

THE TEN PRECEPTS 十戒

1. Pāṇātipātā veramaṇī sikkhāpadam̄ samādiyāmi.

I undertake the training precept to abstain from killing.

我受持不杀生学处。

2. Adinnādānā veramaṇī sikkhāpadam̄ samādiyāmi.

I undertake the training precept to abstain from taking what is not given.

我受持不偷盗学处。

3. Abrahmacariyā veramaṇī sikkhāpadam̄ samādiyāmi.

I undertake the training precept to abstain from all kinds of sexual activity.

我受持不非梵行(不淫)学处。

4. Musāvādā veramaṇī sikkhāpadam̄ samādiyāmi.

I undertake the training precept to abstain from telling lies.

我受持不妄语学处。

5. Surāmeraya majja pamādaṭṭhānā veramaṇī sikkhāpadam̄ samādiyāmi.

I undertake the training precept to abstain from any kind of intoxicants.

我受持不饮酒学处。

6. **Vikālabhojanā veramaṇī sikkhāpadam samādiyāmi.**

*I undertake the training precept to abstain
from eating at the wrong time.*

我受持不非时食学处。

7. **Nacca-gīta-vāditā-visūka dassanā veramaṇī
sikkhāpadam samādiyāmi.**

*I undertake the training precept to abstain from dancing,
singing, music and any kind of entertainment show.*

我戒跳舞、唱歌、弹乐曲和任何有关娱乐的表演。

8. **Mālāgandha-vilepana-dhāraṇa-maṇḍana-
vibhūsanaṭṭhānā veramaṇī sikkhāpadam samādiyāmi.**

*I undertake the training precept to abstain from
the use of flowers, garlands, perfumes, unguents and
things that tend to beautify and adorn a person.*

我戒使用花、花环、香水、润滑油及化妆品。

9. **Uccāsāyana mahāsayanā veramaṇī
sikkhāpadam samādiyāmi.**

*I undertake the training precept to abstain from
using high and luxurious beds and seats.*

我戒享用豪华高床和座位。

10. **Jātarūpa-rajatappaṭiggahaṇā veramaṇī
sikkhāpadam samādiyāmi.**

*I undertake the training precept to abstain accepting
and holding any kind of money, gold or silver.*

我戒接受及拥有任何钱币或金银珠宝。

CHABBĪSATI SĀRUPPĀ
THE TWENTY-SIX RULES ON PROPER BEHAVIOUR
正行二十六戒

1. Parimaṇḍalam nivāsessāmī'ti, sikkhā karaṇīyā.

*I shall wear the under-robe even all round;
this is a training to be observed.*

整齐着内衣，应当学。

2. Parimaṇḍalam pārupissāmī'ti, sikkhā karaṇīyā.

*I shall put on the upper-robe even all round;
this is a training to be observed.*

整齐着上衣，应当学。

3. Supaṭicchanno antaraghare gamissāmī'ti, sikkhā karaṇīyā.

*I shall go well-covered in inhabited areas;
this is a training to be observed.*

不得反抄衣入白衣舍，应当学。

4. Supaṭicchanno antaraghare nisidissāmī'ti, sikkhā karaṇīyā.

*I shall sit well-covered in inhabited areas;
this is a training to be observed.*

不得反抄衣入白衣舍坐，应当学。

5. Susamvuto antaraghare gamissāmī'ti, sikkhā karaṇīyā.

*I shall go well-restrained in inhabited areas;
this is a training to be observed.*

不得衣缠颈入白衣舍，应当学。

6. Susamvuto antaraghare nisidissāmī'ti, sikkhā karaṇiyā.

*I shall sit well-restrained in inhabited areas;
this is a training to be observed.*

不得衣缠颈入白衣舍坐，应当学。

7. Okkhittacakkhu antaraghare gamissāmī'ti, sikkhā karaṇiyā.

*I shall go with downcast eyes in inhabited areas;
this is a training to be observed.*

不得左右顾视入白衣舍，应当学。

8. Okkhittacakkhu antaraghare nisidissāmī'ti, sikkhā karaṇiyā.

*I shall sit with downcast eyes in inhabited areas;
this is a training to be observed.*

不得左右顾视入白衣舍坐，应当学。

9. Na ukhittakāya antaraghare gamissāmī'ti, sikkhā karaṇiyā.

*I shall not go with robes hitched up in inhabited areas;
this is a training to be observed.*

不得跳行入白衣舍，应当学。

10. Na ukhittakāya antaraghare nisidissāmī'ti, sikkhā karaṇiyā.

*I shall not sit with robes hitched up in inhabited areas;
this is a training to be observed.*

不得跳行入白衣舍坐，应当学。

11. Na ujjagghikāya antaraghare gamissāmī'ti, sikkhā karaṇiyā.

*I shall not go laughing loudly in inhabited areas;
this is a training to be observed.*

不得戏笑行入白衣舍，应当学。

12. Na ujjagghikāya antaraghare nisidissāmī'ti, sikkhā karaṇīyā.

*I shall not sit laughing loudly in inhabited areas;
this is a training to be observed.*

不得戏笑行入白衣舍坐，应当学。

13. Appasaddo antaraghare gamissāmī'ti, sikkhā karaṇīyā.

*I shall go with little sound in inhabited areas;
this is a training to be observed.*

应要静默入白衣舍，应当学。

14. Appasaddo antaraghare nisidissāmī'ti, sikkhā karaṇīyā.

*I shall sit with little sound in inhabited areas;
this is a training to be observed.*

应要静默入白衣舍坐，应当学。

15. Na kāyappacālakam antaraghare gamissāmī'ti, sikkhā karaṇīyā.

*I shall not go fidgeting (swaggering, staggering) the body in
inhabited areas; this is a training to be observed.*

不得摇身行入白衣舍，应当学。

16. Na kāyappacālakam antaraghare nisidissāmī'ti, sikkhā karaṇīyā.

*I shall not sit fidgeting (swaggering, staggering) the body in
inhabited areas; this is a training to be observed.*

不得摇身行入白衣舍坐，应当学。

17. Na bāhuppacālakam antaraghare gamissāmī'ti, sikkhā karaṇīyā.

*I shall not go fidgeting (swinging) the arms in inhabited areas;
this is a training to be observed.*

不得摇动手臂行入白衣舍，应当学。

18. Na bāhuppacālakam antaraghare nisidissāmī'ti, sikkhā karaṇīyā.

I shall not sit fidgeting (swinging) the arms in inhabited areas; this is a training to be observed.

不得摇动手臂行入白衣舍坐，应当学。

19. Na sīsappacālakam antaraghare gamissāmī'ti, sikkhā karaṇīyā.

I shall not go fidgeting (shaking, drooping) the head in inhabited areas; this is a training to be observed.

不得垂头入白衣舍，应当学。

20. Na sīsappacālakam antaraghare nisidissāmī'ti, sikkhā karaṇīyā.

I shall not sit fidgeting (shaking, drooping) the head in inhabited areas; this is a training to be observed.

不得垂头入白衣舍坐，应当学。

21. Na khambhakato antaraghare gamissāmī'ti, sikkhā karaṇīyā.

I shall not go with arms akimbo in inhabited areas; this is a training to be observed.

不得叉腰入白衣舍，应当学。

22. Na khambhakato antaraghare nisidissāmī'ti, sikkhā karaṇīyā.

I shall not sit with arms akimbo in inhabited areas; this is a training to be observed.

不得叉腰入白衣舍坐，应当学。

23. Na oguṇṭhito antaraghare gamissāmī'ti, sikkhā karaṇīyā.

I shall not go with head covered in inhabited areas; this is a training to be observed.

不得遮盖头部入白衣舍，应当学。

24. Na oguṇṭhito antaraghare nisidissāmī'ti, sikkhā karaṇīyā.

*I shall not sit with head covered in inhabited areas;
this is a training to be observed.*

不得遮盖头部入白衣舍坐，应当学。

25. Na ukkuṭikāya antaraghare gamissāmī'ti, sikkhā karaṇīyā.

*I shall not go walking on toes or heels in inhabited areas;
this is a training to be observed.*

不得用足趾步入白衣舍，应当学。

26. Na pallatthikāya antaraghare nisidissāmī'ti, sikkhā karaṇīyā.

*I shall not sit clasping the knees in inhabited areas;
this is a training to be observed.*

不得在白衣舍内蹲坐，应当学。

SAMMATIMSA BHOJANAPATISAMYUTTĀ
THE GROUP OF THIRTY RULES ON FOOD
三十饭食戒

27. **Sakkaccam piṇḍapatam paṭiggahessāmī'ti,
 sikkhā karaṇiyā.**

(1)

*I shall accept alms-food appreciatively;
 this is a training to be observed.*

用感恩心受食，应当学。

28. **Pattasaññi piṇḍapatam paṭiggahessāmī'ti,
 sikkhā karaṇiyā.**

(2)

*I shall accept alms-food with attention on the bowl;
 this is a training to be observed.*

用意于钵受食，应当学。

29. **Samasūpakam piṇḍapatam paṭiggahessāmī'ti,
 sikkhā karaṇiyā.**

(3)

*I shall accept alms-food with other food in proportion
 (that is, in the proportion of one part in four to the rice);
 this is a training to be observed.*

饭与四份一菜肴受食，应当学。

30. **Samatittikam piṇḍapatam paṭiggahessāmī'ti,
 sikkhā karaṇiyā.**

(4)

*I shall accept alms-food level with the edge (of the bowl);
 this is a training to be observed.*

平钵受食，应当学。

31. Sakkaccaṁ piṇḍapataṁ bhuñjissāmī'ti, sikkhā karaṇīyā. (5)

*I shall eat the alms-food appreciatively;
this is a training to be observed.*

用感恩心以食，应当学。

32. Pattasaññī piṇḍapataṁ bhuñjissāmī'ti, sikkhā karaṇīyā. (6)

*I shall eat the alms-food with attention on the bowl;
this is a training to be observed.*

用意以钵受食，应当学。

33. Sapadānam piṇḍapataṁ bhuñjissāmī'ti, sikkhā karaṇīyā. (7)

*I shall eat the alms-food evenly;
this is a training to be observed.*

不择食，应当学。

34. Samasūpakam piṇḍapataṁ bhuñjissāmī'ti, sikkhā karaṇīyā. (8)

*I shall eat the alms-food with curry in proportion;
this is a training to be observed.*

食以饭菜平均，应当学。

35. Na thūpakato omadditvā piṇḍapataṁ bhuñjissāmī'ti,
sikkhā karaṇīyā. (9)

*I shall not eat the alms-food working down from the top;
this is a training to be observed.*

不食直落菜肴，应当学。

36. Na sūpaṁ vā byañjanam vā odanena paṭicchādessāmi
bhiyyokamyatam upādāyā'ti, sikkhā karaṇīyā. (10)

*I shall not hide curry and other food with rice out of desire
to get more; this is a training to be observed.*

不得以饭掩盖菜肴望求多取，应当学。

37. Na sūpam vā odanam vā agilāno attano atthāya
viññapetvā bhuñjissāmī'ti, sikkhā karaṇiyā. (11)

I shall not, unless sick, ask for curry or rice for my own benefit and eat it; this is a training to be observed.

若比丘无病，不得为己多索羹饭，应当学。

38. Na ujjhanasaññī paresam pattam olokessāmī'ti,
sikkhā karaṇiyā. (12)

I shall not look finding fault with another's bowl; this is a training to be observed.

不得食彼坐钵中，应当学。

39. Nātimahantam kavalam karissāmī'ti,
sikkhā karaṇiyā. (13)

I shall not make up an extra-large mouthful; this is a training to be observed.

不得张大口吃饭，应当学。

40. Parimanḍalam ālopam karissāmī'ti,
sikkhā karaṇiyā. (14)

I shall make up a round mouthful; this is a training to be observed.

要张圆口吃饭，应当学。

41. Na anāhaṭe kavaṭe mukhadvaram vivarissāmī'ti,
sikkhā karaṇiyā. (15)

I shall not open the mouth before the food is brought to it; this is a training to be observed.

不得张口待饭食，应当学。

42. Na bhuñjamāno sabbam̄ hattam̄ mukhe pakkhipissāmī'ti,
sikkhā karaṇīyā. (16)

*I shall not put all the fingers into the mouth when eating;
this is a training to be observed.*

食时不得将手指放入口内，应当学。

43. Na sakavalena mukhena byāharissāmī'ti,
sikkhā karaṇīyā. (17)

*I shall not speak with the mouth full;
this is a training to be observed.*

口满饭食不得言语，应当学。

44. Na piñḍukkhepakam̄ bhuñjissāmī'ti, sikkhā karaṇīyā. (18)

*I shall not toss food into the mouth;
this is a training to be observed.*

不得将饭遥掷口中，应当学。

45. Na kavalāvacchedakam̄ bhuñjissāmī'ti, sikkhā karaṇīyā. (19)

*I shall not bite upon a lump of rice;
this is a training to be observed.*

不得大咬饭团，应当学。

46. Na avagañḍakārakam̄ bhuñjissāmī'ti, sikkhā karaṇīyā. (20)

*I shall not eat in large mouthfuls (with cheeks bulging);
this is a training to be observed.*

不得颊食，应当学。

47. Na hatthaniddhūnakam̄ bhuñjissāmī'ti, sikkhā karaṇīyā. (21)

*I shall not eat shaking the hand about;
this is a training to be observed.*

不得振手食，应当学。

48. Na sitthāvakārakam bhuñjissāmī'ti, sikkhā karaṇīyā. (22)

*I shall not eat scattering rice about;
this is a training to be observed.*

食时不得使饭散落，应当学。

49. Na jivhānicchārakam bhuñjissāmī'ti, sikkhā karaṇīyā. (23)

*I shall not eat putting the tongue out;
this is a training to be observed.*

不得舌舔口外食，应当学。

50. Na capucapukārakam bhuñjissāmī'ti, sikkhā karaṇīyā. (24)

*I shall not eat making a “capucapu” sound;
this is a training to be observed.*

不得嚼饭作声食，应当学。

51. Na surusurukārakam bhuñjissāmī'ti, sikkhā karaṇīyā. (25)

*I shall not eat making a sucking sound;
this is a training to be observed.*

不得作吸声饭食，应当学。

52. Na hatthanillehakam bhuñjissāmī'ti, sikkhā karaṇīyā. (26)

*I shall not eat cleaning (or licking) the hand;
this is a training to be observed.*

不得以舌舔手，应当学。

53. Napatthanillehakam bhuñjissāmī'ti, sikkhā karaṇīyā. (27)

*I shall not eat cleaning (or scraping) the bowl
(with the fingers); this is a training to be observed.*

不得以手刮抓钵食，应当学。

54. Na oṭṭhanillehakam bhuñjissāmī'ti, sikkhā karaṇiyā. (28)

*I shall not eat cleaning (licking) the lips (with the tongue);
this is a training to be observed.*

不得以舌舔唇，应当学。

55. Na sāmisena hatthena pānīyathālakam paṭiggahessāmī'ti,
sikkhā karaṇiyā. (29)

*I shall not accept a drinking-water pot with a hand
soiled by food; this is a training to be observed.*

不得以沾饭手受水壶，应当学。

56. Na sasitthakam pattadhovanam antaraghare chāttessāmī'ti,
sikkhā karaṇiyā. (30)

*I shall not, in an inhabited area, throw away
bowl-washing water which has rice grains in it;
this is a training to be observed.*

不得将洗钵水弃白衣舍内，应当学。

SOLASA DHAMMADESANĀPATISAMYUTTA

THE GROUP OF SIXTEEN RULES ON
TEACHING THE DHAMMA

十六种说法

57. Na chattapāṇissa agilānassa dhammāṁ desissāmī'ti,
sikkhā karaṇīyā. (1)

I shall not teach the Dhamma to one with an umbrella in his hand and who is not sick; this is a training to be observed.
不得为无病手持伞者说法，应当学。

58. Na dandapāṇissa agilānassa dhammāṁ desissāmī'ti,
sikkhā karaṇīyā. (2)

I shall not teach the Dhamma to one with a staff in his hand and who is not sick; this is a training to be observed.
不得为无病手持杖者说法，应当学。

59. Na satthapāṇissa agilānassa dhammāṁ desissāmī'ti,
sikkhā karaṇīyā. (3)

I shall not teach the Dhamma to one with a knife in his hand and who is not sick; this is a training to be observed.
不得为无病手持刀者说法，应当学。

60. Na āvudhapāṇissa agilānassa dhammāṁ desissāmī'ti,
sikkhā karaṇīyā. (4)

I shall not teach the Dhamma to one with a weapon in his hand and who is not sick; this is a training to be observed.
不得为无病手持武器者说法，应当学。

61. **Na pādukāruṇhassa agilānassa dhammāṁ desissāmī’ti,
sikkhā karaṇīyā.** (5)

*I shall not teach the Dhamma to one wearing wooden
sandals and who is not sick; this is a training to be observed.
不得为无病着木屐者说法，应当学。*

62. **Na upāhanāruṇhassa agilānassa dhammāṁ desissāmī’ti,
sikkhā karaṇīyā.** (6)

*I shall not teach the Dhamma to one wearing footwear and
who is not sick; this is a training to be observed.
不得为无病着革屣者说法，应当学。*

63. **Na yānagatassa agilānassa dhammāṁ desissāmī’ti,
sikkhā karaṇīyā.** (7)

*I shall not teach the Dhamma to one in a vehicle and
who is not sick; this is a training to be observed.
不得为无病骑乘者说法，应当学。*

64. **Na sayanagatassa agilānassa dhammāṁ desissāmī’ti,
sikkhā karaṇīyā.** (8)

*I shall not teach the Dhamma to one on a couch and
who is not sick; this is a training to be observed.
不得为无病坐长椅者说法，应当学。*

65. **Na pallatthikāya nisinnassa agilānassa dhammāṁ
desissāmī’ti, sikkhā karaṇīyā.** (9)

*I shall not teach the Dhamma to one who sits clasping the
knees and who is not sick; this is a training to be observed.
不得为无病屈脚坐者说法，应当学。*

66. **Na vēṭhitasīsassa agilānassa dhammam desissāmī'ti,
sikkhā karaṇiyā.** (10)

*I shall not teach the Dhamma to one wearing
a head-wrapping and who is not sick;
this is a training to be observed.*

不得为无病缠头者说法，应当学。

67. **Na oguṇṭhitasīsassa agilānassa dhammam desissāmī'ti,
sikkhā karaṇiyā.** (11)

*I shall not teach the Dhamma to one with
his head covered and who is not sick;
this is a training to be observed.*

不得为无病包头者说法，应当学。

68. **Na chamāyam nisīditvā āsane nisinnassa agilānassa
dhammam desissāmī'ti, sikkhā karaṇiyā.** (12)

*I shall not, while sitting on the ground,
teach the Dhamma to one sitting on a high seat
and who is not sick;
this is a training to be observed.*

不得为无病在高坐者说法，应当学。

69. **Na nīce āsane nisīditvā ucce āsane nisinnassa agilānassa
dhammam desissāmī'ti, sikkhā karaṇiyā.** (13)

*I shall not, while sitting on a low seat,
teach the Dhamma to one sitting on a high seat and
who is not sick; this is a training to be observed.*

不得为无病在高座者，我在下座说法，应当学。

70. Na ṭhito nisinnassa agilānassa dhammam desissāmī'ti,
sikkhā karaṇiyā. (14)

*I shall not, while standing, teach the Dhamma to
one sitting and who is not sick;
this is a training to be observed.*

不得为无病坐在者，我站起说法，应当学。

71. Na pacchato gacchanto purato gacchantassa agilānassa
dhammam desissāmī'ti, sikkhā karaṇiyā. (15)

*I shall not, while walking behind,
teach the Dhamma to one walking in front and
who is not sick; this is a training to be observed.*

不得为无病行前者，我在后说法，应当学。

72. Na uppathena gacchanto pathena gacchantassa
agilānassa dhammam desissāmī'ti, sikkhā karaṇiyā. (16)

*I shall not, while walking beside a path,
teach the Dhamma to one walking on the path and
who is not sick; this is a training to be observed.*

不得为无病高径行处者，我在下径行处说法，
应当学。

TAYO PAKINNAKĀ
THE THREE MISCELLANEOUS RULES
 三项种种

73. Na ṭhito agilāno uccāram vā passāvam vā karissāmī'ti,
 sikkhā karaṇīyā.

(1)

I shall not, when not sick, defecate or urinate while standing up; this is a training to be observed.

无病不得站着大小便，应当学。

74. Na harite agilāno uccāram vā passāvam vā khelam va
 karissāmī'ti, sikkhā karaṇīyā.

(2)

I shall not, when not sick, defecate or urinate or spit on green plants; this is a training to be observed.

无病不得在草上大小便、涕唾，应当学。

75. Na udate agilāno uccāram vā passāvam vā khelam va
 karissāmī'ti, sikkhā karaṇīyā.

(3)

I shall not, when not sick, defecate or urinate or spit into water; this is a training to be observed.

无病不得在净水中大小便、涕唾，应当学。