

# Tisarana: Three Refuges



## Buddhānussati: Contemplation on the Qualities of the Buddha

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: Contemplation on the Qualities of the Dhamma

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,
2. visible here and now,
3. timeless,
4. open to all,
5. learned and applied to oneself,
6. understood by the wise each for himself.

## Saṅghānussati: Contemplation on the Qualities of the Saṅgha

1. Su-paṭipanno Bhagavato sāvaka-saṅgho.
2. Uju-paṭipanno Bhagavato sāvaka-saṅgho.
3. Ñāya-paṭipanno Bhagavato sāvaka-saṅgho.
4. Sāmīci-paṭipanno Bhagavato sāvaka-saṅgho.

Yadidam cattāri purisa-yugāni aṭṭha purisa-puggalā esa Bhagavato sāvaka-saṅgho:

5. āhu-neyyo
6. pāhu-neyyo
7. dakkhi-neyyo
8. anjali-karanīyo
9. anuttaram puññak-khettam lokassā ti.

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.