**Namo Tassa Bhagavato Arahato Samma Sambuddhassa !..**

**Homage to the Blessed One, the Worthy One, the Supremely Enlightened One !.**

**Caturārakkhā-Four-Fold Protective Contemplations**

Buddhānussati mettā ca – Asubhaṁ maraṇassati

Iti imā caturārakkhā – Bhikkhu bhāveyya sīlavā

A virtuous monk should practice • the four-fold protective contemplations; • namely, recollection on the Buddha, • thoughts on loving kindness • reflection on the impurities • and mindfullness of death.

**Buddhānussati**

Recollection on the Buddha

1. Ananta vitthāra guṇaṁ – guṇato’nussaraṁ muniṁ

Bhāveyya buddhimā bhikkhū – Buddhānussati’mādito

A wise monk meditates on • the Buddha’s infinite and pervasive virtues • as his first contemplation. He practices Buddhānussati.

2. Savāsane kilese so – Eko sabbe nighātiya

Ahū susuddha santāno –Pūjāna’ñca sadāraho

The Buddha destroyed all defilements by himself • He had an extremely pure mind • being worthy of offerings • from the whole world.

3. Sabba kāla gate dhamme – Sabbe sammā sayaṁ muni

Sabbākārena bujjhitvā – Eko sabbaññutaṁ gato

The Buddha has rightly realized • everything in the world • relating to all times • through his great insight • and has attained Supreme Enlightenment, • entirely through his own efforts.

4. Vipassanādi vijjāhi – Sīlādi caraṇehi ca

Susamiddhehi sampanno – Gaganābhehi nāyako

The Leader, the Buddha • has various knowledges • such as Vipassana • as extensive as the sky • and he has perfect conduct • and pure virtue.

5. Sammā gato subhaṁ thānaṁ – amogha vacano ca so

Tividhassāpi lokassa – ñātā niravasesato

The Buddha has rightly gone • to the most blissful state. • His speech is very meaningful. He has understood the three worlds, • sensual, form and formless worlds, • in their entirety.

6. Anekehī guṇoghehi – sabbasattuttamo ahu

Anekehī upāyehi – nara damme damesi ca

The Buddha has become supreme • among all beings • by his manifold qualities. Using various strategies • he tamed gods and humans • who could be tamed.

7. Eko sabbassa lokassa – sabba atthānusāsako

Bhāggya issariyādinaṁ – guṇānaṁ paramo nidhī

The Buddha is the great Teacher • of all beings. • The unique instructor to the entire world, • he is a noble treasure of qualities • such as good fortune and prosperity.

8. Paññassa sabba dhammesu – karuṇā sabba jantusu

Attathānaṁ paratthānaṁ – sādhikā guṇa jeṭṭhikā

The Buddha had perfect wisdom. • His compassion extended to all beings. He acted for the benefit • of himself and others. • He is Supreme in all qualities!

9. Dayāya pārami citvā – paññāya’ttāna muddharī

Uddharī sabba dhamme ca – dayāya’ññeca uddharī

The Buddha crossed over suffering • by the highest wisdom gained through the perfections, • and great compassion by realizing the truth, • the Buddha helped others • to cross over suffering through his great compassion.

10. Dissamāno’pi tā’vassa – rūpakāyo acintiyo

Asādhāraṇa ñānaḍḍhe – dhamma kāye kathāvakā’ti.

The beauty of his physical body, • full of meritorious marks, • is unimaginable even when visible. How much more unimaginable • is his body of Dhamma with unique wisdom?

**Sadu!. Sadu!!.. Sadu!!!...**