



CAKKAVALA  
MEDITATION CENTRE  
SINGAPORE

**Pāli Chanting**



# Vandanā

*Homage*

**Namo tassa bhagavato arahato sammā Sambuddhassa. (3x)**

*Homage to the Lord, the noble one, the fully enlightened Buddha*



# Tisarana

*The Three Refuges*

**Buddhaṃ saraṇaṃ gacchāmi.**

*I go to the Buddha for refuge*

**Dhammaṃ saraṇaṃ gacchāmi.**

*I go to the Dhamma for refuge*

**Saṅghaṃ saraṇaṃ gacchāmi.**

*I go to the Sangha for refuge*

*For the second time...*

**Dutiyampi Buddhaṃ saraṇaṃ gacchāmi.**

**Dutiyampi Dhammaṃ saraṇaṃ gacchāmi.**

**Dutiyampi Saṅghaṃ saraṇaṃ gacchāmi.**

*For the third time...*

**Tatiyampi Buddhaṃ saraṇaṃ gacchāmi.**

**Tatiyampi Dhammaṃ saraṇaṃ gacchāmi.**

**Tatiyampi Saṅghaṃ saraṇaṃ gacchāmi.**

# Pañca Sīla

*Five Precepts*

**Pānātipātā veramani sikkhā padam samādiyāmi.**

*I take the precept to abstain from killing*

**Adinnādānā veramani sikkhā padam samādiyāmi.**

*I take the precept to abstain from stealing*

**Kāmesu micchā cārā veramani sikkhā padam samādiyāmi.**

*I take the precept to abstain from sexual misconduct*

**Musāvādā veramani sikkhā padam samādiyāmi.**

*I take the precept to abstain from lying*

**Surā meraya majja pamādatthānā veramani sikkhā padam samādiyāmi.**

*I take the precept to abstain from anything that causes intoxication and heedlessness*



# Atthaṅga Sīla

*Eight Precepts*

**Pānātipātā veramani sikkhā padam samādiyāmi.**

*I take the precept to abstain from killing*

**Adinnādānā veramani sikkhā padam samādiyāmi.**

*I take the precept to abstain from stealing*

**Abrahma cariyā veramani sikkhā padam samādiyāmi.**

*I take the precept to abstain from sexual indulgence*

**Musāvādā veramani sikkhā padam samādiyāmi.**

*I take the precept to abstain from lying*

**Surā meraya majja pamādatthānā veramani sikkhā padam samādiyāmi.**

*I take the precept to abstain from anything that causes intoxication and heedlessness*

**Vikāla-bhojanā veramani sikkhā padam samādiyāmi.**

*I take the precept to abstain from taking food at inappropriate times*

**Nacca-gīta-vādita visūka dassana mālā gandha vilepana dhārana  
mandana-vibhūsanatthānā veramani sikkhā padam samādiyāmi.**

*I take the precept to abstain from dancing, singing, music and unseemly shows;  
from the use of garlands, perfumes and unguents; from things that tend to beautify and adorn (the person)*

**Uccā sayana-mahā sayanā veramani sikkhā padam samādiyāmi.**

*I take the precept to abstain from (using) high and luxurious seats*



# Kittisadda

*Praise of the Buddha, Dhamma and Saṅgha*

## Praise of the Buddha

**Iti' pi so bhagavā araham, sammā sambuddho**

*Such indeed is the Lord, a noble one, the fully enlightened Buddha*

**Vijjā caraṇa sampanno, sugato, lokavidū,**

*With perfect knowledge and conduct, speaks only what is true and beneficial, a knower of the worlds*

**Anuttaro purisa damma sārathi,**

*Guide unsurpassed of men to be tamed*

**Satthā devamanussānam, buddho, bhagavāti.**

*A teacher of gods and men, a Buddha, the Lord*



**Ye ca buddhā atītā ca, ye ca buddhā anāgatā**

*The Buddhas of the ages past, the Buddhas who are yet to come*

**Paccuppanā ca ye buddhā, ahaṃ vandāmi sabbadā.**

*The Buddhas of the present age, reverently do I worship*

**Natthi me saraṇaṃ aññaṃ, buddho me saraṇaṃ varaṃ**

*No other refuge do I seek, for the Buddha is my only refuge*

**Etena sacca vajjena hotu me jaya maṅgalaṃ**

*And by the power of this truth, may joyous victory be mine*

**Buddhaṃ jīvita pariyantaṃ saraṇaṃ gacchami**

*Till life's end, the Buddha is my supreme refuge*

*Praise of the Dhamma*

**Svākkhāto bhagavatā dhammo,**

*Beautifully taught is the Lord's Dhamma*

**Sandiṭṭhiko, akāliko,**

*Immediately apparent, timeless*

**Ehipassiko, opanyiko,**

*Of the nature of a personal invitation, progressive*

**Paccattaṃ veditabbo viññūhīti**

*To be attained by the wise each for himself*



**Ye ca dhammā atītā ca, ye ca dhammā anāgatā**

*The Dhammas of the ages past, the Dhammas who are yet to come*

**Paccuppannā ca ye dhammā, ahaṃ vandāmi sabbadā.**

*The Dhammas of the present age, reverently do I worship*

**Natthi me saraṇam aññam, dhammo me saraṇam varam**

*No other refuge do I seek, for the Dhamma is my only refuge*

**Etena sacca vajjena hotu me jaya maṅgalam**

*And by the power of this truth, may joyous victory be mine*

**Dhammam jīvita pariyantaṃ saraṇam gacchami**

*Till life's end, the Dhamma is my supreme refuge*

## Praise of the Saṅgha

**Supaṭipanno bhagavato sāvakaśaṅgho,**

*Happily faring are the Lord's disciples*

**Ujupaṭipanno bhagavato sāvakaśaṅgho,**

*Straightforwardly faring are the Lord's disciples*

**Ñāyapaṭipanno bhagavato sāvakaśaṅgho,**

*Correctly faring are the Lord's disciples*

**Sāmīci paṭipanno bhagavato sāvakaśaṅgho,**

*Methodically faring are the Lord's disciples*

**Yadidaṃ cattāri purisaṃyugāni, aṭṭhapurisa puggalā,**

*Namely the four pairs of individuals, the eight types of persons*

**Ēsa bhagavato sāvakaśaṅgho,**

*These disciples of the Lord*

**Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, Anjalikaraṇīyo**

*Are worthy of offerings, hospitality, gifts and salutations with folded hands*

**Anuttaraṃ puñṇakkhettaṃ lokassāti.**

*They are an incomparable source of goodness in the world*



**Ye ca saṅghā atītā ca, ye ca saṅghā anāgatā**

*The Sanghas of the ages past, the Sanghas who are yet to come*

**Paccuppannā ca ye saṅghā, ahaṃ vandāmi sabbadā.**

*The Sanghas of the present age, reverently do I worship*

**Natthi me saraṇaṃ aññaṃ, saṅgho me saraṇaṃ varam**

*No other refuge do I seek, for the Sangha is my only refuge*

**Etena sacca vajjena hotu me jaya maṅgalaṃ**

*And by the power of this truth, may joyous victory be mine*

**Saṅghaṃ jīvita pariyantaṃ saraṇaṃ gacchami**

*Till life's end, the Sangha is my supreme refuge*

# Mettā Sutta

*Discourse on Loving-kindness*

**Karanīya mattakusalena**

*This is what should be done by one skilled in good and*

**Yam-taṃ santaṃ paḍaṃ abhisamecca**

*Who wishes to attain that peaceful state*

**Sakko ujū ca sūjū ca**

*He should be able, straightforward, very straightforward*

**Suvaco c'assa mudu anatimānī.**

*Easy to speak to, flexible and not proud*

**Santussako ca subharo ca**

*Contented and easily supported*

**Appakicco ca sallahukavutti**

*With few duties and simple in his ways*

**Santindriyo ca nipako ca**

*With sense faculties calmed, ardent*

**Appagabbho kulesu ananugiddho.**

*But not greedy with families*



**Na ca khuddam samācare kiñci**

*He should do no mean thing*

**Yena viññū pare, upavadeyyum**

*That wise men might criticise and he should think*

**Sukhino vā khemino hontu**

*May all beings be happily secured and*

**Sabbe sattā bhavantu sukhittā.**

*Happily minded*

**Ye keci pāṇa bhūtatthi**

*Whatever creatures there are*

**Tasā vā thāvarā vā anavasesā**

*Moving or still, without exception*

**Dīghā vā ye mahantā vā**

*Tall, middle-size or short*

**Majjhimā rassakāṇuka thūlā.**

*Small or great*

**Diṭṭhā vā yeva adiṭṭhā**

*The seen or the unseen*

**Ye ca dūre vasanti avidūre**

*Whether living near or far*

**Bhūtā vā sambhavesī vā**

*Existing or not yet come into being*

**Sabbe sattā bhavantu sukhittattā.**

*Let all beings be happy*

**Na paro paramṃ nikubbetha**

*One should not harm another*

**Nātimaññetha katthacinaṃ kañci**

*Or despise anyone for any reason anywhere*

**Byārosanā paṭighasaññā**

*Do not wish pain upon another*

**Nāñña maññassa dukkhamiccheyya.**

*Out of either anger or repugnance*



**Mātā yathā niyaṃ puttāṃ**

*Just as a mother would protect with her only child*

**Āyusā ekaputtamanurakkhe**

*Even at the risk of her own life*

**Evampi sabba bhūtesu**

*Even so, one should cultivate unbounded love*

**Mānasāṃ bhāvaye aparimāṇaṃ.**

*Towards all beings in the world*

**Mettañca sabba lokasmim**

*A mind unbounded*

**Mānasāṃ bhāvaye aparimāṇaṃ**

*Above, below, across*

**Uddhaṃ adho ca tiriyañca**

*Without obstruction*

**Asambādhaṃ averaṃ asapattaṃ.**

*Without hatred and without rivalry*

**Tiṭṭhañ caraṃ nisinno vā**

*And whether standing, walking, sitting*

**Sayāno vā yāvat'assa vigatamiddho**

*Or lying down, so long as one is free from drowsiness*

**Etaṃ satim adhiṭṭheyya**

*One should should practise mindfulness*

**Brahma metaṃ vihāraṃ idhamāhu**

*This, they say, is the highest conduct here*

**Diṭṭhiñca anupagamma**

*Not to hold wrong views*

**Sīlavā dassanena sampanno**

*To be virtuous and endowed with insight*

**Kāmesu vineyya gedhaṃ**

*Having overcome greed for desires*

**Nahi jātu gabbhaseyyaṃ punaretīti**

*Such a person is not born again*



# Anumodāna

*Sharing of Merits*

**Ettāvatā ca amhehi sambhataṃ puñña-sampadam**

*May all gods share in this good which we have thus made*

**Sabbe devā anumodantu sabba sampatti siddhiyā**

*So that they may all experience happiness and increase*

**Ettāvatā ca amhehi sambhataṃ puñña-sampadam**

*May all creatures share in this good which we have thus made*

**Sabbe bhūtā anumodantu sabba sampatti siddhiyā**

*So that they may all experience happiness and increase*

**Ettāvatā ca amhehi sambhataṃ puñña-sampadam**

*May all beings share in this good which we have thus made*

**Sabbe sattā anumodantu sabba sampatti siddhiyā**

*So that they may all experience happiness and increase*

**Sadhu! Sadhu! Sadhu!**

*Rejoice! Rejoice! Rejoice*





# Pattidāna

*Dedication of Merits*

**Idaṃ me puññaṃ, āsavakkhayāvahaṃ hotu.**

*By this merit of mine, may I completely destroy the taints*

**Idaṃ me puññaṃ, Nibbānassa paccayo hotu.**

*By this merit of mine, may I bring about the realization of Nibbāna*

**Mama puññabhāgaṃ sabbasattānaṃ bhājemi,**

*May I share this merit of mine with all beings*

**Te sabbe me samaṃ puññabhāgaṃ labhantu.**

*May all beings receive equal share of this merit done*

**Sādhu! Sādhu! Sādhu!**

*Rejoice! Rejoice! Rejoice!*