

# Daily Buddhist Devotions

By

Ven Dr K Sri Dhammapada

Page 79-86:

## Jaya Mangala Gatha

### Stanzas of Victory

#### Recital for Blessings and Prosperity on significant occasions

These verses are recited by Buddhist devotees on many Buddhist countries on auspicious occasions such as weddings, house-warming ceremonies, felicitations and various kinds of blessing services. Children could be taught to sing the verses to the accompaniment of musical instruments.

These eight verses recall the great events which took place between the Buddha and his powerful opponents, who have tried to kill him, to humiliate Him and to defeat Him, and how the Buddha overcame all these disturbances calmly and peacefully through the merits of His great virtues; and finally how He converted His opponents into following the righteous way of living. Each verse is based on a beautiful story but it is not possible to mention them in this manual. One who recites these verses regularly and mindfully following the example given by the Buddha, can overcome many difficulties.

## Jaya Mangala Gatha

1. Bahum sahassa mabhi nimmita  
Sayu dhantam  
Giri mekhalam udita ghora  
sasena maram  
Danadi dhamma vidhina  
jitava Munindo  
Tam tejasa bhavatu me  
jaya mangalani

Creating a thousand hands armed with weapons, Mara was seated on the trumpeting, ferocious elephant Girimekhala. Him, together with his army, did the Lord of Sages subdue by means of generosity and other virtues. By the grace of this, may joyous victory be mine.

2. Marati reka mabhi  
yujjhita sabba rattim  
Ghoram pana-lavaka  
makkha mathaddha yakkham  
Khanti sudanta  
vidhina jitava Munindo  
Tam tejasa bhavatu me  
jaya mangalani

More violent than Mara was the obstinate demon Alavaka, who battled with the Buddha throughout the night. Him, did the Lord of Sages subdue by means of His patience and self-control. By the grace of this, may joyous victory be mine.

3. Nalagirim gaja varam  
ati matta bhutam  
Davaggi cakka  
masaniva su darunantam

Mettambu seka  
vidhina jitava Munindo  
Tam tejasa bhavatu me  
jaya mangalani

Nalagiri, the king elephant, highly intoxicated, was raging like a forest fire and was terrible as a thunderbolt. Sprinkling the waters of loving-kindness, this ferocious beast, did the Lord of Sages subdue. By the grace of this, may joyous victory be mine.

4. Ukkhitta khagga  
mathihattha sudarunantam  
Dhavanti yojana  
pathan-gulimala vantam  
Iddhibhi sankhata mano  
jitava Munindo  
Tam tejasa bhavatu me  
jaya mangalani

With lifted sword, for a distance of three leagues did wicked Angulimala run. Him, did the Lord of Sages subdue by his psychic powers. By the grace of this, may joyous victory be mine.

5. Katvana kattha'  
mudaram iva gabhi niya  
Cincaya duttha  
vacanam janakaya majjhe  
Santena soma vidhina  
jitava Muninda  
Tam tejasa bhavatu me  
jaya mangalani

Her belly bound with maggots, to simulate the bigness of pregnancy, Cinca, with harsh words made foul accusation in the midst of an assemblage. Her did the Lord of Sages subdue by His *serene and graceful bearing*. By the grace of this, may joyous victory be mine.

6. Saccam vihaya  
matisaccaka vada ketum  
Vada-bhiropita nanam atiandha bhutam  
Panna padipa jalito jitava Munindo  
Tam tejasa bhavatu me  
jaya mangalani

Haughty Saccaka, who ignored truth, was like a banner of controversy, and his vision was blinded by his own disputations. Lighting the lamp of *wisdom*, him, did the Lord of Sages subdue. By the grace of this, may joyous victory be mine.

7. Nando-pananda  
bhujagam vibhudham mahiddhim  
Puttena thera  
Bhujagena damapayanto  
Iddhupadesa  
vidhina jitava Munindo

Tam tejasa bhavatu me  
jaya mangalani

The wise and powerful serpent Nandopananda, did the noble Sage subdue by psychic power through His disciple son- Thera Moggallana. By the grace of this, may joyous victory be mine.

8. Duggaha ditthi  
Bhujagena sudattha hattham  
Brahmam visuddhi juti middhi  
Baka bhidhanam  
Nana gadena vidhina jitava Munindo  
Tam tejasa bhavatu me  
jaya mangalani

The pure, radiant, majestic Brahma Baka, whose hand was grievously bitten by the snake of tenacious heresies, did the Lord of Sages cure with His Medicine of wisdom. By the grace of this, may joyous victory be mine.

9. Etapi Buddha  
jaya mangala attha gatha  
Yo vacako dina dine sarate matandi  
Hitvana neka  
vividhani c'upaddavani  
Mokkham sukham  
adhi gameyya naro sapanno

The wise one, who daily recites and earnestly remembers these eight verses of joyous victory of the Buddha, will get rid of various misfortunes and gain the bliss of Nibbana.

**Page 93-99**  
**Mangala Sutta**  
**Discourse on Blessings**  
**Recital for Blessings on auspicious occasions**

The Buddha uttered the following Sutta to explain the attainment of real blessings. The Sutta itself tells us of the background and the significance of this famous discourse. The Buddha clarified the doubts of the Devas ( gods ) when they wanted to know what constituted a real blessing. In the Buddhist sense a 'blessing' is not something which is given by a divine being, but a state of well-being which arises within oneself when one lives righteously, maintains human dignity, and creates a healthy environment.

It is customary to recite this Sutta on auspicious occasions. This Sutta is not just for recital. Devotees must also understand its meaning and put its principles into practice. It is by practicing the advice given in this Sutta that one can receive 'blessings'. Here, we find the ethical, moral and spiritual teachings of the Master for the guidance of devotees. The discourse tells us that the Buddha's teachings are not confined to the philosophical and psychological aspects of the religion but extends to the field of social service and the cultivation of self-discipline. Since these verses are supposed to be the original words of the Buddha, Buddhist devotees have high respect for and confidence in them.

## **Mangala Sutta**

Evam me sutam  
Ekam samayam bhagava  
Savatthiyam viharati Jetavane  
Anatha-pindikassa arame  
Atha kho annatara devata  
Abhikkantaya rattiya abhikkanta vanna  
Kevala kappam Jetavanam Obhasetva  
Yena bhagava tenupasam-kami  
Upasam kamitva bhagavantam  
Abhivadetva ekamantam atthasi  
Ekamantam thita kho sa devata  
Bhagavantam gathaya ajjhabhasi

Thus I have heard:

On one occasion the Blessed One,  
Was dwelling at the monastery of  
Anathapindika in Jeta's Grove near Savatthi.  
When the night was far spent,  
A certain deity whose surpassing splendour  
illuminated the entire Jeta Grove,  
Came to the presence of the Blessed one,  
and drawing near, respectfully saluted and stood at one side.  
Standing thus,  
he addressed the Blessed One in verse:

1. Bahu deva manussa ca  
Mangalani acintayum  
Akankha-mana sotthanam  
Bruhi mangala muttamam

Many deities and men, yearning after good,  
Have pondered on Blessings.  
Pray, tell me the Supreme Blessing.

2. Asevana ca balanam  
Panditanan ca sevana  
Puja ca puja-niyanam  
Etam mangala muttamam

Not to follow or associate with fools,  
To associate with the wise,  
And honour those who are worthy of honour.  
This is the Supreme Blessing.

3. Patirupa-desa vaso ca  
Pubbe ca kata-punnata  
Atta samma panidhi ca  
Etam mangala muttamam

To reside in a suitable locality,  
To have done meritorious actions in the past,  
and to have set oneself on the right course ( towards emancipation ).  
This is the Supreme Blessing.

4. Bahu saccanca sippanca  
Vinayo ca susikkhito  
Subhasita ca ya vaca  
Etam mangala muttamam

Vast-learning, perfect handicraft,  
A highly trained discipline  
and pleasant speech.  
This is the Supreme Blessing.

5. Mata pitu upatthanam  
Putta darassa sangaho  
Anakula ca kammanta  
Etam mangala muttamam

The support of father and mother,  
The cherishing of wife and children  
and peaceful occupations,  
This is the Supreme Blessing.

6. Danam ca dhamma-cariya ca  
Natakananca sangaho  
Anavajjani kammani  
Etam mangala muttamam

Liberality, righteous conduct,  
The helping of relatives  
and blameless actions,  
This is the Supreme Blessing.

7. Arati virati papa  
Majja-pana ca sannamo  
Appa-mado ca dhammesu  
Etam mangala muttamam

To cease and abstain from evil,  
forbearance with respect to intoxicants  
and steadfastness in virtue.  
This is the Supreme Blessing.

8. Garavo ca nivato ca  
Santutthi ca katannuta  
Kalena dhamma savanam  
Etam mangala muttamam

Reverence, humility,  
Contentment, gratitude and  
opportune hearing of the Dhamma.  
This is the Supreme Blessing.

9. Khanti ca Sovacassata,  
Samana nanda dassanam  
Kalena dhamma sakaccha  
Etam mangala muttamam

Patience, obedience,  
sight of the Samanas ( holy men )  
And religious discussions at due season.  
This is the Supreme Blessing.

10. Tapo ca brahma cariyaca  
Ariya saccana dassanam  
Nibbana sacchi kiriyaca  
Etam mangala muttamam

Self-control, pure life,  
perception of the Noble Truths  
and the realization of Nibbana.  
This is the Supreme Blessing.

11. Putthasa loka dhammehi  
Cittam yassa na kampati  
Asokam virajam khemam  
Etam mangala muttamam

He whose mind does not flutter,  
by contact with worldly contingencies,  
sorrowless, stainless and secure.  
This is the Supreme Blessing.

12. Eta-disani katvana  
Sabbattha maparajita  
Sabbattha sothim gacchanti  
Tam tesam mangala-muttamanti

To them, fulfilling matters such as these,  
everywhere invincible,  
in every way moving happily.  
These are the Supreme Blessings.

**Morning and Evening  
Recitals in Place of Prayer  
(Pg 113-119)**

Reciting these devotional verses can calm and develop confidence in the mind. And it takes only a few minutes. You need not always use the words given here. You may add your own to suit your particular need or situation. These verses can also be used for group functions such as after a Dhamma talk or during a Buddha puja.

Before the start of the recital, put aside all distracting thoughts. Lighten your heart and purify your mind. Pause and reflect on the words and let them meet up your mind's door. If someone you know is facing some difficulties, send him or her your compassionate thoughts. Wish that he or she will overcome the troubles and be happy.

At the start of a day, cheer up your mind to be positive and energetic. Lift your heart with good and loving thoughts for the rest of the day.

In the evening, reflect on your day's actions. Rejoice over your good actions but learn from your mistakes by not repeating them.

Impress upon your mind to be stronger, wiser and happier. Invite the Buddha, Dhamma and Sangha into your life for guidance and protection. Take the Buddha, the ideal of Love and Compassion, Wisdom and Purity, as your Spiritual Ideal in your thoughts and action. Follow the Dhamma everyday and in every way to fulfil your aspirations. Follow the example of the noble Sangha who liberated themselves through diligence.

The daily devotions in Pali should be recited with confidence and reverence. For those who prefer to do their devotions in English, the two short verses that follow, one for the morning and one for the evening, can be recited.

A short Recital in Place of Prayer for Blessing and Protection at Any Time

**Sabbe Buddha balappatta  
Paccekananca yan balan  
Arahan tananca tejena  
Rakkhan bandhami sabbaso**

By the ( protective ) power  
of all the Buddhas,  
Pacceka Buddhas and all Arahants  
We secure our protection in very way.

**Sabbitiyo vivajjantu  
Sabbarogo vinassatu  
Mame bhavattvan tarayo  
Sukhi dighayuko bhava**

May all misfortunes be warde off,  
may all ailments cease;  
may no calamities befall us;  
May I live long in peace.

**Bhavatu sabba mangalan  
Rakkhantu sabba devata  
Sabba buddhanu bhavena  
Sada sotthi bhavantu me**

May all blessings be upon me.  
May all devas ( deities ) protect me.  
By the protective power of all  
The Buddhas may safety ever be mine.

**Nakkhatta yakkha bhutanan  
Papaggaha nivarana  
Parittassanu bhavena  
Hantva maiham upaddave**

By the power of this Paritta ( Protection )  
May I be free from all dangers arising  
From malign influences of the planets,  
demons and spirits.  
May our misfortunes vanish.

**Yan dunnimittan avamangalanca  
Yocamanapo sakunassa saddo  
Papaggaho dussupinan akantan  
Buddhanu bhavena vinasamentu**

By the power of the Buddha  
may all evil omens and untoward  
circumstances, the ominous cry of birds  
the malign conjunctions of the stars,  
And evil dreams be vanished.

**Dukkhappattaca niddukkha  
Bhayappattaca nibbhaya  
Sokappattaca nissoka  
Hontu sabbepi panino**

Let those who are in misery  
Be free from misery;  
Let those who are in fear,  
( agony and insecure )  
be free from fear, agony and insecurity ;  
Let those who are in sorrow  
be free from sorrow and  
Let all living beings be  
free from misery, fear and sorrow.

**Devo vassatu kalena  
Sassa sampatti hetuca  
Phito bhavatu lokoca  
Raja bhavatu dhammiko**

May the rains fall in due season;  
may there be a rich harvest;  
may the world prosper;  
May the ruler be righteous.

Extracted From The Book : Daily Buddhist Devotions  
*The Full Text is on Sale and can be obtained from:*  
**Buddhist Missionary Society**  
*Buddhist Maha Vihara*  
*123, Jalan Berhala, Brickfields*  
*50470 Kuala Lumpur*  
*Malaysia*

The specifics of daily life for Buddhists vary considerably, depending on the country, the sect, and the individual. For the most part, monks still follow the strict rules of the vinaya as laid down by the early Buddhists many centuries ago. They vow not to lie, steal, kill, use intoxicants, or engage in sexual activity (with the exception of Japanese and some Korean monks, who may marry). Lay members of some Buddhist sects chant or copy scriptures as an act of devotion. A common practice for lay Buddhists is the vow. For Buddhist practice, the Tarot practitioner would begin by taking Refuge and recite the Three Immeasurables. Ideally, you would also recite your Yidam's mantra (if a Vajrayana practitioner), and the Interdependent Origination mantra (see below in the how-to.) Buddhism is mostly a self-help path. Although we take Refuge, and have devotion for the Three Jewels of Buddha, Dharma and Sangha " we still have to do it all, even if we are fortunate enough to have a teacher. Buddhism isn't about going to the temple on Sundays. Devotion, a central practice in Buddhism, refers to commitment to religious observances or to an object or person, and may be translated with Sanskrit or Pāli terms like *saddhā*, *gāraṇa* or *pāṇāna*. Central to Buddhist devotion is the practice of *buddhānussati*, the recollection of the inspiring qualities of the Buddha. Although *buddhānussati* had been an important aspect of practice since the early period of Buddhism, its importance was amplified with the arising of Mahāyāna Buddhism. Specifically, with