DHAMMALOKA CENTRE FRIDAY NIGHT CHANTING

Track 01 of 09: **Preliminary Homage to the Triple Gem.**

Yo so bhagava araham samma-sambuddho	One, the Lord who attained perfect enlightenment,
Svakkhato yena bhagavata dhammo	To the teaching which he expounded so well,
Supatipanno yassa bhagavato savaka-sangho	And to the Blessed One's disciples, who have practised well,
Tam-mayam bhagavantam sadhammam sasangham	To these – the Buddha, the Dhamma and the Sangha –
Imehi sakkarehi yatharaham aropitehi abhipujayama	We render with offerings our rightful homage.
Sadhu no bhante bhagava sucira-parinibbuto pi	It is well for us, Blessed One, that having attained liberation,
Pacchimaa-janatanukampa-manasa	You still had compassion for the later generations,
Ime sakkare duggata-pannakara-bhute patigganhatu	Deign to accept these simple offerings
Amhakam digha-rattam hitaya sukhaya	For our long-lasting benefit and for the happiness it gives us.
Araham samma sambuddho bhagava	The Lord, the Perfectly Enlightened and Blessed One
Buddham bhagavantam abhivademi *(bow)*	I render homage to the Buddha, the Blessed One. *(bow)*
Svakkhato bhagavata dhammo	The teaching so completely explained by him

Dhammam namassami *(bow)*	I bow to the Dhamma. *(bow)*
Supatipanno bhagavato savaka sangho	The Blessed One's disciples who have practised well
Sangham namami *(bow)*	I bow to the Sangha. *(bow)*

Track 02 of 09: **Preliminary Homage to The Buddha.**

Namo tassa bhagavato arahato samma-sambuddhassa	Homage to the Blessed, Noble and Perfectly Enlightened One.
Namo tassa bhagavato arahato samma-sambuddhassa	Homage to the Blessed, Noble and Perfectly Enlightened One.
Namo tassa bhagavato arahato samma-sambuddhassa	Homage to the Blessed, Noble and Perfectly Enlightened One.

Track 03 of 09: **Recollection Of The Buddha**

Iti pi so bhagava araham samma-sambuddho	He, the Blessed One, is indeed the Noble Lord, the Perfectly Enlightened One;
Vijja-carana-sampanno sugato loka-vidu	He is impeccable in conduct and understanding, the Serene One, the Knower of the Worlds;
Anuttaro purisa-damma-sarathi sattha	He trains perfectly those who wish to be trained;
deva-manussanam buddho bhagava	He is Teacher of gods and men; he is Awake and Holy.

Tam-aham bhagavantam abhipujayami Tam-aham bhagavantam sirasa namami *(bow)*	I chant my praise to the Blessed One, I bow my head to the Blessed One. *(bow)*

Track 04 of 09: **Recollection of the Dhamma.**

Svakkhato bhagavata dhammo	The Dhamma is well-expounded by the Blessed One.
Sanditthiko akaliko ehipassiko	Apparent in this very life, timeless, encouraging investigation,
Opanayiko paccattam veditabbo vinnuhi	Leading to liberation, to be experienced individually by the wise.
Tam-aham dhammam abhipujayami	I chant my praise to this Teaching.
Tam-aham dhammam sirasa namami *(bow)*	I bow my head to this Truth. *(bow)*

Track 05 of 09: **Recollection of the Sangha.**

Supatipanno bhagavato savaka-sangho	They are the Blessed One's disciples who have practised well,
Uju-patipanno bhagavato savaka-sangho	Who have practised directly,
Naya-patipanno bhagavato savaka-sangho	Who have practised insightfully,

Samici-patipanno bhagavato savaka-sangho	Those who are accomplished in the practise;
Vad-idam cattari purisa-yugani attha purisa-puggala	That is the four pairs, the eight kinds of noble beings,
Esa bhagavato savaka-sangho	These are the Blessed One's disciples.
Ahuneyyo pahuneyyo dakkhineyyo anjali-karaniyo	Such ones are worthy of gifts, worthy of hospitality, worthy of offerings, worthy of respect;
Anuttaram punnakkhettam lokassa	They give opportunity to make the unsurpassed merit in the world
Tam-aham sangham abhipujayami Tam- aham sangham sirasa namami *(bow)*	I chant my praise to the Sangha, I bow my head to this Sangha *(bow)*

Track 06 of 09: **Requesting the Three Refuges and Five Precepts**

Mayam ayye* ti-saranena saha panca silani yacama	We, Venerable, request the three Refuges and the Five Precepts.
Dutiyam pi mayam ayye* ti-saranena saha panca silani yacama	For the second time, we, Venerable, request the three Refuges and the Five Precepts.
Tatiyam pi mayam ayye* ti-saranena saha panca silani yacama	For the third time, we, Venerable, request the three Refuges and the Five Precepts.

**substitute 'bhante' if requesting refuges/precepts from a Monk*

The Three Refuges

Namo tassa bhagavato arahato samma-sambuddhassa	Homage to the Blessed, Noble and Perfectly Enlightened One.
Namo tassa bhagavato arahato samma-sambuddhassa	Homage to the Blessed, Noble and Perfectly Enlightened One.
Namo tassa bhagavato arahato samma-sambuddhassa	Homage to the Blessed, Noble and Perfectly Enlightened One.
Buddham saranam gacchami	To the Buddha I go for refuge.
Dhammam saranam gacchami	To the Dhamma I go for refuge.
Sangham saranam gacchami	To the Sangha I go for refuge.
Dutiyampi Buddham saranam gacchami	For the second time, to the Buddha I go for refuge.
Dutiyampi Dhammam saranam gacchami	For the second time, to the Dhamma I go for refuge.
Dutiyampi Sangham saranam gacchami	For the second time, to the Sangha I go for refuge.
Tatiyampi Buddham saranam gacchami	For the third time, to the Buddha I go for refuge.
Tatiyampi Dhammam saranam gacchami	For the third time, to the Dhamma I go for refuge.
Tatiyampi Sangham saranam gacchami	For the third time, to the Sangha I go for refuge.
Leader: Ti-sarana-gamanam nitthitam	*Leader:* This completes the going to the Three Refuges.
Response: Ama Ayye* **substitute 'Bhante' for a Monk*	*Response:* Yes, Venerable.

Taking the Five Precepts

1. Panatipata veramani sikkha-padam samadiyami
2. Adinnadana veramani sikkha-padam samadiyami
3. Kamesu miccha-cara veramani sikkha-padam samadiyami
4. Musa-vada veramani sikkha-padam samadiyami
5. Sura-meraya-majja-pamadatthana veramani sikkha-padam samadiyami

Leader:

Imani panca sikkh-padani

Silena sugatim yanti

Silena bhoga-sampada

Silena nibbutim yanti

Tasma silam visodhaye

Laity response: Sadhu, sadhu, sadhu *(Bow three times)*

1. I undertake the precept to refrain from intentionally killing living beings.
2. I undertake the precept to refrain from taking that which is not given.
3. I undertake the precept to refrain from sexual misconduct.
4. I undertake the precept to refrain from false speech.
5. I undertake the precept to refrain from alcohol and non-medicinal drugs which lead to heedlessness.

Leader:

These Five Precepts

Lead to happiness,

Lead to wealth,

Lead to Nibbanna

Therefore let morality therefore be purified.

This is what should be done	Karaniyam attha-kusalena,
By one who is skilled in goodness,	Yam tam santam padam abhisamecca;
And who knows the path of peace:	Sakko uju ca suhuju ca,
Let them be able and upright,	Suvaco c'assa mudu anatimani,
Straight forward and gentle in speech.	Santussako ca subharo ca,
Humble and not conceited,	Appakicco ca sallahuka-vutti;
Contented and easily satisfied.	Santindriyo ca nipako ca,
Not busy with duties and frugal in their ways.	Appagabbho kulesu ananugiddho,
Peaceful and calm, and wise and skilful,	Na ca khuddam samacare kinci,
Not proud and demanding in nature.	Yena vinnu pare upavadeyyum;
Let them not do the slightest thing	Sukhino va khemino hontu,
That the wise would later reprove.	Sabbe satta bhavantu sukihitatta:
Wishing: In gladness and in safety,	Ye keci pana-bhutatthi,
May all beings be at ease.	Tasa va thavara va anavasesa;
Whatever living beings there may be;	Digha va ye mahanta va,
Whether they are weak or strong, omitting none,	Majjhima rassaka anuka-thula.

The great or the mighty, medium, short or small,	Dittha va ye ca adittha,
The seen and the unseen,	Ye ca dure vasanti avidure;
Those living near and far away,	Bhuta va sambhavesi va,
Those born and to-be-born,	Sabbe satta bhavantu sukhitatta.
May all beings be happy,	Na paro param nikubbetha,
Let none deceive another,	Natimannetha katthaci nam kinci;
Or despise any being in any state.	Byarosana patigha-sanna,
Let none through anger or ill-will	Nannam-annassa dukkham-iccheyya.
Wish harm upon another.	Mata yatha niyam puttam,
Even as a mother protects with her life	Ayusa eka-puttam anurakkhe;
Her child, her only child,	Evam pi sabba-bhutesu;
So with a boundless heart	Manasam-bhavaye aparimanam.
Should one cherish all living beings:	Mettan-ca sabba-lokasmim,
Radiating kindness over the entire world	Manasam-bhavaye aparimanam;
Spreading upwards to the skies,	Uddham adho ca tiriyan ca,
And downwards to the depths;	Asambadam averam asapattam.
Outwards and unbounded,	Titthan-caram nisinno va,

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 false views,

The pure-hearted one, having clarity of vision,

Being freed from all sense desires,

Is not born again into this world.

Sayano va yavat'assa vigata-middho;

Etam satim adhittheyya,

Brahmam-etam viharam idha-m-ahu.

Ditthin-ca anupagamma,

Silava dassanena sampanno;

Kamesu vineyya gedham,

Na hi jatu gabbha-seyyam punar-eti-ti.

APPENDIX

Track 07 of 09: **Requesting the Three Refuges and The Eight Precepts**

Mayam ayye* ti-saranena saha attha silani yacama	We, Venerable, request the three Refuges and the Eight Precepts.
Dutiyam pi mayam ayye* ti-saranena saha attha silani	For the second time, we, Venerable, request the three Refuges and the Eight Precepts.
Tatiyam pi mayam ayye* ti-saranena saha attha silani yacama	For the third time, we, Venerable, request the three Refuges and the Eight Precepts.
**substitute 'bhante' for a Monk*	
See track 6 for the Three Refuges	

Taking the Eight Precepts

1. Panatipata veramani sikkha-padam samadiyami	1. I undertake the precept to refrain from intentionally taking the life of any living creature.
2. Adinnadana veramani sikkha-padam samadiyami	2. I undertake the precept to refrain from taking what is not given.
3. Kamesu miccha-cara veramani sikkha-padam samadiyami	3. I undertake the precept to refrain from any sexual activity: no physical contact or intimacy with the opposite sex.
4. Musa-vada veramani sikkha-padam samadiyami	4. I undertake the precept to refrain from dishonest speech.
5. Sura-meraya-majja-pamadatthana veramani sikkha-padam samadiyami	5. I undertake the precept to refrain from using alcohol or non-medicinal drugs.
6. Vikala-bhojana veramani sikkha-paddam samadiyami	6. I undertake the precept to refrain from eating after noon.
7. Nacca-gita-vadita-visukadassana-mala-gandha-vilepana-dharana-mandana-vibhusanatthana veramani sikka-padam samadiyami	7. I undertake the precept to refrain from dancing, singing, playing music, and wearing cosmetics, perfume, and jewellery.
8. Uccasayana-mahasayana veramani sikkha-padam samadiyami	8. I undertake the precept to refrain from using luxurious beds and seats.