

Upasatha Sangha Chants and Recitations
Bodhi College 2022

O Bell Dedication of Offerings

Chant/recite together: (leader chants words in brackets)

(Yo so) bhagavā araham sammāsambuddho

To the blessed and noble one, who fully attained perfect enlightenment

Svākkhāto yena bhagavāta dhammo

To the teaching which he expounded so well,

Supatipanno yassa bhagavato sāvakasangho

And to the blessed one's disciples who have practised well,

Tammāyam bhagavantam sadhammam sasangham

To these - the Buddha, the Dhamma and the Sangha -

Imehi sakkārehi yathāraham āropitehi abhīpūjayāma

We render with offerings our rightful homage.

Sādhū no bhante bhagavā sucira-parinibbutopi

It is well for us that the blessed one, having attained liberation

Pacchimā-janātānūkampa-mānasā

Still had compassion for later generations.

Ime sakkāre duggata-pannākārābhūte patiggaṇhātu

May these simple offerings be accepted

Amhākam dīgharattam hitāya sukhāya

For our long-lasting benefit and for the happiness it gives us.

(Araham) sammāsambuddho bhagavā

The noble, the perfectly enlightened and blessed one

Buddham bhagavantam abhivādemī

I render homage to the Buddha, the blessed one. (Bow)

(Svākkhāto) bhagavatā dhammo

The teaching so completely explained by him,

Dhammam namassāmi

I bow to the Dhamma. (Bow)

(Supatipanno) bhagavato sāvakasaṅgho

The blessed one's disciples who have practised well –

Saṅgham namāmi

I bow to the Sangha. (Bow)

O Bell Leader's welcome, dedications

O Bell Reflection and forgiveness

Leader: Not to engage in unwholesome acts, to cultivate what is wholesome, the purification of one's own heart: this is the teaching of all Awakened ones.

Moment of silence

O Bell

Recite together:

We acknowledge that through carelessness, confusion or ignorance we have caused harm to others and to ourselves with our actions, words and thoughts, and with things we have left undone.

We seek and offer forgiveness and renew our commitment to cultivating harmlessness, generosity, kindness and wisdom.

O Bell Refuges, Precepts and Bodhisattva vow

Chant and recite together:

Namo tassa bhāgavato arahato sammāsambuddhassa x 3

Homage to the Blessed, Noble and Perfectly Enlightened One x 3

Buddham saranam gacchāmi

Dhammam saranam gacchāmi

Saṅgham saranam gacchāmi

Dutiyampi Buddham saranam gacchāmi

Dutiyampi Dhammam saranam gacchāmi

Dutiyampi Saṅgham saranam gacchāmi

Tatiyampi Buddham saranam gacchāmi

Tatiyampi Dhammam saranam gacchāmi

Tatiyampi Saṅgham saranam gacchāmi

*[I go to the Awakened One for Refuge I go to his Teaching for Refuge
I go to his community for Refuge...For a second time...a third time...]*

The Five Precepts (*chant Pali, recite English*)

1. Pānatipātā verāmanī sikkhāpadam sāmādiyāmi
I undertake the training to refrain from intentionally taking the life of any living being.
2. Adinnādānā verāmanī sikkhāpadam sāmādiyāmi
I undertake the training to refrain from taking that which is not given.
3. Kāmesu micchāchārā verāmanī sikkhāpadam sāmādiyāmi
I undertake the training to refrain from misuse of sexuality and the senses.
4. Musāvādā verāmanī sikkhāpadam sāmādiyāmi
I undertake the training to refrain from false and harmful speech.
5. Surāmeraya-majja-pamādatthānā verāmanī sikkhāpadam sāmādiyāmi
I undertake the training to refrain from intoxication which leads to carelessness.

These five trainings are a cause for happiness, a cause for wellbeing, and a cause for peace. For the benefit of all beings, I undertake them.

All: Sādhu sādhu sādhu [*it is well*]

O Bell Bodhisattva vows

Leader: Let us recite the Bodhisattva Vows together

All: Countless beings suffer. I vow to liberate them all.
Afflictions are inexhaustible, I vow to transform them all.
Skilful means are endless. I vow to cultivate them all.
Full Awakening is unsurpassed. I vow to realise it.

Silent sitting practice

O Bell Dedication of merit/sharing of blessings

Leader: Let us offer the benefits generated by our practice together and dedicate them to the wellbeing and liberation of all beings.

All: May all beings everywhere be happy, healthy, and safe.
Whether they are big or small, weak or strong - may they be free from suffering and the causes of suffering.
May all people take good care of themselves and live in kindness, in harmony and in joy.
May all obscurations and distortions fall away and may wisdom and love abound.
May we all walk the path of awakening and realize true freedom.
May all beings find true peace and safety.