

## **ESSENTIAL CHANTS**



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## MORNING CHANTING

Yo so Bhagavā araham̄ sammā-sambuddho  
 Svākkhāto yena Bhagavatā dhammo  
 Supaṭipanno yassa Bhagavato sāvaka-saṅgo  
     Tam-mayam̄ Bhagavantam̄ sadhammam̄  
         sasaṅgham̄  
 Imehi sakkārehi yathā'raham̄ āropitehi  
     abhipūjayāma  
 Sādhu no Bhante Bhagavā sucira-parinibbuto pi  
     Pacchimā-janatā'nukampa-mānasā  
 Ime sakkāre duggata-paṇḍākāra-bhūte  
     paṭiggaṇhātu  
 Amhākaṁ dīgha-rattam̄ hitāya sukhāya.

### Ratanattaya Vandanā

Araham̄ sammā-sambuddho Bhagavā  
 Buddhaṁ Bhagavantam̄ abhivādemi.(↓)  
     Svākkhāto Bhagavatā dhammo,  
     Dhammam̄ namassāmi.(↓)  
 Supaṭipanno Bhagavato sāvaka-saṅgo,  
     Saṅgham̄ namāmi.(↓)  
     [Yam-amha kho mayam̄ Bhagavantam̄  
     saraṇam̄ gatā, uddissa pabbajitā yo no  
     Bhagavā satthā, yassa ca mayam̄ Bhagavato  
     dhammam̄ rocema. Imehi sakkārehi tam̄

Bhagavantam sasadhammaṁ sasāvaka-  
sañgham abhipūjayāma.]

**Pubba-bhāga-nama-kāra-pāṭho**

[Handa mayam Buddhassa Bhagavato pubba-  
bhāga-nama-kāram karomase.]

Namo tassa Bhagavato arahato  
sammā-sambuddhassa. (×3)

**Buddhābhīthuti**

[Handa mayam Buddhābhīthutim karomase.]

Yo so Tathāgato araham sammā-sambuddho,  
Vijjā-caraṇa-sampanno sugato loka-vidū,  
Anuttaro purisa-damma-sārathi satthā  
deva-manussānam Buddha Bhagavā,  
Yo imam lokam sadevakanam samārakanam  
sabrahmakanam,  
Sassamaṇa-brāhmaṇim pajam sadeva-manus-  
sam sayam abhiññā sacchikatvā pavedesi,  
Yo dhammam desesi ādi-kalyāṇam majjhe-  
kalyāṇam pariyośāna-kalyāṇam,  
Sāttham sabyañjaṇam kevala-paripuṇṇam  
parisuddham brahma-cariyam pakāsesi,  
Tam-aham Bhagavantam abhipūjayāmi,  
Tam-aham Bhagavantam sirasā namāmi. (⇓)

**Dhammābhīthuti**

[Handa mayam dhammābhīthutim karomase]

Yo so svākkhāto Bhagavatā dhammo,  
 Sandīṭṭhiko akāliko ehi-passiko,  
 Opanayiko paccattam veditabbo viññūhi,  
 Tam-ahām dhammam abhipūjayāmi,  
 Tam-ahām dhammam sirasā namāmi. (↓)

### Saṅghābhittuti

[Handa mayām Saṅghābhittutim karomase.]  
 Yo so supaṭipanno Bhagavato sāvaka-saṅgho,  
 Uju-paṭipanno Bhagavato sāvaka-saṅgho,  
 Nāya-paṭipanno Bhagavato sāvaka-saṅgho,  
 Sāmīci-paṭipanno Bhagavato sāvaka-saṅgho,  
 Yad-idam cattāri purisa-yugāni aṭṭha purisa-  
 puggalā,  
 Esa Bhagavato sāvaka-saṅgho  
 Āhuneyyo pāhuneyyo dakkhiṇeyyo añjali-  
 karaṇīyo,  
 Anuttaram puññakkhettam lokassa,  
 Tam-ahām saṅgham abhipūjayāmi,  
 Tam-ahām saṅgham sirasā namāmi. (↓)

### Ratanattayappañāma-gāthā

[Handa mayām ratanattayappañāma-gāthāyo  
 c'eva samvega-parikittana-pāṭhañ-ca  
 bhañāmase.]

Buddho susuddho karuṇā-mahaṇṇavo,  
 Yo'ccanta-suddhabbarā-ñāṇa-locano,  
 Lokassa pāpūpakilesa-ghātako,

Vandāmi Buddham aham-ādarena tam.  
 Dhammo padīpo viya tassa satthuno,  
     Yo magga-pākāmata-bheda-bhinnako,  
 Lok'uttaro yo ca tad-attha-dīpano,  
     Vandāmi dhammadā aham-ādarena tam.  
 Saṅgho sukhettābhyatikhetta-saññito,  
     Yo diṭṭha-santo sugatānubodhako,  
 Lolappahīno ariyo sumedhaso,  
     Vandāmi saṅgham aham-ādarena tam.  
 Icc-evam-ekant'abhipūjaneyyakam,  
     Vatthuttayaṁ vandayatābhisaṅkhataṁ,  
 Puññam mayā yaṁ mama sabb'upaddavā,  
     Mā hontu ve tassa pabhāva-siddhiyā.

**Saṅvega-parikittana-pāṭho**

Idha Tathāgato loke uppanno araham sammā-  
   sambuddho,  
 Dhammo ca desito niyyāniko upasamiko pari-  
     nibbāniko sambodha-gāmī sugatappavedito,  
 Mayantam dhammadā sutvā evam jānāma:  
     Jāti pi dukkhā jarā pi dukkhā maraṇam pi  
   dukkham,  
 Soka-parideva-dukkha-domanass'upāyāsā pi  
   dukkhā,  
 Appiyehi sampayogo dukkho,  
     piyehi vippa-yogo dukkho,  
     yam-p'icchaṁ na labhati tam pi dukkham,  
 Saṅkhittena pañc'upādānakkhandhā dukkhā,

Seyyathīdam:  
 Rūpūpādānakkhandho,  
 Vedanūpādānakkhandho,  
 Saññūpādānakkhandho,  
 Saṅkhārūpādānakkhandho,  
 Viññāṇūpādānakkhandho,  
 Yesam pariññaya,  
 Dharamāno so Bhagavā,  
 Evaṁ bahulam sāvake vineti,  
 Evaṁ bhāgā ca pan'assa Bhagavato  
 sāvakesu anusāsanī,  
 Bahulā/am pavattati:  
 Rūpaṁ aniccam,  
 Vedanā aniccā,  
 Saññā aniccā,  
 Saṅkhārā aniccā,  
 Viññāṇam aniccam,  
 Rūpaṁ anattā,  
 Vedanā anattā,  
 Saññā anattā,  
 Saṅkhārā anattā,  
 Viññāṇam anattā,  
 Sabbe saṅkhārā aniccā,  
 Sabbe dhammā anattā-ti.  
 Te mayam,  
 Otiññāma jātiyā jarā-maraṇena,  
 Sokehi paridevehi dukkhehi domanassehi  
   upāyāsehi,  
 Dukkh'otiññā dukkha-pareta,

App-eva nām'imassa kevalassa dukkhak-  
 khandhassa anta-kiriyā paññāyethā-ti,  
 Cira-parinibbutam-pi tam Bhagavantaṁ  
 uddissa arahantaṁ sammā-sambuddham,  
 Saddhā agārasmā anagāriyām pabbajitā,  
 Tasmim Bhagavati brahma-cariyām carāma,  
 Bhikkhūnam sikkhā-sājīva-samāpannā,  
 Tam no brahma-cariyām,  
 Imassa kevalassa dukkhakkhandassa anta-  
 kiriyāya saṁvattatu.

**Tañ-khaṇika-paccavekkhaṇa-pātho**

[Handa mayām tañ-khaṇika-paccavekkhaṇa-  
 pātham bhaṇāmase.]

Paṭisaṅkhā yoniso cīvaraṁ paṭisevāmi,  
 Yāvad-eva sītassa paṭighātāya,  
 Uṇhassa paṭighātāya,  
 Daṁsa-makasa-vātātapa-siriṁsapa-  
 samphassānaṁ paṭighātāya,  
 Yāvad-eva hiri-kopīna-paṭicchādan'atthām.  
 Paṭisaṅkhā yoniso piṇḍapātaṁ paṭisevāmi,  
 N'eva davāya na madāya na maṇḍanāya na  
 vibhūsanāya,  
 Yāvad-eva imassa kāyassa ṭhitiyā yāpanāya  
 vihiṁsūparatiyā brahma-cariyānuggahāya,  
 Iti purāṇañ-ca vedanām paṭīhaṅkhāmi,  
 Navañ-ca vedanām na uppādēssāmi,  
 Yātrā ca me bhavissati anavajjatā ca phāsu-

vihāro cā'ti.

Paṭisaṅkhā yoniso senāsanam paṭisevāmi,  
 Yāvad-eva sītassa paṭighātāya,  
 Uṇhassa paṭighātāya,  
 Ḗamīsa-makasa-vātātapa-siriṁsapa-  
     samphassānam paṭighātāya,  
 Yāvad-eva utu-parissaya-vinodanam  
     paṭisallān'ārām'attham.  
 Paṭisaṅkhā yoniso gilāna-paccaya-  
     bhesajja-parikkhāraṁ paṭisevāmi,  
 Yāvad-eva uppannānam veyyābādhikānam  
     vedanānam paṭighātāya,  
 Abyāpajjha-paramatāyā'ti.

[M.I.10]

### **Abhiñha-paccavekkhaṇa-pātho**

[Handa mayam abhiñha-paccavekkhaṇa-  
 pātham bhaṇāmase.]

Jarā-dhammo'mhi jaram anatīto;  
 Byādhi-dhammo'mhi byādhiṁ anatīto;  
 Maraṇa-dhammo'mhi maraṇam anatīto;  
 Sabbehi me piyehi manāpehi nānā-bhāvo  
     vinā-bhāvo.

Kammassako'mhi  
 Kamma-dāyādo  
 Kamma-yoni  
 Kamma-bandhu  
 Kamma-paṭisaraṇo,

Yam kammaṁ karissāmi  
 Kalyāṇam vā pāpakaṁ vā  
     Tassa dāyādo bhavissāmi,  
 Evaṁ amhehi abhiñham paccavekkhitabbam.

[A.III.71f]

**Patti-dāna-gāthā (Yā devatā)**

[Handa mayam patti-dāna-gāthāyo bhaṇāmase.]

Yā devatā santi vihāra-vāsinī  
     Thūpe ghare bodhi-ghare tahiṁ tahiṁ  
     Tā dhamma-dānenā bhavantu pūjitā  
         Sotthim karonte'dha vihāra-maṇḍale  
         Therā ca majjhā navakā ca bhikkhavo  
             Sārāmikā dāna-patī upāsakā  
         Gāmā ca desā nigamā ca issarā  
             Sappāṇa-bhūtā sukhitā bhavantu te  
         Jalābu-jā ye pi ca aṇḍa-sambhavā  
             Samseda-jātā atha-v-opapātikā  
         Niyyānikam dhamma-varam paṭicca te  
             Sabbe pi dukkhassa karontu saṅkhayam.  
     Thātu ciram sataṁ dhammo  
         Dhamma-dharā ca puggalā  
         Saṅgho hotu samaggo va  
             Atthāya ca hitāya ca  
         Amhe rakkhatu saddhammo  
             Sabbe pi dhamma-cārino  
         Vuḍḍhim sampāpuṇeyyāma  
             Dhamme ariyappavedite.

♦Pasannā hontu sabbe pi  
Pāñino Buddha-sāsane.  
Sammā-dhāram pavecchanto  
Kāle devo pavassatu.  
Vuḍḍhi-bhāvāya sattānam  
Samiddham netu medaniṁ.  
Mātā-pitā ca atra-jam  
Niccam rakkanti puttakam.  
Evaṁ dhammena rājāno  
Pajam rakkantu sabbadā.

[THAI]

### EVENING CHANTING

Yo so Bhagavā araham sammā-sambuddho  
 Svākkhāto yena Bhagavatā dhammo  
 Supaṭipanno yassa Bhagavato sāvaka-saṅgo  
 Tam-mayam Bhagavantam sadhammam  
 sasaṅgham  
 Imehi sakkārehi yathā'raham āropitehi  
 abhipūjayāma  
 Sādhu no Bhante Bhagavā sucira-parinibbuto pi  
 Pacchimā-janatānukampa-mānasā  
 Ime sakkāre duggata-paṇṇākāra-bhūte  
 patīggāṇhātu  
 Amhākam dīgha-rattam hitāya sukhāya.

#### Ratanattaya Vandana

Araham sammā-sambuddho Bhagavā  
 Buddham Bhagavantam abhivādemi.(↓)

Svākkhāto Bhagavatā dhammo,  
 Dhammam namassāmi.(↓)

Supaṭipanno Bhagavato sāvaka-saṅgo,  
 Saṅgham namāmi.(↓)

[Yam-amha kho mayam Bhagavantam saraṇam  
 gatā, uddissa pabbajitā yo no Bhagavā satthā,  
 yassa ca mayam Bhagavato dhammam rocema.

Imehi sakkārehi tam Bhagavantam sasad-dhammam sasāvaka-saṅgam abhipūjayāma.]

### **Pubba-bhāga-nama-kāra-pāṭho**

[Handa mayam Buddhassa Bhagavato pubba-bhāga-nama-kāram karomase.]

Namo tassa Bhagavato arahato  
sammā-sambuddhassa. (×3)

### **Buddhānussati**

[Handa mayam Buddhānussati-nayam karomase.]

Tam kho pana Bhagavantam evam kalyāno  
kitti-saddo abbhuggato,  
Iti pi so Bhagavā araham sammā-sambuddho,  
Vijjā-caraṇa-sampanno sugato loka-vidū,  
Anuttaro purisa-damma-sārathi satthā deva-manussānam Buddha Bhagavā-ti.

### **Buddhābhigīti**

[Handa mayam Buddhābhigītim karomase.]

Buddha-vā'rahanta-vara-tādi-guṇābhiyutto,  
Suddhābhiñāṇa-karuṇāhi samāgatatto,  
Bodhesi yo sujanataṁ kamalaṁ va sūro,  
Vandām'aham tam-araṇam sirasā jinendam.  
Buddho yo sabba-pāṇīnam;  
Saraṇam khemam-uttamam;  
Paṭhamānussatiṭṭhānam,  
Vandāmi tam siren'aham.

Buddhassāha'smi dāso va,  
     Buddho me sāmik'issaro;  
     Buddho dukkhassa ghātā ca,  
         Vidhātā ca hitassa me.  
     Buddhassāham niyyādemi,  
         Sarīrañ-jīvitañ-c'idam;  
     Vandanto'ham carissāmi,  
         Buddhass'eva subodhitam.  
     N'atthi me sarañam añnam,  
         Buddho me sarañam varam;  
     Etena sacca-vajjena,  
         Vaddheyyam satthu sāsane.  
     Buddham me vandamānena,  
         Yam puññam pasutam idha;  
     Sabbe pi antarāyā me,  
         Mā'hesum tassa tejasā.  
 (↓)  
 Kāyena vācāya va cetasā vā,  
     Buddhe kukammam pakatam mayā yam;  
     Buddho paṭiggañhatu accayan-tam,  
         Kāl'antare samvaritum va Buddhe.

**Dhammadūsati**

[Handa mayam dhammadūsati-nayam karomase.]

Svākkhāto Bhagavatā dhammo,  
     Sandīṭṭhiko akāliko ehi-passiko,  
     Opanayiko paccattam veditabbo viññūhī'ti.

**Dhammābhigīti**

[Handa mayam dhammābhigītim karomase.]  
 Svākkhātat-ādi-guṇa-yoga-vasena seyyo,  
     Yo magga-pāka-pariyatti-vimokkha-bhedo;  
 Dhammo kuloka-patanā tad-adhāri-dhārī,  
     Vandām'ahaṁ tama-haram vara-dhammam-  
         etaṁ.

Dhammo yo sabba-pāṇīnaṁ,  
     Saraṇam khemam-uttamam;  
 Dutiyānussatiṭṭhānam,  
     Vandāmi taṁ siren'ahaṁ.  
 Dhammassāha'smi dāso va,  
     Dhammo me sāmik'issaro;  
 Dhammo dukkhassa ghātā ca,  
     Vidhātā ca hitassa me.  
 Dhammassāhaṁ niyyādemi,  
     Sarīrañ-jīvitañ-c'idaṁ;  
 Vandanto'haṁ carissāmi,  
     Dhammass'eva sudhammatam.  
 N'atthi me saraṇam aññam,  
     Dhammo me saraṇam varam;  
 Etena sacca-vajjena,  
     Vaḍḍheyyaṁ satthu sāsane.  
 Dhammam me vandamānena,  
     Yam puññam pasutam idha;  
 Sabbe pi antarāyā me,  
     Mā'hesum tassa tejasā.

(↓)

Kāyena vācāya va cetasā vā,  
 Dhamme kukammaṁ pakataṁ mayā yam;  
 Dhammo paṭiggaṇhatu accayan-tam,  
 Kāl'antare saṁvaritum va dhamme.

### Saṅghānussati

[Handa mayam saṅghānussati-nayam karomase.]  
 Supaṭipanno Bhagavato sāvaka-saṅgho,  
 Uju-paṭipanno Bhagavato sāvaka-saṅgho,  
 Nāya-paṭipanno Bhagavato sāvaka-saṅgho,  
 Sāmīci-paṭipanno Bhagavato sāvaka-saṅgho,  
 Yad-idam cattāri purisa-yugāni aṭṭha purisa-  
     puggalā,  
 Esa Bhagavato sāvaka-saṅgho,  
 Ahuneyyo pāhuneyyo dakkhiṇeyyo añjali-  
     karaṇīyo,  
 Anuttaram puññakkhettam lokassā-ti.

### Saṅghābhigīti

[Handa mayam saṅghābhigītim karomase.]  
 Saddhamma-jo supaṭipatti-guṇābhiyutto,  
 Yo'tṭhabbidho ariya-puggala-saṅgha-seṭṭho;  
 Sīl'ādi-dhamma-pavarāsaya-kāya-citto,  
 Vandām'aham tam-ariyāna-gaṇam susuddham.  
 Saṅgho yo sabba-pāṇīnam,  
 Saraṇam khemam-uttamam;  
 Tatiyānussatiṭṭhānam,  
 Vandāmi tam siren'aham.

Saṅghassāha'smi dāso va.  
 Saṅgo me sāmik'issaro;  
 Saṅgo dukkhassa ghātā ca,  
 Vidhātā ca hitassa me.  
 Saṅghassāham niyyādemī,  
 Sarīrañ-jīvitañ-c'idam;  
 Vandanto'ham carissāmi,  
 Saṅghasso-paṭipannataṁ.  
 N'atthi me saraṇam aññam,  
 Saṅgo me saraṇam varam;  
 Etena saccā-vajjena,  
 Vaḍḍheyyam satthu sāsane.  
 Saṅgham me vandamānena,  
 Yam puññam pasutam idha;  
 Sabbe pi antarāyā me,  
 Māhesum tassa tejasā.  
 (↓)  
 Kāyena vācāya va cetasā vā,  
 Saṅge kukammam pakatam mayā Yam;  
 Saṅgo paṭiggañhatu accayan-tam,  
 Kāl'antare saṁvaritum va saṅge.

### Atīta-paccavekkhaṇa-pātho

[Handa mayam atīta-paccavekkhaṇa-pātham  
bhanāmase.]

Ajja mayā apaccavekkhitvā Yam cīvaraṁ  
paribhuttaṁ,  
 Tam yāvad-eva sītassa paṭighātāya,

Uṇhassa paṭighātāya,  
 Daṁsa-makasa-vātātapa-siriṁsapa-  
                                 samphassānam paṭighātāya,  
 Yāvad-eva hiri-kopīna paṭicchādan'atthām.  
 Ajja mayā apaccavekkhitvā yo piñḍapāto  
                                 paribhutto,  
 So n'eva davāya na madāya na maṇḍanāya na  
                                 vibhūsanāya,  
 Yāvad-eva imassa kāyassa ṭhitiyā yāpanāya  
                                 vihimśūparatiyā brahma-cariyānugghahāya,  
 Iti purāṇañ-ca vedanām paṭihañkhāmi,  
                                 Navañ-ca vedanām na uppādēssāmi,  
 Yātrā ca me bhavissati anavajjatā ca phāsu-  
                                 vihāro cā-ti.  
 Ajja mayā apaccavekkhitvā yam senāsanam  
                                 paribhuttam,  
 Tam yāvad-eva sītassa paṭighātāya,  
                                 Uṇhassa paṭighātāya,  
 Daṁsa-makasa-vātātapa-siriṁsapa-  
                                 samphassānam paṭighātāya,  
 Yāvad-eva utu-parissaya-vinodanām  
                                 paṭisallān'ārām'atthām.  
 Ajja mayā apaccavekkhitvā yo gilāna-paccaya-  
                                 bheshajja-parikkhāro paribhutto,  
 So yāvad-eva uppannānam veyyābādhikānam  
                                 vedanānam paṭighātāya,  
 Abyāpajjha-paramatāyā-ti.         [cf. M.I.10]

**Dhātu-paṭikūla-paccavekkhana-pātho**

[Handa mayam dhātu-paṭikūla-paccavekkhana-pātham bhaṇāmase.]

Yathā paccayaṁ pavattamānaṁ dhātu-mattam-ev'etam yad-idam cīvaraṁ.  
Tad upabhuñjako ca puggalo dhātu-mattako nissatto nijjīvo suñño.  
Sabbāni pana imāni cīvarāni ajigucchanīyāni imam pūti-kāyaṁ patvā ativiya jigucchanīyāni jāyanti.

Yathā paccayaṁ pavattamānaṁ dhātu-mattam-ev'etam yad-idam piṇḍa-pāto.  
Tad upabhuñjako ca puggalo dhātumattako nissatto nijjīvo suñño.  
Sabbo panāyaṁ piṇḍa-pāto ajigucchanīyo imam pūti-kāyaṁ patvā ativiya jigucchanīyo jāyanti.

Yathā paccayaṁ pavattamānaṁ dhātu-mattam-ev'etam yad-idam sen'āsanam.  
Tad upabhuñjako ca puggalo dhātu-mattako nissatto nijjīvo suñño.  
Sabbāni pana imāni sen'āsanāni ajigucchanīyāni imam pūti-kāyaṁ patvā ativiya jigucchanīyāni jāyanti.

Yathā-paccayaṁ pavattamānaṁ dhātu-mattam-ev'etam yad-idam gilāna-paccaya-bhesaja-parikkharo.

Tad upabhuñjako ca puggalo dhātu-mattako  
 nissatto nijjīvo suñño.  
 Sabbo panāyam gilāna-paccaya bhesajja-  
 parikkhāro ajigucchanīyo  
 imam pūti-kāyam patvā ativiya  
 jigucchanīyāni jāyanti.

**Brahma-vihāra-pharaṇā**

[Handa mayam brahma-vihāra-pharaṇam karomase.]

(a)

(Mettā)

Sabbe sattā,  
 Averā hontu,  
 Abyāpajjhā hontu,  
 Anīghā hontu,  
 Sukhī attānam pariharantu.

(Karuṇā)

Sabbe sattā,  
 Dukkhā pamuccantu.

(Muditā)

Sabbe sattā,  
 Mā laddha-sampattito vigacchantu.

(Upekkhā)

Sabbe sattā,  
 Kammassakā,  
 Kamma-dāyādā,  
 Kamma-yonī,  
 Kamma-bandhū,

Kamma-paṭisaraṇā.  
 Yaṁ kammam̄ karissanti  
 Kalyāṇam̄ vā pāpakaṁ vā  
 Tassa dāyādā bhavissanti.

[cf. M.I.288; A.V.88; Ps.II.130f]

(b)  
 Aham̄ sukhito homi,  
 niddukkho homi,  
 avero homi,  
 abyāpajjhō homi,  
 anīgho homi,  
 sukhī attānaṁ pariharāmi

(Mettā)

Sabbe sattā sukhitā hontu,  
 Sabbe sattā averā hontu,  
 Sabbe sattā abyāpajjhā hontu,  
 Sabbe sattā anīghā hontu,  
 Sabbe sattā sukhī attānaṁ pariharantu.

(Karuṇā)

Sabbe sattā sabba-dukkhā pamuccantu.

(Muditā)

Sabbe sattā mā laddha-sampattito  
 vigacchantu.

(Upekkhā)

Sabbe sattā kammassakā kamma-dāyādā kamma-  
 yonī kamma-bandhū kamma-paṭisaraṇā,  
 Yaṁ kammam̄ karissanti kalyāṇam̄ vā  
 pāpakaṁ vā tassa dāyādā bhavissanti.

[cf. M.I.288; A.V.88; Ps.II.130f]

**Kāya-gatā-sati-bhāvanā-pātho**

[Handa mayam kāya-gatā-sati-bhāvanā-pātham bhaṇāmase:]

Ayam kho me kāyo,  
     Uddham pāda-talā,  
     Adho kesa-matthakā,  
     Taca-pariyanto,  
     Pūro nānappakārassa asucino.

Atthi imasmim kāye:

kesā
lomā
nakhā
dantā
taco,
maṁsam
nahārū
atṭhī
atṭhi-miñjam,
vakcam
hadayam
yakanam
kilomakam
pihakam
papphasam,
antam
anta-gunaṁ
udariyam

karīsam̄,  
 (\*/mattha-luñgam̄)  
 pittam̄  
 semhaṁ  
 pubbo  
 lohitam̄  
 sedo  
 medo,  
 assu  
 vasā  
 kheļo  
 siṅghāṇikā  
 lasikā  
 muttaṁ  
 (\*/matthake mattha-luñgan-ti).  
 Evam-ayam̄ me kāyo:  
 Uddham̄ pāda-talā,  
 Adho kesa-matthakā,  
 Taca-pariyanto,  
 Pūro nānappakārassa asucino. [cf. M.I.57]

**Patti-dāna-gāthā (Puññass'idāni...)**

Puññass'idāni katassa  
 Yān'aññāni katāni me,  
 Tesañ-ca bhāgino hontu  
 Sattānantāppamāṇaka.  
 Ye piyā guṇavantā ca  
 Mayhaṁ mātā-pitā-dayo.  
 Diṭṭhā me cāpyadiṭṭhā vā

Aññe majjhatta-verino;  
 Sattā tiṭṭhanti lokasmim.  
 Te bhummā catu-yonikā.  
 Pañc'eka-catu-vokārā.  
 Saṁsarantā bhavābhave:  
 Ōnatām ye patti-dānam-me,  
 Anumodantu te sayam.  
 Ye c'imam nappajānanti  
 Devā tesam nivedayum.  
 Mayā dinnāna-puññānam  
 Anumodana-hetunā.  
 Sabbe sattā sadā hontu  
 Averā sukha-jīvino.  
 Khemappadañ-ca pappontu.  
 Tesasā sijhataṁ subhā.  
 ♦Yan-dāni me kataṁ puññam  
 Tenānen'uddisena ca,  
 Khippaṁ sacchikareyyāham  
 Dhamme lok'uttare nava.  
 Sace tāva abhabbo'ham  
 Saṁsāre pana saṁsaram,  
 Niyato bodhi-satto va  
 Sambuddhena viyākato.  
 Nāṭṭhārasa pi abhabba-  
 Thānāni pāpuṇeyy'aham.  
 Manussattañ-ca liṅgañ-ca  
 Pabbajjañ-c'upasampadaṁ.  
 Labhitvā pesalo sīlī

Dhāreyyam satthu sāsanam,  
 Sukhā-paṭipado khippā-  
     bhiñño sacchikareyyaham.  
 Arahatta-phalam aggam  
     Vijj'ādi-guṇ'alañ-katañ,  
 Yadi n'uppajjati Buddho  
     Kammañ paripūrañ-ca me,  
 Evañ sante labheyyāham  
     Pacceka-bodhim-uttaman-ti.                         [THAI]

### Uddissanādhitthāna-gāthā

[Handa mayam uddissanādhitthāna-gāthāyo  
     bhañāmase.]

Iminā puñña-kammena,  
     Upajjhāyā guṇ'uttarā;  
 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-vidham dentu,  
     Khippam pāpetha vo'matañ.  
 Iminā puñña-kammena,  
     Iminā uddisena ca;

Khippāham sulabhe c'eva,  
     Taṇhūpādāna-chedanam.  
 Ye santāne hīnā dhammā,  
     Yāva nibbānato mamaṁ;  
 Nassantu sabbadā-y-eva,  
     Yattha jāto bhave bhave.  
 Uju-cittam sati-paññā,  
     Sallekho viriyamhinā;  
 Mārā labhantu n'okāsam,  
     Kātuñ-ca viriyesu me.  
 Buddhādhipa-varo nātho,  
     Dhammo nātho var'uttamo;  
 Nātho pacceka-buddho ca,  
     Saṅgho nātho'ttarō mamaṁ.  
 Tesottam'ānubhāvena,  
     Mārokāsam labhantu mā.

[TRAD.]

**Sabbe sattā sadā hontu**

Sabbe sattā sadā hontu  
     Averā sukha-jīvino.  
 Kataṁ puñña-phalam mayham  
     Sabbe bhāgī bhavantu te.

[TRAD.]

**Ti-loka-vijaya-rāja-patti-dāna-gāthā**  
 Yañ kiñci kusalam kammam  
     Kattabbarām kiriyam mama  
 Kāyena vācā manasā  
     Ti-dase sugataṁ kataṁ

Ye sattā saññino atthi  
Ye ca sattā asaññino  
Kataṁ puñña-phalam mayham  
Sabbe bhāgī bhavantu te  
Ye tam kатаṁ suviditaṁ  
Dinnam puñña-phalam mayā  
Ye ca tattha na jānanti  
Devā gantvā nivedayum  
Sabbe lokamhi ye sattā  
Jīvantāhāra-hetukā  
Manuññam bhojanam sabbe  
Labhantu mama cetasā.

[APADĀNA 4]

## AUSPICIOUS CHANTS

**Paritta-ārādhanā**

Vipatti-paṭibāhāya,  
     Sabba-sampatti-siddhiyā;  
     Sabba-dukkha-vināsāya,  
         Parittam brūtha maṅgalam;  
     Vipatti-paṭibāhāya,  
         Sabba-sampatti-siddhiyā;  
     Sabba-bhaya-vināsāya,  
         Parittam brūtha maṅgalam;  
     Vipatti-paṭibāhāya,  
         Sabba-sampatti-siddhiyā;  
     Sabba-roga-vināsāya,  
         Parittam brūtha maṅgalam.

[THAI]

**Paritta-parikammaṁ****Invitation to the Devatā**

Sarajjaṁ sasenaṁ sabandhuṁ nar'indam,  
     Paritt'ānubhavo sadā rakkhatū-ti,  
     Pharitvāna mettam samettā bhadantā,  
         Avikkhitta-cittā parittam bhaṇantu.  
     ♦ Samantā cakka-vālesu,  
         Atr'āgacchantu devatā,

Saddhammāṁ muni-rājassa,  
 Suṇantu sagga-mokkha-dam̄.  
 Sagge kāme ca rūpe  
   Giri-sikhara-taṭe c'antalikkhe vimāne,  
 Dīpe raṭṭhe ca gāme  
   Taru-vana-gahane geha-vatthumhi khette;  
 Bhummā c'āyantu devā  
   Jala-thala-visame yakkha-gandhabba-nāgā,  
 Tiṭṭhantā santike yaṁ  
   Muni-vara-vacanāṁ sādhavo me suṇantu.

\*/Dhammassavana-kālo ayam-bhadantā. (×3)

or

\*/Buddha-dassana-kālo ayam-bhadantā.  
 Dhammassavana-kālo ayam-bhadantā.  
 Saṅgha-payirūpāsana-kālo ayam-bhadantā.

[THAI]

### **Pubba-bhāga-nama-kāra-pātho**

[Handa mayāṁ Buddhassa Bhagavato pubba-  
 bhāga-nama-kārāṁ karomase.]  
 Namo tassa Bhagavato arahato  
 sammā-sambuddhassa. (×3)

### **Sarāṇa-gamana-pātho**

[Handa mayāṁ saraṇa-gamana-pāṭhaṁ bhanāmase.]  
 Buddhaṁ saraṇāṁ gacchāmi.  
 Dhammaṁ saraṇāṁ gacchāmi.

Saṅgham saraṇam gacchāmi.  
 Dutiyam-pi Buddham saraṇam gacchāmi.  
 Dutiyam-pi Dhammaṁ saraṇam gacchāmi.  
 Dutiyam-pi Saṅgham saraṇam gacchāmi.  
 Tatiyam-pi Buddham saraṇam gacchāmi.  
 Tatiyam-pi Dhammaṁ saraṇam gacchāmi.  
 Tatiyam-pi Saṅgham saraṇam gacchāmi.

### **Nama-kāra-siddhi-gāthā**

Yo cakkhumā moha-malāpakaṭṭho,  
 Sāmāṁ va Buddho sugato vimutto;  
 Mārassa pāsā vinimocayanto,  
 Pāpesi khemam janatam vineyyam.  
 Buddhaṁ varan-tam sirasā namāmi,  
 Lokassa nāthañ-ca vināyakañ-ca;  
 Tan-tejasā te jaya-siddhi hotu,  
 Sabb'antarāyā ca vināsamentu.  
 Dhammo dhajo yo viya tassa satthu,  
 Dassesi lokassa visuddhi-maggam;  
 Niyyāniko dhamma-dharassa dhārī,  
 Sāt'āvaho santi-karo suciṇo.  
 Dhammaṁ varan-tam sirasā namāmi,  
 Mohappadālam upasanta-dāham;  
 Tan-tejasā te jaya-siddhi hotu,  
 Sabb'antarāyā ca vināsamentu.  
 Saddhamma-senā sugatānugo yo,  
 Lokassa pāpūpakilesa-jetā;  
 Santo sayam santi-niyojako ca,

Svākkhāta-dhammam viditam karoti.  
 Saṅgham varan-tam̄ sirasā namāmi,  
     Buddhānubuddham̄ sama-sīla-diṭṭhim̄;  
 Tan-tejasā te jaya-siddhi hotu,  
     Sabb'antarāyā ca vināsamentu.         [THAI]

**Sacca-kiriyā-gāthā**

N'atthi me saraṇam̄ aññam̄,  
     Buddho me      |  
     Dhammo me    }    }saraṇam̄ varaṁ;  
     Saṅgho me    |  
 Etena sacca-vajjena,  
     Sotthi te (/me) hotu sabbadā.         [MJG]

**Mahā-kāruṇiko nātho ti ādikā gāthā**

Mahā-kāruṇiko nātho,  
     Atthāya      |  
     Hitāya    }    }sabba-pāṇinam̄;  
     Sukhāya    |  
 Pūretvā pāramī sabbā,  
     Patto sambodhim-uttamam̄;  
 Etena sacca-vajjena,  
     Mā hontu sabb'upaddavā.         [MJG]

**Namo-kāra-aṭṭhaka**

Namo arahato sammā-  
     Sambuddhassa mahesino;  
 Namo uttama-dhammassa,  
     Svākkhātass'eva ten'idha.

Namo mahā-saṅghassāpi,  
 Visuddha-sīla-diṭṭhino;  
 Namo omāty-āraddhassa,  
 Ratanattayassa sādhukam̄.  
 Namo omakātītassa,  
 Tassa vatthuttayassa-pi;  
 Namo-kārapappabhāvena,  
 Vigacchantu upaddavā.  
 Namo-kārānubhāvena,  
 Suvatthi hotu sabbadā;  
 Namo-kārassa tejena,  
 Vidhimhi homi tejavā.

[THAI]

### Mañgala-sutta

Evam-me sutam: Ekam samayaṁ Bhagavā,  
 Sāvatthiyam viharati, Jeta-vane Anātha-  
 piṇḍikassa ārāme.

Atha kho aññatarā devatā abhikkantāya  
 rattiyā abhikkanta-vanṇā kevala-kappaṁ Jeta-  
 vanam obhāsetvā, yena Bhagavā ten'upa-  
 saṅkami. Upasaṅkamitvā Bhagavantam  
 abhivādetvā ekam-antam aṭṭhāsi. Ekam-antam  
 ṭhitā kho sā devatā Bhagavantam gāthāya  
 ajjhabhāsi:

Bahū devā manussā ca,  
 Mañgalāni acintayum;  
 Ākaṅkhamānā sotthānam,  
 Brūhi mañgalam-uttamam.

♦Asevanā ca bālānam,  
 Pañditānañ-ca sevanā;  
 Pūjā ca pūjanīyānam,  
 Etam mañgalam-uttamam.

Pañirūpa-desa-vāso ca,  
 Pubbe ca kata-puñnatā;  
 Atta-sammā-pañidhi ca,  
 Etam mañgalam-uttamam.

Bāhu-saccañ-ca sippañ-ca,  
 Vinayo ca susikkhito;  
 Subhāsitā ca yā vācā,  
 Etam mañgalam-uttamam.

Mātā-pitu-upañthānam,  
 Putta-dārassa sañgaho;  
 Anākulā ca kammantā,  
 Etam mañgalam-uttamam.

Dānañ-ca dhamma-cariyā ca,  
 Nātakānañ-ca sañgaho;  
 Anavajjāni kammāni,  
 Etam mañgalam-uttamam.

Āratī viratī pāpā,  
 Majja-pānā ca saññamo;  
 Appamādo ca dhammesu,  
 Etam mañgalam-uttamam.

Gāravo ca nivāto ca,  
 Santuñthī ca katañ-ñutā;  
 Kālena dhammassavanañ,  
 Etam mañgalam-uttamam.

Khanti ca sovacassatā,  
 Samaṇānañ-ca dassanam;  
 Kālena dhamma-sākacchā,  
 Etam mañgalam-uttamam.  
 Tapo ca brahma-cariyañ-ca,  
 Ariya-saccāna-dassanam;  
 Nibbāna-sacchikiriyā ca,  
 Etam mañgalam-uttamam.  
 Phuṭṭhassa loka-dhammehi,  
 Cittam yassa na kampati;  
 Asokam virajam khemam,  
 Etam mañgalam-uttamam.  
 Etādisāni katvāna,  
 Sabbattham-aparājītā;  
 Sabbattha sotthim gacchanti,  
 Tan-tesam mañgalam-uttaman-ti.

[SN. vv. 258-269; KHP.V]

### Ratana Sutta

(♦ Cha Ratana-Paritta-Gāthā ♦)

Yānīdha bhūtāni samāgatāni,  
 Bhummāni vā yāni va antalikkhe.  
 Sabb'eva bhūtā sumanā bhavantu,  
 Atho pi sakkacca suṇantu bhāsitam.  
 Tasmā hi bhūtā nisāmētha sabbe,  
 Mettaṁ karotha mānusiyā pajāya.  
 Divā ca ratto ca haranti ye balim,  
 Tasmā hi ne rakkhatha appamattā.

- (♦1) Yañ kiñci vittam idha vā huram vā,  
     Saggesu vā yañ ratanam pañitam;  
     Na no samam atthi Tathāgatena,  
         Idam-pi Buddhe ratanam pañitam;  
     Etena saccena suvatthi hotu.
- (♦2) Khayañ virāgam amatañ pañitam,  
     Yad-ajjhagā Sakya-munī samāhito;  
     Na tena dhammena sam'atthi kiñci,  
         Idam-pi Dhamme ratanam pañitam;  
     Etena saccena suvatthi hotu.
- (♦3) Yam buddha-settho parivaññayī sucim,  
     Samādhim-ānantarikaññam-āhu;  
     Samādhinā tena samo na vijjati,  
         Idam-pi Dhamme ratanam pañitam;  
     Etena saccena suvatthi hotu.
- (♦4) Ye puggalā aṭṭha satañ pasaṭṭhā,  
     Cattāri etāni Yugāni honti;  
     Te dakkhiṇeyyā Sugatassa sāvakā,  
         Etesu dinnāni mahapphalāni;  
     Idam-pi Saṅghe ratanam pañitam,  
         Etena saccena suvatthi hotu.
- (♦5) Ye suppayuttā manasā dalhena,  
     Nikkāmino Gotama-sāsanamhi;  
     Te patti-pattā amatañ vigayha,  
         Laddhā mudhā nibbutim bhuñjamānā;  
     Idam-pi Saṅghe ratanam pañitam,  
         Etena saccena suvatthi hotu.

Yath'inda-khīlo paṭhavim̄ sito siyā,  
     Catubbhi vātebhi asampakampiyo.  
 Tathūpamam̄ sappurisam̄ vadāmi,  
     Yo ariya-saccāni avecca passati.  
 Idam-pi Saṅghe ratanam̄ paṇītam̄,  
     Etena saccena suvatthi hotu.  
  
 Ye ariya-saccāni vibhāvayanti,  
     Gambhīra-paññena sudesitāni.  
 Kiñ-cāpi te honti bhusappamattā,  
     Na te bhavaṁ aṭṭhamam-ādiyanti.  
 Idam-pi Saṅghe ratanam̄ paṇītam̄,  
     Etena saccena suvatthi hotu.  
  
 Sahā v'assa dassana-sampadāya,  
     Tay'assu dhammā jahitā bhavanti.  
 Sakkāya-diṭṭhi vicikicchitañ-ca,  
     Silabbataṁ vā pi yad-atthi kiñci.  
 Catūh'apāyehi ca vippamutto,  
     Cha cābhīṭhānāni abhabbo kātum̄.  
 Idam-pi Saṅghe ratanam̄ paṇītam̄,  
     Etena saccena suvatthi hotu.  
  
 Kiñ-cāpi so kammapam̄ karoti pāpakam̄,  
     Kāyena vācā uda cetasā vā.  
 Abhabbo so tassa paṭicchadāya,  
     Abhabbatā diṭṭha-padassa vuttā.  
 Idam-pi Saṅghe ratanam̄ paṇītam̄,  
     Etena saccena suvatthi hotu.  
  
 Vanappagumbe yathā phussi-t-agge,  
     Gimhāna-māse paṭhamasmīm̄ gimhe.

Tathūpamam dhamma-varam adesayi,  
 Nibbāna-gāmim paramam hitāya.  
 Idam-pi Buddhe ratanam pañītam,  
 Etena saccena suvatthi hotu.

Varo varañ-ñū vara-do var'āharo,  
 Anuttaro dhamma-varam adesayi.  
 Idam-pi Buddhe ratanam pañītam,  
 Etena saccena suvatthi hotu.

(♦6) Khīnam purāṇam navam n'atthi  
 sambhavam,  
 Viratta-citt'āyatike bhavasmim;  
 Te khīṇa-bijā aviruḍhi-chandā,  
 Nibbanti dhīrā yathā'yam padīpo;  
 Idam-pi Saṅghe ratanam pañītam,  
 Etena saccena suvatthi hotu.

Yānidha bhūtāni samāgatāni,  
 Bhummāni vā yāni va antalikkhe.  
 Tathāgataṁ deva-manussa-pūjitaṁ,  
 Buddhaṁ namassāma suvatthi hotu.

Yānidha bhūtāni samāgatāni,  
 Bhummāni vā yāni va antalikkhe.  
 Tathāgataṁ deva-manussa-pūjitaṁ,  
 Dhammaṁ namassāma suvatthi hotu.

Yānidha bhūtāni samāgatāni,  
 Bhummāni vā yāni va antalikkhe.  
 Tathāgataṁ deva-manussa-pūjitaṁ,  
 Saṅgham namassāma suvatthi hotū-ti.

[SN. vv. 224-241; KHP.VI]

### Karañiya-metta-sutta

Karañiya m-attha-kusalena,  
     Yan-tam̄ santaṁ padam̄ abhisamecca;  
 Sakko ujū ca suhujū ca,  
     Suvaco c'assa mudu anatimānī,  
 Santussako ca subharo ca,  
     Appakicco ca sallahuka-vutti;  
 Sant'indriyo ca nipako ca,  
     Appagabbho kulesu ananugiddho.  
 Na ca khuddam̄ samācare kiñci,  
     Yena viññū pare upavadeyyum;  
 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.  
 Diṭṭhā vā ye ca adiṭṭhā,  
     Ye ca dūre vasanti avidūre;  
 Bhūtā vā sambhavesī vā,  
     Sabbe sattā bhavantu sukhit'attā.  
 Na paro param̄ nikubbetha,  
     Nātimāññetha katthaci naṁ kiñci;  
 Byārosanā patīgha-saññā,  
     Nāññam-aññassa dukkham-iccheyya.  
 Mātā yathā niyam̄ puttam̄,  
     Āyusā eka-puttam-anurakkhe;  
 Evam pi sabba-bhūtesu,

Mānasam-bhāvaye aparimāṇam.  
 ◆ Mettañ-ca sabba-lokasmīm,  
     Mānasam-bhāvaye aparimāṇam;  
     Uddhaṁ adho ca tiriyañ-ca,  
         Asambādham averam̄ asapattam̄.  
     Tiṭṭhañ-caram̄ nisinno vā,  
         Sayāno vā yāvat'assa vigata-middho;  
     Etam̄ satim̄ adhiṭṭheyā,  
         Brahmam-etaṁ vihāram̄ idham-āhu.  
     Diṭṭhiñ-ca anupagamma,  
         Sīlavā dassanena sampanno;  
     Kāmesu vineyya gedhaṁ,  
         Na hi jātu gabbha-seyyam̄ punar-etī-ti.

[SN.vv.143–152; KHP.IX]

### Khandha-parittam̄

Virūpakkhehi me mettam̄,  
     Mettam̄ Erāpathehi me;  
     Chabyā-puttehi me mettam̄,  
         Mettam̄ Kaṇhā-gotamakehi ca;  
     Apādakehi me mettam̄,  
         Mettam̄ di-pādakehi me;  
     Catuppadehi me mettam̄,  
         Mettam̄ bahuppadehi me.  
     Mā mam̄ apādako himsi,  
         Mā mam̄ himsi di-pādako;  
     Mā mar̄ catuppado himsi,  
         Mā mar̄ himsi bahuppado.

Sabbe sattā sabbe pāṇā,  
     Sabbe bhūtā ca kevalā;  
 Sabbe bhadrāni passantu,  
     Mā kiñci pāpam-āgamā.  
 ♦Appamāṇo Buddho, appamāṇo Dhammo,  
     appamāṇo Saṅgho,  
 Pamāṇavantāni siriṁsapāni;  
     Ahi-vicchikā sata-padī uṇṇā-nābhī sarabhū<sup>mūsikā.</sup>  
 Katā me rakkhā, katā me parittā,  
     Paṭikkamantu bhūtāni.  
 So’haṁ namo Bhagavato,  
     Namo sattannam sammā-sambuddhānam.

[A.II.72-73; Vin.II.110; J.144]

### Mora-parittaṁ

{Udet’ayañ-cakkhumā eka-rājā, [♦a.m.]  
 {Apet’ayañ-cakkhumā eka-rājā, [•p.m.]  
     Harissa-vanṇo paṭhavippabhāso;  
 Tam tam namassāmi harissa-vanṇam  
     paṭhavippabhāsam,  
 Tay’ajja guttā viharemu {♦divasam. {•rattim.  
     Ye brāhmaṇā veda-gu sabba-dhamme,  
 Te me namo, te ca mām pālayantu;  
     Nam’atthu Buddhānam, nam’atthu bodhiyā,  
 Namo vimuttānam, namo vimuttiyā.  
     Imam so parittam katvā,  
     {♦Moro carati esanā’ti.  
     {•Moro vāsam-akappayī’ti.

[J.159]

**Vattaka-parittam**

Atthi loke sīla-guṇo,  
 Saccam̄ soceyy'anuddayā;  
 Tena saccena kāhāmi,  
 Sacca-kiriyam-anuttaram̄.  
 Āvajjivtā dhamma-balam̄,  
 Saritvā pubbake jine;  
 Sacca-balam-avassāya,  
 Sacca-kiriyam-akās'ahaṁ.  
 Santi pakkhā apattanā,  
 Santi pādā avañcanā;  
 Mātā pitā ca nikkhantā,  
 Jāta-veda paṭikkama.  
 Saha sacce kate mayhaṁ,  
 Mahā-pajjalito sikhī;  
 Vajjesi solasa karīsāni,  
 Udakam̄ patvā yathā sikhī; [J.35]  
 Saccena me samo n'atthi,  
 Esā me sacca-pāramī-ti.

[CARIYAPITAKA vv. 319-322]

**Buddha Dhamma Saṅgha-guṇā  
(Dhaṭṭagga Paritta)**

Iti pi so Bhagavā araham̄ sammā-sambuddho,  
 Vijjā-caranā-sampanno, sugato loka-vidū,  
 Anuttaro purisa-damma-sārathi satthā deva-  
 manussānam̄ Buddho Bhagavā-ti.  
 Svākkhāto Bhagavatā Dhammo,

40 BUDDHA DHAMMA SAṄGHA-GUṄĀ (DHAJ'AGGA PARITTA)

Sandiṭṭhiko akāliko ehi-passiko,  
Opanayiko paccattam veditabbo viññūhī-ti.

Supatipanno Bhagavato sāvaka-saṅgho,  
Uju-patipanno Bhagavato sāvaka-saṅgho,  
Nāya-patipanno Bhagavato sāvaka-saṅgho,  
Sāmīci-patipanno Bhagavato sāvaka-saṅgho,  
Yad-idam cattāri purisa-yugāni attha  
  purisa-puggalā;

Esa Bhagavato sāvaka-saṅgho,  
Āhuneyyo pāhuneyyo dakkhiṇeyyo añjali-  
  karaṇīyo,  
Anuttaram puññakkhettaṁ lokassā-ti.

♦Araññe rukkha-mule vā  
    Suññāgāre va bhikkhavo  
Anussaretha Sambuddham  
    Bhayaṁ tumhāka no siyā.

No ce Buddham sareyyātha  
    Loka-jetṭham nar'āsabham  
Atha dhammaṁ sareyyātha  
    Niyyānikam sudesitam.

No ce dhammaṁ sareyyātha  
    Niyyānikam sudesitam  
Atha saṅgham sareyyātha  
    Puññakkhettaṁ anuttaram.

Evan-Buddham sarantānam  
    Dhammaṁ saṅghañ-ca bhikkhavo  
Bhayaṁ vā chambhitattaṁ vā  
    Loma-hamso na hessatī-ti.

[S.I.219-220]

### Ātānātiya Parittam

Appasannehi nāthassa  
     Sāsane sādhu-sammate  
 Amanussehi cañdehi  
     Sadā kibbisa-kāribhi  
 Parisānañ-ca tassannam-  
     Ahimsāya ca guttiyā  
 Yan-desesi mahā-vīro  
     Parittan-tam-bhañāmase.  
 ♦Vipassissa nam'atthu,  
     Cakkhumantassa sirimato;  
 Sikhissa pi nam'atthu,  
     Sabba-bhūtānukampino.  
 Vessabhussa nam'atthu,  
     Nhātakassa tapassino;  
 Nam'atthu Kakusandhassa,  
     Māra-senappamaddino,  
 Konāgamanassa nam'atthu,  
     Brāhmañassa vusimato;  
 Kassapassa nam'atthu,  
     Vippamuttassa sabbadhi.  
 Añgīrasassa nam'atthu,  
     Sakya-puttassa sirimato;  
 Yo imam dhammam-adesesi,  
     Sabba-dukkhāpanūdanam.  
 Ye cāpi nibbutā loke,  
     Yathā-bhūtañ vipassisum;

Te janā apisuṇā,  
     Mahantā vīta-sāradā.  
 Hitam̄ deva-manussānam̄,  
     Yam̄ namassanti Gotamam̄;  
 Vijjā-caraṇa-sampannam̄,  
     Mahantam̄ vīta-sāradam̄.         [D.III.195–196]  
 \*/Vijjā-caraṇa-sampannam̄,  
     Buddham̄ vandāma Gotaman-ti./  
 ♦Namo me sabba buddhānam̄  
     Uppannānam̄ mahesinām̄  
 Taṇhaṇ-karo mahā-vīro  
     Medhaṇ-karo mahā-yaso.  
 Sarāṇaṇ-karo loka-hito  
     Dīpaṇ-karo jutin-dharo  
 Koṇḍaṇño jana-pāmokkho  
     Maṅgalo puris'āsabho.  
 Sumano sumano dhīro  
     Revato rati-vadḍhano  
 Sobhito guṇa-sampanno  
     Anoma-dassī jan'uttamo.  
 Padumo loka-pajjoto  
     Nārado vara-sārathī  
 Padum'uttaro satta-sāro  
     Sumedho appaṭipuggalo.  
 Sujāto sabba-lok'aggo  
     Piya-dassī nar'āsabho

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\* If chanting the *Paritta* in full omit this line.

Attha-dassī kāruṇiko  
 Dhamma-dassī tamo-nudo.  
 Siddhattho asamo loke  
 Tisso ca vadatam̄ varo  
 Pusso ca varado Buddho  
 Vipassī ca anūpamo.  
 Sikkhī sabba-hito satthā  
 Vessabhū sukha-dāyako  
 Kakusandho sattha-vāho  
 Konāgamano raṇañ-jaho.  
 Kassapo siri-sampanno  
 Gotamo sakya-puṇgavo.  
 Ete c'aññe ca Sambuddhā  
 Aneka-sata-kotayo  
 Sabbe Buddhā asama-samā  
 Sabbe Buddhā mah'iddhikā.  
 Sabbe dasa-balūpetā  
 Vesārajjeh'upāgatā  
 Sabbe te paṭijānanti  
 Āsabhanṭhānam'uttamam̄.  
 Sīha-nādaṁ nadant'ete  
 Parisāsu visāradā  
 Brahma-cakkaṁ pavattenti  
 Loke appaṭivattiyam̄.  
 Upetā Buddha-dhammehi  
 Aṭṭhārasahi nāyakā  
 Dvattim̄sa-lakkhaṇūpetā  
 Sītyānubyañjanā-dharā.

Byāmappabhāya suppabhā  
     Sabbe te muni-kuñjarā  
 Buddhā sabbañ-ñuno ete  
     Sabbe khīñ'āsavā jinā.  
 Mahappabhā mahā-tejā  
     Mahā-paññā mahabbalā  
 Mahā-kāruṇikā dhīrā  
     Sabbesānam sukhā-vahā.  
 Dīpā nāthā patiṭṭhā ca  
     Tāñā leñā ca pāñinam  
 Gatī bandhū mah'assā  
     Sarañā ca hitesino.  
 Sadevakassa lokassa  
     Sabbe ete parāyanā  
 Tesāham sirasā pāde  
     Vandāmi puris'uttame.  
 Vacasā manasā c'eva  
     Vandām'ete Tathāgate  
 Sayane āsane ṭhāne  
     Gamane cāpi sabbadā.  
 Sadā sukhena rakkhantu  
     Buddhā santi-karā tuvam  
 Tehi tvam rakkhito santo  
     Mutto sabba-bhayena ca.  
 Sabba-roga-vinimutto  
     Sabba-santāpa-vajjito  
 Sabba-veram-atikkanto  
     Nibbuto ca tuvam bhava.  
 Tesam saccena sīlena

Khanti-mettā-balena ca  
 Te pi tumhe/amhe\* anurakkhantu  
 Ārogyena sukhena ca.  
 Puratthimasmiṁ disā-bhāge  
 Santi bhūtā mah'iddhikā  
 Te pi tumhe/amhe anurakkhantu  
 Ārogyena sukhena ca.  
 Dakkhiṇasmiṁ disā-bhāge  
 Santi devā mah'iddhikā  
 Te pi tumhe/amhe anurakkhantu  
 Ārogyena sukhena ca.  
 Pacchimasmiṁ disā-bhāge  
 Santi nāgā mah'iddhikā  
 Te pi tumhe/amhe anurakkhantu  
 Ārogyena sukhena ca.  
 Uttarasmīṁ disā-bhāge  
 Santi yakkhā mah'iddhikā  
 Te pi tumhe/amhe anurakkhantu  
 Ārogyena sukhena ca.  
 Purima-disam Dhataraṭṭho  
 Dakkhiṇena Viruṭṭhako  
 Pacchimena Virūpakkho  
 Kuvero uttaram disam.  
 Cattāro te mahā-rājā  
 Loka-pālā yasassino  
 Te pi tumhe/amhe anurakkhantu  
 Ārogyena sukhena ca.

---

\* If chanting for oneself use 'amhe'.

Ākāsaṭṭhā ca bhummaṭṭhā  
 Devā nāgā mah’iddhikā  
 Te pi tumhe/amhe anurakkhantu  
 Ārogyena sukhena ca.  
 ♦N’atthi me saraṇam aññam,  
     Buddho me saraṇam varam  
 Etena sacca-vajjena  
     Hotu te jaya-maṅgalam  
 N’atthi me saraṇam aññam,  
     Dhammo me saraṇam varam  
 Etena sacca-vajjena  
     Hotu te jaya-maṅgalam  
 N’atthi me saraṇam aññam,  
     Saṅgho me saraṇam varam  
 Etena sacca-vajjena  
     Hotu te jaya-maṅgalam.  
 ♦Yañ kiñci ratanaṁ loke  
     Vijjati vividhaṁ puthu  
 Ratanaṁ Buddha-samam n’atthi  
     Tasmā sotthī bhavantu te/me.\*  
 Yañ kiñci ratanaṁ loke  
     Vijjati vividhaṁ puthu  
 Ratanaṁ Dhamma-samam n’atthi  
     Tasmā sotthī bhavantu te/me.  
 Yañ kiñci ratanaṁ loke

---

[MJG]

\* If chanting for oneself use ‘me’.

Vijjati vividham puthu  
 Ratanam Saṅgha-samaṁ n'atthi  
 Tasmā sotthī bhavantu te/me. [MJG]

♦Sakkatvā Buddha-ratanam,  
 Osatham uttamaṁ varam;  
 Hitam deva-manussānam,  
 Buddha-tejena sotthinā;  
 Nassant'upaddavā sabbe,  
 Dukkhā vūpasamentu te/me.

Sakkatvā Dhamma-ratanam,  
 Osatham uttamaṁ varam;  
 Parilāhūpasamanam,  
 Dhamma-tejena sotthinā;  
 Nassant'upaddavā sabbe,  
 Bhayā vūpasamentu te/me.

Sakkatvā Saṅgha-ratanam,  
 Osatham uttamaṁ varam;  
 Āhuneyyam pāhuneyyam,  
 Saṅgha-tejena sotthinā;  
 Nassant'upaddavā sabbe,  
 Rogā vūpasamentu te/me. [MJG]

♦Sabb'ītiyo vivajjantu,  
 Sabba-rogo vinassatu;  
 Mā te bhavatv-antarāyo,  
 Sukhī dīgh'āyuko bhava. [MJG]

Abhivādana-sīlissa,  
 Niccam vuddhā'pacāyino;

Cattāro dhammā vadḍhanti,  
 Āyu vaṇṇo sukhaṁ balaṁ. [DHP.V.109]  
*Ātānātiya Parittam Niṭṭhitam.*

### Añguli-māla-parittam

Yato'ham bhagini ariyāya jātiyā jāto,  
 Nābhijānāmi sañcicca pāṇam jīvitā voropetā,  
 Tena saccena sotthi te hotu sotthi gabbhassa.  
 (×3) [M.II.103]

### Bojjh'aṅga-parittam

Bojjh'aṅgo sati-sañkhāto,  
 Dhammānam vicayo tathā;  
 Viriyam-pīti-passaddhi,  
 Bojjh'aṅgā ca tathā'pare.  
 Samādh'upekkha-bojjh'aṅgā,  
 Satt'ete sabba-dassinā;  
 Muninā sammad-akkhātā,  
 Bhāvitā bahulī-katā.  
 Saṁvattanti abhiññāya,  
 Nibbānāya ca bodhiyā;  
 Etena sacca-vajjena,  
 Sotthi te hotu sabbadā.  
 Ekasmim samaye nātho,  
 Moggallānañ-ca Kassapam;  
 Gilāne dukkhite disvā,  
 Bojjh'aṅge satta desayi.  
 Te ca taṁ abhinanditvā,  
 Rogā muccimsu tañ-khaṇe;

Etena sacca-vajjena,  
     Sotthi te hotu sabbadā.  
 Ekadā Dhamma-rājā pi,  
     Gelaññenābhipīlito;  
 Cundattherena tañ-ñeva,  
     Bhañāpetvāna sādaram;  
 Sammoditvā ca ābādhā,  
     Tamhā vuṭṭhāsi ṭhānaso;  
 Etena sacca-vajjena,  
     Sotthi te hotu sabbadā.  
 Pahīnā te ca ābādhā,  
     Tiṇṇannam-pi maheśinam;  
 Magg'āhata-kilesā va,  
     Pattānuppatti-dhammatam;  
 Etena sacca-vajjena,  
     Sotthi te hotu sabbadā.

[cf. S.V.80f]

**Abhaya-parittai**

Yan-dunnimittam avamaṅgalañ-ca,  
 Yo cāmanāpo sakuṇassa saddo;  
 Pāpaggaho dussupinam akantam,  
 Buddhānubhāvena      |  
 Dhammānubhāvena      } {vināsamentu.  
 Saṅghānubhāvena      } [TRAD.]

**Devatā Uyyojana Gāthā**

Dukkhappattā ca niddukkhā,  
     Bhayappattā ca nibbhayā;  
 Sokappattā ca nissokā,

Hontu sabbe pi pāṇino.  
 Ettāvatā ca amhehi,  
     Sambhatam puñña-sampadam;  
 Sabbe devānumodantu,  
     Sabba-sampatti-siddhiyā.  
 Dānam dadantu saddhāya,  
     Sīlam rakkhantu sabbadā;  
 Bhāvanābhīratā hontu,  
     Gacchantu devatā-gatā.  
 ♦Sabbe Buddhā balappattā,  
     Paccekānañ-ca yam balañ;  
 Arahanṭānañ-ca tejena,  
     Rakkham bandhāmi sabbaso.

[MJG]

**Jaya-maṅgala-atṭha-gāthā**

Bāhum sahassam-abhinimmita-sāvudhan-tam,  
     Grīmekhalam udita-ghora-sasena-māram;  
 Dānādi-dhamma-vidhinā jitavā mun'indo,  
     Tan-tejasā bhavatu te jaya-maṅgalāni.  
 [/Tan-tejasā bhavatu te jaya-maṅgal'aggam.]  
 Mārātirekam-abhiyujjhita-sabba-rattim,  
     Ghoram-pan'Alavakam-akkhama-  
         thaddha-yakkham;  
 Khantī-sudanta-vidhinā jitavā mun'indo,  
     Tan-tejasā bhavatu te jaya-maṅgalāni.[/]  
 Nālāgirim gaja-varam atimatta-bhūtañ,  
     Dāv'aggi-cakkam-asanīva sudāruṇan-tam;  
 Mett'ambu-seka-vidhinā jitavā mun'indo,

Tan-tejasā bhavatu te jaya-maṅgalāni.[/]  
 Ukkhitta-khaggam-atihattha-sudāruṇan-tam,  
     Dhāvan-ti-yojana-path'aṅguli-mālavantam;  
 Iddhī'bhisaṅkhata-mano jitavā mun'indo,  
     Tan-tejasā bhavatu te jaya-maṅgalāni.[/]  
 Katvāna kaṭṭham-udaram iva gabbhinīyā,  
     Ciñcāya duṭṭha-vacanam jana-kāya majjhe;  
 Santena soma-vidhinā jitavā mun'indo,  
     Tan-tejasā bhavatu te jaya-maṅgalāni.[/]  
 Saccam vihāya-mati-Saccaka-vāda-ketum,  
     Vādābhiropita-manaṁ ati-andha-bhūtam;  
 Paññā-padipa-jalito jitavā mun'indo,  
     Tan-tejasā bhavatu te jaya-maṅgalāni.[/]  
 Nandopananda-bhujagam vibudham mah'iddhim,  
     Puttena thera-bhujagena damāpayanto;  
 Iddhūpadesa-vidhinā jitavā mun'indo,  
     Tan-tejasā bhavatu te jaya-maṅgalāni.[/]  
 Duggāha-diṭṭhi-bhujagena sudaṭṭha-hattham,  
     Brahmam visuddhi-jutim-iddhi-Bakābhidhānam;  
 Ānāgadena vidhinā jitavā mun'indo,  
     Tan-tejasā bhavatu te jaya-maṅgalāni.[/]  
 Etā pi Buddha-jaya-maṅgala-atṭha-gāthā,  
     Yo vācano dina-dine saratem-atandī;  
 Hitvān'aneka-vividhāni c'upaddavāni,  
     Mokkham sukham adhigameyya naro sapañño.

[TRAD.]

**Jaya-parittam**

Mahā-kāruṇiko nātho,  
     Hitāya sabba-pāñinaṁ;  
 Pūretvā pāramī sabbā,  
     Patto sambodhim-uttamaṁ;  
 Etena sacca-vajjena,  
     Hotu te jaya-maṅgalaṁ.  
 Jayanto bodhiyā mūle,  
     Sakyānaṁ nandi-vaḍḍhano;  
 Evaṁ tvaṁ vijayo hohi,  
     Jayassu jaya-maṅgale.  
 Aparājita-pallaṅke,  
     Sīse paṭhavi-pokkhare;  
 Abhiseke sabba-buddhānaṁ,  
     Aggappatto pamodati.  
 Sunakkhattaṁ sumaṅgalaṁ,  
     Supabhātaṁ suhuṭṭhitāṁ;  
 Sukhaṇo sumuhutto ca,  
     Suyiṭṭham brahma-cārisu.  
 Padakkhiṇaṁ kāya-kammaṁ,  
     Vācā-kammaṁ padakkhiṇaṁ;  
 Padakkhiṇaṁ mano-kammaṁ,  
     Pañidhi te padakkhiṇā.  
 Padakkhiṇāni katvāna,  
     Labhant'atthe padakkhiṇe.  
 ♦So attha-laddho sukrito,  
     Viruṭho buddha-sāsane;

[MJG; A.I.294]

Arogo sukhitō hohi,  
     Saha sabbehi ñātibhi.  
 Sā attha-laddhā sukhitā,  
     Viruñhā buddha-sāsane;  
 Arogā sukhitā hohi,  
     Saha sabbehi ñātibhi.  
 Te attha-laddhā sukhitā,  
     Viruñhā buddha-sāsane;  
 Arogā sukhitā hotha,  
     Saha sabbehi ñātibhi.  
 ◆Sakkatvā Buddha-ratanaṁ,  
     Osatham uttamam varam;  
 Hitam deva-manussānam,  
     Buddha-tejena sotthinā;  
 Nassant'upaddavā sabbe,  
     Dukkhā vūpasamentu te.  
 Sakkatvā Dhamma-ratanaṁ,  
     Osatham uttamam varam;  
 Pariñhūpasamanaṁ,  
     Dhamma-tejena sotthinā;  
 Nassant'upaddavā sabbe,  
     Bhayā vūpasamentu te.  
 Sakkatvā Saṅgha-ratanaṁ,  
     Osatham uttamam varam;  
 Āhuneyyaṁ pāhuneyyaṁ,  
     Saṅgha-tejena sotthinā;  
 Nassant'upaddavā sabbe,  
     Rogā vūpasamentu te.

[cf. A.I.294]

[MJG]

♦N'atthi me saraṇam aññam,  
 Buddho me ]  
 Dhammo me } { saraṇam varaṁ;  
 Saṅgho me J  
 Etena sacca-vajjena,  
 Sotthi te hotu sabbadā. [MJG]

♦Yañ kiñci ratanaṁ loke  
 vijjati vividhaṁ puthu  
 Ratanaṁ Buddha-samam n'atthi  
 tasmā sotthī bhavantu te.

Yañ kiñci ratanaṁ loke  
 vijjati vividhaṁ puthu  
 Ratanaṁ Dhamma-samam n'atthi  
 tasmā sotthī bhavantu te.

Yañ kiñci ratanaṁ loke  
 vijjati vividhaṁ puthu  
 Ratanaṁ Saṅgha-samam n'atthi  
 tasmā sotthī bhavantu te. [MJG]

### Pabbatopama-gāthā

Yathā pi selā vipulā,  
 Nabham āhacca pabbatā;  
 Samantā anupariyeyyūm,  
 Nippothentā catuddisā;  
 Evaṁ jarā ca maccu ca,  
 Adhivattanti pāñino;  
 Khattiye brāhmaṇe vesse,

Sudde caṇḍāla-pukkuse;  
 Na kiñci parivajjeti,  
     Sabbam-evābhimaddati;  
 Na tattha hatthīnam bhūmi,  
     Na rathānam na pattiya;  
 Na cāpi manta-yuddhena,  
     Sakkā jetum dhanena vā;  
 Tasmā hi paṇḍito poso,  
     Sampassam attham-attano;  
 Buddhe Dhamme ca Saṅghe ca,  
     Dhīro saddham nivesaye;  
 Yo Dhamma-cārī kāyena,  
     Vācāya uda cetasā;  
 Idh'eva nam pasam̄santi,  
     Pecca sagge pamodati.

[S.I.102]

**Bhāra-sutta-gāthā**

Bhārā have pañcakkhandhā,  
     Bhāra-hāro ca puggalo;  
 Bhār'ādānam dukkham loke,  
     Bhāra-nikkhepanam sukham;  
 Nikkhipitvā garum bhāram,  
     Aññam bhāram anādiya;  
 Samūlam tanham abbulha,  
     Nicchāto parinibbuto-ti.

[S.III.26]

**Khemākhema-saraṇa-gamana-paridīpikā-gāthā**

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

N'etaṁ kho saraṇam khemam,  
 N'etaṁ saraṇam-uttamaṁ;  
 N'etaṁ saraṇam-āgamma,  
 Sabba-dukkhā pamuccati.

Yo ca Buddhañ-ca Dhammañ-ca,  
 Saṅghañ-ca saraṇam gato;  
 Cattāri ariya-saccāni,  
 Sammappaññāya passati.

Dukkham dukkha-samuppādaṁ,  
 Dukkhassa ca atikkamaṁ;  
 Ariyañ-c'aṭṭh'aṅgikam maggam,  
 Dukkhūpasama-gāminam.

Etaṁ kho saraṇam khemam,  
 Etaṁ saraṇam-uttamaṁ;  
 Etaṁ saraṇam-āgamma,  
 Sabba-dukkhā pamuccatī-ti. [Dhp.vv,188-192]

**Bhadd'eka-ratta-gāthā**

Atītam nānvāgameyya,  
 Nappaṭikaṅkhe anāgataṁ;  
 Yad atītam-pahīnan-tam,  
 Appattañ'ca anāgataṁ.

Paccuppannañ'ca yo dhammam,  
     Tattha tattha vipassati;  
 Asaṅhiram asaṅkuppam,  
     Taṁ viddhām-anubrūhaye;  
 Ajj'eva kiccam-ātappam,  
     Ko jaññā maraṇam suve;  
 Na hi no saṅgaran-tena,  
     Mahā-senena maccunā;  
 Evaṁ vihārim-ātāpiṁ,  
     Aho-rattam-atanditam;  
 Tam ve bhadd'eka-ratto-ti,  
     Santo ācikkhate munī-ti.

[M.III.187]

**Ti-lakkhan'ādi-gāthā**

Sabbe saṅkhārā aniccā-ti,  
     Yadā paññāya passati;  
 Atha nibbindati dukkhe,  
     Esa maggo visuddhiyā.  
 Sabbe saṅkhārā dukkhā-ti,  
     Yadā paññāya passati;  
 Atha nibbindati dukkhe,  
     Esa maggo visuddhiyā.  
 Sabbe dhammā anattā-ti,  
     Yadā paññāya passati;  
 Atha nibbindati dukkhe,  
     Esa maggo visuddhiyā.         [DHP.VV,277-279]  
 Appakā te manussesu,  
     Ye janā pāra-gāmino;

Athāyam itarā pajā,  
Tīram-evānudhāvati.  
Ye ca kho sammad-akkhāte,  
Dhamme dhammānuvattino;  
Te janā pāram-essanti,  
Maccu-dheyyam suduttaram.  
Kaṇham dhammam vipahāya,  
Sukkam bhāvetha pañdito;  
Okā anokam-āgamma,  
Viveke yattha dūramaṁ.  
Tatrābhīratim-iccheyya,  
Hitvā kāme akiñcano;  
Pariyodapeyya attānam,  
Citta-klesehi pañdito.  
Yesam sambodhi-y-añgesu,  
Sammā cittam subhāvitam;  
Ādāna-paṭinissagge,  
Anupādāya ye ratā;  
Khīṇ'āsavā jutimanto,  
Te loke parinibbutā-ti.

[DHP.VV,85-89]

## Dhamma-gārav'ādi-gāthā

Ye ca atītā Sambuddhā,  
Ye ca Buddhā anāgatā;  
Yo c'etarahi Sambuddho,  
Bahunnam soka-nāsano.  
Sabbe saddhamma-garuno,  
Viharimsu viharanti ca;

Atho pi viharissanti,  
Esā Buddhāna dhammatā.  
Tasmā hi atta-kāmena,  
Mahattam-abhikañkhatā;  
Saddhammo garu-kātabbo,  
Saramī Buddhāna sāsanamī. [S.I.140]  
Na hi dhammo adhammo ca,  
Ubho sama-vipākino;  
Adhammo nirayam neti,  
Dhammo pāpeti suggatim  
Dhammo have rakkhati dhamma-cārim,  
Dhammo suciṇo sukham-āvahāti ;  
Es'ānisamso dhamme suciṇe,  
Na duggatim gacchati dhamma-cārī.

[THAG.VV,303-304]

**Paṭhama-buddha-bhāsita-gāthā**

Aneka-jāti-saṁsāramī,  
Sandhāvissamī anibbisamī  
Gaha-kāramī gavesanto,  
Dukkhā jāti punappunamī  
Gaha-kāraka ditṭho'si,  
Puna geham na kāhasi  
Sabbā te phāsukā bhaggā,  
Gaha-kūṭamī visaṅkhataṁ  
Visaṅkhāra-gataṁ cittamī,  
Taṇhānam khayam-ajjhagā.

[DHP.VV,153-154]

## CHANTS USED IN SRI LANKA

**Salutation to the Three Main Objects of Venerations**

Vandāmi cetiyam sabbam  
 Sabba-ṭhānesu patiṭṭhitam  
 Sārīrika-dhātu-Mahā-bodhim  
 Buddha-rūpam sakalam sadā.

**Salutation to the Bodhi-Tree**

Yassa mūle nissino va  
 Sabbāri vijayam akā,  
 Patto sabbaññutam Satthā  
 Vande tam Bodhi-pādapam.  
 Ime ete Mahā-Bodhi  
 Loka-nāthena pūjita,  
 Aham-pi te namassāmi  
 Bodhi-Rājā nam'atthu te!

**Offering of Lights**

Ghana-sārappadittena  
 Dīpena tama-dhamśinā  
 Tīloka-dīpam sambuddham  
 Pūjayāmi tamo-nudam.

**Offering of Incense**

Gandha-sambhāra-yuttena

Dhūpenāham sugandhinā  
 Pūjaye pūjaneyyan-tam  
 Pūjā-bhājanam-uttamaṁ.

#### Offering of Flowers

Vaṇṇa-gandha-guṇopetam  
 Etam kusuma-santatiṁ.  
 Pūjayāmi munindassa  
 Sirīpāda-saroruhe.  
 Pūjemi Buddham kusumena'nena  
 Puññenam-etena ca hotu mokkham  
 Puppham milāyāti yathā idam me  
 Kāyo tathā yāti vināsa-bhāvaram.

#### Transference of Merit to Devas (Deities)

Ākāsatthā ca bhummattā  
 Devā nāgā mah'iddhikā  
 Puññaṁ tam anumoditvā  
 { /loka/ sāsanam.  
 Ciraṁ rakkhantu } { desanam  
 | maṁ param  
 Ettāvatā ca amhehi  
 Sambhataṁ puñña-sampadam  
 Sabbe devā/ bhūtā/ sattā anumodantu  
 Sabba-sampatti siddhiyā.

#### Blessing to the World

Devo vassatu kālena  
 Sassa-sampatti-hetu ca

Phīto bhavatu loko ca  
Rajā bhavatu dhammiko.

**Transference of Merits to Departed Ones**  
Idam te/ vo/ no/ me\* ñātīnam hotu  
sukhitā hontu ñātayo. (×3)

#### The Aspirations

Iminā puñña-kammena  
Mā me bāla-samāgamo,  
Satam samāgamo hotu,  
Yāva nibbāna-pattiyā.  
Kāyena vācā-cittena  
Pamādena mayā kataṁ  
Accayaṁ khama me bhante  
Bhūri-pañña Tathāgata.

#### Blessing and Protection

Sabb'ītyo vivajjantu,  
Sabba-rogo vinassatu;  
Mā me/no bhavatvantarāyo,  
Sukhī dīghāyuko bhava.  
/Sukhī dīghāyukā homa.  
Bhavatu sabba-maṅgalam.  
Rakkhantu sabba-devatā.

---

\* When chanting for one person use 'te'; when for lay-people use 'vo'; when chanting together in a group use 'no'; when alone use 'me'.

Sabba-buddhānubhāvena,  
Sadā sotthi bhavantu me.  
Bhavatu sabba-maṅgalam̄.  
Rakkhantu sabba-devatā.  
Sabba-dhammānunbhāvena,  
Sadā sotthi bhavantu me.  
Bhavatu sabba-maṅgalam̄.  
Rakkhantu sabba-devatā.  
Sabba-saṅghānubhāvena,  
Sadā sotthi bhavantu me.  
Nakkhatta-yakkha-bhūtānam̄  
Pāpaggaha-nivāraṇā  
Parittassānubhāvena  
Hantvā mayham̄/amhe upaddave.  
Devo vassatu kālena.  
Sassa-sampatti-hetu ca.  
Phīto bhavatu loko ca.  
Rājā bhavatu dhammadiko.  
Sabbe buddhā balappattā,  
Paccekānañca yam̄ balaṁ  
Arahantānañca tejena,  
Rakkham̄ bandhāmi sabbaso.

[MJG]

**Mettā Bhāvanā**

1. Attūpamāya sabbesam̄  
Sattānam̄ sukhakāmatam̄,  
Passitvā kamato mettam̄  
Sabbasattesu bhāvaye.

2. Sukhi bhaveyyam niddukkho  
Aham niccam aham viya,  
Hitā ca me sukhī hontu  
Majjhatthā c'atha verino.
3. Imamhi gāmakkhattamhi  
Sattā hontu sukhī sadā,  
Tato parañ ca-rajesu  
Cakkavālesu jantuno.
4. Samantā cakkavālesu  
Sattānan-tesu pāñino,  
Sukhino puggala bhūtā  
Attabhāvagatā siyum.
5. Tathā itthī pumā ce'va  
Ariya anariya' pi ca,  
Devā narā apāyaṭhā  
Tathā dasa disāsu cā-ti.

**Pattanumodana**  
**(Sharing Merits)**

Idam te/ vo/ no/ me\* ñātīnam hotu  
Sukhitā hontu ñātayo (×3)  
Yathā vāri-vahā pūrā  
Paripūrenti sāgarām,  
Evañ eva ito dinnam  
Petānam upakappatu.  
Unname udakañ vattam

Yathā ninnam pavattati,  
 Evaṁ eva ito dinnam  
 Petānam upakappatu.  
 Āyūr-arogya-sampatti  
 Sagga-sampattiṁ eva ca,  
 Atho nibbāna-sampatti,  
 Iminā te/\* samijjhatu.  
 Icchitam patthitaṁ tuyham  
 Sabbam-eva samijjhatu,  
 Pūrentu citta-saṅkappā  
 Maṇi-joti-raso yathā.  
 Icchitam patthitaṁ tuyham,  
 Sabbam-eva samijjhatu,  
 Pūrentu citta-saṅkappā  
 Cando pañña-rasī yathā.  
 Icchitam patthitaṁ tuyham  
 Khippam-eva samijjhatu,  
 Sabbe pūrentu saṅkappā  
 Cando pañña-rasī yathā.

[cf. PETAVATTHU p.19-31 & KHPA.206-215]

## ANUMODANĀ

[/Yathā vāri-vahā pūrā,  
 Paripūrenti sāgaram;  
 Evam-eva ito dinnam,  
 Petānam upakappati

[KHP.VII.v.8]

Icchitam patthitam tumham,  
 Khippam-eva samijjhatu;  
 Sabbe pūrentu saṅkappā,  
 Cando pañña-raso yathā;

Maṇi joti-raso yathā./]

[DHPA.I.198]

or

[/Sabba-roga-vinimutto,]  
 Sabba-santāpa-vajjito;  
 Sabba-veram-atikkanto,  
 Nibbuto ca tuvam-bhava;/]

Sabb’ītiyo vivajjantu,  
 Sabba-rogo vinassatu;  
 Mā te bhavatv-antarāyo,

Sukhī dīgh’āyuko bhava; / (×3) [MJG]

Abhivādana-sīlissa,  
 Niccam vuddhāpacāyino;  
 Cattāro dhammā vadḍhanti,

Āyu vaṇṇo sukham balaṁ.

[DHP.v.109]

**Ratanattay'ānubhāv'ādi-gāthā**

Ratanattay'ānubhāvena  
     Ratanattaya-tejasā  
     Dukkha-roga-bhayā verā  
     Sokā sattu c'upaddavā  
     Anekā antarāyā pi  
         Vinassantu asesato  
     Jaya-siddhi dhanam lābhām  
         Sotthi bhāgyam sukham balaṁ  
     Siri āyu ca vaṇṇo ca  
         Bhogam vuḍḍhī ca yasavā  
     Sata-vassā ca āyu ca  
         Jīva-siddhī bhavantu te.  
 ♦Bhavatu sabba-maṅgalam  
     Rakkhantu sabba-devatā  
     Sabba-buddh'ānubhāvena  
         Sadā sotthī bhavantu te.  
 Bhavatu sabba-maṅgalam  
     Rakkhantu sabba-devatā  
     Sabba-dhamm'ānubhāvena  
         Sadā sotthī bhavantu te.  
 Bhavatu sabba-maṅgalam  
     Rakkhantu sabba-devatā  
     Sabba-saṅgh'ānubhāvena  
         Sadā sotthī bhavantu te.

[THAI]

[MJG]

**Saṅgha-vatthu-gāthā**

Dānañ-ca peyya-vajjañ-ca  
     Attha-cariyā ca yā idha  
 Samānattatā ca dhammesu  
     Tattha tathā yathā'raham  
 Ete kho saṅgahā loke  
     Rathass'āñīva yāyato  
 Ete ca saṅgahā nāssu  
     Na mātāutta-kāraṇā  
 Labhetha mānaṁ pūjam vā  
     Pitā vāutta-kāraṇā  
 Yasmā ca sangahā ete  
     Samavekkhanti paññitā  
 Tasmā mahattaṁ paponti  
     Pāsamīśā ca bhavanti te-ti.

[A.II.32]

**Bhojana-dānānumodanā**

Āyu-do bala-do dhīro,  
     Vaṇṇa-do paṭibhāṇa-do;  
 Sukhassa dātā medhāvī,  
     Sukham so adhigacchatī.  
 Āyuṁ datvā balam vaṇṇam,  
     Sukhañ-ca paṭibhāna-do;  
 Dīgh'āyu yasavā hoti,  
     Yattha yatthūpapajjati-ti.

[A.III.42]

**Ādiya-sutta-gāthā**

Bhuttā bhogā bhaṭā bhaccā,  
 Vitiṇṇā āpadāsu me;  
 Uddhaggā dakkhiṇā dinnā,  
 Atho pañca balī katā;  
 Upatṭhitā sīlavanto,  
 Saññatā brahma-cārino;  
 Yad-attham bhogam-iccheyya,  
 Pañcito gharam-āvasaṁ;  
 So me attho anuppatto,  
 Kataṁ ananutāpiyaṁ:  
 Etam anussaram macco,  
 Ariya-dhamme ṭhito naro;  
 Idh'eva naṁ pasam̄santi,  
 Pecca sagge ca pamodatī-ti.

[A.III.46]

**Culla-maṅgala-cakka-vāla**

Sabba-buddh'ānubhāvena sabba-dhamm'ānu-  
 bhāvena sabba-saṅghi'ānubhāvena Buddha-  
 ratanaṁ dhamma-ratanaṁ saṅgha-ratanam  
 Tiṇṇam ratanānaṁ ānubhāvena  
 Catur-āśīti-sahassa-dhammadakkhandh'ānubhāvena  
 Piṭakattay'ānubhāvena  
 Jina-sāvak'ānubhāvena  
 Sabbe te rogā  
 Sabbe te bhayā

Sabbe te antarāyā  
 Sabbe te upaddavā  
 Sabbe te dunnimittā  
 Sabbe te avamaṅgalā vinassantu  
 āyu-vadḍhako /āyu-vadḍhakā\*  
 dhana-vadḍhako/ā  
 siri-vadḍhako/ā  
 yasa-vadḍhako/ā  
 bala-vadḍhako/ā  
 vaṇṇa-vadḍhako/ā  
 sukha-vadḍhako/ā  
 hotu sabbadā.  
 Dukkha-roga-bhayā verā,  
 Sokā sattu c'upaddavā;  
 Anekā antarāyā pi,  
 Vinassantu ca tejasā;  
 Jaya-siddhi dhanam lābhām,  
 Sotthi bhāgyam sukham balam;  
 Siri āyu ca vaṇṇo ca,  
 Bhogaṁ vuḍḍhī ca yasavā;  
 Sata-vassā ca āyū ca,  
 Jīva-siddhī bhavantu te.  
 ♦Bhavatu sabba-maṅgalam  
 Rakkhantu sabba-devatā,  
 Sabba-buddh'ānubhāvena  
 Sadā sotthī bhavantu te.

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\* /when chanting for women.

Bhavatu sabba-maṅgalam  
 Rakkhantu sabba-devatā,  
 Sabba-dhamm'ānubhāvena  
 Sadā sothī bhavantu te.  
 Bhavatu sabba-maṅgalam  
 Rakkhantu sabba-devatā,  
 Sabba-saṅgh'ānubhāvena  
 Sadā sothī bhavantu te.

[MJG]

**Aggappasāda-sutta-gāthā**

Aggato ve pasannānam,  
 Aggam dhammam vijānatam;  
 Agge Buddhe pasannānam,  
 Dakkhineyye anuttare;  
 Agge dhamme pasannānam,  
 Virāgūpasame sukhe;  
 Agge saṅghe pasannānam,  
 Puññakkhette anuttare.  
 Aggasmiṁ dānam dadatam,  
 Aggam puññam pavaḍḍhati;  
 Aggam āyu ca vaṇṇo ca,  
 Yaso kitti sukham balaṁ;  
 Aggassa dātā medhāvī,  
 Agga-dhamma-samāhito;  
 Deva-bhūto manusso vā,  
 Aggappatto pamodatī-ti. [A.II.35; A.III.36]

**Ariya-dhana-gāthā**

Yassa saddhā Tathāgate,  
           Acalā supatiṭṭhitā ,  
           Sīlañ-ca yassa kalyāṇam,  
               Ariya-kantam pasāmsitam;  
           Saṅghe pasādo yass'atthi,  
               Uju-bhūtañ-ca dassanam;  
           Adaliddo-ti tam āhu,  
               Amogham tassa jīvitam;  
           Tasmā saddhañ-ca sīlañ-ca,  
               Pasādam dhamma-dassanam;  
           Anuyuñjetha medhāvī,  
               Saram buddhāna sāsanam-ti.

[A.III.54]

**Devatādissa-dakkhiṇā'numodanā-gāthā**

Yasmiṁ padese kappeti,  
           Vāsaṁ pandita-jātiyo;  
           Sīlavant'ettha bhojetvā,  
               Saññate brahma-cārino;  
           Yā tattha devatā āsum,  
               Tāsaṁ dakkhiṇam-ādise;  
           Tā pūjītā pūjayanti,  
               Mānitā mānayanti naṁ;  
           Tato naṁ anukampanti,  
               Mātā puttam va orasam;  
           Devatā'nukampito poso,  
               Sadā bhadrāni passati.

[VIN.I.229f]

**Kāla-dāna-sutta-gāthā**

Kāle dadanti sapaññā,  
 Vadaññū vīta-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 pāṇinan-ti.

[A.III.41]

**So Attha-laddho**

So attha-laddho sukhito,  
 Virulhō Buddha-sāsane;  
 Arogo sukhito hohi,  
 Saha sabbehi ñātibhi.  
 Sā attha-laddhā sukhitā,  
 Virulhā Buddha-sāsane;  
 Arogā sukhitā hohi,  
 Saha sabbehi ñātibhi.  
 Te attha-laddhā sukhitā,  
 Virulhā Buddha-sāsane;  
 Arogā sukhitā hotha,  
 Saha sabbehi ñātibhi.

[cf. A.I.294]

**Adāsi-me ādi-gāthā (Tiro-kudda-kandam)**

Adāsi me akāsi me,  
     Ñāti-mittā sakħā ca me;  
 Petānam dakkhiṇam dajjā,  
     Pubbe katam-anussaram.  
 Na hi ruṇṇam vā soko vā,  
     Yā v'aññā paridevanā;  
 Na tam petānam-atthāya,  
     Evaṁ tiṭṭhanti ñātayo.  
 ♦Ayañ-ca kho dakkhiṇā dinnā,  
     Saṅghamhi supatiṭṭhitā ;  
 Dīgha-rattam hitā'yassa,  
     Thānaso upakappati.  
 So ñāti-dhammo ca ayam nidassito,  
     Petāna'pūjā ca katā uḷārā;  
 Balañ-ca bhikkhūnam-anuppadinnam,  
     Tumhehi puññam pasutam anappakan-ti.

[KHP.VII.vv.10-13]

## FUNERAL CHANTS

**Dhamma-saṅganī-mātikā**

Kusalā dhammā.  
 Akusalā dhammā.  
 Abyākatā dhammā.  
 Sukhāya vedanāya sampayuttā dhammā.  
 Dukkhāya vedanāya sampayuttā dhammā.  
 Adukkhamasukhāya vedanāya sampayuttā dhammā.

Vipākā dhammā.  
 Vipāka-dhamma-dhammā.  
 N'eva vipāka na vipāka-dhamma-dhammā.  
 Upādinn'upādāniyā dhammā.  
 Anupādinn'upādāniyā dhammā.  
 Anupādinnānupādāniyā dhammā.  
 Saṅkiliṭṭha-saṅkilesikā dhammā.  
 Asaṅkiliṭṭha-saṅkilesikā dhammā.  
 Asaṅkiliṭṭhāsaṅkilesikā dhammā.  
 Savitakka-savicārā dhammā.  
 Avitakka-vicāra-mattā dhammā.  
 Avitakkāvicārā dhammā.  
 Pīti-saha-gatā dhammā.  
 Sukha-saha-gatā dhammā.

Upekkhā-saha-gatā dhammā.  
 Dassanena pahātabbā dhammā.  
 Bhāvanāya pahātabbā dhammā.  
 N'eva dassanena na bhāvanāya  
   pahātabbā dhammā.  
 Dassanena pahātabba-hetukā dhammā.  
 Bhāvanāya pahātabba-hetukā dhammā.  
 N'eva dassanena na bhāvanāya  
   pahātabba-hetukā dhammā.  
 Ācaya-gāmino dhammā.  
 Apacaya-gāmino dhammā.  
 N'ev'ācaya-gāmino nāpacaya-gāmino dhammā.  
 Sekkhā dhammā.  
 Asekkhā dhammā.  
 N'eva sekkhā nāsekkhā dhammā.  
 Parittā dhammā.  
 Mahaggatā dhammā.  
 Appamāṇā dhammā.  
 Paritt'ārammaṇā dhammā.  
 Mahaggat'ārammaṇā dhammā.  
 Appamāṇ'ārammaṇā dhammā.  
 Hīnā dhammā.  
 Majjhimā dhammā.  
 Paṇītā dhammā.  
 Micchatta-niyatā dhammā.  
 Sammatta-niyatā dhammā.  
 Aniyatā dhammā.  
 Magg'ārammaṇā dhammā.  
 Magga-hetukā dhammā.

Maggādhipatino dhammā.  
 Uppannā dhammā.  
 Anuppannā dhammā.  
 Uppādino dhammā.  
 Atītā dhammā.  
 Anāgatā dhammā.  
 Paccuppannā dhammā.  
 Atīt'ārammaṇā dhammā.  
 Anāgat'ārammaṇā dhammā.  
 Paccuppann'ārammaṇā dhammā.  
 Ajjhattā dhammā.  
 Bahiddhā dhammā.  
 Ajjhatta-bahiddhā dhammā.  
 Ajjhatt'ārammaṇā dhammā.  
 Bahiddh'ārammaṇā dhammā.  
 Ajjhatta-bahiddh'ārammaṇā dhammā.  
 Sanidassana-sappatīghā dhammā.  
 Anidassana-sappatīghā dhammā.  
 Anidassanāppatīghā dhammā.

[DHAMMASAṄGANĀ.1f]

**Vipassanā-bhūmi-pātho**

Pañcakkhandhā:  
 Rūpakkhandho, vedanākkhandho,  
 Saññākkhandho, saṅkhārakkhandho,  
 Viññāṇakkhandho.  
 Dvā-das'āyatanāni:  
 Cakkhv-āyatanaṁ rūp'āyatanaṁ,  
 Sot'āyatanaṁ sadd'āyatanaṁ,

Ghān'āyatanaṁ gandh'āyatanaṁ,  
Jivh'āyatanaṁ ras'āyatanaṁ  
Kāy'āyatanaṁ phoṭṭhabb'āyatanaṁ  
Man'āyatanaṁ dhamm'āyatanaṁ.

Bā-vīsat'indriyāni:  
Cakkhu'ndriyām sot'indriyām ghān'indriyām  
jivh'indriyām kāy'indriyām man'indriyām,  
Itth'indriyām puris'indriyām jīvit'indriyām,  
Sukh'indriyām dukkh'indriyām  
somanass'indri-yām domanass'indriyām  
upekkh'indriyām,  
Saddh'indriyām viriy'indriyām sat'indriyām  
samādh'indriyām paññ'indriyām,  
Anaññātañ-ñassāmī-t'indriyām aññ'indriyām  
aññātāv'indriyām.

Cattāri ariya-saccāni:  
Dukkham ariya-saccam,  
Dukkha-samudayo ariya-saccam,

Dukkha-nirodho ariya-saccam,  
 Dukkha-nirodha-gāminī paṭipadā ariya-saccam.  
 Avijjā-paccayā saṅkhārā,  
 Saṅkhāra-paccayā viññāṇam,  
 Viññāṇa-paccayā nāma-rūpam,  
 Nāma-rūpa-paccayā saḷ-āyatanaṁ,  
 Saḷ-āyatana-paccayā phasso,  
 Phassa-paccayā vedanā,  
 Vedanā-paccayā taṇhā,  
 Taṇhā-paccayā upādānam,  
 Upādāna-paccayā bhavo,  
 Bhava-paccayā jāti,  
 Jāti-paccayā jarā-maraṇam soka-parideva-  
 -dukkha-domanass'upāyāsā sambhavanti.  
 Evam-etassa kevalassa dukkhak-  
 khandhassa samudayo hoti.

Avijjāya tv-eva asesa-virāga-nirodhā  
 saṅkhāra-nirodho,  
 Saṅkhāra-nirodhā viññāṇa-nirodho,  
 Viññāṇa-nirodhā nāma-rūpa-nirodho,  
 Nāma-rūpa-nirodhā saḷ-āyatana-nirodho,  
 Saḷ-āyatana-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-maraṇam soka-parideva-

-dukkha-domanass'upāyāsā nirujjhanti.  
 Evam-etassa kevalassa dukkhakkhandhassa  
 nirodho hoti.  
 [cf.: M.III.15f; M.III.280f; M.III.62; M.III.249f; S.II.1f; *passim*]

### **Paṭṭhāna-mātikā-pātho**

Hetu-paccayo, ārammaṇa-paccayo,  
 adhipati-paccayo, anantara-paccayo,  
 samanantara-paccayo, saha-jāta-paccayo,  
 aññam-añña-paccayo, nissaya-paccayo,  
 upanissaya-paccayo, pure-jāta-paccayo,  
 pacchā-jāta-paccayo, āsevana-paccayo,  
 kamma-paccayo, vipāka-paccayo,  
 āhāra-paccayo, indriya-paccayo,  
 jhāna-paccayo, magga-paccayo,  
 sampayutta-paccayo, vippayutta-paccayo,  
 atthi-paccayo, n'atthi-paccayo,  
 vigata-paccayo, avigata-paccayo.

[TīKA PAṬṬHĀNA.1]

### **Paṁsu-kūla**

**For the living**

Acirām vat'ayaṁ kāyo,  
 Paṭhavīm adhisessati.  
 Chuḍḍho apeta-viññāṇo,  
 Nirattham va kaliṅgaram.

[DHP.V.41]

**For the dead**

Aniccā vata saṅkhārā  
     Uppāda-vaya-dhammino;  
     Uppajjitvā nirujjhanti,  
     Tesaṁ vūpasamo sukho.     [D.II.157; S.I.6]  
     Sabbe sattā maranti ca  
         Mariṁsu ca marissare  
         Tath'evāhaṁ marissāmi  
         N'atthi me ettha saṁsayo.

—

Addhuvaṁ jīvitam,  
     Dhuvaṁ maraṇam,  
     Avassaṁ mayā maritabbam  
         Maraṇapariyosānaṁ me jīvitam.  
     Jīvitam m'eva aniyatam,  
         Maraṇam niyatam,  
         Maraṇam niyatam.

[DHPA.III.170]

## SUTTAS

**Dhamma-cakkappavattana Sutta**  
**The Discourse on Setting**  
**the Wheel of Dhamma in Motion**

[Evam-me sutam.] Ekaṁ samayaṁ Bhagavā,  
 Bārāṇasīyam viharati Isipatane Migadāye.  
 Tatra kho Bhagavā pañca-vaggiye bhikkhū<sup>1</sup>  
 āmantesi:

“Dve’mē bhikkhave antā pabbajitena na  
 sevitabbā. /Katame dve?/ Yo cāyam kāmesu  
 kāma-sukh’allikānuyogo, hīno gammo  
 pothujjaniko anariyo anattha-sañhito, yo  
 cāyam atta-kilamathānuyogo, dukkho anariyo  
 anattha-sañhito. Ete’te bhikkhave ubho ante  
 anupagamma, majjhimā paṭipadā Tathāgatena  
 abhisambuddhā, cakkhu-karaṇīñāṇa-karaṇī  
 upasamāya abhiññāya sambodhāya nibbānāya  
 saṁvattati.

Katamā ca sā bhikkhave majjhimā paṭipadā  
 Tathāgatena abhisambuddhā, cakkhu-karaṇī

ñāṇa-karaṇī upasamāya abhiññāya sam-bodhāya nibbānāya saṁvattati? Ayam-eva ariyo atṭh'aṅgiko maggo, seyyathīdaṁ, sammā-diṭṭhi sammā-saṅkappo, sammā-vācā sammā-kammanto sammā-ājīvo, sammā-vāyāmo sammā-sati sammā-samādhi. Ayam kho sā bhikkhave majjhimā paṭipadā Tathā-gatena abhisambuddhā, cakkhu-karaṇī ñāṇa-karaṇī upasamāya abhiññāya sam-bodhāya nibbānāya saṁvattati.

Idam kho pana bhikkhave dukkham ariya-saccam: Jāti pi dukkhā jarā pi dukkhā /vyādhi pi dukkhā/ maraṇam pi dukkham, soka-parideva-dukkha-domanass'upāyāsā pi dukkhā, appiyehi sampayogo dukkho, piyehi vippayogo dukkho, yam-p'iccham na labhati tam pi dukkham, saṅkhittena pañc'upādānakhandhā dukkhā. Idam kho pana bhikkhave dukkha-samudayo /am/ ariya-saccam: Yā'yam taṇhā ponobbhavikā nandi-rāga-sahagatā tatra-tatrābhinandinī seyyathīdaṁ, kāma-taṇhā bhava-taṇhā vibhava-taṇhā. Idam kho pana bhikkhave dukkha-nirodho /am/ ariya-saccam: Yo tassā yeva taṇhāya asesa-virāga-nirodho cāgo paṭinissaggo mutti anālayo. Idam kho pana bhikkhave dukkha-nirodha-gāminī-paṭipadā ariya-saccam: ayam-eva ariyo atṭh'aṅgiko maggo, seyyathīdaṁ, sammā-

diṭṭhi sammā-saṅkappo, sammā-vācā sammā-kammanto sammā-ājīvo, sammā-vāyāmo sammā-sati sammā-samādhi.

Idam dukkham ariya-saccan-ti me bhikkhave, pubbe ananussutesu dhammesu, cakkhum udapādi ñāṇam udapādi paññā udapādi vijjā udapādi āloko udapādi. Tam kho pan'idam dukkham ariya-saccam pariññeyyan-ti me bhikkhave, pubbe ananussutesu dhammesu, cakkhum udapādi ñāṇam udapādi paññā udapādi vijjā udapādi āloko udapādi. Tam kho pan'idam dukkham ariya-saccam pariññātan-ti me bhikkhave, pubbe ananussutesu dhammesu, cakkhum udapādi ñāṇam udapādi paññā udapādi vijjā udapādi āloko udapādi.

Idam dukkha-samudayo /am/ ariya-saccan-ti me bhikkhave, pubbe ananussutesu dhammesu, cakkhum udapādi ñāṇam udapādi paññā udapādi vijjā udapādi āloko udapādi. Tam kho pan'idam dukkha-samudayo /am/ ariya-saccam pahātabban-ti me bhikkhave, pubbe ananussutesu dhammesu, cakkhum udapādi ñāṇam udapādi paññā udapādi vijjā udapādi āloko udapādi. Tam kho pan'idam dukkha-samudayo /am/ ariya-saccam pahīnan-ti me bhikkhave, pubbe ananussutesu dhammesu, cakkhum udapādi ñāṇam udapādi paññā udapādi vijjā udapādi āloko udapādi.

Idam dukkha-nirodho /aṁ/ ariya-saccan-ti me bhikkhave, pubbe ananussutesu dhammesu, cakkhum udapādi ñāṇam udapādi paññā udapādi vijjā udapādi āloko udapādi. Tam kho pan'idaṁ dukkha-nirodho /aṁ/ ariya-saccam sacchikātabban-ti me bhikkhave, pubbe ananussutesu dhammesu, cakkhum udapādi ñāṇam udapādi paññā udapādi vijjā udapādi āloko udapādi. Tam kho pan'idaṁ dukkha-nirodho /aṁ/ ariya-saccam sacchikatan-ti me bhikkhave, pubbe ananussutesu dhammesu, cakkhum udapādi ñāṇam udapādi paññā udapādi vijjā udapādi āloko udapādi.

Idam dukkha-nirodha-gāminī-paṭipadā ariya-saccan-ti me bhikkhave, pubbe ananussutesu dhammesu, cakkhum udapādi ñāṇam udapādi paññā udapādi vijjā udapādi āloko udapādi. Tam kho pan'idaṁ dukkha-nirodha-gāminī-paṭipadā ariya-saccam bhāvetabban-ti me bhikkhave, pubbe ananussutesu dhammesu, cakkhum udapādi ñāṇam udapādi paññā udapādi vijjā udapādi āloko udapādi. Tam kho pan'idaṁ dukkha-nirodha-gāminī-patipadā ariya-saccam bhāvitan-ti me bhikkhave, pubbe ananussutesu dhammesu, cakkhum udapādi ñāṇam udapādi paññā udapādi vijjā udapādi āloko udapādi.

Yāva-kīvañ-ca me bhikkhave imesu catūsu

ariya-saccesu, evan-ti-parivaṭṭam dvā-das'ākāram yathā-bhūtam nāṇa-dassanam na suvisuddham ahosi, n'eva tāvāham bhikkhave sadevake loke samārake sabrahmake, sassamaṇa-brāhmaṇiyā pajāya sadeva-manussāya, anuttaram sammā-sambodhim abhi-sambuddho paccāññāsim. Yato ca kho me bhikkhave imesu catūsu ariya-saccesu, evan-ti-parivaṭṭam dvā-das'ākāram yathā-bhūtam nāṇa-dassanam suvisuddham ahosi, athāham bhikkhave sadevake loke samārake sabrahmake, sassamaṇa-brāhmaṇiyā pajāya sadeva-manussāya, anuttaram sammā-sambodhim abhisambuddho paccāññāsim. Nāṇañ-ca pana me dassanam udapādi: akuppā me vimutti, ayam-antimā jāti, n'atthi dāni punabbhavo-ti." Idam-avoca Bhagavā. Attamanā pañca-vaggiyā bhikkhū Bhagavato bhāsitam abhinandum. Imasmiñ-ca pana veyyākaraṇasim bhaññamāne, Āyasmato Koṇḍaññassa virajam vīta-malam dhamma-cakkhum udapādi. Yañ-kiñci samudaya-dhammarām sabban-tam nirodha-dhamman-ti.

Pavattite ca Bhagavatā dhamma-cakke, bhummā devā saddam-anussāvesum:  
"Etam-Bhagavatā Bārāṇasiyam Isipatane  
Migadāye anuttaram dhamma-cakkaṁ pavattitam, appativattiyam samaṇena vā

brāhmaṇena vā devena vā mārena vā  
brahmunā vā kenaci vā lokasmin-ti.”  
Bhummānaṁ devānaṁ saddam sutvā,  
Cātummahā-rājikā devā saddam-anussāvesuṁ.  
Cātummahā-rājikānaṁ devānaṁ saddam sutvā,  
Tāvatiṁsā devā saddam-anussāvesuṁ.  
Tāvatiṁsānaṁ devānaṁ saddam sutvā, Yāmā  
devā saddam-anussāvesuṁ. Yāmānaṁ  
devānaṁ saddam sutvā, Tusitā devā saddam-  
anussāvesuṁ. Tusitānaṁ devānaṁ saddam  
sutvā, Nimmāna-ratī devā saddam-  
anussāvesuṁ. Nimmāna-ratīnaṁ devānaṁ  
saddam sutvā, Para-nimmita-vasa-vattī devā  
saddam-anussāvesuṁ. Para-nimmita-vasa-  
vattīnaṁ devānaṁ saddam sutvā,  
Brahma-kāyikā devā saddam-anussāvesuṁ:  
“Etam-Bhagavatā Bārāṇasiyaṁ Isipatane  
Migadāye anuttaram dhamma-cakkam  
pavattitam, appatīvattiyam samaṇena vā  
brāhmaṇena vā devena vā mārena vā  
brahmunā vā kenaci vā lokasmin-ti.”

Iti-ha tena khaṇena tena muhuttena, yāva  
brahma-lokā saddrabbhuggacchi. Ayañ-ca  
dasa-sahassī loka-dhātu, saṅkampi  
sampakampi sampavedhi. Appamāṇo ca olāro  
/uṭāro/ obhāso loke pātur-ahosi,  
atikkamm’eva devānaṁ dev’ānubhāvaṁ.

Atha kho Bhagavā udānaṁ udānesi: “Aññāsi

vata bho Koṇḍañño, aññāsi vata bho  
 Koṇḍañño-ti.” Iti-h’idam āyasmato  
 Koṇḍaññassa, Aññā-konḍañño-tveva nāmañ,  
 ahosī-ti.

*Dhamma-cakkappavattana-suttam Niṭṭhitam.*

[S.V.420f; Vin.I.10f]

♦ /.../ shows variants to Thai Pāli usage.

### Anatta-lakkhaṇa Sutta

#### The Discourse on the Not-self Characteristic

[Evam-me sutam.] Ekam samayañ Bhagavā,  
 Bārāṇasiyam viharati Isipatane Migadāye.  
 Tatra kho Bhagavā pañca-vaggiye bhikkhū<sup>1</sup>  
 āmantesi:

“Rūpañ bhikkhave anattā. Rūpañ-ca h’idam  
 bhikkhave attā abhavissa, na-y-idam rūpañ  
 ābādhāya saṁvatteyya, labbhetha ca rūpe:  
 evam me rūpañ hotu evam me rūpañ mā  
 ahosī-ti. Yasmā ca kho bhikkhave rūpañ  
 anattā, tasmā rūpañ ābādhāya saṁvattati. Na  
 ca labbhati rūpe: evam me rūpañ hotu evam  
 me rūpañ mā ahosī-ti.

Vedanā anattā. Vedanā ca h’idam bhikkhave  
 attā abhavissa, na-y-idam vedanā ābādhāya  
 saṁvatteyya, labbhetha ca vedanāya: evam me  
 vedanā hotu evam me vedanā mā ahosī-ti.  
 Yasmā ca kho bhikkhave vedanā anattā, tasmā

vedanā ābādhāya saṁvattati. Na ca labbhati  
vedanāya: evam me vedanā hotu evam me  
vedanā mā ahosī-ti.

Saññā anattā. Saññā ca h'idaṁ bhikkhave attā  
abhavissa, na-y-idaṁ saññā ābādhāya  
saṁvatteyya, labbhetha ca saññāya, evam me  
saññā hotu evam me saññā mā ahosī-ti. Yasmā  
ca kho bhikkhave saññā anattā, tasmā saññā  
ābādhāya saṁvattati. Na ca labbhati saññāya,  
evam me saññā hotu evam me saññā mā ahosī-  
ti.

Saṅkhārā anattā. Saṅkhārā ca h'idaṁ  
bhikkhave attā abhavissaṁsu, na-y-idaṁ  
saṅkhārā ābādhāya saṁvatteyyuṁ, labbhetha  
ca saṅkhāresu: evam me saṅkhārā hontu evam  
me saṅkhārā mā ahesun-ti. Yasmā ca kho  
bhikkhave saṅkhārā anattā, tasmā saṅkhārā  
ābādhāya saṁvattanti. Na ca labbhati  
saṅkhāresu: evam me saṅkhārā hontu evam me  
saṅkhārā mā ahesun-ti.

Viññāṇam anattā. Viññāṇa-va h'idaṁ  
bhikkhave attā abhavissa, na-y-idaṁ viññāṇam  
ābādhāya saṁvatteyya, labbhetha ca viññāṇe:  
evam me viññāṇam hotu evam me viññāṇam  
mā ahosī-ti. Yasmā ca kho bhikkhave viññāṇam  
anattā, tasmā viññāṇam ābādhāya saṁvattati.  
Na ca labbhati viññāṇe: evam me viññāṇam  
hotu evam me viññāṇam mā ahosī-ti.

Taṁ kiṁ maññatha bhikkhave, rūpam̄ niccam̄  
vā aniccam̄ vā-ti?”  
“Aniccam̄ bhante.”

“Yam-panāniccam̄ dukkham̄ vā taṁ sukham̄ vā-  
ti?”  
“Dukkham̄ bhante.”

“Yam-panāniccam̄ dukkham̄ vipariṇāma-  
dhammam̄, kallam̄ nu taṁ samanupassitum̄:  
Etaṁ mama eso'ham-asmi eso me attā-ti?”  
“No h'etaṁ bhante.”

Taṁ kiṁ maññatha bhikkhave, vedanā niccā vā  
aniccā vā-ti?”  
“Aniccā bhante.”

“Yam-panāniccam̄ dukkham̄ vā taṁ sukham̄ vā-  
ti?”  
“Dukkham̄ bhante.”

“Yam-panāniccam̄ dukkham̄ vipariṇāma-  
dhammam̄, kallam̄ nu taṁ samanupassitum̄:  
Etaṁ mama eso'ham-asmi eso me attā-ti?”  
“No h'etaṁ bhante.”

“Taṁ kiṁ maññatha bhikkhave, saññā niccā vā  
aniccā vā-ti?”  
“Aniccā bhante.”

“Yam-panāniccam̄ dukkham̄ vā taṁ sukham̄ vā-  
ti?”  
“Dukkham̄ bhante.”

“Yam-panāniccaṁ dukkhaṁ vipariṇāma-dhammaṁ, kallaṁ nu taṁ samanupassitum: Etam mama eso’ham-asmi eso me attā-ti?”  
“No h’etam bhante.”

“Taṁ kiṁ maññatha bhikkhave, saṅkhārā niccā vā aniccā vā-ti?”  
“Aniccā bhante.”

“Yam-panāniccaṁ dukkhaṁ vā taṁ sukhaṁ vā-ti?”  
“Dukkhaṁ bhante.”

“Yam-panāniccaṁ dukkhaṁ vipariṇāma-dhammaṁ, kallaṁ nu taṁ samanupassitum: Etam mama eso’ham-asmi eso me attā-ti?”  
“No h’etam bhante.”

“Taṁ kiṁ maññatha bhikkhave, viññāṇam niccaṁ vā aniccaṁ vā-ti?”  
“Aniccaṁ” bhante.”

“Yam-panāniccaṁ dukkhaṁ vā taṁ sukhaṁ vā-ti?”  
“Dukkhaṁ bhante.”

“Yam-panāniccaṁ dukkhaṁ vipariṇāma-dhammaṁ, kallaṁ nu taṁ samanupassitum: Etam mama eso’ham-asmi eso me attā-ti?”  
“No h’etam bhante.”

“Tasmā-tiha bhikkhave, yañ-kiñci rūpaṁ atītānāgata-paccuppannaṁ, ajjhattam vā

bahiddhā vā, oḷārikam vā sukhumam vā, hīnam  
vā pañitam vā, yan-dūre santike vā, sabbam  
rūpam, n'etam mama n'eso'ham-asmi na m'eso  
attā-ti. Evam-etaṁ yathā-bhūtam  
sammapaññāya daṭṭhabbam.

Yā kāci vedanā atītānāgata-paccuppannā,  
ajjhattā vā bahiddhā vā, oḷārikā vā sukhumā  
vā, hīnā vā pañitā vā, yā dūre santike vā, sabbā  
vedanā, n'etam mama n'eso'ham-asmi na m'eso  
attā-ti. Evam-etaṁ yathā-bhūtam  
sammapaññāya daṭṭhabbam.

Yā kāci saññā atītānāgata-paccuppannā,  
ajjhattā vā bahiddhā vā, oḷārikā vā sukhumā  
vā, hīnā vā pañitā vā, yā dūre santike vā, sabbā  
saññā, n'etam mama n'eso'ham-asmi na m'eso  
attā-ti. Evam-etaṁ yathā-bhūtam  
sammapaññāya daṭṭhabbam.

Ye keci saṅkhārā atītānāgata-paccuppannā,  
ajjhattā vā bahiddhā vā, oḷārikā vā sukhumā  
vā, hīnā vā pañitā vā, ye dūre santike vā, sabbe  
saṅkhārā, n'etam mama n'eso'ham-asmi na  
m'eso attā-ti. Evam-etaṁ yathā-bhūtam  
sammapaññāya daṭṭhabbam.

Yañ-kiñci viññāṇam atītānāgata-  
paccuppannam, ajjhattam vā bahiddhā vā,  
oḷārikam vā sukhumam vā, hīnam vā pañitam  
vā, yan-dūre santike vā, sabbam viññāṇam,

n'etam mama n'eso'ham-asmi na m'eso attā-ti.  
Evam-etaṁ yathā-bhūtaṁ sammappaññāya  
daṭṭhabbaṁ.

Evaṁ passaṁ bhikkhave sutavā ariya-sāvako,  
rūpasmiṁ pi nibbindati, vedanāya pi  
nibbindati, saññāya pi nibbindati, saṅkhāresu  
pi nibbindati, viññāṇasmiṁ pi nibbindati.  
Nibbindam virajjati. Virāgā vimuccati.  
Vimuttasmiṁ vimuttam-iti nāṇam hoti. ‘Khīṇā  
jāti, vusitaṁ brahma-cariyam, kataṁ  
karaṇīyam, nāparam itthattāyā-ti’ pajānātī-ti.”

Idam-avoca Bhagavā. Attamanā pañca-vaggiyā  
bhikkhū Bhagavato bhāsitam abhinandum.  
Imasmiñ-ca pana veyyākaraṇasmiṁ  
bhaññamāne, pañca-vaggiyānam bhikkhūnam  
anupādāya, āsavehi cittāni vimuccim̄sū-ti.

*Anatta-lakkhana-suttaṁ Niṭṭhitam.*

[S.III.66f; Vin.I.13f]

### Āditta-pariyāya Sutta

#### The Fire Discourse

[Evam-me sutam.] Ekaṁ samayam Bhagavā,  
Gayāyam viharati gayāsīse, saddhim  
bhikkhu-sahassena. Tatra kho Bhagavā  
bhikkhū āmantesi:

“Sabbaṁ bhikkhave ādittaṁ. Kiñ-ca bhikkhave  
sabbaṁ ādittam? Cakkhum bhikkhave ādittaṁ.

Rūpā ādittā. Cakkhu-viññāṇam ādittam.  
 Cakkhu-samphasso āditto. Yam-p’idam  
 cakkhu-samphassa-paccayā uppajjati  
 vedayitam, sukham vā dukkham vā  
 adukkham-asukham vā, tam-pi ādittam.

Kena ādittam? Ādittam rāg’agginā dos’agginā  
 moh’agginā, ādittam jātiyā jarā-maraṇena,  
 sokehi paridevehi dukkhehi domanassehi  
 upāyāsehi ādittan-ti vadāmi.

Sotam ādittam. Saddā ādittā. Sota-viññāṇam  
 ādittam. Sota-samphasso āditto. Yam-p’idam  
 sota-samphassa-paccayā uppajjati vedayitam,  
 sukham vā dukkham vā adukkham-asukham  
 vā, tam-pi ādittam.

Kena ādittam? Ādittam rāg’agginā dos’agginā  
 moh’agginā, ādittam jātiyā jarā-maraṇena,  
 sokehi paridevehi dukkhehi domanassehi  
 upāyāsehi ādittan-ti vadāmi.

Ghānam ādittam. Gandhā ādittā. Ghāna-  
 viññāṇam ādittam. Ghāna-samphasso āditto.  
 Yam-p’idam ghāna-samphassa-paccayā  
 uppajjati vedayitam, sukham vā dukkham vā  
 adukkham-asukham vā, tam-pi ādittam.

Kena ādittam? Ādittam rāg’agginā dos’agginā  
 moh’agginā, ādittam jātiyā jarā-maraṇena,  
 sokehi paridevehi dukkhehi domanassehi  
 upāyāsehi ādittan-ti vadāmi.

Jivhā ādittā. Rasā ādittā. Jivhā-viññāṇam  
ādittam. Jivhā-samphasso āditto. Yam-p'idaṁ  
jivhā-samphassa-paccayā uppajjati vedayitam,  
sukham vā dukkham vā adukkham-asukham  
vā, tam-pi ādittam.

Kena ādittam? Ādittam rāg'agginā dos'agginā  
moh'agginā, ādittam jātiyā jarā-maraṇena,  
sokehi paridevehi dukkhehi domanassehi  
upāyāsehi ādittan-ti vadāmi.

Kāyo āditto. Phoṭṭhabbā ādittā. Kāya-  
viññāṇam ādittam. Kāya-samphasso āditto.  
Yam-p'idaṁ kāya-samphassa-paccayā uppajjati  
vedayitam, sukham vā dukkham vā  
adukkham-asukham vā, tam-pi ādittam.

Kena ādittam? Ādittam rāg'agginā dos'agginā  
moh'agginā, ādittam jātiyā jarā-maraṇena,  
sokehi paridevehi dukkhehi domanassehi  
upāyāsehi ādittan-ti vadāmi.

Mano āditto. Dhammā ādittā. Mano-viññāṇam  
ādittam. Mano-samphasso āditto. Yam-p'idaṁ  
mano-samphassa-paccayā uppajjati vedayitam,  
sukham vā dukkham vā adukkham-asukham  
vā, tam-pi ādittam.

Kena ādittam? Ādittam rāg'agginā dos'agginā  
moh'agginā, ādittam jātiyā jarā-maraṇena,  
sokehi paridevehi dukkhehi domanassehi  
upāyāsehi ādittan-ti vadāmi.

Evaṁ passaṁ bhikkhave sutavā ariya-sāvako, cakkhusmiṁ pi nibbindati. Rūpesu pi nibbindati. Cakkhu-viññāṇe pi nibbindati. Cakkhu-samphasse pi nibbindati. Yam-p'idaṁ cakkhu-samphassa-paccayā uppajjati vedayitaṁ, sukhaṁ vā dukkhaṁ vā adukkham-asukhaṁ vā, tasmiṁ pi nibbindati.

Sotasmiṁ pi nibbindati. Saddesu pi nibbindati. Sota-viññāṇe pi nibbindati. Sota-samphasse pi nibbindati. Yam-p'idaṁ sota-samphassa-paccayā uppajjati vedayitaṁ, sukhaṁ vā dukkhaṁ vā adukkham-asukhaṁ vā, tasmiṁ pi nibbindati.

Ghānasmiṁ pi nibbindati. Gandhesu pi nibbindati. Ghāna-viññāṇe pi nibbindati. Ghāna-samphasse pi nibbindati. Yam-p'idaṁ ghāna-samphassa-paccayā uppajjati vedayitaṁ, sukhaṁ vā dukkhaṁ vā adukkham-asukhaṁ vā, tasmiṁ pi nibbindati.

Jivhāya pi nibbindati. Rasesu pi nibbindati. Jivhā-viññāṇe pi nibbindati. Jivhā-samphasse pi nibbindati. Yam-p'idaṁ jivhā-samphassa-paccayā uppajjati vedayitaṁ, sukhaṁ vā dukkhaṁ vā adukkham-asukhaṁ vā, tasmiṁ pi nibbindati.

Kāyasmiṁ pi nibbindati. Phoṭṭhabbesu pi nibbindati. Kāya-viññāṇe pi nibbindati. Kāya-samphasse pi nibbindati. Yam-p'idaṁ

kāya-samphassa-paccayā uppajjati vedayitam,  
sukham vā dukkham vā adukkham-asukham  
vā, tasmiṁ pi nibbindati.

Manasmiṁ pi nibbindati. Dhammesu pi  
nibbindati. Mano-viññāne pi nibbindati.  
Mano-samphasse pi nibbindati. Yam-p'idaṁ  
mano-samphassa-paccayā uppajjati vedayitam,  
sukham vā dukkham vā adukkham-asukham  
vā, tasmiṁ pi nibbindati.

Nibbindam virajjati. Virāgā vimuccati.  
Vimuttasmiṁ vimuttam-iti nāṇam hoti.  
'Khīnā jāti, vusitam brahma-cariyam, kataṁ  
karaṇiyam, nāparam itthattāyā-ti' pajānātī-ti."

Idam-avoca Bhagavā. Attamanā te bhikkhū<sup>1</sup>  
Bhagavato bhāsitam abhinandum. Imasmiñ-ca  
pana veyyākaraṇasmiṁ bhaññamāne, tassa  
bhikkhu-sahassassa anupādāya, āsavehi cittāni  
vimucciṁsū-ti.

*Āditta-pariyāya Suttam Niṭṭhitam.*

[S.IV.19f; VIN.I.34]

### Dhaj'agga Sutta

#### The Crest of the Standard

[Evam-me sutam.] Ekaṁ samayaṁ Bhagavā,  
Sāvatthiyam viharati, Jeta-vane Anātha-  
piṇḍikassa ārāme. Tatra kho Bhagavā bhikkhū

āmantesi: “bhikkhavo-ti”. “Bhadante-ti,” te bhikkhū Bhagavato paccassosum. Bhagavā etad avoca:

“Bhūta-pubbam bhikkhave devāsura-saṅgāmo samupabbūlho ahosi. Atha kho bhikkhave Sakko devānamindo deve tāva-timse āmantesi: ‘Sace mārisā devānam saṅgāma-gatānam uppajjeyya bhayaṁ vā chambhitattam vā loma-hamso vā, mameva tasmiṁ samaye dhaj’aggam ullokeyyātha. Mamam hi vo dhaj’aggam ullokayataṁ yam bhavissati bhayaṁ vā chambhitattam vā loma-hamso vā, so pahīyissati.’

‘No ce me dhaj’aggam ullokeyyātha, atha Pajāpatissa deva-rājassa dhaj’aggam ullokeyyātha. Pajāpatissa hi vo deva-rājassa dhaj’aggam ullokayataṁ yam bhavissati bhayaṁ vā chambhitattam vā loma-hamso vā, so pahīyissati’.

‘No ce Pajāpatissa deva-rājassa dhaj’aggam ullokeyyātha, atha Varuṇassa deva-rājassa dhaj’aggam ullokeyyātha. Varuṇassa hi vo deva-rājassa dha’jaggam ullokayataṁ yam bhavissati bhayaṁ vā chambhitattam vā loma-hamso vā, so pahīyissati’.

‘No ce Varuṇassa deva-rājassa dhaj’aggam ullokeyyātha, atha Īśanassa deva-rājassa

dhaj'aggam ullokeyyātha. Īsānassa hi vo deva-rājassa dhaj'aggam ullokayataṁ yam bhavissati bhayaṁ vā chambhitattam vā loma-haṁso vā, so pahīyissatī-ti.'

"Tām kho pana bhikkhave Sakkassa vā devānam indassa dhaj'aggam ullokayataṁ, Pajāpatissa vā deva-rājassa dhaj'aggam ullokayataṁ, Varuṇassa vā deva-rājassa dhaj'aggam ullokayataṁ, Īsānassa vā deva-rājassa dhaj'aggam ullokayataṁ yam bhavissati bhayaṁ vā chambhitattam vā loma-haṁso vā, so pahīyethāpi no'pi pahīyetha.

"Tām kissa hetu? Sakko hi, bhikkhave, devānam indo avītarāgo avītadoso avītamoho bhīru chambhī utrāsī palāyī-ti.

"Ahañ-ca kho, bhikkhave, evam vadāmi: Sace tumhākam, bhikkhave, arañña-gatānam vā rukkha-mūla-gatānam vā suññāgāra-gatānam vā uppajjeyya bhayaṁ vā chambhitattam vā loma-haṁso vā, mam eva tasmīm samaye anussareyyātha:

'Iti pi so bhagavā araham sammā-sambuddho, vijjā-caraṇa-sampanno sugato loka-vidū, anuttaro purisa-damma-sārathi satthā deva-manussānam Buddha Bhagavā-ti. Mamaṁ hi vo bhikkhave anussarataṁ, yam bhavissati bhayaṁ vā chambhitattam vā loma-haṁso vā, so pahīyissati.

“No ce mām anussareyyātha, atha dhammām anussareyyātha:  
 ‘Svākkhāto Bhagavatā dhammo, sandīṭhiko akāliko ehi-passiko, opanayiko paccattam veditabbo viññūhī-ti. Dhammām hi vo bhikkhave anussarataṁ, yaṁ bhavissati bhayaṁ vā chambhitattam vā loma-hamso vā, so pahiyissati.

“No ce dhammām anussareyyātha, atha saṅghām anussareyyātha:  
 ‘Supaṭipanno Bhagavato sāvaka-saṅgho, uju-paṭipanno Bhagavato sāvaka-saṅgho, nāya-paṭipanno Bhagavato sāvaka-saṅgho, sāmīci-paṭipanno Bhagavato sāvaka-saṅgho, yad-idam cattāri purisa-yugāni aṭṭha purisa-puggalā, esa Bhagavato sāvaka-saṅgho, āhuneyyo pāhuneyyo dakkhiṇeyyo añjali-karaṇīyo, anuttaraṁ puññakkhettaṁ lokassā-ti. Saṅghām hi vo bhikkhave anussarataṁ yaṁ bhavissati bhayaṁ vā chambhitattam vā loma-hamso vā, so pahiyissati.

“Taṁ kissa hetu? Tathāgato hi bhikkhave arahaṁ sammā-sambuddho, vītarāgo vītadoso vītamoho, abhīru acchambhī anutrāsī apalāyīti.”

Idam avoca Bhagavā. Idam vatvā sugato athāparam etad avoca satthā:

“Araññe rukkha-mūle vā,  
 Suññ’āgāre va bhikkhavo;  
 Anussaretha Sambuddham,  
 Bhayaṁ tumhāka no siyā.  
 No ce Buddham sareyyātha,  
 Loka-jetṭham narāsabham;  
 Atha dhammam sareyyātha,  
 Niyyānikam sudesitam.  
 No ce dhammam sareyyātha,  
 Niyyānikam sudesitam;  
 Atha saṅgham sareyyātha,  
 Puññakkhettam anuttaram.  
 Evaṁ-Buddham sarantānam,  
 Dhammam saṅghañ-ca bhikkhavo;  
 Bhayaṁ vā chambhitattam vā,  
 Loma-hamso na hessatī-ti.”  
*Dhaṭṭagga Suttaṁ Niṭṭhitam.*

[S.I.218f]

### Girimānanda-suttam

Evaṁ me sutam: Ekaṁ samayaṁ Bhagavā  
 Sāvatthiyaṁ viharati Jeta-vane Anātha-  
 piṇḍikassa ārāme. Tena kho pana samayena  
 āyasmā Girimānando ābādhiko hoti dukkhito  
 bālha-gilāno. Atha kho āyasmā Ānando yena  
 Bhagavā ten’upasaṅkami; upasaṅkamitvā  
 Bhagavantaṁ abhivādetvā ekam-antaṁ nisīdi.  
 Ekam-antaṁ nisinno kho āyasmā Ānando  
 Bhagavantaṁ etad-avoca:

“Āyasmā, Bhante, Girimānando ābādhiko hoti dukkhito bālha-gilāno. Sādhu Bhante Bhagavā yen’āyasmā Girimānando ten’upasañkamatu anukampaṁ upādāyā-ti.”

“Sace kho tvam Ānanda Girimānandassa bhikkhuno dasa saññā bhāseyyāsi, ṭhānam kho pan’etam vijjati yam Girimānandassa bhikkhuno dasa saññā sutvā so ābādho ṭhānaso paṭipassambheyya.

“Katamā dasa? Anicca-saññā, anatta-saññā, asubha-saññā, ādīnava-saññā, pahāna-saññā, virāga-saññā, nirodha-saññā, sabba-loke anabhirata-saññā, sabba-saṅkhāresu aniccā-saññā, ānāpānassati.

“Katamā c’Ānanda anicca-saññā?  
Idh’Ānanda, bhikkhu arañña-gato vā rukkha-mūla-gato vā suññāgāra-gato vā iti paṭisañcikkhati: ‘rūpaṁ aniccam, vedanā aniccā, saññā aniccā, saṅkhārā aniccā, viññānaṁ aniccan-ti. Iti imesu pañcasu upādānakkhandhesu aniccānupassī viharati. Ayam vuccat’Ānanda anicca-saññā.

“Katamā c’Ānanda anatta-saññā?  
Idh’Ānanda, bhikkhu arañña-gato vā rukkha-mūla-gato vā suññāgāra-gato vā iti paṭisañcikkhati: ‘cakkhum anattā, rūpā anattā, sotām anattā, saddā anattā, ghānam anattā,

gandhā anattā, jivhā anattā, rasā anattā, kāyo anattā, phoṭṭhabbā anattā, mano anattā, dhammā anattā-ti. Iti imesu chasu ajjhattika-bāhiresu āyatanesu anattānupassī viharati. Ayam vuccat'Ānanda, anatta-saññā.

“Katamā c'Ānanda, asubha-saññā? Idh'Ānanda, bhikkhu imam-eva kāyam uddham pāda-talā adho kesa-matthakā taca-pariyantaṁ pūraṁ nānāppakārassa asucino paccavekkhati: ‘Atthi imasmim kāye: kesā, lomā, nakhā, dantā, taco, mamsam, nhāru, atṭhi, atṭhi-miñjam, vakkam, hadayam, yakanam, kilomakam, pihakam, papphāsam, antam, anta-guṇam, udariyam, karīsam, pittam, semham, pubbo, lohitam, sedo, medo, assu, vasā, kheļo, siṅghānikā, lasikā, muttan-ti.’ Iti imasmim kāye asubhānupassī viharati. Ayam vuccat'Ānanda asubha-saññā.

“Katamā c'Ānanda ādīnava-saññā? Idh'Ānanda, bhikkhu arañña-gato vā rukkha-mūla-gato vā suññāgāra-gato vā iti paṭisañcikkhati: ‘Bahu-dukkho kho ayam kāyo bahu-ādīnavo. Iti imasmim kāye vividhā ābādhā uppajjanti, seyyathīdam: cakkhu-rogo, sota-rogo, ghāna-rogo, jivhā-rogo, kāya-rogo, sīsa-rogo, kaṇṭha-rogo, mukha-rogo, danta-rogo, oṭṭha-rogo, kāso, sāso, pināso, dāho, jaro, kucchi-rogo, mucchā, pakkhandikā, sūlā,

visūcikā, kuṭṭham, gaṇḍo, kilāso, soso, apamāro, daddu, kaṇḍu, kacchu, nakhasā, vitacchikā, lohitam, pittam, madhu-meho, arṁsā, piḷakā, bhagandalā, pitta-samuṭṭhānā ābādhā, semha-samuṭṭhānā ābādhā, vāta-samuṭṭhānā ābādhā, sannipātikā ābādhā, utu-parināma-jā ābādhā, visama-parihāra-jā ābādhā, opakkamikā ābādhā, kamma-vipāka-jā ābādhā, sītam, uṇham, jighacchā, pipāsā, uccāro, passāvo-ti.' Iti imasmiṁ kāye ādīnavānupassī viharati. Ayaṁ vuccat'Ānanda ādīnava-saññā.

"Katamā c'Ānanda pahāna-saññā?  
Idh'Ānanda, bhikkhu uppannaṁ kāma-vitakkaṁ nādhivāseti, pajahati, vinodeti, byantīkaroti, anabhāvam gameti. Uppannaṁ byāpāda-vitakkaṁ nādhivāseti, pajahati, vinodeti, byantīkaroti, anabhāvam gameti. Uppannaṁ vihiṁsā-vitakkaṁ nādhivāseti, pajahati, vinodeti, byantīkaroti, anabhāvam gameti. Uppann'uppanne pāpake akusale dhamme nādhivāseti, pajahati, vinodeti, byantīkaroti, anabhāvam gameti. Ayam vuccat'Ānanda pahāna-saññā.

"Katamā c'Ānanda, virāga-saññā?  
Idh'Ānanda, bhikkhu arañña-gato vā rukkha-mūla-gato vā suññāgāra-gato vā iti paṭisañcikkhati: 'Etam santam, etam pañītam,

yad-idam̄ sabba-saṅkhāra-samatho  
 sabbūpadhippaṭinissaggo taṇhākkhayo virāgo  
 nibbānan-ti.' Ayaṁ vuccat'Ānanda virāga-  
 saññā.

"Katamā c'Ānanda, nirodha-saññā?  
 Idh'Ānanda, bhikkhu arañña-gato vā rukkha-  
 mūla-gato vā suññāgāra-gato vā iti  
 paṭisañcikkhati: 'Etaṁ santaṁ, etaṁ pañītaṁ,  
 yad-idam̄ sabba-saṅkhāra-samatho  
 sabbūpadhippaṭinissaggo taṇhākkhayo nirodho  
 nibbānan-ti.' Ayaṁ vuccat'Ānanda nirodha-  
 saññā.

"Katamā c'Ānanda, sabba-loke anabhirata-  
 saññā?  
 Idh'Ānanda, bhikkhu ye loke upādānā cetaso  
 adhiṭṭhānābhinivesānusayā, te pajahanto  
 viharati anupādiyanto. Ayaṁ vuccat'Ānanda  
 sabba-loke anabhirata-saññā.

"Katamā c'Ānanda sabba-saṅkhāresu aniccā-  
 saññā?  
 Idh'Ānanda bhikkhu sabba-saṅkhāresu atṭiyati,  
 harāyati, jigucchati. Ayaṁ vuccat' Ānanda,  
 sabba-saṅkhāresu aniccā-saññā.

"Katamā c'Ānanda ānāpānassati?  
 Idh'Ānanda, bhikkhu arañña-gato vā rukkha-  
 mūla-gato vā suññāgāra-gato vā nisīdati,  
 pallaṅkam̄ ābhujitvā, ujuṁ kāyam̄ pañidhāya,

parimukham satim upatthapetvā. So sato'va assasati sato'va passasati. Dīgham vā assasanto: 'Dīgham assasāmī-ti' pajānāti. Dīgham vā passasanto: 'Dīgham passasāmī-ti' pajānāti. Rassam vā assasanto: 'Rassam assasāmī-ti' pajānāti. Rassam vā passasanto: 'Rassam passasāmī-ti' pajānāti. 'Sabba-kāya-paṭisamvedī assasissāmī-ti' sikkhati. 'Sabba-kāya-paṭisamvedī passasissāmī-ti' sikkhati. 'Passambhayam kāya-saṅkharam assasissāmī-ti' sikkhati. 'Passambhayam kāya-saṅkharam passasissāmī-ti' sikkhati.

'Pīti-paṭisamvedī assasissāmī-ti' sikkhati. 'Pīti-paṭisamvedī passasissāmī-ti' sikkhati. 'Sukha-paṭisamvedī assasissāmī-ti' sikkhati. 'Sukha-paṭisamvedī passasissāmī-ti' sikkhati. 'Citta-saṅkhāra-paṭisamvedī assasissāmī-ti' sikkhati. 'Citta-saṅkhāra-paṭisamvedī passasissāmī-ti' sikkhati. 'Passambhayam citta-saṅkharam assasissāmī-ti' sikkhati. 'Passambhayam citta-saṅkharam passasissāmī-ti' sikkhati.

'Citta-paṭisamvedī assasissāmī-ti' sikkhati. 'Citta-paṭisamvedī passasissāmī-ti' sikkhati. 'Abhippamodayam cittam assasissāmī-ti' sikkhati. 'Abhippamodayam cittam passasissāmī-ti' sikkhati. 'Samādahaṁ cittam assasissāmī-ti' sikkhati. 'Samādahaṁ cittam passasissāmī-ti' sikkhati. 'Vimocayam cittam

assasissāmī-ti' sikkhati. 'Vimocayam cittam  
passasissāmī-ti' sikkhati.

'Aniccānupassī assasissāmī-ti' sikkhati.  
'Aniccānupassī passasissāmī-ti' sikkhati.  
'Virāgānupassī assasissāmī-ti' sikkhati.  
'Virāgānupassī passasissāmī-ti' sikkhati.  
'Nirodhānupassī assasissāmī-ti' sikkhati.  
'Nirodhānupassī passasissāmī-ti' sikkhati.  
'Paṭinissaggānupassī assasissāmī-ti' sikkhati.  
'Paṭinissaggānupassī passasissāmī-ti' sikkhati.  
Ayaṁ vuccat' Ānanda, ānāpānassati.

"Sace kho tvaṁ, Ānanda, Girimānandassa  
bhikkhuno imā dasa saññā bhāseyyāsi, ṭhānaṁ  
kho pan'etaṁ vijjati yaṁ Girimānandassa  
bhikkhuno imā dasa saññā sutvā so ābādho  
ṭhānaso paṭippassambheyyā-ti."

Atha kho āyasmā Ānando Bhagavato santike  
imā dasa saññā uggahetvā yen'āyasmā  
Girimānando ten'upasaṅkami; upasaṅkamitvā  
āyasmato Girimānandassa imā dasa saññā  
abhāsi.

Atha kho āyasmato Girimānandassa dasa saññā  
sutvā so ābādho ṭhānaso paṭippassambhi,  
vuṭṭhāhi c'āyasmā Girimānando tamhā ābādhā.  
Tathā pahīno ca pan'āyasmato Girimānandassa  
so ābādho ahosī-ti."

*Girimānanda Suttaṁ Niṭṭhitam.*

[A.V.108]

**Cātur-appamaññā-pātho**

Atthi kho tena Bhagavatā jānatā passatā  
 arahatā sammā-sambuddhena,  
 catasso appamaññāyo sammad-akkhātā.

“Idha bhikkhu mettā-saha-gatena cetasā  
 ekaṁ disam̄ pharitvā viharati,  
 Tathā dutiyam̄ tathā tatiyam̄ tathā catuttham̄,  
 Iti uddham-adho tiriyam̄ sabbadhi  
 sabbattatāya sabbāvantam̄ lokaṁ.

Mettā-saha-gatena cetasā vipulena  
 mahaggatena appamāññena averena  
 abyāpajjhena pharitvā viharati.

Karuṇā-saha-gatena cetasā  
 ekaṁ disam̄ pharitvā viharati,  
 Tathā dutiyam̄ tathā tatiyam̄ tathā catuttham̄,  
 Iti uddham-adho tiriyam̄ sabbadhi  
 sabbattatāya sabbāvantam̄ lokaṁ.

Karuṇā-saha-gatena cetasā vipulena  
 mahaggatena appamāññena averena  
 abyāpajjhena pharitvā viharati.

Muditā-sahagatena cetasā  
 ekaṁ disam̄ pharitvā viharati,  
 Tathā dutiyam̄ tathā tatiyam̄ tathā catuttham̄,

Iti uddham-adho tiriyaṁ sabbadhi  
           sabbattatāya sabbāvantam lokaṁ.  
 Muditā-saha-gatena cetasā vipulena  
           mahaggatena appamāṇena averena  
           abyāpajjhena pharitvā viharati.  
 Upekkhā-saha-gatena cetasā  
           ekam disam pharitvā viharati,  
 Tathā dutiyam tathā tatiyam tathā catuttham,  
 Iti uddham-adho tiriyaṁ sabbadhi  
           sabbattatāya sabbāvantam lokaṁ.  
 Upekkhā-saha-gatena cetasā vipulena  
           mahaggatena appamāṇena averena  
           abyāpajjhena pharitvā viharati.”  
 Imā kho tena Bhagavatā jānatā passatā  
           arahatā sammā-sambuddhena,  
           catasso appamaññāyo sammad-akkhātā-ti.

[cf. A.I.192]

### Dasa-dhamma-sutta-pātho

Evam me sutam. Ekam samayam Bhagavā,  
 Sāvatthiyam viharati, Jeta-vane Anātha-  
 piṇḍikassa ārāme. Tatra kho Bhagavā bhikkhū  
 āmantesi: “bhikkhavo-ti”. “Bhadante-ti” te  
 bhikkhū Bhagavato paccassosum, Bhagavā  
 etad-avoca:

/[Handa mayam pabbajita-abhiñha-paccavekkhaṇa-pāṭham bhaṇāmase:]/

“Dasa ime bhikkhave dhammā pabbajitena abhiñham paccavekkhitabbā.

Katame dasa?

Vevanṇiy’amhi ajjhūpagato-ti,  
pabbajitena abhiñham paccavekkhitabbam.

Para-patibaddhā me jivikā-ti,  
pabbajitena abhiñham paccavekkhitabbam.

Añño me ākappo karaṇīyo-ti,  
pabbajitena abhiñham paccavekkhitabbam.

Kacci nu kho me attā sīlato na upavadaṭī-ti,  
pabbajitena abhiñham paccavekkhitabbam.

Kacci nu kho maṁ anuvicca viññū sabrahma-cārī sīlato na upavadantī-ti,  
pabbajitena abhiñham paccavekkhitabbam.

Sabbehi me piyehi manāpehi nānā-bhāvo  
vinā-bhāvo-ti,  
pabbajitena abhiñham paccavekkhitabbam.

Kammassako’mhi kamma-dāyādo kamma-yoni  
kamma-bandhu kamma-paṭisaraṇo, yaṁ  
kammaṁ karissāmi kalyāṇam vā pāpakaṁ  
vā tassa dāyādo bhavissāmī-ti,  
pabbajitena abhiñham paccavekkhitabbam.

Katham-bhūtassa me rattin-divā vītipatantī-ti,

pabbajitena abhiñham paccavekkhitabbam.  
 Kacci nu kho'ham suññagāre abhiramāmī-ti,  
     pabbajitena abhiñham paccavekkhitabbam.  
 Atthi nu kho me uttari-manussa-dhammā  
     alam-ariya-ñāṇa-dassana-viseso adhigato,  
     so'ham pacchime kāle sabrahma-cārīhi  
     puṭṭho na mañku bhavissāmī-ti,  
     pabbajitena abhiñham paccavekkhitabbam.  
 Ime kho bhikkhave dasa dhammā pabbajitena  
     abhiñham paccavekkhitabbā-ti.”  
 Idam avoca Bhagavā. Attamanā te bhikkhū  
     Bhagavato bhāsitarām abhinandun-ti.

[A.I.87f]

## PATIMOKKHA CHANTS

**Ovāda-pātimokkha Gāthā**

Khanti paramam tapo titikkha  
 Nibbanaam paramam vadanti Buddhā,  
 Na hi pabbajito parūpaghātī  
 Samaño hoti param viheṭhayanto. [DHP.v.184]

Sabba-pāpassa akaraṇam,  
 Kusalassūpasampadā,  
 Sacitta-pariyodapanam:  
 Etam Buddhāna sāsanam. [DHP.v.183]

Anūpavādo anūpaghāto  
 Pātimokkhe ca samvaro  
 Mattañ-ñutā ca bhattasmiṁ  
 Pantañ-ca sayan'āsanam.  
 Adhicitte ca āyogo:

Etam Buddhāna sāsanati. [DHP.v.185]

**Sil'uddesa-pātho Uposath'āvasāne Sajjhāyitabbo**

Bhāsitam idam tena Bhagavatā jānatā passatā  
 arahatā sammā-sambuddhena,

Sampanna-silā bhikkhave viharatha  
 sampanna-pātimokkhā,

Pātimokkha-samvara-samvutā viharatha

ācāra-gocara-sampannā,

Añu-mattesu vajjesu bhaya-dassāvī  
 samādāya sikkhatha sikkhāpadesū-ti.  
 Tasmā-tih'amhehi sikkhitabbaṁ,  
 Sampanna-sīlā viharissāma sampanna-  
 pāṭimokkhā,  
 Pāṭimokkha-samvara-samvutā viharissāma  
 ācāra-gocara-sampannā,  
 Añu-mattesu vajjesu bhaya-dassāvī  
 samādāya sikkhissāma sikkhāpadesū-ti,  
 Evañ hi no sikkhitabbaṁ.

[cf. D.I.63; D.III.266f]

### Tāyana-gāthā

Chinda sotāṁ parakkamma  
 Kāme panūda brāhmaṇa  
 Nappahāya muni kāme  
 N'ekattam-upapajjati  
 Kayirā ce kayirāth'enāṁ  
 Daḷham-enāṁ parakkame  
 Sithilo hi paribbājo  
 Bhiyyo ākirate rajaṁ  
 Akataṁ dukkaṭaṁ seyyo  
 Pacchā tappati dukkaṭaṁ  
 Katañ-ca sukataṁ seyyo  
 Yam katvā nānutappati  
 Kuso yathā duggahito  
 Hattham-evānukantati  
 Sāmaññāṁ dupparāmaṭṭhaṁ  
 Nirayāyūpakaḍḍhati

Yañ-kiñci sithilam kammam  
 Sañkiliñthañ-ca yañ vatañ  
 Sañkassaram brahma-cariyam  
 Na tam hoti mahapphalan-ti.

[S.I.49f]

**Sāmañera Sikkhā**

Anuññāsi kho Bhagavā,  
 Sāmañerānam dasa sikkhā-padāni,  
 Tesu ca sāmañerehi sikkhitum:  
 Pāñatipātā veramañī,  
 Adinn'ādānā veramañī,  
 Abrahma-cariyā veramañī,  
 Musā-vādā veramañī,  
 Surā-meraya-majja-pamādañthānā veramañī,  
 Vikāla-bhojanā veramañī,  
 Nacca-gīta-vādita-visūka-dassanā veramañī,  
 Mālā-gandha-vilepana-dhāraṇa-mañḍana-  
 vibhūsanatthānā veramañī,  
 Uccā-sayana-mahā-sayanā veramañī,  
 Jāta-rūpa-rajata-pañiggahañā veramañī-ti,

[VIN.I.83f]

Anuññāsi kho Bhagavā,  
 Dasahi aṅgehi samannāgatañ sāmañerañ  
 nāsetum.

Katamehi dasahi?  
 Pāñatipātī hoti,  
 Adinn'ādāyī hoti,  
 Abrahma-carī hoti,

Musā-vādī hoti,  
 Majja-pāyī hoti,  
 Buddhassa avaṇṇam bhāsatī,  
 Dhammassa avaṇṇam bhāsatī,  
 Saṅghassa avaṇṇam bhāsatī,  
 Micchā-ditṭhiko hoti,  
 Bhikkhuni-dūsako hoti,  
 Anuññāsi kho Bhagavā,  
 Imehi dasahi aṅgehi samannāgataṁ  
 sāmañeram nāsetun-ti. [VIN.I.85]  
 Anuññāsi kho Bhagavā,  
 Pañcahi aṅgehi samannāgatassa sāmañerassa  
 daṇḍa-kammaṁ kātum.  
 Katamehi pañcahi?  
 Bhikkhūnam alābhāya parisakkati,  
 Bhikkhūnam anatthāya parisakkati,  
 Bhikkhūnam anāvāsāya parisakkati,  
 Bhikkhū akkosati paribhāsatī,  
 Bhikkhū bhikkhūhi bhedeti,  
 Anuññāsi kho Bhagavā,  
 Imehi pañcahi aṅgehi samannāgatassa  
 sāmañerassa daṇḍa-kammam kātun-ti.  
 [VIN.I.84]

## ENGLISH TRANSLATIONS

**Reflections on the Four Requisites**

Wisely reflecting, I use the robe: only to ward off cold, to ward off heat, to ward off the touch of flies, mosquitoes, wind, burning and creeping things, only for the sake of modesty.

Wisely reflecting, I use almsfood: not for fun, not for pleasure, not for fattening, not for beautification, but only for the maintenance and nourishment of this body, for keeping it healthy, for helping with the Holy Life; thinking thus, 'I will allay hunger without overeating, so that I may continue to live blamelessly and at ease.'

Wisely reflecting, I use the lodging: only to ward off cold, to ward off heat, to ward off the touch of flies, mosquitoes, wind, burning and creeping things, only to remove the danger from weather and for living in seclusion.

Wisely reflecting, I use supports for the sick and medicinal requisites: only to ward off painful feelings that have arisen, for the maximum freedom from disease.

[p.6<sup>\*</sup>; M.I.10]

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\* refers to page number above of Pali original.

### Reflections on Universal Well-Being

[Now let us chant the reflections on universal well-being]

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.

[p.19; cf.: M.I.288; A.V.88]

### Reflections on Sharing Blessings

[Now let us chant the verses  
of sharing and aspiration]

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 realize 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 realize 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. [p.23]

**The Buddha's Words on Loving Kindness**

[Now let us chant the Buddha's words  
on loving-kindness]

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 skilful,  
Not proud and 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!

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;  
Outwards 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.

[p.36; SN.vv143-152]

**Dasa-dhamma Sutta**  
**Ten Subjects for Frequent Recollection**  
**by One who has Gone Forth**

Bhikkhus, there are ten dhammas which should be reflected upon again and again by one who has gone forth. What are these ten?

I am no longer living according to worldly aims and values. This should be reflected upon again and again by one who has gone forth.

My very life is sustained through the gifts of others. This should be reflected upon again and again by one who has gone forth.

I should strive to abandon my former habits. This should be reflected upon again and again by one who has gone forth.

Does regret over my conduct arise in my mind? This should be reflected upon again and again by one who has gone forth.

Could my spiritual companions find fault with my conduct? This should be reflected upon again and again by one who has gone forth.

All that is mine, beloved and pleasing, will become otherwise, will become separated from me. This should be reflected upon again and again by one who has gone forth.

I am the owner of my kamma, heir to my kamma,

born of my kamma, related to my kamma, abide supported by my kamma, whatever kamma I shall do, for good or for ill, of that I will be the heir. This should be reflected upon again and again by one who has gone forth.

The days and nights are relentlessly passing, how well am I spending my time? This should be reflected upon again and again by one who has gone forth.

Do I delight in solitude or not? This should be reflected upon again and again by one who has gone forth.

Has my practice borne fruit with freedom or insight so that at the end of my life I need not feel ashamed when questioned by my spiritual companions. This should be reflected upon again and again by one who has gone forth.

Bhikkhus, these are the ten dhammas to be reflected upon again and again by one who has gone forth.

[p.109; A.I.87f]

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