

Pāli Texts for Chanting

(Source: *The Mirror of the Dhamma*, Buddhist Publication Society, Wheel no. 54;
file:///C:/Users/Owner/Documents/Documents/BPS/Mirror%20of%20Dhamma.pdf)

Namo tassa Bhagavato Arahato Sammāsambuddhassa

Homage to Him, the Blessed One, the Worthy One,
the Fully Enlightened One

Homage to the Buddha

Iti pi so bhagavā: araham, sammāsambuddho, vijjācaraṇa sampanno, sugato,
lokavidū, anuttaro purisadammasārathi, satthā devamanussānaṃ, buddho,
bhagavā'ti.

Thus, indeed, is that Blessed One the worthy one, fully enlightened, endowed
with clear vision and virtuous conduct, sublime, the knower of worlds, the
unsurpassed trainer of persons to be tamed, the teacher of gods and humans, the
Enlightened One, the Blessed One.

Namo tassa Sammāsambuddhassa
Homage to that Perfectly Enlightened One!

Ye ca buddhā atītā ca—ye ca buddhā anāgatā
Paccuppanā ca ye buddhā—ahaṃ vandāmi sabbadā

Those Buddhas of the past,
Those Buddhas of the future,
Those Buddhas of the present,
Forever do I reverence.

Natthi me saraṇaṃ aññaṃ—buddho me saraṇaṃ varaṃ
Etena saccavajjena—hotu me jayamaṅgalaṃ.

No other refuge do I seek,
the Buddha is my supreme refuge:
By the speaking of this Truth
May peaceful victory be mine!

Uttamaṅgena vande'ham—pāda-paṃsu varuttamaṃ
Buddhe yo khalito doso—buddho khamatu taṃ mamaṃ

I revere with my head
The dust on his holy feet;
If I have wronged the Buddha,
May the Buddha bear with me.

Buddhaṃ yāvanibbānapariyantaṃ saraṇaṃ gacchāmi
Until I attain nibbāna I go for Refuge to the Buddha.

Homage to the Dhamma

Svākkhāto bhagavatā dhammo, sandiṭṭhiko, akāliko, ehipassiko, opanayiko,
paccattaṃ veditabbo viññūhī'ti.

The Dhamma of the Blessed One is well expounded, visible here and now, not
delayed in time, inviting one to come and see, applicable, to be personally
realized by the wise.

Namo tassa niyyānikassa dhammassa
Homage to that liberating Dhamma!

Ye ca dhammā atītā ca—ye ca dhammā anāgatā
paccuppannā ca ye dhammā—ahaṃ vandāmi sabbadā

The Dhamma of the past,
The Dhamma of the future,
The Dhamma of the present,
Forever do I reverence.

Natthi me saraṇaṃ aṅṅaṃ—dhammo me saraṇaṃ varaṃ
Etena saccavajjena—hotu me jayamaṅgalaṃ

No other Refuge do I seek,
The Dhamma is my supreme Refuge;
By the speaking of this Truth
May peaceful victory be mine!

Uttamaṅgena vande'haṃ—dhammañ ca tividhaṃ varaṃ
Dhamme yo khalito doso—dhammo khamatu taṃ mamaṃ

I revere with my head
The supreme triple Dhamma (of study, practice, and attainment).
If I have wronged the Dhamma —
May the Dhamma bear with me.

Dhammaṃ yāvanibbānapariyantaṃ saraṇaṃ gacchāmi
Until I attain nibbāna I go for Refuge to the Dhamma.

Homage to the Saṅgha

Supaṭipanno bhagavato sāvakaśaṅgho, ujupaṭipanno bhagavato sāvakaśaṅgho,
ñāyapaṭipanno bhagavato sāvakaśaṅgho, sāmīcipaṭipanno bhagavato
sāvakaśaṅgho, yadidaṃ cattāri purisayugāni aṭṭhapurisapuggalā esa bhagavato
sāvakaśaṅgho āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjalikaraṇīyo, anuttaraṃ
puññakkhettaṃ lokassā'ti.

The Saṅgha of the Blessed One's disciples has entered on the good way; the
Saṅgha of the Blessed One's disciples has entered on the straight way; the Saṅgha
of the Blessed One's disciples has entered on the true way ; the Saṅgha of the
Blessed One's disciples has entered on the proper way, that is to say, the four
pairs of persons, the eight individual types: this Saṅgha of the Blessed One's
disciples is worthy of gifts, worthy of hospitality, worthy of offerings, worthy of
reverential salutation, the incomparable field of merit for the world.

Namo tassa aṭṭha-ariyapuggala-mahāsaṅghassa
Homage to that Great Community of the Eight Noble persons.

Ye ca saṅghā atītā ca—ye ca saṅghā anāgatā
Paccuppanā ca ye saṅghā—ahaṃ vandāmi sabbadā

Those Saṅghas of the past,
Those Saṅghas of the future,
Those Saṅghas of the present,
Forever do I reverence.

Natthi me saraṇaṃ aññaṃ—saṅgho me saraṇaṃ varaṃ
Etena saccavajjena—hotu me jayamaṅgalaṃ

No other Refuge do I seek.
The Saṅgha is my supreme Refuge,
By the speaking of this Truth
May peaceful victory be mine!

Uttamaṅgena vande'haṃ—saṅghañ ca duvidh'uttamaṃ
Saṅghe yo khalito doso—saṅgho khamatu taṃ mamaṃ

I revere with my head
The twofold supreme Saṅgha (the monastic order and the ariyan Saṅgha),
If I have wronged the Saṅgha
May the Saṅgha bear with me.

Saṅghaṃ yāvanibbānapariyantaṃ saraṇaṃ gacchāmi
Until I attain nibbāna I go for Refuge to the Saṅgha.

Homage to the Three Symbols

Vandāmi cetiyaṃ sabbaṃ—sabbaṭṭhānesu patiṭṭhitaṃ
Sārīrika-dhātu-mahābodhiṃ—buddharūpaṃ sakalaṃ sadā.

I revere all stupas in every place, wherever they exist, the Buddha's bodily relics, the great Bodhi tree, and all Buddha-images.

Imāya dhammānudhamma-paṭipattiyā buddhaṃ pūjemi.

Imāya dhammānudhamma-paṭipattiyā dhammaṃ pūjemi.

Imāya dhammānudhamma-paṭipattiyā saṅghaṃ pūjemi.

By practicing the Dhamma in accordance with the Dhamma, I venerate the Buddha.

By practicing the Dhamma in accordance with the Dhamma, I venerate the Dhamma.

By practicing the Dhamma in accordance with the Dhamma, I venerate the Sangha.

Morning service

Mahā-Maṅgala Sutta: The Great Discourse on Blessings

Suttanipāta II,4, verses 258–269

Evaṃ me suttaṃ: Ekaṃ samayaṃ bhagavā sāvatthiyaṃ viharati jetavane anāthapiṇḍikassa ārāme. Atha kho aññatarā devatā abhikkantāya rattiyā abhikkantavaṇṇā kevalakappaṃ jetavanaṃ obhāsetvā yena bhagavā ten'upasaṅkami. Upasaṅkamtivā bhagavantaṃ abhivādetvā ekamantaṃ aṭṭhāsi. Ekamantaṃ ṭhitā kho sā devatā bhagavantaṃ gāthāya ajjhabhāsi.

Thus have I heard: On one occasion the Blessed One was living near Savatthi at Jetavana at Anathapindika's monastery. Now when the night was far advanced, a certain deity, whose radiance illuminated the whole of Jetavana, approached the Blessed One, respectfully saluted him, and stood beside him. Standing thus, he addressed the Blessed One in verse:

1. Bahu devā manussā ca maṅgalāni acintayum,
ākaṅkhamānā sotthānaṃ, brūhi maṅgalaṃ uttamaṃ.

"Many deities and human beings,
longing for happiness,
have pondered on blessings.
Please tell me what the highest blessings are."

[The Buddha replied:]

2. Asevanā ca bālānaṃ, paṇḍitānañca sevanā,
pūjā ca pūjanīyānaṃ, etaṃ maṅgalam uttamaṃ.

"Not to associate with the foolish,
but to associate with the wise,
and to honor those worthy of honor —
this is the highest blessing.

3. Patirūpadesavāso ca, pubbe ca katapuññatā,
Attasammāpaṇidhi ca, etaṃ maṅgalam uttamaṃ.

"To reside in a suitable locality,
to have done meritorious actions in the past,
and to set oneself on the right course —
this is the highest blessing.

4. Bāhusaccañ ca sippañ ca, vinayo ca susikkhito,
Subhāsītā ca yā vācā, etaṃ maṅgalam uttamaṃ.

"Abundant learning,
skill in a craft,
being well trained in discipline,
and well-spoken speech —
this is the highest blessing.

5. Mātāpitū upaṭṭhānaṃ, puttadārassa saṅgaho,
Anākulā ca kammantā, etaṃ maṅgalam uttamaṃ.

"To support one's father and mother;
to maintain one's wife and children,
and to be engaged in a harmless occupation —
this is the highest blessing.

6. Dānañca dhammacariyā ca, ñātakānañca saṅgaho,
Anavajjāni kammāni, etaṃ maṅgalam uttamaṃ.

"Generosity, righteous conduct,
rendering assistance to relatives,
and performance of blameless actions —
this is the highest blessing.

7. Ārati virati pāpā, majjapānā ca saññamo,
Appamādo ca dhammesu, etaṃ maṅgalam uttamaṃ.

"To cease and abstain from evil,
to refrain from intoxicating drinks,
and heedfulness in wholesome practices —
this is the highest blessing.

8. Gāravo ca nivāto ca, santuṭṭhi ca kataññutā,
Kālena dhammasavaṇaṃ, etaṃ maṅgalam uttamaṃ.

"Reverence, humility,
contentment, gratitude,
and the timely hearing of the Dhamma—
this is the highest blessing.

9. Khantī ca sovacassatā, samaṇānañ ca dassanaṃ,
Kālena dhammasākacchā, etaṃ maṅgalam uttamaṃ.

"Patience, being amenable to advice,
the seeing of renunciants,
and timely discussion on the Dhamma —
this is the highest blessing.

10. Tapo ca brahmacariyañ ca, ariyasaccāna dassanaṃ,
Nibbānasacchikiriyā ca, etaṃ maṅgalam uttamaṃ.

"Austerity, the spiritual life,
seeing of the noble truths,
and the realization of nibbāna —
this is the highest blessing.

11. Phuṭṭhassa lokadhammehi, cittaṃ yassa na kampati,
Asokaṃ virajaṃ khemaṃ, etaṃ maṅgalaṃ uttamaṃ.

"The mind that is not shaken
when touched by the vicissitudes of life,
sorrowless, stainless, and secure —
this is the highest blessing.

12. Etādisāni katvāna, sabbattha- m- aparājitā,
Sabbattha sotthiṃ gacchanti taṃ, tesaṃ maṅgalaṃ uttaman ti.

"Those who have fulfilled these conditions
are victorious everywhere;
they attain security everywhere—
they win the highest blessings."

[Here go to p. 10, “Blessings after sutta”]

Evening service

Metta Sutta

The Hymn of Loving-Kindness

1. Karaṇīyaṃ atthakusalena yaṃ taṃ santaṃ padaṃ abhisamecca,
Sakko ujū ca sūjū ca suvaco c’assa mudū anatimānī.

This should be done by one skilled in the good, having realized (or: who would realize) that state of peace: he should be able, upright, and honest; easy to speak to, gentle, and humble.

2. Santussako ca subharo ca appakicco ca sallahukavuttī,
Santindriyo ca nipako ca appagabbho kulesu ananugiddho.

Content and easy to support; of few duties and living lightly; with calm senses and alert; not impudent or greedy among families.

3. Na ca khuddaṃ samācare kiñci yena viññū pare upavadeyyuṃ
Sukhino vā khemino hontu sabbe sattā bhavantu sukhittā.

He should not do anything even slightly wrong because of which the wise might reproach him. (Let him reflect:) “May all beings be well , safe, and happy!”

4. Ye keci pāṇabhūt’atthi tasā vā thāvarā vā anavasesā
Dīghā vā ye mahantā vā majjhimā rassakāṇukathulā.

Whatever living beings there are without exception: frail or strong; long or large or middling or short; tiny or gross.

5. Diṭṭhā vā ye’va addiṭṭhā ye ca dūre vasanti avidūre
Bhūtā vā sambhavesī vā sabbe sattā bhavantu sukhittā.

Seen or unseen; those who dwell far and near; whether they have come to be or are about to come to be: “May all beings be happy!”

6. Na paro paraṃ nikubbetha nātimaññetha katthaci naṃ kañci
Byārosanā paṭighasaññā nāññamaññassa dukkhamiccheyya.

One should not deceive another or despise anyone anywhere. Due to anger or thoughts of aversion, no one should wish suffering for others.

7. Mātā yathā niyaṃ puttāṃ āyusā ekaputtāṃ anurakkhe
Evampi sabbabhūtesu mānasāṃ bhāvaye aparimāṇāṃ.

As a mother, with her life, would protect her only child, so one should develop a measureless mind towards all beings.

8. Mettañca sabbalokasmiṃ mānasāṃ bhāvaye aparimāṇāṃ
Uddhaṃ adho ca tiriyañca asambādhaṃ averaṃ asapattaṃ.

And one should develop a measureless mind of loving-kindness to the entire world: above, below, and across; unhindered, without enmity, without hostility.

9. Tiṭṭhañcamaṃ nisinno vā sayāno vā yāvat’assa vigatamiddho
Etaṃ satiṃ adhiṭṭheyya brahmametaṃ vihāraṃ idhamāhu.

Standing, walking, sitting, or lying down—as long as one is awake—maintain this mindfulness (of loving-kindness): this, they say, is a divine dwelling here.

10. Diṭṭhiñca anupagamma sīlavā dassanena sampanno
Kāmesu vineyya gedhaṃ na hi jātu gabbhaseyyaṃ punaretīti.

Not adopting a wrong view, one virtuous in conduct, endowed with vision, having removed craving for sensual pleasures, does not come back to rebirth in a womb.

Blessings after sutta

Etena saccavajjena, sothī te hotu sabbadā.

Etena saccavajjena, sabbarogo vinassatu.

Etena saccavajjena, hotu te jayamaṅgalaṃ.

By this statement of truth, may you always be safe.

By this statement of truth, may all illness be destroyed.

By this statement of truth, may all blessings come to you.

Blessing verses at end of service

Sabbītiyo vivajjantu, sabbarogo vinassatu,
mā te bhavatu antarāyo, sukhī dīghāyuko bhava.

May all calamity be averted; may all illness be destroyed;
may you not have any obstacle; may you be happy and live long.

Bhavatu sabbamaṅgalaṃ, rakkhantu sabba devatā,
sabbabuddhānubhāvena, sadā sothī bhavantu te.

May all blessing come to you, may the deities protect you;
by the spiritual power of all Buddhas, may you always be safe.

Bhavatu sabbamaṅgalaṃ, rakkhantu sabba devatā,
sabbadhammānubhāvena, sadā sothī bhavantu te.

May all blessing come to you, may the deities protect you;
by the spiritual power of all the Dhamma, may you always be safe.

Bhavatu sabbamaṅgalaṃ, rakkhantu sabba devatā,
sabbasaṅghānubhāvena, sadā sothī bhavantu te.

May all blessing come to you, may the deities protect you;
by the spiritual power of all the Sangha, may you always be safe.

Sharing of merits

Ākāsaṭṭhā ca bhumaṭṭhā
Devā nāgā mahiddhikā
Puññaṃ taṃ anumodivā
Ciraṃ rakkhantu sāsanaṃ.

May the powerful devas & nāgas
dwelling in the sky and on earth
rejoice in this merit
and long protect the Sāsana.

Ākāsaṭṭhā ca bhumaṭṭhā
Devā nāgā mahiddhikā
Puññaṃ taṃ anumodivā
Ciraṃ rakkhantu desanaṃ.

May the powerful devas & nāgas
dwelling in the sky and on earth
rejoice in this merit
and long protect the teaching.

Ākāsaṭṭhā ca bhumaṭṭhā
Devā nāgā mahiddhikā
Puññaṃ taṃ anumodivā
Ciraṃ rakkhantu maṃ paraṃ.

May the powerful devas & nāgas
dwelling in the sky and on earth
rejoice in this merit
and long protect me & others.

Aspiration

Iminā puññakammena mā me bāla-samāgamo,
Sataṃ samāgamo hotu yāva nibbānapattiyā.

By this deed of merit, may I never encounter fools.
May I encounter good people until I attain nibbāna.

Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu.
Sabbadukkhā pamuccatu.

May this merit of mine bring the destruction of defilements.
May [the mind] be free from all suffering.

Sādhu, sādhu, sādhu!

At end of meditation session

Dukkhappattā ca niddukkhā
bhayappattā ca nibbhayā
sokappattā ca nissokā
hontu sabbe pi pānino.

May those who suffer be free from suffering;
may those who fear be free from fear;
may those who sorrow be free from sorrow.
May all living beings also be thus.

Sādhu, sādhu, sādhu!