

Namo tassa bhagavato arahato  
sammāsambuddhassa.

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

Buddhaṃ saraṇaṃ gacchāmi,  
Dhammaṃ saraṇaṃ gacchāmi,  
Saṅghaṃ saraṇaṃ gacchāmi.

*I take refuge in the Buddha, I take refuge in the Dhamma, I take  
refuge in the Sangha.*

Dutiyampi ... (for each line above)

*For the second time ...*

Tatiyampi ... (for each line above)

*For the third time ...*

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-  
datṭhānā veramaṇī  
sikkhāpadaṃ samādiyāmi.

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

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 Buddhas.*

नमो तस्स भगवतो अरहतो सम्मासम्बुद्धस्स ॥

(3x)

बुद्धं सरणं गच्छामि,  
धम्मं सरणं गच्छामि,  
सङ्घं सरणं गच्छामि ।

दुतियम्पि ...

ततियम्पि ...

पाणातिपाता वेरमणी सिक्खापदं समादियामि ।

अदिन्नादाना वेरमणी सिक्खापदं समादियामि ।

कामेसु मिच्छाचारा वेरमणी सिक्खापदं  
समादियामि ।

मुसावादा वेरमणी सिक्खापदं समादियामि ।

सुरामेरयमज्जपमादट्टाना वेरमणी सिक्खापदं  
समादियामि ॥

(3x)

सब्ब पापस्स अकरणं  
कुसलस्स उपसम्पदा ।  
सचित्तपरियोदपनं  
एतं बुद्धान सासनं ॥

(3x)

Enmē Jikku Kannon Gyō

Kan ze on

Na mu butsu

Yo butsu u in

Yo butsu u en

Bup pō sō en

Jō raku ga jō

Chō nen kan ze on

Bo nen kan ze on

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)

Na mu sa man da mo to nan

O ha ra chi ko to sha so no nan

To ji to en gya gya gya ki gya ki

Un nun shi fu ra shi fu ra

Ha ra shi fu ra ha ra shi fu ra

Chi shu sa chi shu sa

Shi shu ri shi shu ri

So ha ja so ha ja

Se chi gya shi ri ē so mo ko

曩謨三滿哆 母馱喃

阿盞囉底 賀多舍 娑曩喃

怛姪他 唵 佉佉 佉佉 佉佉

吽吽 入嚩囉 入嚩囉

盞囉入嚩囉 盞囉入嚩囉

底瑟姪 底瑟姪

瑟緻哩 瑟緻哩

娑發吒 娑發吒

扇底迦 室哩曳 娑婆訶

(3x)

Gya tē gya tē ha ra gya tē

Hara sō gya tē bo ji sowa ka

羯諦羯諦波羅羯諦

波羅僧羯諦菩提薩婆訶

Oṃ maṇi padme hūṃ.

ॐ मणि पद्मे हूँ ॥