

Evening Chant – Prior to Meditation

INCLUDING THE AJEEVA ATTAMAKA SILA (The eight precepts of morality)

The Precepts may be divided into two categories - temporary and life-long precepts. The Ajeeva Attamaka Sila is regarded as 'Nicca Sila'; permanent or life long morality. The daily or weekly chanting is to reinforce the practice of the precepts as laid out in the Noble Eightfold Path. This is the higher precepts and it should be noted that refraining from intoxicants & mindful consumption are now included in every one of the precepts. The importance, as always, is the practice of the precepts not the mechanical chanting. One should chant the precepts mindfully and make every effort to incorporate them in one's daily life.

Let us chant together in English

Arham samma-sambuddho bhagava.

The Blessed One is worthy and Rightly Self-awakened.

Buddham bhagavantam abhivademi. (bow down)

I bow down before the Awakened Blessed One.

Svakkhato bhagavata dhammo.

The Dhamma is well-expounded by the Blessed One.

Dhammam namassami. (bow down)

I pay homage to the Dhamma.

Supatipanno bhagavato savaka sangho

The Sangha of the blessed One's disciples have practiced well.

Sangham namami (bow down)

I pay respect to the Sangha.

Yam-amha kho mayam bhagavantam saranam gata,

We have gone for refuge to the Blessed One.

Yo no bhagava sattha

The Blessed One who is our teacher.

Yassa ca mayam bhagavato dhammam rocema

And in whose Dhamma we delight.

Imehi sakkarehi tam bhagavantam sasaddhammam sasavaka-sangham abhipujayama.

With these offering we worship most highly that Blessed One together with the True Dhamma & Sangha of his disciples.

Now let us chant the preliminary passage in homage to the Blessed One in Pali.

Namotassa bhagavato arahato samma sambuddhassa. (three times)
Homage to the Blessed One the Worthy One the Rightly Self Awakened One

We will now observe the eight precepts in Pali.

1. **Panatipata Veramani Sikkhapadam Samadiyami**
Aware of the suffering caused by the destruction of life, I am determined not to kill, and not to condone any act of killing in the world, in my thinking and in my way of life.
2. **Addinnadana Veramani Sikkhapadam Samadiyami**
Aware of the suffering caused by exploitation, social injustice, stealing and oppression I am determined not to steal and not to possess anything that should belong to others.
3. **Kamesu Micchacara Veramani Sikkhapadam Samadiyami**
Aware of the suffering caused by sexual misconduct, I am determined not to engage in sexual relations without love and a long-term commitment. I will respect my commitments and the commitments of others.
4. **Musavada Veramani Sikkhapadam Samadiyami**
Aware of the suffering caused by false speech, I vow to speak truthfully.
5. **Pisuna Vaca Veramani Sikkhapadam Samadiyami**
Aware of the suffering caused by unmindful speech, I will refrain from uttering words that can cause division or discord amongst people.
6. **Pharusa vaca Veramani Sikkhapadam Samadiyami**
Aware of the suffering caused by harsh speech and the inability to listen to others, I vow to cultivate deep listening and to refrain from speech that will cause suffering, pain or distress to others.
7. **Samphappalapa Veramani Sikkhapadam Samadiyami**
Aware of the suffering caused by frivolous speech, I am determined not to spread news that I do not know to be certain, and not to criticize or condemn things of which I am not sure.
8. **Miccha Ajiva Veramani Sikkhapadam Samadiyami**
Aware of the suffering caused by harmful livelihood, I vow to refrain from the exploitation of others, the killing, or breeding of animals for killing, consumption of intoxicants and harmful chemicals, the manufacture or sale of poisons, harmful chemicals, lethal weapons, or other harmful drugs.

A guide to the Recollection of the Buddha

This fine report of the Blessed One's reputation has spread far and wide. Let us chant together in Pali.

**Iti Pi So Bhagava Araham Samma Sambuddho
Vijja Carana Sampanno Sugato Lokavidu
Anuttaro Purisa Dhamma Sarathi Sattha
Deva Mannussanam Buddho Bhagavati.**

Buddham Jivitan Yava Nibbanam Saranam Gacchami.

Verses in Celebration of the Buddha

Now let us chant together in celebration of the Buddha.

*The Buddha, endowed with such virtue as highest worthiness
In him purity, supreme knowledge, & compassion converge
He awakens good people like the sun does the lotus
I revere with my head that Peaceful One, the Conqueror Supreme. (bow down)*

*The Buddha who for all beings is the secure, the highest refuge,
The first theme for recollection: I revere him with my head. (bow down)*

*I am the Buddha's servant. The Buddha is my sovereign master,
The Buddha is a destroyer of suffering & a provider of welfare for me.
To the Buddha I dedicate this body & this life of mine.
I will fare with reverence for the Buddha's genuine Awakening,
I have no other refuge; The Buddha is my foremost refuge;*

*By the speaking of this truth, may I grow in the Teacher's instruction,
Through the power of the merit here produced by my reverence for the Buddha,
May all my obstructions cease to be. (bow down and say)*

**Kayena Vaca Cittena
Pamadana Maya Katam,
Accayam Khama Mae Bhante
Bhuripanna Tathagata**

*Whatever bad kamma I have done to the Buddha
By body, by speech, or by mind,
May the Buddha accept my admission of it,
So that in the future I may show restraint towards the Buddha.*

A guide to the Recollection of the Dhamma

This fine report of the Blessed One's Teachings has spread far and wide. Let us chant together the guide to the recollection of the Dhamma in Pali.

**Svakkhato Bhagavata Dhammo
Sanditthiko Akaliko Ehipassiko
Opanayko Paccattam Veditabbo Vinnuhiti..**

Dhamam Jivitan Yava Nibbanam Saranam Gacchami.

Verses in Celebration of the Dhamma

Now let us chant together in celebration of the Dhamma

*Superior, through having such virtues as being well expounded,
Divided into Path & Fruit, study and emancipation,
The Dhamma protects those who hold to it from falling into miserable worlds.
I revere that foremost Dhamma, the destroyer of darkness.*

*The Dhamma that for all beings is the secure, the highest refuge,
The second theme for recollection: I revere it with my head. (bow down)*

*I am the Dhamma's servant. The Dhamma is my sovereign master,
The Dhamma is a destroyer of suffering & a provider of welfare for me.
To the Dhamma I dedicate this body & this life of mine.
I will fare with reverence for the Dhamma's genuine rightness,
I have no other refuge, the Dhamma is my foremost refuge;*

*By the speaking of this truth, may I grow in the Teacher's instruction,
Through the power of the merit here produced by my reverence for the Dhamma,
May all my obstructions cease to be. (bow down and say)*

**Kayena Vaca Cittena
Pamadana Maya Katam,
Accayam Khama Mae Dhamma
Sandittika Akalika**

*Whatever bad kamma I have done to the Dhamma
By body, by speech, or by mind,
May the Dhamma accept my admission of it,
So that in the future I may show restraint towards the Dhamma.*

A guide to the Recollection of the Sangha

This fine report of the Blessed One's Ordained Disciples has spread far and wide. Let us chant together the guide to the recollection of the Sangha in Pali.

**Supatipanno Bhagavato Savako Sangho Ujupati Panno Bhagavato Savako Sangho
Nayapati Panno Bhagavato Savaka Sangho Samici Patipanno Bhagavato Savaka Sangho
Yadidam Cattari Purisa Yugani Atta Purisa Puggala Esa Bhagavato Savaka Sangho
Ahuneyyo Pahuneyyo Dakkineyyo Anjali Karaniyo Annuttaram Punnakkettam Lokassa ti.**

Sangham Jivitan Yava Nibbanam Saranam Gacchami

Verses in Celebration of the Sangha

Now let us chant together in celebration of the Sangha

*Born of the true Dhamma, endowed with such virtues as good practice,
The supreme Sangha formed of the eight types of Noble Ones,
Guided in body and mind by such principles as morality:
I revere that group of Noble Ones well purified.*

*The Sangha that for all beings is the secure, the highest refuge,
The third theme for recollection: I revere it with my head. (bow down)*

*I am the Sangha's servant. The Sangha is my sovereign master,
The Sangha is a destroyer of suffering & a provider of welfare for me.
To the Sangha I dedicate this body & this life of mine.
I will fare with reverence for the Sangha's good practice,
I have no other refuge, the Sangha is my foremost refuge;*

*By the speaking of this truth, may I grow in the Teacher's instruction,
Through the power of the merit here produced by my reverence for the Sangha,
May all my obstructions cease to be. (bow down and say)*

**Kayena Vaca Cittena
Pamadana Maya Katam,
Accayam Khama Mae Sangha
Supatipanna Anuttara**

*Whatever bad kamma I have done to the Sangha
By body, by speech, or by mind,
May the Sangha accept my admission of it,
So that in the future I may show restraint towards the Sangha.*

Prattana - Blessings

Blessings in Pali

Bavatu Sabba mangalam – *May there be every good blessing*

Rakkantu sabba-devata – *May the devas protect you.*

Sabba-buddhanubhavana – *Through the power of all Buddhas*

Sadha sotthi bavanthute – *May you forever be well*

Bavatu sabba mangalam – *May there be every good blessing*

Rakkantu sabba-devata – *May the devas protect you.*

Sabba-dhammanubhavana – *Through the power of all the Dhamma*

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Sadha sotthi bavanthute – *May you forever be well*

Imāya dhammānudhamma patipattiyā Buddham pūjemi.

By this practice of Dhamma, in accord with the Dhamma,

I venerate the Buddha.

Imāya dhammānudhamma patipattiyā Dhammam pūjemi.

By this practice of Dhamma.

Imāya dhammānudhamma patipattiyā Saṅgham pūjemi.

By this practice of Dhamma, in accord with the Dhamma,

I venerate the Sangha.

Blessings in English

Sabbe satta sada hontu avera sukha-jivino

May all beings live happily, always free of animosity

Katam punna-phalam mayhem sabbe bhagi bhanvantu te.

May all share in the blessings springing from the good I have done

Dedication of Merit

Let us dedicate the merit that we have acquired together.

*May all beings – without limit without end-
Have a share in the merit now made,
And in what ever other merit I have made.*

*Those who are dear and kind to me-
Beginning with my mother and father-
Teachers and well wishers;
And others, neutral or hostile;*

*Beings established in the cosmos-
The three realms the four modes of birth,
With five, one or four aggregates-
Wandering on from realm to realm:*

*If they know of my dedication of merit,
May they themselves rejoice,
And if they do not know,
May the devas inform them.*

*By reason of their rejoicing
In my gift of merit,
May all beings always live happily,
Free from animosity.*

*May they attain the Serene State,
And their radiant hopes be fulfilled.*

*Radhika Abeysekera
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