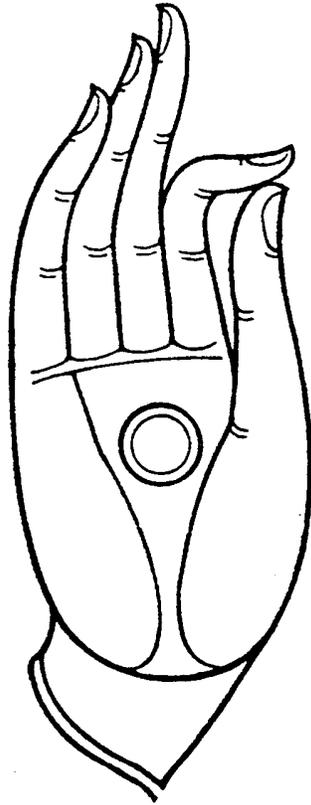


# CHANTING BOOK



วัดอโศกสัมมยทาราม  
Atammayatarama Buddhist Monastery

**Atammayatarama Buddhist Monastery**

19301 176th Ave, NEWoodinville, WA 98072

Tel: (425) 481-6640 Fax: (425) 481-2142

## Morning Chanting PRONUNCIATION

When chanting in PALI

Vowels are pronounced

a as in father  
e as in they  
i as in pick, machine  
o as in go  
u as in glue

Consonants are pronounced as they are in English with some exceptions as:

b,bh	=	p	as in put	c	=	j	as in job
d,dh	=	t	as in top, thomasg	=	k	as in key	
j	=	ch	as in chain	k	=	g	as in go
v	=	w	as in way	p	=	p	as in sport
t	=	t	as in stop				

### When chanting in Thai version (translation of Pali to Thai and writing in English alphabet)

Since there are not many English alphabet to represent the Thai alphabet. it is necessary to use two—lettered notations to denote different sounds, such as:

dt	=	t	as in stop (d" is silent)	g	(at the end of the word) as in bag
pb	=	p	as in spot (b" is silent)		

Also Thai language has a built - in- tone:high. medium, low, rising. falling. so it is rather difficult to distinguish the tone in English writing. By adding h" after the first letter showing such word has a high tone, or rising tone ,(but "h" is silent) such as: dhai, lhaa, nhan. nhom, phoo. Thee.

The best way, therefore.is simply to listen and chant along the group closely as possible to the tempo. rhythm and pitch and blend to their chanting as one.

## Morning Chanting

### MORNING CHANTING

#### **ARAHANG SAMMA SAMBUDDHO BHAGAVA**

Pra phoo mee pra phark jow. pben pra-arahang. dub plerng giles plerng tuk sin cherng.  
Dtrasaroo chob dhai dooay pra ong eng.

*He who is the Blessed One, free from defilements, perfectly self—enlightened.*

#### **BUDDHANG BHAGAVANTANG ABHIVADEMI**

Kharpajow aphivath pra phoo mee pra phark jow, phoo roo, phoo dturn, phoo berk barn,

*I bow down before the Awakened, Blessed One.*

**(Bow – khrap)**

#### **SAVAKKHATO BHAGAVATA DHAMMO**

Pra tham pben tham thee pra phoo mee pra phark jow dtras wai dee laaw

*The Dhamrna is well-expounded by the Blessed One,*

#### **DHAMMANG NAMASSAMI**

Kharpajow namassagarn pra tham.

*I bow down to the Dhamma.*

**(Bow – khrap)**

#### **SUPATIPANNO BHAGAVATO SAVAKASANGHO**

Pra sonk sarvok khong pra phoo mee pra phark jow pbadtibat dee laaw

*The Blessed One's disciples who have practiced well,*

#### **SANGHANG NAMAMI**

Kharpajow nob nhom pra sonk

*I bow down to the Sangha.*

**(Bow - khrap)**

## Morning Chanting

**Leader:**

**(HANDA MAYANG BUDDHASSA BHAGAVATO PUBBABHA  
GANAMAKARANG KAROMA SE)**

*Now, let us chant the preliminary passage revering the buddha, the Exalted one.*

**NAMO TASSA BHAGAVATO,**

Khor nob nhom dhaa pra phoo mee pra phar1 pra ong nhan;  
*Hommage to the Blessed One,*

**ARAHATO**

Seung pben phoo glai jark giles,  
*Who is far from defilements,*

**SAMMA SAMBUDDHASSA**

Dtrasaroo chob dhai dooay pra ong eng.  
*Perfectly enlightened by himself*  
**(repeat 3 Times)**

**LEADER:**

**(HANDA MAYANG BUDDHABHITHUTING KAROMA SE)**

*Now, let us chant in praise of the Buddha*

**YO SO TATHAGATO**

Pra dtathar-khot jaw nhan ong dai  
*He who has attained the Truth,*

**ARAHANG**

Pben phoo glai jark giles  
*Far from defilements*

**SAMMA SAMBUDDHO**

Pben phoo dtrasaroo chob dhai dooay pra ong eng  
*Perfectly enlightened by himself*

**VIJACARANASAMPANNO**

Pben phoo thung prom dauy vishcha lhaa jarana  
*Consummate in knowledge and conduct*

## Morning Chanting

### **SUGATO**

Pben phoo pbai laaw dauy dee  
*One who has proceeded by the good way,*

### **LOKAVIDU**

Pben phoo roo loke yarng jam jang  
*Knower of the cosmos,*

### **ANUTTARO PURISADAMMASARATHI**

pben phoo samart feuk bums thee somquon feuk dhai mai mee krai ying gwaa  
*Unexcelled trainer of those who can be taught,*

### **SATTHA DEVAMANUSSANANG**

Pben kroo phoo sorn khong thevadar lhaa manus thang lhai  
*Teacher of devine beings and humans,*

### **BUDDHO**

Pben phoo roo, phoo dturn, phoo berk barn dauy tham,  
*He who awakened,*

### **BHAGAVA**

Pben phoo mee khvarm jumrearn jumrag tham surtgsorn satt  
*He who blessed, and his teachings diversified to all beings.*

### **YO IMANG LOKANG SADEVAKANG SAMARAKANG SABRAHMAKANG, SASSAMANABRAHMANING PAJANG SADEVAMANUSSANG SAYANG ABHINYA SACCHIKAJVA PAVEDESI**

Pra phoo mee pra phark jow, pra ong dai. dhai song tum khvarm dub tuk hai jang dauy  
pra panyar un ying eng laaw, song sorn loke nhee prom thang thevadar, marn, prom,  
lhaa moo satt. prom thang samanaphram, prom thang thevadar lhaa manus hai roo  
dtarm,

*Who having accomplished with supreme wisdoms and understanding of the insight  
knowledge revealing the quenching of dukka (suffering) and taught this world for the  
benefit of all godly beings and mankind including tempters, savant, celestials and  
common people,*

### **YO DHAMMANG DESESI**

Pra phoo mee pra phark jow, pra ong dai, song sadang tham laaw,  
*Who explained the Dhamrna,*

### **ADIKALAYANANG**

## Morning Chanting

Pairor nai buang dtone  
*Beautiful in the beginning,*

### **MAJHEKALYANANG**

Pairor nai tharm klang  
*Beautiful in the middle*

### **PARIYOSANAKALYANANG**

Pairor nai thee sud  
*Beautiful at the end.*

### **SATTHANG SABYANJANANG KEVALAPARIPUNNANG PARISUDDHANG BRAHMACARIYANG PAKASESI**

Song pbragart promemajan, kueh babb hang garn pbadtibat un pbrasert borrisuth  
borriboon sin cherng , thang arttha, prom thang payanchana  
*Who has proclaimed the spiritual life of purity and wholeness, both in its particulars and  
in its essence.*

### **TAMAHANG BHAGAVANTANG ABHIPUJAYAMI**

Kharpajow boochar yarng ying chaphor pra phoo mee pra phark jow, pra ong nhan  
*I worship most highly just that Blessed One,*

### **TAMAHANG BHAGAVANTANG SIRASANAMAMI**

Kharpajow nob ithom pra phoo mee pra phark jowjpra ong nhan dauy seean glowl  
*To that Blessed One, I bow my head down.*

***(Bow - grab)***

### **LEADER:**

### **(HANDA MAYANG DHAMMA BHITHUTING KAROMA SE)**

*Now, let us chant in praise of the Dhamma.*

### **YO SO SAVAKKHATO BHAGAVATA DHAMMO**

Pra tham nhan dhai. pben sing thee pra phoo mee pra phark jow dhai dtras wai dee  
laaw

*The Dhamma well-expounded by the Blessed One,*

## Morning Chanting

### **SANDITIKO**

Pben sing thee phoo seuk sar lhaa pbadtibat, pung hen dhai dauy dtone eng.  
*For one who learns and practices will realize by oneself,*

### **AKALIKO**

Pben sing thee pbadtibat dhai hai phol dhai, mai jum gud garn  
*Being able to practice with fruitful result and no limited time,*

### **EHIPASSIKO**

Pben sing thee quon glowe gub phoo urn waa, than jong mar doo therd  
*Can inviting others to come and see,*

### **OPANAYIKO**

Pben sing thee quon nhom khow mar sai dtua  
*Leading inward, deeper into the heart,*

### **PACCATTANG VEDITABBO VINYUHI**

Pben sing thee phoo roo gor roo dhai chaphor dtone  
*To be seen and experienced by the wise.*

### **TAMAHANG DHAMMANG ABHIPUJAYAMI**

Kharpajow boochar yang ying chaphor pra tham nhan  
*I worship most highly that Dhamrna*

### **TAMAHANG DHAMMANG SIRASA NAMAMI**

Kharpajow nob nhom pra tham nhanjdauy seean glaow.  
*To that Dhamnia, I bow my head down.*

**(Bow - khrap)**

### **LEADER:**

### **(HANDA MAYANG SANGHABHITHUTING KAROMA SE)**

*Now, let us chant in praise of the Sangha.*

### **YOSO SUPATIPANNO BHAGAVATO SAVAKASANGHO**

Sonk sarvok khong pra phoo mee pra phark jow nhan dai, pbadtibat dee laaw  
*That which is the Sangha, of the Blessed One's disciples who have practiced well,*

## Morning Chanting

### **UJUPATIPANNO BHAGAVATO SAVAKASANGHO**

Sonk sarvok khong pra phoo mee pra phark jo mhoo dai, pbadtibat troang laaw,  
*The Blessed One's disciples who have practiced straightforwardly,*

### **YAYAPATIPANNO BHAGAVATO SAVAKASANGHO**

Sonk sarvok khong pra phoo mee pra phark jos mhoo dai, pbadtibat peuah roo tham  
pben khruang ork jark tuk laaw,  
*The Blessed One's disciples who have practiced insightfully,*

### **SAMICIPATIPANNO BHAGAVATO SAVAKASANGHO**

Sonk sarvok khong pra phoo mee pra phark jo mhoo dai, pbadtibat somquon laaw  
*The Blessed One's disciples who have practiced successfully,*

### **YADIDANG**

Dhai khaa bukkol ihow nhee kueh  
*Namely:*

### **JATTARI PURISAYUGANI ATTHA PURISAPUGGALA**

Khoo hang burus see khoo, nub reaing dtua bunts dhai pbad burus  
*The four pairs or the eight individual realizations of the Noble Ones.*

### **ESA BHAGAVATO SAVAKASANGHO**

Nan lhaa sonk sarvok khong phra phoo mee pra phark jow  
*These indeed are the Order of the Blessed One's disciples.*

### **AHUNEYYO**

Pben sonk quon ghaa saggara thee khao num ma boochar  
*Who are worthy of gifts,*

### **PAHUNEYYO**

Pben sonk quon ghaa saggara thee khow jad wai tawn rub  
*Worthy of hospitality.*

### **DAKKHINEYYO**

Pben phoo quon rub thaksinartarn  
*Worthy of offerings,*

## Morning Chanting

### **ANJALIKARANIYO**

Pben phoo thee bukkol tua pbai quon turn unjalee  
*Worthy of respect,*

### **ANUTTARANG PUNYAKKHETTANG LOKASSA**

Pben neuah na buun khong loke mee na buun urn ying gwaa  
*The incomparable field of merits for the world,*

### **TAMAHANG SANGHANG ABHIPUSHAYAMI**

Kharpajow boochar yang ying, chaphor pra tham nhan  
*I worship most highly that Sangha*

### **TAMAHANG SANGHANG SIRASA NAMAMI**

Kharpajow nob nhom pra sonk mhoo nhan dauy seean glaow  
*To that Sangha I bow my head down*  
*(Bow – khrap)*

## **RATANATTAYAPPANAMAGATHA**

(Veneration of the Triple Gem)

### **LEADER:**

**(HANDA MAYANG RATANATTAYAPPANAMAGATHATO CEVA  
SANG VEGA PARIKITTANAPATHANCA BHANAMA SE)**

*Now, let us recite the stanzas for revering the Triple Gem, together with the passages of reflections on detachments from worldly miseries.*

### **BUDDHO SUSUDDHO KARUNAMAHANNAVO**

Pra buddha jow phoo borisuth)mee pra garuna duj huang mahun flop  
*The Buddha, the pure one, with compassion as ocean,*

### **YOCCANTA - SUDDHAB - BARAYANA - LOCANO**

Pra ong dai mee dta kueh yam un pbrasert mhod jod thung thee sud  
*Who possesses of wisdom's eye, completely purified,*

### **LOKASSA PAPUPAKILESAGHATAGO**

Pben phoo kha.sia seung barb,lhaa uppagiles khong !oke,  
*Destroyer of the evils and the defilements of the world,*

## Morning Chanting

### **VANDAMI BUDDHANG AHAMADARENA TANG**

Kharpajow wai pra buddha jow pra ong nhan jai kowrop euah feuah  
*Devotedly indeed that Buddha I revere,*

### **DHAMMO PADIPO VIYA TASSA SATTHUNO**

Pra tham khong pra sassada roong ruang pbreup dowong pbrateep,  
*The Dhamma of the Lord likened to a lamp,*

### **YO MAGGAPAKA-MATABHEDA-BHINNAKO**

Jumnag pbrabhet kueh nippan sueahn dai  
*Thus diversifying the path, its fruits and Nirvana (the extinction of the fires of greed, of hatred and of ignorance,*

### **LOKUTTARO YO CA TADATTHADIPANO**

Seung pben dtua lokutdtara sueahn dai thee chee naaw hang lokutdtara nhan  
*Which is free of the conditioned world and points the way beyond,*

### **VANDAMI DHAMMANG AHAMADARENATANG**

Kharpajow wai pra tham nhan jai kowrop euah feuah.  
*Devotedly indeed that Dharrna (the natural truth) I revere,*

### **SANCHO SUKHETTA-BHYATI-KHETTASANNITO**

Pra sonk pben na buun un ying yai na buun un dee thang thai  
*The Sangha, the most fertile ground for cultivation,*

### **YO DITTHASANTO SUGATANUBODHAKO**

Pben phoo hen pra nippan, dtrasaroo dtarm pra sukhot, mhoo dai  
*Who having seen are calm, enlightened after the Serene One.*

### **LOLAPPAHINO ARIYO SUMEDHASO**

Pben phoo iha giles khruang lo le, pben pra ariya jo mee pbanya dee  
*Who are seers of true peace, awakened after the Serene One,*

### **VANDAMI SANGHANG AHAMADARENA TANG**

Kharpajao wai pra sonk mhoo nhan jai kowrop euah feuah  
*Devotedly indeed that Sangha, I revere,*

## Morning Chanting

**ICCEVAMEKANTABHIPUJANEYYAKANG VATTHUTFAYANG VANDAYATAB HI  
SANKHATANG, PUNNANG MAYA YANG MAMA SABBUPADDAVA, MA HONTU yE  
TASSA PABHAVASIDDHIYA**

Buun dai thee kharpajow phoo wai yuu seung vathu Sarm, Kueh pra radtana dtraï quon  
boochar ying dooay sueahn deow) Dai gratum laaw pben yarng ying chen nhee nhee.  
Khor upbatava (khvarm chua) thang lhai )jong yhar mee ghaa kharpajow loei, dauy  
umnaj khvarm sumrej un gerd jark buun nhan

*Through any merit I have made in honoring these three bases, unto the triple gem,  
most worthy of reverence, and thus honoring I have done may no evil happen to me by  
the power of such success.*

## Morning Chanting

### SANG VEGAPARIKITTANAPATHA

*(Reflections on detachments from worldly miseries)*

#### IDHA TATHAGATO LOKE UPPANNO

Pra Dtathar-khot jow gerd khuen laaw nai loke nhee  
*Here, one attained to Truth, appears in the world,*

#### ARAHANG SAMMASAMBUDDHO

Pben phoo klai jark giles. dtrasaroo chob dai dooay pra ong eng  
*One who is far from defilements, Perfectly Enlightened by himself,*

#### DHAMMO CA DESITO NIYYANIKO

Lhaa pra tham thee song sadang,ben tham khruang ork jark tuk  
*And the Dhamma pointed out by him is the way out of Dukkha (sufferings),*

#### UPASAMIKO PARINIBBANIKO

Pben khruang sangob giles. pben pbai peuah pbarinippan  
*Calming defilements down, tending towards final nirvana,*

#### SAMBODHAGAMI SUGATAPPAVEDITO

Pben pbai peuah khvarm roo prom. pben tha.m thee pra sukhot pbrakas  
*Leading to thorough understanding, this is the Dhainma the Serene One has declared.*

#### MAYANTANG DHAMMANG SUTVA EVANG JANAMA

Puak row meuah dhai fung tham nhan laaw, jung dhai roo yarng nhee waa  
*Having heard that Dhamma, we now know thus:*

#### JATH'I DUKKHA

Mhaa khvarm gerd gor pben tuk  
*Birth is suffering.*

#### JARAPI DUKKHA

Mhaa khvarm ghaa gor pben tuk  
*Aging is suffering.*

#### MARANAMPI DUKKHANG

Mhaa khvarm dty gor pben tuk  
*Death is suffering.*

#### SOKAPARIDEVA-DUKKHA-DOMANAS-SUPAYASAPI DUKKHA

Mhaa khvarm soal khvarm rumrai rumpun. khvarm mai sabal guy. khvarm mai sabai

## Morning Chanting

jai. khvarm kupkhan jai gor pben tuk,  
*Sorrow, lamentation, pain, grief and despair are suffering:*

### **APPIYEHI SAMPAYOGO DUKKHO**

Khvarm pbrasob gub sing mai pben thee ruk thee por jai gor pben tuk.  
*Experiencing the unloved and disliked is suffering.*

### **PIYEHI VIPPAYOGO DUKKHO**

Khvarm plad prark jark sing pben thee ruk thee por jai gor pben tuk.  
*Separation from the beloved and satisfying is suffering.*

### **YAMPICCHANG NA LABHATI TAMPI DUKKHANG**

Mee khvarm pbradthana sing dai, mai dhai sing nhan gor pen tuk  
*Not getting what one wishes, is suffering.*

### **SANGKHI PANCUPADANAKKHANDHA DUKKHANG**

waa dooay yo upbatarn khan thang has. pben dtua tuk.  
*In brief, the five focuses of the grasping mind, are sufferings,*

### **SEYYATHIDANG**

Dhai ghaa sing ihow nhee kueh  
*Which are as follows:*

### **RUPUPADANAKKHANDHO**

Khan un pben thee dtung hang khvarm uit mun kueh roop  
*Identification with the Body,*

### **VEDANUPADANAKKHANDHO**

Khan un pben thee dtung hang khvarm uit mun kueh vetana  
*Identification with feeling,*

### **SANYUPADANAKKHANDHO**

Khan un pben thee dtung hang khvarm uit mun kueh sanya,  
*Identification with mental perception,*

### **SANGKHARUPADANAKKHANDHO**

Khan un pben thee dtung hang khvarm uit mun kueh sangkharn  
*Identification with mental formations,*

### **VINYANUPADANAKKHANDHO**

Khan Un pben thee dtung hang khvarm uit mun kueh vinyarn  
*Identification with consciousness,*

## Morning Chanting

### **YESANG PARINYAYA**

Peuah hai sawok gumnhod rob roo upbatarn khan ihow nhee eng.  
*For the complete understanding of this,*

### **DHARMANO SO BHAGAVA**

Jung pra phoo mee pra phark jow nhan young song pra chon yuu  
*The Blessed one, in his lifetime.*

### **EVANG BAHULANG SAVAKE VINETI**

Yom song nhaa num savok thang 1hai nhee pben sueahn mark  
*Frequently instructed his disciples in just this way.*

### **EVANG BHAGA CA PANASSA BHAGAVATO SAVAKESU ANUSASANI BAHULA PAVATTATI,**

Anung kuni sung som khong pra phoo mee pra phark jow nhan pben pbai nai savok  
thang 1hai mark, mee sueahn kueh gam jumng yarng nhee waa.  
*in addition, the Blessed one, further instructed his disciples thus:*

### **RUPANG ANICCANG**

Roop mai teaing  
*The body is impermanent.*

### **VEDANA ANICCA**

Vetana mai teaing  
*Feeling is impermanent.*

### **SANYA ANICCA**

Sanya mai teaing  
*Mental perception is impermanent.*

### **SANKHARA ANICCA**

Sangkharn mai teaing  
*Mental formations are impermanent*

## Morning Chanting

### **VINYANANG ANICCANG**

Vinyarn mai teaing  
*Consciousness is impermanent.*

### **RUPANG ANATTA**

Roop mai chai dtua dtone  
*The body is not self.*

### **VEDANA ANATTA**

Vetana mai chai dtua dtone  
*Feeling is not self.*

### **SANYA ANATTA**

Sanya mai chai dtua dtone  
*Mental perception is not selves.*

### **SANGKHARA ANATTA**

Sangkharn mai chai dtua dtone  
*Mental formations are not self.*

### **VINYANANG ANATFA**

Vinyarn mai chai dtua dtone  
*Consciousness is not self.*

### **SABBE SANKHARA ANICCA**

Sangkharn thang lhai thang pbowong mai teaing  
*All conditioned things are impermanent.*

### **SABBE DHAMMA ANATTA TI**

Tham thang lhai thang pbowong mai chai dtua dtone dang nhee  
*All natures whatsoever are not selves.*

### **TE (TA) MAYANG OTINNAMAHA**

Pauk row thang lhai)pben phoo thook krob ngam laaw  
*All of us are bound and beset by:*

### **JATIYA**

Dooay khvarm gerd,  
*Birth,*

## Morning Chanting

### **JARA MARANENA**

Dooay khvarm ghaa lhaa khvarm dty  
*Aging and death,*

### **SOKEHI PARIDEVEHI DUKKIEHI DOMANASSEHI UPAYASEHI**

Dooay khvarm soa1 khvarm rumrai rumpan. khvarm mai sabai guy, khvarrn mai sabai jai, khvarm kupkhaen jai thang lhai  
*By sorrow, lamentation, pain, grief, and despair,*

### **DUKKHOTINNA**

Pben phoo thook khvarm tuk yhang ow laaw.  
*Bound by sufferings,*

### **DUKKHAPARETA**

Pben phoo mee khvarm tuk pben buahng nhar laaw  
*Obstructed by sufferings,*

### **APPEVANAMIMASSA KEVALASSA DUKKHAKKHANDHASSA ANTAKIRIYA PANYAYETHATI —7**

Turn chanhai garn turn thee sud hang g'ong tuk thang sin nhee ja pung  
pbrakod chad ghaa row dai  
*May we all realize and attain in this life the complete ending of sufferings.*

### **CIRAPARINIBBUTAMPI TANG BHAGAVANTANG SARANANG GATA**

Row thang 1hai thung laaw seung pra phoo me pra phark jow, mhaa parinippan narn  
Laaw pra ong nhan pben sarana  
*By devoting to the Exalted One, who passed away long ago,*

### **DHAMMANCA SANGHANCA**

Thung pra tharn dauy. thung pra sonk dauy  
*Also take refuge in the Dharnma and the Sangha,*

### **TASSA BHAGAVATO SASANANG YATHASATI YATHABALANG MANASIKAROMA ANUPATIPAJJAMA**

Jug turn nai jai yuu, pbadtibat dtarrn yuu kurn sung sorn khong pra phoo mee pra phark jow sati gumlung  
*We will pay attention and practice the teaching of the Blessed One according to our knowledge and ability,*

## Morning Chanting

### **SA SA NO PATIPATTI**

Khor hai khvarm pbadtibat nhan nhan khong row thang lhai

*May the practice of us all,*

### **IMASSA KEVALASSA DUKKHAKKHANDHASSA ANTAKIRIYAYA SANG VATTATU**

Jong pben pbai peuah garn turn thee sud hang gong tuk thang sin nhee tern.

*Lead to the end of all sufferings.*

## Morning Chanting

**THE FOLLOWING IS CHANTED ONLY BY MONKS AND NOVICES**

### **CIRAPARINIBBUTAMPI TANG BHAGAVANTANG UDISSA ARAHANTANG SAMMASAMBUDDHANG**

Row thang lhai utit chaphor pra phoo mee pra phark jow phoo glai jark giles dtrasaroo  
chob dhai dooay pra ong eng, mhaa pari-nippan nam laaw pra ong nhan  
*By devoting to the Exalted One who passed away long ago, who is far from defilements, perfectly enlightened by himself;*

### **SADDHA AGARASMA ANAGARIYANG PABBAJITA**

Pben phoo mee satta ork buat jark ruan mai geow kong dauy man laaw  
*Who with faithful heart, left home renouncing worldly possessions,*

### **TASMING BHAGAVATI BRAHMAC ARIYANG CARAMA**

Prapeut yuu seung promemajan nai pra phoo mee pra phark jao phra ong rihan.  
*To undertake the spiritual life following the Serene One,*

### **BHIKKHUNANG SIKKHASAJIVASAMAPANNA**

Thung prom dauy sigkha lhaa tham pben khruang leang cheewit khong piksu thang lhai  
*Fully equipped with the Bhikkhu's precepts and doctrine for holy life,*

### **TANG NO BRAHMACARIYANG IMASSA KEVALASSA DUKKHAKKHANDHAS SA ANTAKIRIYAYA SANGVATTATU**

Khor hai promemajan khong row thang lhai nhan jong pben pbai peuah gam turn thee sud hang gong tuk thang sin nhee tern.  
*May our pure living lead to the end of all sufferings.*

**Morning Chanting**  
**SAPPAPATTI DANAGATHA**  
**(MORNING DEDICATION OF MERITS)**

**PUNYASSIDANI KATASSA YANANYANI KATANI ME. TESANCA BHAGINO HONTU SATTANANTAPPAMANAKA**

Satt thang lhai mai mee thee sud mai mee pramarn. Jong mee sueahn hang buun thee kharpajow dhai turn nai bud nhee lhaa hang buun urn thee dhai turn wai gorn laaw.

*May all beings, without limit, without end, have a share in the merit just now made and in whatever other merit I have made.*

**YE PIYAGUNAVANTA CA MAYHANG MATAPITA DAYO DITTHA ME CAPYADITTHA VA ANYE MAJJHATTAVERINO**

Kueh ja pben satt ihow dai seung pben thee rug khrai lhaa mee buunkun chen Marnda Bida khong kharpajow pben dtone gor dee thee kharpajow hen laaw rueh rnai dhai hen got dee

*Those who are dear and kind to me, begining with my mother and father, whom I have seen or never seen; and others, neutral or hostile*

**SATTA TITTHANTI LOKASMING TE BHUMMA CATUYONIKA PANCEKA CATUVOKARA SANGSARANTA BHAVABHAVE**

Satt thang lhai dtung yuu nai loke yuu nai poorn thang sarm,yuu nai gumnerd thang see mee khan hat khan mee khan khan deow mee khan see khan gumlung tongteow yuu nai phop noi phop yai gor dee

*All beings established in the cosmo, the three realms, the four modes of birth, with five, one or four aggregates; wandering on from realm to realm;*

**YATANG YE PATIDANANGME ANUMODANTU TE SAYANG YE CIMANG NAPPAJANANTI DEVA TESANG NIVEDAYUNG**

Satt ihow dai roo sueahn buun thee kharpajow pae hai laaw satt ihow nhan jong anumotana eng therd sueahn satt ihow dai young mai roo sueahn buun nhee khor thevadar thang lhai jong borg satt ihow nhan hai roo

*If they know of my dedication of merits, may they themselves rejoice, and if they do not know, may the deities inform them.*

## Morning Chanting

**MAYA DINNANA PUNYANANG ANUMODANA HETUNA SABBE SA1TA SADA HO  
AVERA SUKHA JIVINO KHEMAPPADANCA PAPPONTU TESASA SIJJHATANG  
SUBHA**

Phror het thee dhai anumotana sueahn buun thee kharpajow pae hal laaw satt thang ihal thang pbowong jong pben phoo mai mee wane yuu pben suk thuk meuah jone thung bote tin gasem glowe kueh pranippan khvarm pradtana thee dee ngarm khong satt lhow nhan jong sumrej therd.

*By reason of their rejoicing in my gift of merit. may all beings always Live happily free from animosity, may they attain the serene state, and their radiant hopes be fulfilled.*

## A PRAYER OF KINDNESS

**(PAE M IA)**

### **SABBE SATIA**

Satt thang thai. thee pben peuan tuk. gerd ghaa jeb dty dauy gun thang mhod thang sin

*May all living beings, who share the truth of sufferings, i.e., to be born, get old, getting sick and to die,*

### **AVERA HONTU**

Jong pben suk pben suk therd. yhar dhai mee wane dtor gun lhaa gun loeL

*Be happy and free from animosity,*

### **ABYAPAJJHAHONTIJ.**

Jong pben suk pben suk therd. yhar dhai payabart beard beean seung gun thaa gun loei.

*Be happy and avoid seeking revenge or exploit others.*

### **ANIGHA HONTU**

Jong pben suk pben suk therd.yhar dhai mee khvaxm tuk guy tuk jai loei.

*Be happy arid free from oppression (bodily and mentally)*

### **SUKHI ATTANANG PA.RIHARANTU**

Jong mee khvarm suk guy suk jai. rugsar dtone hal poaha jark tuk phai thang sin therd.

*Be happy physically and emotionally look after yourselves and keep away from trouble and harm*



วัดอัมมยทาราม  
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