

Kammattana Example

*Namo tassa bhagavato arahato samma sambuddhassa
Namo tassa bhagavato arahato samma sambuddhassa
Namo tassa bhagavato arahato samma sambuddhassa*

*Buddhan Saranan Gacchâmi.
Dhamman Saranan Gacchâmi.
Sanghan Saranan Gacchâmi.*

*Dutiyampi Buddhan Saranan Gacchâmi.
Dutiyampi Dhamman Saranan Gacchâmi.
Dutiyampi Sanghan Saranan Gacchâmi.*

*Tatīyampi Buddhan Saranan Gacchâmi.
Tatīyampi Dhamman Saranan Gacchâmi.
Tatīyampi Sanghan Saranan Gacchâmi.*

*Panatipata pativirato hoti.
Adinnadana pativirato hoti.
Kamesu micchacara pativirato hoti.
Musavada pativirato hoti.
Sura meraya majja pama datthana pativirato hoti.*

Sadhu! Sadhu! Sadhu!

*[Itipi so](#) Bhagavâ Araham Sammâsambuddho Vijjacarana sampanno Sugato Lokavidu
Anuttarro purisadammasarathi Sattha devamanussanan Buddho Bhagavati*

*Svakkhato Bhagavata Dhammo Sanditthiko Akaliko Ehipassiko Opanayiko Paccattam
veditabbo Vinnuhiti.*

*Supatipanno Bhagavato savaka sangho, ujupatipanno Bhagavato savaka sangho.
nayapatipanno Bhagavato savaka sangho. Samicipatipanno Bhagavato savaka sangho
Yadidam cattari purisa yugani atthapurisapuggala esa Bhagavato savaka sangho.
Ahuneyyo, pahuneyyo, dakkhineyyo, anjalikaraniyo, anuttaram punnakkhetan lokassati.*

Sadhu! Sadhu! Sadhu!

*Natti me sanaran annan Buddho me saranan varan
Natti me sanaran annan Dhammo me saranan varan
Natti me sanaran annan Sangho me saranan varan*

*etena sacca vajjena, hotti **me** hotu sabbada
etena sacca vajjena, hotti **te** hotu sabbada*

Sadhu! Sadhu! Sadhu!

(The following short phrase is in Sinhala; explained in the post)

“Avanka vemi, pirisundu vemi, pivituru vemi, pabhasara vemi”

“Avanka vemi, pirisundu vemi, pivituru vemi, pabhasara vemi”

“Avanka vemi, pirisundu vemi, pivituru vemi, pabhasara vemi”

*Kayena vaca cittena pamadena maya katan, accayam khama me Bhante bhuripanna
Tathagata*

*Kayena vaca cittena pamadena maya katan, accayam khama me Dhamma sandittika
akalika*

*Kayena vaca cittena pamadena maya katan, accayam khama me Sangha supatipanna
anuttara*

Sadhu! Sadhu! Sadhu!

*Aniccanupassi viharati, nicca sanna pajahati
Dukkhanupassi viharati, sukha sanna pajahati
Anattanupassi viharati, atta sanna pajahati
Viraganupassi viharati, raga sanna pajahati
Nibbidanupassi viharati, abhinandana pajahati
Nirodhanupassi viharati, samudayan pajahati
Patinissagganupassi viharati, sambhavan pajahati*

*Anissito ca viharati, na ca kinci loke upadiyati
Anissito ca viharati, na ca kinci loke upadiyati
Anissito ca viharati, na ca kinci loke upadiyati*

*Sabbe sankhara aniccati yada pannaya passati
atha nibbindati dukkhe esa maggo visuddhiya.*

*Sabbe sankhara dukkhata yada pannaya passati
atha nibbindati dukkhe esa maggo visuddhiya.*

*Sabbe dhamma anattati yada pannaya passati
atha nibbindati dukkhe esa maggo visuddhiya.*

Sadhu! Sadhu! Sadhu!

May all living beings, including myself, be free from the suffering in the *apayas*, by attaining the *Sotapanna* stage of *Nibbana* by removing the four *ditthi sampayutta lobha citta* and the *vicikicca sampayutta moha citta* from their minds.

May all living beings, including myself, be free from rebirth with bodies that are subject to disease, by attaining the *Sakadagami* stage of *Nibbana* by reducing *kama raga* in the four *ditthi vippayutta lobha citta* and also reducing the two *patigha citta* from their minds.

May all living beings, including myself, be free from rebirths in the *kama loka*, by attaining the *Anagami* stage of *Nibbana* by removing the four *ditthi vippayutta lobha citta* and the the two *patigha citta* from their minds.

May all living beings, including myself, attain the *Arahant* stage of *Nibbana* by removing *rupa raga* and *arupa raga* from the remaining four *ditthi vippayutta lobha citta* and also *mana*, *uddacca*, and *avijja* in the *uddacca sampayutta moha citta*, thereby removing all *akusala citta* from their minds.

May all living beings, including myself, thus be free from the suffering in the *apayas* forever, be healthy forever, be happy and peaceful forever, and attain the full *Nibbanic* bliss.

Sadhu! Sadhu! Sadhu!

*Etan santan etan paneetan, yadidan sabba sankhara samato, sabbupati patinissaggo,
tanhakkhayo virago, nirodho Nibbananti*

*Etan santan etan paneetan, yadidan sabba sankhara samato, sabbupati patinissaggo,
tanhakkhayo virago, nirodho Nibbananti*

*Etan santan etan paneetan, yadidan sabba sankhara samato, sabbupati patinissaggo,
tanhakkhayo virago nirodho Nibbananti*

Sadhu! Sadhu! Sadhu!

*Idam me nati nan hotu Sukhita hontu natayo
Idam vo nati nan hotu Sukhita hontu natayo*

*Idam me nati nan hotu Sukhita hontu natayo
Idam vo nati nan hotu Sukhita hontu natayo*

*Idam me nati nan hotu Sukhita hontu natayo
Idam vo nati nan hotu Sukhita hontu natayo*

Sadhu! Sadhu! Sadhu!

*Ettavata ca amhehi sabhatam punna sambadam sabbe deva anumodantu sabba
sampatti siddhiya*

*Ettavata ca amhehi sabhatam punna sambadam sabbe bhuta anumodantu sabba
sampatti siddhiya*

*Ettavata ca amhehi sabhatam punna sambadam sabbe preta anumodantu sabba
sampatti siddhiya*

*Ettavata ca amhehi sabhatam punna sambadam sabbe satta anumodantu sabba
sampatti siddhiya*

Sadhu! Sadhu! Sadhu!

May all living beings forgive me for any misdeeds that I have done to them in this long sansara and accept these merits. May I be free of all debts to all living beings.
May all living beings be free from any debts that they have for me, due to any misdeeds that they have done to me.
May all living beings, including myself, be free of all debts to each other. May all attain *Nibbana*.

Sadhu! Sadhu! Sadhu!

Idam me punnan asavakkhaya vahan hotu, sabba dukkha nirujjati
Idam me punnan asavakkhaya vahan hotu, sabba dukkha nirujjati
Idam me punnan asavakkhaya vahan hotu, sabba dukkha nirujjati

Sadhu! Sadhu! Sadhu!