

# SERENITY INSIGHT MEDITATION CENTER

211 Bee Ridge Road, Asheville, NC 28803

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## Sunday Chants

### Three Refuges

Namo tassa bhagavato arahato sammā-sambuddhassa.

Namo tassa bhagavato arahato sammā-sambuddhassa.

Namo tassa bhagavato arahato sammā-sambuddhassa.

Buddham saranam gacchāmi.

Dhammam saranam gacchāmi.

Sangham saranam gacchāmi.

Dutiyampi Buddham saranam gacchāmi.

Dutiyampi Dhammam saranam gacchāmi.

Dutiyampi Sangham saranam gacchāmi.

Tatiyampi Buddham saranam gacchāmi.

Tatiyampi Dhammam saranam gacchāmi.

Tatiyampi Sangham saranam gacchāmi.

Homage to him

the Blessed One,

the Worthy One,

the Fully Enlightened One. (3 times)

I take refuge in the Buddha.

I take refuge in the Dhamma.

I take refuge in the Sangha.

For the second time, I take refuge in the Buddha.  
For the second time, I take refuge in the Dhamma.  
For the second time, I take refuge in the Sangha.

For the third time, I take refuge in the Buddha.  
For the third time, I take refuge in the Dhamma.  
For the third time, I take refuge in the Sangha.

## **Five Precepts**

1. Pānātipātā veramani sikkhāpadam samādiyāmi.
2. Adinnādānā veramani sikkhāpadam samādiyāmi.
3. Kamesu micchācārā veramani sikkhāpadam samādiyāmi.
4. Musāvādā veramani sikkhāpadam samādiyāmi.
5. Surāmeraya-majja-pamādatthānā veramani sikkhāpadam samādiyāmi.

1. I undertake to keep the precept to abstain from killing living beings.
2. I undertake to keep the precept to abstain from taking what is not given.
3. I undertake to keep the precept to abstain from sexual misconduct.
4. I undertake to keep the precept to abstain from telling lies.
5. I undertake to keep the precept to abstain from taking drugs and alcohol.

Sādhu..... Sādhu ..... Sādhu .....

# Dhammapada

## Chapter XI: Aging

146. Why the laughter, why the joy, while the flames continue to burn?  
Enveloped in darkness, shouldn't you search for a lamp?
147. Look at this beautiful body: a heap of festering wounds, propped up  
and bound together, full of illness; but the object of many plans,  
though nothing is lasting or sure.
148. Worn out is this body, so fragile, a nesting ground of disease. When  
life ends in death, this putrid body dissolves.
149. What is the delight in seeing these dull-white bones, discarded like  
white gourds in autumn.
150. This city made of bones, plastered over with flesh and blood, whose  
hidden treasures are: pride and contempt, decay and death.
151. Even the well-appointed royal chariots wear out; so does the body  
succumb to old age. But the Dhamma of the virtuous does not  
decay; those wise sages let the good people know.
152. The person of little learning grows old like an ox. His muscles  
develop, his discernment does not.
- 153-154. Through many births I have wandered on and on, searching  
for, but never finding, the builder of this house. To be born again

and again is, indeed, dukkha. Oh, house-builder, you are seen! You shall build no house for me again. All your rafters are broken, your ridgepole destroyed; my mind has reached the unconditioned, has reached the end of craving.

155. Those who have neither lived the chaste life nor gained wealth in their youth, waste away like frail herons in a dried-up lake devoid of fish.

156. Those who have neither lived the chaste life nor gained wealth in their youth, lie around like arrows misfired from a bow, lamenting times gone by.

## **Chapter XII**

### **Self**

157. If one knows oneself to be precious, then one should guard oneself with care. The wise person will watch over himself in any of the three watches of life.

158. Let one first establish oneself in what is proper, and only then instructing others. Such a sage would avoid incurring reproach.

159. One must act in accord with the way you teach others; only then, thoroughly tamed, go ahead and train others—for, indeed, what's hard to tame is you yourself.

160. Your own self is your own refuge, for who else could your refuge be? With self-control well established, one gains a protector hard to obtain.
161. By oneself alone is evil done. Arising in oneself, produced by oneself, it grinds down the fool devoid of wisdom, as a diamond grinds down the gemstone.
162. Those who cover themselves by their own corrupt conduct, like a creeper covers a tree, do to themselves what an enemy would wish.
163. It's easy to do—things that are harmful and unhelpful to oneself. What's truly beneficial and good is very difficult to do indeed.
164. The unwise, who, based on false views, scorn the teachings of the Noble Ones who live in accordance with the Dhamma, produce fruit for their own destruction, like the bamboo reed that dies upon bearing fruit.
165. Evil is done by oneself alone; by oneself is one defiled. Evil is left undone by oneself, by oneself is one purified. Purity and impurity are one's own doing; no one can purify another.
166. Don't sacrifice your own welfare for the sake of another, no matter how great. Clearly know your own true welfare; be intent on that highest good.

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## Sharing Merits

Let this merit go to our relatives.  
May our relatives be happy. (three times)

As the rivers full of water  
Go to make the ocean full,  
So may that which is given here  
Go to the benefit of the departed.

As water fallen on the highlands  
Flows down to the plains below,  
So may that which is given here  
Go to the benefit of the departed.

By this may you achieve  
Longevity, good health,  
A rebirth in the heavens,  
And the attainment of Nibbāna.

May beings inhabiting space and earth,  
Devas and Nāgas of mighty power,  
Share this merit of ours;

    May they long protect the Dispensation;  
    May they long protect the Teachings;  
    May they long protect me and others.

May all deities share this merit;  
May all invisible beings share this merit;  
May all beings share this merit;  
    Which we have thus acquired  
    For the acquisition of all kinds of happiness.

## **Sharing Loving-Friendliness**

May I be well, happy and peaceful.

May no harm come to me.

May I always meet with spiritual success.

May my parents be well, happy and peaceful.

May no harm come to them.

May they always meet with spiritual success.

May my teachers be well, happy and peaceful.

May no harm come to them.

May they always meet with spiritual success.

May my relatives be well, happy and peaceful.

May no harm come to them.

May they always meet with spiritual success.

May my friends be well, happy and peaceful.

May no harm come to them.

May they always meet with spiritual success.

May all indifferent persons be well, happy and peaceful.

May no harm come to them.

May they always meet with spiritual success.

May all unfriendly persons be well, happy and peaceful.

May no harm come to them.

May they always meet with spiritual success.

May all living beings be well, happy and peaceful.

May no harm come to them.

May they always meet with spiritual success.

Sādhu ..... Sādhu ..... Sādhu .....