

Morning Chant

Bhante Bodhidhamma · Guided Meditations · 18:57

Uddhanku Jai Bhi Dhammanku Jai Bhi Sangam Pu Jai Bhi

*Namo tassa bhagavato arahato samasambuddhasa Namō tassa bhagavato arahato samasambuddhasa
Namo tassa bhagavato arahato samasambuddhasa*

*Udang Saranang Gacami Dhamang Saranang Gacami Sanggang Saranang Gacami Duthi Ampī Udang
Saranang Gacami*

*Duthi Ampī Dhammam Saranam Gacchami Duthi Ampī Sangam Saranam Gacchami Thati Ampī Budham
Saranam Gacchami Thati Ampī Dhammam Saranam Gacchami*

*Kati Ampī Sangam Saranam Gacchami Anati Pata Veramani Sikapadam Samadhyami Adi Nagana Veramani
Sikapadam Samadhyami*

Kame sumi cacara veramani sikapadam samadhi amin.

Musa wada veramani sikapadam samadhi amin.

Surah Meriah Majjhapamadathana

Vairamani Sikapadam Samadhi Amin.

Vida me silam agapalanyanasa pachayohotu.

*Iti piso bhagavah arahamsammasambuddho vijjacharanasampanno sugato lokavidhu anuttaro
purisadhammasarati satta-deva-manusanamputtobhagavati*

*ye ca buddha-aditha ca ye ca buddha-anagadha pachupanna ca ye buddha-aham vandami-sabhadha nati me
saranam anyam buddho me saranam varam etena sacca vajena hotu me jaya-mangalam*

*Kāye na vāca-cittay na pā-māde na māyā-kathāṃ Ācchayāṃ kāma-mibhante bhūrī-paññā tathā-gathā
Svakāto bhagavata-dhammo sāndhitiko akaliko*

*Ehi Pasiko Opanayiko Pachatam Veditabo Vinyuhiti Yechadama Atitacha Yechadama Anagatha
Pachupanachaya Dhamma Aham Vandami Sabadam*

*nāti me saraṇaṃ anyāṃ tamo me saraṇaṃ varāṃ ete na saccā vācchē na hūtu me jāya-maṅgalāṃ kāye na
vācchā cittē na pāma de na māyā kathāṃ acchā yāñ kāma me dhammā sāndhitika akalika*

Supatipanno bhagavato savakasangho Pujupatipanno bhagavato savakasangho Nyayapatipanno bhagavato savakasangho

Samicchipatipanno bhagavato savakasangho Yadidhanjatari purisayugani attapurisapukala

Hei sa bhagavato sa vakasangho Pahuneyo pahuneyo Dakineyo anjali karaneyo Anuttaran punaketam lukasati Ye ca sangha adhita ca Ye ca sangha anagata

Pachupanna Chayi Sangha Aham Vandami Sabadam Gnatime Saranam Ganyam Sangome Saranam Varam Etena Satya Vachena Hotume Jaya Mangalam Kayena Vachachitena Pamatena Mayakatam

Acheyankamamesangapunya ketamanuptaran Anekajatisansaransandawisanmanibisan Gahakerakamgawesantudukajatipunapunam

Gahakarakadithauzipunagehanakahazi Sabatebhasukabagakahakuthamvisankatam Visankarakanthitathananamkayamachakam

Awija Pacha Sankara Sankara Pacha Vinyana Vinyana Pacha Nama Rupa Nama Rupa Pacha Salayatana Salayatana Pacha Paso Pasa Pacha Vedana Vedana Pacha Tangha Tangha Pacha Upadana

Upadana Pachabhava Upavapachajati Jati Pachaya Jara Maranan Soka Parideva Dukkha Domina Supaya Sasambhavanti Deva Mitasa Kevalasa Dukkha Kandasa Samudaya Hoti

avijaya tveva asesu viraga niroda sankara nirodo sankara niroda vijnana nirodo vijnana niroda nama rupa nirodo nama rupa niroda salayatana nirodo

salayatana niroda, pasa nirodo pasa niroda, vedana nirodo vedana niroda, tanda nirodo tanda nirodo, upadana nirodo upadana nirodo, bhava nirodo

Bhava Nirodha Jati Nirodo Jati Nirodha Jara Maranam Soka Hari Deva Dukha Domina Supayasa Nirojanti Ewa Vittasa Kevalasa Dukha Kandasa Nirodo Hoti

Sabe sankarani jati yadapanya yapasati Adhani bindati dukkhe esamago vissudhya Sabe sankarani jati yadapanya yapasati Adhani bindati dukkhe esamago vissudhya

Sabbe dhamma anattati adhapanya yappasati Atthani bhindati dukkhe esamago vissudhiyam Anicca vattasankara upadhavaya dhammino Upajitvanirujanti tesam upasamosukho

Dukkha Vata Sankara Upadavaya Damino Upajitva Nirujanti Tesam Upasamo Sukho Anatta Vata Sankara Upadavaya Damino Upajitva Nirujanti Tesam Upasamo Sukho

So we can bring to mind anyone we know is having a hard time. At this moment, there are people who are suffering from a physical or mental disease. There are people in the process of dying and those who have died and left grieving family, relatives and friends. There are people going hungry, homeless and

destitute. There are those struggling with personal or interpersonal difficulties.

All the victims of prejudices, all those caught up in wars and repressive regimes and those being tortured. All those suffering from natural disasters and climate crisis. All the sentient beings are being cruelly treated and unnecessarily slaughtered, and all who find life meaningless.

*Karaniyam ratakusalena yantam santam padam abhisame ca sakoju ca suju ca suvajo ca samudu
anaptimani santu sakoja subharu ca*

*Apakichocha salahu kauti Santindriyocha nipakocha Apagabokule suvananukido Nacchakudamsamachare
kenshi Yena vinyupare upavadeyom Sukhino vakemino honu*

*Sābe sātā bāvantu sukhi tathā Ye kecchī pāna-bhūtati Tāsa vāta-vāra-vāāna-vāseṣa Dīgāvā ye vāntava
Majjhima-rasa-kanukatulā*

*Dītāvā yevā adhītā yecchādure vāsānti āvidhūre Bhūtāvā sambhāveṣivā sābe satāvā vāntu sukhi tathā
Nāparo parambhikubheta nātimanyetā kathā cīnā kīcchī*

Byalosana bhakti-kasanya, Nanyamanya sadhukam itchaya.

Mata yata niyamputta, Ayusahekamputtambanurake.

Pevampi sababutesu, Manasambhavaye aparimana.

*Netencha Sabalokasmi Manasambhavaye Aparimanam Udamadocha Thiriyamcha Asambhadam Maweram
Asambhadam Thitancharam Nisinova Sayanova Yavatasa Vigatamido*

*etam satimna dhiteya brahma-metam viharam itamadhu dhiting ca anupagamah silavah dasanena
sampanam kameh suvinayakedham nahijatukabhasayam punaretiti*

Our resolutions for the day, something we want to do, something we don't want to do.

*Ima ya dhamma lu dhamma pati pati ya buddham puje mi Ima ya dhamma lu dhamma pati pati ya buddham
puje mi*

Himayadham anudam apati-patiya Sangam pujebi

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