


BUDDHA PŪJĀ

OFFERING BUDDHA

Tisarāṇa Vandanā
禮敬三寶¹
Homage to the Triple Gem

Arahamaṃ, Sammāsambuddho Bhagavā, Buddhaṃ Bhagavantaṃ abhivādemī. (x1)
世尊是阿羅漢、正等正覺者，我禮敬佛陀世尊。(一拜)
Lord, the most worthy One, the perfectly Enlightened One, the Buddha, I revere. (prostrate once)

Svākkhāto Bhagavatā dhammo, Dhammaṃ namassāmi. (x1)
法是世尊所善說的，我禮敬法。(一拜)
The Dhamma of the Blessed One is perfectly expounded, this law, path, teaching, I venerate. (prostrate once)

Supaṭipanno bhagavato sāvakaśaṅgho, Saṅghaṃ namāmi. (x1)
世尊的弟子僧團是善行道者，我禮敬僧。(一拜)
The Saṅgha of the Blessed One's disciples has entered on the good way, that pure community, I revere. (prostrate once)

¹ 頂禮佛寶拜下時唸：Buddho me nātho. 佛是我的歸依處。The Buddha is my refuge.
頂禮法寶拜下時唸：Dhammo me nātho. 法是我的歸依處。The Dhamma is my refuge.
頂禮僧寶拜下時唸：Saṅgho me nātho. 僧是我的歸依處。The Saṅgha is my refuge.

Cetiya Vandanā
禮敬塔等

Salutation to the Cetiya (shrine) etc.

Vandāmi cetiyaṃ sabbam — sabba thānesu patitthitam,

Sārīrīka dhātu-Mahā bodhiṃ — Buddha-rūpaṃ sakalaṃ-sadā. (x3)

至誠禮敬於世界各處的寺院、佛舍利塔。至誠禮敬菩提樹。至誠禮敬佛塑像（或肖像）。（三遍）

I salute every Cetiya (shrine), that may stand in any place, the bodily relics, the Great Bodhi, and all images of the Buddha. (x3)

Bodhi Vandanā
禮敬菩提

Salutation to the Bodhi Tree

Yassa mūle nisinnova — sabbāri vijayaṃ akā,

Patto sabbaññu-taṃ satthā — Vande taṃ Bodhi pādapaṃ.

Ime ete mahā Bodhi — Loka nāthena pūjitā,

Ahaṃpi te namassāmi — Bodhi Rājā namatthu te. (x3)

曾經為導師提供修行場地，並為導師抵擋一切天敵，導師因此而證悟，我禮贊此非凡的菩提樹。

這是一棵偉大的菩提樹，世尊因你而圓成佛道。我至誠的向你頂禮。啊！偉大的菩提樹。（三遍）

Seated at whose base the Teacher overcame all foes, attaining Omniscience, that very Bodhi tree do I venerate.

This great tree of Enlightenment, the Lord of the world revered, I too shall salute you. May there be homage to you, O great Bodhi. (x3)

Pañca Sīla Āradhanā
請求三皈依五戒

Requesting the Three Refuges and the Five Precepts

Okāsa, ahaṃ, bhante, tisaraṇena saddhiṃ pañca-sīlaṃ dhammaṃ yācāmi, anuggahaṃ katvā sīlaṃ detha me, bhante.

尊者，我乞求三皈依和五戒法。尊者，在攝受後請把戒授給我！

Excuse me, may I, Venerable Sir, observe the Five Precepts together with the three Refuges, Venerable Sir, please have compassion on me and grant me the Precepts.

Dutiyam'pi okāsa, ahaṃ, bhante, tisaraṇena saddhiṃ pañca-sīlaṃ dhammaṃ yācāmi, anuggahaṃ katvā sīlaṃ detha me, bhante.

尊者，我第二次乞求三皈依和五戒法。尊者，在攝受後請把戒授給我！

For the second time, may I, Venerable Sir, observe the Five Precepts together with the three Refuges, Venerable Sir, please have compassion on me and grant me the Precepts.

Tatīyam'pi okāsa, ahaṃ, bhante, tisaraṇena saddhiṃ pañca-sīlaṃ dhammaṃ yācāmi, anuggahaṃ katvā sīlaṃ detha me, bhante.

尊者，我第三次乞求三皈依和五戒法。尊者，在攝受後請把戒授給我！

For the third time, may I, Venerable Sir, observe the Five Precepts together with the three Refuges, Venerable Sir, please have compassion on me and grant me the Precepts.

Monk : Yamahaṃ vadāmi taṃ vadehi (vadetha).

出家人：我唸什麼你（們）也跟著唸。

Monk : *What I recite you (your) follow.*

Laity : Āma, bhante.

在家人：是的，尊者。

Laity : *Yes, Venerable Sir.*

Tisarāṇa
三 歸 依
Three Refuges

Namo Tassa Bhagavato, Arahato Sammā-sambuddhassa. ^(x3)
禮敬世尊 · 阿羅漢 · 正等正覺者。 (三遍)
*Homage to that Blessed One, who is an arahant and
perfectly self-enlightened. (x3)*

Buddhaṃ saraṇaṃ gacchāmi.
我歸依佛。
I go to the Buddha as my refuge.

Dhammaṃ saraṇaṃ gacchāmi.
我歸依法。
I go to the Dhamma as my refuge.

Saṅghaṃ saraṇaṃ gacchāmi.
我歸依僧。
I go to the Saṅgha as my refuge.

Dutiyam'pi Buddhaṃ saraṇaṃ gacchāmi.
第二遍，我歸依佛。
For the second time, I go to the Buddha as my refuge.

Dutiyam'pi Dhammaṃ saraṇaṃ gacchāmi.
第二遍，我歸依法。
For the second time, I go to the Dhamma as my refuge.

Dutiyam'pi Saṅghaṃ saraṇaṃ gacchāmi.
第二遍，我歸依僧。
For the second time, I go to the Saṅgha as my refuge.

Tatīyam'pi Buddhaṃ saraṇaṃ gacchāmi.
第三遍，我歸依佛。
For the third time, I go to the Buddha as my refuge.

Tatīyam'pi Dhammaṃ saraṇaṃ gacchāmi.

第三遍，我歸依法。

For the third time, I go to the Dhamma as my refuge.

Tatīyam'pi Saṅghaṃ saraṇaṃ gacchāmi.

第三遍，我歸依僧。

For the third time, I go to the Saṅgha as my refuge.

Monk : Saraṇa-gamaṇaṃ sampuṇṇaṃ.

出家人：皈依已經圓滿。

Monk : The Three Refuges are complete.

Laity : Āma, bhante.

在家人：是的，尊者。

Laity : Yes, Venerable Sir.

Pañca Sīla

五戒

Five Precepts

Pāṇātipātā veramaṇī sikkhā-padaṃ samādiyāmi.

我受持不殺生戒。

I take the precept to abstain from destroying living beings.

Adinnādānā veramaṇī sikkhā-padaṃ samādiyāmi.

我受持不偷盜戒。

I take the precept to abstain from taking things not given.

Kāmesu micchācārā veramaṇī sikkhā-padaṃ samādiyāmi.

我受持不邪淫戒。

I take the precept to abstain from sexual misconduct.

Musā-vādā veramaṇī sikkhā-padaṃ samādiyāmi.

我受持不妄語戒。

I take the precept to abstain from false speech.

Surā-meraya-majja-pamādatṭhānā veramaṇī sikkhā-padaṁ samādiyāmi.
我受持不服用酒類等麻醉品戒。

I take the precept to abstain from taking anything that causes intoxication or heedlessness.

Monk : Tisaraṇena saddhiṁ pañca-sīlaṁ dhammaṁ sādhukaṁ
surakkhitaṁ katvā appamādena sampādetabbaṁ.

出家人：你（們）應當好好地守護三皈依和五戒法，並且應當不放逸地努力（成就）。

Monk : Maintaining well the five precepts together with the three refuges, strive on with diligence.

Laity : Āma, bhante.

在家人：是的，尊者。

Laity : Yes, Venerable Sir.

Ārādhanā 邀請 Invitation

Yāvataḥ Bhagavā loke — tiṭṭheyya tava sāsanaṁ,
tāvataḥ patigaṇhātu — pūjā lokānukampayā.

世尊，只要您的教法²還住於世間的時候，願您出於對世間的悲憫而接受供養。

Blessed One, as long as your sāsana² prevails in the world may you, out of compassion for [all beings in] the world, accept [these] offerings.

² Sāsana : 佛陀的教誨、教法、佛教。

Sāsana – the dispensation of the Buddha, the Buddhist religion, the Buddha's teachings.

供燈

Offering of Light

Sittha-telappadittena³ — dīpena tama-dhamsinā,
tiloka-dīpaṃ Sambuddhaṃ — pūjayāmi tamo-nudaṃ.

以這驅逐黑暗的燃燒燈燭³，我供養滅除（無明）黑暗的三界燈正覺佛陀。
With this blazing candle lamp³ that dispels the darkness I [make an] offering to the All Enlightened One, who is a light [that brightens] the three-worlds and is a destroyer of the darkness [of ignorance].

供香

Offering of Incense

Sugandhi-kāya-vadanam — ananta-guṇa-gandhinam,
Sugandhinā'haṃ gandhena — pūjayāmi Tathāgataṃ.

我以此香供養具足無量功德身語香的如來。
To the Tathāgata, fragrant of body & speech and possessing the scent of infinite virtue, I offer this incense.

供花

Offering of Flowers

Vaṇṇa-gandha-guṇopetaṃ — etaṃ kusuma-santatiṃ,
pūjayāmi Munindassa — siri-pāda-saroruhe.

我將這具足色香德質的花聚供養於牟尼王（佛陀）的蓮足。

³ 如果供的是油燈而不是蠟燭時，則將 Sittha-telappadittena 改為 Gandha-telappadittena。

Change Sittha-telappadittena to Gandha-telappadittena if an oil lamp is used instead of candles

Endowed with the qualities of colour and fragrance, this flower collection I offer at the lotus feet of Munindassa (i.e. the Buddha)

Pūjemi Buddhaṃ Kusumena nena,
Puññaena me tena labhāmi mokkhaṃ;
Pupphaṃ milāyāti yathā idam me,
Kāyo tathā yāti vināsa-bhāvaṃ.

我供養花給佛陀，以我的這種功德使我能獲得解脫〔輪回〕；猶如這些花將會枯萎，我的身體也將會走向毀滅。

I offering this flower to the Buddha, by this merit of mine may I gain deliverance [from saṃsāra]; just as this flower [will] fade, so [, too,] my body [will] go to the state of destruction.

供水

Offering of Water

Sugandhaṃ sītaṃ kappam — Pasanna-madhuraṃ subhaṃ,
Pāṇīyam· etaṃ Bhagavā — patigaṇhātu· m· uttama.

世尊，至上者，願您接受此清香、清涼、舒適、澄淨、甘甜與清淨之水。
Blessed One, Greatest One, May [you] accept this [offering of] water which fragrant, cool, suitable, clear, sweet and pleasant [to drink].

供乳（粥或茶）

Offering of Milk Drink (Gruel or Tea)

Adhivāsetu no Bhante — paṇītaṃ khīra-pānakaṃ,
Anukampaṃ upādāya — patigaṇhātu· m· uttama.

尊者，至上者，願您出於對我們的悲憫而接受此殊勝的乳制飲料。
Venerable Sir, Greatest One, may [you], out of compassion for us, accept this excellent drink of milk.

供飯 *Offering of Rice*

Adhivāsetu no Bhante — bhojanam parikappitam,
Anukampam upādāya — patigaṇhātu· m· uttama. (x3)
尊者，至上者，願您出於對我們的悲憫而接受此備好的食物（主食）。(三遍)
*Venerable Sir, Greatest One, may [you], out of compassion for us, accept
this prepared [staple] food. (x3)*

供食（非主食） *Offering of [Non-staple] Food*

Adhivāsetu no Bhante — vyañjanam parikappitam,
Anukampam upādāya — patigaṇhātu· m· uttama.
尊者，至上者，願您出於對我們的悲憫而接受此備好的菜餚（非主食）。
*Venerable Sir, Greatest One, may [you], out of compassion for us, accept
this prepared [non-staple] food.*

供水果 *Offering of Fruit*

Adhivāsetu no Bhante — phalāphalam parikappitam,
Anukampam upādāya — patigaṇhātu· m· uttama.
尊者，至上者，願您出於對我們的悲憫而接受此備好的水果。
*Venerable Sir, Greatest One, may [you], out of compassion for us, accept
this prepared fruit.*

供甜食

Offering of Sweet-meat

Adhivāsetu no Bhante — khajjakam̐ parikappitam̐,

Anukampam̐ upādāya — patiganhātu· m· uttama.

尊者，至上者，願您出於對我們的悲憫而接受此備好的甜食。

Venerable Sir, Greatest One, may [you], out of compassion for us, accept this prepared sweet-meat.

Buddha Vandanā

禮敬佛陀

Homage to the Buddha

Iti'pi so Bhagavā Arahāṃ, Sammāsambuddho,

Vijjā-carāṇa-sampanno, Sugato, Loka-vidū, Anuttaro

purisa-damma-sārathi, Satthā deva-manussānam,

Buddho, Bhagavā'ti.

這位世尊是阿羅漢、正等正覺者、明行具足、善逝、世間解、無上調御丈夫、天人導師、佛陀、世尊。

Thus indeed, is the Blessed One, entirely free from defilements, Fully enlightened by his own effort, Perfect in knowledge and [good] conduct, Who has gone the correct path, Knower of the worlds, incomparable trainer of those who are to be tamed, Teacher of deities and men, Enlightened (lit. awakened) and Blessed [with good fortune].

Buddham̐ jīvita-pariyantam̐ saraṇam̐ gacchāmi.

直至命終我皈依佛陀。

Until life's end, I go to the Buddha for refuge.

Ye ca Buddhā atītā ca — ye ca Buddhā anāgatā,

paccuppannā ca ye Buddhā — ahaṃ vandāmi sabbadā.

我時刻皆禮敬過去諸佛、未來諸佛以及現在佛。

Daily I pay respects to the Buddhas of the past, the Buddhas of the future and the Buddhas of the present.

N’atthi me saraṇaṃ añaṇaṃ — Buddho me saraṇaṃ varaṃ,

Etena sacca-vajjena — hotu me jaya-maṅgalaṃ.

我沒有其他的皈依，佛陀是我至上的皈依；以此真實語，願我得到吉祥勝利。

There is no other refuge for me, the Buddha is my supreme refuge, by this assertion of truth may there be for me victory and prosperity.

Uttamaṅgena vande’haṃ — pada-paṃsu-varuttamaṃ,

Buddhe yo khalito doso — Buddho khamatu taṃ mamaṃ.

我以頭禮敬最上者足上之塵；若我對佛陀〔所作的〕一切錯誤與過失，願佛陀原諒我。

I [bow and] pay respects with [my] head at the dust on the feet of the Supreme Great One.[If] I have [committed] any erring or wrongdoing towards the Buddha, may the Enlightened One forgive me for that.

Sādhu! Sādhu! Sādhu! (x1)

善哉！善哉！善哉！（頂禮一拜）

Sādhu! Sādhu! Sādhu! (prostrate once)

Dhamma Vandanā

禮敬佛法

Homage to the Dhamma

Svākkhāto Bhagavatā Dhammo, Sandhiṭṭhiko, Akāliko,

Ehipassiko, Opanayiko, Paccattaṃ veditabbo viññūhī’ti.

法是世尊所善說的，是當生可見的、無時的、〔請大家〕來見的、導向〔涅槃〕的、智者們應親自了知的。

The Dhamma is well expounded by the Blessed One, to be realized in this very life, with immediate results, inviting investigation, leading to Nibbāna and to be experienced personally by the wise.

Dhammaṃ jīvita-pariyantaṃ saraṇaṃ gacchāmi.

直至命終我皈依法。

Until life's end, I go to the Dhamma for refuge.

Ye ca dhammā atītā ca — ye ca Dhammā anāgatā,

Paccuppannā ca ye Dhammā — ahaṃ vandāmi sabbadā.

我時刻皆禮敬過去諸法、未來諸法以及現在諸法。

Daily I pay respects to the Dhammas of the past, the Dhammas of the future and the Dhammas of the present.

N'atthi me saraṇaṃ aññaṃ — Dhammo me saraṇaṃ varaṃ,

Etena sacca-vajjena — hotu me jaya-maṅgalaṃ.

我沒有其他的皈依，法是我至上的皈依；以此真實語，願我得到吉祥勝利。

There is no other refuge for me, the Dhamma is my supreme refuge, by this assertion of truth may there be for me victory and prosperity.

Uttamaṅgena vande'ham — Dhammaṃ ca tividhaṃ varaṃ,

Dhamme yo khalito doso — Dhammo khamatu taṃ mamaṃ.

我以頭禮敬三種⁴與最上之法；若我對法〔所作的〕一切錯誤與過失，願法原諒我。

I [bow and] pay respects with [my] head to the Dhamma, which is three-fold⁴ and supreme. [If] I have [committed] any erring or wrongdoing towards the Dhamma, may the Dhamma forgive me for that.

Sādhu! Sādhu! Sādhu! (x1)

善哉！善哉！善哉！（頂禮一拜）

Sādhu! Sādhu! Sādhu! (prostrate once)

⁴三種法是指教理、禪修與證悟，也可以指戒、定、慧。

The three-fold aspects are learning, practicing and realizing the Dhamma; this can also be taken to mean ethical conduct, concentration and wisdom.

Saṅgha Vandana 禮敬僧 *Homage to the Saṅgha*

Supaṭipanno Bhagavato sāvaka-saṅgho, uju-paṭipanno Bhagavato sāvaka-saṅgho, ñāya-paṭipanno Bhagavato sāvaka-saṅgho, sāmīci-paṭipanno Bhagavato sāvaka-saṅgho, yad· idam cattāri purisa-yugāni aṭṭha purisa-puggalā, esa Bhagavato sāvaka-saṅgho, āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-karaṇīyo, anuttaram puññakkhettaṃ lokassā'ti.

世尊的弟子僧團是善行道者，世尊的弟子僧團是正直行道者，世尊的弟子僧團是真理行道者，世尊的弟子僧團是正當行道者，也即是四雙八輩的世尊弟子僧團，是應受供養者、應受供奉者、應受佈施者、應受合掌者，是世間無上的福田。

The order of the disciples of the Blessed One has practiced well, the order of the disciples of the Blessed One has practiced directly, the order of the disciples of the Blessed One has practiced according to the right path, the order of the disciples of the Blessed One has practiced in a suitable way [to attain Nibbāna]; just this, i.e. the four pairs of men or the eight individuals, is the order of the disciples of the Blessed One, who are worthy to attend on, worthy to receive hospitality, worthy to receive offerings, worthy to receive salutation with palms placed together showing respect and are an unsurpassed field of merit for the world.

Saṅgham jīvita-pariyantam saraṇam gacchāmi.

直至命終我皈依僧。

Until life's end, I go to the Saṅgha for refuge.

Ye ca Saṅghā atītā ca — ye ca Saṅghā anāgatā,

paccuppanā ca ye Saṅghā — aham vandāmi sabbadā.

我時刻皆禮敬過去之僧、未來之僧以及現在僧。

Daily I pay respects to the Saṅghas of the past, the Saṅghas of the future and the Saṅghas of the present.

N'atthi me saraṇaṃ aññaṃ — Saṅho me saraṇaṃ varaṃ,

Etena sacca-vajjena — hotu me jaya-maṅgalaṃ.

我沒有其他的皈依，僧是我至上的皈依；以此真實語，願我得到吉祥勝利。

There is no other refuge for me, the Saṅgha is my supreme refuge, by this assertion of truth may there be for me victory and prosperity.

Uttamaṅgena vande'ham — Saṅghaṃ ca tividhottamaṃ,

Sanghe yo khalito doso — Saṅho khamatu taṃ mamaṃ.

我以頭禮敬三種⁵至上之僧；若我對僧〔所作的〕一切錯誤與過失，願僧原諒我。

I [bow and] pay respects with [my] head to the Saṅgha, which is three-fold⁵ and supreme.[If] I have [committed] any erring or wrongdoing towards the Saṅgha, may the Saṅgha forgive me for that.

Sādhu! Sādhu! Sādhu! (x1)

善哉！善哉！善哉！（頂禮一拜）

Sādhu! Sādhu! Sādhu! (prostrate once)

Devānumodaṇā

諸天隨喜

To make Deities participate in Merits

Ettāvata ca amhehi — sambhataṃ puñña-sampadaṃ,

sabbe devā anumodantu — sabba-sampatti-siddhiyā.

⁵三種僧是指修行佛法但尚未證悟出世間法的出家佛弟子，已經證悟第一預流果、第二一來果、第三不還者，以及無學聖者，即阿羅漢。

This refers to those who are ordained disciples of the Buddha practising the Dhamma but not yet realized any of the supramundane states, those who have attained the supramundane states of stream-entry, once-returner or non-returner and, lastly, those who have finished the training, i.e. arahants.

到目前為止我們所累積的功德與成就，願一切諸天隨喜，以獲得一切的成就。

To the extent merit and prosperity has been accumulated by us, may all deities rejoice, for the attaining of all [kinds of] success.

Ettāvātā ca amhehi — sambhataṃ puñña-sampadaṃ,
sabbe bhūtā anumodantu — sabba-sampatti-siddhiyā.

到目前為止我們所累積的功德與成就，願一切生類隨喜，以獲得一切的成就。

To the extent merit and prosperity has been accumulated by us, may all living beings rejoice, for the attaining of all [kinds of] success.

Ettāvātā ca amhehi — sambhataṃ puñña-sampadaṃ,
sabbe sattā anumodantu — sabba-sampatti-siddhiyā.

到目前為止我們所累積的功德與成就，願一切有情隨喜，以獲得一切的成就。

To the extent merit and prosperity has been accumulated by us, may all beings rejoice, for the attaining of all [kinds of] success.

Ākāsaṭṭhā ca bhummaṭṭhā — devā nāgā mahiddhikā,
Puññaṃ taṃ anumoditvā — ciraṃ rakkhantu sāsanaṃ.

願住於空界與地界擁有大神力的諸天與龍，在隨喜此功德後，長久地護持此教法。

May the deities and nāgas of mighty power, who inhabit the earth and the sky, rejoice in this merit and long protect the [Buddha's] sāsana.

Ākāsaṭṭhā ca bhummaṭṭhā — devā nāgā mahiddhikā,
Puññaṃ taṃ anumoditvā — ciraṃ rakkhantu desanaṃ.

願住於空界與地界擁有大神力的諸天與龍，在隨喜此功德後，長久地護持此教示。

May the deities and nāgas of mighty power, who inhabit the earth and the sky, rejoice in this merit and long protect the [Buddha's] Teaching.

Ākāsaṭṭhā ca bhummaṭṭhā — devā nāgā mahiddhikā,

Puññaṃ taṃ anumoditvā — ciraṃ rakkhantu maṃ paraṃ.

願住於空界與地界擁有大神力的諸天與龍，在隨喜此功德後，長久地護持我和其他人。

May the deities and nāgas of mighty power, who inhabit the earth and the sky, rejoice in this merit and long protect myself and others.

Puññānumodaṇā

迴向功德（給已故眷屬）

Transference of Merits (to the Departed Relatives)

Idaṃ me ñātīnaṃ hotu — sukhitā hontu ñātayo. ^(x1)

願以此（功德）與我〔已去世〕的親戚們（分享），願親戚們快樂。（一遍）

May this [merit be rejoiced in by] my relations [who have passed away].

May they be happy. ^(x1)

Idaṃ no ñātīnaṃ hotu — sukhitā hontu ñātayo. ^(x1)

願以此（功德）與我們〔已去世〕的親戚們（分享），願親戚們快樂。（一遍）

May this [merit be rejoiced in by] our relations [who have passed away].

May they be happy. ^(x1)

Idaṃ vo ñātīnaṃ hotu — sukhitā hontu ñātayo. ^(x1)

願以此（功德）與您們〔已去世〕的親戚們（分享），願親戚們快樂。（一遍）

May this [merit be rejoiced in by] your relations [who have passed away].

May they be happy. ^(x1)

Patthanā
許願
The Aspirations

Iminā puñña-kammena — mā me bāla-samāgamo,
Sataṃ samāgamo hotu — yāva nibbāna-pattiyā. (x3)

以這些功德行〔的威力〕，願我直至證悟涅槃皆不遇愚人，只親近智者。（三遍）

By [the power of] this meritorious action may not meet [with] the foolish, may there [only] be the meeting [with] the wise until [I] attain Nibbāna. (x3)

Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu. (x3)

願我此功德導致滅盡諸漏。（三遍）

May this merit [accrued] be conducive for the elimination of the [mental] effluents. (x3)

Imāya dhammānudhamma-paṭipattiyā Buddhaṃ pūjemi.

以此隨順法的實踐，我禮敬佛。

By this practice in accordance with the Dhamma I honour the Buddha.

Imāya dhammānudhamma-paṭipattiyā Dhammaṃ pūjemi.

以此隨順法的實踐，我禮敬法。

By this practice in accordance with the Dhamma I honour the Dhamma.

Imāya dhammānudhamma-paṭipattiyā Saṅghaṃ pūjemi.

以此隨順法的實踐，我禮敬僧。

By this practice in accordance with the Dhamma I honour the Saṅgha.

Addhā imāya paṭipattiyā jāṭi-jarā-maraṇamhā Parimuccissāmi.

切實地依此實踐，我將能解脫生、老與死。

By this practice I will most certainly gain liberation from birth, aging and death.

Accaya Vivaraṇa
祈求寬恕
Asking for Pardon

Kāyena vācā cittaṇa — pamādena mayā kataṃ,

Accayaṃ khama me Bhante — bhūri-pañña Tathāgata. (x1)

若我因放逸而造作的身、語、意過失，願廣慧者、如來、師尊原諒我。(一拜)
If by deed, word or thought I have heedlessly done wrong, may the Tathagata, possessed of great wisdom for give me. (prostrate once)

Kāyena vācā cittaṇa — pamādena mayā kataṃ,

Accayaṃ khama me Dhamma — sanditthika akālika. (x1)

若我因放逸而造作的身、語、意過失，願當生可見的、無時之法原諒我。(一拜)
If by deed, word or thought I have heedlessly done wrong, to the Dhamma, which is to be seen in this very life and gives results without delay, may I be forgiven. (prostrate once)

Kāyena vācā cittaṇa — pamādena mayā kataṃ,

Accayaṃ khama me Saṅgha — puññakkhetta anuttara. (x1)

若我因放逸而造作的身、語、意過失，願作為無上福田之僧原諒我。(一拜)
If by deed, word or thought I have heedlessly done wrong, may the Saṅgha, the incomparable field of merit, forgive me. (prostrate once)

Sādhu! Sādhu! Sādhu!

善哉！善哉！善哉！

Sādhu! Sādhu! Sādhu!

Mettā
慈愛

Loving Kindness

Ahaṃ avero homi.

Ahaṃ abyāpajjo homi.

Ahaṃ anīgho homi.

Ahaṃ sukhī attānaṃ pariharāmi. (x3)

願我沒有仇敵。

願我沒有精神的痛苦。

願我沒有身體的痛苦。

願我平安快樂。(三遍)

May I be free from enmity.

May I be free from mental sufferings.

May I be free from physical suffering.

May I live happily with ease and comfort. (repeats thrice)

Sabbe sattā averā hontu.

Sabbe sattā abyāpajjā hontu.

Sabbe sattā anīghā hontu.

Sabbe sattā sukhī attānaṃ, pariharantu. (x3)

願一切有情眾生沒有仇敵。

願一切有情眾生沒有精神的痛苦。

願一切有情眾生沒有身體的痛苦。

願一切有情眾生平安快樂。(三遍)

May all beings be free from enmity.

May all beings be free from mental sufferings.

May all beings be free from physical suffering.

May all beings live happily with ease and comfort. (repeats thrice)

Puññānumodanā & Accaya Vivaraṇa
分享功德及請求原諒
Sharing of Merits and Asking for Pardon

Laity : Okāsa, vandāmi, Bhante. (x1)

在家人：尊者，請讓我頂禮。（頂禮一拜）

Laity : *Venerable Sir, allow me to venerate (pay respects to) you. (prostrate once)*

Monk : Sukhi hotu (hontu), Nibbānapaccayo hotu (hontu).

出家人：祝你（們）快樂，證悟涅槃。

Monk : *May you (your) be happy, attain Nibbāna.*

Laity : Mayā katam puññaṃ sāminā anumoditabbaṃ.

在家人：您（尊者）應當隨喜我所作的功德。

Laity : *May you, Venerable Sir, rejoice in the merits that I have gained.*

Monk : Sādhu! Sādhu! Anumodāmi.

出家人：善哉，善哉，我隨喜。

Monk : *Sādhu! Sādhu! I rejoice in your merits.*

Laity : Sāminā katam puññaṃ mayhaṃ databbaṃ

在家人：應當給我（隨喜）您所作的功德。

Laity : *[Venerable Sir,] may you share with me the merits you have gained.*

Monk : Sādhu! Anumoditabbaṃ.

出家人：善哉，你應當隨喜。

Monk : *Sādhu! May you rejoice in that merits.*

Laity : Sādhu! Sādhu! Anumodāmi. Okāsa, dvārattayena katam sabbaṃ accayaṃ khamatha me Bhante.

在家人：善哉！善哉！我隨喜。尊者，請原諒我由（身、口、意）三門所犯的一切過失！

Laity : *Sādhu! Sādhu! I rejoice in your merits. Venerable Sir, if I have done any wrong in deed, word or thought, please forgive me.*

Monk : Khamāmi khamitabbari.

出家人：我原諒你，你也應當原諒我。

Monk : *I forgive you. May you forgive me [also].*

Laity : Okāsa, khamāmi, Bhante. (x3)

在家人：善哉！尊者，我原諒您。（頂禮三拜）

Laity : *Sādhu! Sādhu! Venerable sir, I forgive you [also]. (prostrate trice)*

Monk : Sukhi hotu (hontu), Nibbānapaccayo hotu (hontu).

出家人：祝你（們）快樂，證悟涅槃。

Monk : *May you (your) be happy, attain Nibbāna.*



