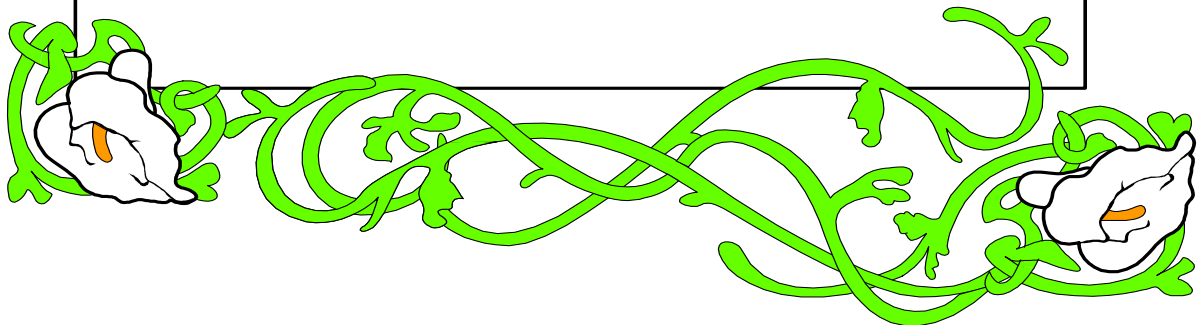


PATTHANĀ & ANUMODANĀ

发愿与回向

*ASPIRATIONS &  
SHARING OF MERITS*



Bahū ve saraṇaṃ yanti — pabbatāni vanāni ca,  
Ārāma-rukkha-cetyāni — manussā bhaya-tajjitā.  
N’etaṃ kho saraṇaṃ khemaṃ — n’etaṃ saraṇam-uttamaṃ,  
N’etaṃ saraṇam-āgamma — sabba-dukkhā pamuccati.  
Yo ca Buddhaṃ-ca Dhammaṃ-ca — Saṅghaṃ-ca saraṇaṃ gato,  
Cattāri ariya-saccāni — sammappaññāya passati.  
Dukkhaṃ dukkha-samuppādaṃ — dukkhassa ca atikkamaṃ,  
Ariyaṃ-c’atthaṅgikaṃ maggaṃ — dukkhūpasama-gāminaṃ.  
Etaṃ kho saraṇaṃ khemaṃ — etaṃ saraṇam-uttamaṃ,  
Etaṃ saraṇam-āgamma — sabba-dukkhā pamuccati.

诸人恐怖故，去皈依山岳，  
或依于森林，园苑·树支提。  
此非安稳依，此非最上依，  
如是皈依者，不离一切苦。  
若人皈依佛，皈依法及僧，  
由于正智慧，得见四圣谛。  
苦与苦之因，以及苦之灭，  
并八支圣道，能令苦寂灭。  
此皈依安稳，此皈依无上，  
如是皈依者，解脱一切苦。

*Driven only by fear, do men go for refuge to many places —  
to hills, woods, groves, trees and shrines.*

*Such, indeed, is no safe refuge; such is not the refuge supreme.  
Not by resorting to such a refuge is one released from all suffering.  
He who has gone for refuge to the Buddha,  
the Teaching and his Order, penetrates with transcendental wisdom  
the Four Noble Truths — suffering, the cessation of suffering,  
and the Noble Eightfold Path leading to the cessation of suffering.  
This indeed is the safe refuge, this the refuge supreme.  
Having gone to such a refuge, one is released from all suffering.*