

## 09 Karemi Bhante Sutra

### Vow of Sämäyika -

*Karemi Bhante Sutra is recited to take the vow of Sämäyika. Sämäyika means equanimity. In essence, the person follows the five great vows of conduct for the duration of Sämäyika. During the duration of Sämäyika, one should do meditation, Pratikraman, or religious study, and otherwise recite Namaskär Sutra continuously in silence. One should not attend to or think of any worldly matters.*

### करेमि भंते सूत्र

करेमि भंते !

सामाइयं सावज्जं जोगं पच्चक्खामि,

जाव नियमं पज्जुवासामि,

दुविहं, ति-विहेणं,

मणेणं, वायाए, काएणं,

न करेमि, न कारवेमि, तस्स भंते !

पडिक्कमामि, निंदामि, गरिहामि, अप्पाणं वोसिरामि. ....1.

### Karemi Bhante Sutra:

karemi bhante !

sämäiyam sävajjam jogam paccakkhämi,

jäva niyamam pajjuväsämi, duviam, ti-vihenam,

manenam, väyæ, käenam, na karemi, na käravemi,

tassa bhante ! padikkamämi, nindämi, garihämi,

appänam vosirämi.....1.

### Meaning

Oh Forgiving Gurudev ! I will meditate, worship, and repent for my sins, or study religious scriptures for the duration of Sämäyika.

I also take the vow of refraining from all wrongful activities.

With the two-fold activities; I will not do and I will not make others do any wrongful activities.

With three-fold activities of mind, speech, and body, I will not overlook any wrongful activities.

Oh respected Guruji! I give up all harmful activities of my mind, my speech, and my body. I criticize myself for my wrongful actions. I express disapproval of my de-merits. I am determined to free myself from worldly bondage.