



पूजा

Three-fold Puja

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with refuges and precepts

Namo Budhaja
Namo Dharmaja
Namo Sanghaja
Namo nama
Om, Ah, Hum.

1. Opening Reverence

We reverence the Buddha, the Perfectly Enlightened One,
the Shower of the Way.

We reverence the Dharma, the Teaching of the Buddha,
which leads from darkness to Light.

We reverence the Sangha, the fellowship of the Buddha's
disciples, that inspires and guides.

2. Reverence to the Three Jewels

We reverence the Buddha, and aspire to follow Him.
The Buddha was born, as we are born.
What the Buddha overcame, we too can overcome;
What the Buddha attained, we too can attain.

We reverence the Dharma, and aspire to follow it,
With body, speech and mind, until the end.
The Truth in all its aspects, the Path in all its stages,
We aspire to study, practise, realise.

We reverence the Sangha, and aspire to follow it:
The fellowship of those who tread the Way.
As, one by one, we make our own commitment,
An ever-widening circle, the Sangha grows.

Reverence and Refuges

Namo tassa Bhagavato Arahato Samma Sambuddhasa

Homage to Him, the Blessed One, the Worthy One, the Perfectly Enlightened One!

Namo tassa Bhagavato Arahato Samma Sambuddhasa

Namo tassa Bhagavato Arahato Samma Sambuddhasa

Buddham saranam gacchami

To the Buddha for refuge I go.

Dhammam saranam gacchami

To the Dharma for refuge I go.

Sangham saranam gacchami

To the Sangha for refuge I go.

Dutiyampi Buddham saranam gacchami

For the second time to the Buddha for refuge I go.

Dutiyampi Dhammam saranam gacchami

For the second time to the Dharma for refuge I go.

Dutiyampi Sangham saranam gacchami

For the second time to the Sangha for refuge I go.

Tatiyampi Buddham saranam gacchami

For the third time to the Buddha for refuge I go.

Tatiyampi Dhammam saranam gacchami

For the third time to the Dharma for refuge I go.

Tatiyampi Sangham saranam gacchami

For the third time to the Sangha for refuge I go.

Precepts

Panatipata Veramani Sikkhapadam Samadiyami

Adinnadana Veramani Sikkhapadam Samadiyami

Kamesu Micchachara Veramani Sikkhapadam Samadiyami

Musavada Veramani Sikkhapadam Samadiyami

Pharusavacha Veramani Sikkhapadam Samadiyami

Samphappala Pavacha Veramani Sikkhapadam Samadiyami

Pisunavacha Veramani Sikkhapadam Samadiyami

Abhijja Veramani Sikkhapadam Samadiyami

Byapada Veramani Sikkhapadam Samadiyami

Micha-dasana Veramani Sikkhapadam Samadiyami.

Sadhu, Sadhu, Sadhu.

With deeds of lovingkindness, I purify my body.

With openhanded generosity, I purify my body.

With stillness, simplicity and contentment, I purify my body.

With truthful communication, I purify my speech.

With words kindly and gracious, I purify my speech.

With utterance helpful and harmonious, I purify my speech.

Abandoning covetousness for tranquillity, I purify my mind.

Changing hatred into compassion, I purify my mind.

Transforming ignorance into wisdom, I purify my mind.

3. Offerings to the Buddha

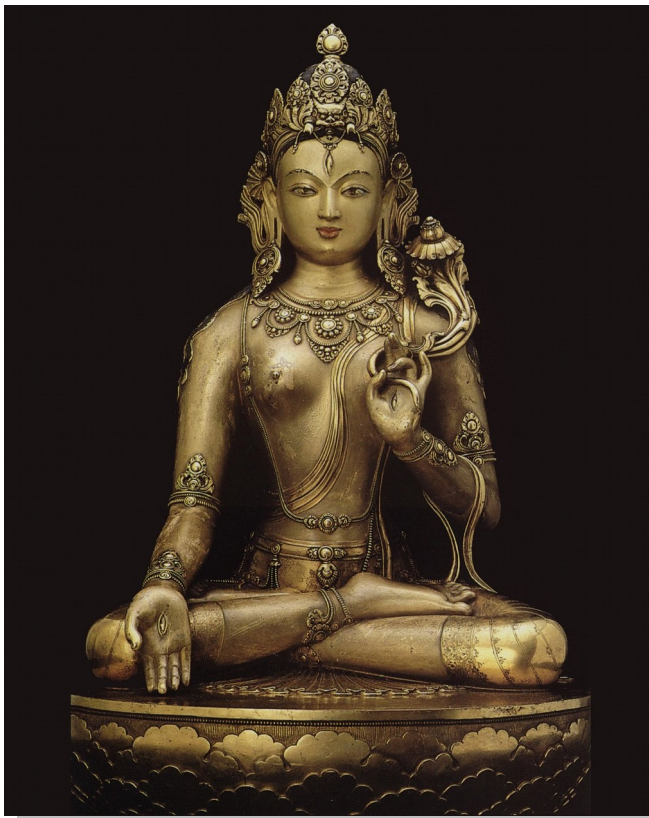
Reverencing the Buddha, we offer flowers -
Flowers that today are fresh and sweetly blooming,
Flowers that tomorrow are faded and fallen.
Our bodies too, like flowers, will pass away.
Reverencing the Buddha, we offer candles.
To Him, who is the Light, we offer light.
From His greater lamp a lesser lamp we light within us:
The lamp of Bodhi shining within our hearts.
Reverencing the Buddha, we offer incense,
Incense whose fragrance pervades the air.
The fragrance of the perfect life, sweeter than incense,
Spreads in all directions throughout the world.

Mantras

Om Amideva Hrih

Om Tare Tuttare Ture Svaha

Om Maitri, Maha Maitri Maitriye Svaha



Sabbe satta sukhī hontu