Buddhist Chants and Prayers

**Vandanā - Homage to the Triple Gems**
Namô Tassa Bhagavatô Arahatô 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 Saranarn 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**
Pânâtipâtâ Veramani Sikkhâpadam Samâdiyâmi.
Adinnâdânâ Veramani Sikkhâpadam Samâdiyâmi.
Kâmesu Micchâcârâ Veramani Sikkhâpadam Samâdiyâmi.
Musâvâdâ Veramani Sikkhâpadam Samâdiyâmi.
Surâ Mêraya 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 all beings be peaceful.
May I be happy.                                May all beings be happy.
May I be well.                                 May all beings be well.
May I be safe.                                 May all beings be safe.
May I be free from suffering.                  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,
early & far,
born & seeking birth:
May all beings be happy at heart.

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,

Peaceful and calm and wise and skillful,
Not proud or demanding in nature.

Wishing: In gladness and in safety,
May all beings be at ease.

Let none 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.

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