

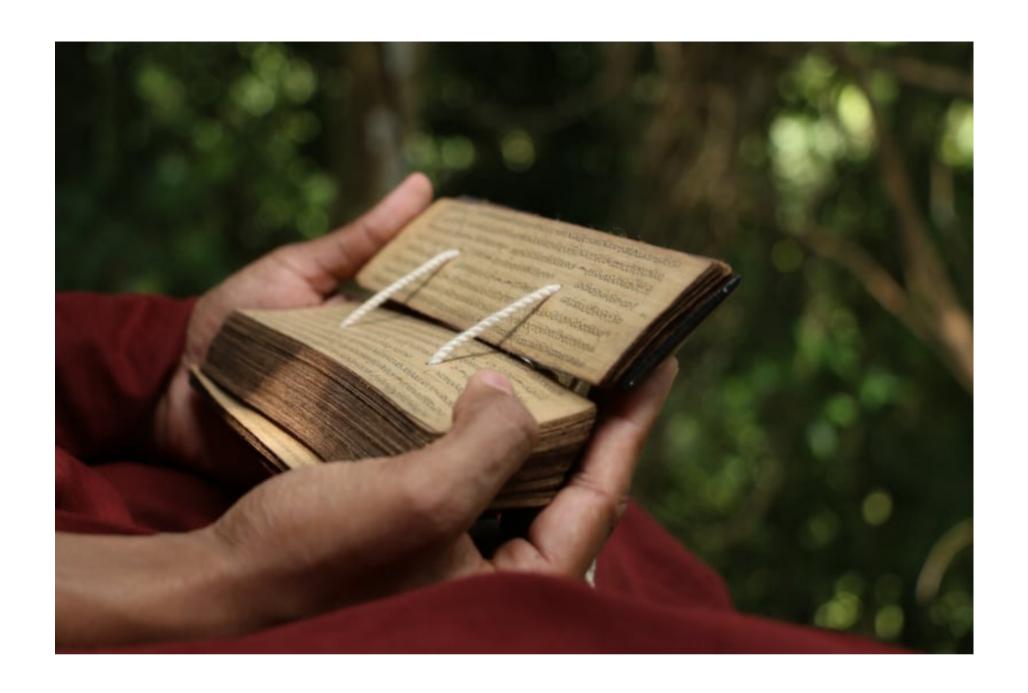
# Kamma Vacana Asking for Forgiveness

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 katam Accayam 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 cittena, pamādena mayā katam Accayam 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 cittena, pamādena mayā katam Accayam khama me saṅgha, puññak-kettam 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



# Okāsa vandāmi Bhante. Mayākatam puññam, sāminā anumodi tabbam.

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

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

### Saminā katam puññam, mayham dātabbam

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 katam sabbam accayam khamatha me Bhante.

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

(**Bhantes**: Kamāmi kamitabbaṁ. I forgive!



Okāsa khamāmi Bhante! Dutiyam'pi okāsa khamāmi Bhante! Tatiyam'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!