

imāhaṃ, bhagavā, attabhāvaṃ tumhākaṃ pariccajāmi

O Blessed One, I hereby relinquish myself to you.

imāhaṃ, ācariya, attabhāvaṃ tumhākaṃ pariccajāmi

O Teacher, I hereby relinquish myself to you.

nibbānassa me bhante sacchikaraṇatthāya kammaṭṭhānaṃ dehi

Bhante, please teach meditation for my realization of nibbāna.

addhavaṃ me jivitaṃ dhuvaṃ maraṇaṃ

My life is uncertain. Death is a certain.

aha.m sukhito homi

May I be happy.

sabbe satta sukhitaa hontu

May all beings be happy.

yeneva yanti nibbānaṃ buddhā tesaṅca sāvaka ekāyanena maggena satipaṭṭhānasaññinā

That way which all buddhas and their disciples went to nibbāna is the one-way path of perceiving the foundations of mindfulness.

imāya dhammānudhammapaṭipattiyā ratanattayaṃ pūjemi

With this practice of dhamma for realizing the dhamma, I pay homage to the three jewels.