

Sā sā no paṭipatti

May then the cultivation of this practice

Imassa kevalassa dukkhakkhandhassa antakiriya samvattatu

Lead us to the end of every kind of suffering.

(An alternative version of the preceding section, chanted only by monks and nuns:)

Ciraparinibbutampi tam bhagavantaṃ uddissa arahantaṃ sammāsambuddhaṃ

*Remembering the Blessed One, the Noble Lord, and Perfectly Enlightened One,
who long ago attained Parinibbāna,*

Saddhā agārasmā anagāriyaṃ pabbajitā

We have gone forth with faith from home to homelessness,

Tasmim bhagavati brahma-cariyaṃ carāma

And like the Blessed One, we practice the Holy Life,

Bhikkhūnaṃ¹ sikkhāsājīva-samāpannā

Being fully equipped with the bhikkhus'² system of training.

Tam no brahma-cariyaṃ imassa kevalassa dukkhakkhandhassa antakiriya samvattatu

May this Holy Life lead us to the end of this whole mass of suffering.

(After a period of silent meditation, additional reflections may be chanted [see pages 25–41]. Then end with the chant below.)

CLOSING HOMAGE

(Arahaṃ) sammāsambuddho bhagavā

The Lord, the Perfectly Enlightened and Blessed One—

Buddhaṃ bhagavantaṃ abhivādemi

I render homage to the Buddha, the Blessed One.

(Bow.)

(Svākkhāto) bhagavatā dhammo

The Teaching, so completely explained by him—

Dhammaṃ namassāmi

I bow to the Dhamma.

(Bow.)

(Supatipanno) bhagavato sāvakaṣaṅgho

The Blessed One's disciples, who have practiced well—

Śaṅghaṃ namāmi

I bow to the Saṅgha.

(Bow.)

¹ *Nuns chant: Siladhāriṇaṃ*

² *nuns'*