

SBS

MONK TRAINING CENTRE



PĀLI – ENGLISH RECITATIONS

WE WISH TO GRATEFULLY ACKNOWLEDGE

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To Ven. Aggacitta, the founding father of Sāsanārakkha Buddhist Sanctuary.



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THE PURPOSE AND BENEFITS OF DHAMMA RECITATION

HISTORICAL BACKGROUND

After finding the path to Nibbāna and some initial hesitation, the Buddha eventually decided to teach the Dhamma (MN 26). His first disciples were a group of five monks, and with the awakening of one of them, Ven. Kondañña, the wheel of Dhamma was set in motion (SN 56.11). While these first disciples were taught exclusively by the Buddha himself, soon afterwards more monks reached the final goal. Subsequently, the Buddha sent out the first sixty arahants to teach the Dhamma (SN 4.5, Vin I 20).

During that period of ancient India, religious texts were not commonly written down. Even for ordinary education purposes, much of learning happened through memorization. Writing was known, but not used for religious texts, which were considered too sacred to be put into writing; instead they were meant to live in the minds and hearts of those who saw their value, and made the effort to memorize them. In particular, the Brahmins were known for their proficiency in committing their corpus of sacred texts (Vedas) to memory and maintaining them with astonishing accuracy. Part of their skill was because memorization started from a young age. Likewise, also among Buddhist literature we can discover clear traces of standardization and mnemonic tools, meant to aim at precision and ease of memorization. In particular, the use of recurring stock phrases makes it easier to commit a large corpus of texts to memory (Anālayo, 2019). There is not much known about the specific teachings shared with their audience by the first arahants who went out to teach the Dhamma. But it is fair to assume that they took some teachings with them that were quick and easy to memorize. Let us also keep in mind

that the Buddha's disciples were not trained in memorization from childhood, but they came from all walks of life – young, old, educated, uneducated etc. Only when the Saṅgha had grown in size, monks who specialized in recitation travelled all across India and shared the Buddha's teachings with those eager to hear them (Analayo, 2007).

A passage that illustrates the Buddha's own appreciation of recitation, stems from a conversation he had with a monk who had gone forth just recently. Without warning, the Buddha asked him to recite the Dhamma. The newly ordained monk recited the *Aṭṭhakavagga* of *Sutta Nipāta* (Ud 5.6). The Buddha was pleased and complimented the monk on his skills in remembering, keeping in mind, articulating, and enunciating of the texts. This highlights the Buddha's emphasis that recitation of the Dhamma was meant to be taken seriously by his ordained disciples.

THE WORKINGS OF MEMORY

Contrary to our intuition, memory doesn't function like a scanner or copying machine that takes a snapshot of a text or event, and saves it for later. Instead, anecdotal memory works in a relational manner. The brain links new information that comes in through any of the 6 senses to concepts based on memories from the past. We understand new things in the light of and from the perspective of, things we already know. Likewise, we "remember" old things through the filters and biases of the present moment. "It is so natural for us to draw inferences that we are often unaware that we are doing so" (Eysenck, 1992/2005). This interplay between past and present gives our memory great potential due to its seemingly unlimited storage capacity (the Buddha recollected past lifetimes from memory, counting back many eons of world-dissolution and evolution). At the same time the interplay between past and future also makes memory inherently unreliable.

The importance of memorization becomes clear. When texts are memorized literally, personal interpretation, biases, and coloring by past experiences and present circumstances have less opportunity to distort the information. Accuracy increases further if one checks the memorized text from time to time against its original, either by looking it up in a book, or by reciting it together with others. In this way, differences become apparent straight away.

BENEFITS FOR DHAMMA PRACTICE

In the discourses the Buddha is often depicted taking up the topic of recitation when explaining to monks the proper way to learn the teachings, and make these teachings the vessel within which their own wisdom can grow.

“He has learned much, remembers what he has learned, and accumulates what he has learned. Those teachings that are good in the beginning, good in the middle, and good in the end, with the right meaning and phrasing, which proclaim the perfectly complete and pure spiritual life—such teachings as these he has learned much of, retained in mind, recited verbally, mentally investigated, and penetrated well by view. This is the fifth cause and condition that leads to obtaining the wisdom fundamental to the spiritual life.” (AN 8.2)

In our current age of easy access to Dhamma books and multimedia, it is tempting to conclude that it is now not necessary anymore to memorize large bodies of texts for the sake of transmission, and that we are blessed with being able to read any of the texts at any time, from the comfort of our kuṭīs or living

rooms. And blessed we are. Nonetheless, even today recitation has benefits that surpass a regular silent reading, or even reading out loud. As seen in the earlier quote from AN 8.2, the Buddha doesn't only speak about reciting the texts verbally, but also about retaining them in mind and investigating them mentally. This is where the benefits of recitation differ considerably from a more casual reading, or even from chanting with the help of a chanting book. By means of committing a text to memory, it lives much deeper within our minds and hearts, and we can reflect on it whenever and wherever. Dhamma that has been well-memorized, is always with us. The Buddha's teachings become accessible in the very moment we need them, without having to resort to a book or an e-reader.

Since right view is the first of eight path factors, it is of great importance for progress on the path to keep the Buddha's teachings in mind, so that they can shape our views and perspectives; keeping them in memory in such a way that one can recognize their relevance whenever a situation in life occurs when they naturally manifest, or when they are most necessary to intentionally recall. Recollecting the Dhamma can be a source of joy, leading to rapture, tranquility, and concentration (AN 5.26); factors that can lead to a pleasant abiding here and now. It can also help to abandon drowsiness (AN 7.61), as well as speed up recovery from illness (AN 46.16), or to achieve a stage of awakening even on the deathbed (AN 6.56). In fact, reciting the Dhamma is one of the occasions that can even bring about the attainment of final liberation (AN 5.209).

Though the bhikkhu Phagguṇa's mind had not yet been liberated from the five lower fetters, when he heard that discourse on the Dhamma, his mind was liberated from them... There are, Ānanda, these six benefits of

listening to the Dhamma at the proper time and of examining the meaning at the proper time. What six?

...At the time of his death he does not get to see the Tathāgata or a disciple of the Tathāgata, but he ponders, examines, and mentally inspects the Dhamma as he has heard it and learned it. As he does so, his mind is liberated in the unsurpassed extinction of the acquisitions. This is the sixth benefit of examining the meaning at the proper time. (AN 6.56)

In whatever way the bhikkhu recites the Dhamma in detail as he has heard it and learned it, in just that way, in relation to that Dhamma, he experiences inspiration in the meaning and inspiration in the Dhamma. As he does so, joy arises in him. When he is joyful, rapture arises. For one with a rapturous mind, the body becomes tranquil. One tranquil in body feels pleasure. For one feeling pleasure, the mind becomes concentrated. This is the third basis of liberation, by means of which, if a bhikkhu dwells heedful, ardent, and resolute, his unliberated mind is liberated, his undestroyed taints are utterly destroyed, and he reaches the as-yet-unreached unsurpassed security from bondage. (AN 5.26)

BENEFITS FOR REBIRTH

The depth to which a mere reading of a text penetrates the mind is incomparable to the depth of penetration that can be reached by memorization. AN 4.191 depicts monks who have memorized

the Dhamma, and are subsequently reborn in circumstances with little to no exposure to the Dhamma. The sutta explains that not only in the current lifetime, but also in lifetimes ahead, the Dhamma that was previously memorized will be accessible and has a chance of being re-cognized or recollected even in a future existence e.g. as a deva. With the support of sufficient samādhi, not only can the Dhamma be recollected, but even one's past lives:

“Bhikkhus, ...there are things to be realized by memory... And what are the things to be realized by memory? One's past abodes are to be realized by memory. “ (AN 4.189)

BENEFITS FOR COMMUNAL LIFE

Besides being of benefit to one's own Dhamma practice, and the benefits during future lifetimes, reciting the Dhamma can also have a beneficial impact on communal life. Accounts of the Buddhist councils (saṅgīti; lit. recitations) show that in all these important events of Buddhist history when the extended Saṅgha family came together, the DhammaVinaya was recited together, as a means to remain aligned with the teachings and to foster harmony. Another feature of monastic communities, is the fortnightly recitation of the Pātimokkha, the rules for monks and nuns, in which even solitary forest dwellers, including Arahants, were encouraged by the Buddha to participate, as they make their way to the nearest monastery in the vicinity (Mv.II.5.5). Recitation of texts together, not only strengthens a common commitment to the DhammaVinaya, but in a more practical way, it also enables monastics to chant in sync and unison when reciting together with their spiritual companions. This not only increases clarity and understanding, but also makes for a more homogenous listening experience at a ceremony, e.g. a dāna or bereavement service conducted by monastics. Furthermore, the

coming together frequently to recite the Buddha's teachings, creates a bond among Saṅgha members and leads to their growth. This would not be so if everyone recites the Dhamma on his own.

And what, bhikkhus, are the seven principles of non-decline? (1) "As long as the bhikkhus assemble often and hold frequent assemblies, only growth is to be expected for them, not decline. (2) "As long as the bhikkhus assemble in harmony, adjourn in harmony, and conduct the affairs of the Saṅgha in harmony, only growth is to be expected for them, not decline. (AN 7.23)

RECITATION AMONG MONASTICS

While it is not uncommon in our current time and age that teachers share the Dhamma without any reference to the Buddha or his teachings, in the Buddha's time the teachings were passed on from teacher to disciple by means of recitation. The Vinaya texts explain that *"if the preceptor wants one to recite [C: memorize passages of Dhamma or Vinaya], one should recite. If he wants to interrogate one [C: on the meaning of the passages], one should answer his interrogation."* (Cv.VIII.12.2-11)

BMC I mentions that the Vibhaṅga to Pācittiya 4 lists four ways in which a person might be trained to be a reciter of a text:

1. The teacher and student recite in unison, i.e. beginning together and ending together.
2. The teacher begins a line, the student joins in, and they end together.
3. The teacher recites the beginning syllable of a line together with the student, who then completes it alone.

4. The teacher recites one line, and the student recites the next line alone.

In order for a monk to be free from dependence (nissaya) on a teacher, *“he must be learned and intelligent, knowing both Pāṭimokkhas ... and must have been ordained as a bhikkhu for at least five years” (Mv.I.53.5-13).*

The Commentary says that a learned bhikkhu must have memorized:

- Both Pāṭimokkhas (for the bhikkhus and bhikkhunīs).
- The Four Bhāṇavāras — a set of auspicious chants that are still regularly memorized in Sri Lanka as the Mahā-pirit poṭha.
- A discourse that is helpful as a guide for sermon-giving.
- Three kinds of anumodanā (rejoicing in the merit of others) chants: for meals; for auspicious merit-making ceremonies, such as blessing a house; and for non-auspicious ceremonies, i.e. any relating to a death.

Lastly, when monastics from other sects wanted to become monks in the Buddha’s dispensation, they typically had to undergo a four-month probation period. However, *“a probationer fails in his probation and is not to be accepted ... if he does not have a keen desire for recitation.” (Mv.I.38.5-10)*

Once again, we can see the immense emphasis that was placed on memorization and recitation, starting already during the Buddha’s own ministry, and having continued all the way to the 21st century, where we can still find monks who are able to memorize the entirety of the Tipiṭaka.

WHAT TO RECITE

While recitation and memorization of the Dhamma yields several benefits, and one may be committed to dedicate some amount of time to this worthwhile endeavor, one important task remains. Given the limited amount of texts one may be able to memorize and maintain in memory, the task is: the selection of texts for recitation and memorization, there being such a vast amount of teachings that the Buddha left behind. What is essential - what is secondary? Once again, we are in the fortunate situation that the Buddha himself gave guidance in what he regarded as the core teachings. In MN 104 the Buddha points to a set of 37 teachings, commonly known as the “Wings of Awakening” (*bodhipakkhiyā dhammā*). Included in these 37 Dhammas are the four foundations of mindfulness, the four right strivings, the four bases of spiritual power, the five faculties, the five powers, the seven factors of awakening, and the noble eightfold path. (DN 16). Other teachings that are commonly held in high esteem are the Discourse on Setting in Motion the Wheel of Dhamma (*Dhammacakkappavattanasutta*), the Gradual Training, and The Dhamma in Brief. All of these are teachings that can help the earnest practitioner to gain an overview of the Dhamma and one’s path to liberation. Practicing accordingly, further recollection and recitation of such teachings also helps to correctly assess one’s own progress on the path.

Besides these general teachings, the Buddha also went into great depth in explaining the most profound doctrines, some of which are related to the conceptual framework surrounding the practice, while others are directly related to formal meditation. Early sermons that stand out in this context are the Discourse on the Characteristics of Not-Self (*Anatta-lakkhaṇa Sutta*), the Fire Sermon (*Āditta-Pariyāya Sutta*), the Buddha’s First and Final Words, Mindfulness of Breathing, and Dependent Origination. All of these are profound, deep teachings that highlight key

aspects of the path to awakening. These are teachings that are good to memorize and recite again and again (AN 10.48), allowing their deep meaning to gradually seep into our hearts.

From these profound teachings we can take a step back to the practical, day-to-day perceptions that the Buddha specifically recommended to be frequently reflected upon. In this category we find the 5 and 10 Subjects for Frequent Recollection, also the Reflections on The Four Requisites, and a separate reflection on The Repulsiveness of Food. Recollection of Impermanence, The 3 Characteristics, and The Thirty-Two Body Parts are also frequently mentioned in the discourses. Perceptions that are closely related to the 2nd path factor of the noble eightfold path, i.e. right thought (*sammā saṅkappa*), are the *Mettasutta* and The Divine Abidings. Perceptions that arouse the four *Brahmavihāras* can seamlessly lead the practitioner towards the 8th path factor, *sammā samādhi*. At times when energy is lacking, however, chants that inspire, motivate, or arouse urgency, can be used to heat up and revitalize the practice. This is where *Striving According to the Dhamma*, *The Burdens*, *Respect for the Dhamma*, and the *Miscellaneous Verses* can come to the rescue.

Lastly, this *Recitation Book* also includes passages that illuminate how to establish good relations among fellow practitioners, such as the *Principles of Cordiality*, *Principles of Non-Divide*, and *The Four Great References*. Also included are chants that monks commonly perform as services to the laity, such as *Anumodanā*, *Sharing of Merits*, and *Funeral Chants*.

To summarize, memorization of the Dhamma and group recitation fulfill a variety of different purposes and benefits, ranging all the way from the mundane aspects such as the ability to recite in unison, the fostering of communal harmony, all the way to the attainment of final liberation.

HOW TO RECITE

See chapter “Pāli Phonetics & Pronunciation” in the Appendix

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MORNING

CHANTING

DEDICATION OF OFFERINGS

[Yo so] bhagavā araham sammāsambuddho

To the Blessed One the Worthy One² who fully attained Perfect Enlightenment

Svākkhāto yena bhagavatā dhammo

To the Teaching which he expounded so well

Supaṭipanno yassa bhagavato sāvakaśaṅho

And to the Blessed One's disciples who have practised well

Tam-mayaṃ bhagavantam sadhammam sasaṅgham

To these the Buddha the Dhamma and the Saṅgha

Imehi sakkārehi yathāraham āropitehi abhipūjayāma

We render with offerings our rightful homage

Sādhu no bhante bhagavā sucira-parinibbutopi

It is well for us that the Blessed One

Having attained liberation

Pacchimā-janatānukampa-mānasā

Still had compassion for later generations

Ime sakkāre duggata-paṇṇākāra-bhūte paṭiggaṇhātu

May these simple offerings be accepted

Amhākaṃ dīgharattam hitāya sukhāya

For our long-lasting benefit and for the happiness it gives us

[Arahant] sammāsambuddho bhagavā

The Worthy One the Perfectly Enlightened and Blessed One

Buddham bhagavantam abhivādemi

I render homage to the Buddha the Blessed One (Bow)

[Svākkhāto] bhagavatā dhammo

The Teaching so completely explained by him

Dhammam namassāmi

I bow to the Dhamma (Bow)

[Supaṭipanno] bhagavato sāvakaśaṅho

The Blessed One's disciples who have practised well

Śaṅgham namāmi

I bow to the Śaṅgha (Bow)

PRELIMINARY HOMAGE

[Handa mayam buddhassa bhagavato pubbabhāga-namakāram
karomase]

[Now let us pay preliminary homage to the Buddha]

Namo tassa bhagavato arahato sammāsambuddhassa [3x]

Homage to the Blessed Worthy and Perfectly Enlightened One[3x]

HOMAGE TO THE BUDDHA

[Handa mayam buddhābhitthutim karomase]

[Now let us recite in praise of the Buddha]

Yo so tathāgato araham sammāsambuddho

The Tathāgata is the Worthy One the Perfectly Enlightened One

Vijjācaraṇa-sampanno

He is impeccable in conduct and understanding

Sugato

The Accomplished One

Lokavidū

The Knower of the Worlds

Anuttaro purisadamma-sārathi

He trains perfectly those who wish to be trained

Sathā deva-manussānam

He is teacher of gods and humans

Buddho bhagavā

He is awake and holy

Yo imam lokam sadevakam samārakam sabrahmakam

In this world with its gods' demons and kind spirits

Sassamaṇa-brāhmaṇim pajam sadeva-manussam sayam abhiññā
sacchikatvā pavedesi

Its seekers and sages' celestial and human beings

He has by deep insight revealed the truth

Yo dhammam desesi ādi-kalyāṇam majjhe-kalyāṇam pariyosāna-
kalyāṇam

He has pointed out the Dhamma

Beautiful in the beginning

Beautiful in the middle

Beautiful in the end

Sāttam̐ sabyañjanam̐ kevala-paripuṇṇam̐ parisuddham̐ brahma-
cariyam̐ pakāsesi

He has explained the holy life of complete purity³

In its essence and conventions

Tam-aham̐ bhagavantam̐ abhipūjayāmi tam-aham̐ bhagavantam̐
sirasā namāmi

I chant my praise to the Blessed One

I bow my head to the Blessed One

(Bow)

HOMAGE TO THE DHAMMA

[Handa mayaṃ dhammābhitthutīm karomase]

[Now let us recite in praise of the Dhamma]

Yo so svākkhāto bhagavatā dhammo

The Dhamma is well-expounded by the Blessed One

Sandiṭṭhiko

Apparent here and now

Akāliko

Timeless

Ehipassiko

Encouraging investigation

Opanayiko

Leading inwards

Paccattaṃ veditabbo viññūhi

To be experienced individually by the wise

Tam-ahaṃ dhammaṃ abhipūjayāmi tam-ahaṃ dhammaṃ sirasā
namāmi

I chant my praise to this teaching

I bow my head to this truth

(Bow)

HOMAGE TO THE SAṄGHA

[Handa mayaṃ saṅghābhitthutim karomase]

[Now let us recite in praise of the Saṅgha]

Yo so supaṭipanno bhagavato sāvakaśaṅho

They are the Blessed One's disciples who have practised well

Ujupaṭipanno bhagavato sāvakaśaṅho

Who have practised directly

Ñāyapaṭipanno bhagavato sāvakaśaṅho

Who have practised correctly⁴

Sāmīcipaṭipanno bhagavato sāvakaśaṅho

Who have practised properly⁵

Yadidaṃ cattāri purisayugāni aṭṭha purisapuggalā

That is the four pairs the eight kinds of Noble Beings

Esa bhagavato sāvakaśaṅho

These are the Blessed One's disciples

Āhuneyyo

Such ones are worthy of gifts

Pāhuneyyo

Worthy of hospitality

Dakkhiṇeyyo

Worthy of offerings

Añjali-karaṇīyo

Worthy of respect

Anuttaraṃ puññaakkhettaṃ lokassa

*They give occasion for incomparable goodness to arise in the
world*

Tam-ahaṃ saṅghaṃ abhipūjayāmi tam-ahaṃ saṅghaṃ sirasā
namāmi

I chant my praise to this Saṅgha

I bow my head to this Saṅgha

(Bow)

SALUTATION TO THE TRIPLE GEM

[Handa mayaṃ ratanattaya-pañāma-gāthāyo ceva saṃvega-
parikittana-pāṭhañca bhaṇāmase]

*[Now let us recite our salutation to the Triple Gem and a passage to
arouse urgency]*

Buddho susuddho karuṇāmahaṇṇavo

The Buddha absolutely pure with ocean-like compassion

Yoccanta-suddhabbara-ñāṇa-locano

Possessing the clear sight of wisdom

Lokassa pāpūpakilesa-ghātako

Destroyer of worldly self-corruption

Vandāmi buddhaṃ ahaṃ-ādarena taṃ

Devotedly indeed' that Buddha I revere

Dhammo padīpo viya tassa satthuno

The Teaching of the Lord like a lamp

Yo maggapākāmata-bheda-bhinnako

Illuminating the path and its fruit' the Deathless

Lokuttaro yo ca tadattha-dīpano

And which is beyond the conditioned world⁶

Vandāmi dhammaṃ ahaṃ-ādarena taṃ

Devotedly indeed' that Dhamma I revere

Saṅgho sukhettābhyati-khetta-saññito

The Saṅgha the most fertile ground for cultivation

Yo diṭṭhasanto sugatānubodhako

Those who have realised peace

Awakened after the Accomplished One
Lolappahīno ariyo sumedhaso
Noble and wise 'all longing abandoned
Vandāmi saṅghaṃ aham-ādarena taṃ
Devotedly indeed' that Saṅgha I revere
Iccevam-ekantabhipūja-neyyakam Vatthuttayam
vandayatābhisankhataṃ
This salutation should be made
To that triad⁷ which is worthy
Puññaṃ mayā yaṃ mama sabbupaddavā
Through the power of such good action
Mā hontu ve tassa pabhāvasiddhiyā
May all obstacles disappear
Idha tathāgato loke uppanno araham sammāsambuddho
One who knows things as they are 'has arisen in this world⁸
And he is an Arahant 'a perfectly awakened being
Dhammo ca desito niyyāniko upasamiko parinibbāniko
sambodhagāmī sugatappavedito
Teaching the way leading out of delusion⁹
Calming and directing to perfect peace
And leading to enlightenment
This way he has made known
Mayantaṃ dhammaṃ sutvā evaṃ jānāma
Having heard the Teaching we know this
Jātipi dukkhā
Birth is dukkha

Jarāpi dukkhā

Ageing is dukkha

Maraṇampi dukkhaṃ

And death is dukkha

Soka-parideva-dukkha-domanassupāyāsāpi dukkhā

Sorrow lamentation pain displeasure¹⁰ and despair are dukkha

Appiyehi sampayogo dukkho

Association with the disliked is dukkha

Piyehi vippayogo dukkho

Separation from the liked is dukkha

Yampicchaṃ na labhati tampi dukkhaṃ

Not attaining one's wishes is dukkha

Saṅkhittena pañcupādānakkhandhā dukkhā

In brief' the five aggregates of clinging are dukkha¹¹

Seyyathīdaṃ

These are as follows

Rūpūpādānakkhandho

Attachment to form

Vedanūpādānakkhandho

Attachment to feeling

Saññūpādānakkhandho

Attachment to perception

Saṅkhārūpādānakkhandho

Attachment to volitional formations¹²

Viññāṇūpādānakkhandho

Attachment to consciousness¹³

Yesam̐ pariññāya

For the complete understanding of this

Dharamāno so bhagavā

The Blessed One in his lifetime

Evaṃ bahulaṃ sāvake vineti

Frequently instructed his disciples in just this way

Evaṃ bhāgā ca panassa bhagavato sāvakesu anusāsanī bahulā
pavattati

In addition he further instructed

Rūpaṃ aniccaṃ

Form is impermanent

Vedanā aniccā

Feeling is impermanent

Saññā aniccā

Perception is impermanent

Saṅkhārā aniccā

Volitional formations are impermanent¹⁴

Viññāṇaṃ aniccaṃ

Consciousness is impermanent¹⁵

Rūpaṃ anattā

Form is not-self

Vedanā anattā

Feeling is not-self

Saññā anattā

Perception is not-self

Saṅkhārā anattā

Volitional formations are not-self¹⁶

Viññāṇaṃ anattā

Consciousness is not-self¹⁷

Sabbe saṅkhārā aniccā

All conditioned things are impermanent¹⁸

Sabbe dhammā anattā'ti

All things are not-self¹⁹

Te mayaṃ otiṇṇāmhā-jātiyā jarāmaraṇena

All of us are affected by birth 'ageing and death²⁰

Sokehi paridevehi dukkhehi domanassehi upāyāsehi

By sorrow lamentation pain displeasure²¹ and despair²²

Dukkhotiṇṇā dukkhaparetā

Affected by dukkha and afflicted by dukkha²³

Appevanānimassa kevalassa dukkhakkhandhassa antakiriyaṃ
paññāyethā'ti

Let us all aspire to complete freedom from suffering

(The following is recited only by the bhikkhus)

Ciraparinibbutampi taṃ bhagavantaṃ uddissa arahantaṃ
sammāsambuddhaṃ

*Remembering the Blessed One 'the Worthy One 'and Perfectly
Enlightened One*

Who long ago attained Parinibbāna

Saddhā agārasmā anagāriyaṃ pabbajitā

We have gone forth with faith

From home to homelessness

Tasmim bhagavati brahma-cariyaṃ carāma

And like the Blessed One ' we practise the holy life

Bhikkhūnaṃ sikkhāsājīva-samāpannā

Being fully equipped with the bhikkhus' system of training

Taṃ no brahma-cariyaṃ imassa kevalassa dukkhakkhandhassa
antakiriyāya samvattatu

*May this holy life ' lead us to the end of this whole mass of
suffering*

EVENING



CHANTING

PŪJĀ & PUBBABHĀGA-NAMAKĀRA

[Yo so] bhagavā araham̐ sammāsambuddho
Svākkhāto yena bhagavatā dhammo
Supaṭipanno yassa bhagavato sāvakaśaṅho
Tam-mayaṁ bhagavantam̐ sadhammam̐ saśaṅham̐
Imehi sakkārehi yathāraham̐ āropitehi abhipūjayāma
Sādhu no bhante bhagavā sucira-parinibbutopi
Pacchimā-janatānukampa-mānasā
Ime sakkāre duggata-paṇṇākāra-bhūte paṭiggaṇhātu
Amhākam̐ dīgharattam̐ hitāya sukhāya

[Araham̐] sammāsambuddho bhagavā

Buddham̐ bhagavantam̐ abhivādemī

(Bow)

[Svākkhāto] bhagavatā dhammo

Dhammam̐ namassāmi

(Bow)

[Supaṭipanno] bhagavato sāvakaśaṅho

Śaṅgham̐ namāmi

(Bow)

[Handa mayaṁ buddhassa bhagavato pubbabhāga-namakāram̐
karoma se]

Namo tassa bhagavato arahato sammāsambuddhassa [3x]

BUDDHĀNUSSATI & BUDDHĀBHIGĪTI

[Handa mayam buddhānussatinayam karomase]

Tam kho pana bhagavantam evam kalyāṇo kittisaddo abbhuggato
Itipi so bhagavā araham sammāsambuddho
Vijjācaraṇa-sampanno
Sugato
Lokavidū
Anuttaro purisadamma-sārathi
Satthā deva-manussānam
Buddho bhagavā'ti

[Handa mayam buddhābhigītiṃ karomase]

Buddha-vā'rahanta-varatādiguṇābhiyutto
Suddhābhiñña-karuṇāhi samāgatatto
Bodhesi yo sujanatam kamalam va sūro
Vandāmaham tamaraṇam sirasā jinendam
Buddho yo sabbapāṇīnam saraṇam khemamuttamam
Paṭhamānussatiṭṭhānam vandāmi tam sirenaham
Buddhassāhasmi dāso va buddho me sāmikissaro
Buddho dukkhassa ghātā ca vidhātā ca hitassa me
Buddhassāham niyyādemī sarīrañjīvitañcidam
Vandantoham carissāmi buddhasseva subodhitam
Natthi me saraṇam aññam buddho me saraṇam varam
Etena saccavajjena vaḍḍheyyam satthu-sāsane

Buddhaṃ me vandamānena yaṃ puññaṃ pasutaṃ idha
Sabbepi antarāyā me māhesuraṃ tassa tejasā

(While bowing:)

Kāyena vācāya va cetasā vā
Buddhe kukammaṃ pakataṃ mayā yaṃ
Buddho paṭiggaṇhātu²⁴ accayantaṃ
Kālantare saṃvaritum va buddhe

DHAMMĀNUSSATI & DHAMMĀBHIGĪTĪ

[Handa mayaṃ dhammānussatinayaṃ karomase]

Svākkhāto bhagavatā dhammo

Sanditṭhiko akāliko ehipassiko

Opanayiko paccattaṃ veditabbo viññūhī'ti

[Handa mayaṃ dhammābhigītiṃ karomase]

Svākkhātātādiguṇa-yoga-vasena seyyo

Yo maggapāka-pariyatti-vimokkha-bhedo

Dhammo kuloka-patanā tada-dhāri-dhārī

Vandāmahaṃ tamaharaṃ varadhammametaṃ

Dhammo yo sabbapāṇīnaṃ saraṇaṃ khemamuttamaṃ

Dutiyānussatiṭṭhānaṃ vandāmi taṃ sirenahaṃ

Dhammassāhasmi dāso va dhammo me sāmikissaro

Dhammo dukkhassa ghātā ca vidhātā ca hitassa me

Dhammassāhaṃ niyyādemi sarīrañjīvitañcidaṃ

Vandantohaṃ carissāmi dhammasseva sudhammataṃ

Natthi me saraṇaṃ aññaṃ dhammo me saraṇaṃ varaṃ

Etena saccavajjena vaḍḍheyyaṃ satthu-sāsane

Dhammaṃ me vandamānena yaṃ puññaṃ pasutaṃ idha

Sabbepi antarāyā me māhesuṃ tassa tejasā

(While bowing:)

Kāyena vācāya va cetasā vā

Dhamme kukammaṃ pakataṃ mayā yaṃ
Dhammo paṭiggaṇhatu accayantaṃ
Kālantare saṃvaritum va Dhamme

SAṄGHĀNUSSATI & SAṄGHĀBHIGĪTI

[Handa mayaṃ saṅghānussatinayaṃ karomase]

Supaṭipanno bhagavato sāvakasaṅgho
Ujupaṭipanno bhagavato sāvakasaṅgho
Ñāyapaṭipanno bhagavato sāvakasaṅgho
Sāmīcipaṭipanno bhagavato sāvakasaṅgho
Yadidaṃ cattāri purisayugāni aṭṭha purisapuggalā
Esa bhagavato sāvakasaṅgho
Āhuneyyo pāhuneyyo dakkhiṇeyyo añjali-karaṇīyo
Anuttaraṃ puññakkhettaṃ lokassā'ti

[Handa mayaṃ saṅghābhigītiṃ karoma se]

Saddhammajo supaṭipatti-guṇādiyutto
Yoṭṭhabbidho ariyapuggala-saṅghasetṭho
Sīlādidhamma-pavarāsaya-kāya-citto
Vandāmahaṃ tam-ariyāna-gaṇaṃ susuddhaṃ
Saṅgho yo sabbapāṇīnaṃ saraṇaṃ khemamuttamaṃ
Tatiyānussatiṭṭhānaṃ vandāmi taṃ sirenahaṃ
Saṅghassāhasmi dāso va saṅgho me sāmikissaro
Saṅgho dukkhassa ghātā ca vidhātā ca hitassa me
Saṅghassāhaṃ niyyādemi sarīrañjīvitañcidam
Vandantohaṃ carissāmi saṅghassopatipannataṃ
Natthi me saraṇaṃ aññaṃ saṅgho me saraṇaṃ varaṃ
Etena saccavajjena vaḍḍheyyaṃ satthu-sāsane

Saṅghaṃ me vandamānena yaṃ puññaṃ pasutaṃ idha
Sabbepi antarāyā me māhesuṃ tassa tejasā

(While bowing:)

Kāyena vācāya va cetasā vā
Saṅghe kukammaṃ pakataṃ mayā yaṃ
Saṅgho paṭiggaṇhātu accayantaṃ
Kālantare saṃvarituṃ va saṅghe

DEDICATION OF OFFERINGS & PRELIMINARY HOMAGE

[To the Blessed One] the Worthy One who fully attained Perfect Enlightenment

To the Teaching which he expounded so well

And to the Blessed One's disciples who have practised well

To these the Buddha the Dhamma and the Saṅgha

We render with offerings our rightful homage

It is well for us that the Blessed One

Having attained liberation

Still had compassion for later generations

May these simple offerings be accepted

For our long-lasting benefit and for the happiness it gives us

[The Worthy One] the Perfectly Enlightened and Blessed One

I render homage to the Buddha the Blessed One (Bow)

[The Teaching] so completely explained by him

I bow to the Dhamma (Bow)

[The Blessed One's disciples] who have practised well

I bow to the Saṅgha (Bow)

[Now let us pay preliminary homage to the Buddha]

Homage to the Blessed Worthy and Perfectly Enlightened One [3x]

RECOLLECTION & SUPREME PRAISE OF THE BUDDHA

[Now let us recite the recollection of the Buddha]

A good word of the Blessed One's reputation has spread as follows

He the Blessed One is indeed the Worthy One

The Perfectly Enlightened One

He is impeccable in conduct and understanding

The Accomplished One

The Knower of the Worlds

He trains perfectly those who wish to be trained

He is teacher of gods and humans

He is awake and holy

[Now let us recite the supreme praise of the Buddha]

The Buddha the truly worthy one endowed with such excellent qualities

Whose being is composed of purity transcendental wisdom and compassion

Who has enlightened the wise like the sun awakening the lotus

I bow my head to that peaceful chief of conquerors

The Buddha who is the safe 'secure refuge of all beings

As the first object of recollection I venerate him with bowed head

I am indeed the Buddha's servant the Buddha is my Lord and guide

The Buddha is sorrow's destroyer who bestows blessings on me

To the Buddha I dedicate this body and life

And in devotion I will walk the Buddha's path of awakening

*For me there is no other refuge the Buddha is my excellent refuge
By the utterance of this truth may I grow in the Master's way
By my devotion to the Buddha and the blessing of this practise
By its power may all obstacles be overcome*

(While bowing:)

By body speech or mind

For whatever wrong action I have committed towards the Buddha

May my acknowledgement of fault be accepted

That in the future there may be restraint regarding the Buddha

RECOLLECTION & SUPREME PRAISE OF THE DHAMMA

[Now let us recite the recollection of the Dhamma]

The Dhamma is well-expounded by the Blessed One

Apparent here and now

Timeless

Encouraging investigation

Leading inwards

To be experienced individually by the wise

[Now let us recite the supreme praise of the Dhamma]

It is excellent because it is ‘well-expounded’

And it can be divided into Path and Fruit Learning and Liberation

The Dhamma holds those who uphold it from falling into a bad world²⁵

I revere the excellent teaching that which removes darkness

The Dhamma which is the supreme ‘secure refuge of all beings

As the second object of recollection I venerate it with bowed head

I am indeed the Dhamma’s servant the Dhamma is my Lord and guide

The Dhamma is sorrow’s destroyer and it bestows blessings on me

To the Dhamma I dedicate this body and life

And in devotion I will walk this excellent way of truth

For me there is no other refuge the Dhamma is my excellent refuge

By the utterance of this truth may I grow in the Master’s way

By my devotion to the Dhamma and the blessing of this practise

By its power may all obstacles be overcome

(While bowing:)

By body speech or mind

For whatever wrong action I have committed towards the Dhamma

May my acknowledgement of fault be accepted

That in the future there may be restraint regarding the Dhamma

RECOLLECTION & SUPREME PRAISE OF THE SAṄGHA

[Now let us recite the recollection of the Saṅgha]

*They are the Blessed One's disciples who have practised well
Who have practised directly
Who have practised correctly²⁶
Who have practised properly²⁷
That is the four pairs the eight kinds of Noble Beings
These are the Blessed One's disciples
Such ones are worthy of gifts 'worthy of hospitality
Worthy of offerings 'worthy of respect
They give occasion for incomparable goodness to arise in the world*

[Now let us recite the supreme praise of the Saṅgha]

*Born of the Dhamma that Saṅgha which has practised well
The field of the Saṅgha formed of eight kinds of Noble Beings
Guided in body and mind by excellent morality and virtue
I revere that assembly of Noble Beings perfected in purity
The Saṅgha which is the supreme 'secure refuge of all beings
As the third object of recollection I venerate it with bowed head
I am indeed the Saṅgha's servant the Saṅgha is my Lord and guide
The Saṅgha is sorrow's destroyer and it bestows blessings on me
To the Saṅgha I dedicate this body and life
And in devotion I will walk the well-practised way of the Saṅgha
For me there is no other refuge the Saṅgha is my excellent refuge
By the utterance of this truth may I grow in the Master's way*

*By my devotion to the Saṅgha and the blessing of this practise
By its power may all obstacles be overcome*

(While bowing:)

By body speech or mind

For whatever wrong action I have committed towards the Saṅgha

May my acknowledgement of fault be accepted

That in the future there may be restraint regarding the Saṅgha

CLOSING HOMAGE

[Arahāṃ] sammāsambuddho bhagavā

The Worthy One the Perfectly Enlightened and Blessed One

Buddhaṃ bhagavantāṃ abhivādemi

I render homage to the Buddha the Blessed One (Bow)

[Svākkhāto] bhagavatā dhammo

The Teaching so completely explained by him

Dhammaṃ namassāmi

I bow to the Dhamma (Bow)

[Supaṭipanno] bhagavato sāvakasaṅgho

The Blessed One's disciples who have practised well

Saṅghaṃ namāmi

I bow to the Saṅgha (Bow)

CONTENT

SET 1 — SET 2 — SET 3 — SET 4 — SET 5

SET 6 — SET 7 — SET 8 — SET 9 — SET 10

VERSES



THE BUDDHA’S FIRST EXCLAMATION

Buddha-paṭhama-bhāsita

[Handa mayaṃ buddha-paṭhama-bhāsita-gāthāyo bhaṇāmaṣe]

Aneka-jāti-saṃsāraṃ – Sandhāvissaṃ anibbisam

Gaha-kāraṃ gavesanto – Dukkhaṃ jāti punappunam

For many lifetimes in the round of birth

Wandering on endlessly

For the builder of this house I searched

How painful is repeated birth

Gaha-kāraka diṭṭho’si – Puna gehaṃ na kāhasi

Sabbā te phāsukā bhaggā – Gaha-kūṭaṃ visaṅkhatam

Visaṅkhāra-gataṃ cittaṃ – Taṇhānaṃ khayam-ajjhagā

House-builder you’ve been seen

Another home you will not build

All your rafters have been snapped

Dismantled is your ridge-pole

The non-constructing mind

Has come to craving’s end

[Dhp 153-154]

RESPECT FOR THE DHAMMA

Dhamma-gārava

[Handa mayaṃ dhamma-gārav’ādi-gāthāyo bhaṇāmaṣe]

Ye ca atītā sambuddhā – Ye ca Buddhā anāgatā

Yo c’etarahi sambuddho – Bahunnaṃ soka-nāsano

All the Buddhas of the past

All the Buddhas yet to come

The Buddha of this current age

Dispellers of much sorrow

Sabbe saddhamma-garuno – Vihariṃsu viharanti ca

Atho pi viharissanti – Esā Buddhāna dhammatā

Those having lived or living now

Those living in the future

All do revere the True Dhamma

That is the nature of all Buddhas

Tasmā hi atta-kāmena – Mahattam-abhikaṅkhatā

Saddhammo garu-kātabbo – Saram Buddhāna sāsanaṃ

Therefore desiring one’s own welfare

Pursuing greatest aspirations

One should revere the True Dhamma

Recollecting the Buddha’s teaching

[SN 6.2]

Na hi dhammo adhammo ca – Ubho sama-vipākino
Adhammo nirayaṃ neti – Dhammo pāpeti suggaṭṭiṃ

*What is true Dhamma and what's²⁸ not
Will never have the same results
While wrong²⁹ Dhamma leads to hell realms
True Dhamma takes one on a good course*

Dhammo have rakkhati dhamma-cārīṃ
Dhammo suciṇṇo sukham-āvahāti
Esā'nisaṃso dhamme suciṇṇe
Na duggaṭṭiṃ gacchati dhammacārī³⁰

*The Dhamma guards who lives in line with it
And leads to happiness when practised well
This is the blessing of well-practised Dhamma
The Dhamma-farer doesn't go on a bad course*

[Thag 4.10]

GOING TO TRUE AND FALSE REFUGES

Khemākhema-saraṇa-gamana

[Handa mayaṃ khemākhema-saraṇa-gamana-paridīpikā-gāthāyo
bhaṇāmaṣe]

Bahuṃ ve saraṇaṃ yanti – Pabbatāni vanāni ca
Ārāma-rukkha-cetyāni – Manussā bhaya-tajjitā

*To many refuges they go
To mountain slopes and forest glades
To parkland shrines and sacred sites
People overcome by fear*

N’etaṃ kho saraṇaṃ khemaṃ – N’etaṃ saraṇam-uttamaṃ
N’etaṃ saraṇam-āgama – Sabba-dukkhā pamuccati

*Such a refuge is not secure
Such a refuge is not supreme
Such a refuge does not bring
Complete release from all suffering³¹*

Yo ca buddhañ-ca dhammañ-ca – Saṅghañ-ca saraṇaṃ gato
Cattāri ariya-saccāni – Sammappaññāya passati

*And whoever has gone for refuge
In the Triple Gem
Sees with right discernment
The Four Noble Truths*

Dukkhaṃ dukkha-samuppādaṃ – Dukkassa ca atikkamaṃ
Ariyañ-c’atṭh’aṅgikaṃ maggaṃ – Dukkūpasama-gāmaṇaṃ

Suffering and its origin

And that which lies beyond

The Noble Eightfold Path

That leads the way to suffering’s end

Etaṃ kho saraṇaṃ khemaṃ – Etaṃ saraṇaṃ-uttamaṃ

Etaṃ saraṇaṃ-āgama – Sabba-dukkhā pamuccati

Such a refuge is secure

Such a refuge is supreme

Such a refuge truly brings

Complete release from all suffering

[Dhp 188-192]

THE PĀṬIMOKKHA EXHORTATION

Ovāda-pāṭimokkha

[Handa mayaṃ ovāda-pāṭimokkha gāthāyo bhaṇāmaṣe]

Sabba-pāpassa akaraṇaṃ³²

Not doing any evil

Kusalassūpasampadā

To be committed to the good

Sacitta-pariyodapanaṃ

To purify one's mind

Etaṃ Buddhāna sāsanaṃ

These are the teachings of all Buddhas

Khantī paramaṃ tapo tītikkhā

Patient endurance is the highest practise burning out defilements

Nibbānaṃ paramaṃ vadanti Buddhā

The Buddhas say Nibbāna is supreme

Na hi pabbajito parūpaghātī

Not a renunciant is one who injures others

Samaṇo hoti paraṃ viheṭṭhayanto

Whoever troubles others can't be called a monk

Anūpavādo anūpaghāto

Not to insult and not to injure

Pāṭimokkhe ca saṃvaro

To live restrained by training rules

Mattaññutā ca bhattasmiṃ

Knowing one's measure at the meal

Pantañ-ca sayan'āsanam

Retreating to a lonely place

Adhicitte ca āyogo

Devotion to the higher mind

Etaṃ Buddhāna sāsanaṃ

These are the teachings of all Buddhas

[Dhp 183-185]

THE THREE CHARACTERISTICS

Ti-lakkhaṇā

[Handa mayaṃ ti-lakkhaṇ'ādi-gāthāyo bhaṇāmaṣe]

Sabbe saṅkhārā aniccā'ti – Yadā paññāya passati

Atha nibbindati dukkhe – Esa maggo visuddhiyā

“All conditioned things are impermanent”³³

When with wisdom this is seen

One feels weary of all 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”³⁴

When with wisdom this is seen

One feels weary of all dukkha

This is the path to purity

Sabbe dhammā anattā'ti – Yadā paññāya passati

Atha nibbindati dukkhe – Esa maggo visuddhiyā

“All things are not-self”

When with wisdom this is seen

One feels weary of all dukkha

This is the path to purity

[Dhp 277-279]

Appakā te manussesu – Ye janā pāra-gāmīno
Athāyaṃ itarā pajā – Tīram-evānuddhāvati

*Few amongst humankind
Are those who go beyond
Yet there are the many folks
Ever wandering on this shore*

Ye ca kho sammad-akkhāte – Dhamme dhammānuvattino
Te janā pāram-essanti – Maccu-dheyyaṃ sud’uttaraṃ

*Wherever Dhamma is well-taught
Those who train in line with it
Are the ones who will cross over
The realm of death so hard to flee*

Kaṇhaṃ dhammaṃ vipphāya – Sukkaṃ bhāvētha paṇḍito
Okā anokam-āgama – Viveke yattha dūramaṃ
Tatrābhiratim-iccheyya – Hitvā kāme akiñcano

*Abandoning the darker states
The wise pursue the bright
Gone from home to homelessness³⁵
Living withdrawn so hard to do
Such rare delight one should desire
Sense pleasures cast away
Not having anything*

[Dhp 85-87.5]

CONTENT – NEXT

THE BURDENS

Bhārā

[Handa mayaṃ bhāra-sutta-gāthāyo bhaṇāmaṣe]

Bhārā have pañcakkhandhā – Bhāra-hāro ca puggalo

Bhār’ādānaṃ dukkhaṃ loke – Bhāra-nikkhepanaṃ sukhaṃ

The five aggregates indeed are burdens

The beast of burden though is man

In this world to take up burdens is dukkha

Putting them down brings happiness

Nikkhipitvā garuṃ bhāraṃ – Aññaṃ bhāraṃ anādiya

Samūlaṃ taṇhaṃ abbuyha – Nicchāto parinibbuto

A heavy burden cast away

Not taking on another load

With craving pulled out from the root

Desires stilled’ one is released

[SN 22.22]

FROM THE ELDER RAṬṬHAPĀLA

Raṭṭhapāla-thera-gāthā

[Handa mayaṃ raṭṭhapālatthera-gāthāyo bhaṇāmaṣe]

Passa cittakataṃ bimbaṃ – Arukāyaṃ samussitaṃ

Āturaṃ bahusaṅkappaṃ – Yassa natthi dhuvāṃ ṭhiti

See this fancy puppet

A body built of sores

Diseased' obsessed over

Which doesn't last at all

Passa cittakataṃ rūpaṃ – Maṇinā kuṇḍalena ca

Aṭṭhiṃ tacena onaddhaṃ – Saha vatthehi sobhati

See this fancy figure

With its gems and earrings

It is bones wrapped in skin

Made pretty by its clothes

Alattakakatā pādā – Mukhaṃ cuṇṇakamakkhitaṃ

Alaṃ bālassa mohāya – No ca pāragavesino

Feet adorned with henna dye

And powder smeared upon its face

May be enough to beguile a fool

But not a seeker of the far shore

Aṭṭhapadakatā kesā – Nettā añjanamakkhitā
Alaṃ bālassa mohāya – No ca pāragavesino

*Hair in eight braids
And eyeliner
May be enough to beguile a fool
But not a seeker of the far shore*

Añjanīva navā cittā – Pūtikāyo alaṅkato
Alaṃ bālassa mohāya – No ca pāragavesino

*A rotting body all adorned
Like a freshly painted unguent pot
May be enough to beguile a fool
But not a seeker of the far shore*

Passāmi loke sadhane manusse
Laddhāna vittaṃ na dadanti mohā
Luddhā dhanam sannicayaṃ karonti
Bhiyyova kāme abhipatthayanti

*I see rich people in the world
Who from delusion give not the wealth they've earned
Greedily they hoard their riches
Yearning for ever more sense pleasures*

Rājā ca aññe ca bahū manussā
Avītataṇhā maraṇaṃ upenti
Ūnāva hutvāna jahanti dehaṃ
Kāmehi lokamhi na hatthi titti

*Not just the king but others too
Reach death not rid of craving
They leave the body still wanting
For in this world sense pleasures never satisfy*

Na dīghamāyuraṃ labhate dhanena
Na cāpi vittaena jaraṃ vihani
Appaṃ hidaṃ jīvitaṃ māhu dhīrā
Asassataṃ vippariṇāma-dhammaṃ

*Longevity isn't gained by riches
Nor does wealth banish old age
For the wise say this life is short
Subject to change 'and not eternal*

Tasmā hi paññāva dhanena seyyā
Yāya vosānamidhādhigacchati
Abyositattā hi bhavābhavesu
Pāpāni kammāni karoti mohā

*Therefore wisdom is much better than wealth
By which one reaches perfection in this life
People through ignorance do evil deeds*

Failing to reach the goal 'from life to life

Kāmā hi citrā madhurā manoramā

Virūparūpena mathenti cittam

Ādīnavam kāmagaṇesu disvā

Tasmā aham pabbajitomhi rāja

Sense pleasures are diverse 'sweet' delightful

Appearing in disguise they disturb the mind

Seeing danger in the cords of sense pleasure

Therefore I went forth O King

Dumapphalānīva patanti māṇavā

Daharā ca vuḍḍhā ca sarīrabhedā

Etampi disvā pabbajitomhi rāja

Apaṇṇakam sāmaññaṃ eva seyyo

As fruits fall from a tree 'so people fall

Young and old 'when the body breaks up

Seeing this too I went forth O King

Surely the ascetic life is better

[Thag 16.4 / MN 82]

FROM THE ELDER PĀRĀPARIYA

Pārāpariya-thera-gāthā

[Handa mayaṃ pārāpariyatthera-gāthāyo bhaṇāmaṣe]

Aññathā lokanāthamhi – Tiṭṭhante purisuttame

Iriyaṃ āsi bhikkhūnaṃ – Aññathā dāni dissati

The behavior of the bhikkhus

These days seems different

From when the protector of the world

The best of men was still here

Sītavātaparittāṇaṃ – Hirikopīnachādanaṃ

Mattaṭṭhiyaṃ abhuñjimsu – Santuṭṭhā itarītare

Their robes were just for modesty

And protection from cold and wind

They ate in moderation

Content with whatever they were offered

Paṇītaṃ yadi vā lūkhaṃ – Appaṃ vā yadi vā bahuṃ

Yāpanatthaṃ abhuñjimsu – Agiddhā nādhimucchitā

Whether food was refined or rough

A little or a lot

They ate only for sustenance

Without greed or gluttony

Jīvitānaṃ parikkhāre – Bhesajje atha paccaye
Na bālhaṃ ussukā āsuṃ – Yathā te āsavakkhaye

*They weren't so eager
For the requisites of life
Such as tonics and other supplies
As they were for destructing the defilements*

Araññe rukkhamūlesu – Kandarāsu guhāsu ca
Vivekamanubrūhantā – Vihaṃsu tapparāyaṇā

*In the wilderness 'at the foot of a tree
In caves and caverns
Fostering seclusion
They lived with that as their final goal*

Nīcā nivīṭṭhā subharā – Mudū atthaddhamānasā
Abyāsekā amukharā – Atthacintā vasānugā

*They were used to simple things 'easy to look after
Gentle 'not stubborn at heart
Unsullied 'not gossipy
Their thoughts were intent on the goal*

Tato pāsādikaṃ āsi – Gataṃ bhuttaṃ nisevitaṃ
Siniddhā teladhārāva – Ahosi iriyāpatho

*That's why they inspired confidence
In their movements 'eating 'and practise
Their deportment was as smooth*

As a stream of oil

Yathā kaṇṭakaṭṭhānamhi – Careyya anupāhano
Satiṃ upaṭṭhapetvāna – Evaṃ gāme munī care

When barefoot on a thorny path

One would walk

Quite mindfully

That's how a sage should walk in the village

Saritvā pubbake yogī – Tesāṃ vattamanussaraṃ
Kiñcāpi pacchimo kālo – Phuseyya amataṃ padaṃ

Remembering the meditators of old

And recollecting their conduct

Even in the latter days

The Deathless can still be reached

[Thag 16.10]

ON PROTECTION

Tāyana-gāthā

[Handa mayaṁ Tāyana-gāthāyo bhaṇāmaṣe]

Chinda sotaṁ parakkamma – Kāme panūda brāhmaṇa

Nappahāya muni kāme – Nekattam-upapajjati

Exert yourself and cut the stream

Discard sense pleasures holy man

Not letting sensual pleasures go

A sage will not reach unity

Kayirā ce kayirāthenaṁ – Daḷham-enaṁ parakkame

Sithilo hi paribbājo – Bhiyyo ākirate rajaṁ

Vigorously with all one's strength

It should be done what should be done

A lax monastic life stirs up

The dust of passions all the more

Akataṁ dukkaṭaṁ seyyo – Pacchā tappati dukkaṭaṁ

Katañ-ca sukataṁ seyyo – Yaṁ katvā nānutappati

Better is not to do bad deeds

That afterwards would bring remorse

It's rather good deeds one should do

Which having done one won't regret

Kuso yathā duggahito – Hattham-evānukantati

Sāmaññaṃ dupparāmaṭṭhaṃ – Nirayāyūpakaḍḍhati

As kusa grass when wrongly grasped

Will only cut into one's hand

So does the monk's life wrongly led

Indeed drag one to hellish states

Yaṃ-kiñci sithilaṃ kammaṃ – Saṅkiliṭṭhañ-ca yaṃ vataṃ

Saṅkassaraṃ brahma-cariyaṃ – Na taṃ hoti mahapphalan'ti

Whatever deed that's slackly done

Whatever vow corruptly kept

The holy life led in doubtful ways

All these will never bear great fruits

[SN 2.8]

MISCELLANEOUS VERSES

Pakiṇṇaka-gāthā

[Handa mayam pakiṇṇaka-gāthāyo bhaṇāmaṣe]

Attadīpā bhikkhave viharatha attasaraṇā anaññasaraṇā

Dhammadīpā dhammasaraṇā anaññasaraṇā

Bhikkhus dwell with yourselves as an island

With yourselves as a refuge' with no other refuge

With the Dhamma as an island' with the Dhamma as a refuge

With no other refuge

[SN 22.43]

Appassutāyaṃ puriso – Balibaddova jīrati

Maṃsāni tassa vaḍḍhanti – Paññā tassa na vaḍḍhati

The man of little learning

Grows old like an ox

He grows only in bulk

But his wisdom does not grow

[Dhp 152]

Uyyuñjanti satīmanto – Na nikete ramanti te

Haṃsāva pallalaṃ hitvā – Okamokaṃ jahanti te

The mindful ones exert themselves

They are not attached to any home

Like swans that abandon the lake

They leave home after home behind

Yam pubbe tam visosehi – Pacchā te māhu kiñcanaṃ
 Majjhe ce no gahessasi – Upasanto carissasi

*Dry up what pertains to the past
 Let there be nothing afterward
 If you do not grasp in the middle
 You will live at peace*

[Snp 949]

Uṭṭhahatha nisīdatha – Ko attho supitena vo
 Āturānañhi kā niddā – Sallaviddhāna ruppataṃ

*Arouse yourselves 'sit up!
 What good to you is sleeping?
 For what sleep can there be for the afflicted
 For those injured 'pierced by the dart?*

Uṭṭhahatha nisīdatha – Daḷhaṃ sikkhatha santiyā
 Mā vo pamatte viññāya – Maccurājā amohayittha vasānuge

*Arouse yourselves 'sit up!
 Train vigorously for the state of peace
 Let not the King of Death catch you heedless
 And delude you when under his control*

Yāya devā manussā ca – Sitā tiṭṭhanti atthikā
Tarathetaṃ visattikaṃ – Khaṇo vo mā upaccagā
Khaṇātītā hi socanti – Nirayamhi samappitā

*Cross over this attachment
By which devas and human beings
Full of need are held fast
Don't let the opportunity pass you by
For those who have missed the opportunity
Sorrow when they arrive in hell*

Pamādo rajo pamādo – Pamādānupatito rajo
Appamādena vijjāya – Abbahe sallamattanoti

*Heedlessness is dust always
Dust follows upon heedlessness
By heedfulness by clear knowledge
Draw out the dart from yourself*

[Snp 333-336]

Piyato jāyatī soko – Piyato jāyatī bhayaṃ
Piyato vipparamuttassa – Natthi soko kuto bhayaṃ?

*From endearment springs sorrow
From endearment springs fear
For one who is free from endearment
There is no sorrow 'whence then fear?*

[Dhp 212]

Tiṭṭhateva nibbānaṃ

Nibbāna exists

Tiṭṭhati nibbānagāmī maggo

The path leading to nibbāna exists

Maggakkhāyī tathāgato

A Tathāgata is one who shows the path

[MN 107]

Tumhehi kiccam-ātappaṃ

You yourselves must strive

[Dhp 276]

Yaṃ bhikkhave satthārā karaṇīyaṃ sāvakānaṃ

Hitesinā anukampakena anukampaṃ upādāya

Bhikkhus whatever should be done' by a compassionate teacher

Out of compassion for his disciples

Desiring their welfare

Kataṃ vo taṃ mayā

That I have done for you

Etāni bhikkhave rukkhamūlāni

Bhikkhus these are roots of trees

Etāni suññāgārāni

These are empty huts

Jhāyatha bhikkhave mā pamādattha

Meditate bhikkhus' do not be negligent

Mā pacchā vipphaṇṇasārino ahuvattha

Lest you regret it later

Ayaṃ vo amhākaṃ anusāsanī'ti

This is our instruction to you

[MN 19]

A SINGLE EXCELLENT NIGHT

Bhadd'eka-ratta

[Handa mayaṃ bhadd'eka-ratta-gāthāyo bhaṇāmaṣe]

Atītaṃ nānvāgameyya – Nappaṭikaṅkhe anāgataṃ

Yad atītaṃ-pahīnaṃ-taṃ – Appattañ-ca anāgataṃ

One should not revive the past

Nor speculate on what's to come

The past is left behind

The future is unrealized

Paccuppannañ-ca yo dhammaṃ – Tattha tattha vipassati

Asaṃhiraṃ asaṅkappaṃ – Taṃ viddhāṃ-anubrūhaye

In every presently arisen state

There just there one clearly sees

Unmoved unagitated

Such insight is one's strength

Ajjeva kiccaṃ-ātappaṃ – Ko jaññā maraṇaṃ suve

Na hi no saṅgaran-tena – Mahā-senena maccunā

Ardently doing one's task today

Tomorrow who knows death may come

Facing the mighty hordes of death

Indeed one cannot strike a deal

Evam vihārim-ātāpim – Aho-rattam-atanditam

Tam ve bhadd’eka-ratto’ti – Santo ācikkhate muni

To dwell with energy aroused

Day and night relentlessly³⁶

That is “a single excellent night”³⁷

So it was taught by the Peaceful Sage

[MN 131]

THE HIGHEST BLESSINGS

Maṅgalasutta

[Now let us recite the verses on the Highest Blessings³⁸]

Thus have I heard that the Blessed One

Was staying at Sāvattthī

Residing at the Jeta's Grove

In Anāthapiṇḍika's Park

Then in the dark of the night

A radiant deva 'illuminated all Jeta's Grove

She bowed down low before the Blessed One

Then standing to one side she said:

“Devas are concerned for happiness

And ever long for peace

The same is true for humankind

What then are the highest blessings?”

Avoiding those of foolish ways

Associating with the wise

And honouring those worthy of honour

These are the highest blessings

Living in places of suitable kinds

With the fruits of past good deeds

*And guided by the rightful way
These are the highest blessings*

*Accomplished in learning and craftsman's skills
With discipline highly trained
And speech that is true and pleasant to hear
These are the highest blessings*

*Providing for mother and father's support
And cherishing family
And ways of work that harm no being
These are the highest blessings*

*Generosity and a righteous life
Offering help to relatives and kin
And acting in ways that leave no blame
These are the highest blessings*

*Steadfast in restraint and shunning evil ways
Avoiding intoxicants that dull the mind
And heedfulness in all things that arise
These are the highest blessings*

*Respectfulness and being of humble ways
Contentment and gratitude*

*And hearing the Dhamma frequently taught
These are the highest blessings*

*Patience and willingness to accept one's faults
Seeing venerated seekers of the truth
And sharing often the words of Dhamma
These are the highest blessings*

*Ardent and committed³⁹ to the holy life
Seeing for oneself the Noble Truths
And the realization of Nibbāna
These are the highest blessings*

*Although in contact with the world
Unshaken the mind remains
Beyond all sorrow spotless secure
These are the highest blessings*

*They who live by following this path
Know victory wherever they go
And every place for them is safe
These are the highest blessings*

[Snp 2.4]

THE BUDDHA’S WORDS ON LOVING-KINDNESS

Karaṇīyamettasutta

[Now let us recite 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 skillful

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
Just⁴⁰ 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 wrong views⁴¹
The pure-hearted one having clarity of vision
Being freed from all sense-desires
Is not born again into this world*

[Snp 1.8]

TEACHINGS



SETTING IN MOTION THE WHEEL OF DHAMMA

Dhamma-cakkappavattana

[Handa mayaṃ dhamma-cakkappavattana sutta-pāṭhaṃ
bhaṇāmaṣe]

Dveme bhikkhave antā

Bhikkhus there are these two extremes

Pabbajitena na sevitabbā

That should not be pursued 'by one who has gone forth

Yo cāyaṃ kāmesu kāma-sukh'allikānuyogo

That is whatever is tied up to sense pleasures

Within the realm of sensuality

Hīno

Which is low

Gammo

Common

Pothujjaniko

The way of the common folks

Anariyo

Not the way of the Noble Ones

Anattha-saṇhito

And pointless

Yo cāyaṃ atta-kilamathānuyogo

Then there is whatever is tied up

With self-deprivation

Dukkho

Which is painful

Anariyo

Not the way of the Noble Ones

Anattha-saṇhito

And pointless

Ete te bhikkhave ubho ante anupagamma majjhimā paṭipadā
tathāgatena abhisambuddhā

Bhikkhus without going to either of these extremes

The Tathāgata has ultimately awakened

To a middle way of practise

Cakkhu-karaṇī

Giving rise to vision

Ñāṇa-karaṇī

Making for insight

Upasamāya

Leading to calm

Abhiññāya

To heightened knowing

Sambodhāya

Awakening

Nibbānāya saṁvattati

And to Nibbāna

Katamā ca sā bhikkhave majjhimā paṭipadā

And what bhikkhus is that middle way of practise?

Ayam-eva ariyo aṭṭhaṅgiko maggo

It is just this Noble Eightfold Path⁴²

Seyyathīdaṃ

Which is as follows

Sammā-diṭṭhi

Right View

Sammā-saṅkappo

Right Intention

Sammā-vācā

Right Speech

Sammā-kammanto

Right Action

Sammā-ājīvo

Right Livelihood

Sammā-vāyāmo

Right Effort

Sammā-sati

Right Mindfulness

Sammā-samādhi

Right Concentration

Ayaṃ kho sā bhikkhave majjhimā paṭipadā tathāgatena
abhisambuddhā

This bhikkhus is the middle way of practise

That the Tathāgata has ultimately awakened to

Cakkhu-karaṇī

Giving rise to vision

Ñāṇa-karaṇī

Making for insight

Upasamāya

Leading to calm

Abhiññāya

To heightened knowing

Sambodhāya

Awakening

Nibbānāya saṁvattati

And to Nibbāna

Idaṁ kho pana bhikkhave dukkhaṁ ariya-saccaṁ

This bhikkhus is the Noble Truth of dukkha

Jātipi dukkhā

Birth is dukkha

Jarāpi dukkhā

Ageing is dukkha

Maraṇampi dukkhaṁ

And death is dukkha

Soka-parideva-dukkha-domanassupāyāsāpi dukkhā

Sorrow lamentation pain displeasure⁴³ and despair are dukkha

Appiyehi sampayogo dukkho

Association with the disliked is dukkha

Piyehi vippayogo dukkho

Separation from the liked is dukkha

Yampicchaṁ na labhati tampi dukkhaṁ

Not attaining one's wishes is dukkha
Saṅkhittena pañcupādānakkhandhā dukkhā
*In brief' the five aggregates of clinging are dukkha*⁴⁴
Idaṁ kho pana bhikkhave dukkha-samudayo ariya-saccaṁ
This bhikkhus is the Noble Truth of the origin of dukkha
Yā'yaṁ taṇhā
It is this craving
Ponobbhavikā
Which leads to rebirth
Nandi-rāga-sahagatā
Accompanied by delight and lust
Tatra-tatrābhinandinī
Delighting now here now there
Seyyathīdaṁ
Which is as follows
Kāma-taṇhā
Craving for sensuality
Bhava-taṇhā
Craving to become
Vibhava-taṇhā
Craving not to become
Idaṁ kho pana bhikkhave dukkha-nirodho ariya-saccaṁ
This bhikkhus is the Noble Truth of the cessation of dukkha
Yo tassāy'eva taṇhāya asesa-virāga-nirodho
It is the remainderless fading away and cessation

Of that very craving

Cāgo

Its relinquishment

Paṭinissaggo

Letting go

Mutti

Release

Anālayo

Without any attachment

Idaṃ kho pana bhikkhave dukkha-nirodha-gāminī-paṭipadā ariya-saccaṃ

This bhikkhus is the Noble Truth of the way of practise

Leading to the cessation of dukkha

Ayam-eva ariyo aṭṭh'aṅgiko maggo

It is just this Noble Eightfold Path

Seyyathīdaṃ

Which is as follows

Sammā-diṭṭhi

Right View

Sammā-saṅkappo

Right Intention

Sammā-vācā

Right Speech

Sammā-kammanto

Right Action

Sammā-ājīvo

Right Livelihood

Sammā-vāyāmo

Right Effort

Sammā-sati

Right Mindfulness

Sammā-samādhi

Right Concentration

Idaṃ dukkhaṃ ariya-saccaṃ'ti me bhikkhave

Pubbe ananussutesu dhammesu

Cakkhum udapādi

Ñāṇaṃ udapādi

Paññā udapādi

Vijjā udapādi

Āloko udapādi

Bhikkhus in regard to things unheard of before

Vision arose

Insight arose

Discernment arose

Knowledge arose

Light arose in me⁴⁵

"This is the Noble Truth of dukkha"

Taṃ kho paṇ'idaṃ dukkhaṃ ariya-saccaṃ pariññeyyaṃ'ti

This Noble Truth of dukkha⁴⁶

Should be completely understood

Taṃ kho pan'idaṃ dukkhaṃ ariya-saccaṃ pariññātan'ti

This Noble Truth of dukkha

Has been completely understood

Idaṃ dukkha-samudayo ariya-saccaṃ'ti me bhikkhave

Pubbe ananussutesu dhammesu

Cakkhum udapādi

Ñāṇaṃ udapādi

Paññā udapādi

Vijjā udapādi

Āloko udapādi

Bhikkhus in regard to things unheard of before

Vision arose

Insight arose

Discernment arose

Knowledge arose

Light arose in me

“This is the Noble Truth of the origin of dukkha”

Taṃ kho pan'idaṃ dukkha-samudayo ariya-saccaṃ pahātabban'ti

This origin of dukkha

Should be abandoned

Taṃ kho pan'idaṃ dukkha-samudayo ariya-saccaṃ pahīnan'ti

This origin of dukkha

Has been abandoned

Idaṃ dukkha-nirodho ariya-saccaṃ'ti me bhikkhave

Pubbe ananussutesu dhammesu

Cakkhum udapādi

Ñāṇam udapādi

Paññā udapādi

Vijjā udapādi

Āloko udapādi

Bhikkhus in regard to things unheard of before

Vision arose

Insight arose

Discernment arose

Knowledge arose

Light arose in me

“This is the Noble Truth of the cessation of dukkha”

Taṃ kho pan’idaṃ dukkha-nirodho ariya-saccaṃ sacchi-
kātabban’ti

This cessation of dukkha

Should be experienced directly

Taṃ kho pan’idaṃ dukkha-nirodho ariya-saccaṃ sacchikatan’ti

This cessation of dukkha

Has been experienced directly

Idaṃ dukkha-nirodha-gāminī-paṭipadā ariya-saccaṇ’ti me
bhikkhave

Pubbe ananussutesu dhammesu

Cakkhum udapādi

Ñāṇam udapādi

Paññā udapādi

Vijjā udapādi

Āloko udapādi

Bhikkhus in regard to things unheard of before

Vision arose

Insight arose

Discernment arose

Knowledge arose

Light arose in me

“This is the Noble Truth of the way of practise

Leading to the cessation of dukkha”

Taṃ kho paṇ’idaṃ dukkha-nirodha-gāminī-paṭipadā ariya-saccaṃ
bhāvetabban’ti

This way of practise ’leading to the cessation of dukkha

Should be developed

Taṃ kho paṇ’idaṃ dukkha-nirodha-gāminī-paṭipadā ariya-
saccambhāvitān’ti

This way of practise ’leading to the cessation of dukkha

Has been developed

Yāva-kīvañ-ca me bhikkhave imesu catūsu ariya-saccesu

Evaṃ-ti-parivaṭṭaṃ dvādas’ākāraṃ yathā-bhūtaṃ ñāṇa-dassanaṃ
na suvisuddhaṃ ahoṣi

As long bhikkhus as my knowledge and understanding

As it actually is

Of these Four Noble Truths

With their three phases and twelve aspects⁴⁷

Was not entirely pure

N’eva tāvāhaṃ bhikkhave sadevake loke samārake sabrahmaṃ

Sassamaṇa-brāhmaṇiyā pajāya sadeva-manussāya

Anuttaraṃ sammā-sambodhiṃ abhisambuddho⁴⁸ paccaññāsiṃ

I did not claim bhikkhus

In this world of devas

Māra and Brahmā

Amongst mankind with its priests and renunciants

Kings and commoners

An ultimate awakening

To unsurpassed perfect enlightenment

Yato ca kho me bhikkhave imesu catūsu ariya-saccesu

Evan-ti-parivaṭṭaṃ dvādas'ākāraṃ yathā-bhūtaṃ ñāṇa-dassanaṃ
suvisuddhaṃ ahosi

But when bhikkhus my knowledge and understanding

As it actually is

Of these Four Noble Truths

With their three phases and twelve aspects

Was indeed entirely pure

Athāhaṃ bhikkhave sadevake loke samārake sabrahmake

Sassamaṇa-brāhmaṇiyā pajāya sadeva-manussāya

Anuttaraṃ sammā-sambodhiṃ abhisambuddho paccaññāsiṃ

Then indeed did I claim bhikkhus

In this world of devas

Māra and Brahmā

Amongst mankind with its priests and renunciants

Kings and commoners

An ultimate awakening

To unsurpassed perfect enlightenment
Ñāṇaṇ-ca pana me dassanaṁ udapādi
Now knowledge and understanding arose in me
Akuppā me vimutti
My release is unshakeable
Ayam-antimā jāti
This is my last birth
N’atthidāni punabbhavo’ti
There won’t be any further becoming

[SN 56.11]

ANUPUBBA-SIKKHĀ

[Handa mayaṃ anupubba-sikkha-pāṭhaṃ bhaṇāmaṣe]

Taṃ dhammaṃ suṇāti gahapati vā gahapatiputto vā aññatarasmim vā kule paccājāto. So taṃ dhammaṃ sutvā tathāgate saddhaṃ paṭilabhati. So tena saddhāpaṭilābhena samannāgato iti paṭisañcikkhati: ‘sambādho gharāvāso rajopatho abbhokāso pabbajjā. Nayidaṃ sukaraṃ agāraṃ ajjhāvasatā ekantaparipuṇṇaṃ ekantaparissuddhaṃ sankhalikhiṭaṃ brahmacariyaṃ carituṃ. Yannūnāhaṃ kesamassuṃ ohāretvā kāsāyāni vatthāni acchādetvā agāraṣmā anagāriyaṃ pabbajeyyaṃ’ti. So apareṇa samayena appaṃ vā bhogakkhandhaṃ pahāya mahantaṃ vā bhogakkhandhaṃ pahāya appaṃ vā ñātiparivaṭṭaṃ pahāya mahantaṃ vā ñātiparivaṭṭaṃ pahāya kesamassuṃ ohāretvā kāsāyāni vatthāni acchādetvā agāraṣmā anagāriyaṃ pabbajati.

[MN 27 / 38 / 51]

Sakkā nu kho bho gotama imasmimpi dhammavinaye evameva anupubbasikkhā anupubbakiriyā anupubbapaṭipadā paññāpetuṃ’ti?

"Sakkā imasmimpi dhammavinaye anupubbasikkhā anupubbakiriyā anupubbapaṭipadā paññāpetuṃ. Tathāgato purisadammaṃ labhitvā paṭhamaṃ evaṃ vineti: ‘ehi tvaṃ bhikkhu sīlavā hohi pātimokkhasaṃvarasaṃvuto viharāhi ācāragocarasampanno aṇumattesu vajjesu bhayaḍassāvī samādāya sikkhassu sikkhāpadesū’ti.

[MN 107]

So evaṃ pabbajito samāno bhikkhūnaṃ sikkhāsājīva-samāpanno pāṇātipātāṃ pahāya pāṇātipātā paṭivirato hoti nihitadaṇḍo nihitasattho lajjī dayāpanno sabbapāṇabhūta-hitānukampī viharati. Adinnādānaṃ pahāya adinnādānā paṭivirato hoti dinnādāyī dinnapāṭikankhī athenena sucibhūtena attanā viharati. Abrahmacariyaṃ pahāya brahmacārī hoti ārācārī virato methunā gāmadhammā.

Musāvādaṃ pahāya musāvādā paṭivirato hoti saccavādī saccasandho theto paccayiko avisaṃvādako lokassa. Pisunaṃ vācaṃ pahāya pisunāya vācāya paṭivirato hoti ito sutvā na amutra akkhātā imesaṃ bhedaṃ amutra vā sutvā na imesaṃ akkhātā amūsaṃ bhedaṃ—iti bhinnānaṃ vā sandhātā sahitānaṃ vā anuppadātā samaggārāmo samaggarato samagganandī samaggakaraṇiṃ vācaṃ bhāsītā hoti. Pharusaṃ vācaṃ pahāya pharusāya vācāya paṭivirato hoti yā sā vācā nelā kaṇṇasukhā pemaṇīyā hadayaṅgamā porī bahujanakantā bahujanamanāpā tathārūpiṃ vācaṃ bhāsītā hoti. Samphappalāpaṃ pahāya samphappalāpā paṭivirato hoti kālavādī bhūtavādī atthavādī dhammavādī vinayavādī nidhānavatīṃ vācaṃ bhāsītā kālana sāpadesaṃ pariyaṇavatīṃ atthasaṃhitāṃ.

So bījagāma-bhūtagāma-samārambhā paṭivirato hoti ekabhattiko hoti rattūparato virato vikālabhojanā 'nacca-gītavāditavisūkadassanā paṭivirato hoti 'mālā-gandha-vilepana-dhāraṇa-maṇḍana-vibhūsanatṭhānā paṭivirato hoti 'uccāsayana-mahāsayanā paṭivirato hoti 'jātarūparajata-paṭiggahaṇā paṭivirato hoti 'āmaka-dhañña-paṭiggahaṇā paṭivirato hoti 'āmaka-maṁsa-paṭiggahaṇā paṭivirato hoti 'itthikumārika-paṭiggahaṇā paṭivirato hoti 'dāsīdāsa-paṭiggahaṇā paṭivirato hoti 'ajelaka-paṭiggahaṇā paṭivirato hoti 'kukkuṭasūkara-paṭiggahaṇā paṭivirato hoti 'hatthi-gavassa-valava-paṭiggahaṇā paṭivirato hoti 'khattavatthu-paṭiggahaṇā paṭivirato hoti 'dūteyya-paṇa-gamanānuyogā paṭivirato hoti 'kayavikkayā paṭivirato hoti 'tulākūṭa-kāmsa-kūṭa-mānakūṭa paṭivirato hoti 'ukkoṭana-vañcana-nikati-sāciyogā paṭivirato hoti 'chedana-vadha-bandhana- viparāmosa-ālopa-sahasākārā paṭivirato hoti.

So santuṭṭho hoti kāyaparihārikena cīvarena kucchi-parihārikena piṇḍapātena. So yena yeneva pakkamati samādāyeva pakkamati. Seyyathāpi nāma pakkhī sakuṇo yena yeneva ḍeti sapattabhārova ḍeti 'evameva bhikkhu santuṭṭho hoti kāyaparihārikena cīvarena kucchiparihārikena piṇḍapātena. So yena yeneva pakkamati samādāyeva pakkamati. So iminā ariyena sīlakkhandhena samannāgato ajjhataṁ anavajjasukhaṁ paṭisaṁvedeti.

MN 51]

Tamenam tathāgato uttarim vineti: ‘ehi tvaṃ bhikkhu indriyesu guttadvāro hohi cakkhunā rūpaṃ disvā mā nimittaggāhī hohi mānubyañjanaggāhī. Yatvādhikaraṇamenam cakkhundriyaṃ asaṃvutaṃ viharantaṃ abhiijhādomanassā pāpakā akusalā dhammā anvāssaveyyuṃ tassa saṃvarāya paṭipajjāhi ’rakkhāhi cakkhundriyaṃ cakkhundriye saṃvaraṃ āpajjāhi. Sotena saddaṃ sutvā. Ghānena gandhaṃ ghāyitvā. Jivhāya rasaṃ sāyitvā. Kāyena phoṭṭhabbaṃ phusitvā. Manasā dhammaṃ viññāya mā nimittaggāhī hohi mānubyañjanaggāhī. Yatvādhikaraṇamenam manindriyaṃ asaṃvutaṃ viharantaṃ abhiijhādomanassā pāpakā akusalā dhammā anvāssaveyyuṃ tassa saṃvarāya paṭipajjāhi ’rakkhāhi manindriyaṃ manindriye saṃvaraṃ āpajjāhi’ ti.

‘Ehi tvaṃ bhikkhu bhojane mattaññū hohi. Paṭisankhā yoniso āhāraṃ āhāreyyāsi—neva davāya na madāya na maṇḍanāya na vibhūsanāya yāvadeva imassa kāyassa ṭhitiyā yāpanāya vihiṃsūparatiyā brahmacariyānuggahāya—iti purāṇaṇca vedanaṃ paṭihankhāmi navaṇca vedanaṃ na uppādessāmi yātrā ca me bhavissati anavajjatā ca phāsuvihāro cā’ ti.

‘Ehi tvaṃ bhikkhu jāgariyaṃ anuyutto viharāhi divasaṃ cankamena nisajjāya āvaraṇīyehi dhammehi cittaṃ parisodhehi rattiyaṃ paṭhamaṃ yāmaṃ cankamena nisajjāya āvaraṇīyehi dhammehi cittaṃ parisodhehi rattiyaṃ majjhimam yāmaṃ dakkhiṇena passena sīhaseyyam kappeyyāsi pāde pādam accādhāya sato sampajāno utthānasaññaṃ manasikaritvā rattiyaṃ pacchimaṃ yāmaṃ paccutthāya cankamena nisajjāya āvaraṇīyehi dhammehi cittaṃ parisodhehi’ ti.

‘Ehi tvaṃ bhikkhu satisampajaññaṃ samannāgato hohi abhikkante paṭikkante sampajānakārī ālokite vilokite sampajānakārī samiñjite pasārite sampajānakārī sanghāṭipattacīvaradhāraṇe sampajānakārī asite pīte khāyite sāyite sampajānakārī uccārapassāvakaṃme sampajānakārī gate ṭhite nisinne sutte jāgarite bhāsīte tuṇhībhave sampajānakārī’ ti.

‘Ehi tvaṃ bhikkhu vivittaṃ senāsaṇaṃ bhajāhi araṇṇaṃ
rukkaṃmūlaṃ pabbataṃ kandaraṃ giriguhaṃ susānaṃ
vanapatthaṃ abbhokāsaṃ palālapuṇṇaṃ’ti.

So pacchābhattaṃ piṇḍapāṭapaṭikkanto nisīdati pallankaṃ
ābhujitvā ujum kāyaṃ paṇidhāya parimukhaṃ satim
upaṭṭhapetvā. So abhijjhaṃ loke pahāya vigatābhijjhena cetasā
viharati abhijjhāya cittaṃ parisodheti ’byāpāda-padosaṃ pahāya
abyāpannacitto viharati sabbapāṇabhūta-hitānukampī
byāpādapadosā cittaṃ parisodheti ’thina-middhaṃ pahāya
vigatathinamiddho viharati ālokasaṇṇī sato sampajāno
thinamiddhā cittaṃ parisodheti ’uddhacca-kukkuccaṃ pahāya
anuddhato viharati ajjhattaṃ vūpasanta-citto uddhaccakukkuccā
cittaṃ parisodheti ’vicikicchaṃ pahāya tiṇṇavicikiccho viharati
akathaṃkathī kusalesu dhammesu vicikicchāya cittaṃ
parisodheti.

[MN 107]

Bhikkhu yathā iṇaṃ yathā rogaṃ yathā bandhanāgāraṃ yathā
dāsabyaṃ yathā kantāraddhāna-maggaṃ ime pañca nīvaraṇe
appahīne attani samanupassati. Seyyathāpi bhikkhave āṇaṇyaṃ
yathā ārogyaṃ yathā bandhanāmokkhaṃ yathā bhujissaṃ yathā
khemantabhūmiṃ ’evameva bhikkhu ime pañca nīvaraṇe pahīne
attani samanupassati. So tatonidānaṃ labhetha pāmojjaṃ
adhigaccheyya somanassaṃ.

So ime pañca nīvaraṇe pahāya cetaso upakkilese paññāya
dubbālīkaraṇe paṭhamāṃ jhānaṃ dutiyaṃ jhānaṃ tatiyaṃ
jhānaṃ catutthaṃ jhānaṃ upasampajja viharati.

So evaṃ samāhite citte parisuddhe pariyodāte anangaṇe
vigatūpakkilese mudubhūte kammaniye ṭhite āneṇjappatte pubbe-
nivāsānussati-ñāṇāya sattānaṃ cutūpapāta-ñāṇāya āsavānaṃ
khaya-ñāṇāya cittaṃ abhininnāmeti.

So ‘idaṃ dukkhaṇ’ti yathābhūtaṃ pajānāti ‘ayaṃ dukkha-samudayo’ti yathābhūtaṃ pajānāti ‘ayaṃ dukkhanirodho’ti yathābhūtaṃ pajānāti ‘ayaṃ dukkhanirodhagāminī paṭipadā’ti yathābhūtaṃ pajānāti.

‘Ime āsavā’ti yathābhūtaṃ pajānāti ‘ayaṃ āsavasamudayo’ti yathābhūtaṃ pajānāti ‘ayaṃ āsavanirodho’ti yathābhūtaṃ pajānāti ‘ayaṃ āsavanirodhagāminī paṭipadā’ti yathābhūtaṃ pajānāti.

Tassa evaṃ jānato evaṃ passato kāmāsavāpi cittaṃ vimuccati bhavāsavāpi cittaṃ vimuccati avijjāsavāpi cittaṃ vimuccati. Vimuttasmiṃ vimuttamiti ñāṇaṃ hoti: ‘khīṇā jāti vusitaṃ brahmacariyaṃ kataṃ karaṇīyaṃ nāparaṃ itthattāyā’ti pajānāti’ti.

[MN 39]

Ye kho te bhikkhū sekkhā apattamānasā anuttaraṃ yogakkhemaṃ patthayamānā viharanti tesu me ayaṃ evarūpī anusāsanī hoti.

[MN 107]

THE GRADUAL TRAINING

[Now let us recite the Gradual Training]

“A householder or householder’s son’ or one born in some other clan hears the Dhamma. On hearing the Dhamma he acquires faith in the Tathāgata. Possessing that faith he considers thus: ‘Household life is crowded and dusty’ life gone forth is wide open. It is not easy while living at home’ to lead the holy life utterly perfect and pure’ as a polished shell. Suppose I shave off my hair and beard’ put on the ochre robe’ and go forth from home to homelessness.’ On a later occasion’ abandoning a small or large fortune’ abandoning a small or large circle of relatives’ he shaves off his hair and beard’ puts on the ochre robe’ and goes forth from home to homelessness.”

[MN 27 / 38 / 51]

“Now is it possible Master Gotama’ to describe a gradual training’ gradual practise’ and gradual progress in this Dhamma and Vinaya?”

“It is possible to describe a gradual training’ gradual practise’ and gradual progress in this Dhamma and Vinaya. When the Tathāgata obtains a person to be tamed’ he first disciplines him thus: ‘Come bhikkhu be virtuous’ dwell restrained with the restraint of the Pātimokkha’ perfect in conduct and resort’ and seeing danger in the slightest faults’ train by undertaking the training rules.”

[MN 107]

“Having thus gone forth’ and possessing the bhikkhus’ training and way of life’ abandoning the destruction of life’ he abstains from destroying life’ with rod and weapon laid aside’ conscientious’ merciful’ he abides compassionate to all living beings. Abandoning the taking of what is not given’ he abstains from taking what is not given’ taking only what is given’ expecting only what is given’ by not stealing he abides in purity.

Abandoning the household life’ he observes the holy life’ living apart’ abstaining from the vulgar practise of sexual intercourse.”

“Abandoning false speech’ he abstains from false speech’ he speaks truth’ adheres to truth’ is trustworthy and reliable’ one who is no deceiver of the world. Abandoning malicious speech’ he abstains from malicious speech’ he does not repeat elsewhere what he has heard here’ in order to divide those people⁴⁹ from these’ nor does he repeat here what he has heard elsewhere’ in order to divide these people from those’ thus he is one who reunites those who are divided’ a promoter of friendships’ who enjoys unity’ rejoices in unity’ delights in unity’ a speaker of words that promote unity. Abandoning harsh speech’ he abstains from harsh speech’ he speaks words that are gentle’ pleasing to the ear’ and loveable’ that go to the heart’ are courteous’ desired by many and agreeable to many. Abandoning idle chatter’ he abstains from idle chatter’ he speaks at the right time’ speaks what is fact’ speaks on what is good’ speaks on the Dhamma and Vinaya’ at the right time’ he speaks words that are worth recording’ reasonable’ moderate’ and beneficial.”

“He abstains from harming seeds and plants. He practises eating one meal a day’ abstaining from eating at night’ and outside the proper time. He abstains from dancing’ singing’ music and entertainments. He abstains from wearing garlands’ smartening himself with scent’ and embellishing himself with unguents. He abstains from high and luxurious sleeping places. He abstains from accepting gold and silver. He abstains from accepting raw grain. He abstains from accepting raw meat. He abstains from accepting women and girls. He abstains from accepting men and women slaves. He abstains from accepting goats and sheep. He abstains from accepting fowl and pigs. He abstains from accepting elephants’ cattle’ horses’ and mares. He abstains from accepting fields and land.

He abstains from running errands and messages. He abstains from buying and selling. He abstains from false weights’ false metals’ and false measures. He abstains from accepting bribes’ deceiving’ defrauding’ and trickery. He abstains from wounding’ murdering’ binding’ robbery’ plunder’ and violence.”

“He becomes content with robes to protect his body’ and almsfood to maintain his stomach’ and wherever he goes he sets out taking only these with him. Just as a bird’ wherever it goes’ flies with its wings as its only burden’ so too the bhikkhu becomes content’ with robes to protect his body’ and almsfood to maintain his stomach’ and wherever he goes’ he sets out taking only these with him. Possessing this aggregate of noble virtue’ he experiences within himself a bliss that is blameless.”

[MN 51]

“Then the Tathāgata disciplines him further: ‘Come bhikkhu’ guard the doors of your sense faculties. On seeing a form with the eye’ do not grasp at its signs and features. Since if you were to leave the eye faculty unguarded’ evil unwholesome states of longing and grief might invade you’ practise the way of its restraint’ guard the eye faculty’ undertake the restraint of the eye faculty. On hearing a sound with the ear. On smelling an odour with the nose. On tasting a flavour with the tongue. On touching a tangible with the body. On cognizing a mind-object with the mind’ do not grasp at its signs and features. Since if you were to leave the mind faculty unguarded’ evil unwholesome states of longing and grief might invade you’ practise the way of its restraint’ guard the mind faculty’ undertake the restraint of the mind faculty.”

“Come bhikkhu’ be moderate in eating. Wisely reflecting’ I use almsfood’ not for fun’ not for pleasure’ not for fattening’ not for beautification’ 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.”

“Come bhikkhu’ be devoted to wakefulness. During the day’ while walking back and forth and sitting’ purify your mind of obstructive states. In the first watch of the night’ while walking back and forth and sitting’ purify your mind of obstructive states. In the middle watch of the night’ you should lie down on the right side’ in the lion’s pose’ with one foot overlapping the other’ mindful and fully aware’ after noting in your mind the time for rising. After rising in the third watch of the night’ while walking back and forth and sitting’ purify your mind of obstructive states.”

“Come bhikkhu’ be possessed of mindfulness and full awareness. Act in full awareness when going forward and returning’ act in full awareness when looking ahead and looking away’ act in full awareness when flexing and extending your limbs’ act in full awareness when wearing your robes’ and carrying your outer robe and bowl’ act in full awareness when eating’ drinking’ consuming food’ and tasting’ act in full awareness when defecating and urinating’ act in full awareness when walking’ standing’ sitting’ falling asleep’ waking up’ talking’ and keeping silent.”

“Come bhikkhu’ resort to a secluded resting place: a forest’ the foot of a tree’ a mountain’ a ravine’ a hillside cave’ a charnel ground’ a jungle thicket’ an open space’ a heap of straw.’

“After his meal’ on returning from almsround he sits down’ folding his legs crosswise’ setting his body erect’ and establishing mindfulness in front of him. Abandoning longing⁵⁰ for the world’ he abides with a mind free from longing’ he purifies his mind from longing. Abandoning ill will and hatred’ he abides with a mind free from ill will’ compassionate for the welfare of all living beings’ he purifies his mind from ill will and hatred. Abandoning sloth and torpor’ he abides free from sloth and torpor’ percipient of light’ mindful and fully aware’ he purifies his mind from sloth and torpor. Abandoning restlessness and remorse’ he abides unagitated’ with a mind inwardly peaceful’ he purifies his mind from restlessness and remorse. Abandoning doubt’ he abides having gone beyond doubt’ unperplexed about wholesome states’ he purifies his mind from doubt.”

[MN 107]

“When these five hindrances are unabandoned in himself’ he sees them respectively as a debt’ a disease’ a prison’ slavery’ and a road across a desert. But when these five hindrances have been abandoned in himself’ he sees that as freedom from debt’ freedom from disease’ release from prison’ freedom from slavery’ and a land of safety. Considering thus’ he would be glad and full of joy.”

“Having abandoned these five hindrances’ imperfections of the mind that weaken wisdom’ he enters upon and abides in the first jhāna’ the second jhāna’ the third jhāna’ the fourth jhāna.”

“When his concentrated mind is thus purified’ bright’ unblemished’ rid of imperfection’ malleable’ wieldy’ steady’ and attained to imperturbability’ he directs it to knowledge of the recollection of past lives’ to knowledge of the passing away and reappearance of beings’ and to knowledge of the destruction of the taints.”

“He understands as it actually is: ‘This is suffering’’ ‘This is the origin of suffering’’ ‘This is the cessation of suffering’’ This is the way’ leading to the cessation of suffering’’ ‘These are the taints’’ ‘This is the origin of the taints’’ ‘This is the cessation of the taints’’ ‘This is the way’ leading to the cessation of the taints.’”

“When he knows and sees thus ’his mind is liberated from the taint of sensual desire’ from the taint of being’ and from the taint of ignorance. When liberated there is knowledge that he is liberated. He understands: ‘Birth is exhausted’ the holy life is fulfilled’ what has to be done is done’ there is nothing else to do for the sake of liberation.’”

[MN 39]

“This is my instruction to those bhikkhus who are in higher training’ whose minds have not yet attained the goal’ who abide aspiring to the supreme security from bondage.”

[MN 107]

REQUISITES FOR AWAKENING

Bodhipakkhiya-dhammā

[Handa mayaṃ bodhipakkhiya-dhamma-pāṭhaṃ bhaṇāmaṣe]

Bhikkhave ye te mayā dhammā abhiññā desitā

Bhikkhus those things I have taught you from my direct knowledge

Te vo sādhukaṃ uggahetvā

Having been thoroughly learned by you

Āsevitabbā bhāvetabbā bahulīkātabbā

Should be practised 'developed' and made much of

Yathayidaṃ brahmacariyaṃ addhaniyaṃ assa ciraṭṭhitikaṃ

So that this holy life 'may last for a long time

Tadassa bahujaṇa-hitāya bahujaṇa-sukhāya

That would be for the welfare 'and happiness of many people

Lokānukampāya

Out of compassion for the world

Atthāya hitāya sukhāya devamanussānaṃ

For the benefit 'welfare' and happiness of gods and humans

Katame ca te bhikkhave dhammā mayā abhiññā desitā?

And what bhikkhus 'are those things I have taught you from my direct knowledge?

Seyyathīdaṃ

They are as follows:

Cattāro satipaṭṭhānā

The Four Foundations of Mindfulness

Cattāro sammappadhānā

The Four Right Strivings
Cattāro iddhipādā
The Four Bases of Spiritual Power
Pañcindriyāni
The Five Faculties
Pañca balāni
The Five Powers
Satta bojjhaṅgā
The Seven Factors of Awakening
Ariyo aṭṭhaṅgiko maggo
The Noble Eightfold Path

[DN 16]

THE SEVEN FACTORS OF AWAKENING

Satta-sambojjhaṅgā

[Handa mayaṃ satta-sambojjhaṅga-pāṭhaṃ bhaṇāmaṣe]

Sattime bhikkhave bojjhaṅgā bhāvitā bahulīkatā

*Bhikkhus when the Seven Factors of Awakening are developed
and cultivated*

Ariyā niyyānikā nīyanti

They are noble and emancipating

Takkarassa sammā dukkhakkhayāya

Acting them out 'leads to the complete destruction of suffering

[SN 46.19]

Ye te bhikkhave bhikkhū

Bhikkhus those bhikkhus

Sīlasampannā

Who are accomplished in virtue

Samādhisampannā

Accomplished in concentration

Ñāṇasampannā

Accomplished in wisdom

Vimuttisampannā

Accomplished in liberation

Vimuttiñāṇadassanasampannā

Accomplished in the knowledge and vision of liberation:

Dassanam-pāhaṃ bhikkhave tesaṃ bhikkhūnaṃ bahukāraṃ
vadāmi

I say even the sight of those bhikkhus is helpful
Savanam-pāhaṃ
Even listening to them
Upasaṅkamanam-pāhaṃ
Even approaching them
Payirupāsanam-pāhaṃ
Even attending on them
Anussatim-pāhaṃ
Even recollecting them
Anupabbajjam-pāhaṃ
Even going forth after them is helpful
Taṃ kissa hetu?
For what reason?
Tathārūpānaṃ bhikkhave bhikkhūnaṃ dhammaṃ sutvā
Because when one has heard the Dhamma from such bhikkhus
Dvayena vūpakāseṇa vūpakaṭṭho viharati
One dwells withdrawn by way of two kinds of withdrawal
Kāyavūpakāseṇa ca cittavūpakāseṇa ca
Withdrawal of body and withdrawal of mind
So tathā vūpakaṭṭho viharanto
Dwelling thus withdrawn
Taṃ dhammaṃ anussarati anuvitakketi
One recollects that Dhamma and thinks it over
So tathā sato viharanto
Dwelling thus mindfully

Taṃ dhammaṃ paññāya pavicinati

One discriminates that Dhamma with wisdom

Pavicarati parivīmaṃsam-āpajjati

Examines it 'makes an investigation of it

Tassa taṃ dhammaṃ paññāya pavicinato

While one discriminates that Dhamma with wisdom

Pavicarato parivīmaṃsam-āpajjato

Examines it 'makes an investigation of it

Āraddhaṃ hoti vīriyaṃ asallīnaṃ

One's energy is aroused without slackening

Āraddhavīriyassa uppajjati pīti nirāmisā

When one's energy is aroused

There arises spiritual rapture

Pītimanassa kāyopi passambhati

For one whose mind is uplifted by rapture

The body becomes tranquil

Cittampi passambhati

And the mind becomes tranquil

Passaddhakāyassa sukhino

For one whose body is tranquil and who is happy

Cittaṃ samādhīyati

The mind becomes concentrated

So tathāsamāhitaṃ cittaṃ sādhukaṃ ajjhupekkhitā hoti

One closely looks on with equanimity

At the mind thus concentrated

Ime kho bhikkhave satta bojjhaṅgā'ti

Bhikkhus these are the Seven Factors of Awakening

THE NOBLE EIGHTFOLD PATH

Ariy'aṭṭhaṅgika-magga

[Handa mayam ariyaṭṭhaṅgika-magga-pāṭham bhaṇāmasa]

Ayam-eva ariyo aṭṭhaṅgiko maggo

This is the Noble Eightfold Path

Seyyathīdam

Which is as follows

Sammā-diṭṭhi

Right View

Sammā-saṅkappo

Right Intention

Sammā-vācā

Right Speech

Sammā-kammanto

Right Action

Sammā-ājīvo

Right Livelihood

Sammā-vāyāmo

Right Effort

Sammā-sati

Right Mindfulness

Sammā-samādhi

Right Concentration

Katamā ca bhikkhave sammā-diṭṭhi

And what bhikkhus is Right View?
Yaṃ kho bhikkhave dukkhe ñāṇaṃ
Knowledge of suffering
Dukkha-samudaye ñāṇaṃ
Knowledge of the origin of suffering
Dukkha-nirodhe ñāṇaṃ
Knowledge of the cessation of suffering
Dukkha-nirodha-gāminiyā paṭipadāya ñāṇaṃ
Knowledge of the way of practise
Leading to the cessation of suffering
Ayaṃ vuccati bhikkhave sammā-diṭṭhi
This bhikkhus is called Right View
Katamo ca bhikkhave sammā-saṅkappo
And what bhikkhus is Right Intention?
Nekkhamma-saṅkappo
The intention of renunciation
Abyāpāda-saṅkappo
The intention of non-ill-will
Avihimsā-saṅkappo
The intention of non-cruelty
Ayaṃ vuccati bhikkhave sammā-saṅkappo
This bhikkhus is called Right Intention
Katamā ca bhikkhave sammā-vācā
And what bhikkhus is Right Speech?
Musā-vādā veramaṇī

Abstaining from false speech
Pisuṇāya vācāya veramaṇī
Abstaining from malicious speech
Pharusāya vācāya veramaṇī
Abstaining from harsh speech
Samphappalāpā veramaṇī
Abstaining from idle chatter
Ayaṃ vuccati bhikkhave sammā-vācā
This bhikkhus is called Right Speech
Katamo ca bhikkhave sammā-kammanto
And what bhikkhus is Right Action?
Pāṇātipātā veramaṇī
Abstaining from killing living beings
Adinnādānā veramaṇī
Abstaining from taking what is not given
Kāmesu-micchācārā veramaṇī
Abstaining from sexual misconduct
Ayaṃ vuccati bhikkhave sammā-kammanto
This bhikkhus is called Right Action
Katamo ca bhikkhave sammā-ājīvo
And what bhikkhus is Right Livelihood?
Idha bhikkhave ariya-sāvako
Micchā-ājīvaṃ pahāya
Sammā-ājīvena jīvitaṃ kappeti
Here bhikkhus a noble disciple

*Having abandoned wrong livelihood
Earns his living by right livelihood*
Ayaṃ vuccati bhikkhave sammā-ājīvo
This bhikkhus is called Right Livelihood
Katamo ca bhikkhave sammā-vāyāmo
And what bhikkhus is Right Effort?
Idha bhikkhave bhikkhu
Anuppannānaṃ pāpakānaṃ akusalānaṃ dhammānaṃ anuppādāya
Chandaṃ janeti
Vāyamati
Vīriyaṃ ārabhati
Cittaṃ paggaṇhāti padahati
*Here bhikkhus a bhikkhu awakens zeal
For the non-arising of unarisen
Evil unwholesome states
He puts forth effort
Arouses energy
Exerts his mind
And strives*
Uppannānaṃ pāpakānaṃ akusalānaṃ dhammānaṃ pahānāya
Chandaṃ janeti
Vāyamati
Vīriyaṃ ārabhati
Cittaṃ paggaṇhāti padahati
He awakens zeal for the abandoning of arisen

Evil unwholesome states

He puts forth effort

Arouses energy

Exerts his mind

And strives

Anuppannānaṃ kusalānaṃ dhammānaṃ uppādāya

Chandaṃ janeti

Vāyamati

Vīriyaṃ ārabhati

Cittaṃ paggaṇhāti padahati

He awakens zeal for the arising of unarisen

Wholesome states

He puts forth effort

Arouses energy

Exerts his mind

And strives

Uppannānaṃ kusalānaṃ dhammānaṃ ṭhitiyā

Asammosāya

Bhiyyobhāvāya

Vepullāya

Bhāvanāya pāripūriyā

Chandaṃ janeti

Vāyamati

Vīriyaṃ ārabhati

Cittaṃ paggaṇhāti padahati

He awakens zeal for the continuance

Non-disappearance

Strengthening

Increase and fulfillment by development

Of arisen wholesome states

He puts forth effort

Arouses energy

Exerts his mind

And strives

Ayaṃ vuccati bhikkhave sammā-vāyāmo

This bhikkhus is called Right Effort

Katamā ca bhikkhave sammā-sati

And what bhikkhus is Right Mindfulness?

Idha bhikkhave bhikkhu kāye kāyānupassī viharati

Here bhikkhus a bhikkhu abides

Contemplating the body as a body

Ātāpī sampajāno satimā

Ardent 'fully aware' and mindful

Vineyya loke abhijjhā-domanassaṃ

Having put away

Longing and grief for the world⁵¹

Vedanāsu vedanānupassī viharati

He abides contemplating feelings as feelings

Ātāpī sampajāno satimā

Ardent 'fully aware' and mindful

Vineyya loke abhijjhā-domanassaṃ

Having put away

Longing and grief for the world

Citte cittānupassī viharati

He abides contemplating mind as mind

Ātāpī sampajāno satimā

Ardent 'fully aware' and mindful

Vineyya loke abhijjhā-domanassaṃ

Having put away

Longing and grief for the world

Dhammesu dhammānupassī viharati

He abides contemplating dhammas as dhammas⁵²

Ātāpī sampajāno satimā

Ardent 'fully aware' and mindful

Vineyya loke abhijjhā-domanassaṃ

Having put away

Longing and grief for the world

Ayaṃ vuccati bhikkhave sammā-sati

This bhikkhus is called Right Mindfulness

Katamo ca bhikkhave sammā-samādhī

And what bhikkhus is Right Concentration?

Idha bhikkhave bhikkhu

Here bhikkhus a bhikkhu

Vivicc'eva kāmehi

Quite secluded from sense pleasures

Vivicca akusalehi dhammehi

Secluded from unwholesome states

Savitakkaṃ savicāraṃ viveka-jāṃ pīti-sukhaṃ paṭhamāṃ jhānaṃ
upasampajja viharati

Enters upon and abides 'in the first Jhāna

Accompanied by thought and examination

With rapture and pleasure 'born of seclusion

Vitakka-vicārānaṃ vūpasamā

With the stilling of thought and examination

Ajjhattaṃ sampasādanaṃ cetaso

Ekodibhāvaṃ

Avitakkaṃ avicāraṃ samādhi-jāṃ pīti-sukhaṃ duttiyaṃ jhānaṃ
upasampajja viharati

He enters upon and abides 'in the second Jhāna

Accompanied by self-confidence 'and singleness of mind

Without thought and examination

With rapture and pleasure 'born of concentration

Pītiyā ca virāgā

With the fading away as well of rapture

Upekkhako ca viharati

He abides in equanimity

Sato ca sampajāno

Mindful 'and fully aware

Sukhañ-ca kāyena paṭisaṃvedeti

Directly experiencing pleasure⁵³

Yaṃ taṃ ariyā ācikkhanti

‘Upekkhako satimā sukha-vifhārī’ti⁵⁴

Tatiyaṃ jhānaṃ upasampajja viharati

*He enters upon and abides’ in the third Jhāna
On account of which the Noble Ones announce
‘He has a pleasant abiding
With equanimity and is mindful’*

Sukhassa ca pahānā

With the abandoning of pleasure

Dukkassa ca pahānā

And the abandoning of pain

Pubb’eva somanassa domanassānaṃ atthaṅgamā

With the previous disappearance of joy and displeasure⁵⁵

Adukkhamasukhaṃ upekkhā-sati-pārisuddhiṃ catutthaṃ jhānaṃ
upasampajja viharati

*He enters upon and abides’ in the fourth Jhāna
Accompanied by neither pain nor pleasure
And purity of mindfulness
Due to equanimity*

Ayaṃ vuccati bhikkhave sammā-samādhi

This bhikkhus is called Right Concentration

Ayam-eva ariyo aṭṭh'aṅgiko maggo

This is the Noble Eightfold Path

[SN 45.8]

MINDFULNESS OF BREATHING

Ānāpānassati

[Handa mayaṃ ānāpānassati-sutta-pāṭham bhaṇāmaṣe]

Ānāpānassati bhikkhave bhāvitā bahulī-katā

Bhikkhus when mindfulness of breathing is developed and cultivated

Mahapphalā hoti mahā-nisaṃsā

It is of great fruit and great benefit

Ānāpānassati bhikkhave bhāvitā bahulī-katā

When mindfulness of breathing is developed and cultivated

Cattāro satipaṭṭhāne paripūreti

It fulfills the Four Foundations of Mindfulness

Cattāro satipaṭṭhānā bhāvitā bahulī-katā

When the Four Foundations of Mindfulness are developed and cultivated

Satta-bojjhaṅge paripūrenti

They fulfill the Seven Factors of Awakening

Satta-bojjhaṅgā bhāvitā bahulī-katā

When the Seven Factors of Awakening are developed and cultivated

Vijjā-vimuttiṃ paripūrenti

They fulfill true knowledge and deliverance

Kathaṃ bhāvitā ca bhikkhave ānāpānassati kathaṃ bahulī-katā

And how bhikkhus is mindfulness of breathing developed and cultivated

Mahapphalā hoti mahā-nisaṃsā

So that it is of great fruit and great benefit?

Idha bhikkhave bhikkhu

Here bhikkhus a bhikkhu

Arañña-gato vā

Gone to the forest

Rukkha-mūla-gato vā

To the foot of a tree

Suññāgāra-gato vā

Or to an empty hut

Nisīdati pallaṅkaṃ ābhujitvā

Sits down 'having crossed his legs

Ujuṃ kāyaṃ paṇidhāya parimukhaṃ satim upaṭṭhapetvā

Sets his body erect

Having established mindfulness in front of him

So sato'va assasati sato'va passasati

Ever mindful he breathes in

Mindful he breathes out

Dīghaṃ vā assasanto dīghaṃ assasāmī'ti pajānāti

Breathing in long he knows 'I breathe in long'

Dīghaṃ vā passasanto dīghaṃ passasāmī'ti pajānāti

Breathing out long he knows 'I breathe out long'

Rassaṃ vā assasanto rassaṃ assasāmī'ti pajānāti

Breathing in short he knows 'I breathe in short'

Rassaṃ vā passasanto rassaṃ passasāmī'ti pajānāti

Breathing out short he knows ‘I breathe out short’
Sabba-kāya-paṭisaṃvedī assasissāmī’ti sikkhati

He trains thus:

‘I shall breathe in experiencing the whole body’
Sabba-kāya-paṭisaṃvedī passasissāmī’ti sikkhati

He trains thus:

‘I shall breathe out experiencing the whole body’
Passambhayaṃ kāya-saṅkhāraṃ assasissāmī’ti sikkhati

He trains thus:

‘I shall breathe in tranquillizing the bodily formation’⁵⁶
Passambhayaṃ kāya-saṅkhāraṃ passasissāmī’ti sikkhati

He trains thus:

‘I shall breathe out tranquillizing the bodily formation’
Pīti-paṭisaṃvedī assasissāmī’ti sikkhati

He trains thus:

‘I shall breathe in experiencing rapture’
Pīti-paṭisaṃvedī passasissāmī’ti sikkhati

He trains thus:

‘I shall breathe out experiencing rapture’
Sukha-paṭisaṃvedī assasissāmī’ti sikkhati

He trains thus:

‘I shall breathe in experiencing pleasure’
Sukha-paṭisaṃvedī passasissāmī’ti sikkhati

He trains thus:

‘I shall breathe out experiencing pleasure’

Citta-saṅkhāra-paṭisaṁvedī assasissāmī'ti sikkhati

He trains thus:

*'I shall breathe in experiencing the mental formation'*⁵⁷

Citta-saṅkhāra-paṭisaṁvedī passasissāmī'ti sikkhati

He trains thus:

'I shall breathe out experiencing the mental formation'

Passambhayaṁ citta-saṅkhāraṁ assasissāmī'ti sikkhati

He trains thus:

*'I shall breathe in tranquillizing the mental formation'*⁵⁸

Passambhayaṁ citta-saṅkhāraṁ passasissāmī'ti sikkhati

He trains thus:

'I shall breathe out tranquillizing the mental formation'

Citta-paṭisaṁvedī assasissāmī'ti sikkhati

He trains thus:

'I shall breathe in experiencing the mind'

Citta-paṭisaṁvedī passasissāmī'ti sikkhati

He trains thus:

'I shall breathe out experiencing the mind'

Abhippamodayaṁ cittaṁ assasissāmī'ti sikkhati

He trains thus:

'I shall breathe in gladdening the mind'

Abhippamodayaṁ cittaṁ passasissāmī'ti sikkhati

He trains thus:

'I shall breathe out gladdening the mind'

Samādahaṁ cittaṁ assasissāmī'ti sikkhati

He trains thus:

‘I shall breathe in concentrating the mind’

Samādahaṃ cittaṃ passasissāmī’ti sikkhati

He trains thus:

‘I shall breathe out concentrating the mind’

Vimocayaṃ cittaṃ assasissāmī’ti sikkhati

He trains thus:

‘I shall breathe in liberating the mind’

Vimocayaṃ cittaṃ passasissāmī’ti sikkhati

He trains thus:

‘I shall breathe out liberating the mind’

Aniccānupassī assasissāmī’ti sikkhati

He trains thus:

‘I shall breathe in contemplating impermanence’

Aniccānupassī passasissāmī’ti sikkhati

He trains thus:

‘I shall breathe out contemplating impermanence’

Virāgānupassī assasissāmī’ti sikkhati

He trains thus:

‘I shall breathe in contemplating the fading away of passions’

Virāgānupassī passasissāmī’ti sikkhati

He trains thus:

‘I shall breathe out contemplating the fading away of passions’

Nirodhānupassī assasissāmī’ti sikkhati

He trains thus:

‘I shall breathe in contemplating cessation’

Nirodhānupassī passasissāmī’ti sikkhati

He trains thus:

‘I shall breathe out contemplating cessation’

Paṭinissaggānupassī assasissāmī’ti sikkhati

He trains thus:

‘I shall breathe in contemplating relinquishment’

Paṭinissaggānupassī passasissāmī’ti sikkhati

He trains thus:

‘I shall breathe out contemplating relinquishment’

Evam bhāvitā kho bhikkhave ānāpānassati evam bahuḷī-katā

Bhikkhus that is how mindfulness of breathing is developed and cultivated

Mahapphalā hoti mahā-nisaṃsā

So that it is of great fruit and great benefit

[MN 118]

DEPENDENT ORIGATION

Paṭicca samuppāda

[Handa mayam paṭicca samuppāa-vibhaṅgaṁ bhaṇāmase]
[Now let us recite the Analysis of Dependent Origination⁵⁹]

Avijjā-paccayā saṅkhārā

From ignorance as a⁶⁰ condition arise⁶¹ formations

Saṅkhāra-paccayā viññāṇaṁ

From formations as a condition arises consciousness

Viññāṇa-paccayā nāmarūpaṁ

From consciousness as a condition arises name-and-form⁶²

Nāmarūpa-paccayā saḷāyatanaṁ

From name-and-form as a condition arises the sixfold-sense-base

Saḷāyatana-paccayā phasso

From the sixfold-sense-base as a condition arises contact

Phassa-paccayā vedanā

From contact as a condition arises feeling

Vedanā-paccayā taṇhā

From feeling as a condition arises craving

Taṇhā-paccayā upādānaṁ

From craving as a condition arises clinging

Upādāna-paccayā bhavo

From clinging as a condition arises becoming

Bhava-paccayā jāti

From becoming as a condition arises birth

Jāti-paccayā jarāmarañam soka parideva dukkha domanssupāyāsā
sambhavanti

From birth as a condition arise ageing-and-death

Sorrow lamentation pain displeasure and despair

Evametassa kevalassa dukkhakkhandhassa samudayo hoti

Such is the origin of this whole mass of suffering

Tattha katamā avijjā?

Therein what is ignorance?

Dukkhe aññānam dukkhasamudaye aññānam dukkhanirodhe
aññānam dukkhanirodhagāminiyā paṭipadāya aññānam

*Not knowing suffering 'not knowing the origin of suffering' not
knowing the cessation of suffering 'not knowing the way of
practise leading to the cessation of suffering*

Ayam vuccati avijjā

This is called 'ignorance'

Tattha katame avijjā-paccayā saṅkhārā?

*Therein what are 'formations' arising⁶³ from ignorance as a
condition?⁶⁴*

Puññābhisāṅkhāro apuññābhisāṅkhāro āneñjābhisāṅkhāro⁶⁵

Kāyasaṅkhāro vacīsaṅkhāro cittasaṅkhāro

Heightened formation of wholesomeness

Heightened formation of unwholesomeness

Heightened formation of imperturbability

The bodily formation 'the verbal formation' the mental formation

Tattha katamo puññābhisāṅkhāro?

Therein what is 'heightened formation of wholesomeness'?

Kusalā cetanā kāmāvacarā rūpāvacarā dānamayā sīlamayā
bhāvanāmayā

*Skillful volition of the sense-sphere 'of the form-sphere' connected
with giving 'connected with virtue' connected with meditation*

Ayaṃ vuccati puññābhisaṅkhāro

This is called 'heightened formation of wholesomeness'

Tattha katamo apuññābhisaṅkhāro?

Therein what is 'heightened formation of unwholesomeness'?

Akusalā cetanā kāmāvacarā

Unskillful volition of the sense-sphere

Ayaṃ vuccati apuññābhisaṅkhāro

This is called 'heightened formation of unwholesomeness'

Tattha katamo āneñjābhisaṅkhāro?

Therein what is 'heightened formation of imperturbability'?

Kusalā cetanā arūpāvacarā

Skillful volition of the formless-sphere

Ayaṃ vuccati āneñjābhisaṅkhāro

This is called 'heightened formation of imperturbability'

Tattha katamo kāyaṅkhāro?

Therein what is 'the bodily formation'?

Kāyaṅcetanā kāyaṅkhāro vacīsaṅcetanā vacīsaṅkhāro
manosaṅcetanā cittasaṅkhāro⁶⁶

Volition associated with the body is the bodily formation

Volition associated with speech is the verbal formation

Volition associated with the mind is the mental⁶⁷ formation

Ime vuccanti avijjā-paccayā saṅkhārā

These are called 'formations' arising from ignorance as a condition

Tattha katamaṃ saṅkhāra-paccayā viññāṇaṃ?

Therein what is 'consciousness' arising from formations as a condition?

Cakkhuviññāṇaṃ sotaviññāṇaṃ ghānaviññāṇaṃ jivhāviññāṇaṃ
kāyaviññāṇaṃ manoviññāṇaṃ

Eye-consciousness ear-consciousness nose-consciousness tongue-consciousness body-consciousness mind-consciousness

Idaṃ vuccati saṅkhāra-paccayā viññāṇaṃ

This is called 'consciousness' arising from formations as a condition

Tattha katamaṃ viññāṇa-paccayā nāmarūpaṃ?

Therein what is 'name-and-form' arising from consciousness as a condition?

Atthi nāmaṃ atthi rūpaṃ

There is name there is form

Tattha katamaṃ nāmaṃ?

Therein what is name?

Vedanā saññā cetanā phasso manasikāro⁶⁸

Feeling perception volition contact and attention

Idaṃ vuccati nāmaṃ

This is called 'name'

Tattha katamaṃ rūpaṃ?

Therein what is form?

Cattāro mahābhūtā catunnaṅca mahābhūtānaṃ upādāya rūpaṃ

The four great elements and form dependent on the four great elements

Idaṃ vuccati rūpaṃ

This is called 'form'

Iti idaṃca nāmaṃ idaṃca rūpaṃ

Thus is this name and this form

Idaṃ vuccati viññāṇa-paccayā nāmarūpaṃ

This is called 'name-and-form' arising from consciousness as a condition

Tattha katamaṃ nāmarūpa-paccayā saḷāyatanaṃ?

Therein what is 'the sixfold-sense-base' arising from name-and-form as a condition?

Cakkhāyatanaṃ sotāyatanaṃ ghāṇāyatanaṃ jivhāyatanaṃ
kāyāyatanaṃ manāyatanaṃ

The eye-base ear-base nose-base tongue-base body-base mind-base

Idaṃ vuccati nāmarūpa-paccayā saḷāyatanaṃ

This is called 'the sixfold-sense-base' arising from name-and-form as a condition

Tattha katamo saḷāyatana-paccayā phasso?

Therein what is 'contact' arising from the sixfold-sense-base as a condition?

Cakkhusamphasso sotasamphasso ghānasamphasso
jivhāsamphasso kāyasamphasso manosamphasso

Eye-contact ear-contact nose-contact tongue-contact body-contact mind-contact

Ayaṃ vuccati saḷāyatana-paccayā phasso

This is called 'contact' arising from the sixfold-sense-base as a condition

Tattha katamā phassa-paccayā vedanā?

Therein what is 'feeling' arising from contact as a condition?

Cakkhusamphassajā vedanā sotasaṃphassajā vedanā
ghāṇasaṃphassajā vedanā jivhāsaṃphassajā vedanā
kāyasaṃphassajā vedanā manosaṃphassajā vedanā

*Feeling born of eye-contact' feeling born of ear-contact feeling
born of nose-contact' feeling born of tongue-contact feeling born
of body-contact' feeling born of mind-contact*

Ayaṃ vuccati phassa-paccayā vedanā

This is called 'feeling' arising from contact as a condition

Tattha katamā vedanā-paccayā taṇhā?

Therein what is 'craving' arising from feeling as a condition?

Rūpatāṇhā saddatāṇhā gandhatāṇhā rasatāṇhā phoṭṭhabbatāṇhā
dhammatāṇhā

*Craving for forms' craving for sounds' craving for odours'
craving for flavours' craving for tangibles' craving for mind-
objects*

Ayaṃ vuccati vedanā-paccayā taṇhā

This is called 'craving' arising from feeling as a condition

Tattha katamaṃ taṇhā-paccayā upādānaṃ?

Therein what is 'clinging' arising from craving as a condition?

Kāmapādānaṃ diṭṭhupādānaṃ sīlabbatupādānaṃ
attavādupādānaṃ

*Clinging to sensuality' clinging to views' clinging to rules and
rituals' clinging to a sense of self⁶⁹*

Idaṃ vuccati taṇhā-paccayā upādānaṃ

This is called 'clinging' arising from craving as a condition
Tattha katamo upādāna-paccayā bhavo?

Therein what is 'becoming' arising from clinging as a condition?
Kāmabhavo rūpabhavo arūpabhavo⁷⁰

Sense-sphere becoming form-sphere becoming formless-sphere becoming
Ayaṃ vuccati upādāna-paccayā bhavo

This is called 'becoming' arising from clinging as a condition
Tattha katamā bhava-paccayā jāti?

Therein what is 'birth' arising from becoming as a condition?
Yā tesāṃ tesāṃ sattānaṃ tamhi tamhi sattanikāye jāti 'sañjāti
okkanti abhinibbatti khandhānaṃ pātubhāvo āyatanānaṃ
paṭilābho⁷¹

*The birth of various beings among the various classes of beings
their being born 'descent' 'production' 'appearance of the
aggregates' obtaining of the sense-bases*
Ayaṃ vuccati bhava-paccayā jāti

This is called 'birth' arising from becoming as a condition
Tattha katamaṃ jāti-paccayā jarāmaraṇaṃ?

*Therein what is 'ageing-and-death' arising from birth as a
condition?*
Atthi jarā atthi maraṇaṃ

There is ageing 'there is death
Tattha katamā jarā?

Therein what is ageing?

Yā tesaṃ tesaṃ sattānaṃ tamhi tamhi sattanikāye jarā 'jīraṇatā
khaṇḍiccaṃ pāliccaṃ valittacatā āyuno saṃhāni indriyānaṃ
paripāko

*The ageing of various beings among the various classes of beings'
their growing old 'brokenness of teeth 'greyness of hair'
wrinkling of skin 'decline of vitality 'decay of faculties*

Ayaṃ vuccati jarā

This is called 'ageing'

Tattha katamaṃ maraṇaṃ?

Therein what is death?

Yā tesaṃ tesaṃ sattānaṃ tamhā tamhā sattanikāyā cuti 'cavanatā
bhedo antaradhānaṃ maccu maraṇaṃ kālakiriya khandhānaṃ
bhedo kaḷavarassa nikkhepo jīvitindriyass-upacchedo

*The passing away of various beings from the various classes of
beings 'their perishing 'breaking up 'disappearance 'dying '
death 'completion of time 'breakup of the aggregates 'laying
down of the carcass 'cutting off the life faculty*

Idaṃ vuccati maraṇaṃ

This is called 'death'

Iti ayañca jarā idañca maraṇaṃ

Thus is this ageing and this death

Idaṃ vuccati jāti-paccayā jarāmarāṇaṃ

This is called 'ageing-and-death' 'arising from birth as a condition

Tattha katamo soko?

Therein what is sorrow?

Ñātibyaśanena vā phuṭṭhaśsa bhogabyaśanena vā phuṭṭhaśsa
rogabyaśanena vā phuṭṭhaśsa sīlabyaśanena vā phuṭṭhaśsa
diṭṭhiyaśanena vā phuṭṭhaśsa 'aññataraññatarena byaśanena
samannāgaṭaśsa aññataraññatarena dukkhaḍḍhammena phuṭṭhaśsa '
soko socanā socitaṭṭam 'antosoko antopariśoko cetaso
parijjhāyanā domaśsaṃ sokaśallam

*Affected by the loss of relatives 'or loss of wealth 'or misfortune of
sickness 'or loss of virtue 'or loss of right view⁷² 'by whatever
misfortune one encounters 'by whatever painful thing one is
affected 'the sorrow 'sorrowing 'sorrowfulness 'inner sorrow '
extensive inner sorrow 'the mind's thorough burning '
displeasure 'the dart of sorrow*

Ayaṃ vuccati soko

This is called 'sorrow'

Tattha kaṭamo paridevo?

Therein what is lamentation?

Ñātibyaśanena vā phuṭṭhaśsa bhogabyaśanena vā phuṭṭhaśsa
rogabyaśanena vā phuṭṭhaśsa sīlabyaśanena vā phuṭṭhaśsa
diṭṭhiyaśanena vā phuṭṭhaśsa 'aññataraññatarena byaśanena
samannāgaṭaśsa aññataraññatarena dukkhaḍḍhammena phuṭṭhaśsa '
ādevo paridevo ādevanā paridevanā ādevitaṭṭam paridevitaṭṭam '
vācā palāpo vippalāpo lālappo lālappanā lālappitaṭṭam

*Affected by the loss of relatives 'or loss of wealth 'or misfortune of
sickness 'or loss of virtue 'or loss of right view 'by whatever
misfortune one encounters 'by whatever painful thing one is
affected 'the wail and lament 'wailing and lamenting 'bemoaning
and lamentation 'sorrowful talk 'senseless 'confused 'sorrowful
murmur 'sorrowful murmuring 'sorrowful murmuration*

Ayaṃ vuccati paridevo

This is called 'lamentation'

Tattha kaṭamaṃ dukkham?

Therein what is pain?

Yaṃ kāyikaṃ asātaṃ kāyikaṃ dukkhaṃ 'kāyasamphassajaṃ
asātaṃ dukkhaṃ vedayitaṃ 'kāyasamphassajā asātā dukkhā
vedanā

*The bodily discomfort 'bodily pain' what is felt as uncomfortable '
painful' that is born of body-contact 'the uncomfortable painful
feeling that is born of body-contact*

Idaṃ vuccati dukkhaṃ

This is called 'pain'

Tattha katamaṃ domanassaṃ?

Therein what is displeasure?

Yaṃ cetasikaṃ asātaṃ cetasikaṃ dukkhaṃ 'cetosamphassajaṃ
asātaṃ dukkhaṃ vedayitaṃ 'cetosamphassajā asātā dukkhā
vedanā

*The mental discomfort 'mental pain' what is felt as uncomfortable '
painful' that is born of mind-contact 'the uncomfortable painful
feeling that is born of mind-contact*

Idaṃ vuccati domanassaṃ

This is called 'displeasure'

Tattha katamo upāyāso?

Therein what is despair?

Ñātibyaśanena vā phuṭṭhaśsa bhogaśyaśanena vā phuṭṭhaśsa
rogaśyaśanena vā phuṭṭhaśsa sīlaśyaśanena vā phuṭṭhaśsa
diṭṭhiśyaśanena vā phuṭṭhaśsa 'aññataraññatarena byaśanena
saṃannāgaśsa aññataraññatarena dukkhaśhammena phuṭṭhaśsa '
āyāso upāyāso āyāśitattaṃ upāyāśitattaṃ

Affected by the loss of relatives ’ or loss of wealth ’ or misfortune of sickness ’ or loss of virtue ’ or loss of right view ’ by whatever misfortune one encounters ’ by whatever painful thing one is affected ’ the trouble and despair ’ tribulation and desperation

Ayaṃ vuccati upāyāso

This is called 'despair'

Evametassa kevalassa dukkhakkhandhassa samudayo hotī’ti:

“Such is the origin of this whole mass of suffering” means this:

Evametassa kevalassa dukkhakkhandhassa saṅgati hoti samāgamo hoti samodhānaṃ hoti pātubhāvo hoti

Such is the combination ’ composition ’ collocation ’ manifestation ’ of this whole mass of suffering

Tena vuccati evametassa kevalassa dukkhakkhandhassa samudayo hotī’ti

Therefore it is called

“Such is the origin of this whole mass of suffering”

[Vibh 130 / SN 12.2]

THE DHAMMA IN BRIEF

Saṅkhitta-dhamma

[Handa mayaṃ saṅkhitta-sutta-pāṭhaṃ bhaṇāmaṣe]

Mahāpajāpatī gotamī yena bhagavā tenupasaṅkami ’
upasaṅkamitvā bhagavantam abhivādetvā ekamantaṃ aṭṭhāsi.
Ekamantaṃ ṭhitā kho sā mahāpajāpatī gotamī bhagavantam
etadavoca:

*Mahāpajāpatī Gotamī approached the Blessed One ’paid homage
to him ’then standing to one side she said:*

Sādhu me bhante bhagavā saṅkhittena dhammaṃ desetu

Bhante it would be good if the Blessed One

Would teach me the Dhamma in brief

Yamaṃ bhagavato dhammaṃ sutvā

Having heard the Dhamma from the Blessed One

Ekā vūpakaṭṭhā appamattā ātāpinī pahitattā vihareyyan’ti

I might dwell alone ’withdrawn ’heedful ’ardent and resolute

Ye kho tvaṃ gotami dhamme jāneyyāsi:

Gotamī those things of which you might know:

Ime dhammā virāgāya saṃvattanti no sarāgāya

’They lead to dispassion ’not to passion

Viśaṃyogāya saṃvattanti no saṃyogāya

To detachment ’not to bondage

Apacayāya saṃvattanti no ācayāya

To dismantling ’not to building up

Appicchatāya saṃvattanti no mahicchatāya

To fewness of desires 'not to strong desires
Santuṭṭhiyā saṁvattanti no asantuṭṭhiyā
To contentment 'not to discontent
Pavivekāya saṁvattanti no saṅgaṇikāya
To solitude 'not to company
Vīriyārambhāya saṁvattanti no kosajjāya
To the arousing of energy 'not to laziness
Subharatāya saṁvattanti no dubbharatāyā'ti
To being easy to support 'not to being difficult to support'
Ekaṁsena Gotami dhāreyyāsi:
Gotamī you should definitely recognize:
Eso dhammo eso vinayo etaṁ satthusāsanā'ti
'This is the Dhamma
This is the Vinaya
This is the Teacher's teaching'

[AN 8.53]

THE FOUR GREAT REFERENCES

Cattāro mahāpadesā

[Handa mayaṃ mahāpadesa-sutta-pāṭhaṃ bhaṇāmaṣe]

Katame bhikkhave cattāro mahāpadesā?

What bhikkhus are the four great references?

Idha bhikkhave bhikkhu evaṃ vadeyya:

Here bhikkhus a bhikkhu might say:

Sammukhā metaṃ āvuso bhagavato sutāṃ

In the presence of the Blessed One I heard this

Sammukhā paṭiggahitaṃ

In his presence I learned this

Asukasmim nāma āvāse

Or in such and such a residence

Saṅgho viharati sathero sapāmomkko

A Saṅgha is dwelling with elders and prominent monks

Tassa me saṅghassa sammukhā sutāṃ

In the presence of that Saṅgha I heard this

Sammukhā paṭiggahitaṃ

In its presence I learned this

Asukasmim nāma āvāse

Or in such and such a residence

Sambahulā therā bhikkhū viharanti

Many elder bhikkhus are dwelling

Bhussutā āgatāgamā

Who are learned ' heirs to the heritage
Dhammadharā vinayadharā mātikādhārā
Experts on the Dhamma ' experts on the Vinaya ' experts on the
outlines
Tesaṃ me therānaṃ sammukhā sutaṃ
In the presence of those elders I heard this
Sammukhā paṭiggahitaṃ
In their presence I learned this
Asukasmim nāma āvāse
Or in such and such a residence
Eko thero bhikkhu viharati
One elder bhikkhu is dwelling
Bahussuto āgatāgamo
Who is learned ' an heir to the heritage
Dhammadharo vinayadharo mātikādharo
An expert on the Dhamma ' an expert on the Vinaya ' an expert on
the outlines
Tassa me therassa sammukhā sutaṃ
In the presence of that elder I heard this
Sammukhā paṭiggahitaṃ
In his presence I learned this
Ayaṃ dhammo ayaṃ vinayo idaṃ satthusāsanā'ti
"This is the Dhamma ' this is the Vinaya
This is the Teacher's teaching!"
Tassa bhikkhave bhikkhuno bhāsitaṃ
That bhikkhu's statement

Neva abhinanditabbam nappaṭikkositabbam

Should neither be approved nor rejected

Anabhinanditvā appaṭikkositvā

Without approving or rejecting it

Padabyañjanāni sādhukam uggahetvā

Having well-learned those words and phrases

Sutte otāretabbāni

They ought to be found in the suttas

Vinaye sandassetabbāni

And seen in the Vinaya

Na ceva sutte otaranti na vinaye sandissanti

If they are neither found in the suttas' nor seen in the Vinaya

Niṭṭhamettha gantabbam:

You should draw the conclusion:

Addhā idaṃ na ceva tassa bhagavato vacanam arahato

sammāsambuddhassa

Surely this is not the word of the Blessed One

The Worthy One' the Perfectly Enlightened One

Tassa ca therassa duggahitan'ti

It has been badly learned by that elder

Iti hetam bhikkhave chaḍḍeyyātha

Thus you should discard it

Sutte ceva otaranti vinaye ca sandissanti

But if they are found in the suttas' and seen in the Vinaya

Niṭṭhamettha gantabbam

You should draw the conclusion:

Addhā idaṃ tassa bhagavato vacanaṃ arahato
sammāsambuddhassa

Surely this is the word of the Blessed One

The Worthy One' the Perfectly Enlightened One

Imassa ca bhikkhuno suggahitaṃ

It has been well-learned by that bhikkhu

Tassa ca saṅghassa suggahitaṃ

It has been well-learned by that Saṅgha

Tesaṅca therānaṃ suggahitaṃ

It has been well-learned by those elders

Tassa ca therassa suggahitaṃ'ti

It has been well-learned by that elder

Ime kho bhikkhave cattāro mahāpadesā'ti

Bhikkhus these are the four great references

[AN 4.180]

PRINCIPLES OF CORDIALITY

Cha sāraṇīya-dhammā

[Handa mayaṁ sāraṇīyā-dhammā-pāṭhaṁ bhaṇāmaṣe]

Chayime bhikkhave dhammā sāraṇīyā

Bhikkhus there are these six principles of cordiality

Piyakaraṇā garukaraṇā

That create endearment and respect

Saṅgahāya

And conduce to cohesion

Avivādāya

To non-dispute

Sāmaggiyā ekībhāvāya saṁvattanti

To concord and unity

Katame cha?

What are the six?

Idha bhikkhave bhikkhuno

Here bhikkhus a bhikkhu

Mettaṁ kāyakammaṁ vacīkammaṁ manokammaṁ
paccupaṭṭhitaṁ hoti

Maintains bodily 'verbal' and mental acts of loving-kindness

Sabrahmacārīsu āvi ceva raho ca

Both in public and in private 'towards his spiritual companions

Bhikkhu ye te lābhā

Whatever a bhikkhu gains

Dhammikā dhammaladdhā

*That accords with the Dhamma' and has been righteously
obtained*

Antamaso patta-pariyāpanna-mattampi

Even including the mere contents of his bowl

Tathārūpehi lābhehi appaṭivibhatta-bhogī hoti

Such gains he doesn't use without dividing

Sīlavantehi sabrahmacārīhi sādharmaṇabhogī

But uses them in common' with his virtuous spiritual companions

Bhikkhu yāni tāni sīlāni

A bhikkhu dwells possessing the virtues

Akhaṇḍāni acchiddāni asabalāni akammāsāni bhujissāni

That are unbroken' untorn' unblotched' unmottled' liberating

Viññūppasatthāni aparāmaṭṭhāni samādhi-saṁvattanikāni

*Commended by the wise' not misapprehended' and conducive to
concentration*

Tathārūpesu sīlesu sīlasāmaññagato viharati

Endowed with such virtues he dwells

Sabrahmacārīsu āvi ceva raho ca

Both in public and in private' towards his spiritual companions

Bhikkhu yāyaṁ diṭṭhi

A bhikkhu dwells possessing a view

Ariyā niyyānikā niyyāti

That is noble and emancipating

Takkarassa sammā dukkhakkhayāya

Acting it out' leads to the complete destruction of suffering

Tathārūpāya diṭṭhiyā diṭṭhisāmaññagato viharati

Endowed with such a view he dwells
Sabrahmacārīsu āvi ceva raho ca
Both in public and in private' towards his spiritual companions
Ime kho bhikkhave cha sāraṇīyā dhammā
These are the six principles of cordiality
Piyakaraṇā garukaraṇā
That create endearment and respect
Saṅgahāya
And conduce to cohesion
Avivādāya
To non-dispute
Sāmaggiyā ekībhāvāya saṁvattanti
To concord and unity

[MN 48]

PRINCIPLES OF NON-DECLINE

Aparihāniya-dhammā

[Handa mayaṃ aparihāniya-dhamma-pāṭhaṃ bhaṇāmaṣe]

Katame bhikkhave satta aparihāniyā dhammā?

What bhikkus are the seven principles of non-decline?

Yāvakīvañca bhikkhave bhikkhū

As long as the bhikkhus

Abhiñhaṃ sannipātā bhavissanti sannipātabahulā

Assemble often and hold frequent assemblies

Vuddhiyeva bhikkhave bhikkhūnaṃ pāṭikañkhā no parihāni

Only growth is to be expected for the bhikkhus' not decline

Yāvakīvañca bhikkhave bhikkhū

As long as the bhikkhus

Samaggā sannipatissanti

Assemble in harmony

Samaggā vuṭṭhahissanti

Adjorn in harmony

Samaggā saṅghakaraṇīyāni karissanti

And conduct the affairs of the Saṅgha in harmony

Vuddhiyeva bhikkhave bhikkhūnaṃ pāṭikañkhā no parihāni

Only growth is to be expected for the bhikkhus' not decline

Yāvakīvañca bhikkhave bhikkhū

As long as the bhikkhus

Apaññattaṃ na paññāpessanti

Do not decree anything that has not been decreed
 Paññattaṃ na samucchindissanti
Or abolish anything that has already been decreed
 Yathāpaññattesu sikkhāpadesu samādāya vattissanti
But undertake and follow the training rules
As they have been decreed
 Vuddhiyeva bhikkhave bhikkhūnaṃ pāṭikaṅkhā no parihāni
Only growth is to be expected for the bhikkhus 'not decline
 Yāvakīvaṇca bhikkhave bhikkhū
As long as the bhikkhus
 Ye te bhikkhū therā rattaññū
Venerate those bhikkhus who are elders 'of long standing
 Cirapabbajitā
Long gone forth
 Saṅghapitaro saṅghapariṇāyakā
Fathers and guides of the Saṅgha
 Te sakkarissanti garuṃ karissanti mānessanti pūjessanti
Honour 'respect 'esteem them
 Tesaṇca sotabbaṃ maññissanti
And think they should be heeded
 Vuddhiyeva bhikkhave bhikkhūnaṃ pāṭikaṅkhā no parihāni
Only growth is to be expected for the bhikkhus 'not decline
 Yāvakīvaṇca bhikkhave bhikkhū
As long as the bhikkhus
 Uppannāya taṇhāya ponobhavikāya na vasaṃ gacchissanti

Do not come under the control of arisen craving

That leads to renewed existence

Vuddhiyeva bhikkhave bhikkhūnaṃ pāṭikaṅkhā no parihāni

Only growth is to be expected for the bhikkhus 'not decline

Yāvakīvañca bhikkhave bhikkhū

As long as the bhikkhus

Āraññakesu senāsanesu sāpekkhā bhavissanti

Are intent on forest lodgings

Vuddhiyeva bhikkhave bhikkhūnaṃ pāṭikaṅkhā no parihāni

Only growth is to be expected for the bhikkhus 'not decline

Yāvakīvañca bhikkhave bhikkhū

As long as the bhikkhus

Paccattaññeva satiraṃ upatṭhāpessanti:

Establish mindfulness within themselves 'thinking thus:

‘Kinti anāgatā ca pesalā sabrahmacārī āgaccheyyuraṃ

‘How can well-behaved fellow monks come 'who have not yet come

Āgatā ca pesalā sabrahmacārī phāsurā vihareyyun'ti

And how can well-behaved fellow monks who are here 'dwell at ease?’

Vuddhiyeva bhikkhave bhikkhūnaṃ pāṭikaṅkhā no parihāni

Only growth is to be expected for the bhikkhus 'not decline

Yāvakīvañca bhikkhave ime satta aparihāniyā dhammā bhikkhūsu
ṭhassanti

Bhikkhus as long as these seven principles of non-decline

Continue among the bhikkhus

Imesu ca sattasu aparihāniyesu dhammesu bhikkhū sandississanti

And the bhikkhus are seen established in them

Vuddhiyeva bhikkhave bhikkhūnaṃ pāṭikaṅkhā no parihāni

Only growth is to be expected for the bhikkhus 'not decline

[AN 7.23]

Yāvakīvañca bhikkhave bhikkhū

As long as the bhikkhus

Aniccasaññaṃ bhāvevanti anattasaññaṃ bhāvevanti

Develop the perception of impermanence 'the perception of not-self

Asubhasaññaṃ bhāvevanti ādīnavasaññaṃ bhāvevanti

The perception of unattractiveness 'the perception of danger

Pahānasaññaṃ bhāvevanti virāgasaññaṃ bhāvevanti

nirodhasaññaṃ bhāvevanti

The perception of abandoning 'the perception of dispassion

The perception of cessation

Vuddhiyeva bhikkhave bhikkhūnaṃ pāṭikaṅkhā no parihāni

Only growth is to be expected for the bhikkhus 'not decline

Yāvakīvañca bhikkhave bhikkhū

As long as the bhikkhus

Hirimanto bhavissanti ottappino bhavissanti bahussutā bhavissanti

Develop moral shame 'moral dread 'learnedness

Āraddhavīriyā bhavissanti satimanto bhavissanti paññavanto bhavissanti

Arouse energy 'become mindful and wise

Na oramattakena visesādhigamena antarāvosānaṃ āpajjissanti

Do not stop midway on account of some minor achievement of distinction

Vuddhiyeva bhikkhave bhikkhūnaṃ pāṭikankhā no parihāni

Only growth is to be expected for the bhikkhus 'not decline

[AN 7.24-27]

Ime bhikkhave dhammā sekhasa bhikkhuno aparihānāya
saṃvattanti

These qualities lead to the non-decline of a bhikkhu who is a trainee

Na kammārāmatā na bhassārāmatā na niddārāmatā na
sangaṇikārāmatā

Not taking delight in work 'in talk 'in sleep 'in company

Indriyesu guttadvāratā bhojane mattaññutā

Guarding the doors of the sense faculties 'moderation in eating

Asaṃsaggārāmatā nippapañcārāmatā

Not taking delight in bonding 'not taking delight in proliferation

Sovacassatā kalyāṇamittatā

Being easy to correct and good friendship

Ime kho bhikkhave dhammā sekhasa bhikkhuno aparihānāya
saṃvattanti"ti

Bhikkhus these qualities lead to the non-decline of a bhikkhu who is a trainee.

[AN 6.22 & 8.79]

STRIVING ACCORDING TO THE DHAMMA

Dhamma-pahaṃsāna

[Handa mayaṃ dhamma-pahaṃsāna-pāṭhaṃ bhaṇāmaṣe]

Evaṃ svākkhāto bhikkhave mayā dhammo

Bhikkhus the Dhamma has thus been well expounded by me

Uttāno

Elucidated

Vivaṭo

Disclosed

Pakāsito

Revealed

Chinna-pilotiko

And stripped of patchwork

Alam-eva saddhā-pabbajitena kula-puttena vīriyaṃ ārabhituṃ

This is enough for a clansman

Who has gone forth out of faith

To arouse his energy thus

Kāmaṃ taco ca nahāru ca aṭṭhi ca avasissatu

Willingly let only my skin 'sinews' and bones remain

Sarīre upasussatu maṃsa-lohitam

And let the flesh and blood in this body wither away

Yaṃ taṃ purisa-thāmena purisa-vīriyena purisa-parakkamena
pattabbam

Na taṃ apāpuṇitvā

Vīriyassa saṇṭhānaṃ bhavissatī'ti

As long as whatever is to be attained

By manly strength

By manly energy

By manly effort⁷³

Has not been attained

Let not my efforts stand still

Dukkhaṃ bhikkhave kusīto viharati

Bhikkhus the lazy person dwells in suffering

Vokiṇṇo pāpakehi akusalehi dhammehi

Soiled by evil unwholesome states

Mahantañ-ca sadatthaṃ parihāpeti

And great is the personal good that he neglects

Āraddha-vīriyo ca kho bhikkhave sukhaṃ viharati

The energetic person though dwells happily

Pavivitto pāpakehi akusalehi dhammehi

Well withdrawn from evil⁷⁴ unwholesome states

Mahantañ-ca sadatthaṃ paripūreti

And great is the personal good that he achieves

Na bhikkhave hīnena aggassa patti hoti

Bhikkhus it is not by lower means' that the supreme is attained

Aggena ca kho bhikkhave aggassa patti hoti

But bhikkhus it is by the supreme' that the supreme is attained

Maṇḍapeyyam-idaṃ bhikkhave brahmacariyaṃ

Bhikkhus this holy life' is like the cream of the cream⁷⁵

Satthā sammukhī-bhūto

The Teacher is present

Tasmā'tiha bhikkhave vīriyaṃ ārabhatha

Therefore bhikkhus 'start to arouse your energy

Appattassa pattiya

For the attainment of the as yet unattained

Anadhigatassa adhigamāya

For the achievement of the as yet unachieved

Asacchikatassa sacchikiriyāya

For the realization of the as yet unrealized

'Evaṃ no ayaṃ amhākaṃ pabbajjā

Avaṅkatā avañjhā⁷⁶ bhavissati

Thinking thus:

*"Our going forth will not be crooked and barren"*⁷⁷

Saphalā sa-udrayā⁷⁸

But will become fruitful and fertile

Yesaṃ mayaṃ paribhuñjāma

Cīvara-piṇḍapāta

Senāsana-gilānappaccaya bhesajja-parikkhāraṃ

Tesaṃ te kārā amhesu

And all our use of robes

Almsfood

Lodgings

And medicinal requisites

Given by others for our support

Mahapphalā bhavissanti mahā-nisaṃsā'ti

Will reward them with great fruit and great benefit”

Evam hi vo bhikkhave sikkhitabbam

Bhikkhus you should train yourselves thus

Att’attham vā hi bhikkhave sampassamānena

Considering your own good

Alam-eva appamādena sampādetum

It is enough to strive for the goal without negligence

Par’attham vā hi bhikkhave sampassamānena

Bhikkhus considering the good of others

Alam-eva appamādena sampādetum

It is enough to strive for the goal without negligence

Ubhaya’ttham vā hi bhikkhave sampassamānena

Bhikkhus considering the good of both

Alam-eva appamādena sampādetun'ti⁷⁹

It is enough to strive for the goal without negligence

[SN 12.22]

THE BUDDHA’S FINAL INSTRUCTION

Buddha-pacchima-ovāda

[Handa mayaṃ buddha-pacchima-ovāda bhaṇāmaṣe]

Siyā kho tumhākaṃ evamaṣṣa

Now if it occurs to you

Atītasatthukaṃ pāvacaṇaṃ natthi no satthā’ti

“The Teacher’s word has passed’ we are without a teacher”

Na kho panetaṃ evaṃ daṭṭhabbaṃ.

You should not view it this way

Yo vo mayā dhammo ca vinayo ca desito paññatto

So vo mamaccayena satthā

Whatever Dhamma and Vinaya

I have pointed out and formulated for you

That will be your teacher when I am gone

Handa dāni bhikkhave āmantayāmi vo

Now bhikkhus I declare to you

Vaya-dhammā saṅkhārā

Change is the nature of conditioned things

Appamādena sampādetha

Perfect yourselves not being negligent

Ayaṃ tathāgatassa pacchimā vācā

These are the Tathāgata’s final words

[DN 16]

CONTENT – NEXT

REFLECTIONS



THE FOUR REQUISITES

Cattaro parikkhārā

[Handa mayaṃ taṅkhaṇika-paccavekkhaṇa-pāṭham bhaṇāmaṣe]

Paṭisaṅkhā yoniso cīvaraṃ paṭisevāmi

Yāvadeva sītassa paṭighātāya

Uṇhassa paṭighātāya

Daṃsa-makasa-vātātapa-sirimsapa-samphassānaṃ paṭighātāya

Yāvadeva hirikopina-paṭicchādanatthaṃ

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

Paṭisaṅkhā yoniso piṇḍapātaṃ paṭisevāmi

Neva davāya na madāya na maṇḍanāya na vibhūsanāya

Yāvadeva imassa kāyassa ṭhitiyā yāpanāya

Vihimsūparatiyā brahmacariyānuggahāya

Iti purāṇaṇca vedanaṃ paṭihaṅkhāmi

Navaṇca vedanaṃ na uppādessāmi

Yātrā ca me bhavissati anavajjatā ca phāsuvihāro cā'ti

Wisely reflecting 'I use almsfood

*Not for fun 'not for pleasure 'not for fattening 'not for
beautification*

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"*

Paṭisaṅkhā yoniso senāsanam paṭisevāmi
Yāvadeva sītassa paṭighātāya
Uṇhassa paṭighātāya
Ḍamśa-makasa-vātātapa-sirimsapa-samphassānam paṭighātāya
Yāvadeva utuparissaya vinodanam paṭisallānārāmattham

*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*

Paṭisaṅkhā yoniso gilāna-paccaya-bhesajja-parikkhāram
paṭisevāmi
Yāvadeva uppannānam veyyābādhikānam vedanānam paṭighātāya
Abyāpajjha-paramatāyā'ti

*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*

[MN 2]

THE REPULSIVENESS OF FOOD

Āhāra-paṭikūla-paccavekkhaṇa-pāṭho

[Handa mayaṃ āhāra-paṭikūla-paccavekkhaṇa-pāṭhaṃ
bhaṇāmaṣe]

Āhāre paṭikūlasaññāpariciteṇa bhikkhave 'bhikkhuno cetasā
bahulaṃ viharato

When a bhikkhu often dwells with a mind

Accustomed to the perception of the repulsiveness of food

Rasataṇhāya cittaṃ patilīyati

His mind shrinks away from craving for tastes

Patikuṭati pativattati na sampasāriyati

Turns back from it

Rolls away from it

And is not drawn towards it

Upekkhā vā pāṭikulyatā vā saṇṭhāti

Either equanimity or disgust become settled in him

[AN 7.49]

Sabbo panāyaṃ piṇḍa-pāto ajigucchānīyo

None of this almsfood is innately repulsive

Imaṃ pūti-kāyaṃ patvā

But touching this unclean body

Ativiya jigucchānīyo jāyati

It becomes disgusting indeed

[Trad]

UNIVERSAL WELL-BEING

Mettā-pharaṇa

[Handa mayaṃ mettāpharaṇaṃ karomase]

Ahaṃ sukhito homi

Niddukkho homi

Avero homi

Abyāpajjho homi

Anīgho homi

Sukhī attānaṃ pariharāmi

Sabbe sattā sukhitā hontu

Sabbe sattā averā hontu

Sabbe sattā abyāpajjhā hontu

Sabbe sattā anīghā hontu

Sabbe sattā sukhī attānaṃ pariharantu

Sabbe sattā sabbadukkhā pamuccantu

Sabbe sattā laddha-sampattito mā vigacchantu

Sabbe sattā kammassakā kammadāyādā kammayonī
kammabandhū kammaṭṭisaraṇā

Yaṃ kammaṃ karissanti

Kalyāṇaṃ vā pāpakaṃ vā

Tassa dāyādā bhavissanti

[Now let us recite 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
attained⁸⁰*

All beings are the owners of their kamma⁸¹

Heirs to their kamma

Born of their kamma

Related to their kamma

Abide supported by their kamma

Whatever kamma they shall do

Either skillful or harmful

Of such acts' they will be the heirs

[AN 3.65 & 5.57]

CONTENT – NEXT

THE DIVINE ABIDINGS

Brahmavihārā

[Handa mayaṃ caturappamaññā obhāsaṃ karomase]

Mettā-sahagatena cetasā ekaṃ disaṃ pharitvā viharati tathā
dutiyaṃ tathā tatiyaṃ tathā catutthaṃ iti uddhamadho tiriyaṃ
sabbadhi sabbattatāya sabbāvantāṃ lokaṃ mettā-sahagatena
cetasā vipulena mahaggatena appamāṇena averena abyāpajjhena
pharitvā viharati

Karuṇā-sahagatena cetasā ekaṃ disaṃ pharitvā viharati tathā
dutiyaṃ tathā tatiyaṃ tathā catutthaṃ iti uddhamadho tiriyaṃ
sabbadhi sabbattatāya sabbāvantāṃ lokaṃ karuṇā-sahagatena
cetasā vipulena mahaggatena appamāṇena averena abyāpajjhena
pharitvā viharati

Muditā-sahagatena cetasā ekaṃ disaṃ pharitvā viharati tathā
dutiyaṃ tathā tatiyaṃ tathā catutthaṃ iti uddhamadho tiriyaṃ
sabbadhi sabbattatāya sabbāvantāṃ lokaṃ muditā-sahagatena
cetasā vipulena mahaggatena appamāṇena averena abyāpajjhena
pharitvā viharati

Upekkhā-sahagatena cetasā ekaṃ disaṃ pharitvā viharati tathā
dutiyaṃ tathā tatiyaṃ tathā catutthaṃ iti uddhamadho tiriyaṃ
sabbadhi sabbattatāya sabbāvantāṃ lokaṃ upekkhā-sahagatena
cetasā vipulena mahaggatena appamāṇena averena abyāpajjhena
pharitvā viharatī'ti

[Now let us make the Four Boundless Qualities shine forth]

I will abide pervading one quarter with a heart imbued with loving-kindness

Likewise the second likewise the third likewise the fourth

So above and below 'around and everywhere' and to all as to myself

I will abide pervading the all-encompassing world' with a heart imbued with loving-kindness

Abundant exalted immeasurable' without hostility and without ill-will

I will abide pervading one quarter with a heart imbued with compassion

Likewise the second likewise the third likewise the fourth

So above and below 'around and everywhere' and to all as to myself

I will abide pervading the all-encompassing world' with a heart imbued with compassion

Abundant exalted immeasurable' without hostility and without ill-will

I will abide pervading one quarter with a heart imbued with empathetic joy⁸²

Likewise the second likewise the third likewise the fourth

So above and below 'around and everywhere' and to all as to myself

I will abide pervading the all-encompassing world' with a heart imbued with empathetic joy

Abundant exalted immeasurable' without hostility and without ill-will

I will abide pervading one quarter with a heart imbued with equanimity

Likewise the second likewise the third likewise the fourth

So above and below ' around and everywhere ' and to all as to myself

I will abide pervading the all-encompassing world ' with a heart imbued with equanimity

Abundant exalted immeasurable ' without hostility and without ill-will

[DN 13]

FIVE SUBJECTS FOR FREQUENT RECOLLECTION

Pañca-abhiñha-paccavekkhaṇā

[Handa mayaṁ abhiñha-paccavekkhana-pāṭhaṁ bhaṇāmaṣe]

Jarā-dhammomhi jaraṁ anatīto

I am of the nature to age

I have not gone beyond ageing

Byādhi-dhammomhi byādiṁ anatīto

I am of the nature to sicken

I have not gone beyond sickness

Maraṇa-dhammomhi maraṇaṁ anatīto

I am of the nature to die

I have not gone beyond dying

Sabbehi me piyehi manāpehi nānābhāvo vinābhāvo

All that is mine beloved and pleasing

Will become otherwise

Will become separated from me

Kammassakomhi kammaḍāyādo kammayoni kammabandhu
kammapaṭisaraṇo

Yaṁ kammaṁ karissāmi

Kalyāṇaṁ vā pāpakaṁ vā

Tassa dāyādo bhavissāmi

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

Either skillful or harmful

Of such acts 'I will be the heir'⁸³

Evam amhehi abhiñham paccavekkhitabbam

Thus we should frequently recollect

[AN 5.57]

TEN SUBJECTS FOR FREQUENT REFLECTION

BY ONE GONE FORTH

Dasadhammā pabbajita-abhiñha-paccavekkhaṇā

[Handa mayaṃ pabbajita-abhiñha-paccavekkhaṇa-pāṭhaṃ
bhaṇāmaṣe]

Dasa ime bhikkhave dhammā

Pabbajitena abhiñhaṃ paccavekkhitabbā

Katame dasa

*Bhikkhus there are ten dhammas' which should be reflected upon
again and again by one who has gone forth*

What are these ten?

Vevaṇṇiyamhi ajjhūpagato'ti

Pabbajitena abhiñhaṃ paccavekkhitabbam

"I have reached a state of castelessness"⁸⁴

*This should be reflected upon again and again by one who has
gone forth*

Parapaṭibaddhā me jīvikā'ti

Pabbajitena abhiñhaṃ paccavekkhitabbam

"My very life is sustained through the gifts of others"

*This should be reflected upon again and again by one who has
gone forth*

Añño me ākappo karaṇīyo'ti

Pabbajitena abhiñhaṃ paccavekkhitabbam

"Now my conduct should be different from before"⁸⁵

*This should be reflected upon again and again by one who has
gone forth*

Kacci nu kho me attā sīlato na upavadatī'ti

Pabbajitena abhiñhaṃ paccavekkhitabbaṃ

“Does regret over my conduct arise in my mind?”

This should be reflected upon again and again by one who has gone forth

Kacci nu kho maṃ anuvicca viññū sabrahmacārī sīlato na upavadantī'ti

Pabbajitena abhiñhaṃ paccavekkhitabbaṃ

“Could my spiritual companions find fault with my conduct?”

This should be reflected upon again and again by one who has gone forth

Sabbehi me piyehi manāpehi nānābhāvo vinābhāvo'ti

Pabbajitena abhiñhaṃ paccavekkhitabbaṃ

“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

Kammassakomhi kammaḍāyādo kammayoni kammabandhu
kammaṭṭhisaṇṇo

Yaṃ kammaṃ karissāmi

Kalyāṇaṃ vā pāpakaṃ vā

Tassa dāyādo bhavissāmī'ti

Pabbajitena abhiñhaṃ paccavekkhitabbaṃ

“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

Either skillful or harmful

Of such acts 'I will be the heir'”⁸⁶

This should be reflected upon again and again by one who has gone forth

Kathambhūtassa me rattindivā vītipatantī'ti

Pabbajitena abhiñhaṃ paccavekkhitabbaṃ

“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

Kacci nu kho'haṃ suññāgāre abhiramāmī'ti

Pabbajitena abhiñhaṃ paccavekkhitabbaṃ

“Do I delight in solitude or not?”

This should be reflected upon again and again by one who has gone forth

Atthi nu kho me uttari-manussa-dhammā alamariya-ñāṇa-dassana
viseso adhigato

So'haṃ pacchime kāle sabrahmacārīhi puṭṭho na maṅku
bhavissāmī'ti

Pabbajitena abhiñhaṃ paccavekkhitabbaṃ

“Has my practise 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

Ime kho bhikkhave dasa dhammā

Pabbajitena abhiñhaṃ paccavekkhitabbā'ti

Bhikkhus these are the ten dhammas' which should be reflected upon again and again by one who has gone forth

[AN 10.48]

THE THIRTY-TWO BODY PARTS

Dvattiṃsākārapaccavekkhaṇa

[Handa mayaṃ dvattiṃsākāra-pāṭhaṃ bhaṇāmaṣe]

Ayaṃ kho me kāyo uddhaṃ pādatalā adho kesamatthakā
tacapariyanto pūro nānappakārassa asucino

This which is my body

*From the soles of the feet up ' and down from the crown of the
head*

Is a sealed bag of skin ' filled with unattractive things

Atthi imasmiṃ kāye

In this body there are

kesā	hair of the head
lomā	hair of the body
nakhā	nails
dantā	teeth
taco	skin
maṃsaṃ	flesh
nahārū	sinews
aṭṭhī	bones
aṭṭhimiñjaṃ	bone marrow
vakkaṃ	kidneys
hadayaṃ	heart
yakaṇaṃ	liver
kilomakaṃ	membranes
pihakaṃ	spleen
papphāsaṃ	lungs
antaṃ	bowels
antagūṇaṃ	entrails

udariyaṃ	<i>undigested food</i>
karīsaṃ	<i>excrement</i>
pittaṃ	<i>bile</i>
semhaṃ	<i>phlegm</i>
pubbo	<i>pus</i>
lohitaṃ	<i>blood</i>
sedo	<i>sweat</i>
medo	<i>fat</i>
assu	<i>tears</i>
vasā	<i>grease</i>
kheḷo	<i>spittle</i>
siṅghāṇikā	<i>mucus</i>
lasikā	<i>oil of the joints</i>
muttaṃ	<i>urine</i>
matthaluṅgaṇ'ti	<i>brain</i> ⁸⁷

Evam-ayaṃ me kāyo uddhaṃ pādatalā adho kesamatthakā
tacapariyanto pūro nānappakārassa asucino

This then which is my body

*From the soles of the feet up 'and down from the crown of the
head*

Is a sealed bag of skin 'filled with unattractive things

[DN 22]

RECOLLECTION OF IMPERMANENCE

Aniccānussati

[Handa mayaṃ aniccānussati-pāṭhaṃ bhaṇāmaṣe]

Sabbe saṅkhārā aniccā

All conditioned things are impermanent

Sabbe saṅkhārā dukkhā

All conditioned things are dukkha

Sabbe dhammā anattā

All things are not-self⁸⁸

[Dhp 277-279]

Addhvaṃ jīvitam

Life is not for sure

Dhvaṃ maraṇam

Death is for sure

Avassaṃ mayā maritabbaṃ

It is inevitable that I'll die

Maraṇa-pariyosānaṃ me jīvitam

Death is the culmination of my life

Jīvitam me aniyataṃ

My life is uncertain

Maraṇam me niyataṃ

My death is certain

[Dhp A]

Vata

Indeed

Ayaṃ kāyo

This body

Aciraṃ

Will soon

Apeta-viññāṇo

Be void of consciousness

Chuddho

And cast away

Adhisessati

It will lie

Paṭhaviṃ

On the ground

Kaliṅgaram iva

Just like a rotten log

Niratthaṃ

Useless

[Dhp 41]

Aniccā vata saṅkhārā

Indeed' conditioned things cannot last

Uppāda-vaya-dhammino

Their nature is to rise and fall

Uppajjitvā nirujjhanti

Having arisen things must cease

Tesaṃ vūpasamo sukho

Their stilling is true happiness

CONTENT – NEXT

CARDINAL SUTTAS



DHAMMACAKKAPPAVATTANA SUTTA

[Evaṃ me sutam] ekaṃ samayaṃ bhagavā bārāṇasiyaṃ viharati isipatane migadāye. Tatra kho bhagavā pañcavaggiye bhikkhū āmantesi:

Dveme bhikkhave antā pabbajitena na sevitabbā: yo cāyaṃ kāmesu kāmasukhallikānuyogo hīno gammo pothujjaniko anariyo anattasañhito yo cāyaṃ attakilamathānuyogo dukkho anariyo anattasañhito.

Ete te bhikkhave ubho ante anupagamma majjhimā paṭipadā Tathāgatena abhisambuddhā cakkhukaraṇī ñāṇakaraṇī upasamāya abhiññāya sambodhāya nibbānāya saṃvattati.

Katamā ca sā bhikkhave majjhimā paṭipadā Tathāgatena abhisambuddhā cakkhukaraṇī ñāṇakaraṇī upasamāya abhiññāya sambodhāya nibbānāya saṃvattati?

Ayameva ariyo aṭṭhaṅgiko maggo seyyathīdaṃ:

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

Ayaṃ kho sā bhikkhave majjhimā paṭipadā Tathāgatena abhisambuddhā cakkhukaraṇī ñāṇakaraṇī upasamāya abhiññāya sambodhāya nibbānāya saṃvattati.

Idaṃ kho pana bhikkhave dukkhaṃ ariyasaccaṃ:

Jātipi dukkhā jarāpi dukkhā maraṇampi dukkhaṃ soka-parideva-dukka-domanassupāyāsāpi dukkhā appiyehi sampayogo dukkho piyehi vippayogo dukkho yam-picchaṃ na labhati tampi dukkhaṃ saṅkhittena pañcupādānakkhandā dukkhā.

Idaṃ kho pana bhikkhave dukkhasamudayo ariyasaccaṃ:

Yāyaṃ taṇhā ponobbhavikā nandirāgasahagatā tatra tatrābhinandinī seyyathīdaṃ: kāmataṇhā bhavataṇhā vibhavataṇhā.

Idaṃ kho pana bhikkhave dukkhanirodho ariyasaccaṃ:

Yo tassā yeva taṇhāya asesavirāganirodho cāgo paṭinissaggo mutti
anālayo.

Idaṃ kho pana bhikkhave dukkhanirodhagāminī paṭipadā
ariyasaccaṃ:

Ayameva ariyo aṭṭhaṅgiko maggo seyyathīdam: Sammā-diṭṭhi
sammā-saṅkappo sammā-vācā sammā-kammanto sammā-ājīvo
sammā-vāyāmo sammā-sati sammā-samādhi.

[Idaṃ dukkhaṃ] ariyasaccanti me bhikkhave pubbe ananussutesu
dhammesu cakkhuṃ udapādi ñāṇaṃ udapādi paññā udapādi vijjā
udapādi āloko udapādi.

Taṃ kho panidaṃ dukkhaṃ ariyasaccaṃ pariññeyyanti me
bhikkhave pubbe ananussutesu dhammesu cakkhuṃ udapādi
ñāṇaṃ udapādi paññā udapādi vijjā udapādi āloko udapādi.

Taṃ kho panidaṃ dukkhaṃ ariyasaccaṃ pariññātanti me
bhikkhave pubbe ananussutesu dhammesu cakkhuṃ udapādi
ñāṇaṃ udapādi paññā udapādi vijjā udapādi āloko udapādi.

Idaṃ dukkhasamudayo ariyasaccanti me bhikkhave pubbe
ananussutesu dhammesu cakkhuṃ udapādi ñāṇaṃ udapādi paññā
udapādi vijjā udapādi āloko udapādi.

Taṃ kho panidaṃ dukkhasamudayo ariyasaccaṃ pahātabbanti me
bhikkhave pubbe ananussutesu dhammesu cakkhuṃ udapādi
ñāṇaṃ udapādi paññā udapādi vijjā udapādi āloko udapādi.

Taṃ kho panidaṃ dukkhasamudayo ariyasaccaṃ pahīnanti me
bhikkhave pubbe ananussutesu dhammesu cakkhuṃ udapādi
ñāṇaṃ udapādi paññā udapādi vijjā udapādi āloko udapādi.

Idaṃ dukkhanirodho ariyasaccanti me bhikkhave pubbe
ananussutesu dhammesu cakkhuṃ udapādi ñāṇaṃ udapādi paññā
udapādi vijjā udapādi āloko udapādi.

Taṃ kho panidaṃ dukkhanirodho ariyasaccaṃ sacchikātabbanti me bhikkhave pubbe ananussutesu dhammesu cakkhuṃ udapādi ñāṇaṃ udapādi paññā udapādi vijjā udapādi āloko udapādi.

Taṃ kho panidaṃ dukkhanirodho ariyasaccaṃ sacchikatanti me bhikkhave pubbe ananussutesu dhammesu cakkhuṃ udapādi ñāṇaṃ udapādi paññā udapādi vijjā udapādi āloko udapādi.

Idaṃ dukkhanirodhagāminī paṭipadā ariyasaccanti me bhikkhave pubbe ananussutesu dhammesu cakkhuṃ udapādi ñāṇaṃ udapādi paññā udapādi vijjā udapādi āloko udapādi.

Taṃ kho panidaṃ dukkhanirodhagāminī paṭipadā ariyasaccaṃ bhāvetabbanti me bhikkhave pubbe ananussutesu dhammesu cakkhuṃ udapādi ñāṇaṃ udapādi paññā udapādi vijjā udapādi āloko udapādi.

Taṃ kho panidaṃ dukkhanirodhagāminī paṭipadā ariyasaccaṃ bhāvanti me bhikkhave pubbe ananussutesu dhammesu cakkhuṃ udapādi ñāṇaṃ udapādi paññā udapādi vijjā udapādi āloko udapādi.

[Yāva kīvaṇca me] bhikkhave imesu catūsu ariyasaccesu evantiparivaṭṭaṃ dvādasākāraṃ yathābhūtaṃ ñāṇadassanaṃ na suvisuddhaṃ ahosi neva tāvāhaṃ bhikkhave sadevake loke samārake sabrahmake sassamaṇabrāhmaṇiyā pajāya sadevamanussāya anuttaraṃ sammāsambodhiṃ abhisambuddho paccaññāsim.

Yato ca kho me bhikkhave imesu catūsu ariyasaccesu evantiparivaṭṭaṃ dvādasākāraṃ yathābhūtaṃ ñāṇadassanaṃ suvisuddhaṃ ahosi athāhaṃ bhikkhave sadevake loke samārake sabrahmake sassamaṇabrāhmaṇiyā pajāya sadevamanussāya anuttaraṃ sammāsambodhiṃ abhisambuddho paccaññāsim.

Ñāṇaṇca pana me dassanaṃ udapādi

“Akuppā me vimutti ayamantimā jāti natthidāni punabbhavo”ti.

Idam avoca bhagavā. Attamanā pañcavaggiyā bhikkhu bhagavato
bhāsitaṃ abhinandun.

Imasmiñca pana veyyākaraṇasmiṃ bhaññamāne āyasmato
koṇḍaññaassa virajaṃ vītamalaṃ dhammacakkhuṃ udapādi:

“Yaṅkinci samudayadhammaṃ sabbantaṃ nirodhadhammaṃ”ti.

[Pavattite ca bhagavatā] dhammacakke bhumma devā
saddamanussāvesuṃ:

“Etaṃ bhagavatā bārāṇasiyaṃ isipatane migadāye anuttaraṃ
dhammacakkaṃ pavattitaṃ appaṭivattiyaṃ samaṇena vā
brāhmaṇena vā devena vā mārena vā brahmunā vā kenaci vā
lokasmin”ti.

Bhummaṇaṃ devānaṃ saddaṃ sutvā cātummahārājikā devā
saddamanussāvesuṃ...

Cātummahārājikanaṃ devānaṃ saddaṃ sutvā tāvatimsā devā
saddamanussāvesuṃ...

Tāvatimsānaṃ devānaṃ saddaṃ sutvā yāmā devā
saddamanussāvesuṃ...

Yāmānaṃ devānaṃ saddaṃ sutvā tusitā devā
saddamanussāvesuṃ...

Tusitānaṃ devānaṃ saddaṃ sutvā Nimmānaratī devā
saddamanussavesuṃ...

Nimmānaratīnaṃ devānaṃ saddaṃ sutvā Paranimmitavasavattī
devā saddamanussāvesuṃ...

Paranimmitavasavattīnaṃ devānaṃ saddaṃ sutvā Brahmakāyikā
devā saddamanussāvesuṃ:

“Etaṃ bhagavatā bārāṇasiyaṃ isipatane migadāye anuttaraṃ
dhammacakkaṃ pavattitaṃ appaṭivattiyaṃ samaṇena vā
brāhmaṇena vā devena vā mārena vā brahmunā vā kenaci vā
lokasmin”ti.

Itiha tena khaṇena tena muhuttana yāva brahmalokā saddo
abbhuggacchi. Ayañca dasasahassī lokadhātu saṅkampi
sampakampi sampavedhi appamāṇo ca oḷāro obhāso loke
pāturahosi atikkammeva devānaṃ devānubhāvaṃ.

Atha kho bhagavā udānaṃ udānesi:

“Aññāsi vata bho koṇḍañño aññāsi vata bho koṇḍañño”ti. Itihidaṃ
āyasmato koṇḍaññassa aññākoṇḍañño tveva nāmaṃ ahoṣī’ti.

[SN 56.11]

THE DISCOURSE ON SETTING IN MOTION THE WHEEL OF DHAMMA

[Thus have I heard] On one occasion the Blessed One was dwelling at Bārāṇasī' in the Deer Park at Isipatana. There the Blessed One addressed the bhikkhus of the group of five thus:

Bhikkhus these two extremes should not be followed by one who has gone forth into homelessness. What two? The pursuit of sensual happiness in sensual pleasures' which is low' vulgar' the way of worldlings' ignoble' unbeneficial' and the pursuit of self-mortification' which is painful' ignoble' unbeneficial.

Without veering towards either of these extremes' the Tathāgata has awakened to the middle way' which gives rise to vision' which gives rise to knowledge' which leads to peace' to direct knowledge' to enlightenment' to Nibbāna.

And what' bhikkhus' is the Middle Way awakened to by the Tathāgata which gives rise to vision' which gives rise to knowledge' which leads to peace' to direct knowledge' to enlightenment' to Nibbāna.

It is this Noble Eightfold Path:

That Is' Right View' Right Intention' Right Speech' Right Action' Right Livelihood' Right Effort' Right Mindfulness' Right Concentration.

This' bhikkhus' is that middle way awakened to by the Tathāgata' which gives rise to vision' which gives rise to knowledge' which leads to peace' to direct knowledge' to enlightenment' to Nibbāna.

Now this' bhikkhus' is the noble truth of suffering: birth is suffering' ageing is suffering' illness is suffering' death is suffering' union with what is displeasing is suffering' separation from what is pleasing is suffering' not to get what one wants is suffering' in brief' the five aggregates subject to clinging are suffering.

Now this 'bhikkhus' is the noble truth of the origin of suffering: it is this craving which leads to renewed existence' accompanied by delight and lust' seeking delight here and there' that is' craving for sensual pleasures' craving for existence' craving for extermination.

Now this 'bhikkhus' is the noble truth of the cessation of suffering: it is the remainderless fading away and cessation of that same craving' the giving up and relinquishing of it' freedom from it' nonreliance on it.

Now this 'bhikkhus' is the noble truth of the way leading to the cessation of suffering: It is this Noble Eightfold Path;

That Is 'Right View' 'Right Intention' 'Right Speech' 'Right Action' 'Right Livelihood' 'Right Effort' 'Right Mindfulness' 'Right Concentration.

This is the noble truth of suffering': thus 'bhikkhus' in regard to things unheard before' there arose in me vision' knowledge' wisdom' true knowledge' and light.

This noble truth of suffering is to be fully understood': thus 'bhikkhus' in regard to things unheard before' there arose in me vision' knowledge' wisdom' true knowledge' and light.

This noble truth of suffering has been fully understood': thus 'bhikkhus' in regard to things unheard before' there arose in me vision' knowledge' wisdom' true knowledge' and light.

This is the noble truth of the origin of suffering': thus 'bhikkhus' in regard to things unheard before' there arose in me vision' knowledge' wisdom' true knowledge' and light.

This noble truth of the origin of suffering is to be abandoned': thus 'bhikkhus' in regard to things unheard before' there arose in me vision' knowledge' wisdom' true knowledge' and light.

This noble truth of the origin of suffering has been abandoned': thus 'bhikkhus' in regard to things unheard before' there arose in me vision' knowledge' wisdom' true knowledge' and light.

This is the noble truth of the cessation of suffering': thus 'bhikkhus' in regard to things unheard before' there arose in me vision' knowledge' wisdom' true knowledge' and light.

This noble truth of the cessation of suffering is to be realized': thus 'bhikkhus' in regard to things unheard before' there arose in me vision' knowledge' wisdom' true knowledge' and light.

This noble truth of the cessation of suffering has been realized': thus 'bhikkhus' in regard to things unheard before' there arose in me vision' knowledge' wisdom' true knowledge' and light.

This is the noble truth of the way leading to the cessation of suffering': thus 'bhikkhus' in regard to things unheard before' there arose in me vision' knowledge' wisdom' true knowledge' and light.

This noble truth of the way leading to the cessation of suffering is to be developed': thus 'bhikkhus' in regard to things unheard before' there arose in me vision' knowledge' wisdom' true knowledge' and light.

This noble truth of the way leading to the cessation of suffering has been developed': thus 'bhikkhus' in regard to things unheard before' there arose in me vision' knowledge' wisdom' true knowledge' and light.

So long 'bhikkhus' as my knowledge and vision of these Four Noble Truths as they really are in their three phases and twelve aspects was not thoroughly purified in this way' I did not claim to have awakened to the unsurpassed perfect enlightenment in this world with its devas' Māra' and Brahmā' in this generation with its ascetics and brahmins' its devas and humans.

But when my knowledge and vision of these Four Noble Truths as they really are in their three phases and twelve aspects was thoroughly purified in this way' then I claimed to have awakened to the unsurpassed perfect enlightenment in this world with its devas' Māra' and Brahmā' in this generation with its ascetics and brahmins' its devas and humans.

This is what the Blessed One said. Elated ’ the bhikkhus of the group of five delighted in the Blessed One’s statement.

And while this discourse was being spoken ’ there arose in the Venerable Kondañña the dust-free ’ stainless vision of the Dhamma:

“Whatever is subject to origination is all subject to cessation.”

And when the Wheel of the Dhamma had been set in motion by the Blessed One, the earth-dwelling devas raised a cry:

“At Bārāṇasī in the Deer Park at Isipatana ’ this unsurpassed Wheel of the Dhamma has been set in motion by the Blessed One ’ which cannot be stopped by any ascetic or brahmin or deva or Māra or Brahmā or by anyone in the world.”

Having heard the cry of the earth-dwelling devas ’ the devas of the realm of the Four Great Kings raised a cry ...

Having heard the cry of the devas of the realm of the Four Great Kings ’ the Tāvatiṃsa devas raised a cry ...

Having heard the cry of the Tāvatiṃsa devas ’ the Yāma devas raised a cry ...

Having heard the cry of the Yāma devas ’ the Tusita devas raised a cry ...

Having heard the cry of the Tusita devas ’ the Nimmānaratī devas raised a cry ...

Having heard the cry of the Nimmānaratī devas ’ the Paranimmitavasavattī devas raised a cry ...

Having heard the cry of the Paranimmitavasavattī devas ’ the devas of Brahmā’s company raised a cry:

“At Bārāṇasī in the Deer Park at Isipatana ’ this unsurpassed Wheel of the Dhamma has been set in motion by the Blessed One ’ which cannot be stopped by any ascetic or brahmin or deva or Māra or Brahmā or by anyone in the world.”

Thus at that moment ’ at that instant ’ at that second ’ the cry spread as far as the brahmā world ’ and this ten thousandfold world system shook ’ quaked ’ and trembled ’ and an immeasurable glorious radiance appeared in the world surpassing the divine majesty of the devas.

Then the Blessed One uttered this inspired utterance:

“Koṇḍañña has indeed understood! Koṇḍañña has indeed understood!”

In this way the Venerable Koṇḍañña acquired the name “Aññā Koṇḍañña—Koṇḍañña Who Has Understood.”

[SN 56.11]

ANATTA-LAKKHAṆA SUTTA

[Evaṃ me sutāṃ] ekaṃ samayaṃ bhagavā bārāṇasiyaṃ viharati isipatane migadāye. Tatra kho bhagavā pañcavaggiye bhikkhū āmantesi: “Bhikkhavo”ti “Bhadante”ti te bhikkhū bhagavato paccassosun. Bhagavā etadavoca.⁸⁹

Rūpaṃ bhikkhave anattā ’ rūpañca idaṃ bhikkhave attā abhaviṣṣa ’ nayidaṃ rūpaṃ ābādhāya saṃvatteyya ’ labbhettha ca rūpe ’ “Evaṃ me rūpaṃ hotu ’ evaṃ me rūpaṃ mā ahoṣī”ti.

Yasmā ca kho bhikkhave rūpaṃ anattā ’ tasmā rūpaṃ ābādhāya saṃvattati ’ na ca labbhati rūpe ’ “Evaṃ me rūpaṃ hotu ’ evaṃ me rūpaṃ mā ahoṣī”ti.

Vedanā anattā ’ vedanā ca idaṃ bhikkhave attā abhaviṣṣa ’ nayidaṃ vedanā ābādhāya saṃvatteyya ’ labbhettha ca vedanāya ’ “Evaṃ me vedanā hotu ’ evaṃ me vedanā mā ahoṣī”ti.

Yasmā ca kho bhikkhave vedanā anattā ’ tasmā vedanā ābādhāya saṃvattati ’ na ca labbhati vedanāya ’ “Evaṃ me vedanā hotu ’ evaṃ me vedanā mā ahoṣī”ti.

Saññā anattā ’ saññā ca idaṃ bhikkhave attā abhaviṣṣa ’ nayidaṃ saññā ābādhāya saṃvatteyya ’ labbhettha ca saññāya ’ “Evaṃ me saññā hotu ’ evaṃ me saññā mā ahoṣī”ti.

Yasmā ca kho bhikkhave saññā anattā ’ tasmā saññā ābādhāya saṃvattati ’ na ca labbhati saññāya ’ “Evaṃ me saññā hotu ’ evaṃ me saññā mā ahoṣī”ti.

Saṅkhārā anattā ’ saṅkhārā ca idaṃ bhikkhave attā abhaviṣṣaṃsu ’ nayidaṃ saṅkhārā ābādhāya saṃvatteyyuṃ ’ labbhettha ca saṅkhāresu ’ “Evaṃ me saṅkhārā hontu ’ evaṃ me saṅkhārā mā ahesun”ti.

Yasmā ca kho bhikkhave saṅkhārā anattā ’ tasmā saṅkhārā ābādhāya saṃvattanti ’ na ca labbhati saṅkhāresu ’ “Evaṃ me saṅkhārā hontu ’ evaṃ me saṅkhārā mā ahesun”ti.

Viññāṇaṃ anattā ’ viññāṇaṃca hidaṃ bhikkhave attā abhaviṣṣa ’
nayaḍaṃ viññāṇaṃ ābādhāya saṃvaṭṭeyya ’ labbheṭṭha ca
viññāṇe ’ “Evaṃ me viññāṇaṃ hotu ’ evaṃ me viññāṇaṃ mā
ahoṣī”ti.

Yasmā ca kho bhikkhave viññāṇaṃ anattā ’ taṣmā viññāṇaṃ
ābādhāya saṃvaṭṭati ’ na ca labbhati viññāṇe ’ “Evaṃ me
viññāṇaṃ hotu ’ evaṃ me viññāṇaṃ mā ahoṣī”ti.

[Taṃ kiṃ maññatha bhikkhave] rūpaṃ niccaṃ vā aniccaṃ vāti?
Aniccaṃ bhante.

Yaṃ paṇāniccaṃ dukkhaṃ vā taṃ sukhaṃ vāti?

Dukkhaṃ bhante.

Yaṃ paṇāniccaṃ dukkhaṃ viparināmadhammaṃ kallaṃ nu taṃ
samanupassituṃ ’ “Etaṃ mama esoḥamasmi eso me attā”ti?

No heṭṭhaṃ bhante.

Taṃ kiṃ maññatha bhikkhave vedanā niccā vā aniccā vāti?

Aniccā bhante.

Yaṃ paṇāniccaṃ dukkhaṃ vā taṃ sukhaṃ vāti?

Dukkhaṃ bhante.

Yaṃ paṇāniccaṃ dukkhaṃ viparināmadhammaṃ kallaṃ nu taṃ
samanupassituṃ ’ “Etaṃ mama esoḥamasmi eso me attā”ti?

No heṭṭhaṃ bhante.

Taṃ kiṃ maññatha bhikkhave saññā niccā vā aniccā vāti?

Aniccā bhante.

Yaṃ paṇāniccaṃ dukkhaṃ vā taṃ sukhaṃ vāti?

Dukkhaṃ bhante.

Yaṃ paṇāniccaṃ dukkhaṃ viparināmadhammaṃ kallaṃ nu taṃ
samanupassituṃ ’ “Etaṃ mama esoḥamasmi eso me attā”ti?

No hetam bhante.

Tam kim maññatha bhikkhave saṅkhārā niccā vā aniccā vāti?

Aniccā bhante.

Yam panāniccam dukkham vā tam sukham vāti?

Dukkham bhante.

Yam panāniccam dukkham viparināmadhammam kalam nu tam samanupassitum ’ “Etaṃ mama esohamasmi eso me attā”ti?

No hetam bhante.

Tam kim maññatha bhikkhave viññāṇam niccam vā aniccam vāti?

Aniccam bhante.

Yam panāniccam dukkham vā tam sukham vāti?

Dukkham bhante.

Yam panāniccam dukkham viparināmadhammam kalam nu tam samanupassitum ’ “Etaṃ mama esohamasmi eso me attā”ti?

No hetam bhante.

[Tasmātiha bhikkhave] yaṅkiñci rūpaṃ atītānāgata-paccuppannam ’ ajjhataṃ vā bahiddhā vā ’ oḷārikaṃ vā ’ sukhumaṃ vā ’ hīnaṃ vā paṇītaṃ vā ’ yaṃ dūre santike vā ’ sabbaṃ rūpaṃ: ’ “Netam mama nesohamasmi na m’eso attā”ti ’ evametaṃ yathābhūtaṃ sammappaññāya daṭṭhabbam.

Yā kāci vedanā atītānāgata-paccuppannā ’ ajjhata vā bahiddhā vā ’ oḷārikā vā sukhumā vā ’ hīnā vā paṇītā vā ’ yā dūre santike vā ’ sabbā vedanā: ’ “Netam mama nesohamasmi na m’eso attā”ti ’ evametaṃ yathābhūtaṃ sammappaññāya daṭṭhabbam.

Yā kāci saññā atītānāgata-paccuppannā ’ ajjhata vā bahiddhā vā ’ oḷārikā vā sukhumā vā ’ hīnā vā paṇītā vā ’ yā dūre santike vā ’ sabbā saññā: ’ “Netam mama nesohamasmi na m’eso attā”ti ’ evametaṃ yathābhūtaṃ sammappaññāya daṭṭhabbam.

Ye keci saṅkhārā atītānāgata-paccuppannā ’ajjhataṭṭā vā bahiddhā
vā ’oḷārikā vā sukhumā vā ’hīnā vā paṇītā vā ’yā dūre santike vā
sabbe saṅkhārā: “Netam mama nesohamasmi na m’eso attā”ti
evametam yathābhūtam sammappaññāya daṭṭhabbam.

Yaṅkiñci viññānam atītānāgata-paccuppannam ’ajjhattam vā
bahiddhā vā ’oḷārikam vā sukhumam vā ’hīnam vā paṇītam vā
yam dūre santike vā ’sabbam viññānam:

“Netam mama nesohamasmi na m’eso attā”ti ’evametam
yathābhūtam sammappaññāya daṭṭhabbam.

[Evaṁ passam bhikkhave] sutvā ariyasāvako rūpasmim pi
nibbindati ’vedanāya pi nibbindati ’saññāya pi nibbindati
saṅkhāreṣu pi nibbindati ’viññāṇasmim pi nibbindati ’nibbindam
virajjati ’virāgā vimuccati ’vimuttasmim “Vimuttam” iti ñānam
hoti “Khīṇā jāti vusitaṁ brahmacariyam katarā karaṇīyam
nāparam itthattāyā”ti pajānātī’ti.

Idamavoca bhagavā. Attamanā pañcavaggiyā bhikkhū bhagavato
bhāsitaṁ abhinandum. Imasmiṅca pana veyyākaraṇasmim
bhaññamāne pañcavaggiyānam bhikkhūnam anupādāya āsavehi
cittāni vimuccimsū’ti.

[SN 22.59]

THE DISCOURSE ON THE CHARACTERISTIC OF NOT-SELF⁹⁰

[Thus have I heard] on one occasion the Blessed One was dwelling at Benares' in the Deer Park at Isipatana. There he addressed the group of five bhikkhus: "Bhikkhus" – "Venerable Sir" they replied. The Blessed One said this:⁹¹

Bhikkhus form is not-self. If form were self' then form would not lead to affliction' and one could command to form: "Let my form be thus' let my form not be thus."

But since form is not-self' it leads to affliction' and none can command to form: "Let my form be thus' let my form not be thus."

Feeling is not-self. If feeling were self' then feeling would not lead to affliction' and one could command to feeling: "Let my feeling be thus' let my feeling not be thus."

But since feeling is not-self' it leads to affliction' and none can command to feeling: "Let my feeling be thus' let my feeling not be thus."

Perception is not-self. If perception were self' then perception would not lead to affliction' and one could command to perception: "Let my perception be thus' let my perception not be thus."

But since perception is not-self' it leads to affliction' and none can command to perception: "Let my perception be thus' let my perception not be thus."

Volitional formations are not-self. If volitional formations were self' then volitional formations would not lead to affliction' and one could command to volitional formations: "Let my volitional formations be thus' let my volitional formations not be thus."

But since volitional formations are not-self' they lead to affliction' and none can command to volitional formations: "Let my volitional formations be thus' let my volitional formations not be thus."

Consciousness is not-self. If consciousness were self' then consciousness would not lead to affliction' and one could command to consciousness: "Let my consciousness be thus' let my consciousness not be thus."

But since consciousness is not-self' it leads to affliction' and none can command to consciousness: "Let my consciousness be thus' let my consciousness not be thus."

[Bhikkhus what do you think:] "Is form permanent or impermanent?" "Impermanent venerable Sir."

*"Is what is impermanent satisfactory or unsatisfactory?"
"Unsatisfactory venerable Sir."*

"Is what is impermanent' unsatisfactory' and subject to change' fit to be regarded thus: 'This is mine' this I am' this is my self?"

"No venerable Sir."

Bhikkhus what do you think: "Is feeling permanent or impermanent?" "Impermanent venerable Sir."

*"Is what is impermanent satisfactory or unsatisfactory?"
"Unsatisfactory venerable Sir."*

"Is what is impermanent' unsatisfactory' and subject to change' fit to be regarded thus: 'This is mine' this I am' this is my self?"

"No venerable Sir."

Bhikkhus what do you think: "Is perception permanent or impermanent?" "Impermanent venerable Sir."

*"Is what is impermanent satisfactory or unsatisfactory?"
"Unsatisfactory venerable Sir."*

"Is what is impermanent' unsatisfactory' and subject to change' fit to be regarded thus: 'This is mine' this I am' this is my self?"

"No venerable Sir."

Bhikkhus what do you think: "Are volitional formations permanent or impermanent?"

“Impermanent venerable Sir.”

“Is what is impermanent satisfactory or unsatisfactory?”

“Unsatisfactory venerable Sir.”

“Is what is impermanent ’unsatisfactory’ and subject to change ’fit to be regarded thus: ’This is mine ’this I am ’this is my self?’

“No venerable Sir.”

Bhikkhus what do you think: “Is consciousness permanent or impermanent?”

“Impermanent venerable Sir.”

“Is what is impermanent satisfactory or unsatisfactory?”

“Unsatisfactory venerable Sir.”

“Is what is impermanent ’unsatisfactory’ and subject to change ’fit to be regarded thus: ’This is mine ’this I am ’this is my self?’

“No venerable Sir.”

[Therefore bhikkhus] any kind of form whatsoever ’whether past future or present ’internal or external ’gross or subtle ’inferior or superior ’far or near ’must be seen with right wisdom as it really is: “This is not mine ’this I am not ’this is not my self.”

Any kind of feeling whatsoever ’whether past future or present ’internal or external ’gross or subtle ’inferior or superior ’far or near ’must be seen with right wisdom as it really is: “This is not mine ’this I am not ’this is not my self.”

Any kind of perception whatsoever ’whether past future or present ’internal or external ’gross or subtle ’inferior or superior ’far or near ’must be seen with right wisdom as it really is: “This is not mine ’this I am not ’this is not my self.”

Any kind of volitional formation whatsoever ’whether past future or present ’internal or external ’gross or subtle ’inferior or superior ’far or near ’must be seen with right wisdom as it really is: “This is not mine ’this I am not ’this is not my self.”

Any kind of consciousness whatsoever ’ whether past future or present ’ internal or external ’ gross or subtle ’ inferior or superior ’ far or near ’ must be seen with right wisdom as it really is: “This is not mine ’ this I am not ’ this is not my self.”

[Bhikkhus when a noble disciple⁹²] who has heard the teaching⁹³ sees thus ’ he becomes disenchanted with form ’ becomes disenchanted with feeling ’ becomes disenchanted with perception ’ becomes disenchanted with volitional formations ’ becomes disenchanted with consciousness.

When he is disenchanted passion fades away. With the fading of passion he is liberated. When liberated there is knowledge that he is liberated. He understands: “Birth is exhausted ’ the holy life is fulfilled ’ what has to be done is done ’ there is nothing else to do for the sake of liberation.”⁹⁴

That is what the Blessed One said. The group of five bhikkhus were glad and they approved of his words. Now during this utterance ’ the hearts of the group of five bhikkhus ’ were liberated from the taints through the cessation of clinging.

[SN 22.59]

ĀDITTA-PARIYĀYA SUTTA

[Evaṃ me sutam] ekaṃ samayaṃ bhagavā gayāyaṃ viharati
gayāsīse saddhiṃ bhikkhusahassena. Tatra kho bhagavā bhikkhū
āmantesi:

Sabbaṃ bhikkhave ādittaṃ!

Kiñca bhikkhave sabbaṃ ādittaṃ?

Cakkhuṃ bhikkhave ādittaṃ 'rūpā ādittā' cakkhuviññāṇaṃ
ādittaṃ 'cakkhusamphasso āditto' yampidaṃ
cakkhusamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā
dukkhaṃ vā adukkhamasukhaṃ vā tam pi ādittaṃ.

Kena ādittaṃ?

Ādittaṃ rāgagginā dosagginā mohagginā 'ādittaṃ jātiyā jarāya
maraṇena' sokehi paridevehi dukkhehi domanassehi upāyāsehi
ādittan'ti vadāmi.

Sotaṃ ādittaṃ 'saddā ādittā' sotaviññāṇaṃ ādittaṃ '
sotasamphasso āditto' yampidaṃ sotasamphassapaccayā
uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ
vā tam pi ādittaṃ.

Kena ādittaṃ?

Ādittaṃ rāgagginā dosagginā mohagginā 'ādittaṃ jātiyā jarāya
maraṇena' sokehi paridevehi dukkhehi domanassehi upāyāsehi
ādittan'ti vadāmi.

Ghānaṃ ādittaṃ 'gandhā ādittā' ghānaviññāṇaṃ ādittaṃ '
ghānasamphasso āditto' yampidaṃ ghānasamphassapaccayā
uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ
vā tam pi ādittaṃ.

Kena ādittaṃ?

Ādittam rāgagginā dosagginā mohagginā 'ādittam jātiyā jarāya maraṇena 'sokehi paridevehi dukkhehi domanassehi upāyāsehi ādittan'ti vadāmi.

Jivhā ādittā 'rasā ādittā 'jivhāviññāṇam ādittam 'jivhāsamphasso āditto 'yampidaṃ jivhāsamphassapaccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā tam pi ādittam.

Kena ādittam?

Ādittam rāgagginā dosagginā mohagginā 'ādittam jātiyā jarāya maraṇena 'sokehi paridevehi dukkhehi domanassehi upāyāsehi ādittan'ti vadāmi.

Kāyo āditto 'phoṭṭhabbā ādittā 'kāyaviññāṇam ādittam 'kāyasamphasso āditto 'yampidaṃ kāyasamphassapaccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā tam pi ādittam.

Kena ādittam?

Ādittam rāgagginā dosagginā mohagginā 'ādittam jātiyā jarāya maraṇena 'sokehi paridevehi dukkhehi domanassehi upāyāsehi ādittan'ti vadāmi.

Mano āditto 'dhammā ādittā 'manoviññāṇam ādittam 'manosamphasso āditto 'yampidaṃ manosamphassapaccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā tam pi ādittam.

Kena ādittam?

Ādittam rāgagginā dosagginā mohagginā 'ādittam jātiyā jarāya maraṇena 'sokehi paridevehi dukkhehi domanassehi upāyāsehi ādittan'ti vadāmi.

[Evaṃ passaṃ bhikkhave] sutvā ariyasāvako cakkhusmimpi nibbindati , rūpesu pi nibbindati , cakkhuviññāṇe pi nibbindati , cakkhusamphassepi nibbindati , yampidaṃ cakkhusamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmimpi nibbindati.

Sotasmimpi nibbindati , saddesu pi nibbindati , sotaviññāṇe pi nibbindati , sotasamphassepi nibbindati , yampidaṃ sotasamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmimpi nibbindati.

Ghānasmimpi nibbindati , gandhesu pi nibbindati , ghānaviññāṇe pi nibbindati , ghānasamphassepi nibbindati , yampidaṃ ghānasamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmimpi nibbindati.

Jivhāya pi nibbindati , rasesu pi nibbindati , jivhāviññāṇe pi nibbindati , jivhāsamphassepi nibbindati , yampidaṃ jivhāsamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmimpi nibbindati.

Kāyasmimpi nibbindati , phoṭṭhabbesu pi nibbindati , kāyaviññāṇe pi nibbindati , kāyasamphassepi nibbindati , yampidaṃ kāyasamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmimpi nibbindati.

Manasmimpi nibbindati , dhammesu pi nibbindati , manoviññāṇe pi nibbindati , manosamphasse pi nibbindati , yampidaṃ manosamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmimpi nibbindati.

Nibbindaṃ virajjati , virāgā vimuccati , vimuttasmiṃ ‘Vimuttam’ iti ñāṇaṃ hoti:

‘Khīṇā jāti vusitaṃ brahmacariyaṃ kataṃ karaṇīyaṃ nāparaṃ itthattāyā’ ti pajānāti’ ti.

Idamavoca bhagavā. Attamanā te bhikkhū bhagavato bhāsitaṃ
abhinandunī. Imasmiñca pana veyyākaraṇasmim bhaññamāne
tassa bhikkhusahassassa anupādāya āsavehi cittāni
vimuccimsū'ti.

[SN 35.28]

THE FIRE SERMON⁹⁵

[Thus have I heard] on one occasion the Blessed One was dwelling at Gayā 'at Gayā's Head' together with a thousand bhikkhus. There he addressed the bhikkhus:

Bhikkhus all is burning!

And what bhikkhus is the all that is burning?

Bhikkhus the eye is burning 'forms are burning' eye-consciousness is burning 'eye-contact is burning' and what is felt as pleasant or painful 'or neither-painful-nor-pleasant' that arises from eye-contact as its condition' that too is burning.

Burning with what?

Burning with the fire of lust 'with the fire of hate' with the fire of delusion.

I say it is burning with birth 'ageing and death' with sorrows 'with lamentations' with pains 'with displeasures' with despairs.

The ear is burning 'sounds are burning' ear-consciousness is burning 'ear-contact is burning' and what is felt as pleasant or painful 'or neither-painful-nor-pleasant' that arises from ear-contact as its condition' that too is burning.

Burning with what?

Burning with the fire of lust 'with the fire of hate' with the fire of delusion.

I say it is burning with birth 'ageing and death' with sorrows 'with lamentations' with pains 'with displeasures' with despairs.

The nose is burning 'odours are burning' nose-consciousness is burning 'nose-contact is burning' and what is felt as pleasant or painful 'or neither-painful-nor-pleasant' that arises from nose-contact as its condition' that too is burning.

Burning with what?

Burning with the fire of lust' with the fire of hate' with the fire of delusion.

I say it is burning with birth' ageing and death' with sorrows' with lamentations' with pains' with displeasures' with despairs.

The tongue is burning' flavours are burning' tongue-consciousness is burning' tongue-contact is burning' and what is felt as pleasant or painful' or neither-painful-nor-pleasant' that arises from tongue-contact as its condition' that too is burning.

Burning with what?

Burning with the fire of lust' with the fire of hate' with the fire of delusion.

I say it is burning with birth' ageing and death' with sorrows' with lamentations' with pains' with displeasures' with despairs.

The body is burning' tangibles are burning' body-consciousness is burning' body-contact is burning' and what is felt as pleasant or painful' or neither-painful-nor-pleasant' that arises from body-contact as its condition' that too is burning.

Burning with what?

Burning with the fire of lust' with the fire of hate' with the fire of delusion.

I say it is burning with birth' ageing and death' with sorrows' with lamentations' with pains' with displeasures' with despairs.

The mind is burning' mind-objects are burning' mind-consciousness is burning' mind-contact is burning' and what is felt as pleasant or painful' or neither-painful-nor-pleasant' that arises from mind-contact as its condition' that too is burning.

Burning with what?

Burning with the fire of lust' with the fire of hate' with the fire of delusion.

I say it is burning with birth' ageing and death' with sorrows' with lamentations' with pains' with displeasures' with despairs.

Bhikkhus when a noble disciple' who has heard the teaching sees thus' he becomes disenchanted with the eye' becomes disenchanted with forms' becomes disenchanted with eye-consciousness' becomes disenchanted with eye-contact' and what is felt as pleasant or painful' or neither-painful-nor-pleasant' that arises from eye-contact as its condition' with that too he becomes disenchanted.

He becomes disenchanted with the ear' becomes disenchanted with sounds' becomes disenchanted with ear-consciousness' becomes disenchanted with ear-contact' and what is felt as pleasant or painful' or neither-painful-nor-pleasant' that arises from ear-contact as its condition' with that too he becomes disenchanted.

He becomes disenchanted with the nose' becomes disenchanted with odours' becomes disenchanted with nose-consciousness' becomes disenchanted with nose-contact' and what is felt as pleasant or painful' or neither-painful-nor-pleasant' that arises from nose-contact as its condition' with that too he becomes disenchanted.

He becomes disenchanted with the tongue' becomes disenchanted with flavours' becomes disenchanted with tongue-consciousness' becomes disenchanted with tongue-contact' and what is felt as pleasant or painful' or neither-painful-nor-pleasant' that arises from tongue-contact as its condition' with that too he becomes disenchanted.

He becomes disenchanted with the body' becomes disenchanted with tangibles' becomes disenchanted with body-consciousness' becomes disenchanted with body-contact' and what is felt as pleasant or painful' or neither-painful-nor-pleasant' that arises from body-contact as its condition' with that too he becomes disenchanted.

He becomes disenchanted with the mind' becomes disenchanted with mind-objects' becomes disenchanted with mind-consciousness' becomes disenchanted with mind-contact' and what is felt as pleasant or painful' or neither-painful-nor-pleasant' that arises from mind-contact as its condition' with that too he becomes disenchanted.

When he is disenchanted passion fades away. With the fading of passion he is liberated. When liberated there is knowledge that he is liberated. He understands: "Birth is exhausted' the holy life is fulfilled' what has to be done is done' there is nothing else to do for the sake of liberation."

That is what the Blessed One said. The bhikkhus were glad and they approved of his words. Now during this utterance' the hearts of those thousand bhikkhus' were liberated from the taints through the cessation of clinging.

[SN 35.28]

ĀNUMODANĀ



JUST AS RIVERS

Yathā vāri-vahā

Yathā vāri-vahā pūrā paripūrenti sāgaram

Just as rivers full of water

Entirely fill up the sea

Evam-eva ito dinnam petānam upakappati

Likewise what's been given here

Brings blessings to departed spirits⁹⁶

Icchitam patthitam tumham

May all your hopes and all your longings

Khippam-eva samijjhatu

Come true in no long time

Sabbe pūrentu saṅkappā

May all your wishes be fulfilled

Cando paṇṇa-raso yathā

Like on the fifteenth day the moon

Maṇi joti-raso yathā

Or like a bright and shining gem

Sabb'ītiyo vivajjantu

May all misfortunes be avoided

Sabba-rogo vinassatu

May all illness be dispelled

Mā te bhavatv-antarāyo

May you never meet with dangers

Sukhī dīgh'āyuko bhava

May you be happy and live long
Abhivādāna-sīlissa niccam vuddhāpacāyino
Cattāro dhammā vaḍḍhanti āyu vaṇṇo sukham balaṃ
For those who are respectful
Who always honour the elders
Four are the qualities which will increase
Life beauty happiness and strength
Bhavatu sabba-maṅgalam
May every blessing come to be
Rakkhantu sabba-devatā
And all good spirits guard you well
Sabba-buddhānubhāvena
Through the power of all Buddhas
Sadā sotthī bhavantu te
May you always be at ease
Bhavatu sabba-maṅgalam
May every blessing come to be
Rakkhantu sabba-devatā
And all good spirits guard you well
Sabba-dhammānubhāvena
Through the power of all Dhammas
Sadā sotthī bhavantu te
May you always be at ease
Bhavatu sabba-maṅgalam
May every blessing come to be

Rakkhantu sabba-devatā

And all good spirits guard you well

Sabba-saṅghānubhāvena

Through the power of all Saṅghas

Sadā sotthī bhavantu te

May you always be at ease

YATHĀ VĀRI-VAHĀ PŪRĀ

Yathā vāri-vahā pūrā
Paripūrenti sāgaraṃ
Evam-eva ito dinnarṃ
Petānarṃ upakappati

*Just as rivers full of water
Entirely fill up the sea
Likewise what's been given here
Brings blessings to departed spirits*

[Khp 1.7]

Icchitarṃ patthitarṃ tumharṃ
Khippam-eva samijjhatu
Sabbe pūrentu saṅkappā
Cando paṇṇa-raso yathā
Maṇi joti-raso yathā⁹⁷

*May all your hopes and all your longings
Come true in no long time
May all your wishes be fulfilled
Like on the fifteenth day the moon
Or like a bright and shining gem*

Sabb'ītiyo vivajjantu⁹⁸
Sabba-rogo vinassatu
Mā te bhavatv-antarāyo
Sukhī dīgh'āyuko bhava

*May all misfortunes be avoided
May all illness be dispelled
May you never meet with dangers
May you be happy and live long*

[Khp A]

Abhivādana-sīlissa
Niccāṃ vuḍḍhāpacāyino
Cattāro dhammā vaḍḍhanti
Āyu vaṇṇo sukhaṃ balaṃ

[Dhp 109]

*For those who are respectful
Who always honour the elders
Four are the qualities which will increase
Life beauty happiness and strength*

RATANATTAYĀNUBHĀV'ĀDI-GĀTHĀ

[Ratanattay'ānubhāvena]
Ratanattaya-tejasā
Dukkha-roga-bhayā verā
Sokā sattū c'upaddavā
Anekā antarāyā pi
Vinassantu asesato
Jaya-siddhi dhanāṃ lābhaṃ
Sotthi bhāgyaṃ sukhaṃ balaṃ
Siri āyu ca vaṇṇo ca
Bhogaṃ vuḍḍhī ca yasavā
Sata-vassā ca āyū ca
Jīva-siddhī bhavantu te

*Through the power & through the radiant energy of the (Triple)
Gem,
May suffering, disease, fear, animosity,
Sorrow, adversity, misfortune
Obstacles without number vanish without a trace.
Triumph, success, wealth, & gain,
Safety, luck, happiness, strength,
Glory, long life, & beauty, fortune, increase, & status,
A lifespan of 100 years, and success in your livelihood:
May they be yours.*

[Thai]

BHOJANA-DĀNĀNUMODANĀ

[Yo yassa bhojanam deti]
So tassa deti pañcapi
Āyum balaṃ sukhaṃ vaṇṇaṃ
Paṭibhānañca pañcamam
Āyu-do bala-do dhīro
Vaṇṇa-do paṭibhāṇa-do
Sukhassa dātā medhāvī
Sukhaṃ so adhigacchati
Āyum datvā balaṃ vaṇṇaṃ
Sukhañ-ca paṭibhāna-kaṃ⁹⁹
Dīgh'āyu yasavā hoti
Yattha yatthūpapajjatī'ti

*One who gives food to another
Gives to the other five things too
Long-life, strength, happiness, beauty
And intelligence as the fifth.
The wise life-giver, strength-giver
Beauty-giver, wit-giver
Wise giver of happiness
Attains happiness.
Having given life, strength and beauty
Happiness and wit
One is long-lived and glorious
Wherever one is reborn.*

[AN 5.37]

CULLA-MAṄGALA-CAKKA-VĀḬA

[Sabba-buddh'ānubhāvena] sabba-dhamm'ānubhāvena sabba-
saṅgh'ānubhāvena

Buddha-ratanam dhamma-ratanam saṅgha-ratanam

Tiṇṇam ratanānam ānubhāvena

Catur-āsīti-sahassa-dhammakkhandh'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-vaḍḍhako

Dhana-vaḍḍhako

Siri-vaḍḍhako

Yasa-vaḍḍhako

Bala-vaḍḍhako

Vaṇṇa-vaḍḍhako

Sukha-vaḍḍhako

Hotu sabbadā

Through the power of all the Buddhas, the power of all the Dhamma, the power of all the Saṅgha, the gem of the Buddha, the gem of the Dhamma, the gem of the Saṅgha, the power of the Triple Gem: the power of the 84,000 Dhamma aggregates, the power of the Tripitaka, the power of the Victor's disciples: May all your diseases, all your fears, all your obstacles, all your dangers, all your bad visions, all your bad omens be destroyed. May there always be an increase of long life, wealth, glory, status, strength, beauty and happiness.

[MJG]

Dukkha-roga-bhayāverā
Sokā sattu c'upaddavā
Anekā antarāyā pi
Vinassantu ca tejasā
Jaya-siddhi dhanam lābham
Sotthi bhāgyam sukham balam
Siri āyu ca vaṇṇo ca
Bhogam vuddhī ca yasavā
Sata-vassā ca āyū ca
Jīva-siddhī bhavantu te

*May suffering, disease, fear, animosity,
Sorrow, adversity, misfortune,
And various obstacles disappear through this power.
Triumph, success, wealth, and gain,
Safety, luck, happiness, strength,
Glory, long life, & beauty, fortune, increase, & status,
A lifespan of 100 years, and success in your livelihood:
May they be yours.*

AGGAPPASĀDA-SUTTA-GĀTHĀ

[Aggato ve pasannānaṃ]

Aggaṃ dhammaṃ vijānataṃ

Agge Buddhhe pasannānaṃ

Dakkhiṇeyye anuttare

*For one with confidence,
Realizing the supreme Dhamma to be supreme,
With confidence in the supreme Buddha,
Unsurpassed in deserving offerings,*

Agge dhamme pasannānaṃ

Virāgūpasame sukhe

Agge saṅghe pasannānaṃ

Puññakkhette anuttare

*With confidence in the supreme Dhamma,
The happiness of dispassion & calm,
With confidence in the supreme Saṅgha,
Unsurpassed as a field of merit,*

Aggasmim dānaṃ dadataṃ

Aggaṃ puññaṃ pavaḍḍhati

Aggaṃ āyu ca vaṇṇo ca

Yaso kitti sukhaṃ balaṃ

*Having given gifts to the supreme,
One develops supreme merit,
Supreme long life & beauty,
Status, honour, happiness, strength.*

Aggassa dātā medhāvī

Agga-dhamma-samāhito

Deva-bhūto manusso vā

Aggappatto pamodati'ti

*Having given to the supreme, the intelligent person,
Firm in the supreme Dhamma,
Whether becoming a deva or a human being,
Rejoices, having attained the supreme.*

[AN 5.32]

KĀLA-DĀNA-SUTTA-GĀTHĀ

[Kāle dadanti sapaññā]
Vadaññū vīta-maccharā
Kālena dinnam ariyesu
Uju-bhūtesu tādisu
Vippasanna-manā tassa
Vipulā hoti dakkhiṇā

*Those with discernment, responsive, free from stinginess, give in
the proper season.
Having given in the proper season
With hearts inspired by the Noble Ones,
Straightened,
Their offering bears an abundance.*

Ye tattha anumodanti
Veyyāvaccam karonti vā
Na tena dakkhiṇā onā
Te pi puññassa bhāgino

*Those who rejoice in that gift,
Or give assistance,
They too have a share of the merit,
And the offering is not depleted by that.*

Tasmā dade appaṭivāna-citto
Yattha dinnam mahapphalaṃ
Puññāni para-lokasmim
Patitṭhā honti pāṇinan'ti

*Therefore, with an unhesitant mind, one should give
Where the gift bears great fruit.
Merit is what establishes
Living beings in the next life.*

[AN 5.36]

SO ATTHA-LADDHO

[So attha-laddho] sukhito
Viruḷho buddha-sāsane
Arogo sukhito hohi
Saha sabbhehi ñātibhi

*May he gain benefits and happiness
And grow in Buddha's religion,
Without disease and happy
May he be together with all his relatives.*

Sā attha-laddhā sukhitā
Viruḷhā buddha-sāsane
Arogā sukhitā hohi
Saha sabbhehi ñātibhi

*May she gain benefits and happiness
And grow in Buddha's religion,
Without disease and happy
May she be together with all her relatives.*

Te attha-laddhā sukhitā
Viruḷhā buddha-sāsane
Arogā sukhitā hotha
Saha sabbhehi ñātibhi

*May they gain benefits and happiness
And grow in Buddha's religion,
Without disease and happy
May they be together with all their relatives.*

[AN 3.155]

PARITTA



DEVĀ-ĀRĀDHANĀ¹⁰⁰

[Pharitvāna mettaṃ samettā bhadantā
Avikkhitta-cittā parittaṃ bhaṇantu
Sagge kāme ca rūpe
Giri-sikhara-taṭṭe 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 yaṃ
Muni-vara-vacanāṃ
Sādhavo me suṇantu

*Kind, venerable sirs: having spread thoughts of good will,
Proclaim the protective chant with undistracted mind.
Those in the heavens of sensuality & form,
On peaks & mountain precipices, in palaces floating in the sky,
In islands, countries, & towns, in groves of trees & thickets,
around homesites & fields.
And the earth-devas, spirits, heavenly minstrels, & nāgas in water,
on land, in badlands, & nearby: May they come & listen with
approval as I recite the word of the excellent sage.*

Buddha-dassana-kālo ayam-bhadantā
Dhammassavana-kālo ayam-bhadantā¹⁰¹
Saṅgha-payirūpāsana-kālo ayam-bhadantā]

*This is the time to see the Buddha, Venerable Sirs.
This is the time to listen to the Dhamma, Venerable Sirs.
This is the time to attend to the Saṅgha, Venerable Sirs.*

[Thai]

PUBBA-BHĀGA-NAMA-KĀRA-PĀṬHO

[Namo tassa] bhagavato arahato sammā-sambuddhassa [3x]

*Homage to the Blessed, Awakened and Perfectly Knowledgeable
One*

SARAṆA-GAMANA-PĀṬHO

[Buddhaṃ] saraṇaṃ gacchāmi
Dhammaṃ saraṇaṃ gacchāmi
Saṅghaṃ saraṇaṃ gacchāmi

*To the Buddha I go for refuge.
To the Dhamma I go for refuge.
To the Saṅgha I go for refuge.*

Dutiyam-pi buddhaṃ saraṇaṃ gacchāmi
Dutiyam-pi dhammaṃ saraṇaṃ gacchāmi
Dutiyam-pi saṅghaṃ saraṇaṃ gacchāmi

*A second time, to the Buddha I go for refuge.
A second time, to the Dhamma I go for refuge.
A second time, to the Saṅgha I go for refuge.*

Tatiyam-pi buddhaṃ saraṇaṃ gacchāmi
Tatiyam-pi dhammaṃ saraṇaṃ gacchāmi
Tatiyam-pi saṅghaṃ saraṇaṃ gacchāmi

*A third time, to the Buddha I go for refuge.
A third time, to the Dhamma I go for refuge.
A third time, to the Saṅgha I go for refuge.*

NAMA-KĀRA-SIDDHI-GĀTHĀ

[Yo cakkhumā] moha-malāpakatṭho
Sāmaṃ va buddho sugato vimutto
Mārassa pāsā vinimocayanto
Pāpesi khemaṃ janataṃ vineyyaṃ
Buddhaṃ varan-taṃ sirasā namāmi
Lokassa nāthañ-ca vināyakañ-ca
Tan-tejasā te jaya-siddhi hotu

Sabb'antarāyā ca vināsamentu

*The One with Vision, with the stain of delusion removed,
Self-awakened, Well-Gone, & Released,
Freed from the snares of Mortal Temptation,
He leads humanity from evil to security.
I pay homage with my head to that excellent Buddha, the
Protector & Mentor for the world,
By the power of this, may you have triumph & success,
And may all your dangers be destroyed.*

Dhammo dhajo yo viya tassa satthu
Dassesī lokassa visuddhi-maggaṃ
Niyyāniko dhamma-dharassa dhārī
Sāt'āvaho santi-karo suciṇṇo
Dhammaṃ varan-taṃ sirasā namāmi
Mohappadālaṃ upasanta-dāhaṃ
Tan-tejasā te jaya-siddhi hotu
Sabb'antarāyā ca vināsamentu

*The Teacher's Dhamma, like a banner,
Shows the path of purity to the world.
Leading out, upholding those who uphold it
Rightly accomplished, it brings pleasure, makes peace.
I pay homage with my head to that excellent Dhamma,
Which pierces delusion and makes fever grow calm.
By the power of this, may you have triumph & success,
And may all your dangers be destroyed.*

Saddhamma-senā sugatānugo yo
Lokassa pāpūpakilesa-jetā
Santo sayam santi-niyojako ca
Svākkhāta-dhammaṃ veditaṃ karoti
Saṅghaṃ varan-taṃ sirasā namāmi
Buddhānubuddhaṃ sama-sīla-dīṭṭhiṃ
Tan-tejasā te jaya-siddhi hotu

Sabb'antarāyā ca vināsamentu

*The True Dhamma's army, following the One Well-Gone,
Is victor over the evils & corruptions of the world.
Self-calmed, it is calming & without fetter, And makes the well-
taught Dhamma be known.
I pay homage with my head to that excellent Saṅgha,
Awakened after the Awakened, harmonious in virtue & view.
By the power of this, may you have triumph & success,
And may all your dangers be destroyed.*

[Thai]

NAMO-KĀRA-AṬṬHAKA

[Namo arahato] sammā-
Sambuddhassa mahesino
Namo uttama-dhammassa
Svākkhātass'eva ten'idha

*Homage to the Great Seer, the Worthy One, Perfectly Self-
awakened; Homage to the highest Dhamma, well-taught by him
here;*

Namo mahā-saṅghassāpi
Visuddha-sīla-ditṭhino
Namo omāty-āraddhassa
Ratanattayassa sādhuḥkaṁ

*And homage to the Great Saṅgha,
Pure in virtue & view.
Homage to the Triple Gem
Beginning auspiciously with AUM;*

Namo omakāūtassa
Tassa vatthuttayassa-pi
Namo-kārappabhāvena
Vigacchantu upaddavā

*And homage to those three objects
That have left base things behind.
By the potency of this homage,
May misfortunes disappear;*

Namo-kārānubhāvena
Suvatthi hotu sabbadā
Namo-kārassa tejena
Vidhimhi homi tejavā

*By the potency of this homage,
May there always be well-being;
By the power of this homage,
May success in this ceremony be mine.*

[Thai]

MAṄGALA-SUTTA

[Evaṃ me sutam]: Ekaṃ samayaṃ bhagavā sāvatthiyaṃ viharati jetavane anāthapiṇḍikassa ārāme. Atha kho aññatarā devatā abhikkantāya rattiyaṃ abhikkantavaṇṇā kevalakappaṃ jetavanaṃ obhāsetvā, yena bhagavā ten'upasaṅkami. Upasaṅkamitvā bhagavantaṃ abhivādetvā ekamantaṃ aṭṭhāsi. Ekamantaṃ ṭhitā kho sā devatā bhagavantaṃ gāthāya ajjhabhāsi:

Thus have I heard. On one occasion the Blessed One was dwelling at Sāvattihī in Jeta's Grove, Anāthapiṇḍika's Park. Then, when the night had advanced, a certain deity of stunning beauty, having illuminated the entire Jeta's Grove, approached the Blessed One, paid homage to him, stood to one side, and addressed the Blessed One in verse:

Bahū devā manussā ca
Maṅgalāni acintayum
Ākaṅkhamānā sotthānaṃ
Brūhi maṅgalam-uttamaṃ

*Many devas and human beings
Have reflected on blessings,
Longing for safety,
So declare the highest blessing.*

Asevanā ca bālānaṃ
Paṇḍitānañ-ca sevanā
Pūjā ca pūjanīyānaṃ
Etam maṅgalam-uttamaṃ

*Not associating with fools,
Associating with the wise,
And venerating those worthy of veneration:
This is the highest blessing.*

Paṭirūpa-desa-vāso ca
Pubbe ca kata-puññatā
Atta-sammā-paṇidhi ca
Etam maṅgalam-uttamaṃ

*Residing in a suitable place
Merit done in the past
And directing oneself rightly
This is the highest blessing*

Bāhu-saccañ-ca sippañ-ca
Vinayo ca susikkhito
Subhāsītā ca yā vācā
Etam maṅgalam-uttamaṃ

*Much learning, a craft,
A well-trained discipline,
And well-spoken speech:
This is the highest blessing.*

Mātā-pitu-upaṭṭhānaṃ

Putta-dārassa saṅgaho
Anākulā ca kammantā
Etam maṅgalam-uttamaṁ

*Serving one's mother and father,
Maintaining a wife and children,
And an honest occupation:
This is the highest blessing.*

Dānañ-ca dhamma-cariyā ca
Ñātakānañ-ca saṅgaho
Anavajjāni kammāni
Etam maṅgalam-uttamaṁ

*Giving and righteous conduct,
Assistance to relatives,
Blameless deeds:
This is the highest blessing.*

Āratī viratī pāpā
Majja-pānā ca saññaṁ
Appamādo ca dhammesu
Etam maṅgalam-uttamaṁ

*Desisting and abstaining from evil,
Refraining from intoxicating drink,
Heedfulness in good qualities:
This is the highest blessing.*

Gāravo ca nivāto ca
Santutṭhī ca kataññutā
Kālena dhammassavanaṁ
Etam maṅgalam-uttamaṁ

*Reverence and humility,
Contentment and gratitude,
Timely listening to the Dhamma:
This is the highest blessing.*

Khantī ca sovacassatā
Samañānañ-ca dassanaṃ
Kālena dhamma-sākaṇṭhā
Etam maṅgalaṃ-uttamaṃ

*Patience, being amenable to advice,
The seeing of ascetics,
Timely discussion on the Dhamma:
This is the highest blessing.*

Tapo ca brahma-cariyañ-ca
Ariya-saccāna-dassanaṃ
Nibbāna-sacchikiriyā ca
Etam maṅgalaṃ-uttamaṃ

*Austerity and the holy life,
Seeing of the noble truths,
And realization of nibbāna:
This is the highest blessing.*

Phuṭṭhassa loka-dhammehi
Cittaṃ yassa na kampaṭṭhi
Asokaṃ virajaṃ khemaṃ
Etam maṅgalaṃ-uttamaṃ

*One whose mind does not shake
When touched by worldly conditions,
Sorrowless, dust-free, secure:
This is the highest blessing.*

Etādisāni katvāna

Sabbattham-aparājitā
Sabbattha sotthim gacchanti
Tan-tesam maṅgalam-uttaman'ti

*Those who have done these things
Are victorious everywhere;
Everywhere they go safely:
Theirs is that highest blessing.*

[Snp 2.4]

RATANA-SUTTA

[Yānīdha] bhūtāni samāgatāni
Bhummāni vā yāni va antalikkhe
Sabb'eva bhūtā sumanā bhavantu
Atho pi sakkacca suṇantu bhāsitaṃ

*Whatever beings are gathered here,
Whether of the earth or in the sky,
May all beings indeed be happy
And then listen carefully to what is said.*

Tasmā hi bhūtā nisāmetha sabbe
Mettaṃ karotha mānusiya pajāya
Divā ca ratto ca haranti ye baliṃ
Tasmā hi ne rakkhatha appamattā

*Therefore, O beings, all of you listen;
Show loving-kindness to the human population,
Who day and night bring you offerings;
Therefore, being heedful, protect them.*

Yaṃ kiñci vittaṃ idha vā huraṃ vā
Saggesu vā yaṃ ratanaṃ paṇītaṃ
Na no samaṃ atthi Tathāgatena
Idam-pi buddhe ratanaṃ paṇītaṃ
Etena saccena suvatthi hotu

*Whatever treasure exists here or beyond,
Or the sublime gem in the heavens,
There is none equal to the Tathāgata.
This too is the sublime gem in the Buddha:
By this truth, may there be safety!*

Khayaṃ virāgaṃ amataṃ paṇītaṃ
Yad-ajjhagā Sakya-munī samāhito
Na tena dhammena sam'atthi kiñci
Idam-pi dhamme ratanaṃ paṇītaṃ
Etena saccena suvatthi hotu

*Destruction, dispassion, the deathless, the sublime,
Which Sakyamuni, concentrated, attained:
There is nothing equal to that Dhamma.
This too is the sublime gem in the Dhamma:
By this truth, may there be safety!*

Yam buddha-seṭṭho parivaṇṇayī sucim
Samādhim-ānantarikaññaṃ-āhu
Samādhinā tena samo na vijjati
Idam-pi Dhamme ratanaṃ paṇītaṃ
Etena saccena suvatthi hotu

*The purity that the supreme Buddha praised,
Which they call concentration without interval
The equal of that concentration does not exist.
This too is the sublime gem in the Dhamma:
By this truth, may there be safety!*

Ye puggalā aṭṭha sataṃ pasatthā
Cattāri etāni yugāni honti
Te dakkhiṇeyyā sugatassa sāvaka
Etesu dinnāni mahapphalāni
Idam-pi saṅghe ratanaṃ paṇītaṃ
Etena saccena suvatthi hotu

*The eight persons praised by the good
Constitute these four pairs.
These, worthy of offerings, are the Fortunate One's disciples;
Gifts given to them yield abundant fruit.
This too is the sublime gem in the Sangha:
By this truth, may there be safety!*

Ye suppayuttā manasā dalhena
Nikkāmino gotama-sāsanamhi
Te patti-pattā amataṃ vigayha
Laddhā mudhā nibbutiṃ bhuñjamānā
Idam-pi saṅghe ratanaṃ paṇītaṃ
Etena saccena suvatthi hotu

*Those who strived well with a firm mind,
Who are desireless in Gotama's teaching,
Have reached attainment, having plunged into the deathless,
Enjoying perfect peace obtained free of charge.
This too is the sublime gem in the Sangha:
By this truth, may there be safety!*

Yath'inda-khīlo paṭhaviṃ sito siyā
Catubbhi vātebhi asampakampiyo
Tathūpamaṃ sappurisaṃ vadāmi
Yo ariya-saccāni avecca passati
Idam-pi saṅghe ratanaṃ paṇītaṃ
Etena saccena suvatthi hotu

*As a gate post, planted in the ground,
Would be unshakable by the four winds,
Similarly I speak of the good person
Who, having experienced them, sees the noble truths.
This too is the sublime gem in the Sangha:
By this truth, may there be safety!*

Ye ariya-saccāni vibhāvayanti

Gambhīra-paññena sudesitāni
Kiñ-cāpi te honti bhusappamattā
Na te bhavaṃ aṭṭhamam-ādiyanti
Idam-pi saṅghe ratanaṃ paṇītaṃ
Etena saccena suvatthi hotu

*Those who have cognized the noble truths
Well taught by the one of deep wisdom,
Even if they are extremely heedless,
Do not take an eighth existence.
This too is the sublime gem in the Sangha:
By this truth, may there be safety!*

Sahā v'assa dassana-sampadāya
Tay'assu dhammā jahitā bhavanti
Sakkāya-diṭṭhi vicikicchitañ-ca
Sīlabbataṃ vā pi yad-atthi kiñci
Catūh'apāyehi ca vippamutto
Cha cābhiṭṭhānāni abhabbo kātuṃ
Idam-pi saṅghe ratanaṃ paṇītaṃ
Etena saccena suvatthi hotu

*Together with one's achievement of vision
Three things are discarded:
The view of the personal entity and doubt,
And whatever good behavior and observances there are.
One is also freed from the four planes of misery
And is incapable of doing six deeds.
This too is the sublime gem in the Sangha:
By this truth, may there be safety!*

Kiñ-cāpi so kammaṃ karoti pāpakaṃ
Kāyena vācā uda cetasā vā
Abhabbo so tassa paṭicchadāya
Abhabbatā diṭṭha-padassa vuttā
Idam-pi saṅghe ratanaṃ paṇītaṃ

Etena saccena suvatthi hotu

*Although one does a bad deed
By body, speech, or mind,
One is incapable of concealing it;
Such inability is stated for one who has seen the state.
This too is the sublime gem in the Sangha:
By this truth, may there be safety!*

Vanappagumbe yathā phussi-t-agge
Gimhāna-māse paṭhamasmim̐ gimhe
Tathūpamaṃ dhamma-varaṃ adesayi
Nibbāna-gāmiṃ paramaṃ hitāya
Idam-pi buddhe ratanaṃ paṇītaṃ
Etena saccena suvatthi hotu

*Like a woodland thicket with flowering crests
In a summer month, in the first of the summer,
Just so he taught the excellent Dhamma,
Leading to nibbāna, for the supreme welfare.
This too is the sublime gem in the Buddha:
By this truth, may there be safety!*

Varo varaññū vara-do var'āharo
Anuttaro dhamma-varaṃ adesayi
Idam-pi buddhe ratanaṃ paṇītaṃ
Etena saccena suvatthi hotu

*The excellent one, knower of the excellent,
Giver of the excellent, bringer of the excellent,
The unsurpassed one taught the excellent Dhamma.
This too is the sublime gem in the Buddha:
By this truth, may there be safety!*

Khīṇaṃ purāṇaṃ navam̐ n'atthi sambhavaṃ
Viratta-citt'āyatike bhavasmiṃ

Te khīṇa-bījā avirulhi-chandā
Nibbanti dhīrā yathā'yam padīpo
Idam-pi saṅghe ratanaṃ paṇītaṃ
Etena saccena suvatthi hotu

*The old is destroyed, there is no new origination,
Their minds are dispassionate toward future existence.
With seeds destroyed, with no desire for growth,
Those wise ones are extinguished like this lamp.
This too is the sublime gem in the Sangha:
By this truth, may there be safety!*

Yānīdha bhūtāni samāgatāni
Bhummāni vā yāni va antalikkhe
Tathāgataṃ deva-manussa-pūjitaṃ
Buddhaṃ namassāma suvatthi hotu

*Whatever beings are gathered here,
Whether of the earth or in the sky,
We pay homage to the thus-gone Buddha,
Venerated by devas and humans: may there be safety!*

Yānīdha bhūtāni samāgatāni
Bhummāni vā yāni va antalikkhe
Tathāgataṃ deva-manussa-pūjitaṃ
Dhammaṃ namassāma suvatthi hotu

*Whatever beings are gathered here,
Whether of the earth or in the sky,
We pay homage to the thus-gone Dhamma,
Venerated by devas and humans: may there be safety!*

Yānīdha bhūtāni samāgatāni
Bhummāni vā yāni va antalikkhe
Tathāgataṃ deva-manussa-pūjitaṃ
Saṅghaṃ namassāma suvatthi hotu

*Whatever beings are gathered here,
Whether of the earth or in the sky,
We pay homage to the thus-gone Sangha,
Venerated by devas and humans: may there be safety!*

[Snp 2.1]

KARAṆĪYA-METTA-SUTTA

[Karaṇīya] m-attha-kusalena
Yan-taṃ santaṃ padaṃ abhisamecca
Sakko ujū ca suhujū ca
Suvaco c’assa mudu anatimānī

*This is what should be done by one skilled in the good,
having made the breakthrough to that peaceful state:
he should be able, upright, and very upright,
amenable to advice and gentle, without arrogance.*

Santussako ca subharo ca
Appakicco ca sallahuka-vutti
Sant’indriyo ca nipako ca
Appagabbho kulesu ananugiddho

*Content and easily supported,
Of few duties and a frugal way of living;
Of peaceful faculties and judicious,
Courteous, without greed when among families.*

Na ca khuddaṃ samācare kiñci
Yena viññū pare upavadeyyuṃ
Sukhino vā khemino hontu
Sabbe sattā bhavantu sukhit’attā

*He should not do anything, however slight,
Because of which other wise people might criticize him.
May all beings be happy and secure;
May they be inwardly happy!*

Ye keci pāṇa-bhūt'atthi
Tasā vā thāvarā vā anavasesā
Dīghā vā ye mahantā vā
Majjhimā rassakā aṇuka-thulā

*Whatever living beings there are
Whether frail or firm, without omission,
Those that are long or those that are large,
Middling, short, fine, or gross;*

Diṭṭhā vā ye ca adiṭṭhā
Ye ca dūre vasanti avidūre
Bhūtā vā sambhavesī vā
Sabbe sattā bhavantu sukhit'attā

*Whether they are seen or unseen,
Whether they dwell far or near,
Whether they have come to be or will come to be,
May all beings be inwardly happy!*

Na paro param nikubbetha
Nātimaññetha katthaci naṃ kiñci
Byārosanā paṭigha-saññā
Nāññam-aññassa dukkham-iccheyya

*No one should deceive another,
Nor despise anyone anywhere.
Because of anger and thoughts of aversion
No one should wish suffering for another.*

Mātā yathā niyaṃ puttāṃ

Āyusā eka-puttam-anurakkhe
Evam pi sabba-bhūtesu
Mānasam-bhāvaye aparimāṇaṃ

*Just as a mother would protect her son,
Her only son, with her own life,
So one should develop toward all beings
A state of mind without boundaries.*

Mettañ-ca sabba-lokasmiṃ
Mānasam-bhāvaye aparimāṇaṃ
Uddhaṃ adho ca tiriyañ-ca
Asambādhaṃ averaṃ asapattaṃ

*And toward the whole world
One should develop loving-kindness,
A state of mind without boundaries
Above, below, and across
Unconfined, without enmity, without adversaries.*

Tiṭṭhañ-caraṃ nisinno vā
Sayāno vā yāvat' assa vigata-middho
Etaṃ satim adhiṭṭheyya
Brahmam-etaṃ vihāraṃ idham-āhu

*Whether standing, walking, sitting,
Or lying down, as long as one is not drowsy,
One should resolve on this mindfulness:
They call this a divine dwelling here.*

Diṭṭhiñ-ca anupagamma
Sīlavā dassanena sampanno
Kāmesu vineyya gedhaṃ
Na hi jātu gabbha-seyyaṃ punar-etī'ti

*Not taking up any views,
Possessing good behavior, endowed with vision,
Having removed greed for sensual pleasures,
One never again comes back to the bed of a womb.*

[Snp 1.8]

KHANDHA-PARITTAṂ

[Virūpakkhehi me mettaṁ]

Mettaṁ Erāpathehi me
Chabyā-puttehi me mettaṁ
Mettaṁ Kaṇhā-gotamakehi ca

*I have loving-kindness for the virūpakkha snakes;
For the erāpatha snakes I have loving-kindness.
I have loving-kindness for the chabyāputta snakes;
For the black gotamakas I have loving-kindness.*

Apādakehi me mettaṁ
Mettaṁ di-pādakehi me
Catuppadehi me mettaṁ
Mettaṁ bahuppadehi me

*I have loving-kindness for footless creatures;
For those with two feet I have loving-kindness.
I have loving-kindness for those with four feet;
For those with many feet I have loving-kindness.*

Mā maṁ apādako hiṁsi
Mā maṁ hiṁsi di-pādako
Mā maṁ catuppado hiṁsi
Mā maṁ hiṁsi bahuppado

*May footless beings not harm me;
May no harm come to me from those with two feet;
May four-footed beings not harm me;
May no harm come to me from those with many feet.*

Sabbe sattā sabbe pāṇā
Sabbe bhūtā ca kevalā
Sabbe bhadraṇi passantu
Mā kiñci pāpam-āgamā.

*May all beings, all living things,
All creatures, every one,
Meet with good fortune;
May nothing bad come to anyone.*

[Appamāṇo buddho]
Appamāṇo dhammo
Appamāṇo saṅgho
Pamāṇavantāni sirimṣapāni
Ahi-vicchikā sata-padī uṇṇā-nābhī sarabhū mūsikā

*The Buddha is measureless,
The Dhamma is measureless,
The Saṅgha is measureless;
Creeping things, snakes,
Scorpions, centipedes, spiders, lizards, and rats are finite.*

Katā me rakkhā katā me parittā
Paṭikkamantu bhūtāni
So'haṃ namo bhagavato
Namo sattannaṃ sammā-sambuddhānaṃ.

*I have made a safeguard, I have made protection.
Let the creatures retreat.
I pay homage to the Blessed One,
Homage to the seven Perfectly Enlightened Ones.*

[AN 4.67]

BUDDHA-DHAMMA-SAṄGHA-GUṆĀ

[Iti pi so bhagavā]
Arahaṃ sammā-sambuddho
Vijjā-caraṇa-sampanno
Sugato loka-vidū
Anuttaro purisa-damma-sārathi
Satthā devamanussānaṃ
Buddho bhagavā'ti

*The Blessed One is an arahant, perfectly enlightened,
Accomplished in true knowledge and conduct,
Fortunate, knower of the world,
Unsurpassed leader of persons to be tamed,
Teacher of devas and humans,
The Enlightened One, the Blessed One.*

Svākkhāto bhagavatā dhammo
Sandiṭṭhiko akāliko ehi-passiko
Opanayiko paccattaṃ veditabbo viññūhī'ti

*The Dhamma is well expounded by the Blessed One,
Directly visible, immediate, inviting one to come and see,
applicable, to be personally experienced by the wise.*

Supaṭipanno bhagavato sāvaka-saṅgho
Uju-paṭipanno bhagavato sāvaka-saṅgho
Ñāya-paṭipanno bhagavato sāvaka-saṅgho
Sāmīci-paṭipanno bhagavato sāvaka-saṅgho
Yad-idaṃ cattāri purisa-yugāni aṭṭha purisa-puggalā
Esa bhagavato sāvaka-saṅgho

Āhuneyyo pāhuneyyo dakkhiṇeyyo añjali-karaṇīyo Anuttaram
puññakkhettaṃ lokassā'ti

*The Sangha of the Blessed One's disciples is practising the good
way,
Practising the straight way,
Practising the true way,
Practising the proper way;
That is, the four pairs of persons, the eight types of individuals
this Sangha of the Blessed One's disciples
Is worthy of gifts, worthy of hospitality, worthy of offerings,
worthy of reverential salutation,
The unsurpassed field of merit for the world.*

[SN 11.3]

YAÑ KIÑCI RATANAṂ LOKE

[Yañ kiñci ratanaṃ loke]

Vijjati vividhaṃ puthu
Ratanaṃ buddha-samaṃ n'atthi
Tasmā sotthī bhavantu te

*Whatever kind of jewel in the world
There is found by a human being,
A jewel comparable to the Buddha does not exist;
Therefore may you be blessed.*

Yañ kiñci ratanaṃ loke
Vijjati vividhaṃ puthu
Ratanaṃ dhamma-samaṃ n'atthi
Tasmā sotthī bhavantu te

*Whatever kind of jewel in the world
There is found by a human being,
A jewel comparable to the Dhamma does not exist;
Therefore may you be blessed.*

Yaṇ kiñci ratanaṃ loke
Vijjati vividhaṃ puthu
Ratanaṃ saṅgha-samaṃ n'atthi
Tasmā sotthī bhavantu te

*Whatever kind of jewel in the world
There is found by a human being,
A jewel comparable to the Saṅgha does not exist;
Therefore may you be blessed.*

Sakkatvā buddha-ratanaṃ,
Osadhaṃ¹⁰² uttamaṃ varaṃ
Hitāṃ deva-manussānaṃ
Buddha-tejena sotthinā
Nassant'upaddavā sabbe
Dukkhā vūpasamentu te

*Having revered the jewel of the Buddha,
The highest, most excellent medicine,
The welfare of human & heavenly beings:
Through the Buddha's might & safety
May all obstacles vanish,
May your sufferings grow totally calm.*

Sakkatvā dhamma-ratanaṃ
Osadhaṃ uttamaṃ varaṃ
Pariḷāhūpasamanaṃ
Dhamma-tejena sotthinā
Nassant'upaddavā sabbe
Bhayaṃ vūpasamentu te

*Having revered the jewel of the Dhamma,
The highest, most excellent medicine,
The stiller of feverish passion:
Through the Dhamma's might & safety
May all obstacles vanish,
May your fears grow totally calm.*

Sakkatvā saṅgha-ratanam
Osadham uttaram varam
Āhuneyyam pāhuneyyam
Saṅgha-tejena sotthinā
Nassant'upaddavā sabbe
Rogā vūpasamentu te

*Having revered the jewel of the Saṅgha,
The highest, most excellent medicine,
Worthy of gifts, worthy of hospitality:
Through the Saṅgha's might & safety
May all obstacles vanish,
May your diseases grow totally calm.*

[MJG]

BOJJH'ĀṄGA-PARITTAM
[Bojjh'aṅgo sati-saṅkhāto]
Dhammānam vicayo tathā
Viriyaṃ-pīti-passaddhi
Bojjh'aṅgā ca tathā'pare
Samādh'upekkha-bojjh'aṅgā
Satt'ete sabba-dassinā
Muninā sammad-akkhātā
Bhāvitā bahulī-katā
Saṃvattanti abhiññāya
Nibbānāya ca bodhiyā
Etena sacca-vajjena
Sotthi te hotu sabbadā

*The Factors for Awakening include mindfulness,
Investigation of qualities,
Persistence, rapture, & serenity,
Plus concentration & equanimity factors for Awakening.
These seven, which the All-seeing Sage has perfectly taught,
When developed & matured bring about heightened knowledge,
Liberation, & awakening.
By the saying of this truth,
May you always be well.*

Ekasmim samaye nātho
Moggallānañ-ca Kassapaṃ
Gilāne dukkhite disvā
Bojjh'aṅge satta desayi.
Te ca taṃ abhinanditvā
Rogā muccim̐su taṃ-khaṇe
Etena sacca-vajjena
Sotthi te hotu sabbadā

*At one time, our Protector seeing that Moggallana & Kassapa
Were sick & in pain, taught them the seven factors for
Awakening. They, delighting in that, were instantly freed from
their illness.
By the saying of this truth, may you always be well.*

Ekadā dhamma-rājā pi
Gelaṇṇenābhipīḷito
Cundattherena taṇ-ñeva
Bhaṇāpetvāna sādaraṃ
Sammoditvā ca ābādhā
Tamhā vuṭṭhāsi ṭhānaso
Etena sacca-vajjena
Sotthi te hotu sabbadā

Once, when the Dhamma King was afflicted with fever, He had the Elder Cunda recite that very teaching with devotion. And as he approved, he rose up from that disease. By the saying of this truth, may you always be well.

Pahīnā te ca ābādhā
Tiṇṇannam-pi mahesinaṃ
Magg'āhata-kilesā va
Pattānuppatti-dhammataṃ
Etena sacca-vajjena
Sothi te hotu sabbadā

*Those diseases were abandoned by the three great seers,
Just as defilements are demolished by the Path
In accordance with step-by-step attainment.
By the saying of this truth, may you always be well.*

[Thai]

ABHAYA-PARITTAṂ

[Yan-dunnimittam] avamaṅgalañ-ca
Yo cāmanāpo sakuṇassa saddo
Pāpaggaho dussupinaṃ akantaṃ
Buddhānubhāvena vināsamentu

*Whatever unlucky portents & ill omens,
And whatever distressing bird calls,
Evil planets, upsetting nightmares:
By the Buddha's power may they be destroyed.*

Yan-dunnimittam avamaṅgalañ-ca
Yo cāmanāpo sakuṇassa saddo
Pāpaggaho dussupinaṃ akantaṃ
Dhammānubhāvena vināsamentu

*Whatever unlucky portents & ill omens, And whatever distressing
bird calls,
Unlucky planets, upsetting nightmares:
By the Dhamma's power may they be destroyed.*

Yan-dunnimittam avamaṅgalañ-ca
Yo cāmanāpo sakuṇassa saddo
Pāpaggaho dussupinam akantam
Saṅghānubhāvena vināsamentu

*Whatever unlucky portents & ill omens,
And whatever distressing bird calls,
Evil planets, upsetting nightmares:
By the Saṅgha's power may they be destroyed.*

[Trad]

DEVATĀ-UYYOJANA-GĀTHĀ
[Dukkhappattā] ca niddukkhā
Bhayappattā ca nibbhayā
Sokappattā ca nissokā
Hontu sabbe pi pāṇino

*Having got suffering, may they not suffer,
Having got fear, may they not suffer,
Having got grief, may they not grieve,
All beings may they be.*

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadam
Sabbe devānumodantu
Sabba-sampatti-siddhiyā

*To the extent that by us
Merit has been attained and collected,
May all devas rejoice
For the attainment of all fortune.*

Dānaṃ dadantu saddhāya
Sīlaṃ rakkhantu sabbadā
Bhāvanābhīratā hontu
Gacchantu devatā-gatā

*By faith should gifts be given,
Virtue should always be protected,
Delightful should meditation be,
Go to the state of a devatā.*

[Sabbe buddhā] balappattā
Paccekānañ-ca yaṃ balaṃ
Arahantānañ-ca tejena
Rakkhaṃ bandhāmi sabbaso

*By all Buddhas attained to power
And the power of the Solitary Ones
And by the might of the Arahants
I bind in every way for protection.*

[MJG]

JAYA-MAṄGALA-AṬṬHA-GĀTHĀ

[Bāhuṃ] sahaṣṣam-abhinimmita sāvudhan-taṃ
Grīmekhalaṃ uḍḍita-ghora-sasena-māraṃ
Dān'ādi-dhamma-vidhinā jitavā mun'indo
Tan-tejasā bhavatu te jaya-maṅgalāni

*Creating a form with 1,000 arms, each equipped with a weapon,
Mara, on the elephant Girimekhala, uttered a frightening roar
together with his troops.*

*The Lord of Sages defeated him by means of such qualities as
generosity:*

By the power of this, may you have victory blessings.

Mārāṭirekam-abhiyujjhita-sabba-rattim
Ghoram-pan'Ālavakam-akkhama-thaddha-yakkham
Khantī-sudanta-vidhinā jitavā mun'indo
Tan-tejasā bhavatu te jaya-maṅgalāni

*Even more frightful than Mara making war all night
Was Ālavaka, the arrogant unstable ogre.*

*The Lord of Sages defeated him by means of well-trained
endurance:*

By the power of this, may you have victory blessings.

Nālāgiriṃ gaja-varam atimatta-bhūtaṃ
Dāv'aggi-cakkam-asaniṃva sudāruṇan-taṃ
Mett'ambu-seka-vidhinā jitavā mun'indo
Tan-tejasā bhavatu te jaya-maṅgalāni

*Nālāgiri, the excellent elephant, when maddened,
Was very horrific, like a forest fire, a flaming discus, a lightning
bolt.*

*The Lord of Sages defeated him by sprinkling the water of good
will:*

By the power of this, may you have victory blessings.

Ukkhitta-khaggam-atihattha-sudāruṇan-taṃ
Dhāvan-ti-yojana-path'aṅguli-mālavantaṃ
Iddhī'bhisāṅkhata-mano jitavā mun'indo
Tan-tejasā bhavatu te jaya-maṅgalāni

*Very horrific, with a sword upraised in his expert hand,
Garlanded-with-Fingers ran three leagues along the path.
The Lord of Sages defeated him with mind-fashioned marvels:
By the power of this, may you have victory blessings.*

Katvāna kaṭṭham-udaram iṇa gabbhinīyā
Ciñcāya duṭṭha-vacanam jana-kāya majjhe
Santena soma-vidhinā jitavā mun'indo
Tan-tejasā bhavatu te jaya-maṅgalāni

*Having made a wooden belly to appear pregnant,
Ciñca made a lewd accusation in the midst of the gathering.
The Lord of Sages defeated her with peaceful, gracious means:
By the power of this, may you have victory blessings.*

Saccam viḥāya mati-Saccaka-vāda-ketum
Vādābhiropita-manam ati-andha-bhūtam
Paññā-padīpa-jalito jitavā mun'indo
Tan-tejasā bhavatu te jaya-maṅgalāni

*Saccaka, whose provocative views had abandoned the truth,
Delighting in argument, had become thoroughly blind.
The Lord of Sages defeated him with the light of discernment:
By the power of this, may you have victory blessings.*

Nandopananda-bhujagam vibudham mah'iddhim
Puttena therā-bhujagena damāpayanto
Iddhūpadesa-vidhinā jitavā mun'indo
Tan-tejasā bhavatu te jaya-maṅgalāni

*Nandopananda was a serpent with great power but wrong views.
The Lord of Sages defeated him by means of a display of marvels,
Sending his son, the serpent-elder, to tame him:
By the power of this, may you have victory blessings.*

Duggāha-ditṭhi-bhujagena sudaṭṭha-hattham

Brahmaṃ visuddhi-juṭim-iddhi-bakābhidhānaṃ
Ñāṇāgadena vidhinā jitavā mun'indo
Tan-tejasā bhavatu te jaya-maṅgalāni

*His hands bound tight by the serpent of wrongly held views,
Baka, the Brahma, thought himself pure in his radiance & power.
The Lord of Sages defeated him by means of his words of
knowledge:
By the power of this, may you have victory blessings.*

Etā pi buddha-jaya-maṅgala-aṭṭha-gāthā
Yo vācano dina-dine saratem-atandī
Hitvān'aneka-vividhāni c'upaddavāni
Mokkhaṃ sukhaṃ adhigameyya naro sapaṇṇo

*These eight verses of the Buddha's victory blessings:
Whatever person of discernment recites or recalls them day after
day without lapsing,
Destroying all kinds of obstacles,
Will attain emancipation & happiness.*

[Trad]

JAYA-PARITTAM

[Mahā-kāruṇiko] nātho
Hitāya sabba-pāṇinaṃ
Pūretvā pāramī sabbā
Patto sambodhim-uttamaṃ
Etena sacca-vajjena
Hotu te jaya-maṅgalaṃ

*Our protector (the Buddha), with great compassion,
For the welfare of all beings,
Having fulfilled all the perfections,
Attained the highest self-awakening.
Through the speaking of this truth,
May you have a victory blessing.*

Jayanto bodhiyā mūle
Sakyānaṃ nandi-vaḍḍhano
Evaṃ tvaṃ vijayo hohi
Jayassu jaya-maṅgale

*Victorious at the foot of the Bodhi tree,
Was he who increased the Sakyans delight.
May you have the same sort of victory,
May you win victory blessings.*

Aparājita-pallaṅke
Sīse paṭhavi-pokkhare
Abhiseke sabba-buddhānaṃ
Aggappatto pamodati

*In the undefeated cross-legged sitting posture with [His] head
[Like] the lotus above the ground,
And consecrated by all the Buddhas,
He rejoiced in the utmost attainment.*

[MJG]

Sunakkhattaṃ sumaṅgalaṃ
Supabhātaṃ suhuṭṭhitaṃ
Sukhaṇo sumuhutto ca
Suyiṭṭhaṃ brahma-cārisu

*Truly propitious and auspicious,
A happy daybreak and a joyful rising,
A precious moment and a blissful hour
Will come for those who offer alms to those
Leading the holy life.*

Padakkhiṇaṃ kāya-kammaṃ
Vācā-kammaṃ padakkhiṇaṃ
Padakkhiṇaṃ mano-kammaṃ
Paṇīdhi te padakkhiṇe¹⁰³
Padakkhiṇāni katvāna Labhant'atthe padakkhiṇe

*Felicitous is bodily kamma
Verbal kamma is felicitous
Felicitous is mental kamma
When aspiring for felicity.
Having done the felicitous
They get felicitous rewards*

[AN 3.155]

BHAVATU-SABBA-MAṄGALAṂ
[Bhavatu sabba-maṅgalaṃ]
Rakkhantu sabba-devatā
Sabba-buddhānubhāvena
Sadā sotthī bhavantu te.

*May every blessing come to be
And all good spirits guard you well
Through the power of all Buddhas
May you always be at ease*

Bhavatu sabba-maṅgalaṃ
Rakkhantu sabba-devatā
Sabba-dhammānubhāvena
Sadā sotthī bhavantu te.

*May every blessing come to be
And all good spirits guard you well
Through the power of all Dhammas
May you always be at ease*

Bhavatu sabba-maṅgalaṃ
Rakkhantu sabba-devatā
Sabba-saṅghānubhāvena
Sadā sotthī bhavantu te

*May every blessing come to be
And all good spirits guard you well
Through the power of all Saṅghas
May you always be at ease*

[Trad]

FUNERAL CHANTS



PUBBA-BHĀGA-NAMA-KĀRA-PĀṬHO

[Namo tassa] bhagavato arahato sammā-sambuddhassa [3x]

Homage to the Blessed, Worthy, and Perfectly Enlightened One

DHAMMA-SAṄGAṆĪ-MĀTIKĀ

[Kusalā dhammā]

Akusalā dhammā

Abyākatā dhammā

[Wholesome dhammas]

Unwholesome dhammas

Undetermined dhammas

Sukhāya vedanāya sampayuttā dhammā

Dukkhāya vedanāya sampayuttā dhammā

Adukkhamasukhāya vedanāya sampayuttā dhammā

Dhammas associated with pleasant feeling

Dhammas associated with painful feeling

Dhammas associated with neither-painful-nor-pleasant

Vipākā dhammā

Vipāka-dhamma-dhammā

N'eva vipāka na vipāka-dhamma-dhammā

Consequential dhamma

Subject to consequential dhamma

Neither consequential nor subject to consequential dhamma

Upādinn'upādāniyā dhammā

Anupādinn'upādāniyā dhammā

Anupādinnānupādāniyā dhammā

Dhammas acquired and connected with grasping
Dhammas not acquired but connected with grasping
Dhammas neither acquired nor connected with grasping

Saṅkiliṭṭha-saṅkilesikā dhammā
Asaṅkiliṭṭha-saṅkilesikā dhammā
Asaṅkiliṭṭhāsaṅkilesikā dhammā

Dhammas defiled and subject to defilements
Dhammas undefiled but subject to defilements
Dhammas neither defiled nor subject to defilements

Savitakka-savicārā dhammā
Avitakka-vicāra-mattā dhammā
Avitakkāvicārā dhammā

Dhammas with thought and examination
Dhammas without thought but with examination
Dhammas with neither thought nor examination

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

Dhammas accompanied by rapture
Dhammas accompanied by pleasure
Dhammas accompanied by equanimity
Dhammas abandoned by seeing
Dhammas abandoned by development
Dhammas abandoned by neither seeing nor development

Dassanena pahātabba-hetukā dhammā
Bhāvanāya pahātabba-hetukā dhammā

N'eva dassanena na bhāvanāya pahātabba-hetukā dhammā

Conditioned dhammas abandoned by seeing

Conditioned dhammas abandoned by development

Conditioned dhammas abandoned by neither seeing nor development

Ācaya-gāmino dhammā

Apacaya-gāmino dhammā

N'ev'ācaya-gāmino nāpacaya-gāmino dhammā

Dhammas leading to accumulation

Dhamma leading to undoing

Dhammas leading to neither accumulation nor undoing

Sekkhā dhammā

Asekkhā dhammā

N'eva sekkhā nāsekkhā dhammā

Dhammas of one in training

Dhammas of one beyond training

Dhammas of neither one in training nor one beyond training

Parittā dhammā

Mahaggatā dhammā

Appamāṇā dhammā

Insignificant dhammas

Exalted dhammas

Immeasurable dhammas

Paritt'ārammaṇā dhammā

Mahaggat'ārammaṇā dhammā

Appamāṇ'ārammaṇā dhammā

Dhammas from limited sense-objects
Dhammas from exhalted sense-objects
Dhammas from immeasurable sense-objects

Hīnā dhammā
Majjhimā dhammā
Paṇītā dhammā

Inferior dhammas
Moderate dhammas
Superior dhammas

Micchatta-niyatā dhammā
Sammatta-niyatā dhammā
Aniyatā dhammā

Certain wrong dhammas
Certain correct dhammas
Uncertain dhammas

Magg'ārammaṇā dhammā
Magga-hetukā dhammā
Maggādhipatino dhammā

Dhammas with the path as object
Dhammas with the path as root
Dhammas with the path as predominant factor

Uppannā dhammā
Anuppannā dhammā
Uppādino dhammā

Arisen dhammas
Unarisen dhammas
Bound to arise dhammas

Atītā dhammā

Anāgatā dhammā
Paccuppannā dhammā

Past dhammas
Future dhammas
Present dhammas

Atīt'ārammaṇā dhammā
Anāgat'ārammaṇā dhammā
Paccuppann'ārammaṇā dhammā

Dhammas with past sense-objects
Dhammas with future sense-objects
Dhammas with present sense-objects

Ajjhattā dhammā
Bahiddhā dhammā
Ajjhatta-bahiddhā dhammā

Internal dhammas
External dhammas
Internal and external dhammas

Ajjhatt'ārammaṇā dhammā
Bahiddh'ārammaṇā dhammā
Ajjhatta-bahiddh'ārammaṇā dhammā

Dhammas with internal sense-objects
Dhammas with external sense-objects
Dhammas with internal and external sense-objects

Sanidassana-sappaṭighā dhammā
Anidassana-sappaṭighā dhammā
Anidassanāppaṭighā dhammā

Visible and reactive dhammas
Non-visible and reactive dhammas
Non-visible and unobstructive dhammas

[Dhs 1]

VIPASSANĀ-BHŪMI-PĀṬHO

[Pañcakkhandhā]:

Rūpakkhando, vedanākkhando,
saññākkhando, saṅkhārakkhando,
viññāṇakkhando.

[The five aggregates]: The aggregate of form, the aggregate of feeling, the aggregate of perception, the aggregate of volitional formations, the aggregate of consciousness.

[MN 109]

Dvā-das'āyatanāni:

Cakkhv-āyatanam rūp'āyatanam,
Sot'āyatanam sadd'āyatanam,
Ghān'āyatanam gandh'āyatanam,
Jivh'āyatanam ras'āyatanam,
Kāy'āyatanam phoṭṭhabb'āyatanam,
Man'āyatanam dhamm'āyatanam

The eye-base, the form base
The ear-base, the sound-base
The nose-base, the odour-base
The tongue-base, the flavour-base
The body-base, the tangible-base
The mind-base, the mind-object base.

[MN 148]

Aṭṭhārasa dhātuyo:

Cakkhu-dhātu rūpa-dhātu cakkhu-viññāṇa-dhātu,
Sota-dhātu sadda-dhātu sota-viññāṇa-dhātu,

Ghāna-dhātu gandha-dhātu ghāna-viññāṇa-dhātu,
Jivhā-dhātu rasa-dhātu jivhā-viññāṇa-dhātu,
Kāya-dhātu phoṭṭhabba-dhātu kāya-viññāṇa-dhātu,
Mano-dhātu dhamma-dhātu mano-viññāṇa-dhātu

Eighteen elements: The eye element, the form element, the eye-consciousness

element;

The ear element, the sound element, the ear-consciousness
element;

The nose element, the odour element, the nose-consciousness
element;

The tongue element, the flavour element, the tongue-consciousness
element;

The body element, the tangible element, the body-consciousness
element;

The mind element, the mind-object element, the mind-consciousness element.

[MN 115]

Bā-vīsati'indriyāni:¹⁰⁴

Cakkhu'ndriyaṃ sot'indriyaṃ ghān'indriyaṃ
jivh'indriyaṃ kāy'indriyaṃ man'indriyaṃ,
itth'indriyaṃ puris'indriyaṃ jīvit'indriyaṃ,
sukh'indriyaṃ dukkh'indriyaṃ
somanass'indriyaṃ domanass'indriyaṃ upekkh'indriyaṃ,
saddh'indriyaṃ viriy'indriyaṃ sat'indriyaṃ
samādh'indriyaṃ paññ'indriyaṃ,
anaññātāñ-ñassāmīt'indriyaṃ aññ'indriyaṃ aññātāv'indriyaṃ.

Twenty-two faculties: The eye faculty, ear faculty, nose faculty, tongue faculty, body faculty, mind faculty, faculty of femininity, faculty of masculinity, life faculty, pleasure faculty, pain faculty, happiness faculty, displeasure faculty, equanimity faculty, conviction faculty, energy faculty, mindfulness faculty, concentration faculty, wisdom faculty, the ‘I am knowing the unknown’ faculty, knowledge faculty, the faculty of one with complete knowledge.

[Vibh]

Cattāri ariya-saccāni:
Dukkham ariya-saccam,
Dukkha-samudayo ariya-saccam,
Dukkha-nirodho ariya-saccam,
Dukkha-nirodha-gāminī paṭipadā ariya-saccam.

*The four noble truths:
The noble truth of dukkha
The noble truth of the origin of dukkha
The noble truth of the cessation of dukkha
The noble truth of the way leading to the cessation of dukkhā*

[SN 56.24]

Avijjā-paccayā saṅkhārā,
Saṅkhāra-paccayā viññāṇam,
Viññāṇa-paccayā nāma-rūpaṃ,
Nāma-rūpa-paccayā saḷāyatanam,
Saḷāyatana-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 dukkhakkhandhassa samudayo hoti.

Avijjāya tv-eva asesa-virāga-nirodhā, saṅkhāra-nirodho,
Saṅkhāra-nirodhā, viññāṇa-nirodho,
Viññāṇa-nirodhā, nāma-rūpa-nirodho,
Nāma-rūpa-nirodhā, saḷāyatana-nirodho,
Saḷāyatana-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-maraṇaṃ soka-parideva-dukkha-
domanass'upāyāsā nirujjhanti.
Evam-etassa kevalassa dukkhakkhandhassa nirodho hoti.

*With ignorance as condition, volitional formations;
With volitional formations as condition, consciousness;
With consciousness as condition, name-and-form;
With name-and-form as condition, the six sense bases;
With the six sense bases as condition, contact;
With contact as condition, feeling;
With feeling as condition, craving;
With craving as condition, clinging;
With clinging as condition, existence;
With existence as condition, birth;
With birth as condition, ageing-and-death, sorrow, lamentation,
pain, displeasure, and despair come to be.
Such is the origin of this whole mass of suffering.*

*But with the remainderless fading away and cessation of
ignorance comes cessation of volitional formations;
With the cessation of volitional formations, cessation of
consciousness;
With the cessation of consciousness, cessation of name-and-form;
With the cessation of name-and-form, cessation of the six sense
bases;
With the cessation of the six sense bases, cessation of contact;
With the cessation of contact, cessation of feeling;
With the cessation of feeling, cessation of craving;
With the cessation of craving, cessation of clinging;
With the cessation of clinging, cessation of existence;
With the cessation of existence, cessation of birth;
With the cessation of birth, ageing-and-death, sorrow,
lamentation, pain, displeasure, and despair cease.
Such is the cessation of this whole mass of suffering.*

[SN 12.1]

PATTHĀNA-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.

*[Root condition], sense-object condition,
predominant condition, immediate condition,
directly immediate condition, coexistent condition,
reciprocity condition, dependence condition,
sufficing condition, pre-existent condition,
post-existent condition, repetition condition,
action condition, result condition,
nutriment condition, faculty condition,
jhāna condition, path condition,
associated condition, parted condition,
existence condition, non-existence condition,
disappeared condition, non-disappeared condition.*

[Dhs A]

ADĀSI-ME ĀDI GĀTHĀ

[Adāsi me akāsi me]

Ñāti-mittā sakhā ca me

Petānaṃ dakkhiṇaṃ dajjā

Pubbe katam-anussaraṃ

*[He gave to me, he worked for me,]
He was my relative, my friend, my companion,
He should give gifts for the departed,
Remembering what they have done before.*

Na hi ruṇṇaṃ vā soko vā

Yā v' aññā paridevanā
Na taṃ petānam-atthāya
Evaṃ tiṭṭhanti ñātayo

*For no tears, or grief,
Or any other lamentations,
Are of any use to the departed,
As long as their relatives continue grieving in this way.*

Ayañ-ca kho dakkhinā dinnā
Saṅghamhi supatiṭṭhitā
Dīgharattaṃ hitāy'assa
Ṭhānaso upakappati

*But that gift that has been given,
And well placed in the Sangha,
Is of benefit to them for a long time,
Immediately it is of benefit.*

So ñāti-dhammo ca ayaṃ nidassito
Petāna'pūjā ca katā uḷārā
Balañ-ca bhikkhūnam-anuppadinnaṃ
Tumhehi puññaṃ pasutaṃ anappakan'ti

*This then is the definition of a relative's duties
And by this great honour has been done to the departed,
Strength has also been given to the bhikkhus,
And no little merit has been produced by you.*

[Khp 7]

PĀMSU-KŪLA FOR THE DEAD
[Aniccā vata saṅkhārā]
Uppāda-vaya-dhammino
Uppajjitvā nirujjhanti
Tesaṃ vūpasamo sukho [3x]

*[Conditions are impermanent]
Their nature is to rise and fall;
Having arisen, they cease;
Their stilling is true happiness.*

[DN 16]

[Sabbe sattā] maranti ca
Marimsu ca marissare
Tath'evāhaṃ marissāmi
N'atthi me ettha saṃsayo [3x]

*[All living beings] are dying,
Have died, and will die.
In the same way, I will die,
I have no doubt about this.*

[Thai]

PĀMSU-KŪLA FOR THE LIVING

[Aciraṃ vat'ayaṃ kāyo]
Paṭhaviṃ adhisessati
Chuddho apeta-viññāṇo
Niratthaṃ va kalingaraṃ [3x]

*[All too soon, this body]
Will lie on the ground cast off,
Bereft of consciousness,
Like a useless scrap of wood.*

[Dhp 41]

RATANATTAY'ĀNUBHĀV'ĀDI-GĀTHĀ

[Bhavatu sabba-maṅgalaṃ]
Rakkhantu sabba-devatā
Sabba-buddhānubhāvena
Sadā sotthī bhavantu te

*May every blessing come to be
And all good spirits guard you well
Through the power of all Buddhas
May you always be at ease*

Bhavatu sabba-maṅgalaṃ
Rakkhantu sabba-devatā
Sabba-dhammānubhāvena
Sadā sotthī bhavantu te

*May every blessing come to be
And all good spirits guard you well
Through the power of all Dhammas
May you always be at ease*

Bhavatu sabba-maṅgalaṃ
Rakkhantu sabba-devatā
Sabba-saṅghānubhāvena
Sadā sotthī 'bhavantu te

*May every blessing come to be
And all good spirits guard you well
Through the power of all Saṅghas
May you always be at ease*

SHARING OF MERITS



SHARING AND ASPIRATIONS

Uddissanādhiṭṭhānā

[Handa mayam uddissanādhiṭṭhāna-gāthāyo bhaṇāmase]

Iminā puñṇakammena upajjhāyā guṇuttarā
Ācariyūpakārā ca mātāpitā ca ñātakā
Suriyo candimā rājā guṇavantā narāpi ca
Brahma-mārā ca indā ca lokapālā ca devatā
Yamo mittā manussā ca majjhattā verikāpi ca
Sabbe sattā sukhī hontu puñṇāni pakatāni me
Sukhañca tividham dentu khippam pāpetha vomatam
Iminā puñṇakammena iminā uddissena ca
Khippāham sulabhe ceva taṇhūpādāna-chedanam
Ye santāne hīnā dhammā yāva nibbānato mamam
Nassantu sabbadā yeva yattha jāto bhava bhava
Ujucittam satipaṇṇā sallekho viriyamhinā
Mārā labhantu nokāsam kātuñca viriyesu me
Buddhādhipavaro nātho dhammo nātho varuttamo
Nātho paccekabuddho ca saṅgho nāthottaro mamam
Tesottamānubhāvena mārokāsam labhantu mā

CONTENT – NEXT

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

*Through the goodness that arises from my practise
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 world¹⁰⁵
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 practise
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 vigor
May the forces of delusion¹⁰⁶ 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 guide¹⁰⁷
The Saṅgha is my supreme support
Through the supreme power of all these
May darkness and delusion be dispelled¹⁰⁸*

[Trad]

CONTENT – NEXT

SHARING OF ALL MERITS

Sabba-patti-dāna

[Handa mayam sabba-patti-dāna-gāthāyo bhaṇāmasa]

Puññass'idāni katassa yān'aññāni katāni me

Tesañ-ca bhāgino hontu sattānantāppamāṇakā

May whatever living beings

Without measure without end

Partake of all the merit

From the good deeds I have done

Ye piyā guṇavantā ca mayham mātā-pitā-dayo

Diṭṭhā me cāpy-adiṭṭhā vā aññe majjhata-verino

Those loved and full of goodness

My mother and my father dear

Beings seen by me and those unseen

Those neutral and averse

Sattā tiṭṭhanti lokasmiṃ te bhumkā catu-yonikā

Pañc'eka-catu-vokārā saṃsarantā bhavābhava

Beings established in the world

From the three planes and four grounds of birth

With five aggregates or one or four

Wandering on from realm to realm

Ñātaṃ ye patti-dānam-me anumodantu te sayāṃ
Ye c'imaṃ nappajānanti devā tesāṃ nivedayaṃ

*Those who know my act of dedication
May they all rejoice in it
And as for those yet unaware
May the devas let them know*

Mayā dinnāna-puññānaṃ anumodana-hetunā
Sabbe sattā sadā hontu averā sukha-jīvino
Khemappadaṇ-ca pappontu tesāsā sijjhataṃ subhā

*By rejoicing in my sharing
May all beings live at ease
In freedom from hostility
May their good wishes be fulfilled
And may they all reach safety*

[Thai]

SHARING OF MERITS WITH THE DEPARTED

Peta-patti-dāna

[Idaṃ me ñātināṃ hotu] sukhitā hontu ñātayo

Idaṃ no ñātināṃ hotu sukhitā hontu ñātayo

Idaṃ vo ñātināṃ hotu sukhitā hontu ñātayo

May this be for my relatives, well and happy may the relatives be.

May this be for our relatives, well and happy may the relatives be.

May this be for your relatives, well and happy may the relatives be. [Thai]

SHARING OF MERITS WITH THE DEVAS

Devata-patti-dāna

[Ettāvatā ca amhehi]

Sambhataṃ puñña-sampadaṃ

Sabbe devā anumodantu

Sabba-sampatti-siddhiyā

Ettāvatā ca amhehi

Sambhataṃ puñña-sampadaṃ

Sabbe bhūtā anumodantu

Sabba-sampatti-siddhiyā

Ettāvatā ca amhehi

Sambhataṃ puñña-sampadaṃ

Sabbe sattā anumodantu

Sabba-sampatti-siddhiyā

[To the extent that by us]

Merit has been attained and collected,

May all devas rejoice in it

For the attainment of all fortune.

To the extent that by us

Merit has been attained and collected,

May all beings rejoice in it

For the attainment of all fortune.

To the extent that by us

Merit has been attained and collected,

May all creatures rejoice in it

For the attainment of all fortune.

[Sri Lanka]

THE HIGHEST HONOUR AND ASPIRATIONS

Paramāya pūjāyañca paṇidhiñca

[Handa mayam buddhapūjañca paṇidhiñca karomase]

Buddham jīvita-pariyantaṃ saraṇaṃ gacchāmi

Until life ends I go to the Buddha for refuge

Dhammaṃ jīvita-pariyantaṃ saraṇaṃ gacchāmi

Until life ends I go to the Dhamma for refuge

Saṅghaṃ jīvita-pariyantaṃ saraṇaṃ gacchāmi

Until life ends I go to the Saṅgha for refuge

Iminā puñṇakammena

By this meritorious action

Mā me bālasamāgamo

May I not associate with fools

Sataṃ samāgamo hotu

With the wise may I associate

Yāva nibbānapattiyā

Until the attainment of nibbāna

[Sri Lanka]

Yo kho bhikkhu vā bhikkhunī vā upāsako vā upāsikā vā

Any bhikkhu 'bhikkhunī' male or female lay follower

Dhammānudhamma-paṭipanno viharati

Who dwells practising according to the Dhamma

Sāmīcipaṭipanno

Practising properly

Anudhammacārī

Behaving according to the Dhamma

So tathāgataṃ sakkaroti garuṃ karoti māneti pūjeti apaciyati

*Respects ' esteems ' cherishes ' honours and worships the
Tathāgata*

Paramāya pūjāya

With the highest honour

[DN 16]

Tasmā

Therefore

Imāya dhammānudhamma-paṭipattiyā buddhaṃ pūjemi

Paramāya pūjāya

By this Dhamma practise according to the Dhamma

I honour the Buddha with the highest honour

Addhā imāya paṭipadāya jāti-jarā-byādhi-maraṇamhā
parimuccissāmi

Surely by this way of practise I will be free from birth

Old age ' sickness and death

Idaṃ me puññaṃ āsavakkhayā-vahaṃ hotu

May my merit lead to the destruction of the taints

Idaṃ me puññaṃ nibbānassa paccayo hotu

May my merit be a condition for the attainment of Nibbāna

[Sri Lanka]

APPENDIX



THE THREE REFUGES & FIVE/EIGHT TRAININGS

REQUESTING THE THREE REFUGES & FIVE/EIGHT TRAININGS

(After bowing three times, with hands joined in añjali, recite as follows)

Ahaṃ bhante tisaraṇena saha pañca/aṭṭha sīlāni yācāmi

Dutiyampi ahaṃ bhante tisaraṇena saha pañca/aṭṭha sīlāni yācāmi

Tatiyampi ahaṃ bhante tisaraṇena saha pañca/aṭṭha sīlāni yācāmi

I, Venerable Sir, request the Three Refuges and the Five/Eight Trainings.¹⁰⁹

For the second time, I, Venerable Sir, request the Three Refuges and the Five/Eight Trainings.

For the third time, I, Venerable Sir, request the Three Refuges and the Five/Eight Trainings.

UNDERTAKING THE THREE REFUGES

(Repeat after the leader has recited the first line three times)

Namo tassa bhagavato arahato sammāsambuddhassa [3x]

*Homage to the Blessed, Worthy, and Perfectly Enlightened One
[3x]*

Buddhaṃ saraṇaṃ gacchāmi

Dhammaṃ saraṇaṃ gacchāmi

Saṅghaṃ saraṇaṃ gacchāmi

To the Buddha I go for refuge

To the Dhamma I go for refuge

To the Saṅgha I go for refuge.

Dutiyampi buddhaṃ saraṇaṃ gacchāmi
Dutiyampi dhammaṃ saraṇaṃ gacchāmi
Dutiyampi saṅghaṃ saraṇaṃ gacchāmi

*For the second time, to the Buddha I go for refuge
For the second time, to the Dhamma I go for refuge
For the second time, to the Saṅgha I go for refuge.*

Tatiyampi buddhaṃ saraṇaṃ gacchāmi
Tatiyampi dhammaṃ saraṇaṃ gacchāmi
Tatiyampi saṅghaṃ saraṇaṃ gacchāmi

*For the third time, to the Buddha I go for refuge.
For the third time, to the Dhamma I go for refuge.
For the third time, to the Saṅgha I go for refuge.*

Leader: Tisaraṇa-gamaṇaṃ niṭṭhitaṃ

This completes the going to the Three Refuges.

Response: Āma bhante

Yes, Venerable Sir.

UNDERTAKING THE FIVE TRAININGS

(To undertake the trainings, repeat each training after the leader)

Pāṇātipātā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the training¹¹⁰ to refrain from taking the life of any living being.

Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the training to refrain from taking that which is not given.

Kāmesu micchācārā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the training to refrain from sexual misconduct.

Musāvādā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the training to refrain from lying.

Surāmeraya-majja-pamādaṭṭhānā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the training to refrain from consuming intoxicating drink and drugs that lead to carelessness.¹¹¹

Leader:

Response: Sādhu, sādhu, sadhu [Bow 3x]

UNDERTAKING THE EIGHT TRAININGS

(To undertake the trainings, repeat each precept after the leader)

Pāṇātipātā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the training to refrain from taking the life of any living being.

Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the training to refrain from taking that which is not given.

Abrahmacariyā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the training to refrain from any intentional sexual activity.

Musāvādā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the training to refrain from lying.

Surāmeraya-majja-pamādaṭṭhānā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the training to refrain from consuming intoxicating drink and drugs that¹¹² lead to carelessness.

Vikālabhojanā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the training to refrain from eating after noon.¹¹³

Nacca-gīta-vādita-visūkadassanā mālā-gandha-vilepana-dhāraṇa-maṇḍana-vibhūsanāṭṭhānā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the training to refrain from dancing, singing, music and going to entertainments; from perfumes, beautification and adornments.¹¹⁴

Uccāsayana-mahāsayanā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the training to refrain from lying on a high or luxurious sleeping place.

Leader: Imāni aṭṭha sikkhāpadāni samādiyāmi

Response: Imāni aṭṭha sikkhāpadāni samādiyāmi

I undertake these Eight Trainings.

Leader: Imāni aṭṭha sikkhāpadāni sīlena sugatim yanti sīlena bhogasampadā sīlena nibbutim yanti tasmā sīlaṃ visodhaye

These Eight Trainings

have virtue as a vehicle for happiness,

have virtue as a vehicle for good fortune,

have virtue as a vehicle for liberation.

Therefore let virtue be purified.¹¹⁵

Response: Sādhu, sādhu, sādhu [Bow 3x]

PĀLI PHONETICS & PRONUNCIATION

Place of articulation	Manner of articulation										Pure Nasal
	Consonants							Vowels			
	Stops					Semi vowel (voiced)	Sibilant (voiceless)	S h o r t	L o n g	Compound	
	Voiceless non-aspirate	Voiceless aspirate	Voiced non-aspirate	Voiced aspirate	Voiced nasal						
Gutturals	<i>k</i>	<i>kh</i>	<i>g</i>	<i>gh</i>	<i>ṇ</i>	<i>h</i>		<i>a</i>	<i>ā</i>	<i>e</i>	<i>ṁ</i>
Palatals	<i>c</i>	<i>ch</i>	<i>j</i>	<i>jh</i>	<i>ñ</i>	<i>y</i>		<i>i</i>	<i>ī</i>		
Cerebrals	<i>ṭ</i>	<i>ṭh</i>	<i>ḍ</i>	<i>ḍh</i>	<i>ṇ</i>	<i>r / l / ḷh</i>					
Dentals	<i>t</i>	<i>th</i>	<i>d</i>	<i>dh</i>	<i>n</i>	<i>l</i>	<i>s</i>				
Labials	<i>p</i>	<i>ph</i>	<i>b</i>	<i>bh</i>	<i>m</i>	<i>v</i>		<i>u</i>	<i>ū</i>	<i>o</i>	

Pāli is the official scriptural language of Theravāda Buddhism. It is closely related to Sanskrit, with no written script of its own. Written forms have emerged in the scripts of other languages (e.g. Devanagari, Sinhalese, Burmese, Khmer, Thai, Roman). The Roman script used here is pronounced just as one would expect, with the following clarifications:

Vowels are of two types:

Short

a – magma

i – liter

u –put

Long

ā - father

ī – eel

ū – mule

e – end

o – Paul

Exceptions: **e** and **o** change to short sounds in syllables ending in double consonants. They are then pronounced as in “pet” and “soft” respectively. (eg. sotthi)

Consonants are mostly as one would expect, with a few additional rules: Two-lettered notations with **h** (e.g. **kh**, **ch**, **ṭh**, **th**, **ph**) denote an aspirated, airy sound, and should be considered as one unit. They are distinct from the hard, crisp sound of a single consonant (e.g. **k**, **c**, **ṭ**, **t**, **p**). However, other combinations with **h**, i.e., **lh**, **mh**, **ñh**, and **vh**, do count as two consonants (e.g. ‘jivhā’ or ‘mulho’). Examples: **th** as t in tongue. (never pronounced as in “the”) **ph** as p in palate. (never pronounced as in “photo”)

These are distinct from the hard, crisp sound of the single consonant, e.g. th as in “Thomas” (not as in “thin”) or ph as in “puff” (not as in “phone”).

ḍ , ḍh , ḷ , ṇ , ṭ , ṭh

These retroflex consonants have no English equivalents. They are formed by curling the tip of the tongue back against the palate.

Miscellaneous

The semivowel “**v**” is pronounced as in “**we**” “**ñ**” is pronounced as in “**canyon**” The pure nasal “**m̐**” and voiced nasal “**n̐**” are pronounced as in “**sung**”.

As an aid to understanding, some of the longer Pāli terms have been hyphenated into the words from which they are compounded. This does not affect the pronunciation in any way. In order to not suggest unintended pauses in the flow of the recitation, for some chants we have omitted punctuation marks (commas, periods, colons and semicolons), although for rendering the meaning of the phrases accurately, they would sometimes be helpful. Indented line breaks indicate that a short breathing pause is inserted. When reciting as a group, each participant is encouraged to recite as accurately, audibly, and continuously as within one’s capabilities; ideally from the first chant to the last without interruption, gaps, or omissions.

CHANTING LEADER GUIDELINES

It is both a great honour and also a great responsibility to lead a group of fellow Dhamma practitioners through Dhamma recitations. These guidelines provide tips that can help facilitate a smooth and enjoyable experience for the group of participants, as well as for the chanting leader himself.

To bring value to the community, the following points should be considered:

- Accurate Pāli Pronunciation
- Sufficient Audibility & Volume
- A Speed that Others Can Follow
- Maintaining the Speed Throughout the Recitation
- A Pitch that Others Can Follow
- Maintaining the Pitch Throughout the Recitation
- Continuity

Here some notes on why and how to accomplish above objectives:

ACCURATE PĀLI PRONUNCIATION

Within the domain of Pāli pronunciation, the chanting leader shall take special care of long and short syllables, since this would otherwise result in a disunited recitation with those who do take care of long and short syllables. To obtain good Pāli pronunciation, frequently chanting with those who have good pronunciation, or listening and chant along with audio recordings of well-pronounced Pāli recitations, can go a long way. This helps to identify and even out idiosyncrasies that may have

arisen. Of course, all other elements of accurate Pāli pronunciation too shall be integrated as much as possible (voiceless vs. voiced, aspirate vs. non-aspirate consonants etc.), but the difference between long and short syllables is the most important one in the present context.

SUFFICIENT AUDIBILITY & VOLUME

In order for others to be able to follow the chanting style of the chanting leader accurately, it is tantamount that he is clearly audible. The voice of the chanting leader should be louder than that of the loudest group member, so that others can follow the chanting leader's lead with ease, rather than having to make an effort to find his voice. This is not to say that the chanting leader needs to blast everyone to such a degree that only his voice can be heard. This would defeat the purpose of group recitation. As often in Dhamma practice, a healthy balance between extremes needs to be found. However, when in doubt it is preferable if the chanting leader errs on the side of 'too loud', rather than 'too soft'. Both newcomers, as well as those who have memorized the chants, but are not yet fully proficient in their recollection of the chants, benefit greatly from a chanting leader whose voice has a decent volume and is clearly audible. While some individuals naturally have a voice that resonates strongly, or have trained their voice to that extent, those who are not so disposed may use a microphone for support. Using a microphone also allows the chanting leader to recite in a more relaxed manner, rather than having to constantly make sure that his voice carries to all corners of the room or hall. For chanting periods that take more than 20 minutes, there is a tendency for one's voice to become softer and thus less penetrating compared to the beginning of the chanting session. Again, a microphone or increased effort can help to remedy this tendency.

A SPEED THAT OTHERS CAN FOLLOW

Everyone has a preferred speed at which one finds it pleasant to recite. It is helpful for the chanting leader to choose a speed that allows him to maintain a clear pronunciation of Pāli terms. Even if one is able to chant accurately at high speed, it would be very difficult for newcomers and those who are not familiar with Pāli, to follow along. Pāli is not our mother tongue, and fluent reading requires a lot of skill and practice. It is therefore important when chanting with others, to choose a speed that they can follow along comfortably, without causing them to feel stressed by the end of the chant, as if having participated in a rap battle. Choosing a more meditative pace also allows the mind to process the Dhamma while reciting it; a task that is not easy for beginners. Nonetheless, slowing down helps greatly to allow for reflections and insights to arise during Dhamma recitation. At the same time, if the pace is too slow, some individuals may feel bored, or even fall asleep. Again, the right speed usually lies somewhere between the extremes. Private recitation in one's kuṭi or walking path, undertaken for the sake of maintaining chants in memory by rehearsing them from time to time, is usually done much faster than how one would recite with a group. This allows one to rehearse large amounts of texts in short time, which is useful when wanting to maintain a large body of chants in memory. In contrast, group recitation should follow a more moderate pace, to fulfill the earlier mentioned objectives.

A regular chanting leader may ask for feedback from others, whether they find his chanting speed comfortable to chant along with, or whether they find it too fast or slow. The experience of newcomers should find special consideration.

MAINTAINING THE SPEED THROUGHOUT THE RECITATION

Once a suitable speed has been chosen to start one's recitation (see previous point), it may be challenging to maintain the chosen speed throughout the chant, or even throughout the entire chanting session. For most individuals there is a natural tendency to speed up as time goes by. It is the chanting leader's task to prevent that from happening, unless he finds out that the speed he has chosen at the beginning of the chant is too fast or slow for himself and/or others. The ideal time for speed adjustments is between two chants; not during a chant. The introduction line e.g. "Handa mayaṃ...", or "Evaṃ me sutaṃ" can be used as an indicator for how fast or slow the chanting leader wants to recite, whereas the rest of the group shall follow whatever speed the chanting leader has chosen. If another group member, especially one with a strong and predominant voice has a tendency to change speed midway, or lengthen/shorten/skip syllables due to inaccurate Pāli pronunciation, the chanting leader must not follow his lead. If this is a recurrent problem with a particular group member, it is worthwhile to talk to him privately and request if he would be willing to chant more softly, so that other group members can more accurately and easily follow the chanting leader's lead.

A PITCH THAT OTHERS CAN FOLLOW

Much of what has been stated in the chapters about chanting speed, applies equally to one's chanting pitch. Everyone has his own preferred pitch, at which his voice sounds most natural and requires the least effort to produce sound. It is helpful for the chanting leader to choose a pitch that is not too far from his natural pitch; otherwise it can become very exhausting, especially when recitation continues for longer periods. However, a certain degree of adjustment may be necessary on the part of the chanting leader, if his natural pitch happens to be far outside the average person's range. Whether it is very high or very low, it can be

difficult for others to tune in to, if the chanting leader's pitch is very different from their own. A regular chanting leader can learn by asking for feedback from others, as to whether they find his pitch comfortable to chant along with, or whether they find it too high or too low. If it turns out that many people point out they find his pitch to be very high or low, he may deliberately adjust his pitch, while still remaining within his own comfort zone. Listening to a reference note before starting to recite, may be helpful for the chanting leader to hit the right pitch every time. A musical ear too can help, but this is very difficult to train; some even claim it's impossible to develop. Someone who aspires to polish his skills in this area and would like to learn one or two tricks for how to find his own comfortable pitch every time he starts to lead a chant, can privately approach me for some guidance.

MAINTAINING THE PITCH THROUGHOUT THE RECITATION

Once a suitable pitch has been chosen to start one's recitation (see previous point), it can be a challenging task to maintain the chosen pitch throughout the chant, what more throughout the entire chanting session. For many individuals there is a natural tendency to gradually drag the pitch lower and lower as time goes by. It is the chanting leader's task to prevent that from happening, unless he feels that the pitch he has chosen at the beginning of the chant is too high or low for himself and/or others. In this case, the ideal time for making pitch corrections, is between two chants. The introduction line e.g. "Handa mayam..." sets the tone, whereby the rest of the group shall tune in at whatever pitch the chanting leader has chosen. Once a certain pitch has been started, try to maintain it throughout the chant. If another group member, especially one with a strong and predominant voice, has a tendency to change pitch midway, try not to follow his lead but keep chanting in the original pitch. If this is a recurrent problem

with a particular group member, it is worthwhile to talk to him privately and request if he would be willing to chant more softly, so that other group members can more accurately and easily follow the chanting leader's lead.

CONTINUITY

Individuals who do not know how to recite a particular text due to moderate prior exposure, as well as those who have memorized a text poorly, rely heavily on the chanting leader. They benefit greatly from a chanting leader whose voice can be heard throughout the entire chant. Continuity can be difficult to maintain when there is a need to breathe at places other than those when there is a breath mark, or when having to cough. At such times a chanting leader can help the group by choosing his pauses skilfully. It is particularly at the beginning of sentences/lines that certain group members may get stuck due to a lapse of memory. It is here when the voice of the chanting leader can be very helpful to get them back on track. Likewise, at the end of long lines/sentences, the chanting leader's voice is important. Some members of the group may have run out of breath midway, and may therefore skip the last few words and start chanting again only at the next line, whereupon one may notice that the overall volume has decreased towards the end of the sentence. Here too it is important that at least the chanting leader continues until the very end of the sentence. The importance of the chanting leader's voice to be present at the beginning and end of the line/sentence, makes the middle of the sentence the ideal time for a short breathing break for him, if necessary. In the middle of sentences, the absence of his voice may barely be noticed, since the rest of the group keeps the chant going. The second-best choice for a short break is the end of the line, whereas for the beginning of lines it is an absolute must for the chanting leader's voice to be present. In this way he helps to keep the chant going without

interruption, and those who recite by heart can trust and rely on the chanting leader's voice for their support.

SUMMARY

The above points and principles are meant to function as a guideline for aspiring chanting leaders to make their own experience as smooth as possible, without having to be stressed or insecure about making mistakes. Moreover, the rest of the group benefit from well-trained chanting leaders, who give their fellow Saṅgha members a sense of ease and comfort while reciting the words of the Buddha, allowing them to reflect on the meaning along the way. After all, recitation of the Dhamma is one of the gateways to liberation (AN 5.209).

Thanks to all Saṅgha members who are willing to share this meaningful task among themselves, by taking turns as chanting leaders.

ABBREVIATIONS

[...] = Recited by the leader

' = Breath mark / Break

Wisdom Publication sources: Nikāya and sutta # (eg. DN 1)

P.T.S. sources: Nikāya, volume #, page # (eg. D i 1)

[DN] = Dīgha Nikāya

[MN] = Majjhima Nikāya

[SN] = Saṃyutta Nikāya

[AN] = Aṅguttara Nikāya

[Snp] = Sutta Nipāta

[Vin] = Vinaya Pitaka

[Khp] = Khuddakapāṭha

[Dhp] = Dhammapāda

[Ud] = Udāna

[Thag] = Theragāthā

[Ja] = Jātaka

[Ps] = Paṭisambhidāmagga

[Vibh] = Abhidhamma Vibhaṅga

[Dhs] = Dhammasaṅgaṇī

[A] = Aṭṭhakathā (Commentary)

[MJG] = Mahā-jaya-maṅgala-gāthā (Sri Lanka)

[Thai] = Composed in Thailand, normally in recent centuries

[Sri L] = Composed in Sri Lanka

[Trad] = Traditional verses not found in the original Pāli

ENDNOTES

Annotated by Ven. Ariyadhammika

- ¹ Due to the balanced and inspiring selection of chants, as well as for the sake of compatibility, the WPN chanting Book has served as the basis for the SBS chanting book. Over time, suggestions for the inclusion of additional chants, as well as occasional improvements of existing translations were incorporated. Such changes were meticulously marked down in the endnotes, so that someone familiar with the SBS chanting book can straight away find the relevant differences, which can be useful when visiting a branch monastery of the Ajahn Chah lineage, in order to know in which places to revert to the original version.
- ² Orig: “The Lord”. The underlying Pāli term is “Arahant”. “Lord”, however, has connotations that do not fit well to the way the Buddha is portrayed in the discourses. In dictionaries “lord” is commonly defined as: *“an appellation for a person or deity who has authority, control, or power over others, acting like a master, a chief, or a ruler.”* The “Worthy One” seems a better choice of terms, since it is also how “Arahant” was used in pre-Buddhist era. PTS explains: *“[Vedic arhant, ppr. of arhati (see arahati), meaning deserving, worthy] . Before Buddhism used as honourific title of high officials like the English "His Worship" ; at the rise of Buddhism applied popularly to all ascetics (Dial. III.3–6).”* Throughout this chanting book, all occurrences of “Arahant” have therefore been consistently translated as “Worthy One”, thus substituting previous translations as “The Lord”, “Noble One” etc.
- ³ Orig: “He has explained the spiritual life of complete purity”. While “spiritual life” is not a bad translation, for the sake of consistency with the rest of the chanting book, this occurrence was changed to “holy life”.
- ⁴ Orig: “Who have practised insightfully”
- ⁵ Orig: “Those who practise with integrity”

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- ⁶ Orig: “That which is beyond the conditioned world”
- ⁷ Orig: “To that which is worthy”. This passage refers to the triple (taya) gems and not just to the Saṅgha.
- ⁸ “One who knows things as they are” is an unusual translation for Tathāgata. Also “arisen in” is better than “has come into”, otherwise one might think that he has come from somewhere, already being a Tathāgata.
- ⁹ No mention of “delusion” in the Pāli. It could also refer to samsāra or dukkha.
- ¹⁰ Orig: “grief”
- ¹¹ Orig: “In brief the five focuses of identity are dukkha”
- ¹² Orig: “Attachment to mental formations”
- ¹³ Orig: “Attachment to sense-consciousness”
- ¹⁴ Orig: “Mental formations are impermanent”
- ¹⁵ Orig: “Sense-consciousness is impermanent”
- ¹⁶ Orig: “Mental formations are not-self”
- ¹⁷ Orig: “Sense-consciousness is not-self”
- ¹⁸ Orig: “All conditions are transient”
- ¹⁹ Orig: “There is no self in the created or the uncreated”. While this is not a very accurate translation, it is indeed the case that the term “sabbe dhammā” includes the uncreated, nibbāna (see AN 5.32).
- ²⁰ Orig: “All of us are bound by birth ageing and death”
- ²¹ Orig: “grief”
- ²² In Pāli, these terms are in plural form, however, for the sake recitation they are kept singular.
- ²³ Orig: “Bound by dukkha and obstructed by dukkha”
- ²⁴ Orig: “paṭiggaṇhatu”. Since paṭiggaṇhātu is also used later in the text, it should also be the same here; both are grammatically correct.
- ²⁵ Orig: “The Dhamma holds those who uphold it from falling into delusion
- ²⁶ Orig: “Who have practised insightfully”

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- ²⁷ Orig: “Those who practise with integrity”
- ²⁸ Orig: “what not”: What not is usually followed by what is similar.
- ²⁹ Orig: “lack of Dhamma” This translation is problematic, because a mere “lack of Dhamma” does not lead to rebirth in hell; otherwise all non-Buddhists would be destined to hell. In reality, it is the view and practise of “wrong Dhamma” that leads to hell, which is also substantiated by the Commentary, which defines “adhamma” as the opposite (paṭipakkha) of true Dhamma.
- ³⁰ This line is missing in Wat Pah Nanachat chanting book
- ³¹ Orig: “from suffering”
- ³² There are two variations as to the sequence of these three verses. The sequence used here follows the sequence of Dhp 183 (Sabba pāpassa...), Dhp 184 (Khantī paramaṃ...), Dhp 185 (Anūpavādo...). In contrast, the sequence Dhp 184, 183, 185 is commonly known as the “Ovādapātimokkha”, and occurs at DN 14.
- ³³ Orig: “Impermanent are all conditioned things”
- ³⁴ Orig: “Dukkha are all conditioned things”
- ³⁵ Orig: “From the floods dry land they reach”
- ³⁶ Orig: “Thus for a night of non-decline”
- ³⁷ Orig: “a shining night of prosperity”
- ³⁸ “The term “blessing” is used throughout this chanting book to convey the meaning of “support”, or “a beneficial thing”, without implying the underlying Christian connotations this term may have in popular use.
- ³⁹ Orig: “ardent committed”
- ⁴⁰ Orig: “Even”
- ⁴¹ Orig: “to fixed views” This refers specifically to “wrong views” and does not include “right view”, since even Arahants hold right view (see AN 10.112).
- ⁴² Orig: “It is this Noble Eightfold Path”
- ⁴³ Orig: “grief”

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- ⁴⁴ Orig: “In brief the five focuses of identity are dukkha”
- ⁴⁵ Orig: “Light arose”
- ⁴⁶ Orig: “Now this Noble Truth of dukkha”
- ⁴⁷ The three phases are comprised of the statement of the noble truth itself, followed by what is the task that is to be performed in relation to this noble truth, followed by the statement that the task has been performed. Four truths multiplied by three phases, results in 12 aspects.
- ⁴⁸ Instead of the nominative “abhisambuddo” (Thai and Buddha Jayanti Pāli edition), one would usually expect the accusative or a quotation here, which is indeed what is found in the PTS and Chatta Saṅgāyana editions, giving “abhisambuddho’ti”. However, the anomalous reading “abhisambuddho” finds support from Mahāvasutu: “yāvac cāhaṃ bhikṣavaḥ imāni catvāry āryasatyāni evaṃ triparivartaṃ dvādaśākāraṃ yathābhūtaṃ samyakprajñayā nābhyaññāsiṣaṃ na tāvad ahaṃ anuttarāṃ samyaksambodhim abhisambuddho pratijānehaṃ”, which according to Ven. Ānandajoti probably indicates that “abhisambuddho” is an old/original reading.
- ⁴⁹ Orig: [those people]. Removed brackets for the sake of recitability.
- ⁵⁰ Orig: “covetousness”
- ⁵¹ Orig: “covetousness and grief”
- ⁵² Orig: “He abides contemplating mind-objects as mind-objects”. Since “mind-object” is not an ideal translation for “dhamma” in this context, it is preferable to leave “dhamma” untranslated here.
- ⁵³ Orig: “Still feeling pleasure with the body”. Firstly, the Pāli doesn't say “still”. Secondly, SN 48.40 states that physical pleasure (sukha) has ceased in 3rd Jhāna and mental pleasure (somanassa) has ceased in 4th Jhāna. Therefore kāya here cannot refer to the physical body. The instrumental of kāya (kāyena) is often used in the discourses to refer to “direct” or “personal” experience (see SN 48.53).
- ⁵⁴ Orig: “viharatī’ti”

⁵⁵ Orig: “grief”

⁵⁶ Orig: “I shall breathe in tranquillising the bodily formations”.
Kāyasaṅkhāraṃ is singular, not plural.

⁵⁷ Orig: “I shall breathe in experiencing the mental formations”.
Cittasaṅkhāraṃ is probably meant to be singular, not plural. This is not clear when looking at compounds, however, considering that the subsequent practise explicitly uses mental formation in singular cittaṣaṅkhāraṃ”, this suggests that it is probably used in the same way here.

⁵⁸ Orig: “I shall breathe in tranquillising the mental formations”.
Cittasaṅkhāraṃ is singular, not plural.

⁵⁹ Lit.: “the 'Discourse Analysis' from the 'Analysis of Dependent Origination” The “Discourse Analysis” is a sub-chapter (Abh.Vibh.130f) from the “Analysis of Dependent Origination”, which is part of the 2nd book of the *Abhidhammapiṭaka* called the “*Vibhaṅga*”. Apart from minor variations, there is great similarity between this analysis and the analysis found in SN 12.2, as part of the *Suttapiṭaka*.

⁶⁰ Here and at other places of the English translation, the term “a condition” is used. The indefinite article “a” indicates, that there could be other conditions as well (e.g. all previous conditions in the sequence are a condition for all subsequent ones), but the directly aforementioned condition is the predominant one (*adhipati-paccaya*) for the subsequent conditioned thing to arise.

⁶¹ Here and at other places of the English translation, the term “arises” is inserted, because the term “*sambhavati*” from “*Jāti-paccayā jarāmarañam; soka parideva dukkha domanassupāyāsā sambhavanti*” applies to all 11 links (12 minus ignorance) and not only to aging-and-death etc.

⁶² In the context of dependent origination, the compound “*nāmarūpa*” is translated as “mind-and-body” in order to cover the entirety of what is

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- conventionally called “a being, a person”. In other contexts, particularly if used separately, these terms may have other connotations.
- ⁶³ Here and at other places of the English translation, the term “arises” is inserted, because the term “*sambhavati*” from “*Jāti-paccayā jarāmaraṇaṃ; soka parideva dukkha domanassupāyāsā sambhavanti*” applies to all 11 links (12 minus ignorance) and not only to aging-and-death etc.
- ⁶⁴ To render as “Therein what is from ignorance as a condition arise formations.” would be misleading, because it is not the conditioned relationship between A and B (here: ignorance and formations) that gets elaborated upon in the following lines, but it is only the term B (here: formations), that gets defined. Hence the preferable translation: “Therein what are 'formations', arising from ignorance as a condition?”
- ⁶⁵ SN 12.51 explains: “Bhikkhus, if a person immersed in ignorance generates a meritorious volitional formation, consciousness fares on to the meritorious; if he generates a demeritorious volitional formation, consciousness fares on to the demeritorious; if he generates an imperturbable volitional formation, consciousness fares on to the imperturbable.”
- ⁶⁶ Further explained in SN 12.25
- ⁶⁷ *Manosañcetanā cittasaṅkhāro* is translated here as “volition associated with the mind is the mental formation”. Despite of *mano* and *citta* having in certain contexts different shades of meaning, both were translated here as “mind”. Generally speaking *mano* refers more to the intellectual, whereas *citta* covers more the emotional/affective aspects of the mind. A detailed analysis of these terms can be found in Rune E. A. Johansson’s “Citta, Mano, Viññāṇa — a Psychosemantic Investigation”.
- ⁶⁸ Vibh 130 defines *nāma* as “vedanākkhandho saññākkhandho saṅkhārakkhandho”. For consistency with the discourses, I substituted this for the standard definition as found in e.g. SN 12.2.

⁶⁹ The term *vāda* in *attavādupādāna* does here not necessarily refer to “a doctrine” of self, but rather to a persons sense of being someone; the sense of being or having a self. This is not exactly the same as personality view, which is destroyed already at the stage of stream-entry.

The lingering sense of having a self may continue for a while, despite of having already intellectually and/or experientially understood that there is no self to be found in relation to the five aggregates. For the same reason as conceit (*māna*) is overcome only by the path to Arahantship, despite of having uprooted personality view already at the stage of stream-entry.

⁷⁰ Here the Vibh. differs substantially from the analysis found in the suttas. It introduces a distinction between action becoming (*kammabhava*) and rebirth becoming (*upapattibhava*). *Kammabhava* is taken to refer to wholesome, unwholesome and imperturbable actions; *upapattibhava* is taken to refer to sense/form/formless-sphere becoming, percipient/non-percipient/neither-percipient-nor-non-percipient becoming, one/four/five-component becoming. But since AN 3.76 says that kamma (together with consciousness and craving) is a condition for bhava (if no kamma...then no becoming in the sense-sphere etc. would be discerned), it is not fit to say that kamma itself is a form of bhava (*kammabhava*). However, it would go too far for the purpose of this chanting book, to discuss further implications of the analysis found in Vibh. For the sake of simplicity and emphasis on the earliest strata of the Buddha’s teachings, we substituted the passage from Vibh. with the passage from SN 12.2, which defines becoming (*bhava*) simply as sense/form/formless-sphere becoming. Understood in this way, becoming (*bhava*) functions as an intermediary between clinging and birth, highlighting the gradual process of how rebirth in one of the three planes of existence takes place. This can even include an interim period between death and birth; thus it is called “becoming”, rather than instant birth straight after death.

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- ⁷¹ While SN 12.2 does not contain a full elaboration on all types of dukkha, a similar analysis is found in DN 22.
- ⁷² While SN 12.2 does not contain an elaboration on the different types of misfortune (vyasana), it is found in DN 33, AN 4.192, and AN 5.130. *Diṭṭhi* here does not mean just any view, but “right view”. The loss of other views would not be particularly unfortunate from a Buddhist perspective, especially the loss of wrong view could be regarded as a great blessing. The right view that is lost in this example is not the right view of a noble disciple, but the right view of a worldling (*puthujjana*), whose right view is not unshakeable and who may or may not change his view later on throughout the course of the present life or subsequent births.
- ⁷³ Orig: “By human strength/energy/effort”; while *purisa* can also mean person, or human, in this context it probably refers to the feature of strength, which is typically associated with masculinity. A similar analogy occurs with the expression of a strong man (*purisa*) extending or contracting his arm (AN 7.61).
- ⁷⁴ Orig: omitted “evil” (*pāpa*) in its translation.
- ⁷⁵ Orig: “like the cream of the milk”
- ⁷⁶ Orig: “avaññā”
- ⁷⁷ Orig: “thinking in such a way: our going forth will not be barren”
- ⁷⁸ Orig: “sa-udarayā”, which is an incorrect spelling.
- ⁷⁹ Orig: “sampādetun”
- ⁸⁰ In the original version, this line is followed by “When they act upon intention”, which is not found in the Pāli, and is potentially misleading, giving the implication that intention alone is not enough to count as kamma.
- ⁸¹ Orig: “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

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- harmful, of such acts they will be the heirs.” For the sake of consistency with other chants within this chanting book, the original version was substituted with the one found in the “Five subjects for frequent recollection”, and “Ten subjects for frequent recollection by one who has gone forth”.
- ⁸² Orig: “a heart imbued with gladness”
- ⁸³ Orig: “For good or for ill, Of that I will be the heir“ For the sake of consistency with other passages which were translated differently, that translation has been chosen.
- ⁸⁴ Orig: “I am no longer living according to worldly aims and values”
- ⁸⁵ Orig: “I should strive to abandon my former habits”
- ⁸⁶ Orig: “For good or for ill, Of that I will be the heir“ For the sake of consistency with other passages which were translated differently, this translation has been chosen.
- ⁸⁷ In the discourses, except for one occasion in the Khp, the brain is not mentioned as a separate organ or body part, making it a list of only 31 body parts.
- ⁸⁸ Orig: “Everything is void of self”
- ⁸⁹ The following passage is absent in the Thai edition of the Tipiṭaka: “Bhikkhavo” ti; “Bhadante” ti te bhikkhū Bhagavato paccassosum. Bhagavā etadavoca.
- ⁹⁰ The entire original version of the English translation has been replaced.
- ⁹¹ The following passage is absent in the Thai edition of the Tipiṭaka: “'Bhikkhus' – 'Venerable Sir', they replied. The Blessed One said this:”
- ⁹² Ariyasāvaka can be translated as “noble disciple” or “disciple of the noble one” (ariyassa+sāvaka=ariyasāvaka). I have opted for the first option here because the discourse addresses the group of five monks who all were Ariyas already at that time, but it needs to be kept in mind that the term ariyasāvaka does not always refer to individuals who have already attained one of the four paths or fruits. This can be seen from MN 27,

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- where a person is referred to as ariyasāvaka without reference to any form of awakening-attainment. It is only at the end of the discourse that this ariyasāvaka attains awakening.
- ⁹³ The word “the teaching” is not explicitly expressed in the Pāḷi, but was inserted for comprehension.
- ⁹⁴ *Kataṃ karaṇīyaṃ, nāparaṃ itthattāyā’ti* literally means “What has to be done is done. There is nothing else (to so) for the sake of such a (liberated) state.” For a discussion of this passage see Bhikkhu Bodhi, *Middle Length Discourses*, Bhayabheravasutta, MN 4, footnote 76.
- ⁹⁵ The entire original version of the English translation has been replaced.
- ⁹⁶ Orig: “So will what’s here been given, bring blessings to departed spirits”
- ⁹⁷ When chanted for laypeople, the first part of this chant, until here, is recited only by the Saṅghatthera.
- ⁹⁸ When chanted for laypeople, this line is recited only by the secondmost senior monk. Subsequently the remainder of the Saṅgha joins in.
- ⁹⁹ Orig: “paṭibhāna-do”
- ¹⁰⁰ The “Invitation to the Devas” is traditionally performed as a solo introduction by the thirdmost senior monk. However, any monk who has been invited by the Saṅghatthera can do.
- ¹⁰¹ When chanted for laypeople, only the 2nd line (*Dhammassavana kālo...*) is recited, which is repeated three times.
- ¹⁰² Orig: “Osathaṃ”. *Osatha* is not a word found in Pāli dictionaries, but “*osadha*” (medicine) is. The spelling “*osatha*” is due to a faulty transliteration, influenced by Thai style of Pāli pronunciation, where “*d*” often becomes “*t*”. The *Mahā-jaya-maṅgala-gāthā* was originally composed in Sri Lanka. The Sri Lankan version indeed speaks of “*osadha*”, thus confirming above explanation for the spelling error.
- ¹⁰³ Orig: “*paṇidhi*” and “*padakkhiṇā*”
- ¹⁰⁴ While these faculties are mentioned as a set of 22 only in the *Abhi. Vibh.*, all of them are also found within the discourses.

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- ¹⁰⁵ While the celestial bodies themselves are not regarded as living beings, this passage refers to the similarly named young devas (candimā/sūriyo devaputto) residing there. See also SN 2.9-10. Furthermore, the term “rārā” (leaders/kings) does not refer to “guṇavantā” (virtuous people), but to “suriyo candima” (sun and moon). A translation closer to the meaning of the Pāli would be: “The sovereign Sun and Moon, and also virtuous people.”
- ¹⁰⁶ The Pāli speaks about Māra's forces.
- ¹⁰⁷ Even though a Paccekabuddha does not/is not able to teach the path to Nibbāna, he can nonetheless give guidance in good conduct and virtue; Functioning as an inspirational role model.
- ¹⁰⁸ “Darkness and delusion” is not a literal translation for Māra.
- ¹⁰⁹ Orig: “Precepts”. The same applies to the next two lines.
- ¹¹⁰ Orig: “precept”. The same applies to the next four lines.
- ¹¹¹ Orig: “drugs which lead to carelessness”
- ¹¹² Orig: “which”
- ¹¹³ Orig: “at inappropriate times”.
- ¹¹⁴ Orig: “entertainment, beautification, and adornment”
- ¹¹⁵ Orig: “These are the Eight Precepts; Virtue is the source of happiness, Virtue is the source of true wealth, Virtue is the source of peacefulness. Therefore let virtue be purified.”