

Buddha Meditation Centre
Winnipeg
*Mahamevnawa Buddhist
Monastery*

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204-881-5094

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Winnipeg, MB, R2N 4A2

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Pocket Vandanā



*A short chanting service to
pay respect to the Buddha,
Dhamma, and Saṅgha.*



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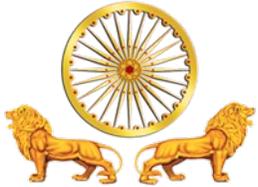
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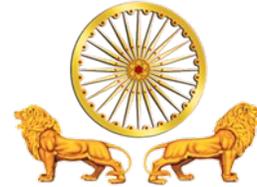
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*A short chanting service to
pay respect to the Buddha,
Dhamma, and Saṅgha.*

This chanting service can be done any time, silently or out loud. As we chant we remember with gratitude the qualities of the Buddha, Dhamma, and the Saṅgha and our commitment to practise the Buddha's teaching.



SALUTATION TO THE BUDDHA
Sādhu! Sādhu! Sādhu!

Namo tassa bhagavato arahato
sammā-sam-buddhassa
Namo tassa bhagavato arahato
sammā-sam-buddhassa
Namo tassa bhagavato arahato
sammā-sam-buddhassa

Homage to the Blessed One, the Worthy
One, the supremely Enlightened One!
Homage to the Blessed One, the Worthy
One, the supremely Enlightened One!
Homage to the Blessed One, the Worthy
One, the supremely Enlightened One!

This chanting service can be done any time, silently or out loud. As we chant we remember with gratitude the qualities of the Buddha, Dhamma, and the Saṅgha and our commitment to practise the Buddha's teaching.



SALUTATION TO THE BUDDHA
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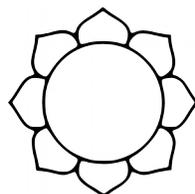
Namo tassa bhagavato arahato
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One, the supremely Enlightened One!
Homage to the Blessed One, the Worthy
One, the supremely Enlightened One!
Homage to the Blessed One, the Worthy
One, the supremely Enlightened One!

If, due to negligence, I have done some
wrong, by body, speech, or mind,
Forgive me of that offense, O Bhante,
perfect One of vast wisdom.

If, due to negligence, I have done some
wrong, by body, speech, or mind,
Forgive me of that offense, O Dhamma,
visible and unaffected by time.

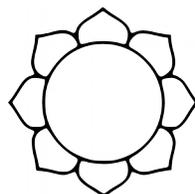
If, due to negligence, I have done some
wrong, by body, speech, or mind,
Forgive me of that offense, O Sangha,
supreme field of merit.



If, due to negligence, I have done some
wrong, by body, speech, or mind,
Forgive me of that offense, O Bhante,
perfect One of vast wisdom.

If, due to negligence, I have done some
wrong, by body, speech, or mind,
Forgive me of that offense, O Dhamma,
visible and unaffected by time.

If, due to negligence, I have done some
wrong, by body, speech, or mind,
Forgive me of that offense, O Sangha,
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This chanting service can be done any time, silently or out loud. As we chant we remember with gratitude the qualities of the Buddha, Dhamma, and the Saṅgha and our commitment to practise the Buddha's teaching.



SALUTATION TO THE BUDDHA
Sādhu! Sādhu! Sādhu!

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One, the supremely Enlightened One!
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SALUTATION TO THE BUDDHA
Sādhu! Sādhu! Sādhu!

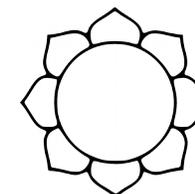
Namo tassa bhagavato arahato
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Forgive me of that offense, O Dhamma,
visible and unaffected by time.

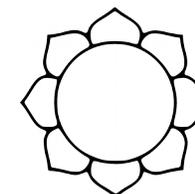
If, due to negligence, I have done some
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Forgive me of that offense, O Sangha,
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wrong, by body, speech, or mind,
Forgive me of that offense, O Bhante,
perfect One of vast wisdom.

If, due to negligence, I have done some
wrong, by body, speech, or mind,
Forgive me of that offense, O Dhamma,
visible and unaffected by time.

If, due to negligence, I have done some
wrong, by body, speech, or mind,
Forgive me of that offense, O Sangha,
supreme field of merit.



I show my reverence ♦ to this Bodhi-tree
♦ seated under which ♦ the Teacher at-
tained full Enlightenment ♦ by overcom-
ing all defilements.

I, too, honor ♦ this great Bodhi-tree ♦
which was honoured ♦ by the Leader of
the World ♦ My homage to thee ♦ O king
of Bodhi-trees

Sādhu! Sādhu! Sādhu!

ASKING FOR FORGIVENESS

Kāyena vācā cittena, pamādena mayā
kataṃ—Accayaṃ khama me bhante,
Bhūri-pañña tathāgata
Kāyena vācā cittena, pamādena mayā
kataṃ—Accayaṃ khama me dhamma,
Sanditthika akālika.
Kāyena vācā cittena, pamādena mayā
kataṃ—Accayaṃ khama me saṅgha,
puñña-kettaṃ anuttara.

I show my reverence ♦ to this Bodhi-tree
♦ seated under which ♦ the Teacher at-
tained full Enlightenment ♦ by overcom-
ing all defilements.

I, too, honor ♦ this great Bodhi-tree ♦
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Sādhu! Sādhu! Sādhu!

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Sanditthika akālika.
Kāyena vācā cittena, pamādena mayā
kataṃ—Accayaṃ khama me saṅgha,
puñña-kettaṃ anuttara.

GOING FOR REFUGE

Buddhaṃ saraṇaṃ gacchāmi.
Dhammaṃ saraṇaṃ gacchāmi.
Saṅghaṃ saraṇaṃ gacchāmi.

Dutiyam’pi Buddhaṃ
saraṇaṃ gacchāmi.
Dutiyam’pi Dhammaṃ
saraṇaṃ gacchāmi.
Dutiyam’pi Saṅghaṃ
saraṇaṃ gacchāmi.

Tatīyam’pi Buddhaṃ
saraṇaṃ gacchāmi.
Tatīyam’pi Dhammaṃ
saraṇaṃ gacchāmi.
Tatīyam’pi Saṅghaṃ saraṇaṃ gacchāmi.

I go for refuge ♦ to the supreme Buddha.
I go for refuge ♦ to the supreme
Dhamma.
I go for refuge ♦ to the supreme Saṅgha.

GOING FOR REFUGE

Buddhaṃ saraṇaṃ gacchāmi.
Dhammaṃ saraṇaṃ gacchāmi.
Saṅghaṃ saraṇaṃ gacchāmi.

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Dutiyam’pi Saṅghaṃ
saraṇaṃ gacchāmi.

Tatīyam’pi Buddhaṃ
saraṇaṃ gacchāmi.
Tatīyam’pi Dhammaṃ
saraṇaṃ gacchāmi.
Tatīyam’pi Saṅghaṃ saraṇaṃ gacchāmi.

I go for refuge ♦ to the supreme Buddha.
I go for refuge ♦ to the supreme
Dhamma.
I go for refuge ♦ to the supreme Saṅgha.

I show my reverence ♦ to this Bodhi-tree
♦ seated under which ♦ the Teacher at-
tained full Enlightenment ♦ by overcom-
ing all defilements.

I, too, honor ♦ this great Bodhi-tree ♦
which was honoured ♦ by the Leader of
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Sādhu! Sādhu! Sādhu!

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GOING FOR REFUGE

Buddhaṃ saraṇaṃ gacchāmi.
Dhammaṃ saraṇaṃ gacchāmi.
Saṅghaṃ saraṇaṃ gacchāmi.

Dutiyam’pi Buddhaṃ
saraṇaṃ gacchāmi.
Dutiyam’pi Dhammaṃ
saraṇaṃ gacchāmi.
Dutiyam’pi Saṅghaṃ
saraṇaṃ gacchāmi.

Tatīyam’pi Buddhaṃ
saraṇaṃ gacchāmi.
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Tatīyam’pi Saṅghaṃ saraṇaṃ gacchāmi.

I go for refuge ♦ to the supreme Buddha.
I go for refuge ♦ to the supreme
Dhamma.
I go for refuge ♦ to the supreme Saṅgha.

GOING FOR REFUGE

Buddhaṃ saraṇaṃ gacchāmi.
Dhammaṃ saraṇaṃ gacchāmi.
Saṅghaṃ saraṇaṃ gacchāmi.

Dutiyam’pi Buddhaṃ
saraṇaṃ gacchāmi.
Dutiyam’pi Dhammaṃ
saraṇaṃ gacchāmi.
Dutiyam’pi Saṅghaṃ
saraṇaṃ gacchāmi.

Tatīyam’pi Buddhaṃ
saraṇaṃ gacchāmi.
Tatīyam’pi Dhammaṃ
saraṇaṃ gacchāmi.
Tatīyam’pi Saṅghaṃ saraṇaṃ gacchāmi.

I go for refuge ♦ to the supreme Buddha.
I go for refuge ♦ to the supreme
Dhamma.
I go for refuge ♦ to the supreme Saṅgha.

For the second time ♦ I go for refuge ♦
to the supreme Buddha.
For the second time ♦ I go for refuge ♦
to the supreme Dhamma.
For the second time ♦ I go for refuge ♦
to the supreme Saṅgha.

For the third time ♦ I go for refuge ♦
to the supreme Buddha.
For the third time ♦ I go for refuge ♦
to the supreme Dhamma.
For the third time ♦ I go for refuge ♦
to the supreme Saṅgha.
Sādhu! Sādhu! Sādhu!

OBSERVATION OF THE FIVE PRECEPTS

1. I observe the precept of ♦ abstaining
from killing beings.
2. I observe the precept of ♦ abstaining
from stealing.

For the second time ♦ I go for refuge ♦
to the supreme Buddha.
For the second time ♦ I go for refuge ♦
to the supreme Dhamma.
For the second time ♦ I go for refuge ♦
to the supreme Saṅgha.

For the third time ♦ I go for refuge ♦
to the supreme Buddha.
For the third time ♦ I go for refuge ♦
to the supreme Dhamma.
For the third time ♦ I go for refuge ♦
to the supreme Saṅgha.
Sādhu! Sādhu! Sādhu!

OBSERVATION OF THE FIVE PRECEPTS

1. I observe the precept of ♦ abstaining
from killing beings.
2. I observe the precept of ♦ abstaining
from stealing.

HOMAGE TO STUPAS AND BODHI TREE
Vandāmi cetiyarū sabbarū—
Sabba-ṭhānesu patitṭhitarū
Sārīrika-dhātu-Mahā-bodhirū—
Buddha-rūparū sakalarū sadā.

Yassa mūle nisinno va—
Sabbāri vijayarū akā,
Patto sabbaññutarū Satthā—
Vande tarū Bodhi-pādaparū.

Ime ete Mahā-Bodhi—
Loka-nāthena pūjitā,
Aham-pi te namassāmi—
Bodhi-Rājā nam’atthu te!

I show my humble reverence ♦ to all the
stupas ♦ in all of the places ♦ that they
stand ♦ the bodily relics ♦ the Great
Bodhi Tree ♦ and all the Buddha images
forever.

HOMAGE TO STUPAS AND BODHI TREE
Vandāmi cetiyarū sabbarū—
Sabba-ṭhānesu patitṭhitarū
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stupas ♦ in all of the places ♦ that they
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Bodhi Tree ♦ and all the Buddha images
forever.

For the second time ♦ I go for refuge ♦
to the supreme Buddha.
For the second time ♦ I go for refuge ♦
to the supreme Dhamma.
For the second time ♦ I go for refuge ♦
to the supreme Saṅgha.

For the third time ♦ I go for refuge ♦
to the supreme Buddha.
For the third time ♦ I go for refuge ♦
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to the supreme Saṅgha.
Sādhu! Sādhu! Sādhu!

OBSERVATION OF THE FIVE PRECEPTS

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For the second time ♦ I go for refuge ♦
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stand ♦ the bodily relics ♦ the Great
Bodhi Tree ♦ and all the Buddha images
forever.

1. Of pure conduct is the Order of Disciples ♦ of the Blessed One,
2. of upright conduct is the Order of Disciples ♦ of the Blessed One,
3. of wise conduct is the Order of Disciples ♦ of the Blessed One,
4. of generous conduct is the Order of Disciples ♦ of the Blessed One. Those four pairs of persons ♦ the eight kinds of individuals: ♦ that is the Order of Disciples ♦ of the Blessed One.

5. They are worthy of offerings,
6. they are worthy of hospitality,
7. they are worthy of gifts,
8. they are worthy of reverential salutations,
9. an incomparable field of merit for the world.

1. Of pure conduct is the Order of Disciples ♦ of the Blessed One,
2. of upright conduct is the Order of Disciples ♦ of the Blessed One,
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5. They are worthy of offerings,
6. they are worthy of hospitality,
7. they are worthy of gifts,
8. they are worthy of reverential salutations,
9. an incomparable field of merit for the world.

3. I observe the precept of ♦ abstaining from sexual misconduct.
4. I observe the precept of ♦ abstaining from telling lies.
5. I observe the precept of ♦ abstaining from taking ♦ intoxicating drinks and drugs.

I follow these precepts ♦ for happiness in this life ♦ for rebirth in heaven ♦ and to realize the Four Noble Truths ♦ in this Gautama Buddha's Dispensation.

BUDDHĀNUSSATI

1. Iti pi so bhagavā, araham,
2. sammā-sam-buddho,
3. vijjā-carana-sampanno,
4. sugato, 5. lokavidū,
6. anuttaro purisa-damma-sārathi,
7. satthā deva-manussānam,
8. buddho, 9. bhagavā ti.

3. I observe the precept of ♦ abstaining from sexual misconduct.
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1. Of pure conduct is the Order of Disciples ♦ of the Blessed One,
2. of upright conduct is the Order of Disciples ♦ of the Blessed One,
3. of wise conduct is the Order of Disciples ♦ of the Blessed One,
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1. Iti pi so bhagavā, araham,
2. sammā-sam-buddho,
3. vijjā-carana-sampanno,
4. sugato, 5. lokavidū,
6. anuttaro purisa-damma-sārathi,
7. satthā deva-manussānam,
8. buddho, 9. bhagavā ti.

1. Such Indeed is the Blessed One, Arahant, worthy one,
2. supremely enlightened,
3. endowed with knowledge and virtue,
4. follower of the Noble Path,
5. knower of worlds,
6. the peerless trainer of persons,
7. teacher of gods and humans,
8. the Enlightened Teacher,
9. the Blessed One.

DHAMMĀNUSSATI

1. Svākkhāto Bhagavatā dhammo,
2. sanditthiko, 3. akāliko,
4. ehipassiko, 5. opanayiko,
6. paccattam vedittabbo viññūhīti.

1. Well taught by the Blessed One is the Dhamma,
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1. Su-paṭipanno Bhagavato sāvaka-sangho.
 2. Uju-paṭipanno Bhagavato sāvaka-sangho.
 3. Nāya-paṭipanno Bhagavato sāvaka-sangho.
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- Yadidam cattāri purisa-yugāni ♦
aṭṭha purisa-puggalā ♦ esa Bhagavato sāvaka-sangho:
5. āhu-neyyo 6. pāhu-neyyo
7. dakkhi-neyyo 8. anjali-karaniyo
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