

BUDDHA METTA SOCIETY

'Living in Dhamma' - 2022/2565



BUDDHA METTA SOCIETY

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DEDICATION OF OFFERING TO THE TRIPLE GEM

Iminā Sakkārena, Taṃ Buddhaṃ, Abhipūjayāma.
With these offerings, I pay respect to the Buddha.

Iminā Sakkārena, Taṃ Dhammaṃ, Abhipūjayāma.
With these offerings, I pay respect to the Dhamma.

Iminā Sakkārena, Taṃ Sanghaṃ, Abhipūjayāma.
With these offerings, I pay respect to the Sangha.

HOMAGE TO THE TRIPLE GEM

Arahaṃ sammā-sambuddho Bhagavā
The Blessed One is Worthy & Rightly Self-awakened.

Buddhaṃ Bhagavantaṃ abhivādemi (bow once)
I bow down before the Awakened, Blessed One.

Svākkhāto Bhagavatā dhammo
The Dhamma is well-expounded by the Blessed One.

Dhammaṃ namassāmi (bow once)
I pay homage to the Dhamma.

Supaṭipanno Bhagavato sāvaka-saṅgho
The Sangha of the Blessed One's disciples has practiced well.

Saṅghaṃ namāmi (bow once)
I pay respect to the Sangha.

Prewords leading to Dhamma practice

Imāya Dhammā nudhamma, Paṭipattiyā,
Ratanattayaṃ, Mātā Pitu gunāṃ,
ācāriya gunāṃ, Pūjemi.

Closing Homage

Buddha gunāṃ ahaṃ vandāmi	<i>I bow to the Buddha</i>
ข้าพเจ้าไหว้คุณของพระพุทธเจ้า	kaapajow wai kun kawng
	pra-putta-jow

Dhamma gunāṃ ahaṃ vandāmi	<i>I bow to the Dhamma</i>
ข้าพเจ้าไหว้คุณของพระธรรม	kaapajow wai kun kawng
	pra-dhamma

Saṅgha gunāṃ ahaṃ vandāmi	<i>I bow to the Saṅgha</i>
ข้าพเจ้าไหว้คุณของพระสงฆ์	kaapajow wai kun kawng
	pra-sangha

Mātā pitu gunāṃ ahaṃ vandāmi	<i>I bow to my Mother and Father</i>
ข้าพเจ้าไหว้คุณของบิดาและมารดา	kaapajow wai kun kawng
	bidaa lae maandaa

Ācāriya gunāṃ ahaṃ vandāmi	<i>I bow to all my Teachers</i>
ข้าพเจ้าไหว้คุณของครู	kaapajow wai kun kawng
	kru
อุปัชฌาย์อาจารย์ทั้งหลาย	upachayaa aajahn tang laai

RECOLLECTION OF THE TRIPLE GEM

NAMAKKĀRA

Homage

Namo tassa Bhagavato arahato sammā-sambuddhassa. (x3)

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

BUDDHĀNUSSATI

Recollection of the Qualities of the Buddha

Iti pi so Bhagavā arahaṃ sammā-sambuddho vijjā-caraṇasampanno sugato loka-vidū anuttaro purisa-damma-sārathi satthā deva-manussānaṃ Buddho Bhagavā ti.

DHAMMĀNUSSATI

Recollection of the Qualities of the Dhamma

Svākkhāto Bhagavatā dhammo sandiṭṭhiko akāliko ehipassiko opanayiko paccattaṃ veditabbo viññūhi ti.

SAṄGHĀNUSSATI

Recollection of the Qualities of the Sangha

Supaṭipanno Bhagavato sāvaka-saṅgho uju-paṭipanno Bhagavato sāvaka-saṅgho ñāya-paṭipanno Bhagavato sāvaka-saṅgho sāmīci-paṭipanno Bhagavato sāvaka-saṅgho yad idaṃ cattāri purisa-yugāni aṭṭha purisa-puggalā. Esa Bhagavato sāvaka-saṅgho āhuneyyo pāhuneyyo dakkhiṇeyyo añjali-karaṇīyyo anuttaraṃ puñña-kkhettaṃ lokassā ti.

BUDDHAMAṄGALAGĀTHĀ

Sambuddho dipadaṃ seṭṭho nisinno c' eva majjime

Of the two-legged beings, the Buddha is most excellent: he sits in the middle

Koṇḍañño pubba-bhāge ca āgaṇeyye ca Kassapo

Koṇḍañña sits before me (east), Kassapa is in the southeast,

Sāriputto ca dakkhiṇe haratiye Upāli ca

Sariputta is in the south, Upali is in the southwest

Pacchime pi ca Ānando bāyabbe ca Gavampati

Ananda is in the west, Gavampati is in the northwest

Moggallāno ca uttare īsāne pi ca Rāhulo

Moggallana is in the north, Rahula is in the northeast

Ime kho maṅgalā Buddhā sabbe idha patiṭṭhitā

All these arahants stand here, being blessings of the Buddha.

Vanditā te ca amhehi sakkārehi ca pūjitā

They are venerated by me, and worshipped with worthy things.

Etesaṃ ānubhāvena sabba-sotthī bhavanto no

By the power of all these efforts, may all happiness be yours

Icc evaṃ accanta namassaneyyaṃ

Having saluted those who are worthy of veneration

Namassamāno ratana-ttayaṃ yaṃ

And saluting the Triple Gem

Puññābhisandaṃ vipulaṃ alatthaṃ

May abundant meritorious fruits be received.

Tassānubhavana hatantarāyo.

By their power, all dangers are diverted

Mettā – Short Version

Sabbe sattā sadā hontu, averā sukha jīvīno
สัพเพ สัตตา สะทาโหนดุ อะเวรา สุขะชีวีโน

Kaw hai sat tang laai, yaa dai mee wen gae gan lae gan
ขอให้สัตว์ทั้งหลาย อย่าได้มีเวรแก่กันและกัน

Jong pen puu dumrong cheep, yuu bpen suk tuk meua tern
จงเป็นผู้ดำรงชีพ อยู่เป็นสุขทุกเมื่อเทอญ

May all beings always live happily, free from animosity.

Kataṃ puññaṃ balaṃ mayaṃ, sabbe bhāgi bhavantu te
กะตัง ปุญญัง พะลัง มัยหัง สัพเพ ภาคี
ภาวันตุ เต

Kaw hai sat tang laai, jong dai saweuy pon bun
Tee Kaapajao dai bum pen duay gaai wajja jai laew nun
tern

ขอให้สัตว์ทั้งหลาย จงได้เสวยผลบุญ
ที่ข้าพเจ้าได้บำเพ็ญ ด้วย กาย วาจา ใจ แล้วนั้น
เทอญ

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

METTASUTTA (The Buddha's Words on Loving-Kindness)

Karaṇīyam attha-kusalena
Yan taṃ santaṃ
padaṃabhisamecca
Sakko ujū ca su-h-ujū ca
Suvaco c' assa mudu anatimānī
Santussako ca subharo ca
Appa-kicco ca sallahuka-vutti
Sant' indriyo ca nipako ca
Appagabbho kulesu ananugiddho;
Na ca khuddaṃ samācare kiñci
Yena viññū pare upavadeyyuṃ:
Sukhino vā khemino hontu
Sabbe sattā bhavantu sukhit' attā.
Ye keci pāṇa-bhūt' atthi
Tasā vā thāvarā vā anavasesā
Dīghā vā ye mahantā vā
Majjhimā rassakā aṇuka-thūlā
Ditṭhā vā ye ca aditṭhā
Ye ca dūre vasanti avidūre
Bhūtā vā sambhavesi vā:
Sabbe sattā bhavantu sukhit' attā.
Na paro paraṃ nikubbetha
Nātimaññetha katthaci naṃ kiñci,
Byārosanā paṭigha-saññā
Nāñña-m-aññassa dukkham
iccheyya.
Mātā yathā niyaṃ puttam
Āyusā eka-puttam anurakkhe
Evam pi sabba-bhūtesu
Mānasam bhāvaye aparimāṇaṃ.
Mettañ ca sabba-lokasmīṃ
Mānasam bhāvaye aparimāṇaṃ
Uddhaṃ adho ca tiriyañ ca

[This is what should be done]

By one who is skilled in goodness
And who knows the path of
peace:
Let them be able and upright,
Straightforward and gentle in
speech,
Humble and not conceited,
Contented and easily satisfied,
Unburdened with duties and
frugal in their ways.
Peaceful and calm, and wise and
skillful,
Not proud or demanding in
nature.
Let them not do the slightest
thing
That the wise would later
reprove,
Wishing: In gladness and in
safety,
May all beings be at ease.
Whatever living beings there may
be,
Whether they are weak or
strong, omitting none,
The great or the mighty,
medium, short or small,
The seen and the unseen,
Those living near and far away,
Those born and to be born,
May all beings be at ease.

Asambādhamaṃ averamaṃ asapattamaṃ
Tiṭṭhaññā caraṃ nisinno vā
Sayāno vā yāvat' assa vigata-
middho.
Etaṃ satimaṃ adhiṭṭheyya:
Brahmaṃ etaṃ vihāraṃ idha-m-
āhu.
Diṭṭhiñ ca anupagamma
Sīlavā dāsaṇaṇa saṃpaṇṇo
Kāmesu vineyya gaddhaṃ
Na hi jātu gabbha-seyyamaṃ
punar-etī ti.

Let none deceive another
Or despise any being in any
state.
Let none through anger or ill-will
Wish harm upon another.
Even as a mother protects with
her life
Her child, her only child,
So with a boundless heart
Should one cherish all living
beings,
Radiating kindness over the
entire world:
Spreading upwards to the skies
And downwards to the depths,
Onwards and unbounded,
Freed from hatred and ill-will.
Whether standing or walking,
seated
Or lying down – free from
drowsiness
One should sustain this
recollection.
This is said to be the sublime
abiding.
By not holding to fixed views,
The pure-hearted one, having
clarity of vision,
Being freed from all sense-
desires,
Is not born again into this world.

REQUESTING THE FIVE/(EIGHT) PRECEPTS

Mayam Bhante, ti-saranena saha, pāṇca/(aṭṭha) sīlāni yācāma.

Dutiyampi ... (all the above)

Tatīyampi ... (all the above)

The monk recites the Homage to the Buddha three times, lay people do likewise, then repeat each refuge after the monk.

NAMAKKĀRA - Homage

Namo tassa Bhagavato arahato sammā-sambuddhassa.

(3 times)

SARAṆAGAMANA - The Three Refuges

Buddhaṃ saraṇaṃ gacchāmi. *I go to the Buddha as my refuge.*

Dhammaṃ saraṇaṃ gacchāmi. *Dhamma*

Saṅghaṃ saraṇaṃ gacchāmi. *Sangha*

Dutiyam pi Buddhaṃ... (all 3 above) *For the second time...*

Tatīyam pi Buddhaṃ... (all 3 above) *For the third time...*

Monk: Ti-sarana-gamanam nitthitam

Lay people: Āma Bhante

Then repeat each precept after the monk.

PAÑCA/(AṬṬHAṄGA) SĪLA - The 5/(8) Precepts

Pāṇātipātā veramaṇī-sikkhā-padaṃ samādiyāmi.

I undertake the training rule of refraining from killing living beings.

Adinnādānā

I undertake

taking what is not given.

Kāmesu micchā-cārā

I undertake

sexual misconduct/(intercourse).

/(Abrahma-cariyā)

Musā-vādā

I undertake

false speech.

Surā-meraya-majja-pamāda-ṭṭhānā

I undertake

intoxicants which cause heedlessness.

(Vikāla-bhojanā

I undertake

eating after noon & before dawn.

Nacca-gīta-vādita-visūka-dassana-mālā-gandha-vilepana-dhāraṇa-maṇḍana-vibhūsaṇa-ṭṭhānā

I undertake dancing, singing, music, watching shows, wearing garlands, beautifying myself with perfumes & cosmetics.

Uccā-sayana-mahā-sayanā

I undertake

high & luxurious seats & beds.

Imāni aṭṭha sikkhā-padāni samādiyāmi (x 3)

I undertake these eight precepts.)

Monk: Imāni pañca sikkhā-padāni.

Sīlena sugatiṃ yanti, sīlena bhogasampadā.

Sīlena nibbutiṃ yanti. Tasmā sīlaṃ viśo dhaye.

Lay people: Sādhu Bhante.

THE THIRTY TWO PARTS OF THE BODY

Ayaṃ kho me kāyo (this body of mine) uddhaṃ pāda-talā adho (from the soles of the feet on up) adho kesa-matthakā (from the crown of the head on down) taca-pariyanto (surrounded by skin) pūro nāna-ppakārassa asucino (filled with all sorts of unclean things). Atthi imasmiṃ kāye (in this body there is):

ANULOMA – forward order

Kesā (hair of the head) lomā (hair of the body) nakhā (nails)
dantā (teeth) taco (skin) Maṃsam (flesh) nahārū (sinews) atthi
(bones) atthi-miñjaṃ (bone marrow) vakkhaṃ (spleen)
Hadayaṃ (heart) yakaṇaṃ (liver) kilomakaṃ (membranes)
pihakaṃ (kidneys) papphāsaṃ (lungs) Antaṃ (large intestines)
anta-guṇaṃ (small intestines) udariyaṃ (stomach) karisaṃ
(feces) mattha-ke mattha-luṅgaṃ (brain)
Pittaṃ (bile) semhaṃ (phlegm) pubbo (pus) lohitaṃ (blood)
sedo (sweat) medo (fat) Assu (tears) vasā (grease) kheḷo (saliva)
siṅghānikā (mucus) lasikā (oil in the joints) muttaṃ (urine)

PATILOMA – reverse order

As above in reverse.

Evam ayaṃ me kāyo (such is this body of mine) uddhaṃ pāda-talā (from the soles of the feet on up) adho kesa-matthakā (from the crown of the head on down) taca-pariyanto (surrounded by skin) pūro nāna-ppakārassa asucino (filled with all sorts of unclean things).

ABHAYAPARITTA

Verses of Protection from Fear and from
nightmares of the sleeping or waking mind

Yan dunnimittam avamaṅgalañ ca
yo cāmanāpo sakuṇassa saddo

Pāpa-ggaho dussupinaṃ akantaṃ
Buddhānubhāvena vināsam entu.

Yan dunnimittam avamaṅgalañ ca
yo cāmanāpo sakuṇassa saddo

Pāpa-ggaho dussupinaṃ akantaṃ
dhammānubhāvena vināsam entu.

Yan dunnimittam avamaṅgalañ ca
yo cāmanāpo sakuṇassa saddo

Pāpa-ggaho dussupinaṃ akantaṃ
saṅghānubhāvena vināsam entu.

SPREADING THE BRAHMAVIHĀRAS

(Handa mayaṃ brahma-vihāra-pharaṇaṃ karomase)

Ahaṃ sukhito homi.
Niddukkho homi.
Avero homi.
Abyāpajjho homi.
Anīgho homi.
Sukhī attānaṃ pariharāmi.

Sabbe sattā sukhitā hontu.
Sabbe sattā averā hontu.
Sabbe sattā abyāpajjhā hontu.
Sabbe sattā anīghā hontu.
Sabbe sattā sukhī attānaṃ pariharantu.

Sabbe sattā sabba-dukkhā pamuccantu.

Sabbe sattā laddha-sampattito mā vigacchantu.

Sabbe sattā kamma-ssakā / kamma-dāyādā / kamma-
yonī / kamma-bandhū / kamma-paṭisaraṇā.

Yaṃ kammaṃ karissanti kalyāṇaṃ vā pāpakaṃ vā
tassa dāyādā bhavissanti.

May I abide in well being,
In freedom from affliction,
In freedom from hostility,
In freedom from ill-will,
In freedom from anxiety,
And may I maintain well being in myself.

May everyone abide in well being,
In freedom from hostility,
In freedom from ill-will,
In freedom from anxiety,
And may they maintain well being in themselves.

May all beings be released from all suffering,
And may they not be parted from the good fortune they
have attained.

When they act upon intention,
All beings are the owners of their action,
And inherit its results.

Their future is born from such action,
Companion to such action,
And its results will be their home.

All actions with intention,
Be they skilful or harmful,
Of such acts they will be the heirs.

ABHINHA-PACCAVEKKHANA
Five Subjects For Frequent Recollection

อกิณหปัจจะเวกขณปาฐะ

(Handa mayam abhiṇha-paccavekkaṇa-pātham
bhaṇāmase)

[Jarā-dhammomhi] jaram anatīto (men chant)
[Jarā-dhammāmhi] jaram anatītā (women chant)

I am of the nature to age, I have not gone beyond ageing.

เรามีความแก่เป็นธรรมดา จะล่วงพ้นความแก่ไป
ไม่ได้

Rao mii kwaam-gae bpen dhamma-daa ja-luang-pun
kwaam-gae bpai mae-dai

Byādi-dhammomhi byādiṃ anatīto (m)
Byādi-dhammāmhi byādiṃ anatītā (w)

I am of the nature to sicken, I have not gone beyond
sickness.

เรามีความเจ็บไข้เป็นธรรมดา จะล่วงพ้นความเจ็บ
ไข้ไปไม่ได้

Rao mii kwaam-jep-kai bpen dhamma-daa ja-luang-pun
kwaam-jep-kai bpai mae-dai

Maraṇa-dhammomhi maraṇaṃ anatito (m)

Maraṇa-dhammāmi maraṇaṃ anatitā (w)

I am of the nature to die, I have not gone beyond dying.

เรามีความตายเป็นธรรมดา จะล่วงพ้นความตาย
ไปไม่ได้

Rao mii kwaam-dtai bpen dhamma-daa ja-luang-pun
kwaam-dtai bpai mae-dai

**Sabbehi me piyehi manāpehi nānābhāvo
vinābhāvo**

All that is mine, beloved and pleasing, will become
otherwise, will become separated from me.

เราจะละเว้นเป็นต่างๆ คือว่าเราจะต้องพลัดพราก
จากของรักของเจริญใจ
ทั้งสิ้นไป

Rao ja la-wen bpen dtaang-dtaang
Keu waa rao ja-dtawng plat-praak jaak kawng-rak
kawng-jerern-jai tang sin bpai

**Kammassakomhi kammadāyādo kammayoni
kammabandhu kammaṭṭisarano (m)**

**Kammassakāmhi kammadāyādā kammayoni
kammabandhu kammaṭṭisarano (w)**

I am the owner of my kamma, heir to my kamma,
born of my kamma, related to my kamma,
abide supported by my kamma.

เรามีกรรมเป็นของๆตน

มีกรรมเป็นผู้ให้ผล มีกรรมเป็นแดนเกิด

มีกรรมเป็นผู้ติดตาม มีกรรมเป็นที่พึ่งอาศัย

Rao mii gam bpen kawng-kawng-dton

Mii gam bpen puu hai pon mii gam bpen daen gert

Mii gam bpen puu dtit-dtaam

mii gam bpen tii purng-aasaai

**Yaṃ kammaṃ karissāmi kalyāṇaṃ vā pāpakaṃ
vā tassa dāyādo bhavissāmi** (m)

**Yaṃ kammaṃ karissāmi kalyāṇaṃ vā pāpakaṃ
vā tassa dāyādā bhavissāmi** (w)

Whatever kamma I shall do, for good or for ill,
of that I will be the heir.

เราทำกรรมอันใดไว้ เป็นบุญหรือเป็นบาป
เราจักเป็นทายาท
คือว่าเราจะต้องได้รับผลของกรรมนั้นๆสืบไป

Rao tam gam an-dai wai bpen-bun ruea bpen baabp
Rao jak bpen taayaat Keue waa rao ja dtawng dai rap pon
kawng gam nan-nan surp bpai

Evaṃ amhehi abhiṇhaṃ paccevekkhitabbaṃ

Thus we should frequently recollect.

เราทั้งหลายควรพิจารณาอย่างนี้ทุกวันๆ ถัด

Rao tang-laai kuan pijaaranaa yang-nii
tuk-wan tuk-wan tert

PAṬICCASAMUPPĀDA - Conditioned Arising

Avijjā-paccayā saṅkhārā
saṅkhāra-paccayā viññāṇaṃ
viññāṇa-paccayā nāma-rūpaṃ
nāma-rūpa-paccayā saḷāyatanaṃ
saḷāyatana-paccayā phassa
phassa-paccayā vedanā
vedanā-paccayā taṇhā
taṇhā-paccayā upādānaṃ
upādāna-paccayā bhava
bhava-paccayā jāti
jāti-paccayā jarā-maraṇaṃ soka-parideva-dukkha-
domanassupāyāsā sambhavanti.
Evam etassa kevalassa dukkha-kkhandhassa samudayo
hoti.

Avijjāya tveva asesavirāga-nirodhā saṅkhāra-nirodho
saṅkhāra-nirodhā viññāṇa-nirodho
viññāṇa-nirodhā nāma-rūpa-nirodho
nāma-rūpa-nirodhā saḷāyatana-nirodho
saḷāyatana-nirodhā phassa-nirodho
phassa-nirodhā vedanā-nirodho
vedanā-nirodhā taṇhā-nirodho
taṇhā-nirodhā upādāna-nirodho
upādāna-nirodhā bhava-nirodho
bhava-nirodhā jāti-nirodho
jāti-nirodhā jarā-maraṇaṃ soka-parideva-dukkha-
domanassupāyāsā nirujjhanti.

Evam etassa kevalassa dukkha-kkhandhassa nirodho
hoti.

Yadā have pātubhavanti dhammā ātāpino jhāyato
brāhmaṇassa,
Ath' assa kaṅkhā vapayanti sabbā yato pajānāti sahetu-
dhammaṃ.
Yadā have pātubhavanti dhammā ātāpino jhāyato
brāhmaṇassa,
Ath' assa kaṅkhā vapayanti sabbā yato khayam
paccayānaṃ avedi.
Yadā have pātubhavanti dhammā ātāpino jhāyato
brāhmaṇassa,
Vidhūpayam tiṭṭhati māra-senaṃ sūro 'va obhāsayam
antalikkhan ti.

MORNING CHANTING

RATANATTAYAVANDANĀ - Salutation to the Triple Gem

Yo so Bhagavā arahaṃ sammā-sambuddho, /
svākkhāto yena Bhagavatā dhammo, / supaṭipanno yassa
Bhagavato sāvaka-saṅgho: / taṃ mayaṃ Bhagavantam
saddhammaṃ sasaṅgham / imehi sakkārehi yathārahaṃ
āropitehi abhipūjayāma. / Sādhu no Bhante, Bhagavā
sucira-parinibbuto pi / pacchimā-janatānukampa-mānasā /
ime sakkāre duggata-paṇṇākāra-bhūte paṭiggaṇhātu /
amhākaṃ dīgharattaṃ hitāya sukhāya.

RATANATTAYANAMAKKĀRAPĀṬHA - Homage to the Triple Gem

Arahaṃ sammā-sambuddho Bhagavā.
Buddhaṃ Bhagavantam abhivādemi. (*Bow once.*)

Svākkhāto Bhagavatā dhammo.
Dhammaṃ namassāmi. (*Bow once.*)

Supaṭipanno Bhagavato sāvaka-saṅgho.
Saṅgham namāmi. (*Bow once.*)

PUBBABHĀGANAMAKKĀRAPĀṬHA - Preliminary Homage to the Buddha

**Handa dāni mayaṃ taṃ Bhagavantam vācāya
abhithutiṃ pubba-bhāga-namakkāraṃ karomase.**

Namo tassa Bhagavato arahato sammā-sambuddhassa. (x3)

BUDDHĀBHITHUTI - Supreme Praise of the Buddha

Handa mayaṃ Buddhābhithutiṃ karomase.

Yo so Tathāgato arahaṃ sammā-sambuddho /
vijjā-caraṇasampanno sugato loka-vidū /
anuttaro purisa-damma-sārathi satthā deva-manussānaṃ
Buddho Bhagavā, /
yo imaṃ lokaṃ sadevakam samārakam sabrahmakam /
sassamaṇa-brāhmaṇiṃ paṇaṃ sadevamanussaṃ sayam
abhiññā sacchi-katvā pavedesi, /
yo dhammaṃ desesi ādi-kalyāṇaṃ majjhe-kalyāṇaṃ
pariyosāna-kalyāṇaṃ /
sātthaṃ sabyaññaṇaṃ kevala-paripuṇṇaṃ parisuddhaṃ
brahmacariyaṃ pakāsesi: /
tam ahaṃ Bhagavantam abhipūjayāmi, tam ahaṃ
Bhagavantam sirasā namāmi. (*Bow once.*)

DHAMMĀBHITHUTI - Supreme Praise of the Dhamma

Handa mayaṃ dhammābhithutiṃ karomase.

Yo so svakkhāto Bhagavatā dhammo /
sandiṭṭhiko akāliko ehipassiko opanayiko paccattaṃ
veditabbo viññūhi: /
tam ahaṃ dhammaṃ abhipūjayāmi, tam ahaṃ dhammaṃ
sirasā namāmi. (*Bow once.*)

SAṄGHĀBHITHUTI - Supreme Praise of the Sangha

Handa mayaṃ saṅghābhithutiṃ karomase.

Yo so supaṭipanno Bhagavato sāvaka-saṅgho, /
uju-paṭipanno Bhagavato sāvaka-saṅgho, /
ñāya-paṭipanno Bhagavato sāvaka-saṅgho, /
sāmīci-paṭipanno Bhagavato sāvaka-saṅgho, /
yad idaṃ cattāri purisa-yugāni aṭṭha-purisa-puggalā. /
Esa Bhagavato sāvaka-saṅgho /
āhuneyyo pāhuneyyo dakkhiṇeyyo añjalikaraṇīyo/
anuttaraṃ puñña-kkhettaṃ lokassa: /
tam ahaṃ saṅghaṃ abhipūjayāmi, tam ahaṃ saṅghaṃ
sirasā namāmi. (*Bow once.*)

AROUSING SAMVEGA preceded by VERSES HONOURING
THE TRIPLE GEM

**Handa mayaṃ ratana-ttaya-ppañāma-gāthāyo c' eva
saṃvegavatthu-paridīpaka-pāṭhañ ca bhaṇāmaṣe.**

Buddho susuddho karuṇā-mahaṇṇavo
Yo 'ccanta-suddha-bbara-ñāṇa-locano
Lokassa pāpūpakilesa-ghātako,
Vandāmi Buddhamaṃ aham ādarena taṃ.

Dhammo padīpo viya tassa satthuno
Yo magga-pākāmata-bheda-bhinnako
Lokuttaro yo ca tad-attha-dīpano,
Vandāmi dhammaṃ aham ādarena taṃ.

Saṅgho sukhettābhyatikhetta-saññito
Yo diṭṭha-santo sugatānubodhako
Lola-ppahīno ariyo sumedhaso,
Vandāmi saṅghamaṃ aham ādarena taṃ.

Icc evaṃ ekantabhipūjaneyyakamaṃ
Vatthu-ttayaṃ vandayatābhisaṅkhatamaṃ
Puññaṃ mayā yaṃ mama sabb' upaddavā
Mā hontu ve tassa pabhāva-siddhiyā.

Idha Tathāgato loke uppanno arahamaṃ sammā-sambuddho /
dhammo ca desito niyyāniko upasamiko parinibbāniko
sambodhagāmī sugata-ppavedito. /
Mayaṃ taṃ dhammaṃ sutvā evaṃ jānāma:

Jāti pi dukkhā, jarā pi dukkhā,
maraṇam pi dukkhaṃ, /
soka-parideva-dukkha-domanassupāyāsā pi dukkhā, /
appiye hi sampayogo dukkho, piye hi vippayogo dukkho, yaṃ
p' icchaṃ na labhati taṃ pi dukkhaṃ, / saṅkhittena
pañc'upādāna-kkhandhā dukkhā, / seyyathidaṃ:

rūpūpādāna-kkhandho
vedanūpādāna-kkhandho
saññūpādāna-kkhandho
saṅkhārūpādāna-kkhandho
viññāṇūpādāna-kkhandho,

yesaṃ pariññāya / dharamāno so Bhagavā /
evaṃ bahulaṃ sāvake vineti. /
Evam bhāgā ca paṇ' assa Bhagavato sāvakesu anusāsani /
bahulā pavattati:

Rūpaṃ aniccaṃ.
Vedanā aniccā.
Saññā aniccā.
Saṅkhārā aniccā.
Viññāṇaṃ aniccaṃ.
Rūpaṃ anattā.
Vedanā anattā.
Saññā anattā.
Saṅkhārā anattā.
Viññāṇaṃ anattā.
Sabbe saṅkhārā aniccā.
Sabbe dhammā anattā ti.

Te mayam / otiṇṇāmhā jātiyā jarā-maraṇena / sokehi
paridevehi dukkhehi domanassehi upāyāsehi/
dukkhotiṇṇā dukkha-paretā: /
app' eva nām' imassa kevalassa
dukkha-kkhandhassa antakiriya paññāyethā ti. /

*(wait) Monks continue until 'Imassa... saṃvattatu' ends then
lay people recommence...*

Ciraparinibbutam pi taṃ Bhagavantaṃ saraṇaṃ gatā /
dhammañ ca saṅghañ ca. /
Tassa Bhagavato sāsanaṃ yathāsatti yathā-balaṃ /
manasikaroma / anupaṭipajjāma. / Sā sā no paṭipatti. /
Imassa kevalassa dukkha-kkhandhassa antakiriya
saṃvattatu.

NOTE – at the end of the 'Morning Chanting' sometimes
the 'Reflection after Using Requisites' chant is also chanted
(see page 39)

EVENING CHANTING

RATANATTAYAVANDANĀ - Salutation to the Triple Gem

Yo so Bhagavā arahaṃ sammā-sambuddho, /
svākkhāto yena Bhagavatā dhammo, /
supaṭipanno yassa Bhagavato sāvaka-saṅgho: /
taṃ mayaṃ Bhagavantam sadhammam sasaṅgham /
imehi sakkārehi yathārahaṃ āropitehi abhipūjayāma. /
Sādhu no Bhante, Bhagavā sucira-parinibbuto pi /
pacchimā-janatānukampa-mānasā /
ime sakkāre duggata-paṇṇākāra-bhūte paṭiggaṇhātu /
amhākaṃ dīgharattaṃ hitāya sukhāya.

RATANATTAYANAMAKKĀRAPĀṬHA - Homage to the Triple Gem

Arahaṃ sammā-sambuddho Bhagavā.
Buddhaṃ Bhagavantam abhivādemi. (*Bow once.*)

Svākkhāto Bhagavatā dhammo.
Dhammam namassāmi. (*Bow once.*)

Supaṭipanno Bhagavato sāvaka-saṅgho.
Saṅgham namāmi. (*Bow once.*)

PUBBABHĀGANAMAKKĀRAPĀṬHA

Preliminary Homage to the Buddha

**Handa dāni mayaṃ taṃ Bhagavantam vācāya
abhiḡāyituṃ pubba-bhāga-nama-kkāraṇ c' eva
Buddhānussati-nayaṇ ca karomase.**

Namo tassa Bhagavato arahato sammā-sambuddhassa. (x3)

BUDDHĀNUSSATI - Recollection of the Buddha

Taṃ kho pana Bhagavantam evaṃ kalyāṇo kitti-saddo
abbhuggato: /
iti pi so Bhagavā araham sammā-sambuddho /
vijjā-caraṇa-sampanno sugato loka-vidū /
anuttaro purisa-damma-sārathi satthā devamanussānaṃ
Buddho Bhagavā ti.

BUDDHĀBHIGĪTĪ - Supreme Praise of the Buddha

Handa mayaṃ Buddhābhigītiṃ karomase.

Buddhvārahanta-varatādi-guṇābhiyutto
Suddhābhiñña-karuṇāhi samāgatatto
Bodhesi yo sujanataṃ kamalaṃ va sūro,
Vandāmaṃ ahaṃ tam araṇaṃ sirasā jinendaṃ.

Buddho yo sabba-pāṇiṇaṃ
Paṭhamānussati-tṭhānaṃ
Buddhassāhaṃ asmi dāso¹ va,
Buddho dukkhassa ghātā ca
Buddhassāhaṃ niyyādemī
Vandanto 'haṃ² carissāmi
N' atthi me saraṇaṃ aññaṃ
Etena sacca-vajjena
Buddhaṃ me vandamānena³
Sabbe pi antarāyā me

saraṇaṃ khemaṃ uttamaṃ
vandāmi taṃ sirenaṃ.
Buddho me sāmik'issaro
vidhātā ca hitassa me.
sarīraṇ jīvitaṇ c' idaṃ.
Buddhassa' eva subodhiṭaṃ.
Buddho me saraṇaṃ varaṃ
vaḍḍheyyaṃ satthu sāsane.
yaṃ puññaṃ pasutaṃ idha
māhesuṃ tassa tejasā.

Kāyena vācāya va cetasā vā *(bowing...)*
Buddhe kukammaṃ pakataṃ mayā yaṃ,
Buddho paṭiggaṇhatu accayan taṃ
Kālantare saṃvaritum va Buddhe.

1 *Women chant* "dāsi".

2 *Women chant* "vandanti 'haṃ".

3 *Women chant* "vandanti 'haṃ".

DHAMMĀNUSSATI - Recollection of the Dhamma

Handa mayaṃ dhammānussatinayaṃ karomase.

Svākkhāto Bhagavatā dhammo / sandiṭṭhiko akāliko
ehipassiko / opanayiko paccattaṃ veditabbo viññūhī ti.

DHAMMĀBHIGĪTĪ - Supreme Praise of the Dhamma

Handa mayaṃ dhammābhigītiṃ karomase.

Svākkhātātādi-guṇa-yoga-vasena seyyo
Yo magga-pāka-pariyatti-vimokkha-bhedo
Dhammo kuloka-patanā tadadhāri-dhārī,
Vandām' ahaṃ tama-haraṃ vara-dhammam etaṃ.

Dhammo yo sabba-pāṇīnaṃ	saraṇaṃ khemam uttamaṃ
Dutiyānussati-tṭhānaṃ,	vandāmi taṃ sirenahaṃ.
Dhammassāh' asmi dāso ¹ va	dhammo me sāmik'issaro.
Dhammo dukkhassa ghātā ca	vidhātā ca hitassa me.
Dhammassāhaṃ niyyādemi	sarīrañ jīvitañ c' idaṃ.
Vandanto 'haṃ ² carissāmi	dhammass' eva sudhammataṃ
N' atthi me saraṇaṃ aññaṃ	dhammo me saraṇaṃ varaṃ
Etena sacca-vajjena	vaḍḍheyyaṃ satthu sāsane.
Dhammaṃ me vandamānena ³	yaṃ puññaṃ pasutaṃ idha
Sabbe pi antarāyā me	māhesuṃ tassa tejasā

Kāyena vācāya va cetasā vā (then bowing....)
Dhamme kukammaṃ pakataṃ mayā yaṃ,
Dhammo paṭiggaṇhatu accayan taṃ
Kālantare saṃvarituṃ va dhamme.

1 *Women chant:* dāsī

2 *Women chant:* vandantihaṃ

3 *Women chant:* vandamānāya

SAṄGHĀNUSSATI - Recollection of the Sangha

Handa mayaṃ saṅghānussatinayaṃ karomase.

Supaṭipanno Bhagavato sāvaka-saṅho, /
uju-paṭipanno Bhagavato sāvaka-saṅho, /
ñāya-paṭipanno Bhagavato sāvaka-saṅho, /
sāmīci-paṭipanno Bhagavato sāvaka-saṅho, /
yad idaṃ cattāri purisa-yugāni aṭṭha-purisa-puggalā. /
Esa Bhagavato sāvaka-saṅho /
āhuneyyo pāhuneyyo dakkhiṇeyyo añjalīkaraṇīyo /
anuttaraṃ puñña-kkhettaṃ lokassā ti.

SAṄGHĀBHIGĪTI - Supreme Praise of the Sangha

Handa mayaṃ saṅghābhigītiṃ karomase.

Sad-dhamma-jo supaṭipatti-guṇādi-yutto
Yo 'tṭha-bbidho ariya-puggala-saṅgha-seṭṭho
Sīlādi-dhamma-pavarāsaya-kāya-citto,
Vandāma' ahaṃ tam ariyāna gaṇaṃ susuddhaṃ.

Saṅho yo sabba-pāṇīnaṃ
Tatiyānussati-tṭhānaṃ
Saṅghassāha' asmi dāso¹ va
Saṅho dukkhassa ghātā ca
Saṅghassāhaṃ niyyādemi
Vandanto 'haṃ² carissāmi
N' atthi me saraṇaṃ aññaṃ
Etena saccavajjena
Saṅhaṃ me vandamānena³
Sabbe pi antarāyā me

saraṇaṃ khemaṃ uttamaṃ
vandāmi taṃ sirenaṃ
saṅho me sāmik'issaro
vidhātā ca hitassa me
sarīraṇ jīvitaṇ c' idaṃ
saṅghass' opaṭipannataṃ
saṅho me saraṇaṃ varaṃ
vaḍḍheyyaṃ satthu sāsane
yaṃ puññaṃ pasutaṃ idha
māhesuṃ tassa tejasā.

Kāyena vācāya va cetasā vā (then bowing.....)
Saṅghe kukammaṃ pakataṃ mayā yaṃ,
Saṅgho paṭiggaṇhatu accayan taṃ
Kālantare saṃvaritum va saṅghe.

1 *Women chant:* dāsī

2 *Women chant:* vandantīhaṃ

3 *Women chant:* vandamānāya

NOTE – at the end of the 'Evening Chanting' sometimes the 'Reflection after Using Requisites' chant is also chanted (see page 39)

UDDISSANĀDHIṬṬHĀNAGĀTHĀ - Dedication of Merit

(Handa mayaṃ uddissanādhīṭṭhāna-gāthāyo bhaṇāmaṣe)

Iminā puñña-kammena	upajjhāyā guṇuttarā
Ācariyūpakārā ca	mātā-pitā ca ñātakā
Suriyo candimā rājā	guṇavantā narā pi ca
Brahma-Mārā ca Indā ca	loka-pālā ca devatā
Yamo mittā manussā ca	majjhattā verikā pi ca:
Sabbe sattā sukhī hontu	puññāni pakatāni me
Sukhañ ca ti-vidhaṃ dentu	khippaṃ pāpetha vo'mataṃ

Iminā puñña-kammena	iminā uddissena ca
Khipp'āhaṃ sulabhe c'eva	taṇhūpādāna-chedanaṃ.
Ye santāne hīnā dhammā	yāva nibbānato mamaṃ
Nassantu sabbadā yeva	yattha jāto bhava bhava.
Uju-cittaṃ sati-paññā	sallekho viriyamhinā
Mārā labhantu n'okāsaṃ	kātuñ ca viriyesu me.
Buddhādhipavaro nātho	dhammo nātho varuttamo
Nātho pacceka-buddho ca	saṅgho nāthottaro mamaṃ
Tes'ottamānubhāvena	Mār'okāsaṃ labhantu mā

Through the goodness that arises from my practice,
May my spiritual teachers and guides of great virtue,
My mother, my father and my relatives,
The Sun and the Moon, and all virtuous leaders of the world
May the highest gods and evil forces; Celestial beings,
Guardian spirits of the Earth and the Lord of Death;
May those who are friendly, indifferent or hostile;
May all beings receive the blessings of my life.
May they soon attain the threefold bliss,
And realise the Deathless.

Through the goodness that arises from my practice,
And through this act of sharing,
May all desires and attachments quickly cease
And all harmful states of mind.
Until I realise Nibbāna, in every kind of birth,
May I have an upright mind with mindfulness and wisdom,
austerity and vigour.
May the forces of delusion not take hold nor weaken my
resolve.
The Buddha is my excellent refuge,
Unsurpassed is the protection of the Dhamma,
The solitary Buddha is my noble Lord,
The Sangha is my supreme support.
Through the supreme power of all these,
May darkness and delusion be dispelled.

THE TEN PERFECTIONS

Honouring the Buddha's possession of the ten or thirty
perfections (*pāramī*)

(Sampanno iti pi so Bhagavā)

Dāna-pāramī-sampanno

Dāna-upapāramī-sampanno

Dāna-paramatthapāramī-sampanno

Mettā maitrī karuṇā muditā upekkhā pāramī-sampanno
iti pi so Bhagavā

and so on for

*sīla, nekkhamma, paññā, viriya, khantī, sacca,
adhiṭṭhāna, mettā, upekkhā, dasa*

... iti pi so Bhagavā

Buddhaṃ saraṇaṃ gacchāmi

(Namāmi 'haṃ)

OFFERING WORDS

Recite the Homage 'Namo tassa...' 3 times, then :

Sudinnaṃ vatame dānaṃ. Dānaṃ me parisuddhaṃ.
Āsāvakkayāvahaṃ. Nibbānaṃ hotu .. Sā dhu !

Imāni Mayaṃ Bhante, *bhattāni, saparivārāni,
Bhikkhu saṅghassa. Onojayāma, Sādhuno Bhante,
Bhikkhu saṅgho.

Imāni, *bhattāni, saparivārāni, patiggaṇhātu.
Amhākaṃ, Dīgharattaṃ, Hitāya, Sukkhāya.

We present this *food, together with the other offerings
to the Bhikkhu Sangha.

Please may the Bhikkhu Sangha accept this *food,
together with the other offerings for our long-term
welfare and happiness.

Monks : Sā dhu!

Lay people : Sā dhu! Sā dhu! Sā dhu!

Anumodāmi!

For entering the Vassa & Āsāḷha Pujā, change to:

* Vassa Dīpāni, Vassika Sāṭikāni

** paṇsukūla civarāni (robes for 'Rains Retreat')

REQUESTING PARITTA CHANTING

Vipatti-paṭibāhāya sabba-sampatti-siddhiyā
Sabba **dukkha* vināsāya parittaṃ brūtha maṅgalaṃ
Repeat 3 times, once each for **dukkha, bhaya, roga*

REQUESTING THE DHAMMA TEACHING

Brahmā ca lokādhipatī Sahampati
Katañjalī andhivaraṃ ayācatha:
Santīdha sattāppa-rajakkha-jātikā:
Desetu dhammaṃ anukamp’ imaṃ pajaṃ.

REQUESTING FORGIVENESS

Ratanattaye* pamādena, dvārattayena kataṃ,
Sabbam aparādham khamatu no bhante. (x3)

* Ratanattaye (Triple Gem), Mahāthere (senior monks),
There (less senior), Acariyā (teachers),
ficariye (one’s teacher), fiasmante (monks in general).

Bow down & stay there while the monk says:
Ahaṃ khamāmi, tumhehi pi me khamitabbaṃ.
Respond: Khamāma bhante.
The monk recites a blessing, after which say:
Sādhu bhante.

(BOW THREE TIMES)

Atīta paccavekkhaṇa pāṭho – Reflection on Requisites

[BEFORE]/(AFTER)

Monk:

[Handa mayaṃ taṅkhaṇika-paccavekkhaṇa-pāṭhaṃ
bhaṇāma se]

(Handa mayaṃ atīta-paccavekkhaṇa-pāṭhaṃ bhaṇāma se)

All :

[Paṭisaṅkhā yoniso cīvaraṃ paṭisevāmi]

(Ajja mayā apaccavekkhitvā yaṃ cīvaraṃ paribhuttaṃ,
Taṃ)

yāvadeva sītassa paṭighātāya,

Uṇhassa paṭighātāya,

Ḍaṃsa-makasa-vātātapa-siriṃsapa-samphassānaṃ
paṭighātāya,

Yāvadeva hirikopina-paṭicchādan'atthaṃ.

[Paṭisaṅkhā yoniso piṇḍapātaṃ paṭisevāmi]

(Ajja mayā apaccavekkhitvā yo piṇḍapatto paribhutto,
So)

neva davāya na madāya na maṇḍanāya na vibhūsanāya,

Yāvadeva imassa kāyassa ṭhitiyā yāpanāya vihiṃsuparatiyā
brahma-cariyānuggahāya,

Iti purāṇaṅca vedanaṃ paṭihaṅkhāmi navaṅca vedanaṃ
na uppādessāmi,

Yātrā ca me bhavissati anavajjatā ca phāsu-vihāro cāti.

[Paṭisaṅkhā yoniso senāsanam paṭisevāmi]

(Ajjā mayā apaccavekkhitvā yaṃ senāsanam
paribhuttaṃ,)

(Taṃ) yāvadeva sītassa paṭighātāya,

Uṇhassa paṭighātāya,

Ḍaṃsa-makasa-vātātapa-siriṃsapa-samphassānam
paṭighātāya,

Yāvadeva utuparissaya-vinodanam
paṭisallānārām'atthaṃ.

[Paṭisaṅkhā yoniso gilāna-paccaya-bhesajjaparikkhā
raṃ paṭisevāmi,]

(Ajjā mayā apaccavekkhitvā yo gilāna-paccaya-bhesajja-
parikkhāro paribhutto,)

(So) yāvadeva uppannānam veyyābādhikānam
vedanānam paṭighātāya,

Abyāpajjha-paramatāyā ti.

CULAJAYA MANGALA GATHA (JAYA JAYA)

Namo me buddha tejassā ratanataya dhammikā
Teja prasiddhi pasīdeva nārā yaparamesurā
Sidhi brahma ca indā ca atulokā gambhī rakkhakā
Samudā bhūtuṃ gankā ca sabrahma jaiya prasiddhi bhavantute
Jaya jaya dha rani dha rani udadhi udadhi na di na di
Jaya jaya gagon laton lanisai nirai saisen na meruraj japol na raji
Jaya jaya gambhī ra sombhī nāgen danāgī pīsāc ca bhū takālī
Jaya jaya dun nimit ta rogī Jaiya jaiya singīsudā dā namukhajā
Jaya jaya varuṇ ṇamukhā sātrā Jaiya jaiya jumpā dinā ga kula
gaṇthok
Jaya jaya gajjagon naturong sukarabhū joṃ sihā b'yagha dīpā
Jaya jaya varuṇ ṇamukhā yātrā Jita jita sen nārī punasuddhi na radi
Jaya jaya sūkhā sūkhā jīvī Jaiya jaiya dha rani tale sadā sujaiyā
Jaya jaya dha rani sān tin sadā Jaiya jaiya maṃka rājraññā
bhavagge
Jaya jaya varuṇ ṇayakkhe Jaiya jaiya rakkhase surabhū ja tejā
Jaya jaya brahmen daganā Jaiya jaiya rajā dhirāj sājjai
Jaya jaya paṭhavim sabbaṃ Jaiya jaiya arahantā pajje kabuddhasā
vaṃ
Jaya jaya mahe suro haro harin devā Jaiya jaiya brahmā surakkho
Jaya jaya nāgo viruḷ hako virūpakkho can dimā ravī indo ca vena
teyyo ca kuve ro vāruṇo pi ca aggi vāyo ca pā juṇho kumāro
dhataratṭako atṭhā rasa mahā devā siddhitā pasa ādayo isi no sā
vakā sabba
Jaya rāmo bhavan tute
Jaya dhammo ca sangho ca dasapālo ca
Jaya kaṃ etena jaiya te jena jaiya sotthī bhavantu te etena buddha
te jena hotu mē jaiyamaṃ galaṃ
Jayo pi buddhassa sirimato ayaṃ mārassa capā pimato parā jayo
uggho sayam bodhi mande pamo ditā jaiyatadā brahma-gaṇā
mahesino

Jayo pi buddhassa sirimato ayaṃ māraṣṣa capā pīmato parā jayo
uggho sayam bodhi mande pamo ditā jaiyatadā inda-gaṇā
mahesino

Jayo pi buddhassa sirimato ayaṃ māraṣṣa capā pīmato parā jayo
uggho sayam bodhi mande pamo ditā jaiyatadā deva-gaṇā
mahesino

Jayo pi buddhassa sirimato ayaṃ māraṣṣa capā pīmato parā jayo
uggho sayam bodhi mande pamo ditā jaiyatadā supanna-gaṇā
mahesino

Jayo pi buddhassa sirimato ayaṃ māraṣṣa capā pīmato parā jayo
uggho sayam bodhi mande pamo ditā jaiyatadā nāga-gaṇā
mahesino

Jayo pi buddhassa sirimato ayaṃ māraṣṣa capā pīmato parā jayo
uggho sayam bodhi mande pamo ditā jaiyatadā sabrahma-gaṇā
mahesino

Jayanto bodhiyā mūle sakyānaṃ nandi vaḍḍhano

Evaṃ tavaṃ vijayo hohi jayassu javamaṃ gale

Aparā jītapallaṃke sīse paṭhavipok khare

Abhiseke sab-babudhānaṃ aggappatto pamo dati

Sunakkhattaṃ sumaṃ galaṃ supabhātaṃ suhuṭṭhitaṃ

Sukkhano sumuhutto ca suyitṭhaṃ brahmacariṣu

Padakkhiṇaṃ kayakammaṃ vacākammaṃ padakkhiṇaṃ

Padakkhiṇaṃ manokammaṃ paṇidhī te padakkhiṇā

Padakkhiṇā ni kattavā na labhaṇatthe padakkhiṇe

Te atthaladdhā sukhitā viruḷhā budhasā sane

Arogā sukhitā hotha saha sabbehi ñātibhi

Suṇantu bhonto ye devā asmiṃ tṭhāne adhigatā dīghāyukā sadā

hontu sukhitā hontu sabbadā rakkhantu sabbasat tānaṃ rakkhantu
jina sāsanaṃ

Ya kāci patthanā tesāṃ sabbe purentu manorathā yuttakāle

pavassantu vassaṃ vassā varāhakā rogā cupaddavā tesāṃ

nivārentu ca sabbadā kayāsukhaṃ cittisukhaṃ arahantu

yathārahaṃ