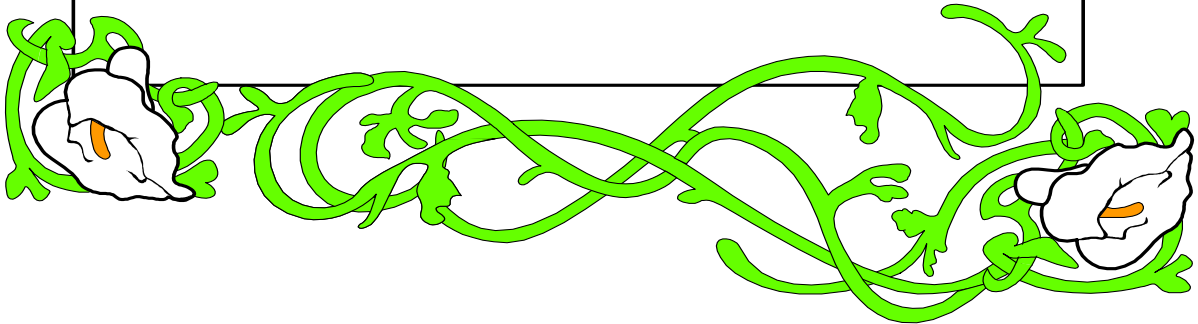


PARITTA SAJJHĀYANA

护 卫 念 诵

PROTECTION RECITATIONS



Yo ce vassa-sataṃ jīve — dussīlo asamāhito,
Ekāhaṃ jīvitaṃ seyyo — sīlavantassa jhāyino.

若人寿命百岁—破戒·无三昧，
不如生一日—持戒·修禅定。

*Better it is to live one day virtuous and meditative
than to live a hundred years immoral and uncontrolled.*

Yo ce vassa-sataṃ jīve — duppañño asamāhito,
Ekāhaṃ jīvitaṃ seyyo — pañnavantassa jhāyino.

若人寿命百岁—无慧·无三昧，
不如生一日—具慧·修禅定。

*Better it is to live one day wise and meditative
than to live a hundred years foolish and uncontrolled.*

Yo ce vassa-sataṃ jīve — apassaṃ udaya-vyayaṃ,
Ekāhaṃ jīvitaṃ seyyo — passato udaya-vyayaṃ.

若人寿命百岁—不见生灭法，
不如生一日—得见生灭法。

*Better it is to live one day seeing the rise and fall of things
than to live as hundred years without ever seeing the rise and fall of things.*

Yo ce vassa-sataṃ jīve — apassaṃ amataṃ padaṃ,
Ekāhaṃ jīvitaṃ seyyo — passato amataṃ padaṃ.

若人寿命百岁—不见不死道，
不如生一日—得见不死道。

*Better it is to live one day seeing the Deathless
than to live a hundred years without ever seeing the Deathless.*