



Chanting and Meditation

Primary, Intermediate and Advanced Level
(Burmese Accent)

Mettananda Vihara



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(Burmese Accent)

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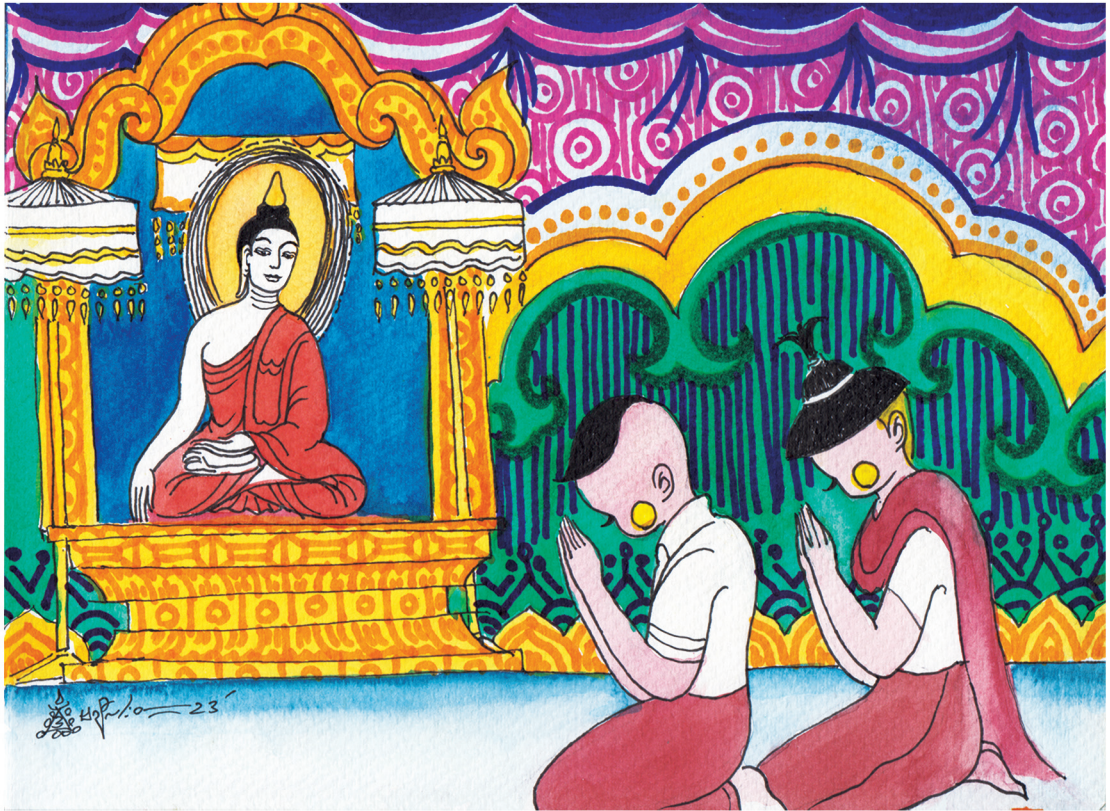
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**Chanting and Meditation
(Primary Level)**



Buddha means "awakened one" or "enlightened one."

Aw kar Tha

Aw kar tha, Aw kar tha, Aw kar tha, Kar-ya-kang, Va-Si-kang, Ma-no-kang, Thabba do tha, khat thein tho, Ah pyit doe ko, Pyauk par se jin, Ah kyoe nghar, pa hta ma, Du ti ya, Ta ti ya, Da kyein, Ngha kyein, Thone kyein myauk aung, Pha yar ya da nar, Ta yar ya da nar, Than ghar ya da nar, Dee hu tho, Ya da nar myat thone par, Mi ba Sayar tha mar doe ko, Ayo a the, A lay a myat, Lek oh moe yuek, Shi khoe pu zaw, Phu myaw marn shot, Ga dot par ei, Ashin pha yar.....

In English:

Dear Lord Buddha, please allow me to pay homage to the Triple Gems. In order to cleanse all physical, verbal, and mental wrongdoings that I might have committed so far, and to have my body and spirit be blessed, I bow three times to the Triple Gems : Buddha, the sacred Dhamma and the community of Sangha. Joining my hands in prayer, I also pay my deep respects to my dear benevolent parents and teachers with profound respect and humble spirit.

Asking for five precepts

In Pali:

1. **Aham bhante, titharanena thaha, pansa thilam, dhammam yasami, anuggaham katva, thilam dehta, me bhante.**
2. **Dutiyampi, Aham bhante, titharanena thaha, pansa thilam, dhammam yasami, anuggaham katva, thilam dehta, me bhante.**
3. **Tatiyampi, Aham bhante, titharanena thaha, pansa thilam, dhammam yasami, anuggaham katva, thilam dehta, me bhante.**

In English:

1. Venerable Sir, I ask to receive the five precepts and take three refuges. Please have compassion on me and grant me the permission to take the precepts and three refuges.
2. For the second time, Venerable Sir, ...
3. For the third time, Venerable Sir, ...

Paying Homage to Buddha

In Pali:

Namo Tattha Bhagavato Arahato ThammaThambud-dhattha

Namo Tattha Bhagavato Arahato ThammaThambud-dhattha

Namo Tattha Bhagavato Arahato ThammaThambud-dhattha

In English:

I pay homage to Him, the Exalted One, the Worthy One, the Fully Enlightened One.

(Please repeat three times.)

Taking three refuges

In Pali:

Buddham tharanam gissami.

Dhammam tharanam gissami.

Thangham tharanam gissami.

Dutiyampi, Buddham tharanam gissami.

Dutiyampi, Dhammam tharanam gissami.

Dutiyampi, thangham tharanam gissami.

Tatiyampi, Buddham tharanam gissami.

Tatiyampi, Dhammam tharanam gissami.

Tatiyampi, thangham tharanam gissami.

In English:

1. I go to the Buddha as my refuge.
I go to the Dhamma as my refuge.
I go to the Sangha as my refuge.
2. For the second time, I go to the Buddha as my refuge.
For the second time, I go to the Dhamma as my refuge.
For the second time, I go to the Sangha as my refuge.
3. For the third time, I go to the Buddha as my refuge.
For the third time, I go to the Dhamma as my refuge.
For the third time, I go to the Sangha as my refuge.

Taking five precepts

In Pali:

1. **Panatipata, veramani thikkhapadam,
thamadiyami.**
2. **Adinnadana, veramani thikkhapadam,
thamadiyami.**
3. **Kamethu missasara, veramani
thikkhapadam, thamadiyami.**
4. **Muthavada, veramani thikkhapadam,
thamadiyami.**
5. **Thura meraya, mizza pamadathtana,
veramani thikkhapadam, thamadiyami.**

In English:

1. I refrain from killing any living beings.
2. I refrain from taking what is not given.
3. I refrain from sexual misconduct.
4. I refrain from false speech.
5. I refrain from drinks and drugs which befuddle the mind and reduce mindfulness.

(If precepts are given by a monk, please wait for the monk to confirm your recitation and respond as follows:)

Monk: *Appamadena sampadetha. (Be Mindful to observe the precepts)*

Students: *Ama bhante (Yes, Venerable Sir)*

Buddha nutthati

(Recollection of the Buddha and His qualities)

In Pali:

**Iti pi tho Bhagava, araham¹, thamma thambuddho²,
vizzasarana-thampanno³, thugato⁴, lokavidu⁵, anuttaro
puritha dhammatharahti⁶, thattha devamanutthanam⁷,
buddho⁸, bhagava⁹.**

In English:

Such indeed is the Blessed One, worthy, and supremely
Enlightened One¹, endowed with knowledge² and virtue³,
and fortune⁴, who is the knower of worlds⁵, an incomparable
charioteer for the training of persons⁶, the teacher of gods
and men⁷, enlightened⁸ and Blessed One⁹

Aspiration

In Pali:

Idam me punnam Nibbanattha pissayo hotu.

In English:

By this merit of mine, may I attain Nibbana.

Sharing Merit

In Pali:

**Idam punna-bhagam thabbathattanam Barzema.
(Thadhu! Thadha! Thadha!)**

In English:

We share this our merit with all beings.

Well-done! Well-done! Well-done!

How to meditate

(Breath in and out meditation, Generally)

1. Sit cross-legged or sit comfortably
2. Left palm over the right palm
3. Straight your body (Sit still, straighten the spine)
4. Close your eyes
5. Focus your mind on the noses. Or, visualize a point on your upper lip
6. When you are breath-in, take note “Breathe-in” when you are breathe-out, take note “Breathe-out”
7. Counting in your minds “breathing in- breathing out” 1 to 8
8. No thinking, no wandering when meditating
9. No playing, no shaking when meditating
10. Repeat that counting 5 to 15 minutes.

Chanting and Meditation (Intermediate Level)



Dhamma means the teaching of Buddha.

Aw kar Tha

**Aw kar tha, Aw kar tha, Aw kar tha, Kar-ya-kang,
Va-Si-kang, Ma-no-kang, Thabba do tha, khat thein tho,
Ah pyit doe ko, Pyauk par se jin, Ah kyoe nghar, pa hta
ma, Du ti ya, Ta ti ya, Da kyein, Ngha kyein, Thone kyein
myauk aung, Pha yar ya da nar, Ta yar ya da nar, Than
ghar ya da nar, Dee hu tho, Ya da nar myat thone par,
Mi ba Sayar tha mar doe ko, Ayo a the, A lay a myat,
Lek oh moe yuek, Shi khoe pu zaw, Phu myaw marn shot,
Ga dot par ei, Ashin pha yar.....**

In English:

Dear Lord Buddha, please allow me to pay homage to the Triple Gems. In order to cleanse all physical, verbal, and mental wrongdoings that I might have committed so far, and to have my body and spirit be blessed, I bow three times to

the Triple Gems : Buddha, the sacred Dhamma and the community of Sangha. Joining my hands in prayer, I also pay my deep respects to my dear benevolent parents and teachers with profound respect and humble spirit.

Asking for five precepts

In Pali:

2. **Aham bhante, titharanena thaha, pansa thilam, dhammam yasami, anuggaham katva, thilam dehta, me bhante.**
3. **Dutiyampi, Aham bhante, titharanena thaha, pansa thilam, dhammam yasami, anuggaham katva, thilam dehta, me bhante.**
4. **Tatiyampi, Aham bhante, titharanena thaha, pansa thilam, dhammam yasami, anuggaham katva, thilam dehta, me bhante.**

In English:

4. Venerable Sir, I ask to receive the five precepts and take three refuges. Please have compassion on me and grant me the permission to take the precepts and three refuges.
5. For the second time, Venerable Sir, ...
6. For the third time, Venerable Sir, ...

Paying Homage to Buddha

InPali:

Namo Tattha Bhagavato Arahato ThammaThambud-dhattha.

Namo Tattha Bhagavato Arahato ThammaThambud-

dhattha.

**Namo Tattha Bhagavato Arahato ThammaThambud-
dhattha.**

In English:

I pay homage to Him, the Exalted One, the Worthy One, the Fully Enlightened One.

(Please repeat three times.)

Taking three refuges

In Pali:

Buddham tharanam gissami.

Dhammam tharanam gissami.

Thangham tharanam gissami.

Dutiyampi Buddham tharanam gissami.

Dutiyampi Dhammam tharanam gissami.

Dutiyampi thangham tharanam gissami.

Tatiyampi Buddham tharanam gissami.

Tatiyampi Dhammam tharanam gissami.

Tatiyampi thangham tharanam gissami.

In English:

1. I go to the Buddha as my refuge.
I go to the Dhamma as my refuge.
I go to the Sangha as my refuge.
2. For the second time, I go to the Buddha as my refuge.
For the second time , I go to the Dhamma as my refuge.
For the second time, I go to the Sangha as my refuge.
3. For the third time,I go to the Buddha as my refuge.

For the third time, I go to the Dhamma as my refuge.
 For the third time, I go to the Sangha as my refuge.

Taking five precepts

In Pali:

1. **Panatipata, veramani thikkhapadam, thamadiyami.**
2. **Adinnadana, veramani thikkhapadam, thamadiyami.**
3. **Kamethu missasara, veramani thikkhapadam, thamadiyami.**
4. **Muthavada, veramani thikkhapadam, thamadiyami.**
5. **Thura meraya, mizza pamadathtana, veramani thikkhapadam, thamadiyami.**

In English:

1. I refrain from killing any living beings.
2. I refrain from taking what is not given.
3. I refrain from sexual misconduct.
4. I refrain from false speech.
5. I refrain from drinks and drugs which befuddle the mind and reduce mindfulness.

If precepts are given by a monk, please wait for the monk to confirm your recitation and respond as follows:

Monk: Appamadena sampadetha.

(Be Mindful to observe the precepts)

Students: Ama bhante (Yes, Venerable Sir)

Buddha nutthati

(Recollection of the Buddha and His qualities)

In Pali:

**Iti pi tho Bhagava, araham¹, thamma thambuddho²,
vizzasarana-thampanno³, thugato⁴, lokavidu⁵, anuttaro
puritha dhamma- tharahti⁶, thattha devamanutthanam⁷,
buddho⁸, bhagava⁹.**

In English:

Such indeed is the Blessed One, worthy, and supremely
Enlightened One¹, endowed with knowledge² and virtue³,
and fortune⁴, who is the knower of worlds⁵, an incomparable
charioteer for the training of persons⁶, the teacher of gods
and men⁷, enlightened⁸ and Blessed One⁹

Dhamma nutthati

(Recollection of the Dhamma and Its qualities)

In Pali:

**Thuakkhato bhagavata Dhammo¹, thanditthiko², aka-
liko³, chipatthiko⁴, opanayiko⁵, pissattam veditabbo vin-
nuhi⁶.**

In English:

The teaching by the Buddha is well-expounded ¹, can be
self-realized², bears immediate fruit³, merits attestation⁴, is
worthy to possess⁵, and benefits everyone who practices
faithfully⁶.

Thanghanutthati

(Recollection of the Thangha and Its qualities)

In Pali:

**Thuppatipanno bhagavato thavakathango¹, Uzuppati-
panno bhagavato thavakathango², Nayappatipanno
bhagavato thavakathango³, thamisippatipanno bhaga-
vato thavakathango⁴, yadidam sattari purithayugani
athtapurithapuggala⁵, etha bhagavato thavakathango,
ahuneyyo⁶, pahuneyyo⁷, dakkhineyo⁸, anzalikaraniyo
anuttaram punnakkhettam lokatthati⁹.**

In English:

The Order of the Buddha's disciples strictly follows good conduct¹, upright conduct², wise conduct³, and dutiful conduct⁴; the Order includes the four pairs of persons, the eight kinds of individuals worthy of offerings⁵, worthy of hospitality⁶, worthy of gifts⁷, worthy of reverential salutation⁸, an incomparable field of merits in the world⁹.

Pathtana Conditional Relations

In Pali:

1. **Hetu pissayo**
2. **Arammana pissayo**
3. **Adhipati pissayo**
4. **Anantara Pissayo**
5. **Thamanantara pissayo**
6. **Thahazata pissayo**

In English:

- Root condition
- Object condition
- Predominance condition
- Proximity condition
- Contiguity condition
- Conascence condition

7. Annamanna pissayo	Mutuality condition
8. Nitthaya pissayo	Dependence condition
9. Upanitthaya pissayo	Strong-Dependence condition
10. Purezata pissayo	Prenascence condition
11. Pisshazata pissayo	Postnascence condition
12. Athevana pissayo	Repetition condition
13. Kamma pissayo	Kamma condition
14. Vipaka pissayo	Resultant condition
15. Ahara pissayo	Nutriment condition
16. Indriya pissayo	Faculty condition
17. Zhana pissayo	Jhana condition
18. Magga pissayo	Path condition
19. Thampayutta pissayo	Association condition
20. Vippayutta pissayo	Dissociation condition
21. Atthi pissayo	Presence condition
22. Natthi pissayo	Absence condition
23. Vigata pissayo	Disappearance condition
24. Avigata pissayoti	Non-Disappearance condition

Tham Buddhē

In Pali :

Tham buddhe atthavithansa
Dvadathansa thahathake
Pansathata thahatthani
Namami thirathamaham
Appaka Valuka gamga
Ananta nibbhuta zina
Tetham dhammansa thamghansa
Adarena namar ma ham

**Namakkara nubhavena
Hitwa thabbe upaddave
Aneka antara yapi
Vinatthantu athethato.**

In English:

Twenty-eight supreme Buddhas, and twelve thousand and five hundred thousand; Bowing my head, I pay homage to them.

Sands in the Ganges are but little, victors who entered Nibbana are in-numerable, their teachings and communities I pay homage respectfully.

By the power of my homage, getting rid of all calamities, may many a danger vanish totally.

Sending Loving-Kindness (Metta Thutta)

1. Lonn Son Myar Swa, Thattawar, Chanthar Ko Seite, Myae Par Say.
Oo Pat Yan Bay, Kin Sin Way, Nyein Aye Kya Par Say.
2. Kyaut Tat-Ma Kyaut Tat, Nhit Yat Myar Swa, Thattawar, Chanthar Ko Seite, Myae Par Say.
Oo Pat Yan Bay, Kin Sin Way, Nyein Aye Kya Par Say.
3. Myin Eat-Ma Myin Eat, Nhit Yat Myar Swa, Thattawar, Chanthar Ko Seite, Myae Par Say.
Oo Pat Yan Bay, Kin Sin Way, Nyein Aye Kya Par Say.
4. Way Nay-Nii Nay, Nhit Htwe Myar Swa, Thattawar, Chanthar Ko Seite, Myae Par Say.
Oo Pat Yan Bay, Kin Sin Way, Nyein Aye Kya Par Say.
5. Bhawa Zatsone, Ma Sone Mya Swa, Thattawar, Chanthar

- Ko Seite, Myae Par Say.
Oo Pat Yan Bay, Kin Sin Way, Nyein Aye Kya Par Say.
6. Shae To Alat, Thone Yat Khandar, Thattawar, Chanthar Ko Seite, Myae Par Say.
Oo Pat Yan Bay, Kin Sin Way, Nyein Aye Kya Par Say.
7. Kyi Nge Alat, Thone Yat Khandar, Thattawar, Chanthar Ko Seite, Myae Par Say.
Oo Pat Yan Bay, Kin Sin Way, Nyein Aye Kya Par Say.
8. Suu Kyoun Alat, Thone Yat Khandar, Thattawar, Chanthar Ko Seite, Myae Par Say.
Oo Pat Yan Bay, Kin Sin Way, Nyein Aye Kya Par Say.
9. Lu Achinchin, Hlae Pat Chin, Kin Shin Kya Par Say.
10. A Htin Thae chin, Achinchin, Kin Shin Kya Par Say.
11. Sin Yae Lo Chin, Achinchin, Kin Shin Kya Par Say.

Sending Loving-kindness (Khandha Thutta)

Akhyae Mashipar, Thattawar, Chanthar Ko Seite, Myae Par Say.
Oo Pat Yan Bay, Kin Sin Way, Nyein Aye Kya Par Say.
Khyae Nhitchaung shi par Thattawar, Chanthar Ko Seite, Myae Par Say.
Oo Pat Yan Bay, Kin Sin Way, Nyein Aye Kya Par Say.
Khyae Laychaung shi par Thattawar, Chanthar Ko Seite, Myae Par Say.
Oo Pat Yan Bay, Kin Sin Way, Nyein Aye Kya Par Say.
Khyae amyarkyi shi par Thattawar, Chanthar Ko Seite, Myae Par Say.
Oo Pat Yan Bay, Kin Sin Way, Nyein Aye Kya Par Say.

In Eghlish:

May all beings, be well, happy, peaceful and free from danger.

May all beings, weak or strong, be well, happy, peaceful and free from danger.

May all beings, seen or unseen, be well, happy, peaceful and free from danger.

May all beings, near or far, be well, happy, peaceful and free from danger.

May all beings, attained nirvana or in samsara, be well, happy, peaceful and free from danger.

May all beings tall or short or average, be well, happy, peaceful and free from danger.

May all beings big or small or middle body, be well, happy, peaceful and free from danger.

May all beings fat, or thin or medium size, be well happy, peaceful and free from danger.

May all beings be free from deceiving each other.

May all beings be free from contempt for one another.

May all beings be free from harm toward one another.

In English:

May all beings with no feet, be well, happy, peaceful and free from danger.

May all beings with two feet, be well, happy, peaceful and free from danger.

May all beings with four feet, be well, happy, peaceful and free from danger.

May all beings with many feet, be well, happy, peaceful and

free from danger.

Honoring the Buddha

in Pali:

Imaya Dhammanudhamma patipattiya **Buddham Puzemi.**

In English:

By this practice of the Dhamma, I pay homage to the Lord Buddha.

Honoring the Dhamma

In Pali:

Imaya Dhammanudhamma patipattiya **Dhammam Puzemi.**

In English:

By this practice of the Dhamma, I pay homage to the Dhamma.

Honoring the Thangha

In Pali:

Imaya Dhammanudhamma patipattiya **Thangham Puzemi.**

In English:

By this practice of the Dhamma, I pay homage to the Sangha.

Aspiration

In Pali:

Idam me punnam Nibbanattha pissayo hotu.

In English:

By this merit of mine, may I attain Nibbana.

Sharing Merit

In Pali:

Idam punna-bhagam thabbathattanam Barzema.

Thabbe thatta thukhi hontu.

Anumodantu.

Thadhu! Thadha! Thadha!

In English:

We share this our merit with all beings.

Well-done! Well-done! Well-done!

How to meditate

(Breath in and out meditation, Generally)

1. Sit cross-legged or sit comfortably
2. left palm over the right palm
3. Straight your body (Sit still, straighten the spine)
4. Close your eyes
5. Focus your mind on the noses. Or, visualize a point on your upper lip
6. When you are breath-in, take note “Breathe-in” when you are breathe-out, take note “Breathe-out”

7. Counting in your minds “breathing in- breathing out” 1 to 8
8. No thinking, no wandering when meditating
9. No playing, no shaking when meditating
10. Repeat that counting 5 to 15 minutes or more.

How to meditate (Metta meditation)

1. Follow a breath in and out meditation guideline as 1, 2, 3, 4, 8, and 9.
2. Recite metta in your minds “Lonn Son Myar Swa, Thattawar, Chanthar Ko Seite, Myae Par Say. Oo Pat Yan Bay, Kin Sin Way, Nyein Aye Kya Par Say.”
Or recite “May I be well, happy, and peaceful. May my parents be well, happy, and peaceful.”
3. Repeat that reciting 5 to 15 minutes or more.

How to meditate Buddha Nutthati (Araham meditation)

1. Follow a breath in and out meditation guideline as 1, 2, 3, 4, 8, and 9.
2. Recite in your minds “Araham, Araham, Araham.” If you can, recite “Araham- Puzaw ahtuko khanyudaw muhtaik-paythaw myatswarbayar pardakar.”
3. Repeat that reciting 5 to 15 minutes or more.

**Chanting and Meditation
(Advanced Level)**



Sangha means the community of monks and nuns.

Aw kar Tha

Aw kar tha, Aw kar tha, Aw kar tha, Kar-ya-kang, Va-si-kang, Ma-no-kang, Thabba do tha, khat thein tho, Ah pyit doe ko, Pyauk par se jin, Ah kyoe nghar, pa hta ma, Du ti ya, Ta ti ya, Da kyein, Ngha kyein, Thone kyein myauk aung, Pha yar ya da nar, Ta yar ya da nar, Than ghar ya da nar, Dee hu tho, Ya da nar myat thone par, Mi ba Sayar tha mar doe ko, Ayo a the, A lay a myat, Lek oh moe yuek, Shi khoe pu zaw, Phu myaw marn shot, Ga dot par ei, Ashin pha yar.....

In English:

Dear Lord Buddha, please allow me to pay homage to the Triple Gems. In order to cleanse all physical, verbal, and mental wrongdoings that I might have committed so far, and to have my body and spirit be blessed, I bow three times to the Triple Gems : Buddha, the sacred Dhamma and the community of Sangha. Joining my hands in prayer, I also pay my deep respects to my dear benevolent parents and teachers with profound respect and humble spirit.

Asking for five precepts

In Pali:

5. **Aham bhante, titharanena thaha, pansa thilam, dhammam yasami, anuggaham katva, thilam dehta, me bhante.**
6. **Dutiyampi, Aham bhante, titharanena thaha, pansa thilam, dhammam yasami, anuggaham katva, thilam dehta, me bhante.**
7. **Tatiyampi, Aham bhante, titharanena thaha, pansa thilam, dhammam yasami, anuggaham katva, thilam dehta, me bhante.**

in English:

7. Venerable Sir, I ask to receive the five precepts and take three refuges. Please have compassion on me and grant me the permission to take the precepts and three refuges.
8. For the second time, Venerable Sir, ...
9. For the third time, Venerable Sir, ...

Paying Homage to Buddha

In Pali:

Namo Tattha Bhagavato Arahato ThammaThambud-dhattha

Namo Tattha Bhagavato Arahato ThammaThambud-dhattha

Namo Tattha Bhagavato Arahato ThammaThambud-dhattha

In English:

I pay homage to Him, the Exalted One, the Worthy One, the Fully Enlightened One.

(Please repeat three times.)

Taking three refuges

In Pali:

Buddham tharanam gissami.

Dhammam tharanam gissami.

Thangham tharanam gissami.

Dutiyampi Buddham tharanam gissami.

Dutiyampi Dhammam tharanam gissami.

Dutiyampi thangham tharanam gissami.

Tatiyampi Buddham tharanam gissami.

Tatiyampi Dhammam tharanam gissami.

Tatiyampi thangham tharanam gissami.

1. I go to the Buddha as my refuge.
I go to the Dhamma as my refuge.
I go to the Sangha as my refuge.
2. For the second time, I go to the Buddha as my refuge.
For the second time I go to the Dhamma as my refuge.
For the second time I go to the Sangha as my refuge.
3. For the third time, I go to the Buddha as my refuge.
For the third time I go to the Dhamma as my refuge.
For the third time I go to the Sangha as my refuge.

Taking five precepts

In Pali:

1. **Panapipata, veramani thikkhapadam, thama diyami.**
2. **Adinnadana, veramani thikkhapadam, thamadiyami.**
3. **Kamethu missasara, veramani thikkhapadam, thama-diyami.**
4. **Muthavada, veramani thikkhapadam, thamadiyami.**
5. **Thura meraya, mizza pamadathtana, veramani thik-khapadam, thamadiyami.**

In English:

1. I refrain from killing any living beings.
2. I refrain from taking what is not given.
3. I refrain from sexual misconduct.
4. I refrain from false speech.
5. I refrain from drinks and drugs which befuddle the mind and reduce mindfulness.

If precepts are given by a monk, please wait for the monk to confirm your recitation and respond as follows:

Monk: Appamadena sampadetha.

(Be Mindful to observe the precepts)

Students: Ama bhante (Yes, Venerable Sir)

Buddha nutthati

(Recollection of the Buddha and His qualities)

In Pali:

Iti pi tho Bhagava, araham¹, thamma thambuddho², vizzasarana-thampanno³, thugato⁴, lokavidu⁵, anuttaro puritha dhamma- tharahti⁶, thattha devamanutthanam⁷,

buddho⁸, bhagava⁹.

In English:

Such indeed is the Blessed One, worthy, and supremely Enlightened One¹, endowed with knowledge² and virtue³, and fortune⁴, who is the knower of worlds⁵, an incomparable charioteer for the training of persons⁶, the teacher of gods and men⁷, enlightened⁸ and Blessed One⁹

Dhamma nutthati

(Recollection of the Dhamma and Its qualities)

In Pali:

Thuakkhato bhagavata Dhammo¹, thanditthiko², akaliko³, ehipatthiko⁴, opanayyiko⁵, pissattam veditabbo vinnuhi⁶.

In English:

The teaching by the Buddha is well-expounded ¹, can be self-realized², bears immediate fruit³, merits attestation⁴, is worthy to possess⁵, and benefits everyone who practices faithfully⁶.

Thangha nutthati

(Recollection of the Thangha and Its qualities)

In Pali:

Thuppatipanno bhagavato thavakathango¹, Uzuppatipanno bhagavato thavakathango², Nayappatipanno bhagavato thavakathango³, thamisippatipanno bhagavato thavakathango⁴, yadidam sattari purithayugani

**athtapuritha puggala⁵, etha bhagavato thavakathango,
ahuneyyo⁶, pahuneyyo⁷, dakkhineyo⁸, anzalikaraniyo
anuttaram punnakkhettam lokatthati⁹.**

In English:

The Order of the Buddha's disciples strictly follows good conduct¹, upright conduct², wise conduct³, and dutiful conduct⁴; the Order includes the four pairs of persons, the eight kinds of individuals worthy of offerings⁵, worthy of hospitality⁶, worthy of gifts⁷, worthy of reverential salutation⁸, an incomparable field of merits in the world⁹.

Pathtana Conditional Relations

In Pali:

1. **Hetu pissayo**
2. **Arammana pissayo**
3. **Adhipati pissayo**
4. **Anantara Pissayo**
5. **Thamanantara pissayo**
6. **Thahazata pissayo**
7. **Annamanna pissayo**
8. **Nitthaya pissayo**
9. **Upanitthaya pissayo**
10. **Purezata pissayo**
11. **Pisshazata pissayo**
12. **Athevana pissayo**
13. **Kamma pissayo**
14. **Vipaka pissayo**

In English:

- Root condition
- Object condition
- Predominance condition
- Proximity condition
- Contiguity condition
- Conascence condition
- Mutuality condition
- Dependence condition
- Strong-Dependence condition
- Prenascence condition
- Postnascence condition
- Repetition condition
- Kamma condition
- Resultant condition

15. Ahara pissayo	Nutriment condition
16. Indriya pissayo	Faculty condition
17. Zhana pissayo	Jhana condition
18. Magga pissayo	Path condition
19. Thampayutta pissayo	Association condition
20. Vippayutta pissayo	Dissociation condition
21. Athti pissayo	Presence condition
22. Nathti pissayo	Absence condition
23. Vigata pissayo	Disappearance condition
24. Avigata pissayoti	Non-Disappearance condition

Tham Buddhē

In Pali :

**Tham buddhe atthavithansa
Dvadathansa thahathake
Pansathata thahatthani
Namami thirathamaham
Appaka Valuka gamga
Ananta nibbhuta zina
Tetham dhammansa thamghansa
Adarena namar ma ham
Namakkara nubhavena
Hitwa thabbe upaddave
Aneka antara yapi
Vinatthantu athethato.**

In English

Twenty-eight supreme Buddhas, and twelve thousand and

five hundred thousand; Bowing my head, I pay homage to them.

Sands in the Ganges are but little, victors who entered Nibbana are in-numerable, their teachings and communities I pay homage respectfully.

By the power of my homage, getting rid of all calamities, may many a danger vanish totally.

Metta Thutta

In Pali

1/12

**Yatthā nubhāvato yakkhā,
Neva datthenti bhīthanam;
Yamhi sevā nuyuñzanto ,
Rattindiva- matandito.**

2/12

**Thukham Thupati Thutto sa,
Pāpam kiñsi na patthati;
Evamādi gunūpetam,
Parittam tam bhanāma he.**

By the power of this Sutta, the Yakkhas do not show fearful visions, and a person who makes effort regarding this Sutta day and night (by reciting and practicing), sleeps comfortably, and when he is asleep, he does not have bad dreams. Oh good people! Let us recite this protective Sutta which is endowed with these qualities and others as well.

3/12

**Karanīya-mathtakuthalena,
Yamta thantam padam abhithamessa,
thakko uzū sa thuhuzū sa,
thuvaso sattha mudu anātimānī.**

He who wants to dwell penetrating the state of calm (Nibbāna) and who is skilled in his good, should practice the three kinds of training. He should be able, upright, very upright, obedient, gentle, and not conceited.

4/12

**Thantutthako sa thubharo sa,
Appakisso sa thallahukavutti,
thantindriyo sa nipako sa,
Appagabbho kulethvananugiddho.**

He should be contented, easy to take care of, have few activities, have light living (have few possessions), and be controlled in his senses; he should be wise and not impudent and not be greedily attached to the families (devotees).

5/12

**Na sa khudda-māsare kiñsi,
Yena viññū pare upavadeyyum.
Thukhino va khemino hontu,
ThabbaTattā bhavantu Thukhitattā.**

He should not commit any slight wrong, by doing which he

might be censured by wise men. May all beings be happy and safe. May their hearts be happy.

6/12

**Ye kesi pānabhūtatti,
Tathāvā htāvarāva navathethā,
Dīghāvā yeva mahantā,
Mazzhimā ratthakā anukahtulā.**

Whatsoever living beings there be, feeble or

7/12

**Dīhtā vā ye va adīhtā,
Ye va dūre vathanti avidūre,
Bhūtāva thambhavethīva,
Thabbathattā bhavantu thukhitattā.**

Strong, long or big or medium or short, small or fat (round), seen or unseen, those dwelling far or near, those who have been born and those who are yet to be born - may all beings without exception be happy.

8/12

**Na paro param nikubbehta,
Nātimaññehta kathtasi na kañsi,
Byārothanā patighathañña,
Nāñña-maññattha dukkha-missheyya.**

Let none deceive another or despise any person in any place.

Let him not wish any harm to another with insult or ill will.

9/12

**Mātā yahtā niyam putta-,
Māyuthā ekaputta-manurakkhe,
Evam pi thabbabhūtethu,
Mānatham bhāvaye aparimānam.**

Just as a mother would protect her only child at the risk of her own life, even so let him cultivate a boundless heart toward all beings.

10/12

**Mettañ sa thabbalokathami,
Mānatham bhāvaye aparimānam,
Uddham adho sa tiriyañ sa,
Athambādham avera-mathapattam.**

Let his thoughts of boundless love pervade the whole world-above, below and across; making them unrestricted, free of hate and free of enmity.

11/12

**Tittham saram nithinno va,
thayāno yāvatāttha vitamiddho,
Etam thatim adhithteyya,
Brahma-metam vihāra-midha māhu.**

Whether he is standing, walking, sitting or lying down, as long as he is awake he should develop this mindfulness in loving kindness. This is the Noble Living here (in the Dispensation of the Buddha), they say.

12/12

**Ditthiñ sa anupaggamma,
thīlavā datthanena thampanno,
Kāmethu vineyya gedham ,
Nahizā tuggabbha theyya puna reti.**

Not approaching (taking) wrong views, being virtuous and endowed with Vision (the First Path Knowledge), and discarding attachment to sensual objects, he definitely does not come again to lying in a (mother's) womb.

Metta-thuttam Nitthitam
(End of Metta Thutta)

Sending Loving-Kindness (Metta Thutta)

1. Lonn Son Myar Swa, Thattawar, Chanthar Ko Seite, Myae Par Say.
Oo Pat Yan Bay, Kin Sin Way, Nyein Aye Kya Par Say.
2. Kyaut Tat-Ma Kyaut Tat, Nhit Yat Myar Swa, Thattawar, Chanthar Ko Seite, Myae Par Say.
Oo Pat Yan Bay, Kin Sin Way, Nyein Aye Kya Par Say.

Khyae Nhitchaung shi par Thattawar, Chanthar Ko Seite,
Myae Par Say.

Oo Pat Yan Bay, Kin Sin Way, Nyein Aye Kya Par Say.

Khyae Laychaung shi par Thattawar, Chanthar Ko Seite,
Myae Par Say.

Oo Pat Yan Bay, Kin Sin Way, Nyein Aye Kya Par Say.

Khyae amyarkyi shi par Thattawar, Chanthar Ko Seite, Myae
Par Say.

Oo Pat Yan Bay, Kin Sin Way, Nyein Aye Kya Par Say.

In Eghlish

May all beings, be well, happy, peaceful and free from danger.

May all beings, weak or strong, be well, happy, peaceful and free from danger.

May all beings, seen or unseen, be well, happy, peaceful and free from danger.

May all beings, near or far, be well, happy, peaceful and free from danger.

May all beings, attained nirvana or in samsara, be well, happy, peaceful and free from danger.

May all beings tall or short or average, be well, happy, peaceful and free from danger.

May all beings big or small or middle body, be well, happy, peaceful and free from danger.

May all beings fat, or thin or medium size, be well happy, peaceful and free from danger.

May all beings be free from deceiving each other.

May all beings be free from contempt for one another.

May all beings be free from harm toward one another.

In English

May all beings with no feet, be well, happy, peaceful and free from danger.

May all beings with two feet, be well, happy, peaceful and free from danger.

May all beings with four feet, be well, happy, peaceful and free from danger.

May all beings with many feet, be well, happy, peaceful and free from danger.

Honoring the Buddha

In Pali:

Imaya Dhammanudhamma patipattiya **Buddham Puze-mi.**

In English:

By this practice of the Dhamma, I pay homage to the Lord Buddha.

Honoring the Dhamma

In Pali:

Imaya Dhammanudhamma patipattiya **Dhammam Puzemi.**

In English:

By this practice of the Dhamma, I pay homage to the Dhamma.

Honoring the Thangha

In Pali:

Imaya Dhammanudhamma patipattiya **Thangham
Puzemi.**

in English:

By this practice of the Dhamma, I pay homage to the Sangha.

Aspiration

In Pali:

Idam me punnam Nibbanattha pissayo hotu.

In English:

By this merit of mine, may I attain Nibbana.

Sharing Merit

In Pali:

Idam punna-bhagam thabbathattanam Barzema.

Thabbe thatta thukhi hontu.

Anumodantu.

Thadhu! Thadha! Thadha!

In English:

We share this our merit with all beings.

Well-done! Well-done! Well-done!

**How to meditate
(Breath in and out meditation, Generally)**

1. Sit cross legged or sit comfortably
2. left palm over the right palm
3. Straight your body (Sit still, straighten the spine)
4. Close your eyes
5. Focus your mind on the noses. Or, visualize a point on your upper lip
6. When you are breath-in, take note “Breathe-in” when you are breathe-out, take note “Breathe-out”
7. Counting in your minds “breathing in- breathing out” 1 to 8
8. No thinking, no wandering when meditating
9. No playing, no shaking when meditating
10. Repeat that counting 5 to 15 minutes or more.

**How to meditate
(Metta meditation)**

1. Follow a breath in and out meditation guideline as 1, 2, 3, 4, 8, and 9.
2. Recite metta in your minds “Lonn Son Myar Swa, Thattawar, Chanthar Ko Seite, Myae Par Say. Oo Pat Yan Bay, Kin Sin Way, Nyein Aye Kya Par Say.”
Or recite “May I be well, happy, and peaceful. May my parents be well, happy, and peaceful.”
3. Repeat that reciting 5 to 15 minutes or more.

How to meditate Buddha Nutthati (Araham meditation)

1. Follow a breath in and out meditation guideline as 1, 2, 3, 4, 8, and 9.
2. Recite in your minds “Araham, Araham, Araham.” If you can, recite “Araham- Puzaw ahtuko khanyudaw muhtaik-paythaw myatswarbayar pardakar.”
3. Repeat that reciting 5 to 15 minutes or more.

How to meditate (Vipatthana meditation based on breath in and out, Generally)

1. Follow a breath in and out meditation guideline as 1, 2, 3, 4, 5, 6, 8, and 9.
2. Observe your thoughts, feelings, and sensations without judgment or attachment
(E.g.- when your mind is wondering, note “**wondering, wondering**” like that. When you see something, note “**seeing, seeing**.” When you hear something, note “**hearing, hearing**.” When you smell something, note “**smelling, smelling**.” When you taste something, note “**tasting, tasting**.” When you touch something, note “**touching, touching**.” When you feel pain, note “**pain, pain**” like that).
3. If no thoughts, feelings, and sensations appear in your mind and body, gently bring your attention back to your breath.
4. Notice the four elements
(In this body, there are the earth element, the water element, the fire element and the wind element)

Chanting and Meditation

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5. Notice the nature of mind and body
(Anissa-impermanence.
Dukkha-dissatisfaction/suffering.
Annatta-not-self/non-ego.)
6. Repeat 5 to 15 minutes or more.



