



Kammā Vācanā

Asking for Forgiveness

The Buddha taught that we benefit from recognizing our faults and abandoning them. Developing a wish to overcome our shortcomings can lead to our happiness and well-being.



Kāyena vācā cittena, pamādena mayā kataṃ

Accayaṃ khama me bhante, Bhūri-pañña Tathāgata

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.



**Kāyena vācā cittaena, pamādena mayā kataṃ
Accayaṃ khama me dhamma, Sanditthika akālika.**

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.



**Kāyena vācā cittaena, pamādena mayā kataṃ
Accayaṃ khama me saṅgha, puññak-kettaṃ anuttara.**

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.



*Okasa Vandami:
Asking for Forgiveness &
Sharing Merit With Monks*



Our Pinwath Loku
Swaminwahanse

**Okāsa vandāmi Bhante. Mayākataṃ puññaṃ,
sāminā anumodi tabbaṃ.**

Please, Bhante, kindly allow me to share with you
the merit I have collected.

*(Bhantes: Sādhu, Sādhu, anumodāmi!
Good, good, I rejoice!)*

Saminā kataṃ puññaṃ, mayhaṃ dātabbaṃ

Please Bhante, kindly share with me the merit you have collected.

*(Bhantes: Sādhu, Sādhu, anumodetha!
Good, good, I share!)*

Sādhu, Sādhu anumodāmi!

Good, good, I rejoice!

**Okāsa! Dvārattena kataṃ sabbaṃ accayaṃ
khamatha me Bhante.**

Forgive me, oh Bhante, of any offences I may have committed
by body, speech, or mind.

*(Bhantes: Kamāmi kamitabbaṃ.
I forgive!)*



Okāsa khamāmi Bhante!

Dutiyam'pi okāsa khamāmi Bhante!

Tatīyam'pi okāsa khamāmi Bhante!

I ask for forgiveness, oh Bhante!

For a second time, I ask forgiveness, oh Bhante!

For a third time, I ask forgiveness, oh Bhante!