

[Morning Service]

**namo tassa bhagavato arahato sammā-sambuddhassa (x3)**

*Homage to Him, the Exalted, the Worthy, the fully Enlightened One*

Passages on going for refuge

- **buddhaṃ saraṇaṃ gacchāmi** *I go for refuge in the Buddha*
- **dhammaṃ saraṇaṃ gacchāmi** *I go for refuge in the Dhamma*
- **saṅghaṃ saraṇaṃ gacchāmi** *I go for refuge in the Saṅgha*

**Dutiyampi** *for the second time* •...

**Tatiyampi** *for the third time* •...

Praise to the Buddha

**itipi so bhagavā, arahaṃ sammā-sambuddho, vijjā-caraṇa-sampanno, sugato lokavidū, anuttaro purisa-damma-sārathi, satthā deva-manussānaṃ buddho bhagavāti.**

*He is the Exalted One, Arahant, a fully Enlightened One, perfect in knowledge and virtues. Happy One, knower of the worlds, unsurpassed charioteer of men to be tamed. Teacher of deities and men, Buddha, an Exalted One.*

Praise to the Dhamma

**svākhāto bhagavātā dhammo, sandiṭṭhiko akāliko ehipassiko, opanayyiko paccattaṃ veditabbo viññūhīti.**

*Well-expounded is Dhamma by the Blessed One, to be self-realized; a thing transcending time; inviting one to come and see; leading onward, to be known for themselves by the wise.*

Praise to the Saṅgha

**suppaṭipanno bhagavāto sāvakasaṅgho, uju-paṭipanno bhagavāto sāvakasaṅgho, ñāyappaṭipanno bhagavāto sāvakasaṅgho, sāmīcippaṭipanno bhagavāto sāvakasaṅgho, yadidaṃ cattāri purisayugāni, aṭṭha purisapuggalā, esa bhagavāto sāvakasaṅgho, āhuneyyo pāhuneyyo dakkhineyyo añjalikaraṇīyo, anuttaraṃ puññakkhettaṃ lokassāti.**

*Of good conduct is the Order of the Disciples of the Blessed One. Of upright conduct is the Order of the Disciples of the Blessed One. Of wise conduct is the Order of the Disciples of the Blessed One. Of dutiful conduct is the Order of the Disciples of the Blessed One. This Order of the Disciples of the Blessed One, namely, these Four pairs of Persons, is worthy of honour, is worthy of reverence, is worthy of offerings, is worthy of salutations with clasped hands, is an incomparable field of merits to the world.*

**Metta Sutta** ( Discourse on Loving Kindness )

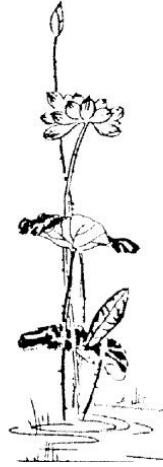
What should be done by one with skill in good, the state of peace to have attained is this: He should be capable, upright, perfectly upright, obedient, gentle and not proud, contented, easily looked after, with few duties, simple in livelihood, serene in senses, prudent and modest, and not fawning upon families. He should not do even the slightest thing, which other wise men might deplore. (He must contemplate thus) May all sentient beings be cheerful and be endowed with happy and secure life. Whatever living creatures there be, with no exception, weak or strong, long, huge or middle-sized, or short, minute or bulky, those seen (visible) or those unseen (not visible), those who live far or near, those who are already born or yet to be born - may all these beings be happy. May no one deceive another nor despise anyone in any place, through anger and hatred. May no one desire suffering for each other. Just as a mother would protect her baby, the only child with her own life, even so towards all beings, let one cultivate the boundless spirit of love. Let thoughts of boundless love pervade the whole world, above, below and across without any obstruction, without any hatred and enmity. Whether he stands, walks, sits or lies down, as long as he is awake, he should develop this mindfulness. This, they say is the Brahma (holy) living. Without resorting to (false) views, being virtuous, endowed with insight, removing greed for sensual pleasures, he will surely never come again to be born in any womb.

### The cultivation of loving kindness

- May the saṅgha and lay devotees be cheerful and be endowed with happy and secure life !
- May all deities be cheerful and be endowed with a happy and secure life !
- May all leaders in the neighborhood be cheerful and be endowed with a happy and secure life !
- May all the people in the neighborhood be cheerful and be endowed with a happy and secure life !
- May all sentient beings be cheerful and be endowed with a happy and secure life !

### Ten Grand Vows

- Firstly, make obeisance to all Buddhas.
- Secondly, praise Tathagatas.
- Thirdly, proffer abundant oblations.
- Fourthly, repent evil deeds.
- Fifthly, acquiesce gladly in others' merits and virtues.
- Sixthly, entreat for the turning of the Dharma wheel.
- Seventhly, pray for the Buddhas to stay in the world.
- Eighthly, always follow and learn from the Buddhas.
- Ninthly, always gratify all sentient beings.
- Tenthly, make a universal dedication.



### Ten Reflections of a monk

There are, O monks, these ten things that one who has gone forth as a monk should often reflect upon. What ten?

1. "I have entered upon a classless condition" – this should often be reflected upon by one gone forth as a monk.
2. "My life is dependent upon (the generosity of) others" – this should often be reflected upon by one gone forth as a monk.
3. "My manner of conduct must be different (from that of householders)" – this should often be reflected upon by one gone forth as a monk.
4. "Do I reproach myself in regard to virtue?" – this should often be reflected upon by one gone forth as a monk.
5. "Do my wise fellow monks reproach me in regard to virtue?" – this should often be reflected upon by one gone forth as a monk.
6. "I must be separated and parted from all that is dear and beloved to me." – this should often be reflected upon by one gone forth as a monk.
7. "I am the owner of my actions, heir of my actions, actions are the womb (from which I have sprung), actions are my relations, actions are my protection; whatever actions I do, good or bad, of these I shall become the heir" – this should often be reflected upon by one gone forth as a monk.
8. "How do I spend my days and nights?" – this should often be reflected upon by one gone forth as a monk.
9. "Do I delight in empty huts?" – this should often be reflected upon by one gone forth as a monk.
10. "Have I attained any superhuman distinction in knowledge and vision worthy of the noble ones, so that if I am questioned by my fellow monks at the time of my death I shall not be dismayed?" – this should often be reflected upon by one gone forth as a monk.

These are the ten things that one gone forth as a monk should often reflect upon.

*(anguttara nikaya, the Chapter of the tens X 48)*

### Sharing of Merits

May we, as a result of this good-deed, attain Nirvana, the ultimate cessation of birth, old age, suffering and death, the Absolute Peace. May all beings be happy. May our hearts be free from anger and hatred and may we become the embodiment of great love, wisdom and compassion.