

Buddhist Chants and Prayers

Vandanâ - Homage to the Triple Gems

Namô Tassa Bhagavatô Arahâtô Sammâ-Sambuddhassa (3x)

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

Ti-Sarana - The Three Refuges

Buddham Saranam Gacchâmi.

Dhammam Saranam Gacchâmi.

Sangham Saranam Gacchâmi.

Dutiyampi Buddham Saranam Gacchâmi.

Dutiyampi Dhammam Saranam Gacchâmi.

Dutiyampi Sangham Saranam Gacchâmi.

Tatiyampi Buddham Saranam Gacchâmi.

Tatiyampi Dhammam Saranam Gacchâmi.

Tatiyampi Sangham Saranam Gacchâmi.

I go to the Buddha as my refuge.

I go to the Dhamma - The Teachings - as my Refuge.

I go to the Sangha - The Community- as my Refuge.

For the second time I go to the Buddha as my Refuge.

For the second time I go to the Dhamma - The Teachings - as my Refuge.

For the second time I go to the Sangha - The Community - as my Refuge.

For the third time I go to the Buddha as my Refuge.

For the third time I go to the Dhamma - The Teachings - as my Refuge.

For the third time I go to the Sangha - The Community - as my Refuge.

Panca-sila - The Five Precepts

Pânâtîpâtâ Veramani Sikkhâpadam Samâdiyâmi.

Adinnâdânâ Veramani Sikkhâpadam Samâdiyâmi.

Kâmesu Micchâcârâ Veramani Sikkhâpadam Samâdiyâmi.

Musâvâdâ Veramani Sikkhâpadam Samâdiyâmi.

Surâ Mēraya Majja Pamâdatthânâ Verami Sikkhâpadam Samâdiyâmi

Imâni Panca Sikkhâpadâni Samâdiyâmi (3x)

I take the precept to abstain from destroying living beings.

I take the precept to abstain from taking things not given.

I take the precept to abstain from sexual misconduct.

I take the precept to abstain from false speech.

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

I will observe the Five Precepts to the best of my ability.(3x)

Metta Prayer

May I be peaceful.

May I be happy.

May I be well.

May I be safe.

May I be free from suffering.

May all beings be peaceful.

May all beings be happy.

May all beings be well.

May all beings be safe.

May all beings be free from suffering.

Karaniya Metta Sutta: The Buddha's Words on Loving-Kindness

Translated by Thanissaro Bhikkhu

This is to be done by one skilled in aims
who wants to break through to the state of
peace:
Be capable, upright, & straightforward,
easy to instruct, gentle, & not conceited,
content & easy to support, with few duties,
living lightly, with peaceful faculties,
masterful, modest, & no greed for
supporters. Do not do the slightest thing that
the wise would later censure.

Think: Happy, at rest, may all beings be
happy at heart. Whatever beings there may
be, weak or strong, without exception,
 long, large,
 middling, short,
 subtle, blatant,
 seen & unseen,
 near & far,
 born & seeking birth:
May all beings be happy at heart.

Let no one deceive another or despise
anyone anywhere, or through anger or
irritation wish for another to suffer.

As a mother would risk her life to protect
her child, her only child, even so should one
cultivate a limitless heart with regard to all
beings. With good will for the entire
cosmos, cultivate a limitless heart:
Above, below, & all around,
unobstructed, without enmity or hate.
Whether standing, walking,
sitting, or lying down,
 as long as one is alert,
one should be resolved on this mindfulness.
This is called a sublime abiding
here & now.

Not taken with views,
but virtuous & consummate in vision,
having subdued desire for sensual pleasures,
 one never again
 will lie in the womb.

Translated by Amaravati Sangha

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 or 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.
Even 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 to fixed views,
The pure-hearted one, having clarity of
vision, Being freed from all sense desires,
Is not born again into this world.