

# Pali Devotional Chanting

Vandanā: The Album of Pāḷi Devotional Chanting & Hymns
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### Buddhābhivādanā:

Namo Tassa Bhagavato Arahato Sammā Sambuddhassa (repeat three times)

### Ti-Sarana:

Buddham saranam gacchāmi Dhammam saranam gacchāmi Sangham saranam gacchāmi. Dutiyampi Buddham saranam gacchāmi. Dutiyampi Dhammam saranam gacchāmi. Dutiyampi Sangham saranam gacchāmi. Tatiyampi Buddham saranam gacchāmi Tatiyampi Dhammam saranam gacchāmi Tatiyampi Sangham saranam gacchāmi

### Pañca Sīla:

Pānātipātā veramaņī sikkhāpadam samādiyāmi

Adinnādānā veramaņī sikkhāpadam samādiyāmi

Kāmesu micchācārā veramanī sikkhāpadam samādiyāmi

Musāvādā veramanī sikkhāpadam samādiyāmi

Surā-meraya-majja-pamādaṭṭhānā veramaṇī sikkhāpadaṃ samādiyāmi

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### **Salutation to The Buddha:**

Thus indeed is the Blessed One: He is the Holy One, Fully Enlightened,

Endowed with clear vision and virtuous conduct, Sublime, the Knower of the worlds,

The incomparable Leader of men to be tamed, The Teacher of Gods and men,

Enlightened and Blessed.

### Buddha Vandanā:

Iti pi so Bhagavā Arahaṃ Sammā-sambuddho Vijjā-caraṇa Sampanno Sugato Lokavidū Anuttaro Purisa-damma-sārathi Satthā deva-manussānaṃ Buddho Bhagavā ti

# **Homage to The Buddha:**

Homage to Him. The Blessed One. The Exalted One. The Fully Enlightened One. (repeat three times)

# The Three Refuges:

I go to the Buddha as my refuge, I go to the Dhamma as my refuge, I go to the Saṅgha as my refuge. For the second time, I go to the Buddha as my refuge. For the second time, I go to the Dhamma as my refuge, For the second time, I go to the Saṅgha as my refuge. For the third time, I go to the Buddha as my refuge. For the third time, I go to the Dhamma as my refuge For the third time, I go to the Saṅgha as my refuge.

# **Five Precepts:**

I undertake to observe the precept to abstain from destroying living beings.

I undertake to observe the precept to abstain from taking things not given.

I undertake to observe the precept to abstain from sexual misconduct.

I undertake to observe the precept to abstain from false speech.

I undertake to observe the precept to abstain from liquor causing intoxication and heedlessness.

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### **Salutation to the Doctrine:**

The Dhamma of the Blessed One Is perfectly expounded,

To be seen here and now, Not delayed in time,

Inviting one to come and see, Onward leading (to Nibbāna), To be known by the wise, Each for himself.

### Dhamma Vandanā:

Svākkhāto Bhagavatā Dhammo Sandiṭṭhiko Akāliko Ehi-passiko Opanayiko Paccattaṃ Veditabbo viññūhī ti

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# The Discourse on Loving-Kindness

- 1. He who is skilled in what is good / And who wishes to attain that state of calm / Should act thus: He should be able, upright,/ Obedient, gentle and humble.
- 2. Contented, easily supportable with few duties, Of right livelihood, controlled in senses, / Discreet, not imprudent, Not to be greedily attached to families.
- 3. He should not commit any slight wrong / Such that other wise men might censure him. / And he should think: May all beings be happy and secure; / May their hearts be happy!
- 4. Whatever living beings there are/ Feeble or strong, long, stout or medium./ Short, small or large, seen or unseen / Those dwelling far or near, / Those who are born and those who are to be born / May all beings, without exception, Be happy-hearted!

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# Salutation to the Sangha of the Blessed One's Disciples

The Sangha of the Blessed One's disciples has entered on the good way;

The Sangha of the Blessed One's disciples has entered on the straight way;

The Sangha of the Blessed Ones disciples has entered on the right path;

The Sangha of the Blessed One's disciples has entered on the proper way;

That is to say, the Four Pairs of Men, the Eight Types of Persons;

The Sangha of the Blessed One's disciples is fit for gifts, fit for hospitality, fit for offerings and fit for reverential salutation/ As the incomparable field of merits for the world.

# Sangha Vandanā

Supaṭipanno Bhagavato sāvaka-saṅgho Ujupaṭipanno Bhagavato sāvaka-saṅgho Nāyapaṭipanno Bhagavato sāvaka-saṅgho Sāmīcipaṭipanno Bhagavato sāvaka-saṅgho Yadidaṃ cattāri purisayugāni aṭṭha purisa-puggalā, esa Bhagavato sāvaka-saṅgho Āhuṇeyyo, pāhuṇeyyo, dakkhiṇeyyo, Añjalikaraṇīyo, anuttaraṃ puññākkhettaṃ lokassā ti

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# Mettā Sutta

- 1. Karaṇīyamattha-kusalena / Yantaṃ santaṃ padaṃ abhisamecca / Sakko ujū ca sūjū ca / Suvaco cassa mudu anatimānī
- 2. Santussako ca subharo ca / Appakicco ca sallahukavutti / Santindriyo ca nipako ca / Appagabbho kulesu ananugiddho
- 3. Na ca khuddam samācare kiñci / Yena viññū pare upavadeyyum / Sukhino vā khemino hontu! Sabbe sattā bhavantu sukhitattā!

4. Ye keci pānabhūtatthi / Tasā vā thāvarā vā anavasesā / Dīghā vā ye mahantā vā / Majjhimā rassakānukathūlā

5. Ditthā vā ye va additthā / Ye ca dūre vasanti avidūre / Bhūtā vā sambhavesī vā / Sabbe sattā bhavantu sukhitattā

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- 6. Na paro param nikubbetha / Nātimaññetha katthaci nam kañci / Byārosanā paṭighasaññā / Nāññamaññassa dukkhamiccheyya
- 7. Mātā yathā niyam puttam / Āyusā ekaputtamanurakkhe Evam pi sabbabhūtesu / Mānasam bhāvaye aparimāṇam
- 8. Mettañ ca sabbalokasmim / Mānasam bhāvaye aparimāṇam / Uddham adho ca tiriyañ ca / Asambādham averam asapattam
- 9. Tiṭṭhaṃ caraṃ nissinno vā / Sayano vā yāva tassa vigatamiddho / Etaṃ satiṃ adhiṭṭheyya / Brahmametaṃ vihāraṃ idhamāhu
- 10. Diṭṭhiñ ca anupagamma sīlavā / Dassanena sampanno / Kamesu vineyya gedhaṃ / Na hi jātu gabbhaseyyaṃ punaretī ti

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- 1. Let no one deceive another / Nor despise any person whatever in any place, / Either in anger or in ill will, Let one not wish any harm to another.
- 2. Just as a mother would protect her only child Even at her own life's risk, / So let him cultivate A boundless heart towards all beings.
- 3. Let his heart of boundless love / Pervade the whole world above, / Below and across; with no obstruction, / No hatred and no enmity.

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- 4. Whether he stands, walks, sits or lies down; / As long as he is awake, / He should develop this mindfulness. This, they say is Divine Abiding here.
- 5. Not falling into views, / Being virtuous and endowed with insight, / He gives up attachment to sense-desires. / Truly, he does not come again / For conception in a womb.