



Quantum Novice

Chanting (Simplified)



Asking for forgiveness

Awkatha, awkartha, awkartha

Karyakan, wazikan, manawkan, deehuthaw, apyitkhathein, pa-pyauk-nye-in-ywei

Athat-chay-swar, anar-mai-yay, yan-bay-kin-kyaung

Kaung-hmu-mingalar, phyt-par-saygyin, akyo ngar, phayar yadanar, taya yadanar, thangar yadanar,
dee-huthaw, yadanar myat thone-par, sayar-thamar doh-ko, ayo-a-they, let-aoke mo-ywe, shi-kho
puzaw,

Phu-myaw man-hlot, ga-daw par-ei ashin bhayar.



Self Promise



- **Aham bhante tisananena saha pancasilam dhammam yacami anuggaham katva silam detha me bhante.**
- **Ashin Phayar (Respectable living Buddha), I promise to keep five precepts and practice to gain wholesome qualities of Buddha, Dhamma and Sangha.**
- **Dutiyampi -Aham bhante tisananena saha pancasilam dhammam yacami anuggaham katva silam detha me bhante.**
- **Ashin Phayar (Respectable living Buddha), for the second time, I again promise to keep five precepts and practice to gain wholesome qualities of Buddha, Dhamma and Sangha.**
- **Tatiyampi -Aham bhante tisananena saha pancasilam dhammam yacami anuggaham katva silam detha me bhante.**
- **Ashin Phayar (Respectable living Buddha), I promise, for the third time, to keep five precepts and practice to gain wholesome qualities of Buddha, Dhamma and Sangha.**



5 things you promise to yourself and Buddha

- Panatipata veramanisikkhapadam samadiyami:
 - I do not kill
- Adinnadana veramanisikkhapadam samadiyami
 - I do not steal
- Kamesumicchacara veramanisikkhapadam samadiyami
 - I do not do sexual misconduct
- Musavada veramanisikkhapadam samadiyami
 - I do not lie
- Suramerayamajja pama datthana veramanisikkhapadam samadiyami
 - I do not use any intoxicant
- Ama bhante (parei ashin bayar)
 - I promise to you



Virtues (qualities) of Buddha

Etipi So Bhavaga

1	Arahan	Is the one who does not do, say or think any evil even in solitude
2	Samma Sambuddho	Is the one who attained highest wisdom
3	Vijjacarana Sampanno	Is the one who gained ultimate Knowledge & powerful wisdom through practice of 15 wholesome conducts
4	Sugato	Is the one who always uses the sweetest and righteous word
5	Lokavidu	Is the one who has knowledge of all dimensions
6	Anuttaro Purisa Dammasarathi	Is the one who is the charismatic leader of men
7	Sattha Deva Manussanan	Is the one who is the Teacher of Celestial and Human Beings
8	Buddho	Is the one excels experiential knowledge of 4 noble truths



Virtues (Qualities) of Dhamma

1	Svakkhato Bhagavata Dhammo	Power of the Universal law of nature
2	Samditthiko	It can be self experienced by any one
3	Akaliko	Bestows timeless and immediate results
4	Ehipassiko	Welcomes all beings to put it to the test and to experience it for themselves
5	Opaneyiko	Worth to practice moment to moment lifelong
6	Paccattam Veditabbo Vinnunhi	Lead individual to infinite wisdom and liberate from samsara



Virtues (Qualities) of Sangha

1	Suppatipano *	Practice well the threefold training of morality, concentration and wisdom
2	Ujuppatipanno *	Practice righteously the threefold training
3	Nyayappatipanno *	Practice to realize Nibbana
4	Samicippatipanno *	Practice to be worthy of utmost respect
5	Ahuneyyo	Being worthy of receiving offerings brought even from afar
6	Pahuneyyo	Being worthy of receiving offerings specially set aside for guests
7	Dakkhineyyo	Being worthy of receiving offerings offered with the belief that the offering will bear fruits in future existences
8	Anjalikaraniyo	Being worthy of receiving reverential salutation
9	Annuttaram Punnakkhettam Lokassa	Being an unsurpassed (incomparable) fertile field for planting the seeds of merit for the world

* Bhagavato savakasamgho = The disciples of the Blessed One



1. Hetu paccayo
2. Arammana paccayo
3. Adhipati paccayo
4. Anantara paccayo
5. Samanantara paccayo
6. Sahajata paccayo
7. Aññamañña paccayo
8. Nissaya paccayo
9. Upanissaya paccayo
10. Purejāta paccayo
11. Pacchājāta paccayo
12. Āsevana paccayo

24 conditionalties

13. Kamma paccayo
14. Vipāka paccayo
15. Āhara paccayo
16. Indriya paccayo
17. Jhana paccayo
18. Magga paccayo
19. Sampayutta paccayo
20. Vippayutta paccayo
21. Atthi paccayo
22. Netthi paccayo
23. Vigata paccayo
24. Avigata paccayo ti.



Sambuddhe Gatha

- Aum, Sambuddhe aṭṭhavīsañca
- Dvādasañca saḥassake
- Pañca-sata-saḥassāni
- Namāmi sirasā maham.
- Apaka, Valuka, Ganga, Ananta,
nivuta jina
- Tesam (Buddhanca) dhammañca
saṅghañca
- Ādarena namāmi'ham.
- Namakārānubhāvena
- Hantvā sabbe upaddave
- Ah-nekā antarāyāpi
- Vinassantu asesato.



All the qualities of 512,028
Buddhas reside on the top of my
head. In fact, the number of prior
Buddhas who liberated from
samsara are more than the
number of sand grains in the
Ganges river. By the power of all
those Buddhas, by the power of all
their Dhamma, by the power of all
their sanghas, all the dangers and
calamities do not affect me at all.

သိရသ္မိံ ဂါထာတော် (Sirasamain Gatha)



1. Sirasamain mé (té) Buddha séhtaw
2. Sari puttho sa dakkhiné
3. Vama-enthé Moggalano
4. Puraso pitakatayan
5. Piccimé mama (tava) Ananda
6. Catudisa khinasava
7. Samanta lokaparlasa
8. Einda Deva Sa-Brahmaka
9. Étesan anubavéna
10. Sabbé baya upadava
11. Anéka antara yapi
12. Vinasantu asésato.



1. Buddha, the most powerful and sacred, resides on the top of my (your) head
2. Ashin Sariputtara , the best of the bests of intellectuals, rests on my (your) right shoulder
3. Ashin Moggalana, the best of the bests of superpowers, rests on my (your) left shoulder
4. The three parts of Dhamma known as three baskets dwells on my (your) chest
5. Ashin Ananda, the arahant who remembers all the teachings of Buddha without any omission, rests on my (your) upper back.
6. All the arahants dwells in all four directions around me (you)
7. All the guardian devas of the multiverse
8. And all the other devas and Brahmas dwells in all ten directions around me (you)
9. By The Great Force of all their powers
10. All the calamities
11. And various dangers
12. Be ceased and vanished.

