

1. Supporting material

i. Three Refuges - *Tisarāṇa*

*Namō Tassa Bhagavatō Arahātō Sammā Sambuddhassa ///*

*Buddhaṃ Saranam Gacchāmi.  
Dhammaṃ Saranam Gacchāmi.  
Sanghaṃ Saranam Gacchāmi.*

*Dutiyaṃpi Buddhaṃ Saranam Gacchāmi.  
Dutiyaṃpi Dhammaṃ Saranam Gacchāmi.  
Dutiyaṃpi Sanghaṃ Saranam Gacchāmi.*

*Tatiyaṃpi Buddhaṃ Saranam Gacchāmi.  
Tatiyaṃpi Dhammaṃ Saranam Gacchāmi.  
Tatiyaṃpi Sanghaṃ Saranam Gacchāmi.*

ii. Five Precept – *Pañca Sīla*

- a. *Pāṇātipātā veramaṇī–sikkhāpadaṃ samādiyāmi.*
- b. *Adinnādānā veramaṇī–sikkhāpadaṃ samādiyāmi.*
- c. *Kāmesu micchācārā veramaṇī–sikkhāpadaṃ samādiyāmi.*
- d. *Musā–vādā veramaṇī–sikkhāpadaṃ samādiyāmi.*
- e. *Surā–meraya–majja–pamādaṭṭhānā veramaṇī–sikkhāpadaṃ samādiyāmi*

iii. Homage to the Buddha, Dhamma, and Sanghe

a. *Buddha Vandanā gātā*

*Itipi so Bhagavā-Araham Sammā-sambuddho.  
Vijjā carana sampanno Sugato Lokavidū Anuttarro  
Purisa damma sārathi Satthā deva manussānam  
Buddho Bhagavāti*

b. *Dhamma Vandanā gātā*

*Svākkhāto Bhagavatā Dhammo Sanditthiko Akāliko Ehi passiko  
Opanāyiko Paccattaṃ veditabbo viññuhiti.*

c. *Sanghe Vandanā gātā*

*Supatipanno Bhagavato sāvaka sangho,  
Ujupati panno Bhagavato sāvaka sangho.  
Ñāya patipanno Bhagavato sāvaka sangho.  
Sāmici patipanno Bhagavato sāvaka sangho  
Yadidaṃ cattāri purisa yugāni attha purisa puggalā*

*Esa Bhagavato sāvaka sangho.  
Āhu neyyo, pāhu neyyo,  
Dakkhi neyyo, añjalikaraniyo,  
Anuttaram puññakkhetam lokassāti*

iv. Stanzas for offerings – Pūjā gātā

- a. *Ghana sārappa dittena - dīpena tama damsina  
tiloka dīpaṃ sambuddhaṃ - pūjayāmi tamo nudaṃ.*
- b. *Vaṅṅagandha guṇopetaṃ étaṃ kusumasantatiṃ  
pūjayāmi munindassa sirīpadāsaroruhe.*
- c. *Pūjemi Buddhaṃ kusuména'néna  
puññéna métena ca hotu mokkhaṃ  
Pupphaṃ milāyāti yathā idaṃ me  
kāyo tathā yāti vināsabhāvaṃ.*
- d. *Sugandhi-kāya-vadanaṃ - ananta-guna-gandhinaṃ,  
Sugandhinā'haṃ gandhéna - pūjayāmi Tathāgataṃ.*
- e. *Adhivāsetu no bhante paniyam parikappitam  
Anukampam upādayā patiganhātu muttama.*
- f. *Adhivāsetu no bhanté bhojanaṃ parikappitaṃ  
Anukampam upādayā patiganhātu muttama.*

v. Asking for pardon – Kamma yācanā

*Kāyéna vāca citténa pamādéna mayā kataṃ  
accayaṃ khama mé bhanté bhuripañña tathāgata.*

*Kāyéna vāca citténa pamādéna mayā kataṃ  
accayaṃ khama mé dhmma Sanditthika akālika.*

*Kāyéna vāca citténa pamādéna mayā kataṃ  
accayaṃ khama mé sanga supatipanna anuttara.*

vi. The Discourse on Loving-Kindness - *Mettā sutta*

*Karanīya - mattha kusaléna – yantaṃ santaṃ padaṃ abhisamecca,  
Sakkō ujū ca sūjū ca - suvaco cassa mudu anati māni.*

*Santussakō ca subharō ca - appa kicco ca salla-huka vutti,  
Santindriyō ca nipakō ca - appagabbhō kulésu ananugiddhō.*

*Na ca khuddam samācaré kinci - yéna viññū paré upavadeyyuṃ  
Sukhinō vā kheminō hontu - Sabbé sattā bhavantu sukhittā.*

*Yékéci pāna bhūtatti - tasā vā thāvarā vā anava sésé,  
Dīghā vā yé mahantā vā -- majjhimā rassakā - nuka thūlā.*

*Ditthā vā yēva additthā - yéca dūrē vasanti avidūrē,  
Bhūta vā sambhavési vā - sabbé sattā bhavantu sukhittā.*

*Na parō paraṃ nikubbétha – nāti maññétha katthaci naṃ kanci,  
Byārōsanā patigha saññā - nāñña - maññassa dukkha miccheyya.*

*Mātā yathā niyam puttā – āyusā éka puttā manu rakkhe,  
Évampi sabba bhūtésu - mānasam bhāvayé aparimānam.*

*Mettaṃ ca sabba lōkasmim - mānasam bhāvayé aparimānam,  
Uddham adhō ca tiriyaṃ ca – asambādham avéram asapattam.*

*Tittham caraṃ nisinnō vā - sayāno vā yāva tassa vigata middhō,  
Étam satim adhittheyya -- brahma métam viharam idhamāhu.*

*Ditthim ca anupa gamma - sīlavā dassanéna sampannō,  
Kāmesu vineyya gédham - nahi jātu gabbhaseyyam punarétiti.*

Éténa sacca vajjéna, sotti té hotu sabbadā ///

vii. Blessing verses – Sabitīyō vivajjantū

*Natthi mé saraṇam aññaṃ, Buddhō me saraṇam varam!  
Étena saccavajjena hōtu te jayamaṅgalam!*

*Natthi me saraṇam aññaṃ, Dhammo me saraṇam varam!  
Étena saccavajjena hōtu te jayamaṅgalam!*

*Natthi me saraṇam aññaṃ, Saṅgho me saraṇam varam!  
Étena saccavajjena hōtu te jayamaṅgalam!*

*Sabbītiyō vivajjantu sabbarōgo vinassatu,  
mā té bhavatvantarāyo, sukhi dīghāyuko bhava!*

*Bhavatu sabbamaṅgalam, rakkhantu sabbadevatā,*

*sabba-Buddhānubhāvena sadā sotthī bhavantu te!*

*Bhavatu sabbamaṅgalaṃ, rakkhantu sabbadevatā,  
sabba-Dhammānubhāvena sadā sotthī bhavantu te!*

*Bhavatu sabbamaṅgalaṃ, rakkhantu sabbadevatā,  
sabba-Saṅghānubhāvena sadā sotthī bhavantu te!*

*Nakkhattayakkhabhūtānaṃ, pāpaggahanivāraṇā,  
parittassānubhāvena hantu tesarṃ upaddave!*

*Éténa sacca vajjéna, sotti té hotu sabbadā ///*

viii. Reflection on Impermanence – Aniccāvata sankhāra....

*Aniccā vata saṅkhārā  
Uppāda vaya dhamminō  
Uppajjitvā nirujjhanti  
Tesaṃ vūpa samō sukhō*

*Yathā vārivahā pūrā paripūrenti sāgaram  
Evameva ito dinnam petānam upakappati*

*Éttāvatta ca amhehi  
Sambhata puñña sampadam  
Sabbé déva anumōdantu  
Sabba sampatti sidhiyā*

*Idam mé ñātinam hōtu - sukhitā hontu ñātayo ///*