

*Evening  
Chanting*

*&  
The Three Refuges  
&  
The Five precepts*



## ***Guide to Pronunciation of Pali***

c - pronounced 'ch' as in cheese.

a - pronounced half way between a 'u' and an 'a', as in Dhamma.

e - as in the 'ay' in hay.

o - pronounced 'oh' as the 'o' in bingo.

Double letter e.g. dd - pronounced as in mad-dog.

v - pronounced half way between a 'v' and a 'w'.

Note - the lengthened vowels ā and ī have been rendered as aa and ii.

# The Three Refuges and the Five Precepts

The lay person bows three times and requests the Refuges & Precepts by reciting:

**Ahang bhante, ti-saranena saha pañca siilaani yaacaami.**

Venerable Sir, I request the Three Refuges & the Five Precepts.

***Dutiyampi* ahang bhante ti-saranena saha pañca siilaani yaacaami.**

Venerable Sir, a second time I request the Three Refuges & the Five Precepts.

***Tatiyampi* ahang bhante ti-saranena saha pañca siilaani yaacaami.**

Venerable Sir, a third time I request the Three Refuges & the Five Precepts.

(When reciting in or for a group, change ahang to mayang – we, and yaacaami to yaacaama.)

The monk then recites the following passage three times, after which the lay people repeat it three times:

**Namo tassa bhagavato arahato sammaa-sambuddhassa.**

Homage to the Blessed One,  
the Worthy One, the Rightly Self-awakened One.

The monk next recites the following passages line by line, with the lay people reciting line by line after him:

**Buddhang saranang gacchaami.**

I go to the Buddha for refuge.

**Dhammang saranang gacchaami.**

I go to the Dhamma for refuge.

**Sangghang saranang gacchaami.**

I go to the Sangha for refuge.

**Dutiyampi buddhang saranang gacchaami.**

A second time, I go to the Buddha for refuge.

**Dutiyampi dhammang saranang gacchaami.**

A second time, I go to the Dhamma for refuge.

**Dutiyampi sangghang saranang gacchaami.**

A second time, I go to the Sangha for refuge.

**Tatiyampi buddhang saranang gacchaami.**

A third time, I go to the Buddha for refuge.

**Tatiyampi dhammang saranang gacchaami.**

A third time, I go to the Dhamma for refuge.

**Tatiyampi sangghang saranang gacchaami.**

A third time, I go to the Sangha for refuge.

**The monk then says:**

**Ti-sarana-gamanang nitthitang.**

This ends the going for refuge.

**The lay person responds:**

**Aama bhante.**

Yes, Venerable Sir.

**The monk then recites the precepts line by line, with the lay people reciting them line by line after him.**

**Paanaatipaataa veramanii sikkhaa-padang samaadiyaami.**

I undertake the training rule to refrain from taking life.

**Adinnaadaanaa veramanii sikkhaa-padang samaadiyaami.**

I undertake the training rule to refrain from stealing.

**Kaamesu micchaacaaraa veramanii sikkhaa-padang samaadiyaami.**

I undertake the training rule to refrain from sexual misconduct.

**Musaavaadaa veramanii sikkhaa-padang samaadiyaami.**

I undertake the training rule to refrain from telling lies.

**Suraa-meraya-majja-pamaadatthaanaa veramanii sikkhaa-padang samaadiyaami.**

I undertake the training rule to refrain from alcohol & drugs that impair mindfulness.

**The monk alone then concludes with the following:**

**Imaani pañca sikkhaa-padaani:**

These are the five training rules.

**Siilena sugating yanti.**

Through virtue you go to heaven.

**Siilena bhoga-sampadaa.**

Through virtue is wealth attained.

**Siilena nibbuting yanti.**

Through virtue you can be liberated.

**Tasmaa siilang visodhaye.**

Therefore virtue should be purified.

# Evening Chanting

While the candles and incense are being lit, everyone shows their respect by raising their hands, palm to palm in añjali.

**[Yo so] bhagavaa arahang sammaasambuddho**

To the Blessed One,

the One far from all defilements who unaided attained Full Enlightenment;

**Svaakkhaato yena bhagavataa dhammo**

To the Teaching well-expounded by the Blessed One;

**Supatipanno yassa bhagavato saavakasanggho**

And to the Community of the Blessed One's disciples who have practised well;

**Tam mayang bhagavantang sadhammang sasangghang**

To these, the Buddha, the Dhamma, and the Sangha,

**Imehi sakkaarehi yatharahang aropitehi abhipuujayaama**

we pay our due respects with these our offerings.

**Saadhu no bhante bhagavaa sucira-parinibbuto pi**

It is well for us, Venerable and Exalted Lord, that after attaining your own Enlightenment

**Pacchimaa janataa nukampamaanasaa**

You had compassion on later generations,

**Ime sakkaare duggatapannaakaarabhuute patigganhaatu**

And we ask your acceptance of our simple offerings here

**Amhaakang diigharattang hitaaya sukhaaya**

for our long-lasting benefit and happiness.

**[Arahang] sammaa-sambuddho bhagavaa.**

The Blessed One,  
the One far from all defilements who unaided achieved Full Enlightenment:

**Buddhang bhagavantang abhivaademi.**

I bow low before the Buddha, the Blessed One.

**(BOW DOWN)**

**[Svaakkhaato] bhagavataa dhammo.**

The Teaching well-expounded by the Blessed One:

**Dhammang namassaami.**

I do homage to the Dhamma.

**(BOW DOWN)**

**[Supatipanno] bhagavato saavaka-sanggho.**

The Community of the Blessed One's disciples:

**Sangghang namaami.**

I bow in homage to the Sangha.

**(BOW DOWN)**

**LEADER:**

**Handadaani mayantang bhagavantang vaacaaya abhigaayitung**

**pubba-bhaaga-namakaaranyceva buddhaanussati-nayanyca karoma se:**

Now let us chant the preliminary passage in homage to the Blessed One,  
together with the guide to the recollection of the Buddha:

**ALL:**

**[Namo tassa] bhagavato arahato sammaa-sambuddhassa.**

**(Three times.)**

Homage to the Blessed One, the Worthy One,  
the Rightly Self-awakened One.

## ***The Recollection of the Buddha***

**[LEADER: Tang kho pana bhagavantang] evang kalyaano kitti-saddo abbhug-gato,**

The noble reputation of the Blessed One has been expressed and spread abroad as follows:

**Itipi so bhagavaa arahang sammaa-sambuddho,**

He is the Blessed One, far from all defilements, who unaided attained Full Enlightenment;

**Vijjaa-carana-sampanno sugato lokaviduu,**

The One fully possessed of wisdom and perfect in conduct who travelled the good way; the knower of worlds;

**Anuttaro purisa-damma-saarathi satthaa deva-manussaanang buddho bhagavaati.**

The incomparable trainer of those who are ready to be trained; teacher of gods and humans; the Awakened and Noble One.

## **Verses in Celebration of the Buddha**

**(LEADER):**

**Handa mayang buddhaabhigiiting karoma se:**

Now let us chant in celebration of the Buddha:



**(ALL):**

**[Buddh'vaarahanta]-varataadigunaabhiyutto,**

The Buddha, endowed with such virtues as highest worthiness:

**Suddhaabhiñāna-karunaahi samaagatto,**

In him, purity, supreme knowledge, & compassion converge.

**Bodhesi yo sujanatang kamalang va suuro,**

He awakens good people like the sun does the lotus.

**Vandaam'ahang tam-aranang sirasaa jinendang.**

I revere with my head that Peaceful One, the Conqueror Supreme.

**Buddho yo sabba-paaniinang Saranang khemam-uttamang.**

The Buddha who for all beings is the secure, the highest refuge,

**Pathamaanussatitthaanang Vandaami tang sirenahang,**

The first theme for recollection: I revere him with my head.

**Buddhassaahasmi daaso**

**Buddho me saamikissaro.**

I am the Buddha's servant, the Buddha is my sovereign master,

**Buddho dukkhassa ghaataa ca**

**Vidhaataa ca hitassa me.**

The Buddha is a destroyer of suffering & a provider of welfare for me.

**Buddhassaahang niyyaademi Sariirañjiivitañcidang.**

To the Buddha I dedicate this body & this life of mine.

**Vandanto'hang carissaami**

**Buddhasseva subodhitang**

I will fare with reverence for the Buddha's genuine Awakening.

**N'atthi me saranang aññang,**

**Buddho me saranang varang:**

I have no other refuge, the Buddha is my foremost refuge:

**Etena sacca-vajjena,**

**Vaddheyyang satthu-saasane.**

By the speaking of this truth, may I grow in the Teacher's instruction.

**Buddhang me vandamaanena**

**Ya.m puññang pasutang idha,**

**Sabbe pi antaraayaa me, Maahesung tassa tejasaa.**

Through the power of the merit here produced by my reverence for the Buddha, may all my obstructions cease to be.

**BOW DOWN AND SAY:**

**Kaayena vaacaaya va cetasaa vaa,**

**Buddhe kukammang pakatang mayaa yang,**

**Buddho patigganhatu accayantang,**

**Kaalantare sangvaritung va buddhe.**

If in body, speech or mind I have done any wrong towards the Buddha may these faults be pardoned and in future may I refrain from such wrong actions.

## ***The Recollection of the Dhamma***

**LEADER:**

**Handa mayang dhammaanussati-nayang karoma se:**

Now let us bring the Dhamma to mind:

**ALL:**

**[Svaakkhaato] bhagavataa dhammo,**

The Dhamma is well-expounded by the Blessed One,

**Sanditthiko akaaliko ehipassiko,**

It is to be seen here and now; its blessings are immediate; it invites everyone to examine it themselves;

**Opanayiko paccattang veditabbo vinyuuhiiti.**

it leads inwards to liberation and is to be experienced personally by the wise.

# Verses in Celebration of the Dhamma

**(LEADER):**

**Handa mayang dhammaabhigiiting karoma se:**

Now let us chant in celebration of the Dhamma:

**(ALL):**

**[Svaakkhaatataa]diguna-yogavasenaseyyo,**

Superior, through having such virtues as being well-expounded,

**Yo magga-paaka-pariyatti-vimokkha-bhedo,**

Divided into Path & Fruit, study & emancipation,

**Dhammo kuloka-patanaa tadadhaari-dhaarii.**

The Dhamma protects those who hold to it from falling into miserable worlds.

**Vandaam'ahang tama-harang vara-dhammam-etang**

I revere that foremost Dhamma, the destroyer of darkness.

**Dhammo yo sabba-paaniinang**

**Saranang khemam-uttamang**

The Dhamma that for all beings is the secure, the highest refuge,

**Dutiyaanussatitthaanang**

**Vandaami tang sirenahang,**

The second theme for recollection: I revere it with my head.

**Dhammassaahasmi daaso va**

**Dhammo me saamikissaro.**

I am the Dhamma's servant, the Dhamma is my sovereign master,

**Dhammo dukkhassa ghaataa ca**

**Vidhaataa ca hitassa me.**

The Dhamma is a destroyer of suffering & a provider of welfare for me.

**Dhammassaahang niyyaademi**

**Sariirañjivitañcidang.**

To the Dhamma I dedicate this body & this life of mine.

**Vandanto'hang carissaami**

**Dhammasseva sudhammatang.**

I will fare with reverence for the Dhamma's genuine rightness.

**N'atthi me saranang aññang,**

**Dhammo me sarana.m varang:**

I have no other refuge, the Dhamma is my foremost refuge:

**Etena sacca-vajjena,**

**Vaddheyyang satthu-saasane.**

By the speaking of this truth, may I grow in the Teacher's instruction.

**Dhammang me vandamaanena**

**Yang puññang pasutang idha,**

**Sabbe pi antaraayaa me,**

**Maahesung tassa tejasaa.**

Through the power of the merit here produced by my reverence for the Dhamma, may all my obstructions cease to be.

**BOW DOWN AND SAY:**

**Kaayena vaacaaya va cetasaa vaa,**

**Dhamme kukammang pakatang mayaa yang,**

**Dhammo patigganhatu accayantang,**

**Kaalantare sangvaritung va dhamme.**

If in body, speech or mind I have done any wrong towards the Dhamma may these faults be pardoned and in future may I refrain from such wrong actions.

## ***The Recollection of the Sangha***

**LEADER:**

**Handa mayang sanghaanussati-nayang karoma se:**

Now let us bring the Sangha to mind:

**ALL:**

**[Supatipanno] bhagavato saavaka-sangho,**

The Community of the Blessed Ones' disciples has entered on the good way,

**Uju-patipanno bhagavato saavaka-sangho,**

The Community of the Blessed Ones's disciples has entered on the straight way,

**Nyaaya-patipanno bhagavato saavaka-sangho,**

The Community of the Blessed Ones's disciples has entered on the true way,

**Saamiici-patipanno bhagavato saavaka-sangho,**

The Community of the Blessed Ones's disciples has entered on the proper way,

**Yadidang cattaari purisa-yugaani attha purisa-puggalaa:**

That is, the four pairs, the eight types;

**Esa bhagavato saavaka-sangho --**

This Sangha of the Exalted One's disciples is worthy of gifts,

**AAhuneyyo paahuneyyo dakkhineyyo anyjali-karaniyo,**

worthy of hospitality, worthy of offerings, worthy of respectful salutation

**Anuttarang punyakkhettang lokassaati.**

and is an incomparable field of merit for the world.

## **Verses in Celebration of the Sangha**

**(LEADER):**

**Handa mayang sanghaabhigiiting karoma se:**

Now let us chant in celebration of the Sangha:

**(ALL):**

**[Saddhammajo] supatipatti-gunaadiyutto,**

Born of the true Dhamma, endowed with such virtues as good practice,

**Yotthaabbidho ariya-puggala-sangha-settho,**

The supreme Sangha formed of the eight types of Noble Ones,

**Siilaadidhamma-pavaraasaya-kaaya-citto:**

Guided in body & mind by such principles as morality:

**Vandaam'ahang tam-ariyaana-ganang susuddhang.**

I revere that group of Noble Ones well-purified.

**Sangho yo sabba-paaniinang**

**Saranam khemam-uttamang,**

The Sangha that for all beings is the secure, the highest refuge,

**Tatiyaanussatitthaanang**

**Vandaami tang sirenahang,**

The third theme for recollection: I revere it with my head.

**Sanghassaahasmi daaso va**

**Sangho me saamikissaro.**

I am the Sa"ngha's servant, the Sa"ngha is my sovereign master,

**Sangho dukkhassa ghaataa ca**

**Vidhaataa ca hitassa me.**

The Sangha is a destroyer of suffering & a provider of welfare for me.

**Sanghassaahang niyyaademi**

**Sariirañjivitañcidang.**

To the Sangha I dedicate this body & this life of mine.

**Vandanto'hang carissaami**

**Sanghassopatipannatang.**

I will fare with reverence for the Sangha's good practice.

**N'atthi me saranang aññang,**

**Sangho me saranang varang:**

I have no other refuge, the Sangha is my foremost refuge:

**Etena sacca-vajjena,**

**Vaddheyyang satthu-saasane.**

By the speaking of this truth, may I grow in the Teacher's instruction.

**Sanghang me vandamaanena**

**Yang puññang pasutang idha,**

**Sabbe pi antaraayaa me,**

**Maahesung tassa tejasaa.**

Through the power of the merit here produced by my reverence for the Sangha,  
may all my obstructions cease to be.

**(BOW DOWN AND SAY):**

**Kaayena vaacaaya va cetasaa vaa,**

**Sanghe kukammang pakatang mayaa yang,**

**Sangho patigghanhatu accayantang,**

**Kaalantare sangvaritung va sanghe.**

If in body, speech or mind I have done any wrong towards the Sangha, may  
these faults be pardoned and in future may I refrain from such wrong actions.

***MEDITATION***

**[Arahang] samma-sambuddho bhagavaa.**

The Blessed One,  
the One far from all defilements who unaided achieved Full Enlightenment:

**Buddhang bhagavantang abhivaademi.**

I bow low before the Buddha, the Blessed One.

**(BOW DOWN)**

**[Svaakkhaato] bhagavataa dhammo.**

The Teaching well-expounded by the Blessed One:

**Dhammang namassaami.**

I do homage to the Dhamma.

**(BOW DOWN)**

**[Supatipanno] bhagavato saavaka-sanggho.**

The Community of the Blessed One's disciples:

**Sangghang namaami.**

I bow in homage to the Sangha.

**(BOW DOWN)**





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