

~ Refuges and Precepts ~

Namo tassa bhagavato arahato sammāsambuddhassa (x3)

(Homage to the Blessed One, the Noble One, and Perfectly Enlightened One.)

Buddham saranam gacchami (To the Buddha I go for Refuge.)

Dhammam saranam gacchami (To the Dhamma I go for Refuge.)

Sangham saranam gacchami (To the Sangha I go for Refuge.)

Dutiyampi Buddham saranam gacchami (For the second time ...)

Dutiyampi Dhammam saranam gacchami

Dutiyampi Sangham saranam gacchami

Tatiyampi Buddham saranam gacchami (For the third time ...)

Tatiyampi Dhammam saranam gacchami

Tatiyampi Sangham saranam gacchami

Panatipata veramani sikkhapadam samādiyami

(I undertake the precept to refrain from killing living beings)

Adinnadana veramani sikkhapadam samādiyami

(I undertake the precept to refrain from taking that which is not given)

Abramacariya veramani sikkhapadam samādiyami

(I undertake the precept to refrain from sexual activity)

Musavada veramani sikkhapadam samādiyami

(I undertake the precept to refrain from incorrect speech)

Sura-meraya-majja-pamadatthana veramani sikkhapadam samādiyami

(I undertake the precept to refrain from intoxicants which lead to carelessness)

Metta saha gatena cetasa, sabba pana bhutesu pharitva viharanam samādiyami

(I undertake the precept to maintain a tranquil mind filled with lovingkindness for all beings)

Idam me silam magga phala nañassa paccayo hotu

(May this practice of morality help to bring about experience of the path and its fruit)

~ **Metta (Lovingkindness) Chant** ~

Imaya Dhammanu ~ Dhamma Patipattiya ~ Buddham Pujemi

(By this practice, In accord with the true Dhamma, I honor the Buddha)

Imaya Dhammanu Dhamma Patipattiya Dhammam Pujemi (... the Dhamma)

Imaya Dhammanu Dhamma Patipattiya Sangham Pujemi (... the Sangha)

Imaya Dhammanu Dhamma Patipattiya Mata Pitaro Pujemi (... my parents)

Imaya Dhammanu Dhamma Patipattiya Acariyanam Pujemi (... my teachers)

Ahaṃ Avero Homi (May I be free from enmity) **Abyāpajjho Homi** (...from mental suffering)

Anīgho Homi (...from physical suffering) **Sukhī Attānaṃ Pariharāmi** (May I care for myself happily)

Sabbe Satta (May all beings)

Sabbe Pana (all living things)

Sabbe Bhuta (all creatures)

Sabbe Puggala (all individuals)

Sabbe Attabhava Pariyapanna (all personalities)

Sabba Itthiyo (all females)

Sabbe Purisa (all males)

Sabbe Ariya (all noble ones)

Sabbe Anariya (all worldlings)

Sabbe Deva (all deities)

Sabbe Manussa (all humans)

Sabbe Vinipatika (all those in unhappy states)

Avera Hontu ~ Abyapajja Hontu ~ Anigha Hontu ~ Sukhi Attanam Pariharantu

(May they be free from mental suffering)(...from physical suffering)(...take care of themselves happily)

Dukkha Muchantu ~ Yatha Laddha Sampattito ~ Mavigacchantu Kammassaka

(May they be free from suffering)(...enjoy safety and abundance)(...be the owners of their actions)

Sabbe Satta Sukhi Hontu (May all beings be happy)

Sadhu, Sadhu, Sadhu (Well spoken, Well spoken, Well spoken)