



CHANTING BOOK



Texte zur CD
Chanting und Meditationen
von Han Shan

erschienen im Trinity Verlag
ISBN 978-3-941837-77-5

MORGENCHANTING



1

Ratanattaya Vandana

Salutation to The Triple Gem

*[Die Verehrung des dreifachen Juwels:
Buddhas, seiner Lehre (Dhamma) und der Gemeinschaft
der Praktizierenden (Sangha)]*

Yo so bhagava araham sammāsambuddho,
Svakhato yena bhagavata dhammo,
Supatipanno yassa bhagavato savakasangho,
Tammayam bhagavantam sadhammom sassangham,
Imehi sakkarehi yatharaham aropitehi abipujayama,
Sadhu no bhante bhagava sucirapariniibbutopi,
Pacchimajanatanukampamanasa,
Ime sakkare duggatapannakarabhute patigganhatu,
Amhakam digharattam hitaya sukhaya.

Arahang Sammasambuddhobhagava,
Buddham Bhagavantam Abhivademi.

Svakkhato Bhagavata Dhammo,
Dhammam Namassami.

Supatipanno Bhagavato Svakasangho,
Sangham Namami.

2

Buddhamangalagatha

Verses of Blessings of the Buddha

*[Die glückverheißenden Erwachten.
Segen Buddhas und Überwindung von Schwierigkeiten]*

Sambuddho dipadam settho nisinno ceva majjhime
Kondanno pubbabhage ca aganeyya ca kassapo.
Sariputto ca dakkhine haratiye upali ca
Pacchimēpi ca anando bayabbe ca gavampati.
Moggallano ca uttare isanepi ca rahulo
Ime kho mangala Buddha sabbe idha patitthita.
Vandita te ca amhehi sakkarehi ca pujita
Etesam anubhavana sabbasotthi bhavantu no.

Icevamaccantanamassaneyyam
Namassamano ratanatayam yam
Punnabhisandam vipulam alattham
Tassanubhavana hatantarayo.

3

Pubbabhaganamakara

The Preliminary Passage for Revering

[Einleitende Huldigung Buddhas als Erwachten]

Namo Tassa Bhagavato
Arahato Sammasambuddhassa.

(dreimal wiederholen)

4

Tisarana

The Three Refuges

[Zufluchtnahme bei Buddha, dem Dhamma und Sangha]

Buddham Saranam Gacchami
Dhammam Saranam Gacchami
Sangham Saranam Gacchami

Duttiyampi Buddham Saranam Gacchami
Duttiyampi Dhammam Saranam Gacchami
Duttiyampi Sangham Saranam Gacchami

Tatiyampi Buddham Saranam Gacchami
Tatiyampi Dhammam Saranam Gacchami
Tatiyampi Sangham Saranam Gacchami

5

Karaniyamettasutta

The Discourse on Loving-Kindness.
Which Should be Done.

*[Von der Verwirklichung der universellen Liebe.
Verse, die erzählen, wie universelle Liebe zu praktizieren
und in die Welt zu tragen ist]*

Mettanca Sabbalokasmim Manasambhavaye Aparimanam,
Uddham Adho Ca Triyanca Asambadham Averam Asapattam.

Titthancaram Nissinno Va Sayano Va Yavatassa Vigatamiddho,
Etam Satim Adhittheyya Brahmametam Viharam Idhamahu.

Ditthinca Anupagamma Silava Dassanena Sampanno,
Kamesu Vineyya Gedham Na Hi Jatu Gabbhaseyyam
Punareti'Ti.

– MEDITATION –

ABENDCHANTING



1

Ratanattaya Vandana

Salutation to The Triple Gem

*[Die Verehrung des dreifachen Juwels:
Buddhas, seiner Lehre (Dhamma) und der Gemeinschaft
der Praktizierenden (Sangha)]*

Yo so bhagava araham sammāsambuddho,
Svakhato yena bhagavata dhammo,
Supatipanno yassa bhagavato savakasangho,
Tammayam bhagavantam sadhammom sassangham,
Imehi sakkarehi yatharaham aropitehi abipujayama,
Sadhu no bhante bhagava sucirapariniibbutopi,
Pacchimajanatanukampamanasa,
Ime sakkare duggatapannakarabhute patigganhatu,
Amhakam digharattam hitaya sukhaya.

Arahang Sammasambuddhobhagava,
Buddham Bhagavantam Abhivademi.

Svakkhato Bhagavata Dhammo,
Dhammam Namassami.

Supatipanno Bhagavato Svakasangho,
Sangham Namami.

2

Buddhamangalagatha

Verses of Blessings of the Buddha

*[Die glückverheißenden Erwachten.
Segen Buddhas und Überwindung von Schwierigkeiten]*

Sambuddho dipadam settho nisinno ceva majjhime
Kondanno pubbabhage ca aganeyya ca kassapo.
Sariputto ca dakkhine haratiye upali ca
Pacchimēpi ca anando bayabbe ca gavampati.
Moggallano ca uttare isanepi ca rahulo
Ime kho mangala Buddha sabbe idha patitthita.
Vandita te ca amhehi sakkarehi ca pujita
Etesam anubhavana sabbasotthi bhavantu no.

Icevamaccantanamassaneyyam
Namassamano ratanatayam yam
Punnabhisandam vipulam alattham
Tassanubhavana hatantarayo.

3

Pubbabhaganamakara

The Preliminary Passage for Revering

[Einleitende Huldigung Buddhas als Erwachten]

Namo Tassa Bhagavato
Arahato Sammasambuddhassa.

(dreimal wiederholen)

4

Tisarana

The Three Refuges

[Zufluchtnahme bei Buddha, dem Dhamma und Sangha]

Buddham Saranam Gacchami
Dhammam Saranam Gacchami
Sangham Saranam Gacchami

Duttiyampi Buddham Saranam Gacchami
Duttiyampi Dhammam Saranam Gacchami
Duttiyampi Sangham Saranam Gacchami

Tatiyampi Buddham Saranam Gacchami
Tatiyampi Dhammam Saranam Gacchami
Tatiyampi Sangham Saranam Gacchami

5

Karaniyamettasutta

The Discourse on Loving-Kindness.
Which Should be Done.

*[Von der Verwirklichung der universellen Liebe.
Verse, die erzählen, wie universelle Liebe zu praktizieren
und in die Welt zu tragen ist]*

Mettanca Sabbalokasmim Manasambhavaye Aparimanam,
Uddham Adho Ca Triyanca Asambadham Averam Asapattam.

Titthancaram Nissinno Va Sayano Va Yavatassa Vigatamiddho,
Etam Satim Adhittheyya Brahmametam Viharam Idhamahu.

Ditthinca Anupagamma Silava Dassanena Sampanno,
Kamesu Vineyya Gedham Na Hi Jatu Gabbhaseyyam
Punareti'Ti.

6

Abhayaparitta

The Fearlessness Protection

[Schutzverse zur Furchtlosigkeit]

Yandunnimittam Avamangalanca,
Yo Camanapo Sakunassa Saddo,
Papaggaho Dussupinam Akantam,
Buddhanubhavana – Vinasamentu.

Yandunnimittam Avamangalanca,
Yo Camanapo Sakunassa Saddo,
Papaggaho Dussupinam Akantam,
Dhamanubhavana Vinasamentu.

Yandunnimittam Avamangalanca,
Yo Camanapo Sakunassa Saddo,
Papaggaho Dussupinam Akantam,
Sanghanubhavana Vinasamentu.

7

Tiratananusaranapatha

Passages on the Recollection of the Three Treasures

*[Erinnerung an das dreifache Juwel:
Buddhas Weg ins Nirwana, seine Lehre und seine Gefolgschaft]*

Itipi So Bhagava Araham Sammasambuddho,
Vijjarannasampanno Sugato Lokavidu,
Anuttaro Purisadammasarathi Sattha Devamanussanam
Buddho Bhagava'Ti Svakhato Bhagavata Dhammo,
Sanditthiko Akaliko Ehipassiko,
Opanayiko Paccatttam Veditabbo Vinnuhi"Ti.

Supatipanno Bhagavato Savakasangho,
Ujupatipanno Bhagavato Savakasangho,
Nayapatipanno Bhagavato Savakasangho,
Samicipatipanno Bhagavato Savakasangho,
Yadidam Cattari Purisa-Yugani Attha Purisapuggala,
Esa Bhagavato Savakasangho,
Ahuneyyo Pahuneyyo Dakkhineyyo Anjalikaraniyo,
Anuttaram Punnakkhettam Lokassa"Ti.

8

Buddhajayamangalagatha

The Verses of the Buddha's Wholesome Victories

*[Verse über Buddhas segensreiche Siege
mithilfe der »zehn Vollkommenheiten« oder Tugenden]*

Bahum Shassamabhinimmita Savudhantam,
Grimekhalam Uditaghora Sasenamaram,
Danadidhamma Vidhina Jitava Munindo,
Tantejasa Bhavatu Te Jaya Mangalani.

Maratirekamabhiyujjitasabbarattim,
Ghorampanalavakamakhamathaddhayakkham,
Khantisudantavidhina Jitava Munindo,
Tantejasa Bhavatu Te Jaya Mangalani.

Nalagirim Gajavaram Atimattabhutam,
Davaggicakkamasaniva Sudarunantam,
Mettambusekavidhina Jitava Munindo,
Tantejasa Bhavatu Te Jaya Mangalani.

Ukkhittakhaggamatihatthasudarunantam,
Dhavatiyojanapathangulimalavantam,
Iddhibhisankhatamano Jitava Munindo,
Tantejasa Bhavatu Te Jaya Mangalani.

Katvana Katthamudaram Iva Gabbhiniya,
Cincaya Dutthavacanam Janakayamajjhe,
Santena Somavidhina Jitava Munindo,
Tantejasa Bhavatu Te Jaya Mangalani.

Saccam Vihaya Matisaccaka Vadaketum,
Vadahiropitamanam Atiandhabhutam,
Pannapadipajalito Jitava Munindo,
Tantejasa Bhavatu Te Jaya Mangalani.

Nandopanandabhujagam Vibudham Mahiddhim,
Puttena Therabhujagena Damapayanto,
Iddupadesavidhina Jitava Munindo,
Tantejasa Bhavatu Te Jaya Mangalani.

Duggahaditthibhujagena Sudatthahattham,
Brahmam Visuddhijutimiddhibakabhidhanam,
Nanagadena Vidhina Jitava Munindo,
Tantejasa Bhavatu Te Jaya Mangalani.

Etapi Buddhajayamangalaatthagatha,
Yo Vacano Dinadine Sarate Matandi,
Hitvananekavidhani Cupaddavani,
Mokkham Sukham Adhighameyya Naro Sapanno.

9

Jayaparitta

The Victory Protection

*[Die Schutzverse des Sieges,
die den Praktizierenden daran erinnern,
dass auch er wie Buddha die Erleuchtung realisieren kann]*

Mahakaruniko Natho Hitaya Sabbapaninam,
Puretva Parami Sabba Patto Sambodhimuttamam,
Etena Saccavajjena Hotu teJayamangalam.

Jayanto Bodhiya Muhle Sakyanam Nandivaddhano,
Evam Tvam Vijayo Hohi Jayassu Jayamangale.

AparajitapallankeSise Pathavipokhare,
Abhiseke Sabbabuddhanam Aggappatto Pamodati.

Sunakkhattam Sumangalam Supabhatam Suhatthitam,
Sukhano Sumuhutto Ca Suyittham Brahmacarisu.

Padakkhinam Kayakammam Vacakammam Padakkhinam,
Padakkhinam Manokammam Panidhi Te Padakkhina,
Padakkhinani Katvana Labhantatthe Padakkhine.

10

Pattidanagatha

Verses on Dedication of Merit

[Von der Übertragung der Verdienste zum Wohl aller Lebewesen]

Ya devata santi viharavasini,
Thupe ghare bodhighare tahim tahim,
Ta dhammadanena bhavantu pujita,
Sotthim karontedha viharamandale,
Thera ca majiha navaka ca bhikkhavo,
Saramika danapati upasaka,
Gama ca desa nigama ca issara,
Sappanabhuta sukhita bhavantu te,
Jalabuja yepi ca andasambhava,
Samsedajata atha vopapatika,
Niyyanikam dhammavaram paticca te,
Sabbepi dukkhassa karontu sankhayam.

Thatu ciram satam dhammo
Dhammaddhara ca puggala
Sangho hotu samaggova
Atthaya ca hitaya ca
Amhe rakkhatu saddhammo
Sabbepi dhammacarino
Vuddhim sampapuneyyama
Dhamme ariyappavedite.

Pasanna hontu sabbepi
Panino buddhasasane.
Sammadharam paveccanto
Kale devo pavassatu.
Vuddhibhavaya satttanam

Samiddham netu medanim.
Matapita ca atrajam
Niccam rakkhanti puttakam.
Evam dhammena rajano
Pajam rakkhantu sabbada.

11

Sumangalagatha

Verses of Excellent Blessings

[Segensverse]

Bhavatu sabbamangalam
Rakkhantu sabbadevata
Sabbabuddhanubhavana
Sada sotthi bhavantu te.

Bhavatu sabbamangalam
Rakkhantu sabbadevata
Sabbadhammanubhavana
Sada sotthi bhavantu te.

Bhavatu sabbamangalam
Rakkhantu sabbadevata
Sabbasanghanubhavana
Sada sotthi bhavantu te.

– MEDITATION –

12

Loving Kindness

Prayer Master Han Shan

[Gebet der universellen Liebe]

Mögen alle Wesen, wo immer sie auch sind,
was immer sie auch tun,
welcher Art, Größe oder Form sie auch sein mögen,
ob sichtbar oder unsichtbar,
ob nah oder fern,
in welcher der zehn Himmelsrichtungen auch immer,
mögen alle von ihnen, ohne Ausnahme,
glücklich sein.
Möge es ihnen leicht fallen, für sich selbst zu sorgen,
mögen sie frei sein von Leid,
mögen sie den höchsten Segen empfangen,
mögen sie der Lehre der Buddhas folgen,
um den Weg heraus aus dem Samsara zu finden,
dem Kreislauf der Wiedergeburten.

13

Uddisanadhithanagatha

Verses on Aspiration for Transference of Merits

[Übertragung der Verdienste]

Imina punnakammena
Upajjhaya gunuttara
Acariyupakara ca
Matapita ca nataka / pia mame
Suriyo cadima raja
Gunavanta narapi ca
Brahmamara ca inda ca
Du Lokapala ca devata.
Yamo mita manussa ca
Majjhata verikapi ca
Sabbe satta sukhi hontu
Punnani pakatani me.
Sukhamca tividham dentu
Khippam papetha vomatam.

Imina punnakammena
Imina uddisena ca
Khippaham sulabhe ceva
Tanhupadanachedanam.
Ye santane hina dhamma
Yava nibbanato mamam
Nassantu sabbadayeva
Yattha jato bhava bhava.
Ujucittam satipanna
Sallekho viriyamhina
Mara labhantu nokasam
Katunca viriyesu me.

Buddhadhipavaro natho
Dhammo natho varuttamo
Natho paccekabuddho ca
Sangho nathottaro mamam.
Tesottamanubhavana
Marokasam labhantu ma.

14

Anomotana

[Segenssprüche und Verehrung des dreifachen Juwels]

Ukasa Vantiami pantee
Sapang aparatang kamatame pantee
Maya katang bunyang samina anumotita pang
Samina katang bunyang mai hang kata pang
Satu, Satu, Satu, anumotani

Arahang Sammasambuddhobhagava,
Buddham Bhagavantam Abhivademi.

Svakkhato Bhagavata Dhammo,
Dhammam Namassami.

Supatipanno Bhagavato Svakasangho,
Sangham Namami.