

## Pāli Texts for Chanting

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

Namo tassa Bhagavato Arahato Sammāsambuddhassa

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

### Homage to the Buddha

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

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

Namo tassa Sammāsambuddhassa  
Homage to that Perfectly Enlightened One!

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

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

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

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

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

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

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

### **Homage to the Dhamma**

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

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

Namo tassa niyyānikassa dhammassa  
Homage to that liberating Dhamma!

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

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

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

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

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

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

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

### **Homage to the Saṅgha**

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

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

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

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

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

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

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

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

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

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

### **Homage to the Three Symbols**

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

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

Imāya dhammānudhamma-paṭipattiyā buddhaṃ pūjemi.

Imāya dhammānudhamma-paṭipattiyā dhammaṃ pūjemi.

Imāya dhammānudhamma-paṭipattiyā saṅghaṃ pūjemi.

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

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

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

### **[Following the meditation session]**

#### **The Three Characteristics**

Sabbe saṅkhārā aniccā'ti—yadā paññāya passati  
Atha nibbindati dukkhe—esa maggo visuddhiyā.

All conditioned things are impermanent. When one sees this with wisdom, then one turns away from dukkha. This is the path to purity.

Sabbe saṅkhārā dukkhā'ti—yadā paññāya passati  
Atha nibbindati dukkhe—esa maggo visuddhiyā.

All conditioned things are dukkha. When one sees this with wisdom, then one turns away from dukkha. This is the path to purity.

Sabbe dhammā anattā'ti—yadā paññāya passati  
Atha nibbindati dukkhe—esa maggo visuddhiyā.

All dhammas are not one's self. When one sees this with wisdom, then one turns away from dukkha. This is the path to purity.

## **Extending loving-kindness and compassion**

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

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

Sādhu, sādhu, sādhu!