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## ทำวัตรเช้า มอญิง ซาฬติง

### MORNING CHANTING

คำกล่าว ถาวมเครื่องลักการะฆุฆา

Ratanattaya Vandanā

Venerating the Triple Gem

礼敬三宝

Yo so bhagavā araham sammāsambuddho

*He who is the Blessed One, the Worthy One, the Rightly Self-awakened One,*

世尊，远离尘垢，断尽无明烦恼的阿罗汉，自证成正等正觉。

Svākkhāto yena bhagavatā dhammo

*by whom the dhamma is well-taught,*

法，世尊已善妙及详尽解说，

Supatipanno yassa bhagavato sāvaka-saṅgho

*whose Sangha of disciples has practiced well:*

世尊之追随者，善行于道的僧伽，

Tamayam bhagavantam sadhammam sasangham

Imehi sakkārehi yathāraham āropitehi abhipūjayāma.

*With these offering, properly presented, we pay homage to that Blessed One, together with the Dhamma and Sangha.*

我今向佛、法、及僧伽们，致以崇高的敬礼，

Sādhu no bhante bhagavā sucira-parinibbutopi

Pacchima janatānukampa mānasā

Ime sakkāre duggatapaṇṇākārabhūte paṭiganhātu

*May the Blessed One, even though he has long since entered Total Nibbana, please accept these meager offerings with a heart of sympathy for later generations.*

善哉，尊师，愿入般涅槃已久的世尊，垂悯后世之人，接受这微薄的供品，

Amhākam dīgha-rattam hitāya sukhāya.

*For our long-term welfare and happiness.*

以便让我们获得长恒的利益与幸福吧！

คำบูชา พระรัตนตรัย

อะระหัง

Araham sammā-sambuddho bhagavā.

Buddham bhagavantam abhivādemī.

*The Blessed One is Worthy & Rightly Self-awakened.*

*I bow down before the Awakened, Blessed One.*

世尊，远离尘垢、断尽无明烦恼的阿罗汉，自证成正等正觉，我礼敬佛陀、世尊。

กราบ

(BOW DOWN) [一拜]

เฝ้า

ตั้ง

สวากขาโต

Svākkhāto bhagavatā dhammo,

Dhammam namassāmi.

*The Dhamma is well-expounded by the Blessed One.*

*I pay homage to the Dhamma.*

法，世尊已善妙及详尽解说，我礼敬法。

กราบ

(BOW DOWN) [一拜]

เฝ้า

ตั้ง

สุปฏิปันโน

Supatipanno bhagavato sāvaka-saṅgho.

Saṅgham namāmi.

*The Sangha of the Blessed One's disciples has practiced well.*

*I pay respect to the Sangha.*

世尊之追隨者，良好修行于道的僧伽，我禮敬僧伽。

กราบ

(BOW DOWN) [一拜] ตั้งหลีก

INVOCATION (by leader): 起誦(領誦者): นลิ่งขงเจ๑

Yam-amha kho mayāṃ bhāgavantāṃ saraṇaṃ gatā,

*We have gone for refuge to the Blessed One,*

我們已歸依世尊，

(uddissa pabbajitā) yo no bhagavā satthā

*(have gone forth on account of) the Blessed One who is our Teacher*

(已出家) 以世尊為我們的導師，

yassa ca mayāṃ bhagavato dhammaṃ rocema.

*and in whose Dhamma we delight.*

對於世尊所宣說之法我們感到歡喜，

Imehi sakkārehi taṃ bhagavantāṃ sasaddhammaṃ sasāvaka-saṅghaṃ  
abhipūjayāma.

*With these offerings we worship most highly that Blessed One together with the  
True Dhamma & the Sangha of his disciples.*

以此供養，我們向世尊、正法與僧伽致以崇高的禮敬

Handa mayāṃ buddhassa bhagavato pubba bhāganamakāraṃ karoma se:

*Now let us chant the preliminary passage in homage to the Awakened One, the  
Blessed One:*

現在讓我們禮贊佛世尊

นม

(ALL, 全体):

[ Namo tassa ] bhagavato arahato sammā-sambuddhassa. (Three times.)

*Homage to the Blessed One, the Worthy One,  
the Rightly Self-awakened One.*

禮敬世尊、阿羅漢、正等正覺。[三稱]

(LEADER, 领诵者)

Handa mayam buddhābhithutim karoma se:  
*Now let us give high praise to the Awakened One:*  
(现在让我们一起来赞颂佛陀)

(ALL, 全体):

[Yo so tathāgato] araham sammā-sambuddho,  
*He who has attained the Truth, the Worthy One, Rightly Self-awakened,*  
至尊的如来，阿罗汉、正等正觉者、

Vijjā-carana-sampanno sugato lokavidū,  
*consummate in knowledge & conduct, one who has gone the good way, knower of the cosmos,*  
明行具足者、善逝、世间解、

Anuttaro purisa-damma-sārathi satthā deva- manussānaṃ buddho bhagavā;  
*unexcelled trainer of those who can be taught, teacher of human & divine beings; awakened; blessed;*  
无上调御丈夫、天人师、佛、世尊。

Yo imam lokam sadevakam samarakam sabrahmakam;  
Sassamaṇa-brāhmaṇim pajam sadeva-manussam  
sayam abhiññā sacchikatvā pavedesi.  
*who made known---having realized it through direct knowledge---this world with its devas, maras, & brahmas; its generations with their contemplatives & priests, their rulers & common people;*  
他以最高智慧，亲证而后一律平等的开导于此界的天神、魔王、梵天、沙门、婆罗门、国王与人们，使他们依教奉行；

Yo dhammam desesi ādi-kalyāṇam majjhe-kalyāṇam pariyosāna-kalyāṇam;  
*who explained the Dhamma fine in the beginning, fine in the middle, fine in the end;*  
他所指示之法，前善、中善、后亦善。

Sātham sabyañjanam kevala-paripunnam parisuddham brahma-cariyam pakāsesi  
*who expounded the holy life both in its particulars & in its essence, entirely complete, surpassingly pure:*

词义具足，教示梵行，清净高尚，了解经义，配合修行，以证完善与圆满的行为。

Tam-aham bhagavantam abhipūjayāmi,

Tam-aham bhagavantam sirasā namāmi.

*I worship most highly that Blessed One,*

*To that Blessed One I bow my head down.*

我最虔诚地礼敬世尊，于世尊，我俯首顶礼。

(BOW DOWN) [一拜]

ธรรมภาณิตุง

Dhammabhithuti

Praise for the Dhamma

赞颂法

(LEADER, 领诵者)

Handa mayam dhammābhithutim karoma se:

*Now let us give high praise to the Dhamma:*

(现在让我们来赞颂法)

(ALL, 全体):

[Yo so svākkhāto] bhagavatā dhammo,

*The Dhamma well-expounded by the Blessed One.*

世尊所善妙宣说之法，

Sandiṭṭhiko akāliko ehipassiko,

*to be seen here & now, timeless, inviting all to come & see.*

直接体证；当下可得成果；请来亲自查看，

Opanayiko paccattam veditabbo viññūhi:

*leading inward, to be seen by the wise for themselves:*

向内观照，由智者各自证知。

Tamaham dhammam abhipūjayāmi,  
Tamaham dhammam sirasā namāmi.  
*I worship most highly that Dhamma,  
To that Dhamma I bow my head down.*  
我最虔敬地礼敬法，于法，我俯首顶礼。

(BOW DOWN) [一拜]

สังฆาภितูติ

Saṅghabhithuti  
Praise for the Sangha  
赞颂僧伽

(LEADER, 领诵者)

Handa mayam saṅghābhithutim karoma se:  
*Now let us give high praise to the Sangha:*  
(现在让我们来赞颂僧伽)

(ALL, 全体):

[Yo so supatipanno] bhagavato sāvaka-saṅgho,  
*The Sangha of the Blessed One's disciples who have practiced well,*  
僧伽，世尊的弟子，是善行道者

Uju-paṭipanno bhagavato sāvakā-saṅgho,  
*the Sangha of the Blessed One's disciples who have practiced straightforwardly,*  
僧伽，世尊的弟子，是正直行道者

ñāya-paṭipanno bhagavato sāvaka-saṅgho,  
*the Sangha of the Blessed One's disciples who have practiced methodically,*  
僧伽，世尊的弟子，是真理行道者

Sāmīci-paṭipanno bhagavato sāvaka-saṅgho,  
*the Sangha of the Blessed One's disciples who have practiced masterfully,*  
僧伽，世尊的弟子，是正当行道者

Yadidaṃ cattāri purisa-yugāni attha purisa-puggalā:  
*i.e., the four pairs --- the eight types --- of Noble Ones:*



他们即是四双八辈人，

Esa bhagavato sāvaka-saṅgho---

*That is the Sangha of the Blessed One's disciples ---*

这僧伽，世尊的弟子，

Āhuneyyo pāhuneyyo dakkhiṇeyyo añjali-karaṇīyo,

*worthy of gifts, worthy of hospitality, worthy of offerings, worthy of respect,*

值得供养、值得恭敬、值得布施、值得合掌，

Anuttaram puññakkhettaṃ lokassa:

*the incomparable field of merit for the world:*

是世间无上的福田。

Tam-ahaṃ saṅghaṃ abhipūjayāmi,

Tam-ahaṃ saṅghaṃ sirasā namāmi.

*I worship most highly that Sangha,*

*To that Sangha I bow my head down.*

我最虔诚地礼敬僧伽，于僧伽，我俯首顶礼。

(BOW DOWN) [一拜]

### Ratanattayappanama Gatha

### Samvega vatthu paridipaka Patha

### Salutation to the Triple Gem & The Topics for Chastened Dispassion

礼敬三宝与警悟出离偈

ระตนะถัยะยัปปะณามะคาถาโย

(LEADER, 领诵者)

Handa mayam ratanattayappaṇāma-gāthāyo ceva samvega-parikittana-pāṭhañca  
bhaṇāma se:

*Now let us recite the stanzas in salutation to the Triple Gem together with the  
passage on the topics inspiring a sense of chastened dispassion:*

(现在让我们一起来诵赞叹三宝之偈，以及增益警惕心之章节)

(ALL, 全体):

[Buddho susuddho] karuṇā-mahaṇṇavo,  
Yoccanta-suddhabbara-ñāṇa-locano,  
Lokassa pāpūpakilesa-ghātaḥ:

Vandāmi buddhaṃ aham-ādarena taṃ.

*The Buddha, well-purified, with ocean-like compassion,  
Possessed of the eye of knowledge completely purified,  
Destroyer of the evils & corruptions of the world:  
I revere that Buddha with devotion.*

清净的佛陀，悲心大似海，具足清净的慧眼，  
是世间的罪恶与垢染的摧毁者，我真诚地礼敬佛陀，

Dhammo padīpo viya tassa satthuno,  
Yo magga-pākāmata-bhedabhinnako,  
Lokuttaro yo ca tad-attha-dīpano:

Vandāmi dhammaṃ aham-ādarena taṃ.

*The Teacher's Dhamma, like a lamp,  
divided into Path, Fruition, & the Deathless,  
both transcendent (itself) & showing the way to that goal:  
I revere that Dhamma with devotion.*

世尊之法，有如一盏明灯，如此地分为道、果、与涅槃。  
超越世间，指导走向解脱圣道之正确方向。我真诚地礼敬于法，

Saṅgho sukhettābhyatikhetta-saññito,  
Yo diṭṭha-santo sugatānubodhako,  
Lolappahīno ariyo sumedhaso:

Vandāmi saṅghaṃ aham-ādarena taṃ.

*The Sangha, called a field better than the best,  
who have seen peace, awakening after the one gone the good way,  
who have abandoned carelessness---the noble ones, the wise:  
I revere that Sangha with devotion.*

僧伽是无上之福田，随佛而觉悟，已见真，心寂静，  
已断处变幻不定的无明烦恼，是圣人，是智者；我真诚地礼敬僧伽。

Icevā-ekant'abhipūjaneyyakāṃ,  
Vatthuttayaṃ vandayatābhisankhataṃ,  
Puññaṃ mayā yaṃ mama sabbupaddavā,

Mā honṭu ve tassa pabhāva-siddhiyā.  
*By the power of the merit I have made  
in giving reverence to the Triple Gem  
worthy of only the highest homage,  
may all my obstructions cease to be.*

以此礼敬三宝的殊胜功德，  
愿一切的障碍皆止息，为成功之力所取代。

इदं लोके प्रसिद्धिं लब्ध्वा

Idha tathāgato loke uppanno araham sammā- sambuddho,  
*Here, One attained to the Truth, Worthy & Rightly Self-awakened,  
has appeared in the world,*

如此，如来现于此世，远离尘垢，自证得正等正觉，

Dhammo ca desito niyyāniko upasamiko parinibbāniko sambodhagāmī  
sugatappavedito.

*And DHAMMA is explained, leading out (of samsara), calming, tending toward  
total NIBBANA, going to self-awakening, declared by one who has gone the good  
way.*

圆满宣说之法，导向出离、寂静、究竟涅槃、正觉，善逝经已开示。

Mayan-taṃ dhammaṃ sutvā evaṃ jānāma,

*Having heard the DHAMMA, we know this:*

我们已聆听此法，故知：

Jātipi dukkhā jarāpi dukkhā maraṇampi dukkham,

*Birth is stressful, ageing is stressful, death is stressful,*

生是苦，老是苦，死是苦，

Soka-parideva-dukkha-domanassupāyāsāpi dukkhā,

*Sorrow, lamentation, pain, distress, & despair are stressful,*

忧、悲、苦、恼与失望是苦；

Appiyehi sampayogo dukkho piyehi vippayogo dukkho yamp'icchaṃ na labhati  
tampi dukkham,

*Association with things disliked is stressful, separation from things liked is  
stressful, not getting what one wants is stressful,*

怨憎相会是苦、爱别离是苦、求不得也是苦。

Saṅkhittena pañcupādānakkhandhā dukkhā,

*In short, the five aggregates for clinging are stressful,*  
简单地说：执取五蕴就是苦。

*Seyyathīdāni: Rūpūpādānakkhandho,*  
*Namely: Form as an aggregate for clinging,*  
那就是：色取蕴，

*Vedanūpādānakkhandho, Saññūpādānakkhandho,*  
*Feeling as an aggregate for clinging, Perception as an aggregate for clinging,*  
受取蕴，想取蕴，

*Saṅkhārūpādānakkhandho, Viññāṇūpādānakkhandho.*  
*Mental processes as an aggregate for clinging, Consciousness as an aggregate for clinging.*  
行取蕴，识取蕴。

*Yesam pariññāya, Dharamāno so bhagavā,*  
*Evam bahulam sāvake vineti,*  
*So that they might fully understand this, the Blessed One, while still alive, often instructed his listeners in this way:*  
为使他们通晓，世尊住世时，常如此教导追随者弟子们，

*Evam bhāgā ca paṇassa bhagavato sāvakesu anusāsani, Bahulam pavattati:*  
*Many times did he emphasize this part of his admonition:*  
于弟子间，世尊多次强调这个教导：

*“Rūpaṃ aniccaṃ,*  
*“Form is inconstant, 色是无常，*

*Vedanā aniccā,*  
*Feeling is inconstant, 受是无常，*

*Saññā aniccā,*  
*Perception is inconstant, 想是无常*

*Saṅkhārā aniccā,*  
*Mental processes are inconstant, 行是无常，*

Viññāṇaṃ aniccaṃ,  
*Consciousness is inconstant, 识是无常,*

Rūpaṃ anattā,  
*Form is not-self, 色是无我,*

Vedanā anattā,  
*Feeling is not-self, 受是无我,*

Saññā anattā,  
*Perception is not-self, 想是无我,*

Saṅkhārā anattā  
*Mental processes are not-self, 行是无我,*

Viññāṇaṃ anattā,  
*Consciousness is not-self, 识是无我,*

Sabbe saṅkhārā aniccā,  
*All processes are inconstant, 一切因缘法无常,*

Sabbe dhammā anattāti.”  
*All phenomena are not-self.” 一切法无我。*

Te (WOMEN: Tā) mayam,  
Otiṇṇāṃha jātiyā jarā-maraṇena,  
Sokehi paridevehi dukkhehi domanassehi upāyāsehi,  
Dukkh’otiṇṇā dukkha-paretā,  
*All of us, beset by birth, ageing, & death, by sorrows, lamentations, pains, distresses, & despairs, beset by stress, overcome with stress, (consider),*  
*我们都为生老死、忧悲苦恼、失望所困扰着，为苦所困，为苦所障，*

”Appeva nāṃ’imassa kevalassa dukkhakkhandhassa  
antakiriya paññāyethāti!”

*”O, that the end of this entire mass of suffering & stress might be known!”*

怎么做才能知悉此苦聚之完全止息？

\*(MONKS & NOVICES) 出家众诵

Cira-parinibbutampi taṃ bhagavantam uddissa arahantaṃ sammā-sambuddham,  
Saddhā agāraṃ anagāriyaṃ pabbajitā.

*Though the total Liberation of the Blessed One, the Worthy One, the Rightly Self-awakened One, was long ago, we have gone forth in faith from home to homelessness in dedication to him.*

虽然，离垢成正等正觉的世尊，入般涅槃已久，然而以信心故，我们从家来到非家，

Tasmim bhagavati brahma-cariyaṃ carāma,

*We practice that Blessed One's holy life,*

向世尊修学圣洁的梵行，

Bhikkhūnaṃ (Sāmaṇeraṇaṃ) sikkhāsājiva-samāpannā.

*Fully endowed with the bhikkhus (novices)' training & livelihood.*

诸比丘（沙弥）具足了戒律与法，为养活生命的工具。

Taṃ no brahma-cariyaṃ,

Imassa kevalassa dukkhakkhandhassa antakiriyaṃ samvattatu.

*May this holy life of ours bring about the end of this entire mass of suffering & stress.*

愿以此修习奉行清净梵行的力量，此苦聚，让它们完全地止息吧！

อุบาสิก (สวด)

อิระปะรินิพพุตมปี ๓ (OTHERS) 在家众诵

Cira-parinibbutampi taṃ bhagavantam saraṇam gata,

Dhammaṃca bhikkhu-saṅghaṃca,

*Though the total Liberation of the Blessed One, the Worthy One, the Rightly Self-awakened One, was long ago, we have gone for refuge in him, in the DHAMMA, & in the Bhikkhu Sangha,*

虽然，离垢成正等正觉的世尊，入般涅槃已久，不过我们还是以他为皈依处，皈依法与皈依僧。

Tassa bhagavato sāsanaṃ yathā-sati yathā-balaṃ manasikaroma, Anupāṭipajjāma,

*We attend to the instruction of the Blessed One, as far as our mindfulness & strength will allow, and we practice accordingly.*

我们将尽力的随念随力，以身口意奉行世尊的教诲。

Sā sā no paṭipatti,

Imassa kevalassa dukkhakkhandhassa antakiriyāya  
saṁvattatu.

*May this practice of ours bring about the end of this entire mass of suffering & stress.*

愿以此依教奉行的力量，此苦聚，让它们完全地止息吧！

ท่องขณิกะปัจจะเวกขนะ ป่าฐัง

Reflection at the Moment of Using the Requisites

四资具取用前的省思

(LEADER, 领诵者)

ปัจเจก ๔ ๓๐๗

Handa mayam taṅkhanika-paccavekkhana-pāṭham bhaṇāma se:

*Now let us recite the passage for reflection at the moment (of using the requisite*

现在让我们一起来诵念四资具取用前的省思

(ALL, 全体):

ปัจเจก

[Paṭisaṅkhā yoniso] cīvaram paṭisevāmi,

*Considering it thoughtfully, I use the robe.*

我如理省思使用衣物:

Yāvadeva sītassa paṭighātāya, Uṇhassa paṭighātāya,

*Simply to counteract the cold, To counteract the heat.*

只是为了防御冷，为了排除炎热，

Daṁsa-makasa-vātātapa-sirimsapa-samphassānam paṭighātāya,

*To counterpart the touch of flies, mosquitoes, wind, sun & reptiles;*

防御虻、蚊、风、太阳、爬虫类的接触，

Yāvadeva hirikopina-paṭicchādan'attham.

*Simply for the purpose of covering the parts of the body that cause shame.*

只是为了遮蔽羞处。

ปัจเจก

Paṭisaṅkhā yoniso piṇḍapātam paṭisevāmi,

*Considering it thoughtfully, I use alms food,*  
我如理省思使用钵食：

*Neva davāya na madāya na maṇḍanāya na vibhūsanāya,*  
*Not playfully, nor for intoxication, nor for putting on bulk, nor for beautification,*  
不是为了纵情玩乐，不是为了肥壮，不是为了变得好看美丽，

*Yāvadeva imassa kāyassa ṭhitiyā yāpanāya vihiṃsuparatiyā brahma*  
*cariyānuggahāya,*  
*But simply for the survival & continuance of this body, for ending its afflictions,*  
*for the support of the holy life,*  
只为了养活与维持这个身体，为了停止饥饿的伤害，为了支持清净的梵行。

*Iti purāṇaṇṇa vedanaṃ paṭihanākhāmi navaṇṇa vedanaṃ na uppādessāmi,*  
*(Thinking,) Thus will I destroy old feelings (of hunger) and not create new*  
*feelings (from overeating).*  
如此，我将灭除旧的饥饿苦受，又不令新的过饱苦受产生，

*Yātrā ca me bhavissati anavajjatā ca phāsu-vihāro cāti.*  
*I will maintain myself, be blameless, & live in comfort.*  
我将维持生命，并得以无过的安住。

เสนาสนะ

*Paṭisaṅkhā yoniso senāsanam paṭisevāmi,*  
*Considering it thoughtfully, I use the lodging,*  
我如理省思使用住处的目的：

*Yāvadeva sītassa paṭighātāya, Uṇhassa paṭighātāya,*  
*Simply to counteract the cold, To counteract the heat,*  
只是为了防御冷，为了排除炎热，

*Dāmsa-makasa-vātātapa-sirimsapa-sāmphassānam paṭighātāya,*  
*To counterpart the touch of flies, mosquitoes, wind, sun & reptiles;*  
防御虻、蚊、风、太阳、爬虫类的接触，

*Yāvadeva utuparissaya-vinodanam paṭisallānārām'attham.*  
*Simply for protection from the inclemencies of weather and for the enjoyment of*  
*seclusion.*



仅仅只是为了去除气候引起的危险，为了可以独处禅修。

พิจารณาโรคภัย.

Paṭisaṅkhā yoniso gilāna-paccaya-bhesajja- parikkhāraṃ paṭisevāmi,  
*Considering them thoughtfully, I use medicinal requisites for curing the sick,*  
我如理省思使用治疗疾病的药品：

Yāvadeva uppannānaṃ veyyābādhikānaṃ vedanānaṃ paṭighātāya,  
*Simply to counteract any pains of illness that have arisen,*  
仅仅是为了解决已生的病苦受，

Abyāpajjha-paramatāyāti.  
*And for maximum freedom from disease.*  
为了使自己从病苦中解脱出来。

---

ทำวัตรเย็น

EVENING CHANTING

Ratanattaya Vandanā

Venerating the Triple Gem

礼敬三宝

พระสงฆ์

Arahaṃ sammā-sambuddho bhagavā.

Buddhaṃ bhagavantam abhivādemi.

*The Blessed One is Worthy & Rightly Self-awakened.*

*I bow down before the Awakened, Blessed One.*

世尊，远离尘垢、断尽无明烦恼的阿罗汉，自证成正等正觉，我礼敬佛陀、世尊。

(BOW DOWN) [一拜]

สวักขาโต

Svākkhāto bhagavatā dhammo,

Dhammaṃ namassāmi.

*The Dhamma is well-expounded by the Blessed One.*

*I pay homage to the Dhamma.*

法，世尊已善妙及详尽解说，我礼敬法。

(BOW DOWN) [一拜]

ສຸປະຖິປັນໂນ

Supaṭipanno bhagavato sāvaka-saṅgho.

Saṅgham namāmi.

*The Sangha of the Blessed One's disciples has practiced well.*

*I pay respect to the Sangha.*

世尊之追随者，良好修行于道的僧伽，我礼敬僧伽。

(BOW DOWN) [一拜]

INVOCATION (by leader): 起诵(领诵者):

Yam-amha kho mayam bhagavantam saraṇam gatā,

*We have gone for refuge to the Blessed One,*

我们已归依世尊，

(uddissa pabbajitā) yo no bhagavā satthā

*(have gone forth on account of) the Blessed One who is our Teacher*

(已出家) 以世尊为我们的导师，

yassa ca mayam bhagavato dhammam rocema.

*and in whose Dhamma we delight.*

对于世尊所宣说之法我们感到欢喜，

Imehi sakkārehi tam bhagavantam sasaddhammam sasāvaka-saṅgham  
abhipūjayāma.

*With these offerings we worship most highly that Blessed One together with the True Dhamma & the Sangha of his disciples.*

以此供养，我们向世尊、正法与僧伽致以崇高的礼敬

Handadāni mayantam bhagavantam vācāya abhigāyitum pubba-bhāga-  
namakārañceva buddhānussati-nayañca karoma se:

*Now let us chant the preliminary passage in homage to the Blessed One, together with the guide to the recollection of the Buddha: (ALL)*

现在让我们礼赞佛世尊以及忆念佛陀之德行

ນາມອັດຕະ

[ Namō tassa ] bhagavato arahato sammā-sambuddhassa.

*Homage to the Blessed One, the Worthy One,  
The Rightly Self-awakened One.*  
礼敬世尊、阿罗汉、正等正觉。[三称]

พุทธธานุสสติ

Buddhānussati-nāya  
佛随念

[Tāṃ kho pana bhagavantāṃ] evaṃ kalyāṇo kittisaddo abbhuggato,  
*This fine report of the Blessed One's reputation has spread far & wide:*  
世尊的盛名广为流传：

Itipi so bhagavā araham samā-sambuddho,  
*He is a Blessed One, a Worthy One, a Rightly Self-awakened One.*  
世尊是如此：阿罗汉、正等正觉者、

Vijjā-carāṇa-sampanno sugato lokavidū,  
*consummate in knowledge & conduct, one who has gone the good way, knower of the cosmos,*  
明行具足者、善逝、世间解、

Anuttaro purisa-damma-sārathī satthā deva manussānaṃ buddho bhagavāti.  
*unexcelled trainer of those who can be taught, teacher of human & divine beings; awakened; blessed.*  
无上调御者、天人师、佛、世尊。

Buddhabhigiti

Verses in Celebration of the Buddha  
礼赞佛陀

พุทธภาณิตติง

(LEADER)

Handa mayāṃ buddhābhigītiṃ karoma se:  
*Now let us chant in celebration of the Buddha:*  
现在让我们来礼赞佛陀

(ALL)

[Buddh'vārahanta]-varatādiguṇābhiyutto,

The Buddha, endowed with such virtues as highest worthiness:

佛陀拥有崇高的美德：

Suddhābhiñāṇa-karuṇāhi samāgatatto,

*In him, purity, supreme knowledge, & compassion converge.*

集清净、大智、与大悲于一身，

Bodhesi yo sujanataṃ kamalaṃ va sūro,

*He awakens good people like the sun does the lotus.*

他让善士觉醒，犹如阳光让莲花绽放。

Vandāmi'haṃ tam-araṇaṃ sirasā jinendāmi.

*I revere with my head that Peaceful One, the Conqueror Supreme.*

我俯首礼敬这征服无明烦恼的圣者。

Buddho yo sabba-pāṇīnaṃ Saraṇaṃ khemaṃ-uttamaṃ. The Buddha who for all beings is the secure, the highest refuge.

佛陀是所有众生最安稳的庇护处

Paṭhamānussatitṭhānaṃ Vandāmi taṃ sīrenaṃ

*The first theme for recollection: I revere him with my head.*

第一项，我以至高崇敬之心如此忆念：我俯首礼敬佛陀

Buddhassāhasmi dāso (WOMEN: dāsī) va Buddho me sāmikissaro.

*I am the Buddha's servant, the Buddha is my sovereign master.*

我是佛陀的仆侍，佛陀是我伟大的导师

Buddho dukkhassa ghātā ca Vidhātā ca hitassa me.

*The Buddha is a destroyer of suffering & a provider of welfare for me.*

佛陀是众苦的摧毁者，为我带来利益与安乐。

Buddhassāhaṃ niyyādemi Sarīraṃjīvitaṃcidāmi.

*To the Buddha I dedicate this body & this life of mine.*

对于佛陀，我愿奉献此身心。

Vandanto'haṃ (Vandanti'haṃ) carissāmi Buddhasseva subodhitaṃ.

*Will fare with reverence for the Buddha's genuine Awakening.*

我时奉行对佛陀至上觉悟的崇敬。

Natthi me saraṇaṃ aññaṃ, Buddhho me saraṇaṃ varaṃ:  
*I have no other refuge, the Buddha is my foremost refuge:*  
于我并无其它皈依处，佛陀是我真正的皈依处。

Etena sacca-vajjena, Vaḍḍeyyaṃ satthu-sāsane.  
*By the speaking of this truth, may I grow in the Teacher's instruction.*  
以此虔诚的真实语，愿我在导师的正道中成长。

Buddhaṃ me vandamānena (vandamānāya) Yaṃ puññaṃ pasutaṃ idha,  
Sabbe pi antarāyā me, Māhesuṃ tassa tejasā.  
*Through the power of the merit here produced by my reverence for the Buddha,*  
*may all my obstruction cease to be.*  
以此礼敬佛陀的一切功德，愿一切险难止息。

### **(BOW DOWN AND SAY)**

(俯首诵念)

Kāyena vācāya va cetasā vā,  
Buddhe kukammaṃ pakataṃ mayā yaṃ,  
Buddho paṭiggaṇhatu accayantaṃ,  
Kālantare samvaritum va buddhe.  
*Whatever bad kamma I have done to the Buddha*  
*by body, by speech, or by mind,*  
*may the Buddha accept my admission of it,*  
*so that in the future I may show restraint toward the Buddha.*  
无论身、语、意，凡是我对佛陀所作的任何恶业，  
愿佛陀接受我的认错，未来我会对佛陀恭敬谨慎。

Dhammanussati-naya

A Guide to the Recollection of the Dhamma

法随念

ဓမ္မာနုဇ္ဈိတိ

(LEADER)

Handa mayam dhammānussati-nayam karoma se:

*Now let us recite the guide to the recollection of the Dhamma:*

现在让我们来赞颂及随念法之功德

(ALL)

[Svākkhāto] bhagavatā dhammo,

*The Dhamma is well-expounded by the Blessed One,*

世尊所善妙解说之法，

Sandiṭṭhiko akāliko ehipassiko,

*to be seen here & now, immediately effective, inviting all to come & see,*

直接体证；当下可得成果；请来亲自查看，

Opanayiko paccattam veditabbo viññūhīti.

*leading inwards, to be seen by the wise for themselves.*

向内观照，由智者各自证知。

Dhammabhigiti

Verses in Celebration of the Dhamma

礼赞法

ဓမ္မာဂီတိတိ

(LEADER)

Handa mayam dhammābhigītim karoma se:

*Now let us chant in celebration of the Dhamma:*

现在让我们来礼赞法

[Svākkhātata] diguṇa-yogvasena seyyo,

*Superior, through having such virtues as being well-expounded,*

法具有善妙及详尽的殊胜功德，

Yo magga-pāka-pariyatti-vimokkha-bhedo,

*Divided into Paths & Fruit, study & emancipation,*  
可分为道与果，学位与解脱位，

Dhammo kuloka-patanā tadadhāri-dhārī.

*The Dhamma protects those who hold to it from falling into miserable worlds.*  
护持法者，依教奉行的人，将免堕恶道。

Vandāmaṃ tamaharaṃ vara-dhamma metaṃ

*I revere that foremost-Dhamma, the destroyer of darkness.*  
我虔诚的礼敬卓越的法，黑暗的摧毁者。

Dhammo yo sabba-pāṇīnaṃ Saraṇaṃ khema muttamaṃ.

*The Dhamma that for all beings is the secure, the highest refuge,*  
法是所有众生最安稳的庇护处。

Dutiyānus satitthānaṃ Vandāmi taṃ sīrenahaṃ,

*The second theme for recollection: I revere it with my head.*  
第二项，我以至高崇敬之心如此忆念：我俯首礼敬法；

Dhammassāhasmi dāso (dāsī) va Dhammo me sāmikissaro.

*I am the Dhamma's servant, the Dhamma is my sovereign master,*  
我是法之仆侍，法是我伟大的导师；

Dhammo dukkhassa ghātā ca Vidhātā ca hitassa me.

*The Dhamma is a destroyer of suffering & a provider of welfare for me.*  
法是众苦的摧毁者，为我带来利益与安乐。

Dhammassāhaṃ niyyādemi Sarīrañjīvitaṇḍaṃ.

*To the Dhamma I dedicate this body & this life of mine.*  
对于法，我愿奉献此身心。

Vandanto'haṃ (Vandantī'haṃ) carissāmi Dhammasseva sudhammataṃ.

*I will fare with reverence for the Dhamma's genuine rightness.*  
我将奉行对法义真理的崇敬。

Natthi me saraṇaṃ aññaṃ, Dhammo me saraṇaṃ varaṃ:

*I have no other refuge, the Dhamma is my foremost refuge:*

于我并无其它皈依处，卓越的法是我真正的皈依处。

Etena sacca-vajjena, Vaddheyyaṃ satthu-sāsane.

*By speaking of this truth, may I grow in the Teacher's instruction.*

以此虔诚的真实语，愿我在导师的正道中成长。

Dhammaṃ me vandamānena (vandamānāya) Yaṃ puññaṃ pasutaṃ idha,

*Through the power of the merit here produced by my reverence for the Dhamma,*

以此礼敬法的一切功德，

Sabbe pi antarāyā me, Māhesuṃ tassa tejasā.

*may all my obstructions cease to be.*

愿一切险难都止息。

### (BOW DOWN AND SAY)

(俯首诵念)

Kāyena vācāya va cetasā vā,

Dhamme kukammaṃ pakataṃ mayā yaṃ,

Dhammo paṭiggaṇhatu accayantaṃ,

Kālantare saṃvaritum va dhamme.

*Whatever bad kamma I have done to the Dhamma*

*by body, by speech, or by mind,*

*may the Dhamma accept my admission of it,*

*so that in the future I may show restraint towards the Dhamma.*

无论身、语、意，凡是我对法所作的任何恶业，

愿法接受我的认错，未来我会对法恭敬谨慎。

### Saṅghānussati-naya

### A Guide to the Recollection of the Sangha

僧随念

สังฆานุสสติ

(LEADER)

Handa mayaṃ saṅghānussati-nayaṃ karoma se:

*Now let us recite the guide to the recollection of the Sangha:*

现在让我们来赞颂及随念僧伽之功德



(ALL)

[Supaṭipanno] bhagavato sāvaka-saṅgho,

*The Sangha of the Blessed One's disciples who have practiced well,*

僧伽，世尊的弟子，是善行道者

Uju-paṭipanno bhagavato sāvaka-saṅgho,

*the Sangha of the Blessed One's disciples who have practiced straightforwardly,*

僧伽，世尊的弟子，是正直行道者

Nāya-paṭipanno bhagavato sāvaka-saṅgho,

*The Sangha of the Blessed One's disciples who have practiced methodically,*

僧伽，世尊的弟子，是真理行道者

Sāmīci-paṭipanno bhagavato sāvaka-saṅgho,

*The Sangha of the Blessed One's disciples who have practiced masterfully,*

僧伽，世尊的弟子，是正当行道者

Yadidaṃ cattāri purisa-yugāni aṭṭha purisa-puggalā,

*I.e., the four pairs, the eight types, of noble Ones:*

他们即是四双八辈人，

Esa bhagavato sāvaka-saṅgho

*That is the Sangha of the Blessed One's disciples---*

这僧伽，世尊的弟子，

Āhuneyyo pāhuneyyo dakkhiṇeyyo añjali-karaṇīyo,

*Worthy of gifts, worthy of hospitality, worthy of offerings, worthy of respect,*

值得供养、值得恭敬、值得布施、值得合掌，

Anuttaraṃ puñṇakkhettaṃ lokassāti.

*The incomparable field of merits for the world.*

是世间无上的福田。

(LEADER)

Handa mayam saṅghābhigītim karoma se:  
*Now let us chant in celebration of the Sangha:*  
现在让我们来礼赞僧伽

(ALL)

[Saddhammajō] supatipatti-guṇādiyutto,  
*Born of the true Dhamma, endowed with such virtues as good practice,*  
由正法而生，有这般善于行道的德行，

Yoṭṭhābbidho ariya-puggala-saṅgha-seṭṭho,  
*The supreme Sangha formed of the eight types of Noble Ones,*  
无上僧伽由八辈圣者组成，

Sīlādidhamma-pavarāsaya-kāya-citto:  
*Guided in body & mind by such principles as morality:*  
以戒律与法来引导其身心，

Vandāmaham tamariyāna-gaṇam susuddham.  
*I revere that group of the Noble Ones well-purified.*  
我礼敬那过着清净梵行的圣众。

Saṅgho yo sabba-pāṇīnam Saraṇam khemam-uttamaṁ.  
*The Sangha that for all beings is the secure, the highest refuge,*  
僧伽是所有众生最安稳的庇护处。

Tatiyānussatitthānam Vandāmi tam sirenāham.  
*The third theme for recollection: I revere it with my head.*  
第三项，我以至高崇敬之心如此忆念：我俯首礼敬法；

Saṅghassāhasmi dāso (dāsī) va Saṅgho me sāmikissaro.  
*I am the Sangha's servant, the Sangha is my sovereign master,*  
我是僧伽的仆侍，僧伽是我伟大的导师，

Saṅgho dukkhassa ghātā ca Vidhātā ca hitassa me.

*The Sangha is a destroyer of suffering & a provider of welfare for me.*

僧伽是众苦的摧毁者，为我带来利益与安乐。

Saṅghassāham niyyādemi Sarīrañjivitaṇḍaṁ.

*To the Sangha I dedicate this body & this life of mine.*

对于僧伽，我愿奉献此身心。

Vandanto'ham (Vandantī'ham) carissāmi Saṅghassopātipannatam.

*I will fare with reverence for the Sangha's good practice.*

我将奉行对僧伽善修的崇敬。

Natthi me saraṇaṁ aññaṁ, Saṅgho me saraṇaṁ varaṁ:

*I have no other refuge, the Sangha is my foremost refuge:*

于我并无其它皈依处，僧伽是我真正的皈依处。

Etena sacca-vajjena, Vaddheyyaṁ satthu-sāsase.

*By the speaking of this truth, may I grow in the Teacher's instruction.*

以此虔诚的真实语，愿我在导师的正道中成长。

Saṅghaṁ me vandamānena (vandamānāya) Yaṁ puññaṁ pasutaṁ idha,

*Through the power of the merit here produced by my reverence for the Sangha,*

以此礼敬僧伽的一切功德，

Sabbe pi antarāyā me, Māhesuṁ tassa tejasā.

*may all my obstructions cease to be.*

愿一切险难都止息。

### (BOW DOWN AND SAY)

(俯首诵念)

Kāyena vācāya va cetasā va,

Saṅghe kukammaṁ pakataṁ mayā yaṁ,

Saṅgho paṭiggaṇhatu accayantaṁ,

Kālantare saṁvaritum va saṅghe.

*Whatever bad kamma I have done to the Sangha*

by body, by speech, or by mind,  
may the Sangha accept my admission of it,  
so that in the future I may show restraint towards the Sangha.  
无论身、语、意，凡是我对僧伽所作的任何恶业，  
愿僧伽接受我的认错，未来我会对僧伽恭敬谨慎。

Reflection after Using the Requisites

四资具取用前的省思

นำใจมา ๔ ทอมนะ

อะถิตะปัจจะเวกขะณะปะมาฐัง

(LEADER):

Handa mayā atīta-paccavekkhaṇa-pāṭham bhaṇāma se:  
现在让我们一起来诵念四资具取用后的省思

(ALL):

ลือร

Ajja mayā apaccavekkhitvā yaṃ cīvarāṃ paribhuttaṃ,  
Whatever robe I used today without consideration,  
今天我所用过的任何衣物，尚未省思的，

Taṃ yāvadeva sītassa paṭighātāya, Uṇhassa paṭighātāya,  
Was simply to counteract the cold, To counteract the heart,  
只是为了防御冷，为了排除炎热，

Damsa-makasa-vātātapa-sirimsapa-samphassānaṃ paṭighātāya,  
To counterpart the touch of flies, mosquitoes, wind, sun & reptiles;  
防御蛇、蚊、风、太阳、爬虫类的接触，

Yāvadeva hīrikopina-paṭicchādan'attham.  
Simply for the purpose of covering the parts of the body that cause shame.  
只是为了遮蔽羞处。

ปิ่นทพาท

食

Ajja mayā apaccavekkhitvā yo piṇḍapatto paribhutto,  
Whatever alms food I used today without consideration,

今天我所用过的任何钵食，尚未省思的，

So neva davāya na madāya na maṇḍanāya na vibhūsanāya,  
*Was not used playfully, nor for intoxication, nor for putting on bulk, nor for beautification.*

不是为了纵情玩乐，不是为了肥壮，不是为了变得好看美丽，

Yāvadeva imassa kāyassa thitīyā yāpanāya vihimsuparatiyā brahma-  
cariyānuggahāya,

*But simply for the survival & continuance of this body, for ending its afflictions, for the support of the holy life.*

只为了养活与维持这个身体，为了停止饥饿的伤害，为了支持清净的梵行。

Iti purāṇaṇca vedanaṃ paṭihanāmi navaṇca vedanaṃ na uppādessāmi,  
*(Thinking,) Thus will I destroy old feelings (of hunger) and not create new feelings (from overeating).*

如此，我将灭除旧的饥饿苦受，又不令新的过饱苦受产生，

Yātrā ca me bhavissati anavajjatā ca phāsu-vihāro cāti.

*I will maintain myself, be blameless, & live in comfort.*

我将维持生命，并得以无过的安住。

เสนาสนะ

住

Ajja mayā apaccavekkhitvā yaṃ senāsanam paribhuttam,

*Whatever lodging I used today without consideration,*

今天我所用过的任何住处，尚未省思的，

Tam yāvadeva sītassa paṭighātāya, Uṇhassa paṭighātāya,

*Was simply to counteract the cold, To counteract the heat,*

只是为了防御冷热，为了排除炎热，

Daṃsa-makasa-vātātapa-siriṃsapa-samphassānam paṭighātāya,

*To counteract the touch of flies, mosquitoes, wind, sun, & reptiles;*

为了防御蛇、蚊、风、太阳、爬虫类的接触，

Yāvadeva utuparissaya-vinodanam paṭisallānā rāmattham.  
*Simply for protection from the inclemencies of weather and for the enjoyment of seclusion.*  
仅仅只是为了去除气候引起的危险，为了可以独处禅修。

คิลานะเภสัช  
药

Ajja mayā apaccavekkhitvā yo gilāna-paccaya-bhesajja-parikkhāro paribhutto,  
*Whatever medicinal requisite for curing the sick I used today without consideration.*  
今天我所用过的任何药物，尚未省思的，

So yāvadeva uppannānam veyyābādhikānam vedanānam paṭighātāya,  
*Was simply to counteract any pains of illness that had arisen,*  
仅仅只是为了解决已生的病苦受，

Abyāpajjha-paramatāyāti.  
*And for maximum freedom from disease.*  
为了使自已从病苦中解脱出来。

---

พุทธพจนานุกรม  
PRELIMINARY CHANTS

An Invitation to the Devas  
邀请天神

समन्ता लोकाश्चामन्त्रेण

Samantā cakkavālesu, Atrāgacchantu devatā,  
*From around the galaxies may the devas come here.*  
居住在各个宇宙的诸天神，请你们到此处来集合，

Saddhammam muni-rājassa, Suṇantu sāga-mokkha-dam  
*May they listen to the True Dhamma of the King of Sages,*  
*Leading to heaven & emancipation.*

共同聆听导向天乐和解脱的世尊教法。

ສັດທະ ກາມະ ຄະ ຣູປ  
Sagge kāme ca rūpe

Giri-sikharataṭṭhe cantalikkhe vimāne,  
Dīpe ratṭhe ca gāme

Taruvana-gahane, geha-vatthumhi khetṭe;  
*Those in the heavens of sensuality & form,  
On peaks & mountain precipices, in palaces floating in the sky,  
In islands, countries, & towns,  
In groves of trees & thickets, around homesites & fields.*

欲界与色界，空居天直至地居天的天众们，无论是居住在山峰上、悬崖间，于林间、岛屿、村落、城镇、树丛、或居家田野四周，

Bhummā cāyantu devā

Jala-thala-visame yakkha-gandhabba-nāgā,  
*And the earth-devas, spirits, heavenly minstrels, & nagas  
In water, on land, in badlands, & nearby:*

让这些来自水陆空三际的神祇们乃至夜叉、乾达婆、哪伽等等。

Titṭhantā santike yaṃ

Muni-vara-vacanāṃ sādḥavo me suṇantu.  
*May they come & listen with approval  
As I recite the word of the excellent sage.*

愿你们皆来聆听我（等）的诵念，有关牟尼（世尊）的教诲，

Dhammassavana-kālo ayam-bhadantā. (三遍)

*This is the time to listen to the Dhamma, Venerable Sirs. (Three times)*

诸位！这是聆听佛法的最佳时刻！

ພະໂກສ ທັດສະນະ  
Pubbabhāganamakārapāṭha

The Preliminary Passage for Revering

Namo tassa bhagavato arahato sammā-sambuddhasa. (Three times.)

*Homage to the Blessed One, the Worthy One,  
the Rightly Self-Awakened One.*

礼敬世尊、阿罗汉、正等正觉。[三称]

ติสฺสະระณະคະหมะหะปาฐัง

Saranagamanapāṭha

Passage on Going for Refuge

皈依偈

พุทธัง สะระณัง คัจฉามิ

Buddham saraṇaṃ gacchāmi.

Dhammaṃ saraṇaṃ gacchāmi.

Saṅghaṃ saraṇaṃ gacchāmi.

*I go to the Buddha for refuge.*

*I go to the Dhamma for refuge.*

*I go to the Sangha for refuge.*

我皈依佛，我皈依法，我皈依僧。

Dutiyampi buddham saraṇaṃ gacchāmi.

Dutiyampi dhammaṃ saraṇaṃ gacchāmi.

Dutiyampi saṅghaṃ saraṇaṃ gacchāmi.

*A second time, I go to the Buddha for refuge.*

*A second time, I go to the Dhamma for refuge.*

*A second time, I go to the Sangha for refuge.*

第二次，我皈依佛，我皈依法，我皈依僧。

Tatīyampi buddham saraṇaṃ gacchāmi.

Tatīyampi dhammaṃ saraṇaṃ gacchāmi.

Tatīyampi saṅghaṃ saraṇaṃ gacchāmi.

*A third time, I go to the Buddha for refuge.*

*A third time, I go to the Dhamma for refuge.*

*A third time, I go to the Sangha for refuge.*

第三次，我皈依佛，我皈依法，我皈依僧。

สัจจะกิริยาภาสา

Saccakiriyāgāthā

真实言行偈

นัตถิเม สะระณัง อัมภัง

Natthi me saraṇaṃ aññaṃ,      Buddhō me saraṇaṃ varaṃ;

Eteṇa saccavajjena,      Soṭṭhi te hotu sabbadā.

*I have no other refuge, the Buddha is my foremost refuge,*



*Through the speaking of this truth, may you be bleesed always.*

于我并无其他皈依处， 佛陀是我至上的皈依处，  
以此虔诚的真实语， 愿你得到幸福与安乐。

Natthi me saraṇaṃ annaṃ, Dhammo me saraṇaṃ varaṃ;  
Etena saccavajjena Sotthi te hotu sabbadā.

*I have no other refuge, the Buddha is my foremost refuge,*

*Through the speaking of this truth, may you be bleesed always.*

于我并无其他皈依处， 法是我至上的皈依处，  
以此虔诚的真实语， 愿你得到幸福与安乐。

Natthi me saraṇaṃ annaṃ, Saṅgho me saraṇaṃ varaṃ;  
Etena saccavajjena, Sotthi te hotu sabbadā.

*I have no other refuge, the Buddha is my foremost refuge,*

*Through the speaking of this truth, may you be bleesed always.*

于我并无其他皈依处， 僧伽是我至上的皈依处，  
以此虔诚的真实语， 愿你得到幸福与安乐。

พระมหากรุณโกนาโถติลาภิกากถ

Mahākāruṇikonāthotiādi Gāthā

The great compassion Protector

大悲世尊偈

พระมหากรุณโกนาโถ

Mahākāruṇiko nātho atthāya sabbapānīnaṃ,

Pūretvāpārami sabbā patto sambodhimuttamaṃ,

Etena saccavajjena mā hontu sabbupaddavā.

*(The Buddha), our protector, with great compassion, for the welfare of all beings, Having fulfilled all the perfections, attained the highest Self-awakening. By speaking this truth, may all trouble cease to be.*

具足大悲心的世尊，为了一切众生的利益，  
圆满一切波罗蜜，自证无上的菩提，  
以这真实的话语，愿一切的障碍皆消除。

Mahākāruṇiko nātho hitāya sabbapānīnaṃ,

Pūretvāpārami sabbā patto sambodhimuttamaṃ,

Etena saccavajjena mā hontu sabbupaddavā.

*(The Buddha), our protector, with great compassion, for the benefit of all beings, Having fulfilled all the perfections, attained the highest Self-awakening,*

*By speaking this truth, may all trouble cease to be.*

具足大悲心的世尊，为了一切众生的幸福，

圆满一切波罗蜜，自证无上的菩提，

以这真实的话语，愿一切的障碍皆消除。

Mahākāraṇiko nātho sukhāya sabbapāṇināṃ,

Pūretvāpārami sabbā patto sambodhimuttamaṃ,

Etena saccavajjena mā hontu sabbupaddavā.

*(The Buddha), our protector, with great compassion, for the happiness of all beings. Having fulfilled all the perfections, attained the highest Self-awakening. By speaking this truth, may all trouble cease to be.*

具足大悲心的世尊，为了一切众生的安乐，

圆满一切波罗蜜，自证无上的菩提，

以这真实的话语，愿一切的障碍皆消除。

เขมา เขมะ สระ ระ ณะ ดะ พะ พะ ณะ วิ ธี ฝั ก ภา

Khemākhema saraṇagamana pari dīpikā-gāthā

Passages of Secure Refuge

安稳皈依处

Bahum ve saraṇaṃ yanti Pabbatāni vanāni ca,

Ārāma-rukka-cetyāni Manussā bhaya-tajjitā.

*Many are those who go for refuge to mountains, forests,*

*Parks, trees, & shrines: People threatened with danger.*

诸人恐怖故，去皈依山岳，或皈依树林，园苑，树，浮屠。

Netam kho saraṇaṃ khemaṃ

Netam saraṇa muttamaṃ,

N'etam saraṇa māgama,

Sabba-dukkhā pamuccati.

*That is not the secure refuge. That is not the highest refuge,*

*That is not the refuge, having gone to which, One gains release from all suffering.*

此不是安稳的皈依处，此不是最上的皈依处，像这样皈依的人，不能离一切苦。

Yo ca Buddhaṃ ca dhammaṃ ca

Saṅghaṃ ca saraṇaṃ gato \*(Female: gata),

Cāttaari ariya-saccāni Sammappaññāya passati:

*But a person who, having gone to the Buddha, Dhamma, & Sangha for refuge, Sees the four Noble Truths with right discernment:*

若人以佛法僧为皈依，由于正确的智慧，得见于四圣谛。

Dukkham dukkha samuppādam,

Dukkhassa ca atikkamam,

Ariyañcatthaṅgikam maggam,

Dukkhūpasāma-gāminam.

*Stress, the cause of stress, The transcending of stress,*

*And the Noble Eightfold Path, The way to the stilling of stress.*

那即是见到苦，苦生起的原因，苦的熄灭及导致苦熄灭的八支圣道。

Etam kho saraṇam khemam Etam saraṇa muttamam,

Etam saraṇa māgamma, Sabba-dukkhā pamuccati-ti.

*That is the secure refuge, That is the highest refuge,*

*That is the refuge, having gone to which, One gains release from all suffering.*

这才是最安稳的皈依处，这才是无上的皈依处，像这样皈依的人，能解脱一切苦。

สัพพพุทธ

PARITTA

Sambuddhe Atthavīsañcādi Gāthā

Verses on Homage to the Twenty-eight Sambuddhas

礼敬二十八佛偈

Sambuddhe atthavīsaṇca

Dvādasāṇca saḥassake

Pañca-sata-saḥassāni

Namāmi sirasā ahaṃ.

*I pay homage to all the SAMBUDDHAS, all twenty-eight of them,*

*All one thousand two hundred of them, all fifty thousand of them.*

对于那二十八位正等正觉，那一千两百位正等正觉，

那五万位正等正觉，我致以崇高的敬礼。

Tesaṃ dhammaṇca saṅghaṇca

Ādarena namāmi'haṃ

Namakārānubhāvena

Hantvā sabbe upaddave

Cattaari ariya-saccāni sammappannāya passāmi.  
*But a person who, having gone to the Buddha, Dhamma, & Sangha for refuge, Sees the four Noble Truths with right discernment:*  
若人以佛法僧为皈依，由于正确的智慧，得见于四圣谛。

Dukkham dukkha samuppādam,  
Dukkhassa ca atikkamaṃ,  
Ariyañcatthaṅgikam maggaṃ,  
Dukkhūpasāma-gāminam.  
*Stress, the cause of stress, The transcending of stress,  
And the Noble Eightfold Path, The way to the stilling of stress.*  
那即是见到苦，苦生起的原因，苦的熄灭及导致苦熄灭的八支圣道。

Etam kho saraṇam khemaṃ Etam saraṇa muttamam,  
Etam saraṇa māgama, Sabba-dukkhā pamuccati-ti.  
*That is the secure refuge, That is the highest refuge,  
That is the refuge, having gone to which, One gains release from all suffering.*  
这才是最安稳的皈依处，这才是无上的皈依处，像这样皈依的人，能解脱一切苦。

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สัพพทส PARITTA

Sambuddhe Atthavīsañcādi Gāthā  
Verses on Homage to the Twenty-eight Sambuddhas  
礼敬二十八佛偈

Sambuddhe atthavīsañca                      Dvādasañca saḥassake  
Pañca-sata-saḥassāni                      Namāmi siraṣā ahaṃ.  
*I pay homage to all the SAMBUDDHAS, all twenty-eight of them,  
All one thousand two hundred of them, all fifty thousand of them.*  
对于那二十八位正等正觉，那一千两百位正等正觉，  
那五万位正等正觉，我致以崇高的敬礼。

Tesaṃ dhammañca saṅghañca                      Ādarena namāmi'haṃ  
Namakārānubhāvena                      Hantvā sabbe upaddave

Anekā antarāyāpi

Vinassantu asesato.

*I respectfully pay homage too, to the DHAMMA & the SANGHA of the SAMMASAMBUDDHAS.*

*By the power of this reverence may all mishappenings be eradicated*

对于那佛法与僧伽，我致以崇高的敬礼。

以此礼敬的功德力，愿一切的困扰得以消除，愿一切的险厄得以摧毁。

Sambuddhe pañca-paññāsañca

Catuvīsati saḥassake

Dasa-sata-saḥassāni

Namāmi sirasā ahaṃ.

*I pay homage to all the SAMBUDDHAS, all fifty-five of them, all twenty-four thousand of them, all one million of them.*

对于那五十五位正等正觉，那两万四千位正等正觉，

那一百万位正等正觉，我致以崇高的敬礼。

Tesaṃ dhammañca saṅghañca

Ādarena namāmi 'haṃ

Namākārānubhāvena

Hantvā sabbe upaddave

Anekā antarāyāpi

Vinassantu asesato.

*I respectfully pay homage too, to the DHAMMA & the SANGHA of the SAMMASAMBUDDHAS.*

*By the power of this reverence may all mishappenings be eradicated*

对于那佛法与僧伽，我致以崇高的敬礼。

以此礼敬的功德力，愿一切的困扰得以消除，愿一切的险厄得以摧毁。

Sambuddhe navuttarasate

Atthacattālīśasahassake

Vīsati-sata-saḥassāni

Namāmi sirasā ahaṃ.

*I pay homage to all the SAMBUDDHAS, all one hundred and nine of them, all forty-eight thousand of them, all two million of them.*

对于那一百零九位正等正觉，那四万八千位正等正觉，

那两百万位正等正觉，我致以崇高的敬礼。

Tesaṃ dhammañca saṅghañca

Ādarena namāmi 'haṃ

Namākārānubhāvena

Hantvā sabbe upaddave

Anekā antarāyāpi

Vinassantu asesato.

*I respectfully pay homage too, to the DHAMMA & the SANGHA of the SAMMASAMBUDDHAS.*

*By the power of this reverence may all mishappenings be eradicated*

对于那佛法与僧伽，我致以崇高的敬礼。

以此礼敬的功德力，愿一切的困扰得以消除，愿一切的险厄得以摧毁。