

Buddhist Life/Buddhist Path

Pali Recitation

Homage (three times)

Namo tassa bhāgavato arahato sammāsambuddhassa.

Homage to the fortunate, the worthy, the perfectly awakened.

Lovingkindness Meditation (three times)

Dukkhappattā ca niddukkhā

May the suffering-afflicted be without suffering

Bhayappattā ca nibbhayā

May the fear-afflicted be without fear

Sokappatā ca nissokā

May grief-afflicted be free from grief

Hontu sabbe'pi pāṇino

So too may all beings be.

Sādhu! Sādhu! Sādhu!

Well done, well done, well done.