

UPASAMĀNUSSATI

(Recollection of Peace)

[Handa mayam upasamānussatinayaṃ bhaṇāma se]

[Now let us chant a Remembrance of Peacefulness.]

Etam santam	<i>This is peace,</i>
Etam paṇitam	<i>This is sublime,</i>
Yadidam	<i>Namely, the nature which is</i>
Sabbasaṅkhārasamatho	<i>The calming of all concocting,</i>
Sabbūpadhipaṭinissaggo	<i>The tossing away of all fuel,</i>
Taṇhakhayo	<i>The destruction of craving,</i>
Virāgo	<i>The fading away of clinging,</i>
Nirodho	<i>The quenching of dukkha,</i>
Nibbānaṃ	<i>Coolness.</i>