

# **1. Vandana**

*Namo Tassa Bhagavato Arahato  
Sammā sambuddhassa (repeat 3 times)*

# **2. Ti-Sarana**

*Buddham saranam gacchāmi  
Dhammam saranam gacchāmi  
Sangham saranam gacchāmi*

*Dutiyampi Buddham saranam gacchāmi  
Dutiyampi Dhammam saranam gacchāmi  
Dutiyampi Sangham saranam gacchāmi*

*Tatiyampi Buddham saranam gacchāmi  
Tatiyampi Dhammam saranam gacchāmi  
Tatiyampi Sangham saranam gacchāmi*

### 3. Tiratana Vandanā

*Iti pi so Bhagavā Araham  
Sammā sambuddho  
Vijjā carana-sampanno  
Sugato Lokavidu  
Anuttaro purisadhamma sarathi  
Satthā Deva-manussānam  
Buddho Bhagavā ti*

*Svākkhāto Bhagavatā Dhammo  
Sanditthiko Akāliko  
Ehi-passiko Opanayiko  
Paccattam veditabbo viññuhi ti*

*Supatipanno Bhagavato sāvaka sangho  
Uju patipanno Bhagavato sāvaka sangho  
Naya patipanno Bhagavato sāvaka sangho  
Sāmīci patipanno Bhagavato sāvaka sangho  
Yadidam cattari purisa yugāni atta purisa  
punggalā  
Esa bhagavato sāvaka sangho  
Āhuneyyo Pāhuneyyo Dakkhineyyo  
Anjali karaniyo,  
Anuttaram puññak-khettam lokassā ti*

## 4. Ratana Sutta

*Yankinci vittam Idhavā huram vā  
Saggēsu vāyam ratanam panītam  
Nano-samam atthi tathāgatena  
Idampi Buddhhe ratanam panītam  
Etena saccena suvatthi hotu*

*Khayam virāgam amatam panītam  
Yadajjhagā sakya muni samāhito  
Natena dhammena samatthi kinci  
Idampi dhamme ratanam panītam  
Etena saccena suvatthi hotu*

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*Yambuddha settho parivannayi sucim  
Samādhi-mānantari-kañña-māhu  
Samādhinā tena samo na vijjati  
Idampi dhamme ratanam panītam  
Etena saccena suvatthi hotu*

*Ye puggalā attha satam pasatthā  
Cattāri etāni yugāni honti  
Te dakkhineyyā sugatassa sāvakā  
Etesu dinnāni mahapphalāni  
Idampi sanghe ratanam panītam  
Etena saccena suvatthi hotu*

*Ye suppa-yuttā manasā dalhena  
Nikkāmino gotama sāsanamhi  
Te patti pattā amatam vigayha  
Laddhā mudhā nibbutim bhunjamānā  
Idampi sanghe ratanam panītam  
Etena saccena suvatthi hotu*

*Khīnam purānam  
navam natthi sambhavam  
Viratta citt-āyatike bhavasmin  
Te khinā-bījā avirul-hicchandā  
Nibbanti dhīrā yathā-yam padīpo  
Idampi sanghe ratanam panītam  
Etena saccena suvatthi hotu*

## 5. Karaniya-Metta Sutta

*Karaniya mattha kusalena  
Yantam santam padam abhi-samecca  
Sakko ujū ca suhujū ca  
Suvaco cassa mudu anatimāni  
Santussako ca subharo ca  
Appa-kicco ca sallahuka-vutti  
Santindriyo ca nipako ca  
Appa-gabbho kulesu ananu giddho  
Na ca khuddham samācare kinci  
Yena viññū pare upava-deyyum  
Sukhino vā khemino hontu  
Sabbe sattā bhavantu sukhit-attā*

*Ye keci pāna bhū-tatthi  
Tasā vā thāvarā vā anava sesā  
Dīghā vā ye mahantā vā  
Majjhimā-rassakā anuka-thūlā  
Ditthā vā ye ca additthā  
Ye ca dūre vasanti avidūre  
Bhūtā vā sambhavesī vā  
Sabbe sattā bhavantu sukhi-tattā*

*Na paro param nikubbetha  
Nāti-maññetha katthaci nam kanci  
Byāro-sanā patigha-saññā  
Nāñña-maññassa dukkha-miccheyya  
Mātā yathā niyam puttam  
Āyusā eka-putta-manu rakkhe  
Evampi sabba bhūtesu  
Mānasam-bhāvaye अपरि-मānam*

*Mettan-ca sabba-lōkasmin  
Mānasam-bhāvaye अपरि-मānam  
Uddham adhō ca tiriyanca  
Asam-bādham averam asa-pattam  
Tittham caram nisinno vā  
Sayāno vā yāva tassa vigata middho  
Etam satim adhittheyya  
Brahmam-etam vihāram idham-āhu  
Ditthiñca anupa gamma sīlavā  
Dassa-nena sampanno  
Kāmesu vineyya gedham  
Nahi jātu gabbha seyyam punar-etī-ti*

## 6. Parami - 30 aspects

1. **dāna** pāramī sampanno, **dāna** upapāramī sampanno, **dāna** paramatthapāramī sampanno, - mettā-maitrī karuṇā mudita upekkā pāramī sampanno - itipiso bhagavā

*(It is repeated for the remainder of the ten paramis)*

\_\_\_\_\_ pāramī sampanno \_\_\_\_\_ upapāramī sampanno \_  
paramatthapāramī sampannomettā maitrī karuṇā  
mudita upekkā pāramī sampanno - i tipiso bhagavā

2. **sīla**

3. **nekkhamma**

4. **paññā**

5. **virīya**

6. **khanti**

7. **sacca**

8. **adhiṭṭhāna**

9. **mettā**

10. **upekkhā**

11. **'dasa'** (means the ten paramis)

*concludes with...*

**“Buddham, Dhammam, Sangham,  
Nammāsami - Nama-miham.”**

## 7. Paticca Samudapāda

*Avijjā paccayā sankhārā  
Sankhārā paccayā viññānam  
Viññānam paccayā nāma-rūpam  
Nāma-rūpa paccayā salāyatanam  
Salāyatana paccayā phasso  
Phassa paccayā vedanā  
Vedanā paccayā tanhā  
Tanhā paccayā upādānam  
Upādāna paccayā bhavo  
Bhava paccayā jāti  
Jāti paccayā jarā maranam soka parideva  
dukkha domanassu-pāyāsā sambhavanti  
Evametassa kevalassa dukkha-khandassa  
samudayo hoti*

*Avijjā-yatveva asesā viragā nirodhā  
Sankharā nirodho Sankharā nirodhā  
Viññāna nirodho Viññāna nirodhā  
Nāma-rūpa nirodho Nāma-rūpa nirodhā  
Salāyatana nirodho Salāyatana nirodhā  
Phassa nirodho Phassa nirodhā  
Vedanā nirodho Vedanā nirodhā  
Tanhā nirodho Tanhā nirodhā  
Upādāna nirodho Upādāna nirodhā  
Bhava nirodho Bhava niroda  
Jāti nirodho Jāti nirodhā  
Jarā maranam soka parideva dukkha  
domanassu-pāyāsā nirujjhanti  
Evametassa kevalassa dukkha-khandassa  
nirodho hoti.*



## **8. Maha Karuna Dharani**

### **Avalokiteshvara Mantra**

*Namo Ratna Trayaya,  
Namo Arya Jnana  
Sagara, Vairochana,  
Byuhu Radzaya Tathagataya,  
Arahate, Samyaksam Buddhaya,  
Namo Sarwa Tathagate Bhyay,  
Arhate Bhyah,  
Samyaksam Buddhe Bhyah,  
Namo Arya Avalokite  
Shoraya Bodhisattvaya,  
Maha Sattvaya,  
Maha Karunikaya,  
Tadyata, Om Dara Dara,  
Diri Diri, Duru Duru  
Itte Watte Tsale Tsale,  
Partsale, Partsale,  
Kusuma Kusume Wa Re,  
Illi Milli, Tsite Dzola,  
Apanaye Shoha*