

Chanting Before/After Meditation – enjoy the sound or join in

Chanting may seem highly religious, but it is simply a technique to help us transition to meditation and remind us of how we wish to live. We are an international community with non-English speakers, so some chants are in a language of the Buddha's homeland (*Pali / Sanskrit*).

Saluting the Shrine *(translation)*

Namo Buddhaya *(respect for the Buddha, not as a god, but as a human being we aspire to be like)*

Namo Dharmaya *(respect for the Dharma, the Buddha's teachings on how to live ethically & alleviate suffering)*

Namo Sanghaya *(respect for the Sangha, the supportive community of practitioners helping us to grow)*

Namo Nama *(emphatically so)*

Om Ah Hum *(with body, speech, heart/mind or... with universal sounds of transformation)*

The Brahma Viharas / Bodhisattva Blessing

May all beings enjoy happiness,
and the causes of happiness;

May they be free from suffering,
and the causes of suffering;

May they not be separated from great happiness
devoid of suffering;

May they dwell in great equanimity,
free from craving, aversion and delusion

Transference of Merit & Self-Surrender

May the merit gained, in my acting thus, go to
the alleviation of the suffering of all beings.

My personality throughout my existences, my
possessions, and my merit in all three ways,
I give up without regard to myself, for the
benefit of all beings.

Just as the earth and other elements are
serviceable in many ways to the infinite
number of beings inhabiting limitless space,

So may I become that which maintains all beings
situated throughout space,

So long as all have not attained ... to peace.

Refuges & ethical Precepts *(translation)*

Namo Tassa Bhagavato Arahato Sammasambuddhasa
Namo Tassa Bhagavato Arahato Sammasambuddhasa
Namo Tassa Bhagavato Arahato Sammasambuddhasa
(Respect to the Blessed/Worthy/Perfectly Enlightened one)

Buddham Saranam Gacchami
Dhammam Saranam Gacchami
Sangham Saranam Gacchami
(I go for refuge to the Buddha / Dharma / Sangha)

Dutiyaampi Buddham Saranam Gacchami
Dutiyaampi Dhammam Saranam Gacchami
Dutiyaampi Sangham Saranam Gacchami
(for a 2nd time, I go for refuge ...)

Tatiyaampi Buddham Saranam Gacchami
Tatiyaampi Dhammam Saranam Gacchami
Tatiyaampi Sangham Saranam Gacchami
(for a 3rd time, I go for refuge ...)

Panatipata Veramani Sikkhapadam Samadiyami
Adinnadana Veramani Sikkhapadam Samadiyami
Kamesu Micchachara Veramani Sikkhapadam
Samadiyami

Musavada Veramani Sikkhapadam Samadiyami

Surameraya Majja Pamadatthana Veramani
Sikkhapadam Samadiyami

(I undertake to abstain from taking life... taking the not given... sexual misconduct... false speech... intoxicants)

Sadhu, Sadhu, Sadhu

With deeds of loving kindness, I purify my body

With openhanded generosity, I purify my body

With stillness, simplicity & contentment, I purify my
body

With truthful communication, I purify my speech.

With mindfulness, clear and radiant, I purify my mind.