

早課
MORNING
CHANTING

BUDDHAṂ PŪJEMI

禮敬佛

菩湯 布介米

I pay my respect to the Buddha

DHAMMAṂ PŪJEMI

禮敬法

湯茫 布介米

I pay my respect to the Dhamma

SANGHAṂ PŪJEMI

禮敬僧

桑康 布介米

I pay my respect to the Sangha

BUDDHĀNUSATI 菩湯努沙地

禮讚佛寶 Recollection of the Buddha

ITI PI SO BHAGAVĀ

依低 比 受 帕卡哇

1. ARAHAM

阿拉漢

2. SAMMĀSAMBUDDHO

三媽三不拖

3. VIJĀCARAṆA SAMPANNO

威加查拉哪三搬挪

4. SUGATO

樹卡多

5. LOKAVIDŪ

羅咖威杜

6. ANUTTARO

阿怒打羅

PURISA DAMMASĀRATHI

菩立洒 湯媽沙拉梯

7.

DEVAMANUSSĀNAM

洒他 貼娃媽怒撒囊

8. BUDDHO

菩拖

9. BHAGAVĀ

叭卡娃

如此乃是世尊

He, the Omniscient Buddha, is a person who is

阿羅漢

Worthy One

無上正等正覺者

Fully Enlightened One

明行具足者

One Fully Endowed with Vision and Conduct

善逝

One who has Gone Rightly

世間解

the Knower of the Worlds

無上士

the Incomparable Leader of Men,

調御丈夫

capable of taming all beings

天人師

the Teacher of Gods and Men

佛陀

the Awakened One (the Enlightened One)

世尊

the Blessed One

SATTHĀ

DHAMMĀNUSSATI 湯茫努灑地

禮讚如來之法寶 Recollection of the Dhamma

1. SVĀKKHĀTO

書娃卡多

BHAGAVATĀ

帕卡哇搭

DHAMMO

湯摩

2. SANDIṬṬHIKO

三里地果

3. AKĀLIKO

阿卡立果

4. EHIPASSIKO

益喜巴洗果

5. OPANAYIKO

歐巴納意果

6. PACCATAM

巴甲當

VEDITABBO

威里大波

VIÑÑŪHĪ

唯紐喜

善說世尊法

The Dhamma of the Blessed One is
Well-Expounded

(It is good in the Beginning, in the
Middle and in the End)

自見

visible here and now, to be realized by
oneself

無時的

gives immediate result

來見的

worthy of the invitation "Come and
See"

引導向前的

fit to be brought to oneself (onward
leading)

智者

各自

證知的

to be realized by the wise each in his
mind

SANGHĀNUSSATI 桑康努沙地

禮讚僧寶 Recollection of the Sangha

1. SUPPAṬIPANNO

素巴弟般挪

BHAGAVATO

SAṄGHO

叭卡娃多 薩娃咖 上溝

SĀVAKA

善行道的

who undertake the True Way (Noble Way)

是世尊的聲聞眾

the Order of the disciples of the Blessed One

2. UJUPAṬIPANNO

烏佳巴低般挪

BHAGAVATO

SAṄGHO

叭卡娃多 薩娃咖 上溝

SĀVAKA

正直行道的

who practised the Straight Way

是世尊的聲聞眾

the Order of the disciples of the Blessed One

3. ÑĀYAPAṬIPANNO

娘壓巴低般挪

BHAGAVATO

SAṄGHO

叭卡娃多 薩娃咖 上溝

SĀVAKA

真理行道的

who practised the Way to Nibbāna

是世尊的聲聞眾

the Order of the disciples of the Blessed One

4. SĀMĪCIPAṬIPANNO

薩米己巴低般挪

BHAGAVATO

SAṄGHO

叭卡娃多 薩娃咖 上溝

SĀVAKA

正當行道的

who practised the Proper Way

是世尊的聲聞眾

the Order of the disciples of the Blessed One

5. YADIDAM

壓里當

CATTĀRI PURISA YUGĀNI

站搭立 菩立灑 又卡你

AṬṬHA PURISA PUGGALĀ

阿塔 菩立灑 菩卡拉

ESA

益撒

BHAGAVATO

SAṄGHO

叭卡娃多 薩娃咖 上溝

SĀVAKA

即

四雙

the eight kinds of individuals

八輩

the four pairs of persons

這是

that is

世尊的聲聞眾

the Order of the disciples of the Blessed One

6. ĀHUNEYYO

阿呼內啣

7. PAHUNEYYO

巴呼內啣

8. DAKKHIṆEYYO

達紀內啣

值得供養者

is Worthy of Gifts

值得供奉者

is Worthy of Hospitality

值得布施者

is Worthy of Offerings

9. AÑJALIKARAṆĪYO

安家立 卡拉泥哟

10. ANUTTARAMĀ

阿奴打郎

PUÑÑAKHETTAM

布娘给当

LOKASSĀ

罗咖沙

值得合掌敬禮者

is Worthy of Reverential Salutation

無上的

is an unsurpassed (an incomparable)

福田

field of merit

在世間

for the World

METTĀ 密達

慈悲 Loving-Kindness

1. SABBE SATTĀ SABBE PĀṆĀ

沙北 沙達 沙北 巴那

一切有情眾生 一切息生

all beings, all beings that can breathe
(alive)

SABBE BHŪTA SABBE PUGGALĀ

沙北 布達 沙北 不卡拉

一切業生 一切別生

all beings that are visible, all
individuals

SABBE ATTABHĀVA PARIYĀPANNĀ

沙北 阿達巴哇 巴里呀巴那

一切自生

all included in personality

SABBĀ ITTHIYO SABBE PURISĀ

沙巴 依地啣 沙北 不利沙

一切女眾 一切男眾

all females, all males

SABBE ARIYĀ SABBE ANARIYĀ

沙北 阿利呀 沙北 阿那利呀

一切聖者 一切凡夫

all noble ones, all wordlings

SABBE DEVĀ SABBE MANUSSĀ

沙北 累哇 沙北 媽努沙

一切天人 一切人類

all deities, all humans

SABBE VINIPĀTIKĀ

沙北 唯你巴地卡

一切苦界眾生

all beings from the planes of
sufferings

AVERĀ HONTU

阿維拉 哄讀

願他們心裏沒有瞋恨

be free from enmity

ABYĀPAJJĀ HONTU

阿必呀巴吒 哄讀

願他們心裏沒有痛苦

be free from mental sufferings

ANĪGHĀ HONTU

阿你卡 哄讀

願他們身體沒有病痛

be free from physical sufferings

SUKHĪ ATTĀNAM PARIHARANTU

輸乞 阿達朗 巴里哈蘭讀

願他們生活快樂

may they take care of themselves
happily

DUKKHĀ MUCCANTU

路卡 母站讀

願他們解脫一切身心的痛苦
be free from present sufferings

YATHĀ LADDHA SAMPATTITO

呀他 拉達 山巴地都

所得不失
may the properties already acquired
by rightful means not be lost or
diminish

MĀVIGACCHANTU KAMMASSAKĀ

媽唯卡站讀 甘媽沙卡

與業共生
all beings are owners of their kamma

2. PURATTHIMĀYA DISĀYA

不拉地媽呀 里沙呀

東方
in the eastern direction

PACCHIMĀYA DISĀYA

巴紀媽呀 里沙呀

西方
in the western direction

UTTARĀYA DISĀYA

烏達拉呀 里沙呀

北方
in the northern direction

DAKKHIṆĀYA DISĀYA

達奇那呀 里沙呀

南方
in the southern direction

PURATTHIMĀYA ANUDISĀYA

不拉地媽呀 阿奴里沙呀

東南方
in the south-east direction

PACCHIMĀYA ANUDISĀYA

巴紀媽呀 阿奴里沙呀

西北方
in the north-west direction

UTTARĀYA ANUDISĀYA

烏達拉呀 阿奴里沙呀

東北方
in the north-east direction

DAKKHIṆĀYA ANUDISĀYA

達紀那呀 阿奴里沙呀

西南方
in the south-west direction

HEṬṬHIMĀYA DISĀYA

黑地媽呀 里沙呀

下方
in the direction below

UPARIMĀYA DISĀYA

烏巴里媽呀 里沙呀

上方
in the direction above

SABBE SATTĀ SABBE PĀṆĀ

沙北 沙達 沙北 巴那

一切有情眾生 一切息生

all beings, all beings that can breathe
(alive)

SABBE BHŪTA SABBE PUGGALĀ

沙北 布達 沙北 不卡拉

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一切苦界眾生

all beings from the planes of
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be free from enmity

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願他們心裏沒有痛苦

be free from mental sufferings

ANĪGHĀ HONTU

阿你卡 哄讀

願他們身體沒有病痛

be free from physical sufferings

SUKHĪ ATTĀNAMĀ PARIHARANTU

輸乞 阿達朗 巴里哈蘭讀

願他們生活快樂

may they take care of themselves
happily

DUKKHĀ MUCCANTU

路卡 母站讀

願他們解脫一切身心的痛苦

be free from present sufferings

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呀他 拉達 山巴地都

所得不失

may the properties already acquired
by rightful means not be lost or
diminish

MĀVIGACCHANTU KAMMASSAKĀ

媽唯卡站讀 甘媽沙卡

與業共生

all beings are owners of their kamma

3. ADDHĀ IMĀYA PATIPATIYA

阿答 依媽呀 巴地巴達呀

以此修習

Indeed with this practice

JARĀMARANAMHĀ

PARIMUCCISSĀMI

咤拉媽拉南哈 巴利目紀沙米

願我超越衰敗及死亡

I shall be freed from ageing and
death

PATTHANĀ 巴塔訥

發願 The Aspiration

IDAM ME PUÑÑAM

依郎 美 不央

願此功德

by this merit of mine

ĀSAVAKKHAYĀVAHAM HOTU

阿沙哇卡呀哇航 哄讀

漏盡愚昧

may I eradicate the fetters

IDAM ME PUÑÑAM

依郎 美 不央

願此功德

by this merit of mine

NIBBĀNASSA PACCAYO HOTU

你罷那沙 巴咤啣 哄讀

領至證悟涅槃

may I attain Nibbæna

IMAM NO PUÑÑA BHĀGAM

依芒 努 不娘 巴剛

願我們的功德

let's give our share of merit

SABBA SATTĀNAM DEMA

沙巴 沙達南 累媽

與一切眾生分享

to all beings

SABBE SATTĀ SUKHITA HONTU

沙北 沙達 俗乞他 哄讀

願一切眾生安康快樂

may all beings be well and happy

SĀDHU! SĀDHU! SĀDHU!

沙魯！ 沙魯！ 沙魯！

善哉！ 善哉！ 善哉！

Excellent! Excellent! Excellent!

晚課
EVENING
CHANTING

BUDDHAṂ PŪJEMI

禮敬佛

菩湯 布介米

I pay my respect to the Buddha

DHAMMAṂ PŪJEMI

禮敬法

湯茫 布介米

I pay my respect to the Dhamma

SANGHAṂ PŪJEMI

禮敬僧

桑康 布介米

I pay my respect to the Sangha

禮敬佛寶

NAMO

南無

皈依

Homage

TASSA

達酒

頂禮

to Him

BHAGAVATO

叭卡娃多

世尊

the Blessed One

ARAHATO

阿拉哈多

阿羅漢

the Worthy One

SAMMĀSAMBUDHASSA

三媽三佈達酒

正等正覺者

the Fully Enlightened One

TISARAÑA

三皈依 Taking the Three Refuges

BUDDHAṂ SARANAṂ GACCHĀMI 菩湯 灑拉囊 卡恰咪	我以佛為皈依處 I take refuge in the Buddha
DHAMMAṂ SARANAṂ GACCHĀMI 達茫 灑拉囊 卡恰咪	我以法為皈依處 I take refuge in the Dhamma
SANGHAṂ SARANAṂ GACCHĀMI 桑康 灑拉囊 卡恰咪	我以僧為皈依處 I take refuge in the Sangha
DUTIYAMPI 杜弟央比	第二次 For the second time
BUDDHAṂ SARANAṂ GACCHĀMI 菩湯 灑拉囊 卡恰咪	我以佛為皈依處 I take refuge in the Buddha
DUTIYAMPI 杜弟央比	第二次 For the second time
DHAMMAṂ SARANAṂ GACCHĀMI 達茫 灑拉囊 卡恰咪	我以法為皈依處 I take refuge in the Dhamma
DUTIYAMPI 杜弟央比	第二次 For the second time
SANGHAṂ SARANAṂ GACCHĀMI 桑康 灑拉囊 卡恰咪	我以僧為皈依處 I take refuge in the Sangha
TATIYAMPI 達低央比	第三次 For the third time
BUDDHAṂ SARANAṂ GACCHĀMI 菩湯 灑拉囊 卡恰咪	我以佛為皈依處 I take refuge in the Buddha
TATIYAMPI 達低央比	第三次 For the third time
DHAMMAṂ SARANAṂ GACCHĀMI 達茫 灑拉囊 卡恰咪	我以法為皈依處 I take refuge in the Dhamma
TATIYAMPI 達低央比	第三次 For the third time
SANGHAṂ SARANAṂ GACCHĀMI 桑康 灑拉囊 卡恰咪	我以僧為皈依處 I take refuge in the Sangha

AṬṬHAṄGA SĪLA

八戒 The Eight Precepts

1 PĀṆĀTIPĀTĀ VERAMAṆI

巴那滴巴達 威辣媽尼

SIKKHĀPADAM SAMĀDIYĀMI

洗卡巴湯 灑媽里亞咪

我願遵守不殺生戒

I undertake the percept to refrain from killing living

2 ADINNĀDĀNĀ VERAMAṆI

阿亭那達那 威辣媽尼

SIKKHĀPADAM SAMĀDIYĀMI

洗卡巴湯 灑媽里亞咪

我願遵守不偷盜戒

I undertake the percept to refrain from taking what is not given

3 ABRAHMACARIYĀ VERAMAṆI

阿伯拉媽佳立亞 威辣媽尼

SIKKHĀPADAM SAMĀDIYĀMI

洗卡巴湯 灑媽里亞咪

我願遵守不淫戒

I undertake the percept to refrain from unchaste conduct

4 MUSĀVĀDĀ VERAMAṆI

木沙娃他 威辣媽尼

SIKKHĀPADAM SAMĀDIYĀMI

洗卡巴湯 灑媽里亞咪

我願遵守不妄語戒

I undertake the percept to refrain from telling lies

5 SURĀ MERAYA MAJJA PAMĀDAṬṬHĀNĀ

素拉 每拉亞 媽加 八媽達他那

VERAMAṆI SIKKHĀPADAM SAMĀDIYĀMI

威辣媽尼 洗卡巴湯 灑媽里亞咪

我願遵守不飲酒戒

I undertake the percept to refrain from any kind of intoxicants

6 VIKĀLABHOJANĀ VERAMAṆI

唯卡拉玻加那 威辣媽尼

SIKKHĀPADAM SAMĀDIYĀMI

洗卡巴湯 灑媽里亞咪

我願遵守過午不食戒

I undertake the percept to refrain eating at the wrong time

7 NACCA-GITA-VĀDITA-VISŪKADASSANĀ

納甲 奇打 娃里打 唯書卡踏剎那

MĀLĀGANDHA VILEPANA-DHĀRAṆA-

媽拉干踏 為類巴納 他拉納

MAṆḌANA-VIBHUSANAṬṬHĀNĀ

滿他納 威菩灑那他那

VERAMAṆI SIKKHĀPADAM SAMĀDIYĀMI

威辣媽尼 洗卡巴湯 灑媽里亞咪

我願遵守不著香花蔓

、不歌舞唱伎戒

I undertake the percept to refrain dancing, singing, music, going to see entertainment, wearing garlands, smartening with perfumes and beautifying with cosmetics

8 UCCĀ SAYANA MAHĀSAYANĀ VERAMAṆI

悟甲灑亞那 媽哈灑亞那 威辣媽尼

SIKKHĀPADAM SAMĀDIYĀMI

洗卡巴湯 灑媽里亞咪

我願遵守不坐臥高廣大床戒

I undertake the percept to refrain
from lying on a high sleeping-place

IDAM ME SĪLAM

依郎 美 西南

MAGGAPHALA ÑĀṆASSA

馬加巴拉 娘那沙

PACCAYO HOTU

巴咤啣 哄讀

依此修行

願我證得道、果正智

May this morality be the condition
for the path-fruit insight
for me

SĀDHU! SĀDHU! SĀDHU!

沙魯！沙魯！沙魯！

善哉！善哉！善哉！

Excellent! Excellent! Excellent!

METTĀ BHĀVANĀ

修习慈心 Cultivation of Loving-Kindness

1. AHAMĀ AVERO HOMI

阿航 阿维羅 哄米

ABYĀPAJJO HOMI

阿必呀巴舟 哄米

ANĪGHO HOMI

阿你哥 哄米

SUKHĪ ATTĀNAMĀ PARIHARĀMI

輸乞 阿打郎 巴利哈拉米

願我心裏沒有瞋恨

may I be free from enmity/danger

願我心裏沒有痛苦

may I be free from mental sufferings

願我身體沒有病痛

may I be free from physical sufferings

願我生活快樂

may I take care of myself happily

2. MAMA MĀTĀPITU

媽媽 媽打必讀

ĀCARIYĀ CA

阿雜里呀 咗

ÑĀTIMITTĀ CA

芽地米打 雜

SABRAHMACĀRINO CA

沙伯拉媽咗里努 咗

AVERĀ HONTU

阿维拉 哄讀

ABYĀPAJJĀ HONTU

阿必呀巴咗 哄讀

ANĪGHĀ HONTU

阿你卡 哄讀

SUKHĪ ATTĀNAMĀ PARIHARANTU

輸乞 阿達朗 巴里哈蘭讀

願我的父母

may my parents

導師

teachers

親友

relatives

共修者

fellow dhammafarrers (dhamma friends)

願他們心裏沒有瞋恨

be free from enmity

願他們心裏沒有痛苦

be free from mental sufferings

願他們身體沒有病痛

be free from physical sufferings

願他們生活快樂

may they take care of themselves happily

3. IMASMIṀ ĀRĀME

依媽沙敏 阿拉美

SABBE YOGINO

沙北 啣欺諾

AVERĀ HONTU

阿维拉 哄讀

ABYĀPAJJĀ HONTU

阿必呀巴咗 哄讀

ANĪGHĀ HONTU

阿你卡 哄讀

SUKHĪ ATTĀNAMĀ PARIHARANTU

輸乞 阿達朗 巴里哈蘭讀

在這院內

in this compound

所有梵行者

may all yogis

願他們心裏沒有瞋恨

be free from enmity

願他們心裏沒有痛苦

be free from mental sufferings

願他們身體沒有病痛

be free from physical sufferings

願他們生活快樂

may they take care of themselves happily

4. IMASMIṂ ĀRĀME

依媽沙敏 阿拉美

SABBE BHIKKHU

沙北 必苦

SAMANERĀ CA

沙媽內拉 咤

UPĀSAKĀ UPĀSIKAYO CA

烏巴沙卡 烏巴喜卡 咄 咤

AVERĀ HONTU

阿維拉 哄讀

ABYĀPAJJĀ HONTU

阿必呀巴吒 哄讀

ANĪGHĀ HONTU

阿你卡 哄讀

SUKHĪ ATTĀNAM PARIHARANTU

輸乞 阿達朗 巴里哈蘭讀

在這院內

in this compound

所有的比丘

may all monks

沙彌

noive monks

優婆塞 優婆夷

laymen and laywomen disciples

願他們心裏沒有瞋恨

be free from enmity

願他們心裏沒有痛苦

be free from mental sufferings

願他們身體沒有病痛

be free from physical sufferings

願他們生活快樂

may they take care of themselves happily

5. AMHĀKAM CATUPACCAYA

DĀYAKĀ

肮哈剛 咤讀巴咤呀 達呀卡

AVERĀ HONTU

阿維拉 哄讀

ABYĀPAJJĀ HONTU

阿必呀巴咤 哄讀

ANĪGHĀ HONTU

阿你卡 哄讀

SUKHĪ ATTĀNAM PARIHARANTU

輸乞 阿達朗 巴里哈蘭讀

所有四資具布施者

may our four-requisite donors(robes, food, medicine & lodging)

願他們心裏沒有瞋恨

be free from enmity

願他們心裏沒有痛苦

be free from mental sufferings

願他們身體沒有病痛

be free from physical sufferings

願他們生活快樂

may they take care of themselves happily

6. AMHĀKAM ĀRAKKHA DEVATĀ

肮哈剛 阿拉卡 累哇達

IMASMIṂ VIHĀRE

依媽沙敏 唯哈雷

IMASMIṂ ĀVĀSE

依媽沙敏 阿哇些

IMASMIṂ ĀRĀME

依媽沙敏 阿拉美

ĀRAKKHA DEVATĀ

阿拉卡 累哇達

AVERĀ HONTU

阿維拉 哄讀

ABYĀPAJJĀ HONTU

阿必呀巴咤 哄讀

ANĪGHĀ HONTU

所有的護法神

may our guardian deities (devas)

在這廟內

within this temple

在這住處

within this place

在這區內

within this compound

所有的護法神

our guardian deities (devas)

願他們心裏沒有瞋恨

be free from enmity

願他們心裏沒有痛苦

be free from mental sufferings

願他們身體沒有病痛

阿你卡 哄讀

SUKHĪ ATTĀNAM PARIHARANTU

輸乞 阿達朗 巴里哈蘭讀

7. SABBE SATTĀ SABBE PĀṆĀ

沙北 沙達 沙北 巴那

SABBE BHŪTA SABBE PUGGALĀ

沙北 布達 沙北 不卡拉

SABBE ATTABHĀVA PARIYĀPANNĀ

沙北 阿達巴哇 巴里呀巴那

SABBĀ ITTHIYO SABBE PURISĀ

沙巴 依地啣 沙北 不利沙

SABBE ARIYĀ SABBE ANARIYĀ

沙北 阿利呀 沙北 阿那利呀

SABBE DEVĀ SABBE MANUSSĀ

沙北 累哇 沙北 媽努沙

SABBE VINIPĀTIKĀ

沙北 唯你巴地卡

AVERĀ HONTU

阿維拉 哄讀

ABYĀPAJJĀ HONTU

阿必呀巴咤 哄讀

ANĪGHĀ HONTU

阿你卡 哄讀

SUKHĪ ATTĀNAM PARIHARANTU

輸乞 阿達朗 巴里哈蘭讀

DUKKHĀ MUCCANTU

路卡 母站讀

YATHĀ LADDHA SĀMPATTITO

呀他 拉達 山巴地都

MĀVIGACCHANTU KAMMASSAKĀ

媽唯卡站讀 甘媽沙卡

8. PURATTHIMĀYA DISĀYA

不拉地媽呀 里沙呀

PACCHIMĀYA DISĀYA

巴紀媽呀 里沙呀

UTTARĀYA DISĀYA

烏達拉呀 里沙呀

DAKKHIṆĀYA DISĀYA

達奇那呀 里沙呀

PURATTHIMĀYA ANUDISĀYA

不拉地媽呀 阿奴里沙呀

be free from physical sufferings

願他們生活快樂

may they take care of themselves happily

一切有情眾生 一切息生

all beings, all beings that can breathe (alive)

一切業生 一切別生

all beings that are visible, all individuals

一切自生

all included in personality

一切女眾 一切男眾

all females, all males

一切聖者 一切凡夫

all noble ones, all wordlings

一切天人 一切人類

all deities, all humans

一切苦界眾生

all beings from the planes of sufferings

願他們心裏沒有瞋恨

be free from enmity

願他們心裏沒有痛苦

be free from mental sufferings

願他們身體沒有病痛

be free from physical sufferings

願他們生活快樂

may they take care of themselves happily

願他們解脫一切身心的痛苦

be free from present sufferings

所得不失

may the properties already acquired by

rightful means not be lost or diminish

與業共生

all beings are owners of their kamma

東方

in the eastern direction

西方

in the western direction

北方

in the northern direction

南方

in the southern direction

東南方

in the south-east direction

PACCHIMĀYA ANUDISĀYA

巴紀媽呀 阿奴里沙呀

UTTARĀYA ANUDISĀYA

烏達拉呀 阿奴里沙呀

DAKKHIṆĀYA ANUDISĀYA

達紀那呀 阿奴里沙呀

HEṬṬHIMĀYA DISĀYA

黑地媽呀 里沙呀

UPARIMĀYA DISĀYA

烏巴里媽呀 里沙呀

SABBE SATTĀ SABBE PĀṆĀ

沙北 沙達 沙北 巴那

SABBE BHŪTA SABBE PUGGALĀ

沙北 布達 沙北 不卡拉

SABBE ATTABHĀVA PARIYĀPANNĀ

沙北 阿達巴哇 巴里呀巴那

SABBĀ ITTHIYO SABBE PURISĀ

沙巴 依地啣 沙北 不利沙

SABBE ARIYĀ SABBE ANARIYĀ

沙北 阿利呀 沙北 阿那利呀

SABBE DEVĀ SABBE MANUSSĀ

沙北 累哇 沙北 媽努沙

SABBE VINIPĀTIKĀ

沙北 唯你巴地卡

AVERĀ HONTU

阿維拉 哄讀

ABYĀPAJJĀ HONTU

阿必呀巴咤 哄讀

ANĪGHĀ HONTU

阿你卡 哄讀

SUKHĪ ATTĀNAṃ PARIHARANTU

輸乞 阿達朗 巴里哈蘭讀

DUKKHĀ MUCCANTU

路卡 母站讀

YATHĀ LADDHA SAMPATTITO

呀他 拉達 山巴地都

MĀVIGACCHANTU KAMMASSAKĀ

媽唯卡站讀 甘媽沙卡

9. UDDHAMĀ YĀVA BHAVAGGĀ CA

烏南 呀哇 巴哇卡 咤

ADHO YĀVA AVĪCITTO

阿都 呀哇 阿唯記都

西北方

in the north-west direction

東北方

in the north-east direction

西南方

in the south-west direction

下方

in the direction below

上方

in the direction above

一切有情眾生 一切息生

all beings, all beings that can breathe (alive)

一切業生 一切別生

all beings that are visible, all individuals

一切自生

all included in personality

一切女眾 一切男眾

all females, all males

一切聖者 一切凡夫

all noble ones, all wordlings

一切天人 一切人類

all deities, all humans

一切苦界眾生

all beings from the planes of sufferings

願他們心裏沒有瞋恨

be free from enmity

願他們心裏沒有痛苦

be free from mental sufferings

願他們身體沒有病痛

be free from physical sufferings

願他們生活快樂

may they take care of themselves happily

願他們解脫一切身心的痛苦

be free from present sufferings

所得不失

may the properties already acquired by

rightful means not be lost or diminish

與業共生

all beings are owners of their kamma

由最高的聖者

as far as the highest plane of existence

到最底的苦界

as far down as the lowest plane (Avici hell)

SAMANTĀ CAKKAVĀḤESU

沙慢達 咤卡哇累書

YE SATTĀ PATHAVĪCARĀ

耶沙達 巴達唯咤拉

ABYĀPPAJJĀ NIVERĀ CA

阿必呀巴咤 你哇拉 咤

NIDDUKKHĀ CA NUPPADDAVĀ

你路卡 咤 奴巴達哇

UDDHAMĀ YĀVA BHAVAGGĀ CA

烏南 呀哇 巴哇卡 咤

ADHO YĀVA AVĪCITTO

阿都 呀哇 阿唯記都

SAMANTĀ CAKKAVĀḤESU

沙慢達 咤卡哇累書

YE SATTĀ UDAKECARĀ

也沙達 烏達給咤拉

ABYĀPPAJJĀ NIVERĀ CA

阿必呀巴咤 你哇拉 咤

NIDDUKKHĀ CA NUPPADDAVĀ

你路卡 咤 奴巴達哇

UDDHAMĀ YĀVA BHAVAGGĀ CA

烏南 呀哇 巴哇卡 咤

ADHO YĀVA AVĪCITTO

阿都 呀哇 阿唯記都

SAMANTĀ CAKKAVĀḤESU

沙慢達 咤卡哇累書

YE SATTĀ ĀKĀSECARĀ

也沙達 呀卡些咤拉

ABYĀPPAJJĀ NIVERĀ CA

阿必呀巴咤 你哇拉 咤

NIDDUKKHĀ CA NUPPADDAVĀ

你路卡 咤 奴巴達哇

SĀDHU! SĀDHU! SĀDHU!

沙魯！沙魯！沙魯！

遍宇宙

from every side in the universes

所有陸地的眾生

whatsoever beings that move on earth

願他們沒有瞋恨、痛苦

be free from mental suffering and enmity

願他們沒有身體的病痛及危險

be free from physical suffering and danger

由最高的聖者

as far as the highest plane of existence

到最底的苦界

as far down as the lowest plane (Avici hell)

遍宇宙

from every side in the universes

所有水中的眾生

whatsoever beings that move in the water

願他們沒有瞋恨、痛苦

be free from mental suffering and enmity

願他們沒有身體的病痛及危險

be free from physical suffering and danger

由最高的聖者

as far as the highest plane of existence

到最底的苦界

as far down as the lowest plane (Avici hell)

遍宇宙

from every side in the universes

所有空中的眾生

whatsoever beings that move in the air

願他們沒有瞋恨、痛苦

be free from mental suffering and enmity

願他們沒有身體的病痛及危險

be free from physical suffering and danger

善哉！善哉！善哉！

Excellent! Excellent! Excellent!

SUMAṄGALA GĀTHĀ

吉祥祝福 Verses of Excellent Blessing

BHAVATU SABBAMAṄGALAM̐ 巴娃杜 洒巴 芒卡朗	願你們有一切吉祥 may there be for you all blessings
RAKKHANTU SABBA DEVATĀ 辣堪杜 洒巴 貼娃達	願一切天眾保佑 may all deities give protection
SABBA BUDDHĀNUBHĀVENA 洒巴 菩達努巴威那	依一切佛陀的力量 by the power of all Buddhas
SADĀ SOTTHĪ BHAVANTU ME 洒他 素提 巴彎度 美	願我們永遠安樂 ever in safety, may I be
BHAVATU SABBAMAṄGALAM̐ 巴娃杜 洒巴 芒卡朗	願你們有一切吉祥 may there be for you all blessings
RAKKHANTU SABBA DEVATĀ 辣堪杜 洒巴 貼娃達	願一切天眾保佑 may all deities give protection
SABBA DHAMMĀNUBHĀVENA 洒巴 湯茫努巴威那	依一切佛法的力量 by the power of all Dhammas
SADĀ SOTTHI BHAVANTU ME 洒他 素提 巴彎度 美	願我們永遠安樂 ever in safety, may I be
BHAVATU SABBAMAṄGALAM̐ 巴娃杜 洒巴 芒卡朗	願你們有一切吉祥 may there be for you all blessings
RAKKHANTU SABBA DEVATA 辣堪杜 洒巴 貼娃達	願一切天眾保佑 may all deities give protection
SABBA SANGHĀNUBHĀVENA 洒巴 桑康努巴威那	依一切僧伽的力量 by the power of all Dhammas
SADĀ SOTTHI BHAVANTU ME 洒他 素提 巴彎度 美	願我們永遠安樂 ever in safety, may I be

PAÑÑĀ-NUMODANĀ

迴向功德 Sharing of Merits

ETTĀVATĀ CA AMHEHI

噯達娃達 加 安嘿喜

願將所作諸功德

to such an extent we have accomplished

SAMBHATĀM PUÑÑASAMPADĀM

三巴當 布雅三巴當

回向法界諸眾生

the praiseworthy fulfilments

SABBE DEVĀNUMODANTU

沙北 曩哇怒摩當杜

普願一切諸天眾

may all deities rejoice in this accomplishments

SABBA SAMPATTI SIDDHIYĀ

沙巴 三巴滴 西里壓

同成無上菩提道

in order to achieve all types of accomplishments

ETTĀVATĀ CA AMHEHI

噯達娃達 加 安嘿喜

願將所作諸功德

to such an extent we have accomplished

SAMBHATĀM PUÑÑASAMPADĀM

三巴當 布雅三巴當

回向法界諸眾生

the praiseworthy fulfilments

SABBE SATTĀNUMODANTU

沙北 沙塔怒摩當杜

普願一切有情眾

may all beings rejoice in this accomplishments

SABBA SAMPATTI SIDDHIYĀ

沙巴 三巴滴 西里壓

同成無上菩提道

in order to achieve all types of accomplishments

ETTĀVATĀ CA AMHEHI

噯達娃達 加 安嘿喜

願將所作諸功德

to such an extent we have accomplished

SAMBHATĀM PUÑÑASAMPADĀM

三巴當 布雅三巴當

回向法界諸眾生

the praiseworthy fulfilments

SABBE BHŪTĀNUMODANTU

沙北 武達怒摩當杜

普願一切業生眾

may all beings that are visible rejoice in this accomplishments

SABBA SAMPATTI SIDDHIYĀ

沙巴 三巴滴 西里壓

同成無上菩提道

in order to achieve all types of accomplishments

IDĀM ME ÑĀTĪNĀM HOTU

依郎 美 娘地南 哄讀

願我的親屬同沾恩

let this (merit) be for my relatives

SUKHITĀ HONTU ÑĀTAYO
俗乞他 哄讀 娘塔啣

祝他們快樂
may they be happy

IDAM̐ NO ÑĀTĪNAM̐ HOTU
依郎 諾 娘地南 哄讀

願我們的親屬同沾恩
let this (merit) be for our relatives

SUKHITĀ HONTU ÑĀTAYO
俗乞他 哄讀 娘塔啣

祝他們快樂
may they be happy

IDAM̐ VO ÑĀTĪNAM̐ HOTU
依郎 鍋 娘地南 哄讀

願你的親屬同沾恩
let this (merit) be for your relatives

SUKHITĀ HONTU ÑĀTAYO
俗乞他 哄讀 娘塔啣

祝他們快樂
may they be happy

PATTHANĀ 巴塔那

發願 The Aspiration

IMINĀ PUÑÑA KAMMENA
依米那 布雅 卡美那

願此善行功德
by this meritorious act

MĀ ME BĀLA SAMĀGAMO
媽 美 巴拉 洒媽咖摩

令我不遇愚痴
may I not meet with the foolish

SATAM SAMĀGAMO HOTU
洒湯 洒媽咖摩 哄讀

得遇善知識
may I meet with the wise

YĀVA NIBBĀNA PATTIYĀ
亞娃 你罷那 帕地亞

至證悟涅槃
till the time I attain Nibbæna

IDAM ME PUÑÑAM
依郎 美 不央

願此功德
by this merit of mine

ĀSAVAKKHAYĀVAHAM HOTU
阿沙哇卡呀哇航 哄讀

漏盡愚昧
may I eradicate the fetters

IDAM ME PUÑÑAM
依郎 美 不央

願此功德
by this merit of mine

NIBBĀNASSA PACCAYO HOTU
你罢那沙 巴咤哟 哄讀

領至證悟涅槃
may I attain Nibbæna

IMAM NO PUÑÑA BHĀGAM
依芒 諾 不娘 巴剛

願我們的功德
let's give our share of merit

SABBA SATTĀNAM DEMA
沙巴 沙達南 累媽

與一切眾生分享
to all beings

SABBE SATTĀ SUKHITA HONTU
沙北 沙達 俗乞他 哄讀

願一切眾生快樂
may all beings be well and happy

ACCĀYA VIVARANA

懺悔文 Forgiveness of Shortcoming

KĀYENA VĀCĀYA CITTENA

卡也那 娃加亞 奇帖那

PAMĀDENĀ MAYA KATAM

吧媽磔那 媽亞 卡湯

ACCAYAN KHAMA ME BHANTE

阿加亞 卡媽 美 潘爹

BHŪRI PAÑÑA TATHAGATA

布立 邦娘 達大卡塔

身口意

By body, speech or mind

所患諸惡業

though my negligence have done

原諒我的過錯啊！世尊

pardon me of my faults, Buddha

廣慧，善逝的

of vast wisdom, the well-gone

KĀYENA VĀCĀYA CITTENA

卡也那 娃加亞 奇帖那

PAMĀDENĀ MAYA KATAM

吧媽磔那 媽亞 卡湯

ACCAYAN KHAMA ME DHAMME

阿加亞 卡媽 美 湯美

SAÑDIṬṬHIKA AKĀLIKA

山里滴卡 阿卡里卡

身口意

By body, speech or mind

所患諸惡業

though my negligence have done

原諒我的過錯啊！佛法

pardon me of my faults, Dhamma

自見的，無時的

visible and timeless

KĀYENA VĀCĀYA CITTENA

卡也那 娃加亞 奇帖那

PAMĀDENĀ MAYA KATAM

吧媽磔那 媽亞 卡湯

ACCAYAN KHAMA ME SANGHE

阿加亞 卡媽 美 桑給

SUPAṬIPANNA ANUTTARA

素叭地邦那 阿怒塔辣

身口意

By body, speech or mind

所患諸惡業

though my negligence have done

原諒我的過錯啊！僧伽

pardon me of my faults, Sangha

無上的善行道者

well practised and incomparable

IMĀYA DHAMMĀNU

依媽呀 湯媽奴

DHAMMA PAṬIPATTIYĀ

湯媽 巴地巴地呀

BUDDHAṂ PŪJEMI

菩郎 不姐米

依據佛法修習

with all these practice of the Dhamma

正道行

in conformity to the Dhamma

我禮敬佛陀

I pay my respect to the Buddha

五礼敬

IMĀYA DHAMMĀNU

依媽呀 湯媽奴

DHAMMA PAṬIPATTIYĀ

湯媽 巴地巴地呀

DHAMMAṂ PŪJEMI

湯忙 不姐米

依據佛法修習

with all these practice of the Dhamma

正道行

in conformity to the Dhamma

我禮敬佛法

I pay my respect to the Dhamma

IMĀYA DHAMMĀNU

依媽呀 湯媽奴

DHAMMA PAṬIPATTIYĀ

湯媽 巴地巴地呀

SANGHAṂ PŪJEMI

桑康 不姐米

依據佛法修習

with all these practice of the Dhamma

正道行

in conformity to the Dhamma

我禮敬僧伽

I pay my respect to the Sangha

IMĀYA DHAMMĀNU

依媽呀 湯媽奴

DHAMMA PAṬIPATTIYĀ

湯媽 巴地巴地呀

MĀTAPITARO PŪJEMI

媽打必大羅 不姐米

依據佛法修習

with all these practice of the Dhamma

正道行

in conformity to the Dhamma

我禮敬父母

I pay my respect to my parents

IMĀYA DHAMMĀNU

依媽呀 湯媽奴

DHAMMA PAṬIPATTIYĀ

湯媽 巴地巴地呀

ACARIYE PŪJEMI

阿加里也 不姐米

依據佛法修習

with all these practice of the Dhamma

正道行

in conformity to the Dhamma

我禮敬導師

I pay my respect to my teacher

ADDHĀ IMĀYA PAṬIPATIYA

阿答 依媽呀 巴地巴达呀

JARĀMARANAMHĀ

PARIMUCCISSĀMI

咤拉媽拉南哈 巴利目纪沙米

以此修習

Indeed with this practice

願我超越衰敗及死亡

I shall be freed from ageing and death

ARLON AMYA AMYA AMYA
阿龍 阿米呀 阿米呀 阿米呀
YULO MUJA BAGON LONG
有羅 母加 巴工 弄
SĀDHU! SĀDHU! SĀDHU!
沙魯！ 沙魯！ 沙魯！

願一切眾生同沾法益
法喜充滿
善哉！善哉！善哉！
Excellent! Excellent! Excellent!

ARLON AMYA AMYA AMYA
阿龍 阿米呀 阿米呀 阿米呀
YULO MUJA BAGON LONG
有羅 母加 巴工 弄
SĀDHU! SĀDHU! SĀDHU!
沙魯！ 沙魯！ 沙魯！

願一切眾生同沾法益
法喜充滿
善哉！善哉！善哉！
Excellent! Excellent! Excellent!

ARLON AMYA AMYA AMYA
阿龍 阿米呀 阿米呀 阿米呀
YULO MUJA BAGON LONG
有羅 母加 巴工 弄
SĀDHU! SĀDHU! SĀDHU!
沙魯！ 沙魯！ 沙魯！

願一切眾生同沾法益
法喜充滿
善哉！善哉！善哉！
Excellent! Excellent! Excellent!

礼敬三宝

BUDDHAMĀ PŪJEMI
菩湯 布介米

禮敬佛
I pay my respect to the Buddha

DHAMMAMĀ PŪJEMI
湯茫 布介米

禮敬法
I pay my respect to the Dhamma

SANGHAMĀ PŪJEMI
桑康 布介米

禮敬僧
I pay my respect to the Sangha

SĀDHU! SĀDHU! SĀDHU!
沙魯！ 沙魯！ 沙魯！

善哉！善哉！善哉！
Excellent! Excellent! Excellent!

PAÑCA SĪLA

五戒 The Five Precepts

1 PĀṆĀTIPĀTĀ VERAMAṆĪ

巴那滴巴達 威辣媽尼

SIKKHĀPADAM SAMĀDIYĀMI

洗卡巴湯 灑媽里亞咪

我願遵守不殺生戒

I undertake the percept to refrain
from killing living

2 ADINNĀDĀNĀ VERAMAṆĪ

阿亭那達那 威辣媽尼

SIKKHĀPADAM SAMĀDIYĀMI

洗卡巴湯 灑媽里亞咪

我願遵守不偷盜戒

I undertake the percept to refrain
from taking what is not given

3 KĀMESU MICCHĀ CĀRĀ VERAMAṆĪ

卡妹書 密查 查拉 威辣媽尼

SIKKHĀPADAM SAMĀDIYĀMI

洗卡巴浪 灑媽里亞米

我願遵守不邪淫戒

I undertake the percept to refrain
from sexual misconduct

4 MUSĀVĀDĀ VERAMAṆĪ

木沙娃他 威辣媽尼

SIKKHĀPADAM SAMĀDIYĀMI

洗卡巴浪 灑媽里亞米

我願遵守不妄語戒

I undertake the percept to refrain
from telling lies

5 SURĀ MERAYA MAJJA PAMĀDAṬṬHĀNĀ

素拉 每拉亞 媽加 巴媽達他那

VERAMAṆĪ SIKKHĀPADAM SAMĀDIYĀMI

威辣媽尼 洗卡巴浪 灑媽里亞米

我願遵守不飲酒戒

I undertake the percept to refrain
from any kind of intoxicants

IDAṆ ME SĪLAM

依郎 美 西南

MAGGAPHALA ÑĀṆASSA

馬加巴拉 娘那沙

PACCAYO HOTU

巴咤哟 哄讀

依此持戒功德

願我證得道、果正智

May this morality be the condition
for the path-fruit insight
for me

SĀDHU! SĀDHU! SĀDHU!

沙魯！沙魯！沙魯！

善哉！善哉！善哉！

Excellent! Excellent! Excellent!

供养偈

AMHĀKAM̐ BHOJANADĀYAKĀ

昂哈康 波加那達呀咖

AVERĀ HONTU

阿维拉 哄讀

ABYĀPAJJĀ HONTU

阿必呀巴咤 哄讀

ANĪGHĀ HONTU

阿你卡 哄讀

SUKHĪ ATTĀNAM̐ PARIHARANTU

輸乞 阿達朗 巴里哈蘭讀

願所有飲食的布施者

may all donors of foods & drinks

願他們心裏沒有瞋恨

be free from enmity

願他們心裏沒有痛苦

be free from mental sufferings

願他們身體沒有病痛

be free from physical sufferings

願他們生活快樂

may they take care of themselves happily

AMHĀKAM̐ VEYYAVACCĀ KARAKHAM̐

昂哈康 唯呀哇查 咖拉甘

AVERĀ HONTU

阿维拉 哄讀

ABYĀPAJJĀ HONTU

阿必呀巴咤 哄讀

ANĪGHĀ HONTU

阿你卡 哄讀

SUKHĪ ATTĀNAM̐ PARIHARANTU

輸乞 阿達朗 巴里哈蘭讀

願所有護持者

may all dhamma helpers

願他們心裏沒有瞋恨

be free from enmity

願他們心裏沒有痛苦

be free from mental sufferings

願他們身體沒有病痛

be free from physical sufferings

願他們生活快樂

may they take care of themselves happily

IDAM̐ ME PUÑÑAM̐

依郎 美 不央

NIBBĀNASSA PACCAYO HOTU

你罢那沙 巴咤哟 哄讀

願此功德

by this merit of mine

領至證悟涅槃

may I attain Nibbæna

IMAM̐ NO PUÑÑĀ BHĀGAM̐

依芒 諾 不娘 巴剛

SABBA SATTĀNAM̐ DEMA

沙巴 沙達南 累媽

SABBE SATTĀ SUKHITA HONTU

沙北 沙達 俗乞他 哄讀

願我們的功德

let's give our share of merit

與一切眾生分享

to all beings

願一切眾生快樂

may all beings be well and happy

SABBE DEVĀNUMODANTU

沙北 纍哇怒摩當杜

SABBA SAMPATTI SIDDHIYĀ

沙巴 三巴滴 西里壓

普願一切諸天眾

may all deities rejoice in this
accomplishments

同成無上菩提道

in order to achieve all types of
accomplishments

善哉！善哉！善哉！

Excellent! Excellent! Excellent!

SĀDHU! SĀDHU! SĀDHU!

沙魯！ 沙魯！ 沙魯！

MAHĀ MAṄGALA SUTTA

马哈曼卡拉苏达

大吉祥经

THE DISCOURSE ON AUSPICES

1. Yam maṅgalaṃ dvādasahi,

燕 曼卡拉 瓦达沙禧

Cintayimsu sadevakā,

紧他因苏 萨得瓦卡

Soṭṭhānaṃ nādhigacchanti,

艘谈南 那地卡产提

Aṭṭhattiṃsañ ca Maṅgalaṃ.

阿他提三 擦 曼卡拉

1. Men, together with deities, tried to find out for twelve years what blessing was. But they could not find out the blessings which number thirty-eight, that are the cause of happiness.

诸天神与人类用了十二年的时光去思索吉祥的含义，但他们始终不能真正明白。

2. Desitaṃ Devadevena,

得禧谈 得瓦得问那

Sabbapāpavināsaṃ,

萨巴帕帕 V 那三南

Sabbalokahitattāya,

萨巴楼卡禧他他亚

Maṅgalaṃ taṃ bhaṇāma he.

曼卡拉 潭 般南马 禧

2. Oh, Good People! Let us recite those blessings which were taught by the Deity of the Deities (the Buddha) for the benefit of beings and which destroy all evil.

因此，这部能消除过失与邪恶的三十八个偈语是由天人师（佛陀）所宣说，以利益全世间。

来吧，让我们共同诵念此吉祥经文。

3. Evaṃ me sutam. /

Ekaṃ samayaṃ

Bhagavā Sāvattiyam

A 万美苏谈 A 看 三马彦 巴卡瓦 萨
瓦提彦

viharati / Jetavane

Anāthapiṇḍikassa ārāme. /

Atha kho

V 哈拉提 吉他万呢 安那他拚地卡萨
阿拉美 阿他 口

aññatarā devatā /

abhikkantāya rattiya

abhikkantavaṇṇā /

阿那他拉 得瓦他 阿比看他亚 拉提亚
阿比看他万那

3. Thus have I heard. At one time, the Blessed One was dwelling at the monastery of Anāthapiṇḍika in Jeta's Grove near the city of Sāvatti. Then a certain deity in the late hours of the night with surpassing splendor, having illuminated the entire Jeta's Grove, came to the Blessed One. Drawing near, the deity respectfully paid homage to the Blessed One, and stood at a suitable place; standing there, the deity addressed the Blessed

One in verse:

如是我闻：

有一次世尊安住在舍卫城附近，护法祇树

**kevalakappaṃ Jetavanam
obhāsetvā, / yena Bhagavā**
K 瓦拉卡潘 吉他万南 O 巴色瓦 也那
巴卡瓦
**tenupasaṅkami; upasaṅkamtivā/
Bhagavantam abhivādetvā**
藤努帕三看米 无帕三看米瓦 巴卡万
坦 阿比瓦得瓦
**eka-mantam aṭṭhāsi; /
eka-mantam ṭhitā kho sā devatā /**
A 卡曼谭 阿他禧 A 卡曼谭 提他 口
萨 得瓦他
Bhagavantam gāthāya ajjhabhāsi:
巴卡万坦 卡他亚 阿哈巴禧

4. "Bahū devā manussā ca,
巴胡 得瓦 曼努萨 擦
Maṅgalāni acintayum,
曼卡兰尼 阿次他云
Ākaṅkhamānā sotthānam,
阿看看满那 艘他南
Brūhi maṅgala-muttamaṃ."
布禧 曼卡拉 目他曼

5. "Asevanā ca bālānam,
阿色万那 擦 巴兰南
Paṇḍitānañ ca sevanā,
盼地潭 擦 色万那
Pūjā ca pūjāneyyānam,
普加 擦 普加呢眼南
Etaṃ maṅgala-muttamaṃ.
A 谈 曼卡拉 目他曼

6. Patirūpadesavāso ca,
帕提路帕得萨瓦艘 擦
Pubbe ca katapuññatā,
普杯 擦 卡他普年他
Attasammāpaṇidhi ca,
阿他三马潘尼地 擦
Etaṃ maṅgala-muttamaṃ.
A 谈 曼卡拉 目他曼

7. Bāhusaccañ ca sippañ ca,
巴胡萨参 擦 禧潘 擦

给孤独长者的祇树园精舍，那时一位非常貌美的天神在深夜里向着世尊趋近，几乎整个祇园精舍被其光照亮起来，亲近世尊后恭敬行礼在一边站着。站在一边的天神，对者世尊恭敬问道：

4. "Many deities and men, desiring what is good, have pondered upon just what blessings were. Pray tell me what the highest blessing is."
许多天神及人类，
在沉思关于吉祥，
祈求安好快乐，
请告诉我吉祥之最。

5. "Not to associate with fools, to associate with the wise and to honour those who are worthy of honour. This is the highest blessing.
不亲近愚痴之人，
与智慧者亲近，
恭敬应当被恭敬者，
此是吉祥之最。

6. To live in a suitable place, to have done meritorious deeds in the past, and to keep one's mind and body in a proper way. This is the highest blessing.
住在适当的环境里，
在过去行过善业，
自己发愿行正道，
此是吉祥之最。

7. To have much learning, to be skilled in crafts, to be well-trained in moral

Vinayo ca susikkhito,
V 那 哟 擦 苏 禧 及 头
Subhāsītā ca yā vācā,
苏 巴 禧 他 擦 亚 瓦 擦
Etaṃ maṅgala-muttamaṃ.
A 谈 曼 卡 拉 目 他 曼

8. Mātāpitu-upaṭ hānaṃ,
马 他 披 图 乌 帕 他 南
Puttadārassa saṅgaho,
普 塔 大 拉 萨 三 卡 后
Anākulā ca kammantā,
安 那 库 拉 擦 看 曼 他
Etaṃ maṅgala-muttamaṃ.
A 谈 曼 卡 拉 目 他 曼

9. Dānañ ca dhammacariyā ca,
旦 南 擦 达 马 擦 里 亚 擦
Ñātakānañ ca saṅgaho,
念 他 看 南 擦 三 卡 后
Anavajjāni kammāni,
安 那 瓦 参 你 看 曼 尼
Etaṃ maṅgala-muttamaṃ.
A 谈 曼 卡 拉 目 他 曼

10. Āratī viratī pāpā,
阿 拉 提 V 拉 提 帕 帕
Majjapānā ca saṃyamo,
马 加 潘 那 擦 三 彦 某
Appamādo ca dhammesu,
阿 潘 马 都 擦 达 每 苏
Etaṃ maṅgala-muttamaṃ.
A 谈 曼 卡 拉 目 他 曼

11. Gāravo ca nivāto ca,
卡 拉 握 擦 你 瓦 头 擦
Santuṭṭhi ca kataññutā,
三 图 提 擦 卡 他 扭 他
Kālena Dhammassavanam,
卡 琳 那 达 马 萨 瓦 南
Etaṃ maṅgala-muttamaṃ.
A 谈 曼 卡 拉 目 他 曼

conduct and to have speech that is well-spoken. This is the highest blessing.
博学多闻及多艺精巧，
及持有戒行，
受过好的训导及善于言语，
此是吉祥之最。

8. Caring for one's mother and father, supporting one's spouse and children and having peaceful occupation. This is the highest blessing.
母亲与父亲有去护持，
孩子与妻子有去爱护，
一个受敬的职业，
此是吉祥之最。

9. Giving, practice of what is good, support of one's relatives and blameless actions. This is the highest blessing.
布施，奉公守法，
善于支持亲人，
无可责难的行为，
此是吉祥之最。

10. Abstention from evil in mind, abstention from evil in body and speech, abstention from intoxicants and non-negligence in meritorious acts. This is the highest blessing.
舍离邪恶禁止罪恶，
避免麻醉饮品，
及深切专注于佛法（真理），
此是吉祥之最。

11. Respectfulness, humbleness, contentment, gratitude and listening to the Dhamma on suitable occasions. This is the highest blessing.
恭敬谦逊，
知足及感恩，
合时听法，
此是吉祥之

12. Khantī ca sovacassatā,

看提 擦 艘瓦擦萨他

Samaṇānañ ca dassanaṃ,

三曼南南 擦 达三南

Kālena Dhammasākacchā,

卡琳那 达马萨卡查

Etaṃ maṅgala-muttamaṃ.

A 谈 曼卡拉 目他曼

12. Patience, obedience, meeting those who have calmed the mental defilements and discussing the Dhamma on suitable

occasions. This is the highest blessing.

忍耐及恭顺，

得见隐修者，

合时讨论佛法，

此是吉祥之最。

13. Tapo ca brahmacariyañ ca,

他坡 擦 巴马擦里彦 擦

Ariyasaccāna dassanaṃ,

阿里亚萨参那 达三南

Nibbāna-sacchikiriya ca,

尼般那 萨次吉里亚 擦

Etaṃ maṅgala-muttamaṃ.

A 谈 曼卡拉 目他曼

13. Practice that consumes evil states, a noble life, seeing the Noble Truths and realisation of Nibbāna. This is the highest blessing.

苦道行及梵行，

得见圣谛，

体证涅槃，

此是吉祥之最。

14. Phuṭṭhassa lokadhammehi,

普他萨 楼卡达马美禧

Cittaṃ yassa na kampati,

吉谈 亚萨 那 看帕提

Asokaṃ virajaṃ khemaṃ,

阿艘看 V 拉见 肯曼

Etaṃ maṅgala-muttamaṃ.

A 谈 曼卡拉 目他曼

14. The mind of a person (an Arahant) who is confronted with worldly conditions does not flutter, is sorrowless, stainless and secure. This is the highest blessing.

触到俗缘，

心仍旧稳如不动，

无忧，无染，安和，

此是吉祥之最。

15. Etādisāni katvāna,

A 他地三尼 卡万那

Sabbattha maparājitā,

萨巴他 马帕拉吉他

Sabbattha sotthiṃ gacchanti,

萨巴他 艘听 卡产提

Taṃ tesāṃ maṅgala-muttamaṃ.

谈 特三 曼卡拉 目他曼

Maṅgala-suttaṃ Niṭṭhitaṃ.

曼卡拉 苏谈 尼提谈

15. Having fulfilled such things as these, beings are invincible everywhere and gain happiness everywhere. That is the highest blessing for them."

（谁）有遵行这一切，

他们所到（处），

就会是处处顺利不败，处处安好快乐，

这就是他们的吉祥之最。

METTĀ SUTTA

美他苏达

慈爱经

THE DISCOURSE ON LOVING-KINDNESS

1. Yassānubhāvato yakkhā,

亚三努巴瓦头 亚卡

Neva dassenti bhīsanam;

内瓦 达森提 比三南

Yamhi cevānuyuñjanto,

彦禧 册万努云间头

Rattindiva-matandito.

拉提第瓦 马潭第头

2. Sukhaṃ supati sutto ca

苏看 苏帕提 苏头擦

Pāpaṃ kiñci na passati;

帕潘 禧次 那 帕萨提

Evamādiguṇūpetam ,

A 万马地棍努佩谈

Parittam taṃ bhaṇāma he.

帕里谈 谈 般南马 禧

3. Karaṇīya-matthakusalena,

卡然尼亚 马他菩萨雷那

Yam ta santam padaṃ abhisamecca,

彦 他 三谈 帕旦 阿比三美擦

Sakko ujū ca suhujū ca,

萨口 无处 擦 苏胡处 擦

Suvaco cassa mudu anati mānī.

苏瓦凑 擦萨 目睹 安那提马尼

4. Santussako ca subharo ca,

三图萨口 擦 苏巴肉 擦

Appakicco ca sallahukavutti,

阿帕禧口 擦 萨拉胡卡武提

Santindriyo ca nipako ca,

1-2. By the power of this Sutta, the Yakkhas do not show fearful visions, and a person who makes effort regarding this Sutta day and night (by reciting and practising), sleeps comfortably, and when he is asleep, he does not have bad dreams. Oh good people! Let us recite this protective Sutta which is endowed with these qualities and others as well.

由于慈心的无比威力，

妖魔不敢掘示畏怖的景象。

谁诺日夜精进修持此慈心经，

他将能安眠及不会有梦魇。

来吧！让我们共同诵念有此及其他利益之慈心经文

3. He who wants to dwell penetrating the state of calm (Nibbāna) and who is skilled in his good, should practise the three kinds of training. He should be able, upright, very upright, obedient, gentle, and not conceited.

一个善者应做，

以获得安宁的事如是，

他应当能干，坦诚，绝对忠实谦恭，温文和不骄傲。

4. He should be contented, easy to take care of, have few activities, have light living (have few possessions), and be controlled in his senses; he should be wise and not impudent and not be

三提吹又 擦 你帕口 擦

Appagabbho kulesvananugiddho.

阿帕卡波 库类万南努禧 都

5. Na ca khudda-mācare kiñci,

那 擦 库大 马擦泪 金次

Yena viññū pare upavadeyyum.

彦那 V 牛 帕泪 无帕瓦得与

Sukhino vā khemino hontu,

苏金诺 瓦 金民诺 红土

Sabbasattā bhavantu sukhittā.

萨巴萨他 巴万图 苏禧他他

6. Ye keci pāṇabhūtatti,

也 可次 潘那不他提

Tasā vā thāvarā vanavasesā,

他萨 瓦 他瓦拉 万那 瓦色萨

Dīghā vā ye va mahantā,

第卡 瓦 也 瓦 马汉他

Majjhimā rassakā aṇukathulā.

马季马 拉萨卡 安努卡图拉

7. Diṭṭhā vā ye va adiṭṭhā,

地他 瓦 也 瓦 阿地他

Ye va dūre vasanti avidūre,

也 瓦 读类 瓦三提 阿 V 度类

Bhūtā va sambhavesi va,

不他 瓦 三巴威禧 瓦

Sabbasattā bhavantu sukhittā.

萨巴萨他 巴万图 苏禧他他

8. Na paro paramṃ nikubbetha,

那 巴若 帕然 尼库被他

Nātimaññetha katthaci na kañci,

那提满呢他 卡塔次 那 看次

Byārosanā paṭighasañña,

巴若三那 帕提卡三年

Nāñña-maññassa

dukkha-miccheyya.

年年 满年萨 读卡 米车亚

9. Mātā yathā niyaṃ putta-

greedily attached to families
(devotees).

知足，易于护持，
少责身轻，简朴，
五官安祥，有智明，
不粗鲁，不执著家庭。

5. He should not commit any slight wrong, by doing which he might be censured by wise men. May all beings be happy and safe. May their hearts be happy.

智者感到遗憾的事，
(而他应思想)愿一切众生快乐与平安，
愿他们长生喜乐。

6-7. Whatsoever living beings there be, feeble or strong, long or big or medium or short, small or fat (round), seen or unseen, those dwelling far or near, those who have been born and those who are yet to be born – may all beings without exception be happy.

任何存在的众生，
不论是弱或是强，
是高大或壮实，
矮小或中等体积，瘦小或肥胖。
那些可见到或不可见到，
及那些已出生的，
或那些等待诞生的，
愿一切众生快乐。

8. Let none deceive another or despise any person in any place. Let him not wish any harm to another with insult or ill will.

愿无一人怨恨他人，
或在任何地方轻视任何人，
怀者嗔恨或恶意，
愿他们不互相诅咒。

9. Just as a mother would protect her

马他 亚他 尼彦 普他
Māyusā ekaputta-manurakkhe,
马友萨 A 卡普他 满努拉克
Evam pi sabbabhūtesu,
A 万 批 萨巴布特苏
Mānasam bhāvaye aparimāṇam.
满那三 巴瓦也 阿帕里曼南

10. Mettañ ca sabbalokasmi,
美谈 擦 萨巴楼卡斯米
Mānasam bhāvaye aparimāṇam,
满那三 巴瓦也 阿帕里曼南
Uddham adho ca tiriyañ ca,
无旦 阿斗 擦 提力彦 擦
Asambādham averam asapattam.
阿三巴旦 阿维染 阿萨帕坦

11. Tiṭṭham caram nisinno va,
提谈 擦染 尼新诺 瓦
Sayāno yāvatāssa vitamiddho,
萨眼诺 亚瓦他萨 威谈米都
Etam satim adhiṭṭheyya,
A 坦 萨提 阿地特亚
Brahma-metam vihāra-midha māhu.
巴马 美谈 威哈拉 米达 马胡

12. Diṭṭhiñ ca anupaggamma,
地听 擦 安努帕看马
Silavā dassanena sampanno,
禧拉瓦 达三呢那 三潘诺
Kāmesu vineyya gedham,
卡美苏 威尼亚 给旦
Na hi jātuggabbhaseyya puna reti.
那 禧 家图卡巴色亚 普那 泪提
Metta-suttam Niṭṭhitam.
美他 苏谈 尼提谈

only child at the risk of her own life,
even so let him cultivate a boundless
heart toward all beings.
正如母护子，
不惜生命，护其独子，
亦当如此对待一切众生，
让他培养无量的心胸。

10. Let his thoughts of boundless love
pervade the whole world – above,
below and across; making them
unrestricted, free of hate and free of
enmity.
让他对这全世界散发出无限的慈心，
得到无限的保持，
上，下，四方，
没有约束，没有预谋，也没有嗔恨。

11. Whether he is standing, walking,
sitting or lying down, as long as he is
awake, he should develop this
mindfulness in loving kindness. This is
the Noble Living here (in the
Dispensation of the Buddha), they say.
立，行，坐或卧，
只要他不昏睡偷懒，
让他在培养这种觉醒/正念，
这就是现在的梵住。

12. Not approaching (taking) wrong
views, being virtuous and endowed
with Vision (the First Path Knowledge),
and discarding attachment to sensual
objects, he definitely does not come
again to lying in a (mother's) womb.
不落入邪见，
有德行怀有智见，
消除对欲乐的贪爱，
他肯定不再投胎。

Bojjhaṅga Sutta

覺支經

1.

**Saṃsāre saṃsarantānaṃ
sabbadukkhavināsane
satta dhamme ca bojjhaṅge
mārasenā pamaddane,**

2.

**bujjhivā ye cime sattā
tibhavā muttakuttamā
ajātimajarābyādhiṃ
amataṃ nibbayaṃ gatā.**

3.

**Evamādiguṇūpetam
anekaguṇasaṅgahaṃ,
osadhañca imaṃ mantam,
bojjhaṅgañca bhaṅāma he.**

4.

**Bojjhaṅgo satisaṅkhāto
dhammānaṃ vicayo tathā
vīriyam pīti pasaddhi
bojjhaṅgā ca tathā pare,**

5.

**samādupekkhā bojjhaṅgā,
sattete sabbadassinā
muninā sammadakkhātā
bhāvitā bahulikatā.**

1-2.

從三有解脫的眾生，覺悟那能摧破輪迴流轉者的一切苦、能戰勝魔軍的「七覺支法」後，到達無生、老、病、死的涅槃。

These seven dhammas are the factors of enlightenment, which eradicate all the suffering of the creatures who are transmigrating in the universal flux, and which repel the army of Death.

Having realised these seven dhammas, beings attain immortality, fearlessness, birthlessness, ageless and disease-free stage; they became transcendental and liberated from three existences. Oh thou! Let us recite this doctrine of Factors of Enlightenment.

3.

啊！讓我們來念誦這具足如是等功德，並含攝諸多特質，像藥和咒語一樣的覺支吧。

Endowed with such and other qualifications together with innumerable qualities, this is a medicinal spell.

4-5.

能知一切的牟尼所徹底說明的這七覺支——即念覺支、擇法、精進、喜、輕安，及定覺支和捨覺支——若修習、多修習，

The factors of enlightenment are mindfulness, investigation of states and also effort, rapture, tranquillity, and other factors of enlightenment;

The factors of concentration and equanimity. All these seven are well expounded by the All-seer; cultivated and amplified repeatedly by the sage –

6.
Samvattanti abhiññāya
nibbānāya ca bodhiyā.
Etena saccavajjena
sotthi te hotu sabbadā.

7.
Ekasmiṃ samaye nātho
Moggallānañca Kassapaṃ
gilāne dukkhite disvā
bojjhaṅge satta desayi.

8.
Te ca taṃ abhinanditvā
rogā muccimṣu taṅkhaṇe.
Etena saccavajjena
sotthi te hotu sabbadā.

9.
Ekadā dhammarājāpi
gelaññenābhipīlito
cundattherena taṃyeva
bhaṇāpetvāna sādaram.

10.
Sammoditvāna ābādhā
tamhā vuṭṭhāsi ṭhānaso.
Etena saccavajjena
sotthi te hotu sabbadā.

6.
能引生通智、涅槃，及菩提。憑藉此真實語，願幸福永遠伴隨你。

In order to discern profoundly, to realise the wisdom, and to attain nibbana; by the asseveration of this truth, may happiness ever be yours.

7.
曾有一時，佛陀見目犍連和迦葉生病、受苦，便教導〔他們〕七覺支。

At one time, the Lord saw Venerable Moggallana and Venerable Kassapa suffering and sick, and he expounded the seven factors of enlightenment.

8.
他們〔兩人〕對此〔教說〕感到欣喜，疾病當場便痊癒。憑藉此真實語，願幸福永遠伴隨你。

The two elders were delighted thereat; and at that very moment were freed from the sickness. By this asseveration of truth, may happiness ever be yours.

9.
又曾有一時，法王〔佛陀〕也為疾病所逼迫，他令純陀長老恭誦此〔教說〕，

Once even the King of Dhamma, the Buddha himself, was afflicted by sickness, then the Elder Cunda was requested to recite that very doctrine with due reverence.

10.
佛陀感到欣喜，疾病當場便痊癒。憑藉此真實語，願幸福永遠伴隨你。

Having delighted, the Lord rose up thereupon from that sickness. By this asseveration of truth, may happiness ever be yours.

11.
Pahīnā te ca ābādhā
tiṇṇannampi mahesinaṃ
maggahatā kilesāva
pattānuppatti dhammataṃ.
Etena saccavajjena
sotthi te hotu sabbadā.

Bojjhaṅgasuttaṃ niṭṭhitaṃ.

11.
三位偉大的聖者那已被斷除的疾病，如同被道（智）所斷的煩惱一樣，將永遠不復生起。憑藉此真實語，願幸福永遠伴隨你。
Just as the defilements, annihilated by Path-consciousness, can arise again no more, in like manner these ailments were eradicated from the three great sages. By this asseveration of truth, may happiness ever be yours.

《覺支經》結束

Ratana Sutta

三宝经

1.

**Yānīdha bhūtāni samāgatāni,
bhumāni vā yāni va
antalikkhe,
sabbe va bhūtā sumanā
bhavantu,
atho pi sakkacca suṇantu
bhāsitaṃ.**

1.

聚會在這裡的一切眾生，無論是地上的或空中的，願他們皆悅意，恭敬地聽聞我的話。

Whatever beings are assembled here, whether terrestrial or celestial, let all such beings be happy; and let them attentively listen to what is said.

2.

**Tasmā hi bhūtā nisāmetha
sabbe
mettaṃ karotha mānusiya
pajāya
divā ca ratto ca haranti ye
baliṃ
tasmā hi ne rakkhatha
appamattā.**

2.

天人啊！你們聽著！要對人們有慈心，他們日夜為你帶來供養，因此，你們應不懈怠地守護著他們。

Therefore, O beings, pay attention; radiate loving-kindness towards mankind who day and night bring offerings to you. Protect them, therefore, with earnestness.

3.

**Yaṃ kiñci vittaṃ idha vā huraṃ
vā saggesu vā yaṃ ratanaṃ
paṇītaṃ
na no samaṃ atthi
Tathāgata,
Idam pi Buddhhe ratanaṃ
paṇītaṃ.
Etena saccena suvatthi hotu.**

3.

無論是這裡或他世間的寶物，或是天界殊勝的珍寶，無一可與如來相等者。佛陀有此殊勝的寶物——憑藉這真實語，願一切幸福！

Whatever treasure there is here or in the other world, or whatever precious jewel is in the heavenly realms, yet there is none comparable with the Tathāgata. This precious jewel is in the Buddha. By this truth may there be peace!

4.
**Khayaṃ virāgaṃ amataṃ
paṇītaṃ
yad ajjhagā Sakyamunī
samāhito.
Na tena Dhammena samatthi
kiñci.
Idam pi Dhamme ratanaṃ
paṇītaṃ.
Etena saccena suvatthi hotu.**

5.
**Yaṃ Buddhaseṭṭho parivaṇṇayi
suciṃ
samādhimānantarikaññaṃ āhu.
Samādhinā tena samo na
vijjati.
Idam pi Dhamme ratanaṃ
paṇītaṃ.
Etena saccena suvatthi hotu.**

6.
**Ye puggalā aṭṭha satama
pasatthā
cattāri etāni yugāni honti
te dakkhiṇeyyā Sugatassa
sāvakā.
Etesu dinnāni mahapphalāni.
Idam pi Saṅghe ratanaṃ
paṇītaṃ.
Etena saccena suvatthi hotu.**

4.
寂定的釋迦牟尼，證得了殊勝法、寂滅、離貪與不死。（世上）無有與法相等者。法中有此殊勝的寶物——憑藉這真實語，願一切幸福！

The sage of the Sakyans of a tranquil mind, realised that cessation which is passionless, immortal and excellent. There is nothing equal to that state. This precious jewel is in the Dhamma. By this truth may there be peace!

5.
最勝的佛陀讚嘆那（與道心相應的）淨定，諸佛將它稱為「無間者」。（世上）沒有與這此定相等者。法中有此殊勝的寶物——憑藉這真實語，願一切幸福！

The supreme Buddha praised pure meditation which gives instantaneous results. There is nothing equal to that meditation. This precious jewel is in the Dhamma. By this truth may there be peace!

6.
善人稱讚的四雙八輩者，是善逝弟子，應受供養。布施與他們，具有大果報。僧中有此殊勝的寶物——憑藉這真實語，願一切幸福！

Eight individuals are praised by the wise. They consist of four pairs. They are the disciples of the Buddha, worthy of offerings. Whatever is offered to them yields abundant fruit. This precious jewel is in the Sangha. By this truth may there be peace!

7.
**Ye suppayuttā manasā daḷhena
nikkāmino Gotama-sāsanamhi
te pattipattā amatam vigayha
laddhā mudhā nibbutim
bhuñjamānā.
Idam pi Saṅghe ratanam
pañitam.
Etena saccena suvatthi hotu.**

8.
**Yathindakhīlo pathavissito siyā
catubbhi vātehi
asampakampiyo,
tathūpamaṃ sappurisaṃ
vadāmi
yo ariyasaccāni avecca passati.
Idam pi Saṅghe ratanam
pañitam,
Etena saccena suvatthi hotu.**

9.
**Ye ariyasaccāni vibhāvayanti
gambhīrapaññena sudesitāni,
kiñcāpi te honti bhusam
pamattā
na te bhavam
aṭṭhamamādiyanti.
Idam pi Saṅghe ratanam
pañitam.
Etena saccena suvatthi hotu.**

7.
以堅固意，修持於喬達摩教法的人，已離諸欲，證所應證，享用著無須費貲即能獲致的涅槃。僧中有此殊勝的寶物——憑藉這真實語，願一切幸福！

Those who are freed from desires are well established in the teaching of Gotama with stable minds. They have attained to that which should be attained, having plunged into immortal nibbāna. They enjoy the Peace obtained without price. This precious jewel is in the Sangha. By this truth may there be peace!

8.
深入地底的因陀羅柱，不為四方大風所動搖，我說洞見四聖諦的善人也是如此。僧中有此殊勝的寶物——憑藉這真實語，願一切幸福！

Just as a city gate-post fixed in the earth is not shaken by the winds from the four directions, even so, do I declare to be a good man he who thoroughly perceives the noble truths. This precious jewel is in the Sangha. By this truth may there be peace!

9.
若人徹見深慧者所善說的四聖諦，即使他們極度放逸，也不會再取第八生。僧中有此殊勝的寶物——憑藉這真實語，願一切幸福！

Those who clearly comprehend the noble truths well taught by him who is endowed with profound wisdom, however exceedingly heedless they may be, do not take birth for the eighth time. This precious jewel is in the Sangha. By this truth may there be peace!

10.

**Sahāvassa dassanasampadāya
tayassu dhammā jahitā
bhavanti,
sakkāyadiṭṭhī vicikicchitañ ca
sīlabbatam vā pi yad atthi
kiñci.**

11.

**Catūhapāyehi ca vipparamutto
chaccābhiṭṭhānāni abhabba
kātuṃ.
Idam pi Saṅghe ratanam
paṇitam.
Etena saccena suvatthi hotu.**

12.

**Kiñcāpi so kamma karoti
pāpakaṃ
kāyena vācā uda cetasā vā
abhabba so tassa paṭicchadāya
abhabbatā diṭṭhapadassa
vuttā.
Idam pi Saṅghe ratanam
paṇitam.
Etena saccena suvatthi hotu.**

13.

**Vanappagumbe yatha
phussitagge
gimhānamāse paṭhamasmiṃ
gimhe.
Tathūpamaṃ dhammavaram
adesayi
nibbānagāmiṃ paramaṃ
hitāya.
Idam pi Buddhhe ratanam
paṇitam.
Etena saccena suvatthi hotu.**

10-11.

由於具足初果的正見，斷除了有身見、疑、戒禁取三法，同時也斷了其他的煩惱。

〔這初果人〕徹底從四惡趣解脫，無法造作六種重罪——僧中有此殊勝的寶物，憑藉這真實語，願一切幸福！

Three conditions are forsaken on the acquisition of insight, namely, (i) self-view, (ii) doubt, and (iii) attachment to rites and ceremonies. He is completely free from the four lower realms and is incapable of committing the six heinous crimes. This precious jewel is in the Sangha. By this truth may there be peace!

12.

雖然可能造作身、口、意的罪惡，但是他不會覆藏。佛陀曾說過，以〔預流〕道現見涅槃者無法覆藏已過。僧中有此殊勝的寶物——憑藉這真實語，願一切幸福！

Whatever evil deed he or she commits, either by body, speech, or mind, one who has seen the Path is incapable of concealing it. This precious jewel is in the Sangha. By this truth may there be peace!

13.

導向涅槃的最勝教法，猶如夏季第一月樹梢盛開的森林。為了眾生的最上利益，佛陀宣說此法。佛陀有此殊勝的寶物——憑藉這真實語，願一切幸福！

As the tops of trees blossom during the first heat of the summer, so the sublime doctrine leading to nibbāna was taught for the highest goal. This precious jewel is in the Sangha. By this truth may there be peace!

14.

**Varo varaññū varado varāharo
anuttaro dhammavaraṃ
adesayi.
Idam pi Buddhhe ratanaṃ
paṇītaṃ.
Etena saccena suvatthi hotu.**

15.

**Khīṇaṃ purāṇaṃ nava natthi
sambhavaṃ
virattacittāyatike bhavasmiṃ
te khīṇabījā avirūḥichandā.
Nibbanti dhirā yathāyaṃ
padīpo.
Idam pi Saṅghe ratanaṃ
paṇītaṃ.
Etena saccena suvatthi hotu.**

16.

**Yānīdha bhūtāni samāgatāni,
bhumāni vā yāni va
antalikkhe;
Tathāgataṃ
devamanussapūjitaṃ,
Buddhaṃ namassāma suvatthi
hotu.**

17.

**Yānīdha bhūtāni samāgatāni,
bhumāni vā yāni va
antalikkhe;
Tathāgataṃ
devamanussapūjitaṃ,
Dhammaṃ namassāma suvatthi
hotu.**

14.

最勝的無上者（佛陀），是了知最勝者，他給與最勝物、帶來最勝物，教導最勝之法。佛陀有此殊勝的寶物——憑藉這真實語，願一切幸福！

The excellent one, the knower of the excellent, the giver of the excellent and bringer of excellence has expounded the excellent doctrine. This precious jewel is in the Buddha. By this truth may there be peace!

15.

過去業已滅盡，沒有新生的業，他們的心不執取未來世，諸有的種子已滅盡，對諸有的欲愛已不生長。智者（煩惱的）熄滅，猶如燈的熄滅。佛陀有此殊勝的寶物——憑藉這真實語，願一切幸福！

With the old extinct, nothing new to be reproduced, the mind detached from future birth — they have destroyed the seeds of existence. Their desires do not spring up again and those wise ones go out even as this lamp. This precious jewel is in the Sangha. By this truth may there be peace!

16.

聚集此處的眾生，無論是地上的或天上的，讓我們禮敬那人天敬仰的如來佛陀。願一切幸福！

Whatever beings are assembled here, whether terrestrial or celestial, let us salute the Buddha. The Tathāgata is honoured by gods and men. May there be peace!

17.

聚集此處的眾生，無論是地上的或天上的，讓我們禮敬人天敬仰的如來法。願一切幸福！

Whatever beings are assembled here, whether terrestrial or celestial, let us salute the Dhamma. The Tathāgata is honoured by gods and men. May there be peace!

18.
Yānīdha bhūtāni samāgatāni
bhummāni vā yāni va
antalikkhe;
Tathāgataṃ
devamanussapūjitaṃ
Saṅghaṃ namassāma suvatthi
hotūti.

18.
聚集此處的眾生，無論是地上的或天上的，讓我們禮敬人天敬仰的如來僧。願一切幸福！

Whatever beings are assembled here, whether terrestrial or celestial, let us salute the Sangha. The Tathāgata is honoured by gods and men. May there be peace!

Ratanasuttaṃ niṭṭhitaṃ

《三寶經》結束

SĀDHU! SĀDHU! SĀDHU!

善哉！善哉！善哉！