

Chattamanavaka Gatha*

Yo vadatam pavaro manujesu
Sakyamuni bhagava katakicco
Paragato balaviriyasamangi
Tam sugatam saranatthamupemi

Who art the chiefest Speaker amongst mankind,
Sakya Sage, O Holy One, whose task is done,
Gone beyond, possessor of power and energy;
To thee, the Well-Gone One, I go for refuge.

Ragaviragamanejamasokam
Dhammamasankhatamappatikulam
Madhuramimam pagunam suvibhattam
Dhammamimam saranatthamupemi

Exempt from lust, from craving, sorrow-free,
Law unconditioned and delectable,
Sweet, potent, profoundly analytic.
To this very Dhamma I go for refuge.

Yattha ca dinnamahapphalamahu
Catusu sucisu purisayugesu
Attha ca puggaladhammada te
Sanghamimam saranatthamupemi

Whatever is given bears great fruit 'tis said,
The four Pure Pairs of Persons; and these
Eight are people who have realized the Truth;
To this very Sangha I go for refuge.

* Stanzas of the Triple Gem. These three stanzas were taught by the Buddha to a youth named Chatta.