

SUNDAY DHAMMA SCHOOL PŪJĀ

AT

BODHI LAṄKĀRĀMA BUDDHIST TEMPLE



Namo tassa Bhagavato Arahato Sammā-sambuddhassa (x3)

Reverence to him, the Gracious One, the Worthy One,
the Perfect Sambuddha

TI-SARAṆĀ

THE THREE REFUGES

Buddhaṃ saraṇaṃ gacchāmi

I go to the Buddha for refuge

Dhammaṃ saraṇaṃ gacchāmi

I go to the Dhamma for refuge

Saṅghaṃ saraṇaṃ gacchāmi

I go to the Sangha for refuge

Dutiyam-pi Buddhaṃ saraṇaṃ gacchāmi

For a second time I go to the Buddha for refuge

Dutiyam-pi dhammaṃ saraṇaṃ gacchāmi

For a second time I go to the Dhamma for refuge

Dutiyam-pi saṅghaṃ saraṇaṃ gacchāmi

For a second time I go to the Sangha for refuge

Tatīyam-pi Buddhaṃ saraṇaṃ gacchāmi

For a third time I go to the Buddha for refuge

Tatīyam-pi dhammaṃ saraṇaṃ gacchāmi

For a third time I go to the Dhamma for refuge

Tatīyam-pi saṅghaṃ saraṇaṃ gacchāmi

For a third time I go to the Sangha for refuge

SIKKHĀPADĀNI TRAINING RULES

Pāṇātipātā veramaṇī-sikkhāpadaṃ samādiyāmi.

I will not kill living creatures – I will be kind and friendly towards all others.

Adinnādānā veramaṇī-sikkhāpadaṃ samādiyāmi.

I will not take what has not been given – I will give to others and share what I have.

Kāmesu-micchācārā veramaṇī-sikkhāpadaṃ samādiyāmi.

I will not engage in sexual misconduct – I will keep my body pure and healthy.

Musāvādā veramaṇī-sikkhāpadaṃ samādiyāmi.

I will not speak in a wrong way – I will tell the truth and speak useful words.

Surā-meraya-majja-pamādaṭṭhānā veramaṇī-sikkhāpadaṃ samādiyāmi.

I will not take drinks and drugs which cause heedlessness – I will keep my mind alert and clear.

Imāni pañca-sikkhāpadāni samādiyāmi (x3).

I undertake these five training rules.

Sādhu! Sādhu! Sādhu!

BUDDHA-GUṆA-VANDANĀ

WORSHIPPING THE VIRTUES OF THE BUDDHA

Iti pi so Bhagavā Arahaṃ Sammā-sambuddho,

Such is he, the Gracious One, the Worthy One, the Perfect Sambuddha,

vijjā-caraṇa-sampanno Sugato lokavidū,

the one endowed with understanding and good conduct, the Fortunate One, the one who understands the worlds,

anuttaro purisa-damma-sārathī,

the unsurpassed guide for those people who need taming,

Satthā deva-manussānaṃ Buddho Bhagavā ti.

the Teacher of gods and men, the Buddha, the Gracious One.

DHAMMA-GUṆA-VANDANĀ

WORSHIPPING THE VIRTUES OF THE DHAMMA

Svākkhāto Bhagavatā Dhammo, sandiṭṭhiko, akāliko,

The Dhamma has been well-proclaimed by the Gracious One, it is visible, not subject to time,

ehi-passiko, opanayiko, paccattam veditabbo viññūhī ti.

inviting inspection, onward leading, and can be understood by the wise for themselves.

SAṄGHA-GUṆA-VANDANĀ

WORSHIPPING THE VIRTUES OF THE SAṄGHA

Supaṭipanno Bhagavato sāvaka-saṅgho,

The Gracious One's Saṅgha of disciples are good in their practice,

ujupaṭipanno Bhagavato sāvaka-saṅgho,

the Gracious One's Saṅgha of disciples are straight in their practice,

ñāyapaṭipanno Bhagavato sāvaka-saṅgho,

the Gracious One's Saṅgha of disciples are systematic in their practice,

sāmīcipaṭipanno Bhagavato sāvaka-saṅgho,

the Gracious One's Saṅgha of disciples are correct in their practice,

yad-idam cattāri purisa-yugāni aṭṭha purisa-puggalā,

that is to say, the four pairs of persons, the eight individual persons,

esa Bhagavato sāvaka-saṅgho,

this is the Gracious One's Saṅgha of disciples,

āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-karaniyo,

they are worthy of offerings, of hospitality, of gifts, and of reverential salutation,

anuttaram puññakkhettaṃ lokassā ti.

they are an unsurpassed field of merit for the world.

CETIYA-SĀRĪRIKA-DHĀTU-MAHĀ-BODHI-PŪJĀ

HONOURING THE CETIYAS, BODILY RELICS, AND BODHI TREE

Vandāmi cetiyaṃ sabbaṃ ~ sabbaṭṭhānesu paṭiṭṭhitaṃ,

I worship all the shrines in all of the places that they stand,

sārīrika-dhātu Mahā Bodhiṃ, ~ Buddha-rūpaṃ sakalaṃ sadā!

the bodily relics, the Great Bodhi Tree, and all the Buddha images
forever!

ĀMISA PŪJĀ

MATERIAL OFFERINGS

Gandha-sambhāra-yuttena, ~ dhūpenāhaṃ sugandhinā,

With these pleasant smelling materials, with this incense, so good-
smelling,

Pūjaye pūjanīyaṃ taṃ ~ pūjā bhājanam-uttamaṃ.

I worship that worthy of worship, the supremely worshipful one.

Ghana-sārappadittena ~ dīpena tama-dhaṃsinā,

With a lamp that burns intensely destroying the darkness,

Tiloka-dīpaṃ Sambuddhaṃ ~ pūjayāmi tamonudaṃ.

I worship the Sambuddha, the light of the three worlds, the darkness-
dispeller.

Vaṇṇa-gandha-guṇopetaṃ, ~ etaṃ kusuma-santatiṃ,

With these long lasting flowers, endowed with the qualities of beauty,

pūjayāmi Munindassa ~ siripāda-saroruhe.

and fragrance, I worship the glorious lotus feet of the lord of Sages.

Pūjemi Buddhaṃ kusamenanena,
I worship the Awakened One with these flowers,

puñña-m-etenā labhāmi mokkhaṃ.
may I gain release with (the help of) this merit.

Pupphaṃ milāyāti yathā idaṃ me,
Just as a flower withers and fades away,

Kāyo tathā yāti vināsa-bhāvaṃ.
so too this my body will go to destruction.

Sādhu! Sādhu! Sādhu!

ANUMODANĀ REJOICING

Ettāvatā ca amhehi ~ sambhataṃ puñña-sampadaṃ,
So far we have successfully accumulated this merit,

Sabbe devā anumodantu ~ sabba-sampatti-siddhiyā.
May all the gods rejoice along with us, at the total accomplishment of our success.

Ettāvatā ca amhehi ~ sambhataṃ puñña-sampadaṃ,
So far we have successfully accumulated this merit,

Sabbe bhūtā anumodantu ~ sabba-sampatti-siddhiyā.
May all beings rejoice along with us, at the total accomplishment of our success.

Ettāvatā ca amhehi ~ sambhataṃ puñña-sampadaṃ,
So far we have successfully accumulated this merit,

Sabbe sattā anumodantu ~ sabba-sampatti-siddhiyā.
May all creatures rejoice along with us, at the total accomplishment of our success.

Idaṃ me ñātīnaṃ hotu, ~ sukhitā hontu ñātayo!

May this (merit) go to my relatives, ~ may my relatives be happy!

Idaṃ me ñātīnaṃ hotu, ~ sukhitā hontu ñātayo!

May this (merit) go to my relatives, ~ may my relatives be happy!

Idaṃ me ñātīnaṃ hotu, ~ sukhitā hontu ñātayo!

May this (merit) go to my relatives, ~ may my relatives be happy!

Iminā puñña-kammaṇa ~ mā me bāla-samāgamo,

By this meritorious deed may I not come across fools,

Sataṃ samāgamo hotu ~ yāva nibbāna-pattiyā.

May I come across the wise until I have attained nibbāna.

Sādhu! Sādhu! Sādhu!