

**Meditation on the Qualities of
the Supreme Buddha**

Buddhānussati

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

Arahant

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***.

Araham

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.**

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
discovered a very clear path
and attained Nibbāna.

Sugato

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

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

Lokavidū

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
is the teacher
of ***gods and humans.***

Satthā devamanussānam

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

Buddho

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

Buddho

In this way
Supreme Buddha
is **Buddho**
Buddho
Buddho.

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

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