

ONE WORLD. ONE TIMING. ONE PRAYER.

Chanting of Ratana Sutta & Guided
Loving kindness Meditation with
Bhante Indarathana

Every Saturday on Facebook Live

**Facebook.com/santussako/
6.30pm Sri Lanka time
9.00pm Malaysia time**



**May the world be free from Covid -19.
May all beings be safe, healthy, happy and peaceful.**

Evening Chanting Guide

During Covid-19

Compiled by Bhante Indarathana

The Ratana Sutta

The Ratana Sutta is chanted daily throughout the Buddhist countries. It explains the great qualities of the Buddha, the Dhamma - his teachings, and the Sangha - his enlightened disciples. Ratana Sutta evokes the power of truth with virtues of the Triple Gem to generate blessings.

It was originally taught to the Venerable Ananda as a protective recitation when there were several disasters happening in the city of Vesali during Buddha's time. When the town of Vesali was being plagued by disease and other disasters, Ratana Sutta was chanted to dispel the disease and to bring back normalcy.

Therefore, we now chant this Sutta for its miraculous protective powers to ease the difficult situation caused by this Covid-19 pandemic. Chanting and meditation also help us to reduce anxiety, fear and stress, and to remain calm and peaceful during this time of uncertainty.

- Light a candle and place on the altar in your home and chant these verses every day at 9.00pm with your family (Page 7).
- Radiate metta (loving-kindness) towards oneself and others for 20 minutes with loving-kindness phrases (Page 19).

May the world be free from the Covid-19 pandemic soonest possible...!

1. Salutation to the Buddha

Namo Tassa Bhagavato Arahato Sammā Sambuddhassa (recite three times)

Homage to Him. The Blessed One. The Exalted One.

The Fully Enlightened One.

2. The three refuges

Buddhaṃ saraṇaṃ gacchāmi

Dhammaṃ saraṇaṃ gacchāmi

Saṅghaṃ saraṇaṃ gacchāmi

I go to the Buddha as my refuge

I go to the Dhamma as my refuge

I go to the Saṅgha as my refuge

Dutiyampi Buddhaṃ saraṇaṃ gacchāmi

Dutiyampi Dhammaṃ saraṇaṃ gacchāmi

Dutiyampi Saṅghaṃ saraṇaṃ gacchāmi

For the second time, I go to the Buddha as my refuge

For the second time, I go to the Dhamma as my refuge

For the second time, I go to the Saṅgha as my refuge

Tatiyampi Buddhaṃ saraṇaṃ gacchāmi

Tatiyampi Dhammaṃ saraṇaṃ gacchāmi

Tatiyampi Saṅghaṃ saraṇaṃ gacchāmi

For the third time, I go to the Buddha as my refuge

For the third time, I go to the Dhamma as my refuge

For the third time, I go to the Saṅgha as my refuge.

3. The five precepts

Pānātipātā veramaṇī sikkhāpadaṃ samādiyāmi

Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi

Kāmesu micchācārā veramaṇī sikkhāpadaṃ samādiyāmi

Musāvādā veramaṇī sikkhāpadaṃ samādiyāmi

Surā-meraya-majja-pamādaṭṭhānā veramaṇī sikkhāpadaṃ samādiyāmi

I undertake to observe the precept to abstain from destroying living beings.

I undertake to observe the precept to abstain from taking things not given.

I undertake to observe the precept to abstain from sexual misconduct.

I undertake to observe the precept to abstain from false speech.

I undertake to observe the precept to abstain from liquor causing intoxication and heedlessness.

4. Recollection of the Buddha

Iti pi so Bhagavā Arahaṃ Sammā-sambuddho

Vijjā-caraṇa Sampanno Sugato Lokavidū

Anuttaro Purisa-damma-sārathi

Satthā deva-manussānaṃ Buddho Bhagavā ti

Thus indeed is the Blessed One: He is the Holy One, fully enlightened, endowed with clear vision and virtuous conduct, sublime, the knower of the worlds, the incomparable leader of men to be tamed, the teacher of Gods and men, enlightened and blessed.

5. Recollection of the Dhamma

Svākkhāto Bhagavatā Dhammo

Sandiṭṭhiko Akāliko

Ehi-passiko Opanayiko

Paccattaṃ Veditabbo viññūhī ti

The Dhamma of the Blessed One is perfectly expounded, to be seen here and now, not delayed in time, inviting one to come and see, onward leading (to Nibbāna), to be known by the wise, each for himself.

6. Recollection of the Saṅgha

Supaṭipanno Bhagavato sāvaka-saṅgho

Ujupaṭipanno Bhagavato sāvaka-saṅgho

Ñāyapaṭipanno Bhagavato sāvaka-saṅgho

Sāmīcipaṭipanno Bhagavato sāvaka-saṅgho

Yadidaṃ cattāri purisayugāni ~ aṭṭha purisa-puggalā,

Esa Bhagavato sāvaka-saṅgho ~ Āhuṇeyyo, pāhuṇeyyo,

dakkhiṇeyyo, Añjalikaraṇīyo

anuttaraṃ puññākhettaṃ lokassā ti

The Saṅgha of the Blessed One's disciples has entered on the correct way; The Saṅgha of the Blessed One's disciples has entered on the straightway; The Saṅgha of the Blessed One's disciples has entered on the right path; The Saṅgha of the Blessed One's disciples has entered on the proper way; That is to say, the Four Pairs of Men, the Eight Types of Persons; The Saṅgha of the Blessed One's disciples is fit for gifts, fit for hospitality, fit for offerings and fit for reverential salutation as the incomparable field of merits for the world.

7. Invitation to the Devas

Samantā cakkavāḷesu - Atr'āgacchantu devatā.

Saddhammaṃ muni-rājassa - Suṇantu sagga-mokkhadaṃ.

Dhammassavana-kālo ayam-bhadantā.

Dhammassavana-kālo ayam-bhadantā.

Dhammassavana-kālo ayam-bhadantā.

From all around the galaxies, may the devas come here. May they listen to the True Dhamma of the King of Sages, leading to heaven & emancipation. This is the time to listen to the Dhamma, Venerable ones.

8. Ratana Sutta (The Jewel Discourse)

Yānīdha bhūtāni samāgatāni

Bhummāni vā yā niva antaḷikkhe

Sabbeva bhūtā sumanā bhavantu

Athopi sakkacca sunantu bhāsitaṃ

Whatever beings are assembled here, whether on the earth or in the sky, may all these beings have happy minds. Listen closely to my words.

Tasmā hi bhūtā nisāmetha sabbe

Mettaṃ karoṭṭha mānusiyaṃ pajāya

Divā ca ratto ca haranti ye balin

Tasmā hi ne rakkhatha appamattā

Pay attention all you beings. Show kindness to those humans who, by day and by night, offer much merit to you. Therefore, guard them diligently.

Yaṃ kiñci vittaṃ idha vā huraṃ vā

Saggesu vā yaṃ ratanaṃ paṇītaṃ

Na no samaṃ atthi Tathāgatena

Idampi Buddhhe ratanaṃ paṇītaṃ

Etena saccena suvatthi hotu

Whatever treasure in this world or in other worlds; or whatever precious jewel is in the heavens, none is equal to the Buddha. In the Buddha is this precious jewel. By this truth may there be well-being!

Khayaṃ virāgaṃ amataṃ paṇītaṃ

Yadajjhagā Sakyamunī samāhito

Na tena Dhammena samatthi kiñci

Idampi Dhamme ratanaṃ paṇītaṃ

Etena saccena suvatthi hotu

The calm Sakyan sage found the undefiled dispassionate, deathless, Nibbāna; there is nothing equal to that state. In the Dhamma is this precious jewel. By this truth may there be well-being!

Yaṃ Buddhasēṭṭho parivaṇṇayī sucim

Samādimānantarikaññamāhu

Samādhinā tena samo na vijjati

Idampi Dhamme ratanaṃ paṇītaṃ

Etena saccena suvatthi hotu

That purity praised by the Buddha called concentration with immediate result; that concentration has no equal. In the Dhamma is this precious jewel. By this truth may there be well-being!

Ye puggalā aṭṭha sataṃ pasatthā

Cattāri etāni yugāni honti

Te dakkhiṇeyyā Sugatassa sāvaka

Etesu dinnāni mahapphalāni

Idampi Saṅghe ratanaṃ paṇītaṃ

Etena saccena suvatthi hotu

The Eight Persons praised by the wise, these Four Pairs are the gift worthy disciples of the Well-Gone-One. Gifts given to them yield abundant fruit. In the Saṅgha is this precious jewel. By this truth may there be well-being!

Ye suppayuttā manasā daḷhena

Nikkāmino Gotama sāsanaṃhi

Te pattipattā amataṃ vigayha

Laddhā mudhā nibbutiṃ bhuñjamānā

Idampi Saṅghe ratanaṃ paṇītaṃ

Etena saccena suvatthi hotu

Those who are well trained, freed from all defilements, and with minds firm in Gotama Buddha's training, upon attaining Nibbāna, they plunge into the Deathless, freely enjoying the liberation they have gained. In the Saṅgha is this precious jewel. By this truth may there be well-being!

Yathindakhīlo paṭhavim sito siyā

Catubbhi vātebhi asampakampiyo

Tathūpamaṃ sappurisaṃ vadāmi

Yo ariyasaccāni avecca passati

Idampi Saṅghe ratanaṃ paṇītaṃ

Etena saccena suvatthi hotu

As a stone post firmly grounded in the earth, cannot be shaken by the four winds, so is the superior person, I say, who clearly sees the Noble Truths. In the Saṅgha is this precious jewel. By this truth may there be well-being!

Ye ariyasaccāni vibhāvayanti

Gambhīrapaññaṇa sudesitāni

Kiñcāpi te honti bhusappamattā

Na te bhavaṃ aṭṭhamam ādiyanti

Idam'pi Saṅghe ratanaṃ paṇītaṃ

Etena saccena suvatthi hotu

Those who comprehend the Noble Truths, well-taught by the Buddha of deep wisdom, no matter how negligent, would not take an eighth existence. In the Saṅgha is this precious jewel. By this truth may there be well-being!

Sahāva'ssa dassana sampadāya

Tayassu dhammā jahitā bhavanti

Sakkāyadiṭṭhi vicikicchitañ ca

Sīlabbatamvā'pi yadatthi kiñci

**Catūhapāyehi ca vippamutto,
 Cha cābhiṭhānāni abhabbo kātum
 Idampi Saṅghe ratanaṃ paṇītaṃ
 Etena saccena suvatthi hotu**

For one who has attained to right view, three fetters are at once abandoned: self-centred view, doubt and clinging to wrong practices. Freed from the four planes of misery, he is incapable of committing the six major wrong-doings that lead to hell. In the Saṅgha is this precious jewel. By this truth may there be well-being!

**Kiñcā'pi so kammaṃ karoti pāpakaṃ
 Kāyena vācā uda cetasā vā
 Abhabbo so tassa paṭicchādāya
 Abhabbatā diṭṭha padassa vuttā
 Idampi Saṅghe ratanaṃ paṇītaṃ
 Etena saccena suvatthi hotu**

Though he might do some evil deed by body, speech or mind, he cannot hide it; such is impossible for one who has seen the Dhamma. In the Saṅgha is this precious jewel. By this truth may there be well-being!

**Vanappagumbe yathā phussitagge
 Gimhānamāse paṭhamasmiṃ gimhe
 Tathūpamaṃ Dhamma varaṃ adesayi
 Nibbāṇagāmiṃ paramaṃ hitāya
 Idampi Buddhhe ratanaṃ paṇītaṃ
 Etena saccena suvatthi hotu**

Like woodland groves in blossom in the first heat of summer, is the sublime Dhamma taught by the Buddha leading to Nibbāna, and giving the highest happiness. In the Buddha is this precious jewel. By this truth may there be well-being!

Varo varaññū varado varāharo

Anuttaro Dhamma varaṃ adesayi

Idampi Buddhhe ratanaṃ paṇītaṃ

Etena saccena suvatthi hotu

The excellent Supreme Buddha, the knower of Supreme Nibbāna, the giver of Supreme Nibbāna, the bringer of Supreme Nibbāna, taught the excellent Dhamma. In the Buddha is this precious jewel. By this truth may there be well-being!

Khīṇaṃ purāṇaṃ navaṃ natthi sambhavaṃ

virattacittā āyatike bhavasmiṃ

Te khīṇabījā avirūḥhicchandā

Nibbanti dhīrā yathāyaṃ padīpo

Idampi Saṅghe ratanaṃ paṇītaṃ,

Etena saccena suvatthi hotu

The liberated ones, old kamma is destroyed with no new arising, their minds not drawn to future birth. Their old seeds destroyed with no more growing. The Arahants fade out just as this lamp has done. In the Saṅgha is this precious jewel. By this truth may there be well-being!

Yānīdha bhūtāni samāgatāni - Bhummaṇi vā yāniva antaḷikkhe

Tathāgataṃ devamanussa pūjitaṃ - Buddhaṃ namassāma suvatthi hotu

Whatever beings are assembled here, whether on the earth or in the sky, we respectfully worship the Buddha, honored by Gods and humans. May there be well-being!

Yānīdha bhūtāni samāgatāni - Bhummaṇi vā yāniva antaḷikkhe

Tathāgataṃ devamanussa pūjitaṃ - Dhammaṃ namassāma suvatthi hotu

Whatever beings are assembled here, whether on the earth or in the sky, we respectfully worship the Dhamma, honored by Gods and humans. May there be well-being!

Yānīdha bhūtāni samāgatāni - Bhummāni vā yāniva antalikkhe

Tathāgataṃ devamanussa pūjitaṃ - Saṅghaṃ namassāma suvatthi hotu

Whatever beings are assembled here, whether on the earth or in the sky, we respectfully worship the Saṅgha, honored by Gods and humans. May there be well-being!

Etena sacca vajjena hotu te jaya mangalam

Etena sacca vajjena hotu te jaya mangalam

Etena sacca vajjena hotu te jaya mangalam

By the power of the truth of these words may there be all goodness to you.

9. Karaṇīya Metta Sutta (Discourse on Loving Kindness)

Karaṇīyamatthakusalena

Yaṃ taṃ santaṃ padaṃ abhisamecca

Sakko ujū ca sūjū ca

Suvaco cassa mudu anatiṃānī

One skilled in good wishing to attain that state of peace should act thus: he should be clever upright, exceedingly upright, obedient, gentle and humble.

Santussako ca subharo ca – Appakicco ca sallahukavutti

Santindriyo ca nipako ca – Appagabbho kulesu ananugiddho

He should be content, easy to support, with few duties, living lightly, controlled in senses, discerning, courteous and unattached to families.

Na ca khuddhaṃ samācare kiñci – Yena viññū pare upavadeyyuṃ

Sukhino vā khemino hontu – Sabbe sattā bhavantu sukhitattā

One should not do any slight wrong which the wise might censure. May all beings be happy and secure! May all beings have happy minds!

Ye keci pāṇabhūtatthī – Tasā vā thāvarā vā anavasesā

Dīghā vā ye mahantā vā – Majjhimā rassakāṇukathulā

Whatever living beings there may be without exception: timid or fearless; long or large, medium, short, subtle or gross,

Diṭṭhā vā yeva addiṭṭhā – Ye ca dūre vasanti avidūre

Bhūtā vā sambhavesī vā – Sabbe sattā bhavantu sukhitattā

Visible or invisible, living near or far, born or coming to birth, may all beings have happy minds!

Na paro param nikubbetha – Nātimaññetha katthaci nam kanci

Byārosanā paṭighasaññā – Nāññamaññassa dukkhamiccheyya

Let no one deceive another, nor despise anyone anywhere. Neither from anger nor ill-will should anyone wish harm to another.

Mātā yathā niyaṃ puttā – Āyusā ekaputtamanurakkhe

Evam’pi sabbabhūtesu – Mānasā bhāvaye aparimāṇaṃ

As a mother would risk her own life to protect her only child, even so towards all living beings, one should cultivate boundless loving-kindness.

Mettaṃ ca sabba lokasmiṃ – Mānasā bhāvaye aparimāṇaṃ

Uddhaṃ adho ca tiriyañca – Asambādhaṃ averaṃ asapattaṃ

One should cultivate for all the world a heart of boundless loving-kindness, above, below, and all around, unobstructed, without hatred or resentment.

Tiṭṭhaṃ caraṃ nisinno vā – Sayāno vā yāvata’ssa vigatamiddho

Etaṃ satim adhiṭṭheyya – Brahmametaṃ vihāraṃ idhamāhu

Whether standing, walking or sitting, lying down or whenever awake, one should develop this mindfulness. This is called “divinely dwelling here.”

Diṭṭhiṃ ca anupagamma sīlavā – Dassanena sampanno

Kāmesu vineyya gedhaṃ – Na hi jātu gabbhaseyyaṃ punareti’ti.

Not falling into wrong views, but virtuous and possessing right view, removing desire for sensual pleasures, one comes never again to birth in the womb.

Etena sacca vajjena sotthi te hotu sabbada

Etena sacca vajjena sotthi te hotu sabbada

Etena sacca vajjena sotthi te hotu sabbada

By the power of the truth of these words may you ever be well

10. ATTHAVĪSATI PARITTA (28 *Buddha Chanting*)

Taṇhaṅkaro mahāvīro Medhaṅkaro mahāyaso

Saraṇaṅkaro lokahito Dīpaṅkaro jutindharo

Taṇhaṅkara, the hero high; Medhaṅkara, of honour great.

Saraṇaṅkara, abode of love; Dīpaṅkara, the lustrous light.

Koṇḍañño janapāmokkho Maṅgalo purisāsabho

Sumano Sumano dhīro Revato rati vaḍḍhano

Koṇḍañña, the people's lord; Maṅgala, the man supreme.

Sumana, the good hearted sage; Revata, who enhanced joy.

Sobhito guṇasampanno Anomadassī januttamo

Padumo loka pajjoto Nārado vara sārathī

Sobhita, with virtue crowned; Anomadassī, chief of men.

Paduma, torch to all the world; Nārada, pilot unsurpassed.

Padumuttaro sattasāro Sumedho agga puggalo

Sujāto sabba lokaggo Piyadassī narāsabho

Padumuttara, peerless being; Sumedha, the paramount.

Sujāta, chief of all the world; Piyadassī, mankind's lord.

Atthadassī kāruṇiko Dhammadassī tamonudo

Siddhattho asamo loka Tisso varada saṃvaro

Atthadassī, compassion-grained; Dhammadassī, who dispelled gloom.

Siddhattha, matchless in the world; Tissa, restrained giver of the best.

Phusso varada sambuddho Vipassī ca anūpamo

Sikhī sabba hito satthā Vessabhū sukhadāyako

Phussa, all-seeing donor of the goal; Vipassī, the unrivalled one.

Sikhī, leader of boundless love; Vessabhū, dispenser of bliss.

Kakusandho satthavāho

Koṇāgamano raṇaṇjaho

Kassapo sirisampanno

Gotamo sakya puṇḡavo

Kakusandha, caravan-guide; Koṇāgamana, done with strife.

Kassapa, of perfect radiance; Gotama, the Sakya's glory.

Tesaṃ saccena sīlena

Khanti metta balena ca

Tepi tvaṃ/maṃ anurakkhantu

Ārogyena sukhena cā ti

By the power of their truthfulness and virtue; patience and loving-kindness. May these be a shield around you/me; May good health and happiness be yours/mine.

Aṭṭha vīsati me Buddhā

Pūretvā dasa pāramī

Jetvā mārāri saṅgāmaṃ

Buddhattaṃ samupāgamaṃ

Etena sacca vajjena

Hotu te jayamaṅgalaṃ

These twenty-eight *Buddhas*; Having fulfilled the ten Perfections.

Defeated the hosts of the Evil one; And attained Enlightenment.

By the might of this Truth; May joyous victory be yours

11. MAHĀ JAYA MAṄGALA GĀTHĀ

STANZAS OF GREAT VICTORIOUS BLESSINGS

Mahākāruṇiko nātho hitāya sabbapāṇinaṃ

Pūretvā pāramī sabbā patto sambodhimuttamaṃ

Etena saccavajjena hotu te jayamaṅgalaṃ

The Lord full of great compassion, for the benefit of all living beings,
fulfilled all the perfections, has attained the supreme Enlightenment.
By these words of truth, may there be victorious blessings to you.

Jayanto bodhiyā mūle Sakyānaṃ nandivaḍḍhano

Evam tuyhaṃ jayo hotu jayassu jayamaṅgalaṃ

The increaser of joy to the *Sakyas* was victorious at the foot of the *Bodhi* Tree.
Likewise may there be victory to you. May there be victorious blessings to you.

Sakkatvā Buddharatanaṃ osadhaṃ uttamaṃ varaṃ

Hitam devamanussānaṃ Buddhatejena sotthinā

Nassantu paddavā sabbe dukkhā vūpasamentu te

Having honoured the *Buddha*, the highest jewel, the best and noblest medicine,
the benefactor of deities and human beings, by the power of the *Buddha*, safely,
may all your misfortunes be nullified and your suffering dispelled.

Sakkatvā Dhammaratanam osadham uttamam varam

Pariḷāhūpa samaṇam Dhammatejena sotthinā

Nassantu paddavā sabbe bhayā vūpasamentu te

Having honoured the *Dhamma*, the highest jewel, the best and noblest medicine, the alleviator of distress, by the power of the *Dhamma*, safely, may all your misfortunes be nullified and your fear dispelled.

Sakkatvā Saṅgharatanam osadham uttamam varam

Āhuneyyam pāhuneyyam Saṅghatejena sotthinā

Nassantu paddavā sabbe rogā vūpasamentu te

Having honoured the *Saṅgha*, the highest jewel, the best and the noblest medicine, worthy of gifts and worthy of hospitality, by the power of the *Saṅgha*, safely, may all your misfortunes be nullified and your diseases be eradicated.

Yaṃ kiñci ratanam loke

vijjati vividhā puthu

Ratanam Buddha samam natthi tasmā sotthi bhavantu te

Whatever jewel there is in the world (which) is seen separately in diverse ways, there is no jewel equal to the *Buddha*. Therefore may there be blessing (safety) to you.

Yaṃ kiñci ratanam loke

vijjati vividhā puthu

Ratanam Dhamma samam natthi tasmā sotthi bhavantu te

Whatever jewel there is in the world (which) is seen separately in diverse ways, there is no jewel equal to the *Dhamma*. Therefore may there be blessing (safety) to you.

Yaṃ kiñci ratanaṃ loke

vijjati vividhā puthu

Ratanaṃ Saṅgha samaṃ natthi

tasmā sotthi bhavantu te

Whatever jewel there is in the world (which) is seen separately in diverse ways, there is no jewel equal to the *Saṅgha*. Therefore may there be blessing (safety) to you.

Natthi me saraṇaṃ aññaṃ

Buddho me saraṇaṃ varaṃ

Etena saccavajjena

hotu te jayamaṅgalaṃ

There is no other refuge for me, the *Buddha* is my highest refuge;
By these words of truth, may there be victorious blessings to you.

Natthi me saraṇaṃ aññaṃ

Dhammo me saraṇaṃ varaṃ

Etena saccavajjena

hotu te jayamaṅgalaṃ

There is no other refuge for me, the *Dhamma* is my highest refuge;
By these words of truth, may there be victorious blessings to you.

Natthi me saraṇaṃ aññaṃ

Saṅgho me saraṇaṃ varaṃ

Etena saccavajjena

hotu te jayamaṅgalaṃ

There is no other refuge for me, the *Saṅgha* is my highest refuge;
By these words of truth, may there be victorious blessings to you.

Sabbītiyo vivajjantu

Sabbarogo vinassatu

Mā te bhavatvantarāyo

Sukhī dīghāyuko bhava

May all calamity be warded off

May all illness be dispelled

May no obstacles hinder me

May I live long and happily

Bhavatu sabbamaṅgalaṃ

Rakkhantu sabbadevatā

Sabba-Buddhānubhāvena-

Sadā sotthī bhavantu te

May all good fortune come my way

May all the deities protect me

By all the power of the Buddha

May I always enjoy well being

Bhavatu sabbamaṅgalaṃ

Rakkhantu sabbadevatā

Sabba-Dhammānubhāvena

Sadā sotthī bhavantu te

May all good fortune come my way

May all the deities protect me

By all the power of the Dhamma

May I always enjoy well being

Bhavatu sabbamaṅgalaṃ

Rakkhantu sabbadevatā

Sabba-Saṅghānubhāvena

Sadā sotthī bhavantu te

May all good fortune come my way

May all the deities protect me

By all the power of the Saṅgha

May I always enjoy well being

Nakkhatta-yakkha-bhūtānaṃ

Pāpaggahā nivāraṇā

Parittassānubhāvena

Hantu tesam upaddave

By the power of this protective recital May my misfortunes due to stars, demons, harmful spirits and ominous planets be prevented and destroyed

Abhivādanasīlissa

niccaṃ vuḍḍhāpacāyino

Cattāro dhammā vaḍḍhanti

āyu vaṇṇo sukhaṃ balaṃ

For him who has the habit of constantly honouring and respecting the elders, four blessings increase, namely: life span, beauty, happiness and strength.

12. Sharing of Merits to Devas

Ākāsaṭṭhā ca bhummaṭṭhā devā nāgā mahiddhikā

Puññaṃ taṃ anumoditvā ciraṃ rakkhantu lokasāsanam

ciraṃ rakkhantu desanam ciraṃ rakkhantu maṃ paran ti

May all beings inhabiting space and earth, Devas and Nagas of mighty powers, having shared this merit, long protect the dispensation! Long protect the Teaching! Long protect me and others!

Ettāvatā ca amhehi

sambhataṃ puñña sampadam

Sabbe devā anumodantu

Sabbe bhūtā anumodantu

Sabbe sattā anumodantu

Sabba sampatti siddhiyā

May all Devas share this merit, may all Bhūtas share this merit, may all beings share this merit, which we have thus accumulated for the acquisition of all kinds of happiness and prosperity!

13. Transference of merits to departed ones

Idam me ñātinam hotu-sukhitā hontu ñātayo

(recite three times)

May my departed relatives share these merits and may they be well and happy.

14. Aspirations

Iminā puññakammena Mā me bālasamāgamo

Sataṃ samāgamo hotu Yāva nibbānapattiya

By the grace of this merit that I have acquired, may I never meet the unwise, but the wise until I attain final emancipation!

Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu

May these merits lead me to the eradication of all mental defilements.

Idaṃ me puññaṃ Nibbānassa paccayo hotu

May these merits be conducive for the realisation of *Nibbāna* (Enlightenment)

Devo vassatu kālena Sassa sampatti hetu ca

Phīto bhavatu loko ca Rājā bhavatu dhammiko

May the rain fall in due season, May the world be prosperous and peaceful,
May the government, kings and rulers be righteous.

15. Loving-Kindness Meditation Phrases

May I be safe, may I be healthy, may I live with peace and harmony.

May I be safe, may I be healthy, may I live with peace and harmony.

May I be safe, may I be healthy, may I live with peace and harmony.

Just as I wish to, may you be safe, may you be healthy, may you live with peace and harmony.

Just as I wish to, may you be safe, may you be healthy, may you live with peace and harmony.

Just as I wish to, may you be safe, may you be healthy, may you live with peace and harmony

Just as I wish to, may all beings be safe, may all beings be healthy, may all beings live with peace and harmony.

Just as I wish to, may all beings be safe, may all beings be healthy, may all beings live with peace and harmony.

Just as I wish to, may all beings be safe, may all beings be healthy, may all beings live with peace and harmony.

Santussako Covid-19 Humanitarian Fund

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