

PARITTA CHANTING



MINNESOTA BUDDHIST
VIHARA

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“These selected discourses are being chanted monthly at Minnesota Buddhist Vihara to invoke blessings upon members, well-wishers and all beings.”

**“NAMO TASSA BHAGAVATO
 ARAHATO
 SAMMĀ SAMBUDDHASSA”
 (3 TIMES)**

Iti pi so Bhagavā-Arahaṃ Sammā-sambuddho. Vijjā-carana
sampanno Sugato Lokavidū Anuttarro Purisa-damma-
sārathi Satthā deva-manussānaṃ Buddho Bhagavāti

Svākkhāto Bhagavatā Dhammo Sanditthiko Akāliko
Ehipassiko Opanayiko Paccattaṃ veditabbo viññuhīti.

Supaṭi-panno Bhagavato sāvaka sangho,

Ujupaṭi-panno Bhagavato sāvaka sangho.

Ñāya-paṭipanno Bhagavato sāvaka sangho.

Sāmici-paṭipanno Bhagavato sāvaka sangho

Yadidam cattāri purisa yugāni aṭṭha-purisa-puggalā

Esa Bhagavato sāvaka sangho. āhu-neyyo, pāhu-neyyo,

Dakkhi-neyyo, añjalikaraniyo, anuttaraṃ puññakkhettaṃ

lokassāti

Etena Sacca vajjena - pātutaṃ ratanattayaṃ !!! (3times)

THE MAṄGALA SUTTA

Evamaṃ me suttaṃ: ekaṃ samayaṃ Bhagavā Sāvattiyāṃ

viharati Jetavane Anāthapiṇḍikassa ārāme. Atha kho aññatarā

devatā abhikkantāya rattiyaṃ abhikkanta-vaṇṇā kevalakappaṃ

Jetavanaṃ obhāsetvā yena Bhagavā tenupasaṅkami

upasaṅkamitvā Bhagavantāṃ abhivādetvā ekamantaṃ

aṭṭhāsi. Ekamantaṃ ṭhitā kho sā devatā Bhagavantaṃ gāthāya
ajjhabhāsi:

Bahū devā manussā ca	-	maṅgalāni acintayum
Ākaṅkhamānā sotthānaṃ	-	brūhi maṅgalamuttamaṃ
Asevanā ca bālānaṃ	-	paṇḍitānañca sevanā
Pūjā ca pūjaneyyānaṃ	-	etaṃ maṅgalamuttamaṃ
Patirūpa desavāso ca	-	pubbe ca kata-puññatā
Atta-sammā-paṇidhi ca	-	etaṃ maṅgalamuttamaṃ
Bāhu-saccañca sippañca	-	vinayo ca susikkhito
Subhāsītā ca yā vācā	-	etaṃ maṅgalamuttamaṃ
Mātāpitu upaṭṭhānaṃ	-	putta-dārassa saṅgaho
Anākulā ca kammantā	-	etaṃ maṅgalamuttamaṃ
Dānañca dhammacariyā ca-	-	ñātakānañca saṅgaho
Anavajjāni kammāni	-	etaṃ maṅgalamuttamaṃ
Āratī viratī pāpā	-	majja-pānā ca saññamo
Appamādo ca dhammesu	-	etaṃ maṅgalamuttamaṃ
Gāravo ca nivāto ca	-	santuṭṭhi ca kataññutā
Kālena dhammassavanaṃ	-	etaṃ maṅgalamuttamaṃ
Khantī ca sovacassatā	-	samaṇānañca dassanaṃ
Kālena dhamma-sākacchā	-	etaṃ maṅgalamuttamaṃ

Tapo ca bramha-cariyañca - ariya-saccāna dassanaṃ
Nibbāna sacchi-kiriya ca - Etaṃ maṅgalamuttamaṃ
Phuṭṭhassa loka-dhammehi - cittaṃ yassa na kampati
Asokaṃ virajaṃ khemaṃ - etaṃ maṅgalamuttamaṃ
Etādisāni katvāna - sabbatthamapparājitā
Sabbattha sotthiṃ gacchanti - taṃ tesam maṅgalamuttamaṃ
Etena Sacca vajjena - hotu te jayamaṅgalaṃ !!! (3 times)

RATANA SUTTA

Yānidha bhūtāni samāgatāni
Bhummāni vā yāni antalikkhe
Sabbeva bhūtā sumanā bhavantu
Athopi sakkacca suṇantu bhāsitaṃ.

Tasmā hi bhūtā nisāmetha sabbe
Mettaṃ karotha mānusiya pajāya
Divā ca ratto ca haranti ye balim
Tasmā hi ne rakkhatha appamattā.

Yaṃ kiñci vittaṃ idha vā huraṃ vā
Saggesu vā yaṃ ratanaṃ paṇitaṃ
Na no samaṃ atthi Tathāgatena
Idampi buddhe ratanaṃ paṇitaṃ
Etena saccena suvatthi hotu!

Khayaṃ virāgaṃ amataṃ paṇītaṃ
Yadajjhagā sākyamunī samāhito
Na tena dhammena samatthi kiñci
Idampi dhamme ratanaṃ paṇītaṃ
Etena saccena suvatthi hotu!

Yaṃ Buddha seṭṭho parivaṇṇayī sucim
Samādhi-mānantari-kaññamāhu
Samādhinā tena samo na vijjati
Idampi dhamme ratanaṃ paṇītaṃ
Etena saccena suvatthi hotu!

Ye puggalā aṭṭha sataṃ pasatthā
Cattāri etāni yugāni honti
Te dakkhiṇeyyā sugatassa sāvakā
Etesu dinnāni mahapphalāni
Idampi saṅghe ratanaṃ paṇītaṃ
Etena saccena suvatthi hotu!

Ye suppayuttā manasā daḷhena
Nikkāmino Gotama-sāsanamhi
Te pattipattā amataṃ vigayha
Laddhā mudhā nibbutim bhuñjamānā
Idampi saṅghe ratanaṃ paṇītaṃ
Etena saccena suvatthi hotu!

Yathindakhīlo paṭhaviṃ sito siyā
Catubbhi vāthehi asampakampiyo
Tathūpamaṃ sappurisaṃ vadāmi
Yo ariya-saccāni avecca passati
Idampi saṅghe ratanaṃ paṇītaṃ
Etena saccena suvatthi hotu!

Ye ariya-saccāni vibhāvayanti
Gambhīra-paññaena sudesitāni
Kiñcāpi te honti bhusappamattā
Na te bhavaṃ aṭṭhamaṃ ādiyanti
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu!

Sahāva 'ssa dassana-sampadāya
Tayassu dhammā jahitā bhavanti
Sakkāya-diṭṭhi vicikicchitañca,
Sīlabbatam vāpi yadatthi kiñci.
Catūh' apāyehi ca vipparamutto
Chacābhiṭhānāni abhabbo kātum
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu!

Kiñca pi so kammaṃ karoti pāpakaṃ
kāyena vācā uda cetasā vā
Abhabbo so tassa paṭicchādāya
Ababbatā diṭṭha-padassa vuttā

Idampi saṅghe ratanaṃ paṇitaṃ,
Etena saccena suvatthi hotu!

Vanappagumbe yathā phussitagge
Gimhāna-māse paṭhamasmiṃ gimhe
Tathūpamaṃ dhamma-varaṃ adesayī,
Nibbāna-gāmiṃ paramaṃ hitāya
Idampi buddhe ratanaṃ paṇitaṃ,
Etena saccena suvatthi hotu!

Varo varaññū varado varāharo,
Anuttaro dhamma-varaṃ adesayī
Idampi buddhe ratanaṃ paṇitaṃ,
Etena saccena suvatthi hotu!

Khīnaṃ purāṇaṃ navaṃ natthi sambhavaṃ
Viratta-cittā āyatike bhavasmiṃ
Te khīṇa-bijā avirulhicchandā,
Nibbanti dhīrā yathāyaṃ padīpo
Idampi saṅghe ratanaṃ paṇitaṃ,
Etena saccena suvatthi hotu!

Yānidha bhūtāni samāgatāni,
Bhummāni vā yāni va antalikkhe
Tathāgataṃ deva-manussa-pūjitaṃ,
Buddhaṃ namassāma suvatthi hotu!

Yānidha bhūtāni samāgatāni,
Bhummāni vā yāni va antalikkhe
Tathāgataṃ deva-manussa-pūjitaṃ,
Dhammaṃ namassāma suvatthi hotu!

Yānidha bhūtāni samāgatāni,
Bhummāni vā yāni va antalikkhe;
Tathāgataṃ deva-manussa-pūjitaṃ,
Saṅghaṃ namassāma suvatthi hotu!

Etena Sacca vajjena - sabba dukkhaṃ vinassatu !

Etena Sacca vajjena - sabba bhayo vinassatu !

Etena Sacca vajjena - sabba rogo vinassatu !

METTA SUTTA

Karaṇīya-mattha-kusalena
Yantasantaṃ padaṃ abhisamecca
Sakko ujū ca sūju ca
Suvaco ca 'ssa mudu anatimānī.

Santussako ca subharo ca
Appakicco ca sallahukavutti,
Santindriyo ca nipako ca
Appagabbho kulesu-ananugiddho.

Na ca khuddaṃ samācare kiñci
Yena viññū pare, upavedeyyaṃ
Sukhino vā khemino hontu
Sabbe sattā bhavantu sukhittā.

Ye keci paṇabhūtatthi
Tasā vā thāvarā va' anavasesā,
Dighā vā ye mahantā va
Majjhimā rassakā aṇukathulā.

Diṭṭhā vā yeva adiṭṭhā
Ye va dūre vasanti avidūre,
Bhūtā va sambhavesi va
Sabbe sattā bhavantu sukhittā.

Na paro paraṃ nikubbetha
Nātimaññetha katthaci na kañci
Byārosanā paṭighasaññā
Nāññamaññassa dukkhamiccheyya.

Mātā yathā niyaṃ puttaṃ
Āyusā ekaputtamanurakkhe
Evampi sabbabhūtesu
Mānasaṃ bhāvaye aparimāṇaṃ.

Mettañca sabba-lokasmiṃ
Mānasaṃ bhāvaye aparimāṇaṃ
Uddhaṃ adho ca tiriyañca
Asambādhaṃ averaṃ-asapattaṃ.

Tiṭṭhaṃ caraṃ nisinno vā
Sayāno vā yāvata 'ssa vigatamiddho
Etaṃ satiṃ adhiṭṭheyya
Brahmametaṃ vihāraṃ-idhamāhu.

Diṭṭhiñca anupagamma sīlavā
Dassanena sampanno
Kāmesu vineyya gedhaṃ
Na hi jātu gabbhaseyyaṃ puna reti'ti

Etena Sacca vajjena - sotthite hotu sabbadā !!! (3 times)

MAHAKASSAPATTHERA BOJJHANGA SUTTA

Evaṃ me suttaṃ: ekaṃ samayaṃ bhagavā rājagahe viharati
veḷuvane kalandakanivāpe. Tena kho pana samayena āyasmā
mahākassapo pippaliguhāyaṃ viharati ābādhiko dukkhito
bāḥgilāno. Atha kho bhagavā sāyanhasamayaṃ paṭisallānā
vuṭṭhito yenāyasmā mahākassapo tenupasaṅkami;
upasaṅkamtivā paññatte āsane nisīdi. Nisajja kho bhagavā
āyasmantaṃ mahākassapaṃ etadavoca:

“Kacci te, kassapa, khamaniyaṃ kacci yāpaniyaṃ? Kacci
dukkhā vedanā paṭikkamanti, no abhikkamanti;
paṭikkamosānaṃ paññāyati, no abhikkamo”ti?

“Na me, bhante, khamaniyaṃ, na yāpaniyaṃ. Bālhā me dukkhā vedanā abhikkamanti, no paṭikkamanti; abhikkamosānaṃ paññāyati, no paṭikkamo”ti.

“Sattime, kassapa, bojjhaṅgā mayā sammadakkhātā bhāvitā bahulikatā abhiññāya sambodhāya nibbānāya saṃvattanti.

Katame satta?

Sati sambojjhaṅgo kho, kassapa, mayā sammadakkhāto bhāvito bahulikato abhiññāya sambodhāya nibbānāya saṃvattati

Dhammavicaya sambojjhaṅgo kho, kassapa, mayā sammadakkhāto bhāvito bahulikato abhiññāya sambodhāya nibbānāya saṃvattati

Viriya sambojjhaṅgo kho, kassapa, mayā sammadakkhāto bhāvito bahulikato abhiññāya sambodhāya nibbānāya saṃvattati

Pīti sambojjhaṅgo kho, kassapa, mayā sammadakkhāto bhāvito bahulikato abhiññāya sambodhāya nibbānāya saṃvattati

Passaddhi sambojjhaṅgo kho, kassapa, mayā sammadakkhāto bhāvito bahulikato abhiññāya sambodhāya nibbānāya saṃvattati

Samādhi sambojjhaṅgo kho, kassapa, mayā sammadakkhāto
bhāvito bahulīkato abhiññāya sambodhāya nibbānāya
saṃvattati

Upekkhā sambojjhaṅgo kho, kassapa, mayā sammadakkhāto
bhāvito bahulīkato abhiññāya sambodhāya nibbānāya
saṃvattati.

Ime kho, kassapa, satta bojjhaṅgā mayā sammadakkhātā
bhāvitā bahulīkatā abhiññāya sambodhāya nibbānāya
saṃvattanti” ti.

“Taggha, bhagava, bojjhaṅgā; taggha, sugata, bojjhaṅgā” ti.

Idamavoca bhagavā. Attamano āyasmā mahākassapo
bhagavato bhāsitaṃ abhinandi. Vuṭṭhahi cāyasmā
mahākassapo tamhā ābādhā. Tathāpahīno cāyasmato
mahākassapassa so ābādho ahoṣīti.

Etena Sacca vajjena - sabba rogo vinassatu !!! (3 times)

MAHA MOGGALLANATTHERA BOJJHANGA SUTTA

Evam me sutam: ekam samayaṃ bhagavā rājagahe viharati
veḷuvane kalandakanivāpe. Tena kho pana samayena āyasmā
mahāmoggallāno gijjhakūṭe pabbate viharati ābādhiko
dukkhito bāḷhagilāno. Atha kho bhagavā sāyanhasamayaṃ

paṭisallānā vuṭṭhito yenāyasmā mahāmoggallāno
tenupasaṅkami; upasaṅkamitvā paññatte āsane nisīdi. Nisajja
kho bhagavā āyasmantaṃ mahāmoggallānaṃ etadavoca:

“Kacci te, moggallāna, khamaniyaṃ kacci yāpaniyaṃ? Kacci
dukkhā vedanā paṭikkamanti, no abhikkamanti;
paṭikkamosānaṃ paññāyati, no abhikkamo”ti?

“Na me, bhante, khamaniyaṃ, na yāpaniyaṃ. Bāḷhā me
dukkhā vedanā abhikkamanti, no paṭikkamanti;
abhikkamosānaṃ paññāyati, no paṭikkamo”ti.

“Sattime, moggallāna, boj्jhaṅgā mayā sammadakkhātā
bhāvitā bahulīkatā abhiññāya sambodhāya nibbānāya
saṃvattanti.

Katame satta?

Sati samboj्jhaṅgo kho, moggallāna, mayā sammadakkhāto
bhāvito bahulīkato abhiññāya sambodhāya nibbānāya
saṃvattati

Dhammavicaya samboj्jhaṅgo kho, moggallāna, mayā
sammadakkhāto bhāvito bahulīkato abhiññāya sambodhāya
nibbānāya saṃvattati

Viriya samboj्jhaṅgo kho, moggallāna, mayā sammadakkhāto
bhāvito bahulīkato abhiññāya sambodhāya nibbānāya
saṃvattati

Pīti sambojjhaṅgo kho, moggallāna, mayā sammadakkhāto
bhāvito bahulīkato abhiññāya sambodhāya nibbānāya
saṃvattati

Passaddhi sambojjhaṅgo kho, moggallāna, mayā
sammadakkhāto bhāvito bahulīkato abhiññāya sambodhāya
nibbānāya saṃvattati

Samādhi sambojjhaṅgo kho, moggallāna, mayā
sammadakkhāto bhāvito bahulīkato abhiññāya sambodhāya
nibbānāya saṃvattati

Upekkhā sambojjhaṅgo kho, moggallāna, mayā
sammadakkhāto bhāvito bahulīkato abhiññāya sambodhāya
nibbānāya saṃvattati.

Ime kho, moggallāna, satta bojjhaṅgā mayā sammadakkhātā
bhāvitā bahulīkatā abhiññāya sambodhāya nibbānāya
saṃvattanti” ti.

“Taggha, bhagava , bojjhaṅgā; taggha, sugata, bojjhaṅgā” ti.

Idamavoca bhagavā. Attamano āyasmā mahāmoggallāno
bhagavato bhāsitaṃ abhinandi. Vuṭṭhahi cāyasmā
mahāmoggallāno tamhā ābādha. Tathāpahīno cāyasmato
mahāmoggallānassa so ābādho ahoṣīti.

Etena Sacca vajjena - sabba rogo vinassatu !!! (3 times)

MAHACUNDATTHERA BOJJHANGA SUTTA

Evam me sutam: ekam samayam bhagava rajagahe viharati
veluvane kalandakanivape. Tena kho pana samayena
bhagava abadhiko hoti dukkhito balhagilano. Atha kho
ayasma mahacundo yena bhagava tenupasankami;
upasankamitva bhagavantam abhivadetva ekamantam nisidi.
Ekamantam nisinnam kho aysmantam mahacundam
bhagava etadavoca:

“Paṭibhantu taṃ, cunda, bojjhaṅgā” ti.

“Sattime, bhante, bojjhaṅgā bhagavatā sammadakkhātā
bhāvitā bahulikātā abhiññāya sambodhāya nibbānāya
saṃvattanti.

Katame satta?

Sati sambojjhaṅgo kho, bhante, bhagavatā sammadakkhāto
bhāvito bahulikato abhiññāya sambodhāya nibbānāya
saṃvattati

Dhammavicaya sambojjhaṅgo kho, bhante, bhagavatā
sammadakkhāto bhāvito bahulikato abhiññāya sambodhāya
nibbānāya saṃvattati

Viriya sambojjhaṅgo kho, bhante, bhagavatā sammadakkhāto bhāvito bahulīkato abhiññāya sambodhāya nibbānāya saṃvattati

Pīti sambojjhaṅgo kho, bhante, bhagavatā sammadakkhāto bhāvito bahulīkato abhiññāya sambodhāya nibbānāya saṃvattati

Passaddhi sambojjhaṅgo kho, bhante, bhagavatā sammadakkhāto bhāvito bahulīkato abhiññāya sambodhāya nibbānāya saṃvattati

Samādhi sambojjhaṅgo kho, bhante, bhagavatā sammadakkhāto bhāvito bahulīkato abhiññāya sambodhāya nibbānāya saṃvattati

Upekkhā sambojjhaṅgo kho, bhante, bhagavatā sammadakkhāto bhāvito bahulīkato abhiññāya sambodhāya nibbānāya saṃvattati.

Ime kho, bhante, satta bojjhaṅgā bhagavatā sammadakkhātā bhāvitā bahulīkatā abhiññāya sambodhāya nibbānāya saṃvattanti” ti.

“Taggha, cunda, bojjhaṅgā; taggha, cunda, bojjhaṅgā” ti.

Idamavocāyasmā cundo. Samanuñño satthā ahosi. Vuṭṭhahi ca bhagavā tamhā ābādhā. Tathāpahīno ca bhagavato so ābādho ahosīti.

Etena Sacca vajjena - sabba rogo vinassatu !!! (3 times)

GIRIMĀNANDASUTTA

Evam me sutam: ekam samayaṃ bhagavā sāvattiyam viharati jetavane anāthapiṇḍikassa ārāme. Tena kho pana samayena āyasmā girimānando ābādhiko hoti dukkhito bāḥgilāno. Atha kho āyasmā ānando yena bhagavā tenupasaṅkami; upasaṅkamitvā bhagavantam abhivādetvā ekamantaṃ nisīdi. Ekamantaṃ nisīno kho āyasmā ānando bhagavantam etadavoca:

“Āyasmā, bhante, girimānando ābādhiko hoti dukkhito bāḥgilāno. Sādhu, bhante, bhagavā yenāyasmā girimānando tenupasaṅkamatu anukampaṃ upādāyā”ti.

“Sace kho tvam, ānanda, girimānandassa bhikkhuno dasa saññā bhāseyyāsi, tṥānaṃ kho panetaṃ vijjati yaṃ girimānandassa bhikkhuno dasa saññā sutvā so ābādhō tṥānaso paṭippassambheyya.

Katamā dasa?

Aniccaaññā, anattaññā, asubhaaññā, ādinavaaññā, pahānaaññā, virāgasaññā, nirodhasaññā, sabbaloke anabhirataaññā, sabbasaṅkhāresu anicchāaññā, ānāpānassati.

Katamā cānanda, aniccasaññā?

Idhānanda, bhikkhu araññagato vā rukkhamūlagato vā suññāgāragato vā iti paṭisañcikkhati: ‘rūpaṃ aniccaṃ, vedanā aniccā, saññā aniccā, saṅkhārā aniccā, viññāṇaṃ aniccan’ti. Iti imesu pañcasu upādānakkhandhesu aniccānupassī viharati.

Ayaṃ vuccatānanda, aniccasaññā.

Katamā cānanda, anattasaññā?

Idhānanda, bhikkhu araññagato vā rukkhamūlagato vā suññāgāragato vā iti paṭisañcikkhati: ‘cakkhuṃ anattā, rūpaṃ anattā, sotaṃ anattā, saddā anattā, ghānaṃ anattā, gandhā anattā, jivhā anattā, rasā anattā, kāyo anattā, phoṭṭhabbā anattā, mano anattā, dhammā anattā’ti. Iti imesu chasu ajjhattika-bāhiresu āyatanesu anattānupassī viharati.

Ayaṃ vuccatānanda, anattasaññā.

Katamā cānanda, asubhasaññā?

Idhānanda, bhikkhu imameva kāyaṃ uddhaṃ pādatalā adho kesamatthakā tacapariyantaṃ pūraṃ nānāppakārassa asucino paccavekkhati: ‘atthi imasmimṃ kāye kesā lomā nakhā dantā taco, maṃsaṃ nahāru aṭṭhi aṭṭhimiñjā vakkhaṃ, hadayaṃ yakanāṃ kilomakāṃ pihakāṃ papphāsaṃ, antaṃ antagaṇaṃ udariyaṃ karisaṃ, pittaṃ semhaṃ pubbo lohitaṃ sedo medo, assu vasā kheḷo siṅghāṇikā lasikā muttan’ti. Iti imasmimṃ kāye asubhānupassī viharati.

Ayaṃ vuccatānanda, asubhasañña.

Katamā cānanda, ādinavasañña?

Idhānanda, bhikkhu araññaḡato vā rukkhamaūlagato vā
suññaḡāragato vā iti paṭisañcikkhati: ‘bahudukkho kho ayaṃ
kāyo bahuādinavo. Iti imasmiṃ kāye vividhā ābādhā
uppajjanti, seyyathidaṃ—cakkhurogo sotarogo ghānarogo
jivhārogo kāyarogo sīsarogo kaṇṇarogo mukharogo
dantarogo kāso sāso pināso ḡāho jaro kucchirogo mucchā
pakkhandikā sūlā visūcikā kuṭṭhaṃ gaṇḡo kilāso soso
apamāro daddu kaṇḡu kacchu rakhasā vitacchikā lohitaṃ
pittaṃ madhumeho aṃsā piḡakā bhagandalā pittasamuṭṭhānā
ābādhā semhasamuṭṭhānā ābādhā vātasamuṭṭhānā ābādhā
sannipātikā ābādhā utupariṇāmajā ābādhā visamaparihārajā
ābādhā opakkamikā ābādhā kammavipākajā ābādhā sītaṃ
uṇhaṃ jighacchā pipāsā uccāro passāvo’ti. Iti imasmiṃ kāye
ādinavānupassī viharati.

Ayaṃ vuccatānanda, ādinavasañña.

Katamā cānanda, pahānasañña?

Idhānanda, bhikkhu uppannaṃ kāmavitakkaṃ nādhivāseti,
pajahati, vinodeti, byantikaroti, anabhāvaṃ gameti.
Uppannaṃ byāpādavitakkaṃ nādhivāseti, pajahati, vinodeti,
byantikaroti, anabhāvaṃ gameti. Uppannaṃ
vihimsāvitakkaṃ nādhivāseti, pajahati, vinodeti, byantikaroti,
anabhāvaṃ gameti. Uppannuppanne pāpake akusale

dhamme nādhivāseti, pajahati, vinodeti, byantikaroti,
anabhāvaṃ gameti.

Ayaṃ vuccatānanda, pahānasaññā.

Katamā cānanda, virāgasaññā?

Idhānanda, bhikkhu araññagato vā rukkhamūlagato vā
suññāgāragato vā iti paṭisañcikkhati: 'etaṃ santaṃ etaṃ
paṇītaṃ yadidaṃ sabbasañkhārasamatho
sabbūpadhippaṭinissaggo taṇhākkhayo virāgo nibbānan'ti.

Ayaṃ vuccatānanda, virāgasaññā.

Katamā cānanda, nirodhasaññā?

Idhānanda, bhikkhu araññagato vā rukkhamūlagato vā
suññāgāragato vā iti paṭisañcikkhati: 'etaṃ santaṃ etaṃ
paṇītaṃ yadidaṃ sabbasañkhārasamatho
sabbūpadhippaṭinissaggo taṇhākkhayo nirodho nibbānan'ti.

Ayaṃ vuccatānanda, nirodhasaññā.

Katamā cānanda, sabbaloke anabhiratasaññā?

Idhānanda, bhikkhu ye loke upāyupādānā cetaso adhiṭṭhānā-
bhinivesānusayā, te pajahanto viharati na upādiyanto.

Ayaṃ vuccatānanda, sabbaloke anabhiratasaññā.

Katamā cānanda, sabbasañkhāresu anicchāsaññā?

Idhānanda, bhikkhu sabbasaṅkhāresu aṭṭiyati harāyati
jigucchati.

Ayaṃ vuccatānanda, sabbasaṅkhāresu anicchasaññā.

Katamā cānanda, ānāpānassati?

Idhānanda, bhikkhu araññagato vā rukkhamūlagato vā
suññāgāragato vā nisīdati pallaṅkaṃ ābhujitvā ujum kāyaṃ
paṇidhāya parimukhaṃ satim upaṭṭhapetvā. So satova
assasati satova passasati.

Dīghaṃ vā assasanto 'dīghaṃ assasāmī'ti pajānāti.

Dīghaṃ vā passasanto 'dīghaṃ passasāmī'ti pajānāti.

Rassaṃ vā assasanto 'rassaṃ assasāmī'ti pajānāti.

Rassaṃ vā passasanto 'rassaṃ passasāmī'ti pajānāti.

Sabbakāya-paṭisaṃvedī assasissāmī'ti sikkhati.

Sabbakāya-paṭisaṃvedī passasissāmī'ti sikkhati.

Passambhayaṃ kāyasaṅkhāraṃ assasissāmī'ti sikkhati.

Passambhayaṃ kāyasaṅkhāraṃ passasissāmī'ti sikkhati.

Pītipaṭisaṃvedī assasissāmī'ti sikkhati.

Pītipaṭisaṃvedī passasissāmī'ti sikkhati.

Sukhapaṭisaṃvedī assasissāmī'ti sikkhati.

Sukhapaṭisaṃvedī passasissāmī'ti sikkhati.

Citta-saṅkhāra-paṭisaṃvedī assasissāmī'ti sikkhati.

Citta-saṅkhāra-paṭisaṃvedī passasissāmī'ti sikkhati.

Passambhayaṃ cittasaṅkhāraṃ assasissāmī'ti sikkhati.

Passambhayaṃ cittasaṅkhāraṃ passasissāmī'ti sikkhati.

Citta-paṭisaṃvedī assasissāmī'ti sikkhati.

Citta-paṭisaṃvedī passasissāmī'ti sikkhati.

Abhippamodayaṃ cittaṃ assasissāmī'ti sikkhati

Abhippamodayaṃ cittaṃ passasissāmī'ti sikkhati

Samādahaṃ cittaṃ assasissāmī'ti sikkhati

Samādahaṃ cittaṃ passasissāmī'ti sikkhati

Vimocayaṃ cittaṃ assasissāmī'ti sikkhati

Vimocayaṃ cittaṃ passasissāmī'ti sikkhati

Aniccānupassī assasissāmī'ti sikkhati

Aniccānupassī passasissāmī'ti sikkhati

Virāgānupassī assasissāmī'ti sikkhati

Virāgānupassī passasissāmī'ti sikkhati

Nirodhānupassī assasissāmī'ti sikkhati

Nirodhānupassī passasissāmī'ti sikkhati

Paṭinissaggānupassī assasissāmī'ti sikkhati.

Paṭinissaggānupassī passasissāmī'ti sikkhati.

Ayaṃ vuccatānanda, ānāpānassati.

Sace kho tvaṃ, ānanda, girimānandassa bhikkhuno
upasamkamitvā imā dasa saññā bhāseyyāsi, ṭhānaṃ kho
panetaṃ vijjati yaṃ girimānandassa bhikkhuno imā dasa
saññā sutvā so ābādho ṭhānaso paṭippassambheyyā”ti.

Atha kho āyasmā ānando bhagavato santike imā dasa saññā
uggahetvā yenāyasmā girimānando tenupasaṅkami;
upasaṅkamitvā āyasmato girimānandassa imā dasa saññā
abhāsi.

Atha kho āyasmato girimānandassa dasa saññā sutvā so
ābādho ṭhānaso paṭippassambhi. Vuṭṭhahi cāyasmā
girimānando tamhā ābādhā. Tathā pahīno ca panāyasmato
girimānandassa so ābādho ahoṣīti.

Etena Sacca vajjena - sabba rogo vinassatu !!! (3 times)

ATAWISI PIRITHA

Tanhankaro mahāvīro	–	Medhankaro mahāyaso
Saranankaro lokahito	–	Dīpankaro jutindharo
Kondañño jana pāmokkho	–	Mangalo puri sāsabho
Sumano Sumano dhīro	–	Revato rati vaddhano
Sobhito guna sampanno	–	Anomadassī januttamo
Padumo loka pajjoto	–	Nārado vara sārathī

Padumuttaro satta sāro	–	Sumedho agga puggalo
Sujāto sabba lokaggo	–	Piyadassī narāsabho
Atthadassī kāruniko	–	Dhammadassī tamo nudo
Siddhattho asamo loke	–	Tisso varada samvaro
Phusso varada sambuddho	–	Vipassī ca anūpamo
Sikhī sabba hito satthā	–	Vessabhū sukha dāyako
Kakusandho sattha vāho	–	Konāgamano ranañjaho
Kassapo siri sampanno	–	Gotamo sākya pungavo
Tesam saccane sīlena	–	khanti metta balena ca
Tepi me/tvaṃ anurakkhantu	–	ārogyena sukkena cā'ti

JAYA PIRITHA

Siri dithi mathi tejo

Jayasiddhi mahiddhi mahāgunaṃ

Aparimita puññādhikārassa

Sabbantarāya nivāraṇa samattassa

Bhagavato arahato sammā sambuddhassa

Dvattiṅsa mahā purisā lakkhanānu-bhāvena

Asīthyānu-byañjana lakkhanānu-bhāvena

Aṭṭhuttara sata mangala lakkhanānu-bhāvena

Cabbanna ransyānu-bhāvena

Ketumālānu-bhāvena

Dasa pāramitānu-bhāvena

Dasa upa pāramitānu-bhāvena

Dasa paramattha pāramitānu-bhāvena

Sīla samādhi paññānu-bhāvena

Buddhānu-bhāvena

Dhammānu-bhāvena

Sanghānu-bhāvena

Tejānu-bhāvena

Idyānu-bhāvena

Balānu-bhāvena

Neyyadhammānu-bhāvena

Caturāsīti sahassa dhammakkhandhānu-bhāvena

Navalokuttara dhammānu-bhāvena

Aṭṭhangika maggānu-bhāvena

Aṭṭha samāpatyānu-bhāvena

Chalabhiññānu-bhāvena

Mettā karunā muditā upekkhānu-bhāvena

Sabba pāramitānu-bhāvena

Ratanattaya saranānu-bhāvena

Tuyham sabba roga soka upaddava dukkha

Domanassupāyāsa vinassantu

Sabba sankappā tuyham Samijjhantu

Dīghā yukho hotu satavassa

Jivena samangiko hotu sabbadā

Ākāsa pabbata vana bhumi
Tatāka gangā mahā samudda ārakkhaka devatā
Sadā tumhe anurakkhantu

Sabba buddhānu-bhāvena
Sabba dhammānu-bhāvena
Sabba sanghānu-bhāvena

Buddha ratanaṃ
Dhamma ratanaṃ
Sangha ratanaṃ
Tinnaṃ ratanānaṃ ānubhāvena

Caturāsīti sahassa dhammakkhandhānu-bhāvena
Pitakattayānu-bhāvena
Jinasāvakānu-bhāvena

Sabbe te rogā
Sabbe te bhayā
Sabbe te antarāyā
Sabbe te upaddavā
Sabbe te dunnimittā
Sabbe te avamangalā vinassantu

Āyu vaḍḍhako dhana vaḍḍhako
siri vaḍḍhako yasa vaḍḍhako
bala vaḍḍhako vanna vaḍḍhako
sukha vaḍḍhako hotu sabbadā

Dukkha rôga bhayā verā
 Sokā sabbe upaddavā
 Anekā antarā yāpi
 Vinassantu ca tejasā
 Jaya siddhi dhanan lābham
 Sotthi bhāgyam sukham balam
 Siri āyu ca vanna ca
 Bhogam vuddhī ca yasa vā
 Sata vassā ca āyu ca
 Jivasiddhī bhavantu te.

JINA PANJARA GATHA

Jayāsanāgatā Veera	-	Jetvā Māram savāhinim,
Catu-saccā matarasam	-	Ye pivinsu narāsabhā
Tanhankarādayo Buddhā	-	Aṭṭha-vīsati nāyakā,
Sabbe Patiṭṭhitā tuyham	-	Matthake te munissarā
Sire patiṭṭhitā Buddhā	-	dhammo ca tavalocane,
Sangho patiṭṭhito tuyham	-	Ure sabba-gunākaro
Hadaye Anuruddho ca	-	Sāriputto ca dakkhine,
Kondañño piṭṭhi-bhāgasmim	-	Moggallāno ca vāmake
Dakkhine savane tuyham	-	Āhum Ānanda-Rāhulā,
Kassapo ca Mahānāmo	-	Ubhosum vāma-sotake

Kesante piṭṭhi-bhāgasmim Nisinno siri-sampanno	- Suriyo viya pabhaṅkaro, - Sobhito muni-pungavo
Kumāra-kassapo nāma So tuyham vadane	- Mahesi citta-vādako, - niccaṃ Patitṭhāsi gunākaro
Punno Angulimālo ca Therā Pancha ime jātā	- Upālī Nanda-Sivalī, - Lalāte tilakā tawa
Sesāsiti mahātherā Jalantā sila-tejena	- Vijitā jina-sāvakā, - Angamangesu sanṭhitā
Ratanaṃ purato āsi Dhajaggaṃ pacchato āsi	- Dakkhine Metta-suttakaṃ, - Vāme Angulimālakaṃ
Khandha-Mora-parittaṅca Ākāsaccha dhanam āsi	- Āṭānāṭiya-suttakaṃ, - Sesā pākāra-saññitā
Jinānābala-saṃyutte Vāsato te catukiccena	- dhamma-pākāra-lankate, - Sadā Sambuddha-panjare
vātapittādi-sanjātā Asesā vilayaṃ yantu	- Bāhirajjhatt'upaddavā - Ananta-guna-tejasā,
Jina-panjara-majjhaṭṭham Sadā pārentu tvaṃ sabbe	- Viharantaṃ mahitale, - Te mahā-purisāsabhā
Icevamanta kato surakkho Jinānubhāvena jitupapaddavo	

Buddhānu-bhavena hatārisangho
Carāhi Saddhammanu-bhāva-pālito

Icevamanta kato surakkho
Jinānubhāvena jitupapaddavo,
Dhammānu-bhāvena hatārisangho
Carāhi Saddhammānubhāva-pālito

Icevamanta kato surakkho
Jinānubhāvena jitūpapaddavo
Sanghānubhāvena hatārisangho
Carāhi Saddhammānubhāva-pālito

Saddhamma pākāra parikkhitosi
Aṭṭhāriya Aṭṭha disāsu honti
Etthantare Aṭṭha nāthā bhavanti
Uddhaṃ vitānam va jinā ṭhitā te

Bhindanto mārasenaṃ tawasirasi ṭhito
Bodhi māruhya satthā Moggallānosi
Vāme vasati bhujataṭe dakkhine sārīputto
Dhammo majjhe urasmim viharati bhavato
Mokkhato morayonim sampatto
Bodhisatto caraṇayugagato bhānulokeka nātho

Sabbāva mangala mupaddawa dunnimittam
Sabbītiroga gahadosa masesa nindā
Sabbantarāya bhaya dussupinaṃ akantaṃ
Buddhānubhāva pavarena payātu nāsaṃ

Sabbāva mangala mupaddawa dunnimittam
Sabbītiroga gahadosa masesa nindā
Sabbantarāya bhaya dussupinam akantam
dhammānubhāva pavarena payātu nāsam

Sabbāva mangala mupaddawa dunnimittam
Sabbītiroga gahadosa masesa nindā
Sabbantarāya bhaya dussupinam akantam
Sanghānubhāva pavarena payātu nāsam

Yam dunnimittam avamangalam ca
Yo cā manāpo sakunassasaddho
Pāpaggaho dussupinam akantam
Buddhānu-bhāvena vināsamentu

Yam dunnimittam avamangalam ca
Yo cā manāpo sakunassasaddho
Pāpaggaho dussupinam akantam
Dhammānu-bhāvena vināsamentu

Yam dunnimittam avamangalam ca
Yo cā manāpo sakunassasaddho
Pāpaggaho dussupinam akantam
Sanghānu-bhāvena vināsamentu

Dukkhappattā ca niddukkhā
Bhayappattā ca nibbhayā
Sokappattā ca nissokā
Hontu sabbepi pānino.

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ;
Sabbe devā'anumodantu
Sabba-sampatti-siddhiyā.

Dānam dadantu saddhāya
Sīlam rakkhantu sabbadā
Bhāvana-bhirata hontu
Gacchantu devatā' gatā.

Sabbe Buddhā balappattā
Paccekaṇaṃ yaṃ balaṃ
Arahantaṇaṃ tejena
Rakkhaṃ bandhāmi sabbaso.

Nakkhatta yakkha bhūtānaṃ
Pāpaggaha nivāranā
Parittassānu bhāvena
Hantu tesāṃ upaddave

Ākāsaṭṭha ca bhummaṭṭhā
Devā nāgā mahiddhigā
Puññantam anumoditvā
Ciraṃ rakkhantu loka sāsanaṃ

Devo vassatu kālena
Sassa-sampatti hotu
Pītu bhavatu loko ca
Rājā bhavatu dhammiko.

Sharing of merits

Idam me ñātinam hotu
sukhitā hontu ñātayo

Ākāsatthā ca bhummatthā
Devā Nāgā Mahiddhikā
puññaṃ taṃ anumoditvā
ciraṃ rakkhantu lōkasāsanam

Ettāvatā ca amhehi
sambhatam puñña sampadam
Sabbe devā anumodantu
Sabbe bhūtā anumodantu
Sabbe sattā anumodantu
Sabba sampatti siddhiyā