

CONTENTS 目录

ĀRĀDHANĀ 邀请 INVITING

- Devārādhana 邀请诸天 *Inviting the Deities*..... 1
Vandanā 礼敬佛陀 *Homage [to the Buddha]*..... 2

DAILY REMINDER 每日忆念

- Sambodhi Udāna 正觉自说语
Inspired Utterance [after] Self-Awakening..... 3
Paṭiccasamuppāda 缘起法 *Dependent Arising*..... 4
Venerable Assaji's teaching to Venerable Sāriputta
阿说示尊者给予舍利弗尊者的教导..... 10
Paccayā 二十四缘 [Twenty-four] *Conditions*..... 11
Buddhānussati 佛随念 *Contemplation of the Buddha*..... 14
Dhammānussati 法随念 *Contemplation of the Dhamma*..... 15
Saṅghānussati 僧随念 *Contemplation of the Saṅgha*..... 16

PARITTA SAJJHĀYANA 护卫念诵 PROTECTION RECITATIONS

- Mahā-maṅgala Sutta 大吉祥经 *Discourse on Great Blessings*..... 19
Ratana Sutta 宝经 *Discourse on the [Three] Jewels*..... 24
Karaṇīya Mettā Sutta 应行慈爱经
Discourse on Loving-Kindness to be Done..... 30
Khandha Sutta 蕴护卫经
Discourse on [Protection of] Aggregates..... 33
Jaya-maṅgala Gāthā 胜利吉祥偈
Verses on the Blessings of Triumph..... 36
Jaya Paritta 胜利护卫 *Victory Protection*..... 39

SUTTA 经 DISCOURSES

- Dhammacakkappavattana Sutta 转法轮经
Discourse on Turning the Wheel of Dhamma..... 41
Anattalakkhaṇa Sutta 无我相经
Discourse on Not-Self Characteristic..... 53
Āditta Sutta 燃烧经 *The Fire Sermon*..... 62
Aṅgulimāla Paritta 指鬘护卫 *The Aṅgulimāla Protection*..... 69
Bojjhaṅga Sutta 觉支经
The Discourse on the Factors of Enlightenment..... 70
Ovāda-pātimokkha Gāthā 巴替摩卡教诫偈
Exhorting the Obligation Verses..... 73
Bhaddekaratta Gāthā 贤善一夜偈
Verses on 'An Auspicious Night'..... 74

DEVĀSIKA PACCAVEKKHANA 每日省思 DAILY REFLECTIONS	
Dasadhammā Sutta 十法经 <i>Discourse on Ten Dhammas</i>	75
Catupaccavekkhaṇā 四种省思 <i>Four [Requisites] Contemplation</i>	
Cīvara 袈裟 <i>Robe</i>	79
Piṇḍapāta 钵食 <i>Almsfood</i>	80
Senāsana 住所 <i>Dwelling</i>	81
Gilana 医药 <i>Medicine</i>	82
PATTHANĀ & ANUMODANĀ 发愿与回向 ASPIRATIONS...	
Abhaya Gāthā 无畏偈 <i>Verses for Fearlessness</i>	83
Subha-patthanā & Paritta 祝福与护卫 <i>Blessings & Protection</i>	84
Puññānumodanā 随喜所累积的功德	
<i>Rejoicing in the Merit [Accrued]</i>	88
Accaya Vivaraṇa 祈求宽恕 <i>Asking for Forgiveness</i>	89
Patthanā 发愿 <i>Aspirations</i>	90
Sugatovāda 善逝教诫 <i>Exhortation of the Well-Fared One</i>	91
Tathāgatassa pacchimā vācā 如来最后的话	
<i>The Tathāgata's Last Speech</i>	92
Asking for Forgiveness & Rejoicing in Merit	
分享功德与互相原谅.....	93
STANZAS ... AFTER THE PĀTIMOKKHA 诵戒后念诵的偈	
Mettā 慈爱 <i>Loving-Kindness</i>	95
Āsīsa-patthanā 发愿 <i>Aspirations</i>	98
GAHAṬṬHA SĪLA 在家戒 LAITY PRECEPTS	
Pañca Sīla 五戒 <i>Five Precepts</i>	101
Ājīva-aṭṭhamaka Sīla 活命八戒	
<i>Eight Precepts with Livelihood as the Eighth</i>	106
Navaṅga-uposatha Sīla 布萨九戒 <i>Uposatha Nine Precepts</i>	112
BUDDHA PŪJĀ 供佛 OFFERING TO THE BUDDHA	
Cetiya Vandanā 礼敬塔等 <i>Salutation to the Cetiya etc</i>	119
Bodhi Vandanā 礼敬菩提树 <i>Salutation to the Bodhi Tree</i>	119
Ārādhana & Pūjā 邀请与供养 <i>Invitation & Offering</i>	120
Buddha Vandanā 礼敬佛陀 <i>Homage to the Buddha</i>	124
Dhamma Vandanā 礼敬法 <i>Homage to the Dhamma</i>	126
Saṅgha Vandanā 礼敬僧 <i>Homage to the Saṅgha</i>	127
DĀNĀNUMODANA GĀTHĀS 随喜功德偈 REJOICING IN...	
Dānānumodana-gāthās 随喜功德偈 <i>Rejoicing in Offerings</i>	131
APPENDIX 附录	
Pāli Pronunciation.....	133
Abbreviations.....	135
巴利语字母表.....	136
新音译巴利读音相对应汉字表.....	137