

Namo tassa bhagavato arahato
sammāsambuddhassa.

Homage to the Exalted, Noble, Fully and Self-Enlightened one.

(3x)

Pāṇātipātā veramaṇī
sikkhāpadaṃ samādiyāmi.

I undertake the practice to refrain from killing living beings.

Adinnādānā veramaṇī
sikkhāpadaṃ samādiyāmi.

I undertake the practice to refrain from taking what is not given.

Kāmesu micchācārā veramaṇī
sikkhāpadaṃ samādiyāmi.

I undertake the practice to refrain from sexual misconduct.

Musāvādā veramaṇī
sikkhāpadaṃ samādiyāmi.

I undertake the practice to refrain from false speech.

Surāmerayamajjapamā-
daṭṭhānā veramaṇī
sikkhāpadaṃ samādiyāmi.

I undertake the practice to refrain from taking intoxicants which cloud the mind and cause heedlessness.

(3x)

Sabba pāpassa akaraṇaṃ,
kusalassa upasampadā.
Sacittapariyodapanam, etaṃ
Buddhāna sāsanaṃ.

To do no evil, to practice good, and to purify one's own mind; This is the teaching of the Buddha.

(3x)

नमो तस्स भगवतो अरहतो
सम्मासम्बुद्धस्स ॥

पाणातिपाता वेरमणी सिक्खापदं
समादियामि ।

अदिन्नादाना वेरमणी सिक्खापदं
समादियामि ।

कामेसु मिच्छाचारा वेरमणी
सिक्खापदं समादियामि ।

मुसावादा वेरमणी सिक्खापदं
समादियामि ।

सुरामेरयमज्जपमादट्ठाना वेरमणी
सिक्खापदं समादियामि ॥

सब्ब पापस्स अकरणं, कुसलस्स
उपसम्पदा ।

सचित्तपरियोदपनं, एतं बुद्धान
सासनं ॥

Emmei Jikku Kannon Gyō

Kanzeon

Namu butsu

Yo butsu u in

Yo butsu u en

Buppōsō en

Jō raku ga jō

Chō nen kanzeon

Bo nen kanzeon

Nen nen jū shin ki

Nen nen fu ri shin

延命十句觀音經

觀世音

南無佛

與佛有因

與佛有緣

佛法僧緣

常樂我淨

朝念觀世音

暮念觀世音

念念從心起

念念不離心

(3x)

Shujō muhen sei gan do

Bonnō mujin sei gan dan

Hōmon muryō sei gan gaku

Butsudō mujō sei gan jō

衆生無邊誓願度

煩惱無盡誓願斷

法門無量誓願學

佛道無上誓願成

(3x)

Myriad lives without number—vow to free them.

Greed and hate without limit—vow to end them.

Gates of truth without measure—vow to know them.

Awakened way without compare—vow to fulfill it.

(3x)

Gate gate pāragate

pārasaṃgate bodhi svāhā.

गते गते पारगते पारसंगते बोधि

स्वाहा ॥

Oṃ maṇi padme hūṃ.

ॐ मणि पद्मे हूं ॥

Homage to the blessed, noble, and perfectly enlightened one. (3x)

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 or 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 and 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 should one protect the boundless heart that loves all 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

Free 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.

Shujō muhen sei gan do

Myriad lives without number—vow to free them.

Bonnō mujin sei gan dan

Greed and hate without limit—vow to end them.

Hōmon muryō sei gan gaku

Gates of truth without measure—vow to know them.

Butsudō mujō sei gan jō

Awakened way without compare—vow to fulfill it.

しゅじょうむへんせいがんどう
衆生無邊誓願度

ぼんのうむじんせいがんだん
煩惱無盡誓願斷

ほうもんむりょうせいがんがく
法門無量誓願學

ぶつどうむじょうせいがんじょう
佛道無上誓願成

(3x)

Mitākuye Oyás'in