

## Homage to the Buddha

Namo tassa bhagavato arahato sammā-sambuddhassa  
*Homage to the blessed one, the worthy one, the fully enlightened one.*

## Blessings

Bhavatu sabba mangalam  
Rakkhantu sabba devatā  
Sabba Buddhānu bhāvena  
Sabba Dhammānu bhāvena  
Sabba Sanghanu bhāvena  
Sadā sotthi bhavantu te.

*May all beings be happy.  
May the deities protect you.  
By the power of all the Buddhas,  
By the power of the Dhamma,  
By the power of the Sangha,  
May there be good fortune.*

## The Mind

Mano-pubbaṅgamā dhammā  
Mano-seṭṭhā mano-mayā,  
Manasā ce paduṭṭhena  
Bhāsati vā karoti vā,  
Tato naṃ dukkham-anveti  
Cakkaṃ va vahato padaṃ.  
Mano-pubbaṅgamā dhammā  
Mano-seṭṭhā mano-mayā,  
Manasā ce pasannena  
Bhāsati vā karoti vā,  
Tato naṃ sukham-anveti  
Chāyā va anapāyinīti.

*Phenomena are preceded by the mind,  
Ruled by the mind, made by the mind.  
If one speaks or acts with a corrupted  
mind,  
Suffering will follow as the wheel  
Follows the foot of an ox.  
Phenomena are preceded by the mind,  
Ruled by the mind, made by the mind.  
If one speaks or acts with a pure mind,  
Happiness follows like a shadow that  
never leaves.*

## Five Subjects for Reflection

Jarā-dhammomhi jaraṃ anatīto.  
Byādhi-dhammomhi byādhiṃ  
anatīto.  
Maraṇa-dhammomhi maraṇaṃ  
anatīto.  
Sabbehi me piyehi manāpehi  
nānā-bhāvo vinā-bhāvo.  
Kammassakomhi kamma-  
dāyādo kamma-yoni kamma-  
bandhu kamma-paṭisaraṇo.  
Yaṃ kammaṃ karissāmi  
kalyāṇaṃ vā pāpakaṃ vā tassa  
dāyādo bhavissāmi.

*I am subject to aging; aging is  
unavoidable.  
I am subject to illness; illness is  
unavoidable.  
I am subject to death; death is  
unavoidable.  
I will be separated from all that is dear  
to me.  
I am the owner of my actions, heir to  
my actions, born of my actions, related  
through my actions,  
and live dependent on my actions.  
Whatever I do, for good or evil, of that  
will I fall heir.*

## Qualities of the Buddha

Itipi so bhagavā arahaṃ  
Sammā-sambuddho,  
Vijjā-caraṇa-sampanno  
Sugato lokavidū,  
Anuttaro purisa-damma-sārathi  
Satthā deva-manussānaṃ  
Buddho bhagavāti.

*[The Buddha] is a blessed one, a worthy one, a rightly self-awakened one, consummate in knowledge and conduct, one who has gone the good way, knower of worlds, unexcelled trainer of those to be taught, teacher of gods and humans, awakened, blessed.*

## Qualities of the Dhamma

Svākkhāto bhagavatā dhammo,  
Sandiṭṭhiko akāliko ehipassiko,  
Opanayiko paccattaṃ veditabbo  
viññūhīti.

*The Dhamma is well expounded by the blessed one, to be seen here and now, timeless, inviting all to come and see, leading inward, to be realized by the wise.*

## Qualities of the Sangha

Supaṭipanno bhagavato sāvaka-saṅgho,  
Uju-paṭipanno bhagavato sāvaka-saṅgho,  
Ñāya-paṭipanno bhagavato sāvaka-saṅgho,  
Sāmīci-paṭipanno bhagavato sāvaka-saṅgho,  
Yadidaṃ cattāri purisa-yugāni aṭṭha purisa-puggalā:  
Esa bhagavato sāvaka-saṅgho  
Āhuneyyo pāhuneyyo dakkhiṇeyyo añjali-karaṇīyo,  
Anuttaraṃ puññakkhettaṃ lokassāti.

*The assembly of the Buddha's disciples has practiced well.  
The assembly of the Buddha's disciples has practiced straight-forwardly.  
The assembly of the Buddha's disciples has practiced methodically.  
The assembly of the Buddha's disciples has practiced masterfully.  
The four pairs and eight types of noble ones,  
That is the assembly of the Buddha's disciples:  
Worthy of gifts, hospitality, offerings, and respect,  
The incomparable field of merit for the world.*