

Anattasati Magga

PUJA – Meaning Guide

Puja = A recitation to accompany evening meditation. A recitation done with the intention of increasing the skillful qualities of one's own mind, purifying speech, protecting the mind and calming mental chatter.

VANDANA (Devotion or Homage)

Namo Tassa Bhagavato Arahato Samma-sambuddhassa.

Namo Tassa Bhagavato Arahato Samma-sambuddhassa.

Namo Tassa Bhagavato Arahato Samma-sambuddhassa.

(Namo= I pay homage, Tassa = to him/her, Bhagavato = to the Exalted One, Arahato = the Worthy One, Samma-sambuddhassa = to the Fully Enlightened One. Homage to those who are awake!)

TI SARANA (The Three Refuges)

Buddham Saranam Gacchami

Dhammam Saranam Gacchami

Sangham Saranam Gacchami

Dutiyampi (after 1st time)

Tatiyampi (after 2nd time)

Savaha (after 3rd time)

I take refuge in the Buddha

I take refuge in the Dharma

I take refuge in the Sangha

Again, and yet again, may it be so.

PANCHA SILA (Lay Person's Precepts)

Panatipata Veramani

Adinnadana Veramani

Kamesu Micchara Veramani

Musavada Veramani

Sura Meraya Majja Pamadatthana Veramani

Sikkhapadam Samadiyami

(recite after each precept)

I vow to refrain from taking life.

I vow to refrain from taking that which is not given.

I vow to refrain from saying that which is not true.

I vow to refrain from sexual misconduct.

I vow to refrain from deluding myself or others.

ARIYA-SATTA (Four Noble Truths)

Dukkha

Dukkha Samudaya

Dukkha Niroda

Dukkha Niroda Gammini Patipada

Suffering (Exists)

The origin of suffering.

The extinction of suffering.

The path that leads to the extinction of suffering.

GAMMINI PATIPADA (The Eightfold Path)

Samma Ditthi

Samma Sankappa

Samma Vaca

Samma Kammanta

Samma Ajiva

Samma Vayama

Samma Sati

Samma Samadhi

Perfected Comprehension/Vision

Perfected Aspiration/Thinking

Perfected Speech

Perfected Self-discipline/Action

Perfected Livelihood

Perfected Endeavor/Effort

Perfected Mindfulness

Perfected Awareness/Concentration

SAMANNA-LAKKHANA (Three Characteristics of Existence)

Sabbe Sankahara Anicca

Sabbe Sankahara Dukkha

Sabbe Sankahara Anatta

All formations are transient.

All formations are subject to suffering.

All formations are without an independent and permanent self.

SAN BUTSU KA (Bodhisattva Vows)

**Shu jo mu hen sei gwando
Bon no mu jin sei gwandan
Ho mon muryo sei gwan gaku
Butsu do mu jo sei gwan jo**

However many sentient beings there are, I vow to release them all.
However many passions arise, I vow to dissolve them all.
However many teachings there are, I vow to study them all.
However long the path to awakening may be, I vow to follow it to the end.

THE EVENING MESSAGE

**I beg to urge you everyone:
Life and death is a grave matter;
All things pass quickly away.
Each of us must be completely alert;
Never neglectful, never indulgent.**

GATE GATE PARAGATE PARASAMGATE BODHI SAVAHA

Going, going, going on beyond; always going on beyond; always becoming Buddha – May it be so!

**AH – U – M
AH – AM
AH – U – M
AH – AM
AH – U – M
OM**

Focus all attention on the crown of the head. These seed sounds stimulate centers in the body, primarily chakras. Let yourself feel what is vibrating in the body when you chant the syllables.