

# Buddhānussati Meditation



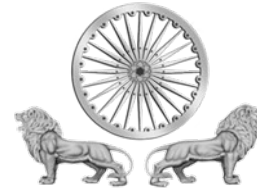
Recollection  
on the Qualities  
of the  
Supreme Buddha

Buddha Meditation Centre  
Winnipeg  
*Mahamevnawa Buddhist Monastery*

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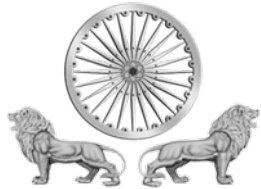
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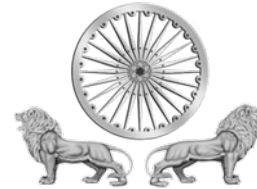
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My great teacher / Supreme Buddha / eradicated passion / hatred and delusion.

Supreme Buddha / eradicated the desire for / seeing forms

... hearing sounds

... smelling odors

... tasting flavors

... touching tangibles

... 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 / Arahaṃ / Arahaṃ / Arahaṃ.**

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

Supreme Buddha / eradicated the desire for / seeing forms

... hearing sounds

... smelling odors

... tasting flavors

... touching tangibles

... 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 / Arahaṃ / Arahaṃ / Arahaṃ.**

**In this way / Supreme Buddha / is Bhagavā / Bhagavā / Bhagavā.**

My great teacher / Supreme Buddha / is an Arahant ... is fully enlightened ... possessed true knowledge and good conduct ... is the well gone one ... is the knower of worlds ... is the incomparable teacher of taming persons ... is the teacher of gods and humans ... is fully enlightened. ... is the Blessed One.

Iti pi so bhagavā, Araham, Sammāsambuddho, Vijjācarana-sampanno, Sugato, Lokavidū, Anuttaro purisadammasārathi, Satthā devamanussānam, Buddhho, Bhagavā 'ti.

**In this way / Supreme Buddha / is Bhagavā / Bhagavā / Bhagavā.**

My great teacher / Supreme Buddha / is an Arahant ... is fully enlightened ... possessed true knowledge and good conduct ... is the well gone one ... is the knower of worlds ... is the incomparable teacher of taming persons ... is the teacher of gods and humans ... is fully enlightened. ... is the Blessed One.

Iti pi so bhagavā, Araham, Sammāsambuddho, Vijjācarana-sampanno, Sugato, Lokavidū, Anuttaro purisadammasārathi, Satthā devamanussānam, Buddhho, Bhagavā 'ti.

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

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... hearing sounds

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

My great teacher / Supreme

Buddha / is free from defilements.

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**In this way / Supreme Buddha / is an Arahant / Arahaṃ / Arahaṃ / Arahaṃ.**

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

Supreme Buddha / eradicated the desire for / seeing forms

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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 / Arahaṃ / Arahaṃ / Arahaṃ.**

**In this way / Supreme Buddha / is Bhagavā / Bhagavā / Bhagavā.**

My great teacher / Supreme Buddha / is an Arahant ... is fully enlightened ... possessed true knowledge and good conduct ... is the well gone one ... is the knower of worlds ... is the incomparable teacher of taming persons ... is the teacher of gods and humans ... is fully enlightened. ... is the Blessed One.

Iti pi so bhagavā, Araham, Sammāsambuddho, Vijjācarana-sampanno, Sugato, Lokavidū, Anuttaro purisadammasārathi, Satthā devamanussānam, Buddhho, Bhagavā 'ti.

**In this way / Supreme Buddha / is Bhagavā / Bhagavā / Bhagavā.**

My great teacher / Supreme Buddha / is an Arahant ... is fully enlightened ... possessed true knowledge and good conduct ... is the well gone one ... is the knower of worlds ... is the incomparable teacher of taming persons ... is the teacher of gods and humans ... is fully enlightened. ... is the Blessed One.

Iti pi so bhagavā, Araham, Sammāsambuddho, Vijjācarana-sampanno, Sugato, Lokavidū, Anuttaro purisadammasārathi, Satthā devamanussānam, Buddhho, Bhagavā 'ti.

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

**In this way / Supreme Buddha / is Satthā devamanussānam / Satthā devamanussānam / Satthā devamanussānam.**

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

**In this way / Supreme Buddha / is Buddhō / Buddhō / Buddhō.**

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

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

**In this way / Supreme Buddha / is Satthā devamanussānam / Satthā devamanussānam / Satthā devamanussānam.**

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

**In this way / Supreme Buddha / is Buddhō / Buddhō / Buddhō.**

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

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.

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

**In this way / Supreme Buddha / is Sammā-sambuddho / Sammā-sambuddho / Sammā-sambuddho.**

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.

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

**In this way / Supreme Buddha / is Sammā-sambuddho / Sammā-sambuddho / Sammā-sambuddho.**

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

**In this way / Supreme Buddha / is Satthā devamanussānam / Satthā devamanussānam / Satthā devamanussānam.**

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

**In this way / Supreme Buddha / is Buddhō / Buddhō / Buddhō.**

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

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

**In this way / Supreme Buddha / is Satthā devamanussānam / Satthā devamanussānam / Satthā devamanussānam.**

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

**In this way / Supreme Buddha / is Buddhō / Buddhō / Buddhō.**

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

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.

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

**In this way / Supreme Buddha / is Sammā-sambuddho / Sammā-sambuddho / Sammā-sambuddho.**

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.

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

**In this way / 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 excellent virtue / concentration / and wisdom.

**In this way / Supreme Buddha / is Vijjācarana-sampanno / Vijjācarana-sampanno / Vijjācarana-sampanno.**

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 excellent virtue / concentration / and wisdom.

**In this way / Supreme Buddha / is Vijjācarana-sampanno / Vijjācarana-sampanno / Vijjācarana-sampanno.**

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 / Lokavidū / Lokavidū.**

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

**In this way / Supreme Buddha / is Anuttaro purisadammasārathi / Anuttaro purisadammasārathi / Anuttaro purisadammasārathi.**

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 / Lokavidū / Lokavidū.**

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

**In this way / Supreme Buddha / is Anuttaro purisadammasārathi / Anuttaro purisadammasārathi / Anuttaro purisadammasārathi.**

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 excellent virtue / concentration / and wisdom.

**In this way / Supreme Buddha / is Vijjācarana-sampanno / Vijjācarana-sampanno / Vijjācarana-sampanno.**

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 excellent virtue / concentration / and wisdom.

**In this way / Supreme Buddha / is Vijjācarana-sampanno / Vijjācarana-sampanno / Vijjācarana-sampanno.**

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 / Lokavidū / Lokavidū.**

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

**In this way / Supreme Buddha / is Anuttaro purisadammasārathi / Anuttaro purisadammasārathi / Anuttaro purisadammasārathi.**

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 / Lokavidū / Lokavidū.**

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

**In this way / Supreme Buddha / is Anuttaro purisadammasārathi / Anuttaro purisadammasārathi / Anuttaro purisadammasārathi.**