

Honoring

Imāya Dhammā'nudhammapaṭipattiyā Buddhaṃ pūjemi.

With this practice that conforms to the Dhamma, I honor the Buddha.

Imāya Dhammā'nudhammapaṭipattiyā Dhammaṃ pūjemi.

With this practice that conforms to the Dhamma, I honor the Dhamma.

Imāya Dhammā'nudhammapaṭipattiyā Saṃghaṃ pūjemi.

With this practice that conforms to the Dhamma, I honor the Sangha.

Imāya Dhammā'nudhammapaṭipattiyā mātāpitaro pūjemi.

With this practice that conforms to the Dhamma, I honor my parents.

Imāya Dhammā'nudhammapaṭipattiyā ācariye pūjemi.

With this practice that conforms to the Dhamma, I honor my teachers.

Resolution

Addhā imāya paṭipadāyā jarā-maranamhā parimuccissāmi

With the meditation practice, may I be liberated from (the universal suffering of) aging and death.

Aspiration

Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu.

May this merit of mine bring about destruction of cankers.

Idaṃ me sīlaṃ magga-phala ñāṇassa paccayo hotu.

May my precepts be a good cause for the attainment of the Path and Fruition.

Sharing Merit

Imaṃ no puñña-bhāgaṃ sabbasattānaṃ dema.

We share this our merit with all beings.

Sabbe sattā sukhitā hontu.

May all beings be well and happy.

Conclusion

Sādhu! Sādhu! Sādhu!

Well done! Well done! Well done!