

English Meditation Group Chanting

****Evening Chanting***

(BOW DOWN 3 TIMES)

**Araham̐ sammā-sambuddho bhagavā.*

The Blessed One is Worthy & Rightly Self-awakened.

Buddham̐ bhagavantam̐ abhivādemī.

I bow down before the Awakened, Blessed One.

(BOW DOWN)

Svākkhāto bhagavatā dhammo.

The Dhamma is well-expounded by the Blessed One.

Dhammam̐ namassāmi.

I pay homage to the Dhamma.

(BOW DOWN)

Supaṭipanno bhagavato sāvaka-saṅgho.

The Saṅgha of the Blessed One's disciples has practiced well.

Saṅgham̐ namāmi.

I pay respect to the Saṅgha.

(BOW DOWN)

**[Namo tassa] bhagavato arahato sammā-sambuddhassa. (three times)*

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

***A Guide to the Recollection of the Buddha**

[Taṃ kho pana bhagavantam] evaṃ kalyāṇo kitti-saddo abbhuggato,
This fine report of the Blessed One's reputation has spread far & wide:

Itipi so bhagavā araham sammā-sambuddho,

He is a Blessed One, a Worthy One, a Rightly Self-awakened One,

Vijjā-caraṇa-sampanno sugato lokavidū,

consummate in knowledge & conduct, one who has gone the good way, knower of the cosmos,

Anuttaro purisa-damma-sārathi satthā deva-manussānam buddho
bhagavāti.

*unexcelled trainer of those who can be tamed, teacher of devas & human beings;
awakened; blessed.*

(BOW DOWN)

***A Guide to the Recollection of the Dhamma**

[Svākkhāto] bhagavatā dhammo,

The Dhamma is well-expounded by the Blessed One,

Saṇḍiṭṭhiko akāliko ehipassiko,

to be seen here & now, timeless, inviting all to come & see,

Opanayiko paccattam veditabbo viññūhīti.

pertinent, to be seen by the observant for themselves.

(BOW DOWN)

*** *Guide to the Recollection of the Saṅgha***

[Supaṭipanno] bhagavato sāvaka-saṅgho,

The Saṅgha of the Blessed One's disciples who have practiced well,

Uju-paṭipanno bhagavato sāvaka-saṅgho,

the Saṅgha of the Blessed One's disciples who have practiced straightforwardly,

Ñāya-paṭipanno bhagavato sāvaka-saṅgho,

the Saṅgha of the Blessed One's disciples who have practiced methodically,

Sāmīci-paṭipanno bhagavato sāvaka-saṅgho,

the Saṅgha of the Blessed One's disciples who have practiced masterfully,

Yadidaṃ cattāri purisa-yugāni atṭha purisa-puggalā:

i.e., the four pairs—the eight types—of noble ones:

Esa bhagavato sāvaka-saṅgho—

That is the Saṅgha of the Blessed One's disciples—

Āhuneyyo pāhuneyyo dakkhiṇeyyo añjali-karaṇīyo,

worthy of gifts, worthy of hospitality, worthy of offerings, worthy of respect,

Anuttaraṃ puñṇakkhettaṃ lokassatī.

the incomparable field of merit for the world.

(BOW DOWN)

****Five Subjects for Frequent Recollection***

***Jarā-dhammomhi jaraṃ anatīto.**

I am subject to aging. Aging is unavoidable.

Byādhi-dhammomhi byāधिṃ anatīto.

I am subject to illness. Illness is unavoidable.

Maraṇa-dhammomhi maraṇaṃ anatīto.

I am subject to death. Death is unavoidable.

Sabbehi me piyehi manāpehi nānā-bhāvo vinā-bhāvo.

I will grow different, separate from all that is dear & appealing to me.

**Kammassakomhi kamma-dāyādo kamma-yoni kamma-bandhu
kamma-paṭisaraṇo.**

I am the owner of my actions, heir to my actions, born of my actions, related through my actions, and live dependent on my actions.

**Yaṃ kammaṃ karissāmi kalyāṇaṃ vā pāpakaṃ vā tassa dāyādo
bhavissāmi.**

Whatever I do, for good or for evil, to that will I fall heir.

Evaṃ am^hehi abhiṇ^ham^h paccavekkhitabbam.

We should often reflect on this.

****Walking Meditation Session***

****Sitting Meditation Session***

***The Sublime Attitudes**

(METTĀ – GOODWILL)

***Aham sukhito homi**

May I be happy.

Niddukkho homi

May I be free from stress & pain.

Avero homi

May I be free from animosity.

Abyāpajjho homi

May I be free from oppression.

Anīgho homi

May I be free from trouble.

Sukhī attānaṃ pariharāmi

May I look after myself with ease.

Sabbe sattā sukhitā hontu.

May all living beings be happy.

Sabbe sattā averā hontu.

May all living beings be free from animosity.

Sabbe sattā abyāpajjhā hontu.

May all living beings be free from oppression.

Sabbe sattā anīghā hontu.

May all living beings be free from trouble.

Sabbe sattā sukhī attānaṃ pariharantu.

May all living beings look after themselves with ease.

(KARUṆĀ – COMPASSION)

***Sabbe sattā sabba-dukkhā pamuccantu.**

May all living beings be freed from all stress & pain.

(MUDITĀ – EMPATHETIC JOY)

*Sabbe sattā laddha-sampattito mā vigacchantu.

May all living beings not be deprived of the good fortune they have attained.

(UPEKKHĀ – EQUANIMITY)

*Sabbe sattā kammassakā kamma-dāyādā kamma-yonī kamma-bandhū kamma-paṭisaraṇā.

All living beings are the owners of their actions, heir to their actions, born of their actions, related through their actions, and live dependent on their actions.

Yaṃ kammaṃ karissanti kalyāṇaṃ vā pāpakaṃ vā tassa dāyādā bhavissanti.

Whatever they do, for good or for evil, to that will they fall heir.

* * *

*[Sabbe sattā sadā hontu]

Averā sukha-jīvino.

*May all beings live happily,
always free from animosity.*

Kataṃ puñña-phalaṃ mayham

Sabbe bhāgī bhavantu te.

*May all share in the blessings
springing from the good I have done.*

(BOW DOWN 3 TIMES)

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***Questions/Answers Session**

The End - Have a wonderful evening

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