

# CHANTING BOOK

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MORNING AND EVENING PŪJĀ AND REFLECTIONS

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Morning and Evening Chanting (*Pṛjā*)  
as used by Buddhist Monasteries and groups  
associated with the English Forest Sangha

AMARAVATI PUBLICATIONS

## MORNING CHANTING

### 1. DEDICATION OF OFFERINGS

(Yo so) bhāgavā āraham sammāsambuddho  
*To the Blessed One, the Lord who fully attained perfect enlightenment,*  
Svākkhāto yena bhāgavatā dhammo  
*To the Teaching which he expounded so well,*  
Supaṭipanno yassa bhāgavato sāvakaṣaṅgho  
*And to the Blessed One's disciples, who have practised well,*  
Tammāyaṃ bhāgavantam sadhammam saṣaṅgham  
*To these – the Buddha, the Dhamma and the Saṅgha –*  
Imehi sakkārehi yathāraham āropitehi abhīpūjāyāma  
*We render with offerings our rightful homage.*  
Sādhū no bhante bhāgavā sucira-parinibbutopi  
*It is well for us that the Blessed One, having attained liberation,*  
Pacchīmā-jaṇātānūkamānasā  
*Still had compassion for later generations.*  
Ime sakkāre duggata-pañṇākāra-bhūte paṭiggaṇhātu  
*May these simple offerings be accepted*  
Amhākam diḅharattam hitāya sukhāya  
*For our long-lasting benefit and for the happiness it gives us.*  
A-aham sammāsambuddho bhāgavā  
*The Lord, the Perfectly Enlightened and Blessed One –*  
Buddham bhāgavantam abhivādemi  
*I render homage to the Buddha, the Blessed One.* (Bow)

(Svākkhāto) bhāgavātā dhammo

*The Teaching so completely explained by him –*

Dhammaṃ namassāmi

*I bow to the Dhamma.*

*(Bow)*

(Supaṭipanno) bhāgavato sāvakaṣaṅgho

*The Blessed One's disciples who have practised well –*

Saṅghaṃ namāmi

*I bow to the Saṅgha.*

*(Bow)*

## 2. PRELIMINARY HOMAGE

(Hānda mayam buddhassa bhagavato pubbabhāga-namakāraṃ  
karomase)

*[Now let us pay preliminary homage to the Buddha]*

(Namo tassa) bhāgavato arahato sammāsambuddhassa *(Three times)*

*Hōmage to the Blessed, Noble and Perfectly Enlightened  
One. (Three times)*

## 3. HOMAGE TO THE BUDDHA

(Hānda mayam buddhābhīṭṭiṃ karomase)

*[Now let us chant in praise of the Buddha]*

(Yo so) tathāgato araham sammāsambuddho

*The Tathāgata is the Pure One, the Perfectly Enlightened One;*

Vijjācāraṇa-sampanno

*He is impeccable in conduct and understanding*

Sugato

*The Accomplished One*

Lokavidū

*The Knower of the Worlds;*

Anuttaro purisaḍamma-sārathi

*He trains perfectly those who wish to be trained*

Satthā deva-maṇussānaṃ

*He is Teacher of gods and humans*

Buddho bhāgavā

*He is Awake and Holy.*

Yo imaṃ lokaṃ ṣaḍevakaṃ ṣamāraḱaṃ ṣabrahmaḱaṃ

*In this world with its gods, demons and kind spirits,*

Sassāmaṇa-brahmaṇiṃ paḱaṃ ṣaḍeva-maṇussāṃ ṣayaṃ abhiññā  
sacchikaṭvā pavadesi

*Its seekers and sages, celestial and human beings, he has by  
deep insight revealed the Truth.*

Yo dhammaṃ desēsi āḍi-kalyāṇaṃ majjhē-kalyāṇaṃ pariyoṣāna-  
kalyāṇaṃ

*He has pointed out the Dhamma: beautiful in the beginning, beau-  
tiful in the middle, beautiful in the end.*

Sātthāṃ ṣabyañjanaṃ kevala-paripuṇṇaṃ paṣisuddhaṃ brahma-  
cariyaṃ paḱāsesi

*He has explained the Spiritual Life of complete purity in its  
essence and conventions.*

Tamahāṃ bhāgavantam abhīpūjayāmi tamahāṃ bhāgavantam  
sirasā namāmi  
*I chant my praise to the Blessed One, I bow my head to the  
Blessed One. (Bow)*

#### 4. HOMAGE TO THE DHAMMA

(Hānda mayam dhammābhīṭṭim karomase)

*[Now let us chant in praise of the Dhamma]*

(Yo so) svākkhāto bhāgavatā dhammo

*The Dhamma is well-expounded by the Blessed One,*

Sāṇḍiṭṭhiko

*Apparent here and now*

Akāliko

*Timeless*

Ehipassiko

*Encouraging investigation,*

Opanayiko

*Leading onwards*

Paccattam vedītabbo viññūhi

*To be experienced individually by the wise.*

Tamahāṃ dhammam abhīpūjayāmi tamahāṃ dhammam sirasā  
namāmi

*I chant my praise to this Teaching, I bow my head to this Truth.*

## 5. HOMAGE TO THE SANGHA

(Hānda mayam saṅghābhithuṭim karomase)

*[Now let us chant in praise of the Sangha]*

(Yo so) supaṭipanno bhāgavato sāvakaṅgho

*They are the Blessed One's disciples who have practised well,*

Ujupaṭipanno bhāgavato sāvakaṅgho

*Who have practised directly,*

Ñāyapaṭipanno bhāgavato sāvakaṅgho

*Who have practised insightfully,*

Sāmicipaṭipanno bhāgavato sāvakaṅgho

*Those who practise with integrity,*

Yadidaṃ cattāri purisaṃyugāni aṭṭhā purisaṃpuggalā

*That is the four pairs, the eight kinds of noble beings,*

Esa bhāgavato sāvakaṅgho

*These are the Blessed One's disciples.*

Āhūneyyo

*Such ones are worthy of gifts*

Pāhūneyyo

*Worthy of hospitality*

Dakkhiṇeyyo

*Worthy of offerings*

Añjalikarāṇiyo

*Worthy of respect;*

Anuttaram puññakkhettaṃ lokassa

*They give occasion for incomparable goodness to arise in the world.*

Tamahāṃ saṅghaṃ abhipūjāmi tamahāṃ saṅghaṃ siraṣā  
namāmi

*I chant my praise to this Saṅgha, I bow my head to this Saṅgha.*

## 6. FIVE SUBJECTS FOR FREQUENT RECOLLECTION

(Hānda mayam abhiṅha-paccavekkhaṇa-pāṭham bhaṇāmase)

[Jarā-dhammomhi] jaram aṇatito

*I am of the nature to age, I have not gone beyond ageing.*

Byādhi-dhammomhi byādhiṃ aṇatito

*I am of the nature to sicken, I have not gone beyond sickness.*

Maṇaṇa-dhammomhi maṇaṇam aṇatito

*I am of the nature to die, I have not gone beyond dying.*

Sabbhehi me piyehi maṇāpehi nānābhāvo viṇābhāvo

*All that is mine, beloved and pleasing, will become otherwise,  
will become separated from me.*

Kammassakomhi kammādāyādo kammaṇi kammaṇandhu  
kammaṇaṇisāraṇo. Yam kammaṇ karissāmi kalyāṇam vā  
pāpaṇam vā tassa dāyādo bhavissāmi.

*I am the owner of my kamma, heir to my kamma, born of my  
kamma, related to my kamma, abide supported by my  
kamma. Whatever kamma I shall do, for good or for ill, of  
that I will be the heir.*

Evam amhehi abhiṅham paccavekkhitabbam

*Thus we should frequently recollect.*

## 7. REFLECTIONS ON UNIVERSAL WELL-BEING

(Hānda mayam brahmavihārapharaṇam karomase)

[Ahāṃ sukhito hōmi], niddukkho hōmi, avero hōmi, abyāpajjho  
hōmi, anigho hōmi, sukhi attānaṃ parihārāmi

Sabbe sattā sukhitā hontu, sabbe sattā averā hontu, sabbe  
sattā abhyāpajjhā hontu, sabbe sattā anighā hontu, sabbe  
sattā sukhi attānaṃ parihārantu. Sabbe sattā sabbadukkhā  
pamuccāntu, sabbe sattā laddha-sāmpattito mā vigaccāntu.

Sabbe sattā kammaṣakā kammādāyādā kammāyonī kammā-  
bandhū kammaṭṭisāraṇā, yaṃ kammaṃ karissānti kalyā-  
naṃ vā pāpaṃ vā tassā dāyādā bhavissānti.

(Now let us chant the reflections on universal well-being)

[May I abide in well-being], in freedom from affliction, in freedom from hostility, in freedom from ill-will, in freedom from anxiety, and may I maintain well-being in myself.

May everyone abide in well-being, in freedom from hostility, in freedom from ill-will, in freedom from anxiety, and may they maintain well-being in themselves. May all beings be released from all suffering, and may they not be parted from the good fortune they have attained.

When they act upon intention, all beings are the owners of their action and inherit its results. Their future is born from such action, companion to such action, and its results will be their home. All actions with intention, be they skilful or harmful, of such acts they will be the heirs.