

# VANDANA HOMAGE TO THE BUDDHA, DHAMMA AND SANGHA



# MAHAMEVNA BHAVANA ASAPUWA

11175 Kennedy Road, Markham, ON 905-927-7117

#### Namaskara

Namo tassa bhagavato arahato sammasambuddhassa Namo tassa bhagavato arahato sammasambuddhassa Namo tassa bhagavato arahato sammasambuddhassa

#### Tiratana

Buddham saranam gacchami. Dhammam saranam gacchami. Sangham saranam gacchami.

Dutiyam pi Buddham saranam gacchami. Dutiyam pi Dhammam saranam gacchami. Dutiyam pi Sangham saranam gacchami.

Tatiyam pi Buddham saranam gacchami. Tatiyam pi Dhammam saranam gacchami. Tatiyam pi Sangham saranam gacchami.

#### **Pancasila**

Panatipata veramani-sikkhapadam samadiyami.

Adinnadana veramani-sikkhapadam samadiyami.

Kamesu micchacara veramani-sikkhapadam samadiyami.

Musavada veramani-sikkhapadam samadiyami.

Suramerayamajjapamadathana veramanisikkhapadam samadiyami

#### Salutation to the Buddha

Homage to the Blissful One, the Worthy One, the Fully Enlightened One.

Homage to the Blissful One, the Worthy One, the Fully Enlightened One.

Homage to the Blissful One, the Worthy One, the Fully Enlightened One.

## The Three Refuges

I go to the Buddha for refuge. I go to the Dhamma for refuge.

I go to the Sangha for refuge.

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

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

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

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

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

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

# **Observation of the Five Precepts**

I undertake the training rule to abstain from killing living beings.

I undertake the training rule to abstain from taking that which is not given.

I undertake the training rule to abstain from sexual misconduct.

I undertake the training rule to abstain from false speech.

I undertake the training rule to abstain from intoxicants and harmful drugs.

#### Buddhavandana

Iti pi so bhagava araham sammasambuddho vijjacaranasampanno sugato lokavidu anuttaro purisadammasarathi satta devamannussanam buddho bhagava ti.

## Homage to the Buddha

Such indeed is the Blessed One:

- "Araham" eradicated greed, hatred, delusion, craving, and is free of all taints.
- "*Sammasambuddho*" Understood the Four Noble Truths, the reality of life, without anyone's help.
- "Vijjacaranasampanno" Perfect in True Knowledge and Conduct. Buddha acquired 3 kinds of knowledge: understood His past lives; understood the passing away and arising of other beings; understood the nature and the path to eradicate taints.
- "*Sugato*" Found and followed the Right Noble Eightfold Path (the Path leading to the cessation of Dukka).
- "Lokavidu" Understood the presence and origin of all the worlds (hell, ghost, animal, human, heavenly, and the pure abodes).
- "*Anuttaro purisadammasarathi*" Incomparable Leader of those to be tamed.
- "Satta devamannussanam" Teacher of gods and humans.
- "*Buddho*" Understood the Four Noble Truths without assistance and was able to teach Dhamma to others, without holding anything back.
- "*Bhagava*" Only a Buddha, the Supreme Teacher holds these great, extra-ordinary qualities.

#### **Dhammavandana**

Svakkhato Bhagavata dhammo sanditthiko akaliko ehipassiko opanayiko paccattam vedittabbo vinnuhiti.

## **Homage to the Dhamma**

"Svakkhato" - The Dhamma taught by the Blessed One is Excellent in the beginning, Excellent in the middle and Excellent in the end - all of Buddha's Discourses are consistent and teach the same truth. "Sanditthika" - Dhamma is self-evident and can be understood in this life itself.

"*Akaliko*" - Dhamma, Noble Truths, can not be changed nor can they be altered over time.

"*Ehipassiko*" - "come and see"; Buddha's Dhamma is to be investigated.

"*Opanayika*" - Dhamma can only be understood by oneself.

"Paccattam vedittabbo vinnuhiti" - Dhamma is for the wise to understand and realize.

## Sanghavandana

Supatipanno Bhagavato savakasangho.
Ujupatipanno Bhagavato savakasangho.
Nayapatipanno Bhagavato savakasangho.
Samicipatipanno Bhagavato savakasangho.
Yadidam cattari purisayugani attha
purisapuggala esa Bhagavato savakasangho.
Ahuneyyo pahuneyyo dakkhineyyo
anjalikaraniyo anuttaram punnakkhettam
lokassa ti.

## Homage to the Sangha

"*Supatipanno*" - The Order of the Blessed One are training to rid themselves of greed, hatred and delusion.

"*Ujupatipanno*" - They follow the direct, Noble Eightfold Path.

"*Nayapatipanno*" - The Noble Order understands the First Noble Truth and are practising to eradicate suffering

"Samicipatipanno" - The Orders spreads the message of Dhamma by sharing what the Buddha taught. In Buddha's Order are the 8 kinds of individuals: the one striving to Enter the Stream of the Noble Path, the one who has entered the Stream; the one striving to attain the position of Once-Returner, the Once-Returner; the one striving to reach the Non- returner position, the Non-Returner; the one striving for Arahantship and the Arahant. A field of merit is the supreme Sangha, worthy of gifts, worthy of hospitality, worthy of respect and worship.

#### Sath Budu Vandana

Vipassissa namatthu – cakkhu mantassa sirimato.

Sikhissapi namatthu – sabba bhutanu kampino.

Vessabhussa namatthu – nahatakassa tapassino

Namatthu Kakusandhassa – marasena pamaddino

Konagamanassa namatthu – brahmanassa vusimato

Kassapassa namatthu – vippamuttassa sabbadhi

Angirasassa namatthu – sakya puttassa sirimato

Yo imam Dhamma madesesi – sabbadukkha panudanam

Ye capi nibuta loke – yatha bhutam vipassisum.

Te jana apisuna – mahanta vitasarada.

Hitam deva manussanam – yam nanassanti Gotamam

Vijjacarana sampannam – mahantam

## **Homage to the Seven Buddhas**

May there be homage to Vipassi Buddha, the fortunate Buddha, with eyes of Dhamma.

May there be homage to Sikhi Buddha, the Buddha who is compassionate towards all beings.

May there be homage to Vessubhu Buddha, who destroyed defilements, with excellent effort.

May there be homage to Kakusandha Buddha, the vanquisher of the forces of Mara.

May there be homage to Konagamana Buddha, of pure life, who has reached perfection.

May there be homage to Kassapa Buddha, completely released of all taints.

May there be homage to Angirasa, the Sakyan son, the Blessed One. He who taught this Supreme Dhamma; the dispeller of all suffering.

Those who have reached the pleasure of liberation, of Nibbana, and have seen the reality with wisdom, those Buddhas, non-slanderous, great and excellent, escaped the fear of Samsara.

Beneficial to devas and humans, That Gotama Buddha, whom people worship; possessed of higher knowledge

Sath Budu Vandana Con't Homage to the Seven Buddhas Con't

| vitasaradam  Vijjacarana sampannam – Buddham vandama Gotamam. | and good conduct, very Great and free from fears.  May there be homage to Gotama Buddha, possessed of higher knowledge and extra ordinary conduct. |  |
|---|--|--|
| Sadu! Sadu! Sadu!   | Sadu! Sadu! Sadu!  |  |

#### Buddha Puja

#### Offerings to the Buddha

My great teacher, Supreme Buddha, is an Arahant. My great teacher, Supreme Buddha, eradicated passion, hatred and delusion.

My great teacher, Supreme Buddha, eradicated the desire of seeing forms.

My great teacher, Supreme Buddha, eradicated the desire of hearing sounds.

My great teacher, Supreme Buddha, eradicated the desire of smelling odours.

My great teacher, Supreme Buddha, eradicated the desire of tasting flavours.

My great teacher, Supreme Buddha, eradicated the desire of touching tangibles.

My great teacher, Supreme Buddha, eradicated the desire of thinking thoughts.

My great teacher, Supreme Buddha, controlled sense faculties, protected sense faculties, tamed sense faculties, restrained sense faculties.

My great teacher, Supreme Buddha is free from defilements.

My great teacher, Supreme Buddha purified his body, speech and mind.

My great teacher, Supreme Buddha, is an Arahant. Supreme Buddha understood suffering as a Noble Truth, without anyone's help.

Supreme Buddha eradicated the origin of suffering, as a Noble truth, without anyone's help.

Supreme Buddha attained the cessation of suffering, as a Noble Truth, without anyone's help.

Supreme Buddha followed the Path leading to the cessation of suffering, as a Noble Truth without anyone's help.

In this way, Supreme Buddha realized Four Noble Truths, escaped suffering and achieved real happiness.

Buddha Puja Continued...

Offerings to the Buddha Continued ...

My great teacher, Supreme Buddha, had the knowledge to read other's minds.

Supreme Buddha had the knowledge to recollect past lives of beings.

Supreme Buddha had the knowledge to understand the passing away and re-appearing of beings.

My great teacher, Supreme Buddha, had the knowledge of the 'destruction of all taints'.

My great teacher, Supreme Buddha, developed excellent psychic powers.

Supreme Buddha had excellent virtue, concentration and wisdom.

My great teacher, Supreme Buddha, discovered a very clear path and attained Nibbana.

Supreme Buddha understood all the worlds, escaped from all these worlds.

My great teacher, is taming me with great compassion

My great teacher, Supreme Buddha, is the teacher of gods and humans.

Buddha so Bhagava Boddhaya Dhammam de saythi. Supreme Buddha understood the reality, and teaches Dhamma to others so that they may understand reality.

Danto so Bhagava Dhammataya dhammam de saythi. Supreme Buddha was tamed and teaches Dhamma to others so that they may be tamed.

Santo so Bhagava Sammataya dhammam de saythi. Supreme Buddha was calm and teaches Dhamma to others so that they may be calm.

Thino so Bhagava Tharanaya dhammam de saythi.

Supreme Buddha escaped from suffering and teaches Dhamma to others so that they may escape.

Parrinibitho so Bhagava Parrinibanaya dhammam de saythi.

Supreme Buddha attained Parinibbana and teaches Dhamma to others so that they may attain.

| Buddha Puja Continued | Offerings to the Buddha Continued   |
|-----------------------|---|
|                       | I offer, with great respect, these beautiful flowers, sweet drinks and candle light, to my great teacher, Supreme Buddha. |
|                       | Sadu, Sadu!   |
|                       |   |

#### Anuloma

Avijjapaccaya samkhara. Sankharapaccaya vinnianam.

Vinnyana paccaya nama-rupam.
Nama-rupapaccaya salayatanam.
Salayatanapaccaya phasso. Phassapaccaya vedana. Vedanapaccaya tanha.
Tanhapaccaya upadnam. Upadanapaccaya bhavo. Bhavapaccaya jati. Jatipaccaya jaramaranam soka-parideva-dukkhadomanassupayasa sambhavanti.
Evametassa kevalassa dukkhakkhandassa samudayo hoti.

## The Arising of Existence

Dependent on ignorance, sankhara (binding by body, speech and mind) arises. Dependent on sankara (binding by body, speech and mind), arises consciousness. Dependent on consciousness, arises mentality-materiality. Dependent on mentalitymateriality, arises the six-fold base. Dependent on the six-fold base, arises contact. Dependent on contact, arises feeling. Dependent on feeling, arises craving. Dependent on craving, arises clinging. Dependent on clinging, arises *bhava* (actions by body, speech and mind - the arranging of kamma). Dependent on bhava (actions by body, mind and speech - the arranging of kamma) arises birth. Dependent on birth, arises aging, death, sorrow, lamentation, pain, grief and despair. Thus, there is the arising of this whole mass of suffering.

# Patticcasamuppada

#### Patiloma

Avijjaya tve'va asesaviraganirodha sankharanirodho. Sankharanirodha vinnananirodho. Vinnananirodha namarupanirodho. Nama-rupanirodha salayatananirodho. Salayatananirodha phassanirodho. Phassanirodha vedananirodho. Vedananirodha tanhanirodho. Tanhanirodha upadananirodho. Upadananirodha

Patiloma Continued...

bhavanirodho. Bhavanirodha jatinirodho.

# **Dependent Origination**

The Cessation of Existence

Through the entire cessation of ignorance, *sankhara* (binding by body, speech and mind) ceases. Through the cessation of *sankhara* (binding of body, speech and mind), consciousness ceases. Through the cessation of consciousness, mentality-materiality ceases. Through the cessation of mentality-materiality, the six-fold base ceases. Through the cessation of the six-fold base, contact ceases. Through the cessation of contact, feeling ceases.

The Cessation of Existence Continued

Through the cessation of feeling, craving ceases.

Jatinirodha jaramaram soka-paridevadukkha-domanassupayasa nirujjhanti. Evametassa kevalassa dukkhakkhandhassa nirodho hotiti. Through the cessation of craving, clinging ceases. Through the cessation of clinging, *bhava* (actions by body, mind and speech - the arranging of kamma) ceases. Through the cessation of *bhava* (arranging of kamma), birth ceases. Through the cessation of birth, aging, death, sorrow, lamentation, pain, grief and despair ceases. Thus, there is the cessation of this whole mass of suffering.

## Tanha Janeti Imam Geham

Anekajatisamsaram Sandhavissam anibbisam Ghahkarakam gavesanto, Dukkha jati punappunam

Gahakaraka ditthosi Puna geham na kahasi Sabba te phasuika bhagga

Gahakutam visamkhitam Visamkharagatam cittam Tanhanam khyaya majjhaga

## **Craving is the Builder**

Through many a birth
I wandered in samsara
Seeking, but not finding
The builder of this house
Sorrowful is it to be born again and again.

O house-builder! Thou art seen. Thou shalt build no house again

All thy rafters are broken.

Thy ridge-pole is shattered.

My mind has attained the unconditioned.

Achieved is the end of craving.

(Builder this house: craving. House: life. Rafters:

passion. Ridge-pole: ignorance.)

| Ratana Sutta               | Jewels Discourse |
|----------------------------|------------------|
| Yanidha bhutani samagatani |                  |

Bhummana va yani va antalikkhe Sabbe=va bhuta sumana bhavantu Atho pi sakkacca sunantu bhasitam.

Tasma hi bhuta nisametha sabbe Mettam karotha manusiya pajaya Diva ca ratto ca haranti ye balim Tasma hi ne rakkhatha appamatta.

Yam kinci vittam idha va huram va Saggesu va yam ratanam panitam Na no samam atthi Tathagatena Idam pi Buddhe ratanam panitam Etena saccena suvatthi hotu.

Khayam viragam amatam panitam Yad ajjhaga Sakyamuni samahito Na tena Dhammena samatthi kinci Idam pi Dhamme ratana panitam Etena saccena suvatthi hotu.

Yam Buddhasettho parivannayi sucim Samadhi manantarikannam ahu Samadhina tena samo na vijjati Idam pi Dhamme ratanam panitam Etena saccena suvatthi hotu.

Ye puggala attha satam pasattha Cattari etani yugani honti Te dakkhineyya Sugatassa savaka Etesu dinnani mahapphalani Idam pi Sanghe ratanam panitam Etena saccena suvatthi hotu.

Ye suppayutta manasa dalhena Nikkamino Gotamasasanamhi Ratana Sutta Continued

Te pattipatta amatam vigayha Laddha mudha nibbutim bhunjamana Whatever beings are here assembled, whether terrestrial or celestial, May all these beings be happy And listen closely to my words.

Pay attention all you beings: Show kindness to the humans who day and night bring you offerings. Therefore guard them diligently.

Whatever treasure is here or beyond or the precious jewel in the heavens, None is equal to the Perfect One. In the Buddha is this precious jewel. By this truth may there be well-being.

The calm Sakyan sage found cessation, dispassion, the deathless, the sublime; There is nothing equal to that state. In the Dhamma is this precious jewel. By this truth may there be well-being.

That purity praised by the supreme Buddha, called concentration with immediate result; That concentration has no equal. In the Dhamma is this precious jewel. By this truth may there be well-being.

The Eight Persons praised by the good, these Four Pairs are the gift-worthy disciples of the Well-gone One.
Gifts to them yield abundant fruit.
In the Sangha is this precious jewel.
By this truth may there be well-being.

Those who are well established, *Jewels Discourse Continued* 

free from sense pleasures, with mind firm in Gautama=s teaching,

Idam pi Sanghe ratanam panitam Etena saccena suvatthi hotu.

Yath=indakhilo pathavim sito siya Catubbhi vatebhi asampakampiyo Tathupamam suppurisam vadami Yo ariyasaccani avecca passati Idam pi Sanghe ratanam panitam Etena saccena suvatthi hotu.

Ye ariyasaccani vibhavayanti Gambhirapannena sudesitani Kincapi te honti bhusappamatta Na te bhavam atthamam adiyanti Idam pi Sangge ratanam panitam Etana saccena suvatthi hotu.

Sahav'assa dassanasampadaya
Tayassu dhamma jahita bhavanti:
Sakkayaditthi vicikicchitan ca
silabbatam va pi yad atthi kinci
Catuh'apayehi ca vippamutto
Cha c'abhithanani abhabbo katum
Idam pi Sanghe ratanam panitam
Etena saccena suvatthi hotu.

Kincapi so kammam karoti papakam, Kayena vaca uda cetasa va, Abhabbo so tassa paticchadaya, Abhabbata ditthapadassa vutta Idam pi Sanghe ratanam panitam, Etena saccena suvatthi hotu.

Ratana Sutta Con't

Vanappagumbhe yatha phussitagge, Gimhanamase pathamasmim gimhe Tathupamam Dhammavaram adesayi On attaining their goal, plunge into the Deathless, freely enjoying the liberation they have gained.

In the Sangha is this Precious Jewel. By this truth may there be well-being.

As a firm post firmly grounded in the earth cannot be shaken by the four winds, So is the superior person, I say, who definitely sees the Noble Truths. In the Sangha is this precious jewel. By this truth may there be well-being.

Those who comprehend the Noble Truths well taught by him of deep wisdom, Even if they were slightly negligent, would no take an eighth existence. In the Sangha is this precious jewel. By this truth may there be well-being.

For one who has attained to vision, three states are at once abandoned: View of self, doubt, and clinging to needless rules and rituals. Feed from the four states of misery, he cannot do six kinds of evil deeds. In the Sangha is this precious jewel. By this truth may there be well-being.

Though one might do some evil deed by body, speech or mind, One cannot hide it; such is impossible for one who has seen the Path. In the Sangha is this precious jewel. By this truth may there be well-being.

Jewel's Discourse Con't

Like woodland groves in blossom in the first heat of summer Is the sublime Dhamma that he taught Nibbanagamim paramam hitaya Idam pi Buddhe ratanam panitam, Etana saccena suvatthi hotu.

Varo varannu varado varaharo, Anuttaro Dhammavaram adesayi, Idam pi Buddhe ratanam panitam, Etena saccena suvatthi hotu.

Khinam puraman navam n'atthi sambhavam, Virattacitta ayatike bhavasmim Te khinabija avirulhicchanda, Nibbanti dhira yatha 'yam padipo Idam pi Sanghe ratanam panitam, Etena saccena suvatthi hotu.

Yanidha bhutani samagatani, Bhummani va yani va antakikkhe, Tathagatam deva-manussa-pujitam, Buddham namassama suvatthi hotu.

Yanidha bhutani samagatani, Bhummani va yani va antalikkhe, Tathagatam deva-manussa-pujitam, Dhammam namassama suvatthi hotu.

Yanidha bhutani samagatani, Bhummani va yani va antalikkhe, Tathagatam deva-manussa-pujitam, Sangham namassama suvatthi hotu. leading to Nibbana, the highest good. In the Buddha is this precious jewel. By this truth may there be well-being

He, the supreme sublime one, knower, giver and bringer of the sublime, Taught the sublime Dhamma. In the Buddha is this precious jewel. By this truth may there be well-being.

Their past is extinct with no new arising, their minds not drawn to future birth. Their old seeds destroyed, Their desires no more growing, the wise go out just like this lamp. In the Sangha is this precious jewel. By this truth may there be well-being.

Whatever beings are here assembled, whether terrestrial or celestial, We salute the perfect Buddha, Revered by gods and humans. May there be well-being!

Whatever being are here assembled, whether terrestrial or celestial, We salute the perfect Dhamma, Revered by gods and humans. May there be well-being!

Whatever beings are here assembled, whether terrestrial or celestial, We salute the perfect Sangha, Revered by gods and humans. May there be well-being!

# Metta Bhavana - Loving Kindness Meditation

We are very lucky as Supreme Buddha, our Great Teacher, has taught us all about morality, concentration and wisdom. Now, without anger, ill will and jealousy, let's spread loving kindness to all beings. Listen to me and think in this way:

- May I be free from anger.
- May I be free from ill will.
- May I be free from jealousy.
- May I be free from mental suffering.
- May I be free from physical suffering.
- May I live in peace.
- May I live happily.
- May I be free from anger.
- May I be free from ill will.
- May I be free from jealousy.
- May I be free from mental suffering.
- May I be free from physical suffering.
- May I live in peace.
- May I live happily.

May my parents, teachers, relatives and my friends; may all beings in this monastery:

- ... be free from anger.
- ... be free from ill will.
- ... be free from jealousy.
- ... be free from mental suffering.
- ... be free from physical suffering.
- May all beings in this monastery live in peace.
- May all being in this monastery live happily.

# May all beings in this city:

- ... be free from anger.
- ... be free from ill will.
- ... be free from jealousy.
- ... be free from mental suffering.
- ... be free from physical suffering.
- May all beings in this city live in peace.
- May all beings in this city live happily.

Metta Bhavana - Loving Kindness Meditation Continued

# May all beings in this province:

- ... be free from anger
- ... be free from ill will.
- ... be free from jealousy.

- ... be free from mental suffering.
- ... be free from physical suffering.

May all beings in this province live in peace.

May all beings in this province live happily.

## May all beings in this country:

- ... be free from anger.
- ... be free from ill will.
- ... be free from jealousy.
- ... be free from mental suffering.
- .. be free from physical suffering.

May all beings in this country live in peace.

May all beings in this country live happily.

#### May all beings in this world:

- ... be free from anger.
- ... be free from ill will.
- ... be free from jealousy.
- ... be free from mental suffering.
- ... be free from physical suffering.

May all beings in this world live in peace.

May all beings in this world live happily... live happily... live happily.

## May all beings:

- ... be free from anger.
- ... be free from ill will.
- ... be free from jealousy.
- ... be free from mental suffering.
- ... be free from physical suffering.

May all beings live in peace.

May all beings live happily... live happily... live happily.

Sadu! Sadu! Sadu!

| Pattanumodana          | Dedication of Merit                 |
|------------------------|-------------------------------------|
| Akasattha ca bhummatta | With Devas / Gods                   |
| deva naga mahiddhika   | May mighty deities and nagas        |
| punnam tam anumoditva  | dwelling in space and on the earth, |

ciram rakkhantu sasanam.

Akasattha ca bhummatta deva naga mahiddhika punnam tam anumoditva ciram rakkhantu desanam.

Akasattha ca bhummatta deva naga mahiddhika punnam tam anumoditva ciram rakkhantu mam param.

Idam me natinam hotu sukhita hontu natayo. Idam me natinam hotu sukhita hontu natayo Idam me natinam hotu sukhita hontu natayo

rejoice in this merit of ours and long protect the Buddha's dispensation.

May mighty deities and nagas dwelling in space and on the earth, rejoice in this merit of ours and long protect the teaching of the Dhamma.

May mighty deities and nagas dwelling in space and on the earth, rejoice in this merit of ours and long protect myself and others.

With Relatives who have Passed Away
Let us share this merit with our relatives;
may our relatives be happy.
Let us share this merit with our relatives;
may our relatives be happy.
Let us share this merit with our relatives
may our relatives be happy.

With the Most Venerable Kiribathgoda Gnanananda Thero

Let us share this merit with our teacher, Loku Swaminwahanse. May Loku Swanminwahanse have the opportunity to understand the Four Noble Truths in this very life. Sadu, Sadu, Sadu!

With our Noble Friends
Let us share this merit with our Noble friends and with all beings. Rejoice with merit, be happy and peaceful. Sadu, Sadu, Sadu!

| Khama Yacana            | Asking for Forgiveness                  |
|-------------------------|---|
| Kayena vaca cittena     | If, due to negligence, I have done some |
| Pamadena maya katam     | wrong, by body, speech or mind,         |
| Accayam khama me bhante | Forgive me of that offence, O Bhante,   |
| Bhuripanna tathagata    | Perfect one of vast wisdom.             |

Kayena vaca cittena Pamadena maya katam Accayam khama me dhamma Sanditthika akalika.

Kayena vaca cittena Pamadena maya katam Accayam khama me sangha Supatipanna anuttara.

Okasa wandami Bhante Mayakatam Punnayam Swamina annumodhi thabam Swamina katthanm pugnnam.

Mahiyam dhathabam Sadu, Sadu anumodhami

Okasa! Dwaratheyena Katthan Sabbam Acchayam Kammathe me bhante

Dutiyam pi Okase cammame Bhante!

Tatiyam pi Okasa cammeme Bhante! If, due to negligence, I have done some wrong, by body, speech or mind, Forgive me of that offence, O Dhamma, Visible and unaffected by time.

If, due to negligence, I have done some wrong, by body, speech or mind, Forgive me of that offence, O Sangha, Practising well and supreme.

## **Paying Homage to the Noble Bhantes**

Please, Bhante, kindly allow me to share with you, the merit I have incurred.

Please Bhante, kindly share with me, the merit you have incurred.

Forgive me, Oh Bhante, of any offences I may have committed.

For a second time, I ask forgiveness, Oh Bhante, for offences I may have committed.

For a third time, I ask forgiveness, Oh Bhante, for offences I may have committed.