

METTA ROUND THE WORLD 2021

Host : SAMADHI BUDDHIST VIHARA



On-Line Chanting via Zoom

25th DEC 2021

(2.00pm – 2.30pm)

KLANG & COAST BUDDHIST ASSOCIATION

VANDANĀ

SALUTATION

NAMO TASSA BHAGAVATO ARAHATO SAMMĀ-SAMBUDDHASSA
Honour to Him, the Blessed One, the Worthy One, the Fully Enlightened One

TI-SARAṆA

THREE REFUGES

BUDDHAṀ SARANAṀ GACCHĀMI

I go to the Buddha as my refuge.

DHAMMAṀ SARANAṀ GACCHĀMI

I go to the Dhamma as my refuge.

SANGHAṀ SARANAṀ GACCHĀMI

I go to the Sangha as my refuge.

DUTIYAMPI BUDDHAṀ SARANAṀ GACCHĀMI

For the second time, I go to the Buddha as my refuge.

DUTIYAMPI DHAMMAṀ SARANAṀ GACCHĀMI

For the second time, I go to the Dhamma as my refuge.

DUTIYAMPI SANGHAṀ SARANAṀ GACCHĀMI

For the second time, I go to the Sangha as my refuge.

TATIYAMPI BUDDHAṀ SARANAṀ GACCHĀMI

For the third time, I go to the Buddha as my refuge.

TATIYAMPI DHAMMAṀ SARANAṀ GACCHĀMI

For the third time, I go to the Dhamma as my refuge.

TATIYAMPI SANGHAṀ SARANAṀ GACCHĀMI

For the third time, I go to the Sangha as my refuge.

PAÑCA SĪLA

FIVE PRECEPTS

PĀNĀTI-PĀTĀ VERAMANĪ SIKKHĀ PADAM SAMĀDIYĀMI

I take the precept to abstain from destroying of living beings.

ADINNĀ-DĀNĀ VERAMANĪ SIKKHĀ PADAM SAMĀDIYĀMI

I take the precept to abstain from taking things not given.

KĀMESU MICCHĀ-CĀRĀ VERAMANĪ SIKKHĀ PADAM SAMĀDIYĀMI

I take the precept to abstain from sexual misconduct.

MUSĀVĀDĀ VERAMANĪ SIKKHĀ PADAM SAMĀDIYĀMI

I take the precept to abstain from false speech.

**SURĀ MERAYA-MAJJA-PAMĀ-DATṬĀNĀ VERAMANĪ SIKKHĀ
PADAM SAMĀDIYĀMI**

I take the precept to abstain from distilled and fermented liquors that cause intoxication and heedlessness.

BUDDHA VANDANĀ

SALUTATION TO THE BUDDHA

ITIPĪ SO BHAGAVĀ ARAHAM

Such indeed is the Blessed One, Exalted,

SAMMĀ SAMBUDDHO

Omniscient,

VIJJĀ CARANA-SAMPANNO

Endowed with knowledge and virtues,

SUGATO LOKAVIDŪ

Well-gone, knower of the worlds,

ANUTTARO PURISA DAMMA-SĀRATHĪ

A Guide incomparable for the training of individuals,

SATTHĀ DEVA-MANUSSĀNAM

Teacher of gods and men,

BUDDHO BHAGAVĀ TI

Enlightened and Holy.

DHAMMA VANDANĀ
SALUTATION TO THE DHAMMA

SVĀKKHĀTO BHAGAVATĀ DHAMMO
Well-expounded is the Dhamma by the Blessed One,

SANDITṬIKO AKĀLIKO
to be self-realised; with immediate fruit;

EHI-PASSIKO OPANAYIKO
to be but approached to be seen;

PACCATTAM VEDITABBO / VIÑÑUHĪ TI
capable of being entered upon; / To be attained by the wise, each for himself.

SANGHA VANDANĀ
SALUTATION TO THE SANGHA

SUPATIPANNO BHAGAVATO SĀVAKA SANGHO
Of good conduct is the Order of the Disciples of the Blessed One.

UJU PATIPANNO BHAGAVATO SĀVAKA SANGHO
Of upright conduct is the Order of the Disciples of the Blessed One.

ÑĀYA PATIPANNO BHAGAVATO SĀVAKA SANGHO
Of wise conduct is the Order of the Disciples of the Blessed One.

SĀMĪCI PATIPANNO BHAGAVATO SĀVAKA SANGHO
Of dutiful conduct is the Order of the Disciples of the Blessed One.

YADIDAM CATTĀRI PURISA YUGĀNI
Namely, these Four Pairs of Person,

ATṬA PURISA PUGGALĀ
the eight individuals,

ESA BHAGAVATO SĀVAKA SANGHO
This Order of the Disciples of the Blessed One namely,

ĀHUNEYYO PĀHUNEYYO
is worthy of offerings, is worthy of hospitality,

DAKKHINEYYO AÑJALI KARANĪYO
is worthy of gifts, is worthy of reverential salutation,

ANUTTARAM PUÑÑAK KHETTAM LOKASSĀ TI
is an incomparable field of merits to the World.

SACCA KIRIYĀ GĀTHĀ
VERSES ON THE ASSEVERATIONS OF TRUTH

- | | |
|---|---|
| 1) NATTHI ME SARANAṀ AÑÑAMAṀ There is no other refuge for me, ETENA SACCA VAJJENA By these words of truth, | BUDDHO ME SARANAṀ VARAMAṀ The Buddha is my matchless refuge. HOTU TE JAYA MANGALAMAṀ May joyous victory be yours ! |
| 2) NATTHI ME SARANAṀ AÑÑAMAṀ There is no other refuge for me, ETENA SACCA VAJJENA By these words of truth, | DHAMMO ME SARANAṀ VARAMAṀ The Dhamma is my matchless refuge. HOTU TE JAYA MANGALAMAṀ May joyous victory be yours ! |
| 3) NATTHI ME SARANAṀ AÑÑAMAṀ There is no other refuge for me, ETENA SACCA VAJJENA By these words of truth, | SANGHO ME SARANAṀ VARAMAṀ The Sangha is my matchless refuge. HOTU TE JAYA MANGALAMAṀ May joyous victory be yours ! |
| 4) YAṀKIÑCI RATANAṀ LOKE Whatever diverse precious jewels RATANAṀ BUDDHA SAMAMAṀ NATTHI There is no jewel equal to the Buddha. | VIJJATI VIVIDHĀ PUTHU there be in this universe TASMĀ SOTTHI BHAVANTU TE By this truth let you be prosperous. |
| 5) YAṀKIÑCI RATANAṀ LOKE Whatever diverse precious jewels RATANAṀ DHAMMA SAMAMAṀ NATTHI There is no jewel equal to the Dhamma. | VIJJATI VIVIDHĀ PUTHU there be in this universe TASMĀ SOTTHI BHAVANTU TE By this truth let you be prosperous. |
| 6) YAṀKIÑCI RATANAṀ LOKE Whatever diverse precious jewels RATANAṀ SANGHA SAMAMAṀ NATTHI There is no jewel equal to the Sangha | VIJJATI VIVIDHĀ PUTHU there be in this universe TASMĀ SOTTHI BHAVANTU TE By this truth let you be prosperous. |

METTĀNUSSATI
COMTEMPLATION OF LOVING KINDNESS

ATTŪPAMĀYA SABBESAṀ
Having compared oneself with others

SATTĀNAṀ SUKHA KĀMATAṀ
one should practice loving-kindness

PASSITVĀ KAMATO METTAṀ
Towards all beings by realizing that

SABBA SATTESU BHĀVAYE
everyone desires happiness.

SUKHĪ BHAVEYYAṀ NIDDUKKHO
May I be free from sorrow and always be happy

AHAṀ NICCAṀ AHAṀ VIYA
May those who desire my welfare

HITĀ CA ME SUKHĪ HONTU
Those who are indifferent towards me and

MAJJHATTĀ CA'THA VERINO
those who hate me, also be happy.

IMAMHI GĀMAKKHETTAMHI
May all beings who live in this vicinity

SATTĀ HONTU SUKHĪ SADĀ
be happy

TATO PARAṀ CA RAJJESU
May those who live in other kingdoms,

CAKKAVĀLESU JANTUNO
in this world-system be happy.

SAMANTĀ CAKKA VĀLESU
May all beings living in every world-system and

SATTĀNAṀ TESU PĀNINO
each element of life within such a system

SUKHINO PUGGALĀ BHUTĀ
may all these beings be happy

ATTA BHĀVA GATĀ SIYUM
achieve the highest bliss.

TATHĀ ITTHI PUMĀ CEVA
Likewise, women, men

ARIYĀ ANARIYĀ PI CA
the noble and the ignoble ones,

DEVĀ NARĀ APĀYATTHĀ
Gods, men and those in woeful states

TATHĀ DASA DISĀSU CĀTI
and those living in the ten directions

METTĀ BHĀVANĀ
MEDITATION ON LOVING KINDNESS

AHAṀ AVERO HOMI
May I be free from enmity (hatred)

ABHYĀPAJJO HOMI
May I be free from mental suffering,

ANĪGHO HOMI
May I be free from physical suffering

SUKHĪ ATTĀNAṀ PARIHARĀMI
May I take care of myself happily.

METTA SUTTA
DISCOURSE ON LOVING-KINDNESS

- 1) **KARANĪYA MATTHA KUSALENA**
He who is skilled in his good
- YANTAM SANTAM PADAM ABHI-SAMECCA**
And who wishes to attain that state of calm should act thus:
- SAKKO UJŪ CA SŪJŪ CA**
He should be able, upright, perfectly upright,
- SUVACO CASSA MUDU ANATIMĀNĪ**
Obedient, gentle and humble.
- 2) **SANTUSSAKO CA SUBHARO CA**
Contented, easily supportable,
- APPA-KICCO CA SALLAHUKA-VUTTI**
With few duties, of light livelihood,
- SANTINDRIYO CA NIPAKO CA**
Controlled in senses, discreet, not impudent;
- APPA-GABBHO KULESU ANANU GIDDHO**
Not to be greedily attached to families.
- 3) **NACA KHUDDAM SAMĀCARE KIŃCI**
He should not commit any slight wrong
- YENA VIŃŃU PARE UPAVA-DEYYUM**
such that other wise men might censure him.
- SUKHINO VĀ KHEMINO HONTU**
May all beings be happy and secure;
- SABBE SATTĀ BHAVANTU SUKHI-TATTĀ**
May their hearts be wholesome !
- 4) **YE KECI PĀNA BHŪ-TATTHI**
Whatsoever living beings there are;
- TASĀ VĀ THĀVARĀ VĀ ANAVA SESĀ**
Without exception – feeble or strong, ,
- DĪGHĀ VĀ YE MAHANTĀ VĀ**
Long or big,
- MAJJHIMĀ-RASSA-KĀNUKA THŪLĀ**
stout or medium, short, small or large,

- 5) **DITṬĀ VĀ YEVA ADDITṬĀ**
those seen or unseen,
YE CA DŪRE VASANTI AVIDŪRE
those dwelling far or near,
BHŪTĀ VĀ SAMBHAVESĪ VĀ
those who are born and those who are to be born –
SABBE SATTĀ BHAVANTU SUKHI-TATTĀ
May all beings, without exception, be happy minded !
- 6) **NA PARO PARAM NIKUBBETHA**
Let not one deceive another
NĀTI-MAÑÑETHA KATTHACI NAṀ KAÑCI
nor despise any person whatsoever in any place.
BYĀRO-SANĀ PATIGHA-SAÑÑĀ
In anger or ill-will,
NĀÑÑĀ-MAÑÑASSA DUKKHA-MICCHEYYA
let him not wish any harm to another.
- 7) **MĀTĀ YATHĀ NIYAṀ PUTTAṀ**
Just as a mother would protect her only child,
ĀYUSĀ EKA-PUTTA-MANU RAKKHE
At the risk of her own life,
EVAMPI SABBA BHŪTESU
Even so towards all beings
MĀNASAM-BHĀVAYE APARI-MĀNAṀ
let him cultivate a boundless heart
- 8) **METTAṀ CA SABBA LOKASMIṀ**
Towards the whole world : -
MĀNASAM-BHĀVAYE APARI-MĀNAṀ
Let thoughts of boundless love pervade;
UDDHAṀ ADHO CA TIRIYAṀ CA
above, below and across
ASAM-BĀDHAṀ AVERAṀ ASA-PATTAṀ
without any obstruction, without any hatred, without any enmity.

9) TITṬAṂ CARAṂ NISIṆṆO VĀ
Whether he stands, walks, sits

SAYĀNO VĀ YĀVA TĀSSA VIGATA MIDDHO
or lies down, as long as he is awake,

ETAṂ SATIṂ ADHITṬEYYA
he should develop this mindfulness.

BRAHMA METAṂ VIHĀRAṂ IDHA-MĀHU
This, they say, is the Highest Conduct here.

10) DITṬIṂ CA ANUPA GAMMA SILAVĀ
Not falling into wrong view,

DASSA-NENA SAMPAṆṆO
virtuous, and endowed with insight,

KĀMESU VINEYYA GEDHAṂ
he discards attachment to sensuous desires.

NAHI JĀTU GABBHA SEYYAṂ PUNARETĪ TI
Of a truth, he does not come again – for conception in a womb.

(Metta Sutta - Chant 3x)

ETENA SACCA VAJJENA / SOTTHI TE HOTU SABBADĀ
By the firm determination of this truth, May you ever be well.

ETENA SACCA VAJJENA / ROGĀ VUPA SAMENTU TE
By the firm determination of the truth, May you be free from illness.

ETENA SACCA VAJJENA / HOTU TE JAYA MANGALAM
By these words of truth, may joyous victory be yours !

Sharing of Merits to be done at 3.00pm

ABHAYA PARITTAM FEARLESS PROTECTION

- 1) **YANDUN NIMITTAṀ AVAMANGALAṀ CA**
Whatever unlucky signs and inauspiciousness,
YO CĀMANĀPO SAKUṆASSA SADDO
And the sound of birds which is not pleasing,
PĀPAGGAHO DUSSUPINAṀ AKANTAṀ
Evil planets, bad dreams, undesired;
BUDDHĀNU BHĀVENA VINĀSAMENTU
By the Buddha's power may they be destroyed.
- 2) **YANDUN NIMITTAṀ AVAMANGALAṀ CA**
Whatever unlucky signs and inauspiciousness,
YO CĀMANĀPO SAKUṆASSA SADDO
And the sound of birds which is not pleasing,
PĀPAGGAHO DUSSUPINAṀ AKANTAṀ
Evil planets, bad dreams, undesired;
DHAMMĀNU BHĀVENA VINĀSAMENTU
By the Dhamma's power may they be destroyed.
- 3) **YANDUN NIMITTAṀ AVAMANGALAṀ CA**
Whatever unlucky signs and inauspiciousness,
YO CĀMANĀPO SAKUṆASSA SADDO
And the sound of birds which is not pleasing,
PĀPAGGAHO DUSSUPINAṀ AKANTAṀ
Evil planets, bad dreams, undesired;
SANGHĀNU BHĀVENA VINĀSAMENTU
By the Sangha's power may they be destroyed.

ANUMODANA
SHARING OF MERITS

| | |
|---|--|
| ĀKĀSATTĀ CA BHUMMATṬĀ May all beings inhabiting space & earth | DEVĀ NĀGĀ MAHIDDHIKĀ Devas & Nagas of mighty power, |
| PUÑÑAM TAṀ ANUMODITVĀ Having shared this merit | CIRAṀ RAKKHANTU LOKA SĀSANAM Long protect the Buddha's Dispensation. |
| ETTĀVATĀ CA AMHEHI To that extent by us | SAMBHATAM PUÑÑA SAMPADAM Merits has been acquired and collected, |
| SABBE DEVĀ SABBE BHŪTĀ May all deities, all creatures | SABBE SATTĀ ANUMODANTU May all beings rejoice |
| SABBA SAMPATTI SIDDHIYĀ For the achievement of all successes. | |

LOKASSA SUBHA PATTHANA
BLESSING TO THE WORLD

| | |
|---|---|
| DEVO VASSATU KĀLENA May the rain in due season, | SASSA SAMPATTI HOTU CA May there be rich harvest, |
| PHĪTŪ BHAVATU LOKO CA May the world prosper, | RĀJĀ BHAVATU DHAMMIKO May the king be righteous. |

PATTI DĀNA
TRANSFERENCE OF MERITS TO THE DEPARTED

| | |
|--|--|
| IDAM ME ÑĀTINAM HOTU Let this merits accrue to my relatives, | SUKHITĀ HONTU ÑĀTAYO (3x) May they be well and happy |
|--|--|

PATTHANĀ

ASPIRATION

IMINĀ PUÑÑĀ KAMMENA

By the grace of this merit that I have acquired,

MĀME BĀLA SAMĀGAMO

May I never follow the foolish;

SATAṀ SAMĀGAMO HOTU

But only the wise

YĀVA NIBBĀNA PATTIYĀ

until the time I attain final happiness
(Nibbana).

KHAMATHA ME BHANTE

ASKING FOR PARDON

KĀYENA VĀCĀ CITTENA

If by deeds, speech or thoughts

PAMĀDENA MAYĀ KATAṀ

Heedlessly I have done anything wrong,

ACCAYAṀ KHAMA ME BHANTE

Pardon me that offence, O Teacher,

BHURI PAÑÑĀ TATHĀGATA

Perfect One of Vast Wisdom.

PATTHANĀ

ASPIRATIONS

IDAṀ ME PUÑÑAṀ

By this merit of mine

ĀSAVAKKHAYĀ AHAṀ HOTU

May I destroy the fetters.

IDAṀ ME PUÑÑAṀ

By this merit of mine

NIBBĀNASSA PACCAYO HOTU

May I attain Nibbana

IDAṀ ME PUÑÑAṀ BHAGAṀ

By this merit of mine

SABBA SATTANAṀ DEMA

May I share it with all beings.

SADHU ! SADHU ! SADHU !