

Pañca Sīla 盘加西腊

Five Precepts 五戒

Ārādhana 阿拉达那

Requesting 请求

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

阿寒 班爹 梯沙拉内那 沙哈 潘恰希郎
当芒 呀恰咪 阿怒尬航 喀驼哇 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，我乞求三归和五戒法。尊者，请慈悲
我授戒给我！

Dutiyam'pi, ahaṃ, bhante...

Tatīyam'pi, ahaṃ, bhante...

督地央毕 阿寒 班爹……

搭地央毕 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).*

班贴：亚马航 瓦达米 堂 瓦爹喜(瓦爹他)

Monk: What I recite you (your) follow.

尊者：我念什么你（们）也跟着念。

Upāsake: Āma, bhante.

无趴萨给：阿罵 班爹

Laity: Yes, Venerable Sir.

居士：是的，尊者。

Tisaraṇa 提萨拉那

Three Refuges 三归依

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.*

礼敬世尊、阿罗汉、圆满自觉者。

Buddhaṃ saraṇaṃ gacchāmi.

Dhammaṃ saraṇaṃ gacchāmi.

Saṅghaṃ saraṇaṃ gacchāmi.

善当 沙拉朗 嘎恰咪

当芒 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.

我归依佛。

我归依法。

我归依僧。

* 如果受持梵行五戒则将 pañca-sīlaṃ 改念 brahmacariya-pañcama sīlaṃ。

* 如果受戒者超过一位，则念：vadetha（你们说）。

Dutiyam'pi Buddhāṃ saraṇaṃ gacchāmi.
 Dutiyam'pi Dhammaṃ saraṇaṃ gacchāmi.
 Dutiyam'pi Saṅghaṃ saraṇaṃ gacchāmi.
 督地央毕 菩当 沙拉朗 嘎恰咪
 督地央毕 当芒 沙拉朗 嘎恰咪
 督地央毕 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.*
 第二次我归依佛。第二次我归依法。第二次
 我归依僧。

Tatīyam'pi Buddhāṃ saraṇaṃ gacchāmi.
 Tatīyam'pi Dhammaṃ saraṇaṃ gacchāmi
 Tatīyam'pi Saṅghaṃ saraṇaṃ gacchāmi.
 搭地央毕 菩当 沙拉朗 嘎恰咪
 搭地央毕 当芒 沙拉朗 嘎恰咪
 搭地央毕 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.*
 第三次我归依佛。第三次我归依法。第三次
 我归依僧。

Bhante: Tisaraṇagamanāṃ paripuṇṇaṃ.
 班贴: 提萨拉那伽马囊 趴力扑囊

Monk: The Three Refuges are complete.
 尊者: 三归依已经圆满。

Upāsake: Āma, bhante.
 无趴萨给: 阿罵 班爹

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

Pañca Sīla 盘擦 西腊 Five Precepts 五戒

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

*I take the precept to abstain from destroying living
 beings.*
 我受持离杀生学处。

Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi.
 阿钉那搭那 威拉麻尼 希喀帕当 沙麻低牙米

I take the precept to abstain from stealing.
 我受持离不与取学处。

Kāmesu micchācārā* veramaṇī sikkhāpadaṃ
 samādiyāmi.
 咖梅苏 蜜恰洽拉 威拉麻尼 希喀帕当 沙麻低牙米

*I take the precept to abstain from sexual
 misconduct.*
 我受持离欲邪行学处。

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

I take the precept to abstain from false speech.
 我受持离虚诳语学处。

Surā-meraya-majja-pamādaṭṭhānā veramaṇī
 sikkhāpadaṃ samādiyāmi.
 苏拉 梅拉呀 吗架 帕吗达他那 威拉麻尼
 希喀帕当 沙麻低牙米

*I take the precept to abstain from taking anything
 that causes intoxication or heedlessness.*
 我受持离(饮)放逸原因的谷物酒、花果酒
 (和)酒精学处。

Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu.
 依当 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.*
 愿我这份功德导向摧毁诸漏。

* 如果受持梵行五戒则将 Kāmesu micchācārā 改念 Abrahmacariyā。

Idaṃ me sīlaṃ nibbānassa paccayo hotu.
依当 梅 西浪 你搬那萨 趴叉哟 候秃

*May this merit of observing precepts a [supportive] condition [for the realization] of Nibbāna.
愿我持戒功德成为证悟涅槃的助缘。*

Bhante: Tisaraṇena saha pañca-sīlaṃ dhammaṃ
sādhukaṃ katvā appamādena sampādeṭha.
班贴: 提萨拉内那 萨哈 盘擦 西浪 当忙
萨度抗 卡图瓦 阿趴马爹那 三趴爹他

*Monk: Maintaining well the five precepts together with the three refuges, strive on with diligence.
尊者: 在完全地(受了)三归和五戒法后, 当不放逸地努力(成就)。*

Upāsake: Āma, bhante.
无趴萨给: 阿罵 班爹

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

Ājīva-aṭṭhamaka Sīla 阿几瓦阿他马卡 西腊 *Eight Precepts with Livelihood as the Eighth 活命八戒*[†]

Ārādhanā 阿拉达那
Requesting 请求

Ahaṃ, bhante, tisaraṇena saha ājīva-aṭṭhamaka-
sīlaṃ dhammaṃ yācāmi, anuggahaṃ katvā
sīlaṃ deṭha me, bhante.

阿寒 班爹 梯沙拉内那 沙哈 阿几瓦
阿他马卡希郎 当芒 呀恰咪
阿怒尬航 喀驼哇 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, 我乞求三归和以活命为第八的戒法。
尊者, 请慈悲我授戒给我!

Dutiyam'pi, ahaṃ, bhante...

Tatīyam'pi, ahaṃ, bhante...

督地央毕 阿寒 班爹.....

搭地央毕 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).

班贴: 亚马航 瓦达米 堂 瓦爹喜(瓦爹他)

Monk: What I recite you (your) follow.

尊者: 我念什么你(们)也跟着念。

Upāsake: Āma, bhante.

无趴萨给: 阿罵 班爹

Laity: Yes, Venerable Sir.

居士: 是的, 尊者。

[†] 活命为第八的戒 (ājīva-aṭṭhamaka-sīla) : 这种戒有八条, 由于第八条戒是活命戒, 因此以该戒立名。《清静道论》(Vism.) 提到活命八戒也可以称为「初梵行戒」, 因此它包括了培育圣道最初阶段必须实行的戒。

Tisarāṇa 提萨拉那
Three Refuges 三归依

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.*

礼敬世尊、阿罗汉、圆满自觉者。

Buddhaṃ saraṇaṃ gacchāmi.
Dhammaṃ saraṇaṃ gacchāmi.
Saṅghaṃ saraṇaṃ gacchāmi.
菩当 沙拉朗 嘎恰咪
当芒 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.

我归依佛。

我归依法。

我归依僧。

Dutiyam'pi Buddhaṃ saraṇaṃ gacchāmi.
Dutiyam'pi Dhammaṃ saraṇaṃ gacchāmi.
Dutiyam'pi Saṅghaṃ saraṇaṃ gacchāmi.
督地央毕 菩当 沙拉朗 嘎恰咪
督地央毕 当芒 沙拉朗 嘎恰咪
督地央毕 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.*

第二次我归依佛。第二次我归依法。第二次
我归依僧。

Tatīyam'pi Buddhaṃ saraṇaṃ gacchāmi.
Tatīyam'pi Dhammaṃ saraṇaṃ gacchāmi.
Tatīyam'pi Saṅghaṃ saraṇaṃ gacchāmi.
搭地央毕 菩当 沙拉朗 嘎恰咪
搭地央毕 当芒 沙拉朗 嘎恰咪
搭地央毕 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.*

第三次我归依佛。第三次我归依法。第三次
我归依僧。

Bhante: Tisarāṇagamaṇaṃ paripuṇṇaṃ.
班贴: 提萨拉那伽马囊 趴力扑囊

Monk: The Three Refuges are complete.

尊者：三归依已经圆满。

Upāsake: Āma, bhante.
无趴萨给: 阿骂 班爹

Laity: Yes, Venerable Sir.

居士：是的，尊者。

Ājīva-aṭṭhamaka Sīla 阿几瓦阿他马卡 西腊
Eight Precepts with Livelihood as the Eighth 活命八戒

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

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

我受持离杀生学处。

Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi.
阿钉那搭那 威拉麻尼 希喀帕当 沙麻低牙米

I take the precept to abstain from stealing.

我受持离不与取学处。

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

I take the precept to abstain from sexual misconduct.

我受持离欲邪行学处。

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

I take the precept to abstain from false speech.

我受持离虚诳语学处。

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

I take the precept to abstain from slandering speech.

我受持离离间语学处。

Pharusāvācā veramaṇī sikkhāpadaṃ samādiyāmi.
叭路萨瓦恰 威拉麻尼 希喀帕当 沙麻低牙米

I take the precept to abstain from harsh speech.

我受持离粗恶语学处。

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

I take the precept to abstain from idle speech.

我受持离说废话学处。

Miccha-ājīva veramaṇī sikkhāpadaṃ samādiyāmi.
米查阿几瓦 威拉麻尼 希喀帕当 沙麻低牙米

I take the precept to abstain from wrong livelihood.

我受持离邪命[‡]学处。

Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu.
依当 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.

愿我这份功德导向摧毁诸漏。

Idaṃ me sīlaṃ nibbānassa paccayo hotu.
依当 梅 西浪 你搬那萨 叭叉哟 候秃

May this merit of observing precepts a condition [for the realization] of Nibbāna.

愿我持戒功德成为证悟涅槃的助缘。

Bhante: Tisaraṇena saha ājīva-aṭṭhamaka-sīlaṃ
dhammaṃ sādhukaṃ surakkhitaṃ katvā
appamādena sampādettha.

班贴: 提萨拉内那 萨哈 阿几瓦 阿他马卡
西浪 当忙 萨度抗 素拉其堂 卡图瓦
阿叭马爹那 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: 在完全地守护了三归和以活命为第八的戒法后, 当不放逸地努力(成就)。

Upāsake: Āma, bhante.
无叭萨给: 阿罵 班爹

Laity: Yes, Venerable Sir.

居士: 是的, 尊者。

[‡]邪命是指用不正当的言语或行为来取得财物、维持生活, 如: 杀生、偷盗或说谎话等。这也包括五种不道德的买卖, 即: 武器买卖、人口买卖、供屠宰牲畜的买卖、酒等迷醉品的买卖、毒药的买卖。

Aṭṭhaṅga-uposatha Sīla 阿汤咖伍波萨他 西腊 Uposatha Eight Precepts 布萨八戒

Ārādhana 阿拉达那

Requesting 请求

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

阿寒 班爹 梯沙拉内那 沙哈 阿汤咖
萨满那咖堂 伍波萨他希郎 当芒 呀恰咪
阿怒尬航 喀驼哇 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，我乞求三归和具有八支的布萨戒法。
尊者，请慈悲我授戒给我！

Dutiyam'pi, ahaṃ, bhante...

Tatīyam'pi, ahaṃ, bhante...

督地央毕 阿寒 班爹……

搭地央毕 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).^m

班贴：亚马航 瓦达米 堂 瓦爹喜(瓦爹他)

Monk: What I recite you (your) follow.

尊者：我念什么你（们）也跟着念。

Upāsake: Āma, bhante.

无趴萨给：阿骂 班爹

Laity: Yes, Venerable Sir.

居士：是的，尊者。

Tisaraṇa 提萨拉那

Three Refuges 三归依

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.*

礼敬世尊、阿罗汉、圆满自觉者。

Buddhaṃ saraṇaṃ gacchāmi.

Dhammaṃ saraṇaṃ gacchāmi.

Saṅghaṃ saraṇaṃ gacchāmi.

菩当 沙拉朗 嘎恰咪

当芒 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.

我归依佛。

我归依法。

我归依僧。

^m如果受戒者超过一位，则念：vadetha（你们说）。

Dutiyam'pi Buddhāṃ saraṇaṃ gacchāmi.
 Dutiyam'pi Dhammaṃ saraṇaṃ gacchāmi.
 Dutiyam'pi Saṅghaṃ saraṇaṃ gacchāmi.
 督地央毕 菩当 沙拉朗 嘎恰咪
 督地央毕 当芒 沙拉朗 嘎恰咪
 督地央毕 桑港 沙拉朗 嘎恰咪

Tatiyam'pi Buddhāṃ saraṇaṃ gacchāmi.
 Tatiyam'pi Dhammaṃ saraṇaṃ gacchāmi
 Tatiyam'pi Saṅghaṃ saraṇaṃ gacchāmi.
 搭地央毕 菩当 沙拉朗 嘎恰咪
 搭地央毕 当芒 沙拉朗 嘎恰咪
 搭地央毕 桑港 沙拉朗 嘎恰咪

Bhante: Tisaraṇagamanāṃ paripuṇṇaṃ.
 班贴: 提萨拉那伽马囊 趴力扑囊

Upāsake: Āma, bhante.
 无趴萨给: 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.
 第二次我归依佛。第二次我归依法。第二次我归依僧。

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.
 第三次我归依佛。第三次我归依法。第三次我归依僧。

Monk: The Three Refuges are complete.
 尊者: 三归依已经圆满。

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

Atṭhaṅga-uposatha Sīla 阿汤伽伍波萨他 西腊 Uposatha Eight Precepts 布萨八戒

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

I take the precept to abstain from destroying living beings.
 我受持离杀生学处。

Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi.
 阿钉那搭那 威拉麻尼 希喀帕当 沙麻低牙米

I take the precept to abstain from stealing.
 我受持离不与取学处。

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

I take the precept to abstain from unchaste conduct.
 我受持离非梵行学处。

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

I take the precept to abstain from false speech.
 我受持离虚语学处。

Surā-meraya-majja-pamādaṭṭhānā veramaṇī
 sikkhāpadaṃ samādiyāmi.
 苏拉 梅拉呀 吗架 帕吗达他那 威拉麻尼
 希喀帕当 沙麻低牙米

I take the precept to abstain from taking anything that causes intoxication or heedlessness.
 我受持离(饮)放逸原因的谷物酒、花果酒(和)酒精学处。

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

I take the precept to abstain from taking food at improper time.
 我受持离非时食学处。

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-padaṃ
samādiyāmi.

伍恰萨亚那 马哈萨亚那 威拉麻尼 希喀帕当
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, anighā hontu, sukhī attānaṃ
pariharantu.

沙贝 沙他、沙贝 趴那、沙贝 布他、沙贝 布卡
拉、沙贝 阿他吧哇 趴利呀般那 沙巴 依弟哟、
沙贝 布利沙、沙贝 阿利呀 沙贝 阿那利呀、
沙贝 爹哇、沙贝 吗努沙 沙贝 威尼趴弟卡
阿维拉 洪嘟，阿比呀趴加 洪嘟，阿尼咖 洪嘟，
书奇 阿他曩 趴利哈然嘟。

Puratthimāya disāya, pacchimāya disāya,
uttarāya disāya, dakkhiṇāya disāya,
puratthimāya anudisāya, pacchimāya anudisāya,
uttarāya anudisāya, dakkhiṇāya anudisāya,
hetthimāya 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, anighā hontu, sukhī attānaṃ
pariharantu.

布拉弟吗呀 地沙呀、趴齐吗呀 地沙呀、鸣他拉呀
地沙呀、大奇那呀地沙呀、布拉弟吗呀 阿努地沙
呀、趴齐吗呀 阿努地沙呀、鸣他拉呀 阿努地沙
呀、大奇那呀 阿努地沙呀、嘿弟吗呀 地沙呀、鸣
趴利吗呀 地沙呀。

沙贝 沙他、沙贝 趴那、沙贝 布他、沙贝 布卡
拉、沙贝 阿他吧哇 趴利呀般那 沙巴 依弟哟、
沙贝 布利沙、沙贝 阿利呀 沙贝 阿那利呀、
沙贝 爹哇、沙贝 吗努沙 沙贝 威尼趴弟卡
阿维拉 洪嘟，阿比呀趴加 洪嘟，阿尼咖 洪
嘟，书奇 阿他曩 趴利哈然嘟。

Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu.

依当 梅 菩样 啊萨洼卡呀 洼航 候秃

我受持离观（听）跳舞、唱歌、音乐、表
演，（以及）戴持、涂抹、庄严原因的花
鬘、香、涂香学处。

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

我受持离〔坐卧〕高、大坐卧具学处。

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.

愿一切有情、一切有息、一切众生、一切个
人、一切自体所属、一切女人、一切男人、
一切圣者、一切非圣者、一切神、一切人
类、一切苦界众生：愿他们脱离仇恨、脱离
精神上的烦恼、脱离身体上的痛苦、快乐地
照顾好自己。

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.

在东方、在西方、在北方、在南方、在东南
方、在西北方、在东北方、在西南方、在下
方、在上方，

愿一切有情、一切有息、一切众生、一切个
人、一切自体所属、一切女人、一切男人、
一切圣者、一切非圣者、一切神、一切人
类、一切苦界众生：愿他们脱离仇恨、脱离
精神上的烦恼、脱离身体上的痛苦、快乐地
照顾好自己。

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

愿我这份功德导向摧毁诸漏。

Idaṃ me sīlaṃ nibbānassa paccayo hotu.
依当 梅 西浪 你搬那萨 趴叉哟 候秃

*May this merit of observing precepts be a condition [for the realization] of Nibbāna.
愿我持戒功德成为证悟涅槃的助缘。*

Bhante: Tisaraṇena saha aṭṭhaṅga samannāgataṃ
uposatha-sīlaṃ dhammaṃ sādhuṃ katvā
appamādena sampādeṭṭha.
班贴: 提萨拉内那 萨哈 那往咖 萨满那咖堂
伍波萨他 西浪 当忙 萨度抗 卡图瓦
阿趴马爹那 三趴爹他

*Monk: Maintaining well the Uposatha Nine
Precepts together with the three refuges, strive on
with diligence.
尊者: 在完全地 (受了) 三归和具有八支的
布萨戒法后, 当不放逸地努力 (成就)。*

Upāsake: Āma, bhante.
无趴萨给: 阿罵 班爹

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

Buddha Pūjā 补达 菩嘉 Offering to The Buddha 供佛

Cetiya Vandanā 皆提亚 万达那
Salutation to the Cetiya (shrine) etc. 礼敬塔等

Vandāmi cetiyaṃ sabbam
Sabba thānesu patitthitaṃ,
Sāririka dhātu-Mahā bodhiṃ
Buddha-rūpaṃ sakalaṃ-sadā. (x3)
万达米 皆提扬 萨帮
萨八 他内素 趴提堂
萨里里卡 达图 马哈 波定
补达 路旁 萨卡浪 萨达

*(I) salute every Cetiya (shrine), that may stand in
any place, the bodily relics, the Great Bodhi, and all
images of the Buddha.
我至诚礼敬竖立于各处的塔、舍利、大菩提
树、佛像。*

Bodhi Vandanā 波帝 万达那
Salutation to the Bodhi Tree 礼敬菩提树

Yassa mūle nisinnova
Sabbāri vijayaṃ akā,
Patto sabbaññu-taṃ sathā
Vande taṃ Bodhi pādapaṃ.
Ime ete mahā Bodhi
Loka nāthena pūjita,
Ahaṃpi te namassāmi
Bodhi Rājā namatthu te. (x3)
亚萨 母类 尼新挪瓦 萨八里 V加养
阿卡 趴陀 萨八叉堂 萨他 万爹 堂
波帝 趴达旁 依米 E提 马哈 波提
咯卡 那贴那 菩几他 阿航皮 贴
那马萨米 波帝 拉加 那马图 贴

*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.
导师坐在它的下面战胜了一切敌, 证悟了一
切知, 我礼敬此菩提树。这是世间守护者
(佛陀) 礼敬的大菩提树, 我也礼敬你。愿
礼敬你——伟大的菩提树。*

Buddhābhivandanā 补达必 万达那
Salutation to the Buddha 礼敬佛陀

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.*
 礼敬世尊、阿罗汉、圆满自觉者。

Ārādhana 阿拉达那
Invitation 邀请

Yāvatā Bhagavā loke
 Tiṭṭheyya tava sāsanaṃ,
 Tāvātā patigaṇhātu
 Pūjā lokānukampayā.
 亚瓦他 八伽瓦 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，只要您的教法还住于世间的时候，愿
 您出于对世间的悲悯而接受供养。

(1) Sittha Pūjā 西他 菩加 *Offering of Candle* 供灯烛

Sittha-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].*
 以这驱除黑暗的燃烧灯烛，我供养灭除（无
 明）黑暗的三界灯正觉佛陀。

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

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].*
 以这驱除黑暗的燃烧油灯，我供养灭除（无
 明）黑暗的三界灯正觉佛陀。

(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.

我以此香供养具足无量功德身语香的如来。

(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).

我将这具足色香德质的花聚供养于牟尼王（佛陀）的莲足。

Pūjemi Buddhaṁ Kusumena nena,
 Puññaena me tena labhāmi mokkham;
 Pupphaṁ milāyāti yathā idam me,
 Kāyo tathā yāti vināsa-bhāvaṁ.
 菩街米 补当 库素每那 内那
 谱也那 梅 贴那 拉八米 磨抗
 菩旁 米拉亚提 亚他 依当 梅
 卡又 他它 亚提 V那萨 八王

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

我供养花给佛陀，以我的这种功德使我能获得解脱〔轮回〕；犹如这些花将会枯萎，我的身体也将会走向毁灭。

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

Sugandham sītaṁ kappam
 Pasanna-madhuraṁ subham,
 Pānīyam-etaṁ Bhagavā
 Patigaṇhātu·m-uttama.
 素干当 西他浪 卡旁
 趴萨那 马度浪 素帮
 趴尼样 A堂 八咖瓦
 趴提干哈图 母他马

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，愿您接受此清香、清凉、舒适、澄净、甘甜与清静之水。

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

Adhivāsetu no Bhante
Pañītaṃ khīra-pānakaṃ,
Anukampaṃ upādāya
Patigaṇhātu-m-uttama.
A 地瓦谢图 挪 班爹
趴尼堂 其拉 趴那抗
A 努看旁 无趴达亚
趴提干哈图 母他马

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

尊者，至上者，愿您出于对我们的悲悯而接受此殊胜的乳制饮料。

(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 地瓦谢图 挪 班爹
波加囊 趴力卡批堂
A 努看旁 无趴达亚
趴提干哈图 母他马

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

尊者，至上者，愿您出于对我们的悲悯而接受此备好的食物（主食）。

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

Adhivāsetu no Bhante
Vyañjanaṃ parikappitaṃ,
Anukampaṃ upādāya
Patigaṇhātu-m-uttama.
A 地瓦谢图 挪 班爹
V 样加囊 趴力卡批堂
A 努看旁 无趴达亚
趴提干哈图 母他马

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

尊者，至上者，愿您出于对我们的悲悯而接受此备好的菜肴（非主食）。

(9) Phalāphala Pūjā 趴拉趴拉 菩加 *Offering of Fruits* 供果实

Adhivāsetu no Bhante
Phalāphalaṃ parikappitaṃ,
Anukampaṃ upādāya
Patigaṇhātu-m-uttama.
A 地瓦谢图 挪 班爹
趴拉趴浪 趴力卡批堂
A 努看旁 无趴达亚
趴提干哈图 母他马

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

尊者，至上者，愿您出于对我们的悲悯而接受此备好的水果。

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

Adhivāsetu no Bhante
 Khajjakaṃ parikkappitaṃ,
 Anukampaṃ upādāya
 Patigaṇhātu-m-uttama.
 A 地瓦谢图 挪 班爹
 卡加抗 趴力卡批堂
 A 努看旁 无趴达亚
 趴提干哈图 母他马

*Venerable Sir, Greatest One, may [you], out of
 compassion for us, accept this prepared sweet-meat.
 尊者，至上者，愿您出于对我们的悲悯而接
 受此备好的甜食。*

Buddha Vandana 补达 万达那
Homage to the Buddha 礼敬佛陀

Iti'pi so Bhagavā Arahaṃ, Sammāsambuddho,
 Vijjā-carāṇa-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：阿罗汉、等正觉、明行足、善
 逝、世间解、无上士调御丈夫、佛、世尊。

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

*Until life's end, I go to the Buddha for refuge.
 直至命终我归依佛陀。*

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
 趴粗盘那 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.*

我时刻皆礼敬
 过去诸佛、
 未来诸佛
 以及现在佛。

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

*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.*

我没有其它的归依，
 佛陀是我至上的归依；
 以此真实语，
 愿我得到吉祥胜利。

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

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

Sādhu! Sādhu! Sādhu! (*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.*

我以头礼敬最上者足上之尘；
 若我对佛陀〔所作的〕
 一切错误与过失，
 愿佛陀原谅我。

Sādhu! Sādhu! Sādhu!
 善哉！善哉！善哉！

Dhamma Vandanā 当马 万达那 Homage to the Dhamma 礼敬法

Svākkhāto Bhagavatā Dhammo, Sandhiṭṭhiko,
 Akāliko, Ehipassiko, Opanayiko, Paccattaṃ
 vedītabbo 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

Dhammaṃ jīvita-pariyantaṃ saraṇaṃ 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,
 Paccuppannā ca ye Dhammā
 Ahaṃ 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 saraṇaṃ aññaṃ
 Dhammo me saraṇaṃ varaṃ,
 Etena sacca-vajjena
 Hotu me jaya-maṅgalaṃ.

那提 梅 萨拉囊 安祥
 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'.*

世尊所善说的法、现前可见、无过时的、请
 来看、导向、为每个智者皆能证知的。

*Until life's end, I go to the Dhamma for refuge.
 直至命终我归依法。*

*Daily I pay respects
 to the Dhammas of the past,
 the Dhammas of the future and
 the Dhammas of the present.*

我时刻皆礼敬
 过去诸法、
 未来诸法
 以及现在诸法。

*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.*

我没有其它的归依，
 法是我至上的归依；
 以此真实语，
 愿我得到吉祥胜利。

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.*

我以头礼敬三种³与最上之法；若我对法〔所作的〕一切错误与过失，愿法原谅我。

Sādhu! Sādhu! Sādhu!
善哉！善哉！善哉！

Saṅgha Vandanā 桑伽 万达那 *Homage to the Saṅgha* 礼敬僧

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.

世尊的声闻僧众是善於行道；世尊的声闻僧众是正直行道；世尊的声闻僧众是真实行道；世尊的声闻僧众是正当行道的；即四双八辈的世尊的声闻僧众，是应供养、应供奉者、应施於者、应合掌（礼敬）者，为世间无上的福田。

Until life's end, I go to the Saṅgha for refuge.
直至命终我归依僧。

*Daily I pay respects
to the Saṅghas of the past,
the Saṅghas of the future and
the Saṅghas of the present.*
我时刻皆礼敬
过去僧、
未来僧
以及现在僧。

**三种法是指教理、禅修与证悟，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 萨擦洼阶那 帕秃 汤 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.
 我没有其它的归依，
 僧是我至上的归依；
 以此真实语，
 愿我得到吉祥胜利。*

*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.
 我以头礼敬三种至上之僧；若我对僧〔所作的〕
 一切错误与过失，愿僧原谅我。*

Sādhu! Sādhu! Sādhu!
 善哉！善哉！善哉！

*By this speaking of truth, may the Triple-Gem
 protect you!
 藉着这真实的话语，愿三宝保护你！*

Dānānumodana-gāthās 达那努磨达那 咖它 Rejoicing in Offerings Given Verses 随喜功德偈

Abhivādana-sīliṣṣa
 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 samijjhātu.
 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.
 透过这项（功德），
 愿你获得长寿、健康、
 投生天趣、
 然后证悟涅槃。*

Yathā vāri-vahā pūrā^{††}
 Paripūrenti sāgaram;
 Evam-eva ito dinnam
 Petānam upakappati.
 呀他 瓦里瓦哈 扑拉
 趴里扑任提 萨咖浪
 A汪 A瓦 依陀 顶囊
 陪他囊 无卡趴提

*Just as full rivers fill the ocean, so to from [what is] given [here] is beneficial to departed spirits.
 正如河水满起来的时候会注入海洋，在这里给予的布施会利益已故的亡者。*

Icchitam patthitam tumham^{‡‡}
 Khippam-eva samijjhatu,
 Sabbe pūrentu saṅkappā
 Cando paṇṇaraso yathā,
 Maṇi-jotiraso yathā.
 依其堂 趴提堂 吞航
 其趴每瓦 萨米家图
 萨贝 扑任图 三卡趴
 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].
 愿你的愿望迅速实现，
 正如十五夜的圆月，
 正如许愿宝石。*

Sabbītiyo vivajjantu ...^{§§}

Sabba-roga-vinimutto
 Sabba-santāpa-vajjito,
 Sabba-veram-atikkanto
 Nibbuto ca tuvaṃ bhava.
 萨八 咯咖 V尼母陀
 萨八 三他趴 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.
 愿你脱离一切病痛、解脱一切苦恼、超越一切仇敌及达到寂灭。*

†† Kh.7 (verse 8) & Pv.5 (verse 21)

‡‡ DhA.21-23

§§ See page 48 for the rest of the verses. 对于剩余的偈，请见页 48 等。