

Verses of Protective Meditations

**Namāmi Buddhaṃ guṇasāgarantaṃ,
Sattā sadā hontu sukhī averā,
Kāyo jiguccho sakalo dugandho,
Gacchanti sabbe maraṇaṃ ahañ ca.**

I salute the Buddha, an ocean of virtue, may all beings be happy and free from enmity. The body is repulsive and full of foul smell. All beings, including myself, will one day die.

**Namāmi Dhammaṃ Sugatena desitaṃ,
Sattā sadā hontu sukhī averā,
Kāyo jiguccho sakalo dugandho,
Gacchanti sabbe maraṇaṃ ahañ ca.**

I salute the Dhamma proclaimed by the Buddha, may all beings be happy and free from enmity. The body is repulsive and full of foul smell. All beings, including myself, will one day die.

**Namāmi Saṅghaṃ Munirājasāwakaṃ,
Sattā sadā hontu sukhī averā,
Kāyo jiguccho sakalo dugandho,
Gacchanti sabbe maraṇaṃ ahañ ca.**

I salute the Sangha, the Buddha's disciples, may all beings be happy and free from enmity. The body is repulsive and full of foul smell. All beings, including myself, will one day die.