

HOMAGE AND THE THREE REFUGES

Namo tassa bhāgavato arahato sammāsāmbuddhassa (3x)
Hōmage to the Blessed, Noble and Perfectly Enlightened One. (3x)

Buddham saranam gacchāmi
Dhammam saranam gacchāmi
Sangham saranam gacchāmi
I take refuge in the Buddha
I take refuge in the Dharma
I take refuge in the Sangha

Dutiyampi buddham saranam gacchāmi... (dhammam, sangham)
For the second time, I take refuge in the Buddha, (Dhamma, Sangha)

Tatīyampi buddham saranam gacchāmi... (dhammam, sangham)
For the third time, I take refuge in the Buddha, (Dhamma, Sangha)

THE FIVE PRECEPTS

1. Pānātipātā verāmani sikkhāpadam sāmādiyāmi.

- 1.a. I undertake the rule of training to refrain from taking the life of any living being
- 1.b. I aspire to become kind and of service to all beings

2. Adinnādānā verāmani sikkhāpadam sāmādiyāmi.

- 2.a. I undertake the rule of training to refrain from taking that which is not freely given
- 2.b. I aspire to become generous to all beings

3. Kāmesu micchācārā verāmani sikkhāpadam sāmādiyāmi.

- 3.a. I undertake the rule of training to refrain from sexual acts which cause harm.
- 3.b. I aspire to nurture love, relationship, and beauty.

4. Musāvādā verāmani sikkhāpadam sāmādiyāmi.

- 4.a. I undertake the rule of training to refrain from false and harmful speech.
- 4.b. I aspire to use speech to create happiness, harmony and understanding.

5. Surāmeraya-majja-pamādatthānā verāmani sikkhāpadam sāmādiyāmi.

- 5.a. I undertake the rule of training to refrain from the use of intoxicants
- 5.b. I aspire to cultivate mindfulness and wisdom

THE BUDDHA'S WORDS ON LOVING KINDNESS

[Now let us chant the Buddha's words on
loving-kindness]

This is what should be done
By one who is skilled in goodness,
And who knows the path of peace:
Let them be able and upright,
Straightforward and gentle in speech.
Humble and not conceited,
Contented and easily satisfied,
Unburdened with duties and frugal in their
ways.
Peaceful and calm, and wise and skillful,
Not proud and demanding in nature.
Let them not do the slightest thing
That the wise would later reprove.
Wishing: In gladness and in safety,
May all beings be at ease.
Whatever living beings there may be;
Whether they are weak or strong, omitting
none,
The great or the mighty, medium, short or
small,
The seen and the unseen,
Those living near and far away,
Those born and to-be-born –
May all beings be at ease.

Let none deceive another,
Or despise any being in any state.
Let none through anger or ill-will
Wish harm upon another.
Even as a mother protects with her life
Her child, her only child,
So with a boundless heart
Should one cherish all living beings;
Radiating kindness over the entire world:
Spreading upwards to the skies,
And downwards to the depths;
Outwards and unbounded,
Freed from hatred and ill-will.
Whether standing or walking, seated or
lying down
Free from drowsiness,
One should sustain this recollection.
This is said to be the sublime abiding.
By not holding to fixed views,
The pure-hearted one, having clarity of
vision,
Being freed from all sense-desires,
Is not born again into this world.

REFLECTIONS ON UNIVERSAL WELL-BEING

(Now let us chant the reflections on universal well-being)

[May I abide in well-being], in freedom from affliction, in freedom from hostility, in freedom from ill-will, in freedom from anxiety, and may I maintain well-being in myself.

May everyone abide in well-being, in freedom from hostility, in freedom from ill-will, in freedom from anxiety, and may they maintain well-being in themselves.

May all beings be released from all suffering, and may they not be parted from the good fortune they have attained.

When they act upon intention, all beings are the owners of their action and inherit its results. Their future is born from such action, companion to such action, and its results will be their home. All actions with intention, be they skilful or harmful, of such acts they will be the heirs.

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FIVE SUBJECTS FOR FREQUENT RECOLLECTION

I am of the nature to age, I have not gone beyond ageing.

I am of the nature to sicken, I have not gone beyond sickness.

I am of the nature to die, I have not gone beyond dying.

All that is mine, beloved and pleasing, will become otherwise, will become separated from me.

I am the owner of my kamma, heir to my kamma, born of my kamma, related to my kamma, abide supported by my kamma. Whatever kamma I shall do, for good or for ill, of that I will be the heir.

Thus we should frequently recollect.

Sharing and Aspiration

[Now let us chant the verses of sharing and aspiration]

Through the goodness that arises from my practice,
May my spiritual teachers and guides of great virtue,
My mother, my father and my relatives,
The Sun and the Moon, and all virtuous leaders of the world –
May the highest gods and evil forces;
Celestial beings, guardian spirits of the Earth and the Lord of Death;
May those who are friendly, indifferent or hostile;
May all beings receive the blessings of my life.
May they soon attain the threefold bliss and realise the Deathless.
Through the goodness that arises from my practice,
And through this act of sharing,
May all desires and attachments quickly cease
And all harmful states of mind.
Until I realise Nibbāna,
In every kind of birth, may I have an upright mind
With mindfulness and wisdom, austerity and vigour.
May the forces of delusion not take hold nor weaken my resolve.
The Buddha is my excellent refuge,
Unsurpassed is the protection of the Dhamma,
The Solitary Buddha is my noble Lord,
The Sangha is my supreme support.
Through the supreme power of all these,
May darkness and delusion be dispelled.