

Insight Meditation Society: Chanting

Morning Chanting

Namo Tassa Bhagavato Arahato Samma Sambuddhasa (3x)

Homage to the Blessed One, the Worthy One, the Fully Enlightened Buddha.

Buddham saranam gacchami

To the Buddha I go for refuge.

Dhammam saranam gacchami

To the Dhamma I go for refuge.

Sangham saranam gacchami

To the Sangha I go for refuge.

Dutiyampi Buddham saranam gacchami

For the second time...

Dutiyampi Dhammam saranam gacchami

For the second time...

Dutiyampi Sangham saranam gacchami

For the second time...

Tatiyampi Buddham saranam gacchami

For the third time...

Tatiyampi Dhammam saranam gacchami

For the third time...

Tatiyampi Sangham saranam gacchami

For the third time...

Evening Chanting

Aniccā vata saṅkhārā

All conditioned things are impermanent.

Uppāda vaya dhammino

Their nature is to arise and pass away.

Uppajjitvā nirujjhanti

To be in harmony with this truth

Tesaṃ vūpasamo sukho

Brings true happiness.

Natthi me saranam aññaṃ

Nothing else is my refuge.

Buddho (dhammo, sangho) me

The Buddha (dharma, sangha) is my

Saranam varam

refuge.

Etena sacca vajjena

By the power of this truth,

Soṭṭi me hotu sabbada

May I at all times be blessed.

Pronunciation Guide

Ā as in FATHER

O as in FLOW

C, CC as in CHURCH

A as in ABOUT

U as in GOOD

Ñ as in CANYON

I as in HIT

E as in SAY

Ṃ, Ṇ as in HANG

I as in MACHINE

V as in WOOL

TH as T in TONGUE

PH as P in PALATE

