

# *Evening Chanting*

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1. (*Araham*) *sammāsambuddho bhagavā*

The Lord, the Perfectly Enlightened and Blessed One –  
*Buddham bhagavantam abhivādemī*

I render homage to the Buddha, the Blessed One. (Bow)

*(Svākkhāto) bhagavatā dhammo*

The Teaching so completely explained by him –  
*Dhammam namassāmi*

I bow to the Dhamma. (Bow)

*(Supatīpanno) bhagavato sāvakasango*

The Blessed One's disciples who have practiced well –

*Sangham namāmi*

I bow to the Sangha. (Bow)

2. Sutra Opening Verse

*(Hānda mayam buddhassa bhagavato pubbhāga-namakāram karomase)*

*[Namo Tassa] Bhagavato Arahato Samma Sambuddhassa*

*Namo Tassa Bhagavato Arahato Samma Sambuddhassa*

*Namo Tassa Bhagavato Arahato Samma Sambuddhassa*

Homage to the Blessed One, the Worthy, Undeiled One, the Perfectly  
Self-awakened One.

The Dharma is deep and lovely.

We now have a chance to see it, study it, and practice it.

We vow to realize its true meaning.

3. The Buddha's Words on Loving Kindness

*(Now let us chant the Buddha's words on loving-kindness)*

This is what should be done

By one who is skilled in goodness,

And who knows the path of peace:

Let them be able and upright,

Straightforward and gentle in speech.  
Humble and not conceited,  
Contented and easily satisfied,  
Unburdened with duties and frugal in their ways.  
Peaceful and calm, and wise and skillful,  
Not proud and demanding in nature.  
Let them not do the slightest thing  
That the wise would later reprove  
Wishing: In gladness and in safety,  
May all beings be at ease.  
Whatever living beings there may be;  
Whether they are weak or strong, omitting none,  
The great or the mighty, medium, short or small,  
The seen and the unseen,  
Those living near and far away,  
Those born and to-be-born –  
May all beings be at ease.

Let none deceive another,  
Or despise any being in any state.  
Let none through anger or ill-will  
Wish harm upon another.  
Even as a mother protects with her life  
Her child, her only child,  
So with a boundless heart  
Should one cherish all living beings;  
Radiating kindness over the entire world:  
Spreading upwards to the skies,  
And downwards to the depths;  
Outwards and unbounded,  
Freed from hatred and ill-will

Whether standing or walking, seated or lying down  
Freed from drowsiness,  
One should sustain this recollection.  
This is said to be the sublime abiding.  
By not holding to fixed views,  
The pure-hearted one, having clarity of vision,  
Being freed from all sense-desires,  
Is not born again into this world.

#### 4. VERSES ON IMPERMANENCE

(Now let us chant the verses on impermanence)  
The day is now ended. Our lives are shorter.  
Now we look carefully. What have we done?  
Noble Sangha, with all of our heart,  
Let us be diligent, engaging in the practice.  
Let us live deeply, free from our afflictions,  
Aware of impermanence,  
So that life does not drift away without meaning.

#### 5. REFLECTIONS ON SHARING BLESSINGS

(Now let us chant the verses of sharing and aspiration)  
Through the goodness that arises from my practice,  
May my spiritual teachers and guides of great virtue,  
My mother, my father and my relatives,  
The Sun and the Moon, and all virtuous leaders of the world –  
May the highest gods and evil forces;  
Celestial beings, guardian spirits of the Earth and the Lord of Death;  
May those who are friendly, indifferent or hostile;  
May all beings receive the blessings of my life.  
May they soon attain the threefold bliss and realize the Deathless.

Through the goodness that arises from my practice,  
And through this act of sharing,  
May all desires and attachments quickly cease  
And all harmful states of mind.  
Until I realize Nibbāna,  
In every kind of birth, may I have an upright mind  
With mindfulness and wisdom, austerity and vigour.  
May the forces of delusion not take hold nor weaken my resolve.  
The Buddha is my excellent refuge,  
Unsurpassed is the protection of the Dhamma,  
The Solitary Buddha is my noble Lord,  
The Sangha is my supreme support.  
Through the supreme power of all these,  
May darkness and delusion be dispelled.

## 6. REFLECTIONS ON UNIVERSAL WELL-BEING

(Now let us chant the reflections on universal well-being)

[May I abide in well-being], in freedom from affliction, in freedom from hostility, in freedom from ill-will, in freedom from anxiety, and may I maintain well-being in myself.

May everyone abide in well-being, in freedom from hostility, in freedom from ill-will, in freedom from anxiety, and may they maintain well-being in themselves.

May all beings be released from all suffering, and may they not be parted from the good fortune they have attained.

When they act upon intention, all beings are the owners of their action and inherit its results. Their future is born from such action, companion to such action, and its results will be their home.

All actions with intention, be they skillful or harmful, of such acts they will be the heirs.

## 7. Closing Homage

(Araham) sammāsambuddho bhagavā  
Buddham bhagavantam abhivādemī (Bow)  
(Svakkhāto) bhagavatā dhammo  
Dhammam namassāmi (Bow)  
(Supatipanno) bhagavato sāvakaṅgho  
Sāṅgham namāmi (Bow)

