

**Buddhanussati Meditation**  
**Recollection on the qualities of the Supreme Buddha**

Close your eyes. Listen silently, and think in this way

My great teacher / Supreme Buddha / eradicated passion / hatred and delusion.

Supreme Buddha /

eradicated the desire of / seeing forms

eradicated the desire of / hearing sounds

eradicated the desire of / smelling odors

eradicated the desire of / tasting flavors

eradicated the desire of / touching tangibles

eradicated the desire of / thinking thoughts

Supreme Buddha / controlled sense faculties / guarded sense faculties /  
restrained sense faculties.

My great teacher / Supreme Buddha / is free from defilements.

Supreme Buddha / purified his body / speech and mind.

In this way / Supreme Buddha / is an Arahant / Araham / Araham / Araham

My great teacher / Supreme Buddha / understood suffering / as a Noble Truth / without  
anyone's help.

Supreme Buddha / eradicated the cause of suffering / as a Noble Truth /  
without anyone's help.

Supreme Buddha / attained the cessation of suffering / as a Noble Truth /  
without anyone's help.

Supreme Buddha / followed the way / leading to the cessation of suffering /  
as a Noble Truth / without anyone's help.

In this way / Supreme Buddha / realized the Four Noble Truths /  
escaped from suffering / and achieved true happiness.

Supreme Buddha / is Sammā Sambuddho / Sammā Sambuddho / Sammā Sambuddho.

My great teacher, Supreme Buddha / had the knowledge / to read others minds.

Supreme Buddha / had the knowledge / to recollect past lives of beings.

Supreme Buddha / had the knowledge / to see passing away / and rebirth of beings.

Supreme Buddha / had the knowledge / of the destruction of all taints.

Supreme Buddha / developed excellent psychic powers.

Supreme Buddha / had an excellent virtue / concentration / and wisdom.

In this way / my great teacher / Supreme Buddha / is Vijjācarana Sammpanno /  
Vijjācarana Sammpanno / Vijjācarana Sammpanno.

My great teacher / Supreme Buddha / discovered a very clear path /  
and attained Nibbāna.

In this way / Supreme Buddha / is Sugato / Sugato / Sugato.

My great teacher/ Supreme Buddha / understood all the worlds /  
and escaped from all these worlds.

In this way / Supreme Buddha / is Lokavidū / Loka vidū / Loka vidū.

My great teacher / Supreme Buddha / had an excellent ability / to tame beings /  
with great compassion.

In this way / Supreme Buddha / is anuttaro purisadamma sarati /  
anuttaro purisadamma sarati /anuttaro purisadamma sarati.

My great teacher / Supreme Buddha / is the teacher of gods and humans.

In this way / Supreme Buddha / is Sattā devamanussānaṃ/ Sattā devamanussānaṃ /Sattā  
devamanussānaṃ.

My great teacher / Supreme Buddha / taught the excellent Dhamma to others / without  
holding anything back.

In this way / Supreme Buddha / is Buddhho / Buddhho / Buddhho.

My great teacher / Supreme Buddha / is the one and only / extra ordinary /  
supreme teacher / with all of these great qualities.

In this way / Supreme Buddha / is Bhagava / Bhagava / Bhagava.

My great teacher / Supreme Buddha / is an Arahant.

Supreme Buddha / is fully enlightened.

Supreme Buddha / possessed true knowledge and good conduct.

Supreme Buddha / is the well gone one.

Supreme Buddha / is the knower of worlds.

Supreme Buddha / is the incomparable teacher of taming persons.

Supreme Buddha / is the teacher of gods and humans.

Supreme Buddha / is fully enlightened.

Supreme Buddha / is the Blessed One.

Blessed One.

Blessed One.

Iti pi so bhagavā, arahāṃ, sammāsambuddho, Vijjācaranasampanno, sugato, lokavidū,