

## **Saṅghānussati 商伽努沙替** ***CONTEMPLATION OF THE SAṄGHA* 僧随念**

Supaṭipanno Bhagavato sāvaka-saṅgho,  
速拔弟般若 拍卡哇哆 沙哇卡商柯

*The community of the Exalted One's  
disciples has entered on the good way,  
世尊的声闻僧众是善於行道；*

Uju-paṭipanno Bhagavato sāvaka-saṅgho,  
屋竹拔弟般若 拍卡哇哆 沙哇卡商柯

*The community of the Exalted One's  
disciples has entered on the straight way,  
世尊的声闻僧众是正直行道；*

Ñāya-paṭipanno Bhagavato sāvaka-saṅgho,  
呀呀拔弟般若 拍卡哇哆 沙哇卡商柯

*The community of the Exalted One's  
disciples has entered on the true way,  
世尊的声闻僧众是真实行道；*

Sāmīci-paṭipanno Bhagavato sāvaka-saṅgho;  
沙咪记拔弟般若 拍卡哇哆 沙哇卡商柯

*The community of the Exalted One's  
disciples has entered on the proper way,  
世尊的声闻僧众是正当行道的；*

Yad-idaṃ: cattāri purisa-yugāni aṭṭha purisa-  
puggalā,  
呀替唐 恰达立 不立沙优卡尼 阿他 普力  
沙普咖拉

*That is to say, the four pairs of men, the eight  
types of persons,  
即四双八辈的*

Esa Bhagavato sāvaka-saṅgho;  
A 沙 拍卡哇哆 沙哇卡商柯

*That is the community of the Exalted One's  
disciples,  
世尊的声闻僧众，*

Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-  
karaṇīyo,  
阿户乃哟 把户乃哟 他桔乃哟 安加利  
卡腊尼哟

*Worthy of gifts, Worthy of hospitality,  
Worthy of offerings, Whom should be  
respected,  
是应供养、应供奉者、应施於者、  
应合掌(礼敬)者,*

Anuttaraṃ puññakkhettaṃ lokassā'ti.<sup>1</sup>  
阿努达浪 本呀给当 罗卡沙弟

*The incomparable field of merit for the world.  
为世间无上的福田。*

Etena sacca-vajjena pātu tvaṃ<sup>2</sup> ratanattayaṃ.  
A 贴那 萨擦洼阶那 啪秃 汤 拉它那它秧

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

Etena sacca-vajjena pātu tvaṃ ratanattayaṃ.  
A 贴那 萨擦洼阶那 啪秃 汤 拉它那它秧

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

Etena sacca-vajjena pātu tvaṃ ratanattayaṃ.  
A 贴那 萨擦洼阶那 啪秃 汤 拉它那它秧

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

<sup>1</sup> 有的斯里兰卡派系会接着念 Dhajagga Sutta (Sāmyutta Nikāya 1.11.1.3) 《相应部·第 1 品·第 11 相应·第 1 品·第 3 经》里的这一段经文:

<p>Evam buddhaṃ sarantānaṃ, dhammaṃ saṅghaṇca bhikkhavo; bhayaṃ vā chambhitattaṃ vā, lomahaṃso na hessatī'ti. A 汪 补当 萨蓝他囊 当忙 桑干恰 毕卡我 把样 瓦 参毕他堂 瓦 咯马航艘 那 黑萨提提</p>	<p><i>Thus, oh Bhikkhu, in you who remember the Buddha, the Dhamma and the Saṅgha fear, trembling or terror will never arise. 诸比库.如此 忆念佛.法.僧, 将无畏.惧怕, 及身毛竖立!</i></p>
--	--

<sup>2</sup> 若是祝福自己, 则把 tvaṃ (你) 改念成 maṃ (我)。

Appamādo amata-padaṃ — pamādo maccuno padaṃ,

Appamattā na mīyanti — ye pamattā yathā matā.

无逸不死道，放逸趣死路。

无逸者不死，放逸者如尸。

*Heedfulness is the path to the Deathless. Heedlessness is the path to death.*

*The heedful die not. The heedless are as if dead already.*

Etam viśesato ñatvā — appamādamhi paṇḍitā,

Appamāde pamodanti — ariyānaṃ gocare ratā.

智者深知此，所行不放逸。

不放逸得乐，喜悦于圣境。

*Clearly understanding this excellence of heedfulness,  
the wise exult therein and enjoy the resort of the Noble Ones.*

Attā have jitaṃ seyyo — yā cāyaṃ itarā pajā,

Atta-dantassa posassa — niccaṃ saññata-cārino.

N'eva devo na gandhabbo — na māro saha brahmunā,

Jitaṃ apajitaṃ kayirā — tathā-rūpassa jantuno.

能克制自己，过于胜他人。

若有克己者，常行自节制。

天神·干闥婆，魔王并梵天，

皆遭于败北，不能胜彼人。

*Self-conquest is far better than the conquest of others.*

*Not even a god, an angel, Mara or Brahma*

*can turn into defeat the victory of a person*

*who is self-subdued and ever restrained in conduct.*