

Manasmim pi nibbindati, Dhammesu pi nibbindati,  
Mano-viññāṇe pi nibbindati,

Mano-samphasse pi nibbindati,

*He grows disenchanted with the intellect, disenchanted with ideas, disenchanted with consciousness at the intellect, disenchanted with contact at the intellect.*

Yam-p'idaṃ mano-samphassa-paccayā uppajjati  
vedayitaṃ,

Sukhaṃ vā dukkhaṃ vā adukkham-asukhaṃ vā,  
Tasmim pi nibbindati.

*And whatever there is that arises in dependence on contact at the intellect, experienced as pleasure, pain, or neither-pleasure-nor-pain: With that, too, he grows disenchanted.*

Nibbindam virajjati, Virāgā vimuccati,  
*Disenchanted, he becomes dispassionate. Through dispassion, he is released.*

Vimuttasmim vimuttam-iti ñāṇam hoti,  
Khīṇā jāti, Vusitam brahma-cariyam,  
Kataṁ karaṇīyam, Nāparam itthattāyāti pajānātīti.”  
*With release, there is the knowledge, ‘Released.’ He discerns that, ‘Birth is ended, the holy life fulfilled, the task done. There is nothing further for this world.’”*

Idam-avoca Bhagavā,  
Attamanā te bhikkhū Bhagavato bhāsitaṁ  
abhinandum.

*That is what the Blessed One said. Gratified, the monks delighted at his words.*

Imasmiñ-ca pana veyyā-karaṇasmim bhaññamāne,  
Tassa bhikkhu-sahassassa anupādāya,  
Āsavehi cittāni vimuccimṣūti.

*And while this explanation was being given, the hearts of the 1,000 monks, through lack of clinging, were released from mental effluents.*

## *Mahā-samaya Sutta*

### *The Great Meeting*

[Evam-me sutam.] Ekam samayam Bhagavā,  
Sakkesu viharati Kapilavatthusmim Mahāvane,  
mahatā bhikkhu-saṅghena saddhim pañca-mattehi  
bhikkhu-satehi sabbeh'eva arahantehi. Dasahi ca  
loka-dhātūhi devatā yebhuyyena sannipatitā honti  
Bhagavantam dassanāya bhikkhu-saṅghañ-ca.

*I have heard that on one occasion the Blessed One was dwelling among the Sakyans at Kapilavatthu in the Great Wood, together with a large Sangha of approximately five hundred bhikkhus, all of them arahants. And most of the devatās from ten world-systems had gathered in order to see the Blessed One & the Bhikkhu Sangha.*

Atha kho catunnam suddhāvāsa-kāyikānam  
devānam etad-ahosi, “Ayam kho Bhagavā Sakkesu  
viharati Kapilavatthusmim Mahāvane,  
mahatā bhikkhu-saṅghena saddhim pañca-mattehi  
bhikkhu-satehi sabbeh'eva arahantehi.  
Dasahi ca loka-dhātūhi devatā yebhuyyena  
sannipatitā honti Bhagavantam dassanāya bhikkhu-  
saṅghañ-ca. Yannūna mayam-pi yena Bhagavā  
ten'upasaṅkameyyāma, upasaṅkamitvā Bhagavato  
santike pacceka-gāthā bhāseyyāmāti.”

*Then the thought occurred to four devatās of the ranks from the Pure Abodes: “The Blessed One is dwelling among the Sakyans at Kapilavatthu in the Great Wood, together with a large Sangha of about five hundred bhikkhus, all of them arahants. And most of the devatās from ten world-*

*systems have gathered in order to see the Blessed One & the Bhikkhu Sangha. Let us also approach the Blessed One and, on arrival, let us each speak a verse in his presence."*

Atha kho tā devatā seyyathā-pi nāma balavā puriso  
sammiñjitam vā bāham pasāreyya, pasāritam vā  
bāham sammiñjeyya, evam-eva suddhāvāsesu  
devesu antarahitā Bhagavato purato pāturaḥamsu.  
Atha kho tā devatā Bhagavantam abhivādetvā  
ekam-antam aṭṭham su. Ekam-antam ṭhitā kho ekā  
devatā Bhagavato santike imam gātham abhāsi.

*Then, just as a strong man might extend his flexed arm or flex his extended arm, those devatās disappeared from among the devas of the Pure Abodes and reappeared before the Blessed One. Having paid homage to the Blessed One, they stood to one side. As they were standing there, one devatā recited this verse in the Blessed One's presence:*

Mahā-samayo pavanasmim Deva-kāyā samāgatā  
Āgatamha imam dhamma-samayam  
Dakkhitāyeva aparājita-saṅghanti.

*"A great meeting in the woods:  
The deva hosts have assembled.  
We have come to this Dhamma meeting  
to see the unvanquished Sangha."*

Atha kho aparā devatā Bhagavato santike imam  
gātham abhāsi.

Tatra bhikkhavo samādahaṃsu  
Cittam attano ujukam-akaṃsu  
Sārathī va nettāni gahetvā  
Indriyāni rakkhanti paṇḍitāti.

*Then another devatā recited this verse in the Blessed One's presence:*

*"There the bhikkhus are concentrated,  
have straightened their own minds.  
Like a charioteer holding the reins,  
the wise ones guard their faculties."*

Atha kho aparā devatā Bhagavato santike imaṃ  
gātham abhāsi.

Chetvā khilam chetvā paligham  
Inda-khīlam-ohaccam-anejā,  
Te caranti suddhā vimalā  
Cakkhumatā sudantā susu-nāgāti.

*Then another devatā recited this verse in the Blessed One's presence:*

*"Having cut through barrenness, cut the cross-bar,  
having uprooted Indra's pillar, unstirred,  
they wander about pure, unstained,  
young nāgas well tamed by the One with Vision."*

Atha kho aparā devatā Bhagavato santike imaṃ  
gātham abhāsi.

Ye keci Buddhamaṃ saraṇam gatāse  
Na te gamissantī apāya-bhūmim.  
Pahāya mānusaṃ deham  
Deva-kāyam paripūressantīti.

*Then another devatā recited this verse in the Blessed One's presence:*

*"Those who have gone to the Buddha for refuge  
will not go to the plane of woe.  
On discarding the human body,  
they will fill the hosts of the devas."*

Atha kho Bhagavā bhikkhū āmantesi,  
 “Yebhuyyena bhikkhave dasasu loka-dhātūsu devatā  
 sannipatitā honti Tathāgataṃ dassanāya bhikkhu-  
 saṅghañ-ca.

Ye-pi te bhikkhave ahesuṃ atitam-addhānaṃ  
 arahanto Sammā-sambuddhā,  
 tesam-pi Bhagavantānaṃ eta-paramāyeva devatā  
 sannipatitā ahesuṃ, seyyathā-pi mayhaṃ etarahi.

Ye-pi te bhikkhave bhavissanti anāgataṃ-  
 addhānaṃ arahanto Sammā-sambuddhā,  
 tesam-pi Bhagavantānaṃ eta-paramāyeva devatā  
 sannipatitā bhavissanti, seyyathā-pi mayhaṃ etarahi.

*Then the Blessed One addressed the monks: “Monks, most of the devatās from ten world-systems have gathered in order to see the Tathāgata & the Bhikkhu Sangha. Those who, in the past, were Pure Ones, Rightly Self-awakened, at most had their devatā-gathering like mine at the present. Those who, in the future, will be Pure Ones, Rightly Self-awakened, will at most have their devatā-gathering like mine at the present.*

Ācikkhissāmi bhikkhave deva-kāyānaṃ nāmāni.  
 Kittayissāmi bhikkhave deva-kāyānaṃ nāmāni.  
 Desissāmi bhikkhave deva-kāyānaṃ nāmāni.  
 Taṃ suṇātha sādhuṃkaṃ manasikarotha bhāsissāmiti.”

“Evam-bhanteti” kho te bhikkhū Bhagavato  
 paccassosuṃ. Bhagavā etad-avoca.

*“I will tell you the names of the deva hosts. I will describe to you the names of the deva hosts. I will teach you the names of the deva hosts. Listen & pay close attention. I will speak.”*

*“As you say, lord,” the monks replied. The Blessed One said:*

Silokam-anukassāmi	Yattha bhummā tadassitā
Ye sitā giri-gabbharam	Pahitattā samāhitā
Puthū sīhāva sallinā	Loma-hamsābhisambhuno
Odāta-manasā suddhā	Vippasannam-anāvilā

*I recite a verse of tribute.*

*Those who live where spirits dwell,  
who live in mountain caves, resolute, concentrated,  
many, like hidden lions, who have overcome horripilation,  
white-hearted, pure, serene, & undisturbed:*

Bhiyyo pañca-sate ñatvā	Vane Kāpilavatthave
Tato āmantayi Satthā	Sāvake sāsane rate
“Deva-kāyā abhikkantā	Te vijānātha bhikkhavo”
Te ca ātappam-akarum	Sutvā Buddhassa sāsanaṃ
Tesam-pāturahu ñāṇaṃ	Amanussāna dassanaṃ
Appeke satam-addakkhum	Sahassaṃ atha sattariṃ
Sataṃ eke sahassānaṃ	Amanussānam-addasum
Appekenantam-addakkhum	Disā sabbā phuṭā ahum

*Knowing that more than 500 of them  
had come to the forest of Kapilavastu,  
the Teacher then said to them, disciples delighting in his instruction,  
“The deva hosts have approached. Detect them, monks!”*

*Listening to the Awakened One’s instruction,  
they made an ardent effort.*

*Knowledge appeared to them, vision of non-human beings.  
Some saw 100, some 1,000, some 70,000,  
some had vision of 100,000 non-human beings.*

*Some gained vision of innumerable devas filling every direction.*

Tañ-ca sabbam abhiññāya	Vavakkhitvāna cakkhumā
Tato āmantayi Satthā	Sāvake sāsane rate
“Deva-kāyā abhikkantā	Te vijānātha bhikkhavo
Ye vohaṃ kittayissāmi	Girāhi anupubbaso.”

*Realizing all this, the One-with-Vision felt moved to speak.  
The Teacher then said to them,  
disciples delighting in his instruction,  
“The deva hosts have approached. Detect them, monks,  
as I describe their glories, one by one.*

Satta-sahassā va yakkhā      Bhummā Kāpilavatthavā  
Iddhimanto jutimanto      Vaṇṇavanto yasassino  
Modamānā abhikkāmuṃ  
Bhikkhūnaṃ samitiṃ vanāṃ.

*7,000 yakkhas inhabiting the land of Kāpilavastu,  
powerful, effulgent, glamorous, prestigious,  
rejoicing, have approached the monks’ forest meeting.*

Cha-sahassā hemavatā      Yakkhā nānatta-vaṇṇino  
Iddhimanto jutimanto      Vaṇṇavanto yasassino  
Modamānā abhikkāmuṃ  
Bhikkhūnaṃ samitiṃ vanāṃ.

*6,000 yakkhas from the Himālayas, of varied hue,  
powerful, effulgent, glamorous, prestigious,  
rejoicing, have approached the monks’ forest meeting.*

Sātāgirā ti-sahassā      Yakkhā nānatta-vaṇṇino  
Iddhimanto jutimanto      Vaṇṇavanto yasassino  
Modamānā abhikkāmuṃ  
Bhikkhūnaṃ samitiṃ vanāṃ.

*From Mount Sāta 3,000 yakkhas of varied hue,  
powerful, effulgent, glamorous, prestigious,  
rejoicing, have approached the monks’ forest meeting.*

Iccete soḷasa-sahassā      Yakkhā nānatta-vaṇṇino  
 Iddhimanto jutimanto      Vaṇṇavanto yasassino  
 Modamānā abhikkāmuṃ  
 Bhikkhūnaṃ samitiṃ vanāṃ.

*These 16,000 yakkhas of varied hue  
 powerful, effulgent, glamorous, prestigious,  
 rejoicing, have approached the monks' forest meeting.*

Vessāmittā pañca-satā      Yakkhā nānatta-vaṇṇino  
 Iddhimanto jutimanto      Vaṇṇavanto yasassino  
 Modamānā abhikkāmuṃ  
 Bhikkhūnaṃ samitiṃ vanāṃ.

*500 yakkhas from Vessāmitta, of varied hue,  
 powerful, effulgent, glamorous, prestigious,  
 rejoicing, have approached the monks' forest meeting.*

Kumbhīro Rājagahiko      Vepullassa nivesanaṃ  
 Bhiyyo naṃ sata-sahassaṃ      Yakkhānaṃ payirupāsati  
 Kumbhīro Rājagahiko      Sop'āga samitiṃ vanāṃ.

*Kumbhīra from Rājagaha, who dwells on Mount Vepulla,  
 attended to by more than 100,000 yakkhas—  
 Kumbhīra from Rājagaha: He, too, has come to the forest meeting.*

Purimañ-ca disaṃ rājā      Dhataratṭho pasāsati  
 Gandhabbānaṃ āhipati      Mahārājā yasassi so  
 Puttā-pi tassa bahavo      Inda-nāmā mahabbalā  
 Iddhimanto jutimanto      Vaṇṇavanto yasassino  
 Modamānā abhikkāmuṃ  
 Bhikkhūnaṃ samitiṃ vanāṃ.





*Candana, the Chief of Sensuality, Kinnughanda, Nighanda,  
Panada, the Mimic, Matali, the deva's charioteer,  
Cittasena the gandhabba, King Nala, the Bull of the People,  
Panicasikha has come with Timbaru & Suriyavacchasa.  
These & other kings, gandhabbas with their kings,  
rejoicing, have approached the monks' forest meeting.*

Athāgū Nābhasā nāgā	Vesālā saha Tacchakā
Kambal'Assatarā āgū	Pāyāgā saha ñātibhi
Yāmunā Dhataratthā ca	Āgū nāgā yasassino
Eravaṇṇo mahānāgo	Sop'āga samitiṃ vanam.

*Then there have also come nāgas from Lake Nābhasa, Vesāli & Tacchaka.  
Kambalas, Assataras, Payāgas, & their kin.  
And from the River Yāmuna comes the prestigious nāga, Dhataratthā.  
The great nāga Eravaṇṇa: He, too, has come to the forest meeting."*

Ye nāga-rāje sahasā haranti  
Dibbā dijā pakkhi visuddha-cakkhū  
Vehāyasā te vana-majjha-pattā  
Citrā Supaṇṇā iti tesa'nāmaṃ  
Abhayantadā nāga-rājānamāsi  
Supaṇṇato khemam-akāsi Buddho  
Saṅhāhi vācāhi upavhayantā  
Nāgā Supaṇṇā saraṇam-akaṃsu Buddham

*They who swoop down swiftly on nāga kings,  
divine, twice-born, winged, their eyesight pure:  
(Garudas) came from the sky to the midst of the forest.  
Citra & Supaṇṇa are their names.  
But the Buddha made the nāga kings safe,  
made them secure from Supaṇṇa.  
Addressing one another with affectionate words,  
the nāgas & Supaṇṇas made the Buddha their refuge.*

Jitā vajira-hatthena                      Samuddaṃ asurā sitā  
 Bhātaro Vāsavassete                    Iddhimanto yasassino  
 Kālakañjā mahābhismā                Asurā Dānaveghasā  
 Vepacitti Sucitti ca                      Pahārādo Namucī saha  
 Satañ-ca Bali-puttānaṃ                Sabbe Veroca-nāmakā  
 Sannayhitvā balim senaṃ

Rāhu-bhaddam-upāgamuṃ

Samayodāni bhaddante

Bhikkhūnaṃ samitaṃ vanam.

*“Defeated by Indra of the thunderbolt hand,  
 Asuras dwelling in the ocean,  
 Vāsava’s brothers—powerful, prestigious—  
 Greatly terrifying Kālakañjas, the Dānaveghasa asuras,  
 Vepacitti & Sucitti, Pahārāda, with Namucī,  
 and Bali’s hundred sons, all named Veroca,  
 arrayed with powerful armies have approached their honored Rāhu  
 [and said]: ‘Now is the occasion, sir, of the monk’s forest meeting.’*

Āpo ca devā Paṭhavi ca                    Tejo Vāyo tad-āgamuṃ  
 Varuṇā Vāruṇā devā                    Somo ca Yasasā saha  
 Mettā-Karuṇā-kāyikā                    Āgū devā yasassino  
 Dasete dasadhā kāyā                    Sabbe nānatta-vaṇṇino  
 Iddhimanto jutimanto                    Vaṇṇavanto yasassino  
 Modamānā abhikkāmuṃ

Bhikkhūnaṃ samitiṃ vanam.

*Devas of water, earth, fire, & wind have come here.  
 Varuṇas, Vāruṇas, Soma together with Yasa,  
 the prestigious devas of the hosts of goodwill & compassion have come.  
 These ten ten-fold hosts, all of varied hue,  
 powerful, effulgent, glamorous, prestigious,  
 rejoicing, have approached the monks’ forest meeting.*

Veṇḍū ca devā Sahalī ca	Asamā ca duve Yamā
Candassūpanisā devā	Candam-āgū purakkhitā
Suriyassūpanisā devā	Suriyam-āgū purakkhitā
Nakkhattāni purakkhitvā	Āgū mandavalāhakā
Vasūnaṃ Vāsavo seṭṭho	Sakkop'āga purindado
Dasete dasadhā kāyā	Sabbe nānatta-vaṇṇino
Iddhimanto jutimanto	Vaṇṇavanto yasassino
Modamānā abhikkāmuṃ	

Bhikkhūnaṃ samitiṃ vanāṃ.

*Veṇḍu (Viṣṇu) & Sahalī, Asama & the Yama twins,  
the devas dependent on the moon, surrounding the moon have come.  
The devas dependent on the sun, surrounding the sun have come.  
Devas surrounding the zodiac stars  
and the sprites of the clouds have come.  
Sakka, chief of the Vasus, the ancient donor, has come.  
These ten ten-fold hosts, all of varied hue,  
powerful, effulgent, glamorous, prestigious,  
rejoicing, have approached the monks' forest meeting.*

Athāgū Sahabhū devā	Jalam-aggi-sikhāriva
Ariṭṭhakā ca Rojā ca	Ummā-pupphanibhāsino
Varuṇā Sahadhammā ca	Accutā ca Anejakā
Sūleyya-Rucirā āgū	Āgū Vāsavanesino
Dasete dasadhā kāyā	Sabbe nānatta-vaṇṇino
Iddhimanto jutimanto	Vaṇṇavanto yasassino
Modamānā abhikkāmuṃ	

Bhikkhūnaṃ samitiṃ vanāṃ.

*Then come the Sahabhu devas, blazing like crests of fire-flame.  
The Ariṭṭakas, Rojas, cornflower blue.  
Varuṇas & Sahadhammas, Accutas & Anejakas,  
Sūleyyas & Ruciras, and Vasavanesis have come.*

*These ten ten-fold hosts, all of varied hue,  
powerful, effulgent, glamorous, prestigious,  
rejoicing, have approached the monks' forest meeting.*

Samānā Mahāsamānā	Mānusā Mānusuttamā
Khiḍḍā-padūsikā āgū	Āgū Mano-padūsikā
Athāgū Harayo devā	Ye ca Lohitavāsino
Pāragā Mahāpāragā	Āgū devā yasassino
Dasete dasadhā kāyā	Sabbe nānatta-vaṇṇino
Iddhimanto jutimanto	Vaṇṇavanto yasassino
Modamānā abhikkāmuṃ	

Bhikkhūnaṃ samitiṃ vanāṃ.

*Samānas, Great Samānas, Mānusas, Super Mānusas,  
the devas corrupted by fun have come,  
as well as devas corrupted by mind.  
Then come green-gold devas and those wearing red.  
Pāragas, Great Pāragas, prestigious devas have come.  
These ten ten-fold hosts, all of varied hue,  
powerful, effulgent, glamorous, prestigious,  
rejoicing, have approached the monks' forest meeting.*

Sukkā Karumhā Aruṇā	Āgū Veghanasā saha
Odātagayhā pāmokkhā	Āgū devā Vicakkhaṇā
Sadāmattā Hāragajā	Missakā ca yasassino
Thanayaṃ āgā Pajunno	Yo disā abhivassati
Dasete dasadhā kāyā	Sabbe nānatta-vaṇṇino
Iddhimanto jutimanto	Vaṇṇavanto yasassino
Modamānā abhikkāmuṃ	

Bhikkhūnaṃ samitiṃ vanāṃ.

*White devas, ruddy-green devas, dawn-devas  
have come with the Veghanas headed by devas totally in white.  
The Vicakkhaṇas have come.*

*Sadāmatta, Hāragajas, & the prestigious multi-colored,  
Pajunna, the thunderer, who brings rain to the lands:  
These ten ten-fold hosts, all of varied hue,  
powerful, effulgent, glamorous, prestigious,  
rejoicing, have approached the monks' forest meeting.*

Khemiyā Tusitā Yāmā	Kaṭṭhakā ca yasassino
Lambitakā Lāmaseṭṭhā	Jotināmā ca āsavā
Nimmānaratino āgū	Athāgū Paranimmitā
Dasete dasadhā kāyā	Sabbe nānatta-vaṇṇino
Iddhimanto jutimanto	Vaṇṇavanto yasassino
Modamānā abhikkāmum	

Bhikkhūnaṃ samitiṃ vanam.

*The Khemiyas, Tusitas, & Yāmas, the prestigious Kaṭṭhakas,  
Lambitakas & Lāma chiefs, the Jotināmas & Āsavas,  
the Nimmānaratis have come, as have the Paranimmitas.  
These ten ten-fold hosts, all of varied hue,  
powerful, effulgent, glamorous, prestigious,  
rejoicing, have approached the monks' forest meeting.*

Saṭṭhete deva-nikāyā	Sabbe nānatta-vaṇṇino
Nāmanvayena āgañchum	Ye c' aññe sadisā saha
“Pavuttha-jātim-akkhilaṃ	Ogha-tiṇṇam-anāsavaṃ
Dakkhem' oghataram nāgam	
	Candaṃ va asitātitaṃ.”

*These 60 deva groups, all of varied hue, have come arranged in order,  
together with others in like manner [thinking:]  
'We'll see the one who has transcended birth, who has no bounds,  
who has crossed over the flood, fermentation-free,  
the Mighty One, crossing over the flood,  
like the moon emerging from the dark fortnight.'*

Subrahmā Paramatto ca	Puttā iddhimato saha
Sanañkumāro Tisso ca	Sop'āga samitiṃ vanam.
Sahassa-brahma-lokānaṃ	Mahā-brahmābhitiṭṭhati
Upapanno jutimanto	Bhismā-kāyo yasassi so
Desettha issarā āgū	Pacceka-vasavattino
Tesañ-ca majjhato āgā	Hārīto parivārīto."

*Subrahmā & Paramatta, together with sons of the Powerful One,  
Sanañkumāra & Tissa: They too have come to the forest meeting.  
Great Brahmā, who stands over 1,000 Brahma worlds,  
who arose there spontaneously, effulgent:  
Prestigious is he, with a terrifying body.  
And ten brahmā sovereigns, each the lord of his own realm—  
and in their midst has come Harita surrounded by his retinue."*

Te ca sabbe abhikkante	Sinde deve sabrahmake
Māra-senā abhikkāmi	Passa kaṇhassa mandiyam
"Etha gaṇhatha bandhatha	Rāgena bandhamatthu vo
Samantā parivāretha	
	Mā vo muñcīttha koci naṃ."
Iti tattha mahāseno	Kaṇha-senaṃ apesayi
Pāṇinā talam-āhacca	Saraṃ katvāna bheravam
Yathā pāvussako megho	Thanayanto savijjuko
Tadā so paccudāvatti	Sañkuddho asayam-vase.

*When all these devas with Indras & Brahmās had come,  
Māra's army came as well.  
Now look at the Dark One's foolishness!  
[He said:] "Come seize them! Bind them!  
Tie them down with passion!  
Surround them on every side!  
Don't let anyone at all escape!"  
Thus the great warlord urged on his dark army,  
slapping the ground with his hand,*

*making a horrendous din,  
as when a storm cloud bursts with thunder,  
lightning, & torrents of rain.  
But then he withdrew—enraged,  
with none under his sway.*

<p>Tañ-ca sabbam abhiññāya Tato āmantayi Satthā “Māra-senā abhikkantā Te ca ātappam-akarum Vitarāgehi pakkāmun Sabbe vijita-saṅgāmā Modanti saha bhūtehi,</p>	<p>Vavakkhitvāna cakkhumā Sāvake sāsane rate Te vijānātha bhikkhavo.” Sutvā Buddhassa sāsanaṃ Nesaṃ lomam-pi iñjayum Bhayātītā yasassino Sāvakā te janesutāti.</p>
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*Realizing all this,  
the One-with-Vision felt moved to speak.  
The Teacher then said to them,  
disciples delighting in his instruction,  
“Māra’s army has approached. Detect them, monks!”  
Listening to the Awakened One’s instruction,  
they made an ardent effort.  
The army retreated from those without passion,  
without raising even a hair on their bodies.  
Having all won the battle—prestigious, past fear—  
they rejoice with all beings:  
disciples outstanding among the human race.*

## *Dhamma-niyāma Sutta*

*The Orderliness of the Dhamma*

[Evam-me sutam,] Ekaṃ samayaṃ Bhagavā,  
Sāvattiyam viharati, Jetavane Anāthapiṇḍikassa,  
ārāme.

*I have heard that at one time the Blessed One was staying in Savatthi at Jeta's Grove, Anathapindika's park.*

Tatra kho Bhagavā bhikkhū āmantesi bhikkhavo'ti.  
*There he addressed the monks, saying, "Monks."*

Bhadanteti te bhikkhū Bhagavato paccassosum.

*"Yes, lord," the monks responded to him.*

Bhagavā etad-avoca.

*The Blessed One said,*

"Uppādā vā bhikkhave Tathāgatānam anuppādā vā  
Tathāgatānam, ṭhitāva sā dhātu dhammaṭṭhitatā  
dhamma-niyāmatā: Sabbe saṅkhārā aniccāti.

*"Whether or not there is the arising of Tathagatas, this property stands—this steadfastness of the Dhamma, this orderliness of the Dhamma: 'All fabrications are inconstant.'*

Tam Tathāgato abhisambujjhati abhisameti.

Abhisambujjhitvā abhisametvā ācikkhati deseti,  
paññapeti paṭṭhappeti, vivarati vibhajati uttāni-karoti:  
Sabbe saṅkhārā aniccāti.

*The Tathagata directly awakens to that, breaks through to that. Directly awakening & breaking through to that, he declares it, teaches it, describes it, sets it forth. He reveals it, explains it, makes it plain: 'All fabrications are inconstant.'*

Uppādā vā bhikkhave Tathāgatānam anuppādā vā  
Tathāgatānam, ṭhitāva sā dhātu dhammaṭṭhitatā

dhamma-niyāmatā: Sabbe saṅkhārā dukkhāti.

*Whether or not there is the arising of Tathagatas, this property stands—this steadfastness of the Dhamma, this orderliness of the Dhamma: ‘All fabrications are stressful.’*

Taṃ Tathāgato abhisambujjhati abhisameti.

Abhisambujjhitvā abhisametvā ācikkhati deseti,  
paññapeti paṭṭhappeti, vivarati vibhajati uttānī-karoti:  
Sabbe saṅkhārā dukkhāti.

*The Tathagata directly awakens to that, breaks through to that. Directly awakening & breaking through to that, he declares it, teaches it, describes it, sets it forth. He reveals it, explains it, makes it plain: ‘All fabrications are stressful.’*

Uppādā vā bhikkhave Tathāgatānaṃ anuppādā vā  
Tathāgatānaṃ, ṭhitāva sā dhātu dhammaṭṭhitatā  
dhamma-niyāmatā: Sabbe dhammā anattāti.

*Whether or not there is the arising of Tathagatas, this property stands—this steadfastness of the Dhamma, this orderliness of the Dhamma: ‘All phenomena are not-self.’*

Taṃ Tathāgato abhisambujjhati abhisameti.

Abhisambujjhitvā abhisametvā ācikkhati deseti,  
paññapeti paṭṭhappeti, vivarati vibhajati uttānī-karoti:  
Sabbe dhammā anattāti.”

*The Tathagata directly awakens to that, breaks through to that. Directly awakening & breaking through to that, he declares it, teaches it, describes it, sets it forth. He reveals it, explains it, makes it plain: ‘All phenomena are not-self.’”*

Idam-avoca Bhagavā.

Attamanā te bhikkhū Bhagavato bhāsitaṃ,  
abhinanduntī.

*That is what the Blessed One said. Gratified, the monks delighted at his words.*

## Magga-vibhaṅga Sutta

*An Analysis of the Path*

[Evam-me sutam,] Ekam samayaṃ Bhagavā,  
Sāvattthiyam viharati, Jetavane Anāthapiṇḍikassa,  
ārāme. Tatra kho Bhagavā bhikkhū āmantesi  
bhikkhavo'ti. Bhadanteti te bhikkhū Bhagavato  
paccassosum. Bhagavā etad-avoca.

*I have heard that at one time the Blessed One was staying in Savatthi at Jeta's Grove, Anathapindika's park. There he addressed the monks, saying, "Monks." "Yes, lord," the monks responded to him. The Blessed One said, "Ariyam vo bhikkhave aṭṭhaṅgikam maggam desissāmi vibhajissāmi. Tam suṇātha sādhu kam manasi-karotha bhāssissāmi.*

*"I will teach & analyse for you the Noble Eightfold Path. Listen & pay close attention. I will speak."*

Evam-bhanteti kho te bhikkhū Bhagavato  
paccassosum.

*"As you say, lord," the monks responded to him.*

Bhagavā etad-avoca.

*The Blessed One said,*

"Katamo ca bhikkhave ariyo aṭṭhaṅgiko maggo?"

*"Now what, monks, is the Noble Eightfold Path?"*

Seyyathidam, Sammā-diṭṭhi sammā-saṅkappo,

Sammā-vācā sammā-kammanto sammā-ājīvo,

Sammā-vāyāmo sammā-sati sammā-samādhi.

*Right view, right resolve, right speech, right action, right livelihood, right effort, right mindfulness, right concentration.*

Katamā ca bhikkhave sammā-diṭṭhi?

*And what, monks, is right view?*

Yam kho bhikkhave dukkhe ñāṇam dukkha-samudaye ñāṇam dukkha-nirodhe ñāṇam dukkha-nirodha-gāminiyā paṭipadāya ñāṇam.

*Knowledge in terms of stress, knowledge in terms of the origination of stress, knowledge in terms of the cessation of stress, knowledge in terms of the way of practice leading to the cessation of stress:*

Ayam vuccati bhikkhave sammā-diṭṭhi.

*This, monks, is called right view.*

Katamo ca bhikkhave sammā-saṅkappo?

*And what, monks, is right resolve?*

Yo kho bhikkhave nekkhamma-saṅkappo abyāpāda-saṅkappo avihimsā-saṅkappo.

*Being resolved on renunciation, on freedom from ill will, on harmlessness:*

Ayam vuccati bhikkhave sammā-saṅkappo.

*This, monks, is called right resolve.*

Katamā ca bhikkhave sammā-vācā?

*And what is right speech?*

Yā kho bhikkhave musāvādā veramaṇi, pisuṇāya vācāya veramaṇi, pharusāya vācāya veramaṇi, samphappalāpā veramaṇi.

*Abstaining from lying, abstaining from divisive speech, abstaining from harsh speech, abstaining from idle chatter:*

Ayam vuccati bhikkhave sammā-vācā.

*This, monks, is called right speech.*

Katamo ca bhikkhave sammā-kammanto?

*And what, monks, is right action?*

Yā kho bhikkhave paṇātipātā veramaṇi, adinnādānā veramaṇi, abrahma-cariyā veramaṇi.

*Abstaining from taking life, abstaining from stealing, abstaining from sexual intercourse.*

Ayaṃ vuccati bhikkhave sammā-kammanto.

*This, monks, is called right action.*

Katamo ca bhikkhave sammā-ājīvo?

*And what, monks, is right livelihood?*

Idha bhikkhave ariya-sāvako micchā-ājīvaṃ pahāya,  
Sammā-ājīvena jīvikam kappeti.

*There is the case where a noble disciple, having abandoned dishonest livelihood, keeps his life going with right livelihood:*

Ayaṃ vuccati bhikkhave sammā-ājīvo.

*This, monks, is called right livelihood.*

Katamo ca bhikkhave sammā-vāyāmo?

*And what, monks, is right effort?*

Idha bhikkhave bhikkhu anuppannānaṃ pāpakānaṃ  
akusalānaṃ dhammānaṃ anuppādāya, chandaṃ  
janeti vāyamati viriyam ārabhati cittaṃ paggaṇhāti  
padahati.

*There is the case where a monk generates desire, endeavors, activates persistence, upholds & exerts his intent for the sake of the non-arising of evil, unskillful qualities that have not yet arisen.*

Uppannānaṃ pāpakānaṃ akusalānaṃ dhammānaṃ  
pahānāya, chandaṃ janeti vāyamati viriyam ārabhati  
cittaṃ paggaṇhāti padahati.

*He generates desire, endeavors, activates persistence, upholds & exerts his intent for the sake of the abandoning of evil, unskillful qualities that have arisen.*

Anuppannānaṃ kusalānaṃ dhammānaṃ uppādāya,  
chandaṃ janeti vāyamati viriyam ārabhati cittaṃ  
paggaṇhāti padahati.

*He generates desire, endeavors, activates persistence, upholds & exerts his intent for the sake of the arising of skillful qualities that have not yet arisen.*

Uppannānaṃ kusalānaṃ dhammānaṃ, t̥hitiyā  
asammosāya bhiiyo-bhāvāya vepullāya bhāvanāya  
pāripūriyā, chandaṃ janeti vāyamati viriyaṃ ārabhati  
cittaṃ paggaṇhāti padahati.

*He generates desire, endeavors, activates persistence, upholds & exerts his intent for the maintenance, non-confusion, increase, plenitude, development, & culmination of skillful qualities that have arisen:*

Ayaṃ vuccati bhikkhave sammā-vāyāmo.

*This, monks, is called right effort.*

Katamā ca bhikkhave sammā-sati?

*And what, monks, is right mindfulness?*

Idha bhikkhave bhikkhu kāye kāyānupassī viharati,  
ātāpī sampajāno satimā vineyya loke abhijjhā-  
domanassaṃ.

*There is the case where a monk remains focused on the body in & of itself—ardent, alert, & mindful—subduing greed & distress with reference to the world.*

Vedanāsu vedanānupassī viharati, ātāpī sampajāno  
satimā vineyya loke abhijjhā-domanassaṃ.

*He remains focused on feelings in & of themselves—ardent, alert, & mindful—subduing greed & distress with reference to the world.*

Citte cittānupassī viharati, ātāpī sampajāno satimā  
vineyya loke abhijjhā-domanassaṃ.

*He remains focused on the mind in & of itself—ardent, alert, & mindful—subduing greed & distress with reference to the world.*

Dhammesu dhammānupassī viharati, ātāpī  
sampajāno satimā vineyya loke abhijjhā-  
domanassaṃ.

*He remains focused on mental qualities in & of themselves—ardent, alert, & mindful—subduing greed & distress with reference to the world.*

Ayaṃ vuccati bhikkhave sammā-sati.

*This, monks, is called right mindfulness.*

**Katamo ca bhikkhave sammā-samādhi?**

*And what, monks, is right concentration?*

**Idha bhikkhave bhikkhu vivicc'eva kāmehi vivicca  
akusalehi dhammehi, sa-vitakkam sa-vicāram  
vivekajam-pīti-sukham paṭhamam jhānam  
upasampajja viharati.**

*There is the case where a monk—quite secluded from sensuality, secluded from unskillful (mental) qualities—enters & remains in the first jhana: rapture & pleasure born of seclusion, accompanied by directed thought & evaluation.*

**Vitakka-vicārānam vūpasamā, ajjhataṃ  
sampasādanam cetaso ekodi-bhāvam avitakkam  
avicāram, samādhijam-pīti-sukham dutiyam jhānam  
upasampajja viharati.**

*With the stilling of directed thoughts & evaluations, he enters & remains in the second jhana: rapture & pleasure born of concentration, unification of awareness free from directed thought & evaluation—internal assurance.*

**Pītiyā ca virāgā, upekkhako ca viharati sato ca  
sampajāno, sukhañ-ca kāyena paṭisaṃvedeti,  
yan-tam ariyā ācikkhanti upekkhako satimā sukha-  
vihārīti, tatiyam jhānam upasampajja viharati.**

*With the fading of rapture, he remains equanimous, mindful, & alert, and senses pleasure with the body. He enters & remains in the third jhana, of which the noble ones declare, 'Equanimous & mindful, he has a pleasant abiding.'*

**Sukhassa ca pahānā dukkhassa ca pahānā, pubbe va  
somanassa-domanassānam atthaṅgamā, adukkham-  
asukham upekkhā-sati-pārisuddhim, catuttham  
jhānam upasampajja viharati.**

*With the the abandoning of pleasure & pain—as with the earlier disappearance of joys & distresses—he enters & remains in the fourth jhana: purity of equanimity & mindfulness, neither pleasure nor pain.*

**Ayaṃ vuccati bhikkhave sammā-samādhīti.”**

*This, monks, is called right concentration.”*

**Idam-avoca Bhagavā. Attamanā te bhikkhū**

**Bhagavato bhāsitaṃ, abhinanduntī.**

*That is what the Blessed One said. Gratified, the monks delighted at his words.*

## *Sārāṇīya-dhamma Sutta*

### *Conditions for Amiability*

[Evam-me sutāṃ,] Ekaṃ samayaṃ Bhagavā,  
Sāvattīyaṃ viharati, Jetavane Anāthapiṇḍikassa,  
ārāme. Tatra kho Bhagavā bhikkhū āmantesi,  
“Bhikkhavo” ti. “Bhadanteti” te bhikkhū Bhagavato  
paccassosum. Bhagavā etad-avoca: “Chayime  
bhikkhave dhammā sārāṇīyā piya-karaṇā garu-  
karaṇā, saṅgahāya avivādāya sāmaggīyā ekī-bhāvāya  
saṃvattanti. Katame cha?

*I have heard that on one occasion the Blessed One was staying near Savatthi in Jeta’s Grove, Anathapindika’s park. There he said to the monks, “Monks!” “Yes, lord,” the monks responded. The Blessed One said: “Monks, these six conditions are conducive to amiability, engender feelings of endearment, engender feelings of respect, leading to a sense of fellowship, a lack of disputes, harmony, & a state of unity. Which six?*

“Idha bhikkhave bhikkhuno, mettaṃ kāya-kammaṃ  
paccupaṭṭhitaṃ hoti, sabrahmacārisu āvi c’eva raho  
ca. Ayam-pi dhammo sārāṇīyo piya-karaṇo garu-  
karaṇo, saṅgahāya avivādāya sāmaggīyā ekī-bhāvāya  
saṃvattati.

[1] *“There is the case where a monk is set on bodily acts of good will with regard to his fellows in the holy life, to their faces & behind their backs. This is a condition that is conducive to amiability, that engenders feelings of endearment, engenders feelings of respect, leading to a sense of fellowship, a lack of disputes, harmony, & a state of unity.*

“Puna c’aparam bhikkhave bhikkhuno, mettam vaci-kammaṃ paccupaṭṭhitaṃ hoti, sabrahmacārisu āvi c’eva raho ca. Ayam-pi dhammo sārāṇiyo piya-karaṇo garu-karaṇo, saṅgahāya avivādāya sāmaggīyā ekī-bhāvāya saṃvattati.

[2] *“Furthermore, the monk is set on verbal acts of good will with regard to his fellows in the holy life, to their faces & behind their backs. This is a condition that is conducive to amiability, that engenders feelings of endearment, engenders feelings of respect, leading to a sense of fellowship, a lack of disputes, harmony, & a state of unity.*

“Puna c’aparam bhikkhave bhikkhuno, mettam mano-kammaṃ paccupaṭṭhitaṃ hoti, sabrahmacārisu āvi c’eva raho ca. Ayam-pi dhammo sārāṇiyo piya-karaṇo garu-karaṇo, saṅgahāya avivādāya sāmaggīyā ekī-bhāvāya saṃvattati.

[3] *“Furthermore, the monk is set on mental acts of good will with regard to his fellows in the holy life, to their faces & behind their backs. This is a condition that is conducive to amiability, that engenders feelings of endearment, engenders feelings of respect, leading to a sense of fellowship, a lack of disputes, harmony, & a state of unity.*

“Puna c’aparam bhikkhave bhikkhu, ye te lābhā dhammikā dhamma-laddhā, antamaso patta-pariyāpanna-mattam-pi, tathārūpehi lābhehi appaṭivibhattabhogī hoti, silavantehi sabrahmacārihi sādharmaṇa-bhogī. Ayam-pi dhammo sārāṇiyo piya-karaṇo garu-karaṇo, saṅgahāya avivādāya sāmaggīyā ekī-bhāvāya saṃvattati.

[4] *“Furthermore, whatever righteous gains the monk may obtain in a righteous way—even if only as much as the alms in his bowl—he does not consume them alone. He consumes them after sharing them in common with his virtuous fellows in the holy life. This is a condition that is conducive to amiability, that engenders feelings of endearment, engenders feelings of respect, leading to a sense of fellowship, a lack of disputes, harmony, & a state of unity.*

“Puna c’aparam bhikkhave bhikkhu, yāni tāni sīlāni akhaṇḍāni achiddāni asabalāni akammāsāni, bhujissāni viññūpasaṭṭhāni aparāmaṭṭhāni samadhisamvattanikāni. Tathārūpesu silesu sīla-sāmaññagato viharati, sabrahmacārihi āvi c’eva raho ca. Ayam-pi dhammo sārāṇiyo piya-karaṇo garu-karaṇo, saṅghāya avivādāya sāmaggīyā ekī-bhāvāya samvattati.

[5] *“Furthermore—with reference to the virtues that are untorn, unbroken, unspotted, unsplattered, liberating, praised by the wise, untarnished, leading to concentration—the monk dwells with such virtues on a par with that of his fellows in the holy life, to their faces & behind their backs. This is a condition that is conducive to amiability, that engenders feelings of endearment, engenders feelings of respect, leading to a sense of fellowship, a lack of disputes, harmony, & a state of unity.*

“Puna c’aparam bhikkhave bhikkhu, yāyam diṭṭhi ariyā niyyānikā, niyyāti takkarassa sammādukkhakkhayāya, tathārūpāya diṭṭhiyā diṭṭhisāmaññagato viharati, sabrahmacārihi āvi c’eva raho ca. Ayam-pi dhammo sārāṇiyo piya-karaṇo garu-karaṇo, saṅghāya avivādāya sāmaggīyā ekī-bhāvāya samvattati.

[6] *“Furthermore—with reference to a view that is noble, leading outward, that leads those who act in accordance with it to the right ending of suffering & stress—the monk dwells with such a view on a par with those of his fel-*

lows in the holy life, to their faces & behind their backs. This is a condition that is conducive to amiability, that engenders feelings of endearment, engenders feelings of respect, leading to a sense of fellowship, a lack of disputes, harmony, & a state of unity.

“Ime kho bhikkhave cha dhammā sārāṇiyā piya-karaṇā garu-karaṇā, saṅgahāya avivādāya sāmaggiyā ekī-bhāvāya saṁvattantīti.”

“These are the six conditions that are conducive to amiability, that engender feelings of endearment, engender feelings of respect, leading to a sense of fellowship, a lack of disputes, harmony, & a state of unity.”

Idam-avoca Bhagavā. Attamanā te bhikkhū  
Bhagavato bhāsitaṁ, abhinanduntī.

That is what the Blessed One said. Gratified, the monks delighted in the Blessed One’s words.

## Gotamī Sutta

The Discourse to Gotamī

[Evam-me sutam,] Ekam samayaṁ Bhagavā,  
Vesāliyaṁ viharati, Mahā-vane kūṭāgārasālāyaṁ,

I have heard that at one time the Blessed One was staying at Vesāli, in the Peaked Roof Hall in the Great Forest.

Atha kho Mahāpajāpati Gotamī, Yena Bhagavā  
ten’upasaṅkami, Upasaṅkamitvā Bhagavantaṁ  
abhivādetvā ekam-antaṁ aṭṭhāsi.

Then Mahāpajāpati Gotamī approached the Blessed One and, on approaching, having bowed down to him, stood to one side.

Ekam-antaṁ ṭhitā kho Mahāpajāpati Gotamī  
Bhagavantaṁ etad-avoca: “Sādhu me bhante  
Bhagavā saṅkhittena dhammaṁ desetu, Yam-ahaṁ  
Bhagavato dhammaṁ sutvā, Ekā vūpakaṭṭhā

appamattā ātāpini pahitattā vihareyyanti.”

*As she was standing to one side, she said to the Blessed One: “It would be good, Venerable Sir, if the Blessed One would teach me the Dhamma in brief such that, having heard the Dhamma from the Blessed One, I might dwell alone, secluded, heedful, ardent, & resolute.”*

“Ye kho tvaṃ Gotami dhamme jāneyyāsi,

Ime dhammā sarāgāya saṃvattanti no virāgāya.

*“Gotami, the qualities of which you may know, ‘These qualities lead to passion, not to dispassion;*

Saṃyogāya saṃvattanti no visaṃyogāya.

*to being fettered, not to being unfettered;*

Ācayāya saṃvattanti no apacayāya.

*to accumulation, not to shedding ;*

Mahicchatāya saṃvattanti no appicchatāya.

*to overweening ambition, not to modesty;*

Asantuṭṭhiyā saṃvattanti no santuṭṭhiyā.

*to discontent, not to contentment;*

Saṅgaṇikāya saṃvattanti no pavivekāya.

*to entanglement, not to seclusion;*

Kosajjāya saṃvattanti no viriyārambhāya.

*to laziness, not to activated persistence;;*

Dubbharatāya saṃvattanti no subharatāyāti.

*to being burdensome, not to being unburdensome’:*

Ekamsena Gotami dhāreyyāsi, N’eso dhammo n’eso  
vinayo n’etaṃ satthu-sāsananti.

*You may definitely hold, ‘This is not the Dhamma, this is not the Vinaya, this is not the Teacher’s instruction.’*

Ye ca kho tvaṃ Gotami dhamme jāneyyāsi,

Ime dhammā virāgāya saṃvattanti no sarāgāya.

*As for the qualities of which you may know, ‘These qualities lead to dispassion, not to passion;*

Visaṃyogāya saṃvattanti no saṃyogāya.

*to being unfettered, not to being fettered;*

Apacayāya saṃvattanti no ācayāya.

*to accumulation, not to shedding;*

Appicchatāya saṃvattanti no mahicchatāya.

*to modesty, not to overweening ambition;*

Santuṭṭhiyā saṃvattanti no asantuṭṭhiyā.

*to contentment, not to discontent;*

Pavivekāya saṃvattanti no saṅgaṇikāya.

*to seclusion, not to entanglement;*

Viriyārambhāya saṃvattanti no kosajjāya.

*to activated persistence, not to laziness;*

Subharatāya saṃvattanti no dubbharatāyāti.

*to being unburdensome, not to being burdensome':*

Ekamsena Gotami dhāreyyāsi, Eso dhammo eso

vinayo etaṃ satthu-sāsananti." *You may definitely hold,  
'This is the Dhamma, this is the Vinaya, this is the Teacher's instruction.'*"

Idam-avoca Bhagavā. Attamanā Mahāpajāpati

Gotamī Bhagavato bhāsitaṃ, abhinandīti.

*That is what the Blessed One said. Gratified, Mahāpajāpati Gotamī  
delighted at his words.*

## *Paṭicca Samuppāda*

*Dependent Co-arising*

Avijjā-paccayā saṅkhārā,

*With ignorance as a condition there are fabrications.*

Saṅkhāra-paccayā viññāṇaṃ,

*With fabrications as a condition there is (sensory) consciousness.*

Viññāṇa-paccayā nāma-rūpaṃ,

*With (sensory) consciousness as a condition there are name & form.*

Nāma-rūpa-paccayā saḷāyatanaṃ,

*With name & form as a condition there are the six sense media.*

Saḷāyatana-paccayā phasso,

Phassa-paccayā vedanā,

*With the six sense media as a condition there is contact.*

*With contact as a condition there is feeling.*

Vedanā-paccayā taṇhā, Taṇhā-paccayā upādānaṃ,

*With feeling as a condition there is craving.*

*With craving as a condition there is clinging.*

Upādāna-paccayā bhavo, Bhava-paccayā jāti,

*With clinging as a condition there is becoming.*

*With becoming as a condition there is birth.*

Jāti-paccayā jara-maraṇaṃ soka-parideva-dukkha-  
domanassupāyāsā sambhavanti.

*With birth as a condition, then aging & death, sorrow, lamentation, pain, distress, & despair come into play.*

Evam-etassa kevalassa dukkhakkhandhassa,  
samudayo hoti.

*Thus is the origination of this entire mass of suffering & stress.*

Avijjāyatveva asesavirāga-nirodhā saṅkhāra-  
nirodho,

*Now from the remainderless fading & stopping of that very ignorance there is the stopping of fabrications.*

Saṅkhāra-nirodhā viññāṇa-nirodho,

*From the stopping of fabrications there is the stopping of (sensory) consciousness.*

Viññāṇa-nirodhā nāma-rūpa-nirodho, *From the  
stopping of (sensory) consciousness there is the stopping of name & form.*

Nāma-rūpa-nirodhā saḷāyatana-nirodho,

*From the stopping of name & form there is the stopping of the six sense media.*

Saḷāyatana-nirodhā phassa-nirodho,

*From the stopping of the six sense media there is the stopping of contact.*

Phassa-nirodhā vedanā-nirodho,

*From the stopping of contact there is the stopping of feeling.*

Vedanā-nirodhā taṇhā-nirodho,

*From the stopping of feeling there is the stopping of craving.*

Taṇhā-nirodhā upādāna-nirodho,

*From the stopping of craving there is the stopping of clinging.*

Upādāna-nirodhā bhava-nirodho,

*From the stopping of clinging there is the stopping of becoming.*

Bhava-nirodhā jāti-nirodho,

*From the stopping of becoming there is the stopping of birth.*

Jāti-nirodhā jara-maraṇaṃ soka-parideva-dukkha-  
domanassupāyāsā nirujjhanti.

*From the stopping of birth, then aging & death, sorrow, lamentation, pain,  
distress, & despair all stop.*

Evam-etassa kevalassa dukkhakkhandhassa,  
nirodho hoti.

*Thus is the stopping of this entire mass of suffering & stress.*

## *Heedfulness*

Appamādo amataṃ padaṃ Pamādo maccuno padaṃ.

*Heedfulness, the path to the Deathless.*

*Heedlessness, the path to death.*

Appammattā ne miyyanti Ye pamattā yathā matā.

*The heedful do not die.*

*The heedless, as if already dead.*

Etaṃ vesesato ñatvā, Appamādamhi paṇḍitāti.

*Knowing this distinction,*

*the wise are established in heedfulness.*

## *The Three Inspired Verses*

Yadā have pātubhavanti dhammā,  
 Ātāpino jhāyato brāhmaṇassa,  
 Athassa kaṅkhā vapayanti sabbā,  
 Yato pajānāti sahetu-dhammaṃ.

*As phenomena grow clear  
 to the Brahman, ardent, in jhana,  
 his doubts all vanish  
 when he discerns what has a cause.*

Yadā have pātubhavanti dhammā,  
 Ātāpino jhāyato brāhmaṇassa,  
 Athassa kaṅkhā vapayanti sabbā,  
 Yato khayam paccayānam avedi.

*As phenomena grow clear  
 to the Brahman, ardent, in jhana,  
 his doubts all vanish  
 when he penetrates the end of conditions.*

Yadā have pātubhavanti dhammā,  
 Ātāpino jhāyato brāhmaṇassa,  
 Vidhūpayam tiṭṭhati māra-senam,  
 Sūrova obhāsayam-antalikkhanti.

*As phenomena grow clear  
 to the Brahman, ardent, in jhana,  
 he stands,  
     routing Mara's army,  
 as the sun,  
     illuminating the sky.*

## The House Builder

Aneka-jāti-saṅsāraṃ                      Sandhāvissaṃ anibbisam,  
Gahakāraṃ gavesanto                      Dukkhā jāti punappunam,

*Through the round of many births I roamed  
without reward, without rest,  
seeking the house builder.*

*Painful is birth again & again.*

Gahakāraka diṭṭhosi                      Puna-gehaṃ na kāhasi.

*House builder, you are seen!  
You will not build a house again.*

Sabbā te phāsukā bhaggā      Gahakūṭam visañkhatam  
Visañkhāra-gatam cittam      Taṇhānam khayam-ajjhagā.

*All your rafters are broken,  
the ridgepole destroyed.  
immersed in dismantling, the mind  
has attained the end of craving.*

## The Mountain

Yathāpi selā vipulā                      Nabham āhacca pabbatā  
Samantā anupariyeyyum                      Nippothenā catuddisā

*Like massive boulders,  
mountains pressing against the sky  
moving in from all sides,  
crushing the four directions,*

Evam jarā ca maccu ca                      Adhivattanti paṇino  
Khattiye brāhmaṇe vesse                      Sudde caṇḍāla-pukkuse.

*In the same way, aging & death  
roll over living beings:  
noble warriors, brahmans, merchants,  
workers, outcastes, & scavengers.*



*who has faith in the Sangha, straightforwardness, vision:  
“Not poor,” they say of him. Not in vain his life.*

Tasmā saddhañ-ca silañ-ca

Pasādam dhamma-dassanam

Anuyuñjetha medhāvi Saram buddhāna-sāsananti.

*So conviction & virtue, faith, & dhamma-vision  
should be cultivated by the wise,  
remembering the Buddhas' teachings.*

## *An Auspicious Day*

Atitam nānvāgameyya Nappaṭikañkhe anāgataṃ

Yad'atitam-pahinantam Appattañ-ca anāgataṃ.

*You shouldn't chase after the past,  
or place expectations on the future.  
What is past is left behind.  
The future is as yet unreached.*

Paccuppannañ-ca yo dhammam

Tattha tattha vipassati

Asamhiraṃ asaṅkappaṃ Tam viddhā manubrūhaye.

*Whatever phenomenon is present,  
you clearly see right there, right there.  
Unvanquished, unshaken,  
that's how you develop the mind.*

Ajjeva kiccama-ātappaṃ Ko jaññā maraṇam suve

Na hi no saṅgarantena Mahāsenena maccunā.

*Doing your duty ardently today,  
for—who knows?—tomorrow: death.  
There is no bargaining  
with Death & his mighty horde.*

Evam vihārim-ātāpim Aho-rattama-atanditam

Tam ve bhaddaka-ratto'ti Santo ācikkhate muniti.

*Whoever lives thus ardently,  
relentlessly both day & night,  
has truly had an auspicious day:  
So says the Peaceful Sage.*

## *The Three Characteristics*

Sabbe saṅkhārā aniccā'ti    Yadā paññāya passati,  
Atha nibbindati dukkhe:    Esa maggo visuddhiyā.

*"All fabrications are inconstant."  
When you see this with discernment,  
you grow disenchanted with stress:  
This is the path to purity.*

Sabbe saṅkhārā dukkhā'ti    Yadā paññāya passati,  
Atha nibbindati dukkhe:    Esa maggo visuddhiyā.

*"All fabrications are stressful."  
When you see this with discernment,  
you grow disenchanted with stress:  
This is the path to purity.*

Sabbe dhammā anattā'ti    Yadā paññāya passati,  
Atha nibbindati dukkhe:    Esa maggo visuddhiyā.

*"All phenomena are not-self."  
When you see this with discernment,  
you grow disenchanted with stress:  
This is the path to purity.*

Appakā te manussesu    Ye janā pāra-gāmino.  
Athāyaṃ itarā pajā    Tīram-evānudhāvati.

*Few are the human beings who go to the Further Shore.  
These others simply scurry around on this shore.*

Ye ca kho sammadakkhāte

Dhamme dhammānuvattino,

Te janā pāramessanti    Maccudheyyaṃ suduttaraṃ.

*But those who practice the Dhamma  
in line with the well-taught Dhamma,  
they will cross over Death's realm, so hard to transcend.*

Kaṇhaṃ dhammaṃ vipphāya

Sukkaṃ bhāvētha paṇḍito.

Okā anokam-āgamma

Viveke yattha dūramaṃ.

*Abandoning dark practices,  
the wise person should develop the bright,  
having gone from home to no-home  
in seclusion, so hard to relish.*

Tatrābhiratim-iccheyya

Hitvā kāme akiñcano.

Pariyodapeyya attānaṃ

Citta-klesehi paṇḍito.

*There he should wish for delight,  
having discarded sensuality—he who has nothing.  
He should cleanse himself,  
the wise one, of mental defilements.*

Yesaṃ sambodhiyaṅgesu

Sammā cittaṃ subhāvitāṃ

Ādāna-paṭinissagge

Anupādāya ye ratā,

Khīṇ'āsavā jutimanto

Te loke parinibbutā'ti.

*Whose minds are well developed in the factors for Awakening,  
who, relinquishing grasping, delight in non-clinging,  
glorious, free of effluent: They, in the world, are unbound.*

\* \* \*

Aniccā vata saṅkhārā

Uppāda-vaya-dhammino.

Uppajjitvā nirujjhanti

Tesaṃ vūpasamo sukho.

Sabbe sattā maranti ca

Mariṇsu ca marissare.

Tath'evāhaṃ marissāmi

N'atthi me ettha saṅsayo.

*How inconstant are fabrications! Their nature: to arise & pass away.  
They disband as they are arising. Their total stilling is bliss.  
All living beings are dying, have died, and will die.  
In the same way, I will die: I have no doubt about this.*

## *Dhammasaṅgaṇī Mātikā Pāṭha*

*The List from the Dhamma Groupings*

Kusalā dhammā Akusalā dhammā

Abyākatā dhammā.

*Skillful phenomena, unskillful phenomena, undeclared phenomena.*

Sukhāya vedanāya sampayuttā dhammā

Dukkhāya vedanāya sampayuttā dhammā

Adukkham-asukhāya vedanāya sampayuttā dhammā.

*Phenomena conjoined with pleasant feeling, phenomena conjoined with painful feeling, phenomena conjoined with neither painful nor pleasant feeling.*

Vipākā dhammā Vipāka-dhamma-dhammā

N'eva-vipāka-na-vipāka-dhamma-dhammā.

*Phenomena that are kammic results, phenomena that have kammic results, phenomena that neither are nor have kammic results.*

Upādinn'upādāniyā dhammā

Anupādinn'upādāniyā dhammā

Anupādinnānupādāniyā dhammā.

*Clung-to clingable phenomena, unclung-to clingable phenomena, unclung-to unclingable phenomena.*

Saṅkiliṭṭha-saṅkilesikā dhammā

Asaṅkiliṭṭha-saṅkilesikā dhammā

Asaṅkiliṭṭhāsaṅkilesikā dhammā.

*Defiled defiling phenomena, undefiled defiling phenomena, undefiled undefiling phenomena.*

Sa-vitakka-sa-vicārā dhammā Avitakka-vicāra-mattā

dhammā Avitakkāvicārā dhammā.

*Phenomena accompanied with directed thought & evaluation, phenomena unaccompanied with directed thought but with a modicum of evaluation, phenomena unaccompanied with directed thought or evaluation.*

Pīti-sahagatā dhammā Sukha-sahagatā dhammā  
Upekkhā-sahagatā dhammā.

*Phenomena accompanied with rapture, phenomena accompanied with pleasure, phenomena accompanied with equanimity.*

Dassanena pahātabbā dhammā  
Bhāvanāya pahātabbā dhammā

N'eva-dassanena-na bhāvanāya pahātabbā dhammā.

*Phenomena to be abandoned through seeing, phenomena to be abandoned through developing, phenomena to be abandoned neither through seeing nor through developing.*

Dassanena pahātabba-hetukā dhammā Bhāvanāya  
pahātabba-hetukā dhammā N'eva-dassanena-na-  
bhāvanāya pahātabba-hetukā dhammā.

*Phenomena connected to a cause that is to be abandoned through seeing, phenomena connected to a cause that is to be abandoned through developing, phenomena connected to a cause that is to be abandoned neither through seeing nor through developing.*

Ācayagāmino dhammā Apacayagāmino dhammā  
N'evācayagāmino nāpacayagāmino dhammā.

*Phenomena leading to accumulation, phenomena leading to diminution, phenomena leading neither to accumulation nor to diminution.*

Sekkhā dhammā Asekkhā dhammā

N'eva-sekkhā-nāsekkhā dhammā.

*Phenomena of one in training, phenomena of one beyond training, phenomena neither of one in training nor of one beyond training.*

Parittā dhammā Mahaggatā dhammā

Appamāṇā dhammā.

*Limited phenomena, expanded phenomena, immeasurable phenomena.*

Parittārammaṇā dhammā Mahaggatārammaṇā  
dhammā Appamāṇārammaṇā dhammā.

*Limited mind-object phenomena, expanded mind-object phenomena,  
immeasurable mind-object phenomena.*

Hinā dhammā Majjhimā dhammā Paṇītā dhammā.

*Lowly phenomena, middling phenomena, exquisite phenomena.*

Micchattaniyatā dhammā Sammattaniyatā dhammā  
Aniyatā dhammā.

*Phenomena of sure wrongness, phenomena of sure rightness, unsure  
phenomena.*

Maggārammaṇā dhammā Magga-hetukā dhammā  
Maggādhipatino dhammā.

*Path mind-object phenomena, path-causing phenomena, path-dominant  
phenomena.*

Uppannā dhammā Anuppannā dhammā  
Uppādino dhammā.

*Arisen phenomena, unarisen phenomena, phenomena bound to arise.*

Atitā dhammā Anāgatā dhammā

Paccuppannā dhammā.

*Past phenomena, future phenomena, present phenomena.*

Atitārammaṇā dhammā Anāgatārammaṇā dhammā  
Paccuppannārammaṇā dhammā.

*Past mind-object phenomena, future mind-object phenomena, present mind-  
object phenomena.*

Ajjhattā dhammā Bahiddhā dhammā

Ajjhatta-bahiddhā dhammā.

*Internal phenomena, external phenomena, internal-&-external phenomena.*

Ajjhattārammaṇā dhammā Bahiddhārammaṇā  
dhammā Ajjhata-bahiddhārammaṇā dhammā.

*Internal mind-object phenomena, external mind-object phenomena, internal-  
&-external mind-object phenomena.*

Saniddassana-sappaṭighā dhammā

Anidassana-sappaṭighā dhammā

Anidassanāppaṭighā dhammā.

*Phenomena with surface & offering resistance, phenomena without surface but offering resistance, phenomena without surface offering no resistance.*

[Hetu-paccayo], Ārammaṇa-paccayo,

*Root-cause condition, support condition,*

Adhipati-paccayo, Anantara-paccayo,

*dominant condition, immediate condition,*

Samanantara-paccayo, Saha-jāta-paccayo,

*quite-immediate condition, produced-simultaneously condition,*

Aññamañña-paccayo, Nissaya-paccayo,

*reciprocal condition, dependence condition,*

Upanissaya-paccayo, Pure-jāta-paccayo,

*immediate-dependence condition, produced-before condition,*

Pacchā-jāta-paccayo, Āsevana-paccayo,

*produced-after condition, habit condition,*

Kamma-paccayo, Vipāka-paccayo, Āhāra-paccayo,

*action condition, result condition, nutriment condition,*

Indriya-paccayo, Jhāna-paccayo, Magga-paccayo,

*faculty condition, jhana condition, path condition,*

Sampayutta-paccayo, Vippayutta-paccayo,

*conjoined-with condition, disjoined-from condition,*

Atthi-paccayo, N'atthi-paccayo,

*condition when existing, condition when not existing,*

Vigata-paccayo, Avigata-paccayo.

*condition when without, condition when not without.*

## *An Invitation to the Devas*

Samantā cakkavāḷesu    Atrāgacchantu devatā  
Saddhammaṃ muni-rājassa

Suṇantu sagga-mokkhadam̐.

*From around the galaxies may the devas come here.  
May they listen to the True Dhamma of the King of Sages,  
leading to heaven & emancipation.*

Sagge kāme ca rūpe

Giri-sikharataṭṭe c'antalikkhe vimāne

Dipe raṭṭhe ca gāme

Taruvana-gahane geha-vatthumhi khette.

*Those in the heavens of sensuality & form,  
on peaks & mountain precipices, in palaces floating in the sky,  
in islands, countries, & towns,  
in groves of trees & thickets, around homesites & fields.*

Bhummā cāyantu devā

Jala-thala-visame yakkha-gandhabba-nāgā

Tiṭṭhantā santike yaṃ

Muni-vara-vacanaṃ sādhave me suṇantu.

*And the earth-devas, spirits, heavenly minstrels, & nagas  
in water, on land, in badlands, & nearby:  
May they come & listen with approval  
as I recite the word of the excellent sage.*

Dhammassavana-kālo ayam-bhadantā.

Dhammassavana-kālo ayam-bhadantā.

Dhammassavana-kālo ayam-bhadantā.

*This is the time to listen to the Dhamma, Venerable Sirs.  
This is the time to listen to the Dhamma, Venerable Sirs.  
This is the time to listen to the Dhamma, Venerable Sirs.*

## *Namakāra-siddhi Gāthā*

*The Verses on Success through Homage*

Yo cakkhumā moha-malāpakaṭṭho  
 Sāmaṃ va buddho sugato vimutto  
 Mārassa pāsā vinimocayanto  
 Pāpesi khemaṃ janataṃ vineyyaṃ.

*The One with Vision, with the stain of delusion removed,  
 self-awakened, Well-Gone, & Released.  
 Releasing them from Māra's snare,  
 he leads humanity from evils to security.*

Buddhaṃ varantaṃ sirasā namāmi  
 Lokassa nāthañ-ca vināyakañ-ca.  
 Tan-tejasā te jaya-siddhi hotu  
 Sabb'antarāyā ca vināsamentu.

*I pay homage with my head to that excellent Buddha,  
 the Protector & Mentor for the world.  
 By the power of this, may you have triumph & success,  
 and may all your dangers be destroyed.*

Dhammo dhajo yo viya tassa satthu  
 Dasseṣi lokassa visuddhi-maggaṃ  
 Niyyāniko dhamma-dharassa dhāri  
 Sātāvaho santikaro suciṇṇo.

*The Teacher's Dhamma, like a banner,  
 shows the path of purity to the world.  
 leading out, upholding those who uphold it,  
 rightly accomplished, it brings pleasure, makes peace.*

Dhammaṃ varantaṃ sirasā namāmi  
 Mohappadālaṃ upasanta-dāhaṃ.

Tan-tejasā te jaya-siddhi hotu  
Sabb'antarāyā ca vināsamentu.

*I pay homage with my head to that excellent Dhamma,  
which pierces delusion and makes fever grow calm.  
By the power of this, may you have triumph & success,  
and may all your dangers be destroyed.*

Saddhamma-senā sugatānugo yo  
Lokassa pāpūpakilesa-jetā  
Santo sayam santi-niyojako ca  
Svākkhāta-dhammam viditam karoti.

*The True Dhamma's army, following the One Well-Gone,  
is victor over the evils & corruptions of the world.  
Self-calmed, it is calming & unfettering,  
and makes the well-taught Dhamma be known.*

Saṅgham varantam sirasā namāmi  
Buddhānubuddham sama-sīla-ditthim.  
Tan-tejasā te jaya-siddhi hotu  
Sabb'antarāyā ca vināsamentu.

*I pay homage with my head to that excellent Sangha,  
awakened after the Awakened, harmonious in virtue & view.  
By the power of this, may you have triumph & success,  
and may all your dangers be destroyed.*

## *Sambuddhe*

*The Buddhas*

Sambuddhe aṭṭhaviṣaṅ-ca Dvādasaṅ-ca saḥassake  
Pañca-sata-saḥassāni Namāmi sirasā aham.

*I pay homage with my head to the 512,028 Buddhas.*

Tesam dhammaṅ-ca saṅghaṅ-ca

Namakārānubhāvena      Ādarena namāmi'ham.  
 Anekā antarāyāpi      Hantvā sabbe upaddave  
    Vinassantu asesato.

*I pay devoted homage to their Dhamma & Sangha.  
 Through the power of this homage,  
 having demolished all misfortunes,  
 May countless dangers be destroyed without trace.*

Sambuddhe pañca-paññāsañ-ca

   Catuvisati sahasake  
 Dasa-sata-sahassāni      Namāmi sirasā aham.

*I pay homage with my head to the 1,024,055 Buddhas.*

Tesaṃ dhammañ-ca saṅghañ-ca

   Ādarena namāmi'ham.  
 Namakārānubhāvena      Hantvā sabbe upaddave  
 Anekā antarāyāpi      Vinassantu asesato.

*I pay devoted homage to their Dhamma & Sangha.  
 Through the power of this homage,  
 having demolished all misfortunes,  
 May countless dangers be destroyed without trace.*

Sambuddhe navuttarasate Aṭṭhacattālisa sahasake  
 Visati-sata-sahassāni      Namāmi sirasā aham.

*I pay homage with my head to the 2,048,109 Buddhas.*

Tesaṃ dhammañ-ca saṅghañ-ca

   Ādarena namāmi'ham.  
 Namakārānubhāvena      Hantvā sabbe upaddave  
 Anekā antarāyāpi      Vinassantu asesato.

*I pay devoted homage to their Dhamma & Sangha.  
 Through the power of this homage,  
 having demolished all misfortunes,  
 May countless dangers be destroyed without trace.*

## *Namo-kāra-aṭṭhakam*

### *The Homage Octet*

Namo arahato sammā- Sambuddhassa mahesino.

*Homage to the Great Seer, the Worthy One, Rightly Self-awakened.*

Namo uttama-dhammassa Svākkhātas-seva tenidha.

*Homage to the highest Dhamma, well-taught by him here.*

Namo mahā-saṅghassāpi Visuddha-sīla-ditṭhino.

*And homage to the Great Sangha, pure in virtue & view.*

Namo omātyāraddhassa Ratanattayassa sādhu-kam.

*Homage to the Triple Gem beginning auspiciously with AUM.*

Namo omakātitassa Tassa vatthuttayassapi.

*And homage to those three objects that have left base things behind.*

Namo-kārappabhāvena Vigacchantu upaddavā.

*By the potency of this homage, may misfortunes disappear.*

Namo-kārānubhāvena Suvatthi hotu sabbadā.

*By the potency of this homage, may there always be well-being.*

Namo-kārassa tejena Vidhimhi homi, tejavā.

*By the power of this homage, may success in this ceremony be mine.*

## *Maṅgala Sutta*

### *The Discourse on Blessings*

[Evam-me sutam,] Ekam samayaṃ Bhagavā,  
Sāvattthiyaṃ viharati, Jetavane Anāthapiṇḍikassa,  
ārāme.

*I have heard that at one time the Blessed One was staying in Savatthi at Jeta's Grove, Anathapindika's park.*

Atha kho aññatarā devatā, abhikkantāya rattiya  
abhikkanta-vaṇṇā kevala-kappaṃ Jetavanaṃ  
obhāsetvā, yena Bhagavā ten'upasaṅkami.

*Then a certain devata, in the far extreme of the night, her extreme radiance lighting up the entirety of Jeta's Grove, approached the Blessed One.*

Upasaṅkamitvā Bhagavantam abhivādetvā ekam-  
antaṃ aṭṭhāsi.

*On approaching, having bowed down to the Blessed One, she stood to one side.*

Ekam-antaṃ ṭhitā kho sā devatā Bhagavantam  
gāthāya ajjhabhāsi.

*As she was standing there, she addressed the Blessed One with a verse.*

“Bahū devā manussā ca Maṅgalāni acintayum  
Ākaṅkhamānā sotthānaṃ Brūhi maṅgalam-uttamaṃ.

*“Many devas & humans beings give thought to blessing,  
Desiring well-being. Tell, then, the highest blessing.”*

\* “Asevanā ca bālānaṃ Paṇḍitānañ-ca sevanā  
Pūjā ca pūjanīyānaṃ Etam-maṅgalam-uttamaṃ.

*“Not consorting with fools, consorting with the wise,  
Paying homage to those who deserve homage:*

*This is the highest blessing.*

Paṭirūpa-desa-vāso ca Pubbe ca kata-puññatā  
Atta-sammā-panidhi ca Etam-maṅgalam-uttamaṃ.

*Living in a civilized country, having made merit in the past,*

*directing oneself rightly:*

*This is the highest blessing.*

Bāhu-saccañ-ca sippañ-ca Vinayo ca susikkhito  
Subhāsītā ca yā vācā Etam-mañgalam-uttamaṃ.

*Broad knowledge, skill, discipline well-mastered,  
words well-spoken:*

*This is the highest blessing.*

Mātā-pitu-upaṭṭhānaṃ Putta-dārassa saṅgaho  
Anākulā ca kammantā Etam-mañgalam-uttamaṃ.

*Support for one's parents, assistance to one's wife & children,  
jobs that are not left unfinished:*

*This is the highest blessing.*

Dānañ-ca dhamma-cariyā ca Ñātakānañ-ca saṅgaho  
Anavajjāni kammāni Etam-mañgalam-uttamaṃ.

*Generosity, living by the Dhamma, assistance to one's relatives,  
deeds that are blameless:*

*This is the highest blessing.*

Āratī viratī pāpā Majja-pānā ca saññaṃ  
Appamādo ca dhammesu Etam-mañgalam-uttamaṃ.

*Avoiding, abstaining from evil; refraining from intoxicants,  
being heedful with regard to qualities of the mind:*

*This is the highest blessing.*

Gāravo ca nivāto ca Santuṭṭhī ca kataññutā  
Kālena dhammassavanaṃ Etam-mañgalam-uttamaṃ.

*Respect, humility, contentment, gratitude,  
hearing the Dhamma on timely occasions:*

*This is the highest blessing.*

Khantī ca sovacassatā Samaṇānañ-ca dassanaṃ  
Kālena dhamma-sākacchā Etam-mañgalam-uttamaṃ.

*Patience, composure, seeing contemplatives,  
discussing the Dhamma on timely occasions:*

*This is the highest blessing.*

Tapo ca brahma-cariyañ-ca Ariya-saccāna-dassanam  
Nibbāna-sacchi-kiriya ca Etam-maṅgalam-uttamam.

*Austerity, celibacy, seeing the Noble Truths,  
realizing Liberation:*

*This is the highest blessing.*

Phuṭṭhassa loka-dhammehi Cittam yassa na kampati  
Asokam virajam khemam Etam-maṅgalam-uttamam.

*A mind that, when touched by the ways of the world,  
is unshaken, sorrowless, dustless, secure:*

*This is the highest blessing.*

Etādisāni katvāna Sabbattham-aparājitā  
Sabbattha sotthim gacchanti

Tan-tesam maṅgalam-uttamanti.”

*Everywhere undefeated when doing these things,  
people go everywhere in well-being:*

*This is their highest blessing.”*

## *Cha Ratana Paritta Gāthā*

*The Six Protective Verses from the Discourse on Treasures*

Yaṅkiñci vittaṃ idha vā huram vā  
Saggesu vā yaṃ ratanam paṇitam  
Na no samam atthi tathāgatena.

*Whatever wealth in this world or the next,  
whatever exquisite treasure in the heavens,  
is not, for us, equal to the Tathagata.*

Idam-pi buddhe ratanam paṇitam  
Etena saccena suvatthi hotu.

*This, too, is an exquisite treasure in the Buddha.  
by this truth may there be well-being.*

Khayam virāgam amataṃ paṇitam

Yad-ajjhagā sakyamuni samāhito  
Na tena dhammena sam'atthi kiñci.

*The exquisite Deathless—dispassion, ending—  
discovered by the Sakyān Sage while in concentration:  
There is nothing equal to that Dhamma.*

Idam-pi dhamme ratanaṃ paṇitaṃ  
Etena saccena suvatthi hotu.

*This, too, is an exquisite treasure in the Dhamma.  
By this truth may there be well-being.*

Yam-buddha-seṭṭho parivaṇṇayī sucim  
Samādhim-ānantarik'aññaṃ-āhu  
Samādhinā tena samo na vijjati.

*What the excellent Awakened One extolled as pure  
and called the concentration of unmediated knowing:  
No equal to that concentration can be found.*

Idam-pi dhamme ratanaṃ paṇitaṃ  
Etena saccena suvatthi hotu.

*This, too, is an exquisite treasure in the Dhamma.  
By this truth may there be well-being.*

Ye puggalā aṭṭha sataṃ pasatthā  
Cattāri etāni yugāni honti  
Te dakkhiṇeyyā sugatassa sāvakā  
Etesu dinnāni mahapphalāni.

*The eight persons—the four pairs—  
praised by those at peace:  
They, disciples of the One Well-Gone, deserve offerings.  
What is given to them bears great fruit.*

Idam-pi saṅghe ratanaṃ paṇitaṃ  
Etena saccena suvatthi hotu.

*This, too, is an exquisite treasure in the Sangha.  
By this truth may there be well-being.*

Ye suppayuttā manasā daḷhena  
 Nikkāmino gotama-sāsanamhi  
 Te pattipattā amatam vigayha  
 Laddhā mudhā nibbutim bhuñjamānā.

*Those who, devoted, firm-minded,  
 apply themselves to Gotama's message,  
 on attaining their goal, plunge into the Deathless,  
 freely enjoying the Liberation they've gained.*

Idam-pi saṅghe ratanam paṇitam  
 Etena saccena suvatthi hotu.

*This, too, is an exquisite treasure in the Sangha.  
 By this truth may there be well-being.*

Khīnam purānam navam n'atthi sambhavam  
 Viratta-cittāyatike bhavasmim  
 Te khīna-bijā avirulhi-chandā  
 Nibbanti dhirā yathā'yam-padipo.

*Ended the old, there is no new taking birth.  
 Dispassioned their minds toward further becoming,  
 they, with no seed, no desire for growth,  
 the enlightened go out like this flame.*

Idam-pi saṅghe ratanam paṇitam  
 Etena saccena suvatthi hotu.

*This, too, is an exquisite treasure in the Sangha.  
 By this truth may there be well-being.*

## *Karaṇīya Mettā Sutta*

*The Discourse on Goodwill*

Karaṇīyam-attha-kusalena

yantaṃ santaṃ padaṃ abhisamecca,

*This is to be done by one skilled in aims*

*who wants to break through to the state of peace:*

Sakko ujū ca suhujū ca

suvaco cassa mudu anatimānī,

*Be capable, upright, & straightforward,*

*easy to instruct, gentle, & not conceited,*

Santussako ca subharo ca

appakicco ca sallahuka-vutti,

*content & easy to support, with few duties, living lightly,*

Santindriyo ca nipako ca

appagabbho kulesu ananugiddho.

*with peaceful faculties, masterful, modest, & no greed for supporters.*

Na ca khuddaṃ samācare kiñci

yena viññū pare upavadeyyuṃ.

*Do not do the slightest thing that the wise would later censure.*

Sukhino vā khemino hontu

sabbe sattā bhavantu sukhitattā.

*Think: Happy & secure, may all beings be happy at heart.*

Ye keci pāṇa-bhūtatthi

tasā vā thāvarā vā anavasesā,

*Whatever beings there may be, weak or strong, without exception,*

Dighā vā ye mahantā vā

majjhimā rassakā aṇuka-thūlā,

*long, large, middling, short, subtle, blatant,*

Diṭṭhā vā ye ca adiṭṭhā

ye ca dūre vasanti avidūre,  
*seen & unseen, near & far,*

Bhūtā vā sambhavesi vā  
sabbe sattā bhavantu sukhitattā.  
*born & seeking birth: May all beings be happy at heart.*

Na paro param̃ nikubbetha  
nātimaññetha katthaci nam̃ kiñci,  
*Let no one deceive another or despise anyone anywhere,*

Byārosanā paṭigha-saññā  
nāññam-aññassa dukkham-iccheyya.  
*or through anger or irritation wish for another to suffer.*

Mātā yathā niyaṃ puttam̃  
āyusā eka-puttam-anurakkhe,  
*As a mother would risk her life to protect her child, her only child,*

Evam-pi sabba-bhūtesu  
māna-sambhāvaye aparimāṇam̃.  
*even so should one cultivate a limitless heart with regard to all beings.*

Mettañ-ca sabba-lokasmim̃  
māna-sambhāvaye aparimāṇam̃,  
*With good will for the entire cosmos, cultivate a limitless heart:*

Uddham̃ adho ca tiriyañ-ca  
asambādham̃ averam̃ asapattam̃.  
*above, below, & all around, unobstructed, without enmity or hate.*

Tiṭṭhañ'caram̃ nisinno vā  
sayāno vā yāvatassa vigatam-iddho,  
*Whether standing, walking, sitting, or lying down, as long as one is alert,*

Etaṃ satim̃ adhiṭṭheyya  
brahmam-etaṃ vihāram̃ idham-āhu.  
*one should be resolved on this mindfulness.  
This is called a sublime abiding here & now.*

Dit̥ṭhiñ-ca anupagamma

sīlavā dassanena sampanno,

*Not taken with views, but virtuous & consummate in vision,*

Kāmesu vineyya gedham,

Na hi jātu gabbha-seyyam punaretiti.

*having subdued desire for sensual pleasures,*

*one never again will lie in the womb.*

## *Khandha Paritta*

*The Group Protection*

Virūpakkhehi me mettam Mettam Erāpathehi me

Chabyā-puttehi me mettam

Mettam Kaṇhā-Gotamakehi ca.

*I have good will for the Virupakkhas, the Erapathas, the Chabya descendants,  
& the Black Gotamakas.*

Apādakehi me mettam Mettam di-pādakehi me

Catuppadehi me mettam

Mettam bahuppadehi me.

*I have good will for footless beings, two-footed, four-footed, & many-footed  
beings.*

Mā mam apādako himsi

Mā mam himsi di-pādako

Mā mam catuppado himsi

Mā mam himsi bahuppado.

*May footless beings, two-footed beings, four-footed beings, & many-footed  
beings do me no harm.*

Sabbe sattā sabbe paṇā Sabbe bhūtā ca kevalā

Sabbe bhadraṇi passantu

Mā kiñci pāpam'āgamā.

*May all creatures, all breathing things, all beings—each & every one—meet with good fortune. May none of them come to any evil.*

\* Appamāṇo Buddhō, Appamāṇo Dhammo,  
Appamāṇo Saṅgho.

*The Buddha, Dhamma, & Sangha are limitless.*

Pamāṇa-vantāni sirim-sapāni,

Ahi vicchikā sata-padī uṇṇānābhī sarabū mūsikā.

*There is a limit to creeping things—snakes, scorpions, centipedes, spiders, lizards, & rats.*

Katā me rakkhā, Katā me parittā,

Paṭikkamantu bhūtāni. So'haṃ namo Bhagavato,

Namo sattannaṃ Sammā-sambuddhānaṃ.

*I have made this protection, I have made this spell. May the beings depart.*

*I pay homage to the Blessed One, homage to the seven Rightly Self-awakened Ones.*

## *Mora Paritta*

*The Peacock's Protection*

Udetayañ-cakkhumā eka-rājā

Harissa-vaṇṇo paṭhavippabhāso

Taṃ taṃ namassāmi

harissa-vaṇṇaṃ paṭhavippabhāsaṃ

Tayajja guttā viharemu divasaṃ.

*The One King, rising, with Vision,*

*golden-hued, illumining the Earth: I pay homage to you,*

*golden-hued, illumining the Earth.*

*Guarded today by you, may I live through the day.*

Ye brāhmaṇā vedagu sabba-dhamme

Te me namo te ca maṃ pālayantu.

Namatthu buddhānaṃ namatthu bodhiyā.

Namo vimuttānaṃ                      namo vimuttiyā.

*Those Brahmans who are knowers of all truths,  
I pay homage to them; may they keep watch over me.  
Homage to the Awakened Ones. Homage to Awakening.  
Homage to the Released Ones. Homage to Release.*

Imaṃ so parittaṃ katvā      Moro carati esanā.

*Having made this protection, the peacock sets out in search for food.*

Apetayañ-cakkhumā eka-rājā

Harissa-vaṇṇo paṭhavippabhāso

Taṃ taṃ namassāmi

harissa-vaṇṇaṃ paṭhavippabhāsaṃ

Tayajja guttā viharemu rattim

*The One King, setting, with Vision,  
golden-hued, illumining the Earth:*

*I pay homage to you,  
golden-hued, illumining the Earth.*

*Guarded today by you, may I live through the night.*

Ye brāhmaṇā vedagu sabba-dhamme

Te me namo te ca maṃ pālayantu.

Namatthu buddhānaṃ namatthu bodhiyā

Namo vimuttānaṃ namo vimuttiyā

*Those Brahmans who are knowers of all truths,  
I pay homage to them; may they keep watch over me.  
Homage to the Awakened Ones, Homage to Awakening.  
Homage to the Released Ones, Homage to Release.*

Imaṃ so parittaṃ katvā      Moro vāsamakappayiti.

*Having made this protection, the peacock arranges his nest.*

## *Vatṭaka Paritta*

### *The Baby Quail's Protection*

Atthi loke sīla-guṇo                      Saccam soceyy'anuddayā  
Tena saccena kāhāmi                      Sacca-kiriyam-anuttaram.

*There is in this world the quality of virtue,  
truth, purity, tenderness.*

*In accordance with this truth I will make  
an unsurpassed vow of truth.*

Āvajjitvā dhamma-balam                      Saritvā pubbake jine  
Sacca-balam-avassāya                      Sacca-kiriyam-akāsa'ham.

*Sensing the strength of the Dhamma,  
calling to mind the victors of the past,  
in dependence on the strength of truth,  
I made an unsurpassed vow of truth:*

Santi pakkhā apattanā                      Santi pādā avañcanā  
Mātā pitā ca nikkhantā                      Jāta-veda paṭikkama.

*Here are wings with no feathers.*

*Here are feet that can't walk.*

*My mother & father have left me.*

*Fire, go back!*

Saha sacce kate mayham                      Mahāpajjalito sikhī  
Vajjesi soḷasa karisāni                      Udakam patvā yathā sikhī  
Saccena me samo n'atthi                      Esā me sacca-pāramīti.

*When I made my vow with truth,  
the great crested flames  
avoided the sixteen acres around me  
as if they had come to a body of water.*

*My truth has no equal:*

*Such is my perfection of truth.*

## *Dhajagga Paritta*

### *The Top-of-the-Banner-Staff Protection*

Itipi so bhagavā araham̐ sammā-sambuddho,  
*He is a Blessed One, a Worthy One, a Rightly Self-awakened One,*

Vijjā-caraṇa-sampanno sugato lokavidū,  
*consummate in knowledge & conduct, one who has gone the good way,*  
*knower of the cosmos,*

Anuttaro purisa-damma-sārathi satthā deva-  
manussānam̐ buddho bhagavāti.

*unexcelled trainer of those who can be taught, teacher of human & divine*  
*beings; awakened; blessed.*

Svākkhāto bhagavatā dhammo,

*The Dhamma is well-expounded by the Blessed One,*

Sandiṭṭhiko akāliko ehipassiko,

*to be seen here & now, timeless, inviting all to come & see,*

Opanayiko paccattam̐ veditabbo viññūhīti.

*pertinent, to be seen by the observant for themselves.*

Supaṭipanno bhagavato sāvaka-saṅgho,

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

Uju-paṭipanno bhagavato sāvaka-saṅgho,

*the Sangha of the Blessed One's disciples who have practiced*  
*straightforwardly,*

Ñāya-paṭipanno bhagavato sāvaka-saṅgho,

*the Sangha of the Blessed One's disciples who have practiced methodically,*

Sāmīci-paṭipanno bhagavato sāvaka-saṅgho,

*the Sangha of the Blessed One's disciples who have practiced masterfully,*

Yadidaṃ cattāri purisa-yugāni aṭṭha purisa-puggalā:

*i.e., the four pairs—the eight types—of Noble Ones:*

Esa bhagavato sāvaka-saṅgho—

*That is the Sangha of the Blessed One's disciples—*

Āhuneyyo pāhuneyyo dakkhiṇeyyo añjali-karaṇiyo,  
*worthy of gifts, worthy of hospitality, worthy of offerings, worthy of respect,*  
 Anuttaram puññakkhettaṃ lokassāti.  
*the incomparable field of merit for the world.*

## Āṭānāṭiya Paritta

*Homage to the Seven Past Buddhas*

Vipassissa namatthu Cakkhumantassa sirimato.

Sikhissa pi namatthu Sabba-bhūtānukampino.

*Homage to Vipassī, possessed of vision & splendor.*

*Homage to Sikhī, sympathetic to all beings.*

Vessabhussa namatthu Nhātakassa tapassino.

Namatthu Kakusandhassa  
 Māra-senappamaddino.

*Homage to Vesabhū, cleansed, austere.*

*Homage to Kakusandha, crusher of Mara's host.*

Konāgamanassa namatthu

Brāhmaṇassa vusimato.

Kassapassa namatthu Vippamuttassa sabbadhi.

*Homage to Konāgamana, the Brahman who lived the life perfected.*

*Homage to Kassapa, entirely released.*

Aṅgirasassa namatthu Sakya-puttassa sirimato.

Yo imaṃ dhammam-adesesi

Sabba-dukkhāpanūdanam.

*Homage to Aṅgīrasa, splendid son of the Sakyans,*

*who taught this Dhamma—the dispelling of all stress.*

Ye cāpi nibbutā loke Yathābhūtaṃ vipassisum

Te janā apisuṇā Mahantā vītasārādā

*Those unbound in the world, who have seen things as they are,  
 great Ones of gentle speech, thoroughly mature,*

Hitam̐ deva-manussānam̐ Yam̐ namassanti Gotamam̐  
 Vijjā-caraṇa-sampannam̐ Mahantam̐ vītasāradam̐.

*Even they pay homage to Gotama, the benefit of human & heavenly beings,  
 Consummate in knowledge & conduct, the Great One, thoroughly mature.*

Vijjā-caraṇa-sampannam̐

Buddham̐ vandāma Gotamanti.

*We revere the Buddha Gotama, consummate in knowledge & conduct.*

## *Aṅgulimāla Paritta*

*Ven. Angulimala's Protection*

Yato'ham̐ bhagini ariyāya jātiyā jāto,  
 Nābhijānāmi sañcicca paṇam̐ jivitā voropetā,  
 Tena saccena sotthi te hotu sotthi gabbhassa.

*Sister, since being born in the Noble Birth,  
 I am not aware that I have intentionally deprived a being of life.  
 By this truth may you be well,  
 and so may the child in your womb.*

## *Bojjhaṅga Paritta*

*The Factor-for-Awakening Protection*

Bojjhaṅgo sati-saṅkhāto	Dhammānam̐ vicayo tathā
Viriyam-pīti-passaddhi-	Bojjhaṅgā ca tathāpare
Samādh'upekkha-bojjhaṅgā	
	Satt'ete sabba-dassinā
Muninā sammadakkhātā	Bhāvitā bahulikātā
Samvattanti abhiññāya	Nibbānāya ca bodhiyā.
Etena sacca-vajjena	Sotthi te hotu sabbadā.

*The factors for Awakening include mindfulness,  
investigation of qualities,  
persistence, rapture, & serenity factors for Awakening, plus  
concentration & equanimity factors for Awakening.  
These seven, which the All-seeing Sage  
has rightly taught, when developed & matured,  
bring about heightened knowledge, Liberation, & Awakening.  
By the saying of this truth, may you always be well.*

Ekasmim samaye nātho      Moggallānañ-ca Kassapaṃ  
Gilāne dukkhite disvā      Bojjhaṅge satta desayi  
Te ca taṃ abhinanditvā      Rogā muccimsu taṃkhaṇe.  
Etena sacca-vajjena      Sotthi te hotu sabbadā.

*At one time, our Protector—seeing that Moggallana & Kassapa  
were sick & in pain—taught them the seven factors for Awakening.  
They, delighting in that, were instantly freed from their illness.  
By the saying of this truth, may you always be well.*

Ekadā dhamma-rājā pi      Gelaññenābhipīlito  
Cundattherena taññeva      Bhaṇāpetvāna sādaraṃ  
Sammoditvā ca ābādhā      Tamhā vuṭṭhāsi ṭhānaso.  
Etena sacca-vajjena      Sotthi te hotu sabbadā.

*Once, when the Dhamma King was afflicted with fever,  
he had the Elder Cunda recite that very teaching with devotion.  
And as he approved, he rose up from that disease.  
By the saying of this truth, may you always be well.*

Pahinā te ca ābādhā      Tiṇṇannam-pi mahesinaṃ  
Maggāhata-kilesā va      Pattānuppattidhammataṃ.  
Etena sacca-vajjena      Sotthi te hotu sabbadā.

*Those diseases were abandoned by the three great seers,  
just as defilements are demolished by the Path  
in accordance with step-by-step attainment.  
By the saying of this truth, may you always be well.*

## *Buddha-jaya-maṅgala Gāthā*

*The Verses of the Buddha's Victory Blessings*

Bāhum̐ saḥassam-abhinimmita-sāvudhantaṃ  
 Grimekhalam̐ udita-ghora-sasena-māram̐  
 Dānādi-dhamma-vidhinā jitavā munindo  
 Tan-tejasā bhavatu te jaya-maṅgal'aggam̐.

[Tan-tejasā bhavatu te jaya-maṅgalāni.]

*Creating a form with 1,000 arms, each equipped with a weapon,  
 Mara, on the elephant Girimekhala,  
 uttered a frightening roar together with his troops.*

*The Lord of Sages defeated him by means of such qualities as generosity:  
 By the power of this, may you have the highest victory blessing.*

*[By the power of this, may you have victory blessings.]*

Mārātirekam-abhiyujjhita-sabba-rattim̐  
 Ghorampan'ālavaka-makkham-athaddha-yakkham̐  
 Khanti-sudanta-vidhinā jitavā munindo  
 Tan-tejasā bhavatu te jaya-maṅgal'aggam̐.

*Even more frightful than Mara making war all night  
 was Ālavaka, the arrogant unstable ogre.*

*The Lord of Sages defeated him by means of well-trained endurance:  
 By the power of this, may you have the highest victory blessing.*

Nālāgirim̐ gaja-varam̐ atimattabhūtam̐  
 Dāvaggi-cakkam-asaniva sudāruṇantaṃ  
 Mett'ambuseka-vidhinā jitavā munindo  
 Tan-tejasā bhavatu te jaya-maṅgal'aggam̐.

*Nālāgiri, the excellent elephant, when maddened,  
 was very horrific, like a forest fire, a flaming discus, a lightning bolt.  
 The Lord of Sages defeated him by sprinkling the water of good will:  
 By the power of this, may you have the highest victory blessing.*

Ukkhitta-khaggam-atihattha sudāruṇantaṃ  
 Dhāvan-ti-yojana-path'aṅguli-mālavantaṃ  
 Iddhībhisaṅkhata-mano jītavā munindo  
 Tan-tejasā bhavatu te jaya-maṅgal'aggam.

*Very horrific, with a sword upraised in his expert hand,  
 garlanded-with-Fingers ran three leagues along the path.  
 The Lord of Sages defeated him with mind-fashioned marvels:  
 By the power of this, may you have the highest victory blessing.*

Katvāna kaṭṭham-udaram iva gabbhīniyā  
 Ciñcāya duṭṭha-vacanaṃ jana-kāya-majjhe  
 Santena soma-vidhinā jītavā munindo  
 Tan-tejasā bhavatu te jaya-maṅgal'aggam.

*Having made a wooden belly to appear pregnant,  
 Ciñca made a lewd accusation in the midst of the gathering.  
 The Lord of Sages defeated her with peaceful, gracious means:  
 By the power of this, may you have the highest victory blessing.*

Saccam vihāya mati-saccaka-vāda-ketuṃ  
 Vādābhiropita-manam ati-andhabhūtam  
 Paññā-padīpa-jalito jītavā munindo  
 Tan-tejasā bhavatu te jaya-maṅgal'aggam.

*Saccaka, whose provocative views had abandoned the truth,  
 delighting in argument, had become thoroughly blind.  
 The Lord of Sages defeated him with the light of discernment:  
 By the power of this, may you have the highest victory blessing.*

Nandopananda-bhujagam vibudham mahiddhim  
 Puttena thera-bhujagena damāpayanto  
 Iddhūpadesa-vidhinā jītavā munindo  
 Tan-tejasā bhavatu te jaya-maṅgal'aggam.

*Nandopananda was a serpent with great power but wrong views.  
 The Lord of Sages defeated him by means of a display of marvels,  
 sending his son (Moggallana), the serpent-elder, to tame him:*

*By the power of this, may you have the highest victory blessing.*

Duggāha-ditṭhi-bhujagena sudaṭṭha-hattham  
 Brahmaṃ visuddhi-jutim-iddhi-bakābhidhānam  
 Ñāṇāgadena vidhinā jitavā munindo  
 Tan-tejasā bhavatu te jaya-maṅgal'aggam.

*His hands bound tight by the serpent of wrongly held views,*

*Baka, the Brahma, thought himself pure in his radiance & power.*

*The Lord of Sages defeated him by means of his words of knowledge:*

*By the power of this, may you have the highest victory blessing.*

Etāpi buddha-jaya-maṅgala-aṭṭha-gāthā  
 Yo vācano dinadine sarate matandī  
 Hitvān'aneka-vividhāni c'upaddavāni  
 Mokkham sukham adhigameyya naro sapañño.

*These eight verses of the Buddha's victory blessings:*

*Whatever person of discernment*

*recites or recalls them day after day without lapsing,*

*destroying all kinds of obstacles,*

*will attain emancipation & happiness.*

## *Jaya Paritta*

*The Victory Protection*

Mahā-kāruṇiko nātho      Hitāya sabba-pāṇinam  
 Pūretvā pāramī sabbā      Patto sambodhim-uttamam  
 Etena sacca-vajjena      Hotu te jaya-maṅgalam.

*(The Buddha), our protector, with great compassion,*

*for the welfare of all beings,*

*having fulfilled all the perfections,*

*attained the highest self-awakening.*

*Through the speaking of this truth,*

*may you have a victory blessing.*

Jayanto bodhiyā mūle      Sakyānaṃ nandi-vaḍḍhano  
 Evaṃ tvam vijayo hohi      Jayassu jaya-maṅgale.

*Victorious at the foot of the Bodhi tree,  
 was he who increased the Sakyans' delight.  
 May you have the same sort of victory,  
 May you win victory blessings.*

Aparājita-pallaṅke      Sise paṭhavi-pokkhare  
 Abhiseke sabba-buddhānaṃ      Aggappatto pamodati.

*At the head of the lotus leaf of the world  
 on the undefeated seat  
 consecrated by all the Buddhas,  
 he rejoiced in the utmost attainment.*

Sunakkhattaṃ sumaṅgalaṃ Supabhātaṃ suhuṭṭhitaṃ  
 Sukhaṇo sumuhutto ca      Suyiṭṭhaṃ brahmacārisu  
 Padakkhiṇaṃ kāya-kammaṃ

Vācā-kammaṃ padakkhiṇaṃ

Padakkhiṇaṃ mano-kammaṃ

Padakkhiṇāni katvāna      Paṇidhī te padakkhiṇā  
 Labhantatthe, padakkhiṇe.

*A lucky star it is, a lucky blessing,  
 a lucky dawn, a lucky sacrifice,  
 a lucky instant, a lucky moment,  
 a lucky offering: i.e., a rightful bodily act  
 a rightful verbal act, a rightful mental act,  
 your rightful intentions  
 with regard to those who lead the chaste life.  
 Doing these rightful things,  
 your rightful aims are achieved.*

*Abhaya Paritta*  
*The Danger-free Protection*

Yan-dunnimittam avamaṅgalañ-ca  
Yo cāmanāpo sakuṇassa saddo  
Pāpaggaho dussupinam akantam  
Buddhānubhāvena vināsamentu.

*Whatever unlucky portents & ill omens,  
and whatever distressing bird calls,  
evil planets, upsetting nightmares:  
By the Buddha's power may they be destroyed.*

Yan-dunnimittam avamaṅgalañ-ca  
Yo cāmanāpo sakuṇassa saddo  
Pāpaggaho dussupinam akantam  
Dhammānubhāvena vināsamentu.

*Whatever unlucky portents & ill omens,  
and whatever distressing bird calls,  
evil planets, upsetting nightmares:  
By the Dhamma's power may they be destroyed.*

Yan-dunnimittam avamaṅgalañ-ca  
Yo cāmanāpo sakuṇassa saddo  
Pāpaggaho dussupinam akantam  
Saṅghānubhāvena vināsamentu.

*Whatever unlucky portents & ill omens,  
and whatever distressing bird calls,  
evil planets, upsetting nightmares:  
By the Saṅgha's power may they be destroyed.*

\* \* \*

Sakkatvā buddha-ratanam Osatham uttamam varam  
Hitam deva-manussanam Buddha-tejena sotthinā

Nassant'upaddavā sabbe Dukkhā vūpasamentu te.

*Having revered the jewel of the Buddha,  
the highest, most excellent medicine,  
the welfare of human & heavenly beings:  
Through the Buddha's might & safety, may all obstacles vanish.  
May your sufferings grow totally calm.*

Sakkatvā dhamma-ratanam Osatham uttamaṃ varam

Parilāhūpasamanam Dhamma-tejena sotthinā

Nassant'upaddavā sabbe Bhayā vūpasamentu te.

*Having revered the jewel of the Dhamma,  
the highest, most excellent medicine,  
the stiller of feverish passion:  
Through the Dhamma's might & safety, may all obstacles vanish.  
May your fears grow totally calm.*

Sakkatvā saṅgha-ratanam Osatham uttamaṃ varam

Āhuneyyam pāhuneyyam Saṅgha-tejena sotthinā

Nassant'upaddavā sabbe Rogā vūpasamentu te.

*Having revered the jewel of the Saṅgha,  
the highest, most excellent medicine,  
worthy of gifts, worthy of hospitality:  
Through the Saṅgha's might & safety, may all obstacles vanish.  
May your diseases grow totally calm.*

\* \* \*

Dukkhappattā ca niddukkhā

Bhayappattā ca nibbhayā

Sokappattā ca nissokā Hontu sabbe pi paṇino.

*May all beings: who have fallen into suffering be without suffering,  
who have fallen into danger be without danger,  
who have fallen into sorrow be without sorrow.*

Ettāvatā ca amhehi Sambhatam puñña-sampadam

Sabbe devānumodantu Sabba-sampatti-siddhiyā.

*For the sake of all attainment & success  
may all heavenly beings rejoice  
in the extent to which we have gathered a consummation of merit.*

Dānaṃ dadantu saddhāya

Silaṃ rakkhantu sabbadā

Bhāvanābhiratā hontu

Gacchantu devatāgatā.

*May they give gifts with conviction,  
may they always maintain virtue,  
may they delight in meditation,  
may they go to a heavenly destination.*

Sabbe buddhā balappattā Paccekānañ-ca yaṃ balaṃ  
Arahantānañ-ca tejena Rakkhaṃ bandhāmi sabbaso.

*From the strength attained by all the Buddhas,  
The strength of the Private Buddhas,  
By the power of the arahants,  
I bind this protection all around.*

\* \* \*

Bhavatu sabba-maṅgalaṃ Rakkhantu sabba-devatā

*May there be every blessing. May all the devas protect you.*

Sabba-buddhānubhāvena Sadā sotthi bhavantu te.

*Through the power of all the Buddhas, may you always be well.*

Bhavatu sabba-maṅgalaṃ Rakkhantu sabba-devatā

*May there be every blessing. May all the devas protect you.*

Sabba-dhammānubhāvena Sadā sotthi bhavantu te.

*Through the power of all the Dhammas, may you always be well.*

Bhavatu sabba-maṅgalaṃ Rakkhantu sabba-devatā

*May there be every blessing. May all the devas protect you.*

Sabba-saṅghānubhāvena Sadā sotthi bhavantu te.

*Through the power of all the Saṅgha, may you always be well.*

## *Taking the Five Precepts*

THE REQUEST: *Mayaṃ bhante, ti-saraṇena saha pañca silāni yācāma.*

*Venerable Sir, we request the Three Refuges & the Five Precepts.*

*Dutiyam-pi mayaṃ bhante...*

*Venerable Sir, a second time...*

*Tatiyam-pi mayaṃ bhante...*

*Venerable Sir, a third time...*

The monk then recites the following passage three times, after which the lay people repeat it three times:

Namo tassa bhagavato arahato  
sammā-sambuddhassa.

*Homage to the Blessed One, the Worthy One,  
the Rightly Self-awakened One.*

The monk then recites the following passages line by line, with the lay people reciting line by line after him.

*Buddhaṃ saraṇaṃ gacchāmi.*

*I go to the Buddha for refuge.*

*Dhammaṃ saraṇaṃ gacchāmi.*

*I go to the Dhamma for refuge.*

*Saṅghaṃ saraṇaṃ gacchāmi.*

*I go to the Sangha for refuge.*

*Dutiyam-pi buddhaṃ saraṇaṃ gacchāmi.*

*A second time, I go to the Buddha for refuge.*

*Dutiyam-pi dhammaṃ saraṇaṃ gacchāmi.*

*A second time, I go to the Dhamma for refuge.*

Dutiyam-pi saṅghaṃ saraṇaṃ gacchāmi.

*A second time, I go to the Sangha for refuge.*

Tatīyam-pi buddhaṃ saraṇaṃ gacchāmi.

*A third time, I go to the Buddha for refuge.*

Tatīyam-pi dhammaṃ saraṇaṃ gacchāmi.

*A third time, I go to the Dhamma for refuge.*

Tatīyam-pi saṅghaṃ saraṇaṃ gacchāmi.

*A third time, I go to the Sangha for refuge.*

The monk then says: **Ti-saraṇa-gamaṇaṃ niṭṭhitaṃ.**

*This ends the going for refuge.*

The lay people respond: **Āma bhante.**

*Yes, Venerable Sir.*

The monk then recites the precepts line by line, with the lay people reciting them line by line after him.

**Pāṇātipātā veramaṇī sikkhā-padaṃ samādiyāmi.**

*I undertake the training rule to refrain from taking life.*

**Adinnādānā veramaṇī sikkhā-padaṃ samādiyāmi.**

*I undertake the training rule to refrain from stealing.*

**Kāmesu micchācārā veramaṇī sikkhā-padaṃ samādiyāmi.**

*I undertake the training rule to refrain from sexual misconduct.*

**Musāvādā veramaṇī sikkhā-padaṃ samādiyāmi.**

*I undertake the training rule to refrain from telling lies.*

**Surā-meraya-majja-pamādaṭṭhānā veramaṇī sikkhā-padaṃ samādiyāmi.**

*I undertake the training rule to refrain from intoxicating liquors & drugs that lead to heedlessness.*

The monk then concludes with the following:

**Imāni pañca sikkhā-padāni:**

*These are the five training rules.*

**Silena sugatim yanti.**

*Through virtue they go to a good bourn.*

**Silena bhoga-sampadā.**

*Through virtue is wealth attained.*

**Silena nibbutim yanti.**

*Through virtue they go to Liberation.*

**Tasmā silam visodhaye.**

*Therefore we should purify our virtue.*

(BOW THREE TIMES)

## *Taking the Eight Precepts*

THE REQUEST: *Mayaṃ bhante, ti-saraṇena saha aṭṭha  
sīlāni yācāma.*

*Venerable Sir, we request the Three Refuges & the Eight Precepts.*

*Dutiyam-pi mayaṃ bhante...*

*Venerable Sir, a second time...*

*Tatiyam-pi mayaṃ bhante...*

*Venerable Sir, a third time...*

The monk then recites the following passage three times, after which the lay people repeat it three times:

**Namo tassa bhagavato arahato  
sammā-sambuddhassa.**

*Homage to the Blessed One, the Worthy One,  
the Rightly Self-awakened One.*

The monk then recites the following passages line by line, with the lay people reciting line by line after him.

**Buddhaṃ saraṇaṃ gacchāmi.**

*I go to the Buddha for refuge.*

**Dhammaṃ saraṇaṃ gacchāmi.**

*I go to the Dhamma for refuge.*

**Saṅghaṃ saraṇaṃ gacchāmi.**

*I go to the Saṅgha for refuge.*

**Dutiyam-pi buddhaṃ saraṇaṃ gacchāmi.**

*A second time, I go to the Buddha for refuge.*

Dutiyam-pi dhammaṃ saraṇaṃ gacchāmi.

*A second time, I go to the Dhamma for refuge.*

Dutiyam-pi saṅghaṃ saraṇaṃ gacchāmi.

*A second time, I go to the Saṅgha for refuge.*

Tatiyam-pi buddhaṃ saraṇaṃ gacchāmi.

*A third time, I go to the Buddha for refuge.*

Tatiyam-pi dhammaṃ saraṇaṃ gacchāmi.

*A third time, I go to the Dhamma for refuge.*

Tatiyam-pi saṅghaṃ saraṇaṃ gacchāmi.

*A third time, I go to the Saṅgha for refuge.*

The monk then says: **Ti-saraṇa-gamaṇaṃ niṭṭhitaṃ.**

*This ends the going for refuge.*

The lay people respond: **Āma bhante.**

*Yes, Venerable Sir.*

The monk then recites the precepts line by line, with the lay people reciting them line by line after him.

**Pāṇātipātā veramaṇī sikkhā-padaṃ samādiyāmi.**

*I undertake the training rule to refrain from taking life.*

**Adinnādānā veramaṇī sikkhā-padaṃ samādiyāmi.**

*I undertake the training rule to refrain from stealing.*

**Abrahma-cariyā veramaṇī sikkhā-padaṃ samādiyāmi.**

*I undertake the training rule to refrain from sexual intercourse.*

**Musāvādā veramaṇī sikkhā-padaṃ samādiyāmi.**

*I undertake the training rule to refrain from telling lies.*

Surā-meraya-majja-pamādaṭṭhānā veramaṇi sikkhā-padaṃ samādiyāmi.

*I undertake the training rule to refrain from intoxicating liquors & drugs that lead to heedlessness.*

Vikāla-bhojanā veramaṇi sikkhā-padaṃ samādiyāmi.

*I undertake the training rule to refrain from eating after noon & before dawn.*

Nacca-gīta-vādita-visūka-dassanā mālā-gandha-vilepana-dhāraṇa-maṇḍana-vibhūsanatṭhānā veramaṇi sikkhā-padaṃ samādiyāmi.

*I undertake the training rule to refrain from dancing, singing, music, watching shows, wearing garlands, beautifying myself with perfumes & cosmetics.*

Uccāsayana-mahāsayanā veramaṇi sikkhā-padaṃ samādiyāmi.

*I undertake the training rule to refrain from high & luxurious seats & beds.*

Imāni aṭṭha sikkhā-padāni samādiyāmi.

*I undertake these eight precepts.*

Imāni aṭṭha sikkhā-padāni samādiyāmi.

*I undertake these eight precepts.*

Imāni aṭṭha sikkhā-padāni samādiyāmi.

*I undertake these eight precepts.*

(BOW THREE TIMES)

## *Ordination for an Eight-Precept Nun*

Araham sammā-sambuddho bhagavā.

*The Blessed One is Worthy & Rightly Self-awakened.*

Buddham bhagavantam abhivādemi.

*I bow down before the Awakened, Blessed One.*

(BOW DOWN)

Svākkhāto bhagavatā dhammo.

*The Dhamma is well-expounded by the Blessed One.*

Dhammam namassāmi.

*I pay homage to the Dhamma.*

(BOW DOWN)

Supaṭipanno bhagavato sāvaka-saṅgho.

*The Sangha of the Blessed One's disciples has practiced well.*

Saṅgham namāmi.

*I pay respect to the Sangha.*

(BOW DOWN)

Namo tassa bhagavato arahato  
sammā-sambuddhassa. (THREE TIMES.)

*Homage to the Blessed One, the Worthy One,  
the Rightly Self-awakened One.*

Esāham bhante, sucira-parinibbutampi, taṃ  
bhagavantam saraṇam gacchāmi, dhammañ-ca  
bhikkhu-saṅhañ-ca, pabbajjam maṃ saṅgho dhāretu,  
ajjatagge pānupetaṃ saraṇam gataṃ.

*Venerable sir, I take refuge in the Blessed One—though he long ago  
attained Liberation—together with the Dhamma & the Bhikkhu*

*Sangha. May the Sangha regard me as one gone forth, having attained refuge from this day forward.*

**Ahaṃ bhante, ti-saraṇena saha aṭṭha silāni yācāmi.**

*Venerable Sir, I request the Three Refuges & the Eight Precepts.*

**Dutiyam-pi ahaṃ bhante...**

*Venerable Sir, a second time...*

**Tatiyam-pi ahaṃ bhante...**

*Venerable Sir, a third time...*

The monk then recites the following passage three times, after which the nun repeats it three times:

**Namo tassa bhagavato arahato  
sammā-sambuddhassa.**

*Homage to the Blessed One, the Worthy One,  
the Rightly Self-awakened One.*

The monk then recites the following passages line by line, with the nun reciting line by line after him.

**Buddhaṃ saraṇaṃ gacchāmi.**

*I go to the Buddha for refuge.*

**Dhammaṃ saraṇaṃ gacchāmi.**

*I go to the Dhamma for refuge.*

**Saṅghaṃ saraṇaṃ gacchāmi.**

*I go to the Saṅgha for refuge.*

**Dutiyam-pi buddhaṃ saraṇaṃ gacchāmi.**

*A second time, I go to the Buddha for refuge.*

**Dutiyam-pi dhammaṃ saraṇaṃ gacchāmi.**

*A second time, I go to the Dhamma for refuge.*

**Dutiyam-pi saṅghaṃ saraṇaṃ gacchāmi.**

*A second time, I go to the Saṅgha for refuge.*

Tatīyam-pi buddhaṃ saraṇaṃ gacchāmi.

*A third time, I go to the Buddha for refuge.*

Tatīyam-pi dhammaṃ saraṇaṃ gacchāmi.

*A third time, I go to the Dhamma for refuge.*

Tatīyam-pi saṅghaṃ saraṇaṃ gacchāmi.

*A third time, I go to the Saṅgha for refuge.*

The monk then says: **Ti-saraṇa-gamaṇaṃ niṭṭhitaṃ.**

*This ends the going for refuge.*

The nun responds: **Āma bhante.**

*Yes, Venerable Sir.*

The monk then recites the precepts line by line, with the nun reciting them line by line after him.

**Pāṇātipātā veramaṇi sikkhā-padaṃ samādiyāmi.**

*I undertake the training rule to refrain from taking life.*

**Adinnādānā veramaṇi sikkhā-padaṃ samādiyāmi.**

*I undertake the training rule to refrain from stealing.*

**Abrahma-cariyā veramaṇi sikkhā-padaṃ samādiyāmi.**

*I undertake the training rule to refrain from sexual intercourse.*

**Musāvādā veramaṇi sikkhā-padaṃ samādiyāmi.**

*I undertake the training rule to refrain from telling lies.*

**Surā-meraya-majja-pamādaṭṭhānā veramaṇi sikkhā-padaṃ samādiyāmi.**

*I undertake the training rule to refrain from intoxicating liquors & drugs that lead to heedlessness.*

Vikāla-bhojanā veramaṇī sikkhā-padaṃ samādiyāmi.

*I undertake the training rule to refrain from eating after noon & before dawn.*

Nacca-gīta-vādita-visūka-dassanā mālā-gandha-vilepana-dhāraṇa-maṇḍana-vibhūsanatṭhānā veramaṇī sikkhā-padaṃ samādiyāmi.

*I undertake the training rule to refrain from dancing, singing, music, watching shows, wearing garlands, beautifying myself with perfumes & cosmetics.*

Uccāsayana-mahāsayanā veramaṇī sikkhā-padaṃ samādiyāmi.

*I undertake the training rule to refrain from high & luxurious seats & beds.*

Imāni aṭṭha sikkhā-padāni samādiyāmi.

*I undertake these eight precepts.*

Imāni aṭṭha sikkhā-padāni samādiyāmi.

*I undertake these eight precepts.*

Imāni aṭṭha sikkhā-padāni samādiyāmi.

*I undertake these eight precepts.*

(BOW THREE TIMES)

## Requesting a Discourse

Brahmā ca lokādhipatī sahampati  
 Kat'añjali andhivaram ayācatha:  
 Santidha sattāpparajakkha-jātikā  
 Desetu dhammam anukampimam pajam.

*The Brahmā Sahampati, Lord of the World,  
 with hands palm-to-palm before his heart, requested a blessing:  
 There are beings here with only a little dust in their eyes.  
 Please teach the Dhamma out of compassion for them.*

## Requesting Blessings

Vipatti-paṭibāhāya	sabba-sampatti-siddhiyā,
Sabba- <b>dukkha</b> -vināsāya	parittam brūtha maṅgalam.
Vipatti-paṭibāhāya	sabba-sampatti-siddhiyā,
Sabba- <b>bhaya</b> -vināsāya	parittam brūtha maṅgalam.
Vipatti-paṭibāhāya	sabba-sampatti-siddhiyā,
Sabba- <b>roga</b> -vināsāya	parittam brūtha maṅgalam.

*For warding off misfortune, for the achievement of all good fortune,  
 for the dispelling of all **pain**, may you chant a blessing & protection.  
 For warding off misfortune, for the achievement of all good fortune,  
 for the dispelling of all **danger**, may you chant a blessing & protection.  
 For warding off misfortune, for the achievement of all good fortune,  
 for the dispelling of all **illness**, may you chant a blessing & protection.*

## Requesting Forgiveness

*(From the Triple Gem)*

Repeat **Namo...** three times.

Ratanattaye pamādena, dvārattayena kataṃ,  
Sabbam̃ aparādham̃ khamatu no bhante.

*May the Triple Gem forgive us for any wrong we have done out of  
heedlessness in thought, word, or deed.*

*(From a Senior Monk)*

Repeat **Namo...** three times.

[Mahāthere]\* pamādena, dvārattayena kataṃ,  
Sabbam̃ aparādham̃ khamatu no bhante.

(Three times.)

*Venerable Sir, may you forgive us for any wrong we have done you out of  
heedlessness in thought, word, or deed.*

Bow down & stay there while the monk says:

Aham̃ khamāmi, tumhehi pi me khamitabbam̃.

*I forgive you; may you all also forgive me.*

Respond:

**Khamāma bhante.**

*We forgive you, Venerable Sir.*

The monk will then recite a blessing, after which all say:

**Sādhu bhante.**

*Very good, Venerable Sir.*

(BOW THREE TIMES)

\* *Mahathere* is used for very senior & highly respected monks.  
 Change it to *There* for somewhat less senior monks,  
*Upajjhāye* for one's preceptor,  
*Ācariye* for one's teacher, and  
*Āyasmante* for monks in general.

*(When one person is asking forgiveness)*

Repeat **Namo...** three times.

[Mahāthere]\* pamādena, dvārattayena kataṃ,  
 Sabbaṃ aparādhaṃ khamatha me bhante.

(Three times.)

*Venerable Sir, may you forgive me for any wrong I have done you out of  
 heedlessness in thought, word, or deed.*

Bow down & stay there while the monk says:

Ahaṃ khamāmi, tayā pi me khamitabbaṃ.  
*I forgive you; may you also forgive me.*

Respond:

Khamāmi bhante.  
*I forgive you, Venerable Sir.*

The monk will then recite a blessing, after which you say:

Sādhu bhante.  
*Very good, Venerable Sir.*

(BOW THREE TIMES)

## Formal Offerings

### Food

To four or more monks. Repeat **Namo...** three times, then:

Imāni [etāni] mayam bhante, bhattāni, saparivārāni,  
bhikkhu-saṅghassa, oṇojayāma. Sādhu no bhante,  
bhikkhu-saṅgho, imāni [etāni], bhattāni, saparivārāni,  
paṭiggaṇhātu, amhākaṃ, dīgha-rattaṃ, hitāya,  
sukhāya.

*We present these [those] foods of ours, together with  
their accompanying articles, to the Bhikkhu Sangha.  
May the Bhikkhu Sangha accept these foods of ours,  
together with their accompanying articles, for our  
long-term welfare & happiness.*

To two or three monks. Repeat **Namo...** three times, then:

Imāni [etāni] mayam bhante, bhattāni, saparivārāni,  
sīlavantānaṃ, oṇojayāma. Sādhu no bhante,  
sīlavanto, imāni [etāni], bhattāni, saparivārāni,  
paṭiggaṇhātu, amhākaṃ, dīgha-rattaṃ, hitāya,  
sukhāya.

*We present these [those] foods of ours, together with  
their accompanying articles, to the virtuous ones.  
May the virtuous ones accept these foods of ours,  
together with their accompanying articles, for our  
long-term welfare & happiness.*

For one monk, change *sīlantānaṃ* to *sīlavato*, and *sīlavanto* to *sīlavā*.

### *General Items (after noon)*

To four or more monks. Repeat **Namo...** three times, then:

Imāni mayam bhante, saṅgha-dānāni, bhikkhu-saṅghassa, oṇojayāma. Sādhu no bhante, bhikkhu-saṅgho, imāni saṅgha-dānāni, paṭiggaṇhātu, amhākaṃ, dīgha-rattam, hitāya, sukhāya.

*We present these Sangha gifts of ours to the Bhikkhu Sangha. May the Bhikkhu Sangha accept these, our Sangha gifts, for our long-term welfare & happiness.*

To three monks or less. Repeat **Namo...** three times, then:

Imāni mayam bhante, saṅgha-dānāni, sīlavantānam, oṇojayāma. Sādhu no bhante, sīlavanto, imāni saṅgha-dānāni, paṭiggaṇhātu, amhākaṃ, dīgha-rattam, hitāya, sukhāya.

*We present these Sangha gifts of ours to the virtuous ones. May the virtuous ones accept these, our Sangha gifts, for our long-term welfare & happiness.*

For one monk, change *sīlantānam* to *sīlavato*, and *sīlavanto* to *sīlavā*.

### *“Forest Cloth”*

To four or more monks. Repeat **Namo...** three times, then:

Imāni mayam bhante, paṇsukūla-cīvarāni, sapaṇivārāni, bhikkhu-saṅghassa, oṇojayāma. Sādhu no bhante, bhikkhu-saṅgho, imāni, paṇsukūla-cīvarāni, sapaṇivārāni, paṭiggaṇhātu, amhākaṃ, dīgha-rattam, hitāya, sukhāya.

*We present these cast-off cloths of ours, together with their accompanying articles, to the Bhikkhu Sangha. May the Bhikkhu Sangha accept these cast-off cloths of ours, together with their accompanying articles, for our long-term welfare & happiness.*

To two or three monks. Repeat **Namo...** three times, then:

Imāni mayam bhante, paṇsukūla-cīvarāni,  
saparivārāni, silavantassa, oṇojayāma. Sādhu no  
bhante, silavanto, imāni, paṇsukūla-cīvarāni,  
saparivārāni, paṭiggaṇhātu, amhākaṃ, dīgha-rattam,  
hitāya, sukhāya.

*We present these cast-off cloths of ours, together with their accompanying articles, to the virtuous ones. May the virtuous ones accept these cast-off cloths of ours, together with their accompanying articles, for our long-term welfare & happiness.*

*Declaration for a Gift to the Bhikkhu Sangha  
(to be made by one of the monks)*

Repeat **Namo...** three times, then: Yagghe bhante saṅgho jāneyya: Ayaṃ paṭhama-bhāgo therassa pāpuṇāti. Avasesā bhāgā amhākaṃ pāpuṇantu. Bhikkhū ca (sāmaṇerā ca gahaṭṭhā ca)\* yathā-sukham paribhuñjantu.

*May the Sangha please pay attention: The first share [of this gift] goes to the senior monk. May the remaining shares be ours. May the*

monks, (the novices, & the lay people)\* [living here] use these things as they please.

\* Omit or include the references to novices & lay people as is appropriate.

## *Kaṭhina Cloth*

Repeat **Namo...** three times, then:

Imaṃ bhante, saparivāraṃ, kaṭhina-cīvara-dussaṃ,  
saṅghassa, oṇojayāma. Sādhu no bhante, saṅho,  
imaṃ, saparivāraṃ, kaṭhina-cīvara-dussaṃ,  
paṭiggaṇhātu, paṭiggahetvā ca, iminā dussena,  
kaṭhinaṃ attharatu, amhākaṃ, dīgha-rattaṃ, hitāya,  
sukhāya.

*Venerable Sirs, we present this kathina-robe cloth, together with its accompanying articles, to the Sangha. May the Sangha please accept this kathina-robe cloth of ours, together with its accompanying articles, and having accepted it, spread the kathina with this cloth for our long-term welfare & happiness.*

## *Rains Bathing Cloth*

To four or more monks. Repeat **Namo...** three times, then:

Imāni mayam bhante, vassāvāsika-cīvarāni,  
saparivārāni, bhikkhu-saṅghassa, oṇojayāma. Sādhu  
no bhante, bhikkhu-saṅgho, imāni, vassāvāsika-  
cīvarāni, saparivārāni, paṭiggaṇhātu, amhākaṃ,  
dīgha-rattam, hitāya, sukhāya.

*We present these Rains bathing cloths of ours,  
together with their accompanying articles, to the  
Bhikkhu Sangha. May the Bhikkhu Sangha accept  
these Rains bathing cloths of ours, together with their  
accompanying articles, for our long-term welfare &  
happiness.*

To three monks or less. Repeat **Namo...** three times, then:

Imāni mayam bhante, vassāvāsika-cīvarāni,  
saparivārāni, silavantassa, oṇojayāma. Sādhu no  
bhante, silavanto, imāni, vassāvāsika-cīvarāni,  
saparivārāni, paṭiggaṇhātu, amhākaṃ, dīgha-rattam,  
hitāya, sukhāya.

*We present these Rains bathing cloths of ours,  
together with their accompanying articles, to the  
virtuous ones. May the virtuous ones accept these  
Rains bathing cloths of ours, together with their  
accompanying articles, for our long-term welfare &  
happiness.*

## *Visākha Pūjā*

(LEADER) Handa mayam buddhassa bhagavato  
pubba-bhāga-namakāram karoma se:

*Now let us chant the preliminary passage in homage to the Awakened One,  
the Blessed One:*

(ALL)

[Namo tassa] bhagavato arahato  
sammā-sambuddhassa. (THREE TIMES.)

*Homage to the Blessed One, the Worthy One,  
the Rightly Self-awakened One.*

Yam-amha kho mayam, Bhagavantam saraṇam gatā,  
yo no Bhagavā satthā, yassa ca mayam Bhagavato  
dhammam rocema:

*The Blessed One to whom we have gone for refuge, who is  
our Teacher, & in whose Dhamma we delight:*

Ahosi kho so Bhagavā, majjhimesu janapadesu  
ariyakesu manussesu uppanno, khattiyo jātiyā,  
gotamo gottena;

*was born in the Middle Country, the Ariyaka race, the  
noble warrior class, & the Gotama lineage.*

Sakya-putto Sakya-kulā pabbajito, sadevake loke  
samārake sabrahmake, sassamaṇa-brāhmaṇiyā  
pajāya sadeva-manussāya, anuttaram sammā-  
sambodhim abhisambuddho.

*A member of the Sakyan clan, he left his Sakyan family, went forth into the homeless life, & attained Right Self-Awakening unsurpassed in the cosmos with its Devas, Maras, & Brahmas, its generations with their contemplatives & brahmans, their rulers & common people.*

Nissaṅsayam̐ kho so Bhagavā, araham̐ sammā-sambuddho, vijjā-caraṇa-sampanno sugato loka-vidū, anuttaro purisa-damma-sārathi satthā deva-manussānam̐ buddho bhagavā.

*There is no doubt that the Blessed One is worthy and rightly self-awakened, consummate in knowledge & conduct, one who has gone the good way, a knower of the cosmos, unexcelled as a trainer for those who can be taught, teacher for human & divine beings; awakened & blessed.*

Svākkhāto kho pana, tena Bhagavatā dhammo, sandiṭṭhiko akāliko ehi-passiko, opanayiko paccattam̐ veditabbo viññūhi.

*And that the Dhamma is well-taught by the Blessed One, to be seen here & now, timeless, inviting all to come & see, pertinent, to be realized by the observant for themselves.*

Supaṭipanno kho panassa, Bhagavato sāvaka-saṅgho, uju-paṭipanno Bhagavato sāvaka-saṅgho, ñāya-paṭipanno Bhagavato sāvaka-saṅgho, sāmīci-paṭipanno Bhagavato sāvaka-saṅgho, yadidaṃ cattāri purisa-yugāni aṭṭha purisa-puggalā.

*And that the Community of the Blessed One's disciples—the four pairs, the eight types of Noble Ones—have practiced well, have practiced straightforwardly, have practiced methodically, have practiced masterfully.*

Ayaṃ kho pana paṭimā, taṃ Bhagavantam uddissa katā paṭiṭṭhāpitā, yāvadeva dassanena, taṃ Bhagavantam anussarivā, pasāda-saṃvega-paṭilābhāya.

*This image dedicated to the Blessed One has been fashioned & placed here so that, in seeing it, we will remember him and gain a sense of inspiration & chastened dispassion.*

[Ayaṃ kho pana thūpo, taṃ Bhagavantam uddissa kato paṭiṭṭhāpito, yāvadeva dassanena, taṃ Bhagavantam anussarivā, pasāda-saṃvega-paṭilābhāya.

*This stupa dedicated to the Blessed One has been fashioned & placed here so that, in seeing it, we will remember him and gain a sense of inspiration & chastened dismay.]*

Mayaṃ kho etarahi, imaṃ visākha-puṇṇamī-kālaṃ, tassa Bhagavato jāti-sambodhi-nibbāna-kāla-sammataṃ patvā, imaṃ ṭhānaṃ sampattā.

*Now, on this full moon day of Visakha—recognized as the date of the Blessed One's birth, Awakening, & total Liberation—we have gathered together in this place.*

Ime daṇḍa-dīpa-dhūpādi-sakkāre gahetvā, attano kāyaṃ sakkār'ūpadhānaṃ karivā,

*We take these offerings—candles, incense, & so forth—and make our bodies a vessel for them.*

Tassa Bhagavato yathā-bhucce guṇe anussarantā,  
 imaṃ paṭimā-gharaṃ [thūpaṃ] tikkhattuṃ  
 padakkhiṇaṃ karissāma, yathā-gahitehi sakkārehi  
 pūjaṃ kurumānā.

*Reflecting on the Blessed One's virtues as they actually are,  
 we will circumambulate this image-shelter [stupa] three  
 times, paying homage to him with the offerings we hold.*

Sādhu no bhante Bhagavā, sucira-parinibbutopi,  
 ñātabbehi guṇehi atit'ārammaṇatāya paññāyamāno,  
*Although the Blessed One long ago attained total  
 Liberation, he is still discernable through our remembrance  
 of his perceivable virtues.*

Ime amhehi gahite sakkāre paṭiggaṇhātu, amhākaṃ  
 dīgha-rattaṃ hitāya sukhāya.

*May he accept the offerings we hold, for the sake of our  
 long-term welfare & happiness.*

## *Āsālha Pūjā*

(LEADER) Handa mayam buddhassa bhagavato  
pubba-bhāga-namakāram karoma se:

*Now let us chant the preliminary passage in homage to the Awakened One, the Blessed One:*

(ALL)

[Namo tassa] bhagavato arahato  
sammā-sambuddhassa. (THREE TIMES.)

*Homage to the Blessed One, the Worthy One,  
the Rightly Self-awakened One.*

Yam-amha kho mayam, Bhagavantam saraṇam gatā,  
yo no Bhagavā satthā, yassa ca mayam Bhagavato  
dhammam rocema:

*The Blessed One to whom we have gone for refuge, who is  
our Teacher, & in whose Dhamma we delight:*

Ahosi kho so Bhagavā, araham sammā-sambuddho,  
sattesu kāruṇṇam paṭicca, karuṇāyako hitesī,  
anukampam upādāya, āsālha-puṇṇamiyam,  
Bārāṇasiyam isipatane migadāye, pañca-vaggiyānam  
bhikkhūnam, anuttaram dhamma-cakkaṃ paṭhamam  
pavattetvā, cattāri ariya-saccāni pakāsesi.

*is a Worthy One, Rightly Self-awakened. Through his  
compassion & sympathy for living beings, compassionately  
desiring their welfare, he first set the unexcelled Wheel of  
Dhamma in motion on the full moon night of the month of*

*Asalha, in the Deer Refuge at the Meeting Place of the Seers near Varanasi, and proclaimed the Four Noble Truths to the Group of Five Monks.*

Tasmiñ-ca kho samaye, pañca-vaggiyānaṃ bhikkhūnaṃ pamukho, āyasmā Añña-kondañño, Bhagavato dhammaṃ sutvā, virajaṃ vītamalaṃ dhamma-cakkhuṃ paṭilabhitvā, “Yaṅkiñci samudaya-dhammaṃ sabban-taṃ nirodha-dhammanti.”

*At that time, the leader of the Group of Five Monks—Venerable Añña-Kondañña—having listened to the Blessed One’s teaching, gained the vision of Dhamma that, “Whatever is subject to origination is all subject to cessation.”*

Bhagavantam upasampadam yācitvā, Bhagavatoyeva santike, ehi-bhikkhu-upasampadam paṭilabhitvā, Bhagavato dhamma-vinaye ariya-sāvaka-saṅgho, loke paṭhamam uppanno ahoṣi.

*Having asked for ordination, he gained the Come-Bhikkhu ordination in the Blessed One’s very presence, and so became the world’s first noble disciple in the Blessed One’s Dhamma & discipline.*

Tasmiñ-cāpi kho samaye, saṅgha-ratanaṃ loke paṭhamam uppannam ahoṣi. Buddha-ratanaṃ dhamma-ratanaṃ saṅgha-ratananti, tiratanaṃ sampuṇṇam ahoṣi.

*And at the time the Gem of the Sangha first appeared in the world, making the Triple Gem—the Gem of the Buddha, the Gem of the Dhamma, & the Gem of the Sangha—complete.*

Mayaṃ kho etarahi, imaṃ āsālha-puṇṇamī-kālaṃ,  
tassa Bhagavato dhamma-cakkappavattana-kāla-  
sammatañ-ca, ariya-sāvaka-saṅgha-uppatti-kāla-  
sammatañ-ca, ratanattaya-sampuraṇa-kāla-  
sammatañ-ca patvā, imaṃ ṭhānaṃ sampatta,  
*Now, on this full moon day of Asalha—recognized as the date of the Blessed One’s setting the Wheel of Dhamma in motion, the date of the arising of the Community of the Noble Disciples, and of the completion of the Triple Gem—we have gathered together in this place.*

Ime daṇḍa-dīpa-dhūpādi-sakkāre gahetvā, attano  
kāyaṃ sakkār’ūpadhānaṃ karitvā,  
*We take these offerings—candles, incense, & so forth—and make our bodies a vessel for them.*

Tassa Bhagavato yathā-bhucce guṇe anussarantā,  
imaṃ paṭimā-gharaṃ [thūpaṃ] tikkhattuṃ  
padakkhiṇaṃ karissāma, yathā-gahitehi sakkārehi  
pūjaṃ kurumānā.

*Reflecting on the Blessed One’s virtues as they actually are, we will circumambulate this image shelter [stupa] three times, paying homage to him with the offerings we hold.*

Sādhu no bhante Bhagavā, sucira-parinibbutopi,  
ñātabbehi guṇehi atit’ārammaṇatāya paññāyamāno,

*Although the Blessed One long ago attained total Liberation, he is still discernable through the remembrance of his perceivable virtues.*

Ime amhehi gahite sakkāre, paṭiggaṇhātu, amhākaṃ dīgha-rattaṃ hitāya sukhāya.

*May he accept the offerings we hold, for the sake of our long-term welfare & happiness.*

## *Māgha Pūjā*

(LEADER) Handa mayaṃ buddhassa bhagavato pubba-bhāga-namakāraṃ karoma se:

*Now let us chant the preliminary passage in homage to the Awakened One, the Blessed One:*

(ALL)

[Namo tassa] bhagavato arahato sammā-sambuddhassa. (THREE TIMES.)

*Homage to the Blessed One, the Worthy One,  
the Rightly Self-awakened One.*

Ajjāyaṃ māgha-puṇṇamī sampattā, māgha-nakkhattena puṇṇa-cando yutto, yattha Tathāgato arahaṃ sammā-sambuddho, cāturaṅgike sāvaka-sannipāte, ovāda-pāṭimokkhaṃ uddisi.

*Today is the full moon day in the month of Magha, the date on which the Tathagata—the Worthy One, Rightly Self-awakened—held the four-factored meeting of his disciples and gave the Patimokkha Exhortation.*

Tadā hi aḍḍha-terasāni bhikkhu-satāni,  
 sabbesaṃyeva khiṇāsavānaṃ, sabbe te ehi-  
 bhikkhukā, sabbe-pi te anāmantitāva, Bhagavato  
 santikaṃ āgatā, Veḷuvane kalandaka-nivāpe, māgha-  
 puṇṇamiyaṃ vaḍḍhamāna-kacchāyāya.

*At that time, 1,250 monks—all entirely free of defilements, all recipients of the Come-Bhikkhu ordination, all unnotified of the meeting—came to the Blessed One's presence in the Squirrels' Feeding Ground in the Bamboo Forest on the afternoon of the full moon day in Magha.*

Tasmiñ-ca sannipāte, Bhagavā  
 visuddh'uttam'uposathaṃ akāsi, ovāda-pāṭimokkhaṃ  
 uddisi.

*And in that meeting, the Blessed One led an utterly pure full moon observance and gave the Patimokkha Exhortation.*

Ayaṃ amhākaṃ Bhagavato, ekoyeva sāvaka-  
 sannipāto ahosi, cāturaṅgiko, aḍḍha-terasāni  
 bhikkhu-satāni, sabbesaṃ yeva khiṇāsavānaṃ.

*This was the only time our Blessed One held a four-factored meeting with his disciples, 1,250 monks, all entirely free of defilement.*

Mayan'dāni, imaṃ māgha-puṇṇamī-nakkhatta-  
 samayaṃ, takkālasadisam sampattā, sucira-  
 parinibbutampi taṃ Bhagavantam samanussaramānā,  
 imasmim tassa Bhagavato sakkhi-bhūte cetiye,

*Now, on this same date—the full moon day in Magha—remembering the Blessed One, even though he long ago*

*gained Total Liberation, we have come to this memorial to him.*

Ime daṇḍa-dīpa-dhūpādi-sakkāre gahetvā, attano  
kāyaṃ sakkār'ūpadhānaṃ karitvā,  
*We take these offerings—candles, incense, & so forth—and  
make our bodies a vessel for them.*

Tassa Bhagavato yathā-bhucce guṇe anussarantā,  
imaṃ paṭimā-gharaṃ [thūpaṃ] tikkhattuṃ  
padakkhiṇaṃ karissāma, yathā-gahitehi sakkārehi  
pūjaṃ kurumānā.

*Reflecting on the Blessed One's virtues as they actually  
we will circumambulate this image shelter [stupa] three  
times, paying homage to him with the offerings we hold.*  
Sādhu no bhante Bhagavā, sasāvaka-saṅgho, sucira-  
parinibbutopi, guṇehi dharamāno,  
*Although the Blessed One, together with that Community  
of his Noble Disciples, long ago attained total Liberation,  
they are remembered through their virtues.*

Ime amhehi gahite sakkāre paṭiggaṇhātu, amhākaṃ  
dīgha-rattaṃ hitāya sukhāya.

*May he accept the offerings we hold, for the sake of our  
long-term welfare & happiness.*

## Veneration

Ukāsa, dvāra-tayena kataṃ,  
sabbam apāradham khamatu no (me) bhante.

*We (I) ask your leave. We (I) ask you to forgive us (me) for whatever wrong we (I) have done with the three doors (of body, speech, & mind).*

Vandāmi bhante cetiyam, sabbam sabbattha thāne,  
supatiṭṭhitam sāriraṅka-dhātum,  
mahā-bodhim buddha-rūpaṃ, sakkārattham.

*I revere every stupa established in every place, every relic of the Buddha's body, every Great Bodhi tree, every Buddha image that is an object of veneration.*

Aham vandāmi dhātuyo, aham vandāmi sabbaso,  
iccetam ratana-tayam, aham vandāmi sabbadā.

*I revere the relics. I revere them everywhere. I always revere the Triple Gem.*

Buddha-pūjā mahā-tejavanto, Dhamma-pūjā  
mahappañño, Saṅgha-pūjā mahā-bhogāvaho.

*Homage to the Buddha brings great glory; homage to the Dhamma, great discernment; homage to the Saṅgha, great wealth.*

Buddham Dhammam Saṅgham,  
jīvitam yāva-nibbānam saraṇam gacchāmi.

*I go to the Buddha, Dhamma, & Saṅgha as my life & refuge until reaching Liberation.*

Parisuddho aham bhante, parisuddhoti mam,  
Buddho Dhammo Saṅgho dhāretu.

*I am morally pure. May the Buddha, Dhamma, & Saṅgha recognize me as morally pure.*

Sabbe sattā sadā hontu, averā sukha-jīvino.

*May all living beings always live happily, free from animosity.*

Kataṃ puñña-phalam mayham, sabbe bhāgi  
bhavantu te.

*May all share in the blessings springing from the good I have done.*

## *Homage to the Buddha's Footprints*

(LEADER) Handa mayam̐ pāda-lañjana-pāṭham̐  
bhaṇāma se: *Let us now repeat the footprint passage.*

(ALL)

Vandāmi buddham̐ bhava-pāra-tiṇṇam̐,  
Ti-loka-ketum̐ ti-bhav'eka-nātham̐,  
Yo loka-seṭṭho sakalam̐ kilesam̐,  
Chetvāna bodhesi janam̐ anantam̐.

*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.*

Yam̐ nammadāya nadiyā puline ca tire,  
Yam̐ sacca-bandha-girike sumanācal'agge,  
Yam̐ tattha yonaka-pure munino ca pādam̐:  
Tam̐ pāda-lañjanam-aham̐ 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,  
& in Yonaka-pura.*

Suvaṇṇa-mālike suvaṇṇa-pabbate  
Sumana-kūṭe yonaka-pure nammadāya nadiyā,  
Pañca pāda-varam̐ ṭhānam̐ aham̐ vandāmi durato.

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

Iccevam-accanta-namassaneyyaṃ,  
 Namassamāno ratanattayaṃ yaṃ,  
 Puññābhisandaṃ vipulaṃ alatthaṃ,  
 Tassānubhāvena haṭ'antarāyo.

*In paying homage thus to the Triple Gem,  
 worthy of the highest homage,  
 a vast bonanza of merit is accumulated:  
 By its power, may danger be destroyed.*

### *The Buddha's Last Words*

Āmantayāmi vo bhikkhave,  
 Paṭivedayāmi vo bhikkhave:

*I address you, monks,  
 I inform you, monks:*

Khaya-vaya-dhammā saṅkhārā,  
 Appamādena sampādethāti.

*Fabrications are subject to passing away.  
 Become consummate  
 through heedfulness.*

## *Sīluddesa-pāṭha*

### *The Virtue Summary*

(LEADER) Handa mayam sīluddesa-pāṭham bhaṇāma se:

[Bhāsitam-idam] tena Bhagavatā jānatā passatā arahatā sammā-sambuddhena: “Sampanna-silā bhikkhave viharatha sampanna-pāṭimokkhā. Pāṭimokkha-saṁvara-saṁvutā viharatha ācāra-gocara-sampannā. Aṇumattesu vajjesu bhaya-dassāvī samādāya sikkhatha sikkhāpadesūti.”

Tasmā tih’amhehi sikkhitabbam: “Sampanna-silā viharissāma sampanna-pāṭimokkhā. Pāṭimokkha-saṁvara-saṁvutā viharissāma ācāra-gocara-sampannā. Aṇumattesu vajjesu bhaya-dassāvī samādāya sikkhissāma sikkhāpadesūti.” Evañ-hi no sikkhitabbam.

*This was said by the Blessed One, the One who Knows, the One who Sees, the Worthy One Rightly Self-awakened: “Live consummate in virtue, monks, and consummate in the Patimokkha. Live restrained with the restraint of the Patimokkha, consummate in your behavior & sphere of activity. Train yourselves, having undertaken the training rules, seeing danger in the slightest faults.”*

*Therefore we should train ourselves: “We will live consummate in virtue, consummate in the Patimokkha. We will live restrained with the restraint of the Patimokkha, consummate in our behavior & sphere of activity. We will train ourselves, having undertaken the training rules, seeing danger in the slightest faults.” That’s how we should train ourselves.*

## *Tāyana-gāthā*

### *The Verse to Tāyana*

(LEADER) Handa mayam tāyana-gāthāyo bhaṇāma se:  
[Chinda sotam] parakkamma

Kāme panūda brāhmaṇa.

Nappahāya muni kāme      N'ekattam-upapajjati.

*Having striven, brahman, cut the stream. Expel sensual passions.  
Without abandoning sensual passions, a sage  
encounters no oneness of mind.*

Kayirā ce kayirāthenam      Daḥhamenam parakkame

Sithilo hi paribbājo      Bhiyyo ākirate rajam.

Akataṃ dukkaṭam seyvo      Pacchā tappati dukkaṭam.

Katañ-ca sukataṃ seyvo      Yam katvā nānutappati.

*If something's to be done, then work at it firmly,  
for a slack going-forth kicks up all the more dust.  
It's better to leave a misdeed undone. A misdeed burns you afterward.  
Better that a good deed be done  
that, when you've done it, you don't regret.*

Kuso yathā duggahito      Hattham'evānukantati

Sāmaññaṃ dupparāmaṭṭham

Nirayāyūpakaḍḍhati.

Yañ-kiñci sithilam kammaṃ

Saṅkiliṭṭhañ-ca yam vataṃ

Saṅkassaram brahma-cariyam

Na tam hoti, mahapphalanti.

*Just as sharp-bladed grass, if wrongly held,  
wounds the very hand that holds it—  
the contemplative life, if wrongly grasped, drags you down to hell.  
Any slack act, or defiled observance, or fraudulent holy life  
bears no great fruit.*

## Anumodanā

(LEADER)

<p>Yathā vārivahā pūrā Evam-eva ito dinnam Icchitam patthitam tumham</p>	<p>Paripūrenti sāgaram Petānam upakappati Khippam-eva samijjhatu Cando paṇṇaraso yathā Maṇi jotiraso yathā.</p>
<p>Sabbe pūrentu saṅkappā,</p>	

*Just as rivers full of water  
fill the ocean full,  
Even so does that here given  
benefit the dead (the hungry shades).  
May whatever you wish or want quickly come to be,  
May all your aspirations be fulfilled,  
as the moon on the fifteenth (full moon) day,  
or as a radiant, bright gem.*

(ALL)

<p>Sabbītiyo vivajjantu Mā te bhavatvantarāyo Abhivādana-silissa Cattāro dhammā vadḍhanti</p>	<p>Sabba-rogo vinassatu Sukhī digh'āyuko bhava. Niccāṃ vuddhāpacāyino Āyu vaṇṇo sukham, balaṃ.</p>
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*May all distresses be averted,  
may every disease be destroyed,  
May there be no dangers for you,  
May you be happy & live long.  
For one of respectful nature who  
constantly honors the worthy,  
Four qualities increase:  
long life, beauty, happiness, strength.*

Note: These stanzas are chanted as part of every anumodana. If two or more monks are chanting, they should repeat the two lines beginning "Sabbītiyo..." three times before going on to the lines beginning "Abhivadana-silissa..." On some occasions, the leader will omit his solo part and will lead the entire group in chanting the following verses as a prelude to the passage beginning "Sabbītiyo..."





Āyum̐ datvā balaṃ vaṇṇaṃ

Dīghāyu yasavā hoti

Sukhañ-ca paṭibhāṇado  
Yattha yatthūpapajjati.

*The enlightened person, having given life, strength,  
beauty, quick-wittedness—*

*The intelligent person, a giver of happiness—  
attains happiness himself.*

*Having given life, strength, beauty,  
happiness, & quick-wittedness,*

*He has long life & status wherever he arises.*

Note: These verses are from the Bhojana-dananumodana Sutta (Discourse on Rejoicing in the Gift of Food), Anguttara Nikaya 5:37.

## V

Āyum̐ vaṇṇaṃ yasaṃ kittim̐

Ratiyo patthayānena

Appamādaṃ pasamsanti

Appamatto ubho atthe

Diṭṭhe dhamme ca yo attho

Atthābhisamayā dhīro

Saggaṃ uccākulinataṃ

Uḷārā aparāparā

Puñña-kiriyāsu paṇḍitā.

Adhiggaṇhāti paṇḍito

Yo c'attho samparāyiko.

Paṇḍito'ti pavuccatī.

*Long life, beauty, status, honor,  
heaven, high birth:*

*To those who delight in aspiring for these things  
in great measure, continuously,*

*the wise praise heedfulness  
in the making of merit.*

*The wise person, heedful,*

*acquires a two-fold welfare:*

*welfare in this life & welfare in the next.*

*By breaking through to his welfare*

*he is called "enlightened, wise."*

Note: These verses are from the Ittha Sutta (Discourse on What is Welcome), Anguttara Nikaya 5:43. They are rarely chanted, and are included here for the sake of completeness.

## VI

Bhuttā bhogā bhaṭā bhaccā	Vitinṇā āpadāsu me
Uddhaggā dakkhiṇā dinnā	Atho pañca balī katā
Upatṭhitā silavanto	Saññatā brahmacārino.
Yad-atthaṃ bhogam-iccheyya	Paṇḍito gharam-āvasaṃ
So me attho anuppatto	Kataṃ ananutāpiyaṃ.
Etaṃ anussaraṃ macco	Ariya-dhamme ṭhito naro
Idheva naṃ pasamsanti	Pecca sagge pamodatiti.

*“My wealth has been enjoyed,  
My dependents supported, protected from calamities by me.  
I have given lofty offerings,  
and performed the five oblations.  
I have provided for the virtuous,  
the restrained, leaders of the holy life.  
For whatever aim a wise householder  
would desire wealth, that aim have I attained.  
I have done what will not lead to future distress.”  
When this is recollected by a mortal,  
a person established in the Dhamma of the Noble Ones,  
He is praised in this life and, after death, rejoices in heaven.*

Note: These verses are from the Adiya Sutta (Discourse on Benefits to be Obtained), Anguttara Nikaya 5:41. The “five oblations” are gifts/offerings given to one’s relatives, guests, the dead, kings (taxes paid to the government), and devas. This passage is often chanted when donors are dedicating a donation to a relative or friend long deceased.

## VII

Dānañ-ca peyya-vajjañ-ca	Attha-cariyā ca yā idha
Samānattatā ca dhammesu	Tattha tattha yathārahaṃ
Ete kho saṅgahā loke	Rathassāṇi va yāyato.
Ete ca saṅgahā nāssu	Na mātā putta-kāraṇā
Labhetha mānaṃ pūjaṃ vā	Pitā vā putta-kāraṇā.
Yasmā ca saṅgahā ete	Samavekkhanti paṇḍitā
Tasmā mahattaṃ papponti	Pāsamsā ca bhavanti teti.

*Generosity, kind words, beneficial action,  
and treating all consistently,  
in line with what each deserves:  
These bonds of fellowship (function) in the world  
like the linchpin in a moving cart.  
Now, if these bonds of fellowship were lacking,  
a mother would not receive  
the honor & respect owed by her child,  
nor would a father receive  
what his child owes him.  
But because the wise  
show regard for these bonds of fellowship,  
they achieve greatness and are praised.*

Note: These verses are from the Sangaha-vatthu Sutta (Discourse on the Bonds of Fellowship), Anguttara Nikaya 4:32.

## VIII

Kāle dadanti sapaññā	Vadaññū vita-maccharā.
Kālena dinnam ariyesu	Uju-bhūtesu tādisu
Vippasanna-manā tassa	Vipulā hoti dakkhiṇā.
Ye tattha anumodanti	Veyyāvaccam karonti vā
Na tena dakkhiṇā onā	Te-pi puññassa bhāgino.
Tasmā dade appaṭivāna-citto	
	Yattha dinnam mahapphalam.
Puññāni para-lokasmim	Patiṭṭhā honti paṇinanti.

*Those with discernment, responsive, free from stinginess,  
give in the proper season.  
Having given in the proper season  
With hearts inspired by the Noble Ones—straightened, Such—  
Their offering bears an abundance.  
Those who rejoice in that gift, or give assistance,  
They too have a share of the merit,  
and the offering is not depleted by that.  
Therefore, with an unhesitant mind,  
one should give where the gift bears great fruit.  
Merit is what establishes living beings in the next life.*

Note: These verses are from the Kala-dana Sutta (Discourse on Seasonable Gifts), Anguttara Nikaya 5:36. They are often chanted when large groups of people organize a donation for a special occasion, such as a *kathina*.

## IX

Ratanattayānubhāvena	Ratanattaya-tejasā
Dukkha-roga-bhayā verā	Sokā sattu c'upaddavā
Anekā antarāyāpi	Vinassantu asesato
Jaya-siddhi dhanam lābham	
	Sotthi bhāgyam sukham balam
Siri āyu ca vaṇṇo ca	Bhogam vuḍḍhi ca yasavā
Sata-vassā ca āyū ca	Jiva-siddhi bhavantu te.

*Through the power of the Triple Gem,  
through the radiant energy of the Triple Gem,  
May suffering, disease, danger, animosity,  
sorrow, adversity, misfortune  
—obstacles without number—  
vanish without a trace.*

*Triumph, success, wealth, & gain,  
Safety, luck, happiness, strength,  
Glory, long life, & beauty,  
Fortune, increase, & status,  
A lifespan of 100 years,  
And success in your livelihood:  
May they be yours.*

Note: This selection is frequently chanted when a gift is being dedicated to the Sangha as a whole (Sangha-dana). The same is true of the following selection, which is one of the few pieces that Dhammayut monks will chant in Sanyoga style.

## X

Sabba-buddhānubhāvena sabba-dhammānubhāvena  
sabba-saṅghānubhāvena buddha-ratanam dhamma-  
ratanam saṅgha-ratanam tiṇṇam ratanānam  
ānubhāvena caturāsitisahassa-  
dhammakhandhānubhāvena piṭakatyānubhāvena  
jinasāvakanubhāvena:

Sabbe te rogā sabbe te bhayā sabbe te antarāyā sabbe  
te upaddavā sabbe te dunnimittā sabbe te  
avamaṅgalā vinassantu.

Āyu-vaḍḍhako dhana-vaḍḍhako siri-vaḍḍhako  
yasa-vaḍḍhako bala-vaḍḍhako vaṇṇa-vaḍḍhako  
sukha-vaḍḍhako hotu sabbadā.

Dukkha-roga-bhayā verā Sokā sattū c'upaddavā  
Anekā antarāyāpi Vinassantu ca tejasā  
Jaya-siddhi dhanam lābham

Sotthi bhāgyam sukham balam  
Siri āyu ca vaṇṇo ca Bhogam vuḍḍhi ca yasavā  
Sata-vassā ca āyū ca Jiva-siddhi bhavantu te.

Bhavatu sabba-maṅgalam Rakkhantu sabba-devatā  
Sabba-buddhānubhāvena Sadā sotthi bhavantu te.

Bhavatu sabba-maṅgalam Rakkhantu sabba-devatā  
Sabba-dhammānubhāvena Sadā sotthi bhavantu te.

Bhavatu sabba-maṅgalam Rakkhantu sabba-devatā  
Sabba-saṅghānubhāvena Sadā sotthi, bhavantu te.

*Through the power of all the Buddhas, the power of all the Dhamma, the power of all the Sangha, the power of the Triple Gem—the gem of the Buddha, the gem of the Dhamma, the gem of the Sangha—the power of the 84,000 Dhamma aggregates, the power of the Tripitaka, the power of the Victor's disciples:*

*May all your diseases, all your fears, all your obstacles, all your dangers, all your bad visions, all your bad omens be destroyed.*

*May there always be an increase of long life, wealth, glory, status, strength, beauty, & happiness.*

*May suffering, disease, danger, animosity,  
sorrow, adversity, misfortune  
—obstacles without number—  
vanish through (the Triple Gem's) radiant energy.*

*Triumph, success, wealth, & gain, safety, luck, happiness, strength,  
glory, long life, & beauty, fortune, increase, & status,  
a lifespan of 100 years,  
and success in your livelihood:*

*May they be yours.*

*May there be every good blessing,  
 may all the devas protect you,  
 Through the power of all the Buddhas (Dhamma, Sangha)  
 may you always be well.*

## XI

So attha-laddho sukhito	Viruḷho buddha-sāsane.
Arogo sukhito hohi	Saha sabbehi ñātibhi.
Sā attha-laddhā sukhitā	Viruḷhā buddha-sāsane.
Arogā sukhitā hohi	Saha sabbehi ñātibhi.
Te attha-laddhā sukhitā	Viruḷhā buddha-sāsane.
Arogā sukhitā hoṭṭha	Saha sabbehi ñātibhi.

*May he gain his aims, be happy,  
 and flourish in the Buddha's teachings.  
 May you, together with all your relatives,  
 be happy and free from disease.  
 May she gain her aims, be happy....  
 May they gain their aims, be happy....*

Note: The above verses are frequently chanted after an ordination, or when a lay person has undertaken the practice of the eight precepts or has taken the five precepts for the first time. If one man has ordained or taken the precepts, chant only the two lines beginning "So attha-laddho..." three times. If one woman, chant only the two lines beginning "Sa attha-laddha..." three times. If more than one person, chant only the two lines beginning "Te attha-laddha..." three times.

## XII

Yasmim̐ padese kappeti	Vāsam̐ paṇḍita-jātiyo
Silavant'ettha bhojetvā	Saññate brahma-cārino
Yā tattha devatā āsum̐	Tāsam̐ dakkhiṇam-ādise.
Tā pūjitā pūjayanti	Mānitā mānayanti nam̐.
Tato nam̐ anukampanti	Mātā puttam̐ va orasam̐.
Devatā'nukampito poso	Sadā bhadrāni passati.

*In whatever place a wise person makes his dwelling,  
 —there providing food for the virtuous,  
 the restrained, leaders of the holy life—  
 He should dedicate that offering to the devas there.  
 They, receiving honor, will honor him;  
 Being respected, will show him respect.  
 As a result, they will feel sympathy for him,  
 like that of a mother for her child.  
 A person with whom the devas sympathize  
 always sees things go auspiciously.*

Note: These verses are from the Maha-Parinibbana Suttanta (Great Discourse on the Total Unbinding), Digha Nikaya 16. They are frequently chanted when the donor is making merit on the occasion of his/her birthday or a house-warming.

\* \* \*

### XIII

Bhavatu sabba-maṅgalaṃ Rakkhantu sabba-devatā  
 Sabba-buddhānubhāvena Sadā sotthi bhavantu te.  
 Bhavatu sabba-maṅgalaṃ Rakkhantu sabba-devatā  
 Sabba-dhammānubhāvena Sadā sotthi bhavantu te.  
 Bhavatu sabba-maṅgalaṃ Rakkhantu sabba-devatā  
 Sabba-saṅghānubhāvena Sadā sotthi, bhavantu te.

*May there be every good blessing,  
 may all the devas protect you,  
 Through the power of all the Buddhas (Dhamma, Sangha)  
 may you always be well.*

## *Mahā-maṅgala-cakkavāḷa*

*The Great Universe of Blessings*

Siri-dhiti-mati-tejo-jayasiddhi-mahiddhi-  
mahāguṇāparimita-puññādhikārassa  
sabbantarāya-nivāraṇa-samatthassa  
bhagavato arahato sammā-sambuddhassa  
dvattimsa-mahāpurisa-lakkhaṇ'ānubhāvena

*Through the power of the 32 marks of the Great Man belonging to the  
Blessed One, the Worthy One, the Rightly Self-awakened One, who  
through his accumulation of merit is endowed with glory, steadfastness  
of intent, majesty, victorious power, great might, countless great virtues,  
who settles all dangers & obstacles,*

asītyānubyañjan'ānubhāvena

*through the power of his 80 minor characteristics,*

aṭṭh'uttara-sata-maṅgal'ānubhāvena

*through the power of his 108 blessings,*

chabbaṇṇa-raṁsiy'ānubhāvena ketumāl'ānubhāvena

*through the power of his sixfold radiance,  
through the power of the aura surrounding his head,*

dasa-pāramit'ānubhāvena

dasa-upapāramit'ānubhāvena

dasa-paramattha-pāramit'ānubhāvena

*through the power of his ten perfections, ten higher perfections,  
& ten ultimate perfections,*

sīla-samādhi-paññ'ānubhāvena

*through the power of his virtue, concentration, & discernment,*

buddh'ānubhāvena dhamm'ānubhāvena

saṅgh'ānubhāvena

*through the power of the Buddha, Dhamma, & Saṅgha,*

tej'ānubhāvena iddh'ānubhāvena bal'ānubhāvena

*through the power of his majesty, might, & strength,*

ñeyya-dhamm'ānubhāvena

*through the power of the Dhammas that can be known,*

caturāsiti-sahassa-dhammakkhandh'ānubhāvena

*through the power of the 84,000 divisions of the Dhamma,*

nava-lokuttara-dhamm'ānubhāvena

*through the power of the nine transcendent Dhammas,*

aṭṭhaṅgika-magg'ānubhāvena

*through the power of the eightfold path,*

aṭṭha-samāpattiy'ānubhāvena

*through the power of his eight meditative attainments,*

chaḷabhiññ'ānubhāvena catu-sacca-ñāṇ'ānubhāvena

*through the power of his six cognitive skills,*

*through the power of his knowledge of the four noble truths,*

dasa-bala-ñāṇ'ānubhāvena

*through the power of his knowledge of the ten strengths,*

sabbaññuta-ñāṇ'ānubhāvena

*through the power of his omniscience,*

mettā-karuṇā-muditā-upekkh'ānubhāvena

*through the power of his good will, compassion, empathetic joy, & equanimity,*

sabba-paritt'ānubhāvena

*through the power of all protective chants,*

ratanattaya-saraṇ'ānubhāvena

*through the power of refuge in the Triple Gem:*

tuyhaṃ sabba-roga-sok'upaddava-dukkha-

domanass-upāyāsā vinassantu

*May all your diseases, griefs, misfortunes, pains, distresses, & despairs be destroyed,*

sabba-antarāyāpi vinassantu

sabba-saṅkappā tuyhaṃ samijjhantu

*may all obstructions be destroyed, may all your resolves succeed,*

dīghayutā tuyhaṃ hotu sata-vassa-jīvena

samaṅgiko hotu sabbadā.

*may you live long, always attaining 100 years.*

Ākāsa-pabbata-vana-bhūmi-gaṅgā-mahāsamuddā

ārakkhakā devatā sadā tumhe,

anurakkhantu.

*May the protective devas of the sky, the mountains, the forests, the land, the River Ganges, & the great ocean always protect you.*

## *Breath Meditation: Seven Steps*

There are seven basic steps:

1. Start out with three or seven long in-&-out breaths, thinking *bud-* with the in-breath, and *dho* with the out. Keep the meditation syllable as long as the breath.

2. Be clearly aware of each in-&-out breath.

3. Observe the breath as it goes in & out, noticing whether it's comfortable or uncomfortable, broad or narrow, obstructed or free-flowing, fast or slow, short or long, warm or cool. If the breath doesn't feel comfortable, change it until it does. For instance, if breathing in long & out long is uncomfortable, try breathing in short & out short. As soon as you find that your breathing feels comfortable, let this comfortable breath sensation spread to the different parts of the body.

To begin with, inhale the breath sensation at the base of the skull and let it flow all the way down the spine. Then, if you are male, let it spread down your right leg to the sole of your foot, to the ends of your toes, and out into the air. Inhale the breath sensation at the base of the skull again and let it spread down your spine, down your left leg to the ends of your toes, and out into the air. (If you are female, begin with the left side first, because the male & female nervous systems are different.)

Then let the breath from the base of the skull spread down over both shoulders, past your elbows & wrists, to the tips of your fingers, and out into the air.

Let the breath at the base of the throat spread down the central nerve at the front of the body, past the lungs & liver, all the way down to the bladder & colon.

Inhale the breath right at the middle of the chest and let it go all the way down to your intestines.

Let all these breath sensations spread so that they connect & flow together, and you'll feel a greatly improved sense of well-being.

4. Learn four ways of adjusting the breath:

- a. in long & out long,
- b. in long & out short,
- c. in short & out long,
- d. in short & out short.

Breathe whichever way is most comfortable for you. Or, better yet, learn to breathe comfortably all four ways, because your physical condition & your breath are always changing.

5. Become acquainted with the bases or focal points for the mind—the resting spots of the breath—and center your awareness on whichever one seems most comfortable. A few of these bases are:

- a. the tip of the nose,
- b. the middle of the head,
- c. the palate,
- d. the base of the throat,
- e. the breastbone (the tip of the sternum),
- f. the navel (or a point just above it).

If you suffer from frequent headaches or nervous problems, don't focus on any spot above the base of the throat. And don't try to force the breath or put yourself into a trance. Breathe freely & naturally. Let the mind be at ease with the breath—but not to the point where it slips away.

6. Spread your awareness—your sense of conscious feeling—throughout the entire body.

7. Unite the breath sensations throughout the body, letting them flow together comfortably, keeping your awareness as broad as possible. Once you are fully aware of the aspects of the breath you already know in your body, you'll come to know all sorts of other aspects as well. The breath, by its nature, has many facets: breath sensations flowing in the nerves, those flowing around & about the nerves, those spreading from the nerves to every pore. Beneficial breath sensations & harmful ones are mixed together by their very nature.

To summarize: (a) for the sake of improving the energy already existing in every part of your body, so that you can contend with such things as disease & pain; and (b) for the sake of clarifying the knowledge already within you, so that it can become a basis for the skills leading to release & purity of heart—you should always bear these seven steps in mind, because they are absolutely basic to every aspect of breath meditation.

—Phra Ajaan Lee Dhammadharo

*The Lord Buddha taught that his Dhamma, when placed in the heart of an ordinary run-of-the-mill person, is bound to be thoroughly corrupted, but if placed in the heart of a Noble One, it is bound to be genuinely pure & authentic, something that at the same time can be neither effaced nor obscured.*

*So as long as we are devoting ourselves merely to the theoretical study of the Dhamma, it can't serve us well. Only when we have trained our hearts to eliminate their 'chameleons'—their defilements—will it benefit us in full measure. And only then will the true Dhamma be kept pure, free from distortions & deviations from its original principles.*

—Phra Ajaan Mun Bhūridatto

*The practice of the Dhamma in keeping with the Dhamma that he gave with utter compassion unequalled by that of anyone else in the world: This is the true homage to the Buddha. The seeing of the truth that lies within you, using discernment step by step at all times: This is the seeing of the Buddha step by step. The seeing of the truth with the full heart using discernment: This is the seeing of the Buddha in full. The true Buddha, the true Dhamma, lie with the heart. To attend to your own heart is to attend to the Buddha. To watch over your own heart with mindfulness & discernment is to see the Buddha, Dhamma, & Saṅgha in a genuine way.*

—Phra Ajaan Maha Boowa Ñāṇasampanno