

## Pañca Sīla 盤加西臘

### Five Precepts 五戒

#### Ārādhana 阿拉達那

#### Requesting 請求

Ahaṃ, bhante, tisaraṇena saha pañca-sīlaṃ\*  
dhammaṃ yācāmi, anuggahaṃ katvā sīlaṃ  
detha me, bhante.

阿寒 班爹 梯沙拉內那 沙哈 潘恰希郎  
當芒 呀恰咪 阿怒尅航 喀駝哇 希郎  
爹踏 梅 班爹

*Excuse me, may I, Venerable Sir, observe the Five  
Precepts together with the three Refuges, Venerable  
Sir, please have compassion on me and grant me the  
Precepts.*

尊者，我乞求三歸和五戒法。尊者，請慈悲  
我授戒給我！

Dutiyam'pi, ahaṃ, bhante...

Tatīyam'pi, ahaṃ, bhante...

督地央畢 阿寒 班爹……

搭地央畢 阿寒 班爹……

*For the second time, may I...*

*For the third time, may I...*

尊者，我第二次乞求……

尊者，我第三次乞求……

Bhante: Yamahaṃ vadāmi taṃ vadehi  
(vadetha).\*

班貼：亞馬航 瓦達米 堂 瓦爹喜(瓦爹他)

*Monk: What I recite you (your) follow.*

尊者：我唸什麼你（們）也跟著唸。

Upāsake: Āma, bhante.

無叭薩給：阿罵 班爹

*Laity: Yes, Venerable Sir.*

居士：是的，尊者。

#### Tisaraṇa 提薩拉那

#### Three Refuges 三歸依

Namo tassa Bhagavato, Arahato Sammā-  
sambuddhassa. (x3)

那摩 達沙 拍卡哇多 阿腊哈多 三瑪三不達沙

*Homage to that Blessed One, the Arahant and  
Perfect Self-Awakened One.*

禮敬世尊、阿羅漢、圓滿自覺者。

Buddhaṃ saraṇaṃ gacchāmi.

Dhammaṃ saraṇaṃ gacchāmi.

Saṅghaṃ saraṇaṃ gacchāmi.

菩當 沙拉朗 嘎恰咪

當芒 沙拉朗 嘎恰咪

桑港 沙拉朗 嘎恰咪

*I go to the Buddha as my refuge.*

*I go to the Dhamma as my refuge.*

*I go to the Saṅgha as my refuge.*

我歸依佛。

我歸依法。

我歸依僧。

\* 如果受持梵行五戒則將 pañca-sīlaṃ 改唸 brahmacariya-pañcama sīlaṃ。

\* 如果受戒者超過一位，則唸：vadetha（你們說）。

Dutiyam'pi Buddhāṃ saraṇaṃ gacchāmi.  
Dutiyam'pi Dhammaṃ saraṇaṃ gacchāmi.  
Dutiyam'pi Saṅghaṃ saraṇaṃ gacchāmi.

督地央畢 菩當 沙拉朗 嘎恰咪  
督地央畢 當芒 沙拉朗 嘎恰咪  
督地央畢 桑港 沙拉朗 嘎恰咪

Tatīyam'pi Buddhāṃ saraṇaṃ gacchāmi.  
Tatīyam'pi Dhammaṃ saraṇaṃ gacchāmi.  
Tatīyam'pi Saṅghaṃ saraṇaṃ gacchāmi.

搭地央畢 菩當 沙拉朗 嘎恰咪  
搭地央畢 當芒 沙拉朗 嘎恰咪  
搭地央畢 桑港 沙拉朗 嘎恰咪

Bhante: Tisaraṇagamaṇaṃ paripuṇṇaṃ.  
班貼: 提薩拉那伽馬囊 臥力扑囊

Upāsake: Āma, bhante.  
无臥薩給: 阿罵 班爹

*For the second time, I go to the Buddha as my refuge. For the second time, I go to the Dhamma as my refuge. For the second time, I go to the Saṅgha as my refuge.*

第二次我歸依佛。第二次我歸依法。第二次我歸依僧。

*For the third time, I go to the Buddha as my refuge. For the third time, I go to the Dhamma as my refuge. For the third time, I go to the Saṅgha as my refuge.*

第三次我歸依佛。第三次我歸依法。第三次我歸依僧。

*Monk: The Three Refuges are complete.*  
尊者: 三歸依已經圓滿。

*Laity: Yes, Venerable Sir.*  
居士: 是的, 尊者。

### Pañca Sīla 盤擦 西臘 Five Precepts 五戒

Pāṇātipātā veramaṇī sikkhāpadaṃ samādiyāmi.  
帕那梯怕它 威拉麻尼 希喀帕當 沙麻低牙米

*I take the precept to abstain from destroying living beings.*  
我受持離殺生學處。

Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi.  
阿釘那搭那 威拉麻尼 希喀帕當 沙麻低牙米

*I take the precept to abstain from stealing.*  
我受持離不與取學處。

Kāmesu micchācārā<sup>\*</sup> veramaṇī sikkhāpadaṃ samādiyāmi.  
咖梅蘇 蜜恰洽拉 威拉麻尼 希喀帕當 沙麻低牙米

*I take the precept to abstain from sexual misconduct.*  
我受持離欲邪行學處。

Musā-vādā veramaṇī sikkhāpadaṃ samādiyāmi.  
木沙哇搭 威拉麻尼 希喀帕當 沙麻低牙米

*I take the precept to abstain from false speech.*  
我受持離虛誑語學處。

Surā-meraya-majja-pamādatṭhānā veramaṇī sikkhāpadaṃ samādiyāmi.  
蘇拉 梅拉呀 嗎架 帕嗎達他那 威拉麻尼 希喀帕當 沙麻低牙米

*I take the precept to abstain from taking anything that causes intoxication or heedlessness.*  
我受持離(飲)放逸原因的穀物酒、花果酒(和)酒精學處。

Idaṃ me puññaṃ āsavakkhayāvaham hotu.  
依當 梅 菩祥 啊薩洼卡呀 洼航 候禿

*May this merit of mine be conducive to the destruction of the [mental] effluents.*  
願我這份功德導向摧毀諸漏。

\* 如果受持梵行五戒則將 Kāmesu micchācārā 改唸 Abrahmacariyā。

Idaṃ me sīlaṃ nibbānassa paccayo hotu.  
依當 梅 西浪 你搬那薩 叭叉喇 候禿

*May this merit of observing precepts a [supportive] condition [for the realization] of Nibbāna.  
願我持戒功德成爲證悟涅槃的助緣。*

Bhante: Tisaraṇena saha pañca-sīlaṃ dhammaṃ  
sādhukaṃ katvā appamādena sampādettha.  
班貼: 提薩拉內那 薩哈 盤擦 西浪 當忙  
薩度抗 卡圖瓦 阿叭馬爹那 三叭爹他

*Monk: Maintaining well the five precepts together with the three refuges, strive on with diligence.  
尊者: 在完全地(受了)三歸和五戒法後, 當不放逸地努力(成就)。*

Upāsake: Āma, bhante.  
无叭薩給: 阿罵 班爹

*Laity: Yes, Venerable Sir.  
居士: 是的, 尊者。*

## Ājīva-aṭṭhamaka Sīla 阿幾瓦阿他馬卡 西臘 *Eight Precepts with Livelihood as the Eighth 活命八戒<sup>†</sup>*

Ārādhana 阿拉達那  
*Requesting 請求*

Ahaṃ, bhante, tisaraṇena saha ājīva-aṭṭhamaka-  
sīlaṃ dhammaṃ yācāmi, anuggahaṃ katvā  
sīlaṃ dettha me, bhante.  
阿寒 班爹 梯沙拉內那 沙哈 阿幾瓦  
阿他馬卡希郎 當芒 呀恰咪  
阿怒尪航 喀駝哇 希郎 爹踏 梅 班爹

*May I, Venerable Sir, observe the Eight Precepts with Livelihood as the Eighth together with the three Refuges, Venerable Sir, please have compassion on me and grant me the Precepts.  
尊者, 我乞求三歸和以活命爲第八的戒法。  
尊者, 請慈悲我授戒給我!*

Dutiyam'pi, ahaṃ, bhante...  
Tatīyam'pi, ahaṃ, bhante...  
督地央畢 阿寒 班爹.....  
搭地央畢 阿寒 班爹.....

*For the second time, may I...  
For the third time, may I...  
尊者, 我第二次乞求.....  
尊者, 我第三次乞求.....*

Bhante: Yamahaṃ vadāmi taṃ vadehi  
(vadetha).  
班貼: 亞馬航 瓦達米 堂 瓦爹喜(瓦爹他)

*Monk: What I recite you (your) follow.  
尊者: 我唸什麼你(們)也跟著唸。*

Upāsake: Āma, bhante.  
無叭薩給: 阿罵 班爹

*Laity: Yes, Venerable Sir.  
居士: 是的, 尊者。*

<sup>†</sup> 活命爲第八的戒(ājīva-aṭṭhamaka-sīla): 這種戒有八條, 由於第八條戒是活命戒, 因此以該戒立名。《清淨道論》(Vism.) 提到活命八戒也可以稱爲「初梵行戒」, 因此它包括了培育聖道最初階段必須實行的戒。

Tisaraṇa 提薩拉那  
Three Refuges 三歸依

Namo tassa Bhagavato, Arahato Sammā-  
sambuddhassa. (x3)  
那摩 达沙 拍卡哇多 阿腊哈多 三玛三不达沙

*Homage to that Blessed One, the Arahant and  
Perfect Self-Awakened One.*  
禮敬世尊、阿羅漢、圓滿自覺者。

Buddhaṃ saraṇaṃ gacchāmi.  
Dhammaṃ saraṇaṃ gacchāmi.  
Saṅghaṃ saraṇaṃ gacchāmi.  
菩当 沙拉朗 嘎恰咪  
當芒 沙拉朗 嘎恰咪  
桑港 沙拉朗 嘎恰咪

*I go to the Buddha as my refuge.  
I go to the Dhamma as my refuge.  
I go to the Saṅgha as my refuge.*  
我歸依佛。  
我歸依法。  
我歸依僧。

Dutiyam'pi Buddhaṃ saraṇaṃ gacchāmi.  
Dutiyam'pi Dhammaṃ saraṇaṃ gacchāmi.  
Dutiyam'pi Saṅghaṃ saraṇaṃ gacchāmi.  
督地央畢 菩當 沙拉朗 嘎恰咪  
督地央畢 當芒 沙拉朗 嘎恰咪  
督地央畢 桑港 沙拉朗 嘎恰咪

*For the second time, I go to the Buddha as my  
refuge. For the second time, I go to the Dhamma as  
my refuge. For the second time, I go to the Saṅgha  
as my refuge.*  
第二次我歸依佛。第二次我歸依法。第二次  
我歸依僧。

Tatīyam'pi Buddhaṃ saraṇaṃ gacchāmi.  
Tatīyam'pi Dhammaṃ saraṇaṃ gacchāmi.  
Tatīyam'pi Saṅghaṃ saraṇaṃ gacchāmi.  
搭地央畢 菩當 沙拉朗 嘎恰咪  
搭地央畢 當芒 沙拉朗 嘎恰咪  
搭地央畢 桑港 沙拉朗 嘎恰咪

*For the third time, I go to the Buddha as my refuge.  
For the third time, I go to the Dhamma as my  
refuge. For the third time, I go to the Saṅgha as my  
refuge.*  
第三次我歸依佛。第三次我歸依法。第三次  
我歸依僧。

Bhante: Tisaraṇagamaṇaṃ paripuṇṇaṃ.  
班貼: 提薩拉那伽馬囊 臥力扑囊

*Monk: The Three Refuges are complete.*  
尊者：三歸依已經圓滿。

Upāsake: Āma, bhante.  
无臥薩給: 阿罵 班爹

*Laity: Yes, Venerable Sir.*  
居士：是的，尊者。

Ājīva-aṭṭhamaka Sīla 阿幾瓦阿他馬卡 西臘  
Eight Precepts with Livelihood as the Eighth 活命八戒

Pāṇātipātā veramaṇī sikkhāpadaṃ samādiyāmi.  
帕那梯怕它 威拉麻尼 希喀帕當 沙麻低牙米

*I take the precept to abstain from destroying living  
beings.*  
我受持離殺生學處。

Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi.  
阿釘那搭那 威拉麻尼 希喀帕當 沙麻低牙米

*I take the precept to abstain from stealing.*  
我受持離不與取學處。

Kāmesu micchācārā veramaṇī sikkhāpadaṃ  
samādiyāmi.  
咖梅蘇 蜜恰洽拉 威拉麻尼 希喀帕當 沙麻低牙米

*I take the precept to abstain from sexual  
misconduct.*  
我受持離欲邪行學處。

Musā-vādā veramaṇī sikkhāpadaṃ samādiyāmi.  
木沙哇搭 威拉麻尼 希喀帕當 沙麻低牙米

*I take the precept to abstain from false speech.  
我受持離虛誑語學處。*

Pisuṇā-vācā veramaṇī sikkhāpadaṃ samādiyāmi.  
皮素那瓦恰 威拉麻尼 希喀帕當 沙麻低牙米

*I take the precept to abstain from slandering speech.  
我受持離離間語學處。*

Pharusāvācā veramaṇī sikkhāpadaṃ samādiyāmi.  
叭路薩瓦恰 威拉麻尼 希喀帕當 沙麻低牙米

*I take the precept to abstain from harsh speech.  
我受持離粗惡語學處。*

Samhappalāpa veramaṇī sikkhāpadaṃ samādiyāmi.  
三叭爬拉爬 威拉麻尼 希喀帕當 沙麻低牙米

*I take the precept to abstain from idle speech.  
我受持離說廢話學處。*

Miccha-ājīva veramaṇī sikkhāpadaṃ samādiyāmi.  
米查阿幾瓦 威拉麻尼 希喀帕當 沙麻低牙米

*I take the precept to abstain from wrong livelihood.  
我受持離邪命<sup>‡</sup>學處。*

Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu.  
依當 梅 菩样 啊萨洼卡呀 洼航 候秃

*May this merit of mine be conducive to the  
destruction of the [mental] effluents.  
願我這份功德導向摧毀諸漏。*

Idaṃ me sīlaṃ nibbānassa paccayo hotu.  
依當 梅 西浪 你搬那薩 叭叉啲 候秃

*May this merit of observing precepts a condition [for  
the realization] of Nibbāna.  
願我持戒功德成爲證悟涅槃的助緣。*

Bhante: Tisaraṇena saha ājīva-aṭṭhamaka-sīlaṃ  
dhammaṃ sādhukaṃ surakkhitaṃ katvā  
appamādena sampādetha.  
班貼: 提薩拉內那 薩哈 阿几瓦 阿他馬卡  
西浪 当忙 萨度抗 素拉其堂 卡图瓦  
阿叭馬爹那 三叭爹他

*Monk: Maintaining well the eight precepts with  
livelihood as the eighth together with the three  
refuges, strive on with diligence.  
尊者: 在完全地守護了三歸和以活命爲第八  
的戒法後, 當不放逸地努力(成就)。*

Upāsake: Āma, bhante.  
无叭萨给: 阿罵 班爹

*Laity: Yes, Venerable Sir.  
居士: 是的, 尊者。*

<sup>‡</sup>邪命是指用不正當的言語或行爲來取得財物、維持生活, 如: 殺生、偷盜或說謊話等。這也包括五種不道德的買賣, 即: 武器買賣、人口買賣、供屠宰牲畜的買賣、酒等迷醉品的買賣、毒藥的買賣。

## Aṭṭhaṅga-uposatha Sīla 阿湯伽伍波薩他 西臘 Uposatha Eight Precepts 布薩八戒

Ārādhana 阿拉達那

*Requesting* 請求

Ahaṃ, bhante, tisaraṇena saha aṭṭhaṅga  
samannāgataṃ uposatha-sīlaṃ dhammaṃ  
yācāmi, anuggahaṃ katvā sīlaṃ detha me,  
bhante.

阿寒 班爹 梯沙拉內那 沙哈 阿湯伽  
薩滿那伽堂 伍波薩他希郎 當芒 呀恰咪  
阿怒趁航 喀駝哇 希郎 爹踏 梅 班爹

*May I, Venerable Sir, observe the Uposatha Eight  
Precepts with the three Refuges, Venerable Sir,  
please have compassion on me and grant me the  
Precepts.*

尊者，我乞求三歸和具有八支的布薩戒法。  
尊者，請慈悲我授戒給我！

Dutiyam'pi, ahaṃ, bhante...

Tatīyam'pi, ahaṃ, bhante...

督地央畢 阿寒 班爹……

搭地央畢 阿寒 班爹……

*For the second time, may I...*

*For the third time, may I...*

尊者，我第二次乞求……

尊者，我第三次乞求……

Bhante: Yamahaṃ vadāmi taṃ vadehi  
(vadetha).<sup>m</sup>

班貼：亞馬航 瓦達米 堂 瓦爹喜(瓦爹他)

*Monk: What I recite you (your) follow.*

尊者：我唸什麼你（們）也跟著唸。

Upāsake: Āma, bhante.

無趴薩給：阿罵 班爹

*Laity: Yes, Venerable Sir.*

居士：是的，尊者。

Tisaraṇa 提薩拉那

*Three Refuges* 三歸依

Namo tassa Bhagavato, Arahato Sammā-  
sambuddhassa. (x3)

那摩 達沙 拍卡哇多 阿腊哈多 三玛三不达沙

*Homage to that Blessed One, the Arahant and  
Perfect Self-Awakened One.*

禮敬世尊、阿羅漢、圓滿自覺者。

Buddhaṃ saraṇaṃ gacchāmi.

Dhammaṃ saraṇaṃ gacchāmi.

Saṅghaṃ saraṇaṃ gacchāmi.

菩当 沙拉朗 嘎恰咪

當芒 沙拉朗 嘎恰咪

桑港 沙拉朗 嘎恰咪

*I go to the Buddha as my refuge.*

*I go to the Dhamma as my refuge.*

*I go to the Saṅgha as my refuge.*

我歸依佛。

我歸依法。

我歸依僧。

<sup>m</sup>如果受戒者超過一位，則唸：vadetha（你們說）。

Dutiyam'pi Buddhāṃ saraṇaṃ gacchāmi.  
Dutiyam'pi Dhammaṃ saraṇaṃ gacchāmi.  
Dutiyam'pi Saṅghaṃ saraṇaṃ gacchāmi.

督地央畢 菩當 沙拉朗 嘎恰咪  
督地央畢 當芒 沙拉朗 嘎恰咪  
督地央畢 桑港 沙拉朗 嘎恰咪

Tatīyam'pi Buddhāṃ saraṇaṃ gacchāmi.  
Tatīyam'pi Dhammaṃ saraṇaṃ gacchāmi.  
Tatīyam'pi Saṅghaṃ saraṇaṃ gacchāmi.

搭地央畢 菩當 沙拉朗 嘎恰咪  
搭地央畢 當芒 沙拉朗 嘎恰咪  
搭地央畢 桑港 沙拉朗 嘎恰咪

Bhante: Tisaraṇagamanāṃ paripuṇṇaṃ.

班貼: 提薩拉那伽馬囊 臥力扑囊

Upāsake: Āma, bhante.

无臥薩給: 阿罵 班爹

*For the second time, I go to the Buddha as my refuge. For the second time, I go to the Dhamma as my refuge. For the second time, I go to the Saṅgha as my refuge.*

第二次我歸依佛。第二次我歸依法。第二次我歸依僧。

*For the third time, I go to the Buddha as my refuge. For the third time, I go to the Dhamma as my refuge. For the third time, I go to the Saṅgha as my refuge.*

第三次我歸依佛。第三次我歸依法。第三次我歸依僧。

*Monk: The Three Refuges are complete.*

尊者: 三歸依已經圓滿。

*Laity: Yes, Venerable Sir.*

居士: 是的, 尊者。

### Atṭhaṅga-uposatha Sila 阿湯伽伍波薩他 西臘 Uposatha Eight Precepts 布薩八戒

Pāṇātipātā veramaṇī sikkhāpadaṃ samādiyāmi.  
帕那梯怕它 威拉麻尼 希喀帕當 沙麻低牙米

*I take the precept to abstain from destroying living beings.*

我受持離殺生學處。

Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi.  
阿釘那搭那 威拉麻尼 希喀帕當 沙麻低牙米

*I take the precept to abstain from stealing.*

我受持離不與取學處。

Abrahmacariyā veramaṇī sikkhāpadaṃ samādiyāmi.  
阿巴馬渣力亞 威拉麻尼 希喀帕當 沙麻低牙米

*I take the precept to abstain from unchaste conduct.*

我受持離非梵行學處。

Musā-vādā veramaṇī sikkhāpadaṃ samādiyāmi.  
木沙哇搭 威拉麻尼 希喀帕當 沙麻低牙米

*I take the precept to abstain from false speech.*

我受持離虛誑語學處。

Surā-meraya-majja-pamādaṭṭhānā veramaṇī  
sikkhāpadaṃ samādiyāmi.

蘇拉 梅拉呀 嗎架 帕嗎達他那 威拉麻尼  
希喀帕當 沙麻低牙米

*I take the precept to abstain from taking anything that causes intoxication or heedlessness.*

我受持離(飲)放逸原因的穀物酒、花果酒(和)酒精學處。

Vikālabhojanā veramaṇī sikkhāpadaṃ samādiyāmi.  
威伽拉播佳哪 威拉麻尼 希喀帕當 沙麻低牙米

*I take the precept to abstain from taking food at improper time.*

我受持離非時食學處。

Nacca-gīta-vādita-visūkadassanā mālā-gandha-  
vilepana-dhāraṇamaṇḍana-vibhūsanatṭhānā  
veramaṇī sikkhāpadaṃ samādiyāmi.

*I take the precept to abstain from dancing, singing, listening music, seeing show and from wearing garlands, using perfumes and beautifying the body with cosmetics.*

那恰 给它 哇迪塔 威素卡达萨那 马拉 赶达  
威类趴那 达拉那满达那 威不萨那他那  
威拉麻尼 希喀帕当 沙麻低牙米

Uccāsayana-mahāsayanā veramaṇī sikkhā-padaṁ  
samādiyāmi.

伍恰薩亞那 馬哈薩亞那 威拉麻尼 希喀帕當  
沙麻低牙米

Sabbe sattā, sabbe pāṇā, sabbe bhūtā, sabbe  
puggalā, sabbe atta-bhāva-pariyāpannā, sabbā  
itthiyo, sabbe purisā, sabbe ariyā, sabbe anariyā,  
sabbe devā, sabbe manussā, sabbe vinipātikā, averā  
hontu, abyāpajjā hontu, anīghā hontu, sukhī attānaṁ  
pariharantu.

沙貝 沙他、沙貝 趴那、沙貝 布他、沙貝  
布卡拉、沙貝 阿他吧哇 趴利呀般那 沙巴  
依弟喲、沙貝 布利沙、沙貝 阿利呀 沙貝  
阿那利呀、沙貝 爹哇、沙貝 嗎努沙 沙貝  
威尼趴弟卡：阿維拉 洪嘍，阿比呀趴加 洪嘍，  
阿尼咖 洪嘍，書奇 阿他曩 趴利哈然嘍。

Puratthimāya disāya, pacchimāya disāya,  
uttarāya disāya, dakkhiṇāya disāya,  
puratthimāya anudisāya, pacchimāya anudisāya,  
uttarāya anudisāya, dakkhiṇāya anudisāya,  
heṭṭhimāya disāya, uparimāya disāya.

Sabbe sattā, sabbe pāṇā, sabbe bhūtā, sabbe  
puggalā, sabbe atta-bhāva-pariyāpannā, sabbā  
itthiyo, sabbe purisā, sabbe ariyā, sabbe anariyā,  
sabbe devā, sabbe manussā, sabbe vinipātikā, averā  
hontu, abyāpajjā hontu, anīghā hontu, sukhī attānaṁ  
pariharantu.

布拉弟嗎呀 地沙呀、趴齊嗎呀 地沙呀、鳴他拉呀  
地沙呀、大奇那呀 地沙呀、布拉弟嗎呀 阿努地  
沙呀、趴齊嗎呀 阿努地沙呀、鳴他拉呀 阿努地沙  
呀、大奇那呀 阿努地沙呀、嘿弟嗎呀 地沙呀、鳴  
趴利嗎呀 地沙呀，

沙貝 沙他、沙貝 趴那、沙貝 布他、沙貝  
布卡拉、沙貝 阿他吧哇 趴利呀般那 沙巴  
依弟喲、沙貝 布利沙、沙貝 阿利呀 沙貝  
阿那利呀、沙貝 爹哇、沙貝 嗎努沙 沙貝  
威尼趴弟卡：阿維拉 洪嘍，阿比呀趴加 洪嘍，  
阿尼咖 洪嘍，書奇 阿他曩 趴利哈然嘍。

Idaṁ me puññaṁ āsavakkhayāvahaṁ hotu.  
依当 梅 菩样 啊萨洼卡呀 洼航 候秃

我受持離觀（聽）跳舞、唱歌、音樂、表  
演，（以及）戴持、塗抹、莊嚴原因的花  
鬘、香、塗香學處。

I take the precept to abstain from high and  
luxurious beds and seats.

我受持離〔坐臥〕高、大坐臥具學處。

May all beings, all breathing things, all spirit beings, all  
individuals, all self embodied [beings], all women,  
all men, all noble ones, all non-noble ones, all  
deities, all human beings, all beings in the realms of  
suffering: May they be free from enmity, be free from  
affliction, be free from suffering, and may they  
sustain their happiness.

願一切有情、一切有息、一切衆生、一切個  
人、一切自體所屬、一切女人、一切男人、  
一切聖者、一切非聖者、一切神、一切人  
類、一切苦界衆生：願他們脫離仇恨、脫離  
精神上的憂惱、脫離身體上的痛苦、快樂地  
照顧好自己。

In the easterly direction, in the westerly direction, in the  
northerly direction, in the southerly direction, in the  
south-east direction, in the north-west direction, in  
the north-east direction, in the south-west direction,  
in the downward direction, in the upward direction:  
May all beings, all breathing things, all spirit beings, all  
individuals, all self embodied [beings], all women,  
all men, all noble ones, all non-noble ones, all  
deities, all human beings, all beings in the realms of  
suffering: May they be free from enmity, be free from  
affliction, be free from suffering, and may they  
sustain their happiness.

在東方、在西方、在北方、在南方、在東南  
方、在西北方、在東北方、在西南方、在下  
方、在上方，

願一切有情、一切有息、一切衆生、一切個  
人、一切自體所屬、一切女人、一切男人、  
一切聖者、一切非聖者、一切神、一切人  
類、一切苦界衆生：願他們脫離仇恨、脫離  
精神上的憂惱、脫離身體上的痛苦、快樂地  
照顧好自己。

May this merit of mine be conducive to the  
destruction of the [mental] effluents.

願我這份功德導向摧毀諸漏。



Idaṃ me sīlaṃ nibbānassa paccayo hotu.  
依當 梅 西浪 你搬那薩 叭叉啲 候禿

*May this merit of observing precepts be a condition [for the realization] of Nibbāna.*  
願我持戒功德成爲證悟涅槃的助緣。

Bhante: Tisaraṇena saha aṭṭhaṅga samannāgataṃ  
uposatha-sīlaṃ dhammaṃ sādhuṃ katvā  
appamādena sampādettha.

班貼: 提薩拉內那 薩哈 阿湯咖 薩滿那咖堂  
伍波薩他 西浪 當忙 薩度抗 卡圖瓦  
阿叭馬爹那 三叭爹他

*Monk: Maintaining well the Uposatha Eight Precepts together with the three refuges, strive on with diligence.*

尊者: 在完全地(受了)三歸和具有八支的  
布薩戒法後, 當不放逸地努力(成就)。

Upāsake: Āma, bhante.  
无叭薩給: 阿罵 班爹

*Laity: Yes, Venerable Sir.*  
居士: 是的, 尊者。

## Buddha Pūjā 補達 菩嘉 Offering to The Buddha 供佛

Cetiya Vandanā 皆提亞 萬達那  
*Salutation to the Cetiya (shrine) etc.* 禮敬塔等

Vandāmi cetiyaṃ sabbaṃ  
Sabba thānesu patitthitaṃ,  
Sārirīka dhātu-Mahā bodhiṃ  
Buddha-rūpaṃ sakalaṃ-sadā. (x3)  
萬達米 皆提揚 薩幫  
薩八 他內素 叭提堂  
薩里里卡 達圖 馬哈 波定  
補達 路旁 薩卡浪 薩達

*(I) salute every Cetiya (shrine), that may stand in any place, the bodily relics, the Great Bodhi, and all images of the Buddha.*

我至誠禮敬豎立於各處的塔、舍利、大菩提樹、佛像。

Bodhi Vandanā 波帝 萬達那  
*Salutation to the Bodhi Tree* 禮敬菩提樹

Yassa mūle nisinnova  
Sabbāri vijayaṃ akā,  
Patto sabbaññu-taṃ satthā  
Vande taṃ Bodhi pādapaṃ.  
Ime ete mahā Bodhi  
Loka nāthena pūjitā,  
Ahaṃpi te namassāmi  
Bodhi Rājā namatthu te. (x3)  
亞薩 母類 尼新挪瓦 薩八里 V加養  
阿卡 叭陀 薩八叉堂 薩他 萬爹 堂  
波帝 叭達旁 依米 E提 馬哈 波提  
咯卡 那貼那 菩几他 阿航皮 貼  
那馬薩米 波帝 拉加 那馬圖 貼

*Seated at whose base the Teacher overcame all foes, attaining Omniscience, that very Bodhi tree do I venerate. This great tree of Enlightenment, the Lord of the world revered, I too shall salute you. May there be homage to you, O great Bodhi.*

導師坐在它的下面戰勝了一切敵, 證悟了一切知, 我禮敬此菩提樹。這是世間守護者(佛陀)禮敬的大菩提樹, 我也禮敬你。願禮敬你——偉大的菩提樹。

Buddhābhivandanā 補達必 萬達那  
*Salutation to the Buddha* 禮敬佛陀

Namo Tassa Bhagavato, Arahato Sammā-  
 sambuddhassa. (x3)  
 那摩 达沙 拍卡哇多 阿腊哈多 三玛三不达沙

*Homage to that Blessed One, the Arahant and  
 Perfect Self-Awakened One.*  
 禮敬世尊、阿羅漢、圓滿自覺者。

Ārāḍhanā 阿拉達那  
*Invitation* 邀請

Yāvatā Bhagavā loke  
 Tiṭṭheyya tava sāsanaṃ,  
 Tāvātā patigaṇhātu  
 Pūjā lokānukampayā.  
 亚瓦他 八咖瓦 咯给  
 提贴亚 他瓦 萨萨囊  
 他瓦他 趴提干哈图  
 菩加 咯卡努看趴亚

*Blessed One, as long as your sāsana prevails in the  
 world may you, out of compassion for [all beings  
 in] the world, accept [these] offerings.*  
 世尊，只要您的教法還住於世間的時候，願  
 您出於對世間的悲憫而接受供養。

(1) Sittā Pūjā 西他 菩加 *Offering of Candle* 供燈燭

Sittā-telappadittena  
 Dīpena tama-dhamsinā,  
 Tiloka-dīpaṃ Sambuddhaṃ  
 Pūjayāmi tamo-nudaṃ.  
 西他 贴拉趴地贴那  
 地陪那 他马 但西那  
 提咯卡 地旁 三补当  
 菩加亚米 他磨 努当

*With this blazing candle lamp that dispels the  
 darkness I [make an] offering to the All Enlightened  
 One, who is a light [that brightens] the three-worlds  
 and is a destroyer of the darkness [of ignorance].*  
 以這驅除黑暗的燃燒燈燭，我供養滅除（無  
 明）黑暗的三界燈正覺佛陀。

(2) Tela-padīpa Pūjā 提拉趴地趴 菩加 *Offering of Oil Lamp* 供油燈

Gandha-telappadittena  
 Dīpena tama-dhamsinā,  
 Tiloka-dīpaṃ Sambuddhaṃ  
 Pūjayāmi tamo-nudaṃ.  
 赶达 贴拉趴地贴那  
 地陪那 他马 但西那  
 提咯卡 地旁 三补当  
 菩加亚米 他磨 努当

*With this blazing oil lamp that dispels the darkness  
 I [make an] offering to the All Enlightened One, who  
 is a light [that brightens] the three-worlds and is a  
 destroyer of the darkness [of ignorance].*  
 以這驅除黑暗的燃燒油燈，我供養滅除（無  
 明）黑暗的三界燈正覺佛陀。

(3) Sugandhī Pūjā 素感地 菩加 *Offering of Incense* 供香

Sugandhi-kāya-vadanam  
 Ananta-guṇa-gandhinam,  
 Sugandhinā'ham gandhena  
 Pūjayāmi Tathāgataṁ.  
 素赶地 卡亚 瓦达囊  
 阿南他 股那 赶地囊  
 素赶地那航 赶爹那  
 菩加亚米 他它咖堂

*To the Tathāgata, fragrant of body & speech and possessing the scent of infinite virtue, I offer this incense.*

我以此香供養具足無量功德身語香的如來。

(4) Puppha Pūjā 菩琶 菩加 *Offering of Flowers* 供花

Vaṇṇa-gandha-guṇopetaṁ  
 Etaṁ kusuma-santatiṁ,  
 Pūjayāmi Munindassa  
 Siri-pāda-saroruhe.  
 完那 赶达 股挪陪堂  
 A堂 库素马 三他听  
 菩加亚米 母尼达萨  
 西力 趴达 萨咯路喜

*Endowed with the qualities of colour and fragrance, this flower collection I offer at the lotus feet of Munindassa (i.e. the Buddha).*

我將這具足色香德質的花聚供養於牟尼王（佛陀）的蓮足。

Pūjemi Buddhaṁ Kusumena nena,  
 Puññaṁ me tena labhāmi mokkhaṁ;  
 Pupphaṁ milāyāti yathā idam me,  
 Kāyo tathā yāti vināsa-bhāvaṁ.  
 菩街米 補當 庫素每那 內那  
 譜也那 梅 貼那 拉八米 磨抗  
 菩旁 米拉亞提 亞他 依當 梅  
 卡又 他它 亞提 V那薩 八王

*I offering this flower to the Buddha, by this merit of mine may I gain deliverance [from saṁsāra]; just as this flower [will] fade, so [, too,] my body [will] go to the state of destruction.*

我供養花給佛陀，以我的這種功德使我能獲得解脫〔輪回〕；猶如這些花將會枯萎，我的身體也將會走向毀滅。

(5) Pānīya Pūjā 趴尼亞 菩加 *Offering of Water* 供水

Sugandham sītalam kappam  
 Pasanna-madhuram subham,  
 Pānīyam etaṁ Bhagavā  
 Patigaṇhātu m uttama.  
 素幹當 西他浪 卡旁  
 趴薩那 馬度浪 素幫  
 趴尼樣 A堂 八咖瓦  
 趴提幹哈圖 母他馬

*Blessed One, Greatest One, May [you] accept this [offering of] water which fragrant, cool, suitable, clear, sweet and pleasant [to drink].*

世尊，至上者，願您接受此清香、清涼、舒適、澄淨、甘甜與清淨之水。

(6) Khīra-pānaka Pūjā 起拉臥那卡 菩加 *Offering of Milk Drink* 供乳

Adhivāsetu no Bhante  
Pañītaṃ khīra-pānakaṃ,  
Anukampaṃ upādāya  
Patigaṇhātu m uttama.  
A 地瓦謝圖 挪 班爹  
臥尼堂 其拉 臥那抗  
A 努看旁 無臥達亞  
臥提幹哈圖 母他馬

*Venerable Sir, Greatest One, may [you], out of compassion for us, accept this excellent drink of milk.*

尊者，至上者，願您出於對我們的悲憫而接受此殊勝的乳制飲料。

(7) Bhojana Pūjā 波加那 菩加 *Offering of (staple) Foods* 供食物（主食）

Adhivāsetu no Bhante  
Bhojanaṃ parikappitaṃ,  
Anukampaṃ upādāya  
Patigaṇhātu m uttama. (x3)  
A 地瓦謝圖 挪 班爹  
波加囊 臥力卡批堂  
A 努看旁 無臥達亞  
臥提幹哈圖 母他馬

*Venerable Sir, Greatest One, may [you], out of compassion for us, accept this prepared [staple] food.*

尊者，至上者，願您出於對我們的悲憫而接受此備好的食物（主食）。

(8) Vyañjana Pūjā V 樣加那 菩加 *Offering of (non-staple) Foods* 供菜餚（非主食）

Adhivāsetu no Bhante  
Vyañjanaṃ parikappitaṃ,  
Anukampaṃ upādāya  
Patigaṇhātu m uttama.  
A 地瓦謝圖 挪 班爹  
V 樣加囊 臥力卡批堂  
A 努看旁 無臥達亞  
臥提幹哈圖 母他馬

*Venerable Sir, Greatest One, may [you], out of compassion for us, accept this prepared [non-staple] food.*

尊者，至上者，願您出於對我們的悲憫而接受此備好的菜肴（非主食）。

(9) Phalāphala Pūjā 臥拉臥拉 菩加 *Offering of Fruits* 供果實

Adhivāsetu no Bhante  
Phalāphalaṃ parikappitaṃ,  
Anukampaṃ upādāya  
Patigaṇhātu m uttama.  
A 地瓦謝圖 挪 班爹  
臥拉臥浪 臥力卡批堂  
A 努看旁 無臥達亞  
臥提幹哈圖 母他馬

*Venerable Sir, Greatest One, may [you], out of compassion for us, accept this prepared fruit.*

尊者，至上者，願您出於對我們的悲憫而接受此備好的水果。

(10) Khajjaka Pūjā 卡加卡 菩加 *Offering of Sweet-meat* 供甜肉幹 (甜食)

Adhivāsetu no Bhante  
 Khajjakaṃ parikappitaṃ,  
 Anukampaṃ upādāya  
 Patigaṇhātu m uttama.  
 A 地瓦謝圖 挪 班爹  
 卡加抗 臥力卡批堂  
 A 努看旁 無臥達亞  
 臥提幹哈圖 母他馬

*Venerable Sir, Greatest One, may [you], out of  
 compassion for us, accept this prepared sweet-meat.  
 尊者，至上者，願您出於對我們的悲憫而接  
 受此備好的甜食。*

Buddha Vandanā 補達 萬達那  
*Homage to the Buddha* 禮敬佛陀

Iti'pi so Bhagavā Arahāṃ, Sammāsambuddho,  
 Vijjā-caraṇa-sampanno, Sugato, Loka-vidū,  
 Anuttaro purisa-damma-sārathi, Satthā deva-  
 manussānam, Buddho, Bhagavā'ti.  
 依弟比 叟 拍卡哇 阿腊汉 三玛三不哆  
 唯家 恰腊那 三般若 速卡哆罗卡唯杜  
 阿努达罗 不立沙唐玛 沙腊弟 萨他  
 爹哇 玛努沙囊 不哆 拍卡哇弟

*Such is that Blessed One, the Worthy One, the  
 Perfectly Self-Awakened One, One fully possessed of  
 wisdom and (excellent) conduct, One who has  
 proceeded by the good way, Knower of the [three]  
 worlds, Unexcelled Trainer of tamable men, Teacher  
 of deities and men, The Awakened One, The Blessed  
 One.*

世尊即是：阿羅漢、等正覺、明行足、善  
 逝、世間解、無上士調禦丈夫、佛、世尊。

Buddhaṃ jīvita-pariyantaṃ saraṇaṃ gacchāmi.  
 补当 几 V 他 臥力言堂 萨拉囊 咖查米

*Until life's end, I go to the Buddha for refuge.  
 直至命終我歸依佛陀。*

Ye ca Buddhā atītā ca  
 Ye ca Buddhā anāgatā,  
 Paccuppanā ca ye Buddhā  
 Ahaṃ vandāmi sabbadā.  
 也 擦 补达 阿提他 查  
 也 擦 补达 阿那伽他  
 臥粗盘那 擦 也 补达  
 阿航 完达米 萨八达

*Daily I pay respects  
 to the Buddhas of the past,  
 the Buddhas of the future and  
 the Buddhas of the present.  
 我時刻皆禮敬  
 過去諸佛、  
 未來諸佛  
 以及現在佛。*

N'atthi me saraṇaṃ aññaṃ  
 Buddho me saraṇaṃ varaṃ,  
 Etena sacca-vajjena  
 Hotu me jaya-maṅgalaṃ.  
 那提 梅 萨拉囊 安样  
 补多 梅 萨拉囊 瓦浪  
 A 贴那 萨擦 瓦街那  
 活土 梅 加亚 忙咖浪

*There is no other refuge for me,  
 the Buddha is my supreme refuge,  
 by this assertion of truth  
 may there be for me victory and prosperity.  
 我沒有其它的歸依，  
 佛陀是我至上的歸依；  
 以此真實語，  
 願我得到吉祥勝利。*

Uttamaṅgena vande'ham  
 Pada-paṁsu-varuttamaṁ,  
 Buddhō yo khalito doso  
 Buddhō khamatu taṁ mamaṁ.  
 无他满给那 完爹航  
 趴达 盘素 瓦路他满  
 补爹 又 卡力陀 都艘  
 补多 卡马图 堂 马忙

Sādhū! Sādhū! Sādhū! (*bow once*)  
 萨度！萨度！萨度！（顶礼一拜）

*I pay respects with [my] head at the dust on the feet  
 of the Supreme Great One.[If] I have [committed]  
 any erring or wrongdoing towards the Buddha, may  
 the Enlightened One forgive me for that.*  
 我以頭禮敬最上者足上之塵；  
 若我對佛陀〔所作的〕  
 一切錯誤與過失，  
 願佛陀原諒我。

*Sādhū! Sādhū! Sādhū!*  
 善哉！善哉！善哉！

### Dhamma Vandanā 當馬 萬達那 *Homage to the Dhamma* 禮敬法

Svākkhāto Bhagavatā Dhammo, Sandhiṭṭhiko,  
 Akāliko, Ehipassiko, Opanayiko, Paccattaṁ  
 veditabbo viññūhī'ti.  
 沙哇卡哆 拍卡哇达 当摩 山替弟果  
 阿卡利果 A 嘻把西果 O 把那依果 拔恰当 威  
 替达波 慰又嘻弟

Dhammaṁ jīvita-pariyantaṁ saraṇaṁ gacchāmi.  
 当忙 几 V 他 趴力言堂 萨拉囊 咖查米

Ye ca Dhammā atītā ca  
 Ye ca Dhammā anāgatā,  
 Paccuppanā ca ye Dhammā  
 Ahaṁ vandāmi sabbadā.  
 也 擦 当马 阿提他 查  
 也 擦 当马 阿那咖他  
 趴粗盘那 擦 也 当马  
 阿航 完达米 萨八达

N'atthi me saraṇaṁ aññaṁ  
 Dhammo me saraṇaṁ varaṁ,  
 Etena sacca-vajjena  
 Hotu me jaya-maṅgalaṁ.  
 那提 梅 萨拉囊 安样  
 当磨 梅 萨拉囊 瓦浪  
 A 贴那 萨擦 瓦街那  
 活土 梅 加亚 忙咖浪

*Well-expounded is the Exalted One's Dhamma,  
 Visible here-and-now, Not delayed in time, Inviting  
 of inspection, Onward-leading, Is directly  
 experience able by the wise'.*  
 世尊所善說的法、現前可見、無過時的、請  
 來看、導向、為每個智者皆能證知的。

*Until life's end, I go to the Dhamma for refuge.*  
 直至命終我歸依法。

*Daily I pay respects  
 to the Dhammas of the past,  
 the Dhammas of the future and  
 the Dhammas of the present.*  
 我時刻皆禮敬  
 過去諸法、  
 未來諸法  
 以及現在諸法。

*There is no other refuge for me,  
 the Dhamma is my supreme refuge,  
 by this assertion of truth  
 may there be for me victory and prosperity.*  
 我沒有其它的歸依，  
 法是我至上的歸依；  
 以此真實語，  
 願我得到吉祥勝利。

Uttamaṅgena vande'haṃ  
Pada-paṃsu-varuttamaṃ,  
Dhamme yo khalito doso  
Dhammo khamatu taṃ mamaṃ.

无他满给那 完爹航  
趴达 盘素 瓦路他满  
当梅 又 卡力陀 都艘  
当磨 卡马图 堂 马忙

Sādhu! Sādhu! Sādhu! (*bow once*)  
萨度！萨度！萨度！（顶礼一拜）

*I [bow and] pay respects with [my] head to the  
Dhamma, which is three-fold\*\* and supreme. [If] I  
have [committed] any erring or wrongdoing  
towards the Dhamma, may the Dhamma forgive me  
for that.*

我以頭禮敬三種<sup>3</sup>與最上之法；若我對法  
〔所作的〕一切錯誤與過失，願法原諒我。

*Sādhu! Sādhu! Sādhu!*  
善哉！善哉！善哉！

### Saṅgha Vandanā 桑伽 萬達那 *Homage to the Saṅgha* 禮敬僧

Supaṭipanno Bhagavato sāvaka-saṅgho,  
uju-paṭipanno Bhagavato sāvaka-saṅgho, ñāya-  
paṭipanno Bhagavato sāvaka-saṅgho, sāmīci-  
paṭipanno Bhagavato sāvaka-saṅgho, yad  
idaṃ cattāri purisa-yugāni aṭṭha purisa-puggalā,  
esa Bhagavato sāvaka-saṅgho, āhuneyyo,  
pāhuneyyo, dakkhiṇeyyo, añjali-karaṇīyo,  
anuttaraṃ puññakkhettaṃ lokassā'ti.

速拔弟般若 拍卡哇哆 沙哇卡商柯  
屋竹拔弟般若 拍卡哇哆 沙哇卡商柯  
呀呀拔弟般若 拍卡哇哆 沙哇卡商柯  
沙咪记拔弟般若 拍卡哇哆 沙哇卡商柯  
呀替唐 恰达立 不立沙优卡尼 阿他 普力沙  
普伽拉 A 沙 拍卡哇哆 沙哇卡商柯  
阿户乃哟 把户乃哟 他桔乃哟 安加利  
卡腊尼哟 阿努达浪 本呀给当 罗卡沙弟

Saṅghaṃ jīvita-pariyantaṃ saraṇaṃ gacchāmi.  
桑刚 几 V 他 趴力言堂 萨拉囊 咖查米

Ye ca Saṅghā atītā ca  
Ye ca Saṅghā anāgatā,  
Paccuppanā ca ye Saṅghā  
Ahaṃ vandāmi sabbadā.  
也 擦 桑伽 阿提他 查  
也 擦 桑伽 阿那伽他  
趴粗盘那 擦 也 桑伽  
阿航 完达米 萨八达

*The community of the Exalted One's disciples has  
entered on the good way, The community of the  
Exalted One's disciples has entered on the straight  
way, The community of the Exalted One's disciples  
has entered on the true way, The community of the  
Exalted One's disciples has entered on the proper  
way, That is to say, the four pairs of men, the eight  
types of persons, That is the community of the  
Exalted One's disciples, Worthy of gifts, Worthy of  
hospitality, Worthy of offerings, Whom should be  
respected, The incomparable field of merit for the  
world.*

世尊的聲聞僧眾是善於行道；世尊的聲聞僧  
眾是正直行道；世尊的聲聞僧眾是真實行  
道；世尊的聲聞僧眾是正當行道的；即四雙  
八輩的世尊的聲聞僧眾，是應供養、應供奉  
者、應施於者、應合掌（禮敬）者，為世間  
無上的福田。

*Until life's end, I go to the Saṅgha for refuge.*  
直至命終我歸依僧。

*Daily I pay respects  
to the Saṅghas of the past,  
the Saṅghas of the future and  
the Saṅghas of the present.*  
我時刻皆禮敬  
過去僧、  
未來僧  
以及現在僧。

\*\*三種法是指教理、禪修與證悟，也可以指戒、定、慧。

*The three-fold aspects are learning, practicing and realizing the Dhamma; this can also be taken to mean ethical conduct, concentration and wisdom.*

N'atthi me saraṇaṃ aññaṃ  
 Saṅgho me saraṇaṃ varaṃ,  
 Etena sacca-vajjena  
 Hotu me jaya-maṅgalaṃ.  
 那提 梅 萨拉囊 安样  
 桑够 梅 萨拉囊 瓦浪  
 A 贴那 萨擦 瓦街那  
 活土 梅 加亚 忙咖浪

Uttamaṅgena vande'haṃ  
 Pada-paṃsu-varuttamaṃ,  
 Saṅghe yo khalito doso  
 Saṅgho khamatu taṃ mamaṃ.  
 无他满给那 完爹航  
 趴达 盘素 瓦路他满  
 桑给 又 卡力陀 都艘  
 桑够 卡马图 堂 马忙

Sādhu! Sādhu! Sādhu! (*bow once*)  
 萨度！萨度！萨度！（顶礼一拜）

Etena sacca-vajjena pātu tvaṃ ratanattayaṃ.  
 (3X)  
 A 贴那 萨擦窪階那 帕秃 湯 拉它那它秧

*There is no other refuge for me,  
 the Saṅgha is my supreme refuge,  
 by this assertion of truth  
 may there be for me victory and prosperity.*  
 我沒有其它的歸依，  
 僧是我至上的歸依；  
 以此真實語，  
 願我得到吉祥勝利。

*I [bow and] pay respects with [my] head to the  
 Saṅgha, which is three-fold and supreme. [If] I  
 have [committed] any erring or wrongdoing towards  
 the Saṅgha, may the Saṅgha forgive me for that.*  
 我以頭禮敬三種至上之僧；若我對僧〔所作的〕一切錯誤與過失，願僧原諒我。

*Sādhu! Sādhu! Sādhu!*  
 善哉！善哉！善哉！

*By this speaking of truth, may the Triple-Gem  
 protect you!*  
 藉著這真實的話語，願三寶保護你！

## Dānānumodana-gāthās 達那努磨達那 咖它

### Rejoicing in Offerings Given Verses 隨喜功德偈

Abhivādana-silissa  
 Niccaṃ vuḍḍhāpacāyino,  
 Cattāro dhammā vaḍḍhanti  
 Āyu vaṇṇo sukhaṃ balaṃ.  
 阿比瓦达那 西里萨  
 尼将 物达趴擦以挪  
 擦他咯 当马 瓦但提  
 阿又 万挪 素抗 把浪

Āyurārogya-sampatti  
 Sagga-sampatti-m-eva ca,  
 Atho nibbāna-sampatti  
 Iminā te samijjhatu.  
 阿又拉咯其呀 三趴提  
 萨咖 三趴提 每瓦 擦  
 阿陀 尼八那 三趴提  
 依米那 贴 萨米家图

*For the [one with a] reverential character,  
 who always pays homage to elders,  
 four qualities increase: [longer]  
 life, beauty, happiness [and] strength.*  
 好樂敬禮者  
 常尊於長老，  
 四法得增長：  
 壽•美•樂與力。

*By this [offering], may the accomplishment  
 of [long] life & [good] health,  
 heavenly [rebirth] and then the attainment of  
 nibbāna be successfully achieved by you.*  
 透過這項（功德），  
 願你獲得長壽、健康、  
 投生天趣、  
 然後證悟涅槃。



Yathā vāri-vahā pūrā<sup>††</sup>  
 Paripūrenti sāgaram;  
 Evam-eva ito dinnam  
 Petānam upakappati.  
 呀他 瓦里瓦哈 扑拉  
 叭里扑任提 萨咖浪  
 A 汪 A 瓦 依陀 顶囊  
 陪他囊 无卡叭提

*Just as full rivers fill the ocean, so to from [what is] given [here] is beneficial to departed spirits.*  
 正如河水滿起來的時候會注入海洋，在這裏給予的布施會利益已故的亡者。

Ichchitam patthitam tumham<sup>‡‡</sup>  
 Khippam-eva samijjhatu,  
 Sabbe pūrentu saṅkappā  
 Cando paṇṇaraso yathā,  
 Maṇi-jotiraso yathā.  
 依其堂 叭提堂 吞航  
 其叭每瓦 萨米家图  
 萨贝 扑任图 三卡叭  
 参多 盘那拉艘 呀他  
 马尼 做提拉艘 呀他

*May your wishes and aspirations promptly come to fulfillment, just as the moon on the fifteenth [of the lunar fortnight], just as a wish fulfilling gem [would].*  
 願你的願望迅速實現，  
 正如十五夜的圓月，  
 正如許願寶石。

Sabbītiyo vivajjantu ...<sup>§§</sup>

Sabba-roga-vinimutto  
 Sabba-santāpa-vajjito,  
 Sabba-veram-atikkanto  
 Nibbuto ca tuvaṃ bhava.  
 萨八 咯咖 V 尼母陀  
 萨八 三他叭 瓦几陀  
 萨八 位拉马提看陀  
 尼不陀 擦 图王 八瓦

*May you be freed from all illnesses, give up all anguish, overcome all enmity and [all passions] extinguished.*  
 願你脫離一切病痛、解脫一切苦惱、超越一切仇敵及達到寂滅。

<sup>††</sup> Kh.7 (verse 8) & Pv.5 (verse 21)

<sup>‡‡</sup> DhA.21-23

<sup>§§</sup> See page 48 for the rest of the verses. 對於剩餘的偈，請見頁 48 等。