

C O N T E N T S 目 錄

Devārādhanā 邀請諸天 <i>Inviting the Deities</i>	1
Vandanā 禮敬佛陀 <i>Homage [to the Buddha]</i>	1
DAILY REMINDER 每日憶念	
Sambodhi Udāna 正覺自說語	
<i>Inspired Utterance [after] Self-Awakening</i>	1
Paṭiccasamuppāda 緣起法 <i>Dependent Arising</i>	2
Venerable Assajī's teaching to Venerable Sāriputta	
阿說示尊者給予舍利弗尊者的教導.....	6
Paccayā 二十四緣 <i>[Twenty-Four] Conditions</i>	6
Buddhānussati 佛隨念 <i>Contemplation of the Buddha</i>	8
Dhammānussati 法隨念 <i>Contemplation of the Dhamma</i>	8
Saṅghānussati 僧隨念 <i>Contemplation of the Saṅgha</i>	9
PARITTA SAJJHĀYANA 護衛念誦 PROTECTION RECITATIONS	
Mahā-maṅgala Sutta 大吉祥經 <i>Discourse on Great Blessings</i>	10
Ratana Sutta 寶經 <i>Discourse on the [Three] Jewels</i>	13
Karaṇīya Mettā Sutta 應行慈愛經	
<i>Discourse on Loving-Kindness to be Done</i>	17
Khandha Sutta 蘊護衛經	
<i>Discourse on [Protection of] Aggregates</i>	19
Jaya-maṅgala Gāthā 勝利吉祥偈	
<i>Verses on the Blessings of Triumph</i>	21
Jaya Paritta 勝利護衛 <i>Victory Protection</i>	23
SUTTA 經 DISCOURSES	
Dhammadakkappavattana Sutta 轉法輪經	
<i>Discourse on Turning the Wheel of Dhamma</i>	25
Anattalakkhaṇa Sutta 無我相經	
<i>Discourse on Not-Self Characteristic</i>	31
Āditta Sutta 燃燒經 <i>The Fire Sermon</i>	36
Aṅgulimāla Paritta 指鬘護衛 <i>The Aṅgulimāla Protection</i>	39
Bojjhaṅga Sutta 覺支經	
<i>The Discourse on the Factors of Enlightenment</i>	40

DEVĀSIKA PACCAVEKKHANA 每日省思 DAILY REFLECTIONS	
Ovāda-pātimokkha Gāthā 巴替摩卡教誠偈	
<i>Exhorting the Obligation Verses</i>	41
Bhaddekaratta Gāthā 賢善一夜偈	
<i>Verses on 'An Auspicious Night'</i>	42
Dasadhammā Sutta 十法經 <i>Discourse on Ten Dhammas</i>	43
Catupaccavekkhaṇā 四種省思 <i>Four [Requisites] Contemplation</i>	
Cīvara 裳裟 <i>Robe</i>	45
Piṇḍapāta 鉢食 <i>Almsfood</i>	46
Senāsana 住所 <i>Dwelling</i>	46
Gilana 醫藥 <i>Medicine</i>	47
PATTHANĀ & ANUMODANĀ 發願與回向 ASPIRATIONS...	
Abhaya Gāthā 無畏偈 <i>Verses for Fearlessness</i>	47
Subha-patthanā & Paritta 祝福與護衛 <i>Blessings & Protection</i>	48
Puññānumodanā 隨喜所累積的功德	
<i>Rejoicing in the Merit [Accrued]</i>	51
Accaya Vivaraṇa 祈求寬恕 <i>Asking for Forgiveness</i>	52
Patthanā 發願 <i>Aspirations</i>	53
Sugatovāda 善逝教誠 <i>Exhortation of the Well-Fared One</i>	53
Tathāgatassa pacchimā vācā 如來最後的話	
<i>The Tathāgata's Last Speech</i>	54
Asking for Forgiveness & Rejoicing in Merit	
分享功德與互相原諒.....	54
STANZAS ... AFTER THE PĀTIMOKKHA 誦戒後念誦的偈	
Mettā 慈愛 <i>Loving-Kindness</i>	55
Āsīsa-patthanā 發願 <i>Aspirations</i>	57
GAHATṬHA SĪLA 在家戒 LAITY PRECEPTS	
Pañca Sīla 五戒 <i>Five Precepts</i>	59
Ājīva-attamaka Sīla 活命八戒	
<i>Eight Precepts with Livelihood as the Eighth</i>	61
Attāṅga-uposatha Sīla 布薩八戒 <i>Uposatha Eight Precepts</i>	64
BUDDHA PŪJĀ 供佛 OFFERING TO THE BUDDHA	
Cetiya Vandanā 禮敬塔等 <i>Salutation to the Cetiya etc</i>	67
Bodhi Vandanā 禮敬菩提樹 <i>Salutation to the Bodhi Tree</i>	67
Ārādhanā & Pūjā 邀請與供養 <i>Invitation & Offering</i>	68
Buddha Vandanā 禮敬佛陀 <i>Homage to the Buddha</i>	71
Dhamma Vandanā 禮敬法 <i>Homage to the Dhamma</i>	72
Saṅgha Vandanā 禮敬僧 <i>Homage to the Saṅgha</i>	73
DĀNĀNUMODANA GĀTHĀS 隨喜功德偈 REJOICING IN...	
Dānānumodana-gāthās 隨喜功德偈 <i>Rejoicing in Offerings</i>	74