

Morning Chant with Refuges and Precepts

Bhante Bodhidhamma · Retreat Talks · 3 min read

Buddhaṃ pūjayāmi, Dhammaṃ pūjayāmi, Saṅghaṃ pūjayāmi.

Namo tassa bhagavato arahato sammāsambuddhassa. Namō tassa bhagavato arahato sammāsambuddhassa. Namō tassa bhagavato arahato sammāsambuddhassa.

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.

Pāṇātipātā veramaṇī sikkhāpadaṃ samādiyāmi. Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi. Abrahmacariyā veramaṇī sikkhāpadaṃ samādiyāmi. Musāvādā veramaṇī sikkhāpadaṃ samādiyāmi. Surāmerayamajjapamādatṭhānā veramaṇī sikkhāpadaṃ samādiyāmi.

Iti pi so Bhagavā arahaṃ sammāsambuddho vijjācaraṇasampanno sugato lokavidū anuttaro purisadammasārathi satthā devamanussānaṃ buddho bhagavāti.

Ye ca buddhā atītā ca ye ca buddhā anāgatā paccuppannā ca ye buddhā ahaṃ vandāmi sabbadā. Natthi me saraṇaṃ aññaṃ buddho me saraṇaṃ varaṃ. Etena saccavajjena hotu me jayamaṅgalaṃ. Kāyena vācā cittena pamādena mayā kataṃ accayaṃ khāmatu me buddhavaṃsaṃ tattāgatāhaṃ.

Svākkhāto Bhagavatā dhammo sandiṭṭhiko akāliko ehipassiko opanayiko paccattaṃ veditaṃ viññūhīti.

Ye ca dhammā atītā ca ye ca dhammā anāgatā paccuppannā ca ye dhammā ahaṃ vandāmi sabbadā. Natthi me saraṇaṃ aññaṃ dhammo me saraṇaṃ varaṃ. Etena saccavajjena hotu me jayamaṅgalaṃ. Kāyena vācā cittena pamādena mayā kataṃ accayaṃ khāmatu me dhammo sandiṭṭhiko akāliko.

Supaṭipanno Bhagavato sāvakaśaṅgho ujupaṭipanno Bhagavato sāvakaśaṅgho ñāyapaṭipanno Bhagavato sāvakaśaṅgho sāmīcipaṭipanno Bhagavato sāvakaśaṅgho. Yadiḍaṃ cattāri purisayugāni aṭṭha purisapuggalā. Esa Bhagavato sāvakaśaṅgho āhuneyyo pāhuneyyo dakkhiṇeyyo añjalikaraṇīyo anuttaraṃ puññakkhettaṃ lokassāti.

Ye ca saṅghā atītā ca ye ca saṅghā anāgatā paccuppannā ca ye saṅghā ahaṃ vandāmi sabbadā. Natthi me saraṇaṃ aññaṃ saṅgho me saraṇaṃ varaṃ. Etena saccavajjena hotu me jayamaṅgalaṃ. Kāyena vācā cittena pamādena mayā kataṃ accayaṃ khāmatu me saṅgho puññakkhettaṃ anuttaraṃ.

Anekajāti saṃsāraṃ sandhāvissaṃ anibbisaṃ. Gahakāraṃ gavesanto dukkhā jāti punappunaṃ.

Gahakāraka diṭṭhosi! Puna gehaṃ na kāhasi. Sabbā te phāsukā bhaggā gahakūṭaṃ visaṅkataṃ. Visaṅkhāragataṃ cittaṃ taṇhānaṃ khayamajjhagā.

Avijjāpaccayā saṅkhārā saṅkhārapaccayā viññāṇaṃ viññāṇapaccayā nāmarūpaṃ nāmarūpapaccayā saḷāyatanaṃ saḷāyatanapaccayā phasso phassapaccayā vedanā vedanāpaccayā taṇhā taṇhāpaccayā upādānaṃ upādānapaccayā bhavo bhavapaccayā jāti jātipaccayā jarāmaṇaṃ sokaparideva dukkhadomanassa upāyāsā sambhavanti. Evametassa kevalassa dukkhakkhandhassa samudayo hoti.

Yad' āhave paṭubhavanti dhammā ātāpino jhāyato brāhmaṇassa atha khayaṃ gacchanti mārasena sainyāva obbhasan' antalikaṃ.

Avijjāya tveva asesavirāganirodhā saṅkhāranirodho saṅkhāranirodhā viññāṇanirodho viññāṇanirodhā nāmarūpanirodho nāmarūpanirodhā saḷāyatananirodho saḷāyatananirodhā phassanirodho phassanirodhā vedanānirodho vedanānirodhā taṇhānirodho taṇhānirodhā upādānanirodho upādānanirodhā bhavanirodho bhavanirodhā jātinirodho jātinirodhā jarāmaṇa sokaparideva dukkhadomanassa upāyāsā nirujjhanti. Evametassa kevalassa dukkhakkhandhassa nirodho hoti.

Yad' āhave paṭubhavanti dhammā ātāpino jhāyato brāhmaṇassa vedanānaṃ khayaṃ ñatvā tiṭṭhati mārasena sainyāva obbhasan' antalikaṃ.

Hetupaccayo ārammaṇapaccayo adhipatipaccayo anantarapaccayo samanantarapaccayo saḥajātapaccayo aññaṃaññaṇapaccayo nissayapaccayo upanissayapaccayo purejātapaccayo pacchājātapaccayo āsevapaccayo kammaṇapaccayo vipākaṇapaccayo āhārapaccayo indriyaṇapaccayo jhānaṇapaccayo maggaṇapaccayo sampayuttapaccayo vippayuttapaccayo attipaccayo nattipaccayo vigatapaccayo avigatapaccayo.

Sabbe saṅkhārā aniccāti. Yadā paññāya passati atha nibbindati dukkhe. Esa maggo visuddhiyā. Sabbe saṅkhārā dukkhāti. Yadā paññāya passati atha nibbindati dukkhe. Esa maggo visuddhiyā. Sabbe dhammā anattāti. Yadā paññāya passati atha nibbindati dukkhe. Esa maggo visuddhiyā.

Aniccā vata saṅkhārā upādavayadhammino. Uppajjivā nirujjhanti tesaṃ vūpasamo sukho. Dukkhā vata saṅkhārā upādavayadhammino. Uppajjivā nirujjhanti tesaṃ vūpasamo sukho. Anattā vata saṅkhārā upādavayadhammino. Uppajjivā nirujjhanti tesaṃ vūpasamo sukho.

Bringing to mind those whom we know are suffering terminal illness or dying.

Karaṇīyam atthakusalena yan taṃ santaṃ padaṃ abhisamecca. Sakko uju ca suhujū ca suvaco cassa mudu anatimāni. Santussako ca subharo ca appakicco ca sallahukavutti. Santindriyo ca nipako ca appagabbho kulesu ananugiddho.

Na ca khuddaṃ samācāre kiñci yena viññū pare upavadeyyuṃ. Sukhino vā khemino hontu sabbe sattā bhavantu sukhittā. Ye keci paṇabhūtatti tasā vā thāvarā vā anavasissā. Dīghā vā ye mahantā vā majjhimā rassakāṇukathulā. Diṭṭhā vā ye ca adiṭṭhā ye ca dūre vasanti avidūre. Bhūtā vā sambhavesī vā sabbe sattā bhavantu sukhittā.

Na paro paraṃ nikubbetha nātimaññetha katthaci naṃ kiñci. Byārosanāpaṭighāsaññā nāññamaññassa dukkham iccheyya. Mātā yathā niyaṃ puttaṃ āyusā ekaputtam anurakkhe. Evaṃ pi sabbabhūtesu mānasaṃ bhāvaye aparimāṇaṃ. Mettañ ca sabbalokasmi mānasaṃ bhāvaye aparimāṇaṃ. Uddhaṃ adho ca tiriyañ ca asaṃbādhaṃ averaṃ asapattaṃ.

Tiṭṭhañ caraṃ nisinno vā sayāno vā yāvat' assa vigatamididho. Etaṃ satiṃ adhiṭṭheyya brahmam etaṃ vihāram idham āhu.

And our resolution for the day:

Imāya dhammānudhamma paṭipattiyā buddhaṃ pūjemi. Imāya dhammānudhamma paṭipattiyā dhammaṃ pūjemi. Imāya dhammānudhamma paṭipattiyā saṅghaṃ pūjemi.

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