

## **Words for Venerating to the Triple Gem**

Before starting every meditation practice

Translated by Khun Damkerng Jindara

**Yamaham Sammasambuddham Bhagavantam Saranam Gato (for male)/Gata (for female) Imina Sakkarena, Tam Bhagavan Tam Abhipujayami.**

We pay homage to the Exalted One, the Perfectly All Enlightened One, Whom we resort for refuge from sufferings.

**Yamaham Savakkhatam Bhagavata Dhammam Saranam Gato (for male)/Gata (for female) Imina Sakkarena, Tam Dhammam Abhipujayami.**

We pay homage to the Dhamma, the teaching well expounded by the Exalted One, that we resort for refuge from dangers.

**Yamaham Supatipannam, Sangham Saranam Gato (for male)/Gata (for female) Imina Sakkarena, Tam Sangham Abhipujayami.**

We pay homage to the Sangha, the disciples who have practiced well, whom we resort for refuge from sickness.

**Araham Sammasambuddho Bhagava, Buddham Bhagavantam Abhivatemi**

(Make the five-point prostration once.)

**Savakkhato Bhagavata Dhammo, Dhammam Namassami**

(Make the five-point prostration once.)

**Supatipanno Bhagavato Savakasangho, Sangham Namami**

(Make the five-point prostration once.)

## **Asking for Forgiveness**

After the completion of paying homage to the Triple Gem, we proceed to earnestly beg the Buddha, the Dhamma and the *Sangha* for forgiveness and pardon for all the offences, physically, verbally, and mentally, committed since being small ignorant children up till today.

As the request for forgiveness and pardon is made, our physical body, speech, and mind become pure and are able to be a golden container embracing the Buddhas, the Dhammas, and the *Sanghas* of the past, the present, and the future. Before making request for forgiveness and pardon to the Triple Gem, a passage of revering of **Namo** is to be made trice. The first time is to pay homage to the Buddhas, the Dhammas, and the Sanghas in the past. The second time is to pay homage to the Buddha, the Dhamma, and the *Sangha* at the present. The third time is to pay homage to the Buddhas, the Dhammas, and the *Sanghas* in the future. Now, let all of you say the passage loudly together trice.

**Namo Tassa Bhagavato Arahato Samma Sambuddhassa**

**Namo Tassa Bhagavato Arahato Samma Sambuddhassa**

**Namo Tassa Bhagavato Arahato Samma Sambuddhassa**

**Ukasa, Accayo No Bhante Accaggama Yathabale, Yathamulhe, Yatha Akusale, Ye Mayan Karamha Evanbhante Mayan, Accayo No, Patigganhatha, Ayatin Sanvareyyami.**

May I beg for forgiveness for all the offenses committed against the Buddha, the Dhamma and the *Sangha*, be it physical, verbal and mental deeds, caused by my ignorance and unwholesomeness. May the Buddha, the Dhamma and the *Sangha* pardon me for all the offences. As of today onwards, I will make full recollection of my physical, verbal and mental acts.

Our bodies, speech, and mind are now cleansed and pure. We shall proceed to pray for the Buddhas, the Dhammas, and the *Sanghas* of the past, the present and the future to arise in our bodies, speech, and consciousness.

*Ukasa*, I humbly pray for the Buddhas who attained the Perfect Enlightenment in the past, numbering more beyond the sand particles in the bowels of the four oceans, the Buddhas who will attain the Perfect

Enlightenment in the future, and the Buddha who has attained the Perfect Enlightenment at the present, to arise instantly in my *Cakkhudvara* (eye-door), *Sotadvara* (ear-door), *Ghanadvara* (nose-door), *Jivhadvara* (tongue-door), *Kayadvara* (body-door), and *Manodvara* (mind-door).

*Ukasa*, I humbly pray for the nine Supramundane Dhamma or *Branoblokuttaradhammacavs* of the uncountable number in the past, the nine Supramundane Dhamma or *Branoblokuttaradhammacavs* in the future, and the nine Supramundane Dhamma or *Branoblokuttaradhammacavs* at the present, to arise instantly in my *Cakkhudvara*, *Sotadvara*, *Ghandvara*, *Jivhadvara*, *Kayadvara*, and *Manodvara*.

*Ukasa*, I humbly pray for the *Ariya Sangha* and *Sangha* monks of the uncountable number in the past, the *Ariya Sangha* and *Sangha* monks in the future, and the *Ariya Sangha* and *Sangha* monks at the present, to arise instantly in my *Cakkhudvara*, *Sotadvara*, *Ghanadvara*, *Jivhadvara*, *Kayadvara*, and *Manodvara*.

May the power of the Buddha, the Dhamma and the *Sangha*,

May the virtues of the preceptor (for male)/ May the virtues of the teacher (for female), the mother and the father,

May the virtues of *Dana Parami* (Generosity perfection), *Sila Parami* (Morality perfection), *Nekkhamma Parami* (Renunciation perfection), *Panna Parami* (Wisdom perfection), *Viriya Parami* (Energy perfection), *Khanti Parami* (Patience perfection), *Sacca Parami* (Truthfulness perfection), *Adhitthanna Parami* (Determination perfection), *Metta Parami* (Loving-kindness perfection), and *Upekkha Parami* (Equanimity perfection), which I have cultivated for one hundred births, one thousand births, ten thousand births, one hundred thousand births, ever since I was a little child with or without recollection, support me to achieve now the attainment of *Magga* and *Phala*. *Nibbana Paccayo Hotu*. (May these be the means whereby Nirvana is attained.)

- End of Homage to the Triple Gem -

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