

## Bojjhaṅga Sutta 波将咖 素它

### *THE DISCOURSE ON THE FACTORS OF ENLIGHTENMENT* 觉支经<sup>1</sup>

Saṃsāre saṃsarantānaṃ,  
sabbadukkhavināsaṇe,  
Satta dhamme ca Bojjhaṅge,  
mārasenāpamaddane,  
Bujjhivā ye cime sattā,  
tibhavā muttakuttamā,  
Ajāti-majarābyādhim,  
amataṃ nibbayaṃ gatā.

*Having known by way of experience the seven kinds of Dhamma called Factors of Enlightenment which destroy all sufferings of beings who wander through this saṃsāra (round of rebirths) and which defeat the army of Māra, the Evil One, these excellent persons were liberated from the three kinds of existence. They have reached (lit. gone to) Nibbāna where there is no rebirth, ageing, disease, death and danger.*

七觉支法能够灭除在生死轮回中轮回的众生的一切苦，也能够战胜魔军。体证了这七种法后，这些超凡者解脱三有<sup>2</sup>。他们已经达到无生、无老、无病、无死、无怖畏的涅槃。

Evamādiḅuṇṇepetaṃ,  
anekaguṇasaṅghaṃ,  
Osadhaṅ ca imaṃ maṅṅaṃ,  
bojjhaṅgaṅ ca bhaṅṅaṃ he.

*Oh good people! Let us recite this Bojjhaṅga Sutta which is endowed with the aforementioned attributes, which gives not a few benefits and which is like a medicine and a mantra.*

善德者，让我们念诵具备上述种种功德的觉支经，它如药如咒，带来不少的利益。

<sup>1</sup> Bojjhaṅga Sutta original Suttas, Saṃyutta Nikāya, iii.71, 72 & 73. For protection against and getting free from sickness and disease.

<sup>2</sup> 三有是欲有、色有、无色有。

Bojjhaṅgo satsaṅkhāto,  
dhammānaṃ vicayo tathā,  
Vīriyaṃ pīti passaddhi,  
bojjhaṅgā ca tathāpare,  
Samādhu-pekkhā bojjhaṅga,  
sattete sabba-dassinā,  
Muninā samma-dakkhātā,  
bhāvitā bahulīkatā.  
Saṃvattanti abhiññāya,  
nibbānāya ca bodhiyā,  
Etena sacca-vajjena,  
sotthi te hotu sabbadā.

Ekasmim samaye Nātho,  
Moggallānaṃ ca Kassapaṃ,  
Gilāne dukkhite disvā,  
bojjhaṅge satta desayi.

Te ca taṃ abhinanditvā,  
rogā muccimsu taṅkhaṇe.  
Etena sacca-vajjena,  
sotthi te hotu sabbadā.

*These seven Factors of Enlightenment, namely; mindfulness, investigation of Dhammas, effort (or energy), zest, tranquility, concentration and equanimity, which are well-expounded by the All Seeing Sage, promote, when practiced repeatedly, penetration of the Truth, cessation of suffering and knowledge of the Path. By this utterance of truth, may there always be happiness for you.*

此七觉支，即：念、择法、精进、喜、轻安、定与舍，是知见一切的摩尼善说之法，在培育、重复修习之下，会导向上等智、涅槃、菩提。以此真实语，愿你永远平安。

*Once when the Lord saw Moggallāna and Kassapa being unwell and suffering, he preached the seven factors of Enlightenment.*

一时保护者（世尊）见到目犍连和迦叶生病受苦，他就向他们开示七觉支。

*They, having rejoiced at the discourse, immediately were freed from the disease. By this utterance of truth, may there always be happiness to you.*

聆听此开示后他们感到欢喜，并且立刻病愈。以此真实语，愿你永远平安。

Ekadā Dhammarājā pi,  
gelaññenābhipīḷito,  
Cundattherena taṃ yeva,  
bhaṇāpetvāna sādaraṃ.  
Sammoditvāna ābadhā,  
tamhā vuṭṭhāsi ṭhānaso.  
Etena sacca-vajjena,  
sotthi te hotu sabbadā.

*Once when the King of the dhamma was oppressed by disease, he had the Venerable Cunda recite the discourse respectfully, and having rejoiced at the discourse was immediately cured of the disease. By this utterance of truth, may there always be happiness to you.*

一时法王受到病痛折磨，他就指示尊陀长老恭敬地念诵该开示。他对该开示感到欢喜，并且立刻病愈。以此真实语，愿你永远平安。

Pahīnā te ca ābādhā,  
tiṇṇannam pi Mahesinaṃ,  
Maggahatā kilesāva,  
pattānuppatti-dhammataṃ.  
Etena sacca-vajjena,  
sotthi te hotu sabbadā.

*The disease of the three Great Sages that were eradicated reached the sages of never occurring again like the mental defilements eradicated by the Path. By this utterance of truth, may there always be happiness for you.*

这三位大圣贤的疾病被去除后，就永远不再复发，就像被道断除的烦恼。以此真实语，愿你永远平安。