

Morning Kitchen Chants

Om ita-tate moka-tate sowaka. (x 7)

Om ita-tate moka-tate svāhā.

Hail, returned-thus-gone, released-thus-gone, truly-so.

Om maka-keryu sowaka. (x 5)

Om maha-kariyu svāhā.

Hail, great-accomplisher, truly-so.

Om kambya kambya umbatta sowaka. (x 3)

Om khambya khambya aumbhatta svāhā.

Hail, mover, mover, highest-spiritual-learned-teacher, truly-so.

Om onori bisyachi birahojara tori hodohodoni

Om om-ari bis-yati vira-pūjārha tari putaputani

Hail, truly-pious-man, inciter-ascetic, hero worthy of reverence, saviour, pure-guide,

hojara honihan kukit suryo yo-han somoko

pūjārha punivan kuk-it sūrya yuvan svāhā.

worthy of veneration, purifying, seizing the-suns strength, truly so.

Notes

1. Sanskrit-English translation by Gensho (Shindo Gensho, Richard Jones), ArrivingHome, Sheffield, UK, < <http://www.arrivinghome.co.uk> >.
2. The Japanese Roma-ji was taken from: Bukkoku-ji, 38-39, Fushiwara, Obama-shi, Fukui-ken, Japan.