

VANDANĀ & PŪJĀ



BUDDHA VANDANĀ

Homage to the Buddha

Namo Tassa Bhagavato Arahato Sammā Sambuddhassa

Namo Tassa Bhagavato Arahato Sammā Sambuddhassa

Namo Tassa Bhagavato Arahato Sammā Sambuddhassa

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

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

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



TI-SARAṆA

Three Refuges

Buddhaṃ saraṇaṃ gacchāmi
Dhammaṃ saraṇaṃ gacchāmi
Saṅghaṃ saraṇaṃ gacchāmi

I go to the Buddha as my refuge.
I go to the Dhamma as my refuge.
I go to the Sangha as my refuge.

Dutiyam pi Buddhaṃ saraṇaṃ gacchāmi
Dutiyam pi Dhammaṃ saraṇaṃ gacchāmi
Dutiyam pi Saṅghaṃ saraṇaṃ gacchāmi

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 Sangha as my refuge.

Tatiyam pi Buddhaṃ saraṇaṃ gacchāmi
Tatiyam pi Dhammaṃ saraṇaṃ gacchāmi
Tatiyam pi Saṅghaṃ saraṇaṃ gacchāmi

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 Sangha as my refuge.



PAÑCA SĪLA

Five Precepts

Pāṇāti-pātā veramaṇī sikkhāpadaṃ samādiyāmi

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

Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi

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

Kāmesu micchā-cārā veramaṇī sikkhāpadaṃ samādiyāmi

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

Musāvādā veramaṇī sikkhāpadaṃ samādiyāmi

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

**Surā meraya-majja-pamā-datṭhānā veramaṇī
sikkhāpadaṃ samādiyāmi**

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



TI-RATANA VANDANĀ

Salutation to the Triple Gem
Buddha–Dhamma–Saṅgha

Salutation to the Buddha

**Iti pi so Bhagavā Arahamaṃ
Sammā sambuddho Vijjā-caraṇa-sampanno
Sugato lokavidū
Anuttaro Purisa-damma-sārathi
Satthā Deva-manussānaṃ
Buddho Bhagavā ti**

Such indeed is the Blessed One, exalted,
omniscient, endowed with knowledge and virtues, worthy to be trained.
Well gone, knower of the worlds,
the guide incomparable for the training of individuals,
Teacher of gods and men,
Enlightened and Holy.



Salutation to the Dhamma

Svākkhāto Bhagavatā Dhammo

Sandiṭṭhiko Akāliko

Ehipassiko Opanayiko

Paccattaṃ veditabbo viññūhī ti

Well-expounded is the Dhamma by the Blessed One,
to be seen here and now;
not delayed in time (visible immediate),
inviting one to come and see;
onward leading (to Nibbana);
to be know by the wise, each for himself.



Salutation to the Saṅgha

Supaṭipanno Bhagavato sāvaka saṅgho
Uju paṭipanno Bhagavato sāvaka saṅgho
Ñāya paṭipanno Bhagavato sāvaka saṅgho
Sāmīci paṭipanno Bhagavato sāvaka saṅgho
Yadidaṃ cattāri-purisa-yugāni Aṭṭha-purisa-puggalā
Esa Bhagavato sāvaka saṅgho
Āhuneyyo Pāhuneyyo
Dakkhineyyo Añjalikaraṇīyo
Anuttaraṃ puñṇak-khettaṃ lokassā ti

Of good conduct is the Order of the Disciples of the Blessed One.
Of upright conduct is the Order of the Disciples of the Blessed one.
Of wise conduct is the Order of the Disciples of the Blessed One.
Of correct conduct is the Order of the Disciples of the Blessed One
That is, the four pairs of persons, the eight kinds of individuals.
This Order of the Disciples of the Blessed One,
is worthy of offerings,
is worthy of hospitality,
is worthy of gifts,
is worthy of reverential salutations.
is an incomparable field of merits to the world.



NAVA GUṆA GĀTHĀ

The 9 Virtues of the Buddha

- 1 **Araham arahoti nāmena**
 Araham pāpaṃ na kāraye
 Arahatta phalaṃ patto
 Araham nāma tē namo

By name He is Arahant as He is worthy.
Even in secret He does no evil. He attains the fruit of Arahantship.
To Thee, the Worthy One, my homage be.

- 2 **Sammā sambuddha ñāṇena**
 Sammā sambuddha desanā
 Sammā sambuddha lokasmiṃ
 Sammā sambuddha te namo

By knowledge He is Samma Sambuddha.
The teaching is of the Samma Sambuddha.
A fully Enlightened One is He in the World.
To thee, the Fully Enlightened One, my homage be.

- 3 **Vijjā caraṇa sampanno**
 Tassa vijjā pakāsitā
 Atītā nāga tупpanno
 Vijjā caraṇa te namo

He is endowed with wisdom and knowledge.
His wisdom is made known. The past and the future He knows.
To Thee who is endowed with wisdom and courage, my homage be.



- 4 **Sugato sugatattānaṃ**
 Sugato sundaram pi ca
 Nibbānaṃ sugatiṃ yanti
 Sugato nāma te namo

He is Sugata, being self-disciplined.
Being good He is Sugata.
He has gone to the good state of Nibbana.
To Thee the Sugata, my homage be.

- 5 **Lokavidūti nāmena**
 Atītā nāgate vidū
 Saṅkhārasatta okāse
 Lokavidū nāma te namo

By name He is Lokavidu.
He knows the past and the future.
Things, beings and space He knows.
To Thee the knower of Worlds, my homage be.

- 6 **Anuttaro ñāṇa sīlena**
 Yo lokassa anuttaro
 Anuttaro pūja lokasmiṃ
 Taṃ namassāmi anuttaro

By wisdom and conduct He is unrivalled.
An unrivalled One is He in the world.
In this world He is revered as an Incomparable One.
That Incomparable One, I salute.



- 7 **Sārathī sārathī devā**
 Yo lokassa susārathī
 Sārathī pūja lokasmiṃ
 Taṃ namassāmi sārathī

A charioteer, a charioteer is He of devas.
He is a charioteer to the world.
He is a respectful charioteer in this world.
That charioteer I salute.

- 8 **Dēva yakkha manussānaṃ**
 Loke agga phalaṃ dadaṃ
 Dadantaṃ damayantānaṃ
 Purisājañña te namo

To devas, yakkhas and human beings in this world,
He gives the highest fruits,
and they subdue (their defilements),
To the Exalted One, my homage be.

- 9 **Bhagavā bhagavā yutto**
 Bhagga kilesa-vāhato
 Bhaggaṃ saṃsāra muttāro
 Bhagavā nāma te namo

The Bhagava is replete with fortune.
He has destroyed all defilements.
He has crossed the ocean of samsara.
To that Bhagava, my homage be.



AṬṬHAVĪSATI BUDDHA VANDANĀ

Salutation to the Twenty Eight Buddhas.

- 1. Vande Taṇhaṅkaraṃ Buddhaṃ
Vande Medhaṅkaraṃ muniṃ
Saraṇaṅkaraṃ muniṃ vande
Dīpaṅkaraṃ jinaṃ name**

I respect Tanhankara Buddha, the wise.
I respect Medhankara Buddha, the sage.
Saranankara Buddha the sage, I respect.
Dipankara Buddha the conqueror, I respect.

- 2 Vande Koṇḍañña satthāraṃ
Vande Maṅgala nāyakaṃ
Vande Sumana sambuddhaṃ
Vande Revata nāyakaṃ**

I respect Kondanna Buddha, the teacher.
I respect Mangala Buddha, the leader.
I respect Sumana Buddha, the Fully Enlightened.
I respect Revata Buddha, the leader.



- 3 **Vande Sobhita sambuddhaṃ**
 Anomadassī muniṃ name
 Vande Paduma sambuddhaṃ
 Vande Nārada nāyakaṃ

I respect Sobhita Buddha, the Fully Enlightened.
Anomadassi Buddha the sage, I respect.
I respect Paduma Buddha, the Fully Enlightened.
I respect Narada Buddha, the leader.

- 4 **Padumuttara muniṃ vande**
 Vande Sumedha nāyakaṃ
 Vande Sujāta sambuddhaṃ
 Piyadassī muniṃ name

Padumuttara Buddha the sage, I respect.
I respect Sumedha Buddha, the leader.
I respect Sujata Buddha, the Fully Enlightened.
Piyadassi Buddha the sage, I respect.

- 5 **Atthadassī muniṃ vande**
 Dhammadassī jinaṃ name
 Vande Siddhattha satthāraṃ
 Vande Tissa mahāmuniṃ

Atthadassi Buddha the sage, I respect.
Dhammadassi Buddha the conqueror, I respect.
I respect Siddhattha Buddha, the teacher.
I respect Tissa Buddha, the great sage.



- 6 **Vande Phussa mahāvīraṃ**
Vande Vipassī nāyakaṃ
Sikhī mahāmuniṃ vande
Vande Vessabhū nāyakaṃ

I respect Phussa Buddha, the great hero.
I respect Vipassi Buddha, the leader.
Sikhi Buddha, the great sage, I respect.
I respect Vessabhu Buddha, the leader.

- 7 **Kakusandaṃ muniṃ vande**
Vande Koṇāgama nāyakaṃ
Kassapaṃ sugataṃ vande
Vande Gotama nāyakaṃ

Kakusanda Buddha the sage, I respect.
I respect Konagama Buddha, the leader.
Kassapa Buddha, the Welcome One, I respect.
I respect Gotama Buddha, the leader.

- 8 **Aṭṭhavīsati me Buddhā**
Nibbānamata dāyakā
Namāmi sirasā niccaṃ
Te maṃ rakkhantu sabbadā.

These twenty eight Buddhas,
The Givers of Deathless Nibbana.
Ever I salute with my head.
May they ever protect me.



PŪJĀ

Offerings

Offering of Light

**Ghana sārappadittena
Dīpena tamadhaṃsinā
Tiloka dīpaṃ saṃbuddhaṃ
Pūjayāmi tamo nudaṃ**

With lights brightly shining,
abolishing this gloom,
I adore the Enlightened One,
the light of the tri-world,
who dispels the darkness.

Offering of Flowers

**Vaṇṇa gandha guṇopetaṃ
Etaṃ kusuma santatiṃ
Pūjayāmi munindassa
Sirīpāda saroruhe**

This mass of flowers,
with the quality of colour and fragrance,
I offer at the sacred lotus-like feet,
of the Noble Sage.



Offering of Water

**Adhivāsetu no bhante
Pāṇīyaṃ parikappitaṃ
Anukampaṃ upādāya
Patigaṇhātu uttama**

O Lord! The Blessed One,
may this specially prepared water,
be kindly accepted by you,
out of great compassion for us.

*Offering of Food

**Adhivāsetu no bhante
Bhojanaṃ parikappitaṃ
Anukampaṃ upādāya
Patigaṇhātu uttama**

O Lord! The Blessed One,
may this specially prepared food,
be kindly accepted by you,
out of great compassion for us.

* Applicable for breakfast and lunch puja.



Offering of Medicinal Drinks

**Adhivāsetu no bhante
Gilāna paccayaṃ imaṃ
Anukampaṃ upādāya
Patigaṇhātu uttama**

O Excellent One! The Blessed One,
please accept these medicinal drinks,
as an offering to Thee,
out of great compassion for us.

Offering of Incense

**Gandha sambhāra yuttena
Dhūpenāhaṃ sugandhinā
Pūjaye pūjanīyantaṃ
Pūjā bhājana muttamaṃ**

With perfumed incense,
made from fragrant substances,
I honour the Exalted One,
worthy of respect, and worthy of offerings.



Salutation to the Three Main Objects of Veneration

**Vandāmi cetiyaṃ sabbam
Sabba ṭhānesu paṭiṭṭhitam
Sārīrika dhātu-mahābodhiṃ
Buddha-rūpaṃ sakalam sadā**

I salute every chetiya (shrine),
that stood at every place,
the bodily relics, the Great Bodhi trees,
and all images of the Buddha.

Transference of Merits to Devas

**Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā
Puññaṃ taṃ anumoditvā
Ciraṃ rakkhantu lokasāsanam**

May the deities inhabiting space and earth,
Devas and Nagas of mighty power,
share this merit and
may they long protect the world and dispensation.



Blessing to the World

**Devo vassatu kālena
Sassa-sampatti hotu ca
Phīto bhavatu loko ca
Rājā bhavatu dhammiko**

May rain fall at suitable times,
may there be bountiful harvest,
and may the world be prosperous,
may the kings be righteous.

Transference of Merits to the Departed Ones

**Idaṃ vo (me) ñātīnaṃ hotu
Sukhitā hontu ñātayo**

Let this merit accrue to our (my) departed relatives,
and may they be happy.



Aspiration

**Iminā puñña kammēna
Mā me bāla samāgamo
Sataṃ samāgamo hotu
Yāva nibbāna pattiya**

By the grace of this merit that I have acquired,
may I never follow the foolish;
but only the wise,
until I attain the final goal-Nibbana.

Forgiveness of Shortcomings

**Kāyena vācā cittaena
Pamādena mayā kataṃ
Accayaṃ khama me bhante
Bhūri-paṇṇa Tathāgata**

If by deeds, speech or thought heedlessly,
I have done any thing wrong,
forgive me, O Master!
O Teacher, most wise.



KARAṆĪYA METTA SUTTA

Discourse on Loving Kindness

Recital to Radiate Boundless Loving Kindness
to Relieve Others' Suffering

- 1 **Karaṇīyam' atthakusalena**
Yaṃ taṃ santaṃ padaṃ abhisamecca
Sakko ujū ca sūjū ca
Suvaco c'assa mudu anatimāni

He who is skilled in doing good and
who wishes to attain that state of calm
(i.e. Nibbana) should act thus.

He should be able, upright, perfectly upright,
obedient, gentle and humble.

- 2 **Santussako ca subharo ca**
Appakicco ca sallahuka-vutti
Santindriyo ca nipako ca
Appagabbho kulesu ananugiddho

Contented, easily looked after,
(i.e. not a burden to others)
with few duties, simple in livelihood.

Controlled in senses, discreet, not impudent;
Not greedily attached to families.



- 3 **Na ca khuddaṃ samācare kiñci**
 Yena viññū pare upavadeyyuṃ
 Sukhino vā khemino hontu
 Sabbe sattā bhavantu sukhittā

He should not commit any slight wrong,
So that other wise men might find fault in him.
May all beings be happy and safe,
May their hearts be wholesome.

- 4 **Ye keci paṇabhūtatti**
 Tasā vā thāvarā vā anavasesā
 Dīghā vā ye mahantā vā
 Majjhimā rassakāṇuka-thūlā

Whatsoever living beings there are,
feeble or strong, long, stout or medium,
short, small or large.

- 5 **Diṭṭhā vā yeva addiṭṭhā**
 Ye ca dūre vasanti avidūre
 Bhūtā vā sambhavesī vā
 Sabbe sattā bhavantu sukhittā

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 minded.



6 **Na paro paraṃ nikubbetha**
Nātimaññetha katthacinaṃ kañci
Byārosanā paṭighasaññā
Nāññamaññassa dukkhamiccheyya

Let not one deceive another nor despise any
person whatsoever in any place.
In anger or ill will,
let him not wish any harm to another.

7 **Mātā yathā niyaṃ puttāṃ**
Āyusā ekaputtamanurakkhe
Evampi sabbabhūtesu
Mānasā bhāvaye aparimāṇaṃ

Just as a mother would protect her
only child at the risk of her own life,
even so let him cultivate a boundless heart towards all beings.

8 **Mettañca sabba-lokasmim**
Mānasā bhāvaye aparimāṇaṃ
Uddhaṃ adho ca tiriyañca
Asambādhaṃ averaṃ asapattaṃ

Let thoughts of boundless love pervade the whole world;
abode, below and across without any obstruction,
without any hatred, without any enmity.



- 9 **Tiṭṭhaṃ caraṃ nisinno vā**
Sayāno vā yāvat'assa vigatamiddho
Etaṃ satiṃ adhiṭṭheyya
Brahmametaṃ vihāraṃ idha māhu

Whether he stands, walks, sits or lies down,
as long as he is awake,
he should develop this mindfulness.
This, they say is highest conduct here.

- 10 **Diṭṭhiñca anupagamma sīlavā**
Dassanena sampanno
Kāmesu vineyya gedhaṃ
Nahi jātu gabbhaseyyaṃ punaretī 'ti

Not falling into error,
Virtuous and endowed with insight,
he discards attachment to sensuous desires.
Truly, he does not come again;
To be conceived in a womb.



Etena saccavajjena

Sotthi te (me) hotu sabbadā

By the Truth of this word
May you (I) ever be well.

Etena saccavajjena

Sotthi te (me) hotu sabbadā

By the Truth of this word
May you (I) ever be well.

Etena saccavajjena

Sotthi te (me) hotu sabbadā

By the Truth of this word
May you (I) ever be well.



JINAPAÑJARA

The Buddha's Mansion

Recital to Overcome Sickness and Disturbances

- 1 **Jayāsana gatā vīrā**
Jetvā mārāṃ savāhiṇiṃ
Catu saccāmatarasaṃ
Ye pivimsu narāsabhā

The Heroes, having defeated the Evil One together with his army, mounted the seat of victory. These leaders of men have drunk the nectar of the Four Truths.

- 2 **Taṇhaṃkarādayo Buddhā**
Aṭṭhavīsati nāyakā
Sabbe paṭiṭṭhitā tuyhaṃ (mayhaṃ)
Matthake te (me) munissarā

May all the twenty-eight Chief Buddhas, such as Buddha Tanhamkara and other noble sages, rest on your (my) head.

- 3 **Sire paṭiṭṭhitā Buddhā**
Dhammo ca tava (mama) locane
Saṅgho paṭiṭṭhito tuyhaṃ (mayhaṃ)
Ure sabba guṇākaro

May the Buddha rest on your (my) head; the Dhamma, on your (my) eyes and the Sangha, the abode of all virtues, on your (my) shoulders.



4 **Hadaye Anuruddho ca**
Sāriputto ca dakkhiṇe
Kondaṇṇo piṭṭhi bhāgasmim
Moggallānosi vāmake

May Anuruddha rest on my (your) heart;
Sariputta on my (your) right; Kondanna, on my (your) back;
and Moggallana, on my (your) left.

5 **Dakkhiṇe savaṇe tuyhaṃ (mayhaṃ)**
Āhuṃ Ānanda Rāhulā
Kassapo ca Mahānāmo
Ubhosuṃ vāma sotake

On your (my) right ear are Ananda and Rahula,
on your (my) left are Kassapa and Mahanama.

6 **Kesante piṭṭhibhāgasmim**
Suriyo viya pabhaṅkaro
Nisinno sirisampanno
Sobhito munipuṅgavo

On your (my) back at the end of your (my) hair sits
the glorious Lord Sobhita who is radiant like the sun.

7 **Kumāra Kassapo nāma**
Maheśi citravādako
So tuyhaṃ (mayhaṃ) vadane niccaṃ
Patitṭhāsi guṇākaro

The fluent speaker, the Lord Kumara, Kassapa,
the abode of virtues, ever rest in your (my) mouth.



**8 Puṇṇo Angulimālo ca
Upāli Nanda Sīvali
Therā pañca ime jātā
Lalāṭe tilakā tava (mama)**

On your (my) forehead like Tilakas (a spot on the forehead),
are the five Theras (Noble Elders)
Punna, Angulimala, Upali, Nanda and Sivali.

**9 Sesāsīti mahātherā
Vijitā jiṇa sāvaka
Jalantā sīla tejena
Aṅgamaṅgesu saṇṭhitā**

The other eighty Theras (Noble Elders),
the victorious disciples of the Conqueror,
shining in the glory of their virtues,
rest on the other parts of your (my) body.

**10 Ratanam purato āsi
Dakkhiṇe metta suttaṃ
Dhajaggam pacchato āsi
Vāme Aṅgulimālakaṃ**

The Jewel Discourse is in your front,
on your right is the Discourse of Loving-kindness,
the Dhajagga (Banner Discourse) is on your back,
on your left is the Angulimala Discourse.



**11 Khanda Mora parittañca
Āṭānāṭiya suttakaṃ
Ākāśacchadanaṃ āsi
Sesā pākāra saññitā**

The protective Discourse Khanda,
Mora and Atanatiya are like the heavenly vault.
The others are like a rampart around you.

**12 Jinānā bala saṃyutte
Dhamma pākāralaṅkate
Vasato te (me) catu kiccena
Sadā sambuddha pañjare**

Ever engaged in four duties,
do you (I) dwell in the Buddha Mansion,
fortified by the commanding power of the Buddha
and decked by the wall of the Dhamma.

**13 Vāta pittādi sañjātā
Bāhirajjhattu paddavā
Asesā vilayaṃ yantu
Ananta-guṇa tejasā**

By the power of their infinite virtues,
may all internal and external troubles caused by wind,
bile, etc, come to naught without exception.



- 14 **Jinapañjara majjhatṭhaṃ**
Viharantaṃ mahītale
Sadā pārentu tvaṃ (maṃ) sabbe
te mahā purisā sabhā

May all those great personages ever protect you (me)
who are dwelling in the centre of the Buddha Mansion
on this earth.

- 15 **Iceva maccanta kato surakkho**
Jinānubhāvena jitūpapaddavo
Buddhānubhāvena hatāri saṅgho
Carāhi (Carāmi) Saddhamma'nubhāva pālito

Protecting yourself (myself) thus in every way,
over-coming all troubles by the power of the Conqueror,
may you (I), by the grace of the Buddha,
defeat the hostile army of passions and live guarded by the
Sublime Dhamma.

- 16 **Iceva maccanta kato surakkho**
Jinānubhāvena jitūpapaddavo
Dhammānubhāvena hatāri saṅgho
Carāhi (Carāmi) Saddhammanubhāva pālito

Protecting yourself (myself) thus in every way,
over-coming all troubles by the power of the Conqueror,
may you (I), by the grace of the Dhamma,
defeat the hostile army of passions and live guarded by the
Sublime Dhamma.



- 17 **Iceva maccanta kato surakkho**
Jinānubhāvena jitūpapaddavo
Saṅghānubhāvena hatāri saṅgho
Carāhi (Carāmi) saddhammanubhāva pālito

Protecting yourself (myself) thus in every way,
over-coming all troubles by the power of the Conqueror,
may you (I), by the grace of the Sangha,
defeat the hostile army of passions and live guarded by the
Sublime Dhamma.

- 18 **Saddhamma pākāra parikkhitosi (tosmi)**
Aṭṭhāriyā aṭṭha disāsu honti
Etthantare aṭṭha nāthā bhavanti
Uddhaṃ vitānaṃ va jinā ʈhitā te (me)

You are (I am) surrounded by the rampart of the Sublime Dhamma.
The eight Ariyans are in the eight directions.
The eight benefactors are in the intermediate directions.
The Buddha stands like a canopy above you (me).



- 19 **Bhindanto mārasenaṃ tava (mama)
sirasi t̥hito Bodhi mārūya satthā
Moggallānosi vāme vasati bhujaṭhaṭe
Dakkhine Sāriputto
Dhammo majjhe urasmiṃ viharati bhavato
Mokkhato morayoniṃ
Sampatto bodhisatto caraṇa yugagato
Bhānu lokeka nātho**

The Buddha who sat at the foot of the Bodhi Tree and defeated the army of the Evil One, stands on your (my) head.
The Venerable Moggallana is on your (my) left shoulder and Venerable Sariputta is on your (my) right shoulder.
The Dhamma dwells in your (my) heart's core.
The Bodhisatta, who was born a peacock and who shines as the sole benefactor of the world, shields your (my) feet.

- 20 **Sabbāva maṅgala mupaddava dunnimittaṃ
Sabbīti roga gahadosa masesa nindā
Sabbantarāya bhaya dussupinaṃ akantaṃ
Buddhānubhāva pavarena payātu nāsaṃ**

All ill-luck, misfortunes, ill-omens, diseases, evil planetary influences, blame, dangers, fears, undesirable dreams; may they all come to naught by the power of the Noble Buddha.



- 21 **Sabbāva maṅgala mupaddava dunnimittam
Sabbīti roga gahadosa masesa nindā
Sabbantarāya bhaya dussupinam akantam
Dhammānubhāva pavarena payātu nāsam**

All ill-luck, misfortunes, ill-omens, diseases, evil planetary influences, blame, dangers, fears, undesirable dreams; may they all come to naught by the power of the Noble Dhamma.

- 22 **Sabbāva maṅgala mupaddava dunnimittam
Sabbīti roga gahadosa masesa nindā
Sabbantarāya bhaya dussupinam akantam
Saṅghānu bhāva pavarena payātu nāsam**

All ill-luck, misfortunes, ill-omens, diseases, evil planetary influences, blame, dangers, fears, undesirable dreams; may they all come to naught by the power of the Noble Sangha.



JAYA PARITTA

Recital for Invoking Victory

Siri dhiti mati tejo

By the greatest Supernormal Power and Immense Virtues

Jaya siddhi mahiddhi mahā guṇaṃ

attained through the glory and wisdom

Aparimita puññādhikārassa

which is the means for steadfastness, knowledge, might
and triumph of limitless merits

Sabbantarāya Nivāraṇa samatthassa

of Him who is able to counter all dangers

Bhagavato Arahato Sammā Sambuddhassa.

The Exalted One, the Arahant, the self – Enlightened One.

Dvattiṃsa mahā purisa lakkhaṇānubhāvena,

By the power of His 32 personality characteristics,

Asītyānubbyañjana lakkhaṇānubhāvena,

by the power of His 80 subsidiary symbols,

Aṭṭhuttarasata maṅgala lakkhaṇānubhāvena,

by the power of His 108 auspicious signs,

Chabbanṇa raṇsyānubhāvena,

by the power of His six-fold rays,



Ketumālānubhāvena,
by the power of His halos,

Dasa pāramitānubhāvena,
by the power of His ten perfections,

Dasa upa pāramitānubhāvena,
by the power of His ten subsidiary perfections,

Dasa paramattha pāramitānubhāvena.
by the power of His ten absolute perfections.

Sīla samādhi paññānubhāvena,
by the power of His morality, concentration and wisdom,

Buddhānubhāvena,
by the power of the Buddhahood,

Dhammānubhāvena,
by the power of the Dhamma,

Saṅghānubhāvena,
by the power of Sangha,

Tejānubhāvena,
by the power of His glory,

Iddhyānubhāvena,
by the power of His miraculous efficacy,

Balānubhāvena,
by the power of His vigour,

Ñeyya dhammānubhāvena,
by the power of His knowledge,



**Tuyhaṃ sabba roga soka upaddava,
dukkha domanassu pāyāsā vinassantu.**

May all your sicknesses, sorrows, troubles, grief and
despairs be eradicated.

Sabba saṃkappā tuyhaṃ samijjhantu.
May all your expectations be fulfilled.

Dīghāyuko hotu.
May you live long.

Sata vassa jīvena samaṅgiko hotu sabbadā.
May you live a hundred years.

**Ākāsa pabbata vana bhūmi Taṭṭāka gaṅgā, Mahāsamudda
ārakkhaka Devatā, sadā tumhe anurakkhantu,**
May all the devas who protect the skies, mountains, forests,
lakes, rives, seas and oceans protect you for ever.

Sabba Buddhānubhāvena,
by the power of all the Buddhas,

Sabba Dhammānubhāvena,
by the power of all the Dhammas,

Sabba Saṅghānubhāvena,
by the power of all the Sanghas,

Buddha ratanaṃ, Dhamma ratanaṃ, Saṅgha ratanaṃ,
the Buddha Gem, the Dhamma Gem, the Sangha Gem,



**Tuyhaṃ sabba roga soka upaddava,
dukkha domanassu pāyāsā vinassantu.**

May all your sicknesses, sorrows, troubles, grief and
despairs be eradicated.

Sabba saṃkappā tuyhaṃ samijjhantu.
May all your expectations be fulfilled.

Dīghāyuko hotu.
May you live long.

Sata vassa jīvena samaṅgiko hotu sabbadā.
May you live a hundred years.

**Ākāsa pabbata vana bhūmi Taṭṭaka gaṅgā, Mahāsamudda
ārakkhaka Devatā, sadā tumhe anurakkhantu,**
May all the devas who protect the skies, mountains, forests,
lakes, rives, seas and oceans protect you for ever.

Sabba Buddhānubhāvena,
by the power of all the Buddhas,

Sabba Dhammānubhāvena,
by the power of all the Dhammas,

Sabba Saṅghānubhāvena,
by the power of all the Sanghas,

Buddha ratanaṃ, Dhamma ratanaṃ, Saṅgha ratanaṃ,
the Buddha Gem, the Dhamma Gem, the Sangha Gem,



Tiṇṇaṃ ratanānaṃ ānubhāvena.

the power of the Three Gems.

Caturāsīti sahassa dhammakkhandhānubhāvena,

by the power of Eight-four-thousand-fold teaching,

Piṭakattayānubhāvena,

by the power of the Three Baskets,

Jinasāvakaṇubhāvena,

by the power of the Buddha's disciples,

sabbe te(me) rogā, sabbe te (me) bhayā,

sabbe te (me) antarāyā, sabbe te (me) upaddavā,

sabbe te (me) dunnimittā,

sabbe te (me) avamaṅgalā vinassantu.

May all the diseases, all the dangers, all the menaces, all the inauspicious, all evil events of yours (mine) be eradicated.

Āyu vaḍḍhako, dhana vaḍḍhako, siri vaḍḍhako,

May you live long, may your wealth increase, may your happiness increase,

yasa vaḍḍhako, bala vaḍḍhako, vaṇṇa vaḍḍhako,

may your glory increase, may your power increase, may your complexion be bright,

Sukha vaḍḍhako hotu sabbadā.

may your comfort increase for ever.



**Dukkha roga bhayā verā sokā sabbe upaddavā
Anekā antarāyāpi vinassantu ca tejasā**

May your sorrows, your illnesses, your hate, your despair, your dangers, your menaces get eradicated.

**Jaya siddhi dhanam lābham
Sotthi bhāgyam sukham balaṃ
Siriāyu ca vaṇṇo ca
Bhogam vuddhī ca yasavā
Sata vassa ca āyu ca,
Jīva siddhi bhavantu te (me)**

May your victory, wealth, profit, happiness, power, glory, complexion possessions thrive.
May you (I) be glorious.
May your (my) life increase to a hundred years.



METTĀ BHĀVANĀ

Meditation on Loving - Kindness

May I be free from suffering and enmity.

May my teachers be free from suffering and enmity.

May my parents and families be free from suffering and enmity.

May my friends and enemies be free from suffering and enmity.

May my neighbours be free from suffering and enmity.

May all people in this country be free from suffering and enmity.

May all the people in the world be free from suffering and enmity.

May all the beings in the universe be free from suffering and enmity.



PUÑÑĀNUMODANĀ

Dedication of Merits

- 1 **Iminā puñña kammaṇa**
Upajjhāyā guṇuttarā
Ācariyūpakārā ca
Mātā pitā piyā mamaṃ

May my virtuous Teachers, helpful guardians,
my dear Mother and Father,
share the merits accrued by this meritorious deed.

- 2 **Suriyo Candimā rājā**
Guṇavantā narāpi ca
Brahmā mārā ca indā ca
Lokapālā ca devatā

Suriyo Candima Kings (the Devas of Sun and Moon),
all virtuous humans,
Brahmas, Devas, Maras and Indras (Tavatimsa Devas)
the world protecting Devas, share these merits.

- 3 **Yamo mittā manussā ca**
Majjhattā verikāpi ca
Sabbe sattā sukhī hontu
Puññāni pakatānime

Yama (Devas of the under-world), humans,
Friends, indifferent ones, enemies too,
may all beings be happy,
Sharing my merits.



**4 Sukhañca tividhaṃ dentu
Khippaṃ pāpetha vo mataṃ
Iminā puñña kammaena
Iminā uddisena ca**

May the triple happiness be attained,
(now, after death and finally Nibbana) soon,
may all gain release from evil, by this
meritorious deed and through this chanting.

**5 Khippāhaṃ sulabhe ceva
Taṇhūpādāna chedanāṃ
Ye santāne hīnā dhammā
Yāva nibbānato mamaṃ**

Soon indeed, may I attain the good,
to cutting off craving's attachments and
all that is low in this flux of being,
while striving for my deliverance.

**6 Nassantu sabbadā yeva
Yattha jāto bhava bhava
Uju citto sati pañño
Sallekho viriya vāminā**

May such evils everywhere be destroyed,
as one reappears, existence after existence,
may there be the upright mind,
thoughtful wisdom, purity and energy.



7 **Mārā labhantu nokāsaṃ
kātuñca viriyesume
Buddhādī pavaro nātho
Dhammo nātho varuttamo**

May evils (personified as Maras) never approach me,
through the power as the Buddha's Dhamma* lofty Supreme.

8 **Nātho Pacceka Sambuddho
Saṅgho nāthottaro mamaṃ
Tesottamānu bhāvena
Māro-kāsaṃ labhantu mā**

The Lordly-lone Buddhas,
any of highest Lords of the Ariya Sangha,
even unto my final birth.
May evil never approach me.



Imāya Dhammānudhamma patipattiyā Buddhāṃ pūjemi
Having practiced the Dhamma, I offer it to the Buddha.

Imāya Dhammānudhamma patipattiyā Dhammāṃ pūjemi
Having practiced the Dhamma, I offer it to the Dhamma.

Imāya Dhammānudhamma patipattiyā Saṅghāṃ pūjemi
Having practiced the Dhamma, I offer it to the Sangha.

