



PANDITARAMA LUMBINI  
INTERNATIONAL VIPASSANA  
MEDITATION CENTER

EVENING CHANTING

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# Contents

<b>Prayers &amp; Evening Chanting</b>	<b>1</b>
Vandanā (Homage) . . . . .	1
Tisaraṇa (Three Refuges) . . . . .	1
Aṭṭhaṅga Sīla (Eight Precepts) . . . . .	2
Paying Homage and Respect . . . . .	3
Mettā . . . . .	3
Final Salutation . . . . .	10
Puññanumodana (Dedication) . . . . .	10



# Prayers & Evening Chanting

## Vandanā (Homage)

**Namo Tassa Bhagavato Arahato Sammāsambuddhassa. (x3)**

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.**

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.

**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.**

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 sikkhā-padaṃ 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 sampādettha.**

Accomplish the training with mindfulness.

**(Reply:) Āma Bhante.**

Yes, Sayādaw.

## Paying Homage and Respect

**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**

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

**Ahaṃ avero homi**

May I be free from enmity and danger.

**Abyāpajjho homi**

May I be free from mental suffering.

**Anīgho homi**

May I be free from physical suffering.

**Sukhī attānaṃ pariharāmi**

May I take care of myself happily.

**Mama mātāpitu**

May my parents,

**Ācariyā ca ñātimitta ca**

teachers, relatives and friends,

**Sabrahma-cārino ca**

fellow Dhammafarrers

**Āverā hontu**

be free from enmity and danger,

**Ābyāpajjhā hontu**

be free from mental suffering,

**Ānīghā hontu**

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

**Āverā hontu**

be free from enmity and danger,

**Ābyāpajjhā hontu**

be free from mental suffering,

**Ānīghā hontu**

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,

**Sāmanerā ca**

novice monks,

**Upāsaka-upāsikāyo ca**

laymen and laywomen disciples

**Āverā hontu**

be free from enmity and danger,

**Ābyāpajjhā hontu**

be free from mental suffering,

**Ānīghā hontu**

be free from physical suffering.

**Sukhī-atānaṃ pariharantu**

May they take care of themselves happily.

**Āmhākaṃ catupaccaya-dāyakā**

May our donors of the four supports<sup>1</sup>

**Āverā hontu**

be free from enmity and danger,

**Ābyāpajjhā hontu**

be free from mental suffering,

**Ānīghā hontu**

be free from physical suffering.

**Sukhī-atānaṃ pariharantu**

May they take care of themselves happily.

**Amhākaṃ ārakkha devatā**

May our guardian devas

**Imasmiṃ vihāre**

in this monastery,

**Imasmiṃ āvāse**

in this dwelling,

**Imasmiṃ ārāme**

in this compound,

**Ārakkha devatā**

may the guardian devas

**Āverā hontu**

be free from enmity and danger,

**Ābyāpajjhā hontu**

be free from mental suffering,

**Ānīghā hontu**

be free from physical suffering.

**Sukhī-atānaṃ pariharantu**

May they take care of themselves happily.

**Sabbe sattā**

May all beings,

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<sup>1</sup>clothing, food, medicine and lodging

**Sabbe pānā**

all breathing things,

**Sabbe bhūtā**

all creatures,

**Sabbe puggalā**

all individuals (all beings),

**Sabbe attabhāva-pariyāpannā**

all personalities (all beings with mind and body),

**Sabbā itthiyo**

may all females,

**Sabbe purisā**

all males,

**Sabbe ariyā**

all noble ones (saints),

**Sabbe anariyā**

all worldlings (those yet to attain sainthood),

**Sabbe devā**

all devas (deities),

**Sabbe manussā**

all humans,

**Sabbe vinipātikā**

all those in the four woeful planes

**Āverā hontu**

be free from enmity and danger,

**Ābyāpajjhā hontu**

be free from mental suffering,

**Ānīghā hontu**

be free from physical suffering.

**Sukhī-atānaṃ pariharantu**

May they take care of themselves happily.

**Dukkhā muccantu**

May all beings be free from suffering,

**Yathā-laddha-sampattito māvicchantu**

May whatever they have gained not be lost

**Kammassakā**

All beings are the owners of their Kamma<sup>2</sup>

**Puratthimāya disāya**

In the eastern direction,

**Pacchimāya disāya**

in the western direction,

**Uttarāya disāya**

in the northern direction,

**Dakkhiṇāya disāya**

in the southern direction,

**Puratthimāya anudisāya**

in the southeast direction,

**Pacchimāya anudisāya**

in the northwest direction,

**Uttarāya anudisāya**

in the northeast direction,

**Dakkhiṇāya anudisāya**

in the southwest direction,

**Heṭṭhimāya disāya**

in the direction below,

**Uparimāya disāya**

in the direction above

**Sabbe sattā**

May all beings,

**Sabbe pānā**

all breathing things,

**Sabbe bhūtā**

all creatures,

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

**Sabbe puggalā**

all individuals (all beings),

**Sabbe attabhāva-pariyāpannā**

all personalities (all beings with mind and body),

**Sabbā itthiyo**

may all females,

**Sabbe purisā**

all males,

**Sabbe ariyā**

all noble ones (saints),

**Sabbe anariyā**

all worldlings (those yet to attain sainthood),

**Sabbe devā**

all devas (deities),

**Sabbe manussā**

all humans,

**Sabbe vinipātikā**

all those in the four woeful planes

**Āverā hontu**

be free from enmity and danger,

**Ābyāpajjhā hontu**

be free from mental suffering,

**Ānīghā hontu**

be free from physical suffering.

**Sukhī-atānaṃ pariharantu**

May they take care of themselves happily.

**Dukkhā muccantu**

May all beings be free from suffering,

**Yathā-laddha-saṃpattito māvigacchantu**

May whatever they have gained not be lost

**Kammassakā**

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,

**Samantā cakkavālesu**

in the entire universe

**Ye sattā pathavicarā**

whatever beings that move on earth

**Abyāpajjhā niverā ca may**

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

**Adho yāva avicito**

to as far down as the lowest plane

**Samantā cakkavālesu**

in the entire universe

**Ye sattā udukecarā**

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.

**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**

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

**Nidhukkhā ca nupaddavā**

and from physical suffering and danger.

**Final Salutation****Āddhāimāya Paṭipattayā Jarā Maranaṃhā Parimuccissāmi**

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**

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.

**Sādhu! Sādhu! Sādhu!****Puññanumodana (Dedication)****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.

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

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

**Etāvata ca amhehi, sambhatam puññasampadam.**

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.**

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.**

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

**Sādhu! Sādhu! Sādhu!**