



**Na hi verena verāni  
Sammanti-dha kudācanaṃ  
Averena ca verāni  
Esa dhammo sa-nantano.**

Hatreds never cease through hatred in this world: through love alone they cease. This is an ancient principle (followed by Buddha and his disciples). (The Dhammapada)

**Sabba-pāpassa akaraṇaṃ  
Kusalas-sūpasampadā  
Sa-citta-pariyodapanaṃ  
Etaṃ Buddhāna-sāsanaṃ**

No to do any evil, to cultivate good, to purify one's mind; this is the teaching of the Buddha.  
(*Evil* means attachment, ill-will and delusion. *Good* means generosity, good will or loving-kindness and wisdom.)

**Maranaṃ me dhuvaṃ.** (Death is certain.)  
**Jīvitaṃ me adhuvaṃ.** (Life is uncertain.)

**Idhaṃ me puññaṃ nibbānassa paccayo hotu.**  
(May my merit be a support for Enlightenment.)

**Imaṃ puññabhāgaṃ sabbasattānaṃ bhājema.**  
(I share my merit gained with all beings.)

**Sādhu! Sādhu! Sādhu!** (Well done.)

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**Tisaraṇa  
(Three Refuges)**

**Namo tassa bhagavato arahato  
sammā sambuddhassa.**

Homage to Buddha, the exalted one,  
the Arahant, the all-enlightened one.

**Buddhaṃ saraṇaṃ gacchāmi.**

I follow Buddha as my Guide.

**Dhammaṃ saraṇaṃ gacchāmi.**

I follow the Law as my Guide.

**Sanghaṃ saraṇaṃ gacchāmi.**

I follow the Order as my Guide.

**Dutiyampi Buddhaṃ saraṇaṃ gacchāmi.**

**Dutiyampi Dhammaṃ saraṇaṃ gacchāmi.**

**Dutiyampi Sanghaṃ saraṇaṃ gacchāmi.**

**Tatiyampi Buddhaṃ saraṇaṃ gacchāmi.**

**Tatiyampi Dhammaṃ saraṇaṃ gacchāmi.**

**Tatiyampi Sanghaṃ saraṇaṃ gacchāmi.**

Dutiyampi = For the second time ...

Tatiyampi = For the third time ...

**Panca Sīla  
(Five Precepts)**

**1. Pānātipātā veramaṇi sikkhāpadaṃ  
samādiyāmi.**

I take the precept to abstain from killing living beings.

**2. Adinnādanā veramaṇi sikkhāpadaṃ  
samādiyāmi.**

I take the precept to abstain from taking things not given.

**3. Kāmesu micchācārā veramaṇi  
sikkhāpadaṃ samādiyāmi.**

I take the precept to abstain from sexual misconduct.

**4. Musāvādā veramaṇi sikkhāpadaṃ  
samādiyāmi.**

I take the precept to abstain from false speech.

**5. Surāmeraya majja pamādatthānā  
veramaṇi sikkhāpadaṃ samādiyāmi.**

I take the precept to abstain from taking anything that causes intoxication or heedlessness.

**METTĀ CHANTING**



**Ahaṃ avero homi**

May I be free from enmity and danger

**abyāpajho homi**

May I be free from mental suffering

**anīgho homi**

May I be free from physical suffering

**sukhī-attānaṃ pariharāmi**

May I take care of myself happily

**Mama mātāpitū**

May my parents

**ācariyā ca**

teachers,

**ñātimittā ca**

relatives and friends

**sabrahma-cārino ca**

fellow Dhammafarrers

**averā hontu**

be free from enmity and danger

**abyāpajjhā hontu**

be free from mental suffering

**anīghā hontu**

be free from physical suffering

**sukhī-attānaṃ pariharantu**

May they take care of themselves happily

**Amhākaṃ ārakkha devatā**

May our guardian devas

**imasmim āvāse**

in this dwelling place

**imasmim ārāme**

in this compound

**ārakkha devatā**

may the guardian devas

**averā** **hontu**  
be free from enmity and danger  
**abyāpajjhā** **hontu**  
be free from mental suffering  
**anīghā** **hontu**  
be free from physical suffering  
**sukhī-attānaṃ pariharantu**  
May they take care of themselves happily

**Sabbe sattā** May all beings  
**sabbe pānā** all breathing things  
**sabbe bhūtā** all creatures  
**sabbe puggalā** all individuals  
**sabbe attabhāva-pariyāpannā**  
all personalities  
**sabbā itthiyo** may all females  
**sabbe purisā** all males  
**sabbe ariyā** all noble one  
**sabbe anariyā** all worldlings  
**sabbe devā** all deities  
**sabbe manussā** all humans  
**sabbe vinipātikā**  
all those in the four woeful planes

**averā** **hontu**  
be free from enmity and danger  
**abyāpajjhā** **hontu**  
be free from mental suffering  
**anīghā** **hontu**  
be free from physical suffering  
**sukhī-attānaṃ pariharantu**  
may they take care of themselves happily

**Dukkhā muccantu**  
May all beings be free from suffering  
**Yathā-laddha-sampattito māvigacchantu**  
May whatever they have gained not be lost  
**Kammassakā**  
All beings are owners of their kamma

**Puratthimāya disāya** In the eastern direction  
**dakkhināya disāya** in the southern direction

**pacchimāya disāya** in the western direction  
**uttarāya disāya** in the northern direction  
**puratthimāya anudisāya**  
in the southeast direction  
**dakkhināya anudisāya**  
in the southwest direction  
**pacchimāya anudisāya**  
in the northwest direction  
**uttarāya anudisāya**  
in the northeast direction

**hetthimāya disāya** in the direction below  
**uparimāya disāya** in the direction above

**sabbe sattā** may all beings  
**sabbe pānā** all breathing things  
**sabbe bhūtā** all creatures  
**sabbe puggalā** all individuals  
**sabbe attabhāva-pariyāpannā**  
all personalities  
**sabbā itthiyo** may all females  
**sabbe purisā** all males  
**sabbe ariyā** all noble one  
**sabbe anariyā** all worldlings  
**sabbe devā** all deities  
**sabbe manussā** all humans  
**sabbe vinipātikā**  
all those in the four woeful planes

**averā** **hontu**  
be free from enmity and danger  
**abyāpajjhā** **hontu**  
be free from mental suffering  
**anīghā** **hontu**  
be free from physical suffering  
**sukhī-attānaṃ pariharantu**  
may they take care of themselves happily

**Dukkhā muccantu**  
May all beings be free from suffering  
**Yathā-laddha-sampattito māvigacchantu**  
May whatever they have gained not be lost.

**Kammassakā**  
All beings are owners of their kamma.

**Uddhaṃ yāva bhavaggā ca**  
As far as the highest plane of existence  
**adho yāva avīcīto**  
to as far down as the lowest plane  
**samantā cakkavālesu**  
in the entire universe  
**ye sattā pathavīcarā**  
whatever beings that move on earth  
**abyāpajjhā niverā ca**  
may they be free from mental suffering and enmity  
**nidukkhā cā nupaddavā**  
and from physical suffering and danger

**Uddhaṃ yāva bhavaggā ca**  
As far as the highest plane of existence  
**adho yāva avīcīto**  
to as far down as the lowest plane  
**samantā cakkavālesu**  
in the entire universe  
**ye sattā udayekarā**  
whatever beings that move on water  
**abyāpajjhā niverā ca**  
may they be free from mental suffering and enmity  
**nidukkhā cā nupaddavā**  
and from physical suffering and danger

**Uddhaṃ yāva bhavaggā ca**  
As far as the highest plane of existence  
**adho yāva avīcīto**  
to as far down as the lowest plane  
**samantā cakkavālesu**  
in the entire universe  
**ye sattā ākāsecarā**  
whatever beings that move in air  
**abyāpajjhā niverā ca**  
may they be free from mental suffering and enmity  
**nidukkhā cā nupaddavā**  
and from physical suffering and danger

