The Chanting Book

Namo Sakyamuni Buddha

International Center for Inner Peace and Happiness
The chanting book is to be kept at the centre.
Please don’t take it away.

If you would like to have a copy, contact Dinuka for an e-copy
E-mail: dinukatw@gmail.com
A PRECIOUS HUMAN LIFE

Every day, think as you wake up,
Today I am fortunate to have woken up,
I am alive, I have a precious human life,
I am not going to waste it
I am going to use
All my energies to develop myself
To expand my heart out to others
To achieve enlightenment for
The benefit of all beings,
I am going to have kind
Thoughts towards others,
I am not going to get angry,
Or think badly about others,
I am going to benefit others
As much as I can

H. H. The XIV Dalai Lama
MORNING CHANTING

Namo tassa bhagavato arahato samma – sambuddassa (x3)
Honour to him the Blessed One, the Worthy One, the fully Enlightened One

THE THREE REFUGES

Buddham Saranam Gacchami
I go to the Buddha as my refuge

Dhammam Saranam Gacchami
I go to the Dhamma – the teachings, as my refuge

Sangham Saranam Gacchami
I go to the Sangha – the community, as my refuge

Dutiyampi Buddham Saranam Gacchami
For the second time I go to the Buddha as my refuge

Dutiyampi Dhammam Saranam Gacchami
For the second time I go to the Dhamma – the teachings, as my refuge

Dutiyampi Sangham Saranam Gacchami
For the second time I go to the Sangha – the community, as my refuge

Tatiyampi Buddham Saranam Gacchami
For the third time I go to the Buddha as my refuge

Tatiyampi Dhammam Saranam Gacchami
For the third time I go to the Dhamma – the teachings, as my refuge

Tatiyampi Sangham Saranam Gacchami
For the third time I go to the Sangha – the community, as my refuge
HOMAGE TO THE BUDDHA
Now let us chant in praise of the Buddha

Iti pi so bhagava araham samma sambuddho
The tatagata is the Pure One, the Perfectly Enlightened One

Vijja carana-sampanno
He is impeccable in conduct and understanding

Sugato
The Accomplished One

Lokavidu
The Knower of the Worlds

Anuttaro purisadamma – sarathi
He trains perfectly those who wish to be trained

Sattha deva – manussanam
He is Teacher of the gods and humans

Buddho bhagava
He is Awake and Holy

Tamaham bhagavantam abhipujayami tamaham bhagavantam sirasa namami
I chant my praise to the Blessed One, I bow my head to the Blessed One
(Bow)

SUPREME PRAISE OF THE BUDDHA
Now let us chant 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 practice – By its power, may all obstacles be overcome.

FORGIVENESS OF SHORTCOMINGS
(Bowing)

Kayena vacaya cetasava
Buddhe kukammam pkatam maya yam
Buddho pattigghanhatu accayantam
Kalantare samvaritum va buddhe

By body speech or mind, For whatever wrong action I have committed towards the Buddha, May my acknowledgement of fault be accepted; Then in future there may be restraint regarding the Buddha.

HOMAGE TO THE DHAMMA
Now let us chant in praise of the Dhamma

Svakkhato bhagavata dhammo
The Dhamma is well-expounded by the Blessed One

Sanditthiko
Apparent here and now

Akaliko
Timeless

Ehipassiko
Encouraging investigation

Opnanayiko
Leading onwards

Paccattam veditabbo vinnuhi ti
To be experienced individually by the wise

Tamaham dammam abhipujayami tamaham dhammam sirasa namami
I chant my praise to this Teaching, I bow my head to this Truth (Bow)
SUPREME PRAISE OF THE DHAMMA
Now let us chant 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 delusion.
I revere the excellent teaching, that which removes the 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 practice –
By its power, may all obstacles be overcome.

FORGIVENESS OF SHORTCOMINGS
(Bowing)

Kayena vacaya cetasava
Dhamme kukammam pkatam maya yam
Dhammo pattigganhatu accayantam
Kalantare samvaritum va dhamme

By body speech or mind,
For whatever wrong action I have committed towards the Dhamma,
May my acknowledgement of fault be accepted;
Then in future there may be restraint regarding the Dhamma.
HOMAGE TO THE SANGHA
Now let us chant in praise of the Sangha

Supatipanno bhagavato savakasangho
Of good conduct is the Order of the Disciples of the Blessed One,

Ujupatipanno bhagavato savaka sangho
Of upright conduct is the Order of the Disciples of the Blessed One

Nayapatipanno bhagavato savaka sangho
Who have practiced insightfully,

Samicipatipanno bhagavato savaka sangho
Those who practice with integrity;

Yadidm cattari purisayugani atta pursapuggala
This is the four pairs, the eight kinds of noble beings,

Esa bhagavato savaka sangho
These are the Blessed One’s disciples.

Ahuneyyo
Such ones are worthy of gifts
Pahuneyyo
Worthy of hospitality

Dakkhineyyo
Worthy of offerings

Anjali – karaniyo
Worthy of respect

Anuttaram punnakkehettam lokassa mi
They give occasion for incomparable goodness to arise in the world.

Tamaham sangham abhipujayami tamaham sangham sirasa namami
I chant my praise to this Sangha, I bow my head to this Sangha
(Bow)
SUPREME PRAISE OF THE SANGHA
Now let us chant the supreme praise of the Sangha

[Born of the Dhamma], that Sangha which has practised well,
The field of the Sangha formed of eight kinds of noble beings,
Guided in body and mind by excellent morality and virtue.
I revere the assembly of noble beings perfected in purity.
The Sangha 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 Sangha’s servant, the Sangha is my Lord and Guide.
The Sangha is sorrow’s destroyer and it bestows blessings on me.
To the Sangha I dedicate this body and life
And in devotion I will walk the well-practiced way of the Sangha.
For me there is no other refuge, the Sangha is my excellent refuge.
By the utterance of this truth may I grow in the Master’s Way.
By my devotion to the Sangha, and the blessing of this practice –
By its power, may all obstacles be overcome.

FORGIVENESS OF SHORTCOMINGS
(Bowing)

Kayena vacaya cetasava
Sanghe kukammam pkatam maya yam
Sangho pattigganhatu accayantam
Kalantare samvaritum va sanghe

By body speech or mind,
For whatever wrong action I have committed towards the Sangha,
May my acknowledgement of fault be accepted;
Then in future there may be restraint regarding the Sangha.
LOVING KINDNESS / METTA SUTTA

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
Humble and not conceited
   Contented and easily satisfied
Unburdened with duties and frugal in their ways
   Peaceful and calm, and wise, and skilful
Let them not do the slightest thing
   That the Wise would later reprove
Wishing: In gladness and safety
   May all beings be Happy
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 Happy
   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 towards 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 or false views
   The pure-hearted one, having clarity of vision
Being freed from all sense desires
   Is not born again into this world
CLOSING CHANTING

FIVE SUBJECTS FOR FREQUENT RECOLLECTION

I am of the nature to age; I have not gone beyond ageing
I am of the nature to sicken; I have not gone beyond sickness
I am of the nature to die; I have not gone beyond dying
All that is mine, beloved and pleasing, will become otherwise,
will become separated from me
I am the owner of my kamma, heir to my kamma, born of my kamma.
Whatever kamma I shall do, for good or for ill, of that I will be the heir

Thus we should frequently recollect.

Aspiration / Pattahna

Imina punna kammena
Mame bala smagamo
Satam samagamo hotu
Yava nibbana pattiya

By the grace of this merit that I have acquired,
May I never follow the foolish
But only the wise until
I attain the final goal – Nibbana

CLOSING HOMAGE

Araham sammasambodho bhagava; Buddham bhagavantam abhivademi
The Lord, the Perfectly Enlightened and Blessed One
I render homage to the Buddha, the Blessed One
(bow)

Svakkato bhagavata dhammo; Dhammam namassami
The Teaching so completely explained by him; I bow to the Dhamma
(bow)

Supatipanno bhagavato savakasangho; Sangham namami
The Blessed One’s disciples who have practiced well; I bow to the Sangha
(bow)
THE FIVE PRECEPTS

1. Panatipata veramani sikkhapadam samadiyami
   I undertake the precept to refrain from destroying living creatures

2. Adinnadana veramani sikkhapadam samadiyami
   I undertake the precept to refrain from taking that which is not given

3. Kamesu micchacara veramani sikkhapadam samadiyami
   I undertake the precept to refrain from sexual misconduct

4. Musavada veramani sikkhapadam samadiyami
   I undertake the precept to refrain from incorrect speech

5. Surameraya majjapamadatthana veramani sikkhapadam samadiyami
   I undertake the precept to refrain from intoxicating liquors and drugs which lead to carelessness

Imani panca sikkapadani
These five precepts

Silena sugatim yanti
Have morality as a vehicle for happiness

Silena bhogasampada
Have morality as a vehicle for good fortune

Silena nibbutim yanti
Have morality as a vehicle for liberation

Tasma silam visodhaye
Let morality therefore be purified