



PANDITARAMA LUMBINI
INTERNATIONAL VIPASSANA
MEDITATION CENTER

EVENING CHANTING

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Prayers & Evening Chanting

Vandanā (Homage)

Namo Tassa Bhagavato Arahato Sammāsambuddhassa. (x3)

30 Homage to the Blessed One, the Exalted One, the Fully Self-Enlightened One.

Tīsaṅga (Three Refuges)

Buddhaṃ saraṇaṃ gacchāmi.

I go to the Buddha as my refuge.

Dhammaṃ saraṇaṃ gacchāmi.

35 I go to the Dhamma as my refuge.

Saṅghaṃ saraṇaṃ gacchāmi.

I go to the Saṅgha as my refuge.

Dutiyaṃpi Buddhaṃ saraṇaṃ gacchāmi.

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

40 **Dutiyaṃpi Dhammaṃ saraṇaṃ gacchāmi.**

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

Dutiyaṃpi Saṅghaṃ saraṇaṃ gacchāmi.

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

Tatiyaṃpi Buddhaṃ saraṇaṃ gacchāmi.

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

Tatiyaṃpi Dhammaṃ saraṇaṃ gacchāmi.

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

Tatiyaṃpi Saṅghaṃ saraṇaṃ gacchāmi.

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

Aṭṭhaṅga Sīla (Eight Precepts)**1. Pāṇātipātā veramaṇī sikkhāpadaṃ samādiyāmi.**

I undertake the rule of training to refrain from killing any beings.

2. Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the rule of training to refrain from taking what is not given.

3. Abrahmacariyā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the rule of training to refrain from sexual intercourse.

4. Musāvādā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the rule of training to refrain from false speech.

5. Surā-meraya-majja-pamādaṭṭhānā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the rule of training to refrain from drinks and drugs which fuddle the mind and reduce mindfulness.

6. Vikāla-bhojanā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the rule of training to refrain from taking food at improper times (after midday).

7. Nacca-gīta-vādita-visūka-dassanā mālāgandha vilepana dhāraṇa maṇḍana vibhūsanatṭhānā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the rule of training to refrain from dancing, singing, music, shows; from the use of garlands, perfumes, cosmetics, adornments and ornaments.

8. Uccāsayana mahāsayanā veramaṇī sikkhāpadaṃ samādiyāmi.

I undertake the rule of training to refrain from using high and luxurious seats (or) beds.

(Sayādaw says:) Āppamādena sampādeṭha.

Accomplish the training with mindfulness.

(Reply:) Āma Bhante.

Yes, Sayādaw.

Paying Homage and Respect

80 **Imāya Dhammānu Dhammapaṭṭipattiyā Buddhaṃ Pūjemi**

By this practice of Dhamma, I pay homage to the Buddha

Imāya Dhammānu Dhammapaṭṭipattiyā Dhammaṃ Pūjemi

By this practice of Dhamma, I pay homage to the Dhamma

Imāya Dhammānu Dhammapaṭṭipattiyā Saṅghaṃ Pūjemi

85 By this practice of Dhamma, I pay homage to the Saṅgha

Imāya Dhammānu Dhammapaṭṭipattiyā Mātāpitaro Pūjemi

By this practice of Dhamma, I pay homage to my parents

Imāya Dhammānu Dhammapaṭṭipattiyā Ācariye Pūjemi

By this practice of Dhamma, I pay homage to my teachers

Mettā

90

Ahaṃ avero homi

May I be free from enmity and danger.

Abyāpajjho homi

May I be free from mental suffering.

95 **Anīgho homi**

May I be free from physical suffering.

Sukhī attānaṃ pariharāmi

May I take care of myself happily.

Mama mātāpitu

100 May my parents,

Ācariyā ca ñātimitta ca

teachers, relatives and friends,

Sabrahma-cārino ca

fellow Dhammafarrers

- 105 **Āverā hontu**
be free from enmity and danger,
Ābyāpajjhā hontu
be free from mental suffering,
Ānīghā hontu
110 be free from physical suffering.
Sukhī-atānaṃ pariharantu
May they take care of themselves happily.
Imasmiṃ ārāme sabbe yogino
May all yogis in this compound
115 **Āverā hontu**
be free from enmity and danger,
Ābyāpajjhā hontu
be free from mental suffering,
Ānīghā hontu
120 be free from physical suffering.
Sukhī-atānaṃ pariharantu
May they take care of themselves happily.
Imasmiṃ ārāme sabbe bhikkhu
May all monks in this compound,
125 **Sāmanerā ca**
novice monks,
Upāsaka-upāsikāyo ca
laymen and laywomen disciples
Āverā hontu
130 be free from enmity and danger,
Ābyāpajjhā hontu
be free from mental suffering,
Ānīghā hontu
be free from physical suffering.
135 **Sukhī-atānaṃ pariharantu**
May they take care of themselves happily.

Āmhākaṃ catupaccaya-dāyakā

May our donors of the four supports¹

Āverā hontu

140 be free from enmity and danger,

Ābyāpajjhā hontu

be free from mental suffering,

Ānīghā hontu

be free from physical suffering.

145 **Sukhī-atānaṃ pariharantu**

May they take care of themselves happily.

Amhākaṃ ārakkha devatā

May our guardian devas

Imasmiṃ vihāre

150 in this monastery,

Imasmiṃ āvāse

in this dwelling,

Imasmiṃ ārāme

in this compound,

155 **Ārakkha devatā**

may the guardian devas

Āverā hontu

be free from enmity and danger,

Ābyāpajjhā hontu

160 be free from mental suffering,

Ānīghā hontu

be free from physical suffering.

Sukhī-atānaṃ pariharantu

May they take care of themselves happily.

165 **Sabbe sattā**

May all beings,

¹clothing, food, medicine and lodging

Sabbe pānā

all breathing things,

Sabbe bhūtā

170 all creatures,

Sabbe puggalā

all individuals (all beings),

Sabbe attabhāva-pariyāpannā

all personalities (all beings with mind and body),

175 **Sabbā itthiyo**

may all females,

Sabbe purisā

all males,

Sabbe ariyā

180 all noble ones (saints),

Sabbe anariyā

all worldlings (those yet to attain sainthood),

Sabbe devā

all devas (deities),

185 **Sabbe manussā**

all humans,

Sabbe vinipātikā

all those in the four woeful planes

Āverā hontu

190 be free from enmity and danger,

Ābyāpajjhā hontu

be free from mental suffering,

Ānīghā hontu

be free from physical suffering.

195 **Sukhī-atānaṃ pariharantu**

May they take care of themselves happily.

Dukkhā muccantu

May all beings be free from suffering,

Yathā-laddha-saṃpattito māviccchantu

200 May whatever they have gained not be lost

Kammassakā

All beings are the owners of their Kamma²

Puratthimāya disāya

In the eastern direction,

205 **Pacchimāya disāya**

in the western direction,

Uttarāya disāya

in the northern direction,

Dakkhiṇāya disāya

210 in the southern direction,

Puratthimāya anudisāya

in the southeast direction,

Pacchimāya anudisāya

in the northwest direction,

215 **Uttarāya anudisāya**

in the northeast direction,

Dakkhiṇāya anudisāya

in the southwest direction,

Heṭṭhimāya disāya

220 in the direction below,

Uparimāya disāya

in the direction above

Sabbe sattā

May all beings,

225 **Sabbe pānā**

all breathing things,

Sabbe bhūtā

all creatures,

²The above three lines are the contemplation on the remaining three brahmavihāras of karuṇā (compassion), muditā (sympathetic joy) and upekkhā (equanimity) respectively.

Sabbe puggalā

230 all individuals (all beings),

Sabbe attabhāva-pariyāpannā

all personalities (all beings with mind and body),

Sabbā itthiyo

may all females,

235 **Sabbe purisā**

all males,

Sabbe ariyā

all noble ones (saints),

Sabbe anariyā

240 all worldlings (those yet to attain sainthood),

Sabbe devā

all devas (deities),

Sabbe manussā

all humans,

245 **Sabbe vinipātikā**

all those in the four woeful planes

Āverā hontu

be free from enmity and danger,

Ābyāpajjhā hontu

250 be free from mental suffering,

Ānīghā hontu

be free from physical suffering.

Sukhī-atānaṃ pariharantu

May they take care of themselves happily.

255 **Dukkhā muccantu**

May all beings be free from suffering,

Yathā-laddha-saṃpattito māvigacchantu

May whatever they have gained not be lost

Kammassakā

260 All beings are the owners of their Kamma

Uddhaṃ yāva bhavaggā ca

As far as the highest plane of existence

Ādho yāva avicito

to as far down as the lowest plane,

265 **Samantā cakkavālesu**

in the entire universe

Ye sattā pathavicarā

whatever beings that move on earth

Abyāpajjhā niverā ca may

270 they are free of mental suffering and enmity

Nidhukkhā ca nupaddavā

and from physical suffering and danger.

Uddhaṃ yāva bhavaggā ca

As far as the highest plane of existence

275 **Adho yāva avicito**

to as far down as the lowest plane

Samantā cakkavālesu

in the entire universe

Ye sattā udukecarā

280 whatever beings that move on water

Abyāpajjhā niverā ca

may they are free of mental suffering and enmity

Nidhukkhā ca nupaddavā

and from physical suffering and danger.

285 **Uddhaṃ yāva bhavaggā ca**

As far as the highest plane of existence

Adho yāva avicito

to as far down as the lowest plane

Samantā cakkavālesu

290 in the entire universe

Ye sattā ākāsecarā

whatever beings that move in air

Abyāpajjhā niverā ca

may they are free of mental suffering and enmity

295 **Nidhukkhā ca nupaddavā**

and from physical suffering and danger.

Final Salutation**Āddhāimāya Paṭipattiyā Jarā Maranaṃhā Parimuccissāmi**

300 With this Noble practice of Vipassanā Meditation, may I be liberated from the universal suffering of aging, sickness and death.

Idaṃ Me Puññaṃ Āsavekhaṃvahaṃ Hotu

May this merit of mine be a good cause for the attainment of Nibbāna.

Idaṃ Me Silaṃ Maggaphala Nāṇassa Paccayo Hotu

305 May my Sila (precepts) be a good cause for the attainment of Magga and Phala (the path and Fruition)

Imaṃ No Puñña Bhāgaṃ Sabbasattanaṃ Dema

We share our merit with all beings.

Sabbe Sattā Sukhitā Hontu

May they be well and happy.

310 **Sādhu! Sādhu! Sādhu!****Puññanumodana (Dedication)****Idam no ñātīnam hotu, sukhitā hontu ñātayo.**

Let this merit be for our relatives. May they be happy.

315 **Idam no ñātīnam hotu, sukhitā hontu ñātayo.**

Let this merit be for our relatives. May they be happy.

Idam no ñātīnam hotu, sukhitā hontu ñātayo.

Let this merit be for our relatives. May they be happy.

Etāvata ca amhehi, sambhatam puññasampadam.

320 **Sabbe devā anumodantu, sabba-sampattisiddiyā.**

May all deities share this merit which we have thus acquired for the acquisition of all kinds of happiness.

**Etāvata ca amhehi, sambhatam puññasampadam.
Sabbe sattā anumodantu, sabba-sampattisiddiyā.**

325 May all beings share this merit which we have thus acquired for the acquisition of all kinds of happiness.

**Etāvata ca amhehi, sambhatam puññasampadam.
Sabbe bhutā anumodantu, sabba-sampattisiddiyā.**

330 May all creatures share this merit which we have thus acquired for the acquisition of all kinds of happiness.

Sādhu! Sādhu! Sādhu!