

P U J A

Buddhaṃ puḷemi
Dhammaṃ puḷemi
Saṅghaṃ puḷemi
I bow to the Buddha, Dhamma and Sangha

VANDANA

Homage

Namo tassa Bhagavato Arahato Sammāsambuddhassa
Homage to the Blessed, Noble, and Fully Enlightened One

Buddhaṃ saraṇaṃ gacchāmi
Dhammaṃ saraṇaṃ gacchāmi
Saṅghaṃ saraṇaṃ gacchāmi
I go for refuge to the Buddha
I go for refuge to the Dhamma
I go for refuge to the Sangha

Dutiyampi Buddhaṃ saraṇaṃ gacchāmi ...

Tatīyampi Buddhaṃ saraṇaṃ gacchāmi

For the second time ... For the third time ...

Sikkhapada

Training Rules

I undertake the following training rules:

Not to harm any living being
Not to take what is not freely given
Not to indulge in erotic or romantic delight
Not to use wrong speech
Not to take substances that cloud the mind
Not to over-eat (try not eating after lunch)
Not to over-sleep
Not to indulge in entertainment
Not to indulge in self-beautification
To cherish the Noble Silence

Vipassanā Gāthā

Vipassana Insight Verses

All conditioned things are impermanent
When this is perceived with wisdom
One becomes disenchanted with what cannot satisfy
Just this is the Path of Purification.

All conditioned things are unsatisfactory
When this is perceived with wisdom
One becomes disenchanted with what cannot satisfy
Just this is the Path of Purification.

All the conditioned and the Unconditioned are not-self
When this is perceived with wisdom
One becomes disenchanted with what cannot satisfy
Just this is the Path of Purification.

[Dhp 20 v5-7]

There is:

The Unborn, the Undying,
the Uncreated, the Unconditioned;
Refuge, harbour and home;
Perfect happiness and contentment.

Just as the great ocean has only one taste,
the taste of salt
So Nibbana has only one taste, the taste of freedom.

[Last words of the Buddha - Parinibbana Sutta]
All conditioned things have the nature to decay.
Work diligently for your liberation.

Sādhu! Sādhu! Sādhu!
Well-done!

Daily Puja

(As above without the Sadhu)

Offering Metta and Karuna : Goodwill and Compassion

Let us bring to mind anyone we know who is having a hard time.

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*Those who have died and left grieving family,
relatives and friends.*

Those who are going hungry, homeless and destitute

*Those having to deal with severe personal
and interpersonal difficulties*

All the victims of prejudices

*Those caught up in wars and repressive regimes.
And those being tortured.*

All the criminals, oppressors and all who willingly do harm.

All those suffering from natural disasters and climate crisis

*All the sentient beings who are being cruelly treated and
unnecessarily slaughtered.*

And all those who find life meaningless.

Metta

Chant or keep offering these blessings of metta:

May you be safe, well and happy

May you live contented and in harmony with the world

You can also make up your own blessings.

Or read the translation.

Metta Sutta : Discourse on Goodwill

Karanīyam attha-kusalena - yan taṃ santaṃ padam
abhisamecca,

Sakko ujū ca suhujū ca suvaco c'assa mudu anatimāni.

Santussako ca subharo ca - appakicco ca sallahuka vuttī,

Santindriyo ca nipako ca - appagabbho kulesu ananugiddho.

Na ca khuddam samācare kiñci - yena viññū pare upavadeyyum

Sukhino vā khemino hontu - sabbe sattā bhavantu sukhitattā.

Ye keci pāṇa bhūt'atthi - tasā vā thāvarā v'anava sesā,

Dīghā vā yeva mahantā - majjhimā rassakā anuka thūlā.

Diṭṭhā vā yeva adiṭṭhā - ye ca dūre vasanti avidūūre,

Bhūta vā sambhavesī vā - sabba-sattā bhavantu sukhitattā.

Na paro param nikubbetha - n'ātimaññetha katthaci na kiñci,

Byārosanā paṭigha-saññā –

n'āññam aññassa dukkham iccheyya.

Mātā yathā niyam puttam āyusā eka puttam anurakkhe,

Evampi sabba bhūtesu mānasam bhāvaye aparimāṇam.

Mettañca sabba lokasmin - mānasam bhāvaye aparimāṇam,

Uddham adho ca tiriyañca - asambādham averam asapattam.

Tiṭṭham caraṃ nisinno vā - sayāno vā yāvat'āssa vigata middho,

Etam satim adhiṭṭheyya -- brahmam etam vihāram idham āhu.

Diṭṭhiñ ca anupagamma - sīlavā dassanena sampanno,

Kāmesu vineyya gedham - nahi jātu gabbhaseyyam punaretī ti.

Offering our Goodwill: The Discourse of Loving kindness

If you are wise and want to reach the state of peace,

Then develop these qualities:

Be upright, responsible, gentle and unassuming.

Be easily contented and need only a few things.

Be less busy and live simply.

Guard the senses and be modest.

Do not be attached to only a few people to the exclusion of others.

Do not do the slightest thing that a wise person could blame you for.

Be constantly thinking: May all beings be happy.

Whatever living beings there are, be they weak or strong,

big or small, large or slender, living nearby or far away,

those who have already been born and those who have yet to be born,

may all beings without exception be happy.

Let no-one deceive another or disdain anyone.

Do not wish harm to anyone, not even when you are angry.

Just as a mother would protect her only child at the risk of her own life,

Let the warmth of your heart go out to all beings.

Let your love and goodwill spread throughout the whole world

above and below without boundary, ill-will or hatred.

Whether you are standing, walking, sitting or lying down,

So long as you are awake develop this affectionate mindfulness

This, they say, is the noblest way to live.

And if you do not fall into unskillful ways, but live well and develop insight,

And are no longer attached to all the desires of the senses,

Then truly you will never need to be reborn into this world again.

Our resolutions for the day.

Something we want to do and something we don't want to do.

Imāya dhammānudhamma-paṭipattiyā Buddhaṃ pūjemi x3

*Practising according to the tenets of the Dhamma, I pay:
homage to the Buddha, to the Dhamma, to the Sangha.*

Metta and Mudita for Final Meditation Hour.

*May you be safe, well and happy
May you live contented and in harmony with the world
You can also make up your own blessings.*

The sequence of offering starts with :
our benefactors
 (with gratitude goodwill arises naturally)
those who are near and dear
friends and co-workers
a neutral person
 (someone we see, but don't know)
towards myself
a difficult person
those around us
those in the neighbourhood
all people in our country
all people in Europe
all people on earth
all beings in the six directions:
before us, behind us, to our left, to our right, above and below
And to all beings in all directions

Sympathetic Joy : Mudita

Consider our own blessings. Let gratitude arise.
Let us wish ourselves joy.

Consider all those who also enjoy the blessings of life.
Let us wish them joy.

*May I/you be joyful!
May I/you be ever more joyful!
May I/you experience the bliss of Nibbana*

Sabbe satta sukhita hontu (x3)

May All Beings Be Happy!

Sadhu, sadhu, sadhu

Well done!