

Why Chant

Bhante Bodhidhamma · Guided Meditations · 3:40

Now as a daily practice, some like to start with a little ritual: bowing, lighting a candle and incense, and taking the refuges and training rules. Although this is not necessary, some small ceremony can set the tone. I have recorded the chant for bowing, taking the three refuges in the Buddha, *Dhamma*, and *Saṅgha*, and also the five training rules, should you want to take them before a sitting. There is also at the end a final bow.

This is how to pronounce the Pali, the language of the scriptures. When bowing, the end of the word is like our "ang" in "I rang the bell." It means "I bow to the Buddha, the Dhamma and the Saṅgha."

Buddhaṃ saraṇaṃ gacchāmi

Dhammaṃ saraṇaṃ gacchāmi

Saṅghaṃ saraṇaṃ gacchāmi

Dutiyampi Buddhaṃ saraṇaṃ gacchāmi

Dutiyampi Dhammaṃ saraṇaṃ gacchāmi

Dutiyampi Saṅghaṃ saraṇaṃ gacchāmi

Tatiyampi Buddhaṃ saraṇaṃ gacchāmi

Tatiyampi Dhammaṃ saraṇaṃ gacchāmi

Tatiyampi Saṅghaṃ saraṇaṃ gacchāmi

I take refuge in the Buddha, the Dhamma and the Saṅgha. For the second time, I take refuge in the Buddha, Dhamma, Saṅgha. And for the third time, I take refuge in the Buddha, Dhamma and the Saṅgha.

The five training rules or precepts are pronounced like this:

Pāṇātipātā veramaṇī sikkhāpadaṃ samādiyāmi

Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi

Kāmesumicchācārā veramaṇī sikkhāpadaṃ samādiyāmi

And they are translated like this: not to harm any living beings, not to take what is not freely given, not to abuse our sexual powers, not to use wrong speech, not to take any drugs or drinks that tend to cloud the mind.

At the end of the session, it is customary to complete it with another three bows:

Imāya dhamānudhammapaṭipattiyā

Buddhaṃ pūjemi

Dhammaṃ pūjemi

Saṅghaṃ pūjemi

By following the path of the Dhamma, the true law, I bow to the Buddha, the Dhamma and the Saṅgha.

And finally, before you rise, make a determination to devote this day, just this one day, to mindfulness with a caring heart.

Transcriptions produced locally using Swiss low-carbon electricity. Corrections and rewriting by cloud-hosted AI.