

P U J A

Buddham pujemi
Dhammam pujemi
Sangham pujemi
I bow to the Buddha, Dhamma and Sangha

VANDANA HOMAGE

Namo tassa bhagavato arahato samma sambuddhassa!
Namo tassa bhagavato arahato samma sambuddhassa!
Namo tassa bhagavato arahato samma sambuddhassa!
Homage to the Buddha, the Blessed, Noble and the Fully Self-Enlightened One!

TISARANA

THE THREE REFUGES

Buddham saranam gacchami
I go to the Buddha as my Refuge
Dhammam saranam gacchami
I go to the Dhamma as my Refuge
Sangham saranam gacchami
I go to the Sangha as my Refuge
Dutiyampi Buddham saranam gacchami... (repeat)
For the second time I go the Buddha.... as my Refuge
Tatiyampi Buddham saranam gacchami.... (repeat)
For the third time..... as my Refuge

PANCA S1LA

THE FIVE TRAINING RULES

Panatipata veramani sikkhapadam samadiyami
I undertake the training rule to abstain from killing any living being
Adinnadana veramani sikkhapadam samadiyami
I undertake the training rule not to take that which is not freely given
Kamesu micchacara veramani sikkhapadam samadiyami
I undertake the training rule to abstain from sexual misconduct
Musavada veramani sikkhapadam samadiyami
I undertake the training rule to abstain from wrong speech
Sura meraya majja pamadatthana
veramani sikkhapadam samadiyami
I undertake the training rule not to take substances that cloud the mind

VIPASSANA VERSES

All conditioned things are impermanent
When this is perceived with wisdom
One becomes disenchanted with what cannot satisfy
Just this is the Path of Purification.

All conditioned things are unsatisfactory
When this is perceived with wisdom
One becomes disenchanted with what cannot satisfy
Just this is the Path of Purification.

All conditioned things and the Unconditioned are not-self
When this is perceived with wisdom
One becomes disenchanted with what cannot satisfy
Just this is the Path of Purification.

[Dhp 20 v5-7]

There is
The Unborn, the Undying, the Uncreated, the Unconditioned
Refuge, harbour and home.
Perfect contentment and peace.

Just as the great ocean has only one taste, the taste of salt
So Nibbana has only one taste, the taste of freedom.

[Last words of the Buddha - Parinibbana Sutta]
All conditioned things have the nature to decay.
Work diligently for your liberation.



Sadhu! Sadhu! Sadhu!
(Well-done!)