



The 717 Chanting Book

An Oasis of Peace amid a World of Turmoil

Lokanta Vihara

Homage to the Buddha

Namo tassa bhagavato arahato sammā-sambuddhassa. (3x)

Homage to the Blessed, Noble, and Perfectly Enlightened One. (3x)

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lokanta.github.io and tinyurl.com/dhammanet. Sources at github.com/cuboids/717.

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The Three Refuges

Buddhaṃ saraṇaṃ gacchāmi,

I go to the Buddha for refuge.

Dhammaṃ saraṇaṃ gacchāmi,

I go to the Dhamma for refuge.

Samghaṃ saraṇaṃ gacchāmi.

I go to the Sangha for refuge.

Dutiyampi buddhaṃ saraṇaṃ gacchāmi,

For a second time I go to the Buddha for refuge.

Dutiyampi dhammaṃ saraṇaṃ gacchāmi,

For a second time I go to the Dhamma for refuge.

Dutiyampi samghaṃ saraṇaṃ gacchāmi.

For a second time I go to the Sangha for refuge.

Tatīyampi buddhaṃ saraṇaṃ gacchāmi,


For a third time I go to the Buddha for refuge.

Tatīyampi dhammaṃ saraṇaṃ gacchāmi,

For a third time I go to the Dhamma for refuge.

Tatīyampi samghaṃ saraṇaṃ gacchāmi.

For a third time I go to the Sangha for refuge.



Recollection of the Triple Gem

Itipi so bhagavā arahaṃ sammāsambuddho

That Blessed One is perfected, a fully awakened Buddha

vijjācaraṇasampanno sugato lokavidū

accomplished in knowledge and conduct, holy, knower of the world,

anuttaro purisadammasārathi satthā devamanussānaṃ buddho bhagavā'ti.

supreme guide for those who wish to train, teacher of gods and humans, awakened, blessed.

Svākkhāto bhagavatā dhammo

The teaching is well explained by the Buddha—

sandiṭṭhiko akāliko ehipassiko

visible in this very life, immediately effective, inviting inspection,

opaneyyiko paccattaṃ veditabbo viññūhī'ti.

relevant, so that sensible people can know it for themselves.

Suppaṭipanno bhagavato sāvakaṅgho,

The Saṅgha of the Buddha's disciples is practicing the way that's good,

ujuppaṭipanno bhagavato sāvakaṅgho,

straightforward,

ñāyappaṭipanno bhagavato sāvakaṅgho,

methodical,

...

sāmīcippaṭipanno bhagavato sāvakaśaṅho,

and proper.

yadidaṃ cattāri purisayugāni, aṭṭha purisapuggalā.

It consists of the four pairs, the eight individuals.

Esa bhagavato sāvakaśaṅho

This is the Saṅgha of the Buddha's disciples

āhuneyyo pāhuneyyo dakkhiṇeyyo añjalikaraṇīyo,

that is worthy of offerings dedicated to the gods, worthy of hospitality, worthy of a religious donation,

worthy of greeting with joined palms,

anuttaraṃ puññakkhettaṃ lokassā'ti.

and is the supreme field of merit for the world.



7am: Maṅgala Sutta

Asevanā ca bālānam,

“Not associating with fools,

paṇḍitānañ-ca sevanā;

with the wise associating,

pūjā ca pūjaneyyānam,

honouring those worthy of honour:

etaṃ maṅgalam-uttamaṃ.

this is a supreme blessing.

Patirūpa-desa-vāso ca,

“Living in a suitable place,

pubbe ca kata-puññatā;

formerly having done good deeds,

atta-sammā-paṇidhi ca,

having the right aspiration for oneself:

etaṃ maṅgalam-uttamaṃ.

this is a supreme blessing.

Bāhu-saccañ-ca sippañ-ca,

“Having great learning and craft,

...

vinayo ca susikkhito;

being disciplined and well trained,

subhāsītā ca yā vācā,

and whatever words are well spoken:

etaṃ maṅgalam-uttamaṃ.

this is a supreme blessing.

Mātā-pitu upaṭṭhānam,

“Attending on one’s mother and father,

putta-dārassa saṅgaho;

looking after one’s wife and sons,

anākulā ca kammantā,

having work that is not confusing:

etaṃ maṅgalam-uttamaṃ.

this is a supreme blessing.

Dānañ-ca dhamma-cariyā ca,

“Giving, and living by the Dhamma,

ñātakānañ-ca saṅgaho;

and looking after one’s relatives,

anavajjāni kammāni,

performing actions that are blameless:

etaṃ maṅgalam-uttamaṃ.

this is a supreme blessing.

Āratī viratī pāpā,

“Abstaining, refraining from bad deeds,

majja-pānā ca saññamo;

restraint from intoxicating drink,

appamādo ca dhammesu,

being heedful regarding all things:

etaṃ maṅgalam-uttamaṃ.

this is a supreme blessing.

Gāravo ca nivāto ca,

“Having respect and being humble,

santuṭṭhi ca katañ-ñutā;

being satisfied and grateful,

kālena dhammassavanaṃ,

listening to the Dhamma at the right time:

etaṃ maṅgalam-uttamaṃ.

this is a supreme blessing.

Khantī ca sovacassatā,

“Being patient and easily spoken to,

samaṇānañ-ca dassanaṃ;

having sight of ascetics,

kālena dhamma-sākacchā,

discussing the Dhamma at the right time:

etaṃ maṅgalam-uttamaṃ.

this is a supreme blessing.

Tapo ca brahma-cariyañ-ca,

“Austerity, living spiritually,

ariya-saccāna dassanaṃ;

insight into the noble truths,

nibbāna-sacchikiriyā ca,

and experiencing Emancipation:

etaṃ maṅgalam-uttamaṃ.

this is a supreme blessing.

Phuṭṭhassa loka-dhammehi,

“He whose mind does not waver,

cittaṃ yassa na kampati;

when it is touched by things of this world,

asokaṃ virajaṃ khemaṃ,

being griefless, dustless, and secure:

etaṃ maṅgalam-uttamaṃ.

this is a supreme blessing.

Etādisāni katvāna,

“Having done as here directed,

sabbattham-aparājitā;

being undefeated everywhere,

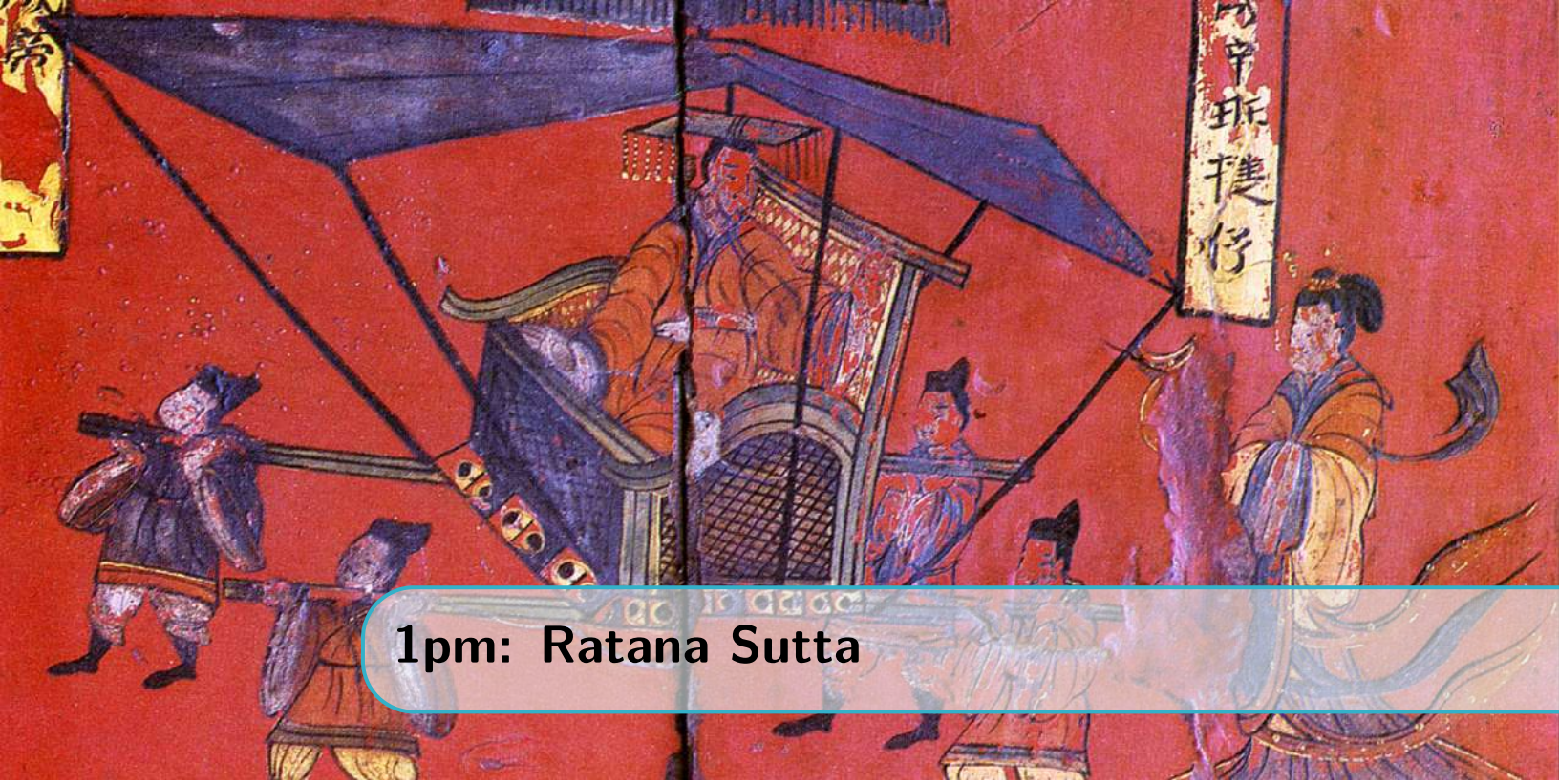
sabbattha sotthiṃ gacchanti,

they go everywhere in safety:

taṃ tesaṃ maṅgalam-uttaman”ti.

for them this is a supreme blessing.”

(meditation)



1pm: Ratana Sutta

Yaṃ kiñci vittaṃ idha vā huraṃ vā,

Whatever riches there are—here or hereafter

saggesu vā yaṃ ratanaṃ paṇītaṃ;

or in the heavens—that excellent treasure

na no samaṃ atthi tathāgatena,

is not equal unto the Realised One—

idampi buddhe ratanaṃ paṇīta;

this excellent treasure is in the Buddha:

etena saccena suvatthi hotu.

by virtue of this truth may there be safety!

Khayaṃ virāgaṃ amataṃ paṇītaṃ,

Craving's end, dispassion, deathlessness, excellence—

yad-ajjhagā sakya-munī samāhito;

that which the concentrated Sakyan sage attained—

na tena dhammena sam'atthi kiñci,

there is nothing that is equal to the Dhamma—

idampi dhamme ratanaṃ paṇītaṃ;

this excellent treasure is in the Dhamma:

etena saccena suvatthi hotu.

by virtue of this truth may there be safety!

Yaṃ buddha-seṭṭho parivaṇṇayī sucim,

That which the great Buddha praised as being pure—

samādhim-ānantarikaññam-āhu;

the concentration said to have immediate result—

samādhinā tena samo na vijjati,

no equal to that concentration is found—

idampi dhamme ratanaṃ paṇītaṃ;

this excellent treasure is in the Dhamma:

etena saccena suvatthi hotu.

by virtue of this truth may there be safety!

Ye puggalā aṭṭha satam pasatthā,

Those eight individuals praised by the good—

cattāri etāni yugāni honti;

there are these four pairs of persons—

te dakkhiṇeyyā sugatassa sāvakā,

those disciples of the Fortunate One are worthy of gifts,

etesu dinnāni mahapphalāni;

those things that have been given to them have great fruit—

idampi saṃ ghe ratanaṃ paṇītaṃ,

this excellent treasure is in the Sangha:

etena saccena suvatthi hotu.

by virtue of this truth may there be safety!

Ye suppayuttā manasā daḷhena,

Those who have firm minds that are devoted to

nikkāmino gotama-sāsanamhi;

Gotama's teaching, being free from sense desire—

te patti-pattā amatam vigayha,

having attained and entered the deathless—

laddhā mudhā nibbutim bhujjamānā;

are enjoying the stillness, obtained for free—

...

idampi saṃ ghe ratanaṃ paṇītaṃ,

this excellent treasure is in the Sangha:

etena saccena suvatthi hotu.

by virtue of this truth may there be safety!

Khīṇaṃ purāṇaṃ navaṃ n'atthi sambhavaṃ,

Just as a locking post stuck fast in the earth

viratta-citt'āyatike bhavasmim;

does not waver on account of the four winds,

te khīṇa-bījā avirūḷhi-chandā,

just like this, I say, is the person who is true,

nibbanti dhīrā yathā'yaṃ padīpo;

the one who sees the noble truths completely—

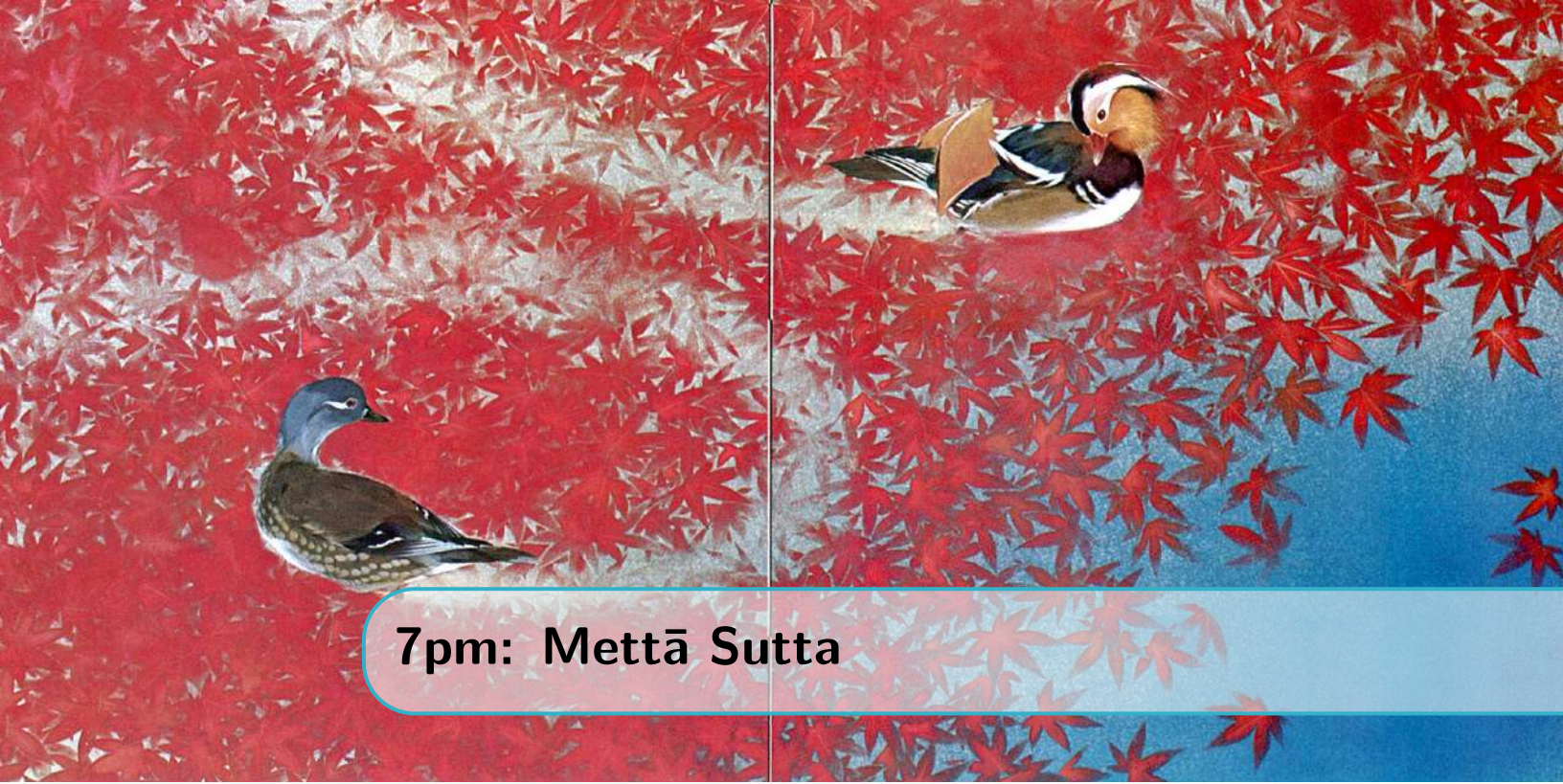
idampi saṃ ghe ratanaṃ paṇītaṃ,

this excellent treasure is in the Sangha:

etena saccena suvatthi hotu.

by virtue of this truth may there be safety!

(meditation)



7pm: Mettā Sutta

Karaṇīya m-attha-kusalena,

This is what should be done

yan-taṃ santaṃ padaṃ abhisamecca;

By one who is skilled in goodness,

sakko ujū ca suhujū ca,

And who knows the path of peace:

sūvaco c'assa mudu anatimānī.

Let them be able and upright,

Santussako ca subharo ca,

Straightforward and gentle in speech,

appakicco ca sallahuka-vutti;

Humble and not conceited, contented and easily satisfied,

sant'indriyo ca nipako ca,

Unburdened with duties and frugal in their ways.

appagabbho kulesu ananugiddho.

Peaceful and calm and wise and skillful,

Na ca khuddaṃ samācare kiñci,

Not proud or demanding in nature.

...

yena viññū pare upavadeyyuṃ;

Let them not do the slightest thing that the wise would later reprove.

sukhino vā khemino hontu,

Wishing: In gladness and in safety,

sabbe sattā bhavantu sukhit'attā.

May all beings be at ease.

Ye keci pāṇa-bhūt'atthi,

Whatever living beings there may be;

tasā vā thāvarā vā anavasesā;

Whether they are weak or strong, omitting none,

dīghā vā ye mahantā vā,

The great or the mighty,

majjhimā rassakā aṇuka-thūlā.

medium, short or small,

Diṭṭhā vā ye ca adiṭṭhā,

The seen and the unseen,

ye ca dūre vasanti avidūre;

Those living near and far away,

bhūtā vā sambhavesī vā,

Those born and to-be-born—

sabbe sattā bhavantu sukhit'attā.

May all beings be at ease!

Na paro paraṃ nikubbetha,

Let none deceive another,

nātimaññetha katthaci naṃ kiñci;

Or despise any being in any state.

byārosanā pāṭighasañña,

Let none through anger or ill-will

nāññam-aññassa dukkham-iccheyya.

Wish harm upon another.

Mātā yathā niyaṃ puttāṃ —

Even as a mother protects with her life

āyusā eka-puttāṃ-anurakkhe;

Her child, her only child,

evampi sabba-bhūtesu,

So with a boundless heart

mānasam-bhāvaye aparimāṇaṃ .

Should one cherish all living beings;

Mettañ-ca sabba-lokasmīṃ,

Radiating kindness over the entire world:

mānasam-bhāvaye aparimāṇaṃ;

Spreading upwards to the skies,

uddhaṃ adho ca tiriyañ-ca,

And downwards to the depths;

asambādhaṃ averaṃ asapattaṃ.

Outwards and unbounded, freed from hatred and ill-will.

Tiṭṭhañ-caraṃ nisinno vā,

Whether standing or walking, seated or lying down

sayāno vā yāvat'āssa vigata-middho;

Free from drowsiness,

etaṃ satiṃ adhiṭṭheyya,

One should sustain this recollection.

brahman-etaṃ vihāraṃ idham-āhu.

This is said to be the sublime abiding.

Diṭṭhiñ-ca anupaggaṃ,

By not holding to fixed views,

sīlavā dāssanena sampanno;

The pure-hearted one, having clarity of vision,

kāmesu vineyya gaddhaṃ,

Being freed from all sense desires,

na hi jātu gabbha-seyyaṃ punareti”ti.

Is not born again into this world.

(meditation)



Closing homage

Arahaṃ sammāsambuddho bhagavā

The Blessed One, who is perfected, a fully awakened Buddha—

Buddhaṃ bhagavantaṃ abhivādemī

I render homage to the Buddha, the Blessed One.

(bow)

Svākkhāto bhagavatā dhammo

The Teaching, so well explained by him—

Dhammaṃ namassāmi

I bow to the Dhamma.

(bow)

Supaṭipanno bhagavato sāvakaśaṅgho

The Blessed One's disciples, who have practiced well

Saṅghaṃ namāmi

I bow to the Sangha.

(bow)