

## *Wolverhampton Buddha Vihara*



Upper Zoar Street  
 Pennfields, Wolverhampton  
 Tel: 01902 715094  
[www.drambedkar.org.uk](http://www.drambedkar.org.uk)

### *Group Chanting Before Meditation*

#### **Request for Five Precepts**

*Mayam bhante, visum visum rakkhanatthaya, tisananena saha, pancasilani yacama.*

*Dutiyampi, mayam Mayam bhante, visum visum rakkhanatthaya, tisananena saha, pancasilani yacama.*

*Tatiyampi, mayam Mayam bhante, visum visum rakkhanatthaya, tisananena saha, pancasilani yacama.*

#### **Translation**

*Venerable Sir, we do seek from you, for individual observance, the five precepts along with the Three Gems.*

*For the second time, Venerable Sir, we do seek from you, for individual observance, the five precepts along with the Three Gems.*

*For the third time, Venerable Sir, we do seek from you, for individual observance, the five precepts along with the Three Gems.*

## *Repeat after the Monk*

### **Pali Chanting in the Theravada Buddhist Tradition**

#### **Vandanâ**

**Namô Tassa Bhagavatô Arahâtô Sammâ-Sambuddhassa**  
**Namô Tassa Bhagavatô Arahâtô Sammâ-Sambuddhassa**  
**Namô Tassa Bhagavatô Arahâtô Sammâ-Sambuddhassa**

#### **Ti-Sarana**

**Buddham Saranam Gacchâmi.**  
**Dhammam Saranam Gacchâmi.**  
**Sangham Saranam Gacchâmi.**  
**Dutiyampi Buddham Saranam Gacchâmi.**  
**Dutiyampi Dhammam Saranam Gacchâmi.**  
**Dutiyampi Sangham Saranam Gacchâmi.**  
**Tatiyampi Buddham Saranam Gacchâmi.**  
**Tatiyampi Dhammam Saranam Gacchâmi.**  
**Tatiyampi Sangham Saranam Gacchâmi.**

#### **Panca-sila**

**Pânâtipâtâ Veramani Sikkhâpadam Samâdiyâmi.**  
**Adinnâdânâ Veramani Sikkhâpadam Samâdiyâmi.**  
**Kâmesu Micchâcârâ Veramani Sikkhâpadam Samâdiyâmi.**  
**Musâvâdâ Veramani Sikkhâpadam Samâdiyâmi.**  
**Surâ Mêraya Majja Pamâdatthânâ Verami Sikkhâpadam Samâdiyâmi**

#### **Homage to the Triple Gems**

Homage to Him, the Blessed One, the Exalted One, the Fully Enlightened One.  
Homage to Him, the Blessed One, the Exalted One, the Fully Enlightened One.  
Homage to Him, the Blessed One, the Exalted One, the Fully Enlightened One.

#### **The Three Refuges**

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.

#### **The Five Precepts**

I undertake to observe the precept to abstain from destroying living beings.  
I undertake to observe the precept to abstain from taking things not given.  
I undertake to observe the precept to abstain from sexual misconduct.  
I undertake to observe the precept to abstain from false speech.  
I undertake to observe the precept to abstain from liquor causing intoxication and heedlessness.

## *Group Chanting After Meditation*

### **Buddha Vandana**

**Iti pi so Bhagavâ-Araham Sammâ-sambuddho.  
Vijjâ-carana sampanno Sugato Lokavidû Anuttarro  
Purisa-damma-sârathi Satthâ deva-manussânâ  
Buddho Bhagavâti**

### **Dhamma Vandana**

**Svâkkhato Bhagavatâ Dhammo Sanditthiko Akâliko Ehi-passiko  
Opanâyiko Paccattam  
veditabbo viññuhiti.**

### **Sangha Vandana**

**Supati-panno Bhagavato sâvaka sangho, Ujupati-panno  
Bhagavato sâvaka sangho.  
Ñâya-patipanno Bhagavato sâvaka sangho. Sâmicipatipanno  
Bhagavato sâvaka sangho  
Yadidam cattâri purisa yugâni attha-purisa-puggalâ Esa  
Bhagavato sâvaka sangho.  
Âhu-neyyo, pâhu-neyyo, Dakkhi-neyyo, añjalikaraniyo,  
anuttaram puññakkhetam lokassâti**

### **Translation - Homage to the Buddha**

Thus indeed, is that Blessed One: He is the Holy One, fully enlightened, endowed with clear vision and virtuous conduct, sublime, the Knower of the worlds, the incomparable leader of men to be tamed, the teacher of gods and men, enlightened and blessed.

### **Translation - Homage to the Teachings**

The Dhamma of the Blessed One is perfectly expounded; to be seen here and how; not delayed in time; inviting one to come and see; onward leading (to Nibbana); to be known by the wise, each for himself.

### **Translation - Homage to the Disciples of the Buddha**

The Sangha of the Blessed One's disciples has entered on the good way; the Sangha of the Blessed One's disciples has entered on the straight way; the Sangha of the Blessed One's disciples has entered on the proper way, that is to say; the Four Pairs of Men, the Eight Types of Persons; the Sangha of the Blessed One's disciples is fit for gifts, fit for hospitality, fit for offerings, and fit for reverential salutation, as the incomparable field of merit for the world.

## *Repeat after the Monk After Meditation*

### **Spreading Loving Kindness**

Aham avero homi  
abyapajjho homi  
anigha homi  
sukhi attanam pariharami  
Aham viya mayham  
acariyauppajjaya  
matapitaro  
hita sutta, majjhatika-satta, veri satta  
avera hontu  
abyapajjha hontu  
anigha hontu  
sukhi attanam pariharant  
Dukkha muccantu  
Yattha-laddha-sampattito mavigacchantu  
Kamassaka

### **Translation – Spreading Loving Kindness**

*May I be free from enmity and danger  
May I be free from mental suffering  
May I be free from physical suffering  
May I take care of my own happiness  
As I am so too my  
teacher,  
May my parents  
family, and friends  
be free from enmity and danger  
be free from mental suffering  
be free from physical suffering  
may they take care of their own happiness  
May all being be free from suffering*

## *Group Chanting After Meditation*

### **A Blessing**

**Bhavatu sabba-maṅgalaṃ. Rakkhantu sabba-devatā.  
Sabba-buddhānubhāvena sadā sotthī bhavantu te.**

**Bhavatu sabba-maṅgalaṃ. Rakkhantu sabba-devatā.  
Sabba-dhammānubhāvena sadā sotthī bhavantu te.**

**Bhavatu sabba-maṅgalaṃ. Rakkhantu sabba-devatā.  
Sabba-saṅghānubhāvena sadā sotthī bhavantu te.**

### **Translation – A Blessing**

May there be every blessing. May all heavenly beings protect you.  
Through the power of all the Buddhas, may you always be well

May there be every blessing. May all heavenly beings protect you.  
Through the power of all the Dhammas, may you always be well.

May there be every blessing. May all heavenly beings protect you.

Through the power of all the Saṅghas, may you always be well.