

Daily Dhamma Reflection
每日佛法省思

PĀḲI CHANTING

巴利课诵

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Devārāadhanā (p.1)

Samantā cakka-vāḷesu
Atrāgacchantu devatā;
Saddhammaṃ Muni-rājassa
Suṇantu sagga-mokkhadaṃ.

Dhammassavana-kālo ayaṃ bhadantā. (x3)

Inviting the Deities 邀請諸天

May the deities of the entire universe come here and listen to the True-Dhamma of the King of Sages, which leads to the heavenly states and liberation (Nibbāna).

从世界系中各处，愿诸天神来此地，
聆听知王之正法，导向天界与解脱。

Sirs, now is the time for listening to the Dhamma.
这是听闻佛法的时候，大德们。

Vandanā (p.1)

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Homage [to the Buddha] 礼敬佛陀

Homage to that Blessed One, the Arahant and Perfectly Self-Awakened One.

礼敬世尊、阿罗汉、圆满自觉者。

Sambodhi-Udāna (p.1)

Aneka-jāti saṃsāraṃ
Sandhāvissaṃ anibbisaṃ,
Gaha-kāraṃ gavesanto
Dukkhā jāti punappunaṃ.

Gaha-kāraka, diṭṭho'si
Puna gehaṃ na kāhasi,
Sabbā te phāsukā bhaggā
Gaha-kūṭaṃ visaṅkhataṃ,
Visaṅkhāra-gataṃ cittaṃ
Taṇhānaṃ khayamajjhagā.

– KN, Dhṛp¹ 153-154

Inspired Utterance [after] Self-Awakening 正觉自说语

I wandered [through] many births in saṃsāra, searching for the house builder (craving) [but] found [him] not; repeated birth is suffering.

在生死轮回当中，我寻找了许多世，
却找不到造屋者。一再投生的确苦。

O house-builder! You are seen. You shall not build a house again. All your rafters are broken. Your ridge-pole is shattered. My mind has attained the unconditioned, obtaining the destruction of craving.

造屋者你已被见！你已不能再造屋。
你所有的椽已断，你的横梁已粉碎。
我心已证无为法。已经达到爱尽毁。

¹ Abbreviations in this book 本书中的英文缩写：DN (Dīgha-Nikāya), MN (Majjhima-Nikāya), SN (Saṃyutta-Nikāya), AN (Aṅguttara-Nikāya), KN (Khuddaka-Nikāya), Dhṛp (Dhammapada).

Paṭiccasamuppāda (p.2)

Iti imasmim sati idaṃ hoti, imassuppādā
idaṃ uppajjati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
paccayā viññāṇaṃ, viññāṇa-paccayā nāma-
rūpaṃ, nāma-rūpa-paccayā saḷāyatanaṃ,
saḷāyatana-paccayā phasso, phassa-paccayā
vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
upādānaṃ, upādāna-paccayā bhavo, bhava-
paccayā jāti, jāti-paccayā jarā-maraṇaṃ soka-
parideva-dukkha-domanassupāyāsā
sambhavanti. Evametassa kevalassa
dukkhakkhandhassa samudayo hoti.

Yadā have pātubhavanti dhammā,
Ātāpino jhāyato brāhmaṇassa,
Athassa kaṅkhā vapayanti sabbā,
Yato pajānāti sahetudhammaṃ.

Iti imasmim asati idaṃ na hoti, imassa
nirodhā idaṃ nirujjhati, yadidaṃ:

Avijjā-nirodhā saṅkhāra-nirodho,
saṅkhāra-nirodhā viññāṇa-nirodho, viññāṇa-
nirodhā nāma-rūpa-nirodho, nāma-rūpa-
nirodhā saḷāyatana-nirodho, saḷāyatana-
nirodhā phassa-nirodho, phassa-nirodhā
vedanā-nirodho, vedanā-nirodhā taṇhā-
nirodho, taṇhā-nirodhā upādāna-nirodho,
upādāna-nirodhā bhava-nirodho, bhava-
nirodhā jāti-nirodho, jāti-nirodhā jarā-maraṇaṃ
soka-parideva-dukkha-domanassupāyāsā
nirujjhanti. Evametassa kevalassa
dukkhakkhandhassa nirodho hoti.

Dependent Origination 缘起

Thus when there is this that is, with the arising of this
that arises, such as:

此有故彼有，此生故彼生，即：

Dependent on ignorance, activities [arise]; dependent
on activities, consciousness [arises]; dependent on
consciousness, mentality and materiality [arise];
dependent on mentality and materiality, the six bases
[arise]; dependent on the six bases, contact [arises];
dependent on contact, feeling [arises]; dependent on
feeling, craving [arises]; dependent on craving,
attachment [arises]; dependent on attachment, existence
[arises]; dependent on existence, [a new] birth [takes
place]; dependent on birth, ageing, death, sorrow,
lamentation, pain, unhappiness and despair come to be.
Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
个苦蕴的集起。

When indeed phenomena become apparent to the
religious one who is ardent and meditative, then all his
doubts disappear, since he knows the nature of their
causes.

当诸法明显呈现时，热诚禅修的婆罗门，
一切疑惑都会消失，因他了知诸法之因。

When there is not this that is not, with the cessation
of this that ceases, such as:

此无故彼无，此灭故彼灭，即：

With the cessation of ignorance, activities cease;
with the cessation of activities, consciousness ceases;
with the cessation of consciousness, mentality and
materiality cease; with the cessation of mentality and
materiality, the six [sense] bases cease; with the cessation
of the six [sense] bases, contact ceases; with the cessation
of contact, feeling ceases; with the cessation of feeling,
craving ceases; with the cessation of craving, attachment
ceases; with the cessation of attachment, [the cause for a
new] existence ceases; with the cessation of [the cause for
a new] existence, [the possibility of re]birth ceases; with
the cessation of birth, ageing, death, sorrow, lamentation,
pain, unhappiness and despair cease. Thus there is the
cessation of this whole mass of suffering.

无明灭则行灭；行灭则识灭；识灭则名色灭；
名色灭则六处灭；六处灭则触灭；触灭则受灭；受
灭则爱灭；爱灭则取灭；取灭则有灭；有灭则生灭；
生灭则老、死、愁、悲、苦、忧、恼灭。如是整个
苦蕴的熄灭。

Yadā have pātubhavanti dhammā
Ātāpino jhāyato brāhmaṇassa,
Athassa kaṅkhā vapayanti sabbā,
Yato khayam paccayānam avedi.

Iti imasmim sati idam hoti, imassuppādā
idam uppajjati, imasmim asati idam na hoti,
imassa nirodhā idam nirujjhati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
paccayā viññāṇam, viññāṇa-paccayā nāma-
rūpam, nāma-rūpa-paccayā saḷāyatanaṃ,
saḷāyatana-paccayā phasso, phassa-paccayā
vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
upādānam, upādāna-paccayā bhavo, bhava-
paccayā jāti, jāti-paccayā jarā-maraṇam soka-
parideva-dukkha-domanassupāyāsā
sambhavanti. Evametassa kevalassa
dukkhakkhandhassa samudayo hoti.

Avijjāya tveva asesa-virāga-nirodhā
saṅkhāra-nirodho, saṅkhāra-nirodhā viññāṇa-
nirodho, viññāṇa-nirodhā nāma-rūpa-nirodho,
nāma-rūpa-nirodhā saḷāyatana-nirodho,
saḷāyatana-nirodhā phassa-nirodho, phassa-
nirodhā vedanā-nirodho, vedanā-nirodhā
taṇhā-nirodho, taṇhā-nirodhā upādāna-
nirodho, upādāna-nirodhā bhava-nirodho,
bhava-nirodhā jāti-nirodho, jāti-nirodhā jarā-
maraṇam soka-parideva-dukkha-
domanassupāyāsā nirujjhanti. Evametassa
kevalassa dukkhakkhandhassa nirodho hoti.

Yadā have pātubhavanti dhammā,
Ātāpino jhāyato brāhmaṇassa,
Vidhūpayam tiṭṭhati māra-senam,
Suriyo'va obhāsayamantalikkham.

– Vinayapiṭaka, Mahāvagga,
Mahākhanda
– KN, Udāna, Bodhivagga

When indeed phenomena become apparent to the religious one who is ardent and meditative, then all his doubts disappear, since he experiences the elimination of [their] causes.

当诸法明显呈现时，热诚禅修的婆罗门，
一切疑惑都会消失，因他体证诸缘之灭。

Thus when there is this that is, with the arising of this that arises: when there is not this that is not, with the cessation of this that ceases, such as:

此有故彼有，此生故彼生；
此无故彼无，此灭故彼灭，即：

Dependent on ignorance, activities [arise]; dependent on activities, consciousness [arises]; dependent on consciousness, mentality and materiality [arise]; dependent on mentality and materiality, the six bases [arise]; dependent on the six bases, contact [arises]; dependent on contact, feeling [arises]; dependent on feeling, craving [arises]; dependent on craving, attachment [arises]; dependent on attachment, existence [arises]; dependent on existence, [a new] birth [takes place]; dependent on birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair come to be. Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
个苦蕴的集起。

With the remainderless dispassion and cessation of ignorance, activities cease; with the cessation of activities, consciousness ceases; with the cessation of consciousness, mentality and materiality cease; with the cessation of mentality and materiality, the six [sense] bases cease; with the cessation of the six [sense] bases, contact ceases; with the cessation of contact, feeling ceases; with the cessation of feeling, craving ceases; with the cessation of craving, attachment ceases; with the cessation of attachment, [the cause for a new] existence ceases; with the cessation of [the cause for a new] existence, [the possibility of re]birth ceases; with the cessation of birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair cease. Thus there is the cessation of this whole mass of suffering.

无明灭尽离欲无余则行灭；行灭则识灭；识灭
则名色灭；名色灭则六处灭；六处灭则触灭；触灭
则受灭；受灭则爱灭；爱灭则取灭；取灭则有灭；
有灭则生灭；生灭则老、死、愁、悲、苦、忧、恼
灭。如是整个苦蕴的熄灭。

When indeed phenomena become apparent to the religious one who is ardent and meditative, he stands dispelling the hosts of Māra, just as the sun illuminating the sky [dispels darkness].

当诸法明显呈现时，热诚禅修的婆罗门，
他击败魔军而稳立，犹如太阳照亮天空。

Paccayā - Paccayuddeso (p.4) **[Twenty-Four] Conditions 二十四缘**

Hetupaccayo, ārammaṇapaccayo,
adhipatipaccayo, anantarapaccayo,
samanantarapaccayo, saha-jātapaccayo,
añña-mañña-paccayo, nissayapaccayo,
upanissayapaccayo, pure-jātapaccayo,
pacchā-jātapaccayo, āsevanapaccayo,
kamma-paccayo, vipāka-paccayo,
āhāra-paccayo, indriya-paccayo,
jhāna-paccayo, magga-paccayo,
sampayutta-paccayo, vippayutta-paccayo,
atthi-paccayo, natthi-paccayo,
viga-paccayo, aviga-paccayoti.

Root condition, object condition,
predominance condition, immediacy condition,
contiguity condition, conascence condition,
mutuality condition, dependence condition,
powerful dependence condition, pre-nascence condition,
post-nascence condition, repetition condition,
kamma condition, result condition,
nutriment condition, faculty condition,
jhāna condition, path condition,
association condition, dissociation condition,
presence condition, absence condition,
disappearance condition, non-disappearance condition.
因缘；所缘缘；增上缘；无间缘；
相续缘；俱生缘；相互缘；依止缘；
亲依止缘；前生缘；后生缘；重复缘；
业缘；果报（异熟）缘；食缘；根缘；
禅那缘；道缘；相应缘；不相应缘；
有缘；无有缘；离去缘；不离去缘。

Buddhānussati (p.5)

Iti'pi so bhagavā araham, sammāsambuddho,
vijjācaraṇa-sampanno, sugato, lokavidū,
anuttaro purisadamma-sārathi, satthā
devamanussānam, buddho, bhagavā.

Contemplation of the Buddha 佛随念

Such is that Blessed One, the Worthy One, the
Perfectly Self-Awakened One, One fully possessed of
wisdom and conduct, One who has proceeded by the good
way, Knower of the [three] worlds, Unexcelled Trainer of
tameable men, Teacher of deities and men, The Awakened
One, The Blessed One.

世尊是：阿罗汉、圆满自觉者、明行足、善逝、
世间解、无上士调御丈夫、天人师、佛陀、世尊。

Dhammānussati (p.5)

Svākkhāto bhagavatā dhammo, sandiṭṭhiko,
akāliko, ehi-passiko, opanayiko, paccattam
veditabbo viññūhi.

Contemplation of the Dhamma 法随念

Well-expounded is the Exalted One's Dhamma,
visible here-and-now, not delayed in time, inviting of
inspection, onward-leading, is directly experienceable by
the wise.

法由世尊善说，现前可见、无时（无间隔）、
请来看、导向、当由智者亲证。

Saṅghānussati (p.5)

Suppaṭipanno bhagavato sāvaka-saṅgho,
Ujuppaṭipanno bhagavato sāvaka-saṅgho,
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,
Sāmīcippaṭipanno bhagavato sāvaka-saṅgho;
Yadidaṃ: cattāri purisa-yugāni attha purisa-
puggalā, esa bhagavato sāvaka-saṅgho;
Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-
karaṇīyo, anuttaram puññakkhettaṃ lokassa.

Contemplation of the Saṅgha 僧随念

The community of the Exalted One's disciples has
entered on the good way, the community of the Exalted
One's disciples has entered on the straight way, the
community of the Exalted One's disciples has entered on
the true way, the community of the Exalted One's
disciples has entered on the proper way, that is to say, the
four pairs of men, the eight types of persons. That is the
Exalted One's disciple community, worthy of gifts,
worthy of hospitality, worthy of offerings, whom should
be respected, the incomparable field of merit for the
world.

世尊的声闻僧众已入善行道；世尊的声闻僧众
已入正直行道；世尊的声闻僧众已入真实行道；世
尊的声闻僧众已入正当行道。即四双八辈。这是世
尊的声闻僧众，是应供养、应供奉者、应施于者、
应合掌（礼敬）者，是世间的无上福田。

Evam buddham sarantānam
Dhammam saṅghaṇca bhikkhavo;
Bhayaṁ vā chambhitattam vā
Lomahaṁso na hessati.

– SN, Sagāthāvagga, Sakkasamyutta,
Dhajaggasuttam

Thus, Bhikkhus, in you who remember the Buddha,
the Dhamma and the Saṅgha, fear, trembling or terror will
never arise.

如是诸比丘，忆念佛法僧，
他无畏不栗，无毛骨悚然。

Parittaparikamma (p.6)

Ye santā santacittā,
tisaraṇasaraṇā,
ettha lokantare vā,
bhum mābhummā ca devā,
guṇagaṇagahaṇabyāvaṭṭā sabbakālaṁ,
ete āyantu devā,
varakanakamaye,
Merurāje vasanto,
santo santosahetum,
Munivaravacanam,
sotumaggaṁ samaggaṁ.

Sabbesu cakkavāḷesu,
yakkhā devā ca brahmano,
yaṁ amhehi kataṁ puññaṁ,
sabbasampattisādhakaṁ,

Sabbe taṁ anumoditvā,
samaggā sāsane ratā,
pamādarahitā hontu,
ārakkhāsu visesato.

Sāsanassa ca lokassa,
vuḍḍhī bhavatu sabbadā,
sāsanampi ca lokaṇca,
devā rakkhantu sabbadā.

Saddhim hontu sukhī sabbe,
parivārehi attano,
anīghā sumanā hontu,
saha sabbehi ñātibhi.

Preliminary of Paritta 护卫前业

Those (gods) who are peaceful, with peaceful minds,
who have taken refuge in the triple refuge, whether here,
or above the worlds, the various earth gods and sky gods,
who make effort to take group of virtuous deeds all of the
time, may these gods and those who dwell on the majestic
Mt. Meru, that excellent golden mountain, come in
concord, to hear the Sage's excellent word which is a
reason of great happiness.

这个世界与其它世界里，受持了三皈依，一切
时候皆致力于累积诸多美德，贤善内心寂静的地居
神与空居神，以及住在金造的须弥山顶的诸神王，
以及诸位贤者，愿诸神都和谐地来听闻牟尼的至上
语、快乐之因。

May all yakkhas, gods, and deities, from the whole
universe, after partaking of the merits, which can produce
all good fortune,

愿一切世界里的夜叉、神与梵天神随喜我们所
造、能带来一切成就的福业。

which we have acquired, being in harmony, and
delighting in the teaching, be not heedless and grant us
complete protection especially.

随喜该福业后，愿他们都和谐地对佛教感到欢
喜，不放逸地保护（美德）。

May the teaching and the world be on the increase at
all times, and may the gods protect the teaching and the
world forever.

愿一切时候佛教与世界都在增长，
愿一切时候诸神都保护佛教与世界。

May all together with those who are one's around, be
happy, may all together with all relatives, be untroubled,
and easy in mind.

愿一切众生自己与其随众都快乐，
愿他们及亲戚们都无身苦都开心。

Rājato vā, corato vā, manussato vā,
 amanussato vā, aggito vā, udakato vā,
 pisācato vā, khāṇukato vā,
 kaṇṭakato vā, nakkhattato vā,
 janapadarogato vā, asaddhammato vā,
 asandiṭṭhito vā, asappurisato vā,
 caṇḍa-hatthi-assa-miga-goṇa-kukkura-ahi-
 vicchika-maṇisappa-dīpi-accha-taraccha-
 sūkara-mahimsa-yakkha-rakkhasādīhi,
 nānā-bhayato vā, nānā-roгато vā,
 nānā-upaddavato vā, ārakkhaṃ gaṇhantu.

(May you be protected) from the king, thieves, humans, and non-humans, from fire and water, demons, stumps, and thorns, from unlucky stars, and epidemics, from what is not the true dhamma, not right view, not a good person, and from fierce elephants, horses, antelopes, bulls, dogs, snakes, scorpions, poisonous serpents, panthers, bears, hyenas, wild boars, buffaloes, yakkhas, rakkhasas, and so on, from the manifold fears, the manifold diseases, the manifold calamities, (from all of these troubles) may you receive protection.

愿你们获得保护得以免除来自王、贼、人、非人、火、水、鬼怪、树桩、刺、星座、瘟疫、非正法、邪见、非善士、凶恶的象、马、鹿、牛、狗、蛇、蝎、水蛇、豹、熊、鬣狗、野猪、水牛、夜叉、怪物等的种种危险，免除种种疾病与厄难。

Mettasuttaṃ (p.7)

Yassānubhāvato yakkhā neva dassenti bhīsanam
 Yamhi cevānuyuñjanto rattindivamatandito.

Sukhaṃ supati sutto ca pāpaṃ kiñci na passati,
 Evamādiḡuṇūpetam parittam tam bhaṇāma he.

- - -

Karaṇīyamattakusalena,
 yantasantaṃ padaṃ abhisamecca;
 Sakko ujū ca suhujū ca,
 suvaco cassa mudu anatimānī.

Santussako ca subharo ca,
 appakicco ca sallahukavutti;
 Santindriyo ca nipako ca,
 appagabbho kulesvananugiddho.

Na ca khuddamācare kiñci,
 yena viññū pare upavadeyyum;
 Sukhinova khemino hontu,
 sabbasattā bhavantu sukhittā.

Ye keci pāṇabhūtatti,
 tasā vā thāvarā vanavasesā;
 Dīghā vā yeva mahantā,
 majjhimā rassakā aṇukathulā.

Discourse on Loving-Kindness 慈愛经

Due to the power of this (Mettā Sutta), spirits did not manifest frightful sights. One who devotes himself to these teachings day and night diligently sleeps soundly and does not have any nightmare when asleep. Let us recite this protective discourse.

透过它（慈愛经）的力量，夜叉不显现恐怖相。对于昼夜致力修行者，他睡眠舒适不做恶梦。且让我们诵念具备这些功德之护卫。

This is to be done by [one] skilled in [what is] beneficial: having understood the path that [leads to] peace; he would be able, upright, very upright, easy to admonish, gentle, and not arrogant.

这是想要证得彻悟寂静涅槃、善于有益修行的人应该做的事：他必须有能力、正直、非常正直、易受教、柔软、不自大、

Contented and easy to support, of few duties and living frugally; [with] calm faculties and prudent, not obtrusive [to and] greedy [for gains from supporting] families.

知足、易护持、少事务、生活简朴、诸根寂静、拥有成熟的智慧、不无礼、不贪着在家众。

He would not do [even] the slightest thing, by which the wise could censure [and tell] others; may [all beings] be happy and secure, may all beings be in a state of happiness.

只要是智者将会指责的事，即使是小事他也不做；（愿一切众生）幸福与平安，愿一切众生安乐；

Whatever living beings there are, feeble or strong, [all] without exception; those long, great, medium, short, small or large.

无论是任何存在的众生，会颤抖的或不会颤抖的皆毫无遗漏，长的或大的或中等的，短的或小的或粗圆的，

Ditṭhā vā yeva aditṭhā,
ye va dūre vasanti avidūre;
Bhūtā va sambhavesī va,
sabbasattā bhavantu sukhittattā.

Na paro param nikubbetha,
nātimaññetha katthaci na kañci;
Byārosanā paṭighasaññā,
nāññamaññassa dukkhamiccheyya.

Mātā yathā niyaṃ puttamāyusā
ekaputtamanurakkhe;
Evampi sabbabhūtesu,
mānasam bhāvaye aparimāṇam.

Mettañca sabbalokasmi,
mānasam bhāvaye aparimāṇam;
Uddham adho ca tiriyañca,
asambādham averamasapattam.

Tiṭṭham caram nisinno va,
sayāno yāvatāssa vitamiddho;
Etaṃ satim adhiṭṭheyya,
brahmametaṃ vihāramidhamāhu.

Ditṭhiñca anupaggamma,
sīlavā dassanena sampanno;
Kāmesu vinaya gedham,
na hi jātuggabbhaseyya punareti.

– KN, Khuddakapāṭha 9; Suttanipāta, Uragavagga 8

Those seen or not seen, and living far or nearby; born or seeking birth, may all beings be in a state of happiness.
见到的或没见到的，住在远方的或近处的，已生的或还寻求再生的——愿一切众生快乐。

One would not deceive another, [nor] despise them anywhere [about] anything; [out of] anger or aversion, would not wish suffering for each other.
且让人不欺骗别人，也不在任何地方轻视别人。且让他们不会以嗔怒与厌恶来互相希望对方痛苦。

Just as a mother for her son, [her] only son, would protect [him] with her life; thus, also, towards all beings, would develop the mind without limit.
正如母亲对待自己的儿子那样，会以生命来保护独生子；应当如此对一切众生培育无量的心。

With loving-kindness towards the whole world, would develop the mind without limit; above, below and across, unrestricted, free from enmity and hostility.
以及应当以慈爱对全世界培育无量的心，上方、下方与周围，无障碍、无仇人、无敌对。

While standing, walking, seated, or lying down free from drowsiness; would determine [to keep] this mindfulness [in mind], this is a divine abiding in this world, it is said.
立、行、坐或卧，只要不是在睡眠中，都应决心保持如此的正念。这就是他们在此所说的梵住。

Not going to [wrong] view[s], being morally well behaved and having [right] vision, [and] having given up greed for sensuality, never again come [back] to the womb.
不执持邪见，拥有戒行，具足智见，及已经去除对欲乐的贪爱之后，他肯定不会再投胎。

Khandhasuttaṃ (p.8)

Sabbāsivisajātinaṃ
Dibbamantāgadam viya
Yaṃ nāseti visam ghoram
Sesañcāpi parissayam.

Āṇākkhettamhi sabbattha
Sabbadā sabbapaṇinaṃ
Sabbasopi nivāreti
Parittam tam bhaṇāma he.

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Discourse on [Protection of] Aggregates 蕴护经

Just like divine charms and divine medicines, this (Khandha-Sutta) nullifies baneful poison and other perils of all the highly poisonous creatures.
犹如天咒与天药，此经能够除剧毒；一切剧毒之生物，其害此经皆能除。

In the scope of authority everywhere, always, for all beings this discourse prevents (the disasters). Let us recite this protective discourse now.
在此威力范围内，一切时候一切处，此经能防该危害。我们且诵此护卫。

Virūpakkhehi me mettaṃ
Mettaṃ Erāpathehi me,
Chabyāputtehi me mettaṃ
Mettaṃ Kaṇhāgotamakehi ca.

Apādakehi me mettaṃ
Mettaṃ dvipādakehi me,
Catuppadehi me mettaṃ
Mettaṃ bahuppadehi me.

Mā maṃ apādako hiṃsi
Mā maṃ hiṃsi dvipādako,
Mā maṃ catuppado hiṃsi
Mā maṃ hiṃsi bahuppado.

Sabbe sattā, sabbe pāṇā
Sabbe bhūtā ca kevalā,
Sabbe bhadraṇi passantu
Mā kañci pāpamāgamā.

Appamāṇo Buddho,
Appamāṇo Dhammo,
Appamāṇo Saṅgho.
Pamāṇavantāni sirīmsapāni:
Ahi-vicchikā, satapadī,
Uṇṇanābhi, sarabū, mūsikā.

Katā me rakkhā, kataṃ me parittaṃ,
Paṭikkamantu bhūtāni.
So'haṃ namo Bhagavato,
Namo sattannaṃ Sammā-sambuddhānaṃ.

– KN, 203 Khaṇḍajātaka;
AN.IV.67 Ahirājasuttaṃ;
Vinayaṭṭhaka, Cūḷavagga,
Khuddakavagga, Khuddakavagga

May I have loving-kindness towards the Virūpakkhas;
May I have loving-kindness towards the Erāpathas;
May I have loving-kindness towards the Chabyāputtas;
May I have loving-kindness towards the Kaṇhāgotamakas.
愿我对威卢跋有慈爱；愿我对伊拉跋有慈爱；
愿我对刹标子有慈爱；愿我对黑瞿昙有慈爱。

May I have loving-kindness towards footless beings;
May I have loving-kindness towards beings with two legs;
May I have loving-kindness towards beings with four legs;
May I have loving-kindness towards beings with many legs.
愿我对无足众生有慈爱；愿我对两足众生有慈爱；
愿我对四足众生有慈爱；愿我对多足众生有慈爱。

May footless beings not harm me;
May beings with two legs not harm me;
May beings with four legs not harm me;
May beings with many legs not harm me.
愿无足众生不伤害我；愿两足众生不伤害我；
愿四足众生不伤害我；愿多足众生不伤害我。

May all living beings, all breathing things,
all creatures (without exception)
meet with good fortune.
May none of them come to any evil.
愿一切有情一切息生、一切众生毫无遗漏地，
愿他们遇见幸运的事，不会遭遇邪恶的事情。

Infinite is the Buddha,
Infinite is the Dhamma,
Infinite is the Saṅgha.
Finite are creeping things:
snakes, scorpions, centipedes,
spiders, lizards, rats.
佛无量，法无量，僧无量。
爬行类却有限量：
蛇、蝎、蜈蚣、
蜘蛛、蜥蜴、老鼠。

I have made the protection, I have made the safeguard.
May the (harmful) beings depart. I pay homage to the
Blessed One; homage to the seven Buddhas (Vipassī
Buddha, Sikhī Buddha, Vessabhū Buddha, Kakusandha
Buddha, Koṇāgamana Buddha, Kassapa Buddha, and
Gotama Buddha)
我做了护卫，我做了保护。
愿那些（有害的）众生离开。
我礼敬世尊；
礼敬七位圆满自觉者。

Dhammacakkappavattanasuttaṃ

(p.24)

Ekam samayaṃ Bhagavā Bārāṇasiyaṃ
viharaṭi Isi-patane miga-dāye. Tatra kho
Bhagavā pañca-vaggiye bhikkhū āmantesi:

“Dve’me, bhikkhave, antā pabbajitena na
sevitabbā. Katame dve?

“Yo cāyaṃ kāmesu kāma-
sukhallikānuyogo hīno gammo pothujjaniko
anariyo anatta-saṃhito, yo cāyaṃ atta-
kilamathānuyogo dukkho anariyo anatta-
saṃhito. Ete kho, bhikkhave, ubho ante
anupagamma majjhimā paṭipadā Tathāgatena
abhisambuddhā cakkhu-karaṇī ñāṇa-karaṇī
upasaṃyāya abhiññāya sambodhāya nibbānāya
saṃvattati.

“Katamā ca sā, bhikkhave, majjhimā
paṭipadā Tathāgatena abhisambuddhā cakkhu-
karaṇī ñāṇa-karaṇī upasaṃyāya abhiññāya
sambodhāya nibbānāya saṃvattati?

“Ayameva ariyo aṭṭhaṅgiko maggo,
seyyathidaṃ: sammā-diṭṭhi sammā-saṅkappo
sammā-vācā sammā-kammanto sammā-ājīvo
sammā-vāyāmo sammā-sati sammā-samādhi.
Ayaṃ kho sā, bhikkhave, majjhimā paṭipadā
Tathāgatena abhisambuddhā cakkhu-karaṇī
ñāṇa-karaṇī upasaṃyāya abhiññāya
sambodhāya nibbānāya saṃvattati.

“Idaṃ kho pana, bhikkhave, dukkhaṃ
ariya-saccaṃ: jāti’pi dukkhā, jarā’pi dukkhā,
byādhi’pi dukkho, maraṇa’pi dukkhaṃ,
appiyehi sampayogo dukkho, piyehi vippayogo
dukkho, yam’picchaṃ na labhati tam’pi
dukkhaṃ — saṃkhittena
pañcupādānakkhandhā dukkhā.

Discourse on Turning the Dhamma Wheel 转法轮经

At one time the Blessed One was staying in the deer
park at Isipatana, Bārāṇasī. There the Blessed One
addressed the group-of-five monks:

一时世尊住在波罗奈附近仙人坠处的鹿野苑。
当时世尊对五比丘说：

“Monks, there are these two extremes that should
not be indulged in by one gone-forth. What two? That
which is low, vulgar, worldly, ignoble, not connected
with the goal and associated with desire and pleasure
[seeking] in sensuality; and that which is painful, ignoble,
not connected with the goal and associated with self-
mortification. Not approaching both these two extremes,
monks, the middle way [of practice] was self-awakened
to by the Tathāgata, which gives rise to vision and
knowledge and leads to peace, supernormal knowledge,
self-awakening and nibbāna.

「诸比丘，有两种极端行为是出家人所不应当
从事的。是哪两种呢？一种是沉迷于感官享乐，这是
低下的、粗俗的、凡夫的、非神圣的、没有利益的
行为；另一种是自我折磨的苦行，这是痛苦的、
非神圣的、没有利益的行为。借着避免这两种极端，
如来自觉悟中道。此中道引生彻见、引生智，通向
寂静、证智、正觉、涅槃。」

“What is this middle way [of practice], monks, self-
awakened to by the Tathāgata, which gives rise to vision
and knowledge and leads to peace, supernormal
knowledge, self-awakening and nibbāna?

诸比丘，那个如来自觉悟引生彻见、引生智，
通向寂静、证智、正觉、涅槃的中道是什么呢？

“Just this noble eight-factored path, that is: right
view, right thought, right speech, right action, right
livelihood, right effort, right mindfulness and right
concentration. This is the middle way [of practice],
monks, self-awakened to by the Tathāgata, which gives
rise to vision and knowledge and leads to peace,
supernormal knowledge, self-awakening and nibbāna.

那就是（具备）八支的圣道，即正见、正思惟、
正语、正业、正命、正精进、正念、正定。诸比丘，
这就是引生彻见、引生智，通向寂静、证智、正觉、
涅槃的中道。

“This then, monks, is the noble truth of suffering:
birth is suffering, old age is suffering, illness is suffering
and death is suffering as well, being united with [that
which is] not dear is suffering, separation from [that
which is] dear is suffering, not obtaining that which is
wished for is suffering too — in short, the five aggregates
of clinging are suffering.

诸比丘，这是苦圣谛：生是苦、老是苦、病是
苦、死是苦、怨憎会是苦、爱别离是苦、求不得也
是苦。简单地说：五取蕴是苦。

“Idaṃ kho pana, bhikkhave, dukkha-samudayaṃ ariyasaccaṃ: yāyaṃ taṇhā ponobbhavikā nandi-rāga-sahagatā tatra-tatrābhinandinī, seyyathīdaṃ: kāma-taṇhā, bhava-taṇhā, vibhava-taṇhā.

“Idaṃ kho pana, bhikkhave, dukkha-nirodhaṃ ariya-saccaṃ: yo tassāyeva taṇhāya asesavirāga-nirodho cāgo paṭinissaggo mutti anālayo.

“Idaṃ kho pana, bhikkhave, dukkha-nirodha-gāminī paṭipadā ariya-saccaṃ, ayameva ariyo aṭṭhaṅgiko maggo, seyyathīdaṃ: sammā-diṭṭhi sammā-saṅkappo sammā-vācā sammā-kammanto sammā-ājīvo sammā-vāyāmo sammā-sati sammā-samādhī.

“Idaṃ dukkhaṃ ariya-saccaṃ’ti me, bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

“Taṃ kho panidaṃ dukkhaṃ ariya-saccaṃ pariññeyyaṃ’ti me, bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

“Taṃ kho panidaṃ dukkhaṃ ariya-saccaṃ pariññātaṃ’ti me, bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

“Idaṃ dukkha-samudayaṃ ariya-saccaṃ’ti me, bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

“Taṃ kho panidaṃ dukkha-samudayaṃ ariya-saccaṃ pahātabban’ti me, bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

“This then, monks, is the noble truth of the arising of suffering: that craving which [causes] renewed existence, associated with delight and lust and enchanting wherever [it appears], that is: craving for sensuality, craving for existence and craving for non-existence.

诸比丘，这是苦集圣谛：它是造成再投生、乐欲具、四处追求爱乐的贪爱，即欲爱、有爱及非有爱。

“This then, monks, is the noble truth of the cessation of suffering: just the remainderless dispassion [from] and cessation, giving up, relinquishing, release and disregard of that [same] craving.

诸比丘，这是苦灭圣谛：即是此贪爱的熄灭无余、舍弃、遣离、解脱、无着。

“This then, monks, is the noble truth of the way [of practice] that leads to the cessation of suffering: just this noble eight-factored path, that is: right view, right thought, right speech, right action, right livelihood, right effort, right mindfulness and right concentration.

诸比丘，这是导致苦灭的道圣谛：那就是（具备）八支的圣道，即正见、正思惟、正语、正业、正命、正精进、正念、正定。

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘This is the noble truth of suffering.’

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘That this noble truth of suffering should be fully understood.’

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘That this noble truth of suffering has been fully understood.’

诸比丘，关于『此是苦圣谛』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

诸比丘，关于『此苦圣谛应当被彻知』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

诸比丘，关于『此苦圣谛已经被彻知』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘This is the noble truth of the arising of suffering.’

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘That this noble truth of the arising of suffering is to be relinquished.’

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘That this noble truth of the arising of suffering has been relinquished.’

“ `Taṃ kho panidaṃ dukkha-samudayaṃ
ariya-saccaṃ pahīnaṃ’ti me, bhikkhave, pubbe
ananussutesu dhammesu cakkhuṃ udapādi,
ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi,
āloko udapādi.

“ `Idaṃ dukkha-nirodhaṃ ariya-saccaṃ’ti
me, bhikkhave, pubbe ananussutesu
dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi,
paññā udapādi, vijjā udapādi, āloko udapādi.

“ `Taṃ kho panidaṃ dukkha-nirodhaṃ
ariya-saccaṃ sacchi-kātabbaṃ’ti me,
bhikkhave, pubbe ananussutesu dhammesu
cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā
udapādi, vijjā udapādi, āloko udapādi.

“ `Taṃ kho panidaṃ dukkha-nirodhaṃ
ariya-saccaṃ sacchi-kataṃ’ti me, bhikkhave,
pubbe ananussutesu dhammesu cakkhuṃ
udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā
udapādi, āloko udapādi.

“ `Idaṃ dukkha-nirodha-gāminī paṭipadā
ariya-saccaṃ’ti me, bhikkhave, pubbe
ananussutesu dhammesu cakkhuṃ udapādi,
ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi,
āloko udapādi.

“ `Taṃ kho panidaṃ dukkha-nirodha-
gāminī paṭipadā ariya-saccaṃ bhāvetabbaṃ’ti
me, bhikkhave, pubbe ananussutesu
dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi,
paññā udapādi, vijjā udapādi, āloko udapādi.

“ `Taṃ kho panidaṃ dukkha-nirodha-
gāminī paṭipadā ariya-saccaṃ bhāvitaṃ’ti me,
bhikkhave, pubbe ananussutesu dhammesu
cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā
udapādi, vijjā udapādi, āloko udapādi.

“Yāva-kīvañca me, bhikkhave, imesu
catūsu ariyasaccesu evaṃ tiparivaṭṭaṃ
dvādasākāraṃ yathā-bhūtaṃ ñāṇa-dassanaṃ

诸比丘，关于『此是苦集圣谛』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

诸比丘，关于『此苦集圣谛应当被断除』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

诸比丘，关于『此苦集圣谛已经被断除』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘This is the noble truth of the cessation of suffering.’

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘That this noble truth of the cessation of suffering is to be realized.’

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘That this noble truth of the cessation of suffering has been realized.’

诸比丘，关于『此是苦灭圣谛』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

诸比丘，关于『此苦灭圣谛应当被证悟』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

诸比丘，关于『此苦灭圣谛已经被证悟』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘This is the noble truth of the way leading to the cessation of suffering.’

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘That this noble truth of the way leading to the cessation of suffering [needs] to be developed.’

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘That this noble truth of the way leading to the cessation of suffering has been developed.’

诸比丘，关于『此是导致苦灭的道圣谛』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

诸比丘，关于『此导致苦灭的道圣谛应当被修行』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

诸比丘，关于『此导致苦灭的道圣谛已经被修行』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

“While, monks, my knowledge and vision according to reality of these four noble truths, [in their] three modes and twelve aspects thus, was not well purified, I did not concede, monks, to ascetics and brahmins and mankind with its kings and men in the world with its deities, Māras

na suvisuddham ahoṣi, neva tāvāham,
bhikkhave, sadevake loke samārake
sābrahmāṇe sassamaṇa-brāhmaṇiṇi pajāya
sadeva-manussāya anuttaram sammā-
sambodhim abhisambuddho'ti paccaññāsim.

“Yato ca kho me, bhikkhave, imesu catūsu
ariyasaccesu evaṃ tiparivaṭṭam dvādasākāram
yathā-bhūtam ñāṇa-dassanam suvisuddham
ahoṣi, athāham, bhikkhave, sadevake loke
samārake sābrahmāṇe sassamaṇa-brāhmaṇiṇi
pajāya sadeva-manussāya anuttaram sammā-
sambodhim abhisambuddho'ti paccaññāsim.

“Ñāṇaṇca pana me dassanam udapādi:
'akuppā me vimutti, ayamantimā jāti,
natthi'dāni punabbhavo'ti.” Idamavoca
Bhagavā, attamanā pañca-vaggiyā bhikkhū
Bhagavato bhāsitam abhinandun'ti.

Imasmiṇca pana veyyākaraṇasmim
bhaññamāṇe āyasmato Koṇḍañña virajam
vīta-malam dhamma-cakkhum udapādi: “yam
kiñci samudaya-dhammam, sabbam tam
nirodha-dhamman'ti.

Pavattite ca pana Bhagavatā Dhamma-
cakkhe Bhumma devā saddamanussāvesum:
“Etam Bhagavatā Bārāṇasiyam Isipatane
migadāye anuttaram Dhammacakkaṃ
pavattitam appaṭivattiyam samaṇena vā
brāhmaṇena vā devena vā mārena vā
brahmunā vā kenaci vā lokasmin'ti.

Bhummanam devanam saddam sutvā
Cātu-mahā-rājikā devā saddamanussāvesum:
“Etam Bhagavatā Bārāṇasiyam Isipatane
migadāye anuttaram Dhammacakkaṃ
pavattitam appaṭivattiyam samaṇena vā
brāhmaṇena vā devena vā mārena vā
brahmunā vā kenaci vā lokasmin'ti.

and brahmās that I had self-awakened to the supreme perfect self-awakening.

诸比丘，只要我对四圣谛的这三转十二层面的如实智见还不十分清净时，我就还不向拥有诸天、魔与梵天、诸沙门与婆罗门、诸天与人的世间宣称证悟无上圆满自觉。

“But when, monks, my knowledge and vision according to reality of these four noble truths, [in their] three modes and twelve aspects thus, was well purified, I did concede, monks, to ascetics and brahmins and mankind with its kings and men in the world with its deities, Māras and brahmās that I had self-awakened to the supreme perfect self-awakening.

然而，诸比丘，一旦我对四圣谛的这三转十二层面的如实智见完全清净，那时，我就向拥有诸天、魔与梵天、诸沙门与婆罗门、诸天与人的世间宣称证悟无上圆满自觉。

“The knowledge and vision arose in me: ‘Unshakeable is my deliverance of mind, this is [my] last birth, there is no [more] repeated existence [for me] now.’” The Blessed One said this, and the group-of-five monks delighted in the Blessed One’s speech.

智见在我的心中生起，我了知：『我的解脱是不可动摇的，这是我的最后一生，我将不再有未来的投生。』世尊如此说时，五比丘对世尊的话感到满意与欢喜。

While this explanation was being spoken, the dust-free, stainless vision of the Dhamma arose in the Venerable Koṇḍañña: ‘Whatever has the nature to arise, all that has the nature to cease.’

当此开示正被宣说之时，憍陈如尊者心中生起清净无染的法眼，他见到：一切有生起本质之法必定有灭。

When the Wheel of Dhamma was set in motion by the Blessed One the Earth[-bound] deities proclaimed: “In the deer park at Isipatana, Bārāṇasī, the Blessed One has set in motion that supreme Wheel of Dhamma, which is not stoppable by either ascetic, brahmin, deity, Māra, brahmā or anyone [else] in the world.”

当世尊如此转法轮之时，地神发出叫唤：「世尊在波罗奈仙人坠处的鹿野苑转无上法轮，这法轮不是任何沙门、婆罗门、神、魔、梵天或世界的任何人所能阻止的。」

Having heard the proclamation of the Earth[-bound] deities, the Four Great King deities proclaimed: “In the deer park at Isipatana, Bārāṇasī, the Blessed One has set in motion that supreme Wheel of Dhamma, which is not stoppable by either ascetic, brahmin, deity, Māra, brahmā or anyone [else] in the world.”

听到地神的叫唤时，四大王天的众神也发出叫唤：「世尊在波罗奈仙人坠处的鹿野苑转无上法轮，这法轮不是任何沙门、婆罗门、天神、魔、梵天或世界的任何人所能阻止的。」

Cātu-mahā-rājikānaṃ devānaṃ saddaṃ
sutvā Tāva-timsā devā ... Yāmā devā ...
Tusitā devā ... Nimmānaratī devā ...
Paranimmitavasavattī devā ... Brahmakāyikā
devā saddamanussāvesuṃ: “Etaṃ Bhagavatā
Bārāṇasīyaṃ Isipatane migadāye anuttaraṃ
Dhammacakkaṃ pavattitaṃ appaṭivattiyaṃ
samaṇena vā brāhmaṇena vā devena vā
mārena vā brahmunā vā kenaci vā lokasmin”ti.

Iti ha tena khaṇena tena layena tena
muḥuttana yāva brahma-lokā saddo
abbhuggacchi. Ayaṅca dasa-sahassi-loka-
dhātu saṅkampi sampakampi sampavedhi,
appamāṇo ca ulāro obhāso loke pāturahosi
atikkamma devānaṃ devānubhāvanti.

Atha kho Bhagavā imaṃ udānaṃ udānesi:
“Aññāsi vata, bho, Koṇḍañña, aññāsi vata,
bho, Koṇḍañña!”ti Iti idaṃ āyasmato
Koṇḍaññassa Aññāsi-Koṇḍañño tveva nāmaṃ
ahosi.

– SN, Mahāvagga, Saccasaṃyutta, 11

Atha kho āyasmā Aññāsikoṇḍañño
diṭṭhadhammo pattadhammo viditadhammo
pariyogāhadhammo tiṇṇavicikiccho
vigatakathaṃkatho vesārajappatto
aparappaccayo satthusāsane bhagavantaṃ
etadavoca: “Labheyyāhaṃ, bhante, bhagavato
santike pabbajjaṃ, labheyyaṃ
upasampadaṃ”ti.

“Ehi bhikkhū”ti bhagavā avoca:
“Svākkhāto dhammo, cara brahmacariyaṃ
sammā dukkhassa antakiriya”ti. Sāva tassa
āyasmato upasampadā ahoṣīti.

– Vinayapiṭaka, Mahāvagga, Mahākhandhaka

Having heard the proclamation of the Four Great King deities, the Tāvātimsa (lit. thirty-three) deities... the Yāma deities... the Tusita (lit. delighted) deities... the Delight-in-creating deities... the Wielding-power-over-creations-of-others deities... the deities of Brahmā's company proclaimed: “In the deer park at Isipatana, Bārāṇasī, the Blessed One has set in motion that supreme Wheel of Dhamma, which is not stoppable by either ascetic, brahmin, deity, Māra, brahmā or anyone [else] in the world.”

听到四大王天众神的叫唤时，三十三天的众神……夜摩天的众神……兜率天的众神……化乐天的众神……他化自在天的众神……梵众天的众神也发出叫唤：「世尊在波罗奈仙人堕处的鹿野苑转无上法轮，这法轮不是任何沙门、婆罗门、天神、魔、梵天或世间的任何人所能阻止的。」

Thus, at that moment, at that instant, at that second, the proclamation went up as far as the brahmā worlds thus, and this ten thousand world systems shook, quaked and trembled and a measureless, spectacular light appeared in the world, which surpassed the divine power of the deities.

就在那个刹那，那个当下，那个瞬间，叫唤之声上传至梵天界。一万个世界系一再地摇动、震动、颤动，并且有广大无边、超越诸天威神的殊胜光明现起。

Then the Blessed One exclaimed [this] inspired utterance: “Dear Koṇḍañña indeed knows, dear Koṇḍañña indeed knows!” Thus for the Venerable Koṇḍañña the name Aññāsi-Koṇḍañña (Koṇḍañña who knows) came to be.

当时，世尊说出这句有感而发的话：「憍陈如确实已经明白了，憍陈如确实已经明白了。」这就是憍陈如尊者得到其名号「明白的憍陈如」之由来。

Then the Venerable Aññāsi-Koṇḍañña, having seen the Dhamma, attained the Dhamma, known the Dhamma, penetrated the Dhamma, having crossed over doubt, having put away uncertainty, having attained full confidence, and no longer depending on others in The Teacher's dispensation, spoke thus to the Blessed One: “May I, Venerable Sir, receive the going forth in the Blessed One's presence, may I receive ordination.”

当时，明白的憍陈如尊者已见法，已证法，已知法，已洞悉法，已超越疑惑，已去除不确定，已达到圆满的信心，在导师的教法里已不需要再依靠他人。他向世尊说：「尊者，请让我在世尊面前出家，请让我受具足戒。」

“Come, bhikkhu,” the Blessed One said, “well taught is Dhamma. Fare the holy life for making an utter end of suffering.” So this came to be this venerable one's ordination.

世尊说：「善来，比丘！法已善说。当修梵行以便完全灭苦。」这就是该尊者所受的具足戒。

Dasadhammāsuttaṃ (p.11) (Pabbajita-Abhiṇhaṣuttaṃ)

“Dasayime, bhikkhave, dhammā
pabbajitena abhiṇhaṃ paccavekkhitabbā.
Katame dasa?

1. ‘Vevaṇṇiyamhi ajjhupagato’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

2. ‘Para-paṭibaddhā me jīvikā’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

3. ‘Añño me ākappo karaṇīyo’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

4. ‘Kacci nu kho me attā sīlato na
upavadatī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

5. ‘Kacci nu kho maṃ anuvicca viññū
sābrahma-cārī sīlato na upavadantī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

6. ‘Sabbhehi me piyehi manāpehi nānā-
bhāvo vinā-bhāvo’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

7. ‘Kamassakomhi kamma-dāyādo
kamma-yoni kamma-bandhu kamma-
paṭisaraṇo, yaṃ kammaṃ karissāmi kalyāṇaṃ
vā pāpakaṃ vā tassa dāyādo bhavissāmī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

8. ‘Kathambhūtassa me rattindivā
vītivattantī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

9. ‘Kacci nu kho ahaṃ suññāgāre
abhiraṃāmī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

Discourse on Ten Dhammas 十法经

“There are these ten things, bhikkhus, that one who
has gone forth should frequently reflect on. What are the
ten?

「诸比丘，有十种法是出家人应当经常省察
的。是哪十种？」

‘I have become one who has no class’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我已经成为没有阶
级分别的人。』

‘I am bound to others for my livelihood’, one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我的生活依赖他
人。』

‘I should comport myself differently’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我的行仪举止应
[与在家人] 不同。』

‘Can I myself find no fault with my virtue?’ one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否不会因戒而
谴责自己？』

‘Will my wise companions in the spiritual life, after
testing me, find no fault with my virtue?’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『有智的同梵行者检
查后，是否不会因戒而谴责我？』

‘All those who are dear and pleasing to me are
subject to change, subject to separation (i.e. death)’, one
who has gone forth should frequently reflect on this.

出家人应当经常地省察：『一切我所喜爱、可
意的会变易、别离（即：死亡）。』

‘I am the owner of my kammās, I am the heir of my
kammās, it is kamma that I am born from, kammās are
my kinsfolk, kammās are my refuge, whatever kammās I
perform, whether good or bad, to that I will be the heir’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是业的所有者，
业的继承者，以业为起源，以业为亲属，以业为依
靠。无论我所造的业是善或恶，我将是它的继承
者。』

‘In what way do the nights and days pass for me?’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是如何度过日
日夜夜呢？』

‘Do I delight in empty places?’ one who has gone
forth should frequently reflect on this.

出家人应当经常地省察：『我是否乐于空闲处
呢？』

10. 'Atthi nu kho me uttari-manussa-
dhammo alamariya-ñāṇa-dassana-viseso
adhigato, yenāhaṃ pacchime kāle
sābrahmacārīhi puṭṭho na maṅku bhavissāmī'ti
pabbajitena abhiṇhaṃ paccavekkhitabbāṃ.

Ime kho, bhikkhave, dasa dhammā
pabbajitena abhiṇhaṃ paccavekkhitabbā."

– AN.X.48

Catupaccavekkhaṇā (p.12)

Paṭisaṅkhā yoniso cīvaraṃ paṭisevāmi,
yāvadeva sītassa paṭighātāya, uṇhassa
paṭighātāya, ḍaṃsa-makasa-vātātapa-
sirīmsapa-samphassānaṃ paṭighātāya,
yāvadeva hiri-kopīna-paṭicchādanatthaṃ.

Paṭisaṅkhā yoniso piṇḍapātaṃ paṭisevāmi,
neva davāya na madāya na maṇḍanāya na
vibhūsanāya, yāvadeva imassa kāyassa ṭhitiyā
yāpanāya vihiṃsūparatiyā
brahmacariyānuggahāya, iti purāṇaṇca
vedanaṃ paṭisaṅkhāmi, navaṇca vedanaṃ na
uppādessāmi, yātrā ca me bhavissati
anavajjatā ca phāsu-vihāro ca.

Paṭisaṅkhā yoniso senāsanaṃ paṭisevāmi,
yāvadeva sītassa paṭighātāya, uṇhassa
paṭighātāya, ḍaṃsa-makasa-vātātapa-
sirīmsapa-samphassānaṃ paṭighātāya,
yāvadeva utu-parissaya-vinodanaṃ
paṭisaṅkharāmatthaṃ.

Paṭisaṅkhā yoniso gilāna-paccaya-
bhesajja-parikkhāraṃ paṭisevāmi, yāvadeva
uppannānaṃ veyyābādhikānaṃ vedanānaṃ
paṭighātāya, abyāpajjha-paramatāya.

'Has a state beyond (ordinary) human beings, the distinction of what is truly noble knowledge and seeing been attained by me? Will I at the end, when questioned by my companions in the spiritual life, not be embarrassed?', one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否有证得上人法、真正殊胜的圣智见呢？在我最后时刻，当同梵行者们问及时，我将不会羞愧？』

"These are the ten things, bhikkhus, that one who has gone forth should frequently reflect on."

诸比丘，此十种法乃出家人应当经常地省察。」

Four [Requisites] Contemplation

四种省思

Reflecting wisely, I wear the robe, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and also for the purpose of covering the parts of my body that cause shame.

我如理省思所受用之衣，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了遮蔽羞处。

Reflecting wisely I use almsfood not for play, not for pride, not for beauty, not for fattening; but merely for the sustenance and continuance of this body; to cease discomfort; and to be able to practise the holy life, thinking "Thus I will destroy old feelings (of hunger) and not create new feelings (from overeating). I will maintain myself, be blameless, and live in comfort."

我如理省思所受用的食物，不为嬉戏，不为骄傲，不为装饰，不为庄严，只是为了此身住立存续，为了停止伤害，为了资助梵行，如此我将消除旧受，并使新受不生，我将维持生命、无过且安住。

Reflecting wisely I make use of dwellings, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and as a protection from the perils of weather conditions; and for the joy of seclusion.

我如理省思所受用的住所，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了免除季候的危险，而好独处（禅修）之乐。

Reflecting wisely I make use of medicinal requisites that are for curing the sick, only to counteract any afflicting feelings (of illness) that have arisen and for maximum freedom from disease.

我如理省思所受用的病者所需之药品，只是为了治疗已生起的病苦之受，为了尽量没有身苦。

Pubbaṇhasuttaṃ (p.14)

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaḥo dussupinaṃ akantaṃ,
Buddhānubhāvena vināsaṃentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaḥo dussupinaṃ akantaṃ,
Dhammānubhāvena vināsaṃentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaḥo dussupinaṃ akantaṃ,
Saṅghānubhāvena vināsaṃentu.

Dukkhappattā ca niddukkhā
Bhayappattā ca nibbhayā,
Sokappattā ca nissokā
Hontu sabbe'pi pāṇino.

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe devā'numodantu
Sabba-sampatti siddhiyā.

Dānaṃ dadantu saddhāya,
Sīlaṃ rakkhantu sabbadā,
Bhāvanābhiraṭṭā hontu,
Gacchantu devatāgatā.

Sabbe Buddhā balappattā
Paccekaṇaṃ yaṃ balaṃ,
Arahantānaṃ tejaṇa
Rakkhaṃ bandhāmi sabbaso.

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇitaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Buddhē ratanaṃ paṇitaṃ:
Etena saccena suvatthi hotu!

The Discourse about the Forenoon
午前经

By the power of the Buddha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛陀的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Dhamma, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛法的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Saṅgha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过僧团的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

May all creatures who are suffering be without suffering, [living in] fear be without fear and [living in] sorrow be without sorrow.

祝愿一切的众生，痛苦的不再痛苦，
恐惧的不再恐惧，忧愁的不再忧愁。

May all deities rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切神随喜我们至今所累积的功德，愿一切得成就！

May all be able to perform giving with faith; may all safeguard their morality always. May all be delighted in meditation. May the deities who have come (to the recitation) go back (to their homes).

愿大家依信布施，愿大家永护其戒，
愿大家乐于禅修，请来此诸神归去。

By the (protective) power of the Buddhas, the power of Pacceka-Buddhas and the power of Arahants, I fortify the protection in every way.

以一切佛陀之力，及诸辟支佛之力，
及诸阿罗汉之力，我建立一切守护！

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间（这是指天界、梵天界或其他世界系）的任何财宝，或在天界的任何殊胜珠宝，都没有和如来（佛陀）同等的。在佛陀里有此殊胜宝。以此真实语愿得安乐。

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Dhamme ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Saṃghe ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Mahā-kāruṇiko nātho,
Hitāya sabba-pāṇīnaṃ,
Pūretvā pāramī sabbā,
Patto sambodhimuttamaṃ.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Jayanto bodhiyā mūle,
Sakyānaṃ nandi-vuḍḍhano,
Evameva jayo hotu,
Jayassu jaya-maṅgale.

Aparājita-pallaṅke,
Sīse puthuvipukkhaḷe,
Abhiseke sabbabuddhānaṃ,
Aggapatto pamodati.

Sunakkhattaṃ sumaṅgalaṃ,
Suppabhātaṃ suhuttṭhitaṃ;
Sukhaṇo sumuhutto ca,
Suyittṭhaṃ brahmacārisu.

Padakkhiṇaṃ kāya-kammaṃ,
Vācā-kammaṃ padakkhiṇaṃ;
Padakkhiṇaṃ mano-kammaṃ,
Paṇīdhi te padakkhiṇe.

Padakkhiṇāni katvāna,
Labhantatthe padakkhiṇe.
Te attha-laddhā sukhitā
Virūḷhā Buddha-sāsane;
Arogā sukhitā hotha
Saha sabbehi ñātibhi.

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Dhamma is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在法里有此殊胜宝。以此真实语愿得安乐。

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在僧团里有此殊胜宝。以此真实语愿得安乐。

The most compassionate Lord had fulfilled all the perfections for the welfare of all beings and had attained the supreme enlightenment. By this truth may there be well-being for you always.

具有大悲的依持者，为了一切众生利益，
圆满所有波罗蜜后，证得无上菩提解脱；
借着这真实的话语，愿你永远平安快乐。

Just as the Lord, the increaser of delight for the Sakyans, was victorious at the foot of the Bodhi tree, so also may the victory be to you and may you be successful in all the auspicious conquests.

为释迦族增长喜者，在菩提树下得胜利；
愿你也都如此胜利，于吉祥征途得胜利。

The Lord had attained the Noble State on the Unconquerable Seat, on the most sacred earth consecrated by all the Buddhas and rejoiced.

在不败的座位上，在最神圣的地点，
诸佛加持欢喜处，他证悟圣洁之境。

May good planets, excellent blessings, good daybreak, good waking up, good moment, good instance, and good oblations to the sages be to you.

愿你得吉星善吉祥，好的黎明好的起身，
好的刹那与好时刻，对梵行者的善供养。

May the bodily deeds be reverential; may the speech deeds be reverential; may the mental deeds be reverential. May you be resolute in these reverential matters.

恭敬的身业，恭敬的语业，
恭敬的意业，决意于敬业。

Having done the reverential deeds, may you obtain reverential gains; having obtained them may you be happy and make progress in the Buddha's dispensation. May you and all your relatives be happy and free from sickness.

实行恭敬诸业之后，愿你获得恭敬之得。
获得它们愿你快乐，于佛教法获得提升。
愿你及所有亲戚们，都没有病痛都快乐。

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-buddhānubhāvena
Sadā sukhī (sothī)² bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-dhammānubhāvena
Sadā sukhī (sothī)² bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-saṅghānubhāvena
Sadā sukhī (sothī)² bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Buddhas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸佛的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Dhammas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸法的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Saṅghas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸僧的威力，愿你永远都快乐（平安）！

Mettā Chanting (p.16)

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Puratthimāya disāya, pacchimāya disāya,
uttarāya disāya, dakkhiṇāya disāya, puratthi-
māya anudisāya, pacchimāya anudisāya,
uttarāya anudisāya, dakkhiṇāya anudisāya,
hetṭhimāya disāya, uparimāya disāya,

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

慈悲诵

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:
一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

In the easterly direction, in the westerly direction, in the northerly direction, in the southerly direction, in the south-east direction, in the north-west direction, in the north-east direction, in the south-west direction, in the downward direction, in the upward direction:

在东方、在西方、在北方、在南方、在东南方、
在西北方、在东北方、在西南方、在下方、在上方

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:

一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

² sothī – Sri Lanka Version, 斯里兰卡版本

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā pathavī-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā udaya-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā ākāśa-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Good Wishes and Sharing of Merit etc 1

Yaṃ pattaṃ kusalaṃ tassa
Ānubhāvena pāṇino
Sabbe saddhamma-rājassa
Ñatvā Dhammaṃ sukhāvahaṃ,

Pāpuṇantu visuddhāya
Sukhāya paṭipattiyā
Asokamanupāyāsaṃ
Nibbānasukhamuttamaṃ.

Ciraṃ tiṭṭhatu saddhammo,
Dhamme hontu sagāravā
Sabbe'pi sattā, kālena
Sammā devo pavassatu.

Yathā rakkhimsu porāṇā
Surājāno tathevimaṃ,
Rājā rakkhatu dhammena
Attano'va paṇaṃ paṇaṃ.

– Aṭṭhasālīnī, Nigamanakathā

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live on earth: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在地上过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in water: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在水里过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in the sky: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在天空里过活的有情无嗔无怨、无苦无厄。

祝愿与分享功德等 1

By the power of whatever wholesome state attained by me, may all beings, having known rightly the King of Dhamma's teachings which give bliss (of Nibbāna), attain the bliss of Nibbāna, sorrowless, without distress and supreme, through the Middle Practice (Noble Eightfold Path) which is pure and blissful.

以我所成就的善法力量，愿一切有情在了知正法王导向快乐（涅槃）之法后，透过清净快乐的修行，达到至上的涅槃乐、无忧无恼。

May the true Dhamma last long, may all beings also respect the Dhamma, and may the [rain] god [give] proper and timely rain.

愿正法久住，愿一切有情也恭敬法，愿雨神适时降雨。

Just as good kings of ancient times gave protection, may the king righteously protect the people like his own (offspring).

正如古代贤善之王给予保护，愿国王善护人民如善护自己的子女。

Imāya dhammānudhammapaṭipattiyā
Buddhaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Dhammaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Saṅghaṃ pūjemi.

Addhā imāya paṭipattiyā jāti-jarā-byādhi
maraṇamhā parimuccissāmi.

Idaṃ me puññaṃ āsavakkhayāvaham hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññabhāgaṃ labhantu.

Good Wishes for Ven. (p.22)
Pa-Auk Sayadaw,
Ariyadhamma Mahāthera
& Other Theras

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhiṃ,
Therāsabho Āciṇṇo yatinda-nātho
Dīghāyuko bhavatu sādhu-samiddha-citto.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-citta-pasādhitena,
Therāsabho Ariyadhammo yatinda-nātho
Sambodhiñāṇamadhigacchatu sādhu sādhu.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhiṃ,
Therāsabhātha garu-gāra-bhāvanīyā
Dīghāyukā bhavatha sādhu-samiddha-cittā.

By this practice that is in accordance with the Dhamma, I venerate the Buddha.

By this practice that is in accordance with the Dhamma, I venerate the Dhamma.

By this practice that is in accordance with the Dhamma, I venerate the Saṅgha.

Surely, by this practice I will be liberated from birth, old age, sickness and death.

以此依法修行证法，我礼敬佛！

以此依法修行证法，我礼敬法！

以此依法修行证法，我礼敬僧！

以此修行，我肯定将会解脱生、老、病、死！

May this merit of mine be conducive to the destruction of [mental] taints. May this merit of mine be a [supportive] condition [for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。

愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings. May all those beings get an equal share of the merits shared by me.

我把我的功德与一切有情分享，

愿他们都平等地得到我的功德。

祝福
帕奥禅师、
圣法大长老
与其他长老

By the [merits] thoughtfully and joyfully acquired by [us practising] this Dhamma together with the power of the Buddha, etc. (i.e. the Triple Gem), may the leader and [spiritual] helper of monks, the prominent Elder Most Venerable Āciṇṇa (Ven. Pa-Auk Sayadaw), have a long life and successfully fulfill his noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以及透过佛陀等（即三宝）的力量，愿作为出家众的元老、领导与依持者的帕奥禅师长寿，以及成就其善心愿。

By the [merits] thoughtfully and joyfully acquired by [us practising] this Dhamma and the inspiring /gladdening of the mind [through reflecting] on the Buddha, etc. (i.e. the Triple Gem), may the leader and [spiritual] helper of monks, the prominent Elder Most Venerable Ariyadhamma, attain the knowledge of complete awakening. It is well, it is well!

透过谨慎及欢喜地修法所累积的这些功德，以及透过（思惟）佛陀等（即三宝）而在心中生起的净信，愿作为出家众的元老、领导与依持者的圣法大长老达到圆满觉悟，善哉，善哉！

By the [merits] thoughtfully and joyfully acquired by [us practising] this Dhamma together with the power of the Buddha, etc. (i.e. the Triple Gem), may other Venerable theras, senior members of the Saṅgha, have a long life and successfully fulfill their noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以及透过佛陀等（即三宝）的力量，愿僧团的其他长老长辈长寿，以及成就他们的善心愿。

Week 1 – Tuesday 第一周 星期二

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Devārādhana (p.1)

Samantā cakka-vāḷesu
Atrāgacchantu devatā;
Saddhammaṃ Muni-rājassa
Suṇantu sagga-mokkhadaṃ.

Dhammassavana-kālo ayaṃ bhadantā. (x3)

Inviting the Deities 邀請諸天

May the deities of the entire universe come here and listen to the True-Dhamma of the King of Sages, which leads to the heavenly states and liberation (Nibbāna).

从世界系中各处，愿诸天神来此地，
聆听知王之正法，导向天界与解脱。

Sirs, now is the time for listening to the Dhamma.
这是听闻佛法的时候，大德们。

Vandanā (p.1)

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Homage [to the Buddha] 礼敬佛陀

Homage to that Blessed One, the Arahant and Perfectly Self-Awakened One.

礼敬世尊、阿罗汉、圆满自觉者。

Sambodhi-Udāna (p.1)

Aneka-jāti saṃsāraṃ
Sandhāvissaṃ anibbisaṃ,
Gaha-kāraṃ gavesanto
Dukkhā jāti punappunaṃ.

Gaha-kāraka, diṭṭho'si
Puna gehaṃ na kāhasi,
Sabbā te phāsukā bhaggā
Gaha-kūṭaṃ visaṅkhataṃ,
Visaṅkhāra-gataṃ cittaṃ
Taṇhānaṃ khayamajjhagā.

– KN, Dhṃ³ 153-154

Inspired Utterance [after] Self-Awakening 正觉自说

I wandered [through] many births in saṃsāra, searching for the house builder (craving) [but] found [him] not; repeated birth is suffering.

在生死轮回当中，我寻找了许多世，
却找不到造屋者。一再投生的确苦。

O house-builder! You are seen. You shall not build a house again. All your rafters are broken. Your ridge-pole is shattered. My mind has attained the unconditioned, obtaining the destruction of craving.

造屋者你已被见！你已不能再造屋。
你所有的椽已断，你的横梁已粉碎。
我心已证无为法。已经达到爱尽毁。

³ Abbreviations in this book 本书中的英文缩写：DN (Dīgha-Nikāya), MN (Majjhima-Nikāya), SN (Saṃyutta-Nikāya), AN (Aṅguttara-Nikāya), KN (Khuddaka-Nikāya), Dhṃ (Dhammapada).

Paṭiccasamuppāda (p.2)

Iti imasmim sati idaṃ hoti, imassuppādā
idaṃ uppajjati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
paccayā viññāṇaṃ, viññāṇa-paccayā nāma-
rūpaṃ, nāma-rūpa-paccayā saḷāyatanaṃ,
saḷāyatana-paccayā phasso, phassa-paccayā
vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
upādānaṃ, upādāna-paccayā bhavo, bhava-
paccayā jāti, jāti-paccayā jarā-maraṇaṃ soka-
parideva-dukkha-domanassupāyāsā
sambhavanti. Evametassa kevalassa
dukkhakkhandhassa samudayo hoti.

Yadā have pātubhavanti dhammā,
Ātāpino jhāyato brāhmaṇassa,
Athassa kaṅkhā vapayanti sabbā,
Yato pajānāti sahetudhammaṃ.

Iti imasmim asati idaṃ na hoti, imassa
nirodhā idaṃ nirujjhati, yadidaṃ:

Avijjā-nirodhā saṅkhāra-nirodho,
saṅkhāra-nirodhā viññāṇa-nirodho, viññāṇa-
nirodhā nāma-rūpa-nirodho, nāma-rūpa-
nirodhā saḷāyatana-nirodho, saḷāyatana-
nirodhā phassa-nirodho, phassa-nirodhā
vedanā-nirodho, vedanā-nirodhā taṇhā-
nirodho, taṇhā-nirodhā upādāna-nirodho,
upādāna-nirodhā bhava-nirodho, bhava-
nirodhā jāti-nirodho, jāti-nirodhā jarā-maraṇaṃ
soka-parideva-dukkha-domanassupāyāsā
nirujjhanti. Evametassa kevalassa
dukkhakkhandhassa nirodho hoti.

Dependent Origination 缘起

Thus when there is this that is, with the arising of this
that arises, such as:

此有故彼有，此生故彼生，即：

Dependent on ignorance, activities [arise]; dependent
on activities, consciousness [arises]; dependent on
consciousness, mentality and materiality [arise];
dependent on mentality and materiality, the six bases
[arise]; dependent on the six bases, contact [arises];
dependent on contact, feeling [arises]; dependent on
feeling, craving [arises]; dependent on craving,
attachment [arises]; dependent on attachment, existence
[arises]; dependent on existence, [a new] birth [takes
place]; dependent on birth, ageing, death, sorrow,
lamentation, pain, unhappiness and despair come to be.
Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
个苦蕴的集起。

When indeed phenomena become apparent to the
religious one who is ardent and meditative, then all his
doubts disappear, since he knows the nature of their
causes.

当诸法明显呈现时，热诚禅修的婆罗门，
一切疑惑都会消失，因他了知诸法之因。

When there is not this that is not, with the cessation
of this that ceases, such as:

此无故彼无，此灭故彼灭，即：

With the cessation of ignorance, activities cease;
with the cessation of activities, consciousness ceases;
with the cessation of consciousness, mentality and
materiality cease; with the cessation of mentality and
materiality, the six [sense] bases cease; with the cessation
of the six [sense] bases, contact ceases; with the cessation
of contact, feeling ceases; with the cessation of feeling,
craving ceases; with the cessation of craving, attachment
ceases; with the cessation of attachment, [the cause for a
new] existence ceases; with the cessation of [the cause for
a new] existence, [the possibility of re]birth ceases; with
the cessation of birth, ageing, death, sorrow, lamentation,
pain, unhappiness and despair cease. Thus there is the
cessation of this whole mass of suffering.

无明灭则行灭；行灭则识灭；识灭则名色灭；
名色灭则六处灭；六处灭则触灭；触灭则受灭；受
灭则爱灭；爱灭则取灭；取灭则有灭；有灭则生灭；
生灭则老、死、愁、悲、苦、忧、恼灭。如是整个
苦蕴的熄灭。

Yadā have pātubhavanti dhammā
 Ātāpino jhāyato brāhmaṇassa,
 Athassa kaṅkhā vapayanti sabbā,
 Yato khayam paccayānam avedi.

Iti imasmim sati idam hoti, imassuppādā
 idam uppajjati, imasmim asati idam na hoti,
 imassa nirodhā idam nirujjhati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
 paccayā viññāṇam, viññāṇa-paccayā nāma-
 rūpam, nāma-rūpa-paccayā saḷāyatanaṃ,
 saḷāyatana-paccayā phasso, phassa-paccayā
 vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
 upādānam, upādāna-paccayā bhavo, bhava-
 paccayā jāti, jāti-paccayā jarā-maraṇam soka-
 parideva-dukkha-domanassupāyāsā
 sambhavanti. Evametassa kevalassa
 dukkhakkhandhassa samudayo hoti.

Avijjāya tveva asesa-virāga-nirodhā
 saṅkhāra-nirodho, saṅkhāra-nirodhā viññāṇa-
 nirodho, viññāṇa-nirodhā nāma-rūpa-nirodho,
 nāma-rūpa-nirodhā saḷāyatana-nirodho,
 saḷāyatana-nirodhā phassa-nirodho, phassa-
 nirodhā vedanā-nirodho, vedanā-nirodhā
 taṇhā-nirodho, taṇhā-nirodhā upādāna-
 nirodho, upādāna-nirodhā bhava-nirodho,
 bhava-nirodhā jāti-nirodho, jāti-nirodhā jarā-
 maraṇam soka-parideva-dukkha-
 domanassupāyāsā nirujjhanti. Evametassa
 kevalassa dukkhakkhandhassa nirodho hoti.

Yadā have pātubhavanti dhammā,
 Ātāpino jhāyato brāhmaṇassa,
 Vidhūpayam tiṭṭhati māra-senam,
 Suriyo'va obhāsayamantalikkham.

– Vinayapiṭaka, Mahāvagga,
 Mahākhanda
 – KN, Udāna, Bodhivagga

When indeed phenomena become apparent to the religious one who is ardent and meditative, then all his doubts disappear, since he experiences the elimination of [their] causes.

当诸法明显呈现时，热诚禅修的婆罗门，
 一切疑惑都会消失，因他体证诸缘之灭。

Thus when there is this that is, with the arising of this that arises: when there is not this that is not, with the cessation of this that ceases, such as:

此有故彼有，此生故彼生；
 此无故彼无，此灭故彼灭，即：

Dependent on ignorance, activities [arise]; dependent on activities, consciousness [arises]; dependent on consciousness, mentality and materiality [arise]; dependent on mentality and materiality, the six bases [arise]; dependent on the six bases, contact [arises]; dependent on contact, feeling [arises]; dependent on feeling, craving [arises]; dependent on craving, attachment [arises]; dependent on attachment, existence [arises]; dependent on existence, [a new] birth [takes place]; dependent on birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair come to be. Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
 六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
 缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
 个苦蕴的集起。

With the remainderless dispassion and cessation of ignorance, activities cease; with the cessation of activities, consciousness ceases; with the cessation of consciousness, mentality and materiality cease; with the cessation of mentality and materiality, the six [sense] bases cease; with the cessation of the six [sense] bases, contact ceases; with the cessation of contact, feeling ceases; with the cessation of feeling, craving ceases; with the cessation of craving, attachment ceases; with the cessation of attachment, [the cause for a new] existence ceases; with the cessation of [the cause for a new] existence, [the possibility of re]birth ceases; with the cessation of birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair cease. Thus there is the cessation of this whole mass of suffering.

无明灭尽离欲无余则行灭；行灭则识灭；识
 灭则名色灭；名色灭则六处灭；六处灭则触灭；触
 灭则受灭；受灭则爱灭；爱灭则取灭；取灭则有灭；
 有灭则生灭；生灭则老、死、愁、悲、苦、忧、恼
 灭。如是整个苦蕴的熄灭。

When indeed phenomena become apparent to the religious one who is ardent and meditative, he stands dispelling the hosts of Māra, just as the sun illuminating the sky [dispels darkness].

当诸法明显呈现时，热诚禅修的婆罗门，
 他击败魔军而稳立，犹如太阳照亮天空。

Paccayā - Paccayuddeso (p.4) [Twenty-Four] Conditions 二十四缘

Hetupaccayo, ārammaṇapaccayo,
adhipatipaccayo, anantarapaccayo,
samanantarapaccayo, saha-jātapaccayo,
añña-mañña-paccayo, nissayapaccayo,
upanissayapaccayo, purejātapaccayo,
pacchājātapaccayo, āsevanapaccayo,
kammappaccayo, vipākapaccayo,
āhārapaccayo, indriyapaccayo,
jhānapaccayo, maggapaccayo,
sampayuttapaccayo, vippayuttapaccayo,
atthipaccayo, natthipaccayo,
vigatappaccayo, avigatappaccayoti.

Root condition, object condition,
predominance condition, immediacy condition,
contiguity condition, conascence condition,
mutuality condition, dependence condition,
powerful dependence condition, pre-nascence condition,
post-nascence condition, repetition condition,
kamma condition, result condition,
nutriment condition, faculty condition,
jhāna condition, path condition,
association condition, dissociation condition,
presence condition, absence condition,
disappearance condition, non-disappearance condition.
因缘；所缘缘；增上缘；无间缘；
相续缘；俱生缘；相互缘；依止缘；
亲依止缘；前生缘；后生缘；重复缘；
业缘；果报（异熟）缘；食缘；根缘；
禅那缘；道缘；相应缘；不相应缘；
有缘；无有缘；离去缘；不离去缘。

Buddhānussati (p.5)

Iti'pi so bhagavā araham, sammāsambuddho,
vijjācaraṇa-sampanno, sugato, lokavidū,
anuttaro purisadamma-sārathi, satthā
devamanussānam, buddho, bhagavā.

Contemplation of the Buddha 佛随念

Such is that Blessed One, the Worthy One, the
Perfectly Self-Awakened One, One fully possessed of
wisdom and conduct, One who has proceeded by the good
way, Knower of the [three] worlds, Unexcelled Trainer of
tameable men, Teacher of deities and men, The Awakened
One, The Blessed One.

世尊是：阿罗汉、圆满自觉者、明行足、善逝、
世间解、无上士调御丈夫、天人师、佛陀、世尊。

Dhammānussati (p.5)

Svākkhāto bhagavatā dhammo, sandiṭṭhiko,
akāliko, ehi-passiko, opanayiko, paccattam
veditabbo viññūhi.

Contemplation of the Dhamma 法随念

Well-expounded is the Exalted One's Dhamma,
visible here-and-now, not delayed in time, inviting of
inspection, onward-leading, is directly experienceable by
the wise.

法由世尊善说，现前可见、无时（无间隔）、
请来看、导向、当由智者亲证。

Saṅghānussati (p.5)

Suppaṭipanno bhagavato sāvaka-saṅgho,
Ujuppaṭipanno bhagavato sāvaka-saṅgho,
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,
Sāmīcippaṭipanno bhagavato sāvaka-saṅgho;
Yadidaṃ: cattāri purisa-yugāni attha purisa-
puggalā, esa bhagavato sāvaka-saṅgho;
Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-
karaṇīyo, anuttaram puññakkhettaṃ lokassa.

Contemplation of the Saṅgha 僧随念

The community of the Exalted One's disciples has
entered on the good way, the community of the Exalted
One's disciples has entered on the straight way, the
community of the Exalted One's disciples has entered on
the true way, the community of the Exalted One's
disciples has entered on the proper way, that is to say, the
four pairs of men, the eight types of persons. That is the
Exalted One's disciple community, worthy of gifts,
worthy of hospitality, worthy of offerings, whom should
be respected, the incomparable field of merit for the
world.

世尊的声闻僧众已入善行道；世尊的声闻僧众
已入正直行道；世尊的声闻僧众已入真实行道；世
尊的声闻僧众已入正当行道。即四双八辈。这是世
尊的声闻僧众，是应供养、应供奉者、应施于者、
应合掌（礼敬）者，是世间的无上福田。

Evam buddham sarantānam
Dhammam saṅghaṇca bhikkhavo;
Bhayaṁ vā chambhitattam vā
Lomahaṁso na hessati.

– SN, Sagāthāvagga, Sakkasamyutta,
Dhajaggasuttam

Thus, Bhikkhus, in you who remember the Buddha,
the Dhamma and the Saṅgha, fear, trembling or terror will
never arise.

如是诸比丘，忆念佛法僧，
他无畏不栗，无毛骨悚然。

Parittaparikamma (p.6)

Ye santā santacittā,
tisaraṇasaraṇā,
ettha lokantare vā,
bhum mābhummā ca devā,
guṇagaṇagahaṇabyāvaṭṭā sabbakālaṁ,
ete āyantu devā,
varakanakamaye,
Merurāje vasanto,
santo santosahetum,
Munivaravacanam,
sotumaggaṁ samaggaṁ.

Sabbesu cakkavālesu,
yakkhā devā ca brahmano,
yaṁ amhehi kataṁ puññaṁ,
sabbasampattisādhakaṁ,

Sabbe taṁ anumoditvā,
samaggā sāsane ratā,
pamādarahitā hontu,
ārakkhāsu visesato.

Sāsanassa ca lokassa,
vuḍḍhī bhavatu sabbadā,
sāsanampi ca lokaṇca,
devā rakkhantu sabbadā.

Saddhim hontu sukhī sabbe,
parivārehi attano,
anīghā sumanā hontu,
saha sabbehi ñātibhi.

Preliminary of Paritta 护卫前业

Those (gods) who are peaceful, with peaceful minds,
who have taken refuge in the triple refuge, whether here,
or above the worlds, the various earth gods and sky gods,
who make effort to take group of virtuous deeds all of the
time, may these gods and those who dwell on the majestic
Mt. Meru, that excellent golden mountain, come in
concord, to hear the Sage's excellent word which is a
reason of great happiness.

这个世界与其它世界里，受持了三皈依，一切
时候皆致力于累积诸多美德，贤善内心寂静的地居
神与空居神，以及住在金造的须弥山顶的诸神王，
以及诸位贤者，愿诸神都和谐地来听闻牟尼的至上
语、快乐之因。

May all yakkhas, gods, and deities, from the whole
universe, after partaking of the merits, which can produce
all good fortune,

愿一切世界里的夜叉、神与梵天神随喜我们所
造、能带来一切成就的福业。

which we have acquired, being in harmony, and
delighting in the teaching, be not heedless and grant us
complete protection especially.

随喜该福业后，愿他们都和谐地对佛教感到欢
喜，不放逸地保护（美德）。

May the teaching and the world be on the increase at
all times, and may the gods protect the teaching and the
world forever.

愿一切时候佛教与世界都在增长，
愿一切时候诸神都保护佛教与世界。

May all together with those who are one's around, be
happy, may all together with all relatives, be untroubled,
and easy in mind.

愿一切众生自己与其随众都快乐，
愿他们及亲戚们都无身苦都开心。

Rājato vā, corato vā, manussato vā,
amanussato vā, aggito vā, udakato vā,
pisācato vā, khāṇukato vā,
kaṇṭakato vā, nakkhattato vā,
janapadarogato vā, asaddhammato vā,
asandiṭṭhito vā, asappurisato vā,
caṇḍa-hatthi-assa-miga-goṇa-kukkura-ahi-
vicchika-maṇisappa-dīpi-accha-taraccha-
sūkara-mahimsa-yakkha-rakkhasādīhi,
nānā-bhayato vā, nānā-roгато vā,
nānā-upaddavato vā, ārakkhaṃ gaṇhantu.

(May you be protected) from the king, thieves, humans, and non-humans, from fire and water, demons, stumps, and thorns, from unlucky stars, and epidemics, from what is not the true dhamma, not right view, not a good person, and from fierce elephants, horses, antelopes, bulls, dogs, snakes, scorpions, poisonous serpents, panthers, bears, hyenas, wild boars, buffaloes, yakkhas, rakkhasas, and so on, from the manifold fears, the manifold diseases, the manifold calamities, (from all of these troubles) may you receive protection.

愿你们获得保护得以免除来自王、贼、人、非人、火、水、鬼怪、树桩、刺、星座、瘟疫、非正法、邪见、非善士、凶恶的象、马、鹿、牛、狗、蛇、蝎、水蛇、豹、熊、鬣狗、野猪、水牛、夜叉、怪物等的种种危险，免除种种疾病与厄难。

Mettasuttaṃ (p.7)

Yassānubhāvato yakkhā neva dassenti bhīsanam
Yamhi cevānuyuñjanto rattindivamatandito.

Sukhaṃ supati sutto ca pāpaṃ kiñci na passati,
Evamādiguṇūpetam parittam tam bhaṇāma he.

- - -

Karaṇīyamattakusalena,
yantasantaṃ padaṃ abhisamecca;
Sakko ujū ca suhujū ca,
suvaco cassa mudu anatimānī.

Santussako ca subharo ca,
appakicco ca sallahukavutti;
Santindriyo ca nipako ca,
appagabbho kulesvananugiddho.

Na ca khuddamācare kiñci,
yena viññū pare upavadeyyum;
Sukhinova khemino hontu,
sabbasattā bhavantu sukhittā.

Ye keci pāṇabhūtatti,
tasā vā thāvarā vanavasesā;
Dīghā vā yeva mahantā,
majjhima rassakā aṇukathulā.

Discourse on Loving-Kindness 慈愛經

Due to the power of this (Mettā Sutta), spirits did not manifest frightful sights. One who devotes himself to these teachings day and night diligently sleeps soundly and does not have any nightmare when asleep. Let us recite this protective discourse.

透过它（慈愛經）的力量，夜叉不显现恐怖相。对于昼夜致力修行者，他睡眠舒适不做恶梦。且让我们诵念具备这些功德之护卫。

This is to be done by [one] skilled in [what is] beneficial: having understood the path that [leads to] peace; he would be able, upright, very upright, easy to admonish, gentle, and not arrogant.

这是想要证得彻悟寂静涅槃、善于有益修行的人应该做的事：他必须有能力、正直、非常正直、易受教、柔软、不自大、

Contented and easy to support, of few duties and living frugally; [with] calm faculties and prudent, not obtrusive [to and] greedy [for gains from supporting] families.

知足、易护持、少事务、生活简朴、诸根寂静、拥有成熟的智慧、不无礼、不贪着在家众。

He would not do [even] the slightest thing, by which the wise could censure [and tell] others; may [all beings] be happy and secure, may all beings be in a state of happiness.

只要是智者将会指责的事，即使是小事他也不做；（愿一切众生）幸福与平安，愿一切众生安乐；

Whatever living beings there are, feeble or strong, [all] without exception; those long, great, medium, short, small or large.

无论是任何存在的众生，会颤抖的或不会颤抖的皆毫无遗漏，长的或大的或中等的，短的或小的或粗圆的，

Ditṭhā vā yeva aditṭhā,
ye va dūre vasanti avidūre;
Bhūtā va sambhavesī va,
sabbasattā bhavantu sukhittattā.

Na paro param nikubbetha,
nātimaññetha katthaci na kañci;
Byārosanā paṭighasaññā,
nāññamaññassa dukkhamiccheyya.

Mātā yathā niyaṃ puttamāyusā
ekaputtamanurakkhe;
Evampi sabbabhūtesu,
mānasam bhāvaye aparimāṇam.

Mettañca sabbalokasmi,
mānasam bhāvaye aparimāṇam;
Uddham adho ca tiriyañca,
asambādham averamasapattam.

Tiṭṭham caram nisinno va,
sayāno yāvatāssa vitamiddho;
Etaṃ satim adhiṭṭheyya,
brahmametaṃ vihāramidhamāhu.

Ditṭhiñca anupaggaṃ,
sīlavā dassanena sampanno;
Kāmesu vinaya gedham,
na hi jātuggabbhaseyya punareti.

– KN, Khuddakapāṭha 9; Suttanipāta, Uragavagga 8

Those seen or not seen, and living far or nearby; born or seeking birth, may all beings be in a state of happiness.
见到的或没见到的，住在远方的或近处的，已生的或还寻求再生的——愿一切众生快乐。

One would not deceive another, [nor] despise them anywhere [about] anything; [out of] anger or aversion, would not wish suffering for each other.
且让人不欺骗别人，也不在任何地方轻视别人。且让他们不会以嗔怒与厌恶来互相希望对方痛苦。

Just as a mother for her son, [her] only son, would protect [him] with her life; thus, also, towards all beings, would develop the mind without limit.
正如母亲对待自己的儿子那样，会以生命来保护独生子；应当如此对一切众生培育无量的心。

With loving-kindness towards the whole world, would develop the mind without limit; above, below and across, unrestricted, free from enmity and hostility.
以及应当以慈爱对全世界培育无量的心，上方、下方与周围，无障碍、无仇人、无敌对。

While standing, walking, seated, or lying down free from drowsiness; would determine [to keep] this mindfulness [in mind], this is a divine abiding in this world, it is said.
立、行、坐或卧，只要不是在睡眠中，都应决心保持如此的正念。这就是他们在此所说的梵住。

Not going to [wrong] view[s], being morally well behaved and having [right] vision, [and] having given up greed for sensuality, never again come [back] to the womb.
不执持邪见，拥有戒行，具足智见，及已经去除对欲乐的贪爱之后，他肯定不会再投胎。

Khandhasuttaṃ (p.8)

Sabbāsivisajātinaṃ
Dibbamantāgaḍaṃ viya
Yaṃ nāseti viṣaṃ ghoram
Sesañcāpi parissayam.

Āṇākkhettamhi sabbattha
Sabbadā sabbapaṇinaṃ
Sabbasopi nivāreti
Parittam tam bhaṇāma he.

- - -

Discourse on [Protection of] Aggregates 蕴护经

Just like divine charms and divine medicines, this (Khandha-Sutta) nullifies baneful poison and other perils of all the highly poisonous creatures.
犹如天咒与天药，此经能够除剧毒；一切剧毒之生物，其害此经皆能除。

In the scope of authority everywhere, always, for all beings this discourse prevents (the disasters). Let us recite this protective discourse now.
在此威力范围内，一切时候一切处，此经能防该危害。我们且诵此护卫。

Virūpakkhehi me mettaṃ
Mettaṃ Erāpathehi me,
Chabyāputtehi me mettaṃ
Mettaṃ Kaṇhāgotamakehi ca.

Apādakehi me mettaṃ
Mettaṃ dvipādakehi me,
Catuppadehi me mettaṃ
Mettaṃ bahuppadehi me.

Mā maṃ apādako hiṃsi
Mā maṃ hiṃsi dvipādako,
Mā maṃ catuppado hiṃsi
Mā maṃ hiṃsi bahuppado.

Sabbe sattā, sabbe pāṇā
Sabbe bhūtā ca kevalā,
Sabbe bhadraṇi passantu
Mā kañci pāpamāgamā.

Appamāṇo Buddho,
Appamāṇo Dhammo,
Appamāṇo Saṅgho.
Pamāṇavantāni sirīmsapāni:
Ahi-vicchikā, satapadī,
Uṇṇanābhi, sarabū, mūsikā.

Katā me rakkhā, kataṃ me parittaṃ,
Paṭikkamantu bhūtāni.
So'haṃ namo Bhagavato,
Namo sattannaṃ Sammā-sambuddhānaṃ.

– KN, 203 Khaṇḍajātaka;
AN.IV.67 Ahirājasuttaṃ;
Vinayaṭṭhaka, Cūḷavagga,
Khuddakavattakhandhakam

May I have loving-kindness towards the Virūpakkhas;
May I have loving-kindness towards the Erāpathas;
May I have loving-kindness towards the Chabyāputtas;
May I have loving-kindness towards the Kaṇhāgotamakas.
愿我对威卢跋有慈爱；愿我对伊拉跋有慈爱；
愿我对刹标子有慈爱；愿我对黑瞿昙有慈爱。

May I have loving-kindness towards footless beings;
May I have loving-kindness towards beings with two legs;
May I have loving-kindness towards beings with four legs;
May I have loving-kindness towards beings with many legs.
愿我对无足众生有慈爱；愿我对两足众生有慈爱；
愿我对四足众生有慈爱；愿我对多足众生有慈爱。

May footless beings not harm me;
May beings with two legs not harm me;
May beings with four legs not harm me;
May beings with many legs not harm me.
愿无足众生不伤害我；愿两足众生不伤害我；
愿四足众生不伤害我；愿多足众生不伤害我。

May all living beings, all breathing things,
all creatures (without exception)
meet with good fortune.
May none of them come to any evil.
愿一切有情一切息生、一切众生毫无遗漏地，
愿他们遇见幸运的事，不会遭遇邪恶的事情。

Infinite is the Buddha,
Infinite is the Dhamma,
Infinite is the Saṅgha.
Finite are creeping things:
snakes, scorpions, centipedes,
spiders, lizards, rats.
佛无量，法无量，僧无量。
爬行类却有限量：
蛇、蝎、蜈蚣、
蜘蛛、蜥蜴、老鼠。

I have made the protection, I have made the safeguard.
May the (harmful) beings depart. I pay homage to the
Blessed One; homage to the seven Buddhas (Vipassī
Buddha, Sikhī Buddha, Vessabhū Buddha, Kakusandha
Buddha, Koṇāgamana Buddha, Kassapa Buddha, and
Gotama Buddha)
我做了护卫，我做了保护。
愿那些（有害的）众生离开。
我礼敬世尊；
礼敬七位圆满自觉者。

Anattalakkhaṇasuttaṃ (p.29)**Discourse on Non-Self Characteristic**
无我相经

Ekam samayaṃ Bhagavā Bārāṇasiyaṃ viharati Isi-patane miga-dāye. Tatra kho Bhagavā pañca-vaggiye bhikkhū āmantesi: “bhikkhavo”ti. “Bhadante”ti te bhikkhū Bhagavato paccassosum. Bhagavā etadavoca:

“Rūpaṃ, bhikkhave, anattā. Rūpaṃ hidam, bhikkhave, attā abhaviṣṣa, nayidaṃ rūpaṃ ābādhāya saṃvatteyya, labbheṭṭha ca rūpe `evaṃ me rūpaṃ hotu, evaṃ me rūpaṃ mā ahoṣī’ti. Yasmā ca kho, bhikkhave, rūpaṃ anattā, tasmā rūpaṃ ābādhāya saṃvattati, na ca labbhati rūpe `evaṃ me rūpaṃ hotu, evaṃ me rūpaṃ mā ahoṣī’ti.

“Vedanā anattā. Vedanā ca hidam, bhikkhave, attā abhaviṣṣa, nayidaṃ vedanā ābādhāya saṃvatteyya, labbheṭṭha ca vedanāya `evaṃ me vedanā hotu, evaṃ me vedanā mā ahoṣī’ti. Yasmā ca kho, bhikkhave, vedanā anattā, tasmā vedanā ābādhāya saṃvattati, na ca labbhati vedanāya `evaṃ me vedanā hotu, evaṃ me vedanā mā ahoṣī’ti.

“Saññā anattā. Saññā ca hidam, bhikkhave, attā abhaviṣṣa, nayidaṃ saññā ābādhāya saṃvatteyya, labbheṭṭha ca saññāya `evaṃ me saññā hotu, evaṃ me saññā mā ahoṣī’ti. Yasmā ca kho, bhikkhave, saññā anattā, tasmā saññā ābādhāya saṃvattati, na ca labbhati saññāya `evaṃ me saññā hotu, evaṃ me saññā mā ahoṣī’ti.

At one time the Blessed One was staying in the deer park at Isipatana [near] Bārāṇasī. There the Blessed One addressed the group of five monks: “Monks.” “Venerable Sir,” those monks responded to the Blessed One. The Blessed One [then] said this:

一时世尊住在波罗奈城附近仙人坠处的鹿野苑。于其处，当时世尊对五比丘说：「诸比丘。」那些比丘回应：「尊者。」世尊如此说：

“Form, Monks, is non-self. For if form was self, this form would not lead to affliction, and in regard to form, [wishing] ‘may [this] form of mine be thus, may [this] form of mine not be thus’ would be possible. But since, monks, form is non-self, therefore, form leads to affliction, and in regard to form, [wishing] ‘may [this] form of mine be thus, may [this] form of mine not be thus’ is not possible.

「诸比丘，色无我！诸比丘，假如此色是我，此色就不会导致烦恼，于色亦可得：『愿我的色是这样，愿我的色不是这样！』然而，诸比丘，因为色无我，所以色会导致烦恼，于色亦不可得：『愿我的色是这样，愿我的色不是这样！』

“Feeling, Monks, is non-self. For if feeling was self, this feeling would not lead to affliction, and in regard to feeling, [wishing] ‘may [this] feeling of mine be thus, may [this] feeling of mine not be thus’ would be possible. But since, monks, feeling is non-self, therefore, feeling leads to affliction, and in regard to feeling, [wishing] ‘may [this] feeling of mine be thus, may [this] feeling of mine not be thus’ is not possible.

受无我！诸比丘，假如此受是我，此受就不会导致烦恼，于受亦可得：『愿我的受是这样，愿我的受不是这样！』然而，诸比丘，因为受无我，所以受会导致烦恼，于受亦不可得：『愿我的受是这样，愿我的受不是这样！』

“Perception, Monks, is non-self. For if perception was self, this perception would not lead to affliction, and in regard to perception, [wishing] ‘may [this] perception of mine be thus, may [this] perception of mine not be thus’ would be possible. But since, monks, perception is non-self, therefore, perception leads to affliction, and in regard to perception, [wishing] ‘may [this] perception of mine be thus, may [this] perception of mine not be thus’ is not possible.

想无我！诸比丘，假如此想是我，此想就不会导致烦恼，于想亦可得：『愿我的想是这样，愿我的想不是这样！』然而，诸比丘，因为想无我，所以想会导致烦恼，于想亦不可得：『愿我的想是这样，愿我的想不是这样！』

“Saṅkhārā anattā. Saṅkhārā ca hidam, bhikkhave, attā abhavissamsu, nayidam saṅkhārā ābādhāya samvattēyyum, labbhettha ca saṅkhāresu `evam me saṅkhārā hontu, evam me saṅkhārā mā ahesun’ti. Yasmā ca kho, bhikkhave, saṅkhārā anattā, tasmā saṅkhārā ābādhāya samvattanti, na ca labbhati saṅkhāresu `evam me saṅkhārā hontu, evam me saṅkhārā mā ahesun’ti.

“Viññāṇam anattā. Viññāṇaṅca hidam, bhikkhave, attā abhaviṣṣa, nayidam viññāṇam ābādhāya samvattēyya, labbhettha ca viññāṇe `evam me viññāṇam hotu, evam me viññāṇam mā ahoṣī’ti. Yasmā ca kho, bhikkhave, viññāṇam anattā, tasmā viññāṇam ābādhāya samvattati, na ca labbhati viññāṇe `evam me viññāṇam hotu, evam me viññāṇam mā ahoṣī’ti.

“Taṁ kiṁ maññatha, bhikkhave, rūpaṁ niccaṁ vā aniccaṁ vā?”ti “Aniccaṁ, Bhante.” “Yaṁ paṇāniccaṁ dukkhaṁ vā taṁ sukhaṁ vā?”ti “Dukkhaṁ, Bhante.” “Yaṁ paṇāniccaṁ dukkhaṁ vipariṇāma-dhammaṁ, kallaṁ nu taṁ samanupassitum: `etaṁ mama, eso’hamasmi, eso me attā?”ti “No hetam, Bhante.”

“Vedanā niccā vā aniccā vā?”ti “Aniccā, Bhante.” “Yaṁ paṇāniccaṁ dukkhaṁ vā taṁ sukhaṁ vā?”ti “Dukkhaṁ, Bhante.” “Yaṁ paṇāniccaṁ dukkhaṁ vipariṇāma-dhammaṁ, kallaṁ nu taṁ samanupassitum: `etaṁ mama, eso’hamasmi, eso me attā?”ti “No hetam, Bhante.”

“Volitional formations, Monks, are non-self. For if volitional formations were self, these volitional formations would not lead to affliction, and in regard to volitional formations, [wishing] ‘may [these] volitional formations of mine be thus, may [these] volitional formations of mine not be thus’ would be possible. But since, monks, volitional formations are non-self, therefore, volitional formations lead to affliction, and in regard to volitional formations, [wishing] ‘may [these] volitional formations of mine be thus, may [these] volitional formations of mine not be thus’ is not possible.

诸行无我！诸比丘，假如此诸行是我，此诸行就不会导致烦恼，于诸行亦可得：『愿我的诸行是这样，愿我的诸行不是这样！』然而，诸比丘，因为诸行无我，所以诸行会导致烦恼，于诸行亦不可得：『愿我的诸行是这样，愿我的诸行不是这样！』

“Consciousness, Monks, is non-self. For if consciousness was self, this consciousness would not lead to affliction, and in regard to consciousness, [wishing] ‘may [this] consciousness of mine be thus, may [this] consciousness of mine not be thus’ would be possible. But since, monks, consciousness is non-self, therefore, consciousness leads to affliction, and in regard to consciousness, [wishing] ‘may [this] consciousness of mine be thus, may [this] consciousness of mine not be thus’ is not possible.

识无我！诸比丘，假如此识是我，此识就不会导致烦恼，于识亦可得：『愿我的识是这样，愿我的识不是这样！』然而，诸比丘，因为识无我，所以识会导致烦恼，于识亦不可得：『愿我的识是这样，愿我的识不是这样！』

“Monks, what do you think, is form permanent or impermanent?” “Impermanent, Venerable Sir.” “That which is impermanent, is it unsatisfactory or satisfactory?” “Unsatisfactory, Venerable Sir.” “That which is impermanent, unsatisfactory and subject to change, is it suitable to consider: ‘This is mine, this I am, this is my self?’” “Certainly not, Venerable Sir.”

「诸比丘，你们认为如何，色是常还是无常？」
「无常，尊者！」
「无常的是苦还是乐的？」
「苦的，尊者！」
「对于无常、苦、变易之法，是否适合视它为：『这是我的，这是我，这是我的自我』？」
「确实不能，尊者！」

“Is feeling permanent or impermanent?” “Impermanent, Venerable Sir.” “That which is impermanent, is it unsatisfactory or satisfactory?” “Unsatisfactory, Venerable Sir.” “That which is impermanent, unsatisfactory and subject to change, is it suitable to consider: ‘This is mine, this I am, this is my self?’” “Certainly not, Venerable Sir.”

「受是常还是无常？」
「无常，尊者！」
「无常的是苦还是乐的？」
「苦的，尊者！」
「对于无常、苦、变易之法，是否适合视它为：『这是我的，这是我，这是我的自我』？」
「确实不能，尊者！」

“Saññā niccā vā aniccā vā?”ti “Aniccā, Bhante.” “Yaṃ panāniccaṃ dukkhaṃ vā taṃ sukhaṃ vā?”ti “Dukkhaṃ, Bhante.” “Yaṃ panāniccaṃ dukkhaṃ vipariṇāma-dhammaṃ, kallaṃ nu taṃ samanupassitum: ‘etaṃ mama, eso’hamasmi, eso me attā?’”ti “No hetam, Bhante.”

“Saṅkhārā niccā vā aniccā vā?”ti “Aniccā, Bhante.” “Yaṃ panāniccaṃ dukkhaṃ vā taṃ sukhaṃ vā?”ti “Dukkhaṃ, Bhante.” “Yaṃ panāniccaṃ dukkhaṃ vipariṇāma-dhammaṃ, kallaṃ nu taṃ samanupassitum: ‘etaṃ mama, eso’hamasmi, eso me attā?’”ti “No hetam, Bhante.”

“Viññāṇaṃ niccaṃ vā aniccaṃ vā?”ti “Aniccaṃ, Bhante.” “Yaṃ panāniccaṃ dukkhaṃ vā taṃ sukhaṃ vā?”ti “Dukkhaṃ, Bhante.” “Yaṃ panāniccaṃ dukkhaṃ vipariṇāma-dhammaṃ, kallaṃ nu taṃ samanupassitum: ‘etaṃ mama, eso’hamasmi, eso me attā?’”ti “No hetam, Bhante.”

“Tasmātiha, bhikkhave, yaṃ kiñci rūpaṃ atītānāgata-paccuppannaṃ ajjhataṃ vā bahiddhā vā oḷārikaṃ vā sukhumaṃ vā hīnaṃ vā paṇītaṃ vā yaṃ dūre santike vā, sabbaṃ rūpaṃ ‘netam mama, neso’hamasmi, na meso attā’ti evametam yathā-bhūtaṃ sammappaññāya daṭṭhabbaṃ.

“Yā kāci vedanā atītānāgata-paccuppannā ajjhata vā bahiddhā vā oḷārikā vā sukhumā vā hīnā vā paṇītā vā yā dūre santike vā, sabbā vedanā ‘netam mama, neso’hamasmi, na meso attā’ti evametam yathā-bhūtaṃ sammappaññāya daṭṭhabbaṃ.

“Is perception permanent or impermanent?” “Impermanent, Venerable Sir.” “That which is impermanent, is it unsatisfactory or satisfactory?” “Unsatisfactory, Venerable Sir.” “That which is impermanent, unsatisfactory and subject to change, is it suitable to consider: ‘This is mine, this I am, this is my self?’” “Certainly not, Venerable Sir.”

「想是常还是无常？」「无常，尊者！」「无常的是苦还是乐的？」「苦的，尊者！」「对于无常、苦、变易之法，是否适合视它为：『这是我的，这是我，这是我的自我』？」「确实不能，尊者！」

“Are volitional formations permanent or impermanent?” “Impermanent, Venerable Sir.” “That which is impermanent, is it unsatisfactory or satisfactory?” “Unsatisfactory, Venerable Sir.” “That which is impermanent, unsatisfactory and subject to change, is it suitable to consider: ‘This is mine, this I am, this is my self?’” “Certainly not, Venerable Sir.”

「诸行是常还是无常？」「无常，尊者！」「无常的是苦还是乐的？」「苦的，尊者！」「对于无常、苦、变易之法，是否适合视它为：『这是我的，这是我，这是我的自我』？」「确实不能，尊者！」

“Is consciousness permanent or impermanent?” “Impermanent, Venerable Sir.” “That which is impermanent, is it unsatisfactory or satisfactory?” “Unsatisfactory, Venerable Sir.” “That which is impermanent, unsatisfactory and subject to change, is it suitable to consider: ‘This is mine, this I am, this is my self?’” “Certainly not, Venerable Sir.”

「识是常还是无常？」「无常，尊者！」「无常的是苦还是乐的？」「苦的，尊者！」「对于无常、苦、变易之法，是否适合视它为：『这是我的，这是我，这是我的自我』？」「确实不能，尊者！」

“Therefore, monks, whatever form, whether past, future or present, internal or external, coarse or fine, inferior or superior, far or near, all form is to be seen as it is with perfect wisdom thus: ‘That is not mine, I am not that, that is not my self.’

因此，诸比丘，无论是过去、未来、现在、内、外、粗、细、劣、胜、远或近之色，当如此以正慧如实彻见一切色：『这不是我的，这不是我，这不是我的自我。』

“Whatever feeling, whether past, future or present, internal or external, coarse or fine, inferior or superior, far or near, all feeling is to be seen as it is with perfect wisdom thus: ‘That is not mine, I am not that, that is not my self.’

无论是过去、未来、现在、内、外、粗、细、劣、胜、远或近之受，当如此以正慧如实彻见一切受：『这不是我的，这不是我，这不是我的自我。』

“Yā kāci saññā atītānāgata-paccuppannā
ajjhata vā bahiddhā vā oḷārikā vā sukhumā vā
hīnā vā paṇitā vā yā dūre santike vā, sabbā
saññā ‘netam mama, neso’hamasmi, na meso
attā’ti evametam yathā-bhūtam
sammappaññāya daṭṭhabbam.

“Ye keci saṅkhārā atītānāgata-
paccuppannā ajjhata vā bahiddhā vā oḷārikā
vā sukhumā vā hīnā vā paṇitā vā ye dūre
santike vā, sabbe saṅkhārā ‘netam mama,
neso’hamasmi, na meso attā’ti evametam
yathā-bhūtam sammappaññāya daṭṭhabbam.

“Yaṁ kiñci viññāṇam atītānāgata-
paccuppannam ajjhata vā bahiddhā vā
oḷārikam vā sukhumam vā hīnam vā paṇitam
vā yaṁ dūre santike vā, sabbam viññāṇam
‘netam mama, neso’hamasmi, na meso attā’ti
evametam yathā-bhūtam sammappaññāya
daṭṭhabbam.

“Evaṁ passam, bhikkhave, sutavā ariya-
sāvako rūpasmim’pi nibbindati, vedanāya’pi
nibbindati, saññāya’pi nibbindati, saṅkhāresu’pi
nibbindati, viññāṇasmim’pi nibbindati.
Nibbindam virajjati; virāgā vimuccati.
Vimuttasmiṁ vimuttamiti ñāṇam hoti: ‘Khīṇā
jāti, vusitam brahma-cariyam, katarā
karaṇīyam, nāparam itthattāyā’ti pajānāti’”ti.

Idamavoca Bhagavā. Attamanā pañca-
vaggiyā bhikkhū Bhagavato bhāsitaṁ
abhinandum. Imasmiñca pana veyyākaraṇasmim
bhaññamāne pañcavaggiyānaṁ bhikkhūnaṁ
anupādāya āsavehi cittāni vimuccimsū’ti.

– SN, Khandhavagga, Khandhasamyutta, 57

“Whatever perception, whether past, future or
present, internal or external, coarse or fine, inferior or
superior, far or near, all perception is to be seen as it is
with perfect wisdom thus: ‘That is not mine, I am not that,
that is not my self.’

无论是过去、未来、现在、内、外、粗、细、
劣、胜、远或近之想，当如此以正慧如实彻见一切
想：『这不是我的，这不是我，这不是我的自我。』

“Whatever volitional formations, whether past,
future or present, internal or external, coarse or fine,
inferior or superior, far or near, all volitional formations
are to be seen as they are with perfect wisdom thus: ‘That
is not mine, I am not that, that is not my self.’

无论是过去、未来、现在、内、外、粗、细、
劣、胜、远或近之行，当如此以正慧如实彻见一切
行：『这不是我的，这不是我，这不是我的自我。』

“Whatever consciousness, whether past, future or
present, internal or external, coarse or fine, inferior or
superior, far or near, all consciousness is to be seen as it
is with perfect wisdom thus: ‘That is not mine, I am not
that, that is not my self.’

无论是过去、未来、现在、内、外、粗、细、
劣、胜、远或近之识，当如此以正慧如实彻见一切
识：『这不是我的，这不是我，这不是我的自我。』

“Seeing thus, monks, the learned noble disciple is
disenchanted with form, feeling, perception, volitional
formations and consciousness. Disenchanted, he becomes
dispassionate. Through dispassion he is liberated. Being
liberated there is the liberation knowledge thus: He
understands: ‘Destroyed is birth, the holy life has been
lived, what had to be done has been done, there is no more
for this state of being.’”

诸比丘，如此彻见后，多闻圣弟子厌离色，厌
离受，厌离想，厌离诸行，厌离识。因厌离而离染，
因离欲而解脱；因解脱而有解脱智，他了知：『生已
尽，梵行已立，应作已作，再无后有。』

This the Blessed One said. Pleased, the group of five
monks delighted in the Blessed One’s speech. When this
explanation was being spoken, the minds of the group of
five monks were liberated through non-attachment from
the taints.

世尊如此说已，五比丘满意与欢喜世尊之言。
当此解说正被宣说时，五比丘的心透过无执取而从
诸漏解脱。

Morasuttaṃ (p.33)

Pūrentaṃ bodhisambhāre
Nibbattaṃ morayoniyāṃ,
Yena saṃvihitārakkhaṃ
Mahāsattaṃ vanecarā.

Cirassaṃ vāyamantāpi,
Neva sakkhimsu gaṇhituṃ.
'Brahmamantaṇ'ti akkhātaṃ
Parittaṃ taṃ bhaṇāma he.

- - -

Udetayaṃ cakkhumā ekarājā,
Harissavaṇṇo pathavippabhāso,
Taṃ taṃ namassāmi harissavaṇṇaṃ
pathavippabhāsaṃ,
Tayājja guttā viharemu divasaṃ.

Ye brāhmaṇā vedagū sabbadhamme,
Te me namo, te ca maṃ pālayantu;
Namatthu buddhānaṃ, namatthu bodhiyā,
Namo vimuttānaṃ, namo vimuttiyā.
Imaṃ so parittaṃ katvā moro carati esanā.

Apetayaṃ cakkhumā ekarājā,
Harissavaṇṇo pathavippabhāso;
Taṃ taṃ namassāmi harissavaṇṇaṃ
pathavippabhāsaṃ,
Tayājja guttā viharemu rattim.

Ye brāhmaṇā vedagū sabbadhamme,
Te me namo, te ca maṃ pālayantu;
Namatthu buddhānaṃ, namatthu bodhiyā,
Namo vimuttānaṃ, namo vimuttiyā.
Imaṃ so parittaṃ katvā moro vāsamakappayi.

– KN, 159 Morajāta

The Peacock Discourse 孔雀经

In the past while fulfilling the necessary perfections for Buddhahood, the Great Being was once reborn as a peacock; making protection by this Paritta, he lived in the forest.

累积菩提资粮期间，有次投生孔雀之胎，
以此护卫他作保护，伟大有情森林过活。

Although they (hunters) tried for a long time, the hunters could not catch him the Great Being. Let us recite this protective Sutta which is described as a divine mantra.

即使长期都在努力，他们无法捕捉到他。
此护卫经称为梵咒，且让我们诵此护卫。

“That One who gives Vision, the sole king, comes up, he is golden coloured, he enlightens the earth. Therefore I revere the golden coloured one, who enlightens the earth; guarded by you today, we will live out the day.

「这个给眼独王升起，金色光芒照耀大地，
敬此照地金色光芒，受你所护我们度日。」

I pay homage to those brahmins who have true understanding of all things – may they keep watch over me! Pay homage to the Buddhas! Pay homage to Awakening! Homage to the liberated! Homage to liberation!” After making this safeguard, the peacock roams about seeking (for food).

知一切法之婆罗门，我敬彼等愿彼护我；
礼敬诸佛礼敬菩提，敬解脱者礼敬解脱。」
作此护卫之后，孔雀出去寻食。

“That One who gives Vision, the sole king, goes down, he is golden coloured, he enlightens the earth. Therefore I revere the golden coloured one, who enlightens the earth; guarded by you today, we will live out the night.

「这个给眼独王降下，金色光芒照耀大地，
敬此照地金色光芒，受你所护我们度夜。」

I pay homage to those brahmins who have true understanding of all things – may they keep watch over me! Pay homage to the Buddhas! Pay homage to Awakening! Homage to the liberated! Homage to liberation!” After making this safeguard, the peacock dwells on (without fear).

知一切法之婆罗门，我敬彼等愿彼护我；
礼敬诸佛礼敬菩提，敬解脱者礼敬解脱。」
作此护卫之后，孔雀无畏安住。

Vaṭṭasuttaṃ (p.34)

Pūrentaṃ bodhisambhāre
Nibbattaṃ vaṭṭajāṭiyaṃ,
Yassa tejena dāvaggi
Mahāsattaṃ vivajjayi.

Therassa Sāriputtassa
Lokaṇāthena bhāsitaṃ,
Kappaṭṭhāyima mahātejaṃ,
Parittaṃ taṃ bhaṇāma he.

- - -

Atthi loke sīlaguṇo
Saccaṃ soceyyanuḍḍayā;
Tena saccena kāhāmi
Saccakiriyamuttamaṃ.

Āvejjetvā dhammabalaṃ,
Saritvā pubbake jine;
Saccabalamavassāya
Saccakiriyamakāsahaṃ.

Santi pakkhā apatanā,
Santi pādā avañcanā;
Mātāpitā ca nikkhantā,
Jātaveda paṭikkama.

Saha sacce kate mayhaṃ,
Mahāpajjalito sikhī
Vajjesi soḷasakarīsāni,
Udakaṃ patvā yathā sikhī;
Saccena me samo natthi,
Esā me saccapāramī.

– KN, Cariyāpīṭaka, Yudhañjayavagga,
Vaṭṭapotakacariya

The Quail Discourse 鹤鹑经

In the past while fulfilling the necessary perfections for Buddhahood, the Great Being was once reborn as a quail; by the power of which (= this Paritta), the forest fire avoided the Great Being.

累积菩提资粮期间，有次投生鹤鹑之胎，
透过此护卫的力量，林火避开伟大有情。

Let us recite this paritta which was delivered by the Lord of the World to the Venerable Sāriputta, and which lasts for the entire world cycle and has great power.

世间依持开示此经，给予舍利弗长老听。
住世一劫有大威力，且让我们诵此护卫。

There are in the world the qualities of morality, truthfulness, purity, loving-kindness and compassion. By that saying of Truth, I will make an excellent asseveration.

在这世间有戒德、真实清净及慈悲；
透过说此真实语，我做最上真实行。

Having reflected upon the power of the Dhamma and having remembered the Victorious Ones of old, I made an asseveration relying on the power of truthfulness.

省思了法的力量，忆起古代胜利者；
依靠真实的力量，我做了个真实行。

“I have wings, but I cannot fly. I have feet, but I cannot walk. My mother and my father have left me. O forest fire! Go back!”

「我有翅膀不能飞，我有双脚不能走，
母亲父亲离我去，森林之火请离去。」

As soon as I have made this asseveration, the great flames of the fire avoided me from sixteen karīsas, like a fire coming to the water. There is nothing equal to my truthfulness. This is my Perfection of Truthfulness.

我做真实行的同时，该森林大火火焰
避开我十六卡立莎，犹如火焰遇到了水。
与我真实无同等者，这是我真实波罗蜜。

Dasadhammāsuttaṃ (p.11) (Pabbajita-Abhiṇhasuttaṃ)

“Dasayime, bhikkhave, dhammā
pabbajitena abhiṇhaṃ paccavekkhitabbā.
Katame dasa?

1. ‘Vevaṇṇiyamhi ajjhupagato’ti
pabbajitena abhiṇhaṃ paccavekkhitabbā;

2. ‘Para-paṭibaddhā me jīvikā’ti
pabbajitena abhiṇhaṃ paccavekkhitabbā;

3. ‘Añño me ākappo karaṇīyo’ti
pabbajitena abhiṇhaṃ paccavekkhitabbā;

4. ‘Kacci nu kho me attā sīlato na
upavadatī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbā;

5. ‘Kacci nu kho maṃ anuvicca viññū
sābrahma-cārī sīlato na upavadantī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbā;

6. ‘Sabbhehi me piyehi manāpehi nānā-
bhāvo vinā-bhāvo’ti pabbajitena abhiṇhaṃ
paccavekkhitabbā;

7. ‘Kamassakomhi kamma-dāyādo
kamma-yoni kamma-bandhu kamma-
paṭisaraṇo, yaṃ kammaṃ karissāmi kalyāṇaṃ
vā pāpakaṃ vā tassa dāyādo bhavissāmī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbā;

8. ‘Kathaṃbhūtassa me rattindivā
vītivattantī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbā;

9. ‘Kacci nu kho ahaṃ suññāgāre
abhiraṃāmī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbā;

Discourse on Ten Dhammas 十法经

“There are these ten things, bhikkhus, that one who
has gone forth should frequently reflect on. What are the
ten?

「诸比丘，有十种法是出家人应当经常省察
的。是哪十种？」

‘I have become one who has no class’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我已经成为没有阶
级分别的人。』

‘I am bound to others for my livelihood’, one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我的生活依赖他
人。』

‘I should comport myself differently’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我的行仪举止应
[与在家人] 不同。』

‘Can I myself find no fault with my virtue?’ one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否不会因戒而
谴责自己？』

‘Will my wise companions in the spiritual life, after
testing me, find no fault with my virtue?’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『有智的同梵行者检
查后，是否不会因戒而谴责我？』

‘All those who are dear and pleasing to me are
subject to change, subject to separation (i.e. death)’, one
who has gone forth should frequently reflect on this.

出家人应当经常地省察：『一切我所喜爱、可
意的会变易、别离（即：死亡）。』

‘I am the owner of my kammās, I am the heir of my
kammās, it is kamma that I am born from, kammās are
my kinsfolk, kammās are my refuge, whatever kammās I
perform, whether good or bad, to that I will be the heir’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是业的所有者，
业的继承者，以业为起源，以业为亲属，以业为依
靠。无论我所造的业是善或恶，我将是它的继承
者。』

‘In what way do the nights and days pass for me?’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是如何度过日
日夜夜呢？』

‘Do I delight in empty places?’ one who has gone
forth should frequently reflect on this.

出家人应当经常地省察：『我是否乐于空闲处
呢？』

10. 'Atthi nu kho me uttari-manussa-dhammo alamariya-ñāṇa-dassana-viseso adhigato, yenāhaṃ pacchime kāle sabrahmacārīhi puṭṭho na maṅku bhavissāmī'ti pabbajitena abhiṇhaṃ paccavekkhitabbā.

Ime kho, bhikkhave, dasa dhammā pabbajitena abhiṇhaṃ paccavekkhitabbā."

– AN.X.48

Catupaccavekkhaṇā (p.12)

Paṭisaṅkhā yoniso cīvaraṃ paṭisevāmi, yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya, ḍaṃsa-makasa-vātātapa-sirīmsapa-samphassānaṃ paṭighātāya, yāvadeva hiri-kopīna-paṭicchādanatthaṃ.

Paṭisaṅkhā yoniso piṇḍapātaṃ paṭisevāmi, neva davāya na madāya na maṇḍanāya na vibhūsanāya, yāvadeva imassa kāyassa ṭhitiyā yāpanāya vihiṃsūparatiyā brahmacariyānuggahāya, iti purāṇaṇca vedanaṃ paṭisaṅkhāmi, navaṇca vedanaṃ na uppādessāmi, yātrā ca me bhavissati anavajjatā ca phāsu-vihāro ca.

Paṭisaṅkhā yoniso senāsanaṃ paṭisevāmi, yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya, ḍaṃsa-makasa-vātātapa-sirīmsapa-samphassānaṃ paṭighātāya, yāvadeva utu-parissaya-vinodanaṃ paṭisaṅkhāmi.

Paṭisaṅkhā yoniso gilāna-paccaya-bhesajja-parikkhāraṃ paṭisevāmi, yāvadeva uppannānaṃ veyyābādhikānaṃ vedanānaṃ paṭighātāya, abyāpajjha-paramatāya.

'Has a state beyond (ordinary) human beings, the distinction of what is truly noble knowledge and seeing been attained by me? Will I at the end, when questioned by my companions in the spiritual life, not be embarrassed?', one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否有证得上人法、真正殊胜的圣智见呢？在我最后时刻，当同梵行者们问及时，我将不会羞愧？』

"These are the ten things, bhikkhus, that one who has gone forth should frequently reflect on."

诸比丘，此十种法乃出家人应当经常地省察。」

Four [Requisites] Contemplation

四种省思

Reflecting wisely, I wear the robe, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and also for the purpose of covering the parts of my body that cause shame.

我如理省思所受用之衣，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了遮蔽羞处。

Reflecting wisely I use almsfood not for play, not for pride, not for beauty, not for fattening; but merely for the sustenance and continuance of this body; to cease discomfort; and to be able to practise the holy life, thinking "Thus I will destroy old feelings (of hunger) and not create new feelings (from overeating). I will maintain myself, be blameless, and live in comfort."

我如理省思所受用的食物，不为嬉戏，不为骄傲，不为装饰，不为庄严，只是为了此身住立存续，为了停止伤害，为了资助梵行，如此我将消除旧受，并使新受不生，我将维持生命、无过且安住。

Reflecting wisely I make use of dwellings, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and as a protection from the perils of weather conditions; and for the joy of seclusion.

我如理省思所受用的住所，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了免除季候的危险，而好独处（禅修）之乐。

Reflecting wisely I make use of medicinal requisites that are for curing the sick, only to counteract any afflicting feelings (of illness) that have arisen and for maximum freedom from disease.

我如理省思所受用的病者所需之药品，只是为了治疗已生起的病苦之受，为了尽量没有身苦。

Pubbaṇhasuttaṃ (p.14)

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Buddhānubhāvena vināsamentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Dhammānubhāvena vināsamentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Saṅghānubhāvena vināsamentu.

Dukkhappattā ca niddukkhā
Bhayappattā ca nibbhayā,
Sokappattā ca nissokā
Hontu sabbe'pi pāṇino.

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe devā'numodantu
Sabba-sampatti siddhiyā.

Dānaṃ dadantu saddhāya,
Sīlaṃ rakkhantu sabbadā,
Bhāvanābhiraṭṭā hontu,
Gacchantu devatāgatā.

Sabbe Buddhā balappattā
Paccekaṇaṃ yaṃ balaṃ,
Arahantānaṃ teja
Rakkhaṃ bandhāmi sabbaso.

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Buddhē ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

The Discourse about the Forenoon
午前经

By the power of the Buddha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛陀的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Dhamma, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛法的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Saṅgha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过僧团的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

May all creatures who are suffering be without suffering, [living in] fear be without fear and [living in] sorrow be without sorrow.

祝愿一切的众生，痛苦的不再痛苦，
恐惧的不再恐惧，忧愁的不再忧愁。

May all deities rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切神随喜我们至今所累积的功德，愿一切得成就！

May all be able to perform giving with faith; may all safeguard their morality always. May all be delighted in meditation. May the deities who have come (to the recitation) go back (to their homes).

愿大家依信布施，愿大家永护其戒，
愿大家乐于禅修，请来此诸神归去。

By the (protective) power of the Buddhas, the power of Pacceka-Buddhas and the power of Arahants, I fortify the protection in every way.

以一切佛陀之力，及诸辟支佛之力，
及诸阿罗汉之力，我建立一切守护！

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间（这是指天界、梵天界或其他世界系）的任何财宝，或在天界的任何殊胜珠宝，都没有和如来（佛陀）同等的。在佛陀里有此殊胜宝。以此真实语愿得安乐。

Yam kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Dhamme ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Yam kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Saṃghe ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Mahā-kāruṇiko nātho,
Hitāya sabba-pāṇīnaṃ,
Pūretvā pāramī sabbā,
Patto sambodhimuttamaṃ.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Jayanto bodhiyā mūle,
Sakyānaṃ nandi-vuḍḍhano,
Evameva jayo hotu,
Jayassu jaya-maṅgale.

Aparājita-pallaṅke,
Sīse puthuvipukkhaḷe,
Abhiseke sabbabuddhānaṃ,
Aggapatto pamodati.

Sunakkhattaṃ sumaṅgalaṃ,
Suppabhātaṃ suhuttṭhitaṃ;
Sukhaṇo sumuhutto ca,
Suyittṭhaṃ brahmacārisu.

Padakkhiṇaṃ kāya-kammaṃ,
Vācā-kammaṃ padakkhiṇaṃ;
Padakkhiṇaṃ mano-kammaṃ,
Paṇīdhi te padakkhiṇe.

Padakkhiṇāni katvāna,
Labhantatthe padakkhiṇe.
Te attha-laddhā sukhitā
Virūlḥā Buddha-sāsane;
Arogā sukhitā hotha
Saha sabbehi ñātibhi.

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Dhamma is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在法里有此殊胜宝。以此真实语愿得安乐。

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在僧团里有此殊胜宝。以此真实语愿得安乐。

The most compassionate Lord had fulfilled all the perfections for the welfare of all beings and had attained the supreme enlightenment. By this truth may there be well-being for you always.

具有大悲的依持者，为了一切众生利益，
圆满所有波罗蜜后，证得无上菩提解脱；
借着这真实的话语，愿你永远平安快乐。

Just as the Lord, the increaser of delight for the Sakyans, was victorious at the foot of the Bodhi tree, so also may the victory be to you and may you be successful in all the auspicious conquests.

为释迦族增长喜者，在菩提树下得胜利；
愿你也都如此胜利，于吉祥征途得胜利。

The Lord had attained the Noble State on the Unconquerable Seat, on the most sacred earth consecrated by all the Buddhas and rejoiced.

在不败的座位上，在最神圣的地点，
诸佛加持欢喜处，他证悟圣洁之境。

May good planets, excellent blessings, good daybreak, good waking up, good moment, good instance, and good oblations to the sages be to you.

愿你得吉星善吉祥，好的黎明好的起身，
好的刹那与好时刻，对梵行者的善供养。

May the bodily deeds be reverential; may the speech deeds be reverential; may the mental deeds be reverential. May you be resolute in these reverential matters.

恭敬的身业，恭敬的语业，
恭敬的意业，决意于敬业。

Having done the reverential deeds, may you obtain reverential gains; having obtained them may you be happy and make progress in the Buddha's dispensation. May you and all your relatives be happy and free from sickness.

实行恭敬诸业之后，愿你获得恭敬之得。
获得它们愿你快乐，于佛教法获得提升。
愿你及所有亲戚们，都没有病痛都快乐。

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-buddhānubhāvena
Sadā sukhī (sothī)⁴ bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Buddhas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸佛的威力，愿你永远都快乐（平安）！

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-dhammānubhāvena
Sadā sukhī (sothī)² bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Dhammas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸法的威力，愿你永远都快乐（平安）！

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-saṅghānubhāvena
Sadā sukhī (sothī)² bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Saṅghas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸僧的威力，愿你永远都快乐（平安）！

Mettā Chanting (p.16)

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Puratthimāya disāya, pacchimāya disāya,
uttarāya disāya, dakkhiṇāya disāya, puratthi-
māya anudisāya, pacchimāya anudisāya,
uttarāya anudisāya, dakkhiṇāya anudisāya,
hetṭhimāya disāya, uparimāya disāya,

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

慈悲诵

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:

一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

In the easterly direction, in the westerly direction, in the northerly direction, in the southerly direction, in the south-east direction, in the north-west direction, in the north-east direction, in the south-west direction, in the downward direction, in the upward direction:

在东方、在西方、在北方、在南方、在东南方、
在西北方、在东北方、在西南方、在下方、在上方

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:

一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

⁴ sothī – Sri Lanka Version, 斯里兰卡版本

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā pathavī-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā udaya-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā ākāśa-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Good Wishes and (p.17) Sharing of Merit etc 1

Yaṃ pattaṃ kusalaṃ tassa
Ānubhāvena pāṇino
Sabbe saddhamma-rājassa
Ñatvā Dhammaṃ sukhāvahaṃ,

Pāpuṇantu visuddhāya
Sukhāya paṭipattiyā
Asokamanupāyāsaṃ
Nibbānasukhamuttamaṃ.

Ciraṃ tiṭṭhatu saddhammo,
Dhamme hontu sagāravā
Sabbe'pi sattā, kālena
Sammā devo pavassatu.

Yathā rakkhimsu porāṇā
Surājāno tathevimaṃ,
Rājā rakkhatu dhammena
Attano'va paṇaṃ paṇaṃ.

– Aṭṭhasālīnī, Nigamanakathā

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live on earth: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在地上过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in water: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在水里过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in the sky: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在天空里过活的有情无嗔无怨、无苦无厄。

祝愿与分享功德等 1

By the power of whatever wholesome state attained by me, may all beings, having known rightly the King of Dhamma's teachings which give bliss (of Nibbāna), attain the bliss of Nibbāna, sorrowless, without distress and supreme, through the Middle Practice (Noble Eightfold Path) which is pure and blissful.

以我所成就的善法力量，愿一切有情在了知正法王导向快乐（涅槃）之法后，透过清净快乐的修行，达到至上的涅槃乐、无忧无恼。

May the true Dhamma last long, may all beings also respect the Dhamma, and may the [rain] god [give] proper and timely rain.

愿正法久住，愿一切有情也恭敬法，愿雨神适时降雨。

Just as good kings of ancient times gave protection, may the king righteously protect the people like his own (offspring).

正如古代贤善之王给予保护，愿国王善护人民如善护自己的子女。

Imāya dhammānudhammapaṭipattiyā
Buddhaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Dhammaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Saṅghaṃ pūjemi.

Addhā imāya paṭipattiyā jāti-jarā-byādhi
maraṇamhā parimuccissāmi.

Idaṃ me puññaṃ āsavakkhayāvaham hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññabhāgaṃ labhantu.

Good Wishes for Ven. (p.22)
Pa-Auk Sayadaw,
Ariyadhamma Mahāthera
& Other Theras

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhiṃ,
Therāsabho Āciṇṇo yatinda-nātho
Dīghāyuko bhavatu sādhu-samiddha-citto.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-citta-pasādhitena,
Therāsabho Ariyadhammo yatinda-nātho
Sambodhiñāṇamadhigacchatu sādhu sādhu.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhiṃ,
Therāsabhātha garu-gāra-bhāvanīyā
Dīghāyukā bhavatha sādhu-samiddha-cittā.

By this practice that is in accordance with the
Dhamma, I venerate the Buddha.

By this practice that is in accordance with the
Dhamma, I venerate the Dhamma.

By this practice that is in accordance with the
Dhamma, I venerate the Saṅgha.

Surely, by this practice I will be liberated from birth,
old age, sickness and death.

以此依法修行证法，我礼敬佛！

以此依法修行证法，我礼敬法！

以此依法修行证法，我礼敬僧！

以此修行，我肯定将会解脱生、老、病、死！

May this merit of mine be conducive to the
destruction of [mental] taints. May this merit of mine be
a [supportive] condition [for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。

愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings. May all
those beings get an equal share of the merits shared by me.

我把我的功德与一切有情分享，

愿他们都平等地得到我的功德。

祝福
帕奥禅师、
圣法大长老
与其他长老

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma together with the power
of the Buddha, etc. (i.e. the Triple Gem), may the leader
and [spiritual] helper of monks, the prominent Elder Most
Venerable Āciṇṇa (Ven. Pa-Auk Sayadaw), have a long
life and successfully fulfill his noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以
及透过佛陀等（即三宝）的力量，愿作为出家众的
元老、领导与依持者的帕奥禅师长寿，以及成就其
善心愿。

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma and the inspiring
/gladdening of the mind [through reflecting] on the
Buddha, etc. (i.e. the Triple Gem), may the leader and
[spiritual] helper of monks, the prominent Elder Most
Venerable Ariyadhamma, attain the knowledge of
complete awakening. It is well, it is well!

透过谨慎及欢喜地修法所累积的这些功德，以
及透过（思惟）佛陀等（即三宝）而在心中生起的
净信，愿作为出家众的元老、领导与依持者的圣法
大长老达到圆满觉悟，善哉，善哉！

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma together with the power
of the Buddha, etc. (i.e. the Triple Gem), may other
Venerable theras, senior members of the Saṅgha, have a
long life and successfully fulfill their noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以
及透过佛陀等（即三宝）的力量，愿僧团的其他长
老长辈长寿，以及成就他们的善心愿。

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Devārāadhanā (p.1)

Samantā cakka-vāḷesu
Atrāgacchantu devatā;
Saddhammaṃ Muni-rājassa
Suṇantu sagga-mokkhadaṃ.

Dhammassavana-kālo ayaṃ bhadantā. (x3)

Inviting the Deities 邀請諸天

May the deities of the entire universe come here and listen to the True-Dhamma of the King of Sages, which leads to the heavenly states and liberation (Nibbāna).

从世界系中各处，愿诸天神来此地，
聆听知王之正法，导向天界与解脱。

Sirs, now is the time for listening to the Dhamma.
这是听闻佛法的时候，大德们。

Vandanā (p.1)

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Homage [to the Buddha] 礼敬佛陀

Homage to that Blessed One, the Arahant and Perfectly Self-Awakened One.

礼敬世尊、阿罗汉、圆满自觉者。

Sambodhi-Udāna (p.1)

Aneka-jāti saṃsāraṃ
Sandhāvissaṃ anibbisaṃ,
Gaha-kāraṃ gavesanto
Dukkhā jāti punappunaṃ.

Gaha-kāraka, diṭṭho'si
Puna gehaṃ na kāhasi,
Sabbā te phāsukā bhaggā
Gaha-kūṭaṃ visaṅkhataṃ,
Visaṅkhāra-gataṃ cittaṃ
Taṇhānaṃ khayamajjhagā.

– KN, Dhṛp⁵ 153-154

Inspired Utterance [after] Self-Awakening 正觉自说语

I wandered [through] many births in saṃsāra, searching for the house builder (craving) [but] found [him] not; repeated birth is suffering.

在生死轮回当中，我寻找了许多世，
却找不到造屋者。一再投生的确苦。

O house-builder! You are seen. You shall not build a house again. All your rafters are broken. Your ridge-pole is shattered. My mind has attained the unconditioned, obtaining the destruction of craving.

造屋者你已被见！你已不能再造屋。
你所有的椽已断，你的横梁已粉碎。
我心已证无为法。已经达到爱尽毁。

⁵ Abbreviations in this book 本书中的英文缩写：DN (Dīgha-Nikāya), MN (Majjhima-Nikāya), SN (Saṃyutta-Nikāya), AN (Aṅguttara-Nikāya), KN (Khuddaka-Nikāya), Dhṛp (Dhammapada).

Paṭiccasamuppāda (p.2)

Iti imasmim sati idaṃ hoti, imassuppādā
idaṃ uppajjati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
paccayā viññāṇaṃ, viññāṇa-paccayā nāma-
rūpaṃ, nāma-rūpa-paccayā saḷāyatanaṃ,
saḷāyatana-paccayā phasso, phassa-paccayā
vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
upādānaṃ, upādāna-paccayā bhavo, bhava-
paccayā jāti, jāti-paccayā jarā-maraṇaṃ soka-
parideva-dukkha-domanassupāyāsā
sambhavanti. Evametassa kevalassa
dukkhakkhandhassa samudayo hoti.

Yadā have pātubhavanti dhammā,
Ātāpino jhāyato brāhmaṇassa,
Athassa kaṅkhā vapayanti sabbā,
Yato pajānāti sahetudhammaṃ.

Iti imasmim asati idaṃ na hoti, imassa
nirodhā idaṃ nirujjhati, yadidaṃ:

Avijjā-nirodhā saṅkhāra-nirodho,
saṅkhāra-nirodhā viññāṇa-nirodho, viññāṇa-
nirodhā nāma-rūpa-nirodho, nāma-rūpa-
nirodhā saḷāyatana-nirodho, saḷāyatana-
nirodhā phassa-nirodho, phassa-nirodhā
vedanā-nirodho, vedanā-nirodhā taṇhā-
nirodho, taṇhā-nirodhā upādāna-nirodho,
upādāna-nirodhā bhava-nirodho, bhava-
nirodhā jāti-nirodho, jāti-nirodhā jarā-maraṇaṃ
soka-parideva-dukkha-domanassupāyāsā
nirujjhanti. Evametassa kevalassa
dukkhakkhandhassa nirodho hoti.

Dependent Origination 缘起

Thus when there is this that is, with the arising of this
that arises, such as:

此有故彼有，此生故彼生，即：

Dependent on ignorance, activities [arise]; dependent
on activities, consciousness [arises]; dependent on
consciousness, mentality and materiality [arise];
dependent on mentality and materiality, the six bases
[arise]; dependent on the six bases, contact [arises];
dependent on contact, feeling [arises]; dependent on
feeling, craving [arises]; dependent on craving,
attachment [arises]; dependent on attachment, existence
[arises]; dependent on existence, [a new] birth [takes
place]; dependent on birth, ageing, death, sorrow,
lamentation, pain, unhappiness and despair come to be.
Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
个苦蕴的集起。

When indeed phenomena become apparent to the
religious one who is ardent and meditative, then all his
doubts disappear, since he knows the nature of their
causes.

当诸法明显呈现时，热诚禅修的婆罗门，
一切疑惑都会消失，因他了知诸法之因。

When there is not this that is not, with the cessation
of this that ceases, such as:

此无故彼无，此灭故彼灭，即：

With the cessation of ignorance, activities cease;
with the cessation of activities, consciousness ceases;
with the cessation of consciousness, mentality and
materiality cease; with the cessation of mentality and
materiality, the six [sense] bases cease; with the cessation
of the six [sense] bases, contact ceases; with the cessation
of contact, feeling ceases; with the cessation of feeling,
craving ceases; with the cessation of craving, attachment
ceases; with the cessation of attachment, [the cause for a
new] existence ceases; with the cessation of [the cause for
a new] existence, [the possibility of re]birth ceases; with
the cessation of birth, ageing, death, sorrow, lamentation,
pain, unhappiness and despair cease. Thus there is the
cessation of this whole mass of suffering.

无明灭则行灭；行灭则识灭；识灭则名色灭；
名色灭则六处灭；六处灭则触灭；触灭则受灭；受
灭则爱灭；爱灭则取灭；取灭则有灭；有灭则生灭；
生灭则老、死、愁、悲、苦、忧、恼灭。如是整个
苦蕴的熄灭。

Yadā have pātubhavanti dhammā
 Ātāpino jhāyato brāhmaṇassa,
 Athassa kaṅkhā vapayanti sabbā,
 Yato khayam paccayānam avedi.

Iti imasmim sati idam hoti, imassuppādā
 idam uppajjati, imasmim asati idam na hoti,
 imassa nirodhā idam nirujjhati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
 paccayā viññāṇam, viññāṇa-paccayā nāma-
 rūpam, nāma-rūpa-paccayā saḷāyatanaṃ,
 saḷāyatana-paccayā phasso, phassa-paccayā
 vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
 upādānam, upādāna-paccayā bhavo, bhava-
 paccayā jāti, jāti-paccayā jarā-maraṇam soka-
 parideva-dukkha-domanassupāyāsā
 sambhavanti. Evametassa kevalassa
 dukkhakkhandhassa samudayo hoti.

Avijjāya tveva asesa-virāga-nirodhā
 saṅkhāra-nirodho, saṅkhāra-nirodhā viññāṇa-
 nirodho, viññāṇa-nirodhā nāma-rūpa-nirodho,
 nāma-rūpa-nirodhā saḷāyatana-nirodho,
 saḷāyatana-nirodhā phassa-nirodho, phassa-
 nirodhā vedanā-nirodho, vedanā-nirodhā
 taṇhā-nirodho, taṇhā-nirodhā upādāna-
 nirodho, upādāna-nirodhā bhava-nirodho,
 bhava-nirodhā jāti-nirodho, jāti-nirodhā jarā-
 maraṇam soka-parideva-dukkha-
 domanassupāyāsā nirujjhanti. Evametassa
 kevalassa dukkhakkhandhassa nirodho hoti.

Yadā have pātubhavanti dhammā,
 Ātāpino jhāyato brāhmaṇassa,
 Vidhūpayam tiṭṭhati māra-senam,
 Suriyo'va obhāsayamantalikkham.

– Vinayapiṭaka, Mahāvagga,
 Mahākhanda
 – KN, Udāna, Bodhivagga

When indeed phenomena become apparent to the religious one who is ardent and meditative, then all his doubts disappear, since he experiences the elimination of [their] causes.

当诸法明显呈现时，热诚禅修的婆罗门，
 一切疑惑都会消失，因他体证诸缘之灭。

Thus when there is this that is, with the arising of this that arises: when there is not this that is not, with the cessation of this that ceases, such as:

此有故彼有，此生故彼生；
 此无故彼无，此灭故彼灭，即：

Dependent on ignorance, activities [arise]; dependent on activities, consciousness [arises]; dependent on consciousness, mentality and materiality [arise]; dependent on mentality and materiality, the six bases [arise]; dependent on the six bases, contact [arises]; dependent on contact, feeling [arises]; dependent on feeling, craving [arises]; dependent on craving, attachment [arises]; dependent on attachment, existence [arises]; dependent on existence, [a new] birth [takes place]; dependent on birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair come to be. Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
 六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
 缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
 个苦蕴的集起。

With the remainderless dispassion and cessation of ignorance, activities cease; with the cessation of activities, consciousness ceases; with the cessation of consciousness, mentality and materiality cease; with the cessation of mentality and materiality, the six [sense] bases cease; with the cessation of the six [sense] bases, contact ceases; with the cessation of contact, feeling ceases; with the cessation of feeling, craving ceases; with the cessation of craving, attachment ceases; with the cessation of attachment, [the cause for a new] existence ceases; with the cessation of [the cause for a new] existence, [the possibility of re]birth ceases; with the cessation of birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair cease. Thus there is the cessation of this whole mass of suffering.

无明灭尽离欲无余则行灭；行灭则识灭；识
 灭则名色灭；名色灭则六处灭；六处灭则触灭；触
 灭则受灭；受灭则爱灭；爱灭则取灭；取灭则有灭；
 有灭则生灭；生灭则老、死、愁、悲、苦、忧、恼
 灭。如是整个苦蕴的熄灭。

When indeed phenomena become apparent to the religious one who is ardent and meditative, he stands dispelling the hosts of Māra, just as the sun illuminating the sky [dispels darkness].

当诸法明显呈现时，热诚禅修的婆罗门，
 他击败魔军而稳立，犹如太阳照亮天空。

Paccayā - Paccayuddeso (p.4) [Twenty-Four] Conditions 二十四缘

Hetupaccayo, ārammaṇapaccayo,
adhipatipaccayo, anantarapaccayo,
samanantarapaccayo, saha-jātapaccayo,
añña-mañña-paccayo, nissayapaccayo,
upanissayapaccayo, pure-jātapaccayo,
pacchā-jātapaccayo, āsevanapaccayo,
kammappaccayo, vipākapaccayo,
āhārapaccayo, indriyapaccayo,
jhānapaccayo, maggapaccayo,
sampayuttapaccayo, vippayuttapaccayo,
atthipaccayo, natthipaccayo,
vigatappaccayo, avigatappaccayoti.

Root condition, object condition,
predominance condition, immediacy condition,
contiguity condition, consciousness condition,
mutuality condition, dependence condition,
powerful dependence condition, pre-nascence condition,
post-nascence condition, repetition condition,
kamma condition, result condition,
nutriment condition, faculty condition,
jhāna condition, path condition,
association condition, dissociation condition,
presence condition, absence condition,
disappearance condition, non-disappearance condition.
因缘；所缘缘；增上缘；无间缘；
相续缘；俱生缘；相互缘；依止缘；
亲依止缘；前生缘；后生缘；重复缘；
业缘；果报（异熟）缘；食缘；根缘；
禅那缘；道缘；相应缘；不相应缘；
有缘；无有缘；离去缘；不离去缘。

Buddhānussati (p.5)

Iti'pi so bhagavā araham, sammāsambuddho,
vijjācaraṇa-sampanno, sugato, lokavidū,
anuttaro purisadamma-sārathi, satthā
devamanussānam, buddho, bhagavā.

Contemplation of the Buddha 佛随念

Such is that Blessed One, the Worthy One, the
Perfectly Self-Awakened One, One fully possessed of
wisdom and conduct, One who has proceeded by the good
way, Knower of the [three] worlds, Unexcelled Trainer of
tameable men, Teacher of deities and men, The Awakened
One, The Blessed One.

世尊是：阿罗汉、圆满自觉者、明行足、善逝、
世间解、无上士调御丈夫、天人师、佛陀、世尊。

Dhammānussati (p.5)

Svākkhāto bhagavatā dhammo, sandiṭṭhiko,
akāliko, ehi-passiko, opanayiko, paccattam
veditabbo viññūhi.

Contemplation of the Dhamma 法随念

Well-expounded is the Exalted One's Dhamma,
visible here-and-now, not delayed in time, inviting of
inspection, onward-leading, is directly experienceable by
the wise.

法由世尊善说，现前可见、无时（无间隔）、
请来看、导向、当由智者亲证。

Saṅghānussati (p.5)

Suppaṭipanno bhagavato sāvaka-saṅgho,
Ujuppaṭipanno bhagavato sāvaka-saṅgho,
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,
Sāmīcippaṭipanno bhagavato sāvaka-saṅgho;
Yadidaṃ: cattāri purisa-yugāni aṭṭha purisa-
puggalā, esa bhagavato sāvaka-saṅgho;
Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-
karaṇīyo, anuttaram puññakkhettaṃ lokassa.

Contemplation of the Saṅgha 僧随念

The community of the Exalted One's disciples has
entered on the good way, the community of the Exalted
One's disciples has entered on the straight way, the
community of the Exalted One's disciples has entered on
the true way, the community of the Exalted One's
disciples has entered on the proper way, that is to say, the
four pairs of men, the eight types of persons. That is the
Exalted One's disciple community, worthy of gifts,
worthy of hospitality, worthy of offerings, whom should
be respected, the incomparable field of merit for the
world.

世尊的声闻僧众已入善行道；世尊的声闻僧众
已入正直行道；世尊的声闻僧众已入真实行道；世
尊的声闻僧众已入正当行道。即四双八辈。这是世
尊的声闻僧众，是应供养、应供奉者、应施于者、
应合掌（礼敬）者，是世间的无上福田。

Evam buddham sarantānam
Dhammam saṅghaṇca bhikkhavo;
Bhayaṁ vā chambhitattam vā
Lomahaṁso na hessati.

– SN, Sagāthāvagga, Sakkasamyutta,
Dhajaggasuttam

Thus, Bhikkhus, in you who remember the Buddha,
the Dhamma and the Saṅgha, fear, trembling or terror will
never arise.

如是诸比丘，忆念佛法僧，
他无畏不栗，无毛骨悚然。

Parittaparikamma (p.6)

Ye santā santacittā,
tisaraṇasaraṇā,
ettha lokantare vā,
bhumṃābhummā ca devā,
guṇagaṇagahaṇabyāvaṭṭā sabbakālaṁ,
ete āyantu devā,
varakanakamaye,
Merurāje vasanto,
santo santosahetum,
Munivaravacanam,
sotumaggaṁ samaggaṁ.

Sabbesu cakkavāḷesu,
yakkhā devā ca brahmano,
yaṁ amhehi kataṁ puññaṁ,
sabbasampattisādhakaṁ,

Sabbe taṁ anumoditvā,
samaggā sāsane ratā,
pamādarahitā hontu,
ārakkhāsu visesato.

Sāsanassa ca lokassa,
vuḍḍhī bhavatu sabbadā,
sāsanampi ca lokaṇca,
devā rakkhantu sabbadā.

Saddhim hontu sukhī sabbe,
parivārehi attano,
anīghā sumanā hontu,
saha sabbehi ñātibhi.

Preliminary of Paritta 护卫前业

Those (gods) who are peaceful, with peaceful minds,
who have taken refuge in the triple refuge, whether here,
or above the worlds, the various earth gods and sky gods,
who make effort to take group of virtuous deeds all of the
time, may these gods and those who dwell on the majestic
Mt. Meru, that excellent golden mountain, come in
concord, to hear the Sage's excellent word which is a
reason of great happiness.

这个世界与其它世界里，受持了三皈依，一切
时候皆致力于累积诸多美德，贤善内心寂静的地居
神与空居神，以及住在金造的须弥山顶的诸神王，
以及诸位贤者，愿诸神都和谐地来听闻牟尼的至上
语、快乐之因。

May all yakkhas, gods, and deities, from the whole
universe, after partaking of the merits, which can produce
all good fortune,

愿一切世界里的夜叉、神与梵天神随喜我们所
造、能带来一切成就的福业。

which we have acquired, being in harmony, and
delighting in the teaching, be not heedless and grant us
complete protection especially.

随喜该福业后，愿他们都和谐地对佛教感到欢
喜，不放逸地保护（美德）。

May the teaching and the world be on the increase at
all times, and may the gods protect the teaching and the
world forever.

愿一切时候佛教与世界都在增长，
愿一切时候诸神都保护佛教与世界。

May all together with those who are one's around, be
happy, may all together with all relatives, be untroubled,
and easy in mind.

愿一切众生自己与其随众都快乐，
愿他们及亲戚们都无身苦都开心。

Rājato vā, corato vā, manussato vā,
amanussato vā, aggito vā, udakato vā,
pisācato vā, khāṇukato vā, kaṇṭakato vā,
nakkhattato vā, janapadarogato vā,
asaddhammato vā, asandiṭṭhito vā,
asappurisato vā, caṇḍa-hatthi-assa-miga-goṇa-
kukkura-ahi-vicchikamaṇisappa dīpi-accha-
taraccha-sūkara-mahimsa-yakkharakkhasādīhi,
nānābhayato vā, nānārogato vā,
nānāupaddavato vā, ārakkhaṃ gaṇhantu.

Mettasuttaṃ (p.7)

Yassānubhāvato yakkhā neva dassenti bhīsaṇaṃ
Yamhi cevānuyuñjanto rattindivamatandito.

Sukhaṃ supati sutto ca pāpaṃ kiñci na passati,
Evamādiguṇūpetam parittam tam bhaṇāma he.

- - -

Karaṇīyamattakusalena,
yantasantaṃ padaṃ abhisamecca;
Sakko ujū ca suhujū ca,
suvaco cassa mudu anatimānī.

Santussako ca subharo ca,
appakicco ca sallahukavutti;
Santindriyo ca nipako ca,
appagabbho kulesvananugiddho.

Na ca khuddamācare kiñci,
yena viññū pare upavadeyyum;
Sukhinova khemino hontu,
sabbasattā bhavantu sukhittā.

Ye keci pāṇabhūtatti,
tasā vā thāvarā vanavasesā;
Dīghā vā yeva mahantā,
majjhimā rassakā aṇukathulā.

Diṭṭhā vā yeva adiṭṭhā,
ye va dūre vasanti avidūre;
Bhūtā va sambhavesī va,
sabbasattā bhavantu sukhittā.

(May you be protected) from the king, thieves, humans, and non-humans, from fire and water, demons, stumps, and thorns, from unlucky stars, and epidemics, from what is not the true dhamma, not right view, not a good person, and from fierce elephants, horses, antelopes, bulls, dogs, snakes, scorpions, poisonous serpents, panthers, bears, hyenas, wild boars, buffaloes, yakkhas, rakkhasas, and so on, from the manifold fears, the manifold diseases, the manifold calamities, (from all of these troubles) may you receive protection.

愿你们获得保护得以免除来自王、贼、人、非人、火、水、鬼怪、树桩、刺、星座、瘟疫、非正法、邪见、非善士、凶恶的象、马、鹿、牛、狗、蛇、蝎、水蛇、豹、熊、鬣狗、野猪、水牛、夜叉、怪物等的种种危险，免除种种疾病与厄难。

Discourse on Loving-Kindness 慈爱经

Due to the power of this (Mettā Sutta), spirits did not manifest frightful sights. One who devotes himself to these teachings day and night diligently sleeps soundly and does not have any nightmare when asleep. Let us recite this protective discourse.

透过它（慈爱经）的力量，夜叉不显现恐怖相。对于昼夜致力修行者，他睡眠舒适不做恶梦。且让我们诵念具备这些功德之护卫。

This is to be done by [one] skilled in [what is] beneficial: having understood the path that [leads to] peace; he would be able, upright, very upright, easy to admonish, gentle, and not arrogant.

这是想要证得彻悟寂静涅槃、善于有益修行的人应该做的事：他必须有能力、正直、非常正直、易受教、柔软、不自大、

Contented and easy to support, of few duties and living frugally; [with] calm faculties and prudent, not obtrusive [to and] greedy [for gains from supporting] families.

知足、易护持、少事务、生活简朴、诸根寂静、拥有成熟的智慧、不无礼、不贪着在家众。

He would not do [even] the slightest thing, by which the wise could censure [and tell] others; may [all beings] be happy and secure, may all beings be in a state of happiness.

只要是智者将会指责的事，即使是小事他也不做；（愿一切众生）幸福与平安，愿一切众生安乐；

Whatever living beings there are, feeble or strong, [all] without exception; those long, great, medium, short, small or large.

无论是任何存在的众生，会颤抖的或不会颤抖的皆毫无遗漏，长的或大的或中等的，短的或小的或粗圆的，

Those seen or not seen, and living far or nearby; born or seeking birth, may all beings be in a state of happiness.

见到的或没见到的，住在远方的或近处的，已生的或还寻求再生的——愿一切众生快乐。

Na paro param nikubbetha,
nātimaññetha katthaci na kañci;
Byārosanā paṭighasaññā,
nāññamaññassa dukkhamiccheyya.

Mātā yathā niyaṃ puttamāyusā
ekaputtamanurakkhe;
Evampi sabbabhūtesu,
mānasam bhāvaye aparimāṇam.

Mettañca sabbalokasmi,
mānasam bhāvaye aparimāṇam;
Uddham adho ca tiriyañca,
asambādham averamasapattam.

Tiṭṭham caram nisinno va,
sayāno yāvatāssa vitamiddho;
Etaṃ satim adhiṭṭheyya,
brahmametaṃ vihāramidhamāhu.

Ditṭhiñca anupaggamma,
sīlavā dassanena sampanno;
Kāmesu vinaya gedham,
na hi jātuggabbhaseyya punareti.

– KN, Khuddakapāṭha 9; Suttanipāta, Uragavagga 8

One would not deceive another, [nor] despise them anywhere [about] anything; [out of] anger or aversion, would not wish suffering for each other.

且让人不欺骗别人，也不在任何地方轻视别人。且让他们不会以嗔怒与厌恶来互相希望对方痛苦。

Just as a mother for her son, [her] only son, would protect [him] with her life; thus, also, towards all beings, would develop the mind without limit.

正如母亲对待自己的儿子那样，会以生命来保护独生子；应当如此对一切众生培育无量的心。

With loving-kindness towards the whole world, would develop the mind without limit; above, below and across, unrestricted, free from enmity and hostility.

以及应当以慈爱对全世界培育无量的心，上方、下方与周围，无障碍、无仇人、无敌对。

While standing, walking, seated, or lying down free from drowsiness; would determine [to keep] this mindfulness [in mind], this is a divine abiding in this world, it is said.

立、行、坐或卧，只要不是在睡眠中，都应决心保持如此的正念。这就是他们在此所说的梵住。

Not going to [wrong] view[s], being morally well behaved and having [right] vision, [and] having given up greed for sensuality, never again come [back] to the womb.

不执持邪见，拥有戒行，具足智见，及已经去除对欲乐的贪爱之后，他肯定不会再投胎。

Khandhasuttaṃ (p.8)

Sabbāsivisaṇṇaṃ
Dibbamantāgaḍḍhaṃ viya
Yaṃ nāseti viṣaṃ ghoram
Sesañcāpi parissayam.

Āṇākkhettamhi sabbattha
Sabbadā sabbapāṇinam
Sabbasopi nivāreti
Parittam tam bhaṇāma he.

- - -

Virūpakkhehi me mettam
Mettam Erāpathehi me,
Chabyāputtehi me mettam
Mettam Kaṇhāgotamakehi ca.

Discourse on [Protection of] Aggregates 蕴护经

Just like divine charms and divine medicines, this (Khandha-Sutta) nullifies baneful poison and other perils of all the highly poisonous creatures.

犹如天咒与天药，此经能够除剧毒；一切剧毒之生物，其害此经皆能除。

In the scope of authority everywhere, always, for all beings this discourse prevents (the disasters). Let us recite this protective discourse now.

在此威力范围内，一切时候一切处，此经能防该危害。我们且诵此护卫。

May I have loving-kindness towards the Virūpakkhas;
May I have loving-kindness towards the Erāpathas;
May I have loving-kindness towards the Chabyāputtas;
May I have loving-kindness towards the Kaṇhāgotamakas.
愿我对威卢跋有慈爱；愿我对伊拉跋有慈爱；
愿我对刹标子有慈爱；愿我对黑瞿昙有慈爱。

Apādakehi me mettāṃ
Mettāṃ dvipādakehi me,
Catuppadehi me mettāṃ
Mettāṃ bahuppadehi me.

Mā maṃ apādako hiṃsi
Mā maṃ hiṃsi dvipādako,
Mā maṃ catuppado hiṃsi
Mā maṃ hiṃsi bahuppado.

Sabbe sattā, sabbe pāṇā
Sabbe bhūtā ca kevalā,
Sabbe bhadrāni passantu
Mā kañci pāpamāgamā.

Appamāṇo Buddho,
Appamāṇo Dhammo,
Appamāṇo Saṅgho.
Pamāṇavantāni sirimsapāni:
Ahi-vicchikā, satapadī,
Uṇṇanābhi, sarabū, mūsikā.

Katā me rakkhā, kataṃ me parittāṃ,
Paṭikkamantu bhūtāni.
So'haṃ namo Bhagavato,
Namo sattannaṃ Sammā-sambuddhānaṃ.

– KN, 203 Khaṇḍajātaka;
AN.IV.67 Ahirājasuttaṃ;
Vinayapiṭaka, Cūlavagga,
Khuddakavattthukkhandhakam

May I have loving-kindness towards footless beings;
May I have loving-kindness towards beings with two legs;
May I have loving-kindness towards beings with four legs;
May I have loving-kindness towards beings with many legs.
愿我对无足众生有慈爱；愿我对两足众生有慈爱；
愿我对四足众生有慈爱；愿我对多足众生有慈爱。

May footless beings not harm me;
May beings with two legs not harm me;
May beings with four legs not harm me;
May beings with many legs not harm me.
愿无足众生不伤害我；愿两足众生不伤害我；
愿四足众生不伤害我；愿多足众生不伤害我。

May all living beings, all breathing things,
all creatures (without exception)
meet with good fortune.
May none of them come to any evil.
愿一切有情一切息生、一切众生毫无遗漏地，
愿他们遇见幸运的事，不会遭遇邪恶的事情。

Infinite is the Buddha,
Infinite is the Dhamma,
Infinite is the Saṅgha.
Finite are creeping things:
snakes, scorpions, centipedes,
spiders, lizards, rats.
佛无量，法无量，僧无量。
爬行类却有限量：
蛇、蝎、蜈蚣、
蜘蛛、蜥蜴、老鼠。

I have made the protection, I have made the safeguard.
May the (harmful) beings depart. I pay homage to the
Blessed One; homage to the seven Buddhas (Vipassī
Buddha, Sikhī Buddha, Vessabhū Buddha, Kakusandha
Buddha, Koṇāgamana Buddha, Kassapa Buddha, and
Gotama Buddha)
我做了护卫，我做了保护。
愿那些（有害的）众生离开。
我礼敬世尊；
礼敬七位圆满自觉者。

Mahāsatipaṭṭhānasuttaṃ (p.35) *The Great Discourse on Foundations of Mindfulness* 大念处经

Evam me sutam – ekaṃ samayaṃ
bhagavā kurūsu viharati kammāsadhammaṃ
nāma kurūnaṃ nigamo. Tatra kho bhagavā
bhikkhū āmantesi – “bhikkhavo”ti.
“Bhaddante”ti te bhikkhū bhagavato
paccassosun. Bhagavā etadavoca –

Uddeso

“Ekāyano ayaṃ, bhikkhave, maggo
sattānaṃ visuddhiyā, sokaparidevānaṃ
samatikkamāya dukkhadomanassānaṃ
atthaṅgamāya ñāyassa adhiḡamāya
nibbānassa sacchikiriyāya, yadidaṃ cattāro
satipaṭṭhānā.

“Katame cattāro? Idha, bhikkhave,
bhikkhu kāye kāyānupassī viharati ātāpī
sampajāno satimā vineyya loke abhiijhā-
domanassaṃ, vedanāsu vedanānupassī
viharati ātāpī sampajāno satimā, vineyya loke
abhiijhādomanassaṃ, citte cittānupassī
viharati ātāpī sampajāno satimā vineyya loke
abhiijhādomanassaṃ, dhammesu
dhammānupassī viharati ātāpī sampajāno
satimā vineyya loke abhiijhādomanassaṃ.

Uddeso nitṭhito.

Kāyānupassanā Ānāpānappabbaṃ

“Kathaṇca pana, bhikkhave, bhikkhu kāye
kāyānupassī viharati? Idha, bhikkhave,
bhikkhu araṇṇagato vā rukkhamūlagato vā
suñṇāgāragato vā nisīdati pallaṅkaṃ ābhujitvā
ujum kāyaṃ paṇidhāya parimukhaṃ satim
upaṭṭhapetvā. So satova assasati, satova

Thus have I heard. On one occasion The Exalted One was living in the Kuru country at a town of the Kurus named Kammāsadhamma. There he addressed the bhikkhus thus: ‘Bhikkhus.’ They replied: ‘Venerable Sir.’ The Exalted One said this:

如是我闻，一时世尊住在俱卢国的一个市镇，名为剑磨瑟昙。那时世尊称呼诸比丘说：「诸比丘。」诸比丘回答说：「尊者。」世尊如此开示：

Preamble 总说

‘Bhikkhus, this is the single way for the purification of beings, for the surmounting of sorrow and lamentation, for the disappearance of pain and grief, for the attainment of the true way and for the realisation of Nibbāna, namely, the four foundations of mindfulness.

「诸比丘，这是使众生清净、超越忧愁与悲伤、灭除痛苦与烦恼、成就正道与现证涅槃的单一道路，那就是四念处。

‘What are the four? Here, bhikkhus, a bhikkhu abides contemplating the body as a body with ardour, comprehension, and mindfulness, having overcome covetousness and grief for the world. He abides contemplating feelings as feelings with ardour, comprehension, and mindfulness, having overcome covetousness and grief for the world. He abides contemplating mind as mind with ardour, comprehension, and mindfulness, having overcome covetousness and grief for the world. He abides contemplating dhamma-objects as dhamma-objects with ardour, comprehension, and mindfulness, having overcome covetousness and grief for the world.

何谓四念处？在此，诸比丘，去除对世间的贪欲及烦恼后，比丘以热诚、正知（明觉）、正念安住于观身为身。去除对世间的贪欲及烦恼后，他以热诚、正知、正念安住于观受为受。去除对世间的贪欲及烦恼后，他以热诚、正知、正念安住于观心为心。去除对世间的贪欲及烦恼后，他以热诚、正知、正念安住于观法为法。

Contemplation of the Body: Mindfulness of Breathing 身随观念处：安般念节

‘Bhikkhus, how does a bhikkhu abide contemplating the body as a body? Here, bhikkhus, a bhikkhu goes to the forest, or to the foot of a tree or to an empty place. Then he sits down cross-legged, keeps his body erect and establishes mindfulness in front of him. He breathes in mindfully; he breathes out mindfully. When he breathes in long, he understands: “I breathe in long.” When he breathes out long, he understands: “I breathe out long.” When he breathes in short, he understands: “I breathe in

passasati. Dīghaṃ vā assasanto 'dīghaṃ
 assasāmi'ti pajānāti, dīghaṃ vā passasanto
 'dīghaṃ passasāmi'ti pajānāti. Rassāṃ vā
 assasanto 'rassāṃ assasāmi'ti pajānāti, rassāṃ
 vā passasanto 'rassāṃ passasāmi'ti pajānāti.
 'Sabbakāyapaṭisaṃvedī assasissāmi'ti sikkhati,
 'sabbakāyapaṭisaṃvedī passasissāmi'ti sikkhati.
 'Passambhayaṃ kāyasaṅkhāraṃ assasissāmi'ti
 sikkhati, 'passambhayaṃ kāyasaṅkhāraṃ
 passasissāmi'ti sikkhati.

"Seyyathāpi, bhikkhave, dakkho
 bhamakāro vā bhamakārantevāsī vā dīghaṃ
 vā añchanto 'dīghaṃ añchāmi'ti pajānāti,
 rassāṃ vā añchanto 'rassāṃ añchāmi'ti
 pajānāti evameva kho, bhikkhave, bhikkhu
 dīghaṃ vā assasanto 'dīghaṃ assasāmi'ti
 pajānāti, dīghaṃ vā passasanto 'dīghaṃ
 passasāmi'ti pajānāti, rassāṃ vā assasanto
 'rassāṃ assasāmi'ti pajānāti, rassāṃ vā
 passasanto 'rassāṃ passasāmi'ti pajānāti.
 'Sabbakāyapaṭisaṃvedī assasissāmi'ti sikkhati,
 'sabbakāyapaṭisaṃvedī passasissāmi'ti sikkhati,
 'passambhayaṃ kāyasaṅkhāraṃ assasissāmi'ti
 sikkhati, 'passambhayaṃ kāyasaṅkhāraṃ
 passasissāmi'ti sikkhati.

"Iti ajjhataṃ vā kāye kāyānupassī viharati,
 bahiddhā vā kāye kāyānupassī viharati,
 ajjhatabhiddhā vā kāye kāyānupassī viharati.
 Samudayadhammānupassī vā kāyasmim
 viharati, vayadhammānupassī vā kāyasmim
 viharati, samudayavayadhammānupassī vā
 kāyasmim viharati. 'Atthi kāyo'ti vā panassa
 sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya
 paṭissatimattāya anissito ca viharati, na ca
 kiñci loke upādiyati. Evampi kho, bhikkhave,
 bhikkhu kāye kāyānupassī viharati.

short." When he breathes out short, he understands: "I breathe out short." He trains thus: "I shall breathe in experiencing the whole breath." He trains thus: "I shall breathe out experiencing the whole breath." He trains thus: "I shall breathe in tranquilizing the whole breath formations." He trains thus: "I shall breathe out tranquilizing the whole breath formations."

诸比丘，比丘如何安住于观身为身呢？在此，诸比丘，比丘前往森林、树下或空地，盘腿而坐，保持身体正直，安立正念在自己面前（的呼吸）。他正念地吸气，正念地呼气。吸气长的时候，他了知：『我吸气长。』呼气长的时候，他了知：『我呼气长。』吸气短的时候，他了知：『我吸气短。』呼气短的时候，他了知：『我呼气短。』他如此训练：『我应当觉知（气息的）全身而吸气。』他如此训练：『我应当觉知（气息的）全身而呼气。』他如此训练：『我应当平静（气息的）身行而吸气。』他如此训练：『我应当平静（气息的）身行而呼气。』

'Just like a skilled turner or his apprentice, while he makes a long turn he understands: "I make a long turn." While he makes a short turn, he understands: "I make a short turn." In the same way, when a bhikkhu breathes in long, he understands: "I breathe in long." When he breathes out long, he understands: "I breathe out long." When he breathes in short, he understands: "I breathe in short." When he breathes out short, he understands: "I breathe out short." He trains thus: "I shall breathe in experiencing the whole breath." He trains thus: "I shall breathe out experiencing the whole breath." He trains thus: "I shall breathe in tranquilizing the whole breath formations." He trains thus: "I shall breathe out tranquilizing the whole breath formations."

就像善巧的车床师或他的学徒，当他做长弯的时候，他了知：『我做长弯。』当他做短弯的时候，他了知：『我做短弯。』同样地，当比丘吸气长的时候，他了知：『我吸气长。』呼气长的时候，他了知：『我呼气长。』吸气短的时候，他了知：『我吸气短。』呼气短的时候，他了知：『我呼气短。』他如此训练：『我应当觉知（气息的）全身而吸气。』他如此训练：『我应当觉知（气息的）全身而呼气。』他如此训练：『我应当平静（气息的）身行而吸气。』他如此训练：『我应当平静（气息的）身行而呼气。』

'Thus he abides contemplating the body as a body internally. Or he abides contemplating the body as a body externally. Or he abides contemplating the body as a body both internally and externally. He abides contemplating arising phenomena in the body. Or he abides contemplating vanishing phenomena in the body. Or he abides contemplating both arising and vanishing phenomena in the body. Or mindfulness that "there is a body" is established in him just to the extent merely necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating the body as a body.

Ānāpānāpabbam niṭṭhitam.

Iriyāpathapabbam

“Puna caparam, bhikkhave, bhikkhu gacchanto vā ‘gacchāmi’ti pajānāti, ṭhito vā ‘ṭhitomhi’ti pajānāti, nisinno vā ‘nisinnomhi’ti pajānāti, sayāno vā ‘sayānomhi’ti pajānāti, yathā yathā vā panassa kāyo paṇihito hoti, tathā tathā nam pajānāti.

“Iti ajjhataṃ vā kāye kāyānupassī viharati, bahiddhā vā kāye kāyānupassī viharati, ajjhatabahiddhā vā kāye kāyānupassī viharati. Samudayadhammānupassī vā kāyasmim viharati, vayadhammānupassī vā kāyasmim viharati, samudayavayadhammānupassī vā kāyasmim viharati. ‘Atthi kāyo’ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu kāye kāyānupassī viharati.

Iriyāpathapabbam niṭṭhitam.

Sampajānāpabbam

“Puna caparam, bhikkhave, bhikkhu abhikkante paṭikkante sampajānakārī hoti, ālokite vilokite sampajānakārī hoti, samīñjite pasārīte sampajānakārī hoti, saṅghāṭipatta-cīvaradhāraṇe sampajānakārī hoti, asite pīte khāyite sāyite sampajānakārī hoti, uccāra-passāvakamme sampajānakārī hoti, gate ṭhite nisinne sutte jāgarite bhāsīte tuṇhībhave sampajānakārī hoti.

如此，他安住于观照内在的身为身、安住于观照外在的身为身或安住于观照内在与外在的身为身。他安住于观照身的生起现象、安住于观照身的坏灭现象或安住于观照身的生起与坏灭现象。或者他建立起『有身』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘安住于观身为身的方法。

The Four Postures 四威仪节

‘Again, bhikkhus, while walking, a bhikkhu understands: “I am walking.” While standing, he understands: “I am standing.” While sitting, he understands: “I am sitting.” While lying down, he understands: “I am lying down.” Or he understands accordingly, however his body is disposed.

再者，诸比丘，行走时比丘了知：『我正在行走。』站立时他了知：『我正站立着。』坐着时他了知：『我正坐着。』躺着时他了知：『我正在躺着。』无论身体处在哪一种姿势，他都如实地了知。

‘Thus he abides contemplating the body as a body internally. Or he abides contemplating the body as a body externally. Or he abides contemplating the body as a body both internally and externally. He abides contemplating arising phenomena in the body. Or he abides contemplating vanishing phenomena in the body. Or he abides contemplating both arising and vanishing phenomena in the body. Or mindfulness that “there is a body” is established in him just to the extent merely necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating the body as a body.

如此，他安住于观照内在的身为身、安住于观照外在的身为身或安住于观照内在与外在的身为身。他安住于观照身的生起现象、安住于观照身的坏灭现象或安住于观照身的生起与坏灭现象。或者他建立起『有身』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘安住于观身为身的方法。

Clear Comprehension 正知节（明觉节）

‘Again, bhikkhus, while going forward or returning, a bhikkhu acts in clear comprehension. While looking forwards or sideways, he acts in clear comprehension. While bending and stretching his limbs, he acts in clear comprehension. While wearing his robes and carrying his outer robe and bowl, he acts in clear comprehension. While eating, drinking, chewing and tasting, he acts in clear comprehension. While defecating and urinating, he acts in clear comprehension. While walking, standing, sitting, falling asleep and waking up, speaking or keeping silent, he acts in clear comprehension.

“Iti ajjhataṃ vā kāye kāyānupassī viharati,
bahiddhā vā kāye kāyānupassī viharati,
ajjhatabhiddhā vā kāye kāyānupassī viharati.
Samudayadhammānupassī vā kāyasmim
viharati, vayadhammānupassī vā kāyasmim
viharati, samudayavayadhammānupassī vā
kāyasmim viharati. ‘Atthi kāyo’ti vā panassa
sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya
paṭissatimattāya anissito ca viharati, na ca
kiñci loke upādiyati. Evampi kho, bhikkhave,
bhikkhu kāye kāyānupassī viharati.

Sampajānapabbam niṭṭhitam.

Paṭikūlamanasikārapabbam

“Puna caparam, bhikkhave, bhikkhu
imameva kāyam uddham pādatalā adho
kesamatthakā tacapariyantam pūram
nānappakārassa asucino paccavekkhati – ‘atthi
imasmim kāye kesā lomā nakhā dantā taco,
maṃsam nhāru aṭṭhi aṭṭhimiñjam vakkaṃ,
hadayaṃ yakanam kilomakam pihakam
papphāsam, antam antaṇam udariyam
karīsam matthaluṅgam, pittam semham pubbo
lohitaṃ sedo medo, assu vasā kheḷo
siṅghāṇikā lasikā muttan’ti.

“Seyyathāpi, bhikkhave, ubhatomukhā
putoḷi pūrā nānāvihitassa dhañṇassa,
seyyathidaṃ sālīnam vīhīnam muggānam
māsānam tilānam taṇḍulānam. Tamenam
cakkhumā puriso muñcitvā paccavekkheyya –
‘ime sālī, ime vīhī ime muggā ime māsā ime
tilā ime taṇḍulā’ti. Evameva kho, bhikkhave,
bhikkhu imameva kāyam uddham pādatalā

再者，诸比丘，向前进或返回的时候，比丘以正知而行。向前看或向旁看的时候，他以正知而行。屈伸肢体的时候，他以正知而行。穿着袈裟、执持衣钵的时候，他以正知而行。吃饭、喝水、咀嚼、尝味的时候，他以正知而行。大小便利的时候，他以正知而行。走路、站立、坐着、入睡与醒来、说话或沉默的时候，他以正知而行。

‘Thus he abides contemplating the body as a body internally. Or he abides contemplating the body as a body externally. Or he abides contemplating the body as a body both internally and externally. He abides contemplating arising phenomena in the body. Or he abides contemplating vanishing phenomena in the body. Or he abides contemplating both arising and vanishing phenomena in the body. Or mindfulness that “there is a body” is established in him just to the extent merely necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating the body as a body.

如此，他安住于观照内在的身为身、安住于观照外在的身为身或安住于观照内在与外在的身为身。他安住于观照身的生起现象、安住于观照身的坏灭现象或安住于观照身的生起与坏灭现象。或者他建立起『有身』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘安住于观身为身的方法。

Reflection on Repulsiveness

可厌作意节（不净观）

‘Again, bhikkhus, a bhikkhu reflects on this very body from the soles of the feet upwards, from the head-hairs downwards, enclosed by the skin and full of many kinds of impurity: “In this body there are head-hairs, body-hairs, nails, teeth, skin, flesh, sinews, bones, bone-marrow, kidneys, heart, liver, pleura, spleen, lungs, bowels, mesentery, contents of the stomach, faeces, brain, bile, phlegm, pus, blood, sweat, fat, tears, grease, saliva, mucus, synovial fluid, and urine.”

再者，诸比丘，比丘思惟这个身体，从脚掌上起来及从头发下去，这个身体由皮肤所包裹，并且充满许多不净物：『在这个身体当中有头发、身毛、指甲、牙齿、皮肤、肌肉、筋腱、骨骼、骨髓、肾脏、心脏、肝脏、肋膜、脾脏、肺脏、肠、肠间膜、胃中物、粪便、脑、胆汁、痰、脓、血、汗、脂肪、泪液、油脂、唾液、鼻涕、关节滑液、尿液。』

‘Bhikkhus, suppose there were a bag with an opening at both ends, full of various kinds of grain such as hill-rice, paddy, green gram, kidney beans, sesame, husked rice. A man with good eyesight were to open the bag and examine them, saying: “This is hill-rice, this is paddy, this is green gram, these are kidney-beans, this is sesame, this is husked rice.” In the same way, bhikkhus, a bhikkhu reflects on this very body from the soles of the feet upwards, from the head-hairs downwards, enclosed by the skin and full of manifold impurities: “In this body there are head-hairs, body-hairs, nails, teeth, skin, flesh,

adho kesamatthakā tacapariyantaṃ pūraṃ
nānappakārassa asucino paccavekkhati – ‘atthi
imasmim kāye kesā lomā nakhā dantā taco,
maṃsaṃ nhāru aṭṭhi aṭṭhimiññaṃ vakkhaṃ,
hadayaṃ yakanāṃ kilomakāṃ pihakāṃ
papphāsaṃ, antaṃ antaguṇaṃ udariyaṃ
karisaṃ matthaluṇgaṃ, pittaṃ semhaṃ pubbo
lohitaṃ sedo medo, assu vasā kheḷo
siṅghāṇikā lasikā muttan’ti.

“Iti ajjhataṃ vā kāye kāyānupassī viharati,
bahiddhā vā kāye kāyānupassī viharati,
ajjhatabahiddhā vā kāye kāyānupassī viharati.
Samudayadhammānupassī vā kāyasmim
viharati, vayadhammānupassī vā kāyasmim
viharati, samudayavayadhammānupassī vā
kāyasmim viharati. ‘Atthi kāyo’ti vā panassa
sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya
paṭissatimattāya anissito ca viharati, na ca
kiñci loke upādiyati. Evampi kho, bhikkhave,
bhikkhu kāye kāyānupassī viharati.

Paṭikūlamanasikārapabbaṃ niṭṭhitaṃ.

Dhātumanasikārapabbaṃ

“Puna caparaṃ, bhikkhave, bhikkhu
imameva kāyaṃ yathāṭṭhitaṃ yathāpaṇihitaṃ
dhātuso paccavekkhati – ‘atthi imasmim kāye
pathavīdhātu āpodhātu tejodhātu vāyodhātū’ti.

“Seyyathāpi, bhikkhave, dakkho
goghātako vā goghātakantevāsī vā gāvim
vadhivā catumahāpathe bilaso vibhajivā
nisinno assa, evameva kho, bhikkhave,
bhikkhu imameva kāyaṃ yathāṭṭhitaṃ
yathāpaṇihitaṃ dhātuso paccavekkhati – ‘atthi
imasmim kāye pathavīdhātu āpodhātu
tejodhātu vāyodhātū’ti.

sinews, bones, bone-marrow, kidneys, heart, liver,
pleura, spleen, lungs, bowels, mesentery, contents of the
stomach, faeces, brain, bile, phlegm, pus, blood, sweat,
fat, tears, grease, saliva, mucus, synovial fluid and urine.”

诸比丘，就像一个两端开口的袋子，里面装满了各种谷类，如粳米、米、绿豆、豆、芝麻、精米。一个视力良好的人打开袋子，检查它们，说：『这是粳米、这是米、这是绿豆、这是豆、这是芝麻、这是精米。』同样地，诸比丘，比丘思惟这个身体，从脚掌上来及从头发下去，这个身体由皮肤所包裹，并且充满许多不净物：『在这个身体当中有头发、身毛、指甲、牙齿、皮肤、肌肉、筋腱、骨骼、骨髓、肾脏、心脏、肝脏、肋膜、脾脏、肺脏、肠、肠间膜、胃中物、粪便、脑、胆汁、痰、脓、血、汗、脂肪、泪液、油脂、唾液、鼻涕、关节滑液、尿液。』

“Thus he abides contemplating the body as a body internally. Or he abides contemplating the body as a body externally. Or he abides contemplating the body as a body both internally and externally. He abides contemplating arising phenomena in the body. Or he abides contemplating vanishing phenomena in the body. Or he abides contemplating both arising and vanishing phenomena in the body. Or mindfulness that “there is a body” is established in him just to the extent merely necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating the body as a body.

如此，他安住于观照内在的身为身、安住于观照外在的身为身或安住于观照内在与外在的身为身。他安住于观照身的生起现象、安住于观照身的坏灭现象或安住于观照身的生起与坏灭现象。或者他建立起『有身』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘安住于观身为身的方法。

The Reflection on the Material Elements

界作意节

“Again, bhikkhus, a bhikkhu reflects on this very body. However it may be placed or disposed, he reflects on it in terms of the elements thus: “In this body there are the earth-element, the water-element, the fire-element, and the wind-element.”

再者，诸比丘，无论身体如何被摆置或安放，比丘都以各种界来观察这个身体：『在这个身体里有地界、水界、火界、风界。』

“Bhikkhus, suppose a skilled butcher or his apprentice has slaughtered a cow and sits at a crossroads with the cow cut up into pieces. In the same way, bhikkhus, a bhikkhu reflects on this very body. However it may be placed or disposed, he reflects on it in terms of the elements thus: “In this body there are the earth-element, the water-element, the fire-element, and the wind-element.”

诸比丘，就像一个熟练的屠夫或屠夫的学徒，屠宰了一头母牛之后，将它切成肉块，然后坐在十字路口。同样地，诸比丘，无论身体如何被摆置或安放，比丘都以各种界来观察这个身体：『在这个身体里有地界、水界、火界、风界。』

“Iti ajjhataṃ vā kāye kāyānupassī viharati, bahiddhā vā kāye kāyānupassī viharati, ajjhatabhiddhā vā kāye kāyānupassī viharati. Samudayadhammānupassī vā kāyasmim viharati, vayadhammānupassī vā kāyasmim viharati, samudayavayadhammānupassī vā kāyasmim viharati. ‘Atthi kāyo’ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu kāye kāyānupassī viharati.

Dhātumanasikārapabbam niṭṭham.

Navasivathikapabbam

“Puna caparam, bhikkhave, bhikkhu seyyathāpi passeyya sarīram sivathikāya chaḍḍitaṃ ekāhamataṃ vā dvīhamataṃ vā tīhamataṃ vā uddhumātakaṃ vinīlakaṃ vipubbakajātaṃ. So imameva kāyaṃ upasaṃharati – ‘ayampi kho kāyo evaṃ-dhammo evaṃbhāvī evaṃ-anatīto’ti.

“Iti ajjhataṃ vā kāye kāyānupassī viharati, bahiddhā vā kāye kāyānupassī viharati, ajjhatabhiddhā vā kāye kāyānupassī viharati. Samudayadhammānupassī vā kāyasmim viharati, vayadhammānupassī vā kāyasmim viharati, samudayavayadhammānupassī vā kāyasmim viharati. ‘Atthi kāyo’ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu kāye kāyānupassī viharati.

‘Thus he abides contemplating the body as a body internally. Or he abides contemplating the body as a body externally. Or he abides contemplating the body as a body both internally and externally. He abides contemplating arising phenomena in the body. Or he abides contemplating vanishing phenomena in the body. Or he abides contemplating both arising and vanishing phenomena in the body. Or mindfulness that “there is a body” is established in him just to the extent merely necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating the body as a body.

如此，他安住于观照内在的身为身、安住于观照外在的身为身或安住于观照内在与外在的身为身。他安住于观照身的生起现象、安住于观照身的坏灭现象或安住于观照身的生起与坏灭现象。或者他建立起『有身』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘安住于观身为身的方法。

The Nine Cemetery Contemplations

九种坟场观节

(1) ‘Again, bhikkhus, a bhikkhu might come to see a corpse thrown aside in a charnel ground, dead for one, two or three days. It is swollen, discoloured, and festering. He compares his own body with that, thinking: “Indeed, this body is of the same nature. It will become like that and is not exempt from that fate.”

再者，诸比丘，比丘在坟场中见到死后经过一天、二天或三天的被丢弃尸体，那尸体肿胀、变色、腐烂。他拿那具尸体和自身作比较，思惟：『确实地，我的身体也具有同样的本质，它将会变成那样，如此的下场是无法避免的。』

‘Thus he abides contemplating the body as a body internally. Or he abides contemplating the body as a body externally. Or he abides contemplating the body as a body both internally and externally. He abides contemplating arising phenomena in the body. Or he abides contemplating vanishing phenomena in the body. Or he abides contemplating both arising and vanishing phenomena in the body. Or mindfulness that “there is a body” is established in him just to the extent merely necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating the body as a body.

如此，他安住于观照内在的身为身、安住于观照外在的身为身或安住于观照内在与外在的身为身。他安住于观照身的生起现象、安住于观照身的坏灭现象或安住于观照身的生起与坏灭现象。或者他建立起『有身』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘安住于观身为身的方法。

“Puna caparaṃ, bhikkhave, bhikkhu seyyathāpi passeyya sarīraṃ sivathikāya chaḍḍitaṃ kākehi vā khajjamānaṃ kulalehi vā khajjamānaṃ gijjhehi vā khajjamānaṃ kaṇkehi vā khajjamānaṃ sunakhehi vā khajjamānaṃ byagghehi vā khajjamānaṃ dīpīhi vā khajjamānaṃ siṅgālehi vā khajjamānaṃ vividhehi vā pāṇakajātehi khajjamānaṃ. So imameva kāyaṃ upasaṃharati – ‘ayampi kho kāyo evaṃdhammo evaṃbhāvī evaṃ-anatīto’ti.

“Iti ajjhataṃ vā kāye kāyānupassī viharati, bahiddhā vā kāye kāyānupassī viharati, ajjhatabahiddhā vā kāye kāyānupassī viharati. Samudayadhammānupassī vā kāyasmim viharati, vayadhammānupassī vā kāyasmim viharati, samudayavayadhammānupassī vā kāyasmim viharati. ‘Atthi kāyo’ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu kāye kāyānupassī viharati.

“Puna caparaṃ, bhikkhave, bhikkhu seyyathāpi passeyya sarīraṃ sivathikāya chaḍḍitaṃ atthikasaṅkhalikaṃ samaṃsa-lohitaṃ nhārusambandhaṃ... atthikasaṅkhalikaṃ nimaṃsalohita-makkhitaṃ nhārusambandhaṃ... atthikasaṅkhalikaṃ apagatamaṃsa-lohitaṃ nhārusambandhaṃ... atthikāni apagatasambandhāni disā vidisā vikkhittāni, aññena hatthaatthikaṃ aññena pādaatthikaṃ aññena goppakaatthikaṃ aññena jaṅghaatthikaṃ aññena ūrutthikaṃ aññena kaṭiitthikaṃ aññena phāsukaatthikaṃ aññena piṭṭhiitthikaṃ aññena khandhaatthikaṃ aññena gīvātthikaṃ aññena hanukaatthikaṃ aññena dantaatthikaṃ aññena sīsakaṭāhaṃ. So imameva kāyaṃ upasaṃharati – ‘ayampi kho kāyo evaṃdhammo evaṃbhāvī evaṃ-anatīto’ti.

(2) ‘Again, bhikkhus, a bhikkhu might come to see a corpse in a charnel ground, thrown aside, eaten by crows, hawks, vultures, herons, dogs, tigers, leopards, jackals or various kinds of worms. He compares his own body with that, thinking: “Indeed, this body is of the same nature. It will become like that and is not exempt from that fate.”

再者，诸比丘，比丘在坟场中见到被丢弃的尸体，被乌鸦、老鹰、秃鹰、苍鹭、狗、老虎、豹、豺狼或各种虫所啖食。他拿那具尸体和自身作比较，思惟：『确实地，我的身体也具有同样的本质，它将会变成那样，如此的下场是无法避免的。』

“Thus he abides contemplating the body as a body internally, or he abides contemplating the body as a body externally, or he abides contemplating the body as a body both internally and externally. He abides contemplating arising phenomena in the body, or he abides contemplating vanishing phenomena in the body, or he abides contemplating both arising and vanishing phenomena in the body. Or mindfulness that “there is a body” is established in him just to the extent necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating the body as a body.

如此，他安住于观照内在的身为身、安住于观照外在的身为身或安住于观照内在与外在的身为身。他安住于观照身的生起现象、安住于观照身的坏灭现象或安住于观照身的生起与坏灭现象。或者他建立起『有身』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘安住于观身为身的方法。

(3,4,5,6) ‘Again, bhikkhus, a bhikkhu might come to see a corpse which has been reduced to a skeleton with (some) flesh and blood attached to it and held together by tendons... a skeleton without any flesh but smeared with blood and held together by tendons... a skeleton without any flesh or blood, held together by tendons... disconnected bones scattered in all directions, here a hand-bone, there a foot-bone, here a shin-bone, there a thigh-bone, here a hip-bone, there a back-bone, here a rib-bone, there a breast-bone, here an arm-bone, there a shoulder-bone, here a neck-bone, there a jaw-bone, here a tooth, there the skull. He compares his own body with that, thinking: “Indeed, this body is of the same nature. It will become like that and is not exempt from that fate.”

再者，诸比丘，比丘在坟场中见到被丢弃的尸体，已经变成只剩下（一些）血肉附着的一具骸骨，依靠筋腱而连结在一起……一具没有肉而只有血迹漫涂的骸骨，依靠筋腱连结在一起……一具没有血肉的骸骨，依靠筋腱而连结在一起……分散在各处的骨头：这里一块手骨，那里一块脚骨，这里一块脚踝骨，那里一块小腿骨，这里一块大腿骨，那里一块髌骨，这里一块肋骨，那里一块背骨，这里一块胸骨，那里一块颈椎骨，这里一块下颚骨，那里一块牙龈骨，这里是头盖骨。他拿那具尸体和自身作比较，思惟：『确实地，我的身体也具有同

“Iti ajjhataṃ vā kāye kāyānupassī viharati,
bahiddhā vā kāye kāyānupassī viharati,
ajjhatabhiddhā vā kāye kāyānupassī viharati.
Samudayadhammānupassī vā kāyasmim
viharati, vayadhammānupassī vā kāyasmim
viharati, samudayavayadhammānupassī vā
kāyasmim viharati. ‘Atthi kāyo’ti vā panassa
sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya
paṭissatimattāya anissito ca viharati, na ca
kiñci loke upādiyati. Evampi kho, bhikkhave,
bhikkhu kāye kāyānupassī viharati.

“Puna caparaṃ, bhikkhave, bhikkhu
seyyathāpi passeyya sarīraṃ sivathikāya
chaḍḍitaṃ atthikāni setāni saṅkhavaṇṇa-
paṭibhāgāni... atthikāni puñjakitāni
terovassikāni... atthikāni pūtīni cuṇṇakajātāni.
So imameva kāyaṃ upasaṃharati – ‘ayampi
kho kāyo evaṃdhammo evaṃbhāvī evaṃ-
anatīto’ti.

“Iti ajjhataṃ vā kāye kāyānupassī viharati,
bahiddhā vā kāye kāyānupassī viharati,
ajjhatabhiddhā vā kāye kāyānupassī viharati.
Samudayadhammānupassī vā kāyasmim
viharati, vayadhammānupassī vā kāyasmim
viharati, samudayavayadhammānupassī vā
kāyasmim viharati. ‘Atthi kāyo’ti vā panassa
sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya
paṭissatimattāya anissito ca viharati, na ca
kiñci loke upādiyati. Evampi kho, bhikkhave,
bhikkhu kāye kāyānupassī viharati.

*Navasivathikapabbaṃ niṭṭhitaṃ.
Cuddasa kāyānupassanā niṭṭhitā.*

(Chant until here for day 1)

样的本质，它将会变成那样，如此的下场是无法避免的。』

‘Thus he abides contemplating the body as a body internally, or he abides contemplating the body as a body externally, or he abides contemplating the body as a body both internally and externally. He abides contemplating arising phenomena in the body, or he abides contemplating vanishing phenomena in the body, or he abides contemplating both arising and vanishing phenomena in the body. Or mindfulness that “there is a body” is established in him just to the extent necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating the body as a body.

如此，他安住于观照内在的身为身、安住于观照外在的身为身或安住于观照内在与外在的身为身。他安住于观照身的生起现象、安住于观照身的坏灭现象或安住于观照身的生起与坏灭现象。或者他建立起『有身』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘安住于观身为身的方法。

(7,8,9) ‘Again, bhikkhus, a bhikkhu might come to see a corpse that has been reduced to bleached bones of conch-like colour... a heap more than one year old... bones rotted away to powder. He compares his own body with that, thinking: “Indeed, this body is of the same nature. It will become like that and is not exempt from that fate.

再者，诸比丘，比丘在坟场中见到被丢弃的尸体，已变成贝壳色的白骨……一年以上的一堆骨头……骨头已经腐朽成骨粉。他拿那具尸体和自身作比较，思惟：『确实地，我的身体也具有同样的本质，它将会变成那样，如此的下场是无法避免的。』

‘Thus he abides contemplating the body as a body internally, or he abides contemplating the body as a body externally, or he abides contemplating the body as a body both internally and externally. He abides contemplating arising phenomena in the body, or he abides contemplating vanishing phenomena in the body, or he abides contemplating both arising and vanishing phenomena in the body. Or mindfulness that “there is a body” is established in him just to the extent necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating the body as a body.

如此，他安住于观照内在的身为身、安住于观照外在的身为身或安住于观照内在与外在的身为身。他安住于观照身的生起现象、安住于观照身的坏灭现象或安住于观照身的生起与坏灭现象。或者他建立起『有身』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘安住于观身为身的方法。

(第一天诵至此)

Dasadhammāsuttaṃ (p.11) (Pabbajita-Abhiṇhasuttaṃ)

“Dasayime, bhikkhave, dhammā
pabbajitena abhiṇhaṃ paccavekkhitabbā.
Katame dasa?

1. ‘Vevaṇṇiyamhi ajjhupagato’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

2. ‘Para-paṭibaddhā me jīvikā’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

3. ‘Añño me ākappo karaṇīyo’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

4. ‘Kacci nu kho me attā sīlato na
upavadatī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

5. ‘Kacci nu kho maṃ anuvicca viññū
sābrahma-cārī sīlato na upavadantī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

6. ‘Sabbhehi me piyehi manāpehi nānā-
bhāvo vinā-bhāvo’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

7. ‘Kamassakomhi kamma-dāyādo
kamma-yoni kamma-bandhu kamma-
paṭisaraṇo, yaṃ kammaṃ karissāmi kalyāṇaṃ
vā pāpakaṃ vā tassa dāyādo bhavissāmī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

8. ‘Kathambhūtassa me rattindivā
vītivattantī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

9. ‘Kacci nu kho ahaṃ suññāgāre
abhiraṃāmī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

Discourse on Ten Dhammas 十法经

“There are these ten things, bhikkhus, that one who
has gone forth should frequently reflect on. What are the
ten?

「诸比丘，有十种法是出家人应当经常省察
的。是哪十种？」

‘I have become one who has no class’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我已经成为没有阶
级分别的人。』

‘I am bound to others for my livelihood’, one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我的生活依赖他
人。』

‘I should comport myself differently’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我的行仪举止应
[与在家人] 不同。』

‘Can I myself find no fault with my virtue?’ one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否不会因戒而
谴责自己？』

‘Will my wise companions in the spiritual life, after
testing me, find no fault with my virtue?’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『有智的同梵行者检
查后，是否不会因戒而谴责我？』

‘All those who are dear and pleasing to me are
subject to change, subject to separation (i.e. death)’, one
who has gone forth should frequently reflect on this.

出家人应当经常地省察：『一切我所喜爱、可
意的会变易、别离（即：死亡）。』

‘I am the owner of my kammās, I am the heir of my
kammās, it is kamma that I am born from, kammās are
my kinsfolk, kammās are my refuge, whatever kammās I
perform, whether good or bad, to that I will be the heir’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是业的所有者，
业的继承者，以业为起源，以业为亲属，以业为依
靠。无论我所造的业是善或恶，我将是它的继承
者。』

‘In what way do the nights and days pass for me?’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是如何度过日
日夜夜呢？』

‘Do I delight in empty places?’ one who has gone
forth should frequently reflect on this.

出家人应当经常地省察：『我是否乐于空闲处
呢？』

10. 'Atthi nu kho me uttari-manussa-
dhammo alamariya-ñāṇa-dassana-viseso
adhigato, yenāhaṃ pacchime kāle
sabrahmacārīhi puṭṭho na maṅku bhavissāmī'ti
pabbajitena abhiṇhaṃ paccavekkhitabbāṃ.

Ime kho, bhikkhave, dasa dhammā
pabbajitena abhiṇhaṃ paccavekkhitabbā.”

– AN.X.48

Catupaccavekkhaṇā (p.12)

Paṭisaṅkhā yoniso cīvaraṃ paṭisevāmi,
yāvadeva sītassa paṭighātāya, uṇhassa
paṭighātāya, ḍaṃsa-makasa-vātātapa-
sirīmsapa-samphassānaṃ paṭighātāya,
yāvadeva hiri-kopīna-paṭicchādanatthaṃ.

Paṭisaṅkhā yoniso piṇḍapātaṃ paṭisevāmi,
neva davāya na madāya na maṇḍanāya na
vibhūsanāya, yāvadeva imassa kāyassa ṭhitiyā
yāpanāya vihiṃsūparatiyā
brahmacariyānuggahāya, iti purāṇaṇca
vedanaṃ paṭisaṅkhāmi, navaṇca vedanaṃ na
uppādessāmi, yātrā ca me bhavissati
anavajjatā ca phāsu-vihāro ca.

Paṭisaṅkhā yoniso senāsanaṃ paṭisevāmi,
yāvadeva sītassa paṭighātāya, uṇhassa
paṭighātāya, ḍaṃsa-makasa-vātātapa-
sirīmsapa-samphassānaṃ paṭighātāya,
yāvadeva utu-parissaya-vinodanaṃ
paṭisaṅkhāmi.

Paṭisaṅkhā yoniso gilāna-paccaya-
bhesajja-parikkhāraṃ paṭisevāmi, yāvadeva
uppannānaṃ veyyābādhikānaṃ vedanānaṃ
paṭighātāya, abyāpajjha-paramatāya.

‘Has a state beyond (ordinary) human beings, the distinction of what is truly noble knowledge and seeing been attained by me? Will I at the end, when questioned by my companions in the spiritual life, not be embarrassed?’, one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否有证得上人法、真正殊胜的圣智见呢？在我最后时刻，当同梵行者们问及时，我将不会羞愧？』

“These are the ten things, bhikkhus, that one who has gone forth should frequently reflect on.”

诸比丘，此十种法乃出家人应当经常地省察。」

Four [Requisites] Contemplation

四种省思

Reflecting wisely, I wear the robe, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and also for the purpose of covering the parts of my body that cause shame.

我如理省思所受用之衣，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了遮蔽羞处。

Reflecting wisely I use almsfood not for play, not for pride, not for beauty, not for fattening; but merely for the sustenance and continuance of this body; to cease discomfort; and to be able to practise the holy life, thinking “Thus I will destroy old feelings (of hunger) and not create new feelings (from overeating). I will maintain myself, be blameless, and live in comfort.”

我如理省思所受用的食物，不为嬉戏，不为骄傲，不为装饰，不为庄严，只是为了此身住立存续，为了停止伤害，为了资助梵行，如此我将消除旧受，并使新受不生，我将维持生命、无过且安住。

Reflecting wisely I make use of dwellings, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and as a protection from the perils of weather conditions; and for the joy of seclusion.

我如理省思所受用的住所，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了免除季候的危险，而好独处（禅修）之乐。

Reflecting wisely I make use of medicinal requisites that are for curing the sick, only to counteract any afflicting feelings (of illness) that have arisen and for maximum freedom from disease.

我如理省思所受用的病者所需之药品，只是为了治疗已生起的病苦之受，为了尽量没有身苦。

Pubbaṇhasuttaṃ (p.14)

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaḥo dussupinaṃ akantaṃ,
Buddhānubhāvena vināsamentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaḥo dussupinaṃ akantaṃ,
Dhammānubhāvena vināsamentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaḥo dussupinaṃ akantaṃ,
Saṅghānubhāvena vināsamentu.

Dukkhappattā ca niddukkhā
Bhayappattā ca nibbhayā,
Sokappattā ca nissokā
Hontu sabbe'pi pāṇino.

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe devā'numodantu
Sabba-sampatti siddhiyā.

Dānaṃ dadantu saddhāya,
Sīlaṃ rakkhantu sabbadā,
Bhāvanābhiraṭṭā hontu,
Gacchantu devatāgatā.

Sabbe Buddhā balappattā
Paccekaṇaṃ yaṃ balaṃ,
Arahantānaṃ teja
Rakkhaṃ bandhāmi sabbaso.

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Buddhē ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

The Discourse about the Forenoon
午前经

By the power of the Buddha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛陀的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Dhamma, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛法的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Saṅgha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过僧团的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

May all creatures who are suffering be without suffering, [living in] fear be without fear and [living in] sorrow be without sorrow.

祝愿一切的众生，痛苦的不再痛苦，
恐惧的不再恐惧，忧愁的不再忧愁。

May all deities rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切神随喜我们至今所累积的功德，愿一切得成就！

May all be able to perform giving with faith; may all safeguard their morality always. May all be delighted in meditation. May the deities who have come (to the recitation) go back (to their homes).

愿大家依信布施，愿大家永护其戒，
愿大家乐于禅修，请来此诸神归去。

By the (protective) power of the Buddhas, the power of Pacceka-Buddhas and the power of Arahants, I fortify the protection in every way.

以一切佛陀之力，及诸辟支佛之力，
及诸阿罗汉之力，我建立一切守护！

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间（这是指天界、梵天界或其他世界系）的任何财宝，或在天界的任何殊胜珠宝，都没有和如来（佛陀）同等的。在佛陀里有此殊胜宝。以此真实语愿得安乐。

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Dhamme ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Saṃghe ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Mahā-kāruṇiko nātho,
Hitāya sabba-pāṇīnaṃ,
Pūretvā pāramī sabbā,
Patto sambodhimuttamaṃ.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Jayanto bodhiyā mūle,
Sakyānaṃ nandi-vuḍḍhano,
Evameva jayo hotu,
Jayassu jaya-maṅgale.

Aparājita-pallaṅke,
Sīse puthuvipukkhaḷe,
Abhiseke sabbabuddhānaṃ,
Aggapatto pamodati.

Sunakkhattaṃ sumaṅgalaṃ,
Suppabhātaṃ suhuttḥitaṃ;
Sukhaṇo sumuhutto ca,
Suyittḥaṃ brahmacārisu.

Padakkhiṇaṃ kāya-kammaṃ,
Vācā-kammaṃ padakkhiṇaṃ;
Padakkhiṇaṃ mano-kammaṃ,
Paṇīdhi te padakkhiṇe.

Padakkhiṇāni katvāna,
Labhantatthe padakkhiṇe.
Te attha-laddhā sukhitā
Virūlḥā Buddha-sāsane;
Arogā sukhitā hotha
Saha sabbehi ñātibhi.

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Dhamma is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在法里有此殊胜宝。以此真实语愿得安乐。

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在僧团里有此殊胜宝。以此真实语愿得安乐。

The most compassionate Lord had fulfilled all the perfections for the welfare of all beings and had attained the supreme enlightenment. By this truth may there be well-being for you always.

具有大悲的依持者，为了一切众生利益，
圆满所有波罗蜜后，证得无上菩提解脱；
借着这真实的话语，愿你永远平安快乐。

Just as the Lord, the increaser of delight for the Sakyans, was victorious at the foot of the Bodhi tree, so also may the victory be to you and may you be successful in all the auspicious conquests.

为释迦族增长喜者，在菩提树下得胜利；
愿你也都如此胜利，于吉祥征途得胜利。

The Lord had attained the Noble State on the Unconquerable Seat, on the most sacred earth consecrated by all the Buddhas and rejoiced.

在不败的座位上，在最神圣的地点，
诸佛加持欢喜处，他证悟圣洁之境。

May good planets, excellent blessings, good daybreak, good waking up, good moment, good instance, and good oblations to the sages be to you.

愿你得吉星善吉祥，好的黎明好的起身，
好的刹那与好时刻，对梵行者的善供养。

May the bodily deeds be reverential; may the speech deeds be reverential; may the mental deeds be reverential. May you be resolute in these reverential matters.

恭敬的身业，恭敬的语业，
恭敬的意业，决意于敬业。

Having done the reverential deeds, may you obtain reverential gains; having obtained them may you be happy and make progress in the Buddha's dispensation. May you and all your relatives be happy and free from sickness.

实行恭敬诸业之后，愿你获得恭敬之得。
获得它们愿你快乐，于佛教法获得提升。
愿你及所有亲戚们，都没有病痛都快乐。

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-buddhānubhāvena
Sadā sukhī (sotthi)⁶ bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-dhammānubhāvena
Sadā sukhī (sotthi)² bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-saṅghānubhāvena
Sadā sukhī (sotthi)² bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Buddhas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸佛的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Dhammas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸法的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Saṅghas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸僧的威力，愿你永远都快乐（平安）！

Mettā Chanting (p.16)

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Puratthimāya disāya, pacchimāya disāya,
uttarāya disāya, dakkhiṇāya disāya, puratthi-
māya anudisāya, pacchimāya anudisāya,
uttarāya anudisāya, dakkhiṇāya anudisāya,
hetṭhimāya disāya, uparimāya disāya,

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

慈悲诵

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:
一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

In the easterly direction, in the westerly direction, in the northerly direction, in the southerly direction, in the south-east direction, in the north-west direction, in the north-east direction, in the south-west direction, in the downward direction, in the upward direction:

在东方、在西方、在北方、在南方、在东南方、
在西北方、在东北方、在西南方、在下方、在上方

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:

一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

⁶ sotthi – Sri Lanka Version, 斯里兰卡版本

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkā
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā pathavī-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā udaya-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā ākāśa-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Good Wishes and (p.17) **Sharing of Merit etc 1**

Yaṃ pattaṃ kusalaṃ tassa
Ānubhāvena pāṇino
Sabbe saddhamma-rājassa
Ñatvā Dhammaṃ sukhāvahaṃ,

Pāpuṇantu visuddhāya
Sukhāya paṭipattiyā
Asokamanupāyāsaṃ
Nibbānasukhamuttamaṃ.

Ciraṃ tiṭṭhatu saddhammo,
Dhamme hontu sagāravā
Sabbe'pi sattā, kālena
Sammā devo pavassatu.

Yathā rakkhimsu porāṇā
Surājāno tathevimaṃ,
Rājā rakkhatu dhammena
Attano'va pajaṃ pajaṃ.

– Aṭṭhasālīnī, Nigamanakathā

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live on earth: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在地上过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in water: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在水里过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in the sky: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在天空里过活的有情无嗔无怨、无苦无厄。

祝愿与分享功德等 1

By the power of whatever wholesome state attained by me, may all beings, having known rightly the King of Dhamma's teachings which give bliss (of Nibbāna), attain the bliss of Nibbāna, sorrowless, without distress and supreme, through the Middle Practice (Noble Eightfold Path) which is pure and blissful.

以我所成就的善法力量，愿一切有情在了知正法王导向快乐（涅槃）之法后，透过清净快乐的修行，达到至上的涅槃乐、无忧无恼。

May the true Dhamma last long, may all beings also respect the Dhamma, and may the [rain] god [give] proper and timely rain.

愿正法久住，愿一切有情也恭敬法，愿雨神适时降雨。

Just as good kings of ancient times gave protection, may the king righteously protect the people like his own (offspring).

正如古代贤善之王给予保护，愿国王善护人民如善护自己的子女。

Imāya dhammānudhammapaṭipattiyā
Buddhaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Dhammaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Saṅghaṃ pūjemi.

Addhā imāya paṭipattiyā jāti-jarā-byādhi
maraṇamhā parimuccissāmi.

Idaṃ me puññaṃ āsavakkhayāvaham hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññabhāgaṃ labhantu.

Good Wishes for Ven. (p.22)
Pa-Auk Sayadaw,
Ariyadhamma Mahāthera
& Other Theras

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhim,
Therāsabho Āciṇṇo yatinda-nātho
Dīghāyuko bhavatu sādhu-samiddha-citto.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-citta-pasādhitena,
Therāsabho Ariyadhammo yatinda-nātho
Sambodhiñāṇamadhigacchatu sādhu sādhu.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhim,
Therāsabhātha garu-gārava-bhāvanīyā
Dīghāyukā bhavatha sādhu-samiddha-cittā.

By this practice that is in accordance with the Dhamma, I venerate the Buddha.

By this practice that is in accordance with the Dhamma, I venerate the Dhamma.

By this practice that is in accordance with the Dhamma, I venerate the Saṅgha.

Surely, by this practice I will be liberated from birth, old age, sickness and death.

以此依法修行证法，我礼敬佛！

以此依法修行证法，我礼敬法！

以此依法修行证法，我礼敬僧！

以此修行，我肯定将会解脱生、老、病、死！

May this merit of mine be conducive to the destruction of [mental] taints. May this merit of mine be a [supportive] condition [for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。

愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings. May all those beings get an equal share of the merits shared by me.

我把我的功德与一切有情分享，

愿他们都平等地得到我的功德。

祝福
帕奥禅师、
圣法大长老
与其他长老

By the [merits] thoughtfully and joyfully acquired by [us practising] this Dhamma together with the power of the Buddha, etc. (i.e. the Triple Gem), may the leader and [spiritual] helper of monks, the prominent Elder Most Venerable Āciṇṇa (Ven. Pa-Auk Sayadaw), have a long life and successfully fulfill his noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以及透过佛陀等（即三宝）的力量，愿作为出家众的元老、领导与依持者的帕奥禅师长寿，以及成就其善心愿。

By the [merits] thoughtfully and joyfully acquired by [us practising] this Dhamma and the inspiring /gladdening of the mind [through reflecting] on the Buddha, etc. (i.e. the Triple Gem), may the leader and [spiritual] helper of monks, the prominent Elder Most Venerable Ariyadhamma, attain the knowledge of complete awakening. It is well, it is well!

透过谨慎及欢喜地修法所累积的这些功德，以及透过（思惟）佛陀等（即三宝）而在心中生起的净信，愿作为出家众的元老、领导与依持者的圣法大长老达到圆满觉悟，善哉，善哉！

By the [merits] thoughtfully and joyfully acquired by [us practising] this Dhamma together with the power of the Buddha, etc. (i.e. the Triple Gem), may other Venerable theras, senior members of the Saṅgha, have a long life and successfully fulfill their noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以及透过佛陀等（即三宝）的力量，愿僧团的其他长老长辈长寿，以及成就他们的善心愿。

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Devārādhana (p.1)

Samantā cakka-vāḷesu
Atrāgacchantu devatā;
Saddhammaṃ Muni-rājassa
Suṇantu sagga-mokkhadaṃ.

Dhammassavana-kālo ayaṃ bhadantā. (x3)

Inviting the Deities 邀請諸天

May the deities of the entire universe come here and listen to the True-Dhamma of the King of Sages, which leads to the heavenly states and liberation (Nibbāna).

从世界系中各处，愿诸天神来此地，
聆听知王之正法，导向天界与解脱。

Sirs, now is the time for listening to the Dhamma.
这是听闻佛法的时候，大德们。

Vandanā (p.1)

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Homage [to the Buddha] 礼敬佛陀

Homage to that Blessed One, the Arahant and Perfectly Self-Awakened One.

礼敬世尊、阿罗汉、圆满自觉者。

Sambodhi-Udāna (p.1)

Aneka-jāti saṃsāraṃ
Sandhāvissaṃ anibbisaṃ,
Gaha-kāraṃ gavesanto
Dukkhā jāti punappunaṃ.

Gaha-kāraka, diṭṭho'si
Puna gehaṃ na kāhasi,
Sabbā te phāsukā bhaggā
Gaha-kūṭaṃ visaṅkhataṃ,
Visaṅkhāra-gataṃ cittaṃ
Taṇhānaṃ khayamajjhagā.

– KN, Dhṃ⁷ 153-154

Inspired Utterance [after] Self-Awakening 正觉自说

I wandered [through] many births in saṃsāra, searching for the house builder (craving) [but] found [him] not; repeated birth is suffering.

在生死轮回当中，我寻找了许多世，
却找不到造屋者。一再投生的确苦。

O house-builder! You are seen. You shall not build a house again. All your rafters are broken. Your ridge-pole is shattered. My mind has attained the unconditioned, obtaining the destruction of craving.

造屋者你已被见！你已不能再造屋。
你所有的椽已断，你的横梁已粉碎。
我心已证无为法。已经达到爱尽毁。

⁷ Abbreviations in this book 本书中的英文缩写：DN (Dīgha-Nikāya), MN (Majjhima-Nikāya), SN (Saṃyutta-Nikāya), AN (Aṅguttara-Nikāya), KN (Khuddaka-Nikāya), Dhṃ (Dhammapada).

Paṭiccasamuppāda (p.2)

Iti imasmim sati idaṃ hoti, imassuppādā
idaṃ uppajjati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
paccayā viññāṇaṃ, viññāṇa-paccayā nāma-
rūpaṃ, nāma-rūpa-paccayā saḷāyatanaṃ,
saḷāyatana-paccayā phasso, phassa-paccayā
vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
upādānaṃ, upādāna-paccayā bhavo, bhava-
paccayā jāti, jāti-paccayā jarā-maraṇaṃ soka-
parideva-dukkha-domanassupāyāsā
sambhavanti. Evametassa kevalassa
dukkhakkhandhassa samudayo hoti.

Yadā have pātubhavanti dhammā,
Ātāpino jhāyato brāhmaṇassa,
Athassa kaṅkhā vapayanti sabbā,
Yato pajānāti sahetudhammaṃ.

Iti imasmim asati idaṃ na hoti, imassa
nirodhā idaṃ nirujjhati, yadidaṃ:

Avijjā-nirodhā saṅkhāra-nirodho,
saṅkhāra-nirodhā viññāṇa-nirodho, viññāṇa-
nirodhā nāma-rūpa-nirodho, nāma-rūpa-
nirodhā saḷāyatana-nirodho, saḷāyatana-
nirodhā phassa-nirodho, phassa-nirodhā
vedanā-nirodho, vedanā-nirodhā taṇhā-
nirodho, taṇhā-nirodhā upādāna-nirodho,
upādāna-nirodhā bhava-nirodho, bhava-
nirodhā jāti-nirodho, jāti-nirodhā jarā-maraṇaṃ
soka-parideva-dukkha-domanassupāyāsā
nirujjhanti. Evametassa kevalassa
dukkhakkhandhassa nirodho hoti.

Dependent Origination 缘起

Thus when there is this that is, with the arising of this
that arises, such as:

此有故彼有，此生故彼生，即：

Dependent on ignorance, activities [arise]; dependent
on activities, consciousness [arises]; dependent on
consciousness, mentality and materiality [arise];
dependent on mentality and materiality, the six bases
[arise]; dependent on the six bases, contact [arises];
dependent on contact, feeling [arises]; dependent on
feeling, craving [arises]; dependent on craving,
attachment [arises]; dependent on attachment, existence
[arises]; dependent on existence, [a new] birth [takes
place]; dependent on birth, ageing, death, sorrow,
lamentation, pain, unhappiness and despair come to be.
Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
个苦蕴的集起。

When indeed phenomena become apparent to the
religious one who is ardent and meditative, then all his
doubts disappear, since he knows the nature of their
causes.

当诸法明显呈现时，热诚禅修的婆罗门，
一切疑惑都会消失，因他了知诸法之因。

When there is not this that is not, with the cessation
of this that ceases, such as:

此无故彼无，此灭故彼灭，即：

With the cessation of ignorance, activities cease;
with the cessation of activities, consciousness ceases;
with the cessation of consciousness, mentality and
materiality cease; with the cessation of mentality and
materiality, the six [sense] bases cease; with the cessation
of the six [sense] bases, contact ceases; with the cessation
of contact, feeling ceases; with the cessation of feeling,
craving ceases; with the cessation of craving, attachment
ceases; with the cessation of attachment, [the cause for a
new] existence ceases; with the cessation of [the cause for
a new] existence, [the possibility of re]birth ceases; with
the cessation of birth, ageing, death, sorrow, lamentation,
pain, unhappiness and despair cease. Thus there is the
cessation of this whole mass of suffering.

无明灭则行灭；行灭则识灭；识灭则名色灭；
名色灭则六处灭；六处灭则触灭；触灭则受灭；受
灭则爱灭；爱灭则取灭；取灭则有灭；有灭则生灭；
生灭则老、死、愁、悲、苦、忧、恼灭。如是整个
苦蕴的熄灭。

Yadā have pātubhavanti dhammā
 Ātāpino jhāyato brāhmaṇassa,
 Athassa kaṅkhā vapayanti sabbā,
 Yato khayam paccayānam avedi.

Iti imasmim sati idam hoti, imassuppādā
 idam uppajjati, imasmim asati idam na hoti,
 imassa nirodhā idam nirujjhati, yadidam:

Avijjā-paccayā saṅkhārā, saṅkhāra-
 paccayā viññāṇam, viññāṇa-paccayā nāma-
 rūpam, nāma-rūpa-paccayā saḷāyatanaṃ,
 saḷāyatana-paccayā phasso, phassa-paccayā
 vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
 upādānam, upādāna-paccayā bhavo, bhava-
 paccayā jāti, jāti-paccayā jarā-maraṇam soka-
 parideva-dukkha-domanassupāyāsā
 sambhavanti. Evametassa kevalassa
 dukkhakkhandhassa samudayo hoti.

Avijjāya tveva asesavirāga-nirodhā
 saṅkhāra-nirodho, saṅkhāra-nirodhā viññāṇa-
 nirodho, viññāṇa-nirodhā nāma-rūpa-nirodho,
 nāma-rūpa-nirodhā saḷāyatana-nirodho,
 saḷāyatana-nirodhā phassa-nirodho, phassa-
 nirodhā vedanā-nirodho, vedanā-nirodhā
 taṇhā-nirodho, taṇhā-nirodhā upādāna-
 nirodho, upādāna-nirodhā bhava-nirodho,
 bhava-nirodhā jāti-nirodho, jāti-nirodhā jarā-
 maraṇam soka-parideva-dukkha-
 domanassupāyāsā nirujjhanti. Evametassa
 kevalassa dukkhakkhandhassa nirodho hoti.

Yadā have pātubhavanti dhammā,
 Ātāpino jhāyato brāhmaṇassa,
 Vidhūpayam tiṭṭhati māra-senam,
 Suriyo'va obhāsayamantalikkham.

– Vinayapiṭaka, Mahāvagga,
 Mahākhanda
 – KN, Udāna, Bodhivagga

When indeed phenomena become apparent to the religious one who is ardent and meditative, then all his doubts disappear, since he experiences the elimination of [their] causes.

当诸法明显呈现时，热诚禅修的婆罗门，
 一切疑惑都会消失，因他体证诸缘之灭。

Thus when there is this that is, with the arising of this that arises: when there is not this that is not, with the cessation of this that ceases, such as:

此有故彼有，此生故彼生；
 此无故彼无，此灭故彼灭，即：

Dependent on ignorance, activities [arise]; dependent on activities, consciousness [arises]; dependent on consciousness, mentality and materiality [arise]; dependent on mentality and materiality, the six bases [arise]; dependent on the six bases, contact [arises]; dependent on contact, feeling [arises]; dependent on feeling, craving [arises]; dependent on craving, attachment [arises]; dependent on attachment, existence [arises]; dependent on existence, [a new] birth [takes place]; dependent on birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair come to be. Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
 六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
 缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
 个苦蕴的集起。

With the remainderless dispassion and cessation of ignorance, activities cease; with the cessation of activities, consciousness ceases; with the cessation of consciousness, mentality and materiality cease; with the cessation of mentality and materiality, the six [sense] bases cease; with the cessation of the six [sense] bases, contact ceases; with the cessation of contact, feeling ceases; with the cessation of feeling, craving ceases; with the cessation of craving, attachment ceases; with the cessation of attachment, [the cause for a new] existence ceases; with the cessation of [the cause for a new] existence, [the possibility of re]birth ceases; with the cessation of birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair cease. Thus there is the cessation of this whole mass of suffering.

无明灭尽离欲无余则行灭；行灭则识灭；识
 灭则名色灭；名色灭则六处灭；六处灭则触灭；触
 灭则受灭；受灭则爱灭；爱灭则取灭；取灭则有灭；
 有灭则生灭；生灭则老、死、愁、悲、苦、忧、恼
 灭。如是整个苦蕴的熄灭。

When indeed phenomena become apparent to the religious one who is ardent and meditative, he stands dispelling the hosts of Māra, just as the sun illuminating the sky [dispels darkness].

当诸法明显呈现时，热诚禅修的婆罗门，
 他击败魔军而稳立，犹如太阳照亮天空。

Paccayā - Paccayuddeso (p.4) [Twenty-Four] Conditions 二十四缘

Hetupaccayo, ārammaṇapaccayo,
adhipatipaccayo, anantarapaccayo,
samanantarapaccayo, saha-jātapaccayo,
añña-mañña-paccayo, nissayapaccayo,
upanissayapaccayo, purejātapaccayo,
pacchājātapaccayo, āsevanapaccayo,
kammappaccayo, vipākapaccayo,
āhārapaccayo, indriyapaccayo,
jhānapaccayo, maggapaccayo,
sampayuttapaccayo, vippayuttapaccayo,
atthipaccayo, natthipaccayo,
vigatappaccayo, avigatappaccayoti.

Root condition, object condition,
predominance condition, immediacy condition,
contiguity condition, consciousness condition,
mutuality condition, dependence condition,
powerful dependence condition, pre-nascence condition,
post-nascence condition, repetition condition,
kamma condition, result condition,
nutriment condition, faculty condition,
jhāna condition, path condition,
association condition, dissociation condition,
presence condition, absence condition,
disappearance condition, non-disappearance condition.
因缘；所缘缘；增上缘；无间缘；
相续缘；俱生缘；相互缘；依止缘；
亲依止缘；前生缘；后生缘；重复缘；
业缘；果报（异熟）缘；食缘；根缘；
禅那缘；道缘；相应缘；不相应缘；
有缘；无有缘；离去缘；不离去缘。

Buddhānussati (p.5)

Iti'pi so bhagavā araham, sammāsambuddho,
vijjācaraṇa-sampanno, sugato, lokavidū,
anuttaro purisadamma-sārathi, satthā
devamanussānam, buddho, bhagavā.

Contemplation of the Buddha 佛随念

Such is that Blessed One, the Worthy One, the
Perfectly Self-Awakened One, One fully possessed of
wisdom and conduct, One who has proceeded by the good
way, Knower of the [three] worlds, Unexcelled Trainer of
tameable men, Teacher of deities and men, The Awakened
One, The Blessed One.

世尊是：阿罗汉、圆满自觉者、明行足、善逝、
世间解、无上士调御丈夫、天人师、佛陀、世尊。

Dhammānussati (p.5)

Svākkhāto bhagavatā dhammo, sandiṭṭhiko,
akāliko, ehi-passiko, opanayiko, paccattam
veditabbo viññūhi.

Contemplation of the Dhamma 法随念

Well-expounded is the Exalted One's Dhamma,
visible here-and-now, not delayed in time, inviting of
inspection, onward-leading, is directly experienceable by
the wise.

法由世尊善说，现前可见、无时（无间隔）、
请来看、导向、当由智者亲证。

Saṅghānussati (p.5)

Suppaṭipanno bhagavato sāvaka-saṅgho,
Ujuppaṭipanno bhagavato sāvaka-saṅgho,
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,
Sāmīcippaṭipanno bhagavato sāvaka-saṅgho;
Yadidaṃ: cattāri purisa-yugāni aṭṭha purisa-
puggalā, esa bhagavato sāvaka-saṅgho;
Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-
karaṇīyo, anuttaram puññakkhettaṃ lokassa.

Contemplation of the Saṅgha 僧随念

The community of the Exalted One's disciples has
entered on the good way, the community of the Exalted
One's disciples has entered on the straight way, the
community of the Exalted One's disciples has entered on
the true way, the community of the Exalted One's
disciples has entered on the proper way, that is to say, the
four pairs of men, the eight types of persons. That is the
Exalted One's disciple community, worthy of gifts,
worthy of hospitality, worthy of offerings, whom should
be respected, the incomparable field of merit for the
world.

世尊的声闻僧众已入善行道；世尊的声闻僧众
已入正直行道；世尊的声闻僧众已入真实行道；世
尊的声闻僧众已入正当行道。即四双八辈。这是世
尊的声闻僧众，是应供养、应供奉者、应施于者、
应合掌（礼敬）者，是世间的无上福田。

Evam buddham sarantānam
Dhammam saṅghaṇca bhikkhavo;
Bhayaṁ vā chambhitattam vā
Lomahaṁso na hessati.

– SN, Sagāthāvagga, Sakkasamyutta,
Dhajaggasuttam

Thus, Bhikkhus, in you who remember the Buddha,
the Dhamma and the Saṅgha, fear, trembling or terror will
never arise.

如是诸比丘，忆念佛法僧，
他无畏不栗，无毛骨悚然。

Parittaparikamma (p.6)

Ye santā santacittā,
tisaraṇasaraṇā,
ettha lokantare vā,
bhum mābhummā ca devā,
guṇagaṇagahaṇabyāvaṭṭā sabbakālaṁ,
ete āyantu devā,
varakanakamaye,
Merurāje vasanto,
santo santosahetum,
Munivaravacanam,
sotumaggaṁ samaggaṁ.

Sabbesu cakkavāḷesu,
yakkhā devā ca brahmano,
yaṁ amhehi kataṁ puññaṁ,
sabbasampattisādhakaṁ,

Sabbe taṁ anumoditvā,
samaggā sāsane ratā,
pamādarahitā hontu,
ārakkhāsu visesato.

Sāsanassa ca lokassa,
vuḍḍhī bhavatu sabbadā,
sāsanampi ca lokaṇca,
devā rakkhantu sabbadā.

Saddhim hontu sukhī sabbe,
parivārehi attano,
anīghā sumanā hontu,
saha sabbehi ñātibhi.

Preliminary of Paritta 护卫前业

Those (gods) who are peaceful, with peaceful minds,
who have taken refuge in the triple refuge, whether here,
or above the worlds, the various earth gods and sky gods,
who make effort to take group of virtuous deeds all of the
time, may these gods and those who dwell on the majestic
Mt. Meru, that excellent golden mountain, come in
concord, to hear the Sage's excellent word which is a
reason of great happiness.

这个世界与其它世界里，受持了三皈依，一切
时候皆致力于累积诸多美德，贤善内心寂静的地居
神与空居神，以及住在金造的须弥山顶的诸神王，
以及诸位贤者，愿诸神都和谐地来听闻牟尼的至上
语、快乐之因。

May all yakkhās, gods, and deities, from the whole
universe, after partaking of the merits, which can produce
all good fortune,

愿一切世界里的夜叉、神与梵天神随喜我们所
造、能带来一切成就的福业。

which we have acquired, being in harmony, and
delighting in the teaching, be not heedless and grant us
complete protection especially.

随喜该福业后，愿他们都和谐地对佛教感到欢
喜，不放逸地保护（美德）。

May the teaching and the world be on the increase at
all times, and may the gods protect the teaching and the
world forever.

愿一切时候佛教与世界都在增长，
愿一切时候诸神都保护佛教与世界。

May all together with those who are one's around, be
happy, may all together with all relatives, be untroubled,
and easy in mind.

愿一切众生自己与其随众都快乐，
愿他们及亲戚们都无身苦都开心。

Rājato vā, corato vā, manussato vā,
amanussato vā, aggito vā, udakato vā,
pisācato vā, khāṇukato vā,
kaṇṭakato vā, nakkhattato vā,
janapadarogato vā, asaddhammato vā,
asandiṭṭhito vā, asappurisato vā,
caṇḍa-hatthi-assa-miga-goṇa-kukkura-ahi-
vicchika-maṇisappa-dīpi-accha-taraccha-
sūkara-mahimsa-yakkha-rakkhasādīhi,
nānā-bhayato vā, nānā-roгато vā,
nānā-upaddavato vā, ārakkhaṃ gaṇhantu.

(May you be protected) from the king, thieves, humans, and non-humans, from fire and water, demons, stumps, and thorns, from unlucky stars, and epidemics, from what is not the true dhamma, not right view, not a good person, and from fierce elephants, horses, antelopes, bulls, dogs, snakes, scorpions, poisonous serpents, panthers, bears, hyenas, wild boars, buffaloes, yakkhas, rakkhasas, and so on, from the manifold fears, the manifold diseases, the manifold calamities, (from all of these troubles) may you receive protection.

愿你们获得保护得以免除来自王、贼、人、非人、火、水、鬼怪、树桩、刺、星座、瘟疫、非正法、邪见、非善士、凶恶的象、马、鹿、牛、狗、蛇、蝎、水蛇、豹、熊、鬣狗、野猪、水牛、夜叉、怪物等的种种危险，免除种种疾病与厄难。

Mettasuttaṃ (p.7)

Yassānubhāvato yakkhā neva dassenti bhīsaṇaṃ
Yamhi cevānuyujjanto rattindivamatandito.

Sukhaṃ supati sutto ca pāpaṃ kiñci na passati,
Evamādiguṇūpetāṃ parittaṃ taṃ bhaṇāma he.

- - -

Karaṇīyamattakusalena,
yantasantaṃ padaṃ abhisamecca;
Sakko ujū ca suhujū ca,
suvaco cassa mudu anatimānī.

Santussako ca subharo ca,
appakicco ca sallahukavutti;
Santindriyo ca nipako ca,
appagabbho kulesvananugiddho.

Na ca khuddamācare kiñci,
yena viññū pare upavadeyyum;
Sukhinova khemino hontu,
sabbasattā bhavantu sukhittā.

Ye keci pāṇabhūtatti,
tasā vā thāvarā vanavasesā;
Dīghā vā yeva mahantā,
majjhimā rassakā aṇukathulā.

Discourse on Loving-Kindness 慈愛經

Due to the power of this (Mettā Sutta), spirits did not manifest frightful sights. One who devotes himself to these teachings day and night diligently sleeps soundly and does not have any nightmare when asleep. Let us recite this protective discourse.

透过它（慈愛經）的力量，夜叉不显现恐怖相。对于昼夜致力修行者，他睡眠舒适不做恶梦。且让我们诵念具备这些功德之护卫。

This is to be done by [one] skilled in [what is] beneficial: having understood the path that [leads to] peace; he would be able, upright, very upright, easy to admonish, gentle, and not arrogant.

这是想要证得彻悟寂静涅槃、善于有益修行的人应该做的事：他必须有能力、正直、非常正直、易受教、柔软、不自大、

Contented and easy to support, of few duties and living frugally; [with] calm faculties and prudent, not obtrusive [to and] greedy [for gains from supporting] families.

知足、易护持、少事务、生活简朴、诸根寂静、拥有成熟的智慧、不无礼、不贪着在家众。

He would not do [even] the slightest thing, by which the wise could censure [and tell] others; may [all beings] be happy and secure, may all beings be in a state of happiness.

只要是智者将会指责的事，即使是小事他也不做；（愿一切众生）幸福与平安，愿一切众生安乐；

Whatever living beings there are, feeble or strong, [all] without exception; those long, great, medium, short, small or large.

无论是任何存在的众生，会颤抖的或不会颤抖的皆毫无遗漏，长的或大的或中等的，短的或小的或粗圆的，

Ditṭhā vā yeva aditṭhā,
ye va dūre vasanti avidūre;
Bhūtā va sambhavesī va,
sabbasattā bhavantu sukhittattā.

Na paro param nikubbetha,
nātimaññetha katthaci na kañci;
Byārosanā paṭighasaññā,
nāññamaññassa dukkhamiccheyya.

Mātā yathā niyaṃ puttamāyusā
ekaputtamanurakkhe;
Evampi sabbabhūtesu,
mānasam bhāvaye aparimāṇam.

Mettañca sabbalokasmi,
mānasam bhāvaye aparimāṇam;
Uddham adho ca tiriyañca,
asambādham averamasapattam.

Tiṭṭham caram nisinno va,
sayāno yāvatāssa vitamiddho;
Etaṃ satim adhiṭṭheyya,
brahmametaṃ vihāramidhamāhu.

Ditṭhiñca anupaggaṃ,
sīlavā dassanena sampanno;
Kāmesu vinaya gedham,
na hi jātuggabbhaseyya punareti.

– KN, Khuddakapāṭha 9; Suttanipāta, Uragavagga 8

Those seen or not seen, and living far or nearby; born or seeking birth, may all beings be in a state of happiness.
见到的或没见到的，住在远方的或近处的，已生的或还寻求再生的——愿一切众生快乐。

One would not deceive another, [nor] despise them anywhere [about] anything; [out of] anger or aversion, would not wish suffering for each other.
且让人不欺骗别人，也不在任何地方轻视别人。且让他们不会以嗔怒与厌恶来互相希望对方痛苦。

Just as a mother for her son, [her] only son, would protect [him] with her life; thus, also, towards all beings, would develop the mind without limit.
正如母亲对待自己的儿子那样，会以生命来保护独生子；应当如此对一切众生培育无量的心。

With loving-kindness towards the whole world, would develop the mind without limit; above, below and across, unrestricted, free from enmity and hostility.
以及应当以慈爱对全世界培育无量的心，上方、下方与周围，无障碍、无仇人、无敌对。

While standing, walking, seated, or lying down free from drowsiness; would determine [to keep] this mindfulness [in mind], this is a divine abiding in this world, it is said.
立、行、坐或卧，只要不是在睡眠中，都应决心保持如此的正念。这就是他们在此所说的梵住。

Not going to [wrong] view[s], being morally well behaved and having [right] vision, [and] having given up greed for sensuality, never again come [back] to the womb.
不执持邪见，拥有戒行，具足智见，及已经去除对欲乐的贪爱之后，他肯定不会再投胎。

Khandhasuttaṃ (p.8)

Sabbāsivisajātinaṃ
Dibbamantāgaḍaṃ viya
Yaṃ nāseti viṣaṃ ghoram
Sesañcāpi parissayam.

Āṇākkhettamhi sabbattha
Sabbadā sabbapaṇinaṃ
Sabbasopi nivāreti
Parittam tam bhaṇāma he.

- - -

Discourse on [Protection of] Aggregates 蕴护经

Just like divine charms and divine medicines, this (Khandha-Sutta) nullifies baneful poison and other perils of all the highly poisonous creatures.
犹如天咒与天药，此经能够除剧毒；一切剧毒之生物，其害此经皆能除。

In the scope of authority everywhere, always, for all beings this discourse prevents (the disasters). Let us recite this protective discourse now.
在此威力范围内，一切时候一切处，此经能防该危害。我们且诵此护卫。

Virūpakkhehi me mettaṃ
Mettaṃ Erāpathehi me,
Chabyāputtehi me mettaṃ
Mettaṃ Kaṇhāgotamakehi ca.

Apādakehi me mettaṃ
Mettaṃ dvipādakehi me,
Catuppadehi me mettaṃ
Mettaṃ bahuppadehi me.

Mā maṃ apādako hiṃsi
Mā maṃ hiṃsi dvipādako,
Mā maṃ catuppado hiṃsi
Mā maṃ hiṃsi bahuppado.

Sabbe sattā, sabbe pāṇā
Sabbe bhūtā ca kevalā,
Sabbe bhadraṇi passantu
Mā kañci pāpamāgamā.

Appamāṇo Buddho,
Appamāṇo Dhammo,
Appamāṇo Saṅgho.
Pamāṇavantāni sirīmsapāni:
Ahi-vicchikā, satapadī,
Uṇṇanābhi, sarabū, mūsikā.

Katā me rakkhā, kataṃ me parittaṃ,
Paṭikkamantu bhūtāni.
So'haṃ namo Bhagavato,
Namo sattannaṃ Sammā-sambuddhānaṃ.

– KN, 203 Khaṇḍajātaka;
AN.IV.67 Ahirājasuttaṃ;
Vinayaṭṭhaka, Cūḷavagga,
Khuddakavatthukkhandaṃ

May I have loving-kindness towards the Virūpakkhas;
May I have loving-kindness towards the Erāpathas;
May I have loving-kindness towards the Chabyāputtas;
May I have loving-kindness towards the Kaṇhāgotamakas.
愿我对威卢跋有慈爱；愿我对伊拉跋有慈爱；
愿我对刹标子有慈爱；愿我对黑瞿昙有慈爱。

May I have loving-kindness towards footless beings;
May I have loving-kindness towards beings with two legs;
May I have loving-kindness towards beings with four legs;
May I have loving-kindness towards beings with many legs.
愿我对无足众生有慈爱；愿我对两足众生有慈爱；
愿我对四足众生有慈爱；愿我对多足众生有慈爱。

May footless beings not harm me;
May beings with two legs not harm me;
May beings with four legs not harm me;
May beings with many legs not harm me.
愿无足众生不伤害我；愿两足众生不伤害我；
愿四足众生不伤害我；愿多足众生不伤害我。

May all living beings, all breathing things,
all creatures (without exception)
meet with good fortune.
May none of them come to any evil.
愿一切有情一切息生、一切众生毫无遗漏地，
愿他们遇见幸运的事，不会遭遇邪恶的事情。

Infinite is the Buddha,
Infinite is the Dhamma,
Infinite is the Saṅgha.
Finite are creeping things:
snakes, scorpions, centipedes,
spiders, lizards, rats.
佛无量，法无量，僧无量。
爬行类却有限量：
蛇、蝎、蜈蚣、
蜘蛛、蜥蜴、老鼠。

I have made the protection, I have made the safeguard.
May the (harmful) beings depart. I pay homage to the
Blessed One; homage to the seven Buddhas (Vipassī
Buddha, Sikhī Buddha, Vessabhū Buddha, Kakusandha
Buddha, Koṇāgamana Buddha, Kassapa Buddha, and
Gotama Buddha)
我做了护卫，我做了保护。
愿那些（有害的）众生离开。
我礼敬世尊；
礼敬七位圆满自觉者。

Mahāsatipaṭṭhānasuttaṃ^(p.35) *The Great Discourse on Foundations of Mindfulness* 大念处经

... (Continue from day 1) ...

Vedanānupassanā^(p.43)

“Kathañca pana, bhikkhave, bhikkhu vedanāsu vedanānupassī viharati? Idha, bhikkhave, bhikkhu sukhaṃ vā vedanaṃ vedayamāno ‘sukhaṃ vedanaṃ vedayāmī’ti pajānāti. Dukkhaṃ vā vedanaṃ vedayamāno ‘dukkhaṃ vedanaṃ vedayāmī’ti pajānāti. Adukkhamasukhaṃ vā vedanaṃ vedayamāno ‘adukkhamasukhaṃ vedanaṃ vedayāmī’ti pajānāti.

“Sāmisarṃ vā sukhaṃ vedanaṃ vedayamāno ‘sāmisarṃ sukhaṃ vedanaṃ vedayāmī’ti pajānāti, nirāmisarṃ vā sukhaṃ vedanaṃ vedayamāno ‘nirāmisarṃ sukhaṃ vedanaṃ vedayāmī’ti pajānāti. Sāmisarṃ vā dukkhaṃ vedanaṃ vedayamāno ‘sāmisarṃ dukkhaṃ vedanaṃ vedayāmī’ti pajānāti, nirāmisarṃ vā dukkhaṃ vedanaṃ vedayamāno ‘nirāmisarṃ dukkhaṃ vedanaṃ vedayāmī’ti pajānāti. Sāmisarṃ vā adukkhamasukhaṃ vedanaṃ vedayamāno ‘sāmisarṃ adukkhamasukhaṃ vedanaṃ vedayāmī’ti pajānāti, nirāmisarṃ vā adukkhamasukhaṃ vedanaṃ vedayamāno ‘nirāmisarṃ adukkhamasukhaṃ vedanaṃ vedayāmī’ti pajānāti.

Iti ajjhataṃ vā vedanāsu vedanānupassī viharati, bahiddhā vā vedanāsu vedanānupassī viharati, ajjhatabhiddhā vā vedanāsu vedanānupassī viharati. Samudaya-dhammānupassī vā vedanāsu viharati, vayadhammānupassī vā vedanāsu viharati, samudayavayadhammānupassī vā vedanāsu viharati. ‘Atthi vedanā’ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu vedanāsu vedanānupassī viharati.

Vedanānupassanā niṭṭhitā.

Contemplation of Feeling 受随观念处

‘And, bhikkhus, how does a bhikkhu abide contemplating feelings as feelings? Here, bhikkhus, when experiencing a pleasant feeling a bhikkhu understands: “I experience a pleasant feeling.” When experiencing a painful feeling he understands: “I experience a painful feeling.” When experiencing a neither-painful-nor-pleasant feeling he understands: “I experience a neither-painful-nor-pleasant feeling.”

再者，诸比丘，比丘如何安住于观受为受呢？在此，诸比丘，感到乐受时，比丘了知：『我感到乐受。』感到苦受时，他了知：『我感到苦受。』感到不苦不乐受时，他了知：『我感到不苦不乐受。』

‘When experiencing a pleasant sensual feeling he understands: “I experience a pleasant sensual feeling.” When experiencing a pleasant non-sensual feeling he understands: “I experience a pleasant non-sensual feeling.” When experiencing a painful sensual feeling he understands: “I experience a painful sensual feeling.” When experiencing a painful non-sensual feeling he understands: “I experience a painful non-sensual feeling.” When experiencing a neither-painful-nor-pleasant sensual feeling he understands: “I experience a neither-painful-nor-pleasant sensual feeling.” When experiencing a neither-painful-nor-pleasant non-sensual feeling he understands: “I experience a neither-painful-nor-pleasant non-sensual feeling.”

感到有爱染的乐受时，他了知：『我感到有爱染的乐受。』感到没有爱染的乐受时，他了知：『我感到没有爱染的乐受。』感到有爱染的苦受时，他了知：『我感到有爱染的苦受。』感到没有爱染的苦受时，他了知：『我感到没有爱染的苦受。』感到有爱染的不苦不乐受时，他了知：『我感到有爱染的不苦不乐受。』感到没有爱染的不苦不乐受时，他了知：『我感到没有爱染的不苦不乐受。』

‘Thus he abides contemplating feelings as feelings internally, or he abides contemplating feelings as feelings externally, or he abides contemplating feelings as feelings both internally and externally. He abides contemplating arising phenomena in the feelings, or he abides contemplating vanishing phenomena in the feelings, or he abides contemplating both arising and vanishing phenomena in the feelings. Or mindfulness that “there is feeling” is established in him just to the extent merely necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating feelings as feelings.

如此，他安住于观照内在的受为受、安住于观照外在的受为受或安住于观照内在与外在的受为受。他安住于观照受的生起现象、安住于观照受的坏灭现象或安住于观照受的生起与坏灭现象。或者他建立起『有受』的正念只为了更高的智慧与正念。

他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘安住于观受为受的方法。

Cittānupassanā

“Kathañca pana, bhikkhave, bhikkhu citte cittānupassī viharati? Idha, bhikkhave, bhikkhu sarāgaṃ vā cittaṃ ‘sarāgaṃ cittaṃ’ti pajānāti, vītārāgaṃ vā cittaṃ ‘vītārāgaṃ cittaṃ’ti pajānāti. Sadosaṃ vā cittaṃ ‘sadosaṃ cittaṃ’ti pajānāti, vītadosaṃ vā cittaṃ ‘vītadosaṃ cittaṃ’ti pajānāti. Samohaṃ vā cittaṃ ‘samohaṃ cittaṃ’ti pajānāti, vītamohaṃ vā cittaṃ ‘vītamohaṃ cittaṃ’ti pajānāti. Saṅkhittaṃ vā cittaṃ ‘saṅkhittaṃ cittaṃ’ti pajānāti, vikkhittaṃ vā cittaṃ ‘vikkhittaṃ cittaṃ’ti pajānāti. Mahaggataṃ vā cittaṃ ‘mahaggataṃ cittaṃ’ti pajānāti, amahaggataṃ vā cittaṃ ‘amahaggataṃ cittaṃ’ti pajānāti. Sauttaraṃ vā cittaṃ ‘sauttaraṃ cittaṃ’ti pajānāti, anuttaraṃ vā cittaṃ ‘anuttaraṃ cittaṃ’ti pajānāti. Samāhitaṃ vā cittaṃ ‘samāhitaṃ cittaṃ’ti pajānāti, asamāhitaṃ vā cittaṃ ‘asamāhitaṃ cittaṃ’ti pajānāti. Vimuttaṃ vā cittaṃ ‘vimuttaṃ cittaṃ’ti pajānāti, avimuttaṃ vā cittaṃ ‘avimuttaṃ cittaṃ’ti pajānāti.

Iti ajjhataṃ vā citte cittānupassī viharati, bahiddhā vā citte cittānupassī viharati, ajjhatabhiddhā vā citte cittānupassī viharati. Samudayadhammānupassī vā cittasmiṃ viharati, vayadhammānupassī vā cittasmiṃ viharati, samudayavayadhammānupassī vā cittasmiṃ viharati, ‘atthi cittaṃ’ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu citte cittānupassī viharati.

Cittānupassanā niṭṭhitā.

Contemplation of Mind 心随观念处

‘Again, bhikkhus, how does a bhikkhu abide contemplating mind as mind? Here, bhikkhus, a bhikkhu understands mind with lust as mind with lust. He understands mind free from lust as mind free from lust. He understands mind with hate as mind with hate. He understands mind free from hate as mind free from hate. He understands mind with delusion as mind with delusion. He understands mind free from delusion as mind free from delusion. He understands contracted mind as contracted mind. He understands distracted mind as distracted mind. He understands exalted mind as exalted mind. He understands unexalted mind as unexalted mind. He understands surpassable mind as surpassable mind. He understands unsurpassable mind as unsurpassable mind. He understands concentrated mind as concentrated mind. He understands unconcentrated mind as unconcentrated mind. He understands liberated mind as liberated mind. He understands unliberated mind as unliberated mind.

再者，诸比丘，比丘如何安住于观心为心呢？在此，诸比丘，比丘了知有贪欲的心为有贪欲的心，了知没有贪欲的心为没有贪欲的心；了知有瞋恨的心为有瞋恨的心，了知没有瞋恨的心为没有瞋恨的心；了知有愚痴的心为有愚痴的心，了知没有愚痴的心为没有愚痴的心；了知收缩的心为收缩的心，了知散乱的心为散乱的心；了知广大的心为广大的心，了知不广大的心为不广大的心；了知有上的心为有上的心，了知无上的心为无上的心；了知专一的心为专一的心，了知不专一的心为不专一的心；了知解脱的心为解脱的心，了知未解脱的心为未解脱的心。

‘Thus he abides contemplating mind as mind internally, or he abides contemplating mind as mind externally, or he abides contemplating mind as mind both internally and externally. He abides contemplating arising phenomena in the mind, or he abides contemplating vanishing phenomena in the mind, or he abides contemplating both arising and vanishing phenomena in the mind. Or mindfulness that “there is mind” is established in him just to the extent necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating mind as mind.

如此，他安住于观照内在的心为心、安住于观照外在的心为心或安住于观照内在与外在的心为心。他安住于观照心的生起现象、安住于观照心的坏灭现象或安住于观照心的生起与坏灭现象。或者他建立起『有心』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘安住于观心为心的方法。

"Santam vā ajjhataṃ uddhaccakukkuccam
'atthi me ajjhataṃ uddhaccakukkuccan'ti
pajānāti, asantam vā ajjhataṃ uddhacca-
kukkuccam 'natthi me ajjhataṃ uddhacca-
kukkuccan'ti pajānāti, yathā ca anuppannassa
uddhaccakukkuccassa uppādo hoti tañca
pajānāti, yathā ca uppannassa uddhacca-
kukkuccassa pahānam hoti tañca pajānāti,
yathā ca pahīnassa uddhaccakukkuccassa
āyatim anuppādo hoti tañca pajānāti.

"Santam vā ajjhataṃ vicikiccham 'atthi
me ajjhataṃ vicikicchā'ti pajānāti, asantam vā
ajjhataṃ vicikiccham 'natthi me ajjhataṃ
vicikicchā'ti pajānāti, yathā ca anuppannāya
vicikicchāya uppādo hoti tañca pajānāti, yathā
ca uppannāya vicikicchāya pahānam hoti tañca
pajānāti, yathā ca pahīnāya vicikicchāya
āyatim anuppādo hoti tañca pajānāti.

"Iti ajjhataṃ vā dhammesu
dhammānupassī viharati, bahiddhā vā
dhammesu dhammānupassī viharati,
ajjhatabhiddhā vā dhammesu dhammānupassī
viharati samudayadhammānupassī vā
dhammesu viharati, vayadhammānupassī vā
dhammesu viharati, samudayavaya-
dhammānupassī vā dhammesu viharati 'atthi
dhammā'ti vā panassa sati paccupaṭṭhitā hoti
yāvadeva ñāṇamattāya paṭissatimattāya
anissito ca viharati, na ca kiñci loke upādiyati.
Evampi kho, bhikkhave, bhikkhu dhammesu
dhammānupassī viharati pañcasu nīvaraṇesu.

Nīvaraṇapabbam niṭṭhitam.

"Whenever restlessness and remorse is present within him, he understands: "Restlessness and remorse are present within me." Whenever restlessness and remorse are absent from him, he understands: "Restlessness and remorse are absent from me." He understands how the restlessness and remorse that have not yet arisen within him come to arise. He understands how the restlessness and remorse that have now arisen within him are eradicated. He understands how the restlessness and remorse that have now been eradicated will in future no longer arise within him.

内心有掉举与追悔时，他了知：『我内心有掉举与追悔。』内心没有掉举与追悔时，他了知：『我内心没有掉举与追悔。』他了知尚未生起的掉举与追悔如何在他内心生起；他了知已经在他内心生起的掉举与追悔如何被灭除；他了知已经被灭除的掉举与追悔如何不会再于未来生起。

"Whenever doubt is present within him, he understands: "Doubt is present within me." Whenever doubt is absent from him, he understands: "Doubt is absent from me." He understands how the doubt that has not yet arisen within him comes to arise. He understands how the doubt that has now arisen within him is eradicated. He understands how the doubt that has now been eradicated will in future no longer arise within him.

内心有怀疑时，他了知：『我内心有怀疑。』内心没有怀疑时，他了知：『我内心没有怀疑。』他了知尚未生起的怀疑如何在他内心生起；他了知已经在他内心生起的怀疑如何被灭除；他了知已经被灭除的怀疑如何不会再于未来生起。

"Thus he abides contemplating dhamma-objects as dhamma-objects internally, or he abides contemplating dhamma-objects as dhamma-objects externally, or he abides contemplating dhamma-objects as dhamma-objects both internally and externally. He abides contemplating arising phenomena in the dhamma-objects, or he abides contemplating vanishing phenomena in the dhamma-objects, or he abides contemplating both arising and vanishing phenomena in the dhamma-objects. Or mindfulness that "there are dhamma-objects" is established in him just to the extent merely necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating dhamma-objects as dhamma-objects concerning the five hindrances.

如此，他安住于观照内在的法为法、安住于观照外在的法为法或安住于观照内在与外在的法为法。他安住于观照法的生起现象、安住于观照法的坏灭现象或安住于观照法的生起与坏灭现象。或者他建立起『有法』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘依五盖而安住于观法为法的方法。

Khandhapabbam

“Puna caparam, bhikkhave, bhikkhu dhammesu dhammānupassī viharati pañcasu upādānakkhandhesu. Kathañca pana, bhikkhave, bhikkhu dhammesu dhammānupassī viharati pañcasu upādānakkhandhesu?”

“Idha, bhikkhave, bhikkhu – ‘iti rūpam, iti rūpassa samudayo, iti rūpassa atthaṅgamo; iti vedanā, iti vedanāya samudayo, iti vedanāya atthaṅgamo; iti saññā, iti saññāya samudayo, iti saññāya atthaṅgamo; iti saṅkhārā, iti saṅkhārānaṃ samudayo, iti saṅkhārānaṃ atthaṅgamo, iti viññāṇaṃ, iti viññāṇassa samudayo, iti viññāṇassa atthaṅgamo’ti.

Iti ajjhataṃ vā dhammesu dhammānupassī viharati, bahiddhā vā dhammesu dhammānupassī viharati, ajjhata-bahiddhā vā dhammesu dhammānupassī viharati. Samudayadhammānupassī vā dhammesu viharati, vayadhammānupassī vā dhammesu viharati, samudayavaya-dhammānupassī vā dhammesu viharati. ‘Atthi dhammā’ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya, anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu dhammesu dhammānupassī viharati pañcasu upādānakkhandhesu.

Khandhapabbam niṭṭhitam.

Āyatanapabbam

“Puna caparam, bhikkhave, bhikkhu dhammesu dhammānupassī viharati chasu ajjhattikabāhiresu āyatanesu. Kathañca pana, bhikkhave, bhikkhu dhammesu dhammānupassī viharati chasu ajjhattikabāhiresu āyatanesu?”

The Five Clinging Aggregates 五取蕴节

‘Again, bhikkhus, a bhikkhu abides contemplating dhamma-objects as dhamma-objects concerning the five aggregates of clinging. Bhikkhus, how does a bhikkhu abide contemplating dhamma-objects as dhamma-objects concerning the five aggregates of clinging?’

再者，诸比丘，比丘依五取蕴安住于观法为法。诸比丘，比丘如何依五取蕴安住于观法为法呢？

‘Here, bhikkhus, a bhikkhu understands: “Such is materiality, such is its origin, such is its destruction; such is feeling, such is its origin, such is its destruction; such is perception, such is its origin, such is its destruction; such are formations, such is their origin, such is their destruction; such is consciousness, such is its origin, such is its destruction.”

在此，诸比丘，比丘了知：『这是色，这是色的生起，这是色的坏灭；这是受，这是受的生起，这是受的坏灭；这是想，这是想的生起，这是想的坏灭；这是行，这是行的生起，这是行的坏灭；这是识，这是识的生起，这是识的坏灭。』

‘Thus he abides contemplating dhamma-objects as dhamma-objects internally, or he abides contemplating dhamma-objects as dhamma-objects externally, or he abides contemplating dhamma-objects as dhamma-objects both internally and externally. He abides contemplating arising phenomena in the dhamma-objects, or he abides contemplating vanishing phenomena in the dhamma-objects, or he abides contemplating both arising and vanishing phenomena in the dhamma-objects. Or mindfulness that “there are dhamma-objects” is established in him just to the extent necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating dhamma-objects as dhamma-objects concerning the five aggregates of clinging.

如此，他安住于观照内在的法为法、安住于观照外在的法为法或安住于观照内在与外在的法为法。他安住于观照法的生起现象、安住于观照法的坏灭现象或安住于观照法的生起与坏灭现象。或者他建立起『有法』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘依五取蕴而安住于观法为法的方法。

Sense-Bases 十二处节

‘Again, bhikkhus, a bhikkhu abides contemplating dhamma-objects as dhamma-objects concerning the six internal and the six external sense-bases. Bhikkhus, how does a bhikkhu abide contemplating dhamma-objects as dhamma-objects concerning the six internal and the six external sense-bases?’

再者，诸比丘，比丘依六内处与六外处而安住于观法为法。诸比丘，比丘如何依六内处与六外处而安住于观法为法呢？

“Idha, bhikkhave, bhikkhu cakkhuñca pajānāti, rūpe ca pajānāti, yañca tadubhayaṃ paṭicca uppajjati saṃyojanaṃ tañca pajānāti, yathā ca anuppannassa saṃyojanassa uppādo hoti tañca pajānāti, yathā ca uppannassa saṃyojanassa pahānaṃ hoti tañca pajānāti, yathā ca pahīnassa saṃyojanassa āyatim anuppādo hoti tañca pajānāti.

“Sotañca pajānāti, sadde ca pajānāti, yañca tadubhayaṃ paṭicca uppajjati saṃyojanaṃ tañca pajānāti, yathā ca anuppannassa saṃyojanassa uppādo hoti tañca pajānāti, yathā ca uppannassa saṃyojanassa pahānaṃ hoti tañca pajānāti, yathā ca pahīnassa saṃyojanassa āyatim anuppādo hoti tañca pajānāti.

“Ghānañca pajānāti, gandhe ca pajānāti, yañca tadubhayaṃ paṭicca uppajjati saṃyojanaṃ tañca pajānāti, yathā ca anuppannassa saṃyojanassa uppādo hoti tañca pajānāti, yathā ca uppannassa saṃyojanassa pahānaṃ hoti tañca pajānāti, yathā ca pahīnassa saṃyojanassa āyatim anuppādo hoti tañca pajānāti.

“Jivhañca pajānāti, rase ca pajānāti, yañca tadubhayaṃ paṭicca uppajjati saṃyojanaṃ tañca pajānāti, yathā ca anuppannassa saṃyojanassa uppādo hoti tañca pajānāti, yathā ca uppannassa saṃyojanassa pahānaṃ hoti tañca pajānāti, yathā ca pahīnassa saṃyojanassa āyatim anuppādo hoti tañca pajānāti.

“Kāyañca pajānāti, phoṭṭhabbe ca pajānāti, yañca tadubhayaṃ paṭicca uppajjati saṃyojanaṃ tañca pajānāti, yathā ca anuppannassa saṃyojanassa uppādo hoti tañca pajānāti, yathā ca uppannassa saṃyojanassa pahānaṃ hoti tañca pajānāti, yathā ca pahīnassa saṃyojanassa āyatim anuppādo hoti tañca pajānāti.

‘Here, bhikkhus, a bhikkhu understands the eye, the visible objects, and the fetter that arises dependent on these two. He understands how the fetter that has not yet arisen comes to arise. He understands how the fetter that has now arisen is eradicated. He understands how the fetter that has now been eradicated will in future no longer arise.

在此，诸比丘，比丘了知眼根，了知色尘及了知依靠此二者而生起的结，了知尚未生起的结如何生起，了知已经生起的结如何被灭除，了知已经被灭除的结如何不会再于未来生起。

‘He understands the ear, the sounds, and the fetter that arises dependent on these two. He understands how the fetter that has not yet arisen comes to arise. He understands how the fetter that has now arisen is eradicated. He understands how the fetter that has now been eradicated will in future no longer arise.

他了知耳根，了知声尘及了知依靠此二者而生起的结，了知尚未生起的结如何生起，了知已经生起的结如何被灭除，了知已经被灭除的结如何不会再于未来生起。

‘He understands the nose and the odours and the fetter that arises dependent on these two. He understands how the fetter that has not yet arisen comes to arise. He understands how the fetter that has now arisen is eradicated. He understands how the fetter that has now been eradicated will in future no longer arise.

他了知鼻根，了知香尘及了知依靠此二者而生起的结，了知尚未生起的结如何生起，了知已经生起的结如何被灭除，了知已经被灭除的结如何不会再于未来生起。

‘He understands the tongue and the flavours and the fetter that arises dependent on these two. He understands how the fetter that has not yet arisen comes to arise. He understands how the fetter that has now arisen is eradicated. He understands how the fetter that has now been eradicated will in future no longer arise.

他了知舌根，了知味尘及了知依靠此二者而生起的结，了知尚未生起的结如何生起，了知已经生起的结如何被灭除，了知已经被灭除的结如何不会再于未来生起。

‘He understands the body and the tangibles and the fetter that arises dependent on these two. He understands how the fetter that has not yet arisen comes to arise. He understands how the fetter that has now arisen is eradicated. He understands how the fetter that has now been eradicated will in future no longer arise.

他了知身根，了知触尘及了知依靠此二者而生起的结，了知尚未生起的结如何生起，了知已经生起的结如何被灭除，了知已经被灭除的结如何不会再于未来生起。

“Manañca pajānāti, dhamme ca pajānāti, yañca tadubhayaṃ paṭicca uppajjati saṃyojanaṃ tañca pajānāti, yathā ca anuppannassa saṃyojanassa uppādo hoti tañca pajānāti, yathā ca uppannassa saṃyojanassa pahānaṃ hoti tañca pajānāti, yathā ca pahīnassa saṃyojanassa āyatirā anuppādo hoti tañca pajānāti.

“Iti ajjhataṃ vā dhammesu dhammānupassī viharati, bahiddhā vā dhammesu dhammānupassī viharati, ajjhata-bahiddhā vā dhammesu dhammānupassī viharati. Samudayadhammānupassī vā dhammesu viharati, vayadhammānupassī vā dhammesu viharati, samudayavaya-dhammānupassī vā dhammesu viharati. ‘Atthi dhammā’ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya, anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu dhammesu dhammānupassī viharati chasu ajjhattika-bāhiresu āyatanesu.

Āyatanapabbam nitṭhitam.

Bojjhaṅgapabbam

“Puna caparaṃ, bhikkhave, bhikkhu dhammesu dhammānupassī viharati sattasu bojjhaṅgesu. Kathañca pana, bhikkhave, bhikkhu dhammesu dhammānupassī viharati sattasu bojjhaṅgesu?

“Idha, bhikkhave, bhikkhu santaṃ vā ajjhataṃ satisambojjhaṅgaṃ ‘atthi me ajjhataṃ satisambojjhaṅgo’ti pajānāti, asantaṃ vā ajjhataṃ satisambojjhaṅgaṃ ‘natthi me ajjhataṃ satisambojjhaṅgo’ti pajānāti, yathā ca anuppannassa satisambojjhaṅgassa uppādo hoti tañca pajānāti, yathā ca uppannassa satisambojjhaṅgassa bhāvanāya pāripūrī hoti tañca pajānāti.

‘He understands the mind and the dhamma-objects and the fetter that arises dependent on these two. He understands how the fetter that has not yet arisen comes to arise. He understands how the fetter that has now arisen is eradicated. He understands how the fetter that has now been eradicated will in future no longer arise.

他了知意根，了知法尘及了知依靠此二者而生起的结，了知尚未生起的结如何生起，了知已经生起的结如何被灭除，了知已经被灭除的结如何不会再于未来生起。

‘Thus he abides contemplating dhamma-objects as dhamma-objects internally, or he abides contemplating dhamma-objects as dhamma-objects externally, or he abides contemplating dhamma-objects as dhamma-objects both internally and externally. He abides contemplating arising phenomena in the dhamma-objects, or he abides contemplating vanishing phenomena in the dhamma-objects, or he abides contemplating both arising and vanishing phenomena in the dhamma-objects. Or mindfulness that “there are dhamma-objects” is established in him just to the extent necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating dhamma-objects as dhamma-objects concerning the six internal and the six external sense-bases.

如此，他安住于观照内在的法为法、安住于观照外在的法为法或安住于观照内在与外在的法为法。他安住于观照法的生起现象、安住于观照法的坏灭现象或安住于观照法的生起与坏灭现象。或者他建立起『有法』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘依六内处与六外处而安住于观法为法的方法。

The Seven Factors of Enlightenment 七觉支节

‘Again, bhikkhus, a bhikkhu abides contemplating dhamma-objects as dhamma-objects concerning the seven factors of enlightenment. Bhikkhus, how does a bhikkhu abide contemplating dhamma-objects as dhamma-objects concerning the seven factors of enlightenment?

再者，诸比丘，比丘依七觉支安住于观法为法。诸比丘，比丘如何依七觉支安住于观法为法呢？

‘Here, bhikkhus, when the enlightenment factor of mindfulness is present within him, a bhikkhu understands: “The enlightenment factor of mindfulness is present within me.” When the enlightenment factor of mindfulness is absent from him, he understands: “The enlightenment factor of mindfulness is absent from me.” He understands how the enlightenment factor of mindfulness that has not yet arisen within him comes to arise. He understands how the enlightenment factor of mindfulness that has now arisen is developed and perfected.

在此，诸比丘，念觉支存在比丘内心时，他了知：『念觉支存在我内心。』念觉支不存在他内心时，他了知：『念觉支不存在我内心。』他了知未生起的念觉支如何生起，他了知已生起的念觉支如何被培育及圆满。

"Santam vā ajjhataṃ dhammavicaya-sambojjhaṅgaṃ 'atthi me ajjhataṃ dhammavicayasambojjhaṅgo'ti pajānāti, asantaṃ vā ajjhataṃ dhammavicayasambojjhaṅgaṃ 'natthi me ajjhataṃ dhammavicayasambojjhaṅgo'ti pajānāti, yathā ca anuppannassa dhammavicayasambojjhaṅgassa uppādo hoti tañca pajānāti, yathā ca uppannassa dhammavicaya-sambojjhaṅgassa bhāvanāya pāripūrī hoti tañca pajānāti.

"Santam vā ajjhataṃ vīriyasambojjhaṅgaṃ 'atthi me ajjhataṃ vīriyasambojjhaṅgo'ti pajānāti, asantaṃ vā ajjhataṃ vīriya-sambojjhaṅgaṃ 'natthi me ajjhataṃ vīriyasambojjhaṅgo'ti pajānāti, yathā ca anuppannassa vīriyasambojjhaṅgassa uppādo hoti tañca pajānāti, yathā ca uppannassa vīriyasambojjhaṅgassa bhāvanāya pāripūrī hoti tañca pajānāti.

"Santam vā ajjhataṃ pītisambojjhaṅgaṃ 'atthi me ajjhataṃ pītisambojjhaṅgo'ti pajānāti, asantaṃ vā ajjhataṃ pītisambojjhaṅgaṃ 'natthi me ajjhataṃ pītisambojjhaṅgo'ti pajānāti, yathā ca anuppannassa pītisambojjhaṅgassa uppādo hoti tañca pajānāti, yathā ca uppannassa pītisambojjhaṅgassa bhāvanāya pāripūrī hoti tañca pajānāti.

"Santam vā ajjhataṃ passaddhi-sambojjhaṅgaṃ 'atthi me ajjhataṃ passaddhi-sambojjhaṅgo'ti pajānāti, asantaṃ vā ajjhataṃ passaddhisambojjhaṅgaṃ 'natthi me ajjhataṃ passaddhisambojjhaṅgo'ti pajānāti, yathā ca anuppannassa passaddhisambojjhaṅgassa uppādo hoti tañca pajānāti, yathā ca uppannassa passaddhisambojjhaṅgassa bhāvanāya pāripūrī hoti tañca pajānāti.

"When the enlightenment factor of investigation-of-dhamma is present within him, he understands: "The enlightenment factor of investigation-of-dhamma is present within me." When the enlightenment factor of investigation-of-dhamma is absent from him, he understands: "The enlightenment factor of investigation-of-dhamma is absent from me." He understands how the enlightenment factor of investigation-of-dhamma that has not yet arisen within him comes to arise. He understands how the enlightenment factor of investigation-of-dhamma that has now arisen is developed and perfected.

择法觉支存在他内心时，他了知：『择法觉支存在我内心。』择法觉支不存在他内心时，他了知：『择法觉支不存在我内心。』他了知未生起的择法觉支如何生起，他了知已生起的择法觉支如何被培育及圆满。

"When the enlightenment factor of effort is present within him, he understands: "The enlightenment factor of effort is present within me." When the enlightenment factor of effort is absent from him, he understands: "The enlightenment factor of effort is absent from me." He understands how the enlightenment factor of effort that has not yet arisen within him comes to arise. He understands how the enlightenment factor of effort that has now arisen is developed and perfected.

精进觉支存在他内心时，他了知：『精进觉支存在我内心。』精进觉支不存在他内心时，他了知：『精进觉支不存在我内心。』他了知未生起的精进觉支如何生起，他了知已生起的精进觉支如何被培育及圆满。

"When the enlightenment factor of joy is present within him, he understands: "The enlightenment factor of joy is present within me." When the enlightenment factor of joy is absent from him, he understands: "The enlightenment factor of joy is absent from me." He understands how the enlightenment factor of joy that has not yet arisen within him comes to arise. He understands how the enlightenment factor of joy that has now arisen is developed and perfected.

喜觉支存在他内心时，他了知：『喜觉支存在我内心。』喜觉支不存在他内心时，他了知：『喜觉支不存在我内心。』他了知未生起的喜觉支如何生起，他了知已生起的喜觉支如何被培育及圆满。

"When the enlightenment factor of tranquillity is present within him, he understands: "The enlightenment factor of tranquillity is present within me." When the enlightenment factor of tranquillity is absent from him, he understands: "The enlightenment factor of tranquillity is absent from me." He understands how the enlightenment factor of tranquillity that has not yet arisen within him comes to arise. He understands how the enlightenment factor of tranquillity that has now arisen is developed and perfected.

轻安觉支存在他内心时，他了知：『轻安觉支存在我内心。』轻安觉支不存在他内心时，他了知：『轻安觉支不存在我内心。』他了知未生起的轻安觉支如何生起，他了知已生起的轻安觉支如何被培育及圆满。

“Santam vā ajjhataṃ samādhī-
sambojjhaṅgaṃ ‘atthi me ajjhataṃ samādhī-
sambojjhaṅgo’ti pajānāti, asantaṃ vā ajjhataṃ
samādhīsambojjhaṅgaṃ ‘natthi me ajjhataṃ
samādhīsambojjhaṅgo’ti pajānāti, yathā ca
anuppannassa samādhīsambojjhaṅgassa
uppādo hoti tañca pajānāti, yathā ca
uppannassa samādhīsambojjhaṅgassa
bhāvanāya pāripurī hoti tañca pajānāti.

“Santam vā ajjhataṃ upekkhā-
sambojjhaṅgaṃ ‘atthi me ajjhataṃ upekkhā-
sambojjhaṅgo’ti pajānāti, asantaṃ vā ajjhataṃ
upekkhāsambojjhaṅgaṃ ‘natthi me ajjhataṃ
upekkhāsambojjhaṅgo’ti pajānāti, yathā ca
anuppannassa upekkhāsambojjhaṅgassa
uppādo hoti tañca pajānāti, yathā ca
uppannassa upekkhāsambojjhaṅgassa
bhāvanāya pāripurī hoti tañca pajānāti.

“Iti ajjhataṃ vā dhammesu
dhammānupassī viharati, bahiddhā vā
dhammesu dhammānupassī viharati, ajjhata-
bahiddhā vā dhammesu dhammānupassī
viharati. Samudayadhammānupassī vā
dhammesu viharati, vayadhammānupassī vā
dhammesu viharati, samudayavaya-
dhammānupassī vā dhammesu viharati. ‘Atthi
dhammā’ti vā panassa sati paccupaṭṭhitā hoti
yāvadeva ñāṇamattāya paṭissatimattāya
anissito ca viharati, na ca kiñci loke upādiyati.
Evampi kho, bhikkhave, bhikkhu dhammesu
dhammānupassī viharati sattasu bojjhaṅgesu.

Bojjhaṅgapabbhaṃ nīṭṭhitam.

(Chant until here for day 2)

‘When the enlightenment factor of concentration is present within him, he understands: “The enlightenment factor of concentration is present within me.” When the enlightenment factor of concentration is absent from him, he understands: “The enlightenment factor of concentration is absent from me.” He understands how the enlightenment factor of concentration that has not yet arisen within him comes to arise. He understands how the enlightenment factor of concentration that has now arisen is developed and perfected.

定觉支存在他内心时，他了知：『定觉支存在我内心。』定觉支不存在他内心时，他了知：『定觉支不存在我内心。』他了知未生起的定觉支如何生起，他了知已生起的定觉支如何被培育及圆满。

‘When the enlightenment factor of equanimity is present within him, he understands: “The enlightenment factor of equanimity is present within me.” When the enlightenment factor of equanimity is absent from him, he understands: “The enlightenment factor of equanimity is absent from me.” He understands how the enlightenment factor of equanimity that has not yet arisen within him comes to arise. He understands how the enlightenment factor of equanimity that has now arisen is developed and perfected.

舍觉支存在他内心时，他了知：『舍觉支存在我内心。』舍觉支不存在他内心时，他了知：『舍觉支不存在我内心。』他了知未生起的舍觉支如何生起，他了知已生起的舍觉支如何被培育及圆满。

‘Thus he abides contemplating dhamma-objects as dhamma-objects internally, or he abides contemplating dhamma-objects as dhamma-objects externally, or he abides contemplating dhamma-objects as dhamma-objects both internally and externally. He abides contemplating arising phenomena in the dhamma-objects, or he abides contemplating vanishing phenomena in the dhamma-objects, or he abides contemplating both arising and vanishing phenomena in the dhamma-objects. Or mindfulness that “there are dhamma-objects” is established in him just to the extent necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating dhamma-objects as dhamma-objects concerning the seven factors of enlightenment.

如此，他安住于观照内在的法为法、安住于观照外在的法为法或安住于观照内在与外在的法为法。他安住于观照法的生起现象、安住于观照法的坏灭现象或安住于观照法的生起与坏灭现象。或者他建立起『有法』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘依七觉支而安住于观法为法的方法。

(第二天诵至此)

Dasadhammāsuttaṃ (p.11) (Pabbajita-Abhiṇhasuttaṃ)

“Dasayime, bhikkhave, dhammā
pabbajitena abhiṇhaṃ paccavekkhitabbā.
Katame dasa?

1. ‘Vevaṇṇiyamhi ajjhupagato’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

2. ‘Para-paṭibaddhā me jīvikā’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

3. ‘Añño me ākappo karaṇīyo’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

4. ‘Kacci nu kho me attā sīlato na
upavadatī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

5. ‘Kacci nu kho maṃ anuvicca viññū
sābrahma-cārī sīlato na upavadantī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

6. ‘Sabbhehi me piyehi manāpehi nānā-
bhāvo vinā-bhāvo’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

7. ‘Kamassakomhi kamma-dāyādo
kamma-yoni kamma-bandhu kamma-
paṭisaraṇo, yaṃ kammaṃ karissāmi kalyāṇaṃ
vā pāpakaṃ vā tassa dāyādo bhavissāmī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

8. ‘Kathambhūtassa me rattindivā
vītivattantī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

9. ‘Kacci nu kho ahaṃ suññāgāre
abhiraṃāmī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

Discourse on Ten Dhammas 十法经

“There are these ten things, bhikkhus, that one who
has gone forth should frequently reflect on. What are the
ten?

「诸比丘，有十种法是出家人应当经常省察
的。是哪十种？」

‘I have become one who has no class’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我已经成为没有阶
级分别的人。』

‘I am bound to others for my livelihood’, one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我的生活依赖他
人。』

‘I should comport myself differently’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我的行仪举止应
[与在家人] 不同。』

‘Can I myself find no fault with my virtue?’ one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否不会因戒而
谴责自己？』

‘Will my wise companions in the spiritual life, after
testing me, find no fault with my virtue?’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『有智的同梵行者检
查后，是否不会因戒而谴责我？』

‘All those who are dear and pleasing to me are
subject to change, subject to separation (i.e. death)’, one
who has gone forth should frequently reflect on this.

出家人应当经常地省察：『一切我所喜爱、可
意的会变易、别离（即：死亡）。』

‘I am the owner of my kammās, I am the heir of my
kammās, it is kamma that I am born from, kammās are
my kinsfolk, kammās are my refuge, whatever kammās I
perform, whether good or bad, to that I will be the heir’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是业的所有者，
业的继承者，以业为起源，以业为亲属，以业为依
靠。无论我所造的业是善或恶，我将是它的继承
者。』

‘In what way do the nights and days pass for me?’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是如何度过日
夜呢？』

‘Do I delight in empty places?’ one who has gone
forth should frequently reflect on this.

出家人应当经常地省察：『我是否乐于空闲处
呢？』

10. 'Atthi nu kho me uttari-manussa-dhammo alamariya-ñāṇa-dassana-viseso adhigato, yenāhaṃ pacchime kāle sabrahmacārīhi puṭṭho na maṅku bhavissāmī'ti pabbajitena abhiṇhaṃ paccavekkhitabbā.

Ime kho, bhikkhave, dasa dhammā pabbajitena abhiṇhaṃ paccavekkhitabbā."

– AN.X.48

'Has a state beyond (ordinary) human beings, the distinction of what is truly noble knowledge and seeing been attained by me? Will I at the end, when questioned by my companions in the spiritual life, not be embarrassed?', one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否有证得上人法、真正殊胜的圣智见呢？在我最后时刻，当同梵行者们问及时，我将不会羞愧？』

"These are the ten things, bhikkhus, that one who has gone forth should frequently reflect on."

诸比丘，此十种法乃出家人应当经常地省察。」

Catupaccavekkhaṇā (p.12)

Paṭisaṅkhā yoniso cīvaraṃ paṭisevāmi, yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya, ḍaṃsa-makasa-vātātapa-sirīmsapa-samphassānaṃ paṭighātāya, yāvadeva hiri-kopīna-paṭicchādanatthaṃ.

Paṭisaṅkhā yoniso piṇḍapātaṃ paṭisevāmi, neva davāya na madāya na maṇḍanāya na vibhūsanāya, yāvadeva imassa kāyassa ṭhitiyā yāpanāya vihiṃsūparatiyā brahmacariyānuggahāya, iti purāṇaṇca vedanaṃ paṭisaṅkhāmi, navaṇca vedanaṃ na uppādessāmi, yātrā ca me bhavissati anavajjatā ca phāsu-vihāro ca.

Paṭisaṅkhā yoniso senāsanaṃ paṭisevāmi, yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya, ḍaṃsa-makasa-vātātapa-sirīmsapa-samphassānaṃ paṭighātāya, yāvadeva utu-parissaya-vinodanaṃ paṭisallānārāmatthaṃ.

Paṭisaṅkhā yoniso gilāna-paccaya-bhesajja-parikkhāraṃ paṭisevāmi, yāvadeva uppannānaṃ veyyābādhikānaṃ vedanānaṃ paṭighātāya, abyāpajjha-paramatāya.

Four [Requisites] Contemplation

四种省思

Reflecting wisely, I wear the robe, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and also for the purpose of covering the parts of my body that cause shame.

我如理省思所受用之衣，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了遮蔽羞处。

Reflecting wisely I use almsfood not for play, not for pride, not for beauty, not for fattening; but merely for the sustenance and continuance of this body; to cease discomfort; and to be able to practise the holy life, thinking "Thus I will destroy old feelings (of hunger) and not create new feelings (from overeating). I will maintain myself, be blameless, and live in comfort."

我如理省思所受用的食物，不为嬉戏，不为骄傲，不为装饰，不为庄严，只是为了此身住立存续，为了停止伤害，为了资助梵行，如此我将消除旧受，并使新受不生，我将维持生命、无过且安住。

Reflecting wisely I make use of dwellings, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and as a protection from the perils of weather conditions; and for the joy of seclusion.

我如理省思所受用的住所，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了免除季候的危险，而好独处（禅修）之乐。

Reflecting wisely I make use of medicinal requisites that are for curing the sick, only to counteract any afflicting feelings (of illness) that have arisen and for maximum freedom from disease.

我如理省思所受用的病者所需之药品，只是为了治疗已生起的病苦之受，为了尽量没有身苦。

Pubbaṇhasuttaṃ (p.14)

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Buddhānubhāvena vināsamentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Dhammānubhāvena vināsamentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Saṅghānubhāvena vināsamentu.

Dukkhappattā ca niddukkhā
Bhayappattā ca nibbhayā,
Sokappattā ca nissokā
Hontu sabbe'pi pāṇino.

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe devā'numodantu
Sabba-sampatti siddhiyā.

Dānaṃ dadantu saddhāya,
Sīlaṃ rakkhantu sabbadā,
Bhāvanābhiraṭṭā hontu,
Gacchantu devatāgatā.

Sabbe Buddhā balappattā
Paccekaṇaṃ yaṃ balaṃ,
Arahantānaṃ tejjena
Rakkhaṃ bandhāmi sabbaso.

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Buddhē ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

The Discourse about the Forenoon 午前经

By the power of the Buddha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛陀的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Dhamma, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛法的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Saṅgha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过僧团的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

May all creatures who are suffering be without suffering, [living in] fear be without fear and [living in] sorrow be without sorrow.

祝愿一切的众生，痛苦的不再痛苦，
恐惧的不再恐惧，忧愁的不再忧愁。

May all deities rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切神随喜我们至今所累积的功德，愿一切得成就！

May all be able to perform giving with faith; may all safeguard their morality always. May all be delighted in meditation. May the deities who have come (to the recitation) go back (to their homes).

愿大家依信布施，愿大家永护其戒，
愿大家乐于禅修，请来此诸神归去。

By the (protective) power of the Buddhas, the power of Pacceka-Buddhas and the power of Arahants, I fortify the protection in every way.

以一切佛陀之力，及诸辟支佛之力，
及诸阿罗汉之力，我建立一切守护！

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间（这是指天界、梵天界或其他世界系）的任何财宝，或在天界的任何殊胜珠宝，都没有和如来（佛陀）同等的。在佛陀里有此殊胜宝。以此真实语愿得安乐。

Yam kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Dhamme ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Yam kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Saṃghe ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Mahā-kāruṇiko nātho,
Hitāya sabba-pāṇīnaṃ,
Pūretvā pāramī sabbā,
Patto sambodhimuttamaṃ.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Jayanto bodhiyā mūle,
Sakyānaṃ nandi-vuḍḍhano,
Evameva jayo hotu,
Jayassu jaya-maṅgale.

Aparājita-pallaṅke,
Sīse puthuvipukkhale,
Abhiseke sabbabuddhānaṃ,
Aggapatto pamodati.

Sunakkhattaṃ sumaṅgalaṃ,
Suppabhātaṃ suhuṭṭhitaṃ;
Sukhaṇo sumuhutto ca,
Suyiṭṭhaṃ brahmacārisu.

Padakkhiṇaṃ kāya-kammaṃ,
Vācā-kammaṃ padakkhiṇaṃ;
Padakkhiṇaṃ mano-kammaṃ,
Paṇīdhi te padakkhiṇe.

Padakkhiṇāni katvāna,
Labhantatthe padakkhiṇe.
Te attha-laddhā sukhitā
Virūlha Buddha-sāsane;
Arogā sukhitā hotha
Saha sabbehi ñātibhi.

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Dhamma is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在法里有此殊胜宝。以此真实语愿得安乐。

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在僧团里有此殊胜宝。以此真实语愿得安乐。

The most compassionate Lord had fulfilled all the perfections for the welfare of all beings and had attained the supreme enlightenment. By this truth may there be well-being for you always.

具有大悲的依持者，为了一切众生利益，
圆满所有波罗蜜后，证得无上菩提解脱；
借着这真实的话语，愿你永远平安快乐。

Just as the Lord, the increaser of delight for the Sakyans, was victorious at the foot of the Bodhi tree, so also may the victory be to you and may you be successful in all the auspicious conquests.

为释迦族增长喜者，在菩提树下得胜利；
愿你也都如此胜利，于吉祥征途得胜利。

The Lord had attained the Noble State on the Unconquerable Seat, on the most sacred earth consecrated by all the Buddhas and rejoiced.

在不败的座位上，在最神圣的地点，
诸佛加持欢喜处，他证悟圣洁之境。

May good planets, excellent blessings, good daybreak, good waking up, good moment, good instance, and good oblations to the sages be to you.

愿你得吉星善吉祥，好的黎明好的起身，
好的刹那与好时刻，对梵行者的善供养。

May the bodily deeds be reverential; may the speech deeds be reverential; may the mental deeds be reverential. May you be resolute in these reverential matters.

恭敬的身业，恭敬的语业，
恭敬的意业，决意于敬业。

Having done the reverential deeds, may you obtain reverential gains; having obtained them may you be happy and make progress in the Buddha's dispensation. May you and all your relatives be happy and free from sickness.

实行恭敬诸业之后，愿你获得恭敬之得。
获得它们愿你快乐，于佛教法获得提升。
愿你及所有亲戚们，都没有病痛都快乐。

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-buddhānubhāvena
Sadā sukhī (sothhī)⁸ bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-dhammānubhāvena
Sadā sukhī (sothhī)² bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-saṅghānubhāvena
Sadā sukhī (sothhī)² bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Buddhas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸佛的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Dhammas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸法的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Saṅghas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸僧的威力，愿你永远都快乐（平安）！

Mettā Chanting (p.16)

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Puratthimāya disāya, pacchimāya disāya,
uttarāya disāya, dakkhiṇāya disāya, puratthi-
māya anudisāya, pacchimāya anudisāya,
uttarāya anudisāya, dakkhiṇāya anudisāya,
hetṭhimāya disāya, uparimāya disāya,

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

慈悲诵

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:
一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

In the easterly direction, in the westerly direction, in the northerly direction, in the southerly direction, in the south-east direction, in the north-west direction, in the north-east direction, in the south-west direction, in the downward direction, in the upward direction:

在东方、在西方、在北方、在南方、在东南方、
在西北方、在东北方、在西南方、在下方、在上方

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:

一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

⁸ sothhī – Sri Lanka Version, 斯里兰卡版本

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā pathavī-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā udaya-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā ākāśa-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Good Wishes and Sharing of Merit etc 1

Yaṃ pattaṃ kusalaṃ tassa
Ānubhāvena pāṇino
Sabbe saddhamma-rājassa
Ñatvā Dhammaṃ sukhāvahaṃ,

Pāpuṇantu visuddhāya
Sukhāya paṭipattiyā
Asokamanupāyāsaṃ
Nibbānasukhamuttamaṃ.

Ciraṃ tiṭṭhatu saddhammo,
Dhamme hontu sagāravā
Sabbe'pi sattā, kālena
Sammā devo pavassatu.

Yathā rakkhimsu porāṇā
Surājāno tathevimaṃ,
Rājā rakkhatu dhammena
Attano'va pajaṃ pajaṃ.

– Aṭṭhasālīnī, Nigamanakathā

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live on earth: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在地上过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in water: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在水里过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in the sky: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在天空里过活的有情无嗔无怨、无苦无厄。

祝愿与分享功德等 1

By the power of whatever wholesome state attained by me, may all beings, having known rightly the King of Dhamma's teachings which give bliss (of Nibbāna), attain the bliss of Nibbāna, sorrowless, without distress and supreme, through the Middle Practice (Noble Eightfold Path) which is pure and blissful.

以我所成就的善法力量，愿一切有情在了知正法王导向快乐（涅槃）之法后，透过清净快乐的修行，达到至上的涅槃乐、无忧无恼。

May the true Dhamma last long, may all beings also respect the Dhamma, and may the [rain] god [give] proper and timely rain.

愿正法久住，愿一切有情也恭敬法，愿雨神适时降雨。

Just as good kings of ancient times gave protection, may the king righteously protect the people like his own (offspring).

正如古代贤善之王给予保护，愿国王善护人民如善护自己的子女。

Imāya dhammānudhammapaṭipattiyā
Buddhaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Dhammaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Saṅghaṃ pūjemi.

Addhā imāya paṭipattiyā jāti-jarā-byādhi
maraṇamhā parimuccissāmi.

Idaṃ me puññaṃ āsavakkhayāvaham hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññabhāgaṃ labhantu.

**Good Wishes for Ven. (p.22)
Pa-Auk Sayadaw,
Ariyadhamma Mahāthera
& Other Theras**

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhiṃ,
Therāsabho Āciṇṇo yatinda-nātho
Dīghāyuko bhavatu sādhu-samiddha-citto.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-citta-pasādhitena,
Therāsabho Ariyadhammo yatinda-nātho
Sambodhiñāṇamadhigacchatu sādhu sādhu.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhiṃ,
Therāsabhātha garu-gāra-bhāvanīyā
Dīghāyukā bhavatha sādhu-samiddha-cittā.

By this practice that is in accordance with the
Dhamma, I venerate the Buddha.

By this practice that is in accordance with the
Dhamma, I venerate the Dhamma.

By this practice that is in accordance with the
Dhamma, I venerate the Saṅgha.

Surely, by this practice I will be liberated from birth,
old age, sickness and death.

以此依法修行证法，我礼敬佛！

以此依法修行证法，我礼敬法！

以此依法修行证法，我礼敬僧！

以此修行，我肯定将会解脱生、老、病、死！

May this merit of mine be conducive to the
destruction of [mental] taints. May this merit of mine be
a [supportive] condition [for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。

愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings. May all
those beings get an equal share of the merits shared by me.

我把我的功德与一切有情分享，

愿他们都平等地得到我的功德。

**祝福
帕奥禅师、
圣法大长老
与其他长老**

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma together with the power
of the Buddha, etc. (i.e. the Triple Gem), may the leader
and [spiritual] helper of monks, the prominent Elder Most
Venerable Āciṇṇa (Ven. Pa-Auk Sayadaw), have a long
life and successfully fulfill his noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以
及透过佛陀等（即三宝）的力量，愿作为出家众的
元老、领导与依持者的帕奥禅师长寿，以及成就其
善心愿。

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma and the inspiring
/gladdening of the mind [through reflecting] on the
Buddha, etc. (i.e. the Triple Gem), may the leader and
[spiritual] helper of monks, the prominent Elder Most
Venerable Ariyadhamma, attain the knowledge of
complete awakening. It is well, it is well!

透过谨慎及欢喜地修法所累积的这些功德，以
及透过（思惟）佛陀等（即三宝）而在心中生起的
净信，愿作为出家众的元老、领导与依持者的圣法
大长老达到圆满觉悟，善哉，善哉！

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma together with the power
of the Buddha, etc. (i.e. the Triple Gem), may other
Venerable theras, senior members of the Saṅgha, have a
long life and successfully fulfill their noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以
及透过佛陀等（即三宝）的力量，愿僧团的其他长
老长辈长寿，以及成就他们的善心愿。

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Devārādhana (p.1)

Samantā cakka-vāḷesu
Atrāgacchantu devatā;
Saddhammaṃ Muni-rājassa
Suṇantu sagga-mokkhadaṃ.

Dhammassavana-kālo ayaṃ bhadantā. (x3)

Inviting the Deities 邀請諸天

May the deities of the entire universe come here and listen to the True-Dhamma of the King of Sages, which leads to the heavenly states and liberation (Nibbāna).

从世界系中各处，愿诸天神来此地，
聆听知王之正法，导向天界与解脱。

Sirs, now is the time for listening to the Dhamma.
这是听闻佛法的时候，大德们。

Vandanā (p.1)

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Homage [to the Buddha] 礼敬佛陀

Homage to that Blessed One, the Arahant and Perfectly Self-Awakened One.

礼敬世尊、阿罗汉、圆满自觉者。

Sambodhi-Udāna (p.1)

Aneka-jāti saṃsāraṃ
Sandhāvissaṃ anibbisaṃ,
Gaha-kāraṃ gavesanto
Dukkhā jāti punappunaṃ.

Gaha-kāraka, diṭṭho'si
Puna gehaṃ na kāhasi,
Sabbā te phāsukā bhaggā
Gaha-kūṭaṃ visaṅkhataṃ,
Visaṅkhāra-gataṃ cittaṃ
Taṇhānaṃ khayamajjhagā.

– KN, Dhṃ⁹ 153-154

Inspired Utterance [after] Self-Awakening 正觉自说话

I wandered [through] many births in saṃsāra, searching for the house builder (craving) [but] found [him] not; repeated birth is suffering.

在生死轮回当中，我寻找了许多世，
却找不到造屋者。一再投生的确苦。

O house-builder! You are seen. You shall not build a house again. All your rafters are broken. Your ridge-pole is shattered. My mind has attained the unconditioned, obtaining the destruction of craving.

造屋者你已被见！你已不能再造屋。
你所有的椽已断，你的横梁已粉碎。
我心已证无为法。已经达到爱尽毁。

⁹ Abbreviations in this book 本书中的英文缩写：DN (Dīgha-Nikāya), MN (Majjhima-Nikāya), SN (Saṃyutta-Nikāya), AN (Aṅguttara-Nikāya), KN (Khuddaka-Nikāya), Dhṃ (Dhammapada).

Paṭiccasamuppāda (p.2)

Iti imasmim sati idaṃ hoti, imassuppādā
idaṃ uppajjati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
paccayā viññāṇaṃ, viññāṇa-paccayā nāma-
rūpaṃ, nāma-rūpa-paccayā saḷāyatanaṃ,
saḷāyatana-paccayā phasso, phassa-paccayā
vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
upādānaṃ, upādāna-paccayā bhavo, bhava-
paccayā jāti, jāti-paccayā jarā-maraṇaṃ soka-
parideva-dukkha-domanassupāyāsā
sambhavanti. Evametassa kevalassa
dukkhakkhandhassa samudayo hoti.

Yadā have pātubhavanti dhammā,
Ātāpino jhāyato brāhmaṇassa,
Athassa kaṅkhā vapayanti sabbā,
Yato pajānāti sahetudhammaṃ.

Iti imasmim asati idaṃ na hoti, imassa
nirodhā idaṃ nirujjhati, yadidaṃ:

Avijjā-nirodhā saṅkhāra-nirodho,
saṅkhāra-nirodhā viññāṇa-nirodho, viññāṇa-
nirodhā nāma-rūpa-nirodho, nāma-rūpa-
nirodhā saḷāyatana-nirodho, saḷāyatana-
nirodhā phassa-nirodho, phassa-nirodhā
vedanā-nirodho, vedanā-nirodhā taṇhā-
nirodho, taṇhā-nirodhā upādāna-nirodho,
upādāna-nirodhā bhava-nirodho, bhava-
nirodhā jāti-nirodho, jāti-nirodhā jarā-maraṇaṃ
soka-parideva-dukkha-domanassupāyāsā
nirujjhanti. Evametassa kevalassa
dukkhakkhandhassa nirodho hoti.

Dependent Origination 缘起

Thus when there is this that is, with the arising of this
that arises, such as:

此有故彼有，此生故彼生，即：

Dependent on ignorance, activities [arise]; dependent
on activities, consciousness [arises]; dependent on
consciousness, mentality and materiality [arise];
dependent on mentality and materiality, the six bases
[arise]; dependent on the six bases, contact [arises];
dependent on contact, feeling [arises]; dependent on
feeling, craving [arises]; dependent on craving,
attachment [arises]; dependent on attachment, existence
[arises]; dependent on existence, [a new] birth [takes
place]; dependent on birth, ageing, death, sorrow,
lamentation, pain, unhappiness and despair come to be.
Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
个苦蕴的集起。

When indeed phenomena become apparent to the
religious one who is ardent and meditative, then all his
doubts disappear, since he knows the nature of their
causes.

当诸法明显呈现时，热诚禅修的婆罗门，
一切疑惑都会消失，因他了知诸法之因。

When there is not this that is not, with the cessation
of this that ceases, such as:

此无故彼无，此灭故彼灭，即：

With the cessation of ignorance, activities cease;
with the cessation of activities, consciousness ceases;
with the cessation of consciousness, mentality and
materiality cease; with the cessation of mentality and
materiality, the six [sense] bases cease; with the cessation
of the six [sense] bases, contact ceases; with the cessation
of contact, feeling ceases; with the cessation of feeling,
craving ceases; with the cessation of craving, attachment
ceases; with the cessation of attachment, [the cause for a
new] existence ceases; with the cessation of [the cause for
a new] existence, [the possibility of re]birth ceases; with
the cessation of birth, ageing, death, sorrow, lamentation,
pain, unhappiness and despair cease. Thus there is the
cessation of this whole mass of suffering.

无明灭则行灭；行灭则识灭；识灭则名色灭；
名色灭则六处灭；六处灭则触灭；触灭则受灭；受
灭则爱灭；爱灭则取灭；取灭则有灭；有灭则生灭；
生灭则老、死、愁、悲、苦、忧、恼灭。如是整个
苦蕴的熄灭。

Yadā have pātubhavanti dhammā
Ātāpino jhāyato brāhmaṇassa,
Athassa kaṅkhā vapayanti sabbā,
Yato khayam paccayānam avedi.

Iti imasmim sati idam hoti, imassuppādā
idam uppajjati, imasmim asati idam na hoti,
imassa nirodhā idam nirujjhati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
paccayā viññāṇam, viññāṇa-paccayā nāma-
rūpam, nāma-rūpa-paccayā saḷāyatanaṃ,
saḷāyatana-paccayā phasso, phassa-paccayā
vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
upādānam, upādāna-paccayā bhavo, bhava-
paccayā jāti, jāti-paccayā jarā-maraṇam soka-
parideva-dukkha-domanassupāyāsā
sambhavanti. Evametassa kevalassa
dukkhakkhandhassa samudayo hoti.

Avijjāya tveva asesa-virāga-nirodhā
saṅkhāra-nirodho, saṅkhāra-nirodhā viññāṇa-
nirodho, viññāṇa-nirodhā nāma-rūpa-nirodho,
nāma-rūpa-nirodhā saḷāyatana-nirodho,
saḷāyatana-nirodhā phassa-nirodho, phassa-
nirodhā vedanā-nirodho, vedanā-nirodhā
taṇhā-nirodho, taṇhā-nirodhā upādāna-
nirodho, upādāna-nirodhā bhava-nirodho,
bhava-nirodhā jāti-nirodho, jāti-nirodhā jarā-
maraṇam soka-parideva-dukkha-
domanassupāyāsā nirujjhanti. Evametassa
kevalassa dukkhakkhandhassa nirodho hoti.

Yadā have pātubhavanti dhammā,
Ātāpino jhāyato brāhmaṇassa,
Vidhūpayam tiṭṭhati māra-senam,
Suriyo'va obhāsayamantalikkham.

– Vinayapiṭaka, Mahāvagga,
Mahākhanda
– KN, Udāna, Bodhivagga

When indeed phenomena become apparent to the religious one who is ardent and meditative, then all his doubts disappear, since he experiences the elimination of [their] causes.

当诸法明显呈现时，热诚禅修的婆罗门，
一切疑惑都会消失，因他体证诸缘之灭。

Thus when there is this that is, with the arising of this that arises: when there is not this that is not, with the cessation of this that ceases, such as:

此有故彼有，此生故彼生；
此无故彼无，此灭故彼灭，即：

Dependent on ignorance, activities [arise]; dependent on activities, consciousness [arises]; dependent on consciousness, mentality and materiality [arise]; dependent on mentality and materiality, the six bases [arise]; dependent on the six bases, contact [arises]; dependent on contact, feeling [arises]; dependent on feeling, craving [arises]; dependent on craving, attachment [arises]; dependent on attachment, existence [arises]; dependent on existence, [a new] birth [takes place]; dependent on birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair come to be. Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
个苦蕴的集起。

With the remainderless dispassion and cessation of ignorance, activities cease; with the cessation of activities, consciousness ceases; with the cessation of consciousness, mentality and materiality cease; with the cessation of mentality and materiality, the six [sense] bases cease; with the cessation of the six [sense] bases, contact ceases; with the cessation of contact, feeling ceases; with the cessation of feeling, craving ceases; with the cessation of craving, attachment ceases; with the cessation of attachment, [the cause for a new] existence ceases; with the cessation of [the cause for a new] existence, [the possibility of re]birth ceases; with the cessation of birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair cease. Thus there is the cessation of this whole mass of suffering.

无明灭尽离欲无余则行灭；行灭则识灭；识灭
则名色灭；名色灭则六处灭；六处灭则触灭；触灭
则受灭；受灭则爱灭；爱灭则取灭；取灭则有灭；
有灭则生灭；生灭则老、死、愁、悲、苦、忧、恼
灭。如是整个苦蕴的熄灭。

When indeed phenomena become apparent to the religious one who is ardent and meditative, he stands dispelling the hosts of Māra, just as the sun illuminating the sky [dispels darkness].

当诸法明显呈现时，热诚禅修的婆罗门，
他击败魔军而稳立，犹如太阳照亮天空。

Paccayā - Paccayuddeso (p.4) **[Twenty-Four] Conditions 二十四缘**

Hetupaccayo, ārammaṇapaccayo,
adhipatipaccayo, anantarapaccayo,
samanantarapaccayo, saha-jātapaccayo,
aññamaññapaccayo, nissayapaccayo,
upanissayapaccayo, purejātapaccayo,
pacchājātapaccayo, āsevanapaccayo,
kamma-paccayo, vipāka-paccayo,
āhārapaccayo, indriya-paccayo,
jhāna-paccayo, magga-paccayo,
sampayutta-paccayo, vippayutta-paccayo,
atthipaccayo, natthipaccayo,
vigata-paccayo, avigata-paccayoti.

Root condition, object condition,
predominance condition, immediacy condition,
contiguity condition, conascence condition,
mutuality condition, dependence condition,
powerful dependence condition, pre-nascence condition,
post-nascence condition, repetition condition,
kamma condition, result condition,
nutriment condition, faculty condition,
jhāna condition, path condition,
association condition, dissociation condition,
presence condition, absence condition,
disappearance condition, non-disappearance condition.
因缘；所缘缘；增上缘；无间缘；
相续缘；俱生缘；相互缘；依止缘；
亲依止缘；前生缘；后生缘；重复缘；
业缘；果报（异熟）缘；食缘；根缘；
禅那缘；道缘；相应缘；不相应缘；
有缘；无有缘；离去缘；不离去缘。

Buddhānussati (p.5)

Iti'pi so bhagavā araham, sammāsambuddho,
vijjācaraṇa-sampanno, sugato, lokavidū,
anuttaro purisadamma-sārathi, satthā
devamanussānam, buddho, bhagavā.

Contemplation of the Buddha 佛随念

Such is that Blessed One, the Worthy One, the
Perfectly Self-Awakened One, One fully possessed of
wisdom and conduct, One who has proceeded by the good
way, Knower of the [three] worlds, Unexcelled Trainer of
tameable men, Teacher of deities and men, The Awakened
One, The Blessed One.

世尊是：阿罗汉、圆满自觉者、明行足、善逝、
世间解、无上士调御丈夫、天人师、佛陀、世尊。

Dhammānussati (p.5)

Svākkhāto bhagavatā dhammo, sandiṭṭhiko,
akāliko, ehi-passiko, opanayiko, paccattam
veditabbo viññūhi.

Contemplation of the Dhamma 法随念

Well-expounded is the Exalted One's Dhamma,
visible here-and-now, not delayed in time, inviting of
inspection, onward-leading, is directly experienceable by
the wise.

法由世尊善说，现前可见、无时（无间隔）、
请来看、导向、当由智者亲证。

Saṅghānussati (p.5)

Suppaṭipanno bhagavato sāvaka-saṅgho,
Ujuppaṭipanno bhagavato sāvaka-saṅgho,
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,
Sāmīcippaṭipanno bhagavato sāvaka-saṅgho;
Yadidaṃ: cattāri purisa-yugāni attha purisa-
puggalā, esa bhagavato sāvaka-saṅgho;
Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-
karaṇīyo, anuttaram puññakkhettaṃ lokassa.

Contemplation of the Saṅgha 僧随念

The community of the Exalted One's disciples has
entered on the good way, the community of the Exalted
One's disciples has entered on the straight way, the
community of the Exalted One's disciples has entered on
the true way, the community of the Exalted One's
disciples has entered on the proper way, that is to say, the
four pairs of men, the eight types of persons. That is the
Exalted One's disciple community, worthy of gifts,
worthy of hospitality, worthy of offerings, whom should
be respected, the incomparable field of merit for the
world.

世尊的声闻僧众已入善行道；世尊的声闻僧众
已入正直行道；世尊的声闻僧众已入真实行道；世
尊的声闻僧众已入正当行道。即四双八辈。这是世
尊的声闻僧众，是应供养、应供奉者、应施于者、
应合掌（礼敬）者，是世间的无上福田。

Evam buddham sarantānam
Dhammam saṅghaṇca bhikkhavo;
Bhayaṁ vā chambhitattam vā
Lomahaṁso na hessati.

– SN, Sagāthāvagga, Sakkasamyutta,
Dhajaggasuttam

Thus, Bhikkhus, in you who remember the Buddha,
the Dhamma and the Saṅgha, fear, trembling or terror will
never arise.

如是诸比丘，忆念佛法僧，
他无畏不栗，无毛骨悚然。

Parittaparikamma (p.6)

Ye santā santacittā,
tisaraṇasaraṇā,
ettha lokantare vā,
bhum mābhum mā ca devā,
guṇagaṇagahaṇabyāvaṭā sabbakālam,
ete āyantu devā,
varakanakamaye,
Merurāje vasanto,
santo santosahetum,
Munivaravacanam,
sotumaggaṁ samaggaṁ.

Sabbesu cakkavālesu,
yakkhā devā ca brahmano,
yam amhehi kataṁ puññaṁ,
sabbasampattisādhakam,

Sabbe taṁ anumoditvā,
samaggā sāsane ratā,
pamādarahitā hontu,
ārakkhāsu visesato.

Sāsanassa ca lokassa,
vuḍḍhī bhavatu sabbadā,
sāsanampi ca lokañca,
devā rakkhantu sabbadā.

Saddhim hontu sukhī sabbe,
parivārehi attano,
anīghā sumanā hontu,
saha sabbehi ñātibhi.

Preliminary of Paritta 护卫前业

Those (gods) who are peaceful, with peaceful minds,
who have taken refuge in the triple refuge, whether here,
or above the worlds, the various earth gods and sky gods,
who make effort to take group of virtuous deeds all of the
time, may these gods and those who dwell on the majestic
Mt. Meru, that excellent golden mountain, come in
concord, to hear the Sage's excellent word which is a
reason of great happiness.

这个世界与其它世界里，受持了三皈依，一切
时候皆致力于累积诸多美德，贤善内心寂静的地居
神与空居神，以及住在金造的须弥山顶的诸神王，
以及诸位贤者，愿诸神都和谐地来听闻牟尼的至上
语、快乐之因。

May all yakkhās, gods, and deities, from the whole
universe, after partaking of the merits, which can produce
all good fortune,

愿一切世界里的夜叉、神与梵天神随喜我们所
造、能带来一切成就的福业。

which we have acquired, being in harmony, and
delighting in the teaching, be not heedless and grant us
complete protection especially.

随喜该福业后，愿他们都和谐地对佛教感到欢
喜，不放逸地保护（美德）。

May the teaching and the world be on the increase at
all times, and may the gods protect the teaching and the
world forever.

愿一切时候佛教与世界都在增长，
愿一切时候诸神都保护佛教与世界。

May all together with those who are one's around, be
happy, may all together with all relatives, be untroubled,
and easy in mind.

愿一切众生自己与其随众都快乐，
愿他们及亲戚们都无身苦都开心。

Rājato vā, corato vā, manussato vā,
 amanussato vā, aggito vā, udakato vā,
 pisācato vā, khāṇukato vā,
 kaṇṭakato vā, nakkhattato vā,
 janapadarogato vā, asaddhammato vā,
 asandiṭṭhito vā, asappurisato vā,
 caṇḍa-hatthi-assa-miga-goṇa-kukkura-ahi-
 vicchika-maṇisappa-dīpi-accha-taraccha-
 sūkara-mahimsa-yakkha-rakkhasādīhi,
 nānā-bhayato vā, nānā-roгато vā,
 nānā-upaddavato vā, ārakkhaṃ gaṇhantu.

(May you be protected) from the king, thieves, humans, and non-humans, from fire and water, demons, stumps, and thorns, from unlucky stars, and epidemics, from what is not the true dhamma, not right view, not a good person, and from fierce elephants, horses, antelopes, bulls, dogs, snakes, scorpions, poisonous serpents, panthers, bears, hyenas, wild boars, buffaloes, yakkhas, rakkhasas, and so on, from the manifold fears, the manifold diseases, the manifold calamities, (from all of these troubles) may you receive protection.

愿你们获得保护得以免除来自王、贼、人、非人、火、水、鬼怪、树桩、刺、星座、瘟疫、非正法、邪见、非善士、凶恶的象、马、鹿、牛、狗、蛇、蝎、水蛇、豹、熊、鬣狗、野猪、水牛、夜叉、怪物等的种种危险，免除种种疾病与厄难。

Mettasuttaṃ (p.7)

Yassānubhāvato yakkhā neva dassenti bhīsanam
 Yamhi cevānuyuñjanto rattindivamatandito.

Sukhaṃ supati sutto ca pāpaṃ kiñci na passati,
 Evamādiguṇūpetam parittam tam bhaṇāma he.

- - -

Karaṇīyamattakusalena,
 yantasantaṃ padaṃ abhisamecca;
 Sakko ujū ca suhujū ca,
 suvaco cassa mudu anatimānī.

Santussako ca subharo ca,
 appakicco ca sallahukavutti;
 Santindriyo ca nipako ca,
 appagabbho kulesvananugiddho.

Na ca khuddamācare kiñci,
 yena viññū pare upavadeyyum;
 Sukhinova khemino hontu,
 sabbasattā bhavantu sukhittā.

Ye keci pāṇabhūtatti,
 tasā vā thāvarā vanavasesā;
 Dīghā vā yeva mahantā,
 majjhimā rassakā aṇukathulā.

Discourse on Loving-Kindness 慈愛經

Due to the power of this (Mettā Sutta), spirits did not manifest frightful sights. One who devotes himself to these teachings day and night diligently sleeps soundly and does not have any nightmare when asleep. Let us recite this protective discourse.

透过它（慈愛經）的力量，夜叉不显现恐怖相。对于昼夜致力修行者，他睡眠舒适不做恶梦。且让我们诵念具备这些功德之护卫。

This is to be done by [one] skilled in [what is] beneficial: having understood the path that [leads to] peace; he would be able, upright, very upright, easy to admonish, gentle, and not arrogant.

这是想要证得彻悟寂静涅槃、善于有益修行的人应该做的事：他必须有能力、正直、非常正直、易受教、柔软、不自大、

Contented and easy to support, of few duties and living frugally; [with] calm faculties and prudent, not obtrusive [to and] greedy [for gains from supporting] families.

知足、易护持、少事务、生活简朴、诸根寂静、拥有成熟的智慧、不无礼、不贪着在家众。

He would not do [even] the slightest thing, by which the wise could censure [and tell] others; may [all beings] be happy and secure, may all beings be in a state of happiness.

只要是智者将会指责的事，即使是小事他也不做；（愿一切众生）幸福与平安，愿一切众生安乐；

Whatever living beings there are, feeble or strong, [all] without exception; those long, great, medium, short, small or large.

无论是任何存在的众生，会颤抖的或不会颤抖的皆毫无遗漏，长的或大的或中等的，短的或小的或粗圆的，

Ditṭhā vā yeva aditṭhā,
ye va dūre vasanti avidūre;
Bhūtā va sambhavesī va,
sabbasattā bhavantu sukhittattā.

Na paro param nikubbetha,
nātimaññetha katthaci na kañci;
Byārosanā paṭighasaññā,
nāññamaññassa dukkhamiccheyya.

Mātā yathā niyaṃ puttamāyusā
ekaputtamanurakkhe;
Evampi sabbabhūtesu,
mānasam bhāvaye aparimāṇam.

Mettañca sabbalokasmi,
mānasam bhāvaye aparimāṇam;
Uddham adho ca tiriyañca,
asambādham averamasapattam.

Tiṭṭham caram nisinno va,
sayāno yāvatāssa vitamiddho;
Etaṃ satim adhiṭṭheyya,
brahmametaṃ vihāramidhamāhu.

Ditṭhiñca anupaggamma,
sīlavā dassanena sampanno;
Kāmesu vinaya gedham,
na hi jātuggabbhaseyya punareti.

– KN, Khuddakapāṭha 9; Suttanipāta, Uragavagga 8

Those seen or not seen, and living far or nearby; born or seeking birth, may all beings be in a state of happiness.
见到的或没见到的，住在远方的或近处的，已生的或还寻求再生的——愿一切众生快乐。

One would not deceive another, [nor] despise them anywhere [about] anything; [out of] anger or aversion, would not wish suffering for each other.
且让人不欺骗别人，也不在任何地方轻视别人。且让他们不会以嗔怒与厌恶来互相希望对方痛苦。

Just as a mother for her son, [her] only son, would protect [him] with her life; thus, also, towards all beings, would develop the mind without limit.
正如母亲对待自己的儿子那样，会以生命来保护独生子；应当如此对一切众生培育无量的心。

With loving-kindness towards the whole world, would develop the mind without limit; above, below and across, unrestricted, free from enmity and hostility.
以及应当以慈爱对全世界培育无量的心，上方、下方与周围，无障碍、无仇人、无敌对。

While standing, walking, seated, or lying down free from drowsiness; would determine [to keep] this mindfulness [in mind], this is a divine abiding in this world, it is said.
立、行、坐或卧，只要不是在睡眠中，都应决心保持如此的正念。这就是他们在此所说的梵住。

Not going to [wrong] view[s], being morally well behaved and having [right] vision, [and] having given up greed for sensuality, never again come [back] to the womb.
不执持邪见，拥有戒行，具足智见，及已经去除对欲乐的贪爱之后，他肯定不会再投胎。

Khandhasuttaṃ (p.8)

Sabbāsivisajātinaṃ
Dibbamantāgadam viya
Yaṃ nāseti visam ghoram
Sesañcāpi parissayam.

Āṇākkhettamhi sabbattha
Sabbadā sabbapaṇinaṃ
Sabbasopi nivāreti
Parittam tam bhaṇāma he.

- - -

Discourse on [Protection of] Aggregates 蕴护经

Just like divine charms and divine medicines, this (Khandha-Sutta) nullifies baneful poison and other perils of all the highly poisonous creatures.
犹如天咒与天药，此经能够除剧毒；一切剧毒之生物，其害此经皆能除。

In the scope of authority everywhere, always, for all beings this discourse prevents (the disasters). Let us recite this protective discourse now.
在此威力范围内，一切时候一切处，此经能防该危害。我们且诵此护卫。

Virūpakkhehi me mettaṃ
Mettaṃ Erāpathehi me,
Chabyāputtehi me mettaṃ
Mettaṃ Kaṇhāgotamakehi ca.

Apādakehi me mettaṃ
Mettaṃ dvipādakehi me,
Catuppadehi me mettaṃ
Mettaṃ bahuppadehi me.

Mā maṃ apādako hiṃsi
Mā maṃ hiṃsi dvipādako,
Mā maṃ catuppado hiṃsi
Mā maṃ hiṃsi bahuppado.

Sabbe sattā, sabbe pāṇā
Sabbe bhūtā ca kevalā,
Sabbe bhadraṇi passantu
Mā kañci pāpamāgamā.

Appamāṇo Buddho,
Appamāṇo Dhammo,
Appamāṇo Saṅgho.
Pamāṇavantāni sirīmsapāni:
Ahi-vicchikā, satapadī,
Uṇṇanābhi, sarabū, mūsikā.

Katā me rakkhā, kataṃ me parittaṃ,
Paṭikkamantu bhūtāni.
So'haṃ namo Bhagavato,
Namo sattannaṃ Sammā-sambuddhānaṃ.

– KN, 203 Khaṇḍajātaka;
AN.IV.67 Ahirājasuttaṃ;
Vinayaṭṭhaka, Cūḷavagga,
Khuddakavatthukkhandaṃ

May I have loving-kindness towards the Virūpakkhas;
May I have loving-kindness towards the Erāpathas;
May I have loving-kindness towards the Chabyāputtas;
May I have loving-kindness towards the Kaṇhāgotamakas.
愿我对威卢跋有慈爱；愿我对伊拉跋有慈爱；
愿我对刹标子有慈爱；愿我对黑瞿昙有慈爱。

May I have loving-kindness towards footless beings;
May I have loving-kindness towards beings with two legs;
May I have loving-kindness towards beings with four legs;
May I have loving-kindness towards beings with many legs.
愿我对无足众生有慈爱；愿我对两足众生有慈爱；
愿我对四足众生有慈爱；愿我对多足众生有慈爱。

May footless beings not harm me;
May beings with two legs not harm me;
May beings with four legs not harm me;
May beings with many legs not harm me.
愿无足众生不伤害我；愿两足众生不伤害我；
愿四足众生不伤害我；愿多足众生不伤害我。

May all living beings, all breathing things,
all creatures (without exception)
meet with good fortune.
May none of them come to any evil.
愿一切有情一切息生、一切众生毫无遗漏地，
愿他们遇见幸运的事，不会遭遇邪恶的事情。

Infinite is the Buddha,
Infinite is the Dhamma,
Infinite is the Saṅgha.
Finite are creeping things:
snakes, scorpions, centipedes,
spiders, lizards, rats.
佛无量，法无量，僧无量。
爬行类却有限量：
蛇、蝎、蜈蚣、
蜘蛛、蜥蜴、老鼠。

I have made the protection, I have made the safeguard.
May the (harmful) beings depart. I pay homage to the
Blessed One; homage to the seven Buddhas (Vipassī
Buddha, Sikhī Buddha, Vessabhū Buddha, Kakusandha
Buddha, Koṇāgamana Buddha, Kassapa Buddha, and
Gotama Buddha)
我做了护卫，我做了保护。
愿那些（有害的）众生离开。
我礼敬世尊；
礼敬七位圆满自觉者。

Mahāsatipaṭṭhānasuttaṃ^(p.35) *The Great Discourse on Foundations of Mindfulness* 大念处经

... (Continue from day 2) ...

Saccapabbhaṃ (p.52)

“Puna caparaṃ, bhikkhave, bhikkhu dhammesu dhammānupassī viharati catūsu ariyasaccesu. Kathañca pana, bhikkhave, bhikkhu dhammesu dhammānupassī viharati catūsu ariyasaccesu?

“Idha, bhikkhave, bhikkhu ‘idaṃ dukkhaṃ’ti yathābhūtaṃ pajānāti, ‘ayaṃ dukkhasamudayo’ti yathābhūtaṃ pajānāti, ‘ayaṃ dukkhanirodho’ti yathābhūtaṃ pajānāti, ‘ayaṃ dukkhanirodhagāminī paṭipadā’ti yathābhūtaṃ pajānāti.

Paṭhamabhāṇavāro niṭṭhito.

Dukkhasaccaniddeso

“Katamañca, bhikkhave, dukkhaṃ ariyasaccaṃ? Jātipi dukkhā, jarāpi dukkhā, maraṇampi dukkhaṃ, sokaparidevadukkhadomanassupāyāsāpi dukkhā, appiyehi sampayogopi dukkho, piyehi vippayogopi dukkho, yampicchaṃ na labhati tampi dukkhaṃ, saṅkhittena pañcupādānakkhandhā dukkhā.

“Katamā ca, bhikkhave, jāti? Yā tesāṃ tesāṃ sattānaṃ tamhi tamhi sattanikāye jāti sañjāti okkanti abhinibbatti khandhānaṃ pātubhāvo āyatanānaṃ paṭilābho, ayaṃ vuccati, bhikkhave, jāti.

“Katamā ca, bhikkhave, jarā? Yā tesāṃ tesāṃ sattānaṃ tamhi tamhi sattanikāye jarā jīraṇatā khaṇḍiccaṃ pāliccaṃ valittacatā āyuno saṃhāni indriyānaṃ paripāko, ayaṃ vuccati, bhikkhave, jarā.

The Four Noble Truths 四圣谛节

‘Again, bhikkhus, a bhikkhu abides contemplating dhamma-objects as dhamma-objects concerning the Four Noble Truths. Bhikkhus, how does a bhikkhu abide contemplating dhamma-objects as dhamma-objects concerning the Four Noble Truths?

再者，诸比丘，比丘依四圣谛而安住于观法为法。诸比丘，比丘如何依四圣谛而安住于观法为法呢？

‘Here, bhikkhus, a bhikkhu understands as it really is: “This is suffering.” He understands as it really is: “This is the origin of suffering.” He understands as it really is: “This is the cessation of suffering.” He understands as it really is: “This is the way of practice leading to the cessation of suffering.”

在此，诸比丘，比丘如实地了知：『这是苦。』如实地了知：『这是苦的原因。』如实地了知：『这是苦的息灭。』如实地了知：『这是导致苦灭的修行。』

The Noble Truth of Suffering 苦谛义释

‘Now, bhikkhus, what is the Noble Truth of suffering? Birth is suffering, ageing is suffering, death is suffering, sorrow, lamentation, pain, grief and despair are suffering. Association with the disliked is suffering. Separation from the liked is suffering. Not getting what one wants is suffering. In short, the five aggregates of clinging are suffering.

诸比丘，何谓苦圣谛？生是苦；老是苦；死是苦；愁、悲、苦、忧、恼是苦；怨憎会是苦；爱别离是苦；求不得是苦。简而言之，五取蕴是苦。

‘Now, bhikkhus, what is birth? In whatever beings, of whatever group of beings, there is birth, coming-to-be, entry, coming forth, the appearance of the aggregates, the acquisition of the sense-bases. Bhikkhus, that is called birth.

诸比丘，什么是生呢？无论是任何有情群体的任何有情，都有生、产生、投生、诞生、诸蕴的显现、诸处的获得，诸比丘，那称为生。

‘And, bhikkhus, what is ageing? In whatever beings, of whatever group of beings, there is ageing, decrepitude, broken teeth, gray hair, wrinkled skin, shrinking with age, decay of the sense-faculties, Bhikkhus, that is called ageing.

诸比丘，什么是老呢？无论是任何有情群体的任何有情，都有衰老、老朽、牙齿损坏、头发苍白、皮肤变皱、寿命损减、诸根老熟，诸比丘，那称为老。

“Katamañca, bhikkhave, maraṇaṃ? Yaṃ tesāṃ tesāṃ sattānaṃ tamhā tamhā sattanikāyā cuti cavanatā bhedo antaradhānaṃ maccu maraṇaṃ kālakiriya khandhānaṃ bhedo kaḷavarassa nikkhepo jīvitindriyassupacchedo, idaṃ vuccati, bhikkhave, maraṇaṃ.

“Katamo ca, bhikkhave, soko? Yo kho, bhikkhave, aññataraññatarena byasanena samannāgatassa aññataraññatarena dukkhadhammena phuṭṭhassa soko socanā socitattaṃ antosoko antoparisoko, yaṃ vuccati, bhikkhave, soko.

“Katamo ca, bhikkhave, paridevo? Yo kho, bhikkhave, aññataraññatarena byasanena samannāgatassa aññataraññatarena dukkhadhammena phuṭṭhassa ādevo paridevo ādevanā paridevanā ādevitattaṃ paridevitattaṃ, yaṃ vuccati, bhikkhave paridevo.

“Katamañca, bhikkhave, dukkhaṃ? Yaṃ kho, bhikkhave, kāyikaṃ dukkhaṃ kāyikaṃ asātaṃ kāyasamphassajaṃ dukkhaṃ asātaṃ vedayitaṃ, idaṃ vuccati, bhikkhave, dukkhaṃ.

“Katamañca, bhikkhave, domanassaṃ? Yaṃ kho, bhikkhave, cetasikaṃ dukkhaṃ cetasikaṃ asātaṃ manosamphassajaṃ dukkhaṃ asātaṃ vedayitaṃ, idaṃ vuccati, bhikkhave, domanassaṃ.

“Katamo ca, bhikkhave, upāyāso? Yo kho, bhikkhave, aññataraññatarena byasanena samannāgatassa aññataraññatarena dukkhadhammena phuṭṭhassa āyāso upāyāso āyāsitaṃ upāyāsitaṃ, yaṃ vuccati, bhikkhave, upāyāso.

‘And, bhikkhus, what is death? In whatever beings, of whatever group of beings, there is a passing-away, a removal, a cutting-off, a destruction, a death, a dying, an ending, a cutting-off of the aggregates, a discarding of the body, Bhikkhus, that is called death.

诸比丘，什么是死呢？无论是任何有情群体的任何有情，都有死亡、逝世、解体、消失、命终、诸蕴的分离、身体的舍弃、命根的毁坏，诸比丘，那称为死。

‘And, bhikkhus, what is sorrow? Whenever, by any kind of misfortune, anyone is affected by something of a painful nature, sorrow, mourning, distress, inward grief and inward woe, Bhikkhus, that is called sorrow.

诸比丘，什么是愁呢？任何时候，由于任何的不幸，任何人遭遇到令人苦恼的法而有忧愁、悲伤、苦恼、内在的哀伤、内在的悲痛，诸比丘，那称为愁。

‘And, bhikkhus, what is lamentation? Whenever, by any kind of misfortune, anyone is affected by something of a painful nature and there is crying out, lamenting, making much noise for dislike, and making great lamentation, Bhikkhus, that is called lamentation.

诸比丘，什么是悲呢？任何时候，由于任何的不幸，任何人遭遇到令人苦恼的法而有痛哭、悲泣、大声悲叹、高声哀呼，诸比丘，那称为悲。

‘And, bhikkhus, what is pain? Whatever bodily painful feeling, bodily unpleasant feeling, painful or unpleasant feeling results from bodily contact, Bhikkhus, that is called pain.

诸比丘，什么是苦呢？任何身体的痛苦感受、身体的不愉快感受或由于身体接触而产生的痛苦或不愉快感受，诸比丘，那称为苦。

‘And, bhikkhus, what is grief? Whatever mental painful feeling, mental unpleasant feeling, painful or unpleasant sensation results from mental contact. Bhikkhus, that is called grief.

诸比丘，什么是忧呢？任何心理的痛苦感受、心理的不愉快感受或由于心理接触而产生的痛苦或不愉快感受，诸比丘，那称为忧。

‘And, bhikkhus, what is despair? Whenever, by any kind of misfortune, anyone is affected by something of a painful nature, despair, great despair, and affliction with despair, with great despair. Bhikkhus, that is called despair.

诸比丘，什么是恼呢？任何时候，由于任何的不幸，任何人遭遇到令人苦恼的法而有忧恼、大忧恼，以及由于忧恼、大忧恼而感受到的苦痛，诸比丘，那称为恼。

“Katamo ca, bhikkhave, appiyehi sampayogo dukkho? Idha yassa te honti anittā akantā amanāpā rūpā saddā gandhā rasā phoṭṭhabbā dhammā, ye vā panassa te honti anattakāmā ahitakāmā aphāsukakāmā ayogakkhemakāmā, yā tehi saddhim saṅgati samāgamo samodhānaṃ missibhāvo, ayaṃ vuccati, bhikkhave, appiyehi sampayogo dukkho.

“Katamo ca, bhikkhave, piyehi vippayogo dukkho? Idha yassa te honti itthā kantā manāpā rūpā saddā gandhā rasā phoṭṭhabbā dhammā, ye vā panassa te honti atthakāmā hitakāmā phāsukakāmā yogakkhemakāmā mātā vā pitā vā bhātā vā bhaginī vā mittā vā amaccā vā ñātisālohitā vā, yā tehi saddhim asaṅgati asamāgamo asamodhānaṃ amissibhāvo, ayaṃ vuccati, bhikkhave, piyehi vippayogo dukkho.

“Katamañca, bhikkhave, yampicchaṃ na labhati tampi dukkhaṃ? Jātidhammānaṃ, bhikkhave, sattānaṃ evaṃ icchā uppajjati – ‘aho vata mayaṃ na jātidhammā assāma, na ca vata no jāti āgaccheyyā’ti. Na kho panetaṃ icchāya pattabbaṃ, idampi yampicchaṃ na labhati tampi dukkhaṃ.

“Jarādhammānaṃ, bhikkhave, sattānaṃ evaṃ icchā uppajjati – ‘aho vata mayaṃ na jarādhammā assāma, na ca vata no jarā āgaccheyyā’ti. Na kho panetaṃ icchāya pattabbaṃ, idampi yampicchaṃ na labhati tampi dukkhaṃ.

“Byādhidhammānaṃ, bhikkhave, sattānaṃ evaṃ icchā uppajjati ‘aho vata mayaṃ na byādhidhammā assāma, na ca vata no byādhi āgaccheyyā’ti. Na kho panetaṃ icchāya pattabbaṃ, idampi yampicchaṃ na labhati tampi dukkhaṃ.

‘And, bhikkhus, what is association with the disliked? Here, whoever has unwanted, disliked, unpleasant visible objects, sounds, odours, flavours, tangibles or dhamma-objects, or whoever encounters ill-wishers, wishers of harm, of discomfort, of insecurity, with whom they have concourse, intercourse, connection, and union, bhikkhus, that is called association with the disliked.

诸比丘，什么是怨憎会苦呢？在这里，任何人有了不想要的、讨厌的、不愉快的色尘、声尘、香尘、味尘、触尘或法尘，或者任何人遭遇到希望（他）不幸、希望（他）不利、希望（他）不舒服、希望（他）不平安的人，与这些人会合、交往、联络、结合，诸比丘，那称为怨憎会苦。

‘And, bhikkhus, what is separation from the liked? Here, whoever has what is wanted, liked, pleasant visible objects, sounds, odours, flavours, tangibles or dhamma-objects, or whoever encounters well-wishers, wishers of good, of comfort, of security, mother or father or brother or sister or younger kinsmen or friends or colleagues or blood-relations, and then is deprived of such concourse, intercourse, connection, or union, bhikkhus, that is called separation from the liked.

诸比丘，什么是爱别离苦呢？在这里，任何人有想要的、喜爱的、愉快的色尘、声尘、香尘、味尘、触尘或法尘，或者任何人遇到希望（他）幸福、希望（他）得利、希望（他）舒服、希望（他）平安的人、母亲、父亲、兄弟、姊妹、朋友、同事或血亲，然后丧失了与这些人的会合、交往、联络、结合，诸比丘，那称为爱别离苦。

‘And, bhikkhus, what is not getting what one wants? Bhikkhus, in beings subject to birth this wish arises: “Oh that we were not subject to birth, that we might not come to birth!” But this cannot be gained by wishing. That is not getting what one wants.

诸比丘，什么是求不得苦呢？诸比丘，会遭受生的众生内心生起这样的愿望：『希望我们不要遭受生，希望我们不要投生！』然而此事无法借着愿望而达成，这就是求不得苦。

‘Bhikkhus, in beings subject to ageing this wish arises: “Oh that we were not subject to ageing, that we might not come to ageing!” But this cannot be gained by wishing. That is not getting what one wants.

诸比丘，会遭受老的众生内心生起这样的愿望：『希望我们不要遭受老，希望我们不要变老！』然而此事无法借着愿望而达成，这就是求不得苦。

‘Bhikkhus, in beings subject to disease this wish arises: “Oh that we were not subject to disease, that we might not come to disease!” But this cannot be gained by wishing. That is not getting what one wants.

诸比丘，会遭受病的众生内心生起这样的愿望：『希望我们不要遭受病，希望我们不要生病！』然而此事无法借着愿望而达成，这就是求不得苦。

“Maraṇadhammānaṃ, bhikkhave, sattānaṃ evaṃ icchā uppajjati ‘aho vata mayaṃ na maraṇadhammā assāma, na ca vata no maraṇaṃ āgaccheyyā’ti. Na kho panetaṃ icchāya pattabbaṃ, idampi yampiccharaṃ na labhati tampi dukkhaṃ.

Sokaparidevadukkhadomanassupāyāsa-dhammānaṃ, bhikkhave, sattānaṃ evaṃ icchā uppajjati ‘aho vata mayaṃ na sokaparideva-dukkhadomanassupāyāsadhammā assāma, na ca vata no sokaparidevadukkhadomanassupāyāsadhammā āgaccheyyū’ti. Na kho panetaṃ icchāya pattabbaṃ, idampi yampiccharaṃ na labhati tampi dukkhaṃ.

“Katame ca, bhikkhave, saṅkhittena pañcupādānakkhandhā dukkhā? Seyyathidaṃ: rūpupādānakkhandho, vedanupādānakkhandho, saññupādānakkhandho, saṅkhārūpādānakkhandho, viññāṇupādānakkhandho. Ime vuccanti, bhikkhave, saṅkhittena pañcupādānakkhandhā dukkhā.

Idaṃ vuccati, bhikkhave, dukkhaṃ ariyasaccaṃ.

Samudayasaccaniddeso

“Katamañca, bhikkhave, dukkha-samudayaṃ ariyasaccaṃ? Yāyaṃ taṇhā ponobbhavikā nandīrāgasahagatā tatratatrābhinandinī, seyyathidaṃ – kāmataṇhā bhavataṇhā vibhavataṇhā.

“Sā kho panesā, bhikkhave, taṇhā kattha uppajjamānā uppajjati, kattha nivisaṃmānā nivisati? Yaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃmānā nivisati.

‘Bhikkhus, in beings subject to death this wish arises: “Oh that we were not subject to death, that we might not come to death!” But this cannot be gained by wishing. That is not getting what one wants.

诸比丘，会遭受死的众生内心生起这样的愿望：『希望我们不要遭受死，希望我们不要死亡！』然而此事无法借着愿望而达成，这就是求不得苦。

‘Bhikkhus, in beings subject to sorrow, lamentation, pain, grief and despair, this wish arises: “Oh that we were not subject to sorrow, lamentation, pain, grief and despair, that we might not come to sorrow, lamentation, pain, grief and despair!” But this cannot be gained by wishing. That is not getting what one wants.

诸比丘，会遭受愁、悲、苦、忧、恼的众生内心生起这样的愿望：『希望我们不要遭受愁、悲、苦、忧、恼，希望我们没有愁、悲、苦、忧、恼！』然而此事无法借着愿望而达成，这就是求不得苦。

‘And, bhikkhus, what are the five clinging aggregates that are, in short, suffering? They are as follows: the aggregate of clinging that is materiality, the aggregate of clinging that is feeling, the aggregate of clinging that is perception, the aggregate of clinging that is the mental formations, the aggregate of clinging that is consciousness. These are, in short, the five aggregates of clinging that are suffering.

诸比丘，『简而言之，五取蕴是苦』是指什么呢？它们是：色取蕴、受取蕴、想取蕴、行取蕴、识取蕴。简而言之，这五取蕴是苦。

‘And, bhikkhus, that is called the Noble Truth of Suffering.

诸比丘，这称为苦圣谛。

The Noble Truth of the Origin of Suffering 集谛义释

‘And, bhikkhus, what is the Noble Truth of the Origin of Suffering? It is that craving which gives rise to birth, bound up with pleasure and lust, finding new delight now here, now there: that is to say sensual craving, craving for existence, and craving for non-existence.

诸比丘，何谓苦集圣谛？造成投生的是爱欲，它伴随着喜与贪同时生起，四处追求爱乐，也就是：欲爱、有爱、非有爱。

‘And, bhikkhus, where does this craving arise and establish itself? Wherever in the world there is anything agreeable and pleasant, there this craving arises and establishes itself.

诸比丘，爱欲在哪里生起，在哪里建立呢？在世间有可爱与可喜之物的任何地方，爱欲就在那里生起，在那里建立。

“Kiñca loke piyarūpaṃ sātārūpaṃ? Cakkhu loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃānā nivisati. Sotaṃ loke ... Ghānaṃ loke ... Jivhā loke ... Kāyo loke ... Mano loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃānā nivisati.

“Rūpā loke ... Saddā loke ... Gandhā loke ... Rasā loke ... Phoṭṭhabbā loke ... Dhammā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃānā nivisati.

“Cakkhuviññāṇaṃ loke ... Sotaviññāṇaṃ loke ... Ghānaviññāṇaṃ loke ... Jivhāviññāṇaṃ loke ... Kāyaviññāṇaṃ loke ... Manoviññāṇaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃānā nivisati.

“Cakkhusamphasso loke ... Sotasamphasso loke ... Ghānasamphasso loke ... Jivhāsamphasso loke ... Kāyasamphasso loke ... Manosamphasso loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃānā nivisati.

“Cakkhusamphassajā vedanā loke ... Sotasamphassajā vedanā loke ... Ghānasamphassajā vedanā loke ... Jivhāsamphassajā vedanā loke ... Kāyasamphassajā vedanā loke ... Manosamphassajā vedanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃānā nivisati.

‘And what in the world is agreeable and pleasant? The eye in the world is agreeable and pleasant, and there this craving arises and establishes itself. The ear in the world... The nose in the world... The tongue in the world... The body in the world... The mind in the world is agreeable and pleasant, and there this craving arises and establishes itself.

在世间什么是可爱与可喜的呢？在世间眼根是可爱与可喜的，爱欲就在这里生起与建立。在世间耳根…… 在世间鼻根…… 在世间舌根…… 在世间身根…… 在世间意根是可爱与可喜的，爱欲就在这里生起与建立。

‘Visible objects in the world... Sounds in the world... Odours in the world... Flavours in the world... Tangibles in the world... Dhamma-objects in the world are agreeable and pleasant, and there this craving arises and establishes itself.

在世间色尘…… 在世间声尘…… 在世间香尘…… 在世间味尘…… 在世间触尘…… 在世间法尘是可爱与可喜的，爱欲就在这里生起与建立。

‘Eye-consciousness in the world... Ear-consciousness in the world... Nose-consciousness in the world... Tongue-consciousness in the world... Body-consciousness in the world... Mind-consciousness in the world is agreeable and pleasant, and there this craving arises and establishes itself.

在世间眼识…… 在世间耳识…… 在世间鼻识…… 在世间舌识…… 在世间身识…… 在世间意识是可爱与可喜的，爱欲就在这里生起与建立。

‘Eye-contact in the world... Ear-contact in the world... Nose-contact in the world... Tongue-contact in the world... Body-contact in the world... Mind-contact in the world is agreeable and pleasant, and there this craving arises and establishes itself.

在世间眼触…… 在世间耳触…… 在世间鼻触…… 在世间舌触…… 在世间身触…… 在世间意触是可爱与可喜的，爱欲就在这里生起与建立。

‘Feeling born of eye-contact in the world... Feeling born of ear-contact in the world... Feeling born of nose-contact in the world... Feeling born of tongue-contact in the world... Feeling born of body-contact in the world... Feeling born of mind-contact in the world is agreeable and pleasant, and there this craving arises and establishes itself.

在世间眼触生受…… 在世间耳触生受…… 在世间鼻触生受…… 在世间舌触生受…… 在世间身触生受…… 在世间意触生受是可爱与可喜的，爱欲就在这里生起与建立。

“Rūpasaññā loke ... Saddasaññā loke ...
Gandhasaññā loke ... Rasasaññā loke ...
Phoṭṭhabbasaññā loke ... Dhammasaññā loke
piyarūpaṃ sātārūpaṃ, etthesā taṇhā
uppañjamānā uppañjati, ettha nivisaṃānā
nivisati.

“Rūpasañcetanā loke ... Saddasañcetanā
loke ... Gandhasañcetanā loke ...
Rasasañcetanā loke ... Phoṭṭhabbasañcetanā
loke ... Dhammasañcetanā loke piyarūpaṃ
sātārūpaṃ, etthesā taṇhā uppañjamānā
uppañjati, ettha nivisaṃānā nivisati.

“Rūpataṇhā loke ... Saddataṇhā loke ...
Gandhataṇhā loke ... Rasataṇhā loke ...
Phoṭṭhabbataṇhā loke ... Dhammataṇhā loke
piyarūpaṃ sātārūpaṃ, etthesā taṇhā
uppañjamānā uppañjati, ettha nivisaṃānā
nivisati.

“Rūpavitakko loke ... Saddavitakko loke ...
Gandhavitakko loke ... Rasavitakko loke ...
Phoṭṭhabbavitakko loke ... Dhammavitakko
loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā
uppañjamānā uppañjati, ettha nivisaṃānā
nivisati.

“Rūpavicāro loke ... Saddavicāro loke ...
Gandhavicāro loke ... Rasavicāro loke ...
Phoṭṭhabbavicāro loke ... Dhammavicāro loke
piyarūpaṃ sātārūpaṃ, etthesā taṇhā
uppañjamānā uppañjati, ettha nivisaṃānā
nivisati.

Idaṃ vuccati, bhikkhave, dukkha-
samudayaṃ ariyasaccaṃ.

‘The perception of visible objects in the world... The perception of sounds in the world... The perception of odours in the world... The perception of flavours in the world... The perception of tangibles in the world... The perception of dhamma-objects in the world is agreeable and pleasant, and there this craving arises and establishes itself.

在世间色想…… 在世间声想…… 在世间香想…… 在世间味想…… 在世间触想…… 在世间法想是可爱与可喜的，爱欲就在这里生起与建立。

‘Volition in regard to visible objects in the world... Volition in regard to sounds in the world... Volition in regard to odours in the world... Volition in regard to flavours in the world... Volition in regard to tangibles in the world... Volition in regard to dhamma-objects in the world is agreeable and pleasant, and there this craving arises and establishes itself.

在世间色思…… 在世间声思…… 在世间香思…… 在世间味思…… 在世间触思…… 在世间法思是可爱与可喜的，爱欲就在这里生起与建立。

‘The craving for visible objects in the world... The craving for sounds in the world... The craving for odours in the world... The craving for flavours in the world... The craving for tangibles in the world... The craving for dhamma-objects in the world is agreeable and pleasant, and there this craving arises and establishes itself.

在世间色爱…… 在世间声爱…… 在世间香爱…… 在世间味爱…… 在世间触爱…… 在世间法爱是可爱与可喜的，爱欲就在这里生起与建立。

‘Applied thought of visible objects in the world... Applied thought of sounds in the world... Applied thought of odours in the world... Applied thought of flavours in the world... Applied thought of tangibles in the world... Applied thought of dhamma-objects in the world is agreeable and pleasant, and there this craving arises and establishes itself.

在世间色寻…… 在世间声寻…… 在世间香寻…… 在世间味寻…… 在世间触寻…… 在世间法寻是可爱与可喜的，爱欲就在这里生起与建立。

‘Sustained thought on visible objects in the world... Sustained thought on sounds in the world... Sustained thought on odours in the world... Sustained thought on flavours in the world... Sustained thought on tangibles in the world... Sustained thought on dhamma-objects in the world is agreeable and pleasant, and there this craving arises and establishes itself.

在世间色伺…… 在世间声伺…… 在世间香伺…… 在世间味伺…… 在世间触伺…… 在世间法伺是可爱与可喜的，爱欲就在这里生起与建立。

‘And, bhikkhus, that is called the Noble Truth of the Origin of Suffering.

诸比丘，这称为苦集圣谛。

(Chant until here for day 3)

(第三天诵至此)

Dasadhammāsuttaṃ (p.11) (Pabbajita-Abhiṇhaṣuttaṃ)

“Dasayime, bhikkhave, dhammā
pabbajitena abhiṇhaṃ paccavekkhitabbā.
Katame dasa?

1. ‘Vevaṇṇiyamhi ajjhupagato’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

2. ‘Para-paṭibaddhā me jīvikā’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

3. ‘Añño me ākappo karaṇīyo’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

4. ‘Kacci nu kho me attā sīlato na
upavadatī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

5. ‘Kacci nu kho maṃ anuvicca viññū
sābrahma-cārī sīlato na upavadantī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

6. ‘Sabbehi me piyehi manāpehi nānā-
bhāvo vinā-bhāvo’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

7. ‘Kamassakomhi kamma-dāyādo
kamma-yoni kamma-bandhu kamma-
paṭisaraṇo, yaṃ kammaṃ karissāmi kalyāṇaṃ
vā pāpakaṃ vā tassa dāyādo bhavissāmī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

8. ‘Kathambhūtassa me rattindivā
vītivattantī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

9. ‘Kacci nu kho ahaṃ suññāgāre
abhiraṃāmī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

Discourse on Ten Dhammas 十法经

“There are these ten things, bhikkhus, that one who
has gone forth should frequently reflect on. What are the
ten?

「诸比丘，有十种法是出家人应当经常省察
的。是哪十种？」

‘I have become one who has no class’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我已经成为没有阶
级分别的人。』

‘I am bound to others for my livelihood’, one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我的生活依赖他
人。』

‘I should comport myself differently’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我的行仪举止应
[与在家人] 不同。』

‘Can I myself find no fault with my virtue?’ one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否不会因戒而
谴责自己？』

‘Will my wise companions in the spiritual life, after
testing me, find no fault with my virtue?’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『有智的同梵行者检
查后，是否不会因戒而谴责我？』

‘All those who are dear and pleasing to me are
subject to change, subject to separation (i.e. death)’, one
who has gone forth should frequently reflect on this.

出家人应当经常地省察：『一切我所喜爱、可
意的会变易、别离（即：死亡）。』

‘I am the owner of my kammās, I am the heir of my
kammās, it is kamma that I am born from, kammās are
my kinsfolk, kammās are my refuge, whatever kammās I
perform, whether good or bad, to that I will be the heir’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是业的所有者，
业的继承者，以业为起源，以业为亲属，以业为依
靠。无论我所造的业是善或恶，我将是它的继承
者。』

‘In what way do the nights and days pass for me?’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是如何度过日
日夜夜呢？』

‘Do I delight in empty places?’ one who has gone
forth should frequently reflect on this.

出家人应当经常地省察：『我是否乐于空闲处
呢？』

10. 'Atthi nu kho me uttari-manussa-dhammo alamariya-ñāṇa-dassana-viseso adhigato, yenāhaṃ pacchime kāle sabrahmacārīhi puṭṭho na maṅku bhavissāmī'ti pabbajitena abhiṇhaṃ paccavekkhitabbā.

Ime kho, bhikkhave, dasa dhammā pabbajitena abhiṇhaṃ paccavekkhitabbā."

– AN.X.48

'Has a state beyond (ordinary) human beings, the distinction of what is truly noble knowledge and seeing been attained by me? Will I at the end, when questioned by my companions in the spiritual life, not be embarrassed?', one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否有证得上人法、真正殊胜的圣智见呢？在我最后时刻，当同梵行者们问及时，我将不会羞愧？』

"These are the ten things, bhikkhus, that one who has gone forth should frequently reflect on."

诸比丘，此十种法乃出家人应当经常地省察。」

Catupaccavekkhaṇā (p.12)

Paṭisaṅkhā yoniso cīvaraṃ paṭisevāmi, yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya, ḍaṃsa-makasa-vātātapa-sirīmsapa-samphassānaṃ paṭighātāya, yāvadeva hiri-kopīna-paṭicchādanatthaṃ.

Paṭisaṅkhā yoniso piṇḍapātaṃ paṭisevāmi, neva davāya na madāya na maṇḍanāya na vibhūsanāya, yāvadeva imassa kāyassa ṭhitiyā yāpanāya vihiṃsūparatiyā brahmacariyānuggahāya, iti purāṇaṇca vedanaṃ paṭisaṅkhāmi, navaṇca vedanaṃ na uppādessāmi, yātrā ca me bhavissati anavajjatā ca phāsu-vihāro ca.

Paṭisaṅkhā yoniso senāsanaṃ paṭisevāmi, yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya, ḍaṃsa-makasa-vātātapa-sirīmsapa-samphassānaṃ paṭighātāya, yāvadeva utu-parissaya-vinodanaṃ paṭisaṅkhāmi.

Paṭisaṅkhā yoniso gilāna-paccaya-bhesajja-parikkhāraṃ paṭisevāmi, yāvadeva uppannānaṃ veyyābādhikānaṃ vedanānaṃ paṭighātāya, abyāpajjha-paramatāya.

Four [Requisites] Contemplation

四种省思

Reflecting wisely, I wear the robe, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and also for the purpose of covering the parts of my body that cause shame.

我如理省思所受用之衣，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了遮蔽羞处。

Reflecting wisely I use almsfood not for play, not for pride, not for beauty, not for fattening; but merely for the sustenance and continuance of this body; to cease discomfort; and to be able to practise the holy life, thinking "Thus I will destroy old feelings (of hunger) and not create new feelings (from overeating). I will maintain myself, be blameless, and live in comfort."

我如理省思所受用的食物，不为嬉戏，不为骄傲，不为装饰，不为庄严，只是为了此身住立存续，为了停止伤害，为了资助梵行，如此我将消除旧受，并使新受不生，我将维持生命、无过且安住。

Reflecting wisely I make use of dwellings, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and as a protection from the perils of weather conditions; and for the joy of seclusion.

我如理省思所受用的住所，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了免除季候的危险，而好独处（禅修）之乐。

Reflecting wisely I make use of medicinal requisites that are for curing the sick, only to counteract any afflicting feelings (of illness) that have arisen and for maximum freedom from disease.

我如理省思所受用的病者所需之药品，只是为了治疗已生起的病苦之受，为了尽量没有身苦。

Pubbaṇhasuttaṃ (p.14)

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaḥo dussupinaṃ akantaṃ,
Buddhānubhāvena vināsamentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaḥo dussupinaṃ akantaṃ,
Dhammānubhāvena vināsamentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaḥo dussupinaṃ akantaṃ,
Saṅghānubhāvena vināsamentu.

Dukkhappattā ca niddukkhā
Bhayappattā ca nibbhayā,
Sokappattā ca nissokā
Hontu sabbe'pi pāṇino.

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe devā'numodantu
Sabba-sampatti siddhiyā.

Dānaṃ dadantu saddhāya,
Sīlaṃ rakkhantu sabbadā,
Bhāvanābhiraṭṭā hontu,
Gacchantu devatāgatā.

Sabbe Buddhā balappattā
Paccekaṇaṃ yaṃ balaṃ,
Arahantānaṃ tejjena
Rakkhaṃ bandhāmi sabbaso.

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇitaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Buddhē ratanaṃ paṇitaṃ:
Etena saccena suvatthi hotu!

The Discourse about the Forenoon 午前经

By the power of the Buddha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛陀的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Dhamma, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛法的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Saṅgha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过僧团的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

May all creatures who are suffering be without suffering, [living in] fear be without fear and [living in] sorrow be without sorrow.

祝愿一切的众生，痛苦的不再痛苦，
恐惧的不再恐惧，忧愁的不再忧愁。

May all deities rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切神随喜我们至今所累积的功德，愿一切得成就！

May all be able to perform giving with faith; may all safeguard their morality always. May all be delighted in meditation. May the deities who have come (to the recitation) go back (to their homes).

愿大家依信布施，愿大家永护其戒，
愿大家乐于禅修，请来此诸神归去。

By the (protective) power of the Buddhas, the power of Pacceka-Buddhas and the power of Arahants, I fortify the protection in every way.

以一切佛陀之力，及诸辟支佛之力，
及诸阿罗汉之力，我建立一切守护！

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间（这是指天界、梵天界或其他世界系）的任何财宝，或在天界的任何殊胜珠宝，都没有和如来（佛陀）同等的。在佛陀里有此殊胜宝。以此真实语愿得安乐。

Yam kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Dhamme ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Yam kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Saṃghe ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Mahā-kāruṇiko nātho,
Hitāya sabba-pāṇinaṃ,
Pūretvā pāramī sabbā,
Patto sambodhimuttamaṃ.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Jayanto bodhiyā mūle,
Sakyānaṃ nandi-vuḍḍhano,
Evameva jayo hotu,
Jayassu jaya-maṅgale.

Aparājita-pallaṅke,
Sīse puthuvipukkhaḷe,
Abhiseke sabbabuddhānaṃ,
Aggapatto pamodati.

Sunakkhattaṃ sumaṅgalaṃ,
Suppabhātaṃ suhuttḥitaṃ;
Sukhaṇo sumuhutto ca,
Suyittḥaṃ brahmacārisu.

Padakkhiṇaṃ kāya-kammaṃ,
Vācā-kammaṃ padakkhiṇaṃ;
Padakkhiṇaṃ mano-kammaṃ,
Paṇīdhi te padakkhiṇe.

Padakkhiṇāni katvāna,
Labhantatthe padakkhiṇe.
Te attha-laddhā sukhitā
Virūlḥā Buddha-sāsane;
Arogā sukhitā hotha
Saha sabbehi ñātibhi.

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Dhamma is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在法里有此殊胜宝。以此真实语愿得安乐。

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在僧团里有此殊胜宝。以此真实语愿得安乐。

The most compassionate Lord had fulfilled all the perfections for the welfare of all beings and had attained the supreme enlightenment. By this truth may there be well-being for you always.

具有大悲的依持者，为了一切众生利益，
圆满所有波罗蜜后，证得无上菩提解脱；
借着这真实的话语，愿你永远平安快乐。

Just as the Lord, the increaser of delight for the Sakyans, was victorious at the foot of the Bodhi tree, so also may the victory be to you and may you be successful in all the auspicious conquests.

为释迦族增长喜者，在菩提树下得胜利；
愿你也都如此胜利，于吉祥征途得胜利。

The Lord had attained the Noble State on the Unconquerable Seat, on the most sacred earth consecrated by all the Buddhas and rejoiced.

在不败的座位上，在最神圣的地点，
诸佛加持欢喜处，他证悟圣洁之境。

May good planets, excellent blessings, good daybreak, good waking up, good moment, good instance, and good oblations to the sages be to you.

愿你得吉星善吉祥，好的黎明好的起身，
好的刹那与好时刻，对梵行者的善供养。

May the bodily deeds be reverential; may the speech deeds be reverential; may the mental deeds be reverential. May you be resolute in these reverential matters.

恭敬的身业，恭敬的语业，
恭敬的意业，决意于敬业。

Having done the reverential deeds, may you obtain reverential gains; having obtained them may you be happy and make progress in the Buddha's dispensation. May you and all your relatives be happy and free from sickness.

实行恭敬诸业之后，愿你获得恭敬之得。
获得它们愿你快乐，于佛教法获得提升。
愿你及所有亲戚们，都没有病痛都快乐。

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-buddhānubhāvena
Sadā sukhī (sothī)¹⁰ bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-dhammānubhāvena
Sadā sukhī (sothī)² bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-saṅghānubhāvena
Sadā sukhī (sothī)² bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Buddhas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸佛的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Dhammas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸法的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Saṅghas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸僧的威力，愿你永远都快乐（平安）！

Mettā Chanting (p.16)

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Puratthimāya disāya, pacchimāya disāya,
uttarāya disāya, dakkhiṇāya disāya, puratthi-
māya anudisāya, pacchimāya anudisāya,
uttarāya anudisāya, dakkhiṇāya anudisāya,
hetṭhimāya disāya, uparimāya disāya,

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

慈悲诵

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:
一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

In the easterly direction, in the westerly direction, in the northerly direction, in the southerly direction, in the south-east direction, in the north-west direction, in the north-east direction, in the south-west direction, in the downward direction, in the upward direction:

在东方、在西方、在北方、在南方、在东南方、
在西北方、在东北方、在西南方、在下方、在上方

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:

一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

¹⁰ sothī – Sri Lanka Version, 斯里兰卡版本

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā pathavī-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā udaya-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā ākāśa-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Good Wishes and Sharing of Merit etc 1

Yaṃ pattaṃ kusalaṃ tassa
Ānubhāvena pāṇino
Sabbe saddhamma-rājassa
Ñatvā Dhammaṃ sukhāvahaṃ,

Pāpuṇantu visuddhāya
Sukhāya paṭipattiyā
Asokamanupāyāsaṃ
Nibbānasukhamuttamaṃ.

Ciraṃ tiṭṭhatu saddhammo,
Dhamme hontu sagāravā
Sabbe'pi sattā, kālena
Sammā devo pavassatu.

Yathā rakkhimsu porāṇā
Surājāno tathevimaṃ,
Rājā rakkhatu dhammena
Attano'va pajaṃ pajaṃ.

– Aṭṭhasālīnī, Nigamanakathā

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live on earth: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在地上过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in water: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在水里过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in the sky: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在天空里过活的有情无嗔无怨、无苦无厄。

祝愿与分享功德等 1

By the power of whatever wholesome state attained by me, may all beings, having known rightly the King of Dhamma's teachings which give bliss (of Nibbāna), attain the bliss of Nibbāna, sorrowless, without distress and supreme, through the Middle Practice (Noble Eightfold Path) which is pure and blissful.

以我所成就的善法力量，愿一切有情在了知正法王导向快乐（涅槃）之法后，透过清净快乐的修行，达到至上的涅槃乐、无忧无恼。

May the true Dhamma last long, may all beings also respect the Dhamma, and may the [rain] god [give] proper and timely rain.

愿正法久住，愿一切有情也恭敬法，愿雨神适时降雨。

Just as good kings of ancient times gave protection, may the king righteously protect the people like his own (offspring).

正如古代贤善之王给予保护，愿国王善护人民如善护自己的子女。

Imāya dhammānudhammapaṭipattiyā
Buddhaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Dhammaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Saṅghaṃ pūjemi.

Addhā imāya paṭipattiyā jāti-jarā-byādhi
maraṇamhā parimuccissāmi.

Idaṃ me puññaṃ āsavakkhayāvaham hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññabhāgaṃ labhantu.

**Good Wishes for Ven. (p.22)
Pa-Auk Sayadaw,
Ariyadhamma Mahāthera
& Other Theras**

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhim,
Therāsabho Āciṇṇo yatinda-nātho
Dīghāyuko bhavatu sādhu-samiddha-citto.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-citta-pasādhitena,
Therāsabho Ariyadhammo yatinda-nātho
Sambodhiñāṇamadhigacchatu sādhu sādhu.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhim,
Therāsabhātha garu-gāra-bhāvanīyā
Dīghāyukā bhavatha sādhu-samiddha-cittā.

By this practice that is in accordance with the
Dhamma, I venerate the Buddha.

By this practice that is in accordance with the
Dhamma, I venerate the Dhamma.

By this practice that is in accordance with the
Dhamma, I venerate the Saṅgha.

Surely, by this practice I will be liberated from birth,
old age, sickness and death.

以此依法修行证法，我礼敬佛！

以此依法修行证法，我礼敬法！

以此依法修行证法，我礼敬僧！

以此修行，我肯定将会解脱生、老、病、死！

May this merit of mine be conducive to the
destruction of [mental] taints. May this merit of mine be
a [supportive] condition [for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。

愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings. May all
those beings get an equal share of the merits shared by me.

我把我的功德与一切有情分享，

愿他们都平等地得到我的功德。

**祝福
帕奥禅师、
圣法大长老
与其他长老**

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma together with the power
of the Buddha, etc. (i.e. the Triple Gem), may the leader
and [spiritual] helper of monks, the prominent Elder Most
Venerable Āciṇṇa (Ven. Pa-Auk Sayadaw), have a long
life and successfully fulfill his noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以
及透过佛陀等（即三宝）的力量，愿作为出家众的
元老、领导与依持者的帕奥禅师长寿，以及成就其
善心愿。

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma and the inspiring
/gladdening of the mind [through reflecting] on the
Buddha, etc. (i.e. the Triple Gem), may the leader and
[spiritual] helper of monks, the prominent Elder Most
Venerable Ariyadhamma, attain the knowledge of
complete awakening. It is well, it is well!

透过谨慎及欢喜地修法所累积的这些功德，以
及透过（思惟）佛陀等（即三宝）而在心中生起的
净信，愿作为出家众的元老、领导与依持者的圣法
大长老达到圆满觉悟，善哉，善哉！

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma together with the power
of the Buddha, etc. (i.e. the Triple Gem), may other
Venerable theras, senior members of the Saṅgha, have a
long life and successfully fulfill their noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以
及透过佛陀等（即三宝）的力量，愿僧团的其他长
老长辈长寿，以及成就他们的善心愿。

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Devārādhana (p.1)

Samantā cakka-vāḷesu
Atrāgacchantu devatā;
Saddhammaṃ Muni-rājassa
Suṇantu sagga-mokkhadaṃ.

Dhammassavana-kālo ayaṃ bhadantā. (x3)

Inviting the Deities 邀請諸天

May the deities of the entire universe come here and listen to the True-Dhamma of the King of Sages, which leads to the heavenly states and liberation (Nibbāna).

从世界系中各处，愿诸天神来此地，
聆听知王之正法，导向天界与解脱。

Sirs, now is the time for listening to the Dhamma.
这是听闻佛法的时候，大德们。

Vandanā (p.1)

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Homage [to the Buddha] 礼敬佛陀

Homage to that Blessed One, the Arahant and Perfectly Self-Awakened One.

礼敬世尊、阿罗汉、圆满自觉者。

Sambodhi-Udāna (p.1)

Aneka-jāti saṃsāraṃ
Sandhāvissaṃ anibbisaṃ,
Gaha-kāraṃ gavesanto
Dukkhā jāti punappunaṃ.

Gaha-kāraka, diṭṭho'si
Puna gehaṃ na kāhasi,
Sabbā te phāsukā bhaggā
Gaha-kūṭaṃ visaṅkhataṃ,
Visaṅkhāra-gataṃ cittaṃ
Taṇhānaṃ khayamajjhagā.

– KN, Dhṃ¹¹ 153-154

Inspired Utterance [after] Self-Awakening 正觉自说话

I wandered [through] many births in saṃsāra, searching for the house builder (craving) [but] found [him] not; repeated birth is suffering.

在生死轮回当中，我寻找了许多世，
却找不到造屋者。一再投生的确苦。

O house-builder! You are seen. You shall not build a house again. All your rafters are broken. Your ridge-pole is shattered. My mind has attained the unconditioned, obtaining the destruction of craving.

造屋者你已被见！你已不能再造屋。
你所有的椽已断，你的横梁已粉碎。
我心已证无为法。已经达到爱尽毁。

¹¹ Abbreviations in this book 本书中的英文缩写：DN (Dīgha-Nikāya), MN (Majjhima-Nikāya), SN (Saṃyutta-Nikāya), AN (Aṅguttara-Nikāya), KN (Khuddaka-Nikāya), Dhṃ (Dhammapada).

Paṭiccasamuppāda (p.2)

Iti imasmim sati idaṃ hoti, imassuppādā
idaṃ uppajjati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
paccayā viññāṇaṃ, viññāṇa-paccayā nāma-
rūpaṃ, nāma-rūpa-paccayā saḷāyatanaṃ,
saḷāyatana-paccayā phasso, phassa-paccayā
vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
upādānaṃ, upādāna-paccayā bhavo, bhava-
paccayā jāti, jāti-paccayā jarā-maraṇaṃ soka-
parideva-dukkha-domanassupāyāsā
sambhavanti. Evametassa kevalassa
dukkhakkhandhassa samudayo hoti.

Yadā have pātubhavanti dhammā,
Ātāpino jhāyato brāhmaṇassa,
Athassa kaṅkhā vapayanti sabbā,
Yato pajānāti sahetudhammaṃ.

Iti imasmim asati idaṃ na hoti, imassa
nirodhā idaṃ nirujjhati, yadidaṃ:

Avijjā-nirodhā saṅkhāra-nirodho,
saṅkhāra-nirodhā viññāṇa-nirodho, viññāṇa-
nirodhā nāma-rūpa-nirodho, nāma-rūpa-
nirodhā saḷāyatana-nirodho, saḷāyatana-
nirodhā phassa-nirodho, phassa-nirodhā
vedanā-nirodho, vedanā-nirodhā taṇhā-
nirodho, taṇhā-nirodhā upādāna-nirodho,
upādāna-nirodhā bhava-nirodho, bhava-
nirodhā jāti-nirodho, jāti-nirodhā jarā-maraṇaṃ
soka-parideva-dukkha-domanassupāyāsā
nirujjhanti. Evametassa kevalassa
dukkhakkhandhassa nirodho hoti.

Dependent Origination 缘起

Thus when there is this that is, with the arising of this
that arises, such as:

此有故彼有，此生故彼生，即：

Dependent on ignorance, activities [arise]; dependent
on activities, consciousness [arises]; dependent on
consciousness, mentality and materiality [arise];
dependent on mentality and materiality, the six bases
[arise]; dependent on the six bases, contact [arises];
dependent on contact, feeling [arises]; dependent on
feeling, craving [arises]; dependent on craving,
attachment [arises]; dependent on attachment, existence
[arises]; dependent on existence, [a new] birth [takes
place]; dependent on birth, ageing, death, sorrow,
lamentation, pain, unhappiness and despair come to be.
Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
个苦蕴的集起。

When indeed phenomena become apparent to the
religious one who is ardent and meditative, then all his
doubts disappear, since he knows the nature of their
causes.

当诸法明显呈现时，热诚禅修的婆罗门，
一切疑惑都会消失，因他了知诸法之因。

When there is not this that is not, with the cessation
of this that ceases, such as:

此无故彼无，此灭故彼灭，即：

With the cessation of ignorance, activities cease;
with the cessation of activities, consciousness ceases;
with the cessation of consciousness, mentality and
materiality cease; with the cessation of mentality and
materiality, the six [sense] bases cease; with the cessation
of the six [sense] bases, contact ceases; with the cessation
of contact, feeling ceases; with the cessation of feeling,
craving ceases; with the cessation of craving, attachment
ceases; with the cessation of attachment, [the cause for a
new] existence ceases; with the cessation of [the cause for
a new] existence, [the possibility of re]birth ceases; with
the cessation of birth, ageing, death, sorrow, lamentation,
pain, unhappiness and despair cease. Thus there is the
cessation of this whole mass of suffering.

无明灭则行灭；行灭则识灭；识灭则名色灭；
名色灭则六处灭；六处灭则触灭；触灭则受灭；受
灭则爱灭；爱灭则取灭；取灭则有灭；有灭则生灭；
生灭则老、死、愁、悲、苦、忧、恼灭。如是整个
苦蕴的熄灭。

Yadā have pātubhavanti dhammā
Ātāpino jhāyato brāhmaṇassa,
Athassa kaṅkhā vapayanti sabbā,
Yato khayam paccayānam avedi.

Iti imasmim sati idam hoti, imassuppādā
idam uppajjati, imasmim asati idam na hoti,
imassa nirodhā idam nirujjhati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
paccayā viññāṇam, viññāṇa-paccayā nāma-
rūpam, nāma-rūpa-paccayā saḷāyatanaṃ,
saḷāyatana-paccayā phasso, phassa-paccayā
vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
upādānam, upādāna-paccayā bhavo, bhava-
paccayā jāti, jāti-paccayā jarā-maraṇam soka-
parideva-dukkha-domanassupāyāsā
sambhavanti. Evametassa kevalassa
dukkhakkhandhassa samudayo hoti.

Avijjāya tveva asesa-virāga-nirodhā
saṅkhāra-nirodho, saṅkhāra-nirodhā viññāṇa-
nirodho, viññāṇa-nirodhā nāma-rūpa-nirodho,
nāma-rūpa-nirodhā saḷāyatana-nirodho,
saḷāyatana-nirodhā phassa-nirodho, phassa-
nirodhā vedanā-nirodho, vedanā-nirodhā
taṇhā-nirodho, taṇhā-nirodhā upādāna-
nirodho, upādāna-nirodhā bhava-nirodho,
bhava-nirodhā jāti-nirodho, jāti-nirodhā jarā-
maraṇam soka-parideva-dukkha-
domanassupāyāsā nirujjhanti. Evametassa
kevalassa dukkhakkhandhassa nirodho hoti.

Yadā have pātubhavanti dhammā,
Ātāpino jhāyato brāhmaṇassa,
Vidhūpayam tiṭṭhati māra-senam,
Suriyo'va obhāsayamantalikkham.

– Vinayapiṭaka, Mahāvagga,
Mahākhanda
– KN, Udāna, Bodhivagga

When indeed phenomena become apparent to the religious one who is ardent and meditative, then all his doubts disappear, since he experiences the elimination of [their] causes.

当诸法明显呈现时，热诚禅修的婆罗门，
一切疑惑都会消失，因他体证诸缘之灭。

Thus when there is this that is, with the arising of this that arises: when there is not this that is not, with the cessation of this that ceases, such as:

此有故彼有，此生故彼生；
此无故彼无，此灭故彼灭，即：

Dependent on ignorance, activities [arise]; dependent on activities, consciousness [arises]; dependent on consciousness, mentality and materiality [arise]; dependent on mentality and materiality, the six bases [arise]; dependent on the six bases, contact [arises]; dependent on contact, feeling [arises]; dependent on feeling, craving [arises]; dependent on craving, attachment [arises]; dependent on attachment, existence [arises]; dependent on existence, [a new] birth [takes place]; dependent on birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair come to be. Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
个苦蕴的集起。

With the remainderless dispassion and cessation of ignorance, activities cease; with the cessation of activities, consciousness ceases; with the cessation of consciousness, mentality and materiality cease; with the cessation of mentality and materiality, the six [sense] bases cease; with the cessation of the six [sense] bases, contact ceases; with the cessation of contact, feeling ceases; with the cessation of feeling, craving ceases; with the cessation of craving, attachment ceases; with the cessation of attachment, [the cause for a new] existence ceases; with the cessation of [the cause for a new] existence, [the possibility of re]birth ceases; with the cessation of birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair cease. Thus there is the cessation of this whole mass of suffering.

无明灭尽离欲无余则行灭；行灭则识灭；识灭
则名色灭；名色灭则六处灭；六处灭则触灭；触灭
则受灭；受灭则爱灭；爱灭则取灭；取灭则有灭；
有灭则生灭；生灭则老、死、愁、悲、苦、忧、恼
灭。如是整个苦蕴的熄灭。

When indeed phenomena become apparent to the religious one who is ardent and meditative, he stands dispelling the hosts of Māra, just as the sun illuminating the sky [dispels darkness].

当诸法明显呈现时，热诚禅修的婆罗门，
他击败魔军而稳立，犹如太阳照亮天空。

Paccayā - Paccayuddeso (p.4) **[Twenty-Four] Conditions** 二十四缘

Hetupaccayo, ārammaṇapaccayo,
adhipatipaccayo, anantarapaccayo,
samanantarapaccayo, saha-jātapaccayo,
añña-mañña-paccayo, nissayapaccayo,
upanissayapaccayo, pure-jātapaccayo,
pacchā-jātapaccayo, āsevanapaccayo,
kamma-paccayo, vipāka-paccayo,
āhāra-paccayo, indriya-paccayo,
jhāna-paccayo, magga-paccayo,
sampayutta-paccayo, vippayutta-paccayo,
atthi-paccayo, natthi-paccayo,
viga-paccayo, aviga-paccayoti.

Root condition, object condition,
predominance condition, immediacy condition,
contiguity condition, conascence condition,
mutuality condition, dependence condition,
powerful dependence condition, pre-nascence condition,
post-nascence condition, repetition condition,
kamma condition, result condition,
nutriment condition, faculty condition,
jhāna condition, path condition,
association condition, dissociation condition,
presence condition, absence condition,
disappearance condition, non-disappearance condition.
因缘；所缘缘；增上缘；无间缘；
相续缘；俱生缘；相互缘；依止缘；
亲依止缘；前生缘；后生缘；重复缘；
业缘；果报（异熟）缘；食缘；根缘；
禅那缘；道缘；相应缘；不相应缘；
有缘；无有缘；离去缘；不离去缘。

Buddhānussati (p.5)

Iti'pi so bhagavā araham, sammāsambuddho,
vijjācaraṇa-sampanno, sugato, lokavidū,
anuttaro purisadamma-sārathi, satthā
devamanussānaṃ, buddho, bhagavā.

Contemplation of the Buddha 佛随念

Such is that Blessed One, the Worthy One, the
Perfectly Self-Awakened One, One fully possessed of
wisdom and conduct, One who has proceeded by the good
way, Knower of the [three] worlds, Unexcelled Trainer of
tameable men, Teacher of deities and men, The Awakened
One, The Blessed One.

世尊是：阿罗汉、圆满自觉者、明行足、善逝、
世间解、无上士调御丈夫、天人师、佛陀、世尊。

Dhammānussati (p.5)

Svākkhāto bhagavatā dhammo, sandiṭṭhiko,
akāliko, ehi-passiko, opanayiko, paccattaṃ
veditabbo viññūhi.

Contemplation of the Dhamma 法随念

Well-expounded is the Exalted One's Dhamma,
visible here-and-now, not delayed in time, inviting of
inspection, onward-leading, is directly experienceable by
the wise.

法由世尊善说，现前可见、无时（无间隔）、
请来看、导向、当由智者亲证。

Saṅghānussati (p.5)

Suppaṭipanno bhagavato sāvaka-saṅgho,
Ujuppaṭipanno bhagavato sāvaka-saṅgho,
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,
Sāmīcippaṭipanno bhagavato sāvaka-saṅgho;
Yadidaṃ: cattāri purisa-yugāni aṭṭha purisa-
puggalā, esa bhagavato sāvaka-saṅgho;
Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-
karaṇīyo, anuttaraṃ puññakkhettaṃ lokassa.

Contemplation of the Saṅgha 僧随念

The community of the Exalted One's disciples has
entered on the good way, the community of the Exalted
One's disciples has entered on the straight way, the
community of the Exalted One's disciples has entered on
the true way, the community of the Exalted One's
disciples has entered on the proper way, that is to say, the
four pairs of men, the eight types of persons. That is the
Exalted One's disciple community, worthy of gifts,
worthy of hospitality, worthy of offerings, whom should
be respected, the incomparable field of merit for the
world.

世尊的声闻僧众已入善行道；世尊的声闻僧众
已入正直行道；世尊的声闻僧众已入真实行道；世
尊的声闻僧众已入正当行道。即四双八辈。这是世
尊的声闻僧众，是应供养、应供奉者、应施于者、
应合掌（礼敬）者，是世间的无上福田。

Evam buddham sarantānam
Dhammam saṅghaṇca bhikkhavo;
Bhayaṁ vā chambhitattam vā
Lomahaṁso na hessati.

– SN, Sagāthāvagga, Sakkasamyutta,
Dhajaggasuttam

Thus, Bhikkhus, in you who remember the Buddha,
the Dhamma and the Saṅgha, fear, trembling or terror will
never arise.

如是诸比丘，忆念佛法僧，
他无畏不栗，无毛骨悚然。

Parittaparikamma (p.6)

Ye santā santacittā,
tisaraṇasaraṇā,
ettha lokantare vā,
bhum mābhummā ca devā,
guṇagaṇagahaṇabyāvaṭā sabbakālaṁ,
ete āyantu devā,
varakanakamaye,
Merurāje vasanto,
santo santosahetum,
Munivaravacanam,
sotumaggaṁ samaggaṁ.

Sabbesu cakkavālesu,
yakkhā devā ca brahmano,
yaṁ amhehi kataṁ puññaṁ,
sabbasampattisādhakaṁ,

Sabbe taṁ anumoditvā,
samaggā sāsane ratā,
pamādarahitā hontu,
ārakkhāsu visesato.

Sāsanassa ca lokassa,
vuḍḍhī bhavatu sabbadā,
sāsanampi ca lokaṇca,
devā rakkhantu sabbadā.

Saddhim hontu sukhī sabbe,
parivārehi attano,
anīghā sumanā hontu,
saha sabbehi ñātibhi.

Preliminary of Paritta 护卫前业

Those (gods) who are peaceful, with peaceful minds,
who have taken refuge in the triple refuge, whether here,
or above the worlds, the various earth gods and sky gods,
who make effort to take group of virtuous deeds all of the
time, may these gods and those who dwell on the majestic
Mt. Meru, that excellent golden mountain, come in
concord, to hear the Sage's excellent word which is a
reason of great happiness.

这个世界与其它世界里，受持了三皈依，一切
时候皆致力于累积诸多美德，贤善内心寂静的地居
神与空居神，以及住在金造的须弥山顶的诸神王，
以及诸位贤者，愿诸神都和谐地来听闻牟尼的至上
语、快乐之因。

May all yakkhās, gods, and deities, from the whole
universe, after partaking of the merits, which can produce
all good fortune,

愿一切世界里的夜叉、神与梵天神随喜我们所
造、能带来一切成就的福业。

which we have acquired, being in harmony, and
delighting in the teaching, be not heedless and grant us
complete protection especially.

随喜该福业后，愿他们都和谐地对佛教感到欢
喜，不放逸地保护（美德）。

May the teaching and the world be on the increase at
all times, and may the gods protect the teaching and the
world forever.

愿一切时候佛教与世界都在增长，
愿一切时候诸神都保护佛教与世界。

May all together with those who are one's around, be
happy, may all together with all relatives, be untroubled,
and easy in mind.

愿一切众生自己与其随众都快乐，
愿他们及亲戚们都无身苦都开心。

Rājato vā, corato vā, manussato vā,
 amanussato vā, aggito vā, udakato vā,
 pisācato vā, khāṇukato vā,
 kaṇṭakato vā, nakkhattato vā,
 janapadarogato vā, asaddhammato vā,
 asandiṭṭhito vā, asappurisato vā,
 caṇḍa-hatthi-assa-miga-goṇa-kukkura-ahi-
 vicchika-maṇisappa-dīpi-accha-taraccha-
 sūkara-mahimsa-yakkha-rakkhasādīhi,
 nānā-bhayato vā, nānā-roгато vā,
 nānā-upaddavato vā, ārakkhaṃ gaṇhantu.

(May you be protected) from the king, thieves, humans, and non-humans, from fire and water, demons, stumps, and thorns, from unlucky stars, and epidemics, from what is not the true dhamma, not right view, not a good person, and from fierce elephants, horses, antelopes, bulls, dogs, snakes, scorpions, poisonous serpents, panthers, bears, hyenas, wild boars, buffaloes, yakkhas, rakkhasas, and so on, from the manifold fears, the manifold diseases, the manifold calamities, (from all of these troubles) may you receive protection.

愿你们获得保护得以免除来自王、贼、人、非人、火、水、鬼怪、树桩、刺、星座、瘟疫、非正法、邪见、非善士、凶恶的象、马、鹿、牛、狗、蛇、蝎、水蛇、豹、熊、鬣狗、野猪、水牛、夜叉、怪物等的种种危险，免除种种疾病与厄难。

Mettasuttaṃ (p.7)

Yassānubhāvato yakkhā neva dassenti bhīsanam
 Yamhi cevānuyuñjanto rattindivamatandito.

Sukhaṃ supati sutto ca pāpaṃ kiñci na passati,
 Evamādiḡuṇūpetam parittam tam bhaṇāma he.

- - -

Karaṇīyamattakusalena,
 yantasantaṃ padaṃ abhisamecca;
 Sakko ujū ca suhujū ca,
 suvaco cassa mudu anatimānī.

Santussako ca subharo ca,
 appakicco ca sallahukavutti;
 Santindriyo ca nipako ca,
 appagabbho kulesvananugiddho.

Na ca khuddamācare kiñci,
 yena viññū pare upavadeyyum;
 Sukhinova khemino hontu,
 sabbasattā bhavantu sukhittā.

Ye keci pāṇabhūtatti,
 tasā vā thāvarā vanavasesā;
 Dīghā vā yeva mahantā,
 majjhimā rassakā aṇukathulā.

Discourse on Loving-Kindness 慈愛经

Due to the power of this (Mettā Sutta), spirits did not manifest frightful sights. One who devotes himself to these teachings day and night diligently sleeps soundly and does not have any nightmare when asleep. Let us recite this protective discourse.

透过它(慈愛经)的力量，夜叉不显现恐怖相。对于昼夜致力修行者，他睡眠舒适不做恶梦。且让我们诵念具备这些功德之护卫。

This is to be done by [one] skilled in [what is] beneficial: having understood the path that [leads to] peace; he would be able, upright, very upright, easy to admonish, gentle, and not arrogant.

这是想要证得彻悟寂静涅槃、善于有益修行的人应该做的事：他必须有能力、正直、非常正直、易受教、柔软、不自大、

Contented and easy to support, of few duties and living frugally; [with] calm faculties and prudent, not obtrusive [to and] greedy [for gains from supporting] families.

知足、易护持、少事务、生活简朴、诸根寂静、拥有成熟的智慧、不无礼、不贪着在家众。

He would not do [even] the slightest thing, by which the wise could censure [and tell] others; may [all beings] be happy and secure, may all beings be in a state of happiness.

只要是智者将会指责的事，即使是小事他也不做；(愿一切众生)幸福与平安，愿一切众生安乐；

Whatever living beings there are, feeble or strong, [all] without exception; those long, great, medium, short, small or large.

无论是任何存在的众生，会颤抖的或不会颤抖的皆毫无遗漏，长的或大的或中等的，短的或小的或粗圆的，

Ditṭhā vā yeva aditṭhā,
ye va dūre vasanti avidūre;
Bhūtā va sambhavesī va,
sabbasattā bhavantu sukhittattā.

Na paro param nikubbetha,
nātimaññetha katthaci na kañci;
Byārosanā paṭighasaññā,
nāññamaññassa dukkhamiccheyya.

Mātā yathā niyaṃ puttamāyusā
ekaputtamanurakkhe;
Evampi sabbabhūtesu,
mānasam bhāvaye aparimāṇam.

Mettañca sabbalokasmi,
mānasam bhāvaye aparimāṇam;
Uddham adho ca tiriyañca,
asambādham averamasapattam.

Tiṭṭham caram nisinno va,
sayāno yāvatāssa vitamiddho;
Etaṃ satim adhiṭṭheyya,
brahmametaṃ vihāramidhamāhu.

Ditṭhiñca anupaggamma,
sīlavā dassanena sampanno;
Kāmesu vinaya gedham,
na hi jātuggabbhaseyya punareti.

– KN, Khuddakapāṭha 9; Suttanipāta, Uragavagga 8

Those seen or not seen, and living far or nearby; born or seeking birth, may all beings be in a state of happiness.
见到的或没见到的，住在远方的或近处的，已生的或还寻求再生的——愿一切众生快乐。

One would not deceive another, [nor] despise them anywhere [about] anything; [out of] anger or aversion, would not wish suffering for each other.
且让人不欺骗别人，也不在任何地方轻视别人。且让他们不会以嗔怒与厌恶来互相希望对方痛苦。

Just as a mother for her son, [her] only son, would protect [him] with her life; thus, also, towards all beings, would develop the mind without limit.
正如母亲对待自己的儿子那样，会以生命来保护独生子；应当如此对一切众生培育无量的心。

With loving-kindness towards the whole world, would develop the mind without limit; above, below and across, unrestricted, free from enmity and hostility.
以及应当以慈爱对全世界培育无量的心，上方、下方与周围，无障碍、无仇人、无敌对。

While standing, walking, seated, or lying down free from drowsiness; would determine [to keep] this mindfulness [in mind], this is a divine abiding in this world, it is said.
立、行、坐或卧，只要不是在睡眠中，都应决心保持如此的正念。这就是他们在此所说的梵住。

Not going to [wrong] view[s], being morally well behaved and having [right] vision, [and] having given up greed for sensuality, never again come [back] to the womb.
不执持邪见，拥有戒行，具足智见，及已经去除对欲乐的贪爱之后，他肯定不会再投胎。

Khandhasuttaṃ (p.8)

Sabbāsivisajātinaṃ
Dibbamantāgadam viya
Yaṃ nāseti visam ghoram
Sesañcāpi parissayam.

Āṇākkhettamhi sabbattha
Sabbadā sabbapaṇinaṃ
Sabbasopi nivāreti
Parittam tam bhaṇāma he.

- - -

Discourse on [Protection of] Aggregates 蕴护经

Just like divine charms and divine medicines, this (Khandha-Sutta) nullifies baneful poison and other perils of all the highly poisonous creatures.
犹如天咒与天药，此经能够除剧毒；一切剧毒之生物，其害此经皆能除。

In the scope of authority everywhere, always, for all beings this discourse prevents (the disasters). Let us recite this protective discourse now.
在此威力范围内，一切时候一切处，此经能防该危害。我们且诵此护卫。

Virūpakkhehi me mettaṃ
Mettaṃ Erāpathehi me,
Chabyāputtehi me mettaṃ
Mettaṃ Kaṇhāgotamakehi ca.

Apādakehi me mettaṃ
Mettaṃ dvipādakehi me,
Catuppadehi me mettaṃ
Mettaṃ bahuppadehi me.

Mā maṃ apādako hiṃsi
Mā maṃ hiṃsi dvipādako,
Mā maṃ catuppado hiṃsi
Mā maṃ hiṃsi bahuppado.

Sabbe sattā, sabbe pāṇā
Sabbe bhūtā ca kevalā,
Sabbe bhadraṇi passantu
Mā kañci pāpamāgamā.

Appamāṇo Buddho,
Appamāṇo Dhammo,
Appamāṇo Saṅgho.
Pamāṇavantāni sirīmsapāni:
Ahi-vicchikā, satapadī,
Uṇṇanābhi, sarabū, mūsikā.

Katā me rakkhā, kataṃ me parittaṃ,
Paṭikkamantu bhūtāni.
So'haṃ namo Bhagavato,
Namo sattannaṃ Sammā-sambuddhānaṃ.

– KN, 203 Khaṇḍajātaka;
AN.IV.67 Ahirājasuttaṃ;
Vinayaṭṭhaka, Cūḷavagga,
Khuddakavattthukkhandaṃ

May I have loving-kindness towards the Virūpakkhas;
May I have loving-kindness towards the Erāpathas;
May I have loving-kindness towards the Chabyāputtas;
May I have loving-kindness towards the Kaṇhāgotamakas.
愿我对威卢跋有慈爱；愿我对伊拉跋有慈爱；
愿我对刹标子有慈爱；愿我对黑瞿昙有慈爱。

May I have loving-kindness towards footless beings;
May I have loving-kindness towards beings with two legs;
May I have loving-kindness towards beings with four legs;
May I have loving-kindness towards beings with many legs.
愿我对无足众生有慈爱；愿我对两足众生有慈爱；
愿我对四足众生有慈爱；愿我对多足众生有慈爱。

May footless beings not harm me;
May beings with two legs not harm me;
May beings with four legs not harm me;
May beings with many legs not harm me.
愿无足众生不伤害我；愿两足众生不伤害我；
愿四足众生不伤害我；愿多足众生不伤害我。

May all living beings, all breathing things,
all creatures (without exception)
meet with good fortune.
May none of them come to any evil.
愿一切有情一切息生、一切众生毫无遗漏地，
愿他们遇见幸运的事，不会遭遇邪恶的事情。

Infinite is the Buddha,
Infinite is the Dhamma,
Infinite is the Saṅgha.
Finite are creeping things:
snakes, scorpions, centipedes,
spiders, lizards, rats.
佛无量，法无量，僧无量。
爬行类却有限量：
蛇、蝎、蜈蚣、
蜘蛛、蜥蜴、老鼠。

I have made the protection, I have made the safeguard.
May the (harmful) beings depart. I pay homage to the
Blessed One; homage to the seven Buddhas (Vipassī
Buddha, Sikhī Buddha, Vessabhū Buddha, Kakusandha
Buddha, Koṇāgamana Buddha, Kassapa Buddha, and
Gotama Buddha)
我做了护卫，我做了保护。
愿那些（有害的）众生离开。
我礼敬世尊；
礼敬七位圆满自觉者。

Mahāsatipaṭṭhānasuttaṃ^(p.35) *The Great Discourse on Foundations of Mindfulness* 大念处经

... (Continue from day 3) ...

Nirodhasaccaniddeso (p.58)

“Katamañca, bhikkhave, dukkhanirodham ariyasaccaṃ? Yo tassāyeva taṇhāya asesavirāganirodho cāgo paṭinissaggo mutti anālayo.

“Sā kho panesā, bhikkhave, taṇhā kattha pahīyamānā pahiyati, kattha nirujjhamānā nirujjhati? Yaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahiyati, ettha nirujjhamānā nirujjhati.

“Kiñca loke piyarūpaṃ sātārūpaṃ? Cakkhu loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahiyati, ettha nirujjhamānā nirujjhati. Sotaṃ loke ... Ghānaṃ loke ... Jivhā loke ... Kāyo loke ... Mano loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahiyati, ettha nirujjhamānā nirujjhati.

“Rūpā loke ... Saddā loke ... Gandhā loke ... Rasā loke ... Phoṭṭhabbā loke ... Dhammā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahiyati, ettha nirujjhamānā nirujjhati.

“Cakkhuviññāṇaṃ loke ... Sotaviññāṇaṃ loke ... Ghānaviññāṇaṃ loke ... Jivhāviññāṇaṃ loke ... Kāyaviññāṇaṃ loke ... Manoviññāṇaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahiyati, ettha nirujjhamānā nirujjhati.

The Noble Truth of the Cessation of Suffering 天谛义释

‘And, bhikkhus, what is the Noble Truth of the Cessation of Suffering? It is the complete fading-away and extinction of this craving, its forsaking and abandonment, liberation from it, detachment from it.

诸比丘，何谓苦灭圣谛？那就是此爱欲的消逝灭尽无余、舍离与舍弃，从爱欲解脱、不执着。

‘But, bhikkhus, how does this craving come to be abandoned, how does its cessation come about? Wherever in the world there is anything agreeable and pleasant, there this craving comes to be abandoned, there its cessation comes about.

然而，诸比丘，如何断除爱欲，灭尽爱欲呢？在世间有可爱与可喜之物的任何地方，就在那里断除爱欲、灭尽爱欲。

‘But what in the world is agreeable and pleasant? The eye in the world is agreeable and pleasant, and there this craving comes to be abandoned, there its cessation comes about. The ear in the world... The nose in the world... The tongue in the world... The body in the world... The mind in the world is agreeable and pleasant, and there this craving comes to be abandoned, there its cessation comes about.

在世间什么是可爱与可喜的呢？在世间眼根是可爱与可喜的，就在这里断除爱欲、灭尽爱欲。在世间耳根…… 在世间鼻根…… 在世间舌根…… 在世间身根…… 在世间意根是可爱与可喜的，就在这里断除爱欲、灭尽爱欲。

‘Visible objects in the world... Sounds in the world... Odours in the world... Flavours in the world... Tangibles in the world... Dhamma-objects in the world are agreeable and pleasant, and there this craving comes to be abandoned, there its cessation comes about.

在世间色尘…… 在世间声尘…… 在世间香尘…… 在世间味尘…… 在世间触尘…… 在世间法尘是可爱与可喜的，就在这里断除爱欲、灭尽爱欲。

‘Eye-consciousness in the world... Ear-consciousness in the world... Nose-consciousness in the world... Tongue-consciousness in the world... Body-consciousness in the world... Mind-consciousness in the world is agreeable and pleasant, and there this craving comes to be abandoned, there its cessation comes about.

在世间眼识…… 在世间耳识…… 在世间鼻识…… 在世间舌识…… 在世间身识…… 在世间意识是可爱与可喜的，就在这里断除爱欲、灭尽爱欲。

“Cakkhusamphasso loke ...
Sotasamphasso loke ... Ghānasamphasso
loke ... Jivhāsamphasso loke ...
Kāyasamphasso loke ... Manosamphasso loke
piyarūpaṃ sātārūpaṃ, etthesā taṇhā
pahīyamānā pahīyati, ettha nirujjhamānā
nirujjhati.

“Cakkhusamphassajā vedanā loke ...
Sotasamphassajā vedanā loke ...
Ghānasamphassajā vedanā loke ...
Jivhāsamphassajā vedanā loke ...
Kāyasamphassajā vedanā loke ...
Manosamphassajā vedanā loke piyarūpaṃ
sātārūpaṃ, etthesā taṇhā pahīyamānā
pahīyati, ettha nirujjhamānā nirujjhati.

“Rūpasaññā loke ... Saddasaññā loke ...
Gandhasaññā loke ... Rasasaññā loke ...
Phoṭṭhabbasaññā loke ... Dhammasaññā loke
piyarūpaṃ sātārūpaṃ, etthesā taṇhā
pahīyamānā pahīyati, ettha nirujjhamānā
nirujjhati.

“Rūpasañcetanā loke ... Saddasañcetanā
loke ... Gandhasañcetanā loke ...
Rasasañcetanā loke ... Phoṭṭhabbasañcetanā
loke ... Dhammasañcetanā loke piyarūpaṃ
sātārūpaṃ, etthesā taṇhā pahīyamānā
pahīyati, ettha nirujjhamānā nirujjhati.

“Rūpataṇhā loke ... Saddataṇhā loke ...
Gandhataṇhā loke ... Rasataṇhā loke ...
Phoṭṭhabbataṇhā loke ... Dhammataṇhā loke
piyarūpaṃ sātārūpaṃ, etthesā taṇhā
pahīyamānā pahīyati, ettha nirujjhamānā
nirujjhati.

‘Eye-contact in the world... Ear-contact in the world... Nose-contact in the world... Tongue-contact in the world... Body-contact in the world... Mind-contact in the world is agreeable and pleasant, and there this craving comes to be abandoned, there its cessation comes about.

在世间眼触…… 在世间耳触…… 在世间鼻触…… 在世间舌触…… 在世间身触…… 在世间意触是可爱与可喜的，就在这里断除爱欲、灭尽爱欲。

‘Feeling born of eye-contact in the world... Feeling born of ear-contact in the world... Feeling born of nose-contact in the world... Feeling born of tongue-contact in the world... Feeling born of body-contact in the world... Feeling born of mind-contact in the world is agreeable and pleasant, and there this craving comes to be abandoned, there its cessation comes about.

在世间眼触生受…… 在世间耳触生受…… 在世间鼻触生受…… 在世间舌触生受…… 在世间身触生受…… 在世间意触生受是可爱与可喜的，就在这里断除爱欲、灭尽爱欲。

‘The perception of visible objects in the world... The perception of sounds in the world... The perception of odours in the world... The perception of flavours in the world... The perception of tangibles in the world... The perception of dhamma-objects in the world is agreeable and pleasant, and there this craving comes to be abandoned, there its cessation comes about.

在世间色想…… 在世间声想…… 在世间香想…… 在世间味想…… 在世间触想…… 在世间法想是可爱与可喜的，就在这里断除爱欲、灭尽爱欲。

‘Volition in regard to visible objects in the world... Volition in regard to sounds in the world... Volition in regard to odours in the world... Volition in regard to flavours in the world... Volition in regard to tangibles in the world ... Volition in regard to dhamma-objects in the world is agreeable and pleasant, and there this craving comes to be abandoned, there its cessation comes about.

在世间色思…… 在世间声思…… 在世间香思…… 在世间味思…… 在世间触思…… 在世间法思是可爱与可喜的，就在这里断除爱欲、灭尽爱欲。

‘The craving for visible objects in the world... The craving for sounds in the world... The craving for odours in the world... The craving for flavours in the world... The craving for tangibles in the world... The craving for dhamma-objects in the world is agreeable and pleasant, and there this craving comes to be abandoned, there its cessation comes about.

在世间色爱…… 在世间声爱…… 在世间香爱…… 在世间味爱…… 在世间触爱…… 在世间法爱是可爱与可喜的，就在这里断除爱欲、灭尽爱欲。

“Rūpavitakko loke ... Saddavitakko loke ...
Gandhavitakko loke ... Rasavitakko loke ...
Phoṭṭhabbavitakko loke ... Dhammavitakko
loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā
pahīyamānā pahiyati, ettha nirujjhamānā
nirujjhati.

“Rūpavicāro loke ... Saddavicāro loke ...
Gandhavicāro loke ... Rasavicāro loke ...
Phoṭṭhabbavicāro loke ... Dhammavicāro loke
piyarūpaṃ sātārūpaṃ, etthesā taṇhā
pahīyamānā pahiyati, ettha nirujjhamānā
nirujjhati.

Idaṃ vuccati, bhikkhave, dukkhanirodhaṃ
ariyasaccaṃ.

Maggasaccaniddeso

“Katamañca, bhikkhave, dukkhanirodha-
gāminī paṭipadā ariyasaccaṃ? Ayameva ariyo
aṭṭhaṅgiko maggo seyyathidaṃ – sammādiṭṭhi
sammāsaṅkappo sammāvācā sammākammanto
sammā-ājīvo sammāvāyāmo sammāsati
sammāsamādhi.

“Katamā ca, bhikkhave, sammādiṭṭhi?
Yaṃ kho, bhikkhave, dukkhe ñāṇaṃ,
dukkhasamudaye ñāṇaṃ, dukkhanirodhe
ñāṇaṃ, dukkhanirodhagāminiyā paṭipadāya
ñāṇaṃ, ayaṃ vuccati, bhikkhave, sammādiṭṭhi.

“Katamo ca, bhikkhave, sammāsaṅkappo?
Nekkhammasaṅkappo abyāpādasāṅkappo
avihiṃsāsaṅkappo, ayaṃ vuccati bhikkhave,
sammāsaṅkappo.

“Katamā ca, bhikkhave, sammāvācā?
Musāvādā veramaṇī, piṣuṇāya vācāya
veramaṇī, pharusāya vācāya veramaṇī,
samphappalāpā veramaṇī, ayaṃ vuccati,
bhikkhave, sammāvācā.

‘Applied thought of visible objects in the world...
Applied thought of sounds in the world... Applied
thought of odours in the world... Applied thought of
flavours in the world... Applied thought of tangibles in
the world... Applied thought of dhamma-objects in the
world is agreeable and pleasant, and there this craving
comes to be abandoned, there its cessation comes about.

在世间色寻…… 在世间声寻…… 在世间香
寻…… 在世间味寻…… 在世间触寻…… 在世间
法寻是可爱与可喜的，就在这里断除爱欲、灭尽爱
欲。

‘Sustained thought on visible objects in the world...
Sustained thought on sounds in the world... Sustained
thought on odours in the world... Sustained thought on
flavours in the world... Sustained thought on tangibles in
the world... Sustained thought on dhamma-objects in the
world is agreeable and pleasant, and there this craving
comes to be abandoned, there its cessation comes about.

在世间色伺…… 在世间声伺…… 在世间香
伺…… 在世间味伺…… 在世间触伺…… 在世间
法伺是可爱与可喜的，就在这里断除爱欲、灭尽爱
欲。

‘And, bhikkhus, that is called the Noble Truth of the
Cessation of Suffering.

诸比丘，这称为苦灭圣谛。

The Noble Truth of the Path 道谛义释

‘And, bhikkhus, what is the Noble Truth of the Way
of Practice Leading to the Cessation of Suffering? It is just
this Noble Eightfold Path, namely: Right View, Right
Thought, Right Speech, Right Action, Right Livelihood,
Right Effort, Right Mindfulness, Right Concentration.

诸比丘，何谓导致苦灭的道圣谛？那就是（具
备）八支的圣道，即正见、正思惟、正语、正业、
正命、正精进、正念、正定。

‘And, bhikkhus, what is Right View? Bhikkhus, it is
the knowledge of suffering, the knowledge of the origin of
suffering, the knowledge of the cessation of suffering, and
the knowledge of the way of practice leading to the
cessation of suffering. Bhikkhus, this is called Right View.

诸比丘，什么是正见？诸比丘，正见就是了知
苦的智慧、了知苦因的智慧、了知苦灭的智慧、了
知导致苦灭之道的智慧。诸比丘，这称为正见。

‘And, bhikkhus, what is Right Thought? The
thought of renunciation, the thought of non-ill-will, the
thought of harmlessness. Bhikkhus, this is called Right
Thought.

诸比丘，什么是正思惟？出离思惟、无瞋思惟、
无害思惟，诸比丘，这称为正思惟。

‘And, bhikkhus, what is Right Speech? Refraining
from lying, refraining from slander, refraining from harsh
speech, refraining from frivolous speech. Bhikkhus, this
is called Right Speech.

诸比丘，什么是正语？不妄语、不两舌、不恶
口、不绮语，诸比丘，这称为正语。

“Katamo ca, bhikkhave, sammā-kammanto? Pāṇātipātā veramaṇī, adinnādānā veramaṇī, kāmesumicchācārā veramaṇī, ayaṃ vuccati, bhikkhave, sammākammanto.

“Katamo ca, bhikkhave, sammā-ājīvo? Idha, bhikkhave, ariyasāvako micchā-ājīvaṃ pahāya sammā-ājīvena jīvitam kappeti, ayaṃ vuccati, bhikkhave, sammā-ājīvo.

“Katamo ca, bhikkhave, sammāvāyāmo? Idha, bhikkhave, bhikkhu anuppannānaṃ pāpakānaṃ akusalānaṃ dhammānaṃ anuppādāya chandaṃ janeti vāyamati vīriyaṃ ārabhati cittaṃ paggaṇhāti padahati; uppannānaṃ pāpakānaṃ akusalānaṃ dhammānaṃ pahānāya chandaṃ janeti vāyamati vīriyaṃ ārabhati cittaṃ paggaṇhāti padahati; anuppannānaṃ kusalaṇaṃ dhammānaṃ anuppādāya chandaṃ janeti vāyamati vīriyaṃ ārabhati cittaṃ paggaṇhāti padahati; uppannānaṃ kusalaṇaṃ dhammānaṃ ṭhitiyā asamosāya bhīyyobhāvāya vepullāya bhāvanāya pāripūriyā chandaṃ janeti vāyamati vīriyaṃ ārabhati cittaṃ paggaṇhāti padahati. Ayaṃ vuccati, bhikkhave, sammāvāyāmo.

“Katamā ca, bhikkhave, sammāsati? Idha, bhikkhave, bhikkhu kāye kāyānupassī viharati ātāpī sampajāno satimā vineyya loke abhijjhādomanassaṃ; vedanāsu vedanānupassī viharati ātāpī sampajāno satimā vineyya loke abhijjhādomanassaṃ; citte cittānupassī viharati ātāpī sampajāno satimā vineyya loke abhijjhādomanassaṃ; dhammesu dhammānupassī viharati ātāpī sampajāno satimā vineyya loke abhijjhādomanassaṃ. Ayaṃ vuccati, bhikkhave, sammāsati.

‘And, bhikkhus, what is Right Action? Refraining from taking life, refraining from taking what is not given, refraining from sexual misconduct. Bhikkhus, this is called Right Action.

诸比丘，什么是正业？不杀生、不偷盗、不邪淫，诸比丘，这称为正业。

‘And, bhikkhus, what is Right Livelihood? Here, bhikkhus, a noble disciple having given up wrong livelihood earns his livelihood by right means. Bhikkhus, this is called Right Livelihood.

诸比丘，什么是正命？在此，诸比丘，圣弟子舍离邪命而以正当的方法谋生，诸比丘，这称为正命。

‘And, bhikkhus, what is Right Effort? Here, bhikkhus, a bhikkhu rouses his will, makes an effort, stirs up energy, exerts his mind and strives to prevent the arising of unarisen evil unwholesome mental states. He rouses his will, makes an effort, stirs up energy, exerts his mind and strives to overcome evil unwholesome mental states that have arisen. He rouses his will, makes an effort, stirs up energy, exerts his mind and strives to produce unarisen wholesome mental states. He rouses his will, makes an effort, stirs up energy, exerts his mind and strives to maintain wholesome mental states that have arisen, not to let them fade away, to bring them to greater cultivation, to the full perfection of development. This is called Right Effort.

诸比丘，什么是正精进？在此，诸比丘，比丘生起意愿、勤奋、激发精进、策励自心、努力避免未生起的邪恶不善法生起。他生起意愿、勤奋、激发精进、策励自心、努力降伏已生起的邪恶不善法。他生起意愿、勤奋、激发精进、策励自心、努力促使未生起的善法生起。他生起意愿、勤奋、激发精进、策励自心、努力使已生起的善法持续、不衰退、增长、广大、修行圆满。诸比丘，这称为正精进。

‘And, bhikkhus, what is Right Mindfulness? Here, bhikkhus, a bhikkhu abides contemplating the body as a body, with ardour, clear comprehension, and mindfulness, having removed grief and covetousness towards the world. He abides contemplating feelings as feelings, with ardour, clear comprehension, and mindfulness, having removed grief and covetousness towards the world. He abides contemplating mind as mind, with ardour, clear comprehension, and mindfulness, having removed grief and covetousness towards the world. He abides contemplating dhamma-objects as dhamma-objects, with ardour, clear comprehension, and mindfulness, having removed grief and covetousness towards the world. Bhikkhus, this is called Right Mindfulness.

诸比丘，什么是正念？在此，诸比丘，去除对世间的贪欲及烦恼后，比丘以热诚、正知、正念安住于观身为身。去除对世间的贪欲及烦恼后，他以热诚、正知、正念安住于观受为受。去除对世间的贪欲及烦恼后，他以热诚、正知、正念安住于观心为心。去除对世间的贪欲及烦恼后，他以热诚、正知、正念安住于观法为法。诸比丘，这称为正念。

“Katamo ca, bhikkhave, sammāsamādhī?
 Idha, bhikkhave, bhikkhu vivicceva kāmehi
 vivicca akusalehi dhammehi savitakkaṃ
 savicāraṃ vivekaṃ pītisukhaṃ paṭhamāṃ
 jhānaṃ upasampajja viharati. Vitakkavicārānaṃ
 vūpasamā ajjhataṃ sampasādanaṃ cetaso
 ekodibhāvaṃ avitakkaṃ avicāraṃ samādhijaṃ
 pītisukhaṃ dutiyaṃ jhānaṃ upasampajja
 viharati. Pītiyā ca virāgā upekkhako ca viharati,
 sato ca sampajāno, sukhañca kāyena
 paṭisaṃvedeti, yaṃ taṃ ariyā ācikkhanti
 ‘upekkhako satimā sukhavihārī’ti tatiyaṃ
 jhānaṃ upasampajja viharati. Sukhassa ca
 pahānā dukkhassa ca pahānā pubbeva
 somanassadomanassānaṃ atthaṅgamā
 adukkhamasukhaṃ upekkhāsati pārisuddhiṃ
 catutthaṃ jhānaṃ upasampajja viharati. Ayaṃ
 vuccati, bhikkhave, sammāsamādhī.”

“Idaṃ vuccati, bhikkhave, dukkhanirodha-
 gāminī paṭipadā ariyasaccaṃ.”

“Iti ajjhataṃ vā dhammesu
 dhammānupassī viharati, bahiddhā vā
 dhammesu dhammānupassī viharati, ajjhata-
 bahiddhā vā dhammesu dhammānupassī
 viharati. Samudayadhammānupassī vā
 dhammesu viharati, vayadhammānupassī vā
 dhammesu viharati, samudayavaya-
 dhammānupassī vā dhammesu viharati. ‘Atthi
 dhammā’ti vā panassa sati paccupaṭṭhitā hoti
 yāvadeva ñāṇamattāya paṭissatimattāya
 anissito ca viharati, na ca kiñci loke upādiyati.
 Evampi kho, bhikkhave, bhikkhu dhammesu
 dhammānupassī viharati catūsu ariyasaccesu.”

*Saccapabbaṃ niṭṭhitam.
 Dhammānupassanā niṭṭhitā.*

‘And, bhikkhus, what is Right Concentration? Here, a bhikkhu detached from sensual desires, detached from unwholesome mental states, enters and remains in the first jhāna. It is with applied thought and sustained thought, born of detachment, filled with joy and pleasure. And with the subsiding of applied thought and sustained thought, by gaining inner tranquillity and oneness of mind, he enters and remains in the second jhāna. It is without applied thought and sustained thought, born of concentration, filled with joy and pleasure. And with the fading away of delight, he remains imperturbable, mindful and clearly aware. Thus he experiences in his body that kind of pleasure, of which the Noble Ones say: “That pleasure is experienced by one who dwells with equanimity and mindfulness.” He enters the third jhāna. And, having given up pleasure and pain, and with the destruction of former gladness and sadness, he enters and remains in the fourth jhāna. It is beyond pleasure and pain, and purified by equanimity and mindfulness. Bhikkhus, this is called Right Concentration.

诸比丘，什么是正定？在此，诸比丘，比丘远离爱欲，远离不善法，进入并安住于具有寻、伺及由远离而生之喜、乐的初禅。平息了寻、伺之后，借着获得内在的清静与一心，他进入并安住于没有寻、伺，但具有由定而生之喜、乐的第二禅。舍离了喜之后，他保持舍心，具备正念与正知，如此他以身¹²感受快乐，正如圣者们所说的：『这是具备舍心与正念者的乐住。』他进入并安住于第三禅。由于舍离了苦与乐及先前灭除了喜与忧，他进入并安住于超越苦乐及由舍与正念净化的第四禅。诸比丘，这称为正定。

‘Bhikkhus, that is called the way of practice leading to the cessation of suffering.

诸比丘，这称为导致苦灭的道圣谛。

‘Thus he abides contemplating dhamma-objects as dhamma-objects internally, or he abides contemplating dhamma-objects as dhamma-objects externally, or he abides contemplating dhamma-objects as dhamma-objects both internally and externally. He abides contemplating arising phenomena in the dhamma-objects, or he abides contemplating vanishing phenomena in the dhamma-objects, or he abides contemplating both arising and vanishing phenomena in the dhamma-objects. Or mindfulness that “there are dhamma-objects” is established in him just to the extent necessary for knowledge and mindfulness. In this way he abides detached, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating dhamma-objects as dhamma-objects concerning the Four Noble Truths.

如此，他安住于观照内在的法为法、安住于观照外在的法为法或安住于观照内在与外在的法为法。他安住于观照法的生起现象、安住于观照法的坏灭现象或安住于观照法的生起与坏灭现象。或者他建立起『有法』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘依四圣谛而安住于观法为法的方法。

¹² 这里的「身」是指「名身」而言，不是指「色身」。

“Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya sattavassāni, tassa dvinnam phalanam aññataram phalam pāṭikaṅkham diṭṭheva dhamme aññā; sati vā upādisese anāgāmitā.

“Tiṭṭhantu, bhikkhave, sattavassāni. Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya cha vassāni, pañca vassāni ... cattāri vassāni ... tiṇi vassāni ... dve vassāni ... ekaṃ vassam ...

“Tiṭṭhatu, bhikkhave, ekaṃ vassam. Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya sattamāsāni, tassa dvinnam phalanam aññataram phalam pāṭikaṅkham diṭṭheva dhamme aññā; sati vā upādisese anāgāmitā.

“Tiṭṭhantu, bhikkhave, satta māsāni. Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya cha māsāni, pañca māsāni ... cattāri māsāni ... tiṇi māsāni ... dve māsāni ... ekaṃ māsam ... aḍḍhamāsam ...

“Tiṭṭhatu, bhikkhave, aḍḍhamāso. Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya sattāham, tassa dvinnam phalanam aññataram phalam pāṭikaṅkham diṭṭheva dhamme aññā; sati vā upādisese anāgāmitāti.

“Ekāyano ayaṃ, bhikkhave, maggo sattānam visuddhiyā sokaparidevānam samatikkamāya dukkhadomanassānam atthaṅgamāya ñāyassa adhigamāya nibbānassa sacchikiriyāya yadidaṃ cattāro satipaṭṭhānāti. Iti yaṃ taṃ vuttaṃ, idametam paṭicca vuttan”ti.

Idamavoca bhagavā. Attamanā te bhikkhū bhagavato bhāsitaṃ abhinandun’ti.

Mahāsatipaṭṭhānasuttam niṭṭhitam.

– DN, Mahāvagga, 9;

MN, Mūlapaṇṇāsa, 10

(Chant until here for day 4)

‘Bhikkhus, whoever should practise these Four Foundations of mindfulness for just seven years may expect one of two results: either Arahantship in this life or, if there should be some substrate left, the state of a Non-Returner.

诸比丘，如此修行四念处七年的人，可望得到两种成果之一：今生证得阿罗汉果；若还有烦恼未尽的话，则证得阿那含果。

‘Let alone seven years, bhikkhus, whoever should practise them for just six years... for just five years... for just four years... for just three years... for just two years... for just one year...

不用说七年，诸比丘，如此修行四念处六年…… 五年…… 四年…… 三年…… 两年…… 一年…… 的人

‘Let alone one year, bhikkhus, whoever should practise them for just seven months may expect one of two results: either Arahantship in this life or, if there should be some substrate left, the state of a Non-Returner.

不用说一年，诸比丘，如此修行四念处七个月的人，可望得到两种成果之一：今生证得阿罗汉果；若还有烦恼未尽的话，则证得阿那含果。

‘Let alone seven months, bhikkhus, whoever should practise them for just six months... for just five months... for just four months... for just three months... for just two months... for just one month... for just half a month...

不用说七个月，诸比丘，如此修行四念处六个月…… 五个月…… 四个月…… 三个月…… 两个月…… 一个月…… 半个月…… 的人，

‘Let alone half a month, bhikkhus, whoever should practise them for just seven days may expect one of two results: either Arahantship in this life or, if there should be some substrate left, the state of a Non-Returner.

不用说半个月，诸比丘，如此修行四念处七天的人，可望得到两种成果之一：今生证得阿罗汉果；若还有烦恼未尽的话，则证得阿那含果。

‘It is for this reason that it was said: “Bhikkhus, this is the single way for the purification of beings, for the surmounting of sorrow and lamentation, for the disappearance of pain and grief, for the attainment of the true way and for the realisation of Nibbāna - namely, the four foundations of mindfulness.”’

这就是为什么说：『诸比丘，这是使众生清净、超越忧愁与悲伤、灭除痛苦与烦恼、成就正道与现证涅槃的单一道路，那就是四念处。』

Thus The Exalted One spoke. The bhikkhus were delighted and rejoiced at his words.

世尊如此开示之后，诸比丘对世尊的话感到愉悦与欢喜。

《大念处经》完毕

(第四天诵至此)

Dasadhammāsuttaṃ (p.11) (Pabbajita-Abhiṇhaṣuttaṃ)

“Dasayime, bhikkhave, dhammā
pabbajitena abhiṇhaṃ paccavekkhitabbā.
Katame dasa?

1. ‘Vevaṇṇiyamhi ajjhupagato’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

2. ‘Para-paṭibaddhā me jīvikā’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

3. ‘Añño me ākappo karaṇīyo’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

4. ‘Kacci nu kho me attā sīlato na
upavadatī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

5. ‘Kacci nu kho maṃ anuvicca viññū
sābrahma-cārī sīlato na upavadantī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

6. ‘Sabbhehi me piyehi manāpehi nānā-
bhāvo vinā-bhāvo’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

7. ‘Kamassakomhi kamma-dāyādo
kamma-yoni kamma-bandhu kamma-
paṭisaraṇo, yaṃ kammaṃ karissāmi kalyāṇaṃ
vā pāpakaṃ vā tassa dāyādo bhavissāmī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

8. ‘Kathambhūtassa me rattindivā
vītivattantī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

9. ‘Kacci nu kho ahaṃ suññāgāre
abhiraṃāmī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

Discourse on Ten Dhammas 十法经

“There are these ten things, bhikkhus, that one who
has gone forth should frequently reflect on. What are the
ten?

「诸比丘，有十种法是出家人应当经常省察
的。是哪十种？」

‘I have become one who has no class’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我已经成为没有阶
级分别的人。』

‘I am bound to others for my livelihood’, one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我的生活依赖他
人。』

‘I should comport myself differently’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我的行仪举止应
[与在家人] 不同。』

‘Can I myself find no fault with my virtue?’ one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否不会因戒而
谴责自己？』

‘Will my wise companions in the spiritual life, after
testing me, find no fault with my virtue?’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『有智的同梵行者检
查后，是否不会因戒而谴责我？』

‘All those who are dear and pleasing to me are
subject to change, subject to separation (i.e. death)’, one
who has gone forth should frequently reflect on this.

出家人应当经常地省察：『一切我所喜爱、可
意的会变易、别离（即：死亡）。』

‘I am the owner of my kammās, I am the heir of my
kammās, it is kamma that I am born from, kammās are
my kinsfolk, kammās are my refuge, whatever kammās I
perform, whether good or bad, to that I will be the heir’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是业的所有者，
业的继承者，以业为起源，以业为亲属，以业为依
靠。无论我所造的业是善或恶，我将是它的继承
者。』

‘In what way do the nights and days pass for me?’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是如何度过日
夜呢？』

‘Do I delight in empty places?’ one who has gone
forth should frequently reflect on this.

出家人应当经常地省察：『我是否乐于空闲处
呢？』

10. 'Atthi nu kho me uttari-manussa-
dhammo alamariya-ñāṇa-dassana-viseso
adhigato, yenāhaṃ pacchime kāle
sabrahmacārīhi puṭṭho na maṅku bhavissāmī'ti
pabbajitena abhiṇhaṃ paccavekkhitabbāṃ.

Ime kho, bhikkhave, dasa dhammā
pabbajitena abhiṇhaṃ paccavekkhitabbā."

– AN.X.48

'Has a state beyond (ordinary) human beings, the distinction of what is truly noble knowledge and seeing been attained by me? Will I at the end, when questioned by my companions in the spiritual life, not be embarrassed?', one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否有证得上人法、真正殊胜的圣智见呢？在我最后时刻，当同梵行者们问及时，我将不会羞愧？』

"These are the ten things, bhikkhus, that one who has gone forth should frequently reflect on."

诸比丘，此十种法乃出家人应当经常地省察。」

Catupaccavekkhaṇā (p.12)

Paṭisaṅkhā yoniso cīvaraṃ paṭisevāmi,
yāvadeva sītassa paṭighātāya, uṇhassa
paṭighātāya, ḍaṃsa-makasa-vātātapa-
sirīmsapa-samphassānaṃ paṭighātāya,
yāvadeva hiri-kopīna-paṭicchādanatthaṃ.

Paṭisaṅkhā yoniso piṇḍapātaṃ paṭisevāmi,
neva davāya na madāya na maṇḍanāya na
vibhūsanāya, yāvadeva imassa kāyassa ṭhitiyā
yāpanāya vihiṃsūparatiyā
brahmacariyānuggahāya, iti purāṇaṇca
vedanaṃ paṭisaṅkhāmi, navaṇca vedanaṃ na
uppādessāmi, yātrā ca me bhavissati
anavajjatā ca phāsu-vihāro ca.

Paṭisaṅkhā yoniso senāsanaṃ paṭisevāmi,
yāvadeva sītassa paṭighātāya, uṇhassa
paṭighātāya, ḍaṃsa-makasa-vātātapa-
sirīmsapa-samphassānaṃ paṭighātāya,
yāvadeva utu-parissaya-vinodanaṃ
paṭisallānārāmatthaṃ.

Paṭisaṅkhā yoniso gilāna-paccaya-
bhesajja-parikkhāraṃ paṭisevāmi, yāvadeva
uppannānaṃ veyyābādhikānaṃ vedanānaṃ
paṭighātāya, abyāpajjha-paramatāya.

Four [Requisites] Contemplation

四种省思

Reflecting wisely, I wear the robe, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and also for the purpose of covering the parts of my body that cause shame.

我如理省思所受用之衣，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了遮蔽羞处。

Reflecting wisely I use almsfood not for play, not for pride, not for beauty, not for fattening; but merely for the sustenance and continuance of this body; to cease discomfort; and to be able to practise the holy life, thinking "Thus I will destroy old feelings (of hunger) and not create new feelings (from overeating). I will maintain myself, be blameless, and live in comfort."

我如理省思所受用的食物，不为嬉戏，不为骄傲，不为装饰，不为庄严，只是为了此身住立存续，为了停止伤害，为了资助梵行，如此我将消除旧受，并使新受不生，我将维持生命、无过且安住。

Reflecting wisely I make use of dwellings, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and as a protection from the perils of weather conditions; and for the joy of seclusion.

我如理省思所受用的住所，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了免除季候的危险，而好独处（禅修）之乐。

Reflecting wisely I make use of medicinal requisites that are for curing the sick, only to counteract any afflicting feelings (of illness) that have arisen and for maximum freedom from disease.

我如理省思所受用的病者所需之药品，只是为了治疗已生起的病苦之受，为了尽量没有身苦。

Pubbaṇhasuttaṃ (p.14)

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Buddhānubhāvena vināsamentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Dhammānubhāvena vināsamentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Saṅghānubhāvena vināsamentu.

Dukkhappattā ca niddukkhā
Bhayappattā ca nibbhayā,
Sokappattā ca nissokā
Hontu sabbe'pi pāṇino.

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe devā'numodantu
Sabba-sampatti siddhiyā.

Dānaṃ dadantu saddhāya,
Sīlaṃ rakkhantu sabbadā,
Bhāvanābhiraṭṭā hontu,
Gacchantu devatāgatā.

Sabbe Buddhā balappattā
Paccekaṇaṃ yaṃ balaṃ,
Arahantānaṃ teja
Rakkhaṃ bandhāmi sabbaso.

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Buddhē ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

The Discourse about the Forenoon 午前经

By the power of the Buddha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛陀的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Dhamma, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛法的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Saṅgha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过僧团的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

May all creatures who are suffering be without suffering, [living in] fear be without fear and [living in] sorrow be without sorrow.

祝愿一切的众生，痛苦的不再痛苦，
恐惧的不再恐惧，忧愁的不再忧愁。

May all deities rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切神随喜我们至今所累积的功德，愿一切得成就！

May all be able to perform giving with faith; may all safeguard their morality always. May all be delighted in meditation. May the deities who have come (to the recitation) go back (to their homes).

愿大家依信布施，愿大家永护其戒，
愿大家乐于禅修，请来此诸神归去。

By the (protective) power of the Buddhas, the power of Pacceka-Buddhas and the power of Arahants, I fortify the protection in every way.

以一切佛陀之力，及诸辟支佛之力，
及诸阿罗汉之力，我建立一切守护！

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间（这是指天界、梵天界或其他世界系）的任何财宝，或在天界的任何殊胜珠宝，都没有和如来（佛陀）同等的。在佛陀里有此殊胜宝。以此真实语愿得安乐。

Yam kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Dhamme ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Yam kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Saṃghe ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Mahā-kāruṇiko nātho,
Hitāya sabba-pāṇīnaṃ,
Pūretvā pāramī sabbā,
Patto sambodhimuttamaṃ.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Jayanto bodhiyā mūle,
Sakyānaṃ nandi-vuḍḍhano,
Evameva jayo hotu,
Jayassu jaya-maṅgale.

Aparājita-pallaṅke,
Sīse puthuvipukkhale,
Abhiseke sabbabuddhānaṃ,
Aggapatto pamodati.

Sunakkhattaṃ sumaṅgalaṃ,
Suppabhātaṃ suhuṭṭhitaṃ;
Sukhaṇo sumuhutto ca,
Suyiṭṭhaṃ brahmacārisu.

Padakkhiṇaṃ kāya-kammaṃ,
Vācā-kammaṃ padakkhiṇaṃ;
Padakkhiṇaṃ mano-kammaṃ,
Paṇīdhi te padakkhiṇe.

Padakkhiṇāni katvāna,
Labhantatthe padakkhiṇe.
Te attha-laddhā sukhitā
Virūlha Buddha-sāsane;
Arogā sukhitā hotha
Saha sabbehi ñātibhi.

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Dhamma is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在法里有此殊胜宝。以此真实语愿得安乐。

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在僧团里有此殊胜宝。以此真实语愿得安乐。

The most compassionate Lord had fulfilled all the perfections for the welfare of all beings and had attained the supreme enlightenment. By this truth may there be well-being for you always.

具有大悲的依持者，为了一切众生利益，
圆满所有波罗蜜后，证得无上菩提解脱；
借着这真实的话语，愿你永远平安快乐。

Just as the Lord, the increaser of delight for the Sakyans, was victorious at the foot of the Bodhi tree, so also may the victory be to you and may you be successful in all the auspicious conquests.

为释迦族增长喜者，在菩提树下得胜利；
愿你也都如此胜利，于吉祥征途得胜利。

The Lord had attained the Noble State on the Unconquerable Seat, on the most sacred earth consecrated by all the Buddhas and rejoiced.

在不败的座位上，在最神圣的地点，
诸佛加持欢喜处，他证悟圣洁之境。

May good planets, excellent blessings, good daybreak, good waking up, good moment, good instance, and good oblations to the sages be to you.

愿你得吉星善吉祥，好的黎明好的起身，
好的刹那与好时刻，对梵行者的善供养。

May the bodily deeds be reverential; may the speech deeds be reverential; may the mental deeds be reverential. May you be resolute in these reverential matters.

恭敬的身业，恭敬的语业，
恭敬的意业，决意于敬业。

Having done the reverential deeds, may you obtain reverential gains; having obtained them may you be happy and make progress in the Buddha's dispensation. May you and all your relatives be happy and free from sickness.

实行恭敬诸业之后，愿你获得恭敬之得。
获得它们愿你快乐，于佛教法获得提升。
愿你及所有亲戚们，都没有病痛都快乐。

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-buddhānubhāvena
Sadā sukhī (sothī)¹³ bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-dhammānubhāvena
Sadā sukhī (sothī)² bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-saṅghānubhāvena
Sadā sukhī (sothī)² bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Buddhas, may you have happiness (well-being) always.

愿你得一切吉祥，愿一切神保护你；
透过诸佛的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Dhammas, may you have happiness (well-being) always.

愿你得一切吉祥，愿一切神保护你；
透过诸法的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Saṅghas, may you have happiness (well-being) always.

愿你得一切吉祥，愿一切神保护你；
透过诸僧的威力，愿你永远都快乐（平安）！

Mettā Chanting (p.16)

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Puratthimāya disāya, pacchimāya disāya,
uttarāya disāya, dakkhiṇāya disāya, puratthi-
māya anudisāya, pacchimāya anudisāya,
uttarāya anudisāya, dakkhiṇāya anudisāya,
hetthimāya disāya, uparimāya disāya,

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

慈悲诵

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:

一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

In the easterly direction, in the westerly direction, in the northerly direction, in the southerly direction, in the south-east direction, in the north-west direction, in the north-east direction, in the south-west direction, in the downward direction, in the upward direction:

在东方、在西方、在北方、在南方、在东南方、
在西北方、在东北方、在西南方、在下方、在上方

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:

一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

¹³ sothī – Sri Lanka Version, 斯里兰卡版本

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā pathavī-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā udaya-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā ākāśa-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Good Wishes and Sharing of Merit etc 1

Yaṃ pattaṃ kusalaṃ tassa
Ānubhāvena pāṇino
Sabbe saddhamma-rājassa
Ñatvā Dhammaṃ sukhāvahaṃ,

Pāpuṇantu visuddhāya
Sukhāya paṭipattiyā
Asokamanupāyāsaṃ
Nibbānasukhamuttamaṃ.

Ciraṃ tiṭṭhatu saddhammo,
Dhamme hontu sagāravā
Sabbe'pi sattā, kālena
Sammā devo pavassatu.

Yathā rakkhimsu porāṇā
Surājāno tathevimaṃ,
Rājā rakkhatu dhammena
Attano'va pajaṃ pajaṃ.

– Aṭṭhasālīnī, Nigamanakathā

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live on earth: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在地上过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in water: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在水里过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in the sky: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在天空里过活的有情无嗔无怨、无苦无厄。

祝愿与分享功德等 1

By the power of whatever wholesome state attained by me, may all beings, having known rightly the King of Dhamma's teachings which give bliss (of Nibbāna), attain the bliss of Nibbāna, sorrowless, without distress and supreme, through the Middle Practice (Noble Eightfold Path) which is pure and blissful.

以我所成就的善法力量，愿一切有情在了知正法王导向快乐（涅槃）之法后，透过清净快乐的修行，达到至上的涅槃乐、无忧无恼。

May the true Dhamma last long, may all beings also respect the Dhamma, and may the [rain] god [give] proper and timely rain.

愿正法久住，愿一切有情也恭敬法，愿雨神适时降雨。

Just as good kings of ancient times gave protection, may the king righteously protect the people like his own (offspring).

正如古代贤善之王给予保护，愿国王善护人民如善护自己的子女。

Imāya dhammānudhammapaṭipattiyā
Buddhaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Dhammaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Saṅghaṃ pūjemi.

Addhā imāya paṭipattiyā jāti-jarā-byādhi
maraṇamhā parimuccissāmi.

Idaṃ me puññaṃ āsavakkhayāvaham hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññabhāgaṃ labhantu.

**Good Wishes for Ven. (p.22)
Pa-Auk Sayadaw,
Ariyadhamma Mahāthera
& Other Theras**

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhiṃ,
Therāsabho Āciṇṇo yatinda-nātho
Dīghāyuko bhavatu sādhu-samiddha-citto.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-citta-pasādhitena,
Therāsabho Ariyadhammo yatinda-nātho
Sambodhiñāṇamadhigacchatu sādhu sādhu.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhiṃ,
Therāsabhātha garu-gāra-bhāvanīyā
Dīghāyukā bhavatha sādhu-samiddha-cittā.

By this practice that is in accordance with the
Dhamma, I venerate the Buddha.

By this practice that is in accordance with the
Dhamma, I venerate the Dhamma.

By this practice that is in accordance with the
Dhamma, I venerate the Saṅgha.

Surely, by this practice I will be liberated from birth,
old age, sickness and death.

以此依法修行证法，我礼敬佛！

以此依法修行证法，我礼敬法！

以此依法修行证法，我礼敬僧！

以此修行，我肯定将会解脱生、老、病、死！

May this merit of mine be conducive to the
destruction of [mental] taints. May this merit of mine be
a [supportive] condition [for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。

愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings. May all
those beings get an equal share of the merits shared by me.

我把我的功德与一切有情分享，

愿他们都平等地得到我的功德。

**祝福
帕奥禅师、
圣法大长老
与其他长老**

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma together with the power
of the Buddha, etc. (i.e. the Triple Gem), may the leader
and [spiritual] helper of monks, the prominent Elder Most
Venerable Āciṇṇa (Ven. Pa-Auk Sayadaw), have a long
life and successfully fulfill his noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以
及透过佛陀等（即三宝）的力量，愿作为出家众的
元老、领导与依持者的帕奥禅师长寿，以及成就其
善心愿。

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma and the inspiring
/gladdening of the mind [through reflecting] on the
Buddha, etc. (i.e. the Triple Gem), may the leader and
[spiritual] helper of monks, the prominent Elder Most
Venerable Ariyadhamma, attain the knowledge of
complete awakening. It is well, it is well!

透过谨慎及欢喜地修法所累积的这些功德，以
及透过（思惟）佛陀等（即三宝）而在心中生起的
净信，愿作为出家众的元老、领导与依持者的圣法
大长老达到圆满觉悟，善哉，善哉！

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma together with the power
of the Buddha, etc. (i.e. the Triple Gem), may other
Venerable theras, senior members of the Saṅgha, have a
long life and successfully fulfill their noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以
及透过佛陀等（即三宝）的力量，愿僧团的其他长
老长辈长寿，以及成就他们的善心愿。

Week 1 – Sunday 第一周 星期日

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Devārāadhanā (p.1)

Samantā cakka-vāḷesu
Atrāgacchantu devatā;
Saddhammaṃ Muni-rājassa
Suṇantu sagga-mokkhaḍaṃ.

Dhammassavana-kālo ayaṃ bhadantā. (x3)

Vandanā (p.1)

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Buddhānussati (p.5)

Iti'pi so bhagavā araham, sammāsambuddho,
vijjācaraṇa-sampanno, sugato, lokavidū,
anuttaro purisadamma-sārathi, satthā
devamanussānaṃ, buddho, bhagavā.

Dhammānussati (p.5)

Svākkhāto bhagavatā dhammo, sandiṭṭhiko,
akāliko, ehi-passiko, opanayiko, paccattaṃ
veditabbo viññūhi.

Saṅghānussati (p.5)

Suppaṭipanno bhagavato sāvaka-saṅgho,
Ujuppaṭipanno bhagavato sāvaka-saṅgho,
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,
Sāmīcippaṭipanno bhagavato sāvaka-saṅgho;
Yadidaṃ: cattāri purisa-yugāni aṭṭha purisa-
puggalā, esa bhagavato sāvaka-saṅgho;
Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-
karaṇīyo, anuttaraṃ puññakkhettaṃ lokassa.

Inviting the Deities 邀請諸天

May the deities of the entire universe come here and
listen to the True-Dhamma of the King of Sages, which
leads to the heavenly states and liberation (Nibbāna).

从世界系中各处，愿诸天神来此地，
聆听知王之正法，导向天界与解脱。

Sirs, now is the time for listening to the Dhamma.
这是听闻佛法的时候，大德们。

Homage [to the Buddha] 礼敬佛陀

Homage to that Blessed One, the Arahant and Perfectly
Self-Awakened One.
礼敬世尊、阿罗汉、圆满自觉者。

Contemplation of the Buddha 佛随念

Such is that Blessed One, the Worthy One, the
Perfectly Self-Awakened One, One fully possessed of
wisdom and conduct, One who has proceeded by the good
way, Knower of the [three] worlds, Unexcelled Trainer of
tameable men, Teacher of deities and men, The Awakened
One, The Blessed One.

世尊是：阿罗汉、圆满自觉者、明行足、善逝、
世间解、无上士调御丈夫、天人师、佛陀、世尊。

Contemplation of the Dhamma 法随念

Well-expounded is the Exalted One's Dhamma,
visible here-and-now, not delayed in time, inviting of
inspection, onward-leading, is directly experienceable by
the wise.

法由世尊善说，现前可见、无时（无间隔）、
请来看、导向、当由智者亲证。

Contemplation of the Saṅgha 僧随念

The community of the Exalted One's disciples has
entered on the good way, the community of the Exalted
One's disciples has entered on the straight way, the
community of the Exalted One's disciples has entered on
the true way, the community of the Exalted One's
disciples has entered on the proper way, that is to say, the
four pairs of men, the eight types of persons. That is the
Exalted One's disciple community, worthy of gifts,
worthy of hospitality, worthy of offerings, whom should
be respected, the incomparable field of merit for the
world.

世尊的声闻僧众已入善行道；世尊的声闻僧众
已入正直行道；世尊的声闻僧众已入真实行道；世
尊的声闻僧众已入正当行道。即四双八辈。这是世
尊的声闻僧众，是应供养、应供奉者、应施于者、
应合掌（礼敬）者，是世间的无上福田。

Evam buddham sarantānam
Dhammam saṅghaṇca bhikkhavo;
Bhayaṁ vā chambhitattam vā
Lomahaṁso na hessati.

– SN, Sagāthāvagga, Sakkasamyutta,
Dhajaggasuttam

Thus, Bhikkhus, in you who remember the Buddha, the Dhamma and the Saṅgha, fear, trembling or terror will never arise.

如是诸比丘，忆念佛法僧，
他无畏不栗，无毛骨悚然。

Mettasuttam (p.7)

Yassānubhāvato yakkhā neva dassenti bhīsanam
Yamhi cevānuyuñjanto rattindivamatandito.

Sukham supati sutto ca pāpaṁ kiñci na passati,
Evamādiguṇūpetam parittam tam bhaṇāma he.

- - -

Karaṇīyamattakusalena,
yantasantaṁ padaṁ abhisamecca;
Sakko ujū ca suhujū ca,
suvaco cassa mudu anatiṁānī.

Santussako ca subharo ca,
appakicco ca sallahukavutti;
Santindriyo ca nipako ca,
appagabbho kulesvananugiddho.

Na ca khuddamācare kiñci,
yena viññū pare upavadeyyum;
Sukhinova khemino hontu,
sabbasattā bhavantu sukhittā.

Ye keci pāṇabhūtatti,
tasā vā thāvarā vanavasesā;
Dīghā vā yeva mahantā,
majjhimā rassakā aṇukathulā.

Diṭṭhā vā yeva adiṭṭhā,
ye va dūre vasanti avidūre;
Bhūtā va sambhavesī va,
sabbasattā bhavantu sukhittā.

Discourse on Loving-Kindness 慈爱经

Due to the power of this (Mettā Sutta), spirits did not manifest frightful sights. One who devotes himself to these teachings day and night diligently sleeps soundly and does not have any nightmare when asleep. Let us recite this protective discourse.

透过它（慈爱经）的力量，夜叉不显现恐怖相。对于昼夜致力修行者，他睡眠舒适不做恶梦。且让我们诵念具备这些功德之护卫。

This is to be done by [one] skilled in [what is] beneficial: having understood the path that [leads to] peace; he would be able, upright, very upright, easy to admonish, gentle, and not arrogant.

这是想要证得彻悟寂静涅槃、善于有益修行的人应该做的事：他必须有能力、正直、非常正直、易受教、柔软、不自大、

Contented and easy to support, of few duties and living frugally; [with] calm faculties and prudent, not obtrusive [to and] greedy [for gains from supporting] families.

知足、易护持、少事务、生活简朴、诸根寂静、拥有成熟的智慧、不无礼、不贪着在家众。

He would not do [even] the slightest thing, by which the wise could censure [and tell] others; may [all beings] be happy and secure, may all beings be in a state of happiness.

只要是智者将会指责的事，即使是小事他也不做；（愿一切众生）幸福与平安，愿一切众生安乐；

Whatever living beings there are, feeble or strong, [all] without exception; those long, great, medium, short, small or large.

无论是任何存在的众生，会颤抖的或不会颤抖的皆毫无遗漏，长的或大的或中等的，短的或小的或粗圆的，

Those seen or not seen, and living far or nearby; born or seeking birth, may all beings be in a state of happiness.

见到的或没见到的，住在远方的或近处的，已生的或还寻求再生的——愿一切众生快乐。

Na paro param nikubbetha,
nātimaññetha katthaci na kañci;
Byārosanā paṭighasaññā,
nāññamaññassa dukkhamiccheyya.

Mātā yathā niyaṃ puttamāyusā
ekaputtamanurakkhe;
Evampi sabbabhūtesu,
mānasam bhāvaye aparimāṇam.

Mettañca sabbalokasmi,
mānasam bhāvaye aparimāṇam;
Uddham adho ca tiriyañca,
asambādham averamasapattam.

Tiṭṭham caram nisinno va,
sayāno yāvatāssa vitamiddho;
Etaṃ satim adhiṭṭheyya,
brahmametaṃ vihāramidhamāhu.

Ditṭhiñca anupaggamma,
sīlavā dassanena sampanno;
Kāmesu vinaya gedham,
na hi jātuggabbhaseyya punareti.

– KN, Khuddakapāṭha 9; Suttanipāta, Uragavagga 8

One would not deceive another, [nor] despise them anywhere [about] anything; [out of] anger or aversion, would not wish suffering for each other.

且让人不欺骗别人，也不在任何地方轻视别人。且让他们不会以嗔怒与厌恶来互相希望对方痛苦。

Just as a mother for her son, [her] only son, would protect [him] with her life; thus, also, towards all beings, would develop the mind without limit.

正如母亲对待自己的儿子那样，会以生命来保护独生子；应当如此对一切众生培育无量的心。

With loving-kindness towards the whole world, would develop the mind without limit; above, below and across, unrestricted, free from enmity and hostility.

以及应当以慈爱对全世界培育无量的心，上方、下方与周围，无障碍、无仇人、无敌对。

While standing, walking, seated, or lying down free from drowsiness; would determine [to keep] this mindfulness [in mind], this is a divine abiding in this world, it is said.

立、行、坐或卧，只要不是在睡眠中，都应决心保持如此的正念。这就是他们在此所说的梵住。

Not going to [wrong] view[s], being morally well behaved and having [right] vision, [and] having given up greed for sensuality, never again come [back] to the womb.

不执持邪见，拥有戒行，具足智见，及已经去除对欲乐的贪爱之后，他肯定不会再投胎。

Khandhasuttaṃ (p.8)

Sabbāsivisajātinaṃ
Dibbamantāgadam viya
Yaṃ nāseti visam ghoram
Sesañcāpi parissayaṃ.

Āṇākkhettamhi sabbattha
Sabbadā sabbapāṇinaṃ
Sabbasopi nivāreti
Parittam tam bhaṇāma he.

- - -

Virūpakkhehi me mettaṃ
Mettaṃ Erāpathehi me,
Chabyāputtehi me mettaṃ
Mettaṃ Kaṇhāgotamakehi ca.

Discourse on [Protection of] Aggregates 蕴护经

Just like divine charms and divine medicines, this (Khandha-Sutta) nullifies baneful poison and other perils of all the highly poisonous creatures.

犹如天咒与天药，此经能够除剧毒；一切剧毒之生物，其害此经皆能除。

In the scope of authority everywhere, always, for all beings this discourse prevents (the disasters). Let us recite this protective discourse now.

在此威力范围内，一切时候一切处，此经能防该危害。我们且诵此护卫。

May I have loving-kindness towards the Virūpakkhas;
May I have loving-kindness towards the Erāpathas;
May I have loving-kindness towards the Chabyāputtas;
May I have loving-kindness towards the Kaṇhāgotamakas.
愿我对威卢跋有慈爱；愿我对伊拉跋有慈爱；
愿我对刹标子有慈爱；愿我对黑瞿昙有慈爱。

Apādakehi me mettāṃ
Mettāṃ dvipādakehi me,
Catuppadehi me mettāṃ
Mettāṃ bahuppadehi me.

Mā maṃ apādako hiṃsi
Mā maṃ hiṃsi dvipādako,
Mā maṃ catuppado hiṃsi
Mā maṃ hiṃsi bahuppado.

Sabbe sattā, sabbe pāṇā
Sabbe bhūtā ca kevalā,
Sabbe bhadrāni passantu
Mā kañci pāpamāgamā.

Appamāṇo Buddho,
Appamāṇo Dhammo,
Appamāṇo Saṅgho.
Pamāṇavantāni sirimsapāni:
Ahi-vicchikā, satapadī,
Uṇṇanābhi, sarabū, mūsikā.

Katā me rakkhā, kataṃ me parittāṃ,
Paṭikkamantu bhūtāni.
So'haṃ namo Bhagavato,
Namo sattannaṃ Sammā-sambuddhānaṃ.

– KN, 203 Khaṇḍajātaka;
AN.IV.67 Ahirājasuttaṃ;
Vinayapiṭaka, Cūlavagga,
Khuddakavattthukkhandhakam

May I have loving-kindness towards footless beings;
May I have loving-kindness towards beings with two legs;
May I have loving-kindness towards beings with four legs;
May I have loving-kindness towards beings with many legs.
愿我对无足众生有慈爱；愿我对两足众生有慈爱；
愿我对四足众生有慈爱；愿我对多足众生有慈爱。

May footless beings not harm me;
May beings with two legs not harm me;
May beings with four legs not harm me;
May beings with many legs not harm me.
愿无足众生不伤害我；愿两足众生不伤害我；
愿四足众生不伤害我；愿多足众生不伤害我。

May all living beings, all breathing things,
all creatures (without exception)
meet with good fortune.
May none of them come to any evil.
愿一切有情一切息生、一切众生毫无遗漏地，
愿他们遇见幸运的事，不会遭遇邪恶的事情。

Infinite is the Buddha,
Infinite is the Dhamma,
Infinite is the Saṅgha.
Finite are creeping things:
snakes, scorpions, centipedes,
spiders, lizards, rats.
佛无量，法无量，僧无量。
爬行类却有限量：
蛇、蝎、蜈蚣、
蜘蛛、蜥蜴、老鼠。

I have made the protection, I have made the safeguard.
May the (harmful) beings depart. I pay homage to the
Blessed One; homage to the seven Buddhas (Vipassī
Buddha, Sikhī Buddha, Vessabhū Buddha, Kakusandha
Buddha, Koṇāgamana Buddha, Kassapa Buddha, and
Gotama Buddha)
我做了护卫，我做了保护。
愿那些（有害的）众生离开。
我礼敬世尊；
礼敬七位圆满自觉者。

Āṭānāṭiyasuttaṃ (p.64)

Appasannehi Nāthassa,
Sāsane sādhu sammate,
Amanussehi caṇḍehi,
Sadā kibbisakāribhi,

Parisānaṃ catassannaṃ,
Ahimsāya ca guttiyā,
Yaṃ desesi Mahāvīro:
Parittaṃ taṃ bhaṇāma he.

Vipassissa ca namatthu,
Cakkhumantassa sirīmato,
Sikhissapi ca namatthu,
Sabbabhūtānukampino,

Vessabhussa ca namatthu,
Nhātakassa tapassino,
Namatthu Kakusandhassa,
Mārasenāpamaddino,

Koṇāgamanassa namatthu,
Brāhmaṇassa vusīmato,
Kassapassa ca namatthu,
Vippamuttassa sabbadhi.

Aṅgīrasassa namatthu,
Sakyaputtassa sirīmato,
Yo imaṃ Dhammaṃ desesi,
Sabbadukkhāpanūdanaṃ.

Ye cāpi nibbutā loke,
Yathābhūtaṃ vipassisuṃ,
Te janā apisuṇātha,
Mahantā vītasāradā,

Hitaṃ devamanussānaṃ,
Yaṃ namassanti Gotamaṃ,
Vijjācaraṇasampannaṃ,
Mahantaṃ vītasāradamaṃ.

The Āṭānāṭiya Discourse

阿达那帝亚经

About those having little faith in the Lord's well-honoured Dispensation, about violent non-human beings, who are always criminals, this is what was preached by the Great Hero to the four assemblies, about non-violence and watchfulness: O good persons, Let's recite that safeguard!

大英雄(=佛陀)教此护卫经,以便四众(弟子)获得保护,不会受到凶恶的非人和不信庇护者(佛陀)之教法的常造恶者的危害。且让我们诵念此护卫经。

Homage to the Vipassī Buddha, possessed of the eye of wisdom and glory; homage to Sikhī Buddha, the great compassionate towards all beings.

礼敬观慧佛,具眼祥瑞者;
礼敬火焰佛,悲悯众生者;

Homage to Vessabhu Buddha who had washed away all the defilements and possessed good ascetic practices. Homage to Kakusandha Buddha who defeated the army of Māra (evil one).

礼敬牛音佛,洗净烦恼者;
礼敬接峰佛,降伏魔军者;

Homage to Koṇāgamana Buddha who had eradicated all evil and lived the noble life. Homage to Kassapa Buddha who was freed from all defilements.

礼敬金至佛,断恶梵行者;
礼敬迦叶佛,解脱一切者;

Homage to the son of Sakya (Gotama Buddha) from whose body issued rays of light and who was glorious. He taught this Dhamma which removed all suffering.

礼敬发光者,祥瑞释迦子,
他教导此法,去除一切苦。

In this world, those who have extinguished all the flames of passions and have thoroughly seen things as they really are – these persons being Arahants never slander. They are great and free from fear.

于世寂灭者,如实地观照,
他们不两舌,伟大且自信。

They pay homage to Gotama Buddha who works for the benefit of gods and men, who is endowed with wisdom and good conduct, who is great and free from fear.

礼敬乔达摩,利益人天者,
明行皆圆满,伟大且自信。

Ete caññe ca Sambuddhā,
Anekasatakoṭṭiyo,
Sabbe Buddhā'samasamā,
Sabbe Buddhā mahiddhikā,

These other Sambuddhas, countless hundreds and thousands, all are equal to the incomparable Buddha, all are Buddhas of great power,
这些无量无数的佛，
全都与无上佛同等，
全都拥有大神力。

Sabbe Dasabalūpetā,
Vesārajjuhupāgatā,
Sabbe te paṭijānanti,
Āsabhaṃ ṭhānamuttamaṃ.

All endowed with Ten Powers, all with perfect self-confidence, all of them claim the place of the chief bull of the herd.
全都拥有（佛）十力，
全都拥有百分百的自信力，
全都宣称（自己为）群牛中的首领。

Sīhanādaṃ nadantete,
Parisāsu visāradā,
Brahmacakkaṃ pavattenti,
Loke appaṭivattiyam.

These roar the Lion's Roar confidently amongst the assemblies, and turn the supreme (Dhamma) wheel, which cannot be turned back in the world.
他们自信地在群众当中做狮子吼，
在世间转动了无法反转的梵轮。

Upetā Buddhadhammehi,
Aṭṭhārasahi nāyakā,
Bāttimsalakakhaṇūpetā,
Sītānubyañjanādhara,

They are Leaders endowed with eighteen things pertaining to the Buddhas, endowed with thirty-two marks, and bearing eighty minor characteristics,
这些世间的领导者具备佛陀的
十八种特质、三十二相、八十种好。

Byāmapabbhāya suppbhā,
Sabbe te munikuñjarā.
Buddhā sabbañño ete,
Sabbe khīṇāsavā Jinā,

radiating a halo all round, they are all elephant-like sages. These omniscient Buddha are all Victors who are pollutant-free,
这一切最殊胜的牟尼全身散发光芒。
诸佛是一切知者，是漏尽的战胜者。

Mahāpabbhā mahātejā,
Mahāpaññā mahabbalā,
Mahākāruṇikā, dhīrā,
Sabbesānaṃ sukhāvahā.

having great radiance, great power, great wisdom, great strength, great compassion, wise men bringing happiness to all.
拥有大光明大威力，大智大力大悲，
是为一切众生带来快乐的智者。

Dīpā Nāthā patitṭhā ca,
Tāṇā leṇā ca pāṇinaṃ,
Gatī bandhū mahassāsā,
Saraṇā ca hitesino,

These Lords establish support, shelter and protection for (all) breathing beings, they seek the benefit of all kinsmen who have a great desire for refuge,
他们是众生的岛屿、庇护者、支助、
保护所、庇护所、避风港、亲友、
大安慰、依归，为众生寻求利益。

Sadevakassa lokassa,
Sabbe ete parāyaṇā.
Tesāhaṃ sirasā pāde,
Vandāmi purisuttame,

in the world with its gods and men, they have all crossed over. I worship the feet of these supreme persons with my head,
他们是包括诸神在内的世界的依靠。
我以首顶礼这些上人的双足。

Vacasā manasā ceva,
Vandāmete Tathāgate,
Sayane āsane ṭhāne,
Gamane cāpi sabbadā.

with my words, with my mind, I worship these Realised Ones, while lying, sitting, standing and going everyday.
在一切时候，无论是卧坐立行，
我都在言语与意念上礼敬如来。

Sadā sukhena rakkhantu,
Buddhā santikarā tuvaṃ,
Tehi tvaṃ rakkhito santo,
Mutto sabbabhayehi ca,

May the Buddhas, who are peacemakers, always
happily protect you, and may you be protected by them,
peaceful and free from all fear,
愿诸佛，寂静作者，永远保护你及
带给你快乐。受到了他们的保护，
愿你解脱一切危难。

Sabbarogā vinīmutto,
Sabbasantāpavajjito,
Sabbaveramatikkanto,
Nibbuto ca tuvaṃ bhava!

may you be free of all diseases, avoid all grief,
overcome all enemies, and may you attain nibbāna!
愿你解脱一切病，解脱一切的苦恼，
超越一切的仇敌，以及达到全寂灭。

Tesaṃ saccena sīlena,
Khantimettābalena ca,
Tepi amhe'nurakkhantu,
Arogena sukhena ca!

Through their truth and virtue, and the strength of
their patience and friendliness, may they (Buddhas)
always protect us with health and happiness!
以他们之真实及戒、忍辱与慈爱的力量，
希望他们保护我们，让我们无病且快乐。

Purattthimasmim disābhāge,
Santi bhūtā mahiddhikā,
Tepi amhe'nurakkhantu,
Arogena sukhena ca!

In the Easterly direction there are beings of great
power, may they (Buddhas) always protect us with health
and happiness!
在东方有大神力的众生（=娱乐神），
愿他们也保护我们，让我们无病且快乐。

Dakkhiṇasmim disābhāge,
Santi devā mahiddhikā,
Tepi amhe'nurakkhantu,
Arogena sukhena ca!

In the Southerly direction there are gods of great
power, may they (Buddhas) always protect us with health
and happiness!
在南方有大神力的诸神（=守护神），
愿他们也保护我们，让我们无病且快乐。

Pacchimasmim disābhāge,
Santi nāgā mahiddhikā,
Tepi amhe'nurakkhantu,
Arogena sukhena ca!

In the Westerly direction there are nāgas of great
power, may they (Buddhas) always protect us with health
and happiness!
在西方有大神力的诸龙，
愿他们也保护我们，让我们无病且快乐。

Uttarasmim disābhāge,
Santi yakkhā mahiddhikā,
Tepi amhe'nurakkhantu,
Arogena sukhena ca!

In the Northerly direction there are yakkhas of great
power, may they (Buddhas) always protect us with health
and happiness!
在北方有大神力的夜叉，
愿他们也保护我们，让我们无病且快乐。

Purattthimena Dhataratṭha,
Dakkhiṇena Virūḷhako,
Pacchimena Virūpakkho,
Kuvero Uttaraṃ disaṃ.

To the East there is Dhataratṭha, in the South there
is Virūḷhako, in the West there is Virūpakkha, to the
North there is Kuvera.
在东方有持国天王，在南方有增长天王，
在西方有广目天王，在北方有古威拉王。

Cattāro te Mahārājā,
Lokapālā yassasino,
Tepi amhe'nurakkhantu,
Arogena sukhena ca!

These are the Four Great Kings, who are famous and
protect the world, may they (Buddhas) always protect us
with health and happiness!
此四大天王是世间守护者，拥有众多随从，
愿他们也保护我们，让我们无病且快乐！

Ākāsaṭṭhā ca bhūmaṭṭhā,
Devā nāgā mahiddhikā,
Tepi amhe'nurakkhantu,
Arogena sukkena ca.

Iddhimanto ca ye devā,
Vasantā idha Sāsane,
Tepi amhe'nurakkhantu,
Arogena sukkena ca!

Sabbītiyo vivajjantu,
Soko rogo vinassatu,
Mā te bhavantvantarāyā,
Sukhī dīghāyuko bhava!

Abhivādāna-sīlissa
Niccaṃ vuḍḍhāpacāyino,
Cattāro dhammā vaḍḍhanti
Āyu vaṇṇo sukhaṃ balaṃ.

- compiled from DN, Sutta 32

May beings inhabiting in space and on earth, devas and nāgas of mighty power, may they always protect us to be free from diseases and to be happy.

居住于天空与地上，有大神力之神与龙，
愿他们也保护我们，让我们无病且快乐！

There are gods endowed with psychic power dwelling here in the Dispensation, may they (Buddhas) always protect us with health and happiness!

这些神拥有大神通，于此教化安住过活，
愿他们也保护我们，让我们无病且快乐！

May all calamities be avoided, may all diseases disappear, may there be no obstacle[s] for you, [and may] you be happy and have long life.

愿免除一切灾难，愿一切疾病消失；
愿你没有诸障碍，愿你快乐又长寿！

For the [one with a] reverential character, who always pays homage to elders, four qualities increase: [longer] life, beauty, happiness [and] strength.

对于有礼敬的习惯、时常尊敬长辈的人，
于他四种法会增长：寿命、美貌、快乐、力量。

Girimānandasuttaṃ (p.67)

Ekam samayaṃ bhagavā sāvatthiyaṃ viharati jetavane anāthapiṇḍikassa ārāme. Tena kho pana samayena āyasmā girimānando ābādhiko hoti dukkhito bālāhagilāno. Atha kho āyasmā ānando yena bhagavā tenupasaṅkami; upasaṅkamitvā bhagavantam abhivādetvā ekamantaṃ nisīdi. Ekamantaṃ nisinno kho āyasmā ānando bhagavantam etadavoca – “Āyasmā bhante girimānando ābādhiko hoti dukkhito bālāhagilāno. Sādhū bhante bhagavā yenāyasmā girimānando tenupasaṅkamatū anukampaṃ upādāyā”ti.

The Girimānanda Discourse

吉利马难达经

At one time the Blessed One was living in Sāvatti, at Jeta's grove in Anāthapiṇḍika's park. And at that time the Venerable Girimānanda was ill, suffering, grievously sick. Then, indeed, the Venerable Ānanda approached where the Blessed was. Having approached paid obeisance to the Blessed One, he sat on a side. Having sat on a side, the Venerable Ānanda spoke thus to the Blessed One: 'Bhante, the Venerable Girimānanda is ill, suffering, grievously sick. It is good, Bhante, that the Blessed One may approach where the Venerable Girimānanda is, having compassion on him.'

一时，世尊住在舍卫城祇陀林给孤独园。当时，吉利马难达尊者生病、痛苦、病重。当时，阿难尊者来到世尊的地方。来到之后，顶礼世尊，然后坐在一旁。坐在一旁后，阿难尊者如此向世尊说：「尊者，吉利马难达尊者生病、痛苦、病重。尊者，如果世尊能够出自悲愍去吉利马难达尊者那里，那会很好。」

Sace kho tvaṃ ānanda girimānandassa
bhikkhuno dasa saññā bhāseyyāsi, tñānaṃ
kho panetaṃ vijjati yaṃ girimānandassa
bhikkhuno dasa saññā sutvā so ābādhō
tñānaso paṭipassambheyya.

Katamā dasa? Aniccasaññā, anattasaññā,
asubhasaññā, ādīnavasaññā, pahānasaññā,
virāgasaññā, nirodhasaññā, sabbaloke
anabhiratasaññā, sabbasaṅkhāresu
anicchāsaññā, ānāpānassati.

Katamā cānanda aniccasaññā? Idhānanda
bhikkhu araññagato vā rukkhamaṃlagato vā
suññāgāragato vā iti paṭisaṅcikkhati – “rūpaṃ
aniccaṃ, vedanā aniccā, saññā aniccā,
saṅkhārā aniccā, viññāṇaṃ anicca”ti. Iti
imesu pañcasu upādānakkhandhesu
aniccānupassī viharati. Ayaṃ vuccatānanda
aniccasaññā.

Katamā cānanda anattasaññā? Idhānanda
bhikkhu araññagato vā rukkhamaṃlagato vā
suññāgāragato vā iti paṭisaṅcikkhati – “cakkhu
anattā, rūpā anattā, sotaṃ anattā, saddā
anattā, ghānaṃ anattā, gandhā anattā, jivhā
anattā, rasā anattā, kāyā anattā, phoṭṭhabbā
anattā, mano anattā, dhamma anattā”ti. Iti
imesu chasu ajjhattikabāhiresu āyatanesu
anattānupassī viharati. Ayaṃ vuccatānanda
anattasaññā.

(The Blessed One said:) 'If, indeed, you Ānanda, having approached the bhikkhu Girimānanda, would speak the ten perceptions (to him), it would so happen that having heard the ten perceptions that illness of the bhikkhu Girimānanda would immediately be cured.

(世尊说：)「阿难，如果你去到吉利马难达比丘那里后向他说十种想，那么，在听闻十种想之后，吉利马难达比丘的病就会止息。

'What are the ten? The perception of impermanence, the perception of non-self, the perception of impurity, the perception of fault, the perception of relinquishment, the perception of dispassion, the perception of cessation, the perception of non-delight in the whole world, the perception of desirelessness in all formations, the mindfulness of breathing.

是哪十种？无常想、无我想、不净想、过患想、舍断想、离欲想、灭尽想、不乐于一切世界想、对一切行无欲求想、入出息念。

‘Ānanda, what is the perception of impermanence? Herein, Ānanda, a bhikkhu who has gone to the forest, or to the foot of a tree, or to an empty place considers thus: “materiality is impermanent, feeling is impermanent, perception is impermanent, formations are impermanent, consciousness is impermanent.” Thus, he abides in discerning the impermanence in these five aggregates of clinging. This, Ānanda, is said to be perception of impermanence.”

阿难，什么是无常想？在此，阿难，比丘去到森林、树下或空地后如此思维：『色无常、受无常、想无常、行无常、识无常。』他如此安住于观照这五取蕴无常。阿难，这称为无常想。

'And what, Ānanda, is the perception of non-self? Herein, Ānanda, a bhikkhu who has gone to the forest, or to the foot of a tree, or to an empty place considers thus: "eye is non-self, colours are non-self, ear is non-self, sounds are non-self, nose is non-self, odours are non-self, tongue is non-self, flavours are non-self, body is non-self, tangibles are non-self, mind is non-self, dhamma-objects are non-self." Thus, he abides in discerning these six internal and external sense-bases as non-self. This, Ānanda, is called the perception of non-self.

再者，阿难，什么是无我想？在此，阿难，比丘去到森林、树下或空地后如此思维：『眼无我，色无我，耳无我，声无我，鼻无我，香无我，舌无我，味无我，身无我，触无我，意无我，法无我。』他如此安住于观照六内处与六外处无我。这称为无我想。

Katamā cānanda asubhasaññā? Idhānanda bhikkhu imameva kāyaṃ uddhaṃ pādatalā adho kesamatthakā tacapariyantaṃ pūraṃ nānāppakārassa asucino paccavekkhati – “atthi imasmim kāye kesā lomā nakhā dantā taco maṃsaṃ nhāru aṭṭhi aṭṭhimiñjaṃ vakkhaṃ hadayaṃ yakaṇaṃ kilomakaṃ pihakaṃ papphāsaṃ antaṃ antaguṇaṃ udariyaṃ karisaṃ (matthaluṇgaṃ) pittaṃ semhaṃ pubbo lohitaṃ sedo medo assuvasā kheḷo siṅghāṇikā lasikā muttan”ti. Iti imasmim kāye asubhānupassī viharati. Ayaṃ vuccatānanda asubhasaññā.

Katamā cānanda ādīnavasaññā? Idhānanda bhikkhu araññagato vā rukkhamūlagato vā suññāgāragato vā iti paṭisañcikkhati – “bahudukkho kho ayaṃ kāyo bahuādīnavo? Iti imasmim kāye vividhā ābādhā uppajjanti, seyyathidaṃ – cakkhurogo sotarogo ghānarogo jivhārogo kāyarogo sīsarogo kaṇṇarogo mukharogo dantarogo oṭṭharogo kāso sāso pināso dāho jaro kucchirogo mucchā pakkhandikā sūlā visūcikā kuṭṭhaṃ gaṇḍo kilāso soso apamāro daddu kaṇḍu kacchu nakhasā vitacchikā lohitaṃ pittaṃ madhumeho aṃsā piḷakā bhagandalā pittasamuṭṭhānā ābādhā semhasamuṭṭhānā ābādhā vātasamuṭṭhānā ābādhā sannipātikā ābādhā utupariṇāmajā ābādhā visamaparihārajā ābādhā opakkamikā ābādhā kammavipākajā ābādhā sītaṃ uṇhaṃ jigghacchā pipāsā uccāro passāvo”ti. Iti imasmim kāye ādīnavānupassī viharati. Ayaṃ vuccatānanda ādīnavasaññā.

'And what, Ānanda, is the perception of impurity? Herein, Ānanda, a bhikkhu reflects on this very body from the soles of the feet upwards, from the head-hairs downwards, enclosed by the skin and full of manifold impurities: “In this body there are head-hairs, body-hairs, nails, teeth, skin, flesh, sinews, bones, bone-marrow, kidneys, heart, liver, pleura, spleen, lungs, bowels, mesentery, contents of the stomach, faeces, (brain,) bile, phlegm, pus, blood, sweat, fat, tears, grease, saliva, mucus, synovial fluid and urine.” Thus he abides in discerning this body as impure. This, Ānanda, is called the perception of impurity.

再者，阿难，什么是不净想？在此，阿难，比丘思维这个身体从脚掌上来及从头发下去，这个身体由皮肤所包裹，并且充满许多不净物：『在这个身体当中有头发、身毛、指甲、牙齿、皮肤、肌肉、筋腱、骨骼、骨髓、肾脏、心脏、肝脏、肋膜、脾脏、肺脏、肠、肠间膜、胃中物、粪便、(脑、)胆汁、痰、脓、血、汗、脂肪、泪液、油脂、唾液、鼻涕、关节滑液、尿液。』他如此安住于观照此身不净。阿难，这称为不净想。

'And what, Ānanda, is the perception of fault? Herein, Ānanda, a bhikkhu who has gone to the forest, or to the foot of a tree, or to an empty place considers thus: “This body has a lot of suffering and faults. In this body various afflictions arise, that is to say —eye disease, ear disease, nose disease, tongue disease, body disease, head disease, external ear disease, mouth disease, tooth disease, lip disease, cough, asthma, cold, fever, high fever, illness of the abdomen, fainting, dysentery, acute pain, cholera, leprosy, boils, skin disease, consumption, epilepsy, skin eruption, itch, scabs, nail scratch disease, scabies, blood and bile disease, diabetes, paralysis, cancer, ulcers, afflictions arising from bile, afflictions arising from phlegm, afflictions arising from wind, afflictions arising from a conflict of humours, afflictions arising from changes of seasons, afflictions arising from discrepant attention (to the body), afflictions arising from punishment, afflictions arising from the results of kamma, cold, heat, hunger, thirst, (excretion of) faeces and urine.” Thus, he abides in discerning the fault in this body. This, Ānanda, is called the perception of fault.

再者，阿难，什么是过患想？在此，阿难，比丘去到森林、树下或空地后如此思维：『的确，此身多苦多患。此身有眼疾、耳疾、鼻疾、舌疾、身疾、头疾、耳朵病、口疾、牙病、唇病、咳嗽、哮喘、感冒、发烧、高烧、腹痛、头晕、肚泻、身体剧痛、霍乱、麻风病、疮、皮肤病、肺病、癫痫症、疹、痒、疥癣、抓伤、疥疮、血胆病、糖尿病、瘫痪、肿瘤、溃疡、胆汁引起的病、痰引起的病、风引起的病、四大不调引起的病、季节变化引起的病、身体不调引起的病、刑罚产生的病、业报产生的病、冷、热、饿、渴、大便、小便。』他如此安住于观照此身之过患。阿难，这称为过患想。

Katamā cānanda pahānasaññā? Idhānanda bhikkhu uppannaṃ kāmavitakkaṃ nādhivāseti, pajahati, vinodeti, byantīkaroti, anabhāvaṃ gameti. Uppannaṃ byāpādavitaṅkaṃ nādhivāseti, pajahati, vinodeti, byantīkaroti, anabhāvaṃ gameti. Uppannaṃ vihiṃsāvitakkaṃ nādhivāseti, pajahati, vinodeti, byantīkaroti, anabhāvaṃ gameti. Uppannuppanne pāpake akusale dhamme nādhivāseti, pajahati, vinodeti, byantīkaroti, anabhāvaṃ gameti. Ayaṃ vuccatānanda pahānasaññā.

Katamā cānanda virāgasaññā? Idhānanda bhikkhu araññagato vā rukkhamaṃlagato vā suññāgāragato vā iti paṭisañcikkhati – “etaṃ santaṃ etaṃ paṇītaṃ yadidaṃ sabbasaṅkhārasamatho sabbūpadhippaṭinissaggo taṇhākkhaya virāgo nibbanan”ti. Ayaṃ vuccatānanda virāgasaññā.

Katamā cānanda nirodhasaññā? Idhānanda bhikkhu araññagato vā rukkhamaṃlagato vā suññāgāragato vā iti paṭisañcikkhati – “etaṃ santaṃ etaṃ paṇītaṃ yadidaṃ sabbasaṅkhārasamatho sabbūpadhippaṭinissaggo taṇhākkhaya nirodho nibbanan”ti. Ayaṃ vuccatānanda nirodhasaññā.

Katamā cānanda sabbaloke anabhiratasaññā? Idhānanda bhikkhu ye loke upādānā cetaso adhiṭṭhānābhinivesānusayā, te pajahanto viharati anupādiyanto. Ayaṃ vuccatānanda sabbaloke anabhiratasaññā.

And what, Ānanda, is the perception of relinquishment? Herein, Ānanda, a bhikkhu does not endure a thought concerning sensual pleasure which has arisen; he abandons, dispels, gets rid of it and, causes it to attain non-existence. He does not endure a thought of hatred which has arisen, he abandons, dispels, gets rid of it and, causes it to attain non-existence. He does not endure a thought of hurting which has arisen, he abandons, dispels, gets rid of it and, causes it to attain non-existence. He does not endure any evil unwholesome thoughts that have arisen, he abandons, dispels, gets rid of them, and causes them to attain non-existence. This, Ānanda, is called the perception of relinquishment.

再者，阿难，什么是舍断想？在此，阿难，比丘不容忍欲寻，他舍断、去除、终止它，令它达到不存在。他不容忍嗔寻，他舍断、去除、终止它，令它达到不存在。他不容忍伤害寻，他舍断、去除、终止它，令它达到不存在。他不容忍任何邪恶不善法，他舍断、去除、终止它们，令他们达到不存在。阿难，这称为舍断想。

And what, Ānanda, is the perception of dispassion? Herein, a bhikkhu who has gone to the forest, or to the foot of a tree, or to an empty place considers thus: “This is peaceful, this is sublime, that is to say, calming of all formations, giving up of all substrate (of rebirth), extinction of craving, dispassion, nibbāna.” This, Ānanda, is called the perception of dispassion.

再者，阿难，什么是离欲想？在此，阿难，比丘去到森林、树下或空地后如此思维：『此是寂静，此是殊胜，即一切行止息、一切依著的舍离、爱灭毁、离欲、涅槃。』阿难，这称为离欲想。

‘And what, Ānanda, is the perception of cessation? Herein, Ānanda, a bhikkhu who has gone to the forest, or to the foot of a tree, or to an empty place considers thus: “This is peaceful, this is sublime, that is to say, calming of all formations, giving up of all substrate (of rebirth), extinction of craving, cessation, nibbāna.” This, Ānanda, is called the perception of cessation.

再者，阿难，什么是灭尽想？在此，阿难，比丘去到森林、树下或空地后如此思维：『此是寂静，此是殊胜，即一切行止息、一切依著的舍离、爱灭毁、灭尽、涅槃。』阿难，这称为灭尽想。

‘And what, Ānanda, is the perception of non-delight in the whole world? Herein, Ānanda, a bhikkhu, in regard to whatever in the world (there are) mental craving and clinging, decision, inclination and tendency, abandoning them and not clinging to them, he does not take delight in them. This, Ānanda, is called the perception of non-delight in the whole world.

再者，阿难，什么是不乐于一切世界想？在此，阿难，有关于世界的贪著执取意、决定、倾向、随眠，在舍断想与不执取它们之下，他不乐于它们。阿难，这称为不乐于一切世界想。

Katamā cānanda sabbasaṅkhāresu
anicchāsaññā? Idhānanda bhikkhu
sabbasaṅkhāresu aṭṭiyati harāyati
jigucchati. Ayaṃ vuccatānanda
sabbasaṅkhāresu anicchāsaññā.

Katamā cānanda ānāpānassati? Idhānanda
bhikkhu araṇṇagato vā rukkhamūlagato vā
suññāgāragato vā nisīdati pallaṅkaṃ ābhujitvā
ujum kāyaṃ paṇidhāya parimukhaṃ satim
upaṭṭhapetvā. So satova assasati satova
passasati.

Dīghaṃ vā assasanto "dīghaṃ assasāmi"ti
pajānāti.

Dīghaṃ vā passasanto "dīghaṃ passasāmi"ti
pajānāti.

Rassaṃ vā assasanto "rassaṃ assasāmi"ti
pajānāti.

Rassaṃ vā passasanto "rassaṃ passasāmi"ti
pajānāti.

"Sabbakāyapaṭisaṃvedī assasissāmi"ti sikkhati.

"Sabbakāyapaṭisaṃvedī passasissāmi"ti
sikkhati.

"Passambhayaṃ kāyasaṅkhāraṃ assasissāmi"ti
sikkhati.

"Passambhayaṃ kāyasaṅkhāraṃ passasissāmi"ti
sikkhati.

"Pītipaṭisaṃvedī assasissāmi"ti sikkhati.

"Pītipaṭisaṃvedī passasissāmi"ti sikkhati.

"Sukhapaṭisaṃvedī assasissāmi"ti sikkhati.

"Sukhapaṭisaṃvedī passasissāmi"ti sikkhati.

"Cittasaṅkhārapaṭisaṃvedī assasissāmi"ti
sikkhati.

"Cittasaṅkhārapaṭisaṃvedī passasissāmi"ti
sikkhati.

"Passambhayaṃ cittasaṅkhāraṃ assasissāmi"ti
sikkhati.

"Passambhayaṃ cittasaṅkhāraṃ passasissāmi"ti
sikkhati.

‘And what, Ānanda, is the perception of
desirelessness in all formations? Herein, Ānanda, a
bhikkhu is distressed by, ashamed of and disgusted with
all formations. This, Ānanda, is called the perception of
desirelessness of all formations.

再者，阿难，什么是对一切行无欲求想？在此，
比丘对一切行感到不喜、羞耻、厌恶。阿难，这称为
对一切行无欲求想。

‘And what, Ānanda, is mindfulness of breathing?
Herein, Ānanda, a bhikkhu who has gone to the forest, or
the foot of a tree, or to an empty place, sits cross-legged,
keeps his body erect and establishes mindfulness in front
of him. He breathes in mindfully; he breathes out
mindfully.

When he breathes in long, he understands: “I breathe in long.”

When he breathes out long, he understands: “I breathe out long.”

When he breathes in short, he understands: “I breathe in short.”

When he breathes out short, he understands: “I breathe out short.”

He trains thus: “I shall breathe in experiencing the
whole breath.”

He trains thus: “I shall breathe out experiencing the
whole breath.”

He trains thus: “I shall breathe in tranquilizing the
whole breath formations.”

He trains thus: “I shall breathe out tranquilizing the
whole breath formations.”

再者，阿难，什么是入出息念？在此，阿难，
比丘去到森林、树下或空地，盘腿而坐，保持身体
正直，安立正念在自己面前（的呼吸）。他正念地
吸气，正念地呼气。

吸气长的时候，他了知：『我吸气长。』

呼气长的时候，他了知：『我呼气长。』

吸气短的时候，他了知：『我吸气短。』

呼气短的时候，他了知：『我呼气短。』

他如此训练：『我应当觉知（气息的）全身而吸气。』

他如此训练：『我应当觉知（气息的）全身而呼气。』

他如此训练：『我应当平静（气息的）身行而吸气。』

他如此训练：『我应当平静（气息的）身行而呼气。』

He trains thus: “I shall breathe in experiencing joy.”

He trains thus: “I shall breathe out experiencing joy.”

He trains thus: “I shall breathe in experiencing happiness.”

He trains thus: “I shall breathe out experiencing happiness.”

He trains thus: “I shall breathe in experiencing mental
formations.”

He trains thus: “I shall breathe out experiencing mental
formations.”

He trains thus: “I shall breathe in tranquilizing mental
formations.”

He trains thus: “I shall breathe out tranquilizing mental
formations.”

他如此训练：『我应当体验喜而吸气。』

他如此训练：『我应当体验喜而呼气。』

他如此训练：『我应当体验乐而吸气。』

他如此训练：『我应当体验乐而呼气。』

他如此训练：『我应当体验心行而吸气。』

他如此训练：『我应当体验心行而呼气。』

他如此训练：『我应当平静心行而吸气。』

他如此训练：『我应当平静心行而呼气。』

"Cittapaṭisaṃvedī assasissāmī"ti sikkhati.
 "Cittapaṭisaṃvedī passasissāmī"ti sikkhati.
 "Abhippamodayaṃ cittaṃ assasissāmī"ti
 sikkhati.
 "Abhippamodayaṃ cittaṃ passasissāmī"ti
 sikkhati.
 "Samādahaṃ cittaṃ assasissāmī"ti sikkhati.
 "Samādahaṃ cittaṃ passasissāmī"ti sikkhati.
 "Vimocayaṃ cittaṃ assasissāmī"ti sikkhati.
 "Vimocayaṃ cittaṃ passasissāmī"ti sikkhati.

"Aniccānupassī assasissāmī"ti sikkhati.
 "Aniccānupassī passasissāmī"ti sikkhati.
 "Virāgānupassī assasissāmī"ti sikkhati.
 "Virāgānupassī passasissāmī"ti sikkhati.
 "Nirodhānupassī assasissāmī"ti sikkhati.
 "Nirodhānupassī passasissāmī"ti sikkhati.
 "Paṭinissaggānupassī assasissāmī"ti sikkhati.
 "Paṭinissaggānupassī passasissāmī"ti sikkhati.
 Ayaṃ vuccatānanda ānāpānassati.

Sace kho tvaṃ ānanda girimānandassa
 bhikkhuno imā dasa saññā bhāseyyāsi, tñānaṃ
 kho panetaṃ vijjati yaṃ girimānandassa
 bhikkhuno imā dasa saññā sutvā so ābādho
 tñānaso paṭippassambheyyāti.

Atha kho āyasmā ānando bhagavato
 santike imā dasa saññā uggahetvā yenāyasmā
 girimānando tenupasaṅkami; upasaṅkamitvā
 āyasmato girimānandassa imā dasa saññā
 abhāsi. Atha kho āyasmato girimānandassa
 dasa saññā sutvā so ābādho tñānaso
 paṭippassambhi. Vuṭṭhahi cāyasmā
 girimānando tamhā ābādhā. Tathā pahīno ca
 panāyasmato girimānandassa so ābādho
 ahoṣīti.

- AN, 10.6.10

He trains thus: "I shall breathe in experiencing the mind."
 He trains thus: "I shall breathe out experiencing the mind."
 He trains thus: "I shall breathe in gladdening the mind."
 He trains thus: "I shall breathe out gladdening the mind."
 He trains thus: "I shall breathe in concentrating the mind."
 He trains thus: "I shall breathe out concentrating the mind."
 He trains thus: "I shall breathe in freeing the mind."
 He trains thus: "I shall breathe out freeing the mind."
 他如此训练：『我应当体验心而吸气。』
 他如此训练：『我应当体验心而呼气。』
 他如此训练：『我应当令心喜悦而吸气。』
 他如此训练：『我应当令心喜悦而呼气。』
 他如此训练：『我应当令心平定而吸气。』
 他如此训练：『我应当令心平定而呼气。』
 他如此训练：『我应当令心解脱而吸气。』
 他如此训练：『我应当令心解脱而呼气。』

He trains thus: "I shall breathe in contemplating impermanence."
 He trains thus: "I shall breathe out contemplating impermanence."
 He trains thus: "I shall breathe in contemplating dispassion."
 He trains thus: "I shall breathe out contemplating dispassion."
 He trains thus: "I shall breathe in contemplating cessation."
 He trains thus: "I shall breathe out contemplating cessation."
 He trains thus: "I shall breathe in contemplating relinquishment."
 He trains thus: "I shall breathe out contemplating relinquishment."
 This, Ānanda, is called mindfulness of breathing.
 他如此训练：『我应当随观无常而吸气。』
 他如此训练：『我应当随观无常而呼气。』
 他如此训练：『我应当随观离欲而吸气。』
 他如此训练：『我应当随观离欲而呼气。』
 他如此训练：『我应当随观灭尽而吸气。』
 他如此训练：『我应当随观灭尽而呼气。』
 他如此训练：『我应当随观舍离而吸气。』
 他如此训练：『我应当随观舍离而呼气。』
 阿难，这称为入出息念。

'If, indeed, you Ānanda, having approached the
 bhikkhu Girimānanda, would utter these ten perceptions
 (to him), it would so happen that having heard these ten
 perceptions that illness of the bhikkhu Girimānanda
 would immediately be cured.'

阿难，如果你去到吉利马难达比丘那里后向他
 说这十种想，那么，在听闻这十种想之后，吉利马
 难达比丘的病就会止息。」

Then, indeed, the Venerable Ānanda, having learned
 these ten perceptions from the presence of the Blessed
 One, approached where the Venerable Girimānanda was.
 Having approached he uttered these ten perceptions to the
 Venerable Girimānanda. Then, indeed, having heard
 these ten perceptions that illness of the Venerable
 Girimānanda was immediately cured. And the Venerable
 Girimānanda got up (=was cured) from his illness. And
 thus that illness of the Venerable Girimānanda was
 eliminated.

当时，阿难尊者在世尊面前听闻了这十种想
 后，他去到吉利马难达尊者那里。去到后，他向吉
 利马难达尊者说这十种想。当时，听闻这十种想后，
 吉利马难达尊者的病就立刻止息。吉利马难达尊者
 因此痊愈。吉利马难达尊者的病就此消失了。

Dasadhammāsuttaṃ (p.11) (Pabbajita-Abhiṇhasuttaṃ)

“Dasayime, bhikkhave, dhammā
pabbajitena abhiṇhaṃ paccavekkhitabbā.
Katame dasa?

1. ‘Vevaṇṇiyamhi ajjhupagato’ti
pabbajitena abhiṇhaṃ paccavekkhitabbā;

2. ‘Para-paṭibaddhā me jīvikā’ti
pabbajitena abhiṇhaṃ paccavekkhitabbā;

3. ‘Añño me ākappo karaṇīyo’ti
pabbajitena abhiṇhaṃ paccavekkhitabbā;

4. ‘Kacci nu kho me attā sīlato na
upavadatī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbā;

5. ‘Kacci nu kho maṃ anuvicca viññū
sabrahma-cārī sīlato na upavadantī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbā;

6. ‘Sabbehi me piyehi manāpehi nānā-
bhāvo vinā-bhāvo’ti pabbajitena abhiṇhaṃ
paccavekkhitabbā;

7. ‘Kamassakomhi kamma-dāyādo
kamma-yoni kamma-bandhu kamma-
paṭisaraṇo, yaṃ kammaṃ karissāmi kalyāṇaṃ
vā pāpakaṃ vā tassa dāyādo bhavissāmī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbā;

8. ‘Kathambhūtassa me rattindivā
vītivattantī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbā;

9. ‘Kacci nu kho ahaṃ suññāgāre
abhiraṃāmī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbā;

Discourse on Ten Dhammas 十法经

“There are these ten things, bhikkhus, that one who
has gone forth should frequently reflect on. What are the
ten?

「诸比丘，有十种法是出家人应当经常省察
的。是哪十种？」

‘I have become one who has no class’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我已经成为没有阶
级分别的人。』

‘I am bound to others for my livelihood’, one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我的生活依赖他
人。』

‘I should comport myself differently’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我的行仪举止应
[与在家人] 不同。』

‘Can I myself find no fault with my virtue?’ one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否不会因戒而
谴责自己？』

‘Will my wise companions in the spiritual life, after
testing me, find no fault with my virtue?’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『有智的同梵行者检
查后，是否不会因戒而谴责我？』

‘All those who are dear and pleasing to me are
subject to change, subject to separation (i.e. death)’, one
who has gone forth should frequently reflect on this.

出家人应当经常地省察：『一切我所喜爱、可
意的会变易、别离（即：死亡）。』

‘I am the owner of my kammās, I am the heir of my
kammās, it is kamma that I am born from, kammās are
my kinsfolk, kammās are my refuge, whatever kammās I
perform, whether good or bad, to that I will be the heir’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是业的所有者，
业的继承者，以业为起源，以业为亲属，以业为依
靠。无论我所造的业是善或恶，我将是它的继承
者。』

‘In what way do the nights and days pass for me?’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是如何度过日
夜呢？』

‘Do I delight in empty places?’ one who has gone
forth should frequently reflect on this.

出家人应当经常地省察：『我是否乐于空闲处
呢？』

10. 'Atthi nu kho me uttari-manussa-
dhammo alamariya-ñāṇa-dassana-viseso
adhigato, yenāhaṃ pacchime kāle
sabrahmacārīhi puṭṭho na maṅku bhavissāmī'ti
pabbajitena abhiṇhaṃ paccavekkhitabbā.

Ime kho, bhikkhave, dasa dhammā
pabbajitena abhiṇhaṃ paccavekkhitabbā."

– AN.X.48

Catupaccavekkhaṇā (p.12)

Paṭisaṅkhā yoniso cīvaraṃ paṭisevāmi,
yāvadeva sītassa paṭighātāya, uṇhassa
paṭighātāya, ḍaṃsa-makasa-vātātapa-
sirīmsapa-samphassānaṃ paṭighātāya,
yāvadeva hiri-kopīna-paṭicchādanatthaṃ.

Paṭisaṅkhā yoniso piṇḍapātaṃ paṭisevāmi,
neva davāya na madāya na maṇḍanāya na
vibhūsanāya, yāvadeva imassa kāyassa ṭhitiyā
yāpanāya vihiṃsūparatiyā
brahmacariyānuggahāya, iti purāṇaṇca
vedanaṃ paṭisaṅkhāmi, navaṇca vedanaṃ na
uppādessāmi, yātrā ca me bhavissati
anavajjatā ca phāsu-vihāro ca.

Paṭisaṅkhā yoniso senāsanaṃ paṭisevāmi,
yāvadeva sītassa paṭighātāya, uṇhassa
paṭighātāya, ḍaṃsa-makasa-vātātapa-
sirīmsapa-samphassānaṃ paṭighātāya,
yāvadeva utu-parissaya-vinodanaṃ
paṭisaṅkhāmi.

Paṭisaṅkhā yoniso gilāna-paccaya-
bhesajja-parikkhāraṃ paṭisevāmi, yāvadeva
uppannānaṃ veyyābādhikānaṃ vedanānaṃ
paṭighātāya, abyāpajjha-paramatāya.

'Has a state beyond (ordinary) human beings, the distinction of what is truly noble knowledge and seeing been attained by me? Will I at the end, when questioned by my companions in the spiritual life, not be embarrassed?', one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否有证得上人法、真正殊胜的圣智见呢？在我最后时刻，当同梵行者们问及时，我将不会羞愧？』

"These are the ten things, bhikkhus, that one who has gone forth should frequently reflect on."

诸比丘，此十种法乃出家人应当经常地省察。」

Four [Requisites] Contemplation

四种省思

Reflecting wisely, I wear the robe, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and also for the purpose of covering the parts of my body that cause shame.

我如理省思所受用之衣，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了遮蔽羞处。

Reflecting wisely I use almsfood not for play, not for pride, not for beauty, not for fattening; but merely for the sustenance and continuance of this body; to cease discomfort; and to be able to practise the holy life, thinking "Thus I will destroy old feelings (of hunger) and not create new feelings (from overeating). I will maintain myself, be blameless, and live in comfort."

我如理省思所受用的食物，不为嬉戏，不为骄傲，不为装饰，不为庄严，只是为了此身住立存续，为了停止伤害，为了资助梵行，如此我将消除旧受，并使新受不生，我将维持生命、无过且安住。

Reflecting wisely I make use of dwellings, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and as a protection from the perils of weather conditions; and for the joy of seclusion.

我如理省思所受用的住所，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了免除季候的危险，而好独处（禅修）之乐。

Reflecting wisely I make use of medicinal requisites that are for curing the sick, only to counteract any afflicting feelings (of illness) that have arisen and for maximum freedom from disease.

我如理省思所受用的病者所需之药品，只是为了治疗已生起的病苦之受，为了尽量没有身苦。

Pubbaṇhasuttaṃ (p.14)

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaḥo dussupinaṃ akantaṃ,
Buddhānubhāvena vināsaṃentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaḥo dussupinaṃ akantaṃ,
Dhammānubhāvena vināsaṃentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaḥo dussupinaṃ akantaṃ,
Saṅghānubhāvena vināsaṃentu.

Dukkhappattā ca niddukkhā
Bhayappattā ca nibbhayā,
Sokappattā ca nissokā
Hontu sabbe'pi pāṇino.

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe devā'numodantu
Sabba-sampatti siddhiyā.

Dānaṃ dadantu saddhāya,
Sīlaṃ rakkhantu sabbadā,
Bhāvanābhiraṭṭā hontu,
Gacchantu devatāgatā.

Sabbe Buddhā balappattā
Paccekaṇaṃ yaṃ balaṃ,
Arahantānaṃ tejaṇa
Rakkhaṃ bandhāmi sabbaso.

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇitaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Buddhē ratanaṃ paṇitaṃ:
Etena saccena suvatthi hotu!

The Discourse about the Forenoon
午前经

By the power of the Buddha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛陀的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Dhamma, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛法的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Saṅgha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过僧团的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

May all creatures who are suffering be without suffering, [living in] fear be without fear and [living in] sorrow be without sorrow.

祝愿一切的众生，痛苦的不再痛苦，
恐惧的不再恐惧，忧愁的不再忧愁。

May all deities rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切神随喜我们至今所累积的功德，愿一切得成就！

May all be able to perform giving with faith; may all safeguard their morality always. May all be delighted in meditation. May the deities who have come (to the recitation) go back (to their homes).

愿大家依信布施，愿大家永护其戒，
愿大家乐于禅修，请来此诸神归去。

By the (protective) power of the Buddhas, the power of Pacceka-Buddhas and the power of Arahants, I fortify the protection in every way.

以一切佛陀之力，及诸辟支佛之力，
及诸阿罗汉之力，我建立一切守护！

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间（这是指天界、梵天界或其他世界系）的任何财宝，或在天界的任何殊胜珠宝，都没有和如来（佛陀）同等的。在佛陀里有此殊胜宝。以此真实语愿得安乐。

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Dhamme ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Saṃghe ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Mahā-kāruṇiko nātho,
Hitāya sabba-pāṇīnaṃ,
Pūretvā pāramī sabbā,
Patto sambodhimuttamaṃ.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Jayanto bodhiyā mūle,
Sakyānaṃ nandi-vuḍḍhano,
Evameva jayo hotu,
Jayassu jaya-maṅgale.

Aparājita-pallaṅke,
Sīse puthuvipukkhaḷe,
Abhiseke sabbabuddhānaṃ,
Aggapatto pamodati.

Sunakkhattaṃ sumaṅgalaṃ,
Suppabhātaṃ suhuttāṃ;
Sukhaṇo sumuhutto ca,
Suyittāṃ brahmacārisu.

Padakkhiṇaṃ kāya-kammaṃ,
Vācā-kammaṃ padakkhiṇaṃ;
Padakkhiṇaṃ mano-kammaṃ,
Paṇīdhi te padakkhiṇe.

Padakkhiṇāni katvāna,
Labhantatthe padakkhiṇe.
Te attha-laddhā sukhitā
Virūḷhā Buddha-sāsane;
Arogā sukhitā hotha
Saha sabbehi ñātibhi.

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Dhamma is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在法里有此殊胜宝。以此真实语愿得安乐。

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在僧团里有此殊胜宝。以此真实语愿得安乐。

The most compassionate Lord had fulfilled all the perfections for the welfare of all beings and had attained the supreme enlightenment. By this truth may there be well-being for you always.

具有大悲的依持者，为了一切众生利益，
圆满所有波罗蜜后，证得无上菩提解脱；
借着这真实的话语，愿你永远平安快乐。

Just as the Lord, the increaser of delight for the Sakyans, was victorious at the foot of the Bodhi tree, so also may the victory be to you and may you be successful in all the auspicious conquests.

为释迦族增长喜者，在菩提树下得胜利；
愿你也都如此胜利，于吉祥征途得胜利。

The Lord had attained the Noble State on the Unconquerable Seat, on the most sacred earth consecrated by all the Buddhas and rejoiced.

在不败的座位上，在最神圣的地点，
诸佛加持欢喜处，他证悟圣洁之境。

May good planets, excellent blessings, good daybreak, good waking up, good moment, good instance, and good oblations to the sages be to you.

愿你得吉星善吉祥，好的黎明好的起身，
好的刹那与好时刻，对梵行者的善供养。

May the bodily deeds be reverential; may the speech deeds be reverential; may the mental deeds be reverential. May you be resolute in these reverential matters.

恭敬的身业，恭敬的语业，
恭敬的意业，决意于敬业。

Having done the reverential deeds, may you obtain reverential gains; having obtained them may you be happy and make progress in the Buddha's dispensation. May you and all your relatives be happy and free from sickness.

实行恭敬诸业之后，愿你获得恭敬之得。
获得它们愿你快乐，于佛教法获得提升。
愿你及所有亲戚们，都没有病痛都快乐。

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-buddhānubhāvena
Sadā sukhī (sothī)¹⁴ bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-dhammānubhāvena
Sadā sukhī (sothī)² bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-saṅghānubhāvena
Sadā sukhī (sothī)² bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Buddhas, may you have happiness (well-being) always.

愿你得一切吉祥，愿一切神保护你；
透过诸佛的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Dhammas, may you have happiness (well-being) always.

愿你得一切吉祥，愿一切神保护你；
透过诸法的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Saṅghas, may you have happiness (well-being) always.

愿你得一切吉祥，愿一切神保护你；
透过诸僧的威力，愿你永远都快乐（平安）！

Mettā Chanting (p.16)

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Puratthimāya disāya, pacchimāya disāya,
uttarāya disāya, dakkhiṇāya disāya, puratthi-
māya anudisāya, pacchimāya anudisāya,
uttarāya anudisāya, dakkhiṇāya anudisāya,
hetṭhimāya disāya, uparimāya disāya,

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

慈悲诵

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:

一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

In the easterly direction, in the westerly direction, in the northerly direction, in the southerly direction, in the south-east direction, in the north-west direction, in the north-east direction, in the south-west direction, in the downward direction, in the upward direction:

在东方、在西方、在北方、在南方、在东南方、
在西北方、在东北方、在西南方、在下方、在上方

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:

一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

¹⁴ sothī – Sri Lanka Version, 斯里兰卡版本

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā pathavī-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā udaya-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā ākāśa-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Good Wishes and (p.17) **Sharing of Merit etc 1**

Yaṃ pattaṃ kusalaṃ tassa
Ānubhāvena pāṇino
Sabbe saddhamma-rājassa
Ñatvā Dhammaṃ sukhāvahaṃ,

Pāpuṇantu visuddhāya
Sukhāya paṭipattiyā
Asokamanupāyāsaṃ
Nibbānasukhamuttamaṃ.

Ciraṃ tiṭṭhatu saddhammo,
Dhamme hontu sagāravā
Sabbe'pi sattā, kālena
Sammā devo pavassatu.

Yathā rakkhimsu porāṇā
Surājāno tathevimaṃ,
Rājā rakkhatu dhammena
Attano'va pajaṃ pajaṃ.

– Aṭṭhasālīnī, Nigamanakathā

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live on earth: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在地上过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in water: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在水里过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in the sky: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在天空里过活的有情无嗔无怨、无苦无厄。

祝愿与分享功德等 1

By the power of whatever wholesome state attained by me, may all beings, having known rightly the King of Dhamma's teachings which give bliss (of Nibbāna), attain the bliss of Nibbāna, sorrowless, without distress and supreme, through the Middle Practice (Noble Eightfold Path) which is pure and blissful.

以我所成就的善法力量，愿一切有情在了知正法王导向快乐（涅槃）之法后，透过清净快乐的修行，达到至上的涅槃乐、无忧无恼。

May the true Dhamma last long, may all beings also respect the Dhamma, and may the [rain] god [give] proper and timely rain.

愿正法久住，愿一切有情也恭敬法，愿雨神适时降雨。

Just as good kings of ancient times gave protection, may the king righteously protect the people like his own (offspring).

正如古代贤善之王给予保护，愿国王善护人民如善护自己的子女。

Imāya dhammānudhammapaṭipattiyā
Buddhaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Dhammaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Saṅghaṃ pūjemi.

Addhā imāya paṭipattiyā jāti-jarā-byādhi
maraṇamhā parimuccissāmi.

Idaṃ me puññaṃ āsavakkhayāvaham hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññabhāgaṃ labhantu.

Good Wishes for Ven. (p.22)
Pa-Auk Sayadaw,
Ariyadhamma Mahāthera
& Other Theras

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhim,
Therāsabho Āciṇṇo yatinda-nātho
Dīghāyuko bhavatu sādhu-samiddha-citto.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-citta-pasādhitena,
Therāsabho Ariyadhammo yatinda-nātho
Sambodhiñāṇamadhigacchatu sādhu sādhu.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhim,
Therāsabhātha garu-gārava-bhāvanīyā
Dīghāyukā bhavatha sādhu-samiddha-cittā.

By this practice that is in accordance with the Dhamma, I venerate the Buddha.

By this practice that is in accordance with the Dhamma, I venerate the Dhamma.

By this practice that is in accordance with the Dhamma, I venerate the Saṅgha.

Surely, by this practice I will be liberated from birth, old age, sickness and death.

以此依法修行证法，我礼敬佛！

以此依法修行证法，我礼敬法！

以此依法修行证法，我礼敬僧！

以此修行，我肯定将会解脱生、老、病、死！

May this merit of mine be conducive to the destruction of [mental] taints. May this merit of mine be a [supportive] condition [for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。

愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings. May all those beings get an equal share of the merits shared by me.

我把我的功德与一切有情分享，

愿他们都平等地得到我的功德。

祝福
帕奥禅师、
圣法大长老
与其他长老

By the [merits] thoughtfully and joyfully acquired by [us practising] this Dhamma together with the power of the Buddha, etc. (i.e. the Triple Gem), may the leader and [spiritual] helper of monks, the prominent Elder Most Venerable Āciṇṇa (Ven. Pa-Auk Sayadaw), have a long life and successfully fulfill his noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以及透过佛陀等（即三宝）的力量，愿作为出家众的元老、领导与依持者的帕奥禅师长寿，以及成就其善心愿。

By the [merits] thoughtfully and joyfully acquired by [us practising] this Dhamma and the inspiring /gladdening of the mind [through reflecting] on the Buddha, etc. (i.e. the Triple Gem), may the leader and [spiritual] helper of monks, the prominent Elder Most Venerable Ariyadhamma, attain the knowledge of complete awakening. It is well, it is well!

透过谨慎及欢喜地修法所累积的这些功德，以及透过（思惟）佛陀等（即三宝）而在心中生起的净信，愿作为出家众的元老、领导与依持者的圣法大长老达到圆满觉悟，善哉，善哉！

By the [merits] thoughtfully and joyfully acquired by [us practising] this Dhamma together with the power of the Buddha, etc. (i.e. the Triple Gem), may other Venerable theras, senior members of the Saṅgha, have a long life and successfully fulfill their noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以及透过佛陀等（即三宝）的力量，愿僧团的其他长老长辈长寿，以及成就他们的善心愿。

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Devārādhana (p.1)

Samantā cakka-vāḷesu
Atrāgacchantu devatā;
Saddhammaṃ Muni-rājassa
Suṇantu sagga-mokkhadaṃ.

Dhammassavana-kālo ayaṃ bhadantā. (x3)

Inviting the Deities 邀請諸天

May the deities of the entire universe come here and listen to the True-Dhamma of the King of Sages, which leads to the heavenly states and liberation (Nibbāna).

从世界系中各处，愿诸天神来此地，
聆听知王之正法，导向天界与解脱。

Sirs, now is the time for listening to the Dhamma.
这是听闻佛法的时候，大德们。

Vandanā (p.1)

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Homage [to the Buddha] 礼敬佛陀

Homage to that Blessed One, the Arahant and Perfectly Self-Awakened One.

礼敬世尊、阿罗汉、圆满自觉者。

Sambodhi-Udāna (p.1)

Aneka-jāti saṃsāraṃ
Sandhāvissaṃ anibbisaṃ,
Gaha-kāraṃ gavesanto
Dukkhā jāti punappunaṃ.

Gaha-kāraka, diṭṭho'si
Puna gehaṃ na kāhasi,
Sabbā te phāsukā bhaggā
Gaha-kūṭaṃ visaṅkhataṃ,
Visaṅkhāra-gataṃ cittaṃ
Taṇhānaṃ khayamajjhagā.

– KN, Dhṃp¹⁵ 153-154

Inspired Utterance [after] Self-Awakening 正觉自说语

I wandered [through] many births in saṃsāra, searching for the house builder (craving) [but] found [him] not; repeated birth is suffering.

在生死轮回当中，我寻找了许多世，
却找不到造屋者。一再投生的确苦。

O house-builder! You are seen. You shall not build a house again. All your rafters are broken. Your ridge-pole is shattered. My mind has attained the unconditioned, obtaining the destruction of craving.

造屋者你已被见！你已不能再造屋。
你所有的椽已断，你的横梁已粉碎。
我心已证无为法。已经达到爱尽毁。

¹⁵ Abbreviations in this book 本书中的英文缩写：DN (Dīgha-Nikāya), MN (Majjhima-Nikāya), SN (Saṃyutta-Nikāya), AN (Aṅguttara-Nikāya), KN (Khuddaka-Nikāya), Dhṃp (Dhammapada).

Paṭiccasamuppāda (p.2)

Iti imasmim sati idaṃ hoti, imassuppādā
idaṃ uppajjati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
paccayā viññāṇaṃ, viññāṇa-paccayā nāma-
rūpaṃ, nāma-rūpa-paccayā saḷāyatanaṃ,
saḷāyatana-paccayā phasso, phassa-paccayā
vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
upādānaṃ, upādāna-paccayā bhavo, bhava-
paccayā jāti, jāti-paccayā jarā-maraṇaṃ soka-
parideva-dukkha-domanassupāyāsā
sambhavanti. Evametassa kevalassa
dukkhakkhandhassa samudayo hoti.

Yadā have pātubhavanti dhammā,
Ātāpino jhāyato brāhmaṇassa,
Athassa kaṅkhā vapayanti sabbā,
Yato pajānāti sahetudhammaṃ.

Iti imasmim asati idaṃ na hoti, imassa
nirodhā idaṃ nirujjhati, yadidaṃ:

Avijjā-nirodhā saṅkhāra-nirodho,
saṅkhāra-nirodhā viññāṇa-nirodho, viññāṇa-
nirodhā nāma-rūpa-nirodho, nāma-rūpa-
nirodhā saḷāyatana-nirodho, saḷāyatana-
nirodhā phassa-nirodho, phassa-nirodhā
vedanā-nirodho, vedanā-nirodhā taṇhā-
nirodho, taṇhā-nirodhā upādāna-nirodho,
upādāna-nirodhā bhava-nirodho, bhava-
nirodhā jāti-nirodho, jāti-nirodhā jarā-maraṇaṃ
soka-parideva-dukkha-domanassupāyāsā
nirujjhanti. Evametassa kevalassa
dukkhakkhandhassa nirodho hoti.

Dependent Origination 缘起

Thus when there is this that is, with the arising of this
that arises, such as:

此有故彼有，此生故彼生，即：

Dependent on ignorance, activities [arise]; dependent
on activities, consciousness [arises]; dependent on
consciousness, mentality and materiality [arise];
dependent on mentality and materiality, the six bases
[arise]; dependent on the six bases, contact [arises];
dependent on contact, feeling [arises]; dependent on
feeling, craving [arises]; dependent on craving,
attachment [arises]; dependent on attachment, existence
[arises]; dependent on existence, [a new] birth [takes
place]; dependent on birth, ageing, death, sorrow,
lamentation, pain, unhappiness and despair come to be.
Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
个苦蕴的集起。

When indeed phenomena become apparent to the
religious one who is ardent and meditative, then all his
doubts disappear, since he knows the nature of their
causes.

当诸法明显呈现时，热诚禅修的婆罗门，
一切疑惑都会消失，因他了知诸法之因。

When there is not this that is not, with the cessation
of this that ceases, such as:

此无故彼无，此灭故彼灭，即：

With the cessation of ignorance, activities cease;
with the cessation of activities, consciousness ceases;
with the cessation of consciousness, mentality and
materiality cease; with the cessation of mentality and
materiality, the six [sense] bases cease; with the cessation
of the six [sense] bases, contact ceases; with the cessation
of contact, feeling ceases; with the cessation of feeling,
craving ceases; with the cessation of craving, attachment
ceases; with the cessation of attachment, [the cause for a
new] existence ceases; with the cessation of [the cause for
a new] existence, [the possibility of re]birth ceases; with
the cessation of birth, ageing, death, sorrow, lamentation,
pain, unhappiness and despair cease. Thus there is the
cessation of this whole mass of suffering.

无明灭则行灭；行灭则识灭；识灭则名色灭；
名色灭则六处灭；六处灭则触灭；触灭则受灭；受
灭则爱灭；爱灭则取灭；取灭则有灭；有灭则生灭；
生灭则老、死、愁、悲、苦、忧、恼灭。如是整个
苦蕴的熄灭。

Yadā have pātubhavanti dhammā
 Ātāpino jhāyato brāhmaṇassa,
 Athassa kaṅkhā vapayanti sabbā,
 Yato khayam paccayānam avedi.

Iti imasmim sati idam hoti, imassuppādā
 idam uppajjati, imasmim asati idam na hoti,
 imassa nirodhā idam nirujjhati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
 paccayā viññāṇam, viññāṇa-paccayā nāma-
 rūpam, nāma-rūpa-paccayā saḷāyatanaṃ,
 saḷāyatana-paccayā phasso, phassa-paccayā
 vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
 upādānam, upādāna-paccayā bhavo, bhava-
 paccayā jāti, jāti-paccayā jarā-maraṇam soka-
 parideva-dukkha-domanassupāyāsā
 sambhavanti. Evametassa kevalassa
 dukkhakkhandhassa samudayo hoti.

Avijjāya tveva asesavirāga-nirodhā
 saṅkhāra-nirodho, saṅkhāra-nirodhā viññāṇa-
 nirodho, viññāṇa-nirodhā nāma-rūpa-nirodho,
 nāma-rūpa-nirodhā saḷāyatana-nirodho,
 saḷāyatana-nirodhā phassa-nirodho, phassa-
 nirodhā vedanā-nirodho, vedanā-nirodhā
 taṇhā-nirodho, taṇhā-nirodhā upādāna-
 nirodho, upādāna-nirodhā bhava-nirodho,
 bhava-nirodhā jāti-nirodho, jāti-nirodhā jarā-
 maraṇam soka-parideva-dukkha-
 domanassupāyāsā nirujjhanti. Evametassa
 kevalassa dukkhakkhandhassa nirodho hoti.

Yadā have pātubhavanti dhammā,
 Ātāpino jhāyato brāhmaṇassa,
 Vidhūpayam tiṭṭhati māra-senam,
 Suriyo'va obhāsayamantalikkham.

– Vinayapiṭaka, Mahāvagga,
 Mahākhanda
 – KN, Udāna, Bodhivagga

When indeed phenomena become apparent to the religious one who is ardent and meditative, then all his doubts disappear, since he experiences the elimination of [their] causes.

当诸法明显呈现时，热诚禅修的婆罗门，
 一切疑惑都会消失，因他体证诸缘之灭。

Thus when there is this that is, with the arising of this that arises: when there is not this that is not, with the cessation of this that ceases, such as:

此有故彼有，此生故彼生；
 此无故彼无，此灭故彼灭，即：

Dependent on ignorance, activities [arise]; dependent on activities, consciousness [arises]; dependent on consciousness, mentality and materiality [arise]; dependent on mentality and materiality, the six bases [arise]; dependent on the six bases, contact [arises]; dependent on contact, feeling [arises]; dependent on feeling, craving [arises]; dependent on craving, attachment [arises]; dependent on attachment, existence [arises]; dependent on existence, [a new] birth [takes place]; dependent on birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair come to be. Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
 六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
 缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
 个苦蕴的集起。

With the remainderless dispassion and cessation of ignorance, activities cease; with the cessation of activities, consciousness ceases; with the cessation of consciousness, mentality and materiality cease; with the cessation of mentality and materiality, the six [sense] bases cease; with the cessation of the six [sense] bases, contact ceases; with the cessation of contact, feeling ceases; with the cessation of feeling, craving ceases; with the cessation of craving, attachment ceases; with the cessation of attachment, [the cause for a new] existence ceases; with the cessation of [the cause for a new] existence, [the possibility of re]birth ceases; with the cessation of birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair cease. Thus there is the cessation of this whole mass of suffering.

无明灭尽离欲无余则行灭；行灭则识灭；识
 灭则名色灭；名色灭则六处灭；六处灭则触灭；触
 灭则受灭；受灭则爱灭；爱灭则取灭；取灭则有灭；
 有灭则生灭；生灭则老、死、愁、悲、苦、忧、恼
 灭。如是整个苦蕴的熄灭。

When indeed phenomena become apparent to the religious one who is ardent and meditative, he stands dispelling the hosts of Māra, just as the sun illuminating the sky [dispels darkness].

当诸法明显呈现时，热诚禅修的婆罗门，
 他击败魔军而稳立，犹如太阳照亮天空。

Paccayā - Paccayuddeso (p.4) [Twenty-Four] Conditions 二十四缘

Hetupaccayo, ārammaṇapaccayo,
adhipatipaccayo, anantarapaccayo,
samanantarapaccayo, saha-jātapaccayo,
añña-mañña-paccayo, nissayapaccayo,
upanissayapaccayo, pure-jātapaccayo,
pacchā-jātapaccayo, āsevanapaccayo,
kamma-paccayo, vipāka-paccayo,
āhāra-paccayo, indriya-paccayo,
jhāna-paccayo, magga-paccayo,
sampayutta-paccayo, vippayutta-paccayo,
atthi-paccayo, natthi-paccayo,
viga-paccayo, aviga-paccayoti.

Root condition, object condition,
predominance condition, immediacy condition,
contiguity condition, conascence condition,
mutuality condition, dependence condition,
powerful dependence condition, pre-nascence condition,
post-nascence condition, repetition condition,
kamma condition, result condition,
nutriment condition, faculty condition,
jhāna condition, path condition,
association condition, dissociation condition,
presence condition, absence condition,
disappearance condition, non-disappearance condition.
因缘；所缘缘；增上缘；无间缘；
相续缘；俱生缘；相互缘；依止缘；
亲依止缘；前生缘；后生缘；重复缘；
业缘；果报（异熟）缘；食缘；根缘；
禅那缘；道缘；相应缘；不相应缘；
有缘；无有缘；离去缘；不离去缘。

Buddhānussati (p.5)

Iti'pi so bhagavā araham, sammāsambuddho,
vijjācaraṇa-sampanno, sugato, lokavidū,
anuttaro purisadamma-sārathi, satthā
devamanussānam, buddho, bhagavā.

Contemplation of the Buddha 佛随念

Such is that Blessed One, the Worthy One, the
Perfectly Self-Awakened One, One fully possessed of
wisdom and conduct, One who has proceeded by the good
way, Knower of the [three] worlds, Unexcelled Trainer of
tameable men, Teacher of deities and men, The Awakened
One, The Blessed One.

世尊是：阿罗汉、圆满自觉者、明行足、善逝、
世间解、无上士调御丈夫、天人师、佛陀、世尊。

Dhammānussati (p.5)

Svākkhāto bhagavatā dhammo, sandiṭṭhiko,
akāliko, ehi-passiko, opanayiko, paccattam
veditabbo viññūhi.

Contemplation of the Dhamma 法随念

Well-expounded is the Exalted One's Dhamma,
visible here-and-now, not delayed in time, inviting of
inspection, onward-leading, is directly experienceable by
the wise.

法由世尊善说，现前可见、无时（无间隔）、
请来看、导向、当由智者亲证。

Saṅghānussati (p.5)

Suppaṭipanno bhagavato sāvaka-saṅgho,
Ujuppaṭipanno bhagavato sāvaka-saṅgho,
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,
Sāmīcippaṭipanno bhagavato sāvaka-saṅgho;
Yadidaṃ: cattāri purisa-yugāni attha purisa-
puggalā, esa bhagavato sāvaka-saṅgho;
Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-
karaṇīyo, anuttaram puññakkhettaṃ lokassa.

Contemplation of the Saṅgha 僧随念

The community of the Exalted One's disciples has
entered on the good way, the community of the Exalted
One's disciples has entered on the straight way, the
community of the Exalted One's disciples has entered on
the true way, the community of the Exalted One's
disciples has entered on the proper way, that is to say, the
four pairs of men, the eight types of persons. That is the
Exalted One's disciple community, worthy of gifts,
worthy of hospitality, worthy of offerings, whom should
be respected, the incomparable field of merit for the
world.

世尊的声闻僧众已入善行道；世尊的声闻僧众
已入正直行道；世尊的声闻僧众已入真实行道；世
尊的声闻僧众已入正当行道。即四双八辈。这是世
尊的声闻僧众，是应供养、应供奉者、应施于者、
应合掌（礼敬）者，是世间的无上福田。

Evam buddham sarantānam
Dhammam saṅghaṇca bhikkhavo;
Bhayaṁ vā chambhitattam vā
Lomahaṁso na hessati.

– SN, Sagāthāvagga, Sakkasamyutta,
Dhajaggasuttam

Thus, Bhikkhus, in you who remember the Buddha,
the Dhamma and the Saṅgha, fear, trembling or terror will
never arise.

如是诸比丘，忆念佛法僧，
他无畏不栗，无毛骨悚然。

Parittaparikamma (p.6)

Ye santā santacittā,
tisaraṇasaraṇā,
ettha lokantare vā,
bhum mābhummā ca devā,
guṇagaṇagahaṇabyāvaṭṭā sabbakālaṁ,
ete āyantu devā,
varakanakamaye,
Merurāje vasanto,
santo santosahetum,
Munivaravacanam,
sotumaggaṁ samaggaṁ.

Sabbesu cakkavāḷesu,
yakkhā devā ca brahmano,
yaṁ amhehi kataṁ puññaṁ,
sabbasampattisādhakaṁ,

Sabbe taṁ anumoditvā,
samaggā sāsane ratā,
pamādarahitā hontu,
ārakkhāsu visesato.

Sāsanassa ca lokassa,
vuḍḍhī bhavatu sabbadā,
sāsanampi ca lokaṇca,
devā rakkhantu sabbadā.

Saddhim hontu sukhī sabbe,
parivārehi attano,
anīghā sumanā hontu,
saha sabbehi ñātibhi.

Preliminary of Paritta 护卫前业

Those (gods) who are peaceful, with peaceful minds,
who have taken refuge in the triple refuge, whether here,
or above the worlds, the various earth gods and sky gods,
who make effort to take group of virtuous deeds all of the
time, may these gods and those who dwell on the majestic
Mt. Meru, that excellent golden mountain, come in
concord, to hear the Sage's excellent word which is a
reason of great happiness.

这个世界与其它世界里，受持了三皈依，一切
时候皆致力于累积诸多美德，贤善内心寂静的地居
神与空居神，以及住在金造的须弥山顶的诸神王，
以及诸位贤者，愿诸神都和谐地来听闻牟尼的至上
语、快乐之因。

May all yakkhas, gods, and deities, from the whole
universe, after partaking of the merits, which can produce
all good fortune,

愿一切世界里的夜叉、神与梵天神随喜我们所
造、能带来一切成就的福业。

which we have acquired, being in harmony, and
delighting in the teaching, be not heedless and grant us
complete protection especially.

随喜该福业后，愿他们都和谐地对佛教感到欢
喜，不放逸地保护（美德）。

May the teaching and the world be on the increase at
all times, and may the gods protect the teaching and the
world forever.

愿一切时候佛教与世界都在增长，
愿一切时候诸神都保护佛教与世界。

May all together with those who are one's around, be
happy, may all together with all relatives, be untroubled,
and easy in mind.

愿一切众生自己与其随众都快乐，
愿他们及亲戚们都无身苦都开心。

Rājato vā, corato vā, manussato vā,
amanussato vā, aggito vā, udakato vā,
pisācato vā, khāṇukato vā,
kaṇṭakato vā, nakkhattato vā,
janapadarogato vā, asaddhammato vā,
asandiṭṭhito vā, asappurisato vā,
caṇḍa-hatthi-assa-miga-goṇa-kukkura-ahi-
vicchika-maṇisappa-dīpi-accha-taraccha-
sūkara-mahimsa-yakkha-rakkhasādīhi,
nānā-bhayato vā, nānā-roгато vā,
nānā-upaddavato vā, ārakkhaṃ gaṇhantu.

(May you be protected) from the king, thieves, humans, and non-humans, from fire and water, demons, stumps, and thorns, from unlucky stars, and epidemics, from what is not the true dhamma, not right view, not a good person, and from fierce elephants, horses, antelopes, bulls, dogs, snakes, scorpions, poisonous serpents, panthers, bears, hyenas, wild boars, buffaloes, yakkhas, rakkhasas, and so on, from the manifold fears, the manifold diseases, the manifold calamities, (from all of these troubles) may you receive protection.

愿你们获得保护得以免除来自王、贼、人、非人、火、水、鬼怪、树桩、刺、星座、瘟疫、非正法、邪见、非善士、凶恶的象、马、鹿、牛、狗、蛇、蝎、水蛇、豹、熊、鬣狗、野猪、水牛、夜叉、怪物等的种种危险，免除种种疾病与厄难。

Mettasuttaṃ (p.7)

Yassānubhāvato yakkhā neva dassenti bhīsaṇaṃ
Yamhi cevānuyuñjanto rattindivamatandito.

Sukhaṃ supati sutto ca pāpaṃ kiñci na passati,
Evamādiguṇūpetam parittam taṃ bhaṇāma he.

- - -

Karaṇīyamattakusalena,
yantasantaṃ padaṃ abhisamecca;
Sakko ujū ca suhujū ca,
suvaco cassa mudu anatimānī.

Santussako ca subharo ca,
appakicco ca sallahukavutti;
Santindriyo ca nipako ca,
appagabbho kulesvananugiddho.

Na ca khuddamācare kiñci,
yena viññū pare upavadeyyum;
Sukhinova khemino hontu,
sabbasattā bhavantu sukhittā.

Ye keci pāṇabhūtatti,
tasā vā thāvarā vanavasesā;
Dīghā vā yeva mahantā,
majjhimā rassakā aṇukathulā.

Discourse on Loving-Kindness 慈愛經

Due to the power of this (Mettā Sutta), spirits did not manifest frightful sights. One who devotes himself to these teachings day and night diligently sleeps soundly and does not have any nightmare when asleep. Let us recite this protective discourse.

透过它（慈愛經）的力量，夜叉不显现恐怖相。对于昼夜致力修行者，他睡眠舒适不做恶梦。且让我们诵念具备这些功德之护卫。

This is to be done by [one] skilled in [what is] beneficial: having understood the path that [leads to] peace; he would be able, upright, very upright, easy to admonish, gentle, and not arrogant.

这是想要证得彻悟寂静涅槃、善于有益修行的人应该做的事：他必须有能力、正直、非常正直、易受教、柔软、不自大、

Contented and easy to support, of few duties and living frugally; [with] calm faculties and prudent, not obtrusive [to and] greedy [for gains from supporting] families.

知足、易护持、少事务、生活简朴、诸根寂静、拥有成熟的智慧、不无礼、不贪着在家众。

He would not do [even] the slightest thing, by which the wise could censure [and tell] others; may [all beings] be happy and secure, may all beings be in a state of happiness.

只要是智者将会指责的事，即使是小事他也不做；（愿一切众生）幸福与平安，愿一切众生安乐；

Whatever living beings there are, feeble or strong, [all] without exception; those long, great, medium, short, small or large.

无论是任何存在的众生，会颤抖的或不会颤抖的皆毫无遗漏，长的或大的或中等的，短的或小的或粗圆的，

Ditṭhā vā yeva aditṭhā,
ye va dūre vasanti avidūre;
Bhūtā va sambhavesī va,
sabbasattā bhavantu sukhittattā.

Na paro param nikubbetha,
nātimaññetha katthaci na kañci;
Byārosanā paṭighasaññā,
nāññamaññassa dukkhamiccheyya.

Mātā yathā niyaṃ puttamāyusā
ekaputtamanurakkhe;
Evampi sabbabhūtesu,
mānasam bhāvaye aparimāṇam.

Mettañca sabbalokasmi,
mānasam bhāvaye aparimāṇam;
Uddham adho ca tiriyañca,
asambādham averamasapattam.

Tiṭṭham caram nisinno va,
sayāno yāvatāssa vitamiddho;
Etaṃ satim adhiṭṭheyya,
brahmametaṃ vihāramidhamāhu.

Ditṭhiñca anupaggamma,
sīlavā dassanena sampanno;
Kāmesu vinaya gedham,
na hi jātuggabbhaseyya punareti.

– KN, Khuddakapāṭha 9; Suttanipāta, Uragavagga 8

Those seen or not seen, and living far or nearby; born or seeking birth, may all beings be in a state of happiness.
见到的或没见到的，住在远方的或近处的，已生的或还寻求再生的——愿一切众生快乐。

One would not deceive another, [nor] despise them anywhere [about] anything; [out of] anger or aversion, would not wish suffering for each other.
且让人不欺骗别人，也不在任何地方轻视别人。且让他们不会以嗔怒与厌恶来互相希望对方痛苦。

Just as a mother for her son, [her] only son, would protect [him] with her life; thus, also, towards all beings, would develop the mind without limit.
正如母亲对待自己的儿子那样，会以生命来保护独生子；应当如此对一切众生培育无量的心。

With loving-kindness towards the whole world, would develop the mind without limit; above, below and across, unrestricted, free from enmity and hostility.
以及应当以慈爱对全世界培育无量的心，上方、下方与周围，无障碍、无仇人、无敌对。

While standing, walking, seated, or lying down free from drowsiness; would determine [to keep] this mindfulness [in mind], this is a divine abiding in this world, it is said.
立、行、坐或卧，只要不是在睡眠中，都应决心保持如此的正念。这就是他们在此所说的梵住。

Not going to [wrong] view[s], being morally well behaved and having [right] vision, [and] having given up greed for sensuality, never again come [back] to the womb.
不执持邪见，拥有戒行，具足智见，及已经去除对欲乐的贪爱之后，他肯定不会再投胎。

Khandhasuttaṃ (p.8)

Sabbāsivisajātinaṃ
Dibbamantāgadam viya
Yaṃ nāseti visam ghoram
Sesañcāpi parissayam.

Āṇākkhettamhi sabbattha
Sabbadā sabbapaṇinaṃ
Sabbasopi nivāreti
Parittam tam bhaṇāma he.

- - -

Discourse on [Protection of] Aggregates 蕴护经

Just like divine charms and divine medicines, this (Khandha-Sutta) nullifies baneful poison and other perils of all the highly poisonous creatures.
犹如天咒与天药，此经能够除剧毒；一切剧毒之生物，其害此经皆能除。

In the scope of authority everywhere, always, for all beings this discourse prevents (the disasters). Let us recite this protective discourse now.
在此威力范围内，一切时候一切处，此经能防该危害。我们且诵此护卫。

Virūpakkhehi me mettaṃ
Mettaṃ Erāpathehi me,
Chabyāputtehi me mettaṃ
Mettaṃ Kaṇhāgotamakehi ca.

Apādakehi me mettaṃ
Mettaṃ dvipādakehi me,
Catuppadehi me mettaṃ
Mettaṃ bahuppadehi me.

Mā maṃ apādako hiṃsi
Mā maṃ hiṃsi dvipādako,
Mā maṃ catuppado hiṃsi
Mā maṃ hiṃsi bahuppado.

Sabbe sattā, sabbe pāṇā
Sabbe bhūtā ca kevalā,
Sabbe bhadraṇi passantu
Mā kañci pāpamāgamā.

Appamāṇo Buddha,
Appamāṇo Dhammo,
Appamāṇo Saṅgho.
Pamāṇavantāni sirīmsapāni:
Ahi-vicchikā, satapadī,
Uṇṇanābhi, sarabū, mūsikā.

Katā me rakkhā, kataṃ me parittaṃ,
Paṭikkamantu bhūtāni.
So'haṃ namo Bhagavato,
Namo sattannaṃ Sammā-sambuddhānaṃ.

– KN, 203 Khaṇḍajātaka;
AN.IV.67 Ahirājasuttaṃ;
Vinayaṭṭhaka, Cūḷavagga,
Khuddakavattthukkhandaṃ

May I have loving-kindness towards the Virūpakkhas;
May I have loving-kindness towards the Erāpathas;
May I have loving-kindness towards the Chabyāputtas;
May I have loving-kindness towards the Kaṇhāgotamakas.
愿我对威卢跋有慈爱；愿我对伊拉跋有慈爱；
愿我对刹标子有慈爱；愿我对黑瞿昙有慈爱。

May I have loving-kindness towards footless beings;
May I have loving-kindness towards beings with two legs;
May I have loving-kindness towards beings with four legs;
May I have loving-kindness towards beings with many legs.
愿我对无足众生有慈爱；愿我对两足众生有慈爱；
愿我对四足众生有慈爱；愿我对多足众生有慈爱。

May footless beings not harm me;
May beings with two legs not harm me;
May beings with four legs not harm me;
May beings with many legs not harm me.
愿无足众生不伤害我；愿两足众生不伤害我；
愿四足众生不伤害我；愿多足众生不伤害我。

May all living beings, all breathing things,
all creatures (without exception)
meet with good fortune.
May none of them come to any evil.
愿一切有情一切息生、一切众生毫无遗漏地，
愿他们遇见幸运的事，不会遭遇邪恶的事情。

Infinite is the Buddha,
Infinite is the Dhamma,
Infinite is the Saṅgha.
Finite are creeping things:
snakes, scorpions, centipedes,
spiders, lizards, rats.
佛无量，法无量，僧无量。
爬行类却有限量：
蛇、蝎、蜈蚣、
蜘蛛、蜥蜴、老鼠。

I have made the protection, I have made the safeguard.
May the (harmful) beings depart. I pay homage to the
Blessed One; homage to the seven Buddhas (Vipassī
Buddha, Sikhī Buddha, Vessabhū Buddha, Kakusandha
Buddha, Koṇāgamana Buddha, Kassapa Buddha, and
Gotama Buddha)
我做了护卫，我做了保护。
愿那些（有害的）众生离开。
我礼敬世尊；
礼敬七位圆满自觉者。

Maṅgalasuttaṃ (p.73)

Yaṃ maṅgalaṃ dvādasahi
Cintayīṃsu sadevakā
Sotthānaṃ nādhigacchanti.
Aṭṭhattiṃsañca maṅgalaṃ

Desitaṃ devadevena
Sabbapāpavināsaṃ
Sabbalokahitatthāya.
Maṅgalaṃ taṃ bhaṇāma he.
- - -

Evam me sutam – ekaṃ samayaṃ
bhagavā sāvattthiyaṃ viharati jetavane
anāthapiṇḍikassa ārāme. Atha kho aññatarā
devatā abhikkantāya rattiyaṃ abhikkantavaṇṇā
kevalakappaṃ jetavanaṃ obhāsetvā yena
bhagavā tenupasaṅkami; upasaṅkamitvā
bhagavantaṃ abhivādetvā ekamantaṃ aṭṭhāsi.
Ekamantaṃ ṭhitā kho sā devatā bhagavantaṃ
gāthāya ajjhabhāsi –

“Bahū devā manussā ca,
Maṅgalāni acintayum;
Ākaṅkhamānā sotthānaṃ,
Brūhi maṅgalamuttamaṃ.”

“Asevanā ca bālānaṃ,
Paṇḍitānañca sevanā;
Pūjā ca pūjaneyyānaṃ,
Etaṃ maṅgalamuttamaṃ.

“Patirūpadesavāso ca,
Pubbe ca katapuññatā;
Attasammāpaṇidhi ca,
Etaṃ maṅgalamuttamaṃ.

“Bāhusaccañca sippañca,
Vinayo ca susikkhito;
Subhāsita ca yā vācā,
Etaṃ maṅgalamuttamaṃ.

Discourse on Blessings 吉祥经

Deities and men pondered on the meaning of ‘Blessing’ (Maṅgala) for twelve years but could not obtain it (the meaning). Therefore the discourse on the 38 Blessings

was expounded by the Supreme Deity (i.e. the Buddha) for the eradication of all evils and for the welfare of the entire world. Let us recite this discourse on blessing now.

十二年以来，人天皆思考，
欲得之吉祥，却不得结论。
故诸神之神，为世界利益、
为去除诸恶，开示卅八吉。
且让我们来，诵念该吉祥。

Thus have I heard: at one time the Blessed One was dwelling in Anāthapiṇḍaka’s monastery in Jeta’s grove. Then late into the night a certain deity, who was exceedingly beautiful, lighting up the whole area of Jeta’s grove approached the Blessed one. Having approached paid homage and [then] standing to one side [at a respectful distance] that deity addressed the Blessed one in verse:

如是我闻，一时世尊住在舍卫城祇陀林给孤独园。那时，某位容色殊胜的天神在深夜使整个祇陀林充满光明，然后来到世尊的地方。来到之后，顶礼世尊，然后站在一边。那位天神站在一边后，以偈颂对世尊说：

“Many deities and men, [though] wishing for well-being are unable to think [which things really] are blessings [therefore, please] declare the highest blessing[s].”

「许多天与人，思惟诸吉祥，
希望得安乐；请说最吉祥。」

“The non-association with fools, the association with the wise, and honouring those worthy to be honoured: this is the highest blessing;

(世尊说：)
「不结交愚人，与智者交往，
礼敬可敬者，此事最吉祥。」

Living in a suitable country, having previously made merit, and rightly aspiring for oneself: this is the highest blessing;

住于适宜地，过去曾行善，
正确的自导，此事最吉祥。

Having learnt much, a [righteous] craft/trade, [being] well trained in discipline, and what is spoken is well spoken: this is the highest blessing;

博学与技术，善学于戒律，
所说皆善语，此事最吉祥。

“Mātāpitu upaṭṭhānaṃ,
Puttadārassa saṅgaho;
Anākulā ca kammantā,
Etaṃ maṅgalamuttamaṃ.

Looking after mother and father, taking care of wife and children, and having an occupation that is unentangled [with unwholesomeness]: this is the highest blessing;

奉事父母亲，善待妻儿们，
清白的职业，此事最吉祥。

“Dānañca dhammacariyā ca,
Ñātakānañca saṅgaho;
Anavajjāni kammāni,
Etaṃ maṅgalamuttamaṃ.

Giving, righteous living, taking care of [one's] relatives, and actions that are blameless: this is the highest blessing;

布施与法行，接济诸亲族，
行为无过失，此事最吉祥。

“Āratī viratī pāpā,
Majjapānā ca saṃyamo;
Appamādo ca dhammesu,
Etaṃ maṅgalamuttamaṃ.

Abstaining and refraining from [all] depravities, restraining from drinking intoxicants, and heedful in [developing wholesome] qualities: this is the highest blessing;

远离诸恶事，不饮迷醉品，
修法不放逸，此事最吉祥。

“Gāravo ca nivāto ca,
Santutṭhi ca kataññutā;
Kālena dhammassavanaṃ,
Etaṃ maṅgalamuttamaṃ.

Respectful, humble, contented, grateful, and timely listening to the Dhamma: this is the highest blessing;

恭敬与谦虚，知足与感恩，
适时听闻法，此事最吉祥。

“Khantī ca sovacassatā,
Samaṇānañca dassanaṃ;
Kālena dhammasākacchā,
Etaṃ maṅgalamuttamaṃ.

Patient, easy to speak to (i.e. admonish), seeing self-calmed ones, and timely discussion of the Dhamma: this is the highest blessing;

忍辱易受教，得见诸沙门，
适时讨论法，此事最吉祥。

“Tapo ca brahmacariyañca,
Ariyasaccāna dassanaṃ;
Nibbānasacchikiriya ca,
Etaṃ maṅgalamuttamaṃ.

Austere, living the highest life, the seeing [with wisdom] of the noble truths, and realizing nibbāna: this is the highest blessing;

热忱与梵行，照见诸圣谛，
体证于涅槃，此事最吉祥。

“Phuṭṭhassa lokadhammehi,
Cittaṃ yassa na kampati;
Asokaṃ virajaṃ khemaṃ,
Etaṃ maṅgalamuttamaṃ.

On contact with worldly conditions, their mind is unshaken, sorrowless, free from impurities, and secure: this is the highest blessing;

接触世法时，心毫不动摇，
无忧染而安，此事最吉祥。

“Etādisāni katvāna,
Sabbatthamaparājītā;
Sabbattha sotthiṃ gacchanti,
Taṃ tesāṃ maṅgalamuttamaṃ.”.

Conducting [themselves] like this (as above), everywhere invincible, they go safely everywhere for them this is the highest blessing.

如此实行后，各处皆不败，
一切处安乐，对其最吉祥。」

– KN, Khuddakapāṭha 5; Suttanipāta, Cūḷavagga 4

Ratanasuttaṃ (p.75)

Paṇidhānato paṭṭhāya,
 Tathāgatassa dasa pāramiyo,
 Dasa upapāramiyo, dasa paramatthapāramiyoti
 Samatimsa pāramiyo, pañca mahāpariccāge,
 Lokatthacariyaṃ ñātatthacariyaṃ
 buddhatthacariyanti
 Tisso cariyāyo pacchimabhavē gabbhavokkantim
 Jātim abhinikkhamanaṃ padhānacariyaṃ
 bodhipallaṅke
 Māravijayaṃ sabbaññutaññāṇappaṭivedhaṃ
 Dhammacakkappavattanaṃ, nava lokuttara-
 dhammeti
 Sabbepi'me Buddhagūṇe āvajjetvā
 Vesāliyaṃ tisu pākāraṇtaresu
 Tiyaṃmarattim parittaṃ karonto
 Āyasmā Ānandatthero viya
 Kāruṇācittaṃ upaṭṭhapetvā

Koṭṭisatasahassesu
 Cakkavāḷesu devatā
 Yassāṇaṃ paṭiggaṇhanti
 Yañca Vesāliyaṃ pure

Rogāmanussadubbhikkha-
 Sambhūtaṃ tividhaṃ bhayaṃ
 Khippamantaradhāpesi,
 Parittaṃ taṃ bhaṇāma he.

- - -

Yānīdha bhūtāni samāgatāni,
 Bhummaṇi vā yāni va antalikkhe;
 Sabbeva bhūtā sumanā bhavantu,
 Athopi sakkacca suṇantu bhāsitaṃ.

Tasmā hi bhūtā nisāmetha sabbe,
 Mettaṃ karotha mānusiyaṃ pajāya;
 Divā ca ratto ca haranti ye balim,
 Tasmā hi ne rakkhatha appamattā.

Discourse on the [Three] Jewels 宝经

Having mind infused with compassion like the Venerable Ānanda, who did protective chanting all through the three watches of the night, walking along the path between the three walls that surrounded the city of Vesālī, reflecting upon all these attributes of the Buddha: from the time the Buddha-to-be made the aspiration for Buddhahood, His practice of the thirty pāramīs comprising the ten pāramīs, the ten upapāramīs, and the ten paramatthapāramīs, the five great givings, the three great practices comprising practice for the world, practice for His relatives and practice for Buddhahood, and in His last birth, taking conception in His mother's womb, His birth, renunciation, the practice of asceticism, victory over Māra when He was seated on the throne under the Bodhi tree, gaining of Omniscience, turning of the Wheel of Dhamma (delivering of the First Sermon), and the nine Supramundane Dhammas,

且让我们激起悲心，就像阿难尊者在激起悲心后，在整晚三个时分，绕着毗舍离城的三道城墙诵念保护经，省思佛陀这一切的功德，即：从菩萨开始发愿修行菩萨道；他所修行的十种普通波罗蜜、十种中等波罗蜜、十种究竟波罗蜜，总共三十种波罗蜜；五种大舍离；为了世间而修行、为了亲族而修行、为了佛果而修行的三种修行；最后一世入母胎、出生、出家、修行、在菩提树下的座位上战胜魔王与证悟一切知智、开示转法轮经、九出世间法，

Let us recite, O good people, that paritta, the authority of which is accepted by the deities in one thousand billion universes, and which quickly causes to disappear the three dangers resulting from disease, non-human beings and famine in the city of Vesālī.

让我们诵念该保护经，其威力获得一万亿个世界系的诸神接受，使到毗舍离城所遭遇的疾病、非人与饥荒三种危害迅速消失。

Whatsoever beings are here assembled, those of the earth or those of the air, may all of them be happy!

Let them all listen attentively to my words!

任何来此聚会的众生，无论是住在地上或天空的，但愿一切众生都快乐，愿他们细心聆听我说。

Listen here, all beings! Show your love to those humans who, day and night, bring offerings to you, and protect them without negligence.

因此一切众生请谛听，应向众人类散播慈爱，他们日夜来供养你们，故应精勤地保护他们。

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ;
Na no samaṃ atthi tathāgatena,
Idampi buddhe ratanaṃ paṇītaṃ;
Etena saccena suvatthi hotu.

Khayaṃ virāgaṃ amataṃ paṇītaṃ,
Yadajjhagā sakyamunī samāhito;
Na tena dhammena samatthi kiñci,
Idampi dhamme ratanaṃ paṇītaṃ;
Etena saccena suvatthi hotu.

Yaṃ buddhasettṭho parivaṇṇayī suciṃ,
Samādhimānantarikaññaṃ māhu;
Samādhinā tena samo na vijjati,
Idampi dhamme ratanaṃ paṇītaṃ;
Etena saccena suvatthi hotu.

Ye puggalā atṭha sataṃ pasatthā,
Cattāri etāni yugāni honti;
Te dakkhiṇeyyā sugatassa sāvakā,
Etesu dinnāni mahapphalāni;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Ye suppayuttā manasā daḷhena,
Nikkāmino gotamasāsanamhi;
Te pattipattā amataṃ vigayha,
Laddhā mudhā nibbutiṃ bhuñjamānā;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Yathindakhīlo pathavissito siyā,
Catubbhi vātehi asampakampiyo;
Tathūpamaṃ sappurisaṃ vadāmi,
Yo ariyasaccāni avecca passati;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间（这是指天界、梵天界或其他世界系）的任何财宝，或在天界的任何殊胜珠宝，都没有和如来（佛陀）同等的。在佛陀里有此殊胜宝。以此真实语愿得安乐。

The tranquil Sage of the Sakyas realised cessation, freedom from passion, immortality and excellence. There is nothing comparable to this Dhamma. In the Dhamma is this precious jewel found. On account of this truth, may there be happiness!

宁静的释迦牟尼已彻悟灭尽、离欲、不死与殊胜。没有任何东西能和法同等。在法里有此殊胜宝。以此真实语愿得安乐。

That pure path the Supreme Buddha praised is described as ‘concentration without interruption’. There is nothing like that concentration. In the Dhamma is this precious jewel found. On account of this truth, may there be happiness!

至上佛所赞叹的清净被称为「无间隔的定」。找不到和此定同等的东西。在法里有此殊胜宝。以此真实语愿得安乐。

Those Eight Individuals, praised by the virtuous, they constitute four pairs. They, worthy of offerings, are the disciples of the Enlightened One. Gifts given to these yield abundant fruit. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

具德者赞叹的八种人组成四双，他们这些应供者是善逝的弟子。布施给他们会带来大果报。在僧团里有此殊胜宝。以此真实语愿得安乐。

With steadfast mind, applying themselves thoroughly in the Dispensation of Gotama, free of passion, they have attained to what should be attained. And plunging into immortality they enjoy the Peace (Nibbāna) in absolute freedom. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

以稳固的心透彻地修行，在乔达摩（佛）的教法里不再有贪欲，他们已证应证之法。进入了不死，他们轻易地享受所证悟的宁静。在僧团里有此殊胜宝。以此真实语愿得安乐。

Just as a firm post sunk in the earth cannot be shaken by the four winds; I say that a good person who thoroughly perceives the Noble Truths is similar to that. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

正如深置地里的柱子不能被四风动摇，我说，已经彻见圣谛的善士也是如此。在僧团里有此殊胜宝。以此真实语愿得安乐。

Ye ariyasaccāni vibhāvayanti,
Gambhīrapañña sudesitāni;
Kiñcāpi te honti bhusaṃ pamattā,
Na te bhavaṃ aṭṭhamamādiyanti;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Sahāvassa dassanasampadāya,
Tayassu dhammā jahitā bhavanti;
Sakkāyadiṭṭhī vicikicchitañca,
Sīlabbatā vāpi yadatthi kiñci.
Catūhapāyehi ca vippamutto,
Chaccābhiṭṭhānāni abhabba kātum;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Kiñcāpi so kamma karoti pāpakaṃ,
Kāyena vācā uda cetasā vā;
Abhabba so tassa paṭicchadāya,
Abhabbatā diṭṭhapadassa vuttā;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Vanappagumbe yatha phussitagge,
Gimhānamāse paṭhamasmiṃ gimhe;
Tathūpamaṃ dhammavaraṃ adesayi,
Nibbānagāmiṃ paramaṃ hitāya;
Idampi buddhe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Varo varaññū varado varāharo,
Anuttaro dhammavaraṃ adesayi;
Idampi buddhe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Khīṇaṃ purāṇaṃ nava natthi sambhavaṃ,
Virattacittāyatike bhavasmim;
Te khīṇabijā avirūḷhichandā,
Nibbanti dhīrā yathāyaṃ padīpo;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Those who clearly understand the Noble Truths, well taught by Him who has absolute knowledge, do not undergo an eighth birth, no matter how exceedingly heedless they may be. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

清楚地观照由拥有深奥智慧者善巧教导之圣谛的人，无论他们多么放逸，也不会有第八次投生。在僧团里有此殊胜宝。以此真实语愿得安乐。

Together with his attainment of Insight, three qualities have been abandoned, namely: Belief in self, doubt and dependence on (wrong) rites and ceremonies. He is absolutely freed from the four states of misery, and is incapable of doing the six things. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

证得知见的同时，有三法已被他断除，即身见、疑与如果他有的戒禁取见。他已完全解脱了四恶道，绝对不会做六种事。在僧团里有此殊胜宝。以此真实语愿得安乐。

He is incapable of hiding whatever evil he does, whether by deed, word or thought; for it has been said that such an act is impossible for one who has seen the Path. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

无论他透过身或口或意所造的任何恶业，他都不会复藏它，所谓见道者绝不会这么做。在僧团里有此殊胜宝。以此真实语愿得安乐。

Just like a forest is flowered at the top, in the first month of the summer season, so has the Sublime Doctrine that leads to Nibbāna been taught for the Highest Good. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

佛陀所教、导向涅槃、带来最高等利益的至上法，就像夏天第一个月的树林盛开开花。在佛陀里有此殊胜宝。以此真实语愿得安乐。

The unrivalled Excellent One, the Knower, the Giver, the Bringer of the Excellent has expounded the excellent Doctrine. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

无比的至上者、知至上者、给予至上者、带来至上者教导至上法。在佛陀里有此殊胜宝。以此真实语愿得安乐。

Their past is extinct, a fresh becoming there is not, their minds are not attached to a future birth, their desires grow not; those wise ones go out even as this lamp. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

旧的已灭，新的不再生起，他们的心不执着未来生，有之种子已灭，他们不再生起对生命的欲望。那些智者像灯（灭那样）熄灭。在僧团里有此殊胜宝。以此真实语愿得安乐。

Yānīdha bhūtāni samāgatāni,
Bhummāni vā yāni va antalikkhe;
Tathāgataṃ devamanussapūjitaṃ
Buddhaṃ namassāma suvatthi hotu.

Yānīdha bhūtāni samāgatāni
Bhummāni vā yāni va antalikkhe;
Tathāgataṃ devamanussapūjitaṃ
Dhammaṃ namassāma suvatthi hotu.

Yānīdha bhūtāni samāgatāni
Bhummāni vā yāni va antalikkhe;
Tathāgataṃ devamanussapūjitaṃ
Saṅghaṃ namassāma suvatthi hotu.

(Sakka:) We beings here assembled, of the earth and of the air, salute the Accomplished Buddha, honoured by gods and humans. May there be happiness!

任何来此聚会的众生，无论是住在地上或天空的，礼敬人天尊敬的如来佛，愿得安乐。

We beings here assembled, of the earth and of the air, salute the Accomplished Dhamma, honoured by gods and humans. May there be happiness!

任何来此聚会的众生，无论是住在地上或天空的，礼敬人天尊敬的如来法，愿得安乐。

We beings here assembled, of the earth and of the air, salute the Accomplished Saṅgha, honoured by gods and humans. May there be happiness!

任何来此聚会的众生，无论是住在地上或天空的，礼敬人天尊敬的如来僧，愿得安乐。

– KN, Khuddakapāṭha 6; Suttanipāta, Cūḷavagga 1

Dhajaggasuttaṃ (p.78)

Introductory Verses

Yassānussaraṇenāpi, antalikkhepi pāṇino,
patiṭṭhamadhighacchanti, bhūmiyaṃ viya
sabbathā. Sabbupaddavajālamhā,
yakkhacorādisambhavā, gaṇanā na ca
muttānaṃ, parittaṃ taṃ bhaṇāma he.

Text 经文

Evam me sutam: ekaṃ samayaṃ Bhagavā
Sāvatthiyaṃ viharati Jetavane
Anāthapiṇḍikassa ārāme. Tatra kho Bhagavā
bhikkhū āmantesi: “Bhikkhavo!”ti.
“Bhadante!”ti te bhikkhū Bhagavato
paccassosum. Bhagavā etadavoca:
Bhūtapubbaṃ bhikkhave devāsurasaṅgāmo
samupabyūho ahoṣi.

The Discourse about the Top of a Banner 幢顶经

简介偈

By the recollection of that (safeguard) living creatures in the Firmament obtain complete support, just like (living creatures) everywhere on earth. From the net of all adversity arising from yakkhas, thieves, and rivals, those who were released cannot be numbered, O good persons, Let's recite that safeguard!

透过忆念此护卫，无数众生在天上获得全面的支助，就像在地上有立足处，免除了来自夜叉、盗贼等的一切厄难。且让我们诵念此护卫。

Thus I have heard: at one time the Blessed One was dwelling near Sāvatthi at Anāthapiṇḍika's grounds in Jeta's Wood. There it was that the Blessed One addressed the monks, saying: “Monks!”, “Reverend Sir!” those monks replied to the Blessed One, and the Blessed One said this: Formerly, monks, there was a massed battle between the gods and the asuras.

如是我闻：一时，世尊住在舍卫城祇陀林给孤独园。于其处，世尊称呼比丘们：「诸比丘。」那些比丘回答世尊：「尊者。」世尊如此说：「以前，诸比丘，有一次诸神与阿修罗全面开战。」

Atha kho bhikkhave Sakko devānamindo deve Tāvatiṃse āmantesi: “Sace mārisā devānaṃ saṅgāmagatānaṃ uppajjeyya bhayaṃ vā chambhitattaṃ vā lomahaṃso vā, mameva tasmīṃ samaye dhajaggaṃ ullokeyyātha. Mamaṃ hi vo dhajaggaṃ ullokayataṃ yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā, lomahaṃso vā, so pahīyissati.

No ce me dhajaggaṃ ullokeyyātha, atha Pajāpatissa devarājassa dhajaggaṃ ullokeyyātha. Pajāpatissa hi vo devarājassa dhajaggaṃ ullokayataṃ yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā, lomahaṃso vā, so pahīyissati.

No ce Pajāpatissa devarājassa dhajaggaṃ ullokeyyātha, atha Varuṇassa devarājassa dhajaggaṃ ullokeyyātha. Varuṇassa hi vo devarājassa dhajaggaṃ ullokayataṃ yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā, lomahaṃso vā, so pahīyissati.

No ce Varuṇassa devarājassa dhajaggaṃ ullokeyyātha, atha Īsānassa devarājassa dhajaggaṃ ullokeyyātha. Īsānassa hi vo devarājassa dhajaggaṃ ullokayataṃ yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā, lomahaṃso vā, so pahīyissatīti.

Taṃ kho pana bhikkhave Sakkassa vā devānamindassa dhajaggaṃ ullokayataṃ, Pajāpatissa vā devarājassa dhajaggaṃ ullokayataṃ, Varuṇassa vā devarājassa dhajaggaṃ ullokayataṃ, Īsānassa vā devarājassa dhajaggaṃ ullokayataṃ, yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā lomahaṃso vā, so pahīyethāpi nopi pahīyetha.

Then, monks, the lord of the gods Sakka addressed the Tāvatiṃsa gods, saying: “If, dear Sirs, to the gods who have gone into battle there should arise fear, or terror, or horror, at that time you could look for the top of my banner. For to those who look to the top of my banner whatever fear there may be, or terror, or horror, will be given up.

当时，诸比丘，诸神之王帝释向三十三天诸神说：『诸君，如果参与战争的众神心中生起怖畏或颤栗或毛骨悚然，那时候，你们只需要看我的幢顶。对于看我的幢顶者，无论有怖畏或颤栗或毛骨悚然，它都会消失。』

If you cannot look to the top of my banner, then you could look for the top of the god-king Pajāpati's banner. For to those who look to the top of the god-king Pajāpati's banner whatever fear there may be, or terror, or horror, will be given up.

如果你们看不到我的幢顶，那你们可以看巴迦巴帝天王的幢顶。对于看巴迦巴帝天王之幢顶者，无论有怖畏或颤栗或毛骨悚然，它都会消失。

If you cannot look to the top of the god-king Pajāpati's banner, then you could look for the top of the god-king Varuṇa's banner. For to those who look to the top of the god-king Varuṇa's banner whatever fear there may be, or terror, or horror, will be given up.

如果你们看不到巴迦巴帝天王的幢顶，那你们可以看瓦卢纳天王的幢顶。对于看瓦卢纳天王之幢顶者，无论有怖畏或颤栗或毛骨悚然，它都会消失。

If you cannot look to the top of the god-king Varuṇa's banner, then you could look for the top of the god-king Īsāna's banner. For to those who look to the top of the god-king Īsāna's banner whatever fear there may be, or terror, or horror, will be given up.

如果你们看不到瓦卢纳天王的幢顶，那你们可以看伊沙天王的幢顶。对于看伊沙天王之幢顶者，无论有怖畏或颤栗或毛骨悚然，它都会消失。』

But, monks, to he who looks to the top of the lord of the gods Sakka's banner, or who looks to the top of the god-king Pajāpati's banner, or who looks to the top of the god-king Varuṇa's banner, or who looks to the top of the god-king Īsāna's banner, whatever fear there may be, or terror, or horror, may be given up, and may not be given up.

然而，对于看诸神之王帝释之幢顶者，或看巴迦巴帝天王之幢顶者，或看瓦卢纳天王之幢顶者，或看伊沙天王之幢顶者，无论有怖畏或颤栗或毛骨悚然，它可能会消失，也可能不会消失。

Tam kissa hetu? Sakko hi bhikkhave
devānamindo avītarāgo avītadoso avītamoho,
bhīru chambhī utrāsī palāyīti.

Ahañca kho bhikkhave evaṃ vadāmi: Sace
tumhākaṃ bhikkhave araññāgatānaṃ vā,
rukkhamūlagatānaṃ vā, suññāgāragatānaṃ
vā, uppajjeyya bhayaṃ vā chambhitattaṃ vā
lomahaṃso vā, mameva tasmīṃ samaye
anussareyyātha: “Itipi so Bhagavā Arahaṃ
Sammāsambuddho, vijjācaraṇasampanno
Sugato lokavidū, anuttaro
purisadammasārathi, Satthā devamanussānaṃ
Buddho Bhagavā”ti.

Mamaṃ hi vo bhikkhave anussarataṃ
yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā
lomahaṃso vā, so pahīyissati. No ce maṃ
anussareyyātha, atha Dhammaṃ
anussareyyātha: “Svākkhāto Bhagavatā
Dhammo, sandiṭṭhiko, akāliko, ehipassiko,
opaneyyiko, paccattaṃ veditabbo viññūhī”ti.

Dhammaṃ hi vo bhikkhave anussarataṃ
yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā
lomahaṃso vā, so pahīyissati. No ce
Dhammaṃ anussareyyātha, atha Saṅghaṃ
anussareyyātha: “Suppaṭipanno Bhagavato
sāvakaśaṅgho, ujuppaṭipanno Bhagavato
sāvakaśaṅgho, ñāyappaṭipanno Bhagavato
sāvakaśaṅgho, sāmīcippaṭipanno Bhagavato
sāvakaśaṅgho, yadidaṃ cattāri purisayugāni
atṭha purisapuggalā, esa Bhagavato
sāvakaśaṅgho, āhuneyyo, pāhuneyyo,
dakkhiṇeyyo, añjalikaraṇīyo, anuttaraṃ
puññakkhettaṃ lokassā”ti.

What is the reason for that? The lord of the gods
Sakka, monks, being fearful, terrified, scared, he ran
away. is not free from passion, is not free from hatred, is
not free from delusion.

这是什么原因？诸比丘，诸神之王帝释还未离
欲、未离嗔、未离痴。害怕、颤栗、恐惧时，他逃
走。

But I say this, monks: If to you, monks, after going
to the wilderness, or to the root of a tree, or to an empty
place, there should arise fear, or terror, or horror, at that
time you could recollect me thus: “Such is he, the Blessed
One, the Worthy One, the Perfectly Self-Enlightened
One, the one endowed with understanding and good
conduct, the Fortunate One, the One who understands the
worlds, the unsurpassed guide for those people who need
taming, the Teacher of gods and men, the Buddha, the
Blessed One.”

然而，诸比丘，我如此说：『如果，诸比丘，去
到森林或树下或空地时，你们心中生起怖畏或颤栗
或毛骨悚然，那时候你们只需要忆念我：「世尊是
阿罗汉、圆满自觉者、明行足、善逝、世间解、无
上士调御丈夫、天人师、佛陀、世尊。」

For, monks, to those who recollect me whatever fear
there may be, or terror, or horror, will be given up. If you
cannot recollect me, then recollect the Dhamma thus:
“The Dhamma has been well-proclaimed by the Blessed
One, it is visible, not subject to time, inviting inspection,
onward leading, and can be understood by the wise for
themselves.”

诸比丘，对于忆念我的人，无论有怖畏或颤栗
或毛骨悚然，它都会消失。如果你们不能忆念我，
那你们应当忆念法：「法由世尊善说、现前可见、无
时、请来看、导向、当由智者亲证。」

For, monks, to those who recollect the Dhamma
whatever fear there may be, or terror, or horror, will be
given up. If you cannot recollect the Dhamma, then
recollect the Saṅgha thus: “The Blessed One’s Saṅgha of
disciples are good in their practice, the Blessed One’s
Saṅgha of disciples are upright in their practice, the
Blessed One’s Saṅgha of disciples are systematic in their
practice, the Blessed One’s Saṅgha of disciples are
correct in their practice, that is to say, the four pairs of
persons, the eight individual persons, this is the Blessed
One’s Saṅgha of disciples, they are worthy of offerings,
of hospitality, of gifts, and of reverential salutation, they
are an unsurpassed field of merit for the world.”

诸比丘，对于忆念法的人，无论有怖畏或颤栗
或毛骨悚然，它都会消失。如果你们不能忆念法，
那你们应当忆念僧：「世尊的声闻僧众已入善行道；
世尊的声闻僧众已入正直行道；世尊的声闻僧众已
入真实行道；世尊的声闻僧众已入正当行道。即四
双八辈。这是世尊的声闻僧众，是应供养、应供奉
者、应施于者、应合掌（礼敬）者，是世间的无上
福田。」

Samgham hi vo bhikkhave anussaratam
yam bhavissati bhayam vā chambhitattam vā
lomahamsa vā, so pahīyissati.

Tam kissa hetu? Tathāgato hi bhikkhave
Araham Sammāsambuddho, vītarāgo,
vītadoso, vītamoho, abhīru acchambhī anutrāsī
apalāyī”ti.

Idamavoca Bhagavā, idam vatvāna
Sugato athāparam etadavoca Satthā:

01.

Araññe rukkhāmūle vā,
Suññāgāre va bhikkhavo,
Anussaretha Sambuddham,
Bhayam tumhāka no siyā.

02.

No ce Buddham sareyyātha,
Lokajettam narāsabham,
Atha Dhammam sareyyātha,
Nīyānikam sudesitam.

03.

No ce Dhammam sareyyātha,
Nīyānikam sudesitam,
Atha Samgham sareyyātha,
Puññakkhetam anuttaram.

04.

Evam Buddham sarantānam,
Dhammam Samghaṇca bhikkhavo,
Bhayam vā chambhitattam vā,
Lomahamsa na hessati.

– SN, Sagāthāvagga,
Sakkasamyutta, I.3

For, monks, to those who recollect the Saṅgha whatever fear there may be, or terror, or horror, will be given up.

诸比丘，对于忆念僧的人，无论有怖畏或颤栗或毛骨悚然，它都会消失。

What is the reason for that? The Realised One, monks, the Worthy One, the Perfectly Self-Enlightened One, is free from passion, is free from hatred, is free from delusion, not being fearful, not terrified, not scared, he did not run away.”

这是什么原因？诸比丘，如来是阿罗汉、圆满自觉者，已离欲，已离嗔，已离痴，没有害怕，没有颤栗，没有恐惧，他不逃走。」

The Blessed One said this, and after saying this, the Fortunate One, the Teacher, said something more:

世尊如此说。说此之后，导师善逝再说：

01.

In the wilds, at the root of a tree, or in an empty place, monks, you must recollect the Sambuddha, and there will be no fear for you.

在森林或树下，或是在空地里，
比丘应忆念佛，你们当无怖畏。

02.

If you can't remember the Buddha, the world's elder, the man-bull, then you must remember the Dhamma, which leads out, which is well preached.

若不能忆念佛——世最长人中王，
你们应忆念法——趣解脱且善说。

03.

If you can't remember the Dhamma, which leads out, which is well preached, then you must remember the Saṅgha, which is an unsurpassed field of merit.

若不能忆念法——趣解脱且善说，
你们应忆念僧——无更上之福田。

04.

Thus for those who remember the Buddha, the Dhamma, or the Saṅgha, monks, (there will be no) fear, or terror, there will be no horror.

如是诸比丘，忆念佛法僧，
他无畏不栗，无毛骨悚然。

Dasadhammāsuttaṃ (p.11) (Pabbajita-Abhiṇhasuttaṃ)

“Dasayime, bhikkhave, dhammā
pabbajitena abhiṇhaṃ paccavekkhitabbā.
Katame dasa?

1. ‘Vevaṇṇiyamhi ajjhupagato’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

2. ‘Para-paṭibaddhā me jīvikā’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

3. ‘Añño me ākappo karaṇīyo’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

4. ‘Kacci nu kho me attā sīlato na
upavadatī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

5. ‘Kacci nu kho maṃ anuvicca viññū
sabrahma-cārī sīlato na upavadantī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

6. ‘Sabbehi me piyehi manāpehi nānā-
bhāvo vinā-bhāvo’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

7. ‘Kamassakomhi kamma-dāyādo
kamma-yoni kamma-bandhu kamma-
paṭisaraṇo, yaṃ kammaṃ karissāmi kalyāṇaṃ
vā pāpakaṃ vā tassa dāyādo bhavissāmī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

8. ‘Kathambhūtassa me rattindivā
vītivattantī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

9. ‘Kacci nu kho ahaṃ suññāgāre
abhiraṃāmī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

Discourse on Ten Dhammas 十法经

“There are these ten things, bhikkhus, that one who
has gone forth should frequently reflect on. What are the
ten?

「诸比丘，有十种法是出家人应当经常省察
的。是哪十种？」

‘I have become one who has no class’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我已经成为没有阶
级分别的人。』

‘I am bound to others for my livelihood’, one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我的生活依赖他
人。』

‘I should comport myself differently’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我的行仪举止应
[与在家人] 不同。』

‘Can I myself find no fault with my virtue?’ one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否不会因戒而
谴责自己？』

‘Will my wise companions in the spiritual life, after
testing me, find no fault with my virtue?’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『有智的同梵行者检
查后，是否不会因戒而谴责我？』

‘All those who are dear and pleasing to me are
subject to change, subject to separation (i.e. death)’, one
who has gone forth should frequently reflect on this.

出家人应当经常地省察：『一切我所喜爱、可
意的会变易、别离（即：死亡）。』

‘I am the owner of my kammās, I am the heir of my
kammās, it is kamma that I am born from, kammās are
my kinsfolk, kammās are my refuge, whatever kammās I
perform, whether good or bad, to that I will be the heir’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是业的所有者，
业的继承者，以业为起源，以业为亲属，以业为依
靠。无论我所造的业是善或恶，我将是它的继承
者。』

‘In what way do the nights and days pass for me?’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是如何度过日
夜呢？』

‘Do I delight in empty places?’ one who has gone
forth should frequently reflect on this.

出家人应当经常地省察：『我是否乐于空闲处
呢？』

10. 'Atthi nu kho me uttari-manussa-dhammo alamariya-ñāṇa-dassana-viseso adhigato, yenāhaṃ pacchime kāle sabrahmacārīhi puṭṭho na maṅku bhavissāmī'ti pabbajitena abhiṇhaṃ paccavekkhitabbāṃ.

Ime kho, bhikkhave, dasa dhammā pabbajitena abhiṇhaṃ paccavekkhitabbā."

– AN.X.48

'Has a state beyond (ordinary) human beings, the distinction of what is truly noble knowledge and seeing been attained by me? Will I at the end, when questioned by my companions in the spiritual life, not be embarrassed?', one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否有证得上人法、真正殊胜的圣智见呢？在我最后时刻，当同梵行者们问及时，我将不会羞愧？』

"These are the ten things, bhikkhus, that one who has gone forth should frequently reflect on."

诸比丘，此十种法乃出家人应当经常地省察。」

Catupaccavekkhaṇā (p.12)

Paṭisaṅkhā yoniso cīvaraṃ paṭisevāmi, yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya, ḍaṃsa-makasa-vātātapa-sirīmsapa-samphassānaṃ paṭighātāya, yāvadeva hiri-kopīna-paṭicchādanatthaṃ.

Paṭisaṅkhā yoniso piṇḍapātaṃ paṭisevāmi, neva davāya na madāya na maṇḍanāya na vibhūsanāya, yāvadeva imassa kāyassa ṭhitiyā yāpanāya vihiṃsūparatiyā brahmacariyānuggahāya, iti purāṇaṇca vedanaṃ paṭisaṅkhāmi, navaṇca vedanaṃ na uppādessāmi, yātrā ca me bhavissati anavajjatā ca phāsu-vihāro ca.

Paṭisaṅkhā yoniso senāsanaṃ paṭisevāmi, yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya, ḍaṃsa-makasa-vātātapa-sirīmsapa-samphassānaṃ paṭighātāya, yāvadeva utu-parissaya-vinodanaṃ paṭisaṅkharāmatthaṃ.

Paṭisaṅkhā yoniso gilāna-paccaya-bhesajja-parikkhāraṃ paṭisevāmi, yāvadeva uppannānaṃ veyyābādhikānaṃ vedanānaṃ paṭighātāya, abyāpajjha-paramatāya.

Four [Requisites] Contemplation

四种省思

Reflecting wisely, I wear the robe, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and also for the purpose of covering the parts of my body that cause shame.

我如理省思所受用之衣，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了遮蔽羞处。

Reflecting wisely I use almsfood not for play, not for pride, not for beauty, not for fattening; but merely for the sustenance and continuance of this body; to cease discomfort; and to be able to practise the holy life, thinking "Thus I will destroy old feelings (of hunger) and not create new feelings (from overeating). I will maintain myself, be blameless, and live in comfort."

我如理省思所受用的食物，不为嬉戏，不为骄傲，不为装饰，不为庄严，只是为了此身住立存续，为了停止伤害，为了资助梵行，如此我将消除旧受，并使新受不生，我将维持生命、无过且安住。

Reflecting wisely I make use of dwellings, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and as a protection from the perils of weather conditions; and for the joy of seclusion.

我如理省思所受用的住所，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了免除季候的危险，而好独处（禅修）之乐。

Reflecting wisely I make use of medicinal requisites that are for curing the sick, only to counteract any afflicting feelings (of illness) that have arisen and for maximum freedom from disease.

我如理省思所受用的病者所需之药品，只是为了治疗已生起的病苦之受，为了尽量没有身苦。

Pubbaṇhasuttaṃ (p.14)

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Buddhānubhāvena vināsamentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Dhammānubhāvena vināsamentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Saṅghānubhāvena vināsamentu.

Dukkhappattā ca niddukkhā
Bhayappattā ca nibbhayā,
Sokappattā ca nissokā
Hontu sabbe'pi pāṇino.

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe devā'numodantu
Sabba-sampatti siddhiyā.

Dānaṃ dadantu saddhāya,
Sīlaṃ rakkhantu sabbadā,
Bhāvanābhiraṭṭā hontu,
Gacchantu devatāgatā.

Sabbe Buddhā balappattā
Paccekaṇaṃ yaṃ balaṃ,
Arahantānaṃ tejjena
Rakkhaṃ bandhāmi sabbaso.

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Buddhē ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

The Discourse about the Forenoon 午前经

By the power of the Buddha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛陀的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Dhamma, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛法的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Saṅgha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过僧团的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

May all creatures who are suffering be without suffering, [living in] fear be without fear and [living in] sorrow be without sorrow.

祝愿一切的众生，痛苦的不再痛苦，
恐惧的不再恐惧，忧愁的不再忧愁。

May all deities rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切神随喜我们至今所累积的功德，愿一切得成就！

May all be able to perform giving with faith; may all safeguard their morality always. May all be delighted in meditation. May the deities who have come (to the recitation) go back (to their homes).

愿大家依信布施，愿大家永护其戒，
愿大家乐于禅修，请来此诸神归去。

By the (protective) power of the Buddhas, the power of Pacceka-Buddhas and the power of Arahants, I fortify the protection in every way.

以一切佛陀之力，及诸辟支佛之力，
及诸阿罗汉之力，我建立一切守护！

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间（这是指天界、梵天界或其他世界系）的任何财宝，或在天界的任何殊胜珠宝，都没有和如来（佛陀）同等的。在佛陀里有此殊胜宝。以此真实语愿得安乐。

Yam kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Dhamme ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Yam kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Saṃghe ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Mahā-kāruṇiko nātho,
Hitāya sabba-pāṇinaṃ,
Pūretvā pāramī sabbā,
Patto sambodhimuttamaṃ.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Jayanto bodhiyā mūle,
Sakyānaṃ nandi-vuḍḍhano,
Evameva jayo hotu,
Jayassu jaya-maṅgale.

Aparājita-pallaṅke,
Sīse puthuvipukkhaḷe,
Abhiseke sabbabuddhānaṃ,
Aggapatto pamodati.

Sunakkhattaṃ sumaṅgalaṃ,
Suppabhātaṃ suhuttitaṃ;
Sukhaṇo sumuhutto ca,
Suyittāṃ brahmacārisu.

Padakkhiṇaṃ kāya-kammaṃ,
Vācā-kammaṃ padakkhiṇaṃ;
Padakkhiṇaṃ mano-kammaṃ,
Paṇīdhi te padakkhiṇe.

Padakkhiṇāni katvāna,
Labhantatthe padakkhiṇe.
Te attha-laddhā sukhitā
Virūlha Buddha-sāsane;
Arogā sukhitā hotha
Saha sabbehi ñātibhi.

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Dhamma is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在法里有此殊胜宝。以此真实语愿得安乐。

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在僧团里有此殊胜宝。以此真实语愿得安乐。

The most compassionate Lord had fulfilled all the perfections for the welfare of all beings and had attained the supreme enlightenment. By this truth may there be well-being for you always.

具有大悲的依持者，为了一切众生利益，
圆满所有波罗蜜后，证得无上菩提解脱；
借着这真实的话语，愿你永远平安快乐。

Just as the Lord, the increaser of delight for the Sakyans, was victorious at the foot of the Bodhi tree, so also may the victory be to you and may you be successful in all the auspicious conquests.

为释迦族增长喜者，在菩提树下得胜利；
愿你也都如此胜利，于吉祥征途得胜利。

The Lord had attained the Noble State on the Unconquerable Seat, on the most sacred earth consecrated by all the Buddhas and rejoiced.

在不败的座位上，在最神圣的地点，
诸佛加持欢喜处，他证悟圣洁之境。

May good planets, excellent blessings, good daybreak, good waking up, good moment, good instance, and good oblations to the sages be to you.

愿你得吉星善吉祥，好的黎明好的起身，
好的刹那与好时刻，对梵行者的善供养。

May the bodily deeds be reverential; may the speech deeds be reverential; may the mental deeds be reverential. May you be resolute in these reverential matters.

恭敬的身业，恭敬的语业，
恭敬的意业，决意于敬业。

Having done the reverential deeds, may you obtain reverential gains; having obtained them may you be happy and make progress in the Buddha's dispensation. May you and all your relatives be happy and free from sickness.

实行恭敬诸业之后，愿你获得恭敬之得。
获得它们愿你快乐，于佛教法获得提升。
愿你及所有亲戚们，都没有病痛都快乐。

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-buddhānubhāvena
Sadā sukhī (sothī)¹⁶ bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-dhammānubhāvena
Sadā sukhī (sothī)² bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-saṅghānubhāvena
Sadā sukhī (sothī)² bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Buddhas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸佛的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Dhammas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸法的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Saṅghas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸僧的威力，愿你永远都快乐（平安）！

Mettā Chanting (p.16)

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Puratthimāya disāya, pacchimāya disāya,
uttarāya disāya, dakkhiṇāya disāya, puratthi-
māya anudisāya, pacchimāya anudisāya,
uttarāya anudisāya, dakkhiṇāya anudisāya,
hetṭhimāya disāya, uparimāya disāya,

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

慈悲诵

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:
一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

In the easterly direction, in the westerly direction, in the northerly direction, in the southerly direction, in the south-east direction, in the north-west direction, in the north-east direction, in the south-west direction, in the downward direction, in the upward direction:

在东方、在西方、在北方、在南方、在东南方、
在西北方、在东北方、在西南方、在下方、在上方

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:

一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

¹⁶ sothī – Sri Lanka Version, 斯里兰卡版本

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā pathavī-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā udaya-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā ākāśa-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Good Wishes and Sharing of Merit etc 1

Yaṃ pattaṃ kusalaṃ tassa
Ānubhāvena pāṇino
Sabbe saddhamma-rājassa
Ñatvā Dhammaṃ sukhāvahaṃ,

Pāpuṇantu visuddhāya
Sukhāya paṭipattiyā
Asokamanupāyāsaṃ
Nibbānasukhamuttamaṃ.

Ciraṃ tiṭṭhatu saddhammo,
Dhamme hontu sagāravā
Sabbe'pi sattā, kālena
Sammā devo pavassatu.

Yathā rakkhimsu porāṇā
Surājāno tathevimaṃ,
Rājā rakkhatu dhammena
Attano'va pajaṃ pajaṃ.

– Aṭṭhasālīnī, Nigamanakathā

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live on earth: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在地上过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in water: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在水里过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in the sky: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在天空里过活的有情无嗔无怨、无苦无厄。

祝愿与分享功德等 1

By the power of whatever wholesome state attained by me, may all beings, having known rightly the King of Dhamma's teachings which give bliss (of Nibbāna), attain the bliss of Nibbāna, sorrowless, without distress and supreme, through the Middle Practice (Noble Eightfold Path) which is pure and blissful.

以我所成就的善法力量，愿一切有情在了知正法王导向快乐（涅槃）之法后，透过清净快乐的修行，达到至上的涅槃乐、无忧无恼。

May the true Dhamma last long, may all beings also respect the Dhamma, and may the [rain] god [give] proper and timely rain.

愿正法久住，愿一切有情也恭敬法，愿雨神适时降雨。

Just as good kings of ancient times gave protection, may the king righteously protect the people like his own (offspring).

正如古代贤善之王给予保护，愿国王善护人民如善护自己的子女。

Imāya dhammānudhammapaṭipattiyā
Buddhaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Dhammaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Saṅghaṃ pūjemi.

Addhā imāya paṭipattiyā jāti-jarā-byādhi
maraṇamhā parimuccissāmi.

Idaṃ me puññaṃ āsavakkhayāvaham hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññabhāgaṃ labhantu.

**Good Wishes for Ven. (p.22)
Pa-Auk Sayadaw,
Ariyadhamma Mahāthera
& Other Theras**

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhim,
Therāsabho Āciṇṇo yatinda-nātho
Dīghāyuko bhavatu sādhu-samiddha-citto.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-citta-pasādhitena,
Therāsabho Ariyadhammo yatinda-nātho
Sambodhiñāṇamadhigacchatu sādhu sādhu.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhim,
Therāsabhātha garu-gāra-bhāvanīyā
Dīghāyukā bhavatha sādhu-samiddha-cittā.

By this practice that is in accordance with the
Dhamma, I venerate the Buddha.

By this practice that is in accordance with the
Dhamma, I venerate the Dhamma.

By this practice that is in accordance with the
Dhamma, I venerate the Saṅgha.

Surely, by this practice I will be liberated from birth,
old age, sickness and death.

以此依法修行证法，我礼敬佛！

以此依法修行证法，我礼敬法！

以此依法修行证法，我礼敬僧！

以此修行，我肯定将会解脱生、老、病、死！

May this merit of mine be conducive to the
destruction of [mental] taints. May this merit of mine be
a [supportive] condition [for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。

愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings. May all
those beings get an equal share of the merits shared by me.

我把我的功德与一切有情分享，

愿他们都平等地得到我的功德。

**祝福
帕奥禅师、
圣法大长老
与其他长老**

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma together with the power
of the Buddha, etc. (i.e. the Triple Gem), may the leader
and [spiritual] helper of monks, the prominent Elder Most
Venerable Āciṇṇa (Ven. Pa-Auk Sayadaw), have a long
life and successfully fulfill his noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以
及透过佛陀等（即三宝）的力量，愿作为出家众的
元老、领导与依持者的帕奥禅师长寿，以及成就其
善心愿。

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma and the inspiring
/gladdening of the mind [through reflecting] on the
Buddha, etc. (i.e. the Triple Gem), may the leader and
[spiritual] helper of monks, the prominent Elder Most
Venerable Ariyadhamma, attain the knowledge of
complete awakening. It is well, it is well!

透过谨慎及欢喜地修法所累积的这些功德，以
及透过（思惟）佛陀等（即三宝）而在心中生起的
净信，愿作为出家众的元老、领导与依持者的圣法
大长老达到圆满觉悟，善哉，善哉！

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma together with the power
of the Buddha, etc. (i.e. the Triple Gem), may other
Venerable theras, senior members of the Saṅgha, have a
long life and successfully fulfill their noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以
及透过佛陀等（即三宝）的力量，愿僧团的其他长
老长辈长寿，以及成就他们的善心愿。

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Devārādhana (p.1)

Samantā cakka-vāḷesu
Atrāgacchantu devatā;
Saddhammaṃ Muni-rājassa
Suṇantu sagga-mokkhadaṃ.

Dhammassavana-kālo ayaṃ bhadantā. (x3)

Inviting the Deities 邀請諸天

May the deities of the entire universe come here and listen to the True-Dhamma of the King of Sages, which leads to the heavenly states and liberation (Nibbāna).

从世界系中各处，愿诸天神来此地，
聆听知王之正法，导向天界与解脱。

Sirs, now is the time for listening to the Dhamma.
这是听闻佛法的时候，大德们。

Vandanā (p.1)

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Homage [to the Buddha] 礼敬佛陀

Homage to that Blessed One, the Arahant and Perfectly Self-Awakened One.

礼敬世尊、阿罗汉、圆满自觉者。

Sambodhi-Udāna (p.1)

Aneka-jāti saṃsāraṃ
Sandhāvissaṃ anibbisaṃ,
Gaha-kāraṃ gavesanto
Dukkhā jāti punappunaṃ.

Gaha-kāraka, diṭṭho'si
Puna gehaṃ na kāhasi,
Sabbā te phāsukā bhaggā
Gaha-kūṭaṃ visaṅkhataṃ,
Visaṅkhāra-gataṃ cittaṃ
Taṇhānaṃ khayamajjhagā.

– KN, Dhṃ¹⁷ 153-154

Inspired Utterance [after] Self-Awakening 正觉自说话

I wandered [through] many births in saṃsāra, searching for the house builder (craving) [but] found [him] not; repeated birth is suffering.

在生死轮回当中，我寻找了许多世，
却找不到造屋者。一再投生的确苦。

O house-builder! You are seen. You shall not build a house again. All your rafters are broken. Your ridge-pole is shattered. My mind has attained the unconditioned, obtaining the destruction of craving.

造屋者你已被见！你已不能再造屋。
你所有的椽已断，你的横梁已粉碎。
我心已证无为法。已经达到爱尽毁。

¹⁷ Abbreviations in this book 本书中的英文缩写：DN (Dīgha-Nikāya), MN (Majjhima-Nikāya), SN (Saṃyutta-Nikāya), AN (Aṅguttara-Nikāya), KN (Khuddaka-Nikāya), Dhṃ (Dhammapada).

Paṭiccasamuppāda (p.2)

Iti imasmim sati idaṃ hoti, imassuppādā
idaṃ uppajjati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
paccayā viññāṇaṃ, viññāṇa-paccayā nāma-
rūpaṃ, nāma-rūpa-paccayā saḷāyatanaṃ,
saḷāyatana-paccayā phasso, phassa-paccayā
vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
upādānaṃ, upādāna-paccayā bhavo, bhava-
paccayā jāti, jāti-paccayā jarā-maraṇaṃ soka-
parideva-dukkha-domanassupāyāsā
sambhavanti. Evametassa kevalassa
dukkhakkhandhassa samudayo hoti.

Yadā have pātubhavanti dhammā,
Ātāpino jhāyato brāhmaṇassa,
Athassa kaṅkhā vapayanti sabbā,
Yato pajānāti sahetudhammaṃ.

Iti imasmim asati idaṃ na hoti, imassa
nirodhā idaṃ nirujjhati, yadidaṃ:

Avijjā-nirodhā saṅkhāra-nirodho,
saṅkhāra-nirodhā viññāṇa-nirodho, viññāṇa-
nirodhā nāma-rūpa-nirodho, nāma-rūpa-
nirodhā saḷāyatana-nirodho, saḷāyatana-
nirodhā phassa-nirodho, phassa-nirodhā
vedanā-nirodho, vedanā-nirodhā taṇhā-
nirodho, taṇhā-nirodhā upādāna-nirodho,
upādāna-nirodhā bhava-nirodho, bhava-
nirodhā jāti-nirodho, jāti-nirodhā jarā-maraṇaṃ
soka-parideva-dukkha-domanassupāyāsā
nirujjhanti. Evametassa kevalassa
dukkhakkhandhassa nirodho hoti.

Dependent Origination 缘起

Thus when there is this that is, with the arising of this
that arises, such as:

此有故彼有，此生故彼生，即：

Dependent on ignorance, activities [arise]; dependent
on activities, consciousness [arises]; dependent on
consciousness, mentality and materiality [arise];
dependent on mentality and materiality, the six bases
[arise]; dependent on the six bases, contact [arises];
dependent on contact, feeling [arises]; dependent on
feeling, craving [arises]; dependent on craving,
attachment [arises]; dependent on attachment, existence
[arises]; dependent on existence, [a new] birth [takes
place]; dependent on birth, ageing, death, sorrow,
lamentation, pain, unhappiness and despair come to be.
Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
个苦蕴的集起。

When indeed phenomena become apparent to the
religious one who is ardent and meditative, then all his
doubts disappear, since he knows the nature of their
causes.

当诸法明显呈现时，热诚禅修的婆罗门，
一切疑惑都会消失，因他了知诸法之因。

When there is not this that is not, with the cessation
of this that ceases, such as:

此无故彼无，此灭故彼灭，即：

With the cessation of ignorance, activities cease;
with the cessation of activities, consciousness ceases;
with the cessation of consciousness, mentality and
materiality cease; with the cessation of mentality and
materiality, the six [sense] bases cease; with the cessation
of the six [sense] bases, contact ceases; with the cessation
of contact, feeling ceases; with the cessation of feeling,
craving ceases; with the cessation of craving, attachment
ceases; with the cessation of attachment, [the cause for a
new] existence ceases; with the cessation of [the cause for
a new] existence, [the possibility of re]birth ceases; with
the cessation of birth, ageing, death, sorrow, lamentation,
pain, unhappiness and despair cease. Thus there is the
cessation of this whole mass of suffering.

无明灭则行灭；行灭则识灭；识灭则名色灭；
名色灭则六处灭；六处灭则触灭；触灭则受灭；受
灭则爱灭；爱灭则取灭；取灭则有灭；有灭则生灭；
生灭则老、死、愁、悲、苦、忧、恼灭。如是整个
苦蕴的熄灭。

Yadā have pātubhavanti dhammā
Ātāpino jhāyato brāhmaṇassa,
Athassa kaṅkhā vapayanti sabbā,
Yato khayam paccayānam avedi.

Iti imasmim sati idam hoti, imassuppādā
idam uppajjati, imasmim asati idam na hoti,
imassa nirodhā idam nirujjhati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
paccayā viññāṇam, viññāṇa-paccayā nāma-
rūpam, nāma-rūpa-paccayā saḷāyatanaṃ,
saḷāyatana-paccayā phasso, phassa-paccayā
vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
upādānam, upādāna-paccayā bhavo, bhava-
paccayā jāti, jāti-paccayā jarā-maraṇam soka-
parideva-dukkha-domanassupāyāsā
sambhavanti. Evametassa kevalassa
dukkhakkhandhassa samudayo hoti.

Avijjāya tveva asesa-virāga-nirodhā
saṅkhāra-nirodho, saṅkhāra-nirodhā viññāṇa-
nirodho, viññāṇa-nirodhā nāma-rūpa-nirodho,
nāma-rūpa-nirodhā saḷāyatana-nirodho,
saḷāyatana-nirodhā phassa-nirodho, phassa-
nirodhā vedanā-nirodho, vedanā-nirodhā
taṇhā-nirodho, taṇhā-nirodhā upādāna-
nirodho, upādāna-nirodhā bhava-nirodho,
bhava-nirodhā jāti-nirodho, jāti-nirodhā jarā-
maraṇam soka-parideva-dukkha-
domanassupāyāsā nirujjhanti. Evametassa
kevalassa dukkhakkhandhassa nirodho hoti.

Yadā have pātubhavanti dhammā,
Ātāpino jhāyato brāhmaṇassa,
Vidhūpayam tiṭṭhati māra-senam,
Suriyo'va obhāsayamantalikkham.

– Vinayapiṭaka, Mahāvagga,
Mahākhanda
– KN, Udāna, Bodhivagga

When indeed phenomena become apparent to the religious one who is ardent and meditative, then all his doubts disappear, since he experiences the elimination of [their] causes.

当诸法明显呈现时，热诚禅修的婆罗门，
一切疑惑都会消失，因他体证诸缘之灭。

Thus when there is this that is, with the arising of this that arises: when there is not this that is not, with the cessation of this that ceases, such as:

此有故彼有，此生故彼生；
此无故彼无，此灭故彼灭，即：

Dependent on ignorance, activities [arise]; dependent on activities, consciousness [arises]; dependent on consciousness, mentality and materiality [arise]; dependent on mentality and materiality, the six bases [arise]; dependent on the six bases, contact [arises]; dependent on contact, feeling [arises]; dependent on feeling, craving [arises]; dependent on craving, attachment [arises]; dependent on attachment, existence [arises]; dependent on existence, [a new] birth [takes place]; dependent on birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair come to be. Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
个苦蕴的集起。

With the remainderless dispassion and cessation of ignorance, activities cease; with the cessation of activities, consciousness ceases; with the cessation of consciousness, mentality and materiality cease; with the cessation of mentality and materiality, the six [sense] bases cease; with the cessation of the six [sense] bases, contact ceases; with the cessation of contact, feeling ceases; with the cessation of feeling, craving ceases; with the cessation of craving, attachment ceases; with the cessation of attachment, [the cause for a new] existence ceases; with the cessation of [the cause for a new] existence, [the possibility of re]birth ceases; with the cessation of birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair cease. Thus there is the cessation of this whole mass of suffering.

无明灭尽离欲无余则行灭；行灭则识灭；识灭
则名色灭；名色灭则六处灭；六处灭则触灭；触灭
则受灭；受灭则爱灭；爱灭则取灭；取灭则有灭；
有灭则生灭；生灭则老、死、愁、悲、苦、忧、恼
灭。如是整个苦蕴的熄灭。

When indeed phenomena become apparent to the religious one who is ardent and meditative, he stands dispelling the hosts of Māra, just as the sun illuminating the sky [dispels darkness].

当诸法明显呈现时，热诚禅修的婆罗门，
他击败魔军而稳立，犹如太阳照亮天空。

Paccayā - Paccayuddeso (p.4) **[Twenty-Four] Conditions** 二十四缘

Hetupaccayo, ārammaṇapaccayo,
adhipatipaccayo, anantarapaccayo,
samanantarapaccayo, saha-jātapaccayo,
añña-mañña-paccayo, nissayapaccayo,
upanissayapaccayo, pure-jātapaccayo,
pacchā-jātapaccayo, āsevanapaccayo,
kamma-paccayo, vipāka-paccayo,
āhāra-paccayo, indriya-paccayo,
jhāna-paccayo, magga-paccayo,
sampayutta-paccayo, vippayutta-paccayo,
atthi-paccayo, natthi-paccayo,
viga-paccayo, aviga-paccayoti.

Root condition, object condition,
predominance condition, immediacy condition,
contiguity condition, conascence condition,
mutuality condition, dependence condition,
powerful dependence condition, pre-nascence condition,
post-nascence condition, repetition condition,
kamma condition, result condition,
nutriment condition, faculty condition,
jhāna condition, path condition,
association condition, dissociation condition,
presence condition, absence condition,
disappearance condition, non-disappearance condition.
因缘；所缘缘；增上缘；无间缘；
相续缘；俱生缘；相互缘；依止缘；
亲依止缘；前生缘；后生缘；重复缘；
业缘；果报（异熟）缘；食缘；根缘；
禅那缘；道缘；相应缘；不相应缘；
有缘；无有缘；离去缘；不离去缘。

Buddhānussati (p.5)

Iti'pi so bhagavā araham, sammāsambuddho,
vijjācaraṇa-sampanno, sugato, lokavidū,
anuttaro purisadamma-sārathi, satthā
devamanussānaṃ, buddho, bhagavā.

Contemplation of the Buddha 佛随念

Such is that Blessed One, the Worthy One, the
Perfectly Self-Awakened One, One fully possessed of
wisdom and conduct, One who has proceeded by the good
way, Knower of the [three] worlds, Unexcelled Trainer of
tameable men, Teacher of deities and men, The Awakened
One, The Blessed One.

世尊是：阿罗汉、圆满自觉者、明行足、善逝、
世间解、无上士调御丈夫、天人师、佛陀、世尊。

Dhammānussati (p.5)

Svākkhāto bhagavatā dhammo, sandiṭṭhiko,
akāliko, ehi-passiko, opanayiko, paccattaṃ
veditabbo viññūhi.

Contemplation of the Dhamma 法随念

Well-expounded is the Exalted One's Dhamma,
visible here-and-now, not delayed in time, inviting of
inspection, onward-leading, is directly experienceable by
the wise.

法由世尊善说，现前可见、无时（无间隔）、
请来看、导向、当由智者亲证。

Saṅghānussati (p.5)

Suppaṭipanno bhagavato sāvaka-saṅgho,
Ujuppaṭipanno bhagavato sāvaka-saṅgho,
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,
Sāmīcippaṭipanno bhagavato sāvaka-saṅgho;
Yadidaṃ: cattāri purisa-yugāni attha purisa-
puggalā, esa bhagavato sāvaka-saṅgho;
Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-
karaṇīyo, anuttaraṃ puññakkhettaṃ lokassa.

Contemplation of the Saṅgha 僧随念

The community of the Exalted One's disciples has
entered on the good way, the community of the Exalted
One's disciples has entered on the straight way, the
community of the Exalted One's disciples has entered on
the true way, the community of the Exalted One's
disciples has entered on the proper way, that is to say, the
four pairs of men, the eight types of persons. That is the
Exalted One's disciple community, worthy of gifts,
worthy of hospitality, worthy of offerings, whom should
be respected, the incomparable field of merit for the
world.

世尊的声闻僧众已入善行道；世尊的声闻僧众
已入正直行道；世尊的声闻僧众已入真实行道；世
尊的声闻僧众已入正当行道。即四双八辈。这是世
尊的声闻僧众，是应供养、应供奉者、应施于者、
应合掌（礼敬）者，是世间的无上福田。

Evam buddham sarantānam
Dhammam saṅghaṇca bhikkhavo;
Bhayaṁ vā chambhitattam vā
Lomahaṁso na hessati.

– SN, Sagāthāvagga, Sakkasamyutta,
Dhajaggasuttam

Thus, Bhikkhus, in you who remember the Buddha,
the Dhamma and the Saṅgha, fear, trembling or terror will
never arise.

如是诸比丘，忆念佛法僧，
他无畏不栗，无毛骨悚然。

Parittaparikamma (p.6)

Ye santā santacittā,
tisaraṇasaraṇā,
ettha lokantare vā,
bhum mābhummā ca devā,
guṇagaṇagahaṇabyāvaṭā sabbakālaṁ,
ete āyantu devā,
varakanakamaye,
Merurāje vasanto,
santo santosahetum,
Munivaravacanāṁ,
sotumaggaṁ samaggaṁ.

Sabbesu cakkavālesu,
yakkhā devā ca brahmano,
yaṁ amhehi kataṁ puññaṁ,
sabbasampattisādhakaṁ,

Sabbe taṁ anumoditvā,
samaggā sāsane ratā,
pamādarahitā hontu,
ārakkhāsu visesato.

Sāsanassa ca lokassa,
vuḍḍhī bhavatu sabbadā,
sāsanampi ca lokaṇca,
devā rakkhantu sabbadā.

Saddhim hontu sukhī sabbe,
parivārehi attano,
anīghā sumanā hontu,
saha sabbehi ñātibhi.

Preliminary of Paritta 护卫前业

Those (gods) who are peaceful, with peaceful minds,
who have taken refuge in the triple refuge, whether here,
or above the worlds, the various earth gods and sky gods,
who make effort to take group of virtuous deeds all of the
time, may these gods and those who dwell on the majestic
Mt. Meru, that excellent golden mountain, come in
concord, to hear the Sage's excellent word which is a
reason of great happiness.

这个世界与其它世界里，受持了三皈依，一切
时候皆致力于累积诸多美德，贤善内心寂静的地居
神与空居神，以及住在金造的须弥山顶的诸神王，
以及诸位贤者，愿诸神都和谐地来听闻牟尼的至上
语、快乐之因。

May all yakkhas, gods, and deities, from the whole
universe, after partaking of the merits, which can produce
all good fortune,

愿一切世界里的夜叉、神与梵天神随喜我们所
造、能带来一切成就的福业。

which we have acquired, being in harmony, and
delighting in the teaching, be not heedless and grant us
complete protection especially.

随喜该福业后，愿他们都和谐地对佛教感到欢
喜，不放逸地保护（美德）。

May the teaching and the world be on the increase at
all times, and may the gods protect the teaching and the
world forever.

愿一切时候佛教与世界都在增长，
愿一切时候诸神都保护佛教与世界。

May all together with those who are one's around, be
happy, may all together with all relatives, be untroubled,
and easy in mind.

愿一切众生自己与其随众都快乐，
愿他们及亲戚们都无身苦都开心。

Rājato vā, corato vā, manussato vā,
 amanussato vā, aggito vā, udakato vā,
 pisācato vā, khāṇukato vā,
 kaṇṭakato vā, nakkhattato vā,
 janapadarogato vā, asaddhammato vā,
 asandiṭṭhito vā, asappurisato vā,
 caṇḍa-hatthi-assa-miga-goṇa-kukkura-ahi-
 vicchika-maṇisappa-dīpi-accha-taraccha-
 sūkara-mahimsa-yakkha-rakkhasādīhi,
 nānā-bhayato vā, nānā-roгато vā,
 nānā-upaddavato vā, ārakkhaṃ gaṇhantu.

(May you be protected) from the king, thieves, humans, and non-humans, from fire and water, demons, stumps, and thorns, from unlucky stars, and epidemics, from what is not the true dhamma, not right view, not a good person, and from fierce elephants, horses, antelopes, bulls, dogs, snakes, scorpions, poisonous serpents, panthers, bears, hyenas, wild boars, buffaloes, yakkhas, rakkhasas, and so on, from the manifold fears, the manifold diseases, the manifold calamities, (from all of these troubles) may you receive protection.

愿你们获得保护得以免除来自王、贼、人、非人、火、水、鬼怪、树桩、刺、星座、瘟疫、非正法、邪见、非善士、凶恶的象、马、鹿、牛、狗、蛇、蝎、水蛇、豹、熊、鬣狗、野猪、水牛、夜叉、怪物等的种种危险，免除种种疾病与厄难。

Mettasuttaṃ (p.7)

Yassānubhāvato yakkhā neva dassenti bhīsaṇaṃ
 Yamhi cevānuyuñjanto rattindivamatandito.

Sukhaṃ supati sutto ca pāpaṃ kiñci na passati,
 Evamādiguṇūpetam parittam taṃ bhaṇāma he.

- - -

Karaṇīyamattakusalena,
 yantasantaṃ padaṃ abhisamecca;
 Sakko ujū ca suhujū ca,
 suvaco cassa mudu anatimānī.

Santussako ca subharo ca,
 appakicco ca sallahukavutti;
 Santindriyo ca nipako ca,
 appagabbho kulesvananugiddho.

Na ca khuddamācare kiñci,
 yena viññū pare upavadeyyum;
 Sukhinova khemino hontu,
 sabbasattā bhavantu sukhittā.

Ye keci pāṇabhūtatti,
 tasā vā thāvarā vanavasesā;
 Dīghā vā yeva mahantā,
 majjhimā rassakā aṇukathulā.

Discourse on Loving-Kindness 慈愛經

Due to the power of this (Mettā Sutta), spirits did not manifest frightful sights. One who devotes himself to these teachings day and night diligently sleeps soundly and does not have any nightmare when asleep. Let us recite this protective discourse.

透过它（慈愛經）的力量，夜叉不显现恐怖相。对于昼夜致力修行者，他睡眠舒适不做恶梦。且让我们诵念具备这些功德之护卫。

This is to be done by [one] skilled in [what is] beneficial: having understood the path that [leads to] peace; he would be able, upright, very upright, easy to admonish, gentle, and not arrogant.

这是想要证得彻悟寂静涅槃、善于有益修行的人应该做的事：他必须有能力、正直、非常正直、易受教、柔软、不自大、

Contented and easy to support, of few duties and living frugally; [with] calm faculties and prudent, not obtrusive [to and] greedy [for gains from supporting] families.

知足、易护持、少事务、生活简朴、诸根寂静、拥有成熟的智慧、不无礼、不贪着在家众。

He would not do [even] the slightest thing, by which the wise could censure [and tell] others; may [all beings] be happy and secure, may all beings be in a state of happiness.

只要是智者将会指责的事，即使是小事他也不做；（愿一切众生）幸福与平安，愿一切众生安乐；

Whatever living beings there are, feeble or strong, [all] without exception; those long, great, medium, short, small or large.

无论是任何存在的众生，会颤抖的或不会颤抖的皆毫无遗漏，长的或大的或中等的，短的或小的或粗圆的，

Ditṭhā vā yeva aditṭhā,
ye va dūre vasanti avidūre;
Bhūtā va sambhavesī va,
sabbasattā bhavantu sukhittattā.

Na paro param nikubbetha,
nātimaññetha katthaci na kañci;
Byārosanā paṭighasaññā,
nāññamaññassa dukkhamiccheyya.

Mātā yathā niyaṃ puttamāyusā
ekaputtamanurakkhe;
Evampi sabbabhūtesu,
mānasam bhāvaye aparimāṇam.

Mettañca sabbalokasmi,
mānasam bhāvaye aparimāṇam;
Uddham adho ca tiriyañca,
asambādham averamasapattam.

Tiṭṭham caram nisinno va,
sayāno yāvatāssa vitamiddho;
Etaṃ satim adhiṭṭheyya,
brahmametaṃ vihāramidhamāhu.

Ditṭhiñca anupaggamma,
sīlavā dassanena sampanno;
Kāmesu vinaya gedham,
na hi jātuggabbhaseyya punareti.

– KN, Khuddakapāṭha 9; Suttanipāta, Uragavagga 8

Those seen or not seen, and living far or nearby; born or seeking birth, may all beings be in a state of happiness.
见到的或没见到的，住在远方的或近处的，已生的或还寻求再生的——愿一切众生快乐。

One would not deceive another, [nor] despise them anywhere [about] anything; [out of] anger or aversion, would not wish suffering for each other.
且让人不欺骗别人，也不在任何地方轻视别人。且让他们不会以嗔怒与厌恶来互相希望对方痛苦。

Just as a mother for her son, [her] only son, would protect [him] with her life; thus, also, towards all beings, would develop the mind without limit.
正如母亲对待自己的儿子那样，会以生命来保护独生子；应当如此对一切众生培育无量的心。

With loving-kindness towards the whole world, would develop the mind without limit; above, below and across, unrestricted, free from enmity and hostility.
以及应当以慈爱对全世界培育无量的心，上方、下方与周围，无障碍、无仇人、无敌对。

While standing, walking, seated, or lying down free from drowsiness; would determine [to keep] this mindfulness [in mind], this is a divine abiding in this world, it is said.
立、行、坐或卧，只要不是在睡眠中，都应决心保持如此的正念。这就是他们在此所说的梵住。

Not going to [wrong] view[s], being morally well behaved and having [right] vision, [and] having given up greed for sensuality, never again come [back] to the womb.
不执持邪见，拥有戒行，具足智见，及已经去除对欲乐的贪爱之后，他肯定不会再投胎。

Khandhasuttaṃ (p.8)

Sabbāsivisajātinaṃ
Dibbamantāgadam viya
Yaṃ nāseti visam ghoram
Sesañcāpi parissayam.

Āṇākkhettamhi sabbattha
Sabbadā sabbapaṇinaṃ
Sabbasopi nivāreti
Parittam tam bhaṇāma he.

- - -

Discourse on [Protection of] Aggregates 蕴护经

Just like divine charms and divine medicines, this (Khandha-Sutta) nullifies baneful poison and other perils of all the highly poisonous creatures.
犹如天咒与天药，此经能够除剧毒；一切剧毒之生物，其害此经皆能除。

In the scope of authority everywhere, always, for all beings this discourse prevents (the disasters). Let us recite this protective discourse now.
在此威力范围内，一切时候一切处，此经能防该危害。我们且诵此护卫。

Virūpakkhehi me mettaṃ
Mettaṃ Erāpathehi me,
Chabyāputtehi me mettaṃ
Mettaṃ Kaṇhāgotamakehi ca.

Apādakehi me mettaṃ
Mettaṃ dvipādakehi me,
Catuppadehi me mettaṃ
Mettaṃ bahuppadehi me.

Mā maṃ apādako hiṃsi
Mā maṃ hiṃsi dvipādako,
Mā maṃ catuppado hiṃsi
Mā maṃ hiṃsi bahuppado.

Sabbe sattā, sabbe pāṇā
Sabbe bhūtā ca kevalā,
Sabbe bhadraṇi passantu
Mā kañci pāpamāgamā.

Appamāṇo Buddho,
Appamāṇo Dhammo,
Appamāṇo Saṅgho.
Pamāṇavantāni sirīmsapāni:
Ahi-vicchikā, satapadī,
Uṇṇanābhi, sarabū, mūsikā.

Katā me rakkhā, kataṃ me parittaṃ,
Paṭikkamantu bhūtāni.
So'haṃ namo Bhagavato,
Namo sattannaṃ Sammā-sambuddhānaṃ.

– KN, 203 Khaṇḍajātaka;
AN.IV.67 Ahirājasuttaṃ;
Vinayaṭṭhaka, Cūḷavagga,
Khuddakavatthukkhandaṃ

May I have loving-kindness towards the Virūpakkhas;
May I have loving-kindness towards the Erāpathas;
May I have loving-kindness towards the Chabyāputtas;
May I have loving-kindness towards the Kaṇhāgotamakas.
愿我对威卢跋有慈爱；愿我对伊拉跋有慈爱；
愿我对刹标子有慈爱；愿我对黑瞿昙有慈爱。

May I have loving-kindness towards footless beings;
May I have loving-kindness towards beings with two legs;
May I have loving-kindness towards beings with four legs;
May I have loving-kindness towards beings with many legs.
愿我对无足众生有慈爱；愿我对两足众生有慈爱；
愿我对四足众生有慈爱；愿我对多足众生有慈爱。

May footless beings not harm me;
May beings with two legs not harm me;
May beings with four legs not harm me;
May beings with many legs not harm me.
愿无足众生不伤害我；愿两足众生不伤害我；
愿四足众生不伤害我；愿多足众生不伤害我。

May all living beings, all breathing things,
all creatures (without exception)
meet with good fortune.
May none of them come to any evil.
愿一切有情一切息生、一切众生毫无遗漏地，
愿他们遇见幸运的事，不会遭遇邪恶的事情。

Infinite is the Buddha,
Infinite is the Dhamma,
Infinite is the Saṅgha.
Finite are creeping things:
snakes, scorpions, centipedes,
spiders, lizards, rats.
佛无量，法无量，僧无量。
爬行类却有限量：
蛇、蝎、蜈蚣、
蜘蛛、蜥蜴、老鼠。

I have made the protection, I have made the safeguard.
May the (harmful) beings depart. I pay homage to the
Blessed One; homage to the seven Buddhas (Vipassī
Buddha, Sikhī Buddha, Vessabhū Buddha, Kakusandha
Buddha, Koṇāgamana Buddha, Kassapa Buddha, and
Gotama Buddha)
我做了护卫，我做了保护。
愿那些（有害的）众生离开。
我礼敬世尊；
礼敬七位圆满自觉者。

Aṅgulimāla-Paritta (p.82)

Introductory Verses 简介偈

Parittaṃ yaṃ bhaṇantassa,
Nisinnatṭhānadhovanāṃ,
Udakampi vināseti,
Sabbameva parissayaṃ.
“Sotthinā gabbhavuṭṭhānaṃ,
Yañca sādheti taṅkhaṇe,”
Therass’Aṅgulimālassa,
Lokaṇāthena bhāsitaṃ,
Kappaṭṭhāyima mahātejaṃ,
Parittaṃ taṃ bhaṇāma he.

Paritta 护卫文

Yato haṃ, bhagini, ariyāya jātiyā jāto,
Nābhijānāmi sañcicca paṇaṃ jīvitaṃ voropetā.
Tena saccena sotthi te hotu, sotthi gabbhassa.

– MN, 86 Aṅgulimālasuttaṃ

The Aṅgulimāla Protection 指鬘护卫

When this safeguard is being recited, (even) the washing water, (taken) from the sitting place will destroy all dangers. “For sure this will effect a safe birth from the womb in a moment,” this was spoken by the Lord of the World to the Elder Aṅgulimāla, it has great power for a world-cycle, O good persons, Let’s recite that safeguard!

甚至清洗念诵此护卫者的座位之水亦能清除一切厄难。此护卫被念诵时，能够令产妇立刻顺利地生产。此护卫是由世界庇护者（=佛陀）向指鬘长老所说，在一劫里都具备大威力。且让我们念诵此护卫。

O sister! Ever since I was reborn in this Noble Birth, I do not remember intentionally taking the life of a being. By this utterance of truth, may there be comfort to you and to the child in your womb.

大妹，自从出生于此圣生，我不记得曾经故意杀生。以此真实话语，愿你平安，愿你的胎儿平安。

Bojjhaṅgasuttāni (p.83)**Discourses about the Factors of Awakening** 觉支经集**Paṭhamagilānasuttaṃ** (p.83)**The First Discourse about being Sick**
第一病者经

Ekam samayaṃ Bhagavā Rājagahe viharati
Veḷuvane Kalandakanivāpe. Tena kho pana
samayena āyasmā Mahākassapo
Pippaliguḥāyaṃ viharati, ābādhiko dukkhito
bāḷhagilāno.

Atha kho Bhagavā sāyanhasamayaṃ
patisallānā vuṭṭhito, yenāyasmā Mahākassapo
tenupasaṅkami, upasaṅkamitvā paññatte
āsane nisīdi. Nisajja kho Bhagavā āyasmantaṃ
Mahākassapaṃ etadavoca: “Kacci te Kassapa
khamanīyaṃ? Kacci yāpanīyaṃ? Kacci dukkhā
vedanā paṭikkamanti no abhikkamanti?
Paṭikkamosānaṃ paññāyati no abhikkamo”ti

“Na me bhante khamanīyaṃ, na
yāpanīyaṃ. Bāḷhā me dukkhā vedanā
abhikkamanti, no paṭikkamanti,
abhikkamosānaṃ paññāyati, no paṭikkamo”ti.
“Sattime Kassapa Bojjhaṅgā mayā
sammadakkhātā, bhāvitā bahulikatā abhiññāya
Sambodhāya Nibbānāya saṃvattanti.

Katame satta?

01. Satisambojjhaṅgo kho Kassapa mayā
sammadakkhāto, bhāvito bahulikato abhiññāya
Sambodhāya Nibbānāya saṃvattati.

02. Dhammavicayasambojjhaṅgo kho Kassapa
mayā sammadakkhāto, bhāvito bahulikato
abhiññāya Sambodhāya Nibbānāya saṃvattati.

At one time the Blessed One was dwelling near
Rājagaha at the Squirrels’ Feeding Place in Bamboo
Wood. Then at that time venerable Mahā Kassapa was
dwelling at the Pepper Cave, and was afflicted, suffering,
and very sick.

一时，世尊住在王舍城竹林喂育松鼠处。当时
住在毕巴利洞的大迦叶尊者生病、痛苦、病重。

Then the Blessed One, rising from seclusion in the
evening time, approached venerable Mahā Kassapa, and
after approaching he sat down on the prepared seat.
Having sat down the Blessed One said this to venerable
Mahā Kassapa: “Can you bear up, Kassapa? Can you
carry on? Do painful feelings decrease and not increase?
Is it known that they are decreasing and not increasing?”

当时，黄昏时世尊从寂静处出来，去到大迦叶
尊者那里。到来后，他坐在准备好的座位。坐下后，
世尊如此向大迦叶尊者说：「迦叶，你还忍得了吗？
还撑得住吗？苦受是否减轻而没有加重？是否感
觉到它在减轻而不是加重？」

“No, reverend Sir, I cannot bear up, nor can I carry
on, painful feelings greatly increase for me and do not
decrease, and it is known that they increase and do not
decrease.” “There are these seven factors of Awakening,
Kassapa, that have been fully explained by me, when
developed and made much of they lead to deep
knowledge, Complete Awakening, and Nibbāna.

「不，尊者，我受不了了，撑不住了。我的苦
受在加重而没有减轻。我感觉到它在加重而不是减
轻。」（世尊说：）「迦叶，由我圆满宣说的这七觉支，
若培育且多做，它们会引生证智、正觉与涅槃。」

What are the seven?

是哪七个？

01. The factor of Complete Awakening that is
mindfulness, Kassapa, has been fully explained by me,
when developed and made much of it leads to deep
knowledge, Complete Awakening, and Nibbāna.

01. 迦叶，由我圆满宣说的念觉支，若培育且多做，
它会引生证智、正觉与涅槃。

02. The factor of Complete Awakening that is
investigation of (the nature of) things, Kassapa, has been
fully explained by me, when developed and made much
of it leads to deep knowledge, Complete Awakening, and
Nibbāna.

02. 迦叶，由我圆满宣说的择法觉支，若培育且多
做，它会引生证智、正觉与涅槃。

03. Viriyasambojjhaṅgo kho Kassapa mayā
sammadakkhāto, bhāvito bahulīkato abhiññāya
Sambodhāya Nibbānāya saṁvattati.

04. Pītisambojjhaṅgo kho Kassapa mayā
sammadakkhāto, bhāvito bahulīkato abhiññāya
Sambodhāya Nibbānāya saṁvattati.

05. Passaddhisambojjhaṅgo kho Kassapa
mayā sammadakkhāto, bhāvito bahulīkato
abhiññāya Sambodhāya Nibbānāya saṁvattati.

06. Samādhisambojjhaṅgo kho Kassapa mayā
sammadakkhāto, bhāvito bahulīkato abhiññāya
Sambodhāya Nibbānāya saṁvattati.

07. Upekkhāsambojjhaṅgo kho Kassapa mayā
sammadakkhāto, bhāvito bahulīkato abhiññāya
Sambodhāya Nibbānāya saṁvattati.

Ime kho Kassapa satta Bojjhaṅgā mayā
sammadakkhātā, bhāvitā bahulīkatā abhiññāya
Sambodhāya Nibbānāya saṁvattanti”ti.

“Taggha Bhagavā Bojjhaṅgā!
Taggha Sugata Bojjhaṅgā!”ti.

Idamavoca Bhagavā.
Attamano āyasmā Mahākassapo Bhagavato
bhāsitaṁ abhinandi. Vuṭṭhahi cāyasmā
Mahākassapo tamhā ābādha. Tathāpahīno
cāyasmato Mahākassapassa so ābādho ahoṣiti.

- SN Mahāvagga,
Bojjhaṅgasamyutta, 14

03. The factor of Complete Awakening that is energy, Kassapa, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

03. 迦叶，由我圆满宣说的精进觉支，若培育且多做，它会引生证智、正觉与涅槃。

04. The factor of Complete Awakening that is rapture, Kassapa, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

04. 迦叶，由我圆满宣说的喜觉支，若培育且多做，它会引生证智、正觉与涅槃。

05. The factor of Complete Awakening that is calm, Kassapa, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

05. 迦叶，由我圆满宣说的轻安觉支，若培育且多做，它会引生证智、正觉与涅槃。

06. The factor of Complete Awakening that is concentration, Kassapa, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

06. 迦叶，由我圆满宣说的定觉支，若培育且多做，它会引生证智、正觉与涅槃。

07. The factor of Complete Awakening that is equanimity, Kassapa, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

07. 迦叶，由我圆满宣说的舍觉支，若培育且多做，它会引生证智、正觉与涅槃。

These are the seven factors of Awakening, Kassapa, which have been fully explained by me, when developed and made much of they lead to deep knowledge, Complete Awakening, and Nibbāna.”

迦叶，由我圆满宣说的这七觉支，若培育且多做，它们会引生证智、正觉与涅槃。」

“Surely, Blessed One, (these are) the factors of Awakening!

Surely, Fortunate One, (these are) the factors of Awakening!”

「世尊，诸觉支确实如此；善逝，诸觉支确实如此。」

The Blessed One said this, and venerable Mahā Kassapa was uplifted and greatly rejoiced in what was said by the Blessed One, and venerable Mahā Kassapa recovered from that affliction, and by that venerable Mahā Kassapa’s affliction was brought to an end.

世尊如此说已，大迦叶尊者对世尊所说感到满意与欢喜。大迦叶尊者就此病愈。因此，大迦叶尊者的病就此消失。

Dutiyagilānasuttaṃ (p.85)

Ekaṃ samayaṃ Bhagavā Rājagahe viharati
Veḷuvane Kalandakanivāpe. Tena kho pana
samayena āyasmā Mahāmoggallāno Gijjhakūṭe
pabbate viharati, ābādhiko dukkhito
bālhaḡilāno.

Atha kho Bhagavā sāyanhasamayaṃ
patisallānā vuṭṭhito, yenāyasmā
Mahāmoggallāno tenupasaṅkami,
upasaṅkamitvā paññatte āsane nisīdi. Nisajja
kho Bhagavā āyasmantaṃ Mahāmoggallānaṃ
etadavoca: “Kacci te Moggallāna khamanīyaṃ?
Kacci yāpanīyaṃ? Kacci dukkhā vedanā
paṭikkamanti, no abhikkamanti?
Paṭikkamosānaṃ paññāyati, no abhikkamo”ti

“Na me bhante khamanīyaṃ, na
yāpanīyaṃ. Bālha me dukkhā vedanā
abhikkamanti, no paṭikkamanti,
abhikkamosānaṃ paññāyati, no paṭikkamo”ti.
“Sattime Moggallāna Bojjhaṅgā mayā
sammadakkhātā, bhāvitā bahulīkatā abhiññāya
Sambodhāya Nibbānāya saṃvattanti.

Katame satta?

01. Satisambojjhaṅgo kho Moggallāna mayā
sammadakkhāto, bhāvito bahulīkato abhiññāya
Sambodhāya Nibbānāya saṃvattati.

02. Dhammavicayasambojjhaṅgo kho
Moggallāna mayā sammadakkhāto, bhāvito
bahulīkato abhiññāya Sambodhāya
Nibbānāya saṃvattati.

03. Vīriyasambojjhaṅgo kho Moggallāna mayā
sammadakkhāto, bhāvito bahulīkato abhiññāya
Sambodhāya Nibbānāya saṃvattati.

The Second Discourse about being Sick 第二病者经

At one time the Blessed One was dwelling near Rājagaha at the Squirrels’ Feeding Place in Bamboo Wood. Then at that time venerable Mahā Moggallāna was dwelling at the Vultures’ Peak mountain, and was afflicted, suffering, and very sick.

一时，世尊住在王舍城竹林喂育松鼠处。当时住在灵鹫山的大目犍连尊者生病、痛苦、病重。

Then the Blessed One, rising from seclusion in the evening time, approached venerable Mahā Moggallāna, and after approaching he sat down on the prepared seat. Having sat down the Blessed One said this to venerable Mahā Moggallāna: “Can you bear up, Moggallāna? Can you carry on? Do painful feelings decrease and not increase? Is it known that they are decreasing and not increasing?”

当时，黄昏时世尊从寂静处出来，去到大目犍连尊者那里。到来后，他坐在准备好的座位。坐下后，世尊如此向大目犍连尊者说：「目犍连，你还忍得了吗？还撑得住吗？苦受是否减轻而没有加重？是否感觉到它在减轻而不是加重？」

“No, reverend Sir, I cannot bear up, nor can I carry on, painful feelings greatly increase for me and do not decrease, and it is known that they increase and do not decrease.” “There are these seven factors of Awakening, Moggallāna, that have been fully explained by me, when developed and made much of they lead to deep knowledge, Complete Awakening, and Nibbāna.

「不，尊者，我忍不了了，撑不住了。我的苦受在加重而没有减轻。我感觉到它在加重而不是减轻。」（世尊说：）「目犍连，由我圆满宣说的这七觉支，若培育且多做，它们会引生证智、正觉与涅槃。」

What are the seven?

是哪七个？

01. The factor of Complete Awakening that is mindfulness, Moggallāna, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

01. 目犍连，由我圆满宣说的念觉支，若培育且多做，它会引生证智、正觉与涅槃。

02. The factor of Complete Awakening that is investigation of (the nature of) things, Moggallāna, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

02. 目犍连，由我圆满宣说的择法觉支，若培育且多做，它会引生证智、正觉与涅槃。

03. The factor of Complete Awakening that is energy, Moggallāna, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

03. 目犍连，由我圆满宣说的精进觉支，若培育且多做，它会引生证智、正觉与涅槃。

04. Pītisambojjhaṅgo kho Moggallāna mayā sammadakkhāto, bhāvito bahulīkato abhiññāya Sambodhāya Nibbānāya saṁvattati.

05. Passaddhisambojjhaṅgo kho Moggallāna mayā sammadakkhāto, bhāvito bahulīkato abhiññāya Sambodhāya Nibbānāya saṁvattati.

06. Samādhisambojjhaṅgo kho Moggallāna mayā sammadakkhāto, bhāvito bahulīkato abhiññāya Sambodhāya Nibbānāya saṁvattati.

07. Upekkhāsambojjhaṅgo kho Moggallāna mayā sammadakkhāto, bhāvito bahulīkato abhiññāya Sambodhāya Nibbānāya saṁvattati.

Ime kho Moggallāna satta Bojjhaṅgā mayā sammadakkhātā, bhāvitā bahulīkatā abhiññāya Sambodhāya Nibbānāya saṁvattanti”ti.

“Taggha Bhagavā Bojjhaṅgā!
Taggha Sugata Bojjhaṅgā”ti.

Idamavoca Bhagavā.
Attamano āyasmā Mahāmoggallāno Bhagavato bhāsitaṃ abhinandi. Vutṭhahi cāyasmā Mahāmoggallāno tamhā ābādha. Tathāpahīno cāyasmato Mahāmoggallānassa so ābādho ahoṣīti.

- SN Mahāvagga,
Bojjhaṅgasamyutta, 15

04. The factor of Complete Awakening that is rapture, Moggallāna, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

04. 目犍连，由我圆满宣说的喜觉支，若培育且多做，它会引生证智、正觉与涅槃。

05. The factor of Complete Awakening that is calm, Moggallāna, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

05. 目犍连，由我圆满宣说的轻安觉支，若培育且多做，它会引生证智、正觉与涅槃。

06. The factor of Complete Awakening that is concentration, Moggallāna, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

06. 目犍连，由我圆满宣说的定觉支，若培育且多做，它会引生证智、正觉与涅槃。

07. The factor of Complete Awakening that is equanimity, Moggallāna, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

07. 目犍连，由我圆满宣说的舍觉支，若培育且多做，它会引生证智、正觉与涅槃。

These are the seven factors of Awakening, Moggallāna, which have been fully explained by me, when developed and made much of they lead to deep knowledge, Complete Awakening, and Nibbāna.”

目犍连，由我圆满宣说的这七觉支，若培育且多做，它们会引生证智、正觉与涅槃。」

“Surely, Blessed One, (these are) the factors of Awakening!

Surely, Fortunate One, (these are) the factors of Awakening!”

「世尊，诸觉支确实如此；善逝，诸觉支确实如此。」

The Blessed One said this, and venerable Mahā Moggallāna was uplifted and greatly rejoiced in what was said by the Blessed One, and venerable Mahā Moggallāna recovered from that affliction, and by that venerable Mahā Moggallāna’s affliction was brought to an end.

世尊如此说已，大目犍连尊者对世尊所说感到满意与欢喜。大目犍连尊者就此病愈。因此，大目犍连尊者的病就此消失。

Tatīyagilānasuttaṃ (p.87)

Ekam samayaṃ Bhagavā Rājagahe viharati
Veḷuvane Kalandakanivāpe. Tena kho pana
samayena Bhagavā ābādhiko hoti dukkhito
bāḷhagilāno.

Atha kho āyasmā Mahācundo yena
Bhagavā tenupasaṅkami, upasaṅkamitvā
Bhagavantam abhivādetvā, ekamantaṃ nisīdi.
Ekamantaṃ nissinaṃ kho āyasmantaṃ
Mahācundaṃ Bhagavā etadavoca: “Paṭibhantu
taṃ Cunda Bojjhaṅgā”ti. “Sattime bhante
Bojjhaṅgā Bhagavatā sammadakkhātā, bhāvitā
bahulīkatā abhiññāya Sambodhāya Nibbānāya
saṃvattanti.

Katame satta?

01. Satisambojjhaṅgo kho bhante Bhagavatā
sammadakkhāto, bhāvito bahulīkato abhiññāya
Sambodhāya Nibbānāya saṃvattati.

02. Dhammavicayasambojjhaṅgo kho bhante
Bhagavatā sammadakkhāto, bhāvito
bahulīkato abhiññāya Sambodhāya
Nibbānāya saṃvattati.

03. Viriyasambojjhaṅgo kho bhante Bhagavatā
sammadakkhāto, bhāvito bahulīkato abhiññāya
Sambodhāya Nibbānāya saṃvattati.

04. Pītisambojjhaṅgo kho bhante Bhagavatā
sammadakkhāto, bhāvito bahulīkato abhiññāya
Sambodhāya Nibbānāya saṃvattati.

The Third Discourse about being Sick
第三病者经

At one time the Blessed One was dwelling near
Rājagaha at the Squirrels’ Feeding Place in Bamboo
Wood. Then at that time the Blessed One was afflicted,
suffering, and very sick.

一时，世尊住在王舍城竹林喂育松鼠处。当时
世尊生病、痛苦、病重。

Then venerable Mahā Cunda approached the
Blessed One, and after approaching and worshipping the
Blessed One, he sat down on one side. While he was
sitting on one side the Blessed One said this to venerable
Mahā Cunda: “May the factors of Awakening occur to
you, Cunda.” “There are these seven factors of
Awakening, reverend Sir, that have been fully explained
by the Blessed One, when developed and made much of
they lead to deep knowledge, Complete Awakening, and
Nibbāna.

当时，大尊陀尊者去到世尊那里。来到后，他
顶礼世尊，然后坐在一旁。当他坐在一旁时，世尊
向大尊陀尊者如此说：「尊者，换你念诵七觉支
（给我）。」尊者，由世尊圆满宣说的这七觉支，若
培育且多做，它们会引生证智、正觉与涅槃。

What are the seven?
是哪七个？

01. The factor of Complete Awakening that is
mindfulness, reverend Sir, has been fully explained by
the Blessed One, when developed and made much of it
leads to deep knowledge, Complete Awakening, and
Nibbāna.

01. 尊者，由世尊圆满宣说的念觉支，若培育且多
做，它们会引生证智、正觉与涅槃。

02. The factor of Complete Awakening that is
investigation of (the nature of) things, reverend Sir, has
been fully explained by the Blessed One, when
developed and made much of it leads to deep
knowledge, Complete Awakening, and Nibbāna.

02. 尊者，由世尊圆满宣说的择法觉支，若培育且
多做，它会引生证智、正觉与涅槃。

03. The factor of Complete Awakening that is energy,
reverend Sir, has been fully explained by the Blessed
One, when developed and made much of it leads to
deep knowledge, Complete Awakening, and Nibbāna.

03. 尊者，由世尊圆满宣说的精进觉支，若培育且
多做，它会引生证智、正觉与涅槃。

04. The factor of Complete Awakening that is rapture,
reverend Sir, has been fully explained by the Blessed
One, when developed and made much of it leads to deep
knowledge, Complete Awakening, and Nibbāna.

04. 尊者，由世尊圆满宣说的喜觉支，若培育且多
做，它会引生证智、正觉与涅槃。

05. Passaddhisambojjhaṅgo kho bhante
Bhagavatā sammadakkhāto, bhāvito
bahulīkato abhiññāya Sambodhāya
Nibbānāya saṁvattati.

06. Samādhisambojjhaṅgo kho bhante
Bhagavatā sammadakkhāto, bhāvito
bahulīkato abhiññāya Sambodhāya
Nibbānāya saṁvattati.

07. Upekkhāsambojjhaṅgo kho bhante
Bhagavatā sammadakkhāto, bhāvito
bahulīkato abhiññāya Sambodhāya
Nibbānāya saṁvattati.

Ime kho bhante satta Bojjhaṅgā Bhagavatā
sammadakkhātā, bhāvitā bahulīkatā abhiññāya
Sambodhāya Nibbānāya saṁvattanti”ti.

“Taggha Cunda Bojjhaṅgā!
Taggha Cunda Bojjhaṅgā!”ti.

Idamavocāysmā cundo.
Samanuñño Satthā ahosi.
Vuṭṭhahi ca Bhagavā tamhā ābādha.
Tathāpahīno ca Bhagavato so ābādho ahosīti.

- SN Mahāvagga,
Bojjhaṅgasāṁyutta, 16

Bojjhaṅgasuttaṁ (p.88)

Saṁsāre saṁsarantānaṁ,
Sabbadukkhavināsane,
Satta dhamme ca Bojjhaṅge,
Mārasenāpamaddane,
Bujjhivā ye cime sattā,
Tibhavā muttakuttamā,
Ajātimajarābyādhim,
Amataṁ nibbhayaṁ gatā.

05. The factor of Complete Awakening that is calm, reverend Sir, has been fully explained by the Blessed One, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

05. 尊者，由世尊圓滿宣說的輕安覺支，若培育且多做，它會引生證智、正覺與涅槃。

06. The factor of Complete Awakening that is concentration, reverend Sir, has been fully explained by the Blessed One, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

06. 尊者，由世尊圓滿宣說的定覺支，若培育且多做，它會引生證智、正覺與涅槃。

07. The factor of Complete Awakening that is equanimity, reverend Sir, has been fully explained by the Blessed One, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

07. 尊者，由世尊圓滿宣說的舍覺支，若培育且多做，它會引生證智、正覺與涅槃。

These are the seven factors of Awakening, reverend Sir, which have been fully explained by the Blessed One, when developed and made much of they lead to deep knowledge, Complete Awakening, and Nibbāna.”

尊者，由世尊圓滿宣說的這七覺支，若培育且多做，它們會引生證智、正覺與涅槃。」

“Surely, Cunda, (these are) the factors of Awakening! Surely, Cunda, (these are) the factors of Awakening!”

「尊陀，諸覺支確實如此；尊陀，諸覺支確實如此。」

Venerable Cunda said this, and the Teacher was in agreement, and the Blessed One recovered from that affliction, and by that the Blessed One’s affliction was brought to an end.

尊陀尊者如此說已，導師也認同。世尊就此病愈。因此，世尊的病就此消失。

The Discourse on Enlightenment Factors 覺支經

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 saṁsāra (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.

七覺支法能够灭除在生死轮回中的众生的一切苦，也能够战胜魔军。体证了这七种法后，这些超凡者解脱三有（欲有、色有、无色有）。他们已经达到无生、无老、无病、无死、无怖畏的涅槃。

Evamādiguṇūpetam,
Anekaguṇasaṅgham,
Osadhañca imam mantam,
Bojjhaṅgañca bhaṇāma he.

Bojjhaṅgo satisaṅkhāto
Dhammānam vicayo tathā,
Vīriyam pīti passaddhi
Bojjhaṅgā ca tathāpare,

Samādhupekkhā bojjhaṅga,
Sattete sabba-dassinā
Muninā sammadakkhātā,
Bhāvitā bahulikatā,

Samvattanti abhiññāya
Nibbānāya ca bodhiyā.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Ekasmiṃ samaye Nātho
Moggallānañca Kassapaṃ
Gilāne dukkhite disvā
Bojjhaṅge satta desayi.

Te ca taṃ abhinanditvā,
Rogā muccimsu taṅkhaṇe.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Ekadā Dhammarājā'pi
Gelaññenābhipīlito,
Cundattherena taṃyeva
Bhaṇāpetvāna sādaram.

Sammoditvāna ābādhā
Tamhā vuṭṭhāsi ṭhānaso.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Pahīnā te ca ābādhā
Tiṇṇannam'pi Mahesinam,
Maggahatā kilesāva
Pattānuppatti-dhammatam.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

O good people! Let us recite this Bojjhaṅga Sutta which is endowed with the aforementioned attributes, which gives not only 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。

These seven Factors of Enlightenment, namely; mindfulness, investigation of Dhammas, effort, joy, tranquility, concentration and equanimity, which are well-expounded by the All Seeing Sage, promote, when practised 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，是知见一切的牟尼善说之法，在培育、重复修习之下，会导向亲证智、涅槃、菩提。以此真实话语，愿你永远平安。

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

一时依持者（世尊）见到目犍连和迦叶（尊者）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。以此真实话语，愿你永远平安。

Once when the King of Dhamma was oppressed by disease, he had the Venerable Cunda recite the discourse respectfully.

一时法王受到病痛折磨，他就指示尊陀长老恭敬地念诵该经。

Having rejoiced at the discourse, He was immediately cured of the disease. By this utterance of truth, may there always be happiness to you.

他对该经感到欢喜，并且立刻病愈。以此真实话语，愿你永远平安。

The disease of the three Great Sages that were eradicated reached the state 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。以此真实话语，愿你永远平安。

Dasadhammāsuttaṃ (p.11) (Pabbajita-Abhiṇhasuttaṃ)

“Dasayime, bhikkhave, dhammā
pabbajitena abhiṇhaṃ paccavekkhitabbā.
Katame dasa?

1. ‘Vevaṇṇiyamhi ajjhupagato’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

2. ‘Para-paṭibaddhā me jīvikā’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

3. ‘Añño me ākappo karaṇīyo’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

4. ‘Kacci nu kho me attā sīlato na
upavadatī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

5. ‘Kacci nu kho maṃ anuvicca viññū
sābrahma-cārī sīlato na upavadantī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

6. ‘Sabbhehi me piyehi manāpehi nānā-
bhāvo vinā-bhāvo’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

7. ‘Kamassakomhi kamma-dāyādo
kamma-yoni kamma-bandhu kamma-
paṭisaraṇo, yaṃ kammaṃ karissāmi kalyāṇaṃ
vā pāpakaṃ vā tassa dāyādo bhavissāmī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

8. ‘Kathambhūtassa me rattindivā
vītivattantī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

9. ‘Kacci nu kho ahaṃ suññāgāre
abhiraṃāmī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

Discourse on Ten Dhammas 十法经

“There are these ten things, bhikkhus, that one who
has gone forth should frequently reflect on. What are the
ten?

「诸比丘，有十种法是出家人应当经常省察
的。是哪十种？」

‘I have become one who has no class’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我已经成为没有阶
级分别的人。』

‘I am bound to others for my livelihood’, one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我的生活依赖他
人。』

‘I should comport myself differently’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我的行仪举止应
[与在家人] 不同。』

‘Can I myself find no fault with my virtue?’ one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否不会因戒而
谴责自己？』

‘Will my wise companions in the spiritual life, after
testing me, find no fault with my virtue?’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『有智的同梵行者检
查后，是否不会因戒而谴责我？』

‘All those who are dear and pleasing to me are
subject to change, subject to separation (i.e. death)’, one
who has gone forth should frequently reflect on this.

出家人应当经常地省察：『一切我所喜爱、可
意的会变易、别离（即：死亡）。』

‘I am the owner of my kammās, I am the heir of my
kammās, it is kamma that I am born from, kammās are
my kinsfolk, kammās are my refuge, whatever kammās I
perform, whether good or bad, to that I will be the heir’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是业的所有者，
业的继承者，以业为起源，以业为亲属，以业为依
靠。无论我所造的业是善或恶，我将是它的继承
者。』

‘In what way do the nights and days pass for me?’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是如何度过日
日夜夜呢？』

‘Do I delight in empty places?’ one who has gone
forth should frequently reflect on this.

出家人应当经常地省察：『我是否乐于空闲处
呢？』

10. 'Atthi nu kho me uttari-manussa-dhammo alamariya-ñāṇa-dassana-viseso adhigato, yenāhaṃ pacchime kāle sabrahmacārīhi puṭṭho na maṅku bhavissāmī'ti pabbajitena abhiṇhaṃ paccavekkhitabbā.

Ime kho, bhikkhave, dasa dhammā pabbajitena abhiṇhaṃ paccavekkhitabbā."

– AN.X.48

'Has a state beyond (ordinary) human beings, the distinction of what is truly noble knowledge and seeing been attained by me? Will I at the end, when questioned by my companions in the spiritual life, not be embarrassed?', one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否有证得上人法、真正殊胜的圣智见呢？在我最后时刻，当同梵行者们问及时，我将不会羞愧？』

"These are the ten things, bhikkhus, that one who has gone forth should frequently reflect on."

诸比丘，此十种法乃出家人应当经常地省察。」

Catupaccavekkhaṇā (p.12)

Paṭisaṅkhā yoniso cīvaraṃ paṭisevāmi, yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya, ḍaṃsa-makasa-vātātapa-sirīmsapa-samphassānaṃ paṭighātāya, yāvadeva hiri-kopīna-paṭicchādanatthaṃ.

Paṭisaṅkhā yoniso piṇḍapātaṃ paṭisevāmi, neva davāya na madāya na maṇḍanāya na vibhūsanāya, yāvadeva imassa kāyassa ṭhitiyā yāpanāya vihiṃsūparatiyā brahmacariyānuggahāya, iti purāṇaṇca vedanaṃ paṭisaṅkhāmi, navaṇca vedanaṃ na uppādessāmi, yātrā ca me bhavissati anavajjatā ca phāsu-vihāro ca.

Paṭisaṅkhā yoniso senāsanaṃ paṭisevāmi, yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya, ḍaṃsa-makasa-vātātapa-sirīmsapa-samphassānaṃ paṭighātāya, yāvadeva utu-parissaya-vinodanaṃ paṭisaṅkharāmatthaṃ.

Paṭisaṅkhā yoniso gilāna-paccaya-bhesajja-parikkhāraṃ paṭisevāmi, yāvadeva uppannānaṃ veyyābādhikānaṃ vedanānaṃ paṭighātāya, abyāpajjha-paramatāya.

Four [Requisites] Contemplation

四种省思

Reflecting wisely, I wear the robe, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and also for the purpose of covering the parts of my body that cause shame.

我如理省思所受用之衣，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了遮蔽羞处。

Reflecting wisely I use almsfood not for play, not for pride, not for beauty, not for fattening; but merely for the sustenance and continuance of this body; to cease discomfort; and to be able to practise the holy life, thinking "Thus I will destroy old feelings (of hunger) and not create new feelings (from overeating). I will maintain myself, be blameless, and live in comfort."

我如理省思所受用的食物，不为嬉戏，不为骄傲，不为装饰，不为庄严，只是为了此身住立存续，为了停止伤害，为了资助梵行，如此我将消除旧受，并使新受不生，我将维持生命、无过且安住。

Reflecting wisely I make use of dwellings, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and as a protection from the perils of weather conditions; and for the joy of seclusion.

我如理省思所受用的住所，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了免除季候的危险，而好独处（禅修）之乐。

Reflecting wisely I make use of medicinal requisites that are for curing the sick, only to counteract any afflicting feelings (of illness) that have arisen and for maximum freedom from disease.

我如理省思所受用的病者所需之药品，只是为了治疗已生起的病苦之受，为了尽量没有身苦。

Pubbaṇhasuttaṃ (p.14)

Yaṃ dunnimittaṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Buddhānubhāvena vināsamentu.

Yaṃ dunnimittaṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Dhammānubhāvena vināsamentu.

Yaṃ dunnimittaṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Saṅghānubhāvena vināsamentu.

Dukkhappattā ca niddukkhā
Bhayappattā ca nibbhayā,
Sokappattā ca nissokā
Hontu sabbe'pi pāṇino.

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe devā'numodantu
Sabba-sampatti siddhiyā.

Dānaṃ dadantu saddhāya,
Sīlaṃ rakkhantu sabbadā,
Bhāvanābhiraṭṭā hontu,
Gacchantu devatāgatā.

Sabbe Buddhā balappattā
Paccekaṇaṃ yaṃ balaṃ,
Arahantānaṃ teja
Rakkhaṃ bandhāmi sabbaso.

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Buddhē ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

The Discourse about the Forenoon 午前经

By the power of the Buddha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛陀的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Dhamma, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛法的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Saṅgha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过僧团的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

May all creatures who are suffering be without suffering, [living in] fear be without fear and [living in] sorrow be without sorrow.

祝愿一切的众生，痛苦的不再痛苦，
恐惧的不再恐惧，忧愁的不再忧愁。

May all deities rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切神随喜我们至今所累积的功德，愿一切得成就！

May all be able to perform giving with faith; may all safeguard their morality always. May all be delighted in meditation. May the deities who have come (to the recitation) go back (to their homes).

愿大家依信布施，愿大家永护其戒，
愿大家乐于禅修，请来此诸神归去。

By the (protective) power of the Buddhas, the power of Pacceka-Buddhas and the power of Arahants, I fortify the protection in every way.

以一切佛陀之力，及诸辟支佛之力，
及诸阿罗汉之力，我建立一切守护！

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间（这是指天界、梵天界或其他世界系）的任何财宝，或在天界的任何殊胜珠宝，都没有和如来（佛陀）同等的。在佛陀里有此殊胜宝。以此真实语愿得安乐。

Yam kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Dhamme ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Yam kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Saṃghe ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Mahā-kāruṇiko nātho,
Hitāya sabba-pāṇinaṃ,
Pūretvā pāramī sabbā,
Patto sambodhimuttamaṃ.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Jayanto bodhiyā mūle,
Sakyānaṃ nandi-vuḍḍhano,
Evameva jayo hotu,
Jayassu jaya-maṅgale.

Aparājita-pallaṅke,
Sīse puthuvipukkhale,
Abhiseke sabbabuddhānaṃ,
Aggapatto pamodati.

Sunakkhattaṃ sumaṅgalaṃ,
Suppabhātaṃ suhuṭṭhitaṃ;
Sukhaṇo sumuhutto ca,
Suyiṭṭhaṃ brahmacārisu.

Padakkhiṇaṃ kāya-kammaṃ,
Vācā-kammaṃ padakkhiṇaṃ;
Padakkhiṇaṃ mano-kammaṃ,
Paṇīdhi te padakkhiṇe.

Padakkhiṇāni katvāna,
Labhantatthe padakkhiṇe.
Te attha-laddhā sukhitā
Virūlāhā Buddha-sāsane;
Arogā sukhitā hotha
Saha sabbehi ñātibhi.

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Dhamma is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在法里有此殊胜宝。以此真实语愿得安乐。

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在僧团里有此殊胜宝。以此真实语愿得安乐。

The most compassionate Lord had fulfilled all the perfections for the welfare of all beings and had attained the supreme enlightenment. By this truth may there be well-being for you always.

具有大悲的依持者，为了一切众生利益，
圆满所有波罗蜜后，证得无上菩提解脱；
借着这真实的话语，愿你永远平安快乐。

Just as the Lord, the increaser of delight for the Sakyans, was victorious at the foot of the Bodhi tree, so also may the victory be to you and may you be successful in all the auspicious conquests.

为释迦族增长喜者，在菩提树下得胜利；
愿你也都如此胜利，于吉祥征途得胜利。

The Lord had attained the Noble State on the Unconquerable Seat, on the most sacred earth consecrated by all the Buddhas and rejoiced.

在不败的座位上，在最神圣的地点，
诸佛加持欢喜处，他证悟圣洁之境。

May good planets, excellent blessings, good daybreak, good waking up, good moment, good instance, and good oblations to the sages be to you.

愿你得吉星善吉祥，好的黎明好的起身，
好的刹那与好时刻，对梵行者的善供养。

May the bodily deeds be reverential; may the speech deeds be reverential; may the mental deeds be reverential. May you be resolute in these reverential matters.

恭敬的身业，恭敬的语业，
恭敬的意业，决意于敬业。

Having done the reverential deeds, may you obtain reverential gains; having obtained them may you be happy and make progress in the Buddha's dispensation. May you and all your relatives be happy and free from sickness.

实行恭敬诸业之后，愿你获得恭敬之得。
获得它们愿你快乐，于佛教法获得提升。
愿你及所有亲戚们，都没有病痛都快乐。

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-buddhānubhāvena
Sadā sukhī (sothī)¹⁸ bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-dhammānubhāvena
Sadā sukhī (sothī)² bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-saṅghānubhāvena
Sadā sukhī (sothī)² bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Buddhas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸佛的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Dhammas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸法的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Saṅghas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸僧的威力，愿你永远都快乐（平安）！

Mettā Chanting (p.16)

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Puratthimāya disāya, pacchimāya disāya,
uttarāya disāya, dakkhiṇāya disāya, puratthi-
māya anudisāya, pacchimāya anudisāya,
uttarāya anudisāya, dakkhiṇāya anudisāya,
hetṭhimāya disāya, uparimāya disāya,

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

慈悲诵

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:
一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

In the easterly direction, in the westerly direction, in the northerly direction, in the southerly direction, in the south-east direction, in the north-west direction, in the north-east direction, in the south-west direction, in the downward direction, in the upward direction:

在东方、在西方、在北方、在南方、在东南方、
在西北方、在东北方、在西南方、在下方、在上方

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:

一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

¹⁸ sothī – Sri Lanka Version, 斯里兰卡版本

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā pathavī-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā udaya-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā ākāśa-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Good Wishes and Sharing of Merit etc 1

Yaṃ pattaṃ kusalaṃ tassa
Ānubhāvena pāṇino
Sabbe saddhamma-rājassa
Ñatvā Dhammaṃ sukhāvahaṃ,

Pāpuṇantu visuddhāya
Sukhāya paṭipattiyā
Asokamanupāyāsaṃ
Nibbānasukhamuttamaṃ.

Ciraṃ tiṭṭhatu saddhammo,
Dhamme hontu sagāravā
Sabbe'pi sattā, kālena
Sammā devo pavassatu.

Yathā rakkhimsu porāṇā
Surājāno tathevimaṃ,
Rājā rakkhatu dhammena
Attano'va pajaṃ pajaṃ.

– Aṭṭhasālīnī, Nigamanakathā

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live on earth: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在地上过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in water: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在水里过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in the sky: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在天空里过活的有情无嗔无怨、无苦无厄。

祝愿与分享功德等 1

By the power of whatever wholesome state attained by me, may all beings, having known rightly the King of Dhamma's teachings which give bliss (of Nibbāna), attain the bliss of Nibbāna, sorrowless, without distress and supreme, through the Middle Practice (Noble Eightfold Path) which is pure and blissful.

以我所成就的善法力量，愿一切有情在了知正法王导向快乐（涅槃）之法后，透过清净快乐的修行，达到至上的涅槃乐、无忧无恼。

May the true Dhamma last long, may all beings also respect the Dhamma, and may the [rain] god [give] proper and timely rain.

愿正法久住，愿一切有情也恭敬法，愿雨神适时降雨。

Just as good kings of ancient times gave protection, may the king righteously protect the people like his own (offspring).

正如古代贤善之王给予保护，愿国王善护人民如善护自己的子女。

Imāya dhammānudhammapaṭipattiyā
Buddhaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Dhammaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Saṅghaṃ pūjemi.

Addhā imāya paṭipattiyā jāti-jarā-byādhi
maraṇamhā parimuccissāmi.

Idaṃ me puññaṃ āsavakkhayāvaham hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññabhāgaṃ labhantu.

Good Wishes for Ven. (p.22)
Pa-Auk Sayadaw,
Ariyadhamma Mahāthera
& Other Theras

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhiṃ,
Therāsabho Āciṇṇo yatinda-nātho
Dīghāyuko bhavatu sādhu-samiddha-citto.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-citta-pasādhitena,
Therāsabho Ariyadhammo yatinda-nātho
Sambodhiñāṇamadhigacchatu sādhu sādhu.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhiṃ,
Therāsabhātha garu-gāra-bhāvanīyā
Dīghāyukā bhavatha sādhu-samiddha-cittā.

By this practice that is in accordance with the
Dhamma, I venerate the Buddha.

By this practice that is in accordance with the
Dhamma, I venerate the Dhamma.

By this practice that is in accordance with the
Dhamma, I venerate the Saṅgha.

Surely, by this practice I will be liberated from birth,
old age, sickness and death.

以此依法修行证法，我礼敬佛！

以此依法修行证法，我礼敬法！

以此依法修行证法，我礼敬僧！

以此修行，我肯定将会解脱生、老、病、死！

May this merit of mine be conducive to the
destruction of [mental] taints. May this merit of mine be
a [supportive] condition [for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。

愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings. May all
those beings get an equal share of the merits shared by me.

我把我的功德与一切有情分享，

愿他们都平等地得到我的功德。

祝福
帕奥禅师、
圣法大长老
与其他长老

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma together with the power
of the Buddha, etc. (i.e. the Triple Gem), may the leader
and [spiritual] helper of monks, the prominent Elder Most
Venerable Āciṇṇa (Ven. Pa-Auk Sayadaw), have a long
life and successfully fulfill his noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以
及透过佛陀等（即三宝）的力量，愿作为出家众的
元老、领导与依持者的帕奥禅师长寿，以及成就其
善心愿。

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma and the inspiring
/gladdening of the mind [through reflecting] on the
Buddha, etc. (i.e. the Triple Gem), may the leader and
[spiritual] helper of monks, the prominent Elder Most
Venerable Ariyadhamma, attain the knowledge of
complete awakening. It is well, it is well!

透过谨慎及欢喜地修法所累积的这些功德，以
及透过（思惟）佛陀等（即三宝）而在心中生起的
净信，愿作为出家众的元老、领导与依持者的圣法
大长老达到圆满觉悟，善哉，善哉！

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma together with the power
of the Buddha, etc. (i.e. the Triple Gem), may other
Venerable theras, senior members of the Saṅgha, have a
long life and successfully fulfill their noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以
及透过佛陀等（即三宝）的力量，愿僧团的其他长
老长辈长寿，以及成就他们的善心愿。

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Devārādhana (p.1)

Samantā cakka-vāḷesu
Atrāgacchantu devatā;
Saddhammaṃ Muni-rājassa
Suṇantu sagga-mokkhadaṃ.

Dhammassavana-kālo ayaṃ bhadantā. (x3)

Inviting the Deities 邀請諸天

May the deities of the entire universe come here and listen to the True-Dhamma of the King of Sages, which leads to the heavenly states and liberation (Nibbāna).

从世界系中各处，愿诸天神来此地，
聆听知王之正法，导向天界与解脱。

Sirs, now is the time for listening to the Dhamma.
这是听闻佛法的时候，大德们。

Vandanā (p.1)

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Homage [to the Buddha] 礼敬佛陀

Homage to that Blessed One, the Arahant and Perfectly Self-Awakened One.

礼敬世尊、阿罗汉、圆满自觉者。

Sambodhi-Udāna (p.1)

Aneka-jāti saṃsāraṃ
Sandhāvissaṃ anibbisaṃ,
Gaha-kāraṃ gavesanto
Dukkhā jāti punappunaṃ.

Gaha-kāraka, diṭṭho'si
Puna gehaṃ na kāhasi,
Sabbā te phāsukā bhaggā
Gaha-kūṭaṃ visaṅkhataṃ,
Visaṅkhāra-gataṃ cittaṃ
Taṇhānaṃ khayamajjhagā.

– KN, Dhṃ¹⁹ 153-154

Inspired Utterance [after] Self-Awakening 正觉自说话

I wandered [through] many births in saṃsāra, searching for the house builder (craving) [but] found [him] not; repeated birth is suffering.

在生死轮回当中，我寻找了许多世，
却找不到造屋者。一再投生的确苦。

O house-builder! You are seen. You shall not build a house again. All your rafters are broken. Your ridge-pole is shattered. My mind has attained the unconditioned, obtaining the destruction of craving.

造屋者你已被见！你已不能再造屋。
你所有的椽已断，你的横梁已粉碎。
我心已证无为法。已经达到爱尽毁。

¹⁹ Abbreviations in this book 本书中的英文缩写：DN (Dīgha-Nikāya), MN (Majjhima-Nikāya), SN (Saṃyutta-Nikāya), AN (Aṅguttara-Nikāya), KN (Khuddaka-Nikāya), Dhṃ (Dhammapada).

Paṭiccasamuppāda (p.2)

Iti imasmim sati idaṃ hoti, imassuppādā
idaṃ uppajjati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
paccayā viññāṇaṃ, viññāṇa-paccayā nāma-
rūpaṃ, nāma-rūpa-paccayā saḷāyatanaṃ,
saḷāyatana-paccayā phasso, phassa-paccayā
vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
upādānaṃ, upādāna-paccayā bhavo, bhava-
paccayā jāti, jāti-paccayā jarā-maraṇaṃ soka-
parideva-dukkha-domanassupāyāsā
sambhavanti. Evametassa kevalassa
dukkhakkhandhassa samudayo hoti.

Yadā have pātubhavanti dhammā,
Ātāpino jhāyato brāhmaṇassa,
Athassa kaṅkhā vapayanti sabbā,
Yato pajānāti sahetudhammaṃ.

Iti imasmim asati idaṃ na hoti, imassa
nirodhā idaṃ nirujjhati, yadidaṃ:

Avijjā-nirodhā saṅkhāra-nirodho,
saṅkhāra-nirodhā viññāṇa-nirodho, viññāṇa-
nirodhā nāma-rūpa-nirodho, nāma-rūpa-
nirodhā saḷāyatana-nirodho, saḷāyatana-
nirodhā phassa-nirodho, phassa-nirodhā
vedanā-nirodho, vedanā-nirodhā taṇhā-
nirodho, taṇhā-nirodhā upādāna-nirodho,
upādāna-nirodhā bhava-nirodho, bhava-
nirodhā jāti-nirodho, jāti-nirodhā jarā-maraṇaṃ
soka-parideva-dukkha-domanassupāyāsā
nirujjhanti. Evametassa kevalassa
dukkhakkhandhassa nirodho hoti.

Dependent Origination 缘起

Thus when there is this that is, with the arising of this
that arises, such as:

此有故彼有，此生故彼生，即：

Dependent on ignorance, activities [arise]; dependent
on activities, consciousness [arises]; dependent on
consciousness, mentality and materiality [arise];
dependent on mentality and materiality, the six bases
[arise]; dependent on the six bases, contact [arises];
dependent on contact, feeling [arises]; dependent on
feeling, craving [arises]; dependent on craving,
attachment [arises]; dependent on attachment, existence
[arises]; dependent on existence, [a new] birth [takes
place]; dependent on birth, ageing, death, sorrow,
lamentation, pain, unhappiness and despair come to be.
Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
个苦蕴的集起。

When indeed phenomena become apparent to the
religious one who is ardent and meditative, then all his
doubts disappear, since he knows the nature of their
causes.

当诸法明显呈现时，热诚禅修的婆罗门，
一切疑惑都会消失，因他了知诸法之因。

When there is not this that is not, with the cessation
of this that ceases, such as:

此无故彼无，此灭故彼灭，即：

With the cessation of ignorance, activities cease;
with the cessation of activities, consciousness ceases;
with the cessation of consciousness, mentality and
materiality cease; with the cessation of mentality and
materiality, the six [sense] bases cease; with the cessation
of the six [sense] bases, contact ceases; with the cessation
of contact, feeling ceases; with the cessation of feeling,
craving ceases; with the cessation of craving, attachment
ceases; with the cessation of attachment, [the cause for a
new] existence ceases; with the cessation of [the cause for
a new] existence, [the possibility of re]birth ceases; with
the cessation of birth, ageing, death, sorrow, lamentation,
pain, unhappiness and despair cease. Thus there is the
cessation of this whole mass of suffering.

无明灭则行灭；行灭则识灭；识灭则名色灭；
名色灭则六处灭；六处灭则触灭；触灭则受灭；受
灭则爱灭；爱灭则取灭；取灭则有灭；有灭则生灭；
生灭则老、死、愁、悲、苦、忧、恼灭。如是整个
苦蕴的熄灭。

Yadā have pātubhavanti dhammā
Ātāpino jhāyato brāhmaṇassa,
Athassa kaṅkhā vapayanti sabbā,
Yato khayam paccayānam avedi.

Iti imasmim sati idam hoti, imassuppādā
idam uppajjati, imasmim asati idam na hoti,
imassa nirodhā idam nirujjhati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
paccayā viññāṇam, viññāṇa-paccayā nāma-
rūpam, nāma-rūpa-paccayā saḷāyatanaṃ,
saḷāyatana-paccayā phasso, phassa-paccayā
vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
upādānam, upādāna-paccayā bhavo, bhava-
paccayā jāti, jāti-paccayā jarā-maraṇam soka-
parideva-dukkha-domanassupāyāsā
sambhavanti. Evametassa kevalassa
dukkhakkhandhassa samudayo hoti.

Avijjāya tveva asesavirāga-nirodhā
saṅkhāra-nirodho, saṅkhāra-nirodhā viññāṇa-
nirodho, viññāṇa-nirodhā nāma-rūpa-nirodho,
nāma-rūpa-nirodhā saḷāyatana-nirodho,
saḷāyatana-nirodhā phassa-nirodho, phassa-
nirodhā vedanā-nirodho, vedanā-nirodhā
taṇhā-nirodho, taṇhā-nirodhā upādāna-
nirodho, upādāna-nirodhā bhava-nirodho,
bhava-nirodhā jāti-nirodho, jāti-nirodhā jarā-
maraṇam soka-parideva-dukkha-
domanassupāyāsā nirujjhanti. Evametassa
kevalassa dukkhakkhandhassa nirodho hoti.

Yadā have pātubhavanti dhammā,
Ātāpino jhāyato brāhmaṇassa,
Vidhūpayam tiṭṭhati māra-senam,
Suriyo'va obhāsayamantalikkham.

– Vinayapiṭaka, Mahāvagga,
Mahākhanda
– KN, Udāna, Bodhivagga

When indeed phenomena become apparent to the religious one who is ardent and meditative, then all his doubts disappear, since he experiences the elimination of [their] causes.

当诸法明显呈现时，热诚禅修的婆罗门，
一切疑惑都会消失，因他体证诸缘之灭。

Thus when there is this that is, with the arising of this that arises: when there is not this that is not, with the cessation of this that ceases, such as:

此有故彼有，此生故彼生；
此无故彼无，此灭故彼灭，即：

Dependent on ignorance, activities [arise]; dependent on activities, consciousness [arises]; dependent on consciousness, mentality and materiality [arise]; dependent on mentality and materiality, the six bases [arise]; dependent on the six bases, contact [arises]; dependent on contact, feeling [arises]; dependent on feeling, craving [arises]; dependent on craving, attachment [arises]; dependent on attachment, existence [arises]; dependent on existence, [a new] birth [takes place]; dependent on birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair come to be. Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
个苦蕴的集起。

With the remainderless dispassion and cessation of ignorance, activities cease; with the cessation of activities, consciousness ceases; with the cessation of consciousness, mentality and materiality cease; with the cessation of mentality and materiality, the six [sense] bases cease; with the cessation of the six [sense] bases, contact ceases; with the cessation of contact, feeling ceases; with the cessation of feeling, craving ceases; with the cessation of craving, attachment ceases; with the cessation of attachment, [the cause for a new] existence ceases; with the cessation of [the cause for a new] existence, [the possibility of re]birth ceases; with the cessation of birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair cease. Thus there is the cessation of this whole mass of suffering.

无明灭尽离欲无余则行灭；行灭则识灭；识灭
则名色灭；名色灭则六处灭；六处灭则触灭；触灭
则受灭；受灭则爱灭；爱灭则取灭；取灭则有灭；
有灭则生灭；生灭则老、死、愁、悲、苦、忧、恼
灭。如是整个苦蕴的熄灭。

When indeed phenomena become apparent to the religious one who is ardent and meditative, he stands dispelling the hosts of Māra, just as the sun illuminating the sky [dispels darkness].

当诸法明显呈现时，热诚禅修的婆罗门，
他击败魔军而稳立，犹如太阳照亮天空。

Paṭṭhāna (p.90)**Paccayuddeso**

Hetupaccayo, ārammaṇapaccayo,
adhipatipaccayo, anantarapaccayo,
samanantarapaccayo, saha-jātapaccayo,
añña-mañña-paccayo, nissayapaccayo,
upanissayapaccayo, purejātapaccayo,
pacchājātapaccayo, āsevanapaccayo,
kamma-paccayo, vipāka-paccayo,
āhāra-paccayo, indriya-paccayo,
jhāna-paccayo, magga-paccayo,
sampayutta-paccayo, vippayutta-paccayo,
atthi-paccayo, natthi-paccayo,
viga-paccayo, aviga-paccayoti.

Paccayaniddeso**1. Hetupaccayoti – hetū**

hetusampayuttakānaṃ dhammānaṃ taṃ-
samutṭhānānaṃ rūpānaṃ hetupaccayena
paccayo.

2. Ārammaṇapaccayoti – rūpāyatanaṃ
cakkhuviññāṇadhātuyā taṃsampayuttakānaṃ
dhammānaṃ ārammaṇapaccayena paccayo.

Saddāyatanaṃ sotaviññāṇadhātuyā
taṃsampayuttakānaṃ dhammānaṃ
ārammaṇapaccayena paccayo.

Gandhāyatanaṃ ghānaviññāṇadhātuyā
taṃsampayuttakānaṃ dhammānaṃ
ārammaṇapaccayena paccayo.

Rasāyatanaṃ jivhāviññāṇadhātuyā
taṃsampayuttakānaṃ dhammānaṃ
ārammaṇapaccayena paccayo.

Phoṭṭhabbāyatanaṃ kāyaviññāṇadhātuyā
taṃsampayuttakānaṃ dhammānaṃ
ārammaṇapaccayena paccayo.

Rūpāyatanaṃ saddāyatanaṃ
gandhāyatanaṃ rasāyatanaṃ
phoṭṭhabbāyatanaṃ manodhātuyā
taṃsampayuttakānaṃ dhammānaṃ
ārammaṇapaccayena paccayo.

Conditional Relations 发趣法**Enumeration of the conditions 缘之总说**

Root condition, object condition,
predominance condition, immediacy condition,
contiguity condition, conascence condition,
mutuality condition, dependence condition,
powerful dependence condition, pre-nascence condition,
post-nascence condition, repetition condition,
kamma condition, result condition,
nutriment condition, faculty condition,
jhāna condition, path condition,
association condition, dissociation condition,
presence condition, absence condition,
disappearance condition, non-disappearance condition.
因缘；所缘缘；增上缘；无间缘；
相续缘；俱生缘；相互缘；依止缘；
亲依止缘；前生缘；后生缘；重复缘；
业缘；果报缘（异熟缘）；食缘；根缘；
禅那缘；道缘；相应缘；不相应缘；
有缘；无有缘；离去缘；不离去缘。

The Explanation of the Conditions**缘之义释**

1. Root Condition: The roots are related to the dhamma associated with the roots, and also to the materiality produced thereby by root condition.

1. 因缘：因是与因相应诸法及由它产生的诸色的因缘。

2. Object Condition:

Visible object is related to eye-consciousness and its associated states by object condition.

Sound object is related to ear-consciousness and its associated states by object condition.

Smell object is related to nose-consciousness and its associated states by object condition.

Taste object is related to tongue-consciousness and its associated states by object condition.

Tangible object is related to body-consciousness and its associated states by object condition.

Visible, sound, smell, taste and tangible objects are related to mind-elements and their associated states by object condition.

All dhammas are related to mind-consciousness element and its associated states by object condition.

2. 所缘缘：

色处是眼识界及其相应诸法的所缘缘。

声处是耳识界及其相应诸法的所缘缘。

香处是鼻识界及其相应诸法的所缘缘。

味处是舌识界及其相应诸法的所缘缘。

触处是身识界及其相应诸法的所缘缘。

色处、声处、香处、味处、触处是意识界及其相应诸法的所缘缘。

一切法是意识界及其相应诸法的所缘缘。

Sabbe dhammā manoviññādhātuyā
taṃsampayuttakānañca dhammānaṃ
ārammaṇapaccayena paccayo.

Yaṃ yaṃ dhammaṃ ārabhha ye ye
dhammā uppajjanti cittacetasikā dhammā,
te te dhammā tesāṃ tesāṃ dhammānaṃ
ārammaṇapaccayena paccayo.

3. Adhipatipaccayoti – chandādhīpati
chandasampayuttakānaṃ dhammānaṃ taṃ-
samutṭhānānañca rūpānaṃ adhipatipaccayena
paccayo. Vīriyādhīpati vīriyasampayuttakānaṃ
dhammānaṃ taṃsamutṭhānānañca rūpānaṃ
adhipatipaccayena paccayo. Cittādhīpati
cittasampayuttakānaṃ dhammānaṃ
taṃsamutṭhānānañca rūpānaṃ adhipati-
paccayena paccayo. Vīmaṃsādhīpati
vīmaṃsasampayuttakānaṃ dhammānaṃ
taṃsamutṭhānānañca rūpānaṃ adhipati-
paccayena paccayo.

Yaṃ yaṃ dhammaṃ garuṃ katvā ye ye
dhammā uppajjanti cittacetasikā dhammā, te
te dhammā tesāṃ tesāṃ dhammānaṃ
adhipatipaccayena paccayo.

4. Anantarapaccayoti – cakkhu-
viññādhātu taṃsampayuttakā ca dhammā
manodhātuyā taṃsampayuttakānañca
dhammānaṃ anantarapaccayena paccayo.
Manodhātu taṃsampayuttakā ca dhammā
manoviññādhātuyā taṃsampayuttakānañca
dhammānaṃ anantarapaccayena paccayo.

Sotaviññādhātu taṃsampayuttakā ca
dhammā manodhātuyā taṃsampayuttakānañca
dhammānaṃ anantarapaccayena paccayo.
Manodhātu taṃsampayuttakā ca dhammā
manoviññādhātuyā taṃsampayuttakānañca
dhammānaṃ anantarapaccayena paccayo.

Taking any dhamma as object, these dhammas, viz. consciousness and mental factors, arise; those (former) dhammas are related to those (latter) dhammas by object condition.

对于缘取任何法而生起的那些心与心所法，这些法是那些（心与心所）法的所缘缘。

3. Predominance Condition: Predominant desire is related to the dhamma associated with the desire and also to the materiality produced thereby by predominance condition. Predominant effort is related to the dhamma associated with the effort and also to the materiality produced thereby by predominance condition. Predominant consciousness is related to the dhamma associated with the consciousness and also to the materiality produced thereby by predominance condition. Predominant investigating-wisdom is related to the dhamma associated with investigating-wisdom, and the materiality produced thereby by predominance condition.

3. 增上缘：欲增上是与欲相应诸法及由它产生的诸色的增上缘。精进增上是与精进相应诸法及由它产生的诸色的增上缘。心增上是与心相应诸法及由它产生的诸色的增上缘。观增上是与观相应诸法及由它产生的诸色的增上缘。

Taking any dhamma as estimable object, these dhammas, viz. consciousness and mental factors, arise; those (former) dhammas are related to those (latter) dhammas by predominance condition.

对于尊重任何（所缘）法而生起的那些心与心所法，这些法是那些（心与心所）法的增上缘。

4. Immediacy Condition: Eye-consciousness and its associated states are related to mind-element and its associated states by immediacy condition. Mind-element and its associated states are related to mind-consciousness element and its associated states by immediacy condition.

4. 无间缘：眼识界及其相应诸法是眼界及其相应诸法的无间缘；意识界及其相应诸法是意识界及其相应诸法的无间缘。

Ear-consciousness and its associated states are related to mind-element and its associated states by immediacy condition. Mind-element and its associated states are related to mind-consciousness element and its associated states by immediacy condition.

耳识界及其相应诸法是眼界及其相应诸法的无间缘；意识界及其相应诸法是意识界及其相应诸法的无间缘。

Ghānaviññāṇadhātu taṁsampayuttakā ca dhammā manodhātuyā taṁsampayuttakānañca dhammānaṁ anantarapaccayena paccayo. Manodhātu taṁsampayuttakā ca dhammā manoviññāṇadhātuyā taṁsampayuttakānañca dhammānaṁ anantarapaccayena paccayo.

Jivhāviññāṇadhātu taṁsampayuttakā ca dhammā manodhātuyā taṁsampayuttakānañca dhammānaṁ anantarapaccayena paccayo. Manodhātu taṁsampayuttakā ca dhammā manoviññāṇadhātuyā taṁsampayuttakānañca dhammānaṁ anantarapaccayena paccayo.

Kāyaviññāṇadhātu taṁsampayuttakā ca dhammā manodhātuyā taṁsampayuttakānañca dhammānaṁ anantarapaccayena paccayo. Manodhātu taṁsampayuttakā ca dhammā manoviññāṇadhātuyā taṁsampayuttakānañca dhammānaṁ anantarapaccayena paccayo.

Purimā purimā kusalā dhammā pacchimānaṁ pacchimānaṁ kusalānaṁ dhammānaṁ anantarapaccayena paccayo. Purimā purimā kusalā dhammā pacchimānaṁ pacchimānaṁ abyākatānaṁ dhammānaṁ anantarapaccayena paccayo.

Purimā purimā akusalā dhammā pacchimānaṁ pacchimānaṁ akusalānaṁ dhammānaṁ anantarapaccayena paccayo. Purimā purimā akusalā dhammā pacchimānaṁ pacchimānaṁ abyākatānaṁ dhammānaṁ anantarapaccayena paccayo.

Purimā purimā abyākatā dhammā pacchimānaṁ pacchimānaṁ abyākatānaṁ dhammānaṁ anantarapaccayena paccayo. Purimā purimā abyākatā dhammā pacchimānaṁ pacchimānaṁ kusalānaṁ dhammānaṁ anantarapaccayena paccayo. Purimā purimā abyākatā dhammā pacchimānaṁ pacchimānaṁ akusalānaṁ dhammānaṁ anantarapaccayena paccayo.

Nose-consciousness and its associated states are related to mind-element and its associated states by immediacy condition. Mind-element and its associated states are related to mind-consciousness element and its associated states by immediacy condition.

鼻识界及其相应诸法是眼界及其相应诸法的无间缘；眼界及其相应诸法是意识界及其相应诸法的无间缘。

Tongue-consciousness and its associated states are related to mind-element and its associated states by immediacy condition. Mind-element and its associated states are related to mind-consciousness element and its associated states by immediacy condition.

舌识界及其相应诸法是眼界及其相应诸法的无间缘；眼界及其相应诸法是意识界及其相应诸法的无间缘。

Body-consciousness and its associated states are related to mind-element and its associated states by immediacy condition. Mind-element and its associated states are related to mind-consciousness element and its associated states by immediacy condition.

身识界及其相应诸法是眼界及其相应诸法的无间缘；眼界及其相应诸法是意识界及其相应诸法的无间缘。

Preceding wholesome dhammas are related to subsequent wholesome dhammas by immediacy condition. Preceding wholesome dhammas are related to subsequent indeterminate dhammas and by immediacy condition.

前前诸善法是后后诸善法的无间缘。

前前诸善法是后后诸无记法的无间缘。

Preceding unwholesome dhammas are related to subsequent unwholesome dhammas by immediacy condition. Preceding unwholesome dhammas are related to subsequent indeterminate dhammas by immediacy condition.

前前诸不善法是后后诸不善法的无间缘。

前前诸不善法是后后诸无记法的无间缘。

Preceding indeterminate dhammas are related to subsequent indeterminate dhammas by immediacy condition. Preceding indeterminate dhammas are related to subsequent wholesome dhammas by immediacy condition. Preceding indeterminate dhammas are related to subsequent unwholesome dhammas by immediacy condition.

前前诸无记法是后后诸无记法的无间缘。

前前诸无记法是后后诸善法的无间缘。

前前诸无记法是后后诸不善法的无间缘。

Yesaṃ yesaṃ dhammānaṃ anantarā ye
ye dhammā uppajjanti cittacetāsikā dhammā,
te te dhammā tesāṃ tesāṃ dhammānaṃ
anantarapaccayena paccayo.

5. Samanantarapaccayoti –

cakkhuviññāṇadhātu taṃsampayuttakā ca
dhammā manodhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.
Manodhātu taṃsampayuttakā ca dhammā
manoviññāṇadhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.

Sotaviññāṇadhātu taṃsampayuttakā ca
dhammā manodhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.
Manodhātu taṃsampayuttakā ca dhammā
manoviññāṇadhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.

Ghānaviññāṇadhātu taṃsampayuttakā ca
dhammā manodhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.
Manodhātu taṃsampayuttakā ca dhammā
manoviññāṇadhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.

Jivhāviññāṇadhātu taṃsampayuttakā ca
dhammā manodhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.
Manodhātu taṃsampayuttakā ca dhammā
manoviññāṇadhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.

Kāyaviññāṇadhātu taṃsampayuttakā ca
dhammā manodhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.
Manodhātu taṃsampayuttakā ca dhammā
manoviññāṇadhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.

Purimā purimā kusālā dhammā
pacchimānaṃ pacchimānaṃ kusālānaṃ
dhammānaṃ samanantarapaccayena paccayo.
Purimā purimā kusālā dhammā pacchimānaṃ
pacchimānaṃ abyākatānaṃ dhammānaṃ
samanantarapaccayena paccayo.

In immediacy to these dhammas, the (other) dhammas, viz. consciousness and mental factors, arise; those (former) dhammas are related to those (latter) dhammas by immediacy condition.

对于（紧随着）某些法而无间断地生起的那些心与心所法，这些法是那些（心与心所）法的无间缘。

5. Contiguity Condition: Eye-consciousness and its associated states are related to mind-element and its associated states by contiguity condition. Mind-element and its associated states are related to mind-consciousness element and its associated states by contiguity condition.

5. 相续缘：眼识界及其相应诸法是眼界及其相应诸法的相续缘；眼界及其相应诸法是意识界及其相应诸法的相续缘。

Ear-consciousness and its associated states are related to mind-element and its associated states by contiguity condition. Mind-element and its associated states are related to mind-consciousness element and its associated states by contiguity condition.

耳识界及其相应诸法是眼界及其相应诸法的相续缘；眼界及其相应诸法是意识界及其相应诸法的相续缘。

Nose-consciousness and its associated states are related to mind-element and its associated states by contiguity condition. Mind-element and its associated states are related to mind-consciousness element and its associated states by contiguity condition.

鼻识界及其相应诸法是眼界及其相应诸法的相续缘；眼界及其相应诸法是意识界及其相应诸法的相续缘。

Tongue-consciousness and its associated states are related to mind-element and its associated states by contiguity condition. Mind-element and its associated states are related to mind-consciousness element and its associated states by contiguity condition.

舌识界及其相应诸法是眼界及其相应诸法的相续缘；眼界及其相应诸法是意识界及其相应诸法的相续缘。

Body-consciousness and its associated states are related to mind-element and its associated states by contiguity condition. Mind-element and its associated states are related to mind-consciousness element and its associated states by contiguity condition.

身识界及其相应诸法是眼界及其相应诸法的相续缘；眼界及其相应诸法是意识界及其相应诸法的相续缘。

Preceding wholesome dhammas are related to subsequent wholesome dhammas by contiguity condition. Preceding wholesome dhammas related to subsequent indeterminate dhammas by contiguity condition.

前前诸善法是后后诸善法的相续缘。

前前诸善法是后后诸无记法的相续缘。

Purimā purimā akusalā dhammā
pacchimānaṃ pacchimānaṃ akusalānaṃ
dhammānaṃ samanantarapaccayena paccayo.
Purimā purimā akusalā dhammā pacchimānaṃ
pacchimānaṃ abyākatānaṃ dhammānaṃ
samanantarapaccayena paccayo.

Purimā purimā abyākatā dhammā
pacchimānaṃ pacchimānaṃ abyākatānaṃ
dhammānaṃ samanantarapaccayena paccayo.
Purimā purimā abyākatā dhammā
pacchimānaṃ pacchimānaṃ kusālānaṃ
dhammānaṃ samanantarapaccayena paccayo.
Purimā purimā abyākatā dhammā
pacchimānaṃ pacchimānaṃ akusalānaṃ
dhammānaṃ samanantarapaccayena paccayo.

Yesaṃ yesaṃ dhammānaṃ samanantarā
ye ye dhammā uppajjanti cittacetāsikā
dhammā, te te dhammā tesaṃ tesaṃ
dhammānaṃ samanantarapaccayena paccayo.

6. Sahajātapaccayoti – cattāro khandhā
arūpino aññamaññaṃ sahajātapaccayena
paccayo. Cattāro mahābhūtā aññamaññaṃ
sahajātapaccayena paccayo. Okkantikkhaṇe
nāmarūpaṃ aññamaññaṃ sahajātapaccayena
paccayo. Cittacetāsikā dhammā citta-
samutṭhānānaṃ rūpānaṃ sahajātapaccayena
paccayo. Mahābhūtā upādārūpānaṃ sahajāta-
paccayena paccayo. Rūpino dhammā arūpīnaṃ
dhammānaṃ kiñci kāle sahajātapaccayena
paccayo, kiñci kāle na sahajātapaccayena
paccayo.

7. Aññamaññapaccayoti – cattāro
khandhā arūpino aññamaññapaccayena
paccayo. Cattāro mahābhūtā aññamañña-
paccayena paccayo. Okkantikkhaṇe nāma-
rūpaṃ aññamaññapaccayena paccayo.

Preceding unwholesome dhammas are related to subsequent unwholesome dhammas by contiguity condition. Preceding unwholesome dhammas are related to subsequent indeterminate dhammas by contiguity condition.

前前诸不善法是后后诸不善法的相续缘。
前前诸不善法是后后诸无记法的相续缘。

Preceding indeterminate dhammas are related to subsequent indeterminate dhammas by contiguity condition. Preceding indeterminate dhammas are related to subsequent wholesome dhammas by contiguity condition. Preceding indeterminate dhammas are related to subsequent unwholesome dhammas by contiguity condition.

前前诸无记法是后后诸无记法的相续缘。
前前诸无记法是后后诸善法的相续缘。
前前诸无记法是后后诸不善法的相续缘。

In contiguity to these dhammas, the (other) dhammas, viz. consciousness and mental factors, arise; those (former) dhammas are related to those (latter) dhammas by contiguity condition.

对于紧续着某些法（之后）生起的那些心与心所法，这些法是那些（心与心所）法的相续缘。

6. Conascence Condition: The four immateriality aggregates are mutually related to one another by nascence condition. The four great elements are mutually related to one another by nascence condition. At the moment of conception, mentality and materiality are mutually related to each other by nascence condition. Consciousness and mental factors are related to the mind-produced materiality by nascence condition. The great elements are related to their derived materiality by nascence condition. Materiality are sometimes related to immateriality by nascence condition and are sometimes not related by nascence condition.

6. 俱生缘：四种非色蕴互相作为俱生缘。四大种互相作为俱生缘。投生刹那的名色互相作为俱生缘。心与心所法是由心产生的诸色的俱生缘。大种是诸所造色的俱生缘。诸色法有时是与有时不是诸非色法的俱生缘。

7. Mutuality Condition: The four immateriality aggregates are related to one another by mutuality condition. The four great elements are related to one another by mutuality condition. At the moment of conception, mentality and materiality are related to each other by mutuality condition.

7. 相互缘：四种非色蕴是相互缘。四大种是相互缘。投生刹那的名色是相互缘。

8. Nissayapaccayoti – cattāro khandhā
arūpino aññamaññaṃ nissayapaccayena
paccayo. Cattāro mahābhūtā aññamaññaṃ
nissayapaccayena paccayo. Okkantikkhaṇe
nāmarūpaṃ aññamaññaṃ nissayapaccayena
paccayo. Cittacetāsikā dhammā citta-
samutthānānaṃ rūpānaṃ nissayapaccayena
paccayo. Mahābhūtā upādārūpānaṃ
nissayapaccayena paccayo.

Cakkhāyatanaṃ cakkhuviññāṇadhātuyā
taṃsāmpayuttakānaṃ dhammānaṃ nissaya-
paccayena paccayo.

Sotāyatanaṃ sotaviññāṇadhātuyā
taṃsāmpayuttakānaṃ dhammānaṃ
nissayapaccayena paccayo.

Ghāṇāyatanaṃ ghāṇaviññāṇadhātuyā
taṃsāmpayuttakānaṃ dhammānaṃ
nissayapaccayena paccayo.

Jivhāyatanaṃ jivhāviññāṇadhātuyā
taṃsāmpayuttakānaṃ dhammānaṃ
nissayapaccayena paccayo.

Kāyāyatanaṃ kāyaviññāṇadhātuyā
taṃsāmpayuttakānaṃ dhammānaṃ
nissayapaccayena paccayo.

Yaṃ rūpaṃ nissāya manodhātu ca
manoviññāṇadhātu ca vattanti, taṃ rūpaṃ
manodhātuyā ca manoviññāṇadhātuyā ca
taṃsāmpayuttakānaṃ dhammānaṃ nissaya-
paccayena paccayo.

9. Upanissayapaccayoti – purimā
purimā kusālā dhammā pacchimānaṃ
pacchimānaṃ kusālānaṃ dhammānaṃ
upanissayapaccayena paccayo. Purimā purimā
kusālā dhammā pacchimānaṃ pacchimānaṃ
akusālānaṃ dhammānaṃ kesañci upanissaya-
paccayena paccayo. Purimā purimā kusālā
dhammā pacchimānaṃ pacchimānaṃ
abyākatānaṃ dhammānaṃ upanissaya-
paccayena paccayo.

8. Dependence Condition: The four immateriality aggregates are mutually related to one another by dependence condition. The four great elements are mutually related to one another by dependence condition. At the moment of conception, mentality and materiality are mutually related to each other by dependence condition. Consciousness and mental factors are related to the mind-produced materiality by dependence condition. The great elements are related to their derived materiality by dependence condition.

8. 依止缘：四种非色蕴互相作为依止缘。四大种互相作为依止缘。投生刹那的名色互相作为依止缘。心与心所法是由心产生的诸色的依止缘。大种是诸所造色的依止缘。

Eye-base is related to eye-consciousness and its associated states by dependence condition.

Ear-base is related to ear-consciousness and its associated states by dependence condition.

Nose-base is related to nose-consciousness and its associated states by dependence condition.

Tongue-base is related to tongue-consciousness and its associated states by dependence condition.

Body-base is related to body-consciousness and its associated states by dependence condition.

眼处是眼识界及其相应诸法的依止缘。

耳处是耳识界及其相应诸法的依止缘。

鼻处是鼻识界及其相应诸法的依止缘。

舌处是舌识界及其相应诸法的依止缘。

身处是身识界及其相应诸法的依止缘。

Depending on this materiality, mind-element and mind-consciousness element arise; that materiality is related to mind-element and mind-consciousness element and their associated states by dependence condition.

对于依靠某色而转起的意界和意识界，该色是意界和意识界及其相应诸法的依止缘。

9. Powerful Dependence Condition: Preceding wholesome dhammas are related to subsequent wholesome dhammas by powerful dependence condition. Preceding wholesome dhammas are sometimes related to subsequent unwholesome dhammas by powerful dependence condition. Preceding wholesome dhammas are related to subsequent indeterminate dhammas by powerful dependence condition.

9. 亲依止缘：

前前诸善法是后后诸善法的亲依止缘。

前前诸善法有时是后后诸不善法的亲依止缘。

前前诸善法是后后诸无记法的亲依止缘。

Purimā purimā akusalā dhammā
pacchimānaṃ pacchimānaṃ akusalānaṃ
dhammānaṃ upanissayapaccayena paccayo.
Purimā purimā akusalā dhammā pacchimānaṃ
pacchimānaṃ kusalaṇaṃ dhammānaṃ kesañci
upanissayapaccayena paccayo. Purimā purimā
akusalā dhammā pacchimānaṃ pacchimānaṃ
abyākatānaṃ dhammānaṃ upanissaya-
paccayena paccayo.

Purimā purimā abyākatā dhammā
pacchimānaṃ pacchimānaṃ abyākatānaṃ
dhammānaṃ upanissayapaccayena paccayo.
Purimā purimā abyākatā dhammā
pacchimānaṃ pacchimānaṃ kusalaṇaṃ
dhammānaṃ upanissayapaccayena paccayo.
Purimā purimā abyākatā dhammā
pacchimānaṃ pacchimānaṃ akusalānaṃ
dhammānaṃ upanissayapaccayena paccayo.

Utubhojanampi upanissayapaccayena
paccayo. Puggalopi upanissayapaccayena
paccayo. Senāsanampi upanissayapaccayena
paccayo.

10. Purejātapaccayoti –

cakkhāyatanaṃ cakkhuviññāṇadhātuyā
taṃsāpayuttakānañca dhammānaṃ
purejātapaccayena paccayo.

Sotāyatanaṃ sotaviññāṇadhātuyā
taṃsāpayuttakānañca dhammānaṃ
purejātapaccayena paccayo.

Ghāṇāyatanaṃ ghāṇaviññāṇadhātuyā
taṃsāpayuttakānañca dhammānaṃ
purejātapaccayena paccayo.

Jivhāyatanaṃ jivhāviññāṇadhātuyā
taṃsāpayuttakānañca dhammānaṃ
purejātapaccayena paccayo.

Kāyāyatanaṃ kāyaviññāṇadhātuyā
taṃsāpayuttakānañca dhammānaṃ
purejātapaccayena paccayo.

Preceding unwholesome dhammas are related to subsequent unwholesome dhammas by powerful dependence condition. Preceding unwholesome dhammas are sometimes related to subsequent wholesome dhammas by powerful dependence condition. Preceding unwholesome dhammas are related to subsequent indeterminate dhammas by powerful dependence condition.

前前诸不善法是后后诸不善法的亲依止缘。
前前诸不善法有时是后后诸善法的亲依止缘。
前前诸不善法是后后诸无记法的亲依止缘。

Preceding indeterminate dhammas are related to subsequent indeterminate dhammas by powerful dependence condition. Preceding indeterminate dhammas are related to subsequent wholesome dhammas by powerful dependence condition. Preceding indeterminate dhammas are related to subsequent unwholesome dhammas by powerful dependence condition.

前前诸无记法是后后诸无记法的亲依止缘。
前前诸无记法是后后诸善法的亲依止缘。
前前诸无记法是后后诸不善法的亲依止缘。

Weather, food, person and lodging-place are related (to beings) by powerful dependence condition.

时节、食物也是亲依止缘，人也是亲依止缘，坐卧处也是亲依止缘。

10. Prenascence Condition:

Eye-base is related to eye-consciousness and its associated states by prenascence condition.

Ear-base is related to ear-consciousness and its associated states by prenascence condition.

Nose-base is related to nose-consciousness and its associated states by prenascence condition.

Tongue-base is related to tongue-consciousness and its associated states by prenascence condition.

Body-base is related to body-consciousness and its associated states by prenascence condition.

10. 前生缘：

眼处是眼识界及其相应诸法的前生缘。

耳处是耳识界及其相应诸法的前生缘。

鼻处是鼻识界及其相应诸法的前生缘。

舌处是舌识界及其相应诸法的前生缘。

身处是身识界及其相应诸法的前生缘。

Rūpāyatanam cakkhuviññādhātuyā
taṃsāpayuttakānañca dhammānam
purejātapaccayena paccayo.

Saddāyatanam sotaviññādhātuyā
taṃsāpayuttakānañca dhammānam
purejātapaccayena paccayo.

Gandhāyatanam ghānaviññādhātuyā
taṃsāpayuttakānañca dhammānam
purejātapaccayena paccayo.

Rasāyatanam jivhāviññādhātuyā
taṃsāpayuttakānañca dhammānam
purejātapaccayena paccayo.

Phoṭṭhabbāyatanam kayaviññādhātuyā
taṃsāpayuttakānañca dhammānam
purejātapaccayena paccayo.

Rūpāyatanam saddāyatanam
gandhāyatanam rasāyatanam
phoṭṭhabbāyatanam manodhātuyā
taṃsāpayuttakānañca dhammānam
purejātapaccayena paccayo.

Yaṃ rūpaṃ nissāya manodhātu ca
manoviññādhātu ca vattanti, taṃ rūpaṃ
manodhātuyā taṃsāpayuttakānañca
dhammānam purejātapaccayena paccayo,
manoviññādhātuyā taṃsāpayuttakānañca
dhammānam kiñci kāle purejātapaccayena
paccayo, kiñci kāle na purejātapaccayena
paccayo.

11. Pacchājātapaccayoti – pacchājātā
cittacetasi kā dhammā purejātassa imassa
kāyassa pacchājātapaccayena paccayo.

12. Āsevanapaccayoti – purimā purimā
kusalā dhammā pacchimānam pacchimānam
kusalānam dhammānam āsevanapaccayena
paccayo. Purimā purimā akusalā dhammā
pacchimānam pacchimānam akusalānam
dhammānam āsevanapaccayena paccayo.
Purimā purimā kiriyābyākatā dhammā
pacchimānam pacchimānam kiriyābyākatānam
dhammānam āsevanapaccayena paccayo.

Visible object is related to eye-consciousness and its associated states by prenatal condition.

Sound object is related to ear-consciousness and its associated states by prenatal condition.

Smell object is related to nose-consciousness and its associated states by prenatal condition.

Taste object is related to tongue-consciousness and its associated states by prenatal condition.

Tangible object is related to body-consciousness and its associated states by prenatal condition.

Visible, sound, smell, taste and tangible objects are related to mind-element and its associated states by prenatal condition.

色处是眼识界及其相应诸法的前生缘。

声处是耳识界及其相应诸法的前生缘。

香处是鼻识界及其相应诸法的前生缘。

味处是舌识界及其相应诸法的前生缘。

触处是身识界及其相应诸法的前生缘。

色处、声处、香处、味处、触处是意界及其相应诸法的前生缘。

Depending on this materiality, mind-element and mind-consciousness element arise; that materiality is related to mind-element and its associated states by prenatal condition; that materiality is sometimes related to mind-consciousness element and its associated states by prenatal condition and sometimes not related by prenatal condition.

对于依靠某色而转起的意界和意识界，该色是意界及其相应诸法的前生缘，有时是及有时不是意识界及其相应诸法的前生缘。

11. Postnascence Condition: The Post-nascent consciousness and mental factors are related to this prenatal materiality by postnascence condition.

11. 后生缘：后生的心与心所法是前生的这个身体的后生缘。

12. Repetition Condition: Preceding wholesome dhammas are related to subsequent wholesome dhammas by repetition condition. Preceding unwholesome dhammas are related to subsequent unwholesome dhammas by repetition condition. Preceding functional indeterminate dhammas are related to subsequent functional indeterminate dhammas by repetition condition.

12. 重复缘：前前诸善法是后后诸善法的重复缘。前前诸不善法是后后诸不善法的重复缘。前前诸唯作无记法是后后诸唯作无记法的重复缘。

13. Kammaṇipaccayoti – kusalākusalāṇaṃ kammaṇaṃ vipākāṇaṃ khandhāṇaṃ kaṭattā ca rūpāṇaṃ kammaṇipaccayena paccayo. Cetanā sampayuttakāṇaṃ dhammāṇaṃ taṃsamutṭhānāṇaṇca rūpāṇaṃ kammaṇipaccayena paccayo.

14. Vipākāṇipaccayoti – vipākā cattāro khandhā arūpino aññamaññaṇaṇ vipākā-paccayena paccayo.

15. Āhārapaccayoti – kabalīkāro āhāro imassa kāyassa āhārapaccayena paccayo. Arūpino āhārā sampayuttakāṇaṃ dhammāṇaṃ taṃsamutṭhānāṇaṇca rūpāṇaṃ āhārapaccayena paccayo.

16. Indriyapaccayoti – cakkhundriyaṃ cakkhuviññāṇadhātuyā taṃsampayuttakāṇaṇca dhammāṇaṃ indriyapaccayena paccayo.

Sotindriyaṃ sotaviññāṇadhātuyā taṃsampayuttakāṇaṇca dhammāṇaṃ indriyapaccayena paccayo.

Ghāṇindriyaṃ ghāṇaviññāṇadhātuyā taṃsampayuttakāṇaṇca dhammāṇaṃ indriyapaccayena paccayo.

Jivhindriyaṃ jivhāviññāṇadhātuyā taṃsampayuttakāṇaṇca dhammāṇaṃ indriyapaccayena paccayo.

Kāyindriyaṃ kāyaviññāṇadhātuyā taṃsampayuttakāṇaṇca dhammāṇaṃ indriyapaccayena paccayo.

Rūpajīvitindriyaṃ kaṭattārūpāṇaṇ indriyapaccayena paccayo.

Arūpino indriyā sampayuttakāṇaṇ dhammāṇaṇ taṃsamutṭhānāṇaṇca rūpāṇaṇ indriyapaccayena paccayo.

17. Jhānapaccayoti – jhāṇaṇgāṇi jhāṇasampayuttakāṇaṇ dhammāṇaṇ taṃsamutṭhānāṇaṇca rūpāṇaṇ jhānapaccayena paccayo.

13. Kamma Condition: Wholesome and unwholesome kamma are related to their resultant mental aggregates and kamma-produced materiality by kamma condition. Volition is related to its associated states and mind-produced materiality by kamma condition.

13. 业缘：善与不善业是果报诸蕴及所作（业生）诸色的业缘。思是相应诸法及由它产生的诸色的业缘。

14. Kamma-result Condition: The four immateriality aggregates are mutually related to one another by kamma-result condition.

14. 果报缘：四种果报非色蕴互相作为果报缘。

15. Nutriment Condition: Edible food is related to this body by nutriment condition. The immaterial nutriments are related to their associated states and to the mind-produced materiality by nutriment condition.

15. 食缘：团食是这个身体的食缘。非色食是相应诸法及由它产生的诸色的食缘。

16. Faculty Condition:

Eye-faculty is related to eye-consciousness and its associated states by faculty condition.

Ear-faculty is related to ear-consciousness and its associated states by faculty condition.

Nose-faculty is related to nose-consciousness and its associated states by faculty condition.

Tongue-faculty is related to tongue-consciousness and its associated states by faculty condition.

Body-faculty is related to body-consciousness and its associated states by faculty condition.

Physical life-faculty is related to kamma-produced materiality by faculty condition.

The immateriality faculties are related to their associated states and to the mind-produced materiality by faculty condition.

16. 根缘：

眼根是眼识界及其相应诸法的根缘。

耳根是耳识界及其相应诸法的根缘。

鼻根是鼻识界及其相应诸法的根缘。

舌根是舌识界及其相应诸法的根缘。

身根是身识界及其相应诸法的根缘。

色命根是所作（业生）诸色的根缘。

诸非色根是相应诸法及由它产生的诸色的根缘。

17. Jhāna Condition: The jhāna-factors are related to their associated states and to the mind-produced materiality by jhāna condition.

17. 禅那缘：诸禅支是与禅那相应诸法及由它产生的诸色的禅那缘。

18. Maggapaccayoti – maggaṅgāni
maggasampayuttakānaṃ dhammānaṃ
taṃsamutṭhānānaṃ rūpānaṃ magga-
paccayena paccayo.

19. Sampayuttapaccayoti – cattāro
khandhā arūpino aññamaññaṃ sampayutta-
paccayena paccayo.

20. Vippayuttapaccayoti – rūpino
dhammā arūpīnaṃ dhammānaṃ vippayutta-
paccayena paccayo. Arūpino dhammā rūpīnaṃ
dhammānaṃ vippayuttapaccayena paccayo.

21. Atthipaccayoti – cattāro khandhā
arūpino aññamaññaṃ atthipaccayena paccayo.
Cattāro mahābhūtā aññamaññaṃ atthi-
paccayena paccayo. Okkantikkhaṇe nāmarūpaṃ
aññamaññaṃ atthipaccayena paccayo.
Cittacetasiṃ dhammā cittasamutṭhānānaṃ
rūpānaṃ atthipaccayena paccayo. Mahābhūtā
upādārūpānaṃ atthipaccayena paccayo.

Cakkhāyatanaṃ cakkhuviññāṇadhātuyā
taṃsāmpayuttakānaṃ dhammānaṃ atthi-
paccayena paccayo.

Sotāyatanaṃ sotaviññāṇadhātuyā
taṃsāmpayuttakānaṃ dhammānaṃ
atthipaccayena paccayo.

Ghāṇāyatanaṃ ghāṇaviññāṇadhātuyā
taṃsāmpayuttakānaṃ dhammānaṃ
atthipaccayena paccayo.

Jivhāyatanaṃ jivhāviññāṇadhātuyā
taṃsāmpayuttakānaṃ dhammānaṃ
atthipaccayena paccayo.

Kāyāyatanaṃ kāyaviññāṇadhātuyā
taṃsāmpayuttakānaṃ dhammānaṃ
atthipaccayena paccayo.

Rūpāyatanaṃ cakkhuviññāṇadhātuyā
taṃsāmpayuttakānaṃ dhammānaṃ
atthipaccayena paccayo.

18. Path Condition: The path-factors are related to their associated states and to the mind-produced materiality by path condition.

18. 道缘：诸道支是与道相应诸法及由它产生的诸色的道缘。

19. Association Condition: The four immateriality aggregates are mutually related to one another by association condition.

19. 相应缘：四种非色蕴互相作为相应缘。

20. Dissociation Condition: Materiality dhammas are related to immateriality dhammas by dissociation condition. Immateriality dhammas are related to materiality dhammas by dissociation condition.

20. 不相应缘：诸色法是诸非色法的不相应缘。诸非色法是诸色法的不相应缘。

21. Presence Condition: The four immateriality aggregates are mutually related to one another by presence condition. The four great elements are mutually related to one another by presence condition. At the moment of conception, mentality and materiality are mutually related to each other by presence condition. Consciousness and mental factors are related to the mind-produced materiality by presence condition. The great elements are related to their derived materiality by presence condition.

21. 有缘：四种非色蕴互相作为有缘。四大种互相作为有缘。投生刹那的名色互相作为有缘。诸心与心所法是由心产生的诸色的有缘。大种是诸所造色的有缘。

Eye-base is related to eye-consciousness and its associated states by presence condition.

Ear-base is related to ear-consciousness and its associated states by presence condition.

Nose-base is related to nose-consciousness and its associated states by presence condition.

Tongue-base is related to tongue-consciousness and its associated states by presence condition.

Body-base is related to body-consciousness and its associated states by presence condition.

眼处是眼识界及其相应诸法的有缘。

耳处是耳识界及其相应诸法的有缘。

鼻处是鼻识界及其相应诸法的有缘。

舌处是舌识界及其相应诸法的有缘。

身处是身识界及其相应诸法的有缘。

Visible object is related to eye-consciousness and its associated states by presence condition.

Sound object is related to ear-consciousness and its associated states by presence condition.

Smell object is related to nose-consciousness and its associated states by presence condition.

Taste object is related to tongue-consciousness and

Saddāyatanam sotaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
atthipaccayena paccayo.

Gandhāyatanam ghānaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
atthipaccayena paccayo.

Rasāyatanam jivhāviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
atthipaccayena paccayo.

Phoṭṭhabbāyatanam kāyaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ atthi-
paccayena paccayo.

Rūpāyatanam saddāyatanam
gandhāyatanam rasāyatanam
phoṭṭhabbāyatanam manodhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
atthipaccayena paccayo.

Yaṃ rūpaṃ nissāya manodhātu ca
manoviññāṇadhātu ca vattanti, taṃ rūpaṃ
manodhātuyā ca manoviññāṇadhātuyā ca
taṃsāpayuttakāṇaṃ dhammānaṃ
atthipaccayena paccayo.

22. Natthipaccayoti – samanantara-
niruddhā cittacetāsikā dhammā
paṭuppannānaṃ cittacetāsikānaṃ
dhammānaṃ natthipaccayena paccayo.

23. Vigatapaccayoti – samanantara-
vigatā cittacetāsikā dhammā paṭuppannānaṃ
cittacetāsikānaṃ dhammānaṃ vigata-
paccayena paccayo.

24. Avigatapaccayoti – cattāro khandhā
arūpino aññamaññaṃ avigatapaccayena
paccayo. Cattāro mahābhūtā aññamaññaṃ
avigatapaccayena paccayo. Okkantikkhaṇe
nāmarūpaṃ aññamaññaṃ avigatapaccayena
paccayo. Cittacetāsikā dhammā citta-
samutṭhānānaṃ rūpānaṃ avigatapaccayena
paccayo. Mahābhūtā upādārūpānaṃ avigata-
paccayena paccayo.

its associated states by presence condition.

Tangible object is related to body-consciousness and its associated states by presence condition.

Visible, sound, smell, taste and tangible objects are related to mind-element and its associated states by presence condition.

色处是眼识界及其相应诸法的有缘。

声处是耳识界及其相应诸法的有缘。

香处是鼻识界及其相应诸法的有缘。

味处是舌识界及其相应诸法的有缘。

触处是身识界及其相应诸法的有缘。

色处、声处、香处、味处、触处是意界及其相应诸法的有缘。

Depending on this materiality, mind-element and mind-consciousness element arise; that materiality is related to mind-element, mind-consciousness element and their associated states by presence condition.

对于依靠某色而转起的意界和意识界，该色是意界和意识界及其相应诸法的有缘。

22. Absence Condition: Consciousness and mental factors, which have just ceased in contiguity, are related to the present consciousness and mental factors by absence condition.

22. 无有缘：等无间灭去的诸心、心所法是现在的诸心、心所法的无有缘。

23. Disappearance Condition: Consciousness and mental factors, which have just disappeared in contiguity, are related to the present consciousness and mental factors by disappearance condition.

23. 离去缘：等无间离去的诸心、心所法是现在的诸心、心所法的离去缘。

24. Non-disappearance Condition: The four immateriality aggregates are mutually related to one another by non-disappearance condition. The four great elements are mutually related to one another by non-disappearance condition. At the moment of conception, mentality and materiality are mutually related to each other by non-disappearance condition. Consciousness and mental factors are related to the mind-produced materiality by non-disappearance condition. The great elements are related to their derived materiality by non-disappearance condition.

24. 不离去缘：四种非色蕴互相作为不离去缘。四大种互相作为不离去缘。投生刹那的名色互相作为不离去缘。诸心与心所法是由心产生的诸色的不离去缘。大种是诸所造色的不离去缘。

Cakkhāyatanaṃ cakkhuviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ avigata-
paccayena paccayo.

Sotāyatanaṃ sotaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Ghāṇāyatanaṃ ghāṇaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Jivhāyatanaṃ jivhāviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Kāyāyatanaṃ kāyaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Rūpāyatanaṃ cakkhuviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ avigata-
paccayena paccayo.

Saddāyatanaṃ sotaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Gandhāyatanaṃ ghāṇaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Rasāyatanaṃ jivhāviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Phoṭṭhabbāyatanaṃ kāyaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ avigata-
paccayena paccayo.

Rūpāyatanaṃ saddāyatanaṃ
gandhāyatanaṃ rasāyatanaṃ
phoṭṭhabbāyatanaṃ manodhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Yaṃ rūpaṃ nissāya manodhātu ca
manoviññāṇadhātu ca vattanti, taṃ rūpaṃ
manodhātuyā ca manoviññāṇadhātuyā ca
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

– Abhidhammapiṭaka, Paṭṭhāna,
Paccayaniddeso

Eye-base is related to eye-consciousness and its associated states by non-disappearance condition.

Ear-base is related to ear-consciousness and its associated states by non-disappearance condition.

Nose-base is related to nose-consciousness and its associated states by non-disappearance condition.

Tongue-base is related to tongue-consciousness and its associated states by non-disappearance condition.

Body-base is related to body-consciousness and its associated states by non-disappearance condition.

眼处是眼识界及其相应诸法的不离去缘。

耳处是耳识界及其相应诸法的不离去缘。

鼻处是鼻识界及其相应诸法的不离去缘。

舌处是舌识界及其相应诸法的不离去缘。

身处是身识界及其相应诸法的不离去缘。

Visible object is related to eye-consciousness and its associated states by non-disappearance condition.

Sound object is related to ear-consciousness and its associated states by non-disappearance condition.

Smell object is related to nose-consciousness and its associated states by non-disappearance condition.

Taste object is related to tongue-consciousness and its associated states by non-disappearance condition.

Tangible object is related to body-consciousness and its associated states by non-disappearance condition.

Visible, sound, smell, taste and tangible objects are related to mind-element and its associated states by non-disappearance condition.

色处是眼识界及其相应诸法的不离去缘。

声处是耳识界及其相应诸法的不离去缘。

香处是鼻识界及其相应诸法的不离去缘。

味处是舌识界及其相应诸法的不离去缘。

触处是身识界及其相应诸法的不离去缘。

色处、声处、香处、味处、触处是眼界及其相应诸法的不离去缘。

Depending on this materiality, mind-element and mind-consciousness element arise; that materiality is related to mind-element, mind-consciousness element and their associated states by non-disappearance condition.

对于依靠某色而转起的意界和意识界，该色是意界和意识界及其相应诸法的不离去缘。

Buddhānussati (p.5)

Iti'pi so bhagavā araham, sammāsambuddho,
vijjācaraṇa-sampanno, sugato, lokavidū,
anuttaro purisadamma-sārathi, satthā
devamanussānam, buddho, bhagavā.

Dhammānussati (p.5)

Svākkhāto bhagavatā dhammo, sandiṭṭhiko,
akāliko, ehi-passiko, opanayiko, paccattam
veditabbo viññūhi.

Saṅghānussati (p.5)

Suppaṭipanno bhagavato sāvaka-saṅgho,
Ujuppaṭipanno bhagavato sāvaka-saṅgho,
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,
Sāmicippaṭipanno bhagavato sāvaka-saṅgho;
Yadidaṃ: cattāri purisa-yugāni aṭṭha purisa-
puggalā, esa bhagavato sāvaka-saṅgho;
Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-
karaṇīyo, anuttaram puññakkhettaṃ lokassa.

Evam buddham sarantānam
Dhammam saṅghaṃ bhikkhavo;
Bhayaṃ vā chambhitattam vā
Lomahaṃso na hessati.

– SN, Sagāthāvagga, Sakkaṣaṇyutta,
Dhajaggasuttam

Contemplation of the Buddha 佛随念

Such is that Blessed One, the Worthy One, the Perfectly Self-Awakened One, One fully possessed of wisdom and conduct, One who has proceeded by the good way, Knower of the [three] worlds, Unexcelled Trainer of tamable men, Teacher of deities and men, The Awakened One, The Blessed One.

世尊是：阿罗汉、圆满自觉者、明行足、善逝、世间解、无上士调御丈夫、天人师、佛陀、世尊。

Contemplation of the Dhamma 法随念

Well-expounded is the Exalted One's Dhamma, visible here-and-now, not delayed in time, inviting of inspection, onward-leading, is directly experienceable by the wise.

法由世尊善说，现前可见、无时（无间隔）、请来看、导向、当由智者亲证。

Contemplation of the Saṅgha 僧随念

The community of the Exalted One's disciples has entered on the good way, the community of the Exalted One's disciples has entered on the straight way, the community of the Exalted One's disciples has entered on the true way, the community of the Exalted One's disciples has entered on the proper way, that is to say, the four pairs of men, the eight types of persons. That is the Exalted One's disciple community, worthy of gifts, worthy of hospitality, worthy of offerings, whom should be respected, the incomparable field of merit for the world.

世尊的声闻僧众已入善行道；世尊的声闻僧众已入正直行道；世尊的声闻僧众已入真实行道；世尊的声闻僧众已入正当行道。即四双八辈。这是世尊的声闻僧众，是应供养、应供奉者、应施于者、应合掌（礼敬）者，是世间的无上福田。

Thus, Bhikkhus, in you who remember the Buddha, the Dhamma and the Saṅgha, fear, trembling or terror will never arise.

如是诸比丘，忆念佛法僧，
他无畏不栗，无毛骨悚然。

Parittaparikamma (p.6)

Ye santā santacittā,
tisaraṇasaraṇā,
ettha lokantare vā,
bhumṃābhummā ca devā,
guṇagaṇagahaṇabyāvaṭṭā sabbakālaṃ,
ete āyantu devā,
varakanakamaye,
Merurāje vasanto,
santo santosa hetum,
Munivaravacanāṃ,
sotumaggaṃ samaggaṃ.

Sabbesu cakkavāḷesu,
yakkhā devā ca brahmano,
yaṃ amhehi kataṃ puññaṃ,
sabbasampattisādhakaṃ,

Sabbe taṃ anumoditvā,
samaggā sāsane ratā,
pamādarahitā hontu,
āraṃbhāsu viśesato.

Sāsanassa ca lokassa,
vuḍḍhī bhavatu sabbadā,
sāsanampi ca lokañca,
devā rakkhantu sabbadā.

Saddhiṃ hontu sukhī sabbe,
parivārehi attano,
anīghā sumanā hontu,
saha sabbehi ñātibhi.

Rājato vā, corato vā, manussato vā,
amanussato vā, aggito vā, udakato vā,
pisācato vā, khāṇukato vā,
kaṇṭakato vā, nakkhattato vā,
janapadarogato vā, asaddhammato vā,
asanditṭhito vā, asappurisato vā,
caṇḍa-hatthi-assa-miga-goṇa-kukkura-ahi-
vicchika-maṇisappa-dīpi-accha-taraccha-
sūkara-mahimsa-yakkha-rakkhasādīhi,
nānā-bhayato vā, nānā-roгато vā,
nānā-upaddavato vā, āraṃkhaṃ gaṇhantu.

Preliminary of Paritta 护卫前业

Those (gods) who are peaceful, with peaceful minds, who have taken refuge in the triple refuge, whether here, or above the worlds, the various earth gods and sky gods, who make effort to take group of virtuous deeds all of the time, may these gods and those who dwell on the majestic Mt. Meru, that excellent golden mountain, come in concord, to hear the Sage's excellent word which is a reason of great happiness.

这个世界与其它世界里，受持了三皈依，一切时候皆致力于累积诸多美德，贤善内心寂静的地居神与空居神，以及住在金造的须弥山顶的诸神王，以及诸位贤者，愿诸神都和谐地来听闻牟尼的至上语、快乐之因。

May all yakkhas, gods, and deities, from the whole universe, after partaking of the merits, which can produce all good fortune,

愿一切世界里的夜叉、神与梵天神随喜我们所造、能带来一切成就的福业。

which we have acquired, being in harmony, and delighting in the teaching, be not heedless and grant us complete protection especially.

随喜该福业后，愿他们都和谐地对佛教感到欢喜，不放逸地保护（美德）。

May the teaching and the world be on the increase at all times, and may the gods protect the teaching and the world forever.

愿一切时候佛教与世界都在增长，

愿一切时候诸神都保护佛教与世界。

May all together with those who are one's around, be happy, may all together with all relatives, be untroubled, and easy in mind.

愿一切众生自己与其随众都快乐，

愿他们及亲戚们都无身苦都开心。

(May you be protected) from the king, thieves, humans, and non-humans, from fire and water, demons, stumps, and thorns, from unlucky stars, and epidemics, from what is not the true dhamma, not right view, not a good person, and from fierce elephants, horses, antelopes, bulls, dogs, snakes, scorpions, poisonous serpents, panthers, bears, hyenas, wild boars, buffaloes, yakkhas, rakkhasas, and so on, from the manifold fears, the manifold diseases, the manifold calamities, (from all of these troubles) may you receive protection.

愿你们获得保护得以免除来自王、贼、人、非人、火、水、鬼怪、树桩、刺、星座、瘟疫、非正法、邪见、非善士、凶恶的象、马、鹿、牛、狗、蛇、蝎、水蛇、豹、熊、鬣狗、野猪、水牛、夜叉、怪物等的种种危险，免除种种疾病与厄难。

Mettasuttaṃ (p.7)

Yassānubhāvato yakkhā neva dassenti bhīsanam
Yamhi cevānuyuñjanto rattindivamatandito.

Sukham supati sutto ca pāpam kiñci na passati,
Evamādiguṇūpetam parittam tam bhaṇāma he.

- - -

Karaṇīyamattakusalena,
yantasantaṃ padaṃ abhisamecca;
Sakko ujū ca suhujū ca,
suvaco cassa mudu anatimānī.

Santussako ca subhāro ca,
appakicco ca sallahukavutti;
Santindriyo ca nipako ca,
appagabbho kulesvananugiddho.

Na ca khuddamācare kiñci,
yena viññū pare upavadeyyum;
Sukhinova khemino hontu,
sabbasattā bhavantu sukhittā.

Ye keci pāṇabhūtatti,
tasā vā thāvarā vanavasesā;
Dīghā vā yeva mahantā,
majjhimā rassakā aṇukathulā.

Diṭṭhā vā yeva adiṭṭhā,
ye va dūre vasanti avidūre;
Bhūtā va sambhavesī va,
sabbasattā bhavantu sukhittā.

Na paro param nikubbetha,
nātimaññetha katthaci na kañci;
Byārosanā paṭighasaññā,
nāññamaññassa dukkhamiccheyya.

Mātā yathā niyaṃ puttamāyusā
ekaputtamanurakkhe;
Evampi sabbabhūtesu,
mānasam bhāvaye aparimāṇam.

Discourse on Loving-Kindness 慈愛經

Due to the power of this (Mettā Sutta), spirits did not manifest frightful sights. One who devotes himself to these teachings day and night diligently sleeps soundly and does not have any nightmare when asleep. Let us recite this protective discourse.

透过它（慈愛經）的力量，夜叉不显现恐怖相。对于昼夜致力修行者，他睡眠舒适不做恶梦。且让我们诵念具备这些功德之护卫。

This is to be done by [one] skilled in [what is] beneficial: having understood the path that [leads to] peace; he would be able, upright, very upright, easy to admonish, gentle, and not arrogant.

这是想要证得彻悟寂静涅槃、善于有益修行的人应该做的事：他必须有能力、正直、非常正直、易受教、柔软、不自大、

Contented and easy to support, of few duties and living frugally; [with] calm faculties and prudent, not obtrusive [to and] greedy [for gains from supporting] families.

知足、易护持、少事务、生活简朴、诸根寂静、拥有成熟的智慧、不无礼、不贪着在家众。

He would not do [even] the slightest thing, by which the wise could censure [and tell] others; may [all beings] be happy and secure, may all beings be in a state of happiness.

只要是智者将会指责的事，即使是小事他也不做；（愿一切众生）幸福与平安，愿一切众生安乐；

Whatever living beings there are, feeble or strong, [all] without exception; those long, great, medium, short, small or large.

无论是任何存在的众生，会颤抖的或不会颤抖的皆毫无遗漏，长的或大的或中等的，短的或小的或粗圆的，

Those seen or not seen, and living far or nearby; born or seeking birth, may all beings be in a state of happiness.

见到的或没见到的，住在远方的或近处的，已生的或还寻求再生的——愿一切众生快乐。

One would not deceive another, [nor] despise them anywhere [about] anything; [out of] anger or aversion, would not wish suffering for each other.

且让人不欺骗别人，也不在任何地方轻视别人。且让他们不会以嗔怒与厌恶来互相希望对方痛苦。

Just as a mother for her son, [her] only son, would protect [him] with her life; thus, also, towards all beings, would develop the mind without limit.

正如母亲对待自己的儿子那样，会以生命来保护独生子；应当如此对一切众生培育无量的心。

Mettañca sabbalokasmi,
mānasam bhāvaye aparimāṇam;
Uddham adho ca tiriyañca,
asambādhamaṃ averamasapattam.

Tiṭṭham caram nisinno va,
sayāno yāvatāssa vitamiddho;
Etaṃ satim adhiṭṭheyya,
brahmametaṃ vihāramidhamāhu.

Diṭṭhiñca anupaggamma,
sīlavā dassanena sampanno;
Kāmesu vinaya gedham,
na hi jātuggabbhaseyya punareti.

– KN, Khuddakapāṭha 9; Suttanipāta, Uragavagga 8

With loving-kindness towards the whole world,
would develop the mind without limit; above, below and
across, unrestricted, free from enmity and hostility.

以及应当以慈爱对全世界培育无量的心，上
方、下方与周围，无障碍、无仇人、无敌对。

While standing, walking, seated, or lying down free
from drowsiness; would determine [to keep] this
mindfulness [in mind], this is a divine abiding in this
world, it is said.

立、行、坐或卧，只要不是在睡眠中，都应决
心保持如此的正念。这就是他们在此所说的梵住。

Not going to [wrong] view[s], being morally well
behaved and having [right] vision, [and] having given up
greed for sensuality, never again come [back] to the
womb.

不执持邪见，拥有戒行，具足智见，及已经去
除对欲乐的贪爱之后，他肯定不会再投胎。

Khandhasuttaṃ (p.8)

Sabbāsivisaṇṇānaṃ
Dibbamantāgadam viya
Yaṃ nāseti viṣam ghoram
Sesañcāpi parissayam.

Āṇākkhetamhi sabbattha
Sabbadā sabbapāṇinam
Sabbasopi nivāreti
Parittam tam bhaṇāma he.

- - -

Virūpakkhehi me mettam
Mettam Erāpathehi me,
Chabyāputtehi me mettam
Mettam Kaṇhāgotamakehi ca.

Apādakehi me mettam
Mettam dvipādakehi me,
Catuppadehi me mettam
Mettam bahuppadehi me.

Mā maṃ apādako hiṃsi
Mā maṃ hiṃsi dvipādako,
Mā maṃ catuppado hiṃsi
Mā maṃ hiṃsi bahuppado.

Discourse on [Protection of] Aggregates 蕴护经

Just like divine charms and divine medicines, this
(Khandha-Sutta) nullifies baneful poison and other perils
of all the highly poisonous creatures.

犹如天咒与天药，此经能够除剧毒；
一切剧毒之生物，其害此经皆能除。

In the scope of authority everywhere, always, for all
beings this discourse prevents (the disasters). Let us
recite this protective discourse now.

在此威力范围内，一切时候一切处，
此经能防该危害。我们且诵此护卫。

May I have loving-kindness towards the Virūpakkhas;
May I have loving-kindness towards the Erāpathas;
May I have loving-kindness towards the Chabyāputtas;
May I have loving-kindness towards the Kaṇhāgotamakas.
愿我对威卢跋有慈爱；愿我对伊拉跋有慈爱；
愿我对刹标子有慈爱；愿我对黑瞿昙有慈爱。

May I have loving-kindness towards footless beings;
May I have loving-kindness towards beings with two legs;
May I have loving-kindness towards beings with four legs;
May I have loving-kindness towards beings with many legs.
愿我对无足众生有慈爱；愿我对两足众生有慈爱；
愿我对四足众生有慈爱；愿我对多足众生有慈爱。

May footless beings not harm me;
May beings with two legs not harm me;
May beings with four legs not harm me;
May beings with many legs not harm me.
愿无足众生不伤害我；愿两足众生不伤害我；
愿四足众生不伤害我；愿多足众生不伤害我。

Sabbe sattā, sabbe pāṇā
Sabbe bhūtā ca kevalā,
Sabbe bhadṛāni passantu
Mā kañci pāpamāgamā.

Appamāṇo Buddhō,
Appamāṇo Dhammo,
Appamāṇo Saṅgho.
Pamāṇavantāni sirīmsapāni:
Ahi-vicchikā, satapadī,
Uṇṇanābhi, sarabū, mūsikā.

Katā me rakkhā, kataṃ me parittaṃ,
Paṭikkamantu bhūtāni.
So'haṃ namo Bhagavato,
Namo sattannaṃ Sammā-sambuddhānaṃ.

– KN, 203 Khaṇḍajātaka;
AN.IV.67 Ahirājasuttaṃ;
Vinayaṭṭhaka, Cūḷavagga,
Khuddakavatthukkhandaṃ

May all living beings, all breathing things,
all creatures (without exception)
meet with good fortune.
May none of them come to any evil.
愿一切有情一切息生、一切众生毫无遗漏地，
愿他们遇见幸运的事，不会遭遇邪恶的事情。

Infinite is the Buddha,
Infinite is the Dhamma,
Infinite is the Saṅgha.
Finite are creeping things:
snakes, scorpions, centipedes,
spiders, lizards, rats.
佛无量，法无量，僧无量。
爬行类却有限量：
蛇、蝎、蜈蚣、
蜘蛛、蜥蜴、老鼠。

I have made the protection, I have made the safeguard.
May the (harmful) beings depart. I pay homage to the
Blessed One; homage to the seven Buddhas (Vipassī
Buddha, Sikhī Buddha, Vessabhū Buddha, Kakusandha
Buddha, Koṇāgamana Buddha, Kassapa Buddha, and
Gotama Buddha)
我做了护卫，我做了保护。
愿那些（有害的）众生离开。
我礼敬世尊；
礼敬七位圆满自觉者。

Dasadhammāsuttaṃ (p.11) (Pabbajita-Abhiṇhasuttaṃ)

“Dasayime, bhikkhave, dhammā
pabbajitena abhiṇhaṃ paccavekkhitabbā.
Katame dasa?

1. ‘Vevaṇṇiyamhi ajjhupagato’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

2. ‘Para-paṭibaddhā me jīvikā’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

3. ‘Añño me ākappo karaṇīyo’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

4. ‘Kacci nu kho me attā sīlato na
upavadatī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

5. ‘Kacci nu kho maṃ anuvicca viññū
sābrahma-cārī sīlato na upavadantī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

6. ‘Sabbhehi me piyehi manāpehi nānā-
bhāvo vinā-bhāvo’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

7. ‘Kamassakomhi kamma-dāyādo
kamma-yoni kamma-bandhu kamma-
paṭisaraṇo, yaṃ kammaṃ karissāmi kalyāṇaṃ
vā pāpakaṃ vā tassa dāyādo bhavissāmī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

8. ‘Kathambhūtassa me rattindivā
vītivattantī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

9. ‘Kacci nu kho ahaṃ suññāgāre
abhiraṃāmī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

Discourse on Ten Dhammas 十法经

“There are these ten things, bhikkhus, that one who
has gone forth should frequently reflect on. What are the
ten?

「诸比丘，有十种法是出家人应当经常省察
的。是哪十种？」

‘I have become one who has no class’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我已经成为没有阶
级分别的人。』

‘I am bound to others for my livelihood’, one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我的生活依赖他
人。』

‘I should comport myself differently’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我的行仪举止应
[与在家人] 不同。』

‘Can I myself find no fault with my virtue?’ one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否不会因戒而
谴责自己？』

‘Will my wise companions in the spiritual life, after
testing me, find no fault with my virtue?’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『有智的同梵行者检
查后，是否不会因戒而谴责我？』

‘All those who are dear and pleasing to me are
subject to change, subject to separation (i.e. death)’, one
who has gone forth should frequently reflect on this.

出家人应当经常地省察：『一切我所喜爱、可
意的会变易、别离（即：死亡）。』

‘I am the owner of my kammās, I am the heir of my
kammās, it is kamma that I am born from, kammās are
my kinsfolk, kammās are my refuge, whatever kammās I
perform, whether good or bad, to that I will be the heir’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是业的所有者，
业的继承者，以业为起源，以业为亲属，以业为依
靠。无论我所造的业是善或恶，我将是它的继承
者。』

‘In what way do the nights and days pass for me?’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是如何度过日
夜呢？』

‘Do I delight in empty places?’ one who has gone
forth should frequently reflect on this.

出家人应当经常地省察：『我是否乐于空闲处
呢？』

10. 'Atthi nu kho me uttari-manussa-dhammo alamariya-ñāṇa-dassana-viseso adhigato, yenāhaṃ pacchime kāle sabrahmacārīhi puṭṭho na maṅku bhavissāmī'ti pabbajitena abhiṇhaṃ paccavekkhitabbāṃ.

Ime kho, bhikkhave, dasa dhammā pabbajitena abhiṇhaṃ paccavekkhitabbā."

– AN.X.48

'Has a state beyond (ordinary) human beings, the distinction of what is truly noble knowledge and seeing been attained by me? Will I at the end, when questioned by my companions in the spiritual life, not be embarrassed?', one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否有证得上人法、真正殊胜的圣智见呢？在我最后时刻，当同梵行者们问及时，我将不会羞愧？』

"These are the ten things, bhikkhus, that one who has gone forth should frequently reflect on."

诸比丘，此十种法乃出家人应当经常地省察。」

Catupaccavekkhaṇā (p.12)

Paṭisaṅkhā yoniso cīvaraṃ paṭisevāmi, yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya, ḍaṃsa-makasa-vātātapa-sirīmsapa-samphassānaṃ paṭighātāya, yāvadeva hiri-kopīna-paṭicchādanatthaṃ.

Paṭisaṅkhā yoniso piṇḍapātaṃ paṭisevāmi, neva davāya na madāya na maṇḍanāya na vibhūsanāya, yāvadeva imassa kāyassa ṭhitiyā yāpanāya vihiṃsūparatiyā brahmacariyānuggahāya, iti purāṇaṇca vedanaṃ paṭisaṅkhāmi, navaṇca vedanaṃ na uppādessāmi, yātrā ca me bhavissati anavajjatā ca phāsu-vihāro ca.

Paṭisaṅkhā yoniso senāsanaṃ paṭisevāmi, yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya, ḍaṃsa-makasa-vātātapa-sirīmsapa-samphassānaṃ paṭighātāya, yāvadeva utu-parissaya-vinodanaṃ paṭisallānārāmatthaṃ.

Paṭisaṅkhā yoniso gilāna-paccaya-bhesajja-parikkhāraṃ paṭisevāmi, yāvadeva uppannānaṃ veyyābādhikānaṃ vedanānaṃ paṭighātāya, abyāpajjha-paramatāya.

Four [Requisites] Contemplation

四种省思

Reflecting wisely, I wear the robe, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and also for the purpose of covering the parts of my body that cause shame.

我如理省思所受用之衣，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了遮蔽羞处。

Reflecting wisely I use almsfood not for play, not for pride, not for beauty, not for fattening; but merely for the sustenance and continuance of this body; to cease discomfort; and to be able to practise the holy life, thinking "Thus I will destroy old feelings (of hunger) and not create new feelings (from overeating). I will maintain myself, be blameless, and live in comfort."

我如理省思所受用的食物，不为嬉戏，不为骄傲，不为装饰，不为庄严，只是为了此身住立存续，为了停止伤害，为了资助梵行，如此我将消除旧受，并使新受不生，我将维持生命、无过且安住。

Reflecting wisely I make use of dwellings, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and as a protection from the perils of weather conditions; and for the joy of seclusion.

我如理省思所受用的住所，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了免除季候的危险，而好独处（禅修）之乐。

Reflecting wisely I make use of medicinal requisites that are for curing the sick, only to counteract any afflicting feelings (of illness) that have arisen and for maximum freedom from disease.

我如理省思所受用的病者所需之药品，只是为了治疗已生起的病苦之受，为了尽量没有身苦。

Pubbaṇhasuttaṃ (p.14)

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Buddhānubhāvena vināsamentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Dhammānubhāvena vināsamentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Saṅghānubhāvena vināsamentu.

Dukkhappattā ca niddukkhā
Bhayappattā ca nibbhayā,
Sokappattā ca nissokā
Hontu sabbe'pi pāṇino.

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe devā'numodantu
Sabba-sampatti siddhiyā.

Dānaṃ dadantu saddhāya,
Sīlaṃ rakkhantu sabbadā,
Bhāvanābhiratā hontu,
Gacchantu devatāgatā.

Sabbe Buddhā balappattā
Paccekaṇaṃ yaṃ balaṃ,
Arahantānaṃ tejena
Rakkhaṃ bandhāmi sabbaso.

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Buddhē ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

The Discourse about the Forenoon 午前经

By the power of the Buddha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛陀的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Dhamma, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛法的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Saṅgha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过僧团的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

May all creatures who are suffering be without suffering, [living in] fear be without fear and [living in] sorrow be without sorrow.

祝愿一切的众生，痛苦的不再痛苦，
恐惧的不再恐惧，忧愁的不再忧愁。

May all deities rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切神随喜我们至今所累积的功德，愿一切得成就！

May all be able to perform giving with faith; may all safeguard their morality always. May all be delighted in meditation. May the deities who have come (to the recitation) go back (to their homes).

愿大家依信布施，愿大家永护其戒，
愿大家乐于禅修，请来此诸神归去。

By the (protective) power of the Buddhas, the power of Pacceka-Buddhas and the power of Arahants, I fortify the protection in every way.

以一切佛陀之力，及诸辟支佛之力，
及诸阿罗汉之力，我建立一切守护！

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间（这是指天界、梵天界或其他世界系）的任何财宝，或在天界的任何殊胜珠宝，都没有和如来（佛陀）同等的。在佛陀里有此殊胜宝。以此真实语愿得安乐。

Yam kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Dhamme ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Yam kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Saṃghe ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Mahā-kāruṇiko nātho,
Hitāya sabba-pāṇīnaṃ,
Pūretvā pāramī sabbā,
Patto sambodhimuttamaṃ.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Jayanto bodhiyā mūle,
Sakyānaṃ nandi-vuḍḍhano,
Evameva jayo hotu,
Jayassu jaya-maṅgale.

Aparājita-pallaṅke,
Sīse puthuvipukkhaḷe,
Abhiseke sabbabuddhānaṃ,
Aggapatto pamodati.

Sunakkhattaṃ sumaṅgalaṃ,
Suppabhātaṃ suhuttḥitaṃ;
Sukhaṇo sumuhutto ca,
Suyittḥaṃ brahmacārisu.

Padakkhiṇaṃ kāya-kammaṃ,
Vācā-kammaṃ padakkhiṇaṃ;
Padakkhiṇaṃ mano-kammaṃ,
Paṇīdhi te padakkhiṇe.

Padakkhiṇāni katvāna,
Labhantatthe padakkhiṇe.
Te attha-laddhā sukhitā
Virūlḥā Buddha-sāsane;
Arogā sukhitā hotha
Saha sabbehi ñātibhi.

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Dhamma is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在法里有此殊胜宝。以此真实语愿得安乐。

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在僧团里有此殊胜宝。以此真实语愿得安乐。

The most compassionate Lord had fulfilled all the perfections for the welfare of all beings and had attained the supreme enlightenment. By this truth may there be well-being for you always.

具有大悲的依持者，为了一切众生利益，
圆满所有波罗蜜后，证得无上菩提解脱；
借着这真实的话语，愿你永远平安快乐。

Just as the Lord, the increaser of delight for the Sakyans, was victorious at the foot of the Bodhi tree, so also may the victory be to you and may you be successful in all the auspicious conquests.

为释迦族增长喜者，在菩提树下得胜利；
愿你也都如此胜利，于吉祥征途得胜利。

The Lord had attained the Noble State on the Unconquerable Seat, on the most sacred earth consecrated by all the Buddhas and rejoiced.

在不败的座位上，在最神圣的地点，
诸佛加持欢喜处，他证悟圣洁之境。

May good planets, excellent blessings, good daybreak, good waking up, good moment, good instance, and good oblations to the sages be to you.

愿你得吉星善吉祥，好的黎明好的起身，
好的刹那与好时刻，对梵行者的善供养。

May the bodily deeds be reverential; may the speech deeds be reverential; may the mental deeds be reverential. May you be resolute in these reverential matters.

恭敬的身业，恭敬的语业，
恭敬的意业，决意于敬业。

Having done the reverential deeds, may you obtain reverential gains; having obtained them may you be happy and make progress in the Buddha's dispensation. May you and all your relatives be happy and free from sickness.

实行恭敬诸业之后，愿你获得恭敬之得。
获得它们愿你快乐，于佛教法获得提升。
愿你及所有亲戚们，都没有病痛都快乐。

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-buddhānubhāvena
Sadā sukhī (sothī)²⁰ bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-dhammānubhāvena
Sadā sukhī (sothī)² bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-saṅghānubhāvena
Sadā sukhī (sothī)² bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Buddhas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸佛的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Dhammas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸法的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Saṅghas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸僧的威力，愿你永远都快乐（平安）！

Mettā Chanting (p.16)

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Puratthimāya disāya, pacchimāya disāya,
uttarāya disāya, dakkhiṇāya disāya, puratthi-
māya anudisāya, pacchimāya anudisāya,
uttarāya anudisāya, dakkhiṇāya anudisāya,
hetṭhimāya disāya, uparimāya disāya,

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

慈悲诵

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:
一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

In the easterly direction, in the westerly direction, in the northerly direction, in the southerly direction, in the south-east direction, in the north-west direction, in the north-east direction, in the south-west direction, in the downward direction, in the upward direction:

在东方、在西方、在北方、在南方、在东南方、
在西北方、在东北方、在西南方、在下方、在上方

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:

一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

²⁰ sothī – Sri Lanka Version, 斯里兰卡版本

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā pathavī-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā udaya-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā ākāśa-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Good Wishes and Sharing of Merit etc 1

Yaṃ pattaṃ kusalaṃ tassa
Ānubhāvena pāṇino
Sabbe saddhamma-rājassa
Ñatvā Dhammaṃ sukhāvahaṃ,

Pāpuṇantu visuddhāya
Sukhāya paṭipattiyā
Asokamanupāyāsaṃ
Nibbānasukhamuttamaṃ.

Ciraṃ tiṭṭhatu saddhammo,
Dhamme hontu sagāravā
Sabbe'pi sattā, kālena
Sammā devo pavassatu.

Yathā rakkhimsu porāṇā
Surājāno tathevimaṃ,
Rājā rakkhatu dhammena
Attano'va pajaṃ pajaṃ.

– Aṭṭhasālīnī, Nigamanakathā

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live on earth: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在地上过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in water: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在水里过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in the sky: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在天空里过活的有情无嗔无怨、无苦无厄。

祝愿与分享功德等 1

By the power of whatever wholesome state attained by me, may all beings, having known rightly the King of Dhamma's teachings which give bliss (of Nibbāna), attain the bliss of Nibbāna, sorrowless, without distress and supreme, through the Middle Practice (Noble Eightfold Path) which is pure and blissful.

以我所成就的善法力量，愿一切有情在了知正法王导向快乐（涅槃）之法后，透过清净快乐的修行，达到至上的涅槃乐、无忧无恼。

May the true Dhamma last long, may all beings also respect the Dhamma, and may the [rain] god [give] proper and timely rain.

愿正法久住，愿一切有情也恭敬法，愿雨神适时降雨。

Just as good kings of ancient times gave protection, may the king righteously protect the people like his own (offspring).

正如古代贤善之王给予保护，愿国王善护人民如善护自己的子女。

Imāya dhammānudhammapaṭipattiyā
Buddhaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Dhammaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Saṅghaṃ pūjemi.

Addhā imāya paṭipattiyā jāti-jarā-byādhi
maraṇamhā parimuccissāmi.

Idaṃ me puññaṃ āsavakkhayāvaham hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññabhāgaṃ labhantu.

**Good Wishes for Ven. (p.22)
Pa-Auk Sayadaw,
Ariyadhamma Mahāthera
& Other Theras**

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhiṃ,
Therāsabho Āciṇṇo yatinda-nātho
Dīghāyuko bhavatu sādhu-samiddha-citto.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-citta-pasādhitena,
Therāsabho Ariyadhammo yatinda-nātho
Sambodhiñāṇamadhigacchatu sādhu sādhu.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhiṃ,
Therāsabhātha garu-gāra-bhāvanīyā
Dīghāyukā bhavatha sādhu-samiddha-cittā.

By this practice that is in accordance with the
Dhamma, I venerate the Buddha.

By this practice that is in accordance with the
Dhamma, I venerate the Dhamma.

By this practice that is in accordance with the
Dhamma, I venerate the Saṅgha.

Surely, by this practice I will be liberated from birth,
old age, sickness and death.

以此依法修行证法，我礼敬佛！

以此依法修行证法，我礼敬法！

以此依法修行证法，我礼敬僧！

以此修行，我肯定将会解脱生、老、病、死！

May this merit of mine be conducive to the
destruction of [mental] taints. May this merit of mine be
a [supportive] condition [for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。

愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings. May all
those beings get an equal share of the merits shared by me.

我把我的功德与一切有情分享，

愿他们都平等地得到我的功德。

**祝福
帕奥禅师、
圣法大长老
与其他长老**

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma together with the power
of the Buddha, etc. (i.e. the Triple Gem), may the leader
and [spiritual] helper of monks, the prominent Elder Most
Venerable Āciṇṇa (Ven. Pa-Auk Sayadaw), have a long
life and successfully fulfill his noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以
及透过佛陀等（即三宝）的力量，愿作为出家众的
元老、领导与依持者的帕奥禅师长寿，以及成就其
善心愿。

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma and the inspiring
/gladdening of the mind [through reflecting] on the
Buddha, etc. (i.e. the Triple Gem), may the leader and
[spiritual] helper of monks, the prominent Elder Most
Venerable Ariyadhamma, attain the knowledge of
complete awakening. It is well, it is well!

透过谨慎及欢喜地修法所累积的这些功德，以
及透过（思惟）佛陀等（即三宝）而在心中生起的
净信，愿作为出家众的元老、领导与依持者的圣法
大长老达到圆满觉悟，善哉，善哉！

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma together with the power
of the Buddha, etc. (i.e. the Triple Gem), may other
Venerable theras, senior members of the Saṅgha, have a
long life and successfully fulfill their noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以
及透过佛陀等（即三宝）的力量，愿僧团的其他长
老长辈长寿，以及成就他们的善心愿。

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Devārāadhanā (p.1)

Samantā cakka-vāḷesu
Atrāgacchantu devatā;
Saddhammaṃ Muni-rājassa
Suṇantu sagga-mokkhadaṃ.

Dhammassavana-kālo ayaṃ bhadantā. (x3)

Inviting the Deities 邀請諸天

May the deities of the entire universe come here and listen to the True-Dhamma of the King of Sages, which leads to the heavenly states and liberation (Nibbāna).

从世界系中各处，愿诸天神来此地，
聆听知王之正法，导向天界与解脱。

Sirs, now is the time for listening to the Dhamma.
这是听闻佛法的时候，大德们。

Vandanā (p.1)

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Homage [to the Buddha] 礼敬佛陀

Homage to that Blessed One, the Arahant and Perfectly Self-Awakened One.

礼敬世尊、阿罗汉、圆满自觉者。

Sambodhi-Udāna (p.1)

Aneka-jāti saṃsāraṃ
Sandhāvissaṃ anibbisaṃ,
Gaha-kāraṃ gavesanto
Dukkhā jāti punappunaṃ.

Gaha-kāraka, diṭṭho'si
Puna gehaṃ na kāhasi,
Sabbā te phāsukā bhaggā
Gaha-kūṭaṃ visaṅkhataṃ,
Visaṅkhāra-gataṃ cittaṃ
Taṇhānaṃ khayamajjhagā.

– KN, Dhṃ²¹ 153-154

Inspired Utterance [after] Self-Awakening 正觉自说话

I wandered [through] many births in saṃsāra, searching for the house builder (craving) [but] found [him] not; repeated birth is suffering.

在生死轮回当中，我寻找了许多世，
却找不到造屋者。一再投生的确苦。

O house-builder! You are seen. You shall not build a house again. All your rafters are broken. Your ridge-pole is shattered. My mind has attained the unconditioned, obtaining the destruction of craving.

造屋者你已被见！你已不能再造屋。
你所有的椽已断，你的横梁已粉碎。
我心已证无为法。已经达到爱尽毁。

²¹ Abbreviations in this book 本书中的英文缩写：DN (Dīgha-Nikāya), MN (Majjhima-Nikāya), SN (Saṃyutta-Nikāya), AN (Aṅguttara-Nikāya), KN (Khuddaka-Nikāya), Dhṃ (Dhammapada).

Paṭiccasamuppāda (p.2)

Iti imasmim sati idaṃ hoti, imassuppādā
idaṃ uppajjati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
paccayā viññāṇaṃ, viññāṇa-paccayā nāma-
rūpaṃ, nāma-rūpa-paccayā saḷāyatanaṃ,
saḷāyatana-paccayā phasso, phassa-paccayā
vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
upādānaṃ, upādāna-paccayā bhavo, bhava-
paccayā jāti, jāti-paccayā jarā-maraṇaṃ soka-
parideva-dukkha-domanassupāyāsā
sambhavanti. Evametassa kevalassa
dukkhakkhandhassa samudayo hoti.

Yadā have pātubhavanti dhammā,
Ātāpino jhāyato brāhmaṇassa,
Athassa kaṅkhā vapayanti sabbā,
Yato pajānāti sahetudhammaṃ.

Iti imasmim asati idaṃ na hoti, imassa
nirodhā idaṃ nirujjhati, yadidaṃ:

Avijjā-nirodhā saṅkhāra-nirodho,
saṅkhāra-nirodhā viññāṇa-nirodho, viññāṇa-
nirodhā nāma-rūpa-nirodho, nāma-rūpa-
nirodhā saḷāyatana-nirodho, saḷāyatana-
nirodhā phassa-nirodho, phassa-nirodhā
vedanā-nirodho, vedanā-nirodhā taṇhā-
nirodho, taṇhā-nirodhā upādāna-nirodho,
upādāna-nirodhā bhava-nirodho, bhava-
nirodhā jāti-nirodho, jāti-nirodhā jarā-maraṇaṃ
soka-parideva-dukkha-domanassupāyāsā
nirujjhanti. Evametassa kevalassa
dukkhakkhandhassa nirodho hoti.

Dependent Origination 缘起

Thus when there is this that is, with the arising of this
that arises, such as:

此有故彼有，此生故彼生，即：

Dependent on ignorance, activities [arise]; dependent
on activities, consciousness [arises]; dependent on
consciousness, mentality and materiality [arise];
dependent on mentality and materiality, the six bases
[arise]; dependent on the six bases, contact [arises];
dependent on contact, feeling [arises]; dependent on
feeling, craving [arises]; dependent on craving,
attachment [arises]; dependent on attachment, existence
[arises]; dependent on existence, [a new] birth [takes
place]; dependent on birth, ageing, death, sorrow,
lamentation, pain, unhappiness and despair come to be.
Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
个苦蕴的集起。

When indeed phenomena become apparent to the
religious one who is ardent and meditative, then all his
doubts disappear, since he knows the nature of their
causes.

当诸法明显呈现时，热诚禅修的婆罗门，
一切疑惑都会消失，因他了知诸法之因。

When there is not this that is not, with the cessation
of this that ceases, such as:

此无故彼无，此灭故彼灭，即：

With the cessation of ignorance, activities cease;
with the cessation of activities, consciousness ceases;
with the cessation of consciousness, mentality and
materiality cease; with the cessation of mentality and
materiality, the six [sense] bases cease; with the cessation
of the six [sense] bases, contact ceases; with the cessation
of contact, feeling ceases; with the cessation of feeling,
craving ceases; with the cessation of craving, attachment
ceases; with the cessation of attachment, [the cause for a
new] existence ceases; with the cessation of [the cause for
a new] existence, [the possibility of re]birth ceases; with
the cessation of birth, ageing, death, sorrow, lamentation,
pain, unhappiness and despair cease. Thus there is the
cessation of this whole mass of suffering.

无明灭则行灭；行灭则识灭；识灭则名色灭；
名色灭则六处灭；六处灭则触灭；触灭则受灭；受
灭则爱灭；爱灭则取灭；取灭则有灭；有灭则生灭；
生灭则老、死、愁、悲、苦、忧、恼灭。如是整个
苦蕴的熄灭。

Yadā have pātubhavanti dhammā
Ātāpino jhāyato brāhmaṇassa,
Athassa kaṅkhā vapayanti sabbā,
Yato khayam paccayānam avedi.

Iti imasmim sati idam hoti, imassuppādā
idam uppajjati, imasmim asati idam na hoti,
imassa nirodhā idam nirujjhati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
paccayā viññāṇam, viññāṇa-paccayā nāma-
rūpam, nāma-rūpa-paccayā saḷāyatanaṃ,
saḷāyatana-paccayā phasso, phassa-paccayā
vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
upādānam, upādāna-paccayā bhavo, bhava-
paccayā jāti, jāti-paccayā jarā-maraṇam soka-
parideva-dukkha-domanassupāyāsā
sambhavanti. Evametassa kevalassa
dukkhakkhandhassa samudayo hoti.

Avijjāya tveva asesa-virāga-nirodhā
saṅkhāra-nirodho, saṅkhāra-nirodhā viññāṇa-
nirodho, viññāṇa-nirodhā nāma-rūpa-nirodho,
nāma-rūpa-nirodhā saḷāyatana-nirodho,
saḷāyatana-nirodhā phassa-nirodho, phassa-
nirodhā vedanā-nirodho, vedanā-nirodhā
taṇhā-nirodho, taṇhā-nirodhā upādāna-
nirodho, upādāna-nirodhā bhava-nirodho,
bhava-nirodhā jāti-nirodho, jāti-nirodhā jarā-
maraṇam soka-parideva-dukkha-
domanassupāyāsā nirujjhanti. Evametassa
kevalassa dukkhakkhandhassa nirodho hoti.

Yadā have pātubhavanti dhammā,
Ātāpino jhāyato brāhmaṇassa,
Vidhūpayam tiṭṭhati māra-senam,
Suriyo'va obhāsayamantalikkham.

– Vinayapiṭaka, Mahāvagga,
Mahākhanda
– KN, Udāna, Bodhivagga

When indeed phenomena become apparent to the religious one who is ardent and meditative, then all his doubts disappear, since he experiences the elimination of [their] causes.

当诸法明显呈现时，热诚禅修的婆罗门，
一切疑惑都会消失，因他体证诸缘之灭。

Thus when there is this that is, with the arising of this that arises: when there is not this that is not, with the cessation of this that ceases, such as:

此有故彼有，此生故彼生；
此无故彼无，此灭故彼灭，即：

Dependent on ignorance, activities [arise]; dependent on activities, consciousness [arises]; dependent on consciousness, mentality and materiality [arise]; dependent on mentality and materiality, the six bases [arise]; dependent on the six bases, contact [arises]; dependent on contact, feeling [arises]; dependent on feeling, craving [arises]; dependent on craving, attachment [arises]; dependent on attachment, existence [arises]; dependent on existence, [a new] birth [takes place]; dependent on birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair come to be. Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
个苦蕴的集起。

With the remainderless dispassion and cessation of ignorance, activities cease; with the cessation of activities, consciousness ceases; with the cessation of consciousness, mentality and materiality cease; with the cessation of mentality and materiality, the six [sense] bases cease; with the cessation of the six [sense] bases, contact ceases; with the cessation of contact, feeling ceases; with the cessation of feeling, craving ceases; with the cessation of craving, attachment ceases; with the cessation of attachment, [the cause for a new] existence ceases; with the cessation of [the cause for a new] existence, [the possibility of re]birth ceases; with the cessation of birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair cease. Thus there is the cessation of this whole mass of suffering.

无明灭尽离欲无余则行灭；行灭则识灭；识灭
则名色灭；名色灭则六处灭；六处灭则触灭；触灭
则受灭；受灭则爱灭；爱灭则取灭；取灭则有灭；
有灭则生灭；生灭则老、死、愁、悲、苦、忧、恼
灭。如是整个苦蕴的熄灭。

When indeed phenomena become apparent to the religious one who is ardent and meditative, he stands dispelling the hosts of Māra, just as the sun illuminating the sky [dispels darkness].

当诸法明显呈现时，热诚禅修的婆罗门，
他击败魔军而稳立，犹如太阳照亮天空。

Paccayā - Paccayuddeso (p.4) **[Twenty-Four] Conditions** 二十四缘

Hetupaccayo, ārammaṇapaccayo,
adhipatipaccayo, anantarapaccayo,
samanantarapaccayo, saha-jātapaccayo,
añña-mañña-paccayo, nissayapaccayo,
upanissayapaccayo, purejātapaccayo,
pacchājātapaccayo, āsevanapaccayo,
kamma-paccayo, vipāka-paccayo,
āhāra-paccayo, indriya-paccayo,
jhāna-paccayo, magga-paccayo,
sampayutta-paccayo, vippayutta-paccayo,
atthi-paccayo, natthi-paccayo,
viga-paccayo, aviga-paccayoti.

Root condition, object condition,
predominance condition, immediacy condition,
contiguity condition, conascence condition,
mutuality condition, dependence condition,
powerful dependence condition, pre-nascence condition,
post-nascence condition, repetition condition,
kamma condition, result condition,
nutriment condition, faculty condition,
jhāna condition, path condition,
association condition, dissociation condition,
presence condition, absence condition,
disappearance condition, non-disappearance condition.
因缘；所缘缘；增上缘；无间缘；
相续缘；俱生缘；相互缘；依止缘；
亲依止缘；前生缘；后生缘；重复缘；
业缘；果报（异熟）缘；食缘；根缘；
禅那缘；道缘；相应缘；不相应缘；
有缘；无有缘；离去缘；不离去缘。

Buddhānussati (p.5)

Iti'pi so bhagavā araham, sammāsambuddho,
vijjācaraṇa-sampanno, sugato, lokavidū,
anuttaro purisadamma-sārathi, satthā
devamanussānam, buddho, bhagavā.

Contemplation of the Buddha 佛随念

Such is that Blessed One, the Worthy One, the
Perfectly Self-Awakened One, One fully possessed of
wisdom and conduct, One who has proceeded by the good
way, Knower of the [three] worlds, Unexcelled Trainer of
tameable men, Teacher of deities and men, The Awakened
One, The Blessed One.

世尊是：阿罗汉、圆满自觉者、明行足、善逝、
世间解、无上士调御丈夫、天人师、佛陀、世尊。

Dhammānussati (p.5)

Svākkhāto bhagavatā dhammo, sandiṭṭhiko,
akāliko, ehi-passiko, opanayiko, paccattam
veditabbo viññūhi.

Contemplation of the Dhamma 法随念

Well-expounded is the Exalted One's Dhamma,
visible here-and-now, not delayed in time, inviting of
inspection, onward-leading, is directly experienceable by
the wise.

法由世尊善说，现前可见、无时（无间隔）、
请来看、导向、当由智者亲证。

Saṅghānussati (p.5)

Suppaṭipanno bhagavato sāvaka-saṅgho,
Ujuppaṭipanno bhagavato sāvaka-saṅgho,
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,
Sāmīcippaṭipanno bhagavato sāvaka-saṅgho;
Yadidaṃ: cattāri purisa-yugāni attha purisa-
puggalā, esa bhagavato sāvaka-saṅgho;
Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-
karaṇīyo, anuttaram puññakkhettaṃ lokassa.

Contemplation of the Saṅgha 僧随念

The community of the Exalted One's disciples has
entered on the good way, the community of the Exalted
One's disciples has entered on the straight way, the
community of the Exalted One's disciples has entered on
the true way, the community of the Exalted One's
disciples has entered on the proper way, that is to say, the
four pairs of men, the eight types of persons. That is the
Exalted One's disciple community, worthy of gifts,
worthy of hospitality, worthy of offerings, whom should
be respected, the incomparable field of merit for the
world.

世尊的声闻僧众已入善行道；世尊的声闻僧众
已入正直行道；世尊的声闻僧众已入真实行道；世
尊的声闻僧众已入正当行道。即四双八辈。这是世
尊的声闻僧众，是应供养、应供奉者、应施于者、
应合掌（礼敬）者，是世间的无上福田。

Evam buddham sarantānam
Dhammam saṅghaṇca bhikkhavo;
Bhayaṁ vā chambhitattam vā
Lomahaṁso na hessati.

– SN, Sagāthāvagga, Sakkasamyutta,
Dhajaggasuttam

Thus, Bhikkhus, in you who remember the Buddha,
the Dhamma and the Saṅgha, fear, trembling or terror will
never arise.

如是诸比丘，忆念佛法僧，
他无畏不栗，无毛骨悚然。

Parittaparikamma (p.6)

Ye santā santacittā,
tisaraṇasaraṇā,
ettha lokantare vā,
bhum mābhum mā ca devā,
guṇagaṇagahaṇabyāvaṭṭā sabbakālaṁ,
ete āyantu devā,
varakanakamaye,
Merurāje vasanto,
santo santosa hetum,
Munivaravacanam,
sotumaggaṁ samaggaṁ.

Sabbesu cakkavāḷesu,
yakkhā devā ca brahmano,
yaṁ amhehi kataṁ puññaṁ,
sabbasampattisādhakam,

Sabbe taṁ anumoditvā,
samaggā sāsane ratā,
pamādarahitā hontu,
ārakkhāsu visesato.

Sāsanassa ca lokassa,
vuḍḍhī bhavatu sabbadā,
sāsanampi ca lokaṇca,
devā rakkhantu sabbadā.

Saddhim hontu sukhī sabbe,
parivārehi attano,
anīghā sumanā hontu,
saha sabbehi ñātibhi.

Preliminary of Paritta 护卫前业

Those (gods) who are peaceful, with peaceful minds,
who have taken refuge in the triple refuge, whether here,
or above the worlds, the various earth gods and sky gods,
who make effort to take group of virtuous deeds all of the
time, may these gods and those who dwell on the majestic
Mt. Meru, that excellent golden mountain, come in
concord, to hear the Sage's excellent word which is a
reason of great happiness.

这个世界与其它世界里，受持了三皈依，一切
时候皆致力于累积诸多美德，贤善内心寂静的地居
神与空居神，以及住在金造的须弥山顶的诸神王，
以及诸位贤者，愿诸神都和谐地来听闻牟尼的至上
语、快乐之因。

May all yakkhās, gods, and deities, from the whole
universe, after partaking of the merits, which can produce
all good fortune,

愿一切世界里的夜叉、神与梵天神随喜我们所
造、能带来一切成就的福业。

which we have acquired, being in harmony, and
delighting in the teaching, be not heedless and grant us
complete protection especially.

随喜该福业后，愿他们都和谐地对佛教感到欢
喜，不放逸地保护（美德）。

May the teaching and the world be on the increase at
all times, and may the gods protect the teaching and the
world forever.

愿一切时候佛教与世界都在增长，
愿一切时候诸神都保护佛教与世界。

May all together with those who are one's around, be
happy, may all together with all relatives, be untroubled,
and easy in mind.

愿一切众生自己与其随众都快乐，
愿他们及亲戚们都无身苦都开心。

Rājato vā, corato vā, manussato vā,
 amanussato vā, aggito vā, udakato vā,
 pisācato vā, khāṇukato vā,
 kaṇṭakato vā, nakkhattato vā,
 janapadarogato vā, asaddhammato vā,
 asandiṭṭhito vā, asappurisato vā,
 caṇḍa-hatthi-assa-miga-goṇa-kukkura-ahi-
 vicchika-maṇisappa-dīpi-accha-taraccha-
 sūkara-mahimsa-yakkha-rakkhasādīhi,
 nānā-bhayato vā, nānā-roгато vā,
 nānā-upaddavato vā, ārakkhaṃ gaṇhantu.

(May you be protected) from the king, thieves, humans, and non-humans, from fire and water, demons, stumps, and thorns, from unlucky stars, and epidemics, from what is not the true dhamma, not right view, not a good person, and from fierce elephants, horses, antelopes, bulls, dogs, snakes, scorpions, poisonous serpents, panthers, bears, hyenas, wild boars, buffaloes, yakkhas, rakkhasas, and so on, from the manifold fears, the manifold diseases, the manifold calamities, (from all of these troubles) may you receive protection.

愿你们获得保护得以免除来自王、贼、人、非人、火、水、鬼怪、树桩、刺、星座、瘟疫、非正法、邪见、非善士、凶恶的象、马、鹿、牛、狗、蛇、蝎、水蛇、豹、熊、鬣狗、野猪、水牛、夜叉、怪物等的种种危险，免除种种疾病与厄难。

Mettasuttaṃ (p.7)

Yassānubhāvato yakkhā neva dassenti bhīsaṇaṃ
 Yamhi cevānuyuñjanto rattindivamatandito.

Sukhaṃ supati sutto ca pāpaṃ kiñci na passati,
 Evamādiḡuṇūpetam parittam tam bhaṇāma he.

- - -

Karaṇīyamattakusalena,
 yantasantaṃ padaṃ abhisamecca;
 Sakko ujū ca suhujū ca,
 suvaco cassa mudu anatimānī.

Santussako ca subharo ca,
 appakicco ca sallahukavutti;
 Santindriyo ca nipako ca,
 appagabbho kulesvananugiddho.

Na ca khuddamācare kiñci,
 yena viññū pare upavadeyyum;
 Sukhinova khemino hontu,
 sabbasattā bhavantu sukhittā.

Ye keci pāṇabhūtatti,
 tasā vā thāvarā vanavasesā;
 Dīghā vā yeva mahantā,
 majjhimā rassakā aṇukathulā.

Discourse on Loving-Kindness 慈愛经

Due to the power of this (Mettā Sutta), spirits did not manifest frightful sights. One who devotes himself to these teachings day and night diligently sleeps soundly and does not have any nightmare when asleep. Let us recite this protective discourse.

透过它（慈愛经）的力量，夜叉不显现恐怖相。对于昼夜致力修行者，他睡眠舒适不做恶梦。且让我们诵念具备这些功德之护卫。

This is to be done by [one] skilled in [what is] beneficial: having understood the path that [leads to] peace; he would be able, upright, very upright, easy to admonish, gentle, and not arrogant.

这是想要证得彻悟寂静涅槃、善于有益修行的人应该做的事：他必须有能力、正直、非常正直、易受教、柔软、不自大、

Contented and easy to support, of few duties and living frugally; [with] calm faculties and prudent, not obtrusive [to and] greedy [for gains from supporting] families.

知足、易护持、少事务、生活简朴、诸根寂静、拥有成熟的智慧、不无礼、不贪着在家众。

He would not do [even] the slightest thing, by which the wise could censure [and tell] others; may [all beings] be happy and secure, may all beings be in a state of happiness.

只要是智者将会指责的事，即使是小事他也不做；（愿一切众生）幸福与平安，愿一切众生安乐；

Whatever living beings there are, feeble or strong, [all] without exception; those long, great, medium, short, small or large.

无论是任何存在的众生，会颤抖的或不会颤抖的皆毫无遗漏，长的或大的或中等的，短的或小的或粗圆的，

Ditṭhā vā yeva aditṭhā,
ye va dūre vasanti avidūre;
Bhūtā va sambhavesī va,
sabbasattā bhavantu sukhittattā.

Na paro param nikubbetha,
nātimaññetha katthaci na kañci;
Byārosanā paṭighasaññā,
nāññamaññassa dukkhamiccheyya.

Mātā yathā niyaṃ puttamāyusā
ekaputtamanurakkhe;
Evampi sabbabhūtesu,
mānasam bhāvaye aparimāṇam.

Mettañca sabbalokasmi,
mānasam bhāvaye aparimāṇam;
Uddham adho ca tiriyañca,
asambādham averamasapattam.

Tiṭṭham caram nisinno va,
sayāno yāvatāssa vitamiddho;
Etaṃ satim adhiṭṭheyya,
brahmametaṃ vihāramidhamāhu.

Ditṭhiñca anupaggamma,
sīlavā dassanena sampanno;
Kāmesu vinaya gedham,
na hi jātuggabbhaseyya punareti.

– KN, Khuddakapāṭha 9; Suttanipāta, Uragavagga 8

Those seen or not seen, and living far or nearby; born or seeking birth, may all beings be in a state of happiness.
见到的或没见到的，住在远方的或近处的，已生的或还寻求再生的——愿一切众生快乐。

One would not deceive another, [nor] despise them anywhere [about] anything; [out of] anger or aversion, would not wish suffering for each other.
且让人不欺骗别人，也不在任何地方轻视别人。且让他们不会以嗔怒与厌恶来互相希望对方痛苦。

Just as a mother for her son, [her] only son, would protect [him] with her life; thus, also, towards all beings, would develop the mind without limit.
正如母亲对待自己的儿子那样，会以生命来保护独生子；应当如此对一切众生培育无量的心。

With loving-kindness towards the whole world, would develop the mind without limit; above, below and across, unrestricted, free from enmity and hostility.
以及应当以慈爱对全世界培育无量的心，上方、下方与周围，无障碍、无仇人、无敌对。

While standing, walking, seated, or lying down free from drowsiness; would determine [to keep] this mindfulness [in mind], this is a divine abiding in this world, it is said.
立、行、坐或卧，只要不是在睡眠中，都应决心保持如此的正念。这就是他们在此所说的梵住。

Not going to [wrong] view[s], being morally well behaved and having [right] vision, [and] having given up greed for sensuality, never again come [back] to the womb.
不执持邪见，拥有戒行，具足智见，及已经去除对欲乐的贪爱之后，他肯定不会再投胎。

Khandhasuttaṃ (p.8)

Sabbāsivisajātinaṃ
Dibbamantāgadam viya
Yaṃ nāseti viṣaṃ ghoram
Sesañcāpi parissayam.

Āṇākkhettamhi sabbattha
Sabbadā sabbapaṇinaṃ
Sabbasopi nivāreti
Parittam tam bhaṇāma he.

- - -

Discourse on [Protection of] Aggregates 蕴护经

Just like divine charms and divine medicines, this (Khandha-Sutta) nullifies baneful poison and other perils of all the highly poisonous creatures.
犹如天咒与天药，此经能够除剧毒；一切剧毒之生物，其害此经皆能除。

In the scope of authority everywhere, always, for all beings this discourse prevents (the disasters). Let us recite this protective discourse now.
在此威力范围内，一切时候一切处，此经能防该危害。我们且诵此护卫。

Virūpakkhehi me mettaṃ
Mettaṃ Erāpathehi me,
Chabyāputtehi me mettaṃ
Mettaṃ Kaṇhāgotamakehi ca.

Apādakehi me mettaṃ
Mettaṃ dvipādakehi me,
Catuppadehi me mettaṃ
Mettaṃ bahuppadehi me.

Mā maṃ apādako hiṃsi
Mā maṃ hiṃsi dvipādako,
Mā maṃ catuppado hiṃsi
Mā maṃ hiṃsi bahuppado.

Sabbe sattā, sabbe pāṇā
Sabbe bhūtā ca kevalā,
Sabbe bhadraṇi passantu
Mā kañci pāpamāgamā.

Appamāṇo Buddho,
Appamāṇo Dhammo,
Appamāṇo Saṅgho.
Pamāṇavantāni sirīmsapāni:
Ahi-vicchikā, satapadī,
Uṇṇanābhi, sarabū, mūsikā.

Katā me rakkhā, kataṃ me parittaṃ,
Paṭikkamantu bhūtāni.
So'haṃ namo Bhagavato,
Namo sattannaṃ Sammā-sambuddhānaṃ.

– KN, 203 Khaṇḍajātaka;
AN.IV.67 Ahirājasuttaṃ;
Vinayaṭṭhaka, Cūḷavagga,
Khuddakavatthukkhandaṃ

May I have loving-kindness towards the Virūpakkhas;
May I have loving-kindness towards the Erāpathas;
May I have loving-kindness towards the Chabyāputtas;
May I have loving-kindness towards the Kaṇhāgotamakas.
愿我对威卢跋有慈爱；愿我对伊拉跋有慈爱；
愿我对刹标子有慈爱；愿我对黑瞿昙有慈爱。

May I have loving-kindness towards footless beings;
May I have loving-kindness towards beings with two legs;
May I have loving-kindness towards beings with four legs;
May I have loving-kindness towards beings with many legs.
愿我对无足众生有慈爱；愿我对两足众生有慈爱；
愿我对四足众生有慈爱；愿我对多足众生有慈爱。

May footless beings not harm me;
May beings with two legs not harm me;
May beings with four legs not harm me;
May beings with many legs not harm me.
愿无足众生不伤害我；愿两足众生不伤害我；
愿四足众生不伤害我；愿多足众生不伤害我。

May all living beings, all breathing things,
all creatures (without exception)
meet with good fortune.
May none of them come to any evil.
愿一切有情一切息生、一切众生毫无遗漏地，
愿他们遇见幸运的事，不会遭遇邪恶的事情。

Infinite is the Buddha,
Infinite is the Dhamma,
Infinite is the Saṅgha.
Finite are creeping things:
snakes, scorpions, centipedes,
spiders, lizards, rats.
佛无量，法无量，僧无量。
爬行类却有限量：
蛇、蝎、蜈蚣、
蜘蛛、蜥蜴、老鼠。

I have made the protection, I have made the safeguard.
May the (harmful) beings depart. I pay homage to the
Blessed One; homage to the seven Buddhas (Vipassī
Buddha, Sikhī Buddha, Vessabhū Buddha, Kakusandha
Buddha, Koṇāgamana Buddha, Kassapa Buddha, and
Gotama Buddha)
我做了护卫，我做了保护。
愿那些（有害的）众生离开。
我礼敬世尊；
礼敬七位圆满自觉者。

Paṭiccasamuppāḍavibhaṅgo (p.102) *Analysis of Dependent Origination* 缘起分别

Suttantabhājanīyaṃ

Avijjāpaccayā saṅkhārā, saṅkhārapaccayā viññāṇaṃ, viññāṇapaccayā nāmarūpaṃ, nāmarūpapaccayā saḷāyatanaṃ, saḷāyatana-paccayā phasso, phassapaccayā vedanā, vedanāpaccayā taṇhā, taṇhāpaccayā upādānaṃ, upādānapaccayā bhavo, bhavapaccayā jāti, jātipaccayā jarāmaraṇaṃ sokaparidevadukkhadomanassupāyāsā sambhavanti. Evametassa kevalassa dukkhakkhandhassa samudayo hoti.

Tattha katamā avijjā? Dukkhe aññāṇaṃ, dukkhasamudaye aññāṇaṃ, dukkhanirodhe aññāṇaṃ, dukkhanirodhagāminiyā paṭipadāya aññāṇaṃ – ayaṃ vuccati “avijjā”.

Tattha katame avijjāpaccayā saṅkhārā? Puññābhisāṅkhāro, apuññābhisāṅkhāro, āneñjābhisāṅkhāro, kāyasaṅkhāro, vacī-saṅkhāro, cittasaṅkhāro.

Tattha katamo puññābhisāṅkhāro? Kusalā cetanā kāmāvacarā rūpāvacarā dānamayā sīlamayā bhāvanāmayā – ayaṃ vuccati “puññābhisāṅkhāro”.

Tattha katamo apuññābhisāṅkhāro? Akusalā cetanā kāmāvacarā – ayaṃ vuccati “apuññābhisāṅkhāro”.

Tattha katamo āneñjābhisāṅkhāro? Kusalā cetanā arūpāvacarā – ayaṃ vuccati “āneñjābhisāṅkhāro”.

Analysis According to the Discourse 经教分别

Because of ignorance activities arise; because of activities consciousness arises; because of consciousness mind and matter arise; because of mind and matter six bases arise; because of six bases contact arises; because of contact feeling arises; because of feeling craving arises; because of craving attachment arises; because attachment becoming arises; because of becoming birth arises; because of birth ageing, death, sorrow, lamentation, pain, grief and despair arise. Thus is the arising of this whole mass of suffering.

缘于无明，行生起；缘于行，识生起；缘于识，名色生起；缘于名色，六处生起；缘于六处，触生起；缘于触，受生起；缘于受，爱生起；缘于爱，取生起；缘于取，有生起；缘于有，生生起；缘于生，老死愁悲苦忧恼生起。如是整个苦蕴的集起。

Therein what is ignorance? Absence of knowledge of suffering, absence of knowledge of the cause of suffering, absence of knowledge of the cessation of suffering, absence of knowledge of the way leading to the cessation of suffering. This is called ignorance.

此中，什么是无明？不了知苦、不了知苦集、不了知苦灭、不了知导向苦灭的道。这称为无明。

Therein what is ‘because of ignorance activities arise’? Activities producing good (result), activities producing bad (result), activities producing unshakeable (result), bodily activity, verbal activity, mental activity.

此中，什么是「缘于无明，行生起」？福行、非福行、不动行、身行、语行、心行。

Therein what is ‘activity producing good (result)’? Good volition of the sensual plane, of the fine-material plane, produced by giving, produced by morality, produced by meditation. This is called activity producing good (result).

此中，什么是「福行」？欲界善思、色界善思，施所成、戒所成、修所成。这称为「福行」。

Therein what is ‘activity producing bad (result)’? Bad volition of the sensual plane. This is called activity producing bad (result).

此中，什么是「非福行」？欲界不善思。这称为「非福行」。

Therein what is ‘activity producing unshakeable (result)’? Good volition of the formless plane. This is called activity producing unshakeable (result).

此中，什么是「不动行」？无色界善思。这称为「不动行」。

Tattha katamo kāyasaṅkhāro?
Kāyasañcetanā kāyasaṅkhāro, vacīsañcetanā
vacīsaṅkhāro, manosañcetanā cittasaṅkhāro.
Ime vuccanti “avijjāpaccayā saṅkhārā”.

Tattha katamaṃ saṅkhārapaccayā
viññāṇaṃ? Cakkhuviññāṇaṃ, sotaviññāṇaṃ,
ghānaviññāṇaṃ, jivhāviññāṇaṃ, kaya-
viññāṇaṃ, manoviññāṇaṃ – idaṃ vuccati
“saṅkhārapaccayā viññāṇaṃ”.

Tattha katamaṃ viññāṇapaccayā
nāmarūpaṃ? Atthi nāmaṃ, atthi rūpaṃ.
Tattha katamaṃ nāmaṃ? Vedanākkhandho,
saññākkhandho, saṅkhārakkhandho – idaṃ
vuccati “nāmaṃ”. Tattha katamaṃ rūpaṃ?
Cattāro mahābhūtā, catunnañca mahā-
bhūtānaṃ upādāya rūpaṃ – idaṃ vuccati
“rūpaṃ”. Iti idaṃ nāmaṃ, idaṃ rūpaṃ.
Idaṃ vuccati “viññāṇapaccayā nāmarūpaṃ”.

Tattha katamaṃ nāmarūpapaccayā
saḷāyatanāṃ? Cakkhāyatanāṃ, sotāyatanāṃ,
ghāṇāyatanāṃ, jivhāyatanāṃ, kāyāyatanāṃ,
manāyatanāṃ – idaṃ vuccati “nāmarūpa-
paccayā saḷāyatanāṃ”.

Tattha katamo saḷāyatanapaccayā
phasso? Cakkhūsamphasso sotasamphasso
ghāṇasamphasso jivhāsamphasso
kāyasamphasso manosamphasso – ayaṃ
vuccati “saḷāyatanapaccayā phasso”.

Tattha katamā phassapaccayā vedanā?
Cakkhūsamphassajā vedanā, sotasamphassajā
vedanā, ghāṇasamphassajā vedanā,
jivhāsamphassajā vedanā, kāyasamphassajā
vedanā, manosamphassajā vedanā – ayaṃ
vuccati “phassapaccayā vedanā”.

Therein what is bodily activity? Bodily volition is bodily activity; verbal volition is verbal activity; mental volition is mental activity. These are called ‘because of ignorance activities arise’.

此中，什么是身行？（在身门生起的）身思是身行，（在语门生起的）语思是语行，意思是心行。这些称为「缘于无明，行生起」。

Therein what is ‘because of activities consciousness arises’? Eye consciousness, ear consciousness, nose consciousness, tongue consciousness, body consciousness, mind consciousness. This is called ‘because of activities consciousness arises’.

此中，什么是「缘于行，识生起」？眼识、耳识、鼻识、舌识、身识、意识。这称为「缘于行，识生起」。

Therein what is ‘because of consciousness mind and matter arise’? There is mind; there is matter. Therein what is mind? The aggregate of feeling, aggregate of perception, aggregate of mental formations. This is called mind. Therein what is matter? The four great essentials and the material qualities derived from the four great essentials. This is called matter. Thus is this mind and this matter. This is called ‘because of consciousness mind and matter arise’.

此中，什么是「缘于识，名色生起」？有名，有色。此中，什么是名？受蕴、想蕴、行蕴。这称为名。此中，什么是色？四大种及四大种所造色。这称为色。如是此名此色。这称为「缘于识，名色生起」。

Therein what is ‘because of mind and matter six bases arise’? Eye base, ear base, nose base, tongue base, body base, mind base. This is called ‘because of mind and matter six bases arise’.

此中，什么是「缘于名色，六处生起」？眼处、耳处、鼻处、舌处、身处、意处。这称为「缘于名色，六处生起」。

Therein what is ‘because of six bases contact arises’? Eye contact, ear contact, nose contact, tongue contact, body contact, mind contact. This is called ‘because of six bases contact arises’.

此中，什么是「缘于六处，触生起」？眼触、耳触、鼻触、舌触、身触、意触。这称为「缘于六处，触生起」。

Therein what is ‘because of contact feeling arises’? feeling born of eye contact, feeling born of ear contact, feeling born of nose contact, feeling born of tongue contact, feeling born of body contact, feeling born of mind contact. This is called ‘because of contact feeling arises’.

此中，什么是「缘于触，受生起」？眼触生受、耳触生受、鼻触生受、舌触生受、身触生受、意触生受。这称为「缘于触，受生起」。

Tattha katamā vedanāpaccayā taṇhā?
Rūpatāṇhā, saddatāṇhā, gandhatāṇhā, rasa-
tāṇhā, phoṭṭhabbatāṇhā, dhammatāṇhā –
ayaṃ vuccati “vedanāpaccayā taṇhā”.

Tattha katamaṃ taṇhāpaccayā
upādānaṃ? Kāmupādānaṃ, diṭṭhupādānaṃ,
sīlabbatupādānaṃ, attavādupādānaṃ – idaṃ
vuccati “taṇhāpaccayā upādānaṃ”.

Tattha katamo upādānapaccayā bhavo?
Bhavo duvidhena – atthi kammabhavo, atthi
upapattibhavo. Tattha katamo kammabhavo?
Puññābhisaṅkhāro, apuññābhisaṅkhāro,
āneñjābhisaṅkhāro – ayaṃ vuccati “kamma-
bhavo”. Sabbampi bhavagāmikammaṃ
kammabhavo.

Tattha katamo upapattibhavo? Kāmabhavo,
rūpabhavo, arūpabhavo, saññābhavo, asaññā-
bhavo, nevasaññānāsaññābhavo, ekavokāra-
bhavo, catuvokārabhavo, pañcavokārabhavo –
ayaṃ vuccati “upapattibhavo”. Iti ayañca
kammabhavo, ayañca upapattibhavo. Ayaṃ
vuccati “upādānapaccayā bhavo”.

Tattha katamā bhavapaccayā jāti? Yā
tesaṃ tesaṃ sattānaṃ tamhi tamhi
sattanikāye jāti sañjāti okkanti abhinibbatti,
khandhānaṃ pātubhāvo, āyatanānaṃ
paṭilābho – ayaṃ vuccati “bhavapaccayā jāti”.

Tattha katamaṃ jātipaccayā jarā-
maraṇaṃ? Atthi jarā, atthi maraṇaṃ. Tattha
katamā jarā? Yā tesaṃ tesaṃ sattānaṃ tamhi
tamhi sattanikāye jarā jīraṇatā khaṇḍiccaṃ
pāliccaṃ valittacatā āyuno saṃhāni
indriyānaṃ paripāko – ayaṃ vuccati “jarā”.

Therein what is ‘because of feeling craving arises’?
Craving for visible (objects), craving for sound, craving
for odour, craving for flavour, craving for tangible
(objects), craving for dhamma (objects). This is called
‘because of feeling craving arises’.

此中，什么是「缘于受，爱生起」？色爱、声爱、
香爱、味爱、触爱、法爱。这称为「缘于受，爱生起」。

Therein what is ‘because of craving attachment
arises’? The attachment of desire, the attachment of
wrong view, the attachment of (wrong) habits and
practices, the attachment of soul-theory. This is called
‘because of craving attachment arises’.

此中，什么是「缘于爱，取生起」？欲取、见
取、戒禁取、我论取。这称为「缘于爱，取生起」。

Therein what is ‘because of attachment becoming
arises’? Becoming by way of twofold division: there is
action-becoming; there is resultant becoming. Therein
what is action-becoming? Activity producing good
(result), activity producing bad (result), activity producing
unshakeable (result). This is called action-becoming.
Also all action leading to becoming is action-becoming.

此中，什么是「缘于取，有生起」？依两种有：
有业有，有生有。此中，什么是业有？福行、非福
行、不动行。这称为「业有」。一切导致有（生命）
的业是业有。

Therein what is resultant-becoming? Sensual
becoming, fine-material becoming, formless becoming,
perception becoming, non-perception becoming, neither-
perception-nor-non-perception becoming, single-
aggregate becoming, four-aggregate becoming, five-
aggregate becoming. This is called resultant-becoming.
Thus, this is action-becoming, and this is resultant-
becoming. This is called ‘because of attachment
becoming arises’.

此中什么是生有？欲有、色有、无色有、想有、
无想有、非想非非想有、一蕴有、四蕴有、五蕴有。
这称为「生有」。如是此业有，此生有。这称为「缘
于取，有生起」。

Therein what is ‘because of becoming birth arises’?
That which for this or that being in this or that category
of beings is birth, genesis, entry, full existence, the
appearance of the aggregates, the acquiring of the bases.
This is called ‘because of becoming birth arises’.

此中，什么是「缘于有，生生起」？在这个那个
有情群体中的这些及那些有情，有生、产生、投
生、诞生、诸蕴的显现、诸处的获得。这称为「缘
于有，生生起」。

Therein what is ‘because of birth ageing and death
arise’? There is ageing; there is death. Therein what is
ageing? That which for this or that being in this or that
category of beings is ageing, decrepitude, broken teeth,
grey hair, wrinkled skin, the dwindling of life, decay of
the controlling faculties. This is called ageing.

此中，什么是「缘于生，老死生起」？有老，
有死。此中，什么是老？在这个那个有情群体中的
这些及那些有情，有年老、衰老、牙齿脱落、白发、
皱皮、生命的衰退、诸根的老化。这称为老。

Tattha katamaṃ maraṇaṃ? Yā tesam tesam sattānaṃ tamhā tamhā sattanikāyā cuti cavanatā bhedo antaradhānaṃ maccu maraṇaṃ kālakiriyaṃ khandhānaṃ bhedo kaḷavarassa nikkhepo jīvitindriyassupacchedo – idaṃ vuccati “maraṇaṃ”. Iti ayaṇca jarā, idaṇca maraṇaṃ. Idaṃ vuccati “jātipaccayā jarāmarāṇaṃ”.

Tattha katamo soko? Ñātibyaśanena vā phutṭhassa, bhogabyaśanena vā phutṭhassa, rogabyaśanena vā phutṭhassa, sīlabyaśanena vā phutṭhassa, diṭṭhibyaśanena vā phutṭhassa, aññataraññatarena byaśanena samannāgatassa, aññataraññatarena dukkhadhammena phutṭhassa soko socanā socitattaṃ antosoko antoparisoko cetaso parijjhāyanā domanassaṃ sokasallaṃ – ayaṃ vuccati “soko”.

Tattha katamo paridevo? Ñātibyaśanena vā phutṭhassa, bhogabyaśanena vā phutṭhassa, rogabyaśanena vā phutṭhassa, sīlabyaśanena vā phutṭhassa, diṭṭhibyaśanena vā phutṭhassa, aññataraññatarena byaśanena samannāgatassa, aññataraññatarena dukkhadhammena phutṭhassa ādevo paridevo ādevanā paridevanā ādevitattaṃ paridevitattaṃ vācā palāpo vipplāpo lālappo lālappanā lālappitattaṃ – ayaṃ vuccati paridevo”.

Tattha katamaṃ dukkhaṃ? Yaṃ kāyikaṃ asātaṃ kāyikaṃ dukkhaṃ, kāyasamphassaṃ asātaṃ dukkhaṃ vedayitaṃ, kāyasamphassaṃ asātā dukkhā vedanā – idaṃ vuccati “dukkhaṃ”.

Therein what is death? That which for this or that being in this or that category of beings is decease, passing away, breaking up, disappearance, dying, death, the completion of the life span, the breaking up of the aggregates, the laying down of the body, the destruction of the life faculty. This is called death. Thus is this ageing and this death. This is called ‘because of birth ageing and death arise’.

此中，什么是死？在这个那个有情群体中的这些及那些有情，有死亡、消退、分离、消失、逝世、死、命终、诸蕴分离、遗弃身体、命根断。这称为死。如是此老此死。这称为「缘于生，老死生起」。

Therein what is sorrow? (That which) To one afflicted by misfortune through relatives or to one afflicted by misfortune through wealth or to one afflicted by misfortune through disease, or to one afflicted by misfortune through (corrupted) morality, or to one afflicted by misfortune through wrong view, or to one possessed of one misfortune or another or to one afflicted by one painful thing or another is sorrow, being sorry, the state of being sorry, inner sorrow, deep sorrow, burning of the mind, mental pain, the arrow of sorrow. This is called sorrow.

此中，什么是愁？对于那些遭受失去亲戚的不幸，或遭受失去财富的不幸，或遭受疾病的不幸，或遭受（污染）戒的不幸，或遭受邪见的不幸，或拥有任何不幸，或遭受任何苦事的不幸（的人），有愁、发愁、忧愁、内心发愁、整个内心都在愁、心完全在烧、不快乐、被愁之刺戳穿。这称为愁。

Therein what is lamentation? (That which) To one afflicted by misfortune through relatives or to one afflicted by misfortune through wealth or to one afflicted by misfortune through disease, or to one afflicted by misfortune through (corrupted) morality, or to one afflicted by misfortune through wrong view, or to one possessed of one misfortune or another or to one afflicted by one painful thing or another is crying, lamentation, the act of crying, the act of lamentation, the state of crying, the state of lamentation, (sorrowful) talk, senseless talk, wailing, sorrowful murmuring, the act of sorrowful murmuring, the state of sorrowful murmuring. This is called lamentation.

此中，什么是悲？对于那些遭受失去亲戚的不幸，或遭受失去财富的不幸，或遭受疾病的不幸，或遭受（污染）戒的不幸，或遭受邪见的不幸，或拥有任何不幸，或遭受任何苦事的不幸（的人），有悲泣、不断悲泣、在悲泣、不断地在悲泣、悲泣之境、不断悲泣之境、悲语、悲唤、不断悲唤、种种不断地悲唤、悲唤之境及不断悲唤之境。这称为悲。

Therein what is pain? That which is bodily uneasiness, bodily pain, uneasy painful experience born of bodily contact, uneasy painful feeling born of bodily contact. This is called pain.

此中，什么是苦？身体的不适、身的痛苦、身触产生而体验到的不适苦受、身触产生的种种不适苦受。这称为苦。

Tattha katamaṃ domanassaṃ? Yaṃ
cetasikaṃ asātaṃ cetasikaṃ dukkhaṃ,
cetosamphassajaṃ asātaṃ dukkhaṃ
vedayitaṃ, cetosamphassajā asātā dukkhā
vedanā – idaṃ vuccati “domanassaṃ”.

Tattha katamo upāyāso? Ñātibyaśanena
vā phuṭṭhassa, bhogabyaśanena vā
phuṭṭhassa, rogabyaśanena vā phuṭṭhassa,
sīlabyaśanena vā phuṭṭhassa, diṭṭhibyaśanena
vā phuṭṭhassa, aññataraññatarena byaśanena
samannāgatassa, aññataraññatarena
dukkhadhammena phuṭṭhassa āyāso upāyāso
āyāsitaṃ upāyāsitaṃ – ayaṃ vuccati
“upāyāso”.

Evametassa kevalassa dukkhakkhandhassa
samudayo hotīti, evametassa kevalassa
dukkhakkhandhassa saṅgati hoti, samāgamo
hoti, samodhānaṃ hoti, pātubhāvo hoti. Tena
vuccati “evametassa kevalassa
dukkhakkhandhassa samudayo hotī”ti.

– Abhidhammapiṭaka, Vibhaṅga, 6

Therein what is grief? That which is mental uneasiness, mental pain, uneasy painful experience born of mental contact, uneasy painful feeling born of mental contact. This is called grief.

此中，什么是忧？心的不适、心的痛苦、意触产生而体验到的不适苦受、意触产生的种种不适苦受。这称为忧。

Therein what is despair? (That which) To one afflicted by misfortune through relatives or to one afflicted by misfortune through wealth or to one afflicted by misfortune through disease, or to one afflicted by misfortune through (corrupted) morality, or to one afflicted by misfortune through wrong view, or to one possessed of one misfortune or another or to one afflicted by one painful thing or another is despondency, despair, the state of despondency, the state of despair. This is called despair.

此中，什么是恼？对于那些遭受失去亲戚的不幸，或遭受失去财富的不幸，或遭受疾病的不幸，或遭受（污染）戒的不幸，或遭受邪见的不幸，或拥有任何不幸，或遭受任何苦事的不幸（的人），有绝望、极度绝望、绝望之境及极度绝望之境。这称为恼。

‘Thus is the arising of this whole mass of suffering’ means: Thus is the combination, the assemblage, the collocation, the appearance of this whole mass of suffering. Therefore this is called ‘thus is the arising of this whole mass of suffering’.

「如是整个苦蕴的集起」：如是整个苦蕴的组合、集合、相聚、显现。因此称为「如是整个苦蕴的集起」。

Mahānamakkāra Pāḷi (p.107)**Great Homage 大礼赞**

Sugataṃ sugataṃ setṭhaṃ kusalaṃkusalaṃ
jaham;
Amataṃ amataṃ santaṃ asamaṃ asamaṃ
dadam;
Saraṇaṃ saraṇaṃ lokaṃ araṇaṃ araṇaṃ karaṃ;
Abhayaṃ abhayaṃ tḥānaṃ nāyakaṃ nāyakaṃ
name.

Nayanasubhagakāyaṅgaṃ
Madhuravarasaropetaṃ;
Amitaguṇagaṇādhāraṃ
Dasabalamatulaṃ vande.

Yo buddho dhitimāññadhāraṃ
Saṃsāre anubhosi kāyikaṃ
Dukkhaṃ cetasañña lokato,
Taṃ vande naradevamaṅgalaṃ.

Bāttimsatilakkhaṇacitradehaṃ
Dehajjutiniggatapajjalantaṃ
Paññādhitisīlaguṇoghavindaṃ
Vande munimantimajātiyuttaṃ.

Pātodayaṃ bāladvākaraṃva
Majjhe yatīnaṃ lalitaṃ sirīhi
Puṇḍindusaṅkāsamukhaṃ anejaṃ
Vandāmi sabbaññumahaṃ munindaṃ.

Upetapuñño varabodhimūle
Sasenamāraṃ sugato jinitvā
Abojjhi bodhiṃ aruṇodayamhi
Namāmi taṃ mārājinaṃ abhaṅgaṃ.

Rāgādichedāmalaññakhaggaṃ
Satīsamaññāphalakābhigāhaṃ
Sīloghalaṅkāravibhūsitāṃ taṃ
Namāmibhiññāvaramiddhupetaṃ.

I pay homage to the excellent Sugata, the well-gone, who abandoned wholesome and unwholesome states; The deathless, peaceful and peerless One, who gave us the peerless deathlessness; The Refuge, the comprehender of the world, the undefiled One who made others undefiled; The safe One, and the leader to the safe place (nibbāna).

我礼敬——已断除善与不善、已善修行的最殊胜善逝；给予我们无比不死的不死、寂静、无比者；使得别人无染的依归者、知解世间者、无染者。把应被引导者带引到无畏处（涅槃）的无畏领导者。

I venerate the Buddha who is endowed with an auspicious body pleasing to the eye, and with a sweet and excellent voice; The bearer of immeasurable qualities, the matchless One with the ten powers.

我顶礼——拥有悦目之身、甜美殊胜之声、拥有无量功德、具备十力的无比者（佛陀）。

The Buddha, the concentrated One, and the bearer of the perfect knowledge, underwent, for the sake of the world, physical and mental suffering in the saṃsāra. I venerate Him who is a blessing for men and devas.

佛陀拥有稳固定力与智慧，（过去）在生死轮回里为世界经历了身心之苦。我顶礼这位人天的吉祥。

I venerate the Sage (the Buddha) who, with his thirty-two marks, had a charming body emitting light and shining; who experienced the profusion of the qualities of wisdom, concentration, and virtue, and was worthy for his last birth.

我顶礼牟尼（佛陀）——三十二相庄严之身，身体散发出辉耀的光芒，他体验慧定戒功德流，匹配得起这最后一生。

I venerate the lord of the sages, the Omniscient One, who, like the new sun in the early morning, is, among Seers, gracious with splendor, with a face similar to a full moon, and free of lust.

我顶礼一切知的牟尼王，犹如早晨升起的朝阳，他在出家众当中庄严祥瑞，脸如满月，无染。

The Sugata endowed with merits conquered, under the Bodhi tree, Māra with its army, and at dawnrise realized Enlightenment. I pay homage to the Conqueror of Māra, the Undefeated One.

具福善逝在菩提树下战胜魔王及其军队，在破晓时证悟菩提。我礼敬这位战胜魔王的不败者。

I pay homage to the Buddha, who, after seizing the ‘shield’ of mindfulness, and being adorned and embellished with the profusion of virtue, cut off the mental impurities of lust and so on with the sword of knowledge; and who was endowed with the excellent supernormal power called ‘higher knowledge’.

我礼敬——佛陀：拿起了正念之盾、装备装饰了戒之流，他以智剑斩断了贪欲等污垢，具备了亲证智的最上神通。

Dayālayaṃ sabbadhi dukkaraṃ karaṃ
Bhavaṇṇavātikkamamaggataṃ gataṃ
Tilokaṇāthaṃ susamāhitaṃ hitaṃ
Samantacakkhuṃ paṇamāmi taṃmitaṃ.

Tahiṃ tahiṃ pāramisañcayaṃ cayaṃ
Gataṃ gataṃ sabbhi sukhappadaṃ padaṃ
Narānarānaṃ sukhasambhavaṃ bhavaṃ
Namānamānaṃ jinapuṇḡgavaṃ gavaṃ.

Maggaṇṇanāvaṃ munidakkhanāviko
Īhāphiyaṃ ñāṇakarena gāhako
Āruyha yo tāya bahū bhavaṇṇavā
Tāresi taṃ buddhamagghappaṇaṃ name.

Samatimsatipāramisambharaṇaṃ
Varabodhidume catusaccadasaṃ
Varamiddhigataṃ naradevahitaṃ
Tibhavūpasamaṃ paṇamāmi jinaṃ.

Satapuññajalakkhaṇikaṃ virajaṃ
Gaganūpamadhiraṃ dhitimerusamaṃ
Jalajūpamasītalasīlayutaṃ
Pathavīsahanaṃ paṇamāmi jinaṃ.

Yo buddho sumati dive divākarova
Sobhanto ratijanane silāsanamhi
Āsīno sivasukhadaṃ adesi dhammaṃ
Devānaṃ tamasadisaṃ namāmi niccaṃ.

Yo pādapaṇkajamuduttalarājikehi
Lokehi tīhivikalehi nirākulehi
Sampāpuṇe nirupameyyatameva nātho
Taṃ sabbalokamahitaṃ asamaṃ namāmi.

I revere the Compassionate One, who, in all his lives, performed difficult acts [of merit]; who crossed the ocean of existence, and reached the foremost place; The protector of the three worlds, who was well composed in mind, and benefactor; the all-seer and boundless One.

我礼敬悲悯者——他在一切世里行难行之功德，越渡了生命之海，来到了最上之处——三界的依持者、心善定者、利益众生者、普眼者、无量者。

I pay homage to the eminent conqueror of impious beings, who here and there [in his rebirths] accumulated the totality of perfections, and reached the blissful state (nibbāna) that can be reached by the virtuous ones; and who brought about happiness to humans and non-humans.

我礼敬降伏无信众生的卓越胜利者——他处处（=过去世）累积波罗蜜，达到了贤善者能达到的乐境，带给了人天快乐。

I pay homage to the Buddha, the Sage who, as a skillful captain embarked on the ship of the [noble] eightfold path, and by it helped many folk to cross the ocean of existence by endeavouring with his enlightening knowledge and alleviating their suffering.

我礼敬佛陀——牟尼是善巧的舵手，登上（八圣）道支之船，手持努力之桨，以智奋斗帮助乘坐此船的许多众生越渡了生命之海，断除了苦。

I revere the Conqueror who completed the thirty perfections, and realized under the Bodhi tree the four [noble] truths; who attained the excellent supernormal powers, benefitted humans and devas, and achieved the cessation [of rebirths] in the threefold existence.

我礼敬胜利者——他圆满了三十种波罗蜜，在菩提树下证悟了四（圣）谛，证得了最上的神通，带给人天利益，以及证得了三有寂止。

I revere the Conqueror who, due to innumerable merits, is endowed with the [32] marks; and who, like the [clear] sky above, is free from defilements; whose concentration is, like Mount Meru, unshakable; and who, like a lotus in the water, is endowed with virtue that is cool, and, like the earth, has enduring patience.

我礼敬胜利者——由于数不尽的功德，他具备（三十二）相；他像（清澈的）天空一样无染；他的定就像须弥山一样不受动摇；他像水中莲花一样具备清凉的戒；他像大地一样堪忍。

The Buddha, the wise, shining like the sun by day, sat on the delightful stone seat and expounded the [abhi-]dhamma to the devas, that gives the safe nibbānic bliss. To that Peerless One I always pay my homage.

佛陀——智者——犹如白天的太阳照耀，坐在令人喜悦的石座上，向诸神开示带来安全的（涅槃）乐的阿毗达摩。我恒常礼敬该无同等者。

The Protector who had (108) complete (wheel marks) and distinct lines on the soft soles of his lotus feet, reached, in the three worlds, the incomparable state. To that matchless One, the benefactor of the world, I pay my homage.

依持者（佛陀）已达到了三界无比之境，其柔软的莲花足有完整（108个轮）及清楚的（圆）线。我礼敬该无同等者、利益一切世间者。

Buddhaṃ narānārasamosaraṇaṃ dhitattaṃ
Paññāpadīpajutiyā vihatandhakāraṃ
Atthābhikāmanaradevahitāvahaṃ taṃ
Vandāmi kāruṇikamaggamanantaññaṃ.

Akḥilaguṇanidhāno yo munindopagantvā
Vanamisipatanavhaṃ saññatānaṃ niketaṃ
Tahimakusalachedaṃ dhammacakkaṃ pavatto
Tamatulamabhikantaṃ vandaneyyaṃ namāmi.

Suciparivāritaṃ surucirappabhāhi rattaṃ
Sirivisarālayaṃ gupitamindriyehupetaṃ
Ravisasimaṇḍalappabhutilakkhaṇopacittaṃ
Suranarapūjitaṃ sugatamādaraṃ namāmi.

Maggaḷumpena muhapaṭighāsādiullolavīciṃ
Saṃsāroghaṃ tari tamabhayaṃ pārapattaṃ
pajānaṃ
Tānaṃ leṇaṃ asamasaraṇaṃ ekatitthaṃ
patiṭṭhaṃ
Puññakkhettaṃ paramasukhadaṃ
dhammarājaṃ namāmi.

Kaṇḍambaṃmūle parahitakaro yo munindo
nisinno
Accheraṃ sīghaṃ nayanasubhagaṃ
ākulaṇṇaggijālaṃ
Dujjāladdhaṃsaṃ munibhijahitaṃ pāṭiheraṃ
akāsi
Vande taṃ seṭṭhaṃ paramaratijaṃ
iddhidhammehupetaṃ.

I venerate the Buddha, the focal meeting point of humans and non-humans, the Concentrated One, who removed the darkness [of ignorance] with the brightness of his [arahatta] wisdom; the well-wishing One, and benefactor to humans and devas; the compassionate and foremost One, of infinite enlightening knowledge.

我顶礼佛陀——人非人的集会处；心定者；以（阿罗汉）慧灯之光去除了（无明的）黑暗；祝愿（众生）幸福者；利益人天者；悲悯、顶尖、拥有无边智慧者。

The lord of sages, a deposit of perfect qualities, arrived at Isipatana grove, the abode of self-controlled sages, and there set forth the Dhamma-wheel that cuts off the unwholesome. To that matchless and most pleasant Sage, worthy of veneration, I pay my homage.

圆满德藏牟尼王来到仙人坠林——自制者的住处，在该处转动切断不善的法轮。我礼敬该无比、最令人喜悦、应被顶礼的牟尼。

I respectfully pay homage to the Sugata, who is surrounded by noble retinue and has a delightful body with very pleasant radiance. Who is a shelter for meritorious people, and is endowed with guarded faculties; who has graceful marks on the soles of his feet beginning with the discs of sun and moon, and is honoured by devas and humans.

我恭敬地礼敬善逝——他受到圣洁随众围绕；令人愉悦的身体有非常舒适的光明；他是有德者的庇护所；具备善守护的根门；他的脚掌有日轮月轮等瑞相；他受到人天恭敬。

I pay homage to the King of Dhamma [the Buddha] who, with the raft of path, crossed the flood of saṃsāra with its waves of delusion, aversion, desire, etc., and reached the safe shore [nibbāna]; who became a shelter, a secure place, an unequal refuge, a safe haven, a support [for deliverance], a field of merits [for all beings], and a giver of supreme happiness.

我礼敬法王（佛陀）——他以道筏越渡了有痴嗔贪等波涛的生死轮回暴流，到达无危险的彼岸（涅槃）；他成为了（一切众生）的庇护所、安全处、无同等的归依处、安全港、支助（以证解脱）、福田、给予至上乐者。

The Lord of Sages wishing the welfare of others sat under the Kaṇḍa mango tree and performed the marvelous [twin] miracle that was rapid, pleasant to the eye, combined with water, fire, and flame, shattering the net of wrong views, and which was habitually performed by all Buddha-sages. I venerate that excellent, supremely delightful Sage with supernormal qualities.

为了他人的利益，牟尼王坐在干达芒果树下，显现诸佛皆显现、迅速、悦目、混合水火、神奇的双神变，破除了邪见之网。我顶礼彼最胜、具备神通法、极其令人喜悦的牟尼。

Munindakko yveko dayudayaruṇo
 ñāṇavitthiṇṇabimbo
 Vineyyappāṇoghaṃ kamalakathitaṃ
 dhammamaṃsīvarehi
 Subodhesi suddhe tibhavakuhare
 byāpitakkittinañca
 Tilokekaccakkhuṃ dukkhamasahanam taṃ
 mahesiṃ namāmi.

Yo jino anekajātiyaṃ saputtadāramaṅga-
 jīvitampi
 Bodhipemato alaggamānaso adāsiyeva
 atthikassa
 Dānapāramiṃ tato param apūri
 sīlapāramādikampi
 Tāsamiddhiyopayātamaggataṃ tamekadīpakam
 namāmi.

Devādevātidevaṃ nidhanavapudharaṃ
 mārabhaṅgaṃ abhaṅgaṃ,
 Dīpaṃ dīpaṃ pajānaṃ jayavarasayane
 bodhipattaṃdhipattaṃ,
 Brahmābrahmāgatānaṃ varagirakathikaṃ
 pāpahīnaṃ pahīnaṃ,
 Lokālokābhirāmaṃ satatamabhiname taṃ
 munindaṃ munindaṃ.

Buddho nigrodhabimbo mudukaracaraṇo
 brahmaghoseṇijaṅgho,
 Kosacchādaṅgajāto punarapi sugato
 suppatiṭṭhitapādo,
 Mūdodātuṇṇalomo athamapi sugato
 brahmujuggattabhāvo,
 Nīlakkhī dīghapaṇhī sukhumamalachavī
 thomyarasaggasaggī.

With his compassion like the rising dawn, and with his wide range of knowledge, the great sage alone, like the sun [awakes] the lotuses in clean lotus lakes, awakened with his excellent Dhamma rays multitudes of beings to be guided, in the three planes of existence. I pay homage to that great Seer of pervading glory, the sole eye in the three worlds, who endured hardships.

牟尼王的悲心犹如破晓，其智广博，就像太阳使得清澈莲花池中的莲花开放，他以殊胜的法光使得三有中应当被引导者觉醒。我礼敬该声名远播的大贤、三界中唯一的眼睛、忍受坚苦者。

The Conqueror [the Buddha], out of wish for enlightenment, offered, for many lives, with unattached mind his children, wives, bodily limbs, and life to the needy. He thus fulfilled the perfection of offering, and further on the perfection of virtue, and so on. I pay homage to him who reached the pre-eminent state [Buddhahood] by the success of those [perfections], and is the sole island [for deliverance].

胜利者基于喜爱菩提，在诸多世中毫无执着地布施自己的孩子、妻子、肢体与生命给所需要的人。因此他圆满了布施波罗蜜及持戒波罗蜜等其他波罗蜜。我礼敬他——已透过那些波罗蜜达到至上境界（佛果），是唯一（引导众生至解脱）的岛屿。

I always and very respectfully pay homage to that lord of sages, who, on the excellent 'seat of victory', attained enlightenment and reached the foremost state [in the world]; The supreme and pure God of all gods, the bearer of his last body, the defeater of Māra, and undefeated One. The illuminator of the lamp [of wisdom] for all, the preacher with an excellent voice to Brahmas and non-Brahmas alike; who abandoned the contemptible vice, and is a delight for this [human] world and other [deva-brahma] worlds beyond.

我一直都非常恭敬地礼敬牟尼王——他在殊胜的胜利座上证悟，达到（世间上）至上的境界；是超越诸神之神；背负最后一身，战胜魔王的不败者；是大众的慧灯；以殊胜的声音向梵天与非梵天开示；断除了低劣的恶法；是这个世间（人间）与其他世间（欲界天与梵天）的喜悦。

The Buddha has a bodily range like a banyan tree, has soft hands and feet, and a voice like Brahmā; has legs like an antelope's, and male organ enclosed in a sheath. And again the Sugata sets his feet down squarely, has hair [between his eyebrows] which is white and soft like cotton. And then also the Sugata has, like Brahmā, straight limbs, and his eyes are nīla in colour; has projecting heels, fine and dirt-free skin, and admirable acute nerves for taste.

佛陀之身如榕树之身（两手伸展的长度同身高），他的手足柔软，声如梵天，胫如鹿，生殖器秘藏。再者，善逝踏足平整，（眉心）白毫柔软如棉。而且善逝像梵天那样拥有正直的身躯。他有黑色的眼睛、足踵长、皮肤细滑无垢、味觉至上。

Cattālīsaggadanto samakalapanajo
 antaraṃsappapīno,
 Cakkenaṅkitapādo aviraḷadasano
 mārajussaṅkhapādo,
 Tiṭṭhanto nonamantobhayakaramudunā
 jaṇṇukānāmasanto,
 Vaṭṭakkhandho jino gotaruṇapakhumako
 sīhapubbaḍḍhakāyo.

Sattappīno ca dīghaṅguli matha sugato
 lomakūpekalomo,
 Sampannodātadāṭho kanakasamataco
 nīlamuddhaggalo,
 Sambuddho thūlajivho atha sīhanuko
 jālikappādahatto,
 Nātho uṇhīsaśīso itiguṇasahitaṃ taṃ mahesiṃ
 namāmi.

Buddhobuddhotighoso atidullabhataro kā
 kathā buddhabhāvo,
 Loke tasmā vibhāvī vividhahitasukhaṃ
 sādhave patthayantā,
 Itṭhaṃ atthaṃ vahantaṃ suranaramahitaṃ
 nibbhayaṃ dakkhiṇeyyaṃ,
 Lokānaṃ nandivaḍḍhaṃ dasabalamasamaṃ
 taṃ namassantu niccaṃ.

He has forty excellent teeth which are even; the furrow between his shoulders is filled in, the soles of his feet are marked with wheels, and has teeth without gaps; The Conqueror of Māra [The Buddha] has arched feet; when he stands without stooping, he touches his knees with the palms of both his soft hands; has well and even rounded neck, eyelashes like a young calf, and torso like a lion.

他有四十颗最上的牙齿，牙齿整齐，（背部）双肩之间圆满，脚掌有轮相，牙齿无缝；战胜魔王的（佛陀）有高脚踝；站立不弯身，他能以柔软的手掌触摸膝盖；颈项圆，睫毛如牛犊，上半身如狮子。

He has seven convexities and long fingers and toes. And then the Sugata has body-hairs that grow singly, each body-hair growing alone in a hair socket; his teeth are white, his skin has the colour of gold, and the tips of his blue-black hairs turn up. The Sambuddha has a large tongue, and then is lion-jawed; has netted feet and hands, and his head is shaped like a turban. Thus to that great Seer endowed with these qualities [of a Great Man] I pay my homage.

（双手背、双足背、双肩与颈项）七处丰满，指长。而且，善逝一毛孔一毫毛，拥有白色的犬齿，金黄色的皮肤，黑色毛端向上。自觉者舌广长，又颚如狮子，手足缦网。依持者头顶有肉髻。我礼敬具备这些功德之大贤。

The word ‘Buddha, Buddha’ is the rarest one, not to mention [the attainment of] ‘Buddhahood’. May, therefore, in the world, intelligent and good people who wish manifold blessings and well-being pay homage to the unique Buddha endowed with the ten powers; the bearer of desirable and profitable things, the benefactor of devas and humans, the Safe One, worthy of offerings, and the bringer of auspiciousness.

（甚至听到）「佛陀、佛陀」（这个词）的声音都极难得，更别说（证悟）佛果。因此，在这世间上，希望获得种种利益与快乐、有智慧的善人，愿他们恒常礼敬无同等的十力者（佛陀）——所欲有益之物的背负者、人天的利益者、无畏者、应施者、增长世间喜悦者。

Dasadhammāsuttaṃ (p.11) (Pabbajita-Abhiṇhasuttaṃ)

“Dasayime, bhikkhave, dhammā
pabbajitena abhiṇhaṃ paccavekkhitabbā.
Katame dasa?

1. ‘Vevaṇṇiyamhi ajjhupagato’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

2. ‘Para-paṭibaddhā me jīvikā’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

3. ‘Añño me ākappo karaṇīyo’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

4. ‘Kacci nu kho me attā sīlato na
upavadatī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

5. ‘Kacci nu kho maṃ anuvicca viññū
sābrahma-cārī sīlato na upavadantī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

6. ‘Sabbhehi me piyehi manāpehi nānā-
bhāvo vinā-bhāvo’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

7. ‘Kamassakomhi kamma-dāyādo
kamma-yoni kamma-bandhu kamma-
paṭisaraṇo, yaṃ kammaṃ karissāmi kalyāṇaṃ
vā pāpakaṃ vā tassa dāyādo bhavissāmī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

8. ‘Kathambhūtassa me rattindivā
vītivattantī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

9. ‘Kacci nu kho ahaṃ suññāgāre
abhiraṃāmī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

Discourse on Ten Dhammas 十法经

“There are these ten things, bhikkhus, that one who
has gone forth should frequently reflect on. What are the
ten?

「诸比丘，有十种法是出家人应当经常省察
的。是哪十种？

‘I have become one who has no class’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我已经成为没有阶
级分别的人。』

‘I am bound to others for my livelihood’, one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我的生活依赖他
人。』

‘I should comport myself differently’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我的行仪举止应
[与在家人] 不同。』

‘Can I myself find no fault with my virtue?’ one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否不会因戒而
谴责自己？』

‘Will my wise companions in the spiritual life, after
testing me, find no fault with my virtue?’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『有智的同梵行者检
查后，是否不会因戒而谴责我？』

‘All those who are dear and pleasing to me are
subject to change, subject to separation (i.e. death)’, one
who has gone forth should frequently reflect on this.

出家人应当经常地省察：『一切我所喜爱、可
意的会变易、别离（即：死亡）。』

‘I am the owner of my kammās, I am the heir of my
kammās, it is kamma that I am born from, kammās are
my kinsfolk, kammās are my refuge, whatever kammās I
perform, whether good or bad, to that I will be the heir’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是业的所有者，
业的继承者，以业为起源，以业为亲属，以业为依
靠。无论我所造的业是善或恶，我将是它的继承
者。』

‘In what way do the nights and days pass for me?’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是如何度过日
夜呢？』

‘Do I delight in empty places?’ one who has gone
forth should frequently reflect on this.

出家人应当经常地省察：『我是否乐于空闲处
呢？』

10. 'Atthi nu kho me uttari-manussa-dhammo alamariya-ñāṇa-dassana-viseso adhigato, yenāhaṃ pacchime kāle sabrahmacārīhi puṭṭho na maṅku bhavissāmī'ti pabbajitena abhiṇhaṃ paccavekkhitabbāṃ.

Ime kho, bhikkhave, dasa dhammā pabbajitena abhiṇhaṃ paccavekkhitabbā."

– AN.X.48

'Has a state beyond (ordinary) human beings, the distinction of what is truly noble knowledge and seeing been attained by me? Will I at the end, when questioned by my companions in the spiritual life, not be embarrassed?', one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否有证得上人法、真正殊胜的圣智见呢？在我最后时刻，当同梵行者们问及时，我将不会羞愧？』

"These are the ten things, bhikkhus, that one who has gone forth should frequently reflect on."

诸比丘，此十种法乃出家人应当经常地省察。」

Catupaccavekkhaṇā (p.12)

Paṭisaṅkhā yoniso cīvaraṃ paṭisevāmi, yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya, ḍaṃsa-makasa-vātātapa-sirīmsapa-samphassānaṃ paṭighātāya, yāvadeva hiri-kopīna-paṭicchādanatthaṃ.

Paṭisaṅkhā yoniso piṇḍapātaṃ paṭisevāmi, neva davāya na madāya na maṇḍanāya na vibhūsanāya, yāvadeva imassa kāyassa ṭhitiyā yāpanāya vihiṃsūparatiyā brahmacariyānuggahāya, iti purāṇaṇca vedanaṃ paṭisaṅkhāmi, navaṇca vedanaṃ na uppādessāmi, yātrā ca me bhavissati anavajjatā ca phāsu-vihāro ca.

Paṭisaṅkhā yoniso senāsanaṃ paṭisevāmi, yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya, ḍaṃsa-makasa-vātātapa-sirīmsapa-samphassānaṃ paṭighātāya, yāvadeva utu-parissaya-vinodanaṃ paṭisallānārāmatthaṃ.

Paṭisaṅkhā yoniso gilāna-paccaya-bhesajja-parikkhāraṃ paṭisevāmi, yāvadeva uppannānaṃ veyyābādhikānaṃ vedanānaṃ paṭighātāya, abyāpajjha-paramatāya.

Four [Requisites] Contemplation

四种省思

Reflecting wisely, I wear the robe, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and also for the purpose of covering the parts of my body that cause shame.

我如理省思所受用之衣，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了遮蔽羞处。

Reflecting wisely I use almsfood not for play, not for pride, not for beauty, not for fattening; but merely for the sustenance and continuance of this body; to cease discomfort; and to be able to practise the holy life, thinking "Thus I will destroy old feelings (of hunger) and not create new feelings (from overeating). I will maintain myself, be blameless, and live in comfort."

我如理省思所受用的食物，不为嬉戏，不为骄傲，不为装饰，不为庄严，只是为了此身住立存续，为了停止伤害，为了资助梵行，如此我将消除旧受，并使新受不生，我将维持生命、无过且安住。

Reflecting wisely I make use of dwellings, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and as a protection from the perils of weather conditions; and for the joy of seclusion.

我如理省思所受用的住所，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了免除季候的危险，而好独处（禅修）之乐。

Reflecting wisely I make use of medicinal requisites that are for curing the sick, only to counteract any afflicting feelings (of illness) that have arisen and for maximum freedom from disease.

我如理省思所受用的病者所需之药品，只是为了治疗已生起的病苦之受，为了尽量没有身苦。

Pubbaṇhasuttaṃ (p.14)

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Buddhānubhāvena vināsamentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Dhammānubhāvena vināsamentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Saṅghānubhāvena vināsamentu.

Dukkhappattā ca niddukkhā
Bhayappattā ca nibbhayā,
Sokappattā ca nissokā
Hontu sabbe'pi pāṇino.

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe devā'numodantu
Sabba-sampatti siddhiyā.

Dānaṃ dadantu saddhāya,
Sīlaṃ rakkhantu sabbadā,
Bhāvanābhiraṭṭā hontu,
Gacchantu devatāgatā.

Sabbe Buddhā balappattā
Paccekañāṇa yaṃ balaṃ,
Arahantānañca tejena
Rakkhaṃ bandhāmi sabbaso.

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Buddhē ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

The Discourse about the Forenoon 午前经

By the power of the Buddha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛陀的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Dhamma, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛法的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Saṅgha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过僧团的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

May all creatures who are suffering be without suffering, [living in] fear be without fear and [living in] sorrow be without sorrow.

祝愿一切的众生，痛苦的不再痛苦，
恐惧的不再恐惧，忧愁的不再忧愁。

May all deities rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切神随喜我们至今所累积的功德，愿一切得成就！

May all be able to perform giving with faith; may all safeguard their morality always. May all be delighted in meditation. May the deities who have come (to the recitation) go back (to their homes).

愿大家依信布施，愿大家永护其戒，
愿大家乐于禅修，请来此诸神归去。

By the (protective) power of the Buddhas, the power of Pacceka-Buddhas and the power of Arahants, I fortify the protection in every way.

以一切佛陀之力，及诸辟支佛之力，
及诸阿罗汉之力，我建立一切守护！

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间（这是指天界、梵天界或其他世界系）的任何财宝，或在天界的任何殊胜珠宝，都没有和如来（佛陀）同等的。在佛陀里有此殊胜宝。以此真实语愿得安乐。

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Dhamme ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Saṃghe ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Mahā-kāruṇiko nātho,
Hitāya sabba-pāṇīnaṃ,
Pūretvā pāramī sabbā,
Patto sambodhimuttamaṃ.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Jayanto bodhiyā mūle,
Sakyānaṃ nandi-vuḍḍhano,
Evameva jayo hotu,
Jayassu jaya-maṅgale.

Aparājita-pallaṅke,
Sīse puthuvipukkhale,
Abhiseke sabbabuddhānaṃ,
Aggapatto pamodati.

Sunakkhattaṃ sumaṅgalaṃ,
Suppabhātaṃ suhuttitaṃ;
Sukhaṇo sumuhutto ca,
Suyittāṃ brahmacārisu.

Padakkhiṇaṃ kāya-kammaṃ,
Vācā-kammaṃ padakkhiṇaṃ;
Padakkhiṇaṃ mano-kammaṃ,
Paṇīdhi te padakkhiṇe.

Padakkhiṇāni katvāna,
Labhantatthe padakkhiṇe.
Te attha-laddhā sukhitā
Virūlā Buddha-sāsane;
Arogā sukhitā hotha
Saha sabbehi ñātibhi.

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Dhamma is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在法里有此殊胜宝。以此真实语愿得安乐。

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在僧团里有此殊胜宝。以此真实语愿得安乐。

The most compassionate Lord had fulfilled all the perfections for the welfare of all beings and had attained the supreme enlightenment. By this truth may there be well-being for you always.

具有大悲的依持者，为了一切众生利益，
圆满所有波罗蜜后，证得无上菩提解脱；
借着这真实的话语，愿你永远平安快乐。

Just as the Lord, the increaser of delight for the Sakyans, was victorious at the foot of the Bodhi tree, so also may the victory be to you and may you be successful in all the auspicious conquests.

为释迦族增长喜者，在菩提树下得胜利；
愿你也都如此胜利，于吉祥征途得胜利。

The Lord had attained the Noble State on the Unconquerable Seat, on the most sacred earth consecrated by all the Buddhas and rejoiced.

在不败的座位上，在最神圣的地点，
诸佛加持欢喜处，他证悟圣洁之境。

May good planets, excellent blessings, good daybreak, good waking up, good moment, good instance, and good oblations to the sages be to you.

愿你得吉星善吉祥，好的黎明好的起身，
好的刹那与好时刻，对梵行者的善供养。

May the bodily deeds be reverential; may the speech deeds be reverential; may the mental deeds be reverential. May you be resolute in these reverential matters.

恭敬的身业，恭敬的语业，
恭敬的意业，决意于敬业。

Having done the reverential deeds, may you obtain reverential gains; having obtained them may you be happy and make progress in the Buddha's dispensation. May you and all your relatives be happy and free from sickness.

实行恭敬诸业之后，愿你获得恭敬之得。
获得它们愿你快乐，于佛教法获得提升。
愿你及所有亲戚们，都没有病痛都快乐。

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-buddhānubhāvena
Sadā sukhī (sothī)²² bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-dhammānubhāvena
Sadā sukhī (sothī)² bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-saṅghānubhāvena
Sadā sukhī (sothī)² bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Buddhas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸佛的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Dhammas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸法的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Saṅghas, may you have happiness (well-being) always.
愿你得一切吉祥，愿一切神保护你；
透过诸僧的威力，愿你永远都快乐（平安）！

Mettā Chanting (p.16)

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Puratthimāya disāya, pacchimāya disāya,
uttarāya disāya, dakkhiṇāya disāya, puratthi-
māya anudisāya, pacchimāya anudisāya,
uttarāya anudisāya, dakkhiṇāya anudisāya,
hetṭhimāya disāya, uparimāya disāya,

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

慈悲诵

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:
一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

In the easterly direction, in the westerly direction, in the northerly direction, in the southerly direction, in the south-east direction, in the north-west direction, in the north-east direction, in the south-west direction, in the downward direction, in the upward direction:

在东方、在西方、在北方、在南方、在东南方、
在西北方、在东北方、在西南方、在下方、在上方

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:

一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

²² sothī – Sri Lanka Version, 斯里兰卡版本

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā pathavī-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā udaya-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā ākāśa-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Good Wishes and Sharing of Merit etc 1

Yaṃ pattaṃ kusalaṃ tassa
Ānubhāvena pāṇino
Sabbe saddhamma-rājassa
Ñatvā Dhammaṃ sukhāvahaṃ,

Pāpuṇantu visuddhāya
Sukhāya paṭipattiyā
Asokamanupāyāsaṃ
Nibbānasukhamuttamaṃ.

Ciraṃ tiṭṭhatu saddhammo,
Dhamme hontu sagāravā
Sabbe'pi sattā, kālena
Sammā devo pavassatu.

Yathā rakkhimsu porāṇā
Surājāno tathevimaṃ,
Rājā rakkhatu dhammena
Attano'va paṇaṃ paṇaṃ.

– Aṭṭhasālīnī, Nigamanakathā

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live on earth: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在地上过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in water: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在水里过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in the sky: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在天空里过活的有情无嗔无怨、无苦无厄。

祝愿与分享功德等 1

By the power of whatever wholesome state attained by me, may all beings, having known rightly the King of Dhamma's teachings which give bliss (of Nibbāna), attain the bliss of Nibbāna, sorrowless, without distress and supreme, through the Middle Practice (Noble Eightfold Path) which is pure and blissful.

以我所成就的善法力量，愿一切有情在了知正法王导向快乐（涅槃）之法后，透过清净快乐的修行，达到至上的涅槃乐、无忧无恼。

May the true Dhamma last long, may all beings also respect the Dhamma, and may the [rain] god [give] proper and timely rain.

愿正法久住，愿一切有情也恭敬法，愿雨神适时降雨。

Just as good kings of ancient times gave protection, may the king righteously protect the people like his own (offspring).

正如古代贤善之王给予保护，愿国王善护人民如善护自己的子女。

Imāya dhammānudhammapaṭipattiyā
Buddhaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Dhammaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Saṅghaṃ pūjemi.

Addhā imāya paṭipattiyā jāti-jarā-byādhi
maraṇamhā parimuccissāmi.

Idaṃ me puññaṃ āsavakkhayāvaham hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññabhāgaṃ labhantu.

**Good Wishes for Ven. (p.22)
Pa-Auk Sayadaw,
Ariyadhamma Mahāthera
& Other Theras**

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhiṃ,
Therāsabho Āciṇṇo yatinda-nātho
Dīghāyuko bhavatu sādhu-samiddha-citto.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-citta-pasādhitena,
Therāsabho Ariyadhammo yatinda-nātho
Sambodhiñāṇamadhigacchatu sādhu sādhu.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhiṃ,
Therāsabhātha garu-gāra-bhāvanīyā
Dīghāyukā bhavatha sādhu-samiddha-cittā.

By this practice that is in accordance with the
Dhamma, I venerate the Buddha.

By this practice that is in accordance with the
Dhamma, I venerate the Dhamma.

By this practice that is in accordance with the
Dhamma, I venerate the Saṅgha.

Surely, by this practice I will be liberated from birth,
old age, sickness and death.

以此依法修行证法，我礼敬佛！

以此依法修行证法，我礼敬法！

以此依法修行证法，我礼敬僧！

以此修行，我肯定将会解脱生、老、病、死！

May this merit of mine be conducive to the
destruction of [mental] taints. May this merit of mine be
a [supportive] condition [for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。

愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings. May all
those beings get an equal share of the merits shared by me.

我把我的功德与一切有情分享，

愿他们都平等地得到我的功德。

**祝福
帕奥禅师、
圣法大长老
与其他长老**

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma together with the power
of the Buddha, etc. (i.e. the Triple Gem), may the leader
and [spiritual] helper of monks, the prominent Elder Most
Venerable Āciṇṇa (Ven. Pa-Auk Sayadaw), have a long
life and successfully fulfill his noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以
及透过佛陀等（即三宝）的力量，愿作为出家众的
元老、领导与依持者的帕奥禅师长寿，以及成就其
善心愿。

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma and the inspiring
/gladdening of the mind [through reflecting] on the
Buddha, etc. (i.e. the Triple Gem), may the leader and
[spiritual] helper of monks, the prominent Elder Most
Venerable Ariyadhamma, attain the knowledge of
complete awakening. It is well, it is well!

透过谨慎及欢喜地修法所累积的这些功德，以
及透过（思惟）佛陀等（即三宝）而在心中生起的
净信，愿作为出家众的元老、领导与依持者的圣法
大长老达到圆满觉悟，善哉，善哉！

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma together with the power
of the Buddha, etc. (i.e. the Triple Gem), may other
Venerable theras, senior members of the Saṅgha, have a
long life and successfully fulfill their noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以
及透过佛陀等（即三宝）的力量，愿僧团的其他长
老长辈长寿，以及成就他们的善心愿。

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Devārādhana (p.1)

Samantā cakka-vāḷesu
Atrāgacchantu devatā;
Saddhammaṃ Muni-rājassa
Suṇantu sagga-mokkhaḍaṃ.

Dhammassavana-kālo ayaṃ bhadantā. (x3)

Inviting the Deities 邀請諸天

May the deities of the entire universe come here and listen to the True-Dhamma of the King of Sages, which leads to the heavenly states and liberation (Nibbāna).

从世界系中各处，愿诸天神来此地，
聆听知王之正法，导向天界与解脱。

Sirs, now is the time for listening to the Dhamma.
这是听闻佛法的时候，大德们。

Vandanā (p.1)

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Homage [to the Buddha] 礼敬佛陀

Homage to that Blessed One, the Arahant and Perfectly Self-Awakened One.

礼敬世尊、阿罗汉、圆满自觉者。

Sambodhi-Udāna (p.1)

Aneka-jāti saṃsāraṃ
Sandhāvissaṃ anibbisaṃ,
Gaha-kāraṃ gavesanto
Dukkhā jāti punappunaṃ.

Gaha-kāraka, diṭṭho'si
Puna gehaṃ na kāhasi,
Sabbā te phāsukā bhaggā
Gaha-kūṭaṃ visaṅkhataṃ,
Visaṅkhāra-gataṃ cittaṃ
Taṇhānaṃ khayamajjhagā.

– KN, Dhṃ²³ 153-154

Inspired Utterance [after] Self-Awakening 正觉自说话

I wandered [through] many births in saṃsāra, searching for the house builder (craving) [but] found [him] not; repeated birth is suffering.

在生死轮回当中，我寻找了许多世，
却找不到造屋者。一再投生的确苦。

O house-builder! You are seen. You shall not build a house again. All your rafters are broken. Your ridge-pole is shattered. My mind has attained the unconditioned, obtaining the destruction of craving.

造屋者你已被见！你已不能再造屋。
你所有的椽已断，你的横梁已粉碎。
我心已证无为法。已经达到爱尽毁。

²³ Abbreviations in this book 本书中的英文缩写：DN (Dīgha-Nikāya), MN (Majjhima-Nikāya), SN (Saṃyutta-Nikāya), AN (Aṅguttara-Nikāya), KN (Khuddaka-Nikāya), Dhṃ (Dhammapada).

Paṭiccasamuppāda (p.2)

Iti imasmim sati idaṃ hoti, imassuppādā
idaṃ uppajjati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
paccayā viññāṇaṃ, viññāṇa-paccayā nāma-
rūpaṃ, nāma-rūpa-paccayā saḷāyatanaṃ,
saḷāyatana-paccayā phasso, phassa-paccayā
vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
upādānaṃ, upādāna-paccayā bhavo, bhava-
paccayā jāti, jāti-paccayā jarā-maraṇaṃ soka-
parideva-dukkha-domanassupāyāsā
sambhavanti. Evametassa kevalassa
dukkhakkhandhassa samudayo hoti.

Yadā have pātubhavanti dhammā,
Ātāpino jhāyato brāhmaṇassa,
Athassa kaṅkhā vapayanti sabbā,
Yato pajānāti sahetudhammaṃ.

Iti imasmim asati idaṃ na hoti, imassa
nirodhā idaṃ nirujjhati, yadidaṃ:

Avijjā-nirodhā saṅkhāra-nirodho,
saṅkhāra-nirodhā viññāṇa-nirodho, viññāṇa-
nirodhā nāma-rūpa-nirodho, nāma-rūpa-
nirodhā saḷāyatana-nirodho, saḷāyatana-
nirodhā phassa-nirodho, phassa-nirodhā
vedanā-nirodho, vedanā-nirodhā taṇhā-
nirodho, taṇhā-nirodhā upādāna-nirodho,
upādāna-nirodhā bhava-nirodho, bhava-
nirodhā jāti-nirodho, jāti-nirodhā jarā-maraṇaṃ
soka-parideva-dukkha-domanassupāyāsā
nirujjhanti. Evametassa kevalassa
dukkhakkhandhassa nirodho hoti.

Dependent Origination 缘起

Thus when there is this that is, with the arising of this
that arises, such as:

此有故彼有，此生故彼生，即：

Dependent on ignorance, activities [arise]; dependent
on activities, consciousness [arises]; dependent on
consciousness, mentality and materiality [arise];
dependent on mentality and materiality, the six bases
[arise]; dependent on the six bases, contact [arises];
dependent on contact, feeling [arises]; dependent on
feeling, craving [arises]; dependent on craving,
attachment [arises]; dependent on attachment, existence
[arises]; dependent on existence, [a new] birth [takes
place]; dependent on birth, ageing, death, sorrow,
lamentation, pain, unhappiness and despair come to be.
Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
个苦蕴的集起。

When indeed phenomena become apparent to the
religious one who is ardent and meditative, then all his
doubts disappear, since he knows the nature of their
causes.

当诸法明显呈现时，热诚禅修的婆罗门，
一切疑惑都会消失，因他了知诸法之因。

When there is not this that is not, with the cessation
of this that ceases, such as:

此无故彼无，此灭故彼灭，即：

With the cessation of ignorance, activities cease;
with the cessation of activities, consciousness ceases;
with the cessation of consciousness, mentality and
materiality cease; with the cessation of mentality and
materiality, the six [sense] bases cease; with the cessation
of the six [sense] bases, contact ceases; with the cessation
of contact, feeling ceases; with the cessation of feeling,
craving ceases; with the cessation of craving, attachment
ceases; with the cessation of attachment, [the cause for a
new] existence ceases; with the cessation of [the cause for
a new] existence, [the possibility of re]birth ceases; with
the cessation of birth, ageing, death, sorrow, lamentation,
pain, unhappiness and despair cease. Thus there is the
cessation of this whole mass of suffering.

无明灭则行灭；行灭则识灭；识灭则名色灭；
名色灭则六处灭；六处灭则触灭；触灭则受灭；受
灭则爱灭；爱灭则取灭；取灭则有灭；有灭则生灭；
生灭则老、死、愁、悲、苦、忧、恼灭。如是整个
苦蕴的熄灭。

Yadā have pātubhavanti dhammā
Ātāpino jhāyato brāhmaṇassa,
Athassa kaṅkhā vapayanti sabbā,
Yato khayam paccayānam avedi.

Iti imasmim sati idam hoti, imassuppādā
idam uppajjati, imasmim asati idam na hoti,
imassa nirodhā idam nirujjhati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
paccayā viññāṇam, viññāṇa-paccayā nāma-
rūpam, nāma-rūpa-paccayā saḷāyatanaṃ,
saḷāyatana-paccayā phasso, phassa-paccayā
vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
upādānam, upādāna-paccayā bhavo, bhava-
paccayā jāti, jāti-paccayā jarā-maraṇam soka-
parideva-dukkha-domanassupāyāsā
sambhavanti. Evametassa kevalassa
dukkhakkhandhassa samudayo hoti.

Avijjāya tveva asesa-virāga-nirodhā
saṅkhāra-nirodho, saṅkhāra-nirodhā viññāṇa-
nirodho, viññāṇa-nirodhā nāma-rūpa-nirodho,
nāma-rūpa-nirodhā saḷāyatana-nirodho,
saḷāyatana-nirodhā phassa-nirodho, phassa-
nirodhā vedanā-nirodho, vedanā-nirodhā
taṇhā-nirodho, taṇhā-nirodhā upādāna-
nirodho, upādāna-nirodhā bhava-nirodho,
bhava-nirodhā jāti-nirodho, jāti-nirodhā jarā-
maraṇam soka-parideva-dukkha-
domanassupāyāsā nirujjhanti. Evametassa
kevalassa dukkhakkhandhassa nirodho hoti.

Yadā have pātubhavanti dhammā,
Ātāpino jhāyato brāhmaṇassa,
Vidhūpayam tiṭṭhati māra-senam,
Suriyo'va obhāsayamantalikkham.

– Vinayapiṭaka, Mahāvagga,
Mahākhanda
– KN, Udāna, Bodhivagga

When indeed phenomena become apparent to the religious one who is ardent and meditative, then all his doubts disappear, since he experiences the elimination of [their] causes.

当诸法明显呈现时，热诚禅修的婆罗门，
一切疑惑都会消失，因他体证诸缘之灭。

Thus when there is this that is, with the arising of this that arises: when there is not this that is not, with the cessation of this that ceases, such as:

此有故彼有，此生故彼生；
此无故彼无，此灭故彼灭，即：

Dependent on ignorance, activities [arise]; dependent on activities, consciousness [arises]; dependent on consciousness, mentality and materiality [arise]; dependent on mentality and materiality, the six bases [arise]; dependent on the six bases, contact [arises]; dependent on contact, feeling [arises]; dependent on feeling, craving [arises]; dependent on craving, attachment [arises]; dependent on attachment, existence [arises]; dependent on existence, [a new] birth [takes place]; dependent on birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair come to be. Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
个苦蕴的集起。

With the remainderless dispassion and cessation of ignorance, activities cease; with the cessation of activities, consciousness ceases; with the cessation of consciousness, mentality and materiality cease; with the cessation of mentality and materiality, the six [sense] bases cease; with the cessation of the six [sense] bases, contact ceases; with the cessation of contact, feeling ceases; with the cessation of feeling, craving ceases; with the cessation of craving, attachment ceases; with the cessation of attachment, [the cause for a new] existence ceases; with the cessation of [the cause for a new] existence, [the possibility of re]birth ceases; with the cessation of birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair cease. Thus there is the cessation of this whole mass of suffering.

无明灭尽离欲无余则行灭；行灭则识灭；识灭
则名色灭；名色灭则六处灭；六处灭则触灭；触灭
则受灭；受灭则爱灭；爱灭则取灭；取灭则有灭；
有灭则生灭；生灭则老、死、愁、悲、苦、忧、恼
灭。如是整个苦蕴的熄灭。

When indeed phenomena become apparent to the religious one who is ardent and meditative, he stands dispelling the hosts of Māra, just as the sun illuminating the sky [dispels darkness].

当诸法明显呈现时，热诚禅修的婆罗门，
他击败魔军而稳立，犹如太阳照亮天空。

Ven. Assajī's Teaching to (p.4)
Ven. Sāriputta

Ye dhammā hetuppabhavā,
 Tesam hetum Tathāgato āha;
 Tesañca yo nirodho,
 Evañ-vādī Mahā-samaṇo.

– KN, Apadāna, Buddhavagga,
 Sāriputtatthera-Apadāna

阿说示尊者给予舍利弗尊者的教导

Of those phenomena that originate from a cause, the Tathāgata has declared the cause, and also what their cessation is — This is the doctrine of the Great Recluse.

从因生之法，如来说其因，
 及彼等之灭；此大沙门说。

Paccayā – Paccayuddeso (p.4) **[Twenty-Four] Conditions 二十四缘**

Hetupaccayo, ārammaṇapaccayo,
 adhipatipaccayo, anantarapaccayo,
 samanantarapaccayo, saha-jātapaccayo,
 aññamaññapaccayo, nissayapaccayo,
 upanissayapaccayo, purejātapaccayo,
 pacchājātapaccayo, āsevanapaccayo,
 kamma-paccayo, vipāka-paccayo,
 āhārapaccayo, indriya-paccayo,
 jhāna-paccayo, magga-paccayo,
 sampayutta-paccayo, vippayutta-paccayo,
 atthipaccayo, natthipaccayo,
 vigata-paccayo, avigata-paccayoti.

Etena sacca-vajjena sotthi te hotu sabbadā.
 Etena sacca-vajjena sabba-rogo vinassatu.
 Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

Root condition, object condition,
 predominance condition, immediacy condition,
 contiguity condition, conascence condition,
 mutuality condition, dependence condition,
 powerful dependence condition, pre-nascence condition,
 post-nascence condition, repetition condition,
 kamma condition, result condition,
 nutriment condition, faculty condition,
 jhāna condition, path condition,
 association condition, dissociation condition,
 presence condition, absence condition,
 disappearance condition, non-disappearance condition.

因缘；所缘缘；增上缘；无间缘；
 相续缘；俱生缘；相互缘；依止缘；
 亲依止缘；前生缘；后生缘；重复缘；
 业缘；果报（异熟）缘；食缘；根缘；
 禅那缘；道缘；相应缘；不相应缘；
 有缘；无有缘；离去缘；不离去缘。

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
 借着这真实的话语，愿一切的疾病消失；
 借着这真实的话语，愿你得到胜利吉祥。

Buddhānussati (p.5)

Iti'pi so bhagavā araham, sammāsambuddho,
vijjācaraṇa-sampanno, sugato, lokavidū,
anuttaro purisadamma-sārathi, satthā
devamanussānam, buddho, bhagavā.

Dhammānussati (p.5)

Svākkhāto bhagavatā dhammo, sandiṭṭhiko,
akāliko, ehi-passiko, opanayiko, paccattam
veditabbo viññūhi.

Saṅghānussati (p.5)

Suppaṭipanno bhagavato sāvaka-saṅgho,
Ujuppaṭipanno bhagavato sāvaka-saṅgho,
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,
Sāmicippaṭipanno bhagavato sāvaka-saṅgho;
Yadidaṃ: cattāri purisa-yugāni aṭṭha purisa-
puggalā, esa bhagavato sāvaka-saṅgho;
Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-
karaṇīyo, anuttaram puññakkhettaṃ lokassa.

Evam buddham sarantānam
Dhammam saṅghaṃ bhikkhavo;
Bhayaṃ vā chambhitattam vā
Lomahaṃso na hessati.

– SN, Sagāthāvagga, Sakkaṣaṇṇyutta,
Dhajaggasuttam

Etena saccavajjena pātu tvaṃ ratanattayam.
(x3)

Contemplation of the Buddha 佛随念

Such is that Blessed One, the Worthy One, the Perfectly Self-Awakened One, One fully possessed of wisdom and conduct, One who has proceeded by the good way, Knower of the [three] worlds, Unexcelled Trainer of tamable men, Teacher of deities and men, The Awakened One, The Blessed One.

世尊是：阿罗汉、圆满自觉者、明行足、善逝、世间解、无上士调御丈夫、天人师、佛陀、世尊。

Contemplation of the Dhamma 法随念

Well-expounded is the Exalted One's Dhamma, visible here-and-now, not delayed in time, inviting of inspection, onward-leading, is directly experienceable by the wise.

法由世尊善说，现前可见、无时（无间隔）、请来看、导向、当由智者亲证。

Contemplation of the Saṅgha 僧随念

The community of the Exalted One's disciples has entered on the good way, the community of the Exalted One's disciples has entered on the straight way, the community of the Exalted One's disciples has entered on the true way, the community of the Exalted One's disciples has entered on the proper way, that is to say, the four pairs of men, the eight types of persons. That is the Exalted One's disciple community, worthy of gifts, worthy of hospitality, worthy of offerings, whom should be respected, the incomparable field of merit for the world.

世尊的声闻僧众已入善行道；世尊的声闻僧众已入正直行道；世尊的声闻僧众已入真实行道；世尊的声闻僧众已入正当行道。即四双八辈。这是世尊的声闻僧众，是应供养、应供奉者、应施于者、应合掌（礼敬）者，是世间的无上福田。

Thus, Bhikkhus, in you who remember the Buddha, the Dhamma and the Saṅgha, fear, trembling or terror will never arise.

如是诸比丘，忆念佛法僧，
他无畏不栗，无毛骨悚然。

By this speaking of truth, may the Triple Gem protect you!

借此真实话语，愿三宝保护你！

Khandhasuttaṃ

(p.8)

Sabbāsīvisajātinaṃ
Dibbamantāgadam viya
Yaṃ nāseti viṣaṃ ghoram
Sesañcāpi parissayam.

Āṇākkhettamhi sabbattha
Sabbadā sabbapāṇinaṃ
Sabbasopi nivāreti
Parittam taṃ bhaṇāma he.

- - -

Virūpakkhehi me mettaṃ
Mettaṃ Erāpathehi me,
Chabyāputtehi me mettaṃ
Mettaṃ Kaṇhāgotamakehi ca.

Apādakehi me mettaṃ
Mettaṃ dvipādakehi me,
Catuppadehi me mettaṃ
Mettaṃ bahuppadehi me.

Mā maṃ apādako hiṃsi
Mā maṃ hiṃsi dvipādako,
Mā maṃ catuppado hiṃsi
Mā maṃ hiṃsi bahuppado.

Sabbe sattā, sabbe pāṇā
Sabbe bhūtā ca kevalā,
Sabbe bhadrāni passantu
Mā kañci pāpamāgamā.

Appamāṇo Buddho,
Appamāṇo Dhammo,
Appamāṇo Saṅgho.
Pamāṇavantāni sirīmsapāni:
Ahi-vicchikā, satapadī,
Uṇṇanābhi, sarabū, mūsikā.

**Discourse on [Protection of]
Aggregates 蕴护经**

Just like divine charms and divine medicines, this (Khandha-Sutta) nullifies baneful poison and other perils of all the highly poisonous creatures.

犹如天咒与天药，此经能够除剧毒；
一切剧毒之生物，其害此经皆能除。

In the scope of authority everywhere, always, for all beings this discourse prevents (the disasters). Let us recite this protective discourse now.

在此威力范围内，一切时候一切处，
此经能防该危害。我们且诵此护卫。

May I have loving-kindness towards the Virūpakkhas;
May I have loving-kindness towards the Erāpathas;
May I have loving-kindness towards the Chabyāputtas;
May I have loving-kindness towards the Kaṇhāgotamakas.
愿我对威卢跋有慈爱；愿我对伊拉跋有慈爱；
愿我对刹标子有慈爱；愿我对黑瞿昙有慈爱。

May I have loving-kindness towards footless beings;
May I have loving-kindness towards beings with two legs;
May I have loving-kindness towards beings with four legs;
May I have loving-kindness towards beings with many legs.
愿我对无足众生有慈爱；愿我对两足众生有慈爱；
愿我对四足众生有慈爱；愿我对多足众生有慈爱。

May footless beings not harm me;
May beings with two legs not harm me;
May beings with four legs not harm me;
May beings with many legs not harm me.
愿无足众生不伤害我；愿两足众生不伤害我；
愿四足众生不伤害我；愿多足众生不伤害我。

May all living beings, all breathing things,
all creatures (without exception)
meet with good fortune.
May none of them come to any evil.
愿一切有情一切息生、一切众生毫无遗漏地，
愿他们遇见幸运的事，不会遭遇邪恶的事情。

Infinite is the Buddha,
Infinite is the Dhamma,
Infinite is the Saṅgha.
Finite are creeping things:
snakes, scorpions, centipedes,
spiders, lizards, rats.
佛无量，法无量，僧无量。
爬行类却有限量：
蛇、蝎、蜈蚣、
蜘蛛、蜥蜴、老鼠。

Katā me rakkhā, kataṃ me parittaṃ,
Paṭikkamantu bhūtāni.
So'haṃ namo Bhagavato,
Namo sattannaṃ Sammā-sambuddhānaṃ.

– KN, 203 Khaṇḍajātaka;
AN.IV.67 Ahirājasuttaṃ;
Vinayaṭṭhaka, Cūlavagga,
Khuddakavaggaṃ, Khuddakapāṇāsaṃyuttaṃ

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-roga vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

I have made the protection, I have made the safeguard.
May the (harmful) beings depart. I pay homage to the
Blessed One; homage to the seven Buddhas (Vipassī
Buddha, Sikhī Buddha, Vessabhū Buddha, Kakusandha
Buddha, Koṇāgamana Buddha, Kassapa Buddha, and
Gotama Buddha)

我做了护卫，我做了保护。
愿那些（有害的）众生离开。
我礼敬世尊；
礼敬七位圆满自觉者。

By this speaking of truth, may there be well-being
for you always. By this speaking of truth, may all [your]
diseases disappear. By this speaking of truth, may there
be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Kesamuttisuttaṃ (p.112) (Kālāmasuttaṃ)

Evam me sutam: Ekaṃ samayaṃ bhagavā
kosalesu cārikaṃ caramāno mahatā bhikkhu-
saṅghena saddhiṃ yena kesamuttaṃ nāma
kālāmānaṃ nigamo tadavasari.

Assosum kho kesamuttiyā kālāmā:
“Samaṇo khalu, bho, gotamo sakyaputto
sakyakulā pabbajito kesamuttaṃ anuppatto.
Taṃ kho pana bhavantaṃ gotamaṃ evaṃ
kalyāṇo kittisaddo abbhuggato –

“Itipi so bhagavā araham sammāsambuddho
vijjācaraṇasampanno sugato lokavidū anuttaro
purisadammasārathi satthā devamanussānaṃ
buddho bhagavā'ti. So imaṃ lokam sadevakam
samārakam sabrahmakam
sassamaṇabrāhmaṇiṃ pajam
sadevamanussaṃ sayam abhiññā sacchikatvā
pavedeti. So dhammaṃ deseti ādikalyāṇam
majjhakalyāṇam pariyosānakalyāṇam sāttham
sabyañjanaṃ, kevalaparipuṇṇam parisuddham
brahmacariyaṃ pakāseti. Sādhū kho pana
tathārūpānaṃ arahataṃ dassanaṃ hoti'ti.

Discourse to Kālāma

羯腊摩经

Thus have I heard: At one time the Blessed One was
wandering on tour among the Kosalans together with a
large Saṅgha of monks when he reached the town of the
Kālāmas named Kesamutta.

如是我闻，一时世尊和一大群比丘僧众在憍萨
罗行脚，来到羯腊摩人的给沙木达城。

The Kālāmas of Kesamutta heard: “It is said that the
ascetic Gotama, the son of the Sakyans who went forth
from a Sakyan family, has arrived at Kesamutta. Now a
good report about that Master Gotama has circulated thus:

给沙木达的羯腊摩人听闻：「从释迦家族出家
的释迦子乔达摩沙门，的确已经来到给沙木达。关于
乔达摩世尊有如此美誉流传：

“That Blessed One is an arahant, perfectly self-
enlightened one, one fully possessed of wisdom and
conduct, one who has proceeded by the good way, knower
of the worlds, unexcelled trainer of tamable men, teacher
of devas and men, the Buddha, the Blessed One. Having
realized by his own direct knowledge he makes it known
to this world with its devas, Māra, and Brahmā, this
population with its ascetics and brahmins, its devas and
humans. He teaches a Dhamma that is good in the
beginning, good in the middle, and good in the end, with
the right meaning and phrasing; he reveals a spiritual life
that is perfectly complete and pure.’ Now it is good to see
such arahants.”

『世尊是阿罗汉、圆满自觉者、明行足、善逝、
世间解、无上士调御丈夫、天人师、佛陀、世尊。
自己以亲证智证悟后，他向这包含诸神、魔王、梵
天，及有沙门与婆罗门的大众，包含人天的世间开
示。他教导初善、中善、尾善、义理正确、词句正
确之法。开显完全圆满与清净的梵行。』现在能够
见这样的阿罗汉是很好的。』

Atha kho kesamuttiyā kālāmā yena bhagavā tenupasaṅkamim̐su; upasaṅkamitvā appekacce bhagavantam̐ abhivādetvā ekamantaṁ nisīdim̐su, appekacce bhagavatā saddhim̐ sammodim̐su, sammodaniyam̐ katham̐ saraṇiyam̐ vītisāretvā ekamantaṁ nisīdim̐su, appekacce yena bhagavā tenañjalim̐ paṇāmetvā ekamantaṁ nisīdim̐su, appekacce nāmagottaṁ sāvetvā ekamantaṁ nisīdim̐su, appekacce tuṇhībhūtā ekamantaṁ nisīdim̐su. Ekamantaṁ nisinnā kho te kesamuttiyā kālāmā bhagavantam̐ etadavocum̐:

“Santi, bhante, eke samaṇabrāhmaṇā kesamuttaṁ āgacchanti. Te sakaṁyeva vādam̐ dīpenti jotenti, parappavādam̐ pana khum̐senti vambhenti paribhavanti omakkhim̐ karonti. Aparepi, bhante, eke samaṇabrāhmaṇā kesamuttaṁ āgacchanti. Tepi sakaṁyeva vādam̐ dīpenti jotenti, parappavādam̐ pana khum̐senti vambhenti paribhavanti omakkhim̐ karonti. Tesam̐ no, bhante, amhākaṁ hoteva kaṁkhā hoti vicikicchā – ‘ko su nāma imesaṁ bhavataṁ samaṇabrāhmaṇānaṁ saccaṁ āha, ko musā’ti?’”

“Alañhi vo, kālāmā, kaṁkhitum̐, alaṁ vicikicchitum̐. Kaṁkhanīyeva pana vo ṭhāne vicikicchā uppannā. Etha tumhe, kālāmā, **mā anussavena, mā paramparāya, mā itikirāya, mā piṭakasampadānena, mā takkaheṭu, mā nayahetu, mā ākāraparivitakkena, mā diṭṭhinijjhānakkhantiyā, mā bhabbarūpatāya, mā samaṇo no garūti.** Yadā tumhe, kālāmā, **attanāva jāneyyātha** – ‘ime dhammā akusalā, ime dhammā sāvajjā, ime dhammā viññugarahitā, ime dhammā samattā samādinnaṁ ahitāya dukkhāya saṁvattantī’ti, atha tumhe, kālāmā, **pajaheyyātha.**”

Then the Kālāmas of Kesamutta approached the Blessed One. Some paid homage to the Blessed One and sat down to one side; some exchanged greetings and cordial talk, sat down to one side; some reverentially saluted him and sat down to one side; some pronounced their name and clan and sat down to one side; some kept silent and sat down to one side. Sitting to one side, the Kālāmas said to the Blessed One:

当时，给沙木达城的羯腊摩人来见世尊。来到时，有些顶礼世尊后坐在一旁，有些和世尊互相问候后坐在一旁，有些向世尊合掌礼敬后坐在一旁，有些向世尊说自己的名字与族姓后坐在一旁，有些保持沉默坐在一旁。坐在一旁，给沙木达城的羯腊摩人如此向世尊说：

“Bhante, there are some ascetics and brahmins who come to Kesamutta. They explain and elucidate their own doctrines, but disparage, denigrate, deride, and denounce the doctrines of others. But then some other ascetics and brahmins come to Kesamutta, and they too explain and elucidate their own doctrines, but disparage, denigrate, deride, and denounce the doctrines of others. We are perplexed and in doubt, Bhante, as to which of these good ascetics speak truth and which speak falsehood.”

「尊者，有些沙门与婆罗门来到给沙木达。他们开示讲解自己的教理，但斥责、轻视、诽谤、瞧不起其他人的教理。然而，尊者，当其他沙门与婆罗门来到给沙木达时，他们也开示讲解自己的教理，但斥责、轻视、诽谤、瞧不起其他人的教理。尊者，我们对他们感到疑惑，到底这些尊敬的沙门与婆罗门当中，谁讲真话，谁讲妄语？」

“It is fitting for you to be perplexed, Kālāmas, fitting for you to be in doubt. Doubt has arisen in you about a perplexing matter. Come, Kālāmas, do not go by oral tradition, by lineage of teaching, by hearsay, by a collection of scriptures, by logical reasoning, by inferential reasoning, by examination of reasons, by the acceptance of a view after pondering it, by the seeming competence [of a speaker], or because you think: ‘The ascetic is our teacher.’ But when, Kālāmas, you know for yourselves ‘These things are unwholesome; these things are blameworthy; these things are censured by the wise; these things, if accepted and undertaken, lead to harm and suffering,’ then you should abandon them.

「羯腊摩，你们真应该质疑与怀疑。对于应当质疑之事，你们生起了怀疑。来吧，羯腊摩，你们不应以口诵传承为根据，不应以传统为根据，不应以据说为根据，不应以藏经记载为根据，不应以逻辑为根据，不应以推理为根据，不应以探究理由为根据，不应以思惟后接受见解为根据，不应以（演说者）看起来有能力为根据，不应以『此沙门是我们的老师』为根据。然而，羯腊摩，当你们亲自了知：『这些是不善法；这些是应受指责之法；这些是智者呵责之法；接受与实行这些法后，它们会带来伤害与痛苦』，那么，羯腊摩，你们应该舍弃它们。」

“Taṃ kiṃ maññaṭha, kālāmā, lobho
purisassa ajjhataṃ uppajjamāno uppajjati
hitāya vā ahitāya vā”ti?

“Ahitāya, bhante.”

“Luddho panāyaṃ, kālāmā, purisapuggalo
lobhena abhibhūto pariyādinnaṭto pāṇampi
hanati, adinnampi ādiyati, paradārampi
gacchati, musāpi bhaṇati, parampi tathattāya
samādapeti, yaṃ sa hoti dīgharattaṃ ahitāya
dukkhāyā”ti.

“Evaṃ, bhante.”

“Taṃ kiṃ maññaṭha, kālāmā, doso
purisassa ajjhataṃ uppajjamāno uppajjati
hitāya vā ahitāya vā”ti?

“Ahitāya, bhante.”

“Duṭṭho panāyaṃ, kālāmā, purisapuggalo
dosena abhibhūto pariyādinnaṭto pāṇampi
hanati, adinnampi ādiyati, paradārampi
gacchati, musāpi bhaṇati, parampi tathattāya
samādapeti, yaṃ sa hoti dīgharattaṃ ahitāya
dukkhāyā”ti.

“Evaṃ, bhante.”

“Taṃ kiṃ maññaṭha, kālāmā, moho
purisassa ajjhataṃ uppajjamāno uppajjati
hitāya vā ahitāya vā”ti?

“Ahitāya, bhante.”

“Mūḷho panāyaṃ, kālāmā, purisapuggalo
mohena abhibhūto pariyādinnaṭto pāṇampi
hanati, adinnampi ādiyati, paradārampi
gacchati, musāpi bhaṇati, parampi tathattāya
samādapeti, yaṃ sa hoti dīgharattaṃ ahitāya
dukkhāyā”ti.

“Evaṃ, bhante.”

“Taṃ kiṃ maññaṭha, kālāmā, ime
dhammā kusalā vā akusalā vā”ti?

“Akusalā, bhante.”

“Sāvajjā vā anavajjā vā”ti?

“Sāvajjā, bhante.”

“What do you think, Kālāmas? When greed arises in a person, is it for his welfare or for his harm?”

“For his harm, Bhante.”

“Kālāmas, a greedy person, overcome by greed, with mind obsessed by it, destroys life, takes what is not given, transgresses with another’s wife, and speaks falsehood; and he encourages others to do likewise. Will that lead to his harm and suffering for a long time?”

“Yes, Bhante.”

你们认为怎样，羯腊摩，当贪欲在人内心生起时，这对他是有益还是有害？」

「有害，尊者。」

「羯腊摩，当这个贪心的人被贪欲击败，心被它占据之下，他杀生，偷取不与之物，与他人妻通奸，说妄语，以及鼓励别人也如此做，这是否会带给他长久的伤害与痛苦？」

「是的，尊者。」

“What do you think, Kālāmas? When hatred arises in a person, is it for his welfare or for his harm?”

“For his harm, Bhante.”

“Kālāmas, an angry person, overcome by hatred, with mind obsessed by it, destroys life, takes what is not given, transgresses with another’s wife, and speaks falsehood; and he encourages others to do likewise. Will that lead to his harm and suffering for a long time?”

“Yes, Bhante.”

你们认为怎样，羯腊摩，当瞋恨在人内心生起时，这对他是有益还是有害？」

「有害，尊者。」

「羯腊摩，当这个瞋恨的人被瞋恨击败，心被它占据之下，他杀生，偷取不与之物，与他人妻通奸，说妄语，以及鼓励别人也如此做，这是否会带给他长久的伤害与痛苦？」

「是的，尊者。」

“What do you think, Kālāmas? When delusion arises in a person, is it for his welfare or for his harm?”

“For his harm, Bhante.”

“Kālāmas, a deluded person, overcome by delusion, with mind obsessed by it, destroys life, takes what is not given, transgresses with another’s wife, and speaks falsehood; and he encourages others to do likewise. Will that lead to his harm and suffering for a long time?”

“Yes, Bhante.”

你们认为怎样，羯腊摩，当愚痴在人内心生起时，这对他是有益还是有害？」

「有害，尊者。」

「羯腊摩，当这个愚痴的人被愚痴击败，心被它占据之下，他杀生，偷取不与之物，与他人妻通奸，说妄语，以及鼓励别人也如此做，这是否会带给他长久的伤害与痛苦？」

「是的，尊者。」

“What do you think, Kālāmas? Are these things wholesome or unwholesome?”

“Unwholesome, Bhante.”

“Blameworthy or blameless?”

“Blameworthy, Bhante.”

“Censured or praised by the wise?”

“Censured by the wise, Bhante.”

“Viññugarahitā vā viññuppasatthā vā”ti?

“Viññugarahitā, bhante.”

“Samattā samādinna ahitāya dukkhāya samvattanti, no vā? Kathaṃ vā ettha hoti”ti?

“Samattā, bhante, samādinna ahitāya dukkhāya samvattantīti. Evaṃ no ettha hoti”ti.

“Iti kho, kālāmā, yaṃ taṃ avocumhā –
‘etha tumhe, kālāmā! Mā anussavena, mā
paramparāya, mā itikirāya, mā
piṭakasampadānena, mā takkaheṭu, mā
nayaheṭu, mā ākāraparivitakkena, mā
diṭṭhinijjhānakkhantiyā, mā bhabbarūpatāya,
mā samaṇo no garūti. Yadā tumhe kālāmā
attanāva jāneyyātha – ‘ime dhammā akusalā,
ime dhammā sāvajjā, ime dhammā
viññugarahitā, ime dhammā samattā
samādinna ahitāya dukkhāya samvattantīti,
atha tumhe, kālāmā, pajaheyyāthā’ti, iti yaṃ
taṃ vuttaṃ, idametaṃ paṭicca vuttaṃ.

“Etha tumhe, kālāmā, mā anussavena, mā
paramparāya, mā itikirāya, mā
piṭakasampadānena, mā takkaheṭu, mā
nayaheṭu, mā ākāraparivitakkena, mā
diṭṭhinijjhānakkhantiyā, mā bhabbarūpatāya,
mā samaṇo no garūti. Yadā tumhe, kālāmā,
attanāva jāneyyātha – ‘ime dhammā kusalā,
ime dhammā anavajjā, ime dhammā
viññuppasatthā, ime dhammā samattā
samādinna hitāya sukhāya samvattantīti, atha
tumhe, kālāmā, upasampajja vihareyyātha.

“Accepted and undertaken, do they lead to harm and suffering or not, or how do you take it?”

“Accepted and undertaken, these things lead to harm and suffering. So we take it.”

「你们认为怎样，羯腊摩，这些法善或不善？」

「不善，尊者。」

「应受指责或无可指责？」

「应受指责，尊者。」

「智者呵责或智者称赞？」

「智者呵责，尊者。」

「接受与实行这些法后，它们会带来伤害与痛苦，或者不会？或你们认为会怎样？」

「接受与实行这些法后，它们会带来伤害与痛苦，尊者。我们认为就是这样。」

“Thus, Kālāmas, when we said: ‘Come, Kālāmas, do not go by oral tradition, by lineage of teaching, by hearsay, by a collection of scriptures, by logical reasoning, by inferential reasoning, by examination of reasons, by the acceptance of a view after pondering it, by the seeming competence [of a speaker], or because you think: “The ascetic is our teacher.” But when, Kālāmas, you know for yourselves “These things are unwholesome; these things are blameworthy; these things are censured by the wise; these things, if accepted and undertaken, lead to harm and suffering,” then you should abandon them,’ it is because of this that this was said.

「如是，羯腊摩，当我们说『来吧，羯腊摩，你们不应以口诵传承为根据，不应以传统为根据，不应以据说为根据，不应以藏经记载为根据，不应以逻辑为根据，不应以推理为根据，不应以探究理由为根据，不应以思惟后接受见解为根据，不应以（演说者）看起来有能力为根据，不应以『此沙门是我们的老师』为根据。然而，羯腊摩，当你们亲自了知：『这些是不善法；这些是应受指责之法；这些是智者呵责之法；接受与实行这些法后，它们会带来伤害与痛苦』，那么，羯腊摩，你们应该舍弃它们』的时候，就是因为这个原因才这么说。

“Come, Kālāmas, do not go by oral tradition, by lineage of teaching, by hearsay, by a collection of scriptures, by logical reasoning, by inferential reasoning, by examination of reasons, by the acceptance of a view after pondering it, by the seeming competence [of a speaker], or because you think: ‘The ascetic is our teacher.’ But when, Kālāmas, you know for yourselves ‘These things are wholesome; these things are blameless; these things are praised by the wise; these things, if accepted and undertaken, lead to welfare and happiness,’ then you should live in accordance with them.

来吧，羯腊摩，你们不应以口诵传承为根据，不应以传统为根据，不应以据说为根据，不应以藏经记载为根据，不应以逻辑为根据，不应以推理为根据，不应以探究理由为根据，不应以思惟后接受见解为根据，不应以（演说者）看起来有能力为根据，不应以『此沙门是我们的老师』为根据。然而，羯腊摩，当你们亲自了知：『这些是善法；这些是无可指责之法；这些是智者称赞之法；接受与实行这些法后，它们会带来利益与快乐』，那么，羯腊摩，你们应该依据它们过活。

“Taṃ kiṃ maññaṭha, kālāmā, alobho
purisassa ajjhataṃ uppajjamāno uppajjati
hitāya vā ahitāya vā”ti?

“Hitāya, bhante.”

“Aluddho panāyaṃ, kālāmā, purisapuggalo
lobhena anabhibhūto apariyādinnaṭto neva
pāṇaṃ hanati, na adinnaṃ ādiyati, na
paradāraṃ gacchati, na musā bhaṇati, na
parampi tathattāya samādapeti, yaṃ sa hoti
dīgharattaṃ hitāya sukhāyā”ti.

“Evaṃ, bhante.”

“Taṃ kiṃ maññaṭha, kālāmā, adoso
purisassa ajjhataṃ uppajjamāno uppajjati
hitāya vā ahitāya vā”ti?

“Hitāya, bhante.”

“Aduṭṭho panāyaṃ, kālāmā, purisapuggalo
dosena anabhibhūto apariyādinnaṭto neva
pāṇaṃ hanati, na adinnaṃ ādiyati, na
paradāraṃ gacchati, na musā bhaṇati, na
parampi tathattāya samādapeti, yaṃ sa hoti
dīgharattaṃ hitāya sukhāyā”ti.

“Evaṃ, bhante.”

“Taṃ kiṃ maññaṭha, kālāmā, amoho
purisassa ajjhataṃ uppajjamāno uppajjati
hitāya vā ahitāya vā”ti?

“Hitāya, bhante.”

“Amūḷho panāyaṃ, kālāmā, purisapuggalo
mohena anabhibhūto apariyādinnaṭto neva
pāṇaṃ hanati, na adinnaṃ ādiyati, na
paradāraṃ gacchati, na musā bhaṇati, na
parampi tathattāya samādapeti, yaṃ sa hoti
dīgharattaṃ hitāya sukhāyā”ti.

“Evaṃ, bhante.”

“What do you think, Kālāmas? When non-greed
arises in a person, is it for his welfare or for his harm?”

“For his welfare, Bhante.”

“Kālāmas, a person without greed, not overcome by
greed, his mind not obsessed by it, does not destroy life,
take what is not given, transgress with another’s wife, or
speak falsehood; nor does he encourage others to do
likewise. Will that lead to his welfare and happiness for a
long time?”

“Yes, Bhante.”

你们认为怎样，羯腊摩，当无贪在人内心生起时，这对他是有益还是有害？」

「有益，尊者。」

「羯腊摩，当这个无贪的人没有被贪欲击败，心没有被它占据之下，他不杀生，不偷取不与之物，不与他人妻通奸，不说妄语，也不鼓励别人如此做，这是否会带给他长久的利益与快乐？」

「是的，尊者。」

“What do you think, Kālāmas? When non-hatred
arises in a person, is it for his welfare or for his harm?”

“For his welfare, Bhante.”

“Kālāmas, a person without hate, not overcome by
hatred, his mind not obsessed by it, does not destroy life,
take what is not given, transgress with another’s wife, or
speak falsehood; nor does he encourage others to do
likewise. Will that lead to his welfare and happiness for a
long time?”

“Yes, Bhante.”

你们认为怎样，羯腊摩，当无瞋在人内心生起时，这对他是有益还是有害？」

「有益，尊者。」

「羯腊摩，当这个无瞋的人没有被瞋恨击败，心没有被它占据之下，他不杀生，不偷取不与之物，不与他人妻通奸，不说妄语，也不鼓励别人如此做，这是否会带给他长久的利益与快乐？」

「是的，尊者。」

“What do you think, Kālāmas? When non-delusion
arises in a person, is it for his welfare or for his harm?”

“For his welfare, Bhante.”

“Kālāmas, a person who is undeluded, not overcome
by delusion, his mind not obsessed by it, does not destroy
life, take what is not given, transgress with another’s wife,
or speak falsehood; nor does he encourage others to do
likewise. Will that lead to his welfare and happiness for a
long time?”

“Yes, Bhante.”

你们认为怎样，羯腊摩，当无痴在人内心生起时，这对他是有益还是有害？」

「有益，尊者。」

「羯腊摩，当这个无痴的人没有被愚痴击败，心没有被它占据之下，他不杀生，不偷取不与之物，不与他人妻通奸，不说妄语，也不鼓励别人如此做，这是否会带给他长久的利益与快乐？」

「是的，尊者。」

“Taṃ kiṃ maññaṭṭha, kālāmā, ime
dhammā kusalā vā akusalā vā”ti?

“Kusalā, bhante.”

“Sāvajjā vā anavajjā vā”ti?

“Anavajjā, bhante.”

“Viññugarahitā vā viññuppasatthā vā”ti?

“Viññuppasatthā, bhante.”

“Samattā samādinna hitāya sukhāya
saṃvattanti no vā? Kathaṃ vā ettha hoti”ti?

“Samattā, bhante, samādinna hitāya
sukhāya saṃvattanti. Evaṃ no ettha hoti”ti.

“Iti kho, kālāmā, yaṃ taṃ avocumhā –
'etha tumhe, kālāmā! Mā anussavena, mā
paramparāya, mā itikirāya, mā
piṭakasampadānena, mā takkahetu, mā
nayahetu, mā ākāraparivitakkena, mā
diṭṭhinijjhānakkhantiyā, mā bhabbarūpatāya,
mā samaṇo no garūti. Yadā tumhe, kālāmā,
attanāva jāneyyātha – ime dhammā kusalā,
ime dhammā anavajjā, ime dhammā
viññuppasatthā, ime dhammā samattā
samādinna hitāya sukhāya saṃvattantīti, atha
tumhe, kālāmā, upasampajja vihareyyāthā”ti, iti
yaṃ taṃ vuttaṃ idameva paṭicca vuttaṃ.

“Sa kho so, kālāmā, ariyasāvako evaṃ
vigatābhijjho vigatabyāpādo asammūlho
sampajāno patissato mettāsahagatena cetasā
ekaṃ disaṃ pharivā viharati, tathā dutiyaṃ,
tathā tatiyaṃ, tathā catutthaṃ, iti
uddhamadho tiriyaṃ sabbadhi sabbattatāya
sabbāvantarā lokāṃ mettāsahagatena cetasā
vipulena mahaggatena appamāṇena averena
abyāpajjhena pharivā viharati.

“What do you think, Kālāmas? Are these things
wholesome or unwholesome?”

“Wholesome, Bhante.”

“Blameworthy or blameless?”

“Blameless, Bhante.”

“Censured or praised by the wise?”

“Praised by the wise, Bhante.”

“Accepted and undertaken, do they lead to welfare
and happiness or not, or how do you take it?”

“Accepted and undertaken, these things lead to
welfare and happiness. So we take it.”

「你们认为怎样，羯腊摩，这些法善或不善？」

「善，尊者。」

「应受指责或无可指责？」

「无可指责，尊者。」

「智者呵责或智者称赞？」

「智者称赞，尊者。」

「接受与实行这些法后，它们会带来利益与快乐，或者不会？或你们认为会怎样？」

「接受与实行这些法后，它们会带来利益与快乐，尊者。我们认为就是这样。」

“Thus, Kālāmas, when we said: ‘Come, Kālāmas, do
not go by oral tradition, by lineage of teaching, by hearsay,
by a collection of scriptures, by logical reasoning, by
inferential reasoning, by examination of reasons, by the
acceptance of a view after pondering it, by the seeming
competence [of a speaker], or because you think: “The
ascetic is our teacher.” But when, Kālāmas, you know for
yourselves “These things are wholesome; these things are
blameless; these things are praised by the wise; these
things, if accepted and undertaken, lead to welfare and
happiness,” then you should live in accordance with
them,’ it is because of this that this was said.

「如是，羯腊摩，当我们说『来吧，羯腊摩，
你们不应以口诵传承为根据，不应以传统为根据，
不应以据说为根据，不应以藏经记载为根据，不应
以逻辑为根据，不应以推理为根据，不应以探究理
由为根据，不应以思惟后接受见解为根据，不应以
（演说者）看起来有能力为根据，不应以「此沙门
是我们的老师」为根据。然而，羯腊摩，当你们亲
自了知：「这些是善法；这些是无可指责之法；这
些是智者称赞之法；接受与实行这些法后，它们会
带来利益与快乐」，那么，羯腊摩，你们应该依据它
们过活的时候，就是因为这个原因才这么说。」

“Then, Kālāmas, that noble disciple, who is thus
devoid of longing, devoid of ill will, unconfused, clearly
comprehending, ever mindful, dwells pervading one
quarter with a mind imbued with lovingkindness, likewise
the second quarter, the third quarter, and the fourth
quarter. Thus above, below, across, and everywhere, and
to all as to himself, he dwells pervading the entire world
with a mind imbued with loving-kindness, vast, exalted,
measureless, without enmity, without ill will.

羯腊摩，当如此无贪、无瞋、无痴、正知、正
念的圣弟子以慈心遍满一方而安住，如是第二方，
如是第三方，如是第四方。如是上下、四周、一切
处，对一切（众生）犹如对待自己，他以巨大、广
大、无量、无恨、无瞋的慈心遍满整个世界而安住。

Karuṇāśahagatena cetasā ekaṃ disaṃ
pharitvā viharati, tathā dutiyaṃ, tathā tatiyaṃ,
tathā catutthaṃ, iti uddhamadho tiriyaṃ
sabbadhi sabbattatāya sabbāvantāṃ lokāṃ
karuṇasahagatena cetasā vipulena
mahaggatena appamāṇena averena
abyāpajjhena pharitvā viharati.

Muditāśahagatena cetasā ekaṃ disaṃ
pharitvā viharati, tathā dutiyaṃ, tathā tatiyaṃ,
tathā catutthaṃ, iti uddhamadho tiriyaṃ
sabbadhi sabbattatāya sabbāvantāṃ lokāṃ
muditāśahagatena cetasā vipulena
mahaggatena appamāṇena averena
abyāpajjhena pharitvā viharati.

Upekkhāśahagatena cetasā ekaṃ disaṃ
pharitvā viharati, tathā dutiyaṃ, tathā tatiyaṃ,
tathā catutthaṃ, iti uddhamadho tiriyaṃ
sabbadhi sabbattatāya sabbāvantāṃ lokāṃ
upekkhāśahagatena cetasā vipulena
mahaggatena appamāṇena averena
abyāpajjhena pharitvā viharati.

“Sa kho so, kālāmā, ariyasāvako evaṃ
averacitto evaṃ abyāpajjhacitto evaṃ
asaṃkiliṭṭhacitto evaṃ visuddhacitto, tassa
diṭṭheva dhamme cattāro assāsā adhigatā
honti. ‘Sace kho pana atthi paro loko, atthi
sukatadukkaṭāṇaṃ kammānaṃ phalaṃ vipāko,
athāhaṃ kāyassa bhedaṃ paraṃ maraṇā
sugatiṃ saggāṃ lokāṃ upapajjissāmi’ti,
ayamassa paṭhamo assāso adhigato hoti.

“ ‘Sace kho pana natthi paro loko, natthi
sukatadukkaṭāṇaṃ kammānaṃ phalaṃ vipāko,
athāhaṃ diṭṭheva dhamme averaṃ
abyāpajjhaṃ anīghaṃ sukhiṃ attānaṃ
pariharāmi’ti, ayamassa dutiyo assāso adhigato
hoti.

(He dwells) pervading one quarter with a mind imbued with compassion, likewise the second quarter, the third quarter, and the fourth quarter. Thus above, below, across, and everywhere, and to all as to himself, he dwells pervading the entire world with a mind imbued with compassion, vast, exalted, measureless, without enmity, without ill will.

他以悲心遍满一方而安住，如是第二方，如是第三方，如是第四方。如是上下、四周、一切处，对一切（众生）犹如对待自己，他以巨大、广大、无量、无恨、无瞋的悲心遍满整个世界而安住。

(He dwells) pervading one quarter with a mind imbued with appreciative joy, likewise the second quarter, the third quarter, and the fourth quarter. Thus above, below, across, and everywhere, and to all as to himself, he dwells pervading the entire world with a mind imbued with appreciative joy, vast, exalted, measureless, without enmity, without ill will.

他以喜心遍满一方而安住，如是第二方，如是第三方，如是第四方。如是上下、四周、一切处，对一切（众生）犹如对待自己，他以巨大、广大、无量、无恨、无瞋的喜心遍满整个世界而安住。

(He dwells) pervading one quarter with a mind imbued with equanimity, likewise the second quarter, the third quarter, and the fourth quarter. Thus above, below, across, and everywhere, and to all as to himself, he dwells pervading the entire world with a mind imbued with equanimity, vast, exalted, measureless, without enmity, without ill will.

他以舍心遍满一方而安住，如是第二方，如是第三方，如是第四方。如是上下、四周、一切处，对一切（众生）犹如对待自己，他以巨大、广大、无量、无恨、无瞋的舍心遍满整个世界而安住。

“This noble disciple, Kālāmas, whose mind is in this way without enmity, without ill will, undefiled, and pure, has won four assurances in this very life. The first assurance he has won is this: ‘If there is another world, and if there is the fruit and result of good and bad deeds, it is possible that with the breakup of the body, after death, I will be reborn in a good destination, in a heavenly world.’

羯腊摩，当该圣弟子如此心无恨、心无瞋、心无染、心清净时，他在今生便得到四项保证。他得到的第一项保证是：『如果有他世，如果有善业与不善业的果报，在我的身体毁坏死亡后，我将投生到善趣天界。』

“The second assurance he has won is this: ‘If there is no other world, and if there is no fruit and result of good and bad deeds, still right here, in this very life, I maintain myself in happiness, without enmity and ill will, free of trouble.’

他得到的第二项保证是：『如果没有他世，如果没有善业与不善业的果报，我在今生也能无恨、无瞋、无麻烦地快乐过活。』

“ `Sace kho pana karoto kariyati pāpaṃ,
na kho panāhaṃ kassaci pāpaṃ cetemi.
Akarontaṃ kho pana maṃ pāpakammaṃ kuto
dukkhaṃ phusissatīti, ayamassa tatiyo assāso
adhigato hoti.

“ `Sace kho pana karoto na kariyati
pāpaṃ, athāhaṃ ubhayeneva visuddhaṃ
attānaṃ samanupassāmi’ti, ayamassa catuttho
assāso adhigato hoti.

“Sa kho so, kālāmā, ariyasāvako evaṃ
averacitto evaṃ abyāpajjhacitto evaṃ
asaṃkiliṭṭhacitto evaṃ visuddhacitto, tassa
diṭṭheva dhamme ime cattāro assāsā adhigatā
hontī’ti.

“Evametaṃ, bhagavā, evametaṃ, sugata!
Sa kho so, bhante, ariyasāvako evaṃ
averacitto evaṃ abyāpajjhacitto evaṃ
asaṃkiliṭṭhacitto evaṃ visuddhacitto, tassa
diṭṭheva dhamme cattāro assāsā adhigatā
honti. `Sace kho pana atthi paro loko, atthi
sukatadukkaṭānaṃ kammānaṃ phalaṃ vipāko,
athāhaṃ kāyassa bhedaṃ paraṃ maraṇā
sugatiṃ saggaṃ lokaṃ upapajjissāmi’ti,
ayamassa paṭhamo assāso adhigato hoti.

“ `Sace kho pana natthi paro loko, natthi
sukatadukkaṭānaṃ kammānaṃ phalaṃ vipāko,
athāhaṃ diṭṭheva dhamme averaṃ
abyāpajjhaṃ anīghaṃ sukhin attānaṃ
pariharāmi’ti, ayamassa dutiyo assāso adhigato
hoti.

“ `Sace kho pana karoto kariyati pāpaṃ,
na kho panāhaṃ kassaci pāpaṃ cetemi,
akarontaṃ kho pana maṃ pāpakammaṃ kuto
dukkhaṃ phusissatīti, ayamassa tatiyo assāso
adhigato hoti.

“ `Sace kho pana karoto na kariyati
pāpaṃ, athāhaṃ ubhayeneva visuddhaṃ
attānaṃ samanupassāmi’ti, ayamassa catuttho
assāso adhigato hoti.

“The third assurance he has won is this: ‘Suppose evil comes to one who does evil. Then, when I have no evil intentions towards anyone, how can suffering afflict me, since I do no evil deed?’

他得到的第三项保证是：『如果恶会带给造恶者报应，那么，因为我对任何人都没有恶意，痛苦又怎么会折磨我这不造恶业的人呢？』

“The fourth assurance he has won is this: ‘Suppose evil does not come to one who does evil. Then right here I see myself purified in both respects.’

他得到的第四项保证是：『如果恶不会带给造恶者报应，那么，我看到自己在两方面都是清净的。』

“This noble disciple, Kālāmas, whose mind is in this way without enmity, without ill will, undefiled, and pure, has won four assurances in this very life.”

羯腊摩，当该圣弟子如此心无恨、心无瞋、心无染、心清净时，他在今生便得到这四项保证。」

“So it is, Blessed One! So it is, Fortunate One! This noble disciple, Bhante, whose mind is in this way without enmity, without ill will, undefiled, and pure, has won four assurances in this very life. The first assurance he has won is this: ‘If there is another world, and if there is the fruit and result of good and bad deeds, it is possible that with the breakup of the body, after death, I will be reborn in a good destination, in a heavenly world.’

「如是，世尊；如是，善逝！尊者，当该圣弟子如此心无恨、心无瞋、心无染、心清净时，他在今生便得到四项保证。他得到的第一项保证是：『如果有他世，如果有善业与不善业的果报，在我的身体毁坏死亡后，我将投生到善趣天界。』

“The second assurance he has won is this: ‘If there is no other world, and if there is no fruit and result of good and bad deeds, still right here, in this very life, I maintain myself in happiness, without enmity and ill will, free of trouble.’

他得到的第二项保证是：『如果没有他世，如果没有善业与不善业的果报，我在今生也能无恨、无瞋、无麻烦地快乐过活。』

“The third assurance he has won is this: ‘Suppose evil comes to one who does evil. Then, when I have no evil intentions towards anyone, how can suffering afflict me, since I do no evil deed?’

他得到的第三项保证是：『如果恶会带给造恶者报应，那么，因为我对任何人都没有恶意，痛苦又怎么会折磨我这不造恶业的人呢？』

“The fourth assurance he has won is this: ‘Suppose evil does not come to one who does evil. Then right here I see myself purified in both respects.’

他得到的第四项保证是：『如果恶不会带给造恶者报应，那么，我看到自己在两方面都是清净的。』

“Sa kho so, bhante, ariyasāvako evaṃ avera-
citto evaṃ abyāpajjhacitto evaṃ asaṃkiliṭṭhacitto
evaṃ visuddhacitto, tassa diṭṭheva dhamme
ime cattāro assāsā adhigatā honti.

“Abhikkantaṃ, bhante; abhikkantaṃ,
bhante! Seyyathāpi, bhante, nikkujjitaṃ vā
ukkujjeyya, paṭicchannaṃ vā vivareyya,
mūḷhasa vā maggaṃ ācikkheyya, andhakāre
vā telapajjotaṃ dhāreyya – ‘cakkhumanto
rūpāni dakkhanti’ti. Evamevaṃ bhagavatā
anekapariyāyena dhammo pakāsito. Ete
mayaṃ, bhante, bhagavantaṃ saraṇaṃ
gacchāma dhammañca bhikkhusaṅghañca.
Upāsake no, bhante, bhagavā dhāretu
ajjatagge pāṇupete saraṇaṃ gate’ti.

– AN.III.65

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

“This noble disciple, Bhante, whose mind is in this
way without enmity, without ill will, undefiled, and pure,
has won four assurances in this very life.

尊者，当该圣弟子如此心无恨、心无瞋、心无
染、心清净时，他在今生便得到这四项目保证。

“Excellent, Bhante! Excellent, Bhante! The Blessed
One has made the Dhamma clear in many ways, as though
he were turning upright what had been overthrown,
revealing what was hidden, showing the way to one who
was lost, or holding up a lamp in the darkness so those
with good eyesight can see forms. We now go for refuge
to the Blessed One, to the Dhamma, and to the Saṅgha of
bhikkhus. Let the Blessed One consider us lay followers
who from today have gone for refuge for life.”

妙哉，尊者；妙哉，尊者！尊者，犹如摆正倾
复之物，犹如揭开复藏之物，犹如为迷路者指出道
路，犹如在黑暗中提油灯，让有眼之人能够见物，
同样的，世尊以种种方式开示法。尊者，我们归依
世尊、法与比丘僧团。尊者，请世尊记得我们是在
家弟子，从今天开始终生归依。」

By this speaking of truth, may there be well-being
for you always. By this speaking of truth, may all [your]
diseases disappear. By this speaking of truth, may there
be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Dhammasaṅgaṇī Tikamātikā Compendium of Dhamma:

(p.120)

Table of Triplets 法聚论 · 三法论母

1. Kusalā dhammā. Akusalā dhammā.
Abyākatā dhammā.
2. Sukhāya vedanāya sampayuttā dhammā.
Dukkāya vedanāya sampayuttā dhammā.
Adukkhamasukhāya vedanāya sampayuttā
dhammā.
3. Vipākā dhammā. Vipākadhammadhammā.
Nevavipāka-navipākadhammadhammā.
4. Upādiṇṇupādāniyā dhammā.
Anupādiṇṇupādāniyā dhammā.
Anupādiṇṇa-anupādāniyā dhammā.

Wholesome dhammas. Unwholesome dhammas.
Indeterminate dhammas.

善法。不善法。无记法。

Dhammas associated with pleasant feeling.
Dhammas associated with painful feeling. Dhammas
associated with neither-painful-nor-pleasant feeling.

乐受相应法。苦受相应法。不苦不乐受相应法。

Resultant dhammas. Dhammas that give rise to results.
Dhammas which are neither resultant nor causes for results.

果报法。产生果报之法。非果报非产生果报之
法。

Dhammas that are grasped at and favourable to
grasping. Dhammas that are not grasped at but are
favourable to grasping. Dhammas that are neither
grasped at nor favourable to grasping.

执取（所生）及可执取之法。非执取（所生）
可执取之法。非执取（所生）及不可执取之法。

5. Saṁkiliṭṭha-saṁkilesikā dhammā.
Asaṁkiliṭṭha-saṁkilesikā dhammā.
Asaṁkiliṭṭha-asāṁkilesikā dhammā.

Dhammas that are corrupt and corrupting.
Dhammas that are not corrupt but corrupting.
Dhammas that are neither corrupt nor corrupting.
被染法及杂染法。非被染法之杂染法。非被染法非杂染法。

6. Savitakka-savicārā dhammā.
Avitakka-vicāramattā dhammā.
Avitakka-avicārā dhammā.

Dhammas that have applied thought and sustained thought. Dhammas that have no applied thought but only sustained thought. Dhammas that have neither applied thought nor sustained thought.
有寻有伺法。无寻有伺法。无寻无伺法。

7. Pīṭisahagatā dhammā. Sukhasahagatā dhammā. Upekkhāsahagatā dhammā.

Dhammas accompanied by joy.
Dhammas accompanied by happiness.
Dhammas accompanied by equanimity.
喜俱生法。乐俱生法。舍俱生法。

8. Dassanena pahātabbā dhammā. Bhāvanāya pahātabbā dhammā. Neva dassanena na bhāvanāya pahātabbā dhammā.

Dhammas to be abandoned by seeing (= first path knowledge). Dhammas to be abandoned by development (= three higher paths). Dhammas neither to be abandoned by seeing nor by development.
见所断法。修所断法。非见非修所断法。

9. Dassanena pahātabbahetukā dhammā.
Bhāvanāya pahātabbahetukā dhammā.
Neva dassanena na bhāvanāya pahātabbahetukā dhammā.

Dhammas having root-conditions to be abandoned by seeing. Dhammas having root-conditions to be abandoned by development. Dhammas not having root-conditions to be abandoned by seeing nor by development.
见所断因法。修所断因法。非见非修所断因法。

10. Ācayagāmino dhammā. Apacayagāmino dhammā. Nevācayagāmi-nāpacayagāmino dhammā.

Dhammas leading to accumulation. Dhammas leading to dispersion. Dhammas neither leading to accumulation nor dispersion.
导致累积法。导致解散法。非导致累积非导致解散法。

11. Sekkhā dhammā. Asekkhā dhammā.
Nevasekkha-nāsekkhā dhammā.

Dhammas of trainees. Dhammas of non-trainees. Dhammas of neither-trainees-nor-non-trainees.
有学法。无学法。非有学非无学法。

12. Parittā dhammā. Mahaggaṭā dhammā.
Appamāṇā dhammā.

Limited dhammas. Exalted dhammas. Infinite dhammas.
有限法。广大法。无量法。

13. Parittārammaṇā dhammā.
Mahaggaṭārammaṇā dhammā.
Appamāṇārammaṇā dhammā.

Dhammas with limited objects. Dhammas with exalted objects. Dhammas with infinite objects.
有限所缘法。广大所缘法。无量所缘法。

14. Hīnā dhammā. Majjhimā dhammā. Paṇītā dhammā.

Inferior dhammas. Medium dhammas. Superior dhammas.
劣法。中法。胜法。

15. Micchattaniyatā dhammā. Sammattaniyatā dhammā. Aniyatā dhammā.

Dhammas that are wrong and fixed as to consequences. Dhammas that are right and fixed as to consequences. Dhammas that do not entail fixed consequences.
错误及定果报法。正确及定果报法。不定法。

16. Maggārammaṇā dhammā. Maggaḥetukā dhammā. Maggādhīpatino dhammā.

Dhammas having the Path as object. Dhammas having those associated root-conditions in the Path. Dhammas dominated by the Path.
道所缘法。道因法。道主导法。

17. Uppannā dhammā. Anuppannā dhammā.
Uppādino dhammā.

Arisen dhammas. Not-arisen dhammas. Dhammas
that are bound to arise.
已生法。未生法。当生法。

18. Atitā dhammā. Anāgatā dhammā.
Paccuppannā dhammā.

Past dhammas. Future dhammas. Present dhammas.
过去法。未来法。现在法。

19. Atitārammaṇā dhammā. Anāgatārammaṇā
dhammā. Paccuppannārammaṇā dhammā.

Dhammas that have the past as their objects.
Dhammas that have the future as their objects. Dhammas
that have the present as their objects.
过去所缘法。未来所缘法。现在所缘法。

20. Ajjhata dhammā. Bahiddhā dhammā.
Ajjhatabhiddhā dhammā.

Internal dhammas. External dhammas. Internal and
external dhammas.
内法。外法。内外法。

21. Ajjhata dhammā. Bahiddhā dhammā.
Ajjhatabhiddhā dhammā.

Dhammas that have internal objects. Dhammas that
have external objects. Dhammas that have internal and
external objects.
内所缘法。外所缘法。内外所缘法。

22. Sanidassana-sappaṭighā dhammā.
Anidassana-sappaṭighā dhammā.
Anidassana-appaṭighā dhammā.

Dhammas that are visible and reacting. Dhammas
that are invisible and reacting. Dhammas that are
invisible and not reacting.

– Abhidhammapiṭaka, Dhammasaṅgaṇī

可见及有反应法。不可见但有反应法。不可见
及无反应法。

Etena saccavajjena dukkhā vūpasamentu te.
Etena saccavajjena bhayā vūpasamentu te.
Etena saccavajjena sokā vūpasamentu te.

By this speaking of the truth, may you relieve from suffering
By this speaking of the truth, may you relieve from fear.
By this speaking of the truth, may you relieve from grief.
借此真实话语，愿你平息痛苦；
借此真实话语，愿你平息恐惧；
借此真实话语，愿你平息忧愁。

Tirokuṭṭasuttaṃ (p.122)

Tirokuṭṭesu tiṭṭhanti
Sandhisinghāṭakesu ca;
Dvārabāhāsu tiṭṭhanti
Āgantvāna sakaṃ gharaṃ.

Pahūte annapānamhi
Khajjabhojje upaṭṭhite;
Na tesāṃ koci sarati
Sattānaṃ kammappaccayā.

Evāṃ dadanti ñātinaṃ
Ye honti anukampakā;
Suciṃ paṇītaṃ kālena
Kappiyaṃ pānabhojanaṃ;
Idaṃ vo ñātinaṃ hotu,
Sukhitā hontu ñātayo.

Without-the-Wall Discourse 墙外经

Without the walls they stand and wait,
And at the junctions and road-forks;
Returning to their erstwhile homes,
They wait beside the jambs of gates.
他们站着在墙外，以及路的交接处，
他们站在门柱旁，来到了自己的家。

But when a rich feast is set out
With food and drink of every kind,
The fact that no man does recall
These creatures stem from their past acts.
准备丰盛的食物，饮料副食与主食，
却没人记得他们，这些业生的有情。

So they who are compassionate
At heart do give for relatives
Such drink and food as may be pure
And good and fitting at these times;
'Then let this be for relatives;
'May relatives have happiness.'
所以悲悯的人们，应为亲戚们布施；
饮料食物皆清净，殊胜适时与适宜。
「愿这（施与）亲戚们，愿亲戚们都快乐。」

Te ca tattha samāgantvā
 ņātīpetā samāgatā;
 Pahūte annapānamhi
 Sakkaccaṃ anumodare.

Ciraṃ jīvantu no ñātī,
 Yesaṃ hetu labhāmase;
 Amhākañca katā pūjā,
 Dāyakā ca anipphalā.

Na hi tattha kasi atthi,
 Gorakkhettha na vijjati;
 Vaṇijjā tādisī natthi,
 Hiraññaṇa kayokayaṃ;
 Ito dinnena yāpenti
 Petā kālaṅkatā tahiṃ.

Unname udakaṃ vuṭṭhaṃ
 Yathā ninnāṃ pavattati;
 Evameva ito dinnāṃ
 Petānaṃ upakappati.

Yathā vārivahā pūrā
 Paripūrenti sāgaraṃ;
 Evameva ito dinnāṃ
 Petānaṃ upakappati.

Adāsi me akāsi me,
 ņātīmittā sakhā ca me;
 Petānaṃ dakkhiṇaṃ dajjā
 Pubbe katamanussaraṃ.

Na hi ruṇṇaṃ vā soko vā,
 Yā caññā paridevanā;
 Na taṃ petānamatthāya,
 Evaṃ tiṭṭhanti ñātayo.

Ayañca kho dakkhiṇā dinnā
 Saṅghamhi suppatiṭṭhitā;
 Dīgharattaṃ hitāyassa,
 Tḥānaso upakappati.

These ghosts of the departed kin
 Foregathered and assembled there
 Will eagerly their blessing give
 For [plentiful] rich food and drink:
 来此聚集诸亡亲，他们来集在此处，
 丰富食物并饮料，他们恭敬地随喜：

‘So may our relatives live long,
 ‘Owing to whom we have this gain;
 ‘For honour to us has been done,
 ‘No giver ever lacked the fruit.’
 「愿我们亲戚长寿，因彼等我们得此；
 已对我们做供养，施者并非无果报。」

Now there is never ploughing there,
 Nor any cattle-herding found,
 Nor merchandizing just the same,
 Nor bartering for coin of gold:
 The ghosts of the departed kin
 Live there on giving given here.
 那里既没有农耕，那里也没有牧牛，
 同样的没有贸易，也没有黄金买卖。
 依靠这里的布施，那里鬼亡亲过活。

As water showered on the hill
 Flows down to reach the hollow vale,
 So giving given here can serve
 The ghosts of the departed kin.
 犹如高处的雨水，向着低处而运流；
 如是在此的布施，利益做鬼的亡亲。

As river-beds when full can bear
 The water down to fill the sea,
 So giving given here can serve
 The ghosts of the departed kin.
 正如河水满溢时，水流注入到海洋；
 如是在此的布施，利益做鬼的亡亲。

‘He gave to me, he worked for me,
 ‘He was my kin, friend, intimate.’
 Give gifts, then, for departed ones,
 Recalling what they used to do.
 「他曾给我为我做，是我的亲友同伴。」
 忆及先前他所做，应为饿鬼行布施。

No weeping, nor yet sorrowing,
 Nor any kind of mourning, aids
 Departed Ones, whose kin remain
 [Unhelpful to them acting] thus.
 不是哭泣非忧愁，亦非任何的悲泣，
 如此做的亲戚们，对那鬼亡亲无益。

But when this offering is given
 Well placed in the Community
 For them, then it can serve them long
 In future and at once as well.
 做了这样的布施，妥善建立于僧团，
 对他有长久利益，也能当下即得益。

So ñātidhammo ca ayaṃ nidassito,
Petāna pūjā ca katā ulārā;
Balañca bhikkhūnāmanuppaddinā,
Tumhehi puññaṃ pasutaṃ anappakaṇṭi.

– KN, Khuddakapāṭha 7

Etena saccavajjena dukkhā vūpasamentu te.
Etena saccavajjena bhayā vūpasamentu te.
Etena saccavajjena sokā vūpasamentu te.

The Dhamma for relatives has thus been shown,
And how high honour to departed ones is done,
And how the bhikkhus can be given strength as well,
And how great merit can be stored away by you.
已经示此亲戚法，殊胜供养予饿鬼，
及给诸比丘体力，你们所做福非小。

By this speaking of the truth, may you relieve from suffering.
By this speaking of the truth, may you relieve from fear.
By this speaking of the truth, may you relieve from grief.
借此真实话语，愿你平息痛苦；
借此真实话语，愿你平息恐惧；
借此真实话语，愿你平息忧愁。

Ovāda-Pātimokkha-Gāthā^(p.10) *Verses of Pātimokkha Exhortation* 护解脱教诫偈

Khantī paramaṃ tapo titikkhā,
Nibbānaṃ paramaṃ vadanti Buddhā;
Na hi pabbajito parūpaghātī,
Na samaṇo hoti paraṃ viheṭṭhayanto.

Enduring patience is the highest austerity. ‘Nibbāna is supreme,’ say the Buddhas. He is not a true renunciate who harms another, nor a true recluse who oppresses others.
忍辱是至上磨练，诸佛说涅槃至上，
害他实非出家人，恼他不名为沙门。

Sabba-pāpassa akaraṇaṃ,
Kusalassa upasampadā,
Sacitta-pariyodapanaṃ,
Etaṃ Buddhāna’Sāsaṇaṃ.

The not doing of all that is bad, undertaking [all] that is skilful and cleansing one’s own mind — this is the teaching of the Buddhas.
诸恶莫做，众善奉行，
自净其意，是诸佛教。

Anūpavādo, anūpaghāto,
Pātimokkhe ca saṃvaro,
Mattaññutā ca bhattasmiṃ,
Pantañca sayanāsaṇaṃ,
Adhicitta ca āyogo,
Etaṃ Buddhāna’Sāsaṇaṃ. – Dhṛp 184, 183, 185

Not despising, not harming, restrained according to the monastic discipline, knowing the [right] amount in regard to food, [dwelling in a] secluded lodging, and dedication to [the practice of] higher mind – this is the teaching of the Buddhas.
不贬与不害，严持于戒律，
饮食知节量，僻静处独居，
勤修增上心，是为诸佛教。

Bhaddekaratta-Gāthā^(p.10)

Verses on ‘An Auspicious Night’ 贤善一夜偈

Atītaṃ nānvāgameyya,
Nappaṭikaṅkhe anāgataṃ;
Yadatītaṃ pahīnaṃ taṃ,
Appattañca anāgataṃ.

One should neither follow the past nor have expectations for the future; what is past has gone and the future not yet reached.
不应沉湎过去，亦别期盼未来；
过去已经过去，未来还未到来。

Paccuppannañca yo dhammaṃ
Tattha tattha vipassati;
Asaṃhīraṃ asaṅkappaṃ
Taṃ vidvā manubrūhaye;

Instead with insight let him see each presently arisen condition; let him know that and be sure of it, invincibly, unshakably.
应当透过智慧，观照当下之法，
正确地了知它，坚定且不动摇。

Ajjeva kiccamātappaṃ
Ko jaññā maraṇaṃ suve;
Na hi no saṅgarantena
Mahā-senena maccunā.

Evam viharim ātāpim
Ahorattamatanditaṃ,
Taṃ ve 'bhaddeka-ratto'ti
Santo ācikkhate Muni'ti. – MN, 131-134

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

Today itself ardent effort should be made; who knows death may come tomorrow. For there is no bargaining with that, [that is] with death and its great army.
今日就应努力，谁知明日便死；
跟死王之大军，无法讨价还价。

One who thus dwells ardently, relentlessly day and night – the serene Sage states that he [is one who has spent] 'an auspicious night.'
如此热忱安住，日夜都在精进；
寂静圣贤称之：贤善渡过一夜。

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.
借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Dasadhammāsuttaṃ (p.11) (Pabbajita-Abhiṇhasuttaṃ)

"Dasayime, bhikkhave, dhammā
pabbajitena abhiṇhaṃ paccavekkhitabbā.
Katame dasa?

1. 'Vevaṇṇiyamhi ajjhupagato'ti
pabbajitena abhiṇhaṃ paccavekkhitabbā;

2. 'Para-paṭibaddhā me jīvikā'ti
pabbajitena abhiṇhaṃ paccavekkhitabbā;

3. 'Añño me ākappo karaṇīyo'ti
pabbajitena abhiṇhaṃ paccavekkhitabbā;

4. 'Kacci nu kho me attā sīlato na
upavadatī'ti pabbajitena abhiṇhaṃ
paccavekkhitabbā;

5. 'Kacci nu kho maṃ anuvicca viññū
sābrahma-cārī sīlato na upavadantī'ti
pabbajitena abhiṇhaṃ paccavekkhitabbā;

6. 'Sabbhehi me piyehi manāpehi nānā-
bhāvo vinā-bhāvo'ti pabbajitena abhiṇhaṃ
paccavekkhitabbā;

Discourse on Ten Dhammas 十法经

"There are these ten things, bhikkhus, that one who has gone forth should frequently reflect on. What are the ten?

「诸比丘，有十种法是出家人应当经常省察的。是哪十种？

'I have become one who has no class', one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我已经成为没有阶级分别的人。』

'I am bound to others for my livelihood', one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我的生活依赖他人。』

'I should comport myself differently', one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我的行仪举止应与在家人不同。』

'Can I myself find no fault with my virtue?' one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否不会因戒而谴责自己？』

'Will my wise companions in the spiritual life, after testing me, find no fault with my virtue?', one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『有智的同梵行者检查后，是否不会因戒而谴责我？』

'All those who are dear and pleasing to me are subject to change, subject to separation (i.e. death)', one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『一切我所喜爱、可意的会变易、别离（即：死亡）。』

7. 'Kammassakomhi kamma-dāyādo
kamma-yoni kamma-bandhu kamma-
paṭisaraṇo, yaṃ kammaṃ karissāmi kalyāṇaṃ
vā pāpakaṃ vā tassa dāyādo bhavissāmī'ti
pabbajitena abhiṇhaṃ paccavekkhitabbāṃ;

8. 'Kathambhūtassa me rattindivā
vītivattantī'ti pabbajitena abhiṇhaṃ
paccavekkhitabbāṃ;

9. 'Kacci nu kho ahaṃ suññāgāre
abhiraṃāmi'ti pabbajitena abhiṇhaṃ
paccavekkhitabbāṃ;

10. 'Atthi nu kho me uttari-manussa-
dhammo alamariya-ñāṇa-dassana-viseso
adhigato, yenāhaṃ pacchime kāle
sābrahmacārihi puṭṭho na maṅku bhavissāmī'ti
pabbajitena abhiṇhaṃ paccavekkhitabbāṃ.

Ime kho, bhikkhave, dasa dhammā
pabbajitena abhiṇhaṃ paccavekkhitabbā."

– AN.X.48

'I am the owner of my kammās, I am the heir of my kammās, it is kamma that I am born from, kammās are my kinsfolk, kammās are my refuge, whatever kammās I perform, whether good or bad, to that I will be the heir', one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是业的所有者，业的继承者，以业为起源，以业为亲属，以业为依靠。无论我所造的业是善或恶，我将是它的继承者。』

'In what way do the nights and days pass for me?', one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是如何度过日日夜夜呢？』

'Do I delight in empty places?' one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否乐于空闲处呢？』

'Has a state beyond (ordinary) human beings, the distinction of what is truly noble knowledge and seeing been attained by me? Will I at the end, when questioned by my companions in the spiritual life, not be embarrassed?', one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否有证得上人法、真正殊胜的圣智见呢？在我最后时刻，当同梵行者们问及时，我将不会羞愧？』

"These are the ten things, bhikkhus, that one who has gone forth should frequently reflect on."

诸比丘，此十种法乃出家人应当经常地省察。』

Catupaccavekkhaṇā (p.12)

Paṭisaṅkhā yoniso cīvaraṃ paṭisevāmi,
yāvadeva sītaṃ paṭighātāya, uṇhassa
paṭighātāya, ḍaṃsa-makasa-vātātapa-
sirimsapa-samphassānaṃ paṭighātāya,
yāvadeva hiri-kopīna-paṭicchādanatthaṃ.

Yathā-paccayaṃ pavattamānaṃ dhātu-
mattamevetaṃ yadidaṃ cīvaraṃ
tadupabhuñjako ca puggalo dhātu-mattako
nissatto nijjīvo suñño, sabbāni pana imāni
cīvarāni ajigucchaniyāni imaṃ pūtikāyaṃ patvā
ativiya jigucchaniyāni jāyanti.

Four [Requisites] Contemplation

四种省思

Reflecting wisely, I wear the robe, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and also for the purpose of covering the parts of my body that cause shame.

我如理省思所受用之衣，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了遮蔽羞处。

Dependent upon and existing through causes and merely [a combination of various] elements are both this robe and the one who wears it; mere elements, not a being, lifeless, void [of a self]. All of these robes are not loathsome [yet], but having come into contact with this putrid body become exceedingly loathsome.

此袈裟及穿着袈裟的人都只是种种元素的组合体，依靠诸因而存在，非有情、无命、空。这一切袈裟不可厌，但在接触这不净的身体后，它们变得非常可厌。

Paṭisaṅkhā yoniso piṇḍapātāraṃ paṭisevāmi,
neva davāya na madāya na maṇḍanāya na
vibhūsanāya, yāvadeva imassa kāyassa ṭhitiyā
yāpanāya vihiṃsūparatiyā
brahmacariyānuggahāya, iti purāṇaṇca
vedanaṃ paṭisaṅkhāmi, navaṇca vedanaṃ na
uppādessāmi, yātrā ca me bhavissati
anavajjatā ca phāsu-vihāro ca.

Yathā-paccayaṃ pavattamānaṃ dhātu-
mattamevetāraṃ yadidaṃ piṇḍapāto
tadupabhuñjako ca puggalo dhātu-mattako
nissatto nijjīvo suñño, sabbo panāyaṃ
piṇḍapāto ajigucchaniyo, imaṃ pūtikāyaṃ
patvā ativiya jigucchaniyo jāyati.

Paṭisaṅkhā yoniso senāsaṇaṃ paṭisevāmi,
yāvadeva sītassa paṭighātāya, uṇhassa
paṭighātāya, ḍaṃsa-makasa-vātātapa-
sirimsapa-samphassānaṃ paṭighātāya,
yāvadeva utu-parissaya-vinodanaṃ
paṭisallānārāmatthaṃ.

Yathā-paccayaṃ pavattamānaṃ dhātu-
mattamevetāraṃ yadidaṃ senāsaṇaṃ
tadupabhuñjako ca puggalo dhātu-mattako
nissatto nijjīvo suñño. Sabbāni pana imāni
senāsaṇāni ajigucchaniyāni imaṃ pūtikāyaṃ
patvā ativiya jigucchaniyāni jāyanti.

Paṭisaṅkhā yoniso gilāna-paccaya-
bhesajja-parikkhāraṃ paṭisevāmi, yāvadeva
uppannānaṃ veyyābādhikānaṃ vedanānaṃ
paṭighātāya, abyāpajjha-paramatāya.

Yathā-paccayaṃ pavattamānaṃ dhātu-
mattamevetāraṃ yadidaṃ gilāna-paccaya-
bhesajja-parikkhāro tadupabhuñjako ca
puggalo dhātu-mattako nissatto nijjīvo suñño.
Sabbo panāyaṃ gilāna-paccaya-bhesajja-
parikkhāro ajigucchaniyo imaṃ pūtikāyaṃ
patvā ativiya jigucchaniyo jāyati.

Reflecting wisely I use almsfood not for play, not for pride, not for beauty, not for fattening; but merely for the sustenance and continuance of this body; to cease discomfort; and to be able to practise the holy life, thinking “Thus I will destroy old feelings (of hunger) and not create new feelings (from overeating). I will maintain myself, be blameless, and live in comfort.”

我如理省思所受用的食物，不为嬉戏，不为骄傲，不为装饰，不为庄严，只是为了此身住立存续，为了停止伤害，为了资助梵行，如此我将消除旧受，并使新受不生，我将维持生命、无过且安住。

Dependent upon and existing through causes and merely [a combination of various] elements are both the almsfood and the one who partakes of it; mere elements, not a being, lifeless, void [of a self]. All of this almsfood is not loathsome [yet], but having come into contact with this putrid body becomes exceedingly loathsome.

此鉢食及食用者都只是种种元素的组合体，依靠诸因而存在，非有情、无命、空。这一切鉢食不可厌，但在接触这不净的身体后，它变得非常可厌。

Reflecting wisely I make use of dwellings, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and as a protection from the perils of weather conditions; and for the joy of seclusion.

我如理省思所受用的住所，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了免除季候的危险，而好独处（禅修）之乐。

Dependent upon and existing through causes and merely [a combination of various] elements are both this lodging and the one who lives in it; mere elements, not a being, lifeless, void [of a self]. All these lodgings are not loathsome [yet], but having come into contact with this putrid body become exceedingly loathsome.

此住所及使用者都只是种种元素的组合体，依靠诸因而存在，非有情、无命、空。这一切住所不可厌，但在接触这不净的身体后，它们变得非常可厌。

Reflecting wisely I make use of medicinal requisites that are for curing the sick, only to counteract any afflicting feelings (of illness) that have arisen and for maximum freedom from disease.

我如理省思所受用的病者所需之药品，只是为了治疗已生起的病苦之受，为了尽量没有身苦。

Dependent upon and existing through causes and merely [a combination of various] elements are both this requisite of medicine for treating illness and the one who partakes of it; mere elements, not a being, lifeless, void [of a self]. All of this requisite of medicine for treating illness is not loathsome [yet], but having come into contact with this putrid body becomes exceedingly loathsome.

此药物及使用者都只是种种元素的组合体，依靠诸因而存在，非有情、无命、空。这一切药物不可厌，但在接触这不净的身体后，它变得非常可厌。

Subha-Patthanā & Paritta (p.18) Blessings and Protection 祝福与护卫

Yaṃ dunnimittāṃ avamaṅgalaṇca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Buddhānubhāvena vināsamentu.

Yaṃ dunnimittāṃ avamaṅgalaṇca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Dhammānubhāvena vināsamentu.

Yaṃ dunnimittāṃ avamaṅgalaṇca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Saṅghānubhāvena vināsamentu.

Sabbītiyo vivajjantu,
Sabba-rogo vinassatu,
Mā te bhavatvantarāyo,
Sukhī dīghāyuko bhava.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-buddhānubhāvena
Sadā sotthī bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-dhammānubhāvena
Sadā sotthī bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-saṅghānubhāvena
Sadā sotthī bhavantu te.

Nakkhatta-yakkha-bhūtānaṃ
Pāpaggaha-nivāraṇā,
Parittassānubhāvena
Hantu tesāṃ upaddave.

By the power of the Buddha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛陀的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Dhamma, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛法的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Saṅgha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过僧团的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

May all calamities be avoided, may all diseases disappear, may there be no obstacle[s] for you, [and may] you be happy and have long life.

愿免离一切灾难，愿一切疾病消失；
愿你没有诸障碍，愿你快乐又长寿！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Buddhas, may you have well-being always.

愿你得一切吉祥，愿一切神保护你；
透过诸佛的威力，愿你永远都平安！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Dhammas, may you have well-being always.

愿你得一切吉祥，愿一切神保护你；
透过诸法的威力，愿你永远都平安！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Saṅghas, may you have well-being always.

愿你得一切吉祥，愿一切神保护你；
透过诸僧的威力，愿你永远都平安！

The obstacles from the bad [influences of] planets, [and] of constellations, demons and ghosts; by the power of this protective chant, may the dangers of [all of] these be destroyed.

灾星与夜叉与鬼、以及星座的阻碍；
以护卫经之力量，愿破除彼等诸厄！

Dukkhappattā ca niddukkhā
Bhayappattā ca nibbhayā,
Sokappattā ca nissokā
Hontu sabbe'pi pāṇino.

May all creatures who are suffering be without suffering, [living in] fear be without fear and [living in] sorrow be without sorrow.

祝愿一切的众生，痛苦的不再痛苦，
恐惧的不再恐惧，忧愁的不再忧愁。

Sabbe Buddhā balappattā
Pacceka-nāṇa yaṃ balaṃ,
Arahantānaṃ teja
Rakkhaṃ bandhāmi sabbaso.

By the (protective) power of the Buddhas, the power of Pacceka-Buddhas and the power of Arahants, I fortify the protection in every way.

以一切佛陀之力，及诸辟支佛之力，
及诸阿罗汉之力，我建立一切守护！

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā,
Puññantaṃ anumoditvā
Ciraṃ rakkhantu Sambuddha-sāsanaṃ.

May beings inhabiting in space and on earth, devas and nāgas of mighty power, having rejoiced in this merit of ours, long protect the Buddha's Teaching.

住在天空与地上，大神力之神与龙，
随喜这项功德后，请恒常守护佛教！

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā,
Puññantaṃ anumoditvā
Ciraṃ rakkhantu Sambuddha-desanaṃ.

May beings inhabiting in space and on earth, devas and nāgas of mighty power, having rejoiced in this merit of ours, long protect the Buddha's Preaching.

住在天空与地上，大神力之神与龙，
随喜这项功德后，请恒守护佛教法！

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā,
Puññantaṃ anumoditvā
Ciraṃ rakkhantu Sambuddha-sāvakaṃ,
Ciraṃ rakkhantu maṃ paraṃ.

May beings inhabiting in space and on earth, devas and nāgas of mighty power, having rejoiced in this merit of ours, long protect the Buddha's disciples. May they long protect me and others.

住在天空与地上，大神力之神与龙，
随喜这项功德后，请恒守护佛弟子，
恒守护我与他人！

Pattidāna (p.20)

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe devā'numodantu
Sabba-sampatti siddhiyā.

May all deities rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切神随喜我们至今所累积的功德，愿一切得成就！

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe bhūtā'numodantu
Sabba-sampatti siddhiyā.

May all creatures rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切众生随喜我们至今所累积的功德，愿一切得成就！

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe sattā'numodantu
Sabba-sampatti siddhiyā.

May all beings rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切有情随喜我们至今所累积的功德，愿一切得成就！

Idaṃ me ñātinaṃ hotu, sukhitā hontu ñātayo.
(3X)

Let this (merit) accrue to my departed relatives and may they be happy.

回向此（功德）予我的亲人，愿他们快乐。

Kappa-sata-sahassāni
Soḷasāpi asaṅkhaye,
Sambharaṃ bodhi-sambhāre
Āgato jāti-jātisū,

Niyato Buddha-bhāvāya
Bhadda-kappe idhantime,
Bodhi-satto ca Metteyyo
Puññaṃ me anumodatu.

Asmiṃ vihāre ca ārāme
Adhivattā ca devatā,
Anumoditvā imaṃ puññaṃ
Rakkhantu Jina-sāsanaṃ.

Sabbe sattā ca majjhataṃ
Hitā ca ahitā ca me,
Anumoditvā imaṃ puññaṃ
Bujjhantu amataṃ padaṃ.

For a hundred thousand and sixteen asaṅkhaya
aeons undergoing birth after birth accumulating the
necessary experiences for [attaining] enlightenment ...

在十六阿僧祇和十万大劫里，生生世世都累积
菩提资粮，

... and certain to [attain the] state of Buddhahood,
being the last [Buddha] in this auspicious aeon, may the
Bodhisatta Metteyya rejoice in [this accrued] merit of
mine.

肯定会成佛，是这个贤劫里的最后一尊佛，愿
弥勒菩萨随喜我的功德。

May the deities living in this temple building and
monastery rejoice in this merit [that we have accrued] and
protect the Teachings of the Conqueror (i.e. the Buddha).

愿住在这寺院和园林里的神明们随喜这项功
德后护持胜利者（佛陀）的教法。

May all beings neutral, beneficial and harmful to me
rejoice in this merit [that I have accrued] and awaken to
the deathless state (i.e. attain Nibbāna).

愿一切有情，包括对我普通、有益及无益的，
在随喜此功德之后，都证悟不死（涅槃）之境。

Accaya-Vivaraṇa & (p.21) Khamāpana

Kāyena vācā-cittena
Pamādena mayā kataṃ,
Accayaṃ khama me Bhante
Bhūri-paṇṇa Tathāgata.

Kāyena vācā-cittena
Pamādena mayā kataṃ,
Accayaṃ khama me Dhamma
Sandiṭṭhika, akālika.

Kāyena vācā-cittena
Pamādena mayā kataṃ,
Accayaṃ khama me Saṅgha
Puññakkhetta anuttara.

Asking for Forgiveness 祈求宽恕

For any transgression I have committed through
heedlessness, by way of body, speech or mind, please
forgive me, Venerable Sir, Realised One, O greatly wise.

于身于口于意，
因我放逸所造，
请原谅我的错，
尊者——广慧如来。

For any transgression I have committed through
heedlessness, by way of body, speech or mind, please
forgive me, O Dhamma, which is self-evident, not
delayed in time.

于身于口于意，
因我放逸所造，
请原谅我的错，
佛法——自见无时。

For any transgression I have committed through
heedlessness, by way of body, speech or mind, please
forgive me, O Saṅgha, unsurpassed field of merit.

于身于口于意，
因我放逸所造，
请原谅我的错，
僧伽——无上福田。

Patthanā (p.21)

Iminā puñña-kammena
Mā me bāla-samāgamo,
Sataṃ samāgamo hotu
Yāva nibbāna-pattiyā.

Idaṃ me puññaṃ āsavakkhayāvaham hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññabhāgaṃ labhantu.

**Good Wishes for Ven. Pa-Auk Sayadaw,
Ariyadhamma Mahāthera
& Other Theras** (p.22)

Dhammena nena mati-siddha-mudācitenā
Buddhādivatthugata-dhammabalena saddhīm,
Therāsabho Āciṇṇo yatinda-nātho
Dīghāyuko bhavatu sādhu-samiddha-citto.

Dhammena nena mati-siddha-mudācitenā
Buddhādivatthugata-citta-pasāditenā,
Therāsabho Ariyadhammo yatinda-nātho
Sambodhiñāṇamadhigacchatu sādhu sādhu.

Dhammena nena mati-siddha-mudācitenā
Buddhādivatthugata-dhammabalena saddhīm,
Therāsabhātha garu-gārava-bhāvanīyā
Dīghāyukā bhavatha sādhu-samiddha-cittā.

Aspiration 发愿

By this meritorious act
May I never meet with the foolish;
May I [only] meet with the wise
Up until I attain Nibbāna.
愿以这项功德
令我不遇愚人
令我亲近智者
直到我证涅槃。

May this merit of mine be conducive to the
destruction of the taints.

May this merit of mine be a [supportive] condition
[for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。
愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings.
May all those beings get an equal share of the merits
shared by me.

我把我的功德与一切有情分享，
愿他们都平等地得到我的功德。

**祝福
帕奥禅师、
圣法大长老
与其他长老**

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma together with the power
of the Buddha, etc. (i.e. the Triple Gem), may the leader
and [spiritual] helper of monks, the prominent Elder Most
Venerable Āciṇṇa (Ven. Pa-Auk Sayadaw), have a long
life and successfully fulfill his noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以
及透过佛陀等（即三宝）的力量，愿作为出家众的
元老、领导与依持者的帕奥禅师长寿，以及成就其
善心愿。

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma and the inspiring
/gladdening of the mind [through reflecting] on the
Buddha, etc. (i.e. the Triple Gem), may the leader and
[spiritual] helper of monks, the prominent Elder Most
Venerable Ariyadhamma, attain the knowledge of
complete awakening. It is well, it is well!

透过谨慎及欢喜地修法所累积的这些功德，以
及透过（思惟）佛陀等（即三宝）而在心中生起的
净信，愿作为出家众的元老、领导与依持者的圣法
大长老达到圆满觉悟，善哉，善哉！

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma together with the power
of the Buddha, etc. (i.e. the Triple Gem), may other
Venerable theras, senior members of the Saṅgha, have a
long life and successfully fulfill their noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以
及透过佛陀等（即三宝）的力量，愿僧团的其他长
老长辈长寿，以及成就他们的善心愿。

Sugatovāda (p.22)

Appamādena, bhikkhave, sampādetha.
Dullabho Buddhuppādo lokasmim.
Dullabho manussatta-paṭilābho.
Dullabhā khaṇa-sampatti.
Dullabhā saddhā-sampatti,
Dullabhā pabbajjā.
Dullabham Saddhammasavaṇaṇ”ti.
Evaṃ Bhagavā divase divase ovadi,
Evaṃ Sugato divase divase ovadi.

Exhortation of the Well-Fared One 善逝教诫

Monks, strive with heedfulness. Rare is it that Buddhas arise in the world. Rare is it that [one] obtains a human [birth]. Rare is it to have the good fortune of [being in the right] time [and place to come in contact with the Dhamma]. Rare is it that [one] is endowed with faith. Rare is [it that there is the opportunity to take] the going forth. Rare is [it that there is the opportunity for] listening to the Dhamma. Thus the Blessed One exhorted daily, thus the Well-fared One exhorted daily.

「诸比丘，应不放逸地奋斗至成就！」

佛现于世甚难得；
获得人身甚难得；
遇对时机甚难得；
具足正信甚难得；
出家机会甚难得；
听闻正法甚难得。」
世尊如是天天教诫，
善逝如是天天教诫。

Tathāgatassa Pacchimā Vācā (p.23) *The Tathāgata's Last Speech*

如来最后的话

... parinibbāna-samaye ... Bhagavā bhikkhū
āmantesi: “Handa’dāni, bhikkhave,
āmantayāmi vo: **vaya-dhammā saṅkhārā,**
appamādena sampādethā”ti. Ayaṃ
Tathāgatassa pacchimā vācā.

– DN, Mahāvagga, Mahāparinibbānasuttaṃ

At one time the Blessed One dwelt in the Sal grove of the Mallas, near Kusinārā, between a pair [of entwined] Sal trees, when [He was about to enter] final Nibbāna. Then the Blessed One addressed the bhikkhus: “Bhikkhus, let me now address you: conditioned phenomena are subject to disintegration, [therefore] strive with diligence.” This was the Tathāgata’s last speech.

在即将进入般涅槃的时候，世尊向诸比丘说：
「诸比丘，我跟你们说，诸行是坏灭法，因此应当精进地奋斗到成就。」这是如来的最后的话。

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Devārādhana (p.1)

Samantā cakka-vāḷesu
Atrāgacchantu devatā;
Saddhammaṃ Muni-rājassa
Suṇantu sagga-mokkhadaṃ.

Dhammassavana-kālo ayaṃ bhadantā. (x3)

Inviting the Deities 邀請諸天

May the deities of the entire universe come here and listen to the True-Dhamma of the King of Sages, which leads to the heavenly states and liberation (Nibbāna).

从世界系中各处，愿诸天神来此地，
聆听知王之正法，导向天界与解脱。

Sirs, now is the time for listening to the Dhamma.
这是听闻佛法的时候，大德们。

Vandanā (p.1)

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Homage [to the Buddha] 礼敬佛陀

Homage to that Blessed One, the Arahant and Perfectly Self-Awakened One.

礼敬世尊、阿罗汉、圆满自觉者。

Sambodhi-Udāna (p.1)

Aneka-jāti saṃsāraṃ
Sandhāvissaṃ anibbisaṃ,
Gaha-kāraṃ gavesanto
Dukkhā jāti punappunaṃ.

Gaha-kāraka, diṭṭho'si
Puna gehaṃ na kāhasi,
Sabbā te phāsukā bhaggā
Gaha-kūṭaṃ visaṅkhataṃ,
Visaṅkhāra-gataṃ cittaṃ
Taṇhānaṃ khayamajjhagā.

– KN, Dhṃ²⁴ 153-154

Inspired Utterance [after] Self-Awakening 正觉自说话

I wandered [through] many births in saṃsāra, searching for the house builder (craving) [but] found [him] not; repeated birth is suffering.

在生死轮回当中，我寻找了许多世，
却找不到造屋者。一再投生的确苦。

O house-builder! You are seen. You shall not build a house again. All your rafters are broken. Your ridge-pole is shattered. My mind has attained the unconditioned, obtaining the destruction of craving.

造屋者你已被见！你已不能再造屋。
你所有的椽已断，你的横梁已粉碎。
我心已证无为法。已经达到爱尽毁。

²⁴ Abbreviations in this book 本书中的英文缩写：DN (Dīgha-Nikāya), MN (Majjhima-Nikāya), SN (Saṃyutta-Nikāya), AN (Aṅguttara-Nikāya), KN (Khuddaka-Nikāya), Dhṃ (Dhammapada).

Paṭiccasamuppāda (p.2)

Iti imasmim sati idaṃ hoti, imassuppādā
idaṃ uppajjati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
paccayā viññāṇaṃ, viññāṇa-paccayā nāma-
rūpaṃ, nāma-rūpa-paccayā saḷāyatanaṃ,
saḷāyatana-paccayā phasso, phassa-paccayā
vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
upādānaṃ, upādāna-paccayā bhavo, bhava-
paccayā jāti, jāti-paccayā jarā-maraṇaṃ soka-
parideva-dukkha-domanassupāyāsā
sambhavanti. Evametassa kevalassa
dukkhakkhandhassa samudayo hoti.

Yadā have pātubhavanti dhammā,
Ātāpino jhāyato brāhmaṇassa,
Athassa kaṅkhā vapayanti sabbā,
Yato pajānāti sahetudhammaṃ.

Iti imasmim asati idaṃ na hoti, imassa
nirodhā idaṃ nirujjhati, yadidaṃ:

Avijjā-nirodhā saṅkhāra-nirodho,
saṅkhāra-nirodhā viññāṇa-nirodho, viññāṇa-
nirodhā nāma-rūpa-nirodho, nāma-rūpa-
nirodhā saḷāyatana-nirodho, saḷāyatana-
nirodhā phassa-nirodho, phassa-nirodhā
vedanā-nirodho, vedanā-nirodhā taṇhā-
nirodho, taṇhā-nirodhā upādāna-nirodho,
upādāna-nirodhā bhava-nirodho, bhava-
nirodhā jāti-nirodho, jāti-nirodhā jarā-maraṇaṃ
soka-parideva-dukkha-domanassupāyāsā
nirujjhanti. Evametassa kevalassa
dukkhakkhandhassa nirodho hoti.

Dependent Origination 缘起

Thus when there is this that is, with the arising of this
that arises, such as:

此有故彼有，此生故彼生，即：

Dependent on ignorance, activities [arise]; dependent
on activities, consciousness [arises]; dependent on
consciousness, mentality and materiality [arise];
dependent on mentality and materiality, the six bases
[arise]; dependent on the six bases, contact [arises];
dependent on contact, feeling [arises]; dependent on
feeling, craving [arises]; dependent on craving,
attachment [arises]; dependent on attachment, existence
[arises]; dependent on existence, [a new] birth [takes
place]; dependent on birth, ageing, death, sorrow,
lamentation, pain, unhappiness and despair come to be.
Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
个苦蕴的集起。

When indeed phenomena become apparent to the
religious one who is ardent and meditative, then all his
doubts disappear, since he knows the nature of their
causes.

当诸法明显呈现时，热诚禅修的婆罗门，
一切疑惑都会消失，因他了知诸法之因。

When there is not this that is not, with the cessation
of this that ceases, such as:

此无故彼无，此灭故彼灭，即：

With the cessation of ignorance, activities cease;
with the cessation of activities, consciousness ceases;
with the cessation of consciousness, mentality and
materiality cease; with the cessation of mentality and
materiality, the six [sense] bases cease; with the cessation
of the six [sense] bases, contact ceases; with the cessation
of contact, feeling ceases; with the cessation of feeling,
craving ceases; with the cessation of craving, attachment
ceases; with the cessation of attachment, [the cause for a
new] existence ceases; with the cessation of [the cause for
a new] existence, [the possibility of re]birth ceases; with
the cessation of birth, ageing, death, sorrow, lamentation,
pain, unhappiness and despair cease. Thus there is the
cessation of this whole mass of suffering.

无明灭则行灭；行灭则识灭；识灭则名色灭；
名色灭则六处灭；六处灭则触灭；触灭则受灭；受
灭则爱灭；爱灭则取灭；取灭则有灭；有灭则生灭；
生灭则老、死、愁、悲、苦、忧、恼灭。如是整个
苦蕴的熄灭。

Yadā have pātubhavanti dhammā
Ātāpino jhāyato brāhmaṇassa,
Athassa kaṅkhā vapayanti sabbā,
Yato khayam paccayānam avedi.

Iti imasmim sati idam hoti, imassuppādā
idam uppajjati, imasmim asati idam na hoti,
imassa nirodhā idam nirujjhati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
paccayā viññāṇam, viññāṇa-paccayā nāma-
rūpam, nāma-rūpa-paccayā saḷāyatanaṃ,
saḷāyatana-paccayā phasso, phassa-paccayā
vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
upādānam, upādāna-paccayā bhavo, bhava-
paccayā jāti, jāti-paccayā jarā-maraṇam soka-
parideva-dukkha-domanassupāyāsā
sambhavanti. Evametassa kevalassa
dukkhakkhandhassa samudayo hoti.

Avijjāya tveva asesa-virāga-nirodhā
saṅkhāra-nirodho, saṅkhāra-nirodhā viññāṇa-
nirodho, viññāṇa-nirodhā nāma-rūpa-nirodho,
nāma-rūpa-nirodhā saḷāyatana-nirodho,
saḷāyatana-nirodhā phassa-nirodho, phassa-
nirodhā vedanā-nirodho, vedanā-nirodhā
taṇhā-nirodho, taṇhā-nirodhā upādāna-
nirodho, upādāna-nirodhā bhava-nirodho,
bhava-nirodhā jāti-nirodho, jāti-nirodhā jarā-
maraṇam soka-parideva-dukkha-
domanassupāyāsā nirujjhanti. Evametassa
kevalassa dukkhakkhandhassa nirodho hoti.

Yadā have pātubhavanti dhammā,
Ātāpino jhāyato brāhmaṇassa,
Vidhūpayam tiṭṭhati māra-senam,
Suriyo'va obhāsayamantalikkham.

– Vinayapiṭaka, Mahāvagga,
Mahākhanda
– KN, Udāna, Bodhivagga

When indeed phenomena become apparent to the religious one who is ardent and meditative, then all his doubts disappear, since he experiences the elimination of [their] causes.

当诸法明显呈现时，热诚禅修的婆罗门，
一切疑惑都会消失，因他体证诸缘之灭。

Thus when there is this that is, with the arising of this that arises: when there is not this that is not, with the cessation of this that ceases, such as:

此有故彼有，此生故彼生；
此无故彼无，此灭故彼灭，即：

Dependent on ignorance, activities [arise]; dependent on activities, consciousness [arises]; dependent on consciousness, mentality and materiality [arise]; dependent on mentality and materiality, the six bases [arise]; dependent on the six bases, contact [arises]; dependent on contact, feeling [arises]; dependent on feeling, craving [arises]; dependent on craving, attachment [arises]; dependent on attachment, existence [arises]; dependent on existence, [a new] birth [takes place]; dependent on birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair come to be. Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
个苦蕴的集起。

With the remainderless dispassion and cessation of ignorance, activities cease; with the cessation of activities, consciousness ceases; with the cessation of consciousness, mentality and materiality cease; with the cessation of mentality and materiality, the six [sense] bases cease; with the cessation of the six [sense] bases, contact ceases; with the cessation of contact, feeling ceases; with the cessation of feeling, craving ceases; with the cessation of craving, attachment ceases; with the cessation of attachment, [the cause for a new] existence ceases; with the cessation of [the cause for a new] existence, [the possibility of re]birth ceases; with the cessation of birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair cease. Thus there is the cessation of this whole mass of suffering.

无明灭尽离欲无余则行灭；行灭则识灭；识灭
则名色灭；名色灭则六处灭；六处灭则触灭；触灭
则受灭；受灭则爱灭；爱灭则取灭；取灭则有灭；
有灭则生灭；生灭则老、死、愁、悲、苦、忧、恼
灭。如是整个苦蕴的熄灭。

When indeed phenomena become apparent to the religious one who is ardent and meditative, he stands dispelling the hosts of Māra, just as the sun illuminating the sky [dispels darkness].

当诸法明显呈现时，热诚禅修的婆罗门，
他击败魔军而稳立，犹如太阳照亮天空。

Ven. Assajī's Teaching to (p.4)
Ven. Sāriputta

Ye dhammā hetuppabhavā,
 Tesam hetum Tathāgato āha;
 Tesañca yo nirodho,
 Evañ-vādī Mahā-samaṇo.

– KN, Apadāna, Buddhavagga,
 Sāriputtatthera-Apadāna

阿说示尊者给予舍利弗尊者的教导

Of those phenomena that originate from a cause, the Tathāgata has declared the cause, and also what their cessation is — This is the doctrine of the Great Recluse.

从因生之法，如来说其因，
 及彼等之灭；此大沙门说。

Paccayā – Paccayuddeso (p.4) **[Twenty-Four] Conditions 二十四缘**

Hetupaccayo, ārammaṇapaccayo,
 adhipatipaccayo, anantarapaccayo,
 samanantarapaccayo, saha-jātapaccayo,
 aññamaññapaccayo, nissayapaccayo,
 upanissayapaccayo, purejātapaccayo,
 pacchājātapaccayo, āsevanapaccayo,
 kamma-paccayo, vipāka-paccayo,
 āhārapaccayo, indriya-paccayo,
 jhāna-paccayo, magga-paccayo,
 sampayutta-paccayo, vippayutta-paccayo,
 atthipaccayo, natthipaccayo,
 vigata-paccayo, avigata-paccayoti.

Etena sacca-vajjena sotthi te hotu sabbadā.
 Etena sacca-vajjena sabba-rogo vinassatu.
 Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

Root condition, object condition,
 predominance condition, immediacy condition,
 contiguity condition, conascence condition,
 mutuality condition, dependence condition,
 powerful dependence condition, pre-nascence condition,
 post-nascence condition, repetition condition,
 kamma condition, result condition,
 nutriment condition, faculty condition,
 jhāna condition, path condition,
 association condition, dissociation condition,
 presence condition, absence condition,
 disappearance condition, non-disappearance condition.

因缘；所缘缘；增上缘；无间缘；
 相续缘；俱生缘；相互缘；依止缘；
 亲依止缘；前生缘；后生缘；重复缘；
 业缘；果报（异熟）缘；食缘；根缘；
 禅那缘；道缘；相应缘；不相应缘；
 有缘；无有缘；离去缘；不离去缘。

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
 借着这真实的话语，愿一切的疾病消失；
 借着这真实的话语，愿你得到胜利吉祥。

Buddhānussati (p.5)

Iti'pi so bhagavā araham, sammāsambuddho,
vijjācaraṇa-sampanno, sugato, lokavidū,
anuttaro purisadamma-sārathi, satthā
devamanussānaṃ, buddho, bhagavā.

Dhammānussati (p.5)

Svākkhāto bhagavatā dhammo, sandiṭṭhiko,
akāliko, ehi-passiko, opanayiko, paccattaṃ
veditabbo viññūhi.

Saṅghānussati (p.5)

Suppaṭipanno bhagavato sāvaka-saṅgho,
Ujuppaṭipanno bhagavato sāvaka-saṅgho,
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,
Sāmicippaṭipanno bhagavato sāvaka-saṅgho;
Yadidaṃ: cattāri purisa-yugāni aṭṭha purisa-
puggalā, esa bhagavato sāvaka-saṅgho;
Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-
karaṇīyo, anuttaraṃ puññakkhettaṃ lokassa.

Evam buddhaṃ sarantānaṃ
Dhammaṃ saṅghaṇca bhikkhavo;
Bhayaṃ vā chambhitattaṃ vā
Lomahaṃso na hessati.

– SN, Sagāthāvagga, Sakkaśāmyutta,
Dhajaggasuttaṃ

Etena saccavajjena pātu tvaṃ ratanattayaṃ.
(x3)

Contemplation of the Buddha 佛随念

Such is that Blessed One, the Worthy One, the Perfectly Self-Awakened One, One fully possessed of wisdom and conduct, One who has proceeded by the good way, Knower of the [three] worlds, Unexcelled Trainer of tamable men, Teacher of deities and men, The Awakened One, The Blessed One.

世尊是：阿罗汉、圆满自觉者、明行足、善逝、世间解、无上士调御丈夫、天人师、佛陀、世尊。

Contemplation of the Dhamma 法随念

Well-expounded is the Exalted One's Dhamma, visible here-and-now, not delayed in time, inviting of inspection, onward-leading, is directly experienceable by the wise.

法由世尊善说，现前可见、无时（无间隔）、请来看、导向、当由智者亲证。

Contemplation of the Saṅgha 僧随念

The community of the Exalted One's disciples has entered on the good way, the community of the Exalted One's disciples has entered on the straight way, the community of the Exalted One's disciples has entered on the true way, the community of the Exalted One's disciples has entered on the proper way, that is to say, the four pairs of men, the eight types of persons. That is the Exalted One's disciple community, worthy of gifts, worthy of hospitality, worthy of offerings, whom should be respected, the incomparable field of merit for the world.

世尊的声闻僧众已入善行道；世尊的声闻僧众已入正直行道；世尊的声闻僧众已入真实行道；世尊的声闻僧众已入正当行道。即四双八辈。这是世尊的声闻僧众，是应供养、应供奉者、应施于者、应合掌（礼敬）者，是世间的无上福田。

Thus, Bhikkhus, in you who remember the Buddha, the Dhamma and the Saṅgha, fear, trembling or terror will never arise.

如是诸比丘，忆念佛法僧，
他无畏不栗，无毛骨悚然。

By this speaking of truth, may the Triple Gem protect you!

借此真实话语，愿三宝保护你！

Khandhasuttaṃ

(p.8)

Sabbāsīvisajātinaṃ
Dibbamantāgadam viya
Yaṃ nāseti viṣaṃ ghoram
Sesañcāpi parissayaṃ.

Āṇākkhettamhi sabbattha
Sabbadā sabbapāṇinaṃ
Sabbasopi nivāreti
Parittam taṃ bhaṇāma he.

- - -

Virūpakkhehi me mettaṃ
Mettaṃ Erāpathehi me,
Chabyāputtehi me mettaṃ
Mettaṃ Kaṇhāgotamakehi ca.

Apātakehi me mettaṃ
Mettaṃ dvipātakehi me,
Catuppadehi me mettaṃ
Mettaṃ bahuppadehi me.

Mā maṃ apādako hiṃsi
Mā maṃ hiṃsi dvipādako,
Mā maṃ catuppado hiṃsi
Mā maṃ hiṃsi bahuppado.

Sabbe sattā, sabbe pāṇā
Sabbe bhūtā ca kevalā,
Sabbe bhadraṇi passantu
Mā kañci pāpamāgamā.

Appamāṇo Buddho,
Appamāṇo Dhammo,
Appamāṇo Saṅgho.
Pamāṇavantāni sirīmsapāni:
Ahi-vicchikā, satapadī,
Uṇṇanābhi, sarabū, mūsikā.

**Discourse on [Protection of]
Aggregates 蕴护经**

Just like divine charms and divine medicines, this (Khandha-Sutta) nullifies baneful poison and other perils of all the highly poisonous creatures.

犹如天咒与天药，此经能够除剧毒；
一切剧毒之生物，其害此经皆能除。

In the scope of authority everywhere, always, for all beings this discourse prevents (the disasters). Let us recite this protective discourse now.

在此威力范围内，一切时候一切处，
此经能防该危害。我们且诵此护卫。

May I have loving-kindness towards the Virūpakkhas;
May I have loving-kindness towards the Erāpathas;
May I have loving-kindness towards the Chabyāputtas;
May I have loving-kindness towards the Kaṇhāgotamakās.
愿我对威卢跋有慈爱；愿我对伊拉跋有慈爱；
愿我对刹标子有慈爱；愿我对黑瞿昙有慈爱。

May I have loving-kindness towards footless beings;
May I have loving-kindness towards beings with two legs;
May I have loving-kindness towards beings with four legs;
May I have loving-kindness towards beings with many legs.
愿我对无足众生有慈爱；愿我对两足众生有慈爱；
愿我对四足众生有慈爱；愿我对多足众生有慈爱。

May footless beings not harm me;
May beings with two legs not harm me;
May beings with four legs not harm me;
May beings with many legs not harm me.
愿无足众生不伤害我；愿两足众生不伤害我；
愿四足众生不伤害我；愿多足众生不伤害我。

May all living beings, all breathing things,
all creatures (without exception)
meet with good fortune.
May none of them come to any evil.
愿一切有情一切息生、一切众生毫无遗漏地，
愿他们遇见幸运的事，不会遭遇邪恶的事情。

Infinite is the Buddha,
Infinite is the Dhamma,
Infinite is the Saṅgha.
Finite are creeping things:
snakes, scorpions, centipedes,
spiders, lizards, rats.
佛无量，法无量，僧无量。
爬行类却有限量：
蛇、蝎、蜈蚣、
蜘蛛、蜥蜴、老鼠。

Katā me rakkhā, kataṃ me parittaṃ,
Paṭikkamantu bhūtāni.
So'haṃ namo Bhagavato,
Namo sattannaṃ Sammā-sambuddhānaṃ.

– KN, 203 Khaṇḍajātaka;
AN.IV.67 Ahirājasuttaṃ;
Vinayapiṭaka, Cūlavagga,
Khuddakavattthukkhandhakaṃ

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

I have made the protection, I have made the safeguard.
May the (harmful) beings depart. I pay homage to the
Blessed One; homage to the seven Buddhas (Vipassī
Buddha, Sikhī Buddha, Vessabhū Buddha, Kakusandha
Buddha, Koṇāgamana Buddha, Kassapa Buddha, and
Gotama Buddha)

我做了护卫，我做了保护。
愿那些（有害的）众生离开。
我礼敬世尊；
礼敬七位圆满自觉者。

By this speaking of truth, may there be well-being
for you always. By this speaking of truth, may all [your]
diseases disappear. By this speaking of truth, may there
be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Ādittasuttaṃ (p.124)

Evaṃ me sutāṃ: Ekaṃ samayaṃ Bhagavā
Gayāyaṃ viharati Gayā-sīse saddhiṃ bhikkhu-
sahassena. Tatra kho Bhagavā bhikkhū
āmañesi – “Sabbāṃ, bhikkhave, ādittaṃ.
Kiñca, bhikkhave, sabbaṃ ādittaṃ?

“Cakkhu, bhikkhave, ādittaṃ, rūpā ādittā,
cakkhu-viññāṇaṃ ādittaṃ, cakkhu-samphasso
āditto. Yam'pidaṃ cakkhu-samphassa-paccayā
uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā
adukkhamasukhaṃ vā tam'pi ādittaṃ. Kena
ādittaṃ? 'Rāgagginā dosagginā mohagginā
ādittaṃ, jātīyā jarāya maraṇena sokehi
paridevehi dukkhehi domanassehi upāyāsehi
ādittan'ti vadāmi.

“Sotaṃ ādittaṃ, saddā ādittā, sota-
viññāṇaṃ ādittaṃ, sota-samphasso āditto.
Yam'pidaṃ sota-samphassa-paccayā uppajjati
vedayitaṃ sukhaṃ vā dukkhaṃ vā
adukkhamasukhaṃ vā tam'pi ādittaṃ. Kena
ādittaṃ? 'Rāgagginā dosagginā mohagginā
ādittaṃ, jātīyā jarāya maraṇena sokehi
paridevehi dukkhehi domanassehi upāyāsehi
ādittan'ti vadāmi.

The Fire Sermon 燃烧经

Thus I heard: At one time the Blessed One was
staying at Gayāsīsa, Gayā, together with a thousand
monks. There the Blessed One addressed the monks:
“Monks, all is burning. What, monks, is the all that is
burning?

如是我闻：一时，世尊与一千位比丘住在迦耶
的象头山。于其处，世尊对比丘们说：「诸比丘，
一切在燃烧。诸比丘，什么是一切在燃烧？」

“The eye is burning, forms are burning, eye-
consciousness is burning, eye-contact is burning,
Whatever feeling arises dependent on eye-contact —
whether pleasant, painful or neither-painful-nor-pleasant
— that, too, is burning. Burning with what? Burning with
the fire of lust, with the fire of hatred, with the fire of
delusion; burning with birth, ageing, death, sorrow,
lamentation, pain, unhappiness, and despair, I say.

诸比丘，眼在燃烧，色在燃烧，眼识在燃烧，
眼触在燃烧，缘于此眼触而生之乐或苦或不苦不乐
受也在燃烧。以何燃烧？我说以贪火、以瞋火、以
痴火燃烧，以生、老、死、愁、悲、苦、忧、恼燃
烧。

“The ear is burning, sounds are burning, ear-
consciousness is burning, ear-contact is burning, and
whatever feeling arises with ear-contact as condition —
whether pleasant or painful or neither-painful-nor-pleasant
— that too is burning. Burning with what? Burning with
the fire of lust, with the fire of hatred, with
the fire of delusion; burning with birth, ageing, death,
sorrow, lamentation, pain, displeasure, and despair, I say.

耳在燃烧，声在燃烧，耳识在燃烧，耳触在燃
烧，缘于此耳触而生之乐或苦或不苦不乐受也在燃
烧。以何燃烧？我说以贪火、以瞋火、以痴火燃烧，
以生、老、死、愁、悲、苦、忧、恼燃烧。

“Ghānaṃ ādittaṃ, gandhā ādittā, ghāna-viññāṇaṃ ādittaṃ, ghāna-samphasso āditto. Yam’pidam ghāna-samphassa-paccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tam’pi ādittaṃ. Kena ādittaṃ? ‘Rāgagginā dosagginā mohagginā ādittaṃ, jātīyā jarāya maraṇena sokehi paridevehi dukkhehi domanassehi upāyāsehi ādittan’ti vadāmi.

“Jivhā ādittā, rasā ādittā, jivhā-viññāṇaṃ ādittaṃ, jivhā-samphasso āditto. Yam’pidam jivhā-samphassa-paccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tam’pi ādittaṃ. Kena ādittaṃ? ‘Rāgagginā dosagginā mohagginā ādittaṃ, jātīyā jarāya maraṇena sokehi paridevehi dukkhehi domanassehi upāyāsehi ādittan’ti vadāmi.

“Kāyo āditto, phoṭṭhabbā ādittā, kāya-viññāṇaṃ ādittaṃ, kāya-samphasso āditto. Yam’pidam kāya-samphassa-paccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tam’pi ādittaṃ. Kena ādittaṃ? Rāgagginā dosagginā mohagginā ādittaṃ, jātīyā jarāya maraṇena sokehi paridevehi dukkhehi domanassehi upāyāsehi ādittan’ti vadāmi.

“Mano āditto, dhammā ādittā, mano-viññāṇaṃ ādittaṃ, mano-samphasso āditto. Yam’pidam mano-samphassa-paccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tam’pi ādittaṃ. Kena ādittaṃ? ‘Rāgagginā dosagginā mohagginā ādittaṃ, jātīyā jarāya maraṇena sokehi paridevehi dukkhehi domanassehi upāyāsehi ādittan’ti vadāmi.

“The nose is burning, odours are burning, nose-consciousness is burning, nose-contact is burning, and whatever feeling arises with nose-contact as condition – whether pleasant or painful or neither-painful-nor-pleasant — that too is burning. Burning with what? Burning with the fire of lust, with the fire of hatred, with the fire of delusion; burning with birth, ageing, death, sorrow, lamentation, pain, displeasure, and despair, I say.

鼻在燃烧，香在燃烧，鼻识在燃烧，鼻触在燃烧，缘于此鼻触而生之乐或苦或不苦不乐受也在燃烧。以何燃烧？我说以贪火、以瞋火、以痴火燃烧，以生、老、死、愁、悲、苦、忧、恼燃烧。

“The tongue is burning, tastes are burning, tongue-consciousness is burning, tongue-contact is burning, and whatever feeling arises with tongue-contact as condition – whether pleasant or painful or neither-painful-nor-pleasant — that too is burning. Burning with what? Burning with the fire of lust, with the fire of hatred, with the fire of delusion; burning with birth, ageing, death, sorrow, lamentation, pain, displeasure, and despair, I say.

舌在燃烧，味在燃烧，舌识在燃烧，舌触在燃烧，缘于此舌触而生之乐或苦或不苦不乐受也在燃烧。以何燃烧？我说以贪火、以瞋火、以痴火燃烧，以生、老、死、愁、悲、苦、忧、恼燃烧。

“The body is burning, tactile objects are burning, body-consciousness is burning, body-contact is burning, and whatever feeling arises with body-contact as condition – whether pleasant or painful or neither-painful-nor-pleasant — that too is burning. Burning with what? Burning with the fire of lust, with the fire of hatred, with the fire of delusion; burning with birth, ageing, death, sorrow, lamentation, pain, displeasure, and despair, I say.

身在燃烧，触在燃烧，身识在燃烧，身触在燃烧，缘于此身触而生之乐或苦或不苦不乐受也在燃烧。以何燃烧？我说以贪火、以瞋火、以痴火燃烧，以生、老、死、愁、悲、苦、忧、恼燃烧。

“The mind is burning, mental phenomena are burning, mind-consciousness is burning, mind-contact is burning, and whatever feeling arises with mind-contact as condition – whether pleasant or painful or neither-painful-nor-pleasant — that too is burning. Burning with what? Burning with the fire of lust, with the fire of hatred, with the fire of delusion; burning with birth, ageing, death, sorrow, lamentation, pain, displeasure, and despair, I say.

意在燃烧，法在燃烧，意识在燃烧，意触在燃烧，缘于此意触而生之乐或苦或不苦不乐受也在燃烧。以何燃烧？我说以贪火、以瞋火、以痴火燃烧，以生、老、死、愁、悲、苦、忧、恼燃烧。

“Evaṃ passaṃ, bhikkhave, sutavā ariya-sāvako cakkhusmim’pi nibbindati, rūpesu’pi nibbindati, cakkhu-viññāṇe’pi nibbindati, cakkhu-samphasse’pi nibbindati, yam’pidam cakkhu-samphassa-paccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmim’pi nibbindati.

“Sotasmim’pi nibbindati, saddesu’pi nibbindati, sota-viññāṇe’pi nibbindati, sota-samphasse’pi nibbindati, yam’pidam sota-samphassa-paccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmim’pi nibbindati.

“Ghānasmim’pi nibbindati, gandhesu’pi nibbindati, ghānaviññāṇe’pi nibbindati, ghāna-samphasse’pi nibbindati, yam’pidam ghānasamphassa-paccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmim’pi nibbindati.

“Jivhāya’pi nibbindati, rasesu’pi nibbindati, jivhā-viññāṇe’pi nibbindati, jivhā-samphasse’pi nibbindati, yam’pidam jivhāsamphassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmim’pi nibbindati.

“Kāyasmim’pi nibbindati, phoṭṭhabbesu’pi nibbindati, kāya-viññāṇe’pi nibbindati, kāya-samphasse’pi nibbindati, yam’pidam kāya-samphassa-paccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmim’pi nibbindati.

“Manasmim’pi nibbindati, dhammesu’pi nibbindati, mano-viññāṇe’pi nibbindati, mano-samphasse’pi nibbindati, yam’pidam mano-samphassa-paccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmim’pi nibbindati.

“Seeing thus, bhikkhus, the instructed noble disciple experiences disenchantment towards the eye, towards forms, towards eye-consciousness, towards eye contact, towards whatever feeling arises with eye-contact as condition – whether pleasant or painful or neither-painful-nor-pleasant.

诸比丘，如此彻见后，多闻圣弟子厌离眼，厌离色，厌离眼识，厌离眼触，厌离缘于此眼触而生之受，无论是乐，或苦，或不苦不乐。

“He experiences disenchantment towards the ear, towards sounds, towards ear-consciousness, towards ear contact, towards whatever feeling arises with ear-contact as condition – whether pleasant or painful or neither-painful-nor-pleasant.

他厌离耳，厌离声，厌离耳识，厌离耳触，厌离缘于此耳触而生之受，无论是乐，或苦，或不苦不乐。

“He experiences disenchantment towards the nose, towards odours, towards nose-consciousness, towards nose contact, towards whatever feeling arises with nose-contact as condition – whether pleasant or painful or neither-painful-nor-pleasant.

他厌离鼻，厌离香，厌离鼻识，厌离鼻触，厌离缘于此鼻触而生之受，无论是乐，或苦，或不苦不乐。

“He experiences disenchantment towards the tongue, towards tastes, towards tongue-consciousness, towards tongue contact, towards whatever feeling arises with tongue-contact as condition – whether pleasant or painful or neither-painful-nor-pleasant.

他厌离舌，厌离味，厌离舌识，厌离舌触，厌离缘于舌触而生之受，无论是乐，或苦，或不苦不乐。

“He experiences disenchantment towards the body, towards tactile objects, towards body-consciousness, towards body contact, towards whatever feeling arises with body-contact as condition – whether pleasant or painful or neither-painful-nor-pleasant.

他厌离身，厌离触，厌离身识，厌离身触，厌离缘于此身触而生之受，无论是乐，或苦，或不苦不乐。

“He experiences disenchantment towards the mind, towards mental phenomena, towards mind-consciousness, towards mind contact, towards whatever feeling arises with mind-contact as condition – whether pleasant or painful or neither-painful-nor-pleasant.

他厌离意，厌离法，厌离意识，厌离意触，厌离缘于此意触而生之受，无论是乐，或苦，或不苦不乐。

"Nibbindaṃ virajjati; virāgā vimuccati;
vimuttasmiṃ vimuttamiti ñāṇaṃ hoti. 'Khīṇā
jāti, vusitaṃ brahma-cariyaṃ, kataṃ
karaṇiyaṃ, nāparaṃ itthattāyā'ti pajānāti'ti.

Idamavoca Bhagavā. Attamaṇā te bhikkhū
Bhagavato bhāsitaṃ abhinandaṃ. Imasmiṃca
pana veyyākaraṇasmiṃ bhaññaṃāne tassa
bhikkhu-sahassassa anupādāya āsavehi cittāni
vimuccimā'sū'ti.

– SN, Saḷāyatanavagga, Saḷāyatanaśāmyutta, 28

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

"Disenchanted, he becomes dispassionate. Through
dispassion he is liberated. Being liberated there is the
liberation knowledge thus: He understands: 'Destroyed is
birth, the holy life has been lived, what had to be done
has been done, there is no more for this state of being.' "

因厌离而离染，因离欲而解脱；因解脱而有解
脱智，他了知：『生已尽，梵行已立，应作已作，再
无后有。』

This is what the Blessed One said. Elated, those
bhikkhus delighted in the Blessed One's statement. And
while this discourse was being spoken, the minds of the
thousand bhikkhus were liberated from the taints by non-
clinging.

世尊如此说。那些比丘满意与欢喜世尊之言。
当此开示正被宣说时，那一千位比丘的心透过无执
取而从诸漏解脱。

By this speaking of truth, may there be well-being
for you always. By this speaking of truth, may all [of
your] diseases disappear. By this speaking of truth, may
there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Aṭṭhaviṣaṭi Buddhā Paritta

(p.127)

Taṇhaṅkaro mahāvīro,
Medhaṅkaro mahāyaso,
Saraṇaṅkaro lokahito,
Dīpaṅkaro jutindharo,

Koṇḍañña janapāmomkko,
Maṅgalo purisāsabho,
Sumano sumano dhīro,
Revato rativaḍḍhano,

Sobhito guṇasampanno,
Anomadassī januttamo,
Padumo lokapajjoto,
Nārado varasārathi,

Padumuttaro sattasāro,
Sumedho aggapuggalo,
Sujāto sabbalokaggo,
Piyadassī narāsabho,

The Twenty-Eight Buddhas Protection 二十八佛护卫

Taṇhaṅkara the great hero, Medhaṅkara with great
fame, Saraṇaṅkara the benefactor of the world,
Dīpaṅkara the bearer of light,

断爱佛是大英雄；用智佛有大名誉；
作依佛利益世间；燃灯佛背负光明；

Koṇḍañña the foremost of people, Maṅgala the man
Supreme, Sumana the good-hearted sage, Revata who
enhanced joy,

智调佛大众之首；吉祥佛人中之王；
善心佛善心贤者；烈瓦佛增长喜悦；

Sobhita with perfect virtue, Anomadassī the chief of
people, Paduma the torch to the world, Nārada the coach
unsurpassed,

光耀佛德行圆满；高见佛人中最上；
莲花佛世界之灯；那兰佛至上调师；

Padumuttara the most excellent of beings, Sumedha
the foremost man, Sujāta the chief of all the world,
Piyadassī mankind's Lord,

胜莲佛最胜有情；妙智佛乃最上人；
善生佛世界之顶；喜见佛人中之王；

Atthadassī kāruṇiko,
Dhammadassī tamonudo,
Siddhattho asamo loke,
Tisso varada-saṁvaro,

Phusso varada-sambuddho,
Vipassī ca anūpamo,
Sikhī sabbahito satthā,
Vessabhū sukhadāyako,

Kakusandho satthavāho,
Koṇāgamano raṇaṇjaho,
Kassapo sirisampanno,
Gotamo sakya-puṇḡavo.

Tesaṁ saccena sīlena
Khanti-metta-balena ca,
Te'pi maṁ anurakkhantu
Arogena sukkena ca.

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalāṁ.

Atthadassī the Compassionate One, Dhammadassī
the dispeller of darkness, Siddhattha matchless in the
world, Tissa restrained giver of the best,
义见佛乃悲悯者；法见佛驱除黑暗；
成就佛世间无同；提舍佛自制予上；

Phussa the self-enlightened One and giver of the
best, Vipassī the unrivalled one, Sikhī the all-benefactor
teacher, Vessabhū the giver of happiness,
吉利佛自觉予上；观慧佛无可匹比；
火焰佛全利导师；牛音佛快乐施者；

Kakusandha the caravan guide, Koṇāgamana done
with strife, Kassapa of perfect splendour, Gotama the
chief of Sakyan,
接峰佛商队向导；金至佛已断斗争；
迦叶佛祥瑞圆满；释迦主乔达摩佛。

By their truth and virtue, and the power of patience
and loving-kindness, may they protect me [you], and may
health and happiness be mine.

以他们之真实及戒、忍辱与慈爱的力量，
希望他们能保护我，让我无病痛且快乐。

By this speaking of truth, may there be well-being
for you always. By this speaking of truth, may all [of
your] diseases disappear. By this speaking of truth, may
there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Jayamaṅgala-Gāthā (p.128)

Bāhuṁ saḥassamabhinimmita-sāyudhaṁ taṁ,
Girimekhalāṁ udita-ghora-sasena-Māraṁ,
Dānādi-dhamma-vidhinā jitavā Munindo,
Taṁ tejasā bhavatu te jaya-maṅgalāni!

Mārātirekamabhiyujjhita-sabba-rattim,
Ghoram
panālavakamakhamathaddhayakkham,
Khanti-sudanta-vidhinā jitavā Munindo,
taṁ tejasā bhavatu te jaya-maṅgalāni!

Nālāgiriṁ gaja-varaṁ atimatta-bhūtaṁ,
Dāvaggi-cakkamasanī'va sudāruṇaṁ taṁ,
Mettambu-seka-vidhinā jitavā Munindo,
Taṁ tejasā bhavatu te jaya-maṅgalāni!

Verses on the Blessings of Triumph 胜利吉祥偈

Creating a form with a thousand arms, each with a
weapon, Māra [on the elephant] Girimekhala roared
frightfully with his horde. The Lord of Sages conquered
him by means of the Dhamma of giving, etc.: by the
power of that may there be triumphant blessings for you!

他变现各持武器的千手，魔王领军坐在怒吼的
笈利美卡喇（象背）；牟尼王以布施等法战胜。以
其威力，愿你胜利吉祥！

More than Māra making war all night was the
frightfulness of Ālavaka the impatient and arrogant
demon, The Lord of Sages conquered him by the well-
tamed means of patience: by the power of that may there
be triumphant blessings for you!

比魔王更恐怖的是整夜战斗，不耐烦、顽固的
阿喇瓦咖夜叉；牟尼王以忍耐、善调御之法战胜。
以其威力，愿你胜利吉祥！

That noble elephant Nālāgiri, being very intoxicated
and very cruel, was like a forest fire, wheel-weapon or a
thunderbolt, the Lord of Sages conquered by means of
sprinkling the waters of loving-kindness: by the power of
that may there be triumphant blessings for you!

象王那喇笈利极醉，暴如林火、轮器、雷电；牟

Ukkhitta-khagga-mati-hattha-sudāruṇaṃ taṃ,
Dhāvaṃ ti-yojana-pathaṅguli-mālavantam,
Iddhībhisaṅkhatamano jītavā Munindo,
Taṃ tejasā bhavatu te jaya-maṅgalāni!

Katvāna kaṭṭhamudaraṃ iva gabbhinīyā,
Ciñcāya duṭṭha-vacanaṃ jana-kāya-majjhe,
Santena soma-vidhinā jītavā Munindo,
Taṃ tejasā bhavatu te jaya-maṅgalāni!

Saccaṃ vihāya mati'Saccaka-vāda-ketuṃ,
Vādābhiropitamanaṃ ati-andha-bhūtaṃ,
Paññā-padīpa-jalito jītavā Munindo,
Taṃ tejasā bhavatu te jaya-maṅgalāni!

Nandopanandabhujagaṃ vibudhaṃ mahiddhiṃ,
Puttena thera-bhujagena damāpayanto,
Iddhūpadesa-vidhinā jītavā Munindo,
Taṃ tejasā bhavatu te jaya-maṅgalāni!

Duggāha-diṭṭhi'bhujugena sudaṭṭha-hatthaṃ,
Brahmaṃ visuddhi-jutimiddhi-Bakābhiddhānaṃ,
Ñāṇāgadena vidhinā jītavā Munindo,
Taṃ tejasā bhavatu te jaya-maṅgalāni!

Etā'pi Buddha-jaya-maṅgala-aṭṭha-gāthā,
Yo vācako dina-dine saratematandī,
Hitvānaneka-vividhāni cupaddavāni,
Mokkhaṃ sukhaṃ adhigameyya naro
sapañño'ti.

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

尼王以洒慈水之法得胜。以其威力，愿你胜利吉祥！

He being very cruel and with a sword raised in his skilled hand, [Aṅgulimāla] running for three leagues along the path, the Lord of Sages conquered by performing a psychic feat: by the power of that may there be triumphant blessings for you!

手中高举着刀剑，凶暴的戴指鬘者追赶了三由旬的路；牟尼王以意所作神变而胜利。以其威力，愿你胜利吉祥！

Having made her belly like she was pregnant [by tying on] a piece of wood, Ciñcā spoke indecently (falsely accusing the Buddha) in the midst of the crowd. The Lord of Sages conquered her by fair and peaceful means: by the power of that may there be triumphant blessings for you!

肚藏木块扮孕妇，金蛇在人群中恶言（诬告佛陀）；牟尼王以静默优雅的方法而胜利。以其威力，愿你胜利吉祥！

Forsaking the truth and reason was a sign of Saccaka's philosophy, which was well developed but completely blind; the Lord of Sages conquered [him] by the blazing lamp of wisdom: by the power of that may there be triumphant blessings for you!

萨查卡的理论舍弃了真理与道理，虽然结构得非常好但却极盲目；牟尼王以慧灯之光而胜利。以其威力，愿你胜利吉祥！

Nandopananda, the divine serpent with great power, the [Buddha had His] son, the Elder [Ven. Mahā-Moggallāna] tamed [by becoming a] serpent (temporarily), the Lord of Sages had conquered by means of showing psychic power: by the power of that may there be triumphant blessings for you!

难多巴难达龙贤明大神通，弟子[目犍连]化为龙去调伏；牟尼王以指示神通的方法而胜利。以其威力，愿你胜利吉祥！

[Just as one's] hand [would be] well bitten by a snake [that is held wrongly, such were] the wrongly grasped views of the Brahma-god named Baka of pure light and power. The Lord of Sages conquered him by means of the medicine of knowledge: by the power of that may there be triumphant blessings for you!

就像捉错蛇之手被咬，清净光明、拥有神通、名叫拔伽的梵天误捉的邪见也咬他；牟尼王以智药的方法而胜利。以其威力，愿你胜利吉祥！

These are the eight verses on the Buddha's blessings of triumph; one who is diligent and recites daily recollecting [these] would, being a man with wisdom, overcome the manifold obstacles [to the practice] and attain liberation and happiness.

此是佛陀的胜利吉祥八首偈，日日勤勉诵说忆念者，能舍除多种灾祸，有慧之人能获得解脱快乐！

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [of your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；

借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Tesattati Nāṇāni (p.130)

1. Sotāvadhāne paññā sutamaye ñāṇaṃ.
2. Sutvāna saṃvare paññā sīlamaye ñāṇaṃ.
3. Saṃvaritvā samādahane paññā samādhībhāvanāmaye ñāṇaṃ.
4. Paccayapariggahe paññā dhammatṭhiti-ñāṇaṃ.
5. Atītānāgatapaccuppannānaṃ dhammānaṃ saṅkhipitvā vavatthāne paññā sammāsane ñāṇaṃ.
6. Paccuppannānaṃ dhammānaṃ vipariṇāmānupassane paññā udayabbayānupassane ñāṇaṃ.
7. Ārammaṇaṃ paṭisaṅkhā bhaṅgānupassane paññā vipassane ñāṇaṃ.
8. Bhayatupaṭṭhāne paññā ādīnave ñāṇaṃ.
9. Muñcitukamyatā-paṭisaṅkhā-santiṭṭhanā paññā saṅkhārupekkhāsu ñāṇaṃ.
10. Bahiddhā vuṭṭhānavivaṭṭane paññā gotrabhu-ñāṇaṃ.
11. Dubhato vuṭṭhānavivaṭṭane paññā magge ñāṇaṃ.
12. Payogappaṭippassaddhi paññā phale ñāṇaṃ.
13. Chinnavaṭṭumānupassane paññā vimuttiñāṇaṃ.

Seventy-Three Types of Knowledge

七十三智

1. The wisdom of listening attentively and intelligently to the Dhamma is knowledge gained by listening.
聆听法的智慧是闻所成智。
2. The wisdom of restraint after hearing [learning] is knowledge of what consists in virtue.
听闻后克制的智慧是戒所成智。
3. The wisdom of concentrating after restraining is knowledge gained by developing concentration.
克制后得定的智慧是修定所成智。
4. Knowledge of the causes and conditions for the arising of the five aggregates is knowledge of cause and effect.
缘摄受(了知五蕴生起的因缘)的智慧是法住智。
5. The wisdom of analyzing all dhammas of the past, future and present as impermanent, suffering and non-self is knowledge of comprehension.
对过去、未来、现在诸法整体地分别(无常、苦、无我)的智慧是思惟智。
6. Seeing again and again with wisdom the presently-arisen dhammas' change is knowledge of contemplation of arising and passing away.
以智随观(=一再地观照)当下法之变易是生灭随观智。
7. Seeing again and again with wisdom the dissolution after reflecting on an object is insight knowledge.
思惟所缘后以智一再地观照坏灭是观智。
8. Understanding of appearance as terror is knowledge of fault.
了知怖畏显现的智慧是过患智。
9. Understanding of desire for deliverance, of considering the means for it, and of being equanimous is the knowledge of equanimity about formations.
欲解脱、审察与住立(舍)的智慧是行舍智。
10. Understanding of emergence and turning away from the external objects [conditioned phenomena] is change-of-lineage knowledge.
从外出起与转离(有为法)的智慧是种姓智。
11. Understanding of emergence and turning away from both [the external and internal] is path knowledge.
从(内外)两者出起与转离的智慧是道智。
12. The wisdom gained through calming down the effort [i.e. through the completion of the effort] is fruition knowledge.
透过加行止息(=圆满或平息努力)而成就的智慧是果智。
13. The wisdom that sees the round of defilements that has been cut off is knowledge of liberation.
见烦恼轮转已被切断的智慧是解脱智。

14. Tadā samudāgate dhamme passane paññā paccavekkhaṇe ñāṇaṃ. 15. Ajjhataṇṇavavattāne paññā vatthunānante ñāṇaṃ. 16. Bahiddhāvavattāne paññā gocaranānante ñāṇaṃ. 17. Cariyāvavattāne paññā cariyānānante ñāṇaṃ. 18. Catudhammavavattāne paññā bhūminānante ñāṇaṃ. 19. Navadhammavavattāne paññā dhammanānante ñāṇaṃ. 20. Abhiññāpaññā ñātattṭhe ñāṇaṃ. 21. Pariññāpaññā tīraṇattṭhe ñāṇaṃ. 22. Pahāne paññā pariccāgaṭṭhe ñāṇaṃ. 23. Bhāvanāpaññā ekarasaṭṭhe ñāṇaṃ. 24. Sacchikiriyaṇāpaññā phusaṇattṭhe ñāṇaṃ. 25. Atthanānante paññā attha-paṭisambhīde ñāṇaṃ. 26. Dhammanānante paññā dhamma-paṭisambhīde ñāṇaṃ. 27. Niruttinānante paññā nirutti-paṭisambhīde ñāṇaṃ. 28. Paṭibhānanānante paññā paṭibhāna-paṭisambhīde ñāṇaṃ. 29. Vihāranānante paññā viharattṭhe ñāṇaṃ.	14. The wisdom that sees the supramundane dhammas [path and fruition] that have arrived is the knowledge of reviewing. 见已达到的出世间法的智慧是省察智。 15. The wisdom of determining the internal sense bases is knowledge of the differences in the internal sense bases. 分别内（处）的智慧是依处差别智。 16. The wisdom with regard to determining the externals [i.e. sense objects] is knowledge of difference in the domains. 分别外（处）的智慧是行处差别智。 17. The wisdom of defining behaviour is knowledge of difference in behaviour [of consciousness]. 分别（心的）行为的智慧是（心）行差别智。 18. The wisdom of defining four dhammas is knowledge of the difference in planes. 分别四法的智慧是地差别智。 19. The wisdom of defining nine dhammas is knowledge of the difference in dhammas. 分别九法的智慧是法差别智。 20. Understanding as direct knowledge is knowledge of the things-to-be-known [the five aggregates]. 亲证的智慧是所知智。（所知=五蕴） 21. The wisdom that understands fully the general characteristics of the five aggregates is the knowledge of deciding. 遍知五蕴之共相的智慧是度智。 22. The wisdom that abandons wrong perceptions such as permanence is the knowledge of giving up. 断除常想等邪想的智慧是舍弃智。 23. Wisdom with regard to developing the mind is the knowledge of one flavour. 修习心的智慧是一味智。 24. The wisdom of realization is the knowledge in the sense of experiencing. 体悟的智慧是体证智。 25. The wisdom with regard to the difference in meaning is knowledge of discrimination of meaning. 了知义之差别的智慧是义无碍解智。 26. The wisdom with regard to the difference in dhammas is knowledge of discrimination of dhammas. 了知法之差别的智慧是法无碍解智。 27. The wisdom with regard to the difference in language is knowledge of discrimination of language. 了知词句之差别的智慧是词无碍解智。 28. The wisdom with regard to the difference in perspicuity is knowledge of discrimination of perspicuity. 了知应辩之差别的智慧是应辩无碍解智。 29. The wisdom with regard to abiding in various [insight

30. Samāpattinānatte paññā samāpattaṭṭhe ñāṇaṃ.
31. Vihāra-samāpatti-nānatte paññā vihāra-samāpattaṭṭhe ñāṇaṃ.
32. Avikkhepaparisuddhattā āsavasamucchede paññā ānatarika-samādhimhi ñāṇaṃ.
33. Dassanādhipeyyaṃ santo ca viharādhigamo paṇitādhimuttatā paññā araṇavihāre ñāṇaṃ.
34. Dvīhi balehi samannāgatattā tayo ca saṅkhārānaṃ paṭippassaddhiyā soḷasahi ñāṇacariyāhi navahi samādhicariyāhi vasibhāvatā paññā nirodha-samāpattiyā ñāṇaṃ.
35. Sampajānassa pavatta-pariyādāne paññā parinibbāne ñāṇaṃ.
36. Sabbadhammānaṃ sammā samucchede nirodhe ca anupaṭṭhānatā paññā samasīsaṭṭhe ñāṇaṃ.
37. Puthu-nānattateja-pariyādāne paññā sallekhaṭṭhe ñāṇaṃ.
- meditations] is the knowledge of abiding.
了知安住（观智）之差别的智慧是安住义智。
30. The wisdom regarding various attainments, such as the attainment of the signless deliverance, is the knowledge of the nature of attainments.
了知定（例如无相解脱定）之差别的智慧是定义智。
31. The wisdom regarding the difference of abiding in insight and attainment is knowledge of insight and attainment.
了知安住与定之差别的智慧是安住定义智。
32. The wisdom regarding the destruction of the defilements due to the purity of the undistracted mind is knowledge of concentration with immediate result. 因为心不散乱的清净而漏全断的智慧是无间定智。（无间=立刻产生果报）
33. Understanding as predominance of seeing [insight], and as achievement of a peaceful abiding [arahantship], and as resoluteness on the sublime goal [fruition attainment], is knowledge of abiding without conflict.
属于见增上（观智）、体证寂静住（阿罗汉果）与决意于殊胜（果定）的智慧是无诤住智。（增上=主导、首要）
34. The wisdom that has mastery due to the possession of two powers [i.e. perfect serenity and insight] and the possession of sixteen modes of behaviour of knowledge and nine modes of behaviour of concentration, for the tranquillization of three formations is the knowledge of the attainment of cessation.
由于具备（圆满的止与观）两种力而获得的自在，以及拥有十六种智行与九种定行以便止息三种行法的智慧是灭尽定智。
35. The wisdom regarding the complete cessation of re-becoming in one who knows perfectly is the knowledge of complete cessation.
正知者有关轮转灭尽的智慧是完全灭尽智。
36. Understanding of the complete cutting off of all dhammas, of their cessation, and of their non-reappearance, is knowledge of the destruction of the cankers and the end of life simultaneously [knowledge that arises in one who attains arahantship at the moment of death].
了知一切法已全断、灭尽及不再生起的智慧是同达顶智（同时漏尽命尽智=死亡时证悟阿罗汉的智慧）。
37. The wisdom that wears away defilements such as lust and sensual desire, all of which are totally different to supramundane states, is the knowledge of effacement.
损减与出世间法完全不同的贪欲等烦恼的智慧是损减智。

38. Asallīnatta-pahitatta-paggahaṭṭhe paññā
vīriyārambhe ñāṇaṃ.
39. Nānādharmappakāsanatā paññā attha-
sandassane ñāṇaṃ.
40. Sabbadhammānaṃ ekasaṅgahatā-
nānattekatta-paṭivedhe paññā
dassanavisuddhiñāṇaṃ.
41. Veditattā paññā khantiñāṇaṃ.
42. Phuṭṭhattā paññā pariyoḡāhane ñāṇaṃ.
43. Samodahane paññā padesavihāre ñāṇaṃ.
44. Adhipatattā paññā saññāvivattaṇṇe ñāṇaṃ.
45. Nānatte paññā cetovivattaṇṇe ñāṇaṃ.
46. Adhiṭṭhāne paññā cittavivattaṇṇe ñāṇaṃ.
47. Suññate paññā ñāṇavivattaṇṇe ñāṇaṃ.
48. Vossagge paññā vimokkhavivattaṇṇe ñāṇaṃ.
38. The wisdom that understands the effort made by one whose mind is full of energy and who strives regardless of body and life is the knowledge of the application of effort.
了知充满精进与不顾生命自奋的智慧是致力精进智。
39. The wisdom of explaining various dhammas so that they can be clearly understood is the knowledge of making the meaning clear.
解释种种法以便能够清楚明白的智慧是义阐明智。
40. The wisdom that understands the grouping together of all dhammas [mind and mental states as impermanent, suffering and non-self] and seeing their special characteristics is the knowledge of the purity of vision.
了知归纳一切（名色）法（为无常、苦、无我）与通达它们的特相的智慧是见清净智。
41. The wisdom that arises through the understanding of the characteristics of the five aggregates is the knowledge of realization.
了知五蕴之相的智慧是了知智。
42. The wisdom that arises through experiencing the nature of the five aggregates [i.e. experiencing the characteristics of impermanence, suffering, and non-self] is the knowledge of deep penetration.
体证五蕴之无常、苦、无我相的智慧是彻知智。
43. The wisdom that summarizes feelings, which are part of the five aggregates, is the knowledge of abiding in one area.
归纳五蕴一部分之受的智慧是安住一处智。
44. The wisdom due to what is given predominance [such as renunciation] in the jhanic mind is the knowledge of turning away [from sensual desire, etc.] through perception.
着重（禅那的出离）的智慧是想转离智。（转离欲贪等）
45. The wisdom that sees the danger of hindrances such as sensual lust which are different to the dhammas that should be developed is the knowledge of turning away the mind by will.
知见与应培育之法不同的欲贪等诸盖的危险的智慧是意志转离智。
46. The wisdom of establishing the mind in dhammas such as renunciation is the knowledge of turning away the mind through understanding.
了知应建立心于出离等法的智慧是心转离智。
47. The wisdom regarding voidness is the knowledge that the mind has turned to the knowledge of non-self.
关于空的智慧是（无我）智转离智。
48. The wisdom that arises through the relinquishment of hindrances such as sensual lust is the knowledge of turning away through liberation.

49. Tathaṭṭhe paññā saccavivaṭṭe ñāṇaṃ.
50. Kāyampi cittampi ekavavatthānatā
sukhasaññañca lahusaññañca adhiṭṭhāna-
vasena ijjanaṭṭhe paññā iddhiṇidhe
ñāṇaṃ.
51. Vitakka-vipphāra-vasena nānattekatta-
sadda-nimittānaṃ pariyoḡāhaṇe paññā
sotadhātu-visuddhi-ñāṇaṃ.
52. Tiṇṇannaṃ cittānaṃ vipphārattā
indriyānaṃ pasāda-vasena nānattekatta-
viññāṇa-cariyā pariyoḡāhaṇe paññā ceto-
pariya-ñāṇaṃ.
53. Paccayappavattānaṃ dhammānaṃ
nānattekatta-kamma-vipphāra-vasena
pariyoḡāhaṇe paññā pubbenivāsānussati-
ñāṇaṃ.
54. Obhāsa-vasena nānattekatta-rūpa-
nimittānaṃ dassanaṭṭhe paññā
dibbacakkhuñāṇaṃ.
55. Catusaṭṭhiyā ākārehi tiṇṇannaṃ
indriyānaṃ vasībhāvatā paññā āsavānaṃ
khaḡe ñāṇaṃ.
56. Pariññaṭṭhe paññā dukkhe ñāṇaṃ.
57. Pahānaṭṭhe paññā samudaye ñāṇaṃ.
58. Sacchikiriyatṭhe paññā nirodhe ñāṇaṃ.
59. Bhāvanaṭṭhe paññā magge ñāṇaṃ.
49. The wisdom that arises through the thorough understanding of the unchanging nature of the four noble truths is the knowledge of turning away by being established in the truth.
透过彻知四圣谛的如是不变本质而生起的智慧是（透过建立）谛转离智。
50. The wisdom gained by the will-power of defining body and mind as one and of steadying the perception of bliss and lightness is knowledge of the kinds of psychic power.
透过分析身心为一及决意乐想与轻快想而成就的智慧是神变智。
51. The wisdom gained by comprehending sound signs in their diversity and unity through the expansion of applied-thought is knowledge of purification of the ear-element.
透过扩大寻去了知多样及单一之声相的智慧是耳界清净智。
52. The wisdom gained by penetrating the behaviour of [others'] consciousness in its diversity and unity through the sensitivity [seen] in the [six] physical faculties [of their eye, etc.] due to the expansion of the three types of [their] mind is knowledge of penetration of [others'] mind.
透过因为扩大三种心而使（六）根纯净度（变化）而彻知（别人）多样及单一之识行的智慧是他心智。
53. The wisdom gained by penetrating conditionally occurring phenomena through the expansion of kamma in its diversity and unity is knowledge of recollection of [one's] past lives.
透过扩大多样及单一之业而彻知缘转起之法的智慧是宿住随念智。
54. The wisdom gained by seeing signs of visible objects in their diversity and unity by means of illumination is knowledge of the divine eye.
透过光明而见多样及单一之色相的智慧是天眼智。
55. The wisdom gained by the mastery of the three [supramundane] faculties in sixty-four aspects is knowledge of the exhaustion of mental cankers [i.e. of the Path of Arahantship].
透过自在掌握三种出世间根的六十四个方面而得的智慧是漏尽智（=阿罗汉果智）。
56. Wisdom that fully understands suffering.
了知遍知义是苦智。
57. Wisdom with regard to abandoning the cause of suffering.
了知断义是集智。
58. Wisdom that realizes the cessation of suffering.
了知体证义是灭智。
59. Wisdom that understands the development of the path is knowledge of the path.
了知培育义是道智。

60. Dukkhe ñāṇaṃ.	60. Knowledge of suffering. 苦智。
61. Dukkhasamudaye ñāṇaṃ.	61. Knowledge of the cause of suffering. 苦集智。
62. Dukkhanirodhe ñāṇaṃ.	62. Knowledge of the cessation of suffering. 苦灭智。
63. Dukkhanirodhagāminiyā paṭipadāya ñāṇaṃ.	63. Knowledge of the path leading to the cessation of suffering. 趣向苦灭之行道智。
64. Atthapaṭisambhida ñāṇaṃ.	64. Analytical knowledge of the meaning. 义无碍解智。
65. Dhammapaṭisambhida ñāṇaṃ.	65. Analytical knowledge of the dhamma. 法无碍解智。
66. Niruttipaṭisambhida ñāṇaṃ.	66. Analytical knowledge of language. 词无碍解智。
67. Paṭibhānapaṭisambhida ñāṇaṃ.	67. Analytical knowledge of perspicuity [i.e. regarding the preceding three kinds of knowledge]. 应辩无碍解智。(即关于前三种无碍解智的应辩无碍。)
68. Indriya-paropariyatte ñāṇaṃ.	68. The knowledge of penetration of others' faculties. 知解他人根器智。
69. Sattānaṃ āsayānusaye ñāṇaṃ.	69. The knowledge of the inclination and hidden tendencies in beings. 有情之倾向随眠智。
70. Yamakapāṭihāriye ñāṇaṃ.	70. The knowledge of performing the twin miracle. 双神变智。
71. Mahākaruṇāsamāpattiyā ñāṇaṃ.	71. The knowledge of the attainment of Great Compassion. 大悲定智。
72. Sabbaññutañāṇaṃ.	72. Omniscient knowledge. 一切知智。
73. Anāvaraṇañāṇaṃ.	73. Unobstructed knowledge. 无碍智。

Imāni tesattati ñāṇāni. Imesaṃ tesattatiyā ñāṇānaṃ sattaṣaṭṭhi ñāṇāni sāvakaśādhāraṇāni, cha ñāṇāni asādhāraṇāni sāvakehi.

– KN, Paṭisambhidāmagga, Mātikā

Imehi tesattatiyā ñāṇehi samannāgataṃ Sammāsambuddhaṃ Bhagavantaṃ sirasā namāmi.

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

These are seventy-three kinds of knowledge. Of these seventy-three kinds of knowledge, sixty-seven are shared by disciples and six are not shared by disciples.

这些是七十三智。于此七十三智中，六十七智与诸弟子共有，六智与诸弟子不共有。

To that Exalted One, the Perfectly Self-Enlightened One possessed of these seventy-three kinds of knowledge, I bow in deepest reverence.

我顶礼具备此七十三智的世尊、圆满自觉者。

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [of your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Mettānisaṃsasuttaṃ (p.136)

Evam me sutam – ekaṃ samayaṃ
bhagavā sāvatthiyaṃ viharati jetavane
anāthapiṇḍikassa ārāme. Tatra kho bhagavā
bhikkhū āmantesi – “bhikkhavo”ti.
“Bhadante”ti te bhikkhū bhagavato
paccassosum. Bhagavā etadavoca –

“Mettāya, bhikkhave, cetovimuttiyā
āsevitāya bhāvitāya bahulikatāya yānikatāya
vatthukatāya anuṭṭhitāya paricitāya
susamāraddhāya ekādasānisaṃsā pāṭikaṅkhā.
Katame ekādasā?

“Sukhaṃ supati, sukhaṃ paṭibujjhati, na
pāpakaṃ supinaṃ passati, manussānaṃ piyo
hoti, amanussānaṃ piyo hoti, devatā
rakkhanti, nāssa aggi vā visaṃ vā satthaṃ vā
kamati, tuvaṇaṃ cittaṃ samādhiyati,
mukhavaṇṇo vippasīdati, asammūḷho kālaṃ
karoti, uttari appaṭivijjhanto brahmalokūpago
hoti.

“Mettāya, bhikkhave, cetovimuttiyā
āsevitāya bhāvitāya bahulikatāya yānikatāya
vatthukatāya anuṭṭhitāya paricitāya
susamāraddhāya ime ekādasānisaṃsā
pāṭikaṅkhā”ti.

Idamavoca Bhagavā, attamanā te bhikkhū
Bhagavato bhāsitaṃ abhinandun”ti.

– AN.XI.15

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

The Discourse on the Benefits of Loving-Kindness 慈爱利益经

Thus have I heard: at one time the Blessed One was dwelling near Sāvatthī at Anāthapiṇḍika’s grounds in Jeta’s Wood. There the Blessed One addressed the monks, saying: “Bhikkhus!” “Reverend Sir!” those bhikkhus replied to the Blessed One, and the Blessed One said this:

如是我闻。一时，世尊住在舍卫城附近的祇陀林给孤独园。在那里，世尊称呼众比丘：「诸比丘。」众比丘回答：「尊者。」世尊如此说道：

“If, Bhikkhus, the liberation of the mind through loving-kindness is practised, developed, made much of, made one’s vehicle and foundation, firmly established, consolidated and thoroughly undertaken, eleven benefits are to be expected. What eleven?

「诸比丘，如果修行、培育、多做慈心解脱，把它作为车乘，作为依处，稳固地建立它，巩固它，善正精勤于它，便可预期十一种利益。是哪十一种？」

“One sleeps happily; one awakens happily; one sees no evil dreams; one is dear to human beings; one is dear to non-human beings; one is protected by the devas; fire, poison and weapons cannot harm one; one’s mind is quickly concentrated; one’s facial complexion brightens up; one passes away unconfused; and if one fails to penetrate further (into Nibbāna), one is reborn into the Brahma world.

他快乐地睡眠；他快乐地醒来；他不会梦见恶梦；人类喜爱他；非人喜爱他；诸神保护他；火、毒与武器都不能伤到他；他的心迅速地得定；他的面容光彩明亮；他毫不迷惑地逝世；如果没有证悟高超的（涅槃），他会投生到梵天界。

“If, Bhikkhus, the liberation of the mind through loving-kindness is practised, developed, made much of, made one’s vehicle and foundation, firmly established, consolidated and thoroughly undertaken, these eleven benefits are to be expected.”

诸比丘，如果修行、培育、多做慈心解脱，把它作为车乘，作为依处，稳固地建立它，巩固它，善正精勤于它，便可预期这十一种利益。」

This is what the Blessed One said. Delighted, the bhikkhus rejoiced in the words of the Blessed One.

这是世尊所说。诸比丘满意欢喜世尊之言。

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [of your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Dutiyamārapāsasuttaṃ (p.137)**Second Discourse on Māra's Snare**
第二魔王陷阱经

Evam me sutam: Ekaṃ samayaṃ bhagavā
bārāṇasiyaṃ viharati isipatane migadāye. Tatra
kho bhagavā bhikkhū āmantesi –
“bhikkhavo”ti. “Bhadante”ti te bhikkhū
bhagavato paccassosum. Bhagavā etadavoca:

“Muttāhaṃ, bhikkhave, sabbapāsehi ye
dibbā ye ca mānūsā. Tumhepi, bhikkhave,
muttā sabbapāsehi ye dibbā ye ca mānūsā.
Caratha, bhikkhave, cārikaṃ
bahujanahitāya bahujanasukhāya
lokānukampāya atthāya hitāya sukhāya
devamanussānaṃ. Mā ekena dve
agamittha. Desetha, bhikkhave, dhammaṃ
ādikalyāṇaṃ majjhakalyāṇaṃ pariyosāna-
kalyāṇaṃ sātthaṃ sabyañjanaṃ. Kevala-
paripuṇṇaṃ parisuddhaṃ brahmacariyaṃ
pakāsetha. Santi sattā apparajakkhajātikā,
assavanatā dhammassa parihāyanti.
Bhavissanti dhammassa aññātāro. Ahampi,
bhikkhave, yena uruvelā senānigamo
tenupasaṅkamissāmi dhammadesanāyā”ti.

Atha kho māro pāpimā yena bhagavā
tenupasaṅkami; upasaṅkamitvā bhagavantaṃ
gāthāya ajjhabhāsi:

“Baddhosi sabbapāsehi,
Ye dibbā ye ca mānūsā;
Mahābandhanabaddhosi,
Na me samaṇa mokkhasi”ti.

“Muttāhaṃ sabbapāsehi,
Ye dibbā ye ca mānūsā;
Mahābandhanamuttomhi,
Nihato tvamasi antakā”ti.

Thus I heard: At one time the Blessed One was
staying in the deer park at Isipatana [near] Bārāṇasī.
There the Blessed One addressed the bhikkhus thus:
“Bhikkhus.” “Venerable Sir,” those bhikkhus replied. The
Blessed One said this:

如是我闻，一时世尊住在波罗奈城附近仙人坠
处的鹿野苑。于其处，世尊对诸比丘说：「诸比丘。」
那些比丘回应：「尊者。」世尊如此说：

“Bhikkhus, I am freed from all snares, both divine
and human. You too, bhikkhus, are freed from all snares,
both divine and human. Wander forth, O bhikkhus, for the
welfare of the multitude, for the happiness of the
multitude, out of compassion for the world, for the good,
welfare, and happiness of devas and humans. Let not two
go the same way. Teach, O bhikkhus, the Dhamma that is
good in the beginning, good in the middle, good in the
end, with the right meaning and phrasing. Reveal the
perfectly complete and purified holy life. There are beings
with little dust in their eyes who are falling away because
they do not hear the Dhamma. There will be those who
will understand the Dhamma. I too, bhikkhus, will go to
Senānigama in Uruvelā in order to teach the Dhamma.”

「诸比丘，我解脱了一切天界与人间的陷阱。
诸比丘，你们也解脱了一切天界与人间的陷阱。诸
比丘，为了大众的利益，为了大众的快乐，基于悲
悯世间，为了人天的幸福、利益与快乐，你们去行
脚吧！不要两个人走同一条路。诸比丘，教导初善、
中善、尾善、义理及词句正确之法。开显完全圆满
与清净的梵行。有些有情眼中只有少许尘埃，没听
到法的话就会退落。将会有人能够了知法。诸比丘，
我也会去乌卢威拉的军村教法。」

Then Māra the Evil One approached the Blessed One
and addressed him in verse:

当时邪恶的魔王来见世尊，来到后以偈向世尊
说：

“You are bound by all the snares
Both divine and human;
You are bound by the great bondage:
You won't escape me, ascetic!”

「你被一切陷阱困绑，那些天界与人间的；
你被巨大陷阱困绑，沙门你逃脱不了我。」

[The Blessed One:]
“I am freed from all the snares
Both divine and human;
I am freed from the great bondage:
You're defeated, End-maker!”

（世尊说：）
「我解脱了一切陷阱，那些天界与人间的；
我解脱了巨大陷阱，终结者你已被打败。」

Atha kho māro pāpimā "jānāti maṃ
bhagavā, jānāti maṃ sugato"ti, dukkhī
dummano tatthevantaradhāyīti.

– SN, Sagāthāvagga, Mārasaṃyutta, 5

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

Dasa Pāramiyo (p.138)

Dānaṃ sīlañca nekkhammaṃ,
Paññā vīriyena pañcamaṃ,
Khanti saccamadhiṭṭhānaṃ,
Mettupekkhāti te dasa.

– Cariyāpiṭaka Aṭṭhakathā,
Pakiṇṇakakathā

Bodhipakkhiyasaṅgaho (p.138)

Cattāro satipaṭṭhānā

Bodhipakkhiyasaṅgahe cattāro satipaṭṭhānā:
kāyānupassanā-satipaṭṭhānaṃ
vedanānupassanā-satipaṭṭhānaṃ
cittānupassanā-satipaṭṭhānaṃ
dhammānupassanā-satipaṭṭhānaṃ.

(refer to Mahāsatipaṭṭhānasuttaṃ page 35)

Cattāro sammappadhānā

Cattāro sammappadhānā: uppannānaṃ
pāpakānaṃ dhammānaṃ pahānāya vāyāmo,
anuppannānaṃ pāpakānaṃ dhammānaṃ
anuppādāya vāyāmo, anuppannānaṃ
kusalānaṃ dhammānaṃ uppādāya vāyāmo,
uppannānaṃ kusalānaṃ dhammānaṃ
bhiiyobhāvāya vāyāmo.

Then Māra the Evil One, realizing, "The Blessed One knows me, the Fortunate One knows me," sad and disappointed, disappeared right there.

当时邪恶的魔王了解：「世尊知道我，善逝知道我。」痛苦伤心地，他即从那里消失。

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Ten Perfections 十波罗蜜

There are 10 perfections (Pāramīs): Giving, Virtue, Renunciation, Wisdom, Energy, Patience, Truthfulness, Determination, Loving-kindness, Equanimity

布施持戒与出离，智慧精进为第五；
忍辱真实与决意，以及慈舍共十个。

Compendium of Requisites of Enlightenment 菩提分之概要

Four foundations of mindfulness 四念处

In the compendium of requisites of enlightenment, there are four foundations of mindfulness:

(1) the foundation of mindfulness in contemplation of the body; (2) the foundation of mindfulness in contemplation of feelings; (3) the foundation of mindfulness in contemplation of consciousness; (4) the foundation of mindfulness in contemplation of mental objects.

在菩提分之概要里有四念处：
身念处、受念处、心念处、法念处。

Four Supreme Efforts 四正勤

There are four supreme efforts: (1) the effort to discard evil states that have arisen, (2) the effort to prevent the arising of unarisen evil states, (3) the effort to develop unarisen wholesome states, (4) the effort to augment arisen wholesome states.

四正勤：一、精进于断除已生的恶法；二、精进于防止未生的恶法生起；三、精进于令未生的善法生起；四、精进于令已生的善法增长。

Cattāro iddhipādā

Cattāro iddhipādā: chandiddhipādo,
vīriyiddhipādo, cittiddhipādo,
vīmaṃsiddhipādo.

【**chandasaṃādhippadhānaśāṅkhāra-
saṃannāgataṃ iddhipādāṃ,
vīriyaśāṅkhāra-
saṃannāgataṃ iddhipādāṃ,
cittaśāṅkhāra-
saṃannāgataṃ iddhipādāṃ,
vīmaṃsaśāṅkhāra-
saṃannāgataṃ iddhipādāṃ.】

– SN, Mahāvagga, Iddhipādasamyuttaṃ

Pañc'indriyāni

Pañc'indriyāni: saddhindriyaṃ, vīriyindriyaṃ,
satindriyaṃ, samādhindriyaṃ, paññindriyaṃ.

Pañca balāni

Pañca balāni: saddhābalaṃ, vīriyabalaṃ,
satibalaṃ, samādhibalaṃ, paññābalaṃ.

Satta bojjhaṅgā

Satta bojjhaṅgā: satisambojjhaṅgo,
dhammavicayasambojjhaṅgo,
vīriyasambojjhaṅgo, pītisambojjhaṅgo,
passaddhisambojjhaṅgo,
samādhisambojjhaṅgo, upekkhāsambojjhaṅgo.

Aṭṭha maggaṅgāni

Aṭṭha maggaṅgāni: sammādiṭṭhi,
sammāsaṅkappo, sammāvācā,
sammākammanto, sammā-ājīvo,
sammāvāyāmo, sammāsaṭi,
sammāsamādhī.

– Abhidhammatthasaṅgaha,
Samuccayasaṅgahavibhāga

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

Four Means to Accomplishment

四成就之法（四神足）

There are four means to accomplishment: the means to accomplishment consisting of (1) desire, (2) energy, (3) consciousness, (4) investigation.

四成就之法：一、欲为成就之法；二、精进为成就之法；三、心为成就之法；四、观为成就之法。

the basis for spiritual power that possesses concentration due to desire and volitional formations of striving;
the basis for spiritual power that possesses concentration due to energy and volitional formations of striving;
the basis for spiritual power that possesses concentration due to mind and volitional formations of striving;
the basis for spiritual power that possesses concentration due to investigation and volitional formations of striving.
具备欲定勤之行的神足；
具备精进定勤之行的神足；
具备心定勤之行的神足；
具备观定勤之行的神足。

Five Faculties 五根

There are five faculties: the faculties of (1) faith, (2) energy, (3) mindfulness, (4) concentration, (5) wisdom.

五根：信根、精进根、念根、定根、慧根。

Five Powers 五力

There are five powers: the powers of (1) faith, (2) energy, (3) mindfulness, (4) concentration, (5) wisdom.

五力：信力、精进力、念力、定力、慧力。

Seven Factors of Enlightenment 七觉支

There are seven factors of enlightenment: the enlightenment factors of (1) mindfulness, (2) investigation of dhamma, (3) effort, (4) joy, (5) tranquillity, (6) concentration, (7) equanimity.

七觉支：念觉支、择法觉支、精进觉支、喜觉支、轻安觉支、定觉支、舍觉支。

Eight Path Factors 八道分

There are eight path factors: (1) right view, (2) right thought, (3) right speech, (4) right action, (5) right livelihood, (6) right effort, (7) right mindfulness, (8) right concentration.

八道分：正见、正思维、正语、正业、正命、正精进、正念、正定。

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Ovāda-Pātimokkha-Gāthā

(p.10)

Khantī paramaṃ tapo titikkhā,
Nibbānaṃ paramaṃ vadanti Buddhā;
Na hi pabbajito parūpaghātī,
Na samaṇo hoti paraṃ viheṭṭhayanto.

Sabba-pāpassa akaraṇaṃ,
Kusalassa upasampadā,
Sacitta-pariyodapanaṃ,
Etaṃ Buddhāna'Sāsaṇaṃ.

Anūpavādo, anūpaghāto,
Pātimokkhe ca saṃvaro,
Mattaññutā ca bhaddasmiṃ,
Pantaṇca sayanāsaṇaṃ,
Adhicitta ca āyogo,
Etaṃ Buddhāna'Sāsaṇaṃ. – Dhṛp 184, 183, 185

Bhaddekaratta-Gāthā (p.10)

Atītaṃ nānvāgameyya,
Nappaṭikaṅkhe anāgataṃ;
Yadatītaṃ pahīnaṃ taṃ,
Appattaṇca anāgataṃ.

Paccuppannaṇca yo dhammaṃ
Tattha tattha vipassati;
Asaṃhīraṃ asaṅkappaṃ
Taṃ vidvā manubrūhaye;

Ajjeva kiccaṃātappaṃ
Ko jaññā maraṇaṃ suve;
Na hi no saṅgarantena
Mahā-senena maccunā.

Evaṃ viharīṃ ātāpīṃ
Ahorattamatanditaṃ,
Taṃ ve 'bhaddeka-ratto'ti
Santo ācikkhate Muni'ti. – MN, 131-134

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

Verses of Pātimokkha Exhortation

护解脱教诫偈

Enduring patience is the highest austerity. 'Nibbāna is supreme,' say the Buddhas. He is not a true renunciate who harms another, nor a true recluse who oppresses others.
忍辱是至上磨练，诸佛说涅槃至上，
害他实非出家人，恼他不名为沙门。

The not doing of all that is bad, undertaking [all] that is skilful and cleansing one's own mind — this is the teaching of the Buddhas.
诸恶莫做，众善奉行，
自净其意，是诸佛教。

Not despising, not harming, restrained according to the monastic discipline, knowing the [right] amount in regard to food, [dwelling in a] secluded lodging, and dedication to [the practice of] higher mind — this is the teaching of the Buddhas.
不贬与不害，严持于戒律，
饮食知节量，僻静处独居，
勤修增上心，是为诸佛教。

Verses on 'An Auspicious Night'

贤善一夜偈

One should neither follow the past nor have expectations for the future; what is past has gone and the future not yet reached.
不应沉湎过去，亦别期盼未来；
过去已经过去，未来还未到来。

Instead with insight let him see each presently arisen condition; let him know that and be sure of it, invincibly, unshakably.
应当透过智慧，观照当下之法，
正确地了知它，坚定且不动摇。

Today itself ardent effort should be made; who knows death may come tomorrow. For there is no bargaining with that, [that is] with death and its great army.
今日就应努力，谁知明日便死；
跟死王之大军，无法讨价还价。

One who thus dwells ardently, relentlessly day and night — the serene Sage states that he [is one who has spent] 'an auspicious night.'
如此热忱安住，日夜都在精进；
寂静圣贤称之：贤善渡过一夜。

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.
借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Dasadhammāsuttaṃ (p.11) (Pabbajita-Abhiṇhaṣuttaṃ)

“Dasayime, bhikkhave, dhammā
pabbajitena abhiṇhaṃ paccavekkhitabbā.
Katame dasa?

1. ‘Vevaṇṇiyamhi ajjhupagato’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

2. ‘Para-paṭibaddhā me jīvikā’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

3. ‘Añño me ākappo karaṇīyo’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

4. ‘Kacci nu kho me attā sīlato na
upavadatī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

5. ‘Kacci nu kho maṃ anuvicca viññū
sābrahma-cārī sīlato na upavadantī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

6. ‘Sabbehi me piyehi manāpehi nānā-
bhāvo vinā-bhāvo’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

7. ‘Kamassakomhi kamma-dāyādo
kamma-yoni kamma-bandhu kamma-
paṭisaraṇo, yaṃ kammaṃ karissāmi kalyāṇaṃ
vā pāpakaṃ vā tassa dāyādo bhavissāmī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

8. ‘Kathambhūtassa me rattindivā
vītivattantī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

9. ‘Kacci nu kho ahaṃ suññāgāre
abhiraṃāmī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

Discourse on Ten Dhammas 十法经

“There are these ten things, bhikkhus, that one who
has gone forth should frequently reflect on. What are the
ten?

「诸比丘，有十种法是出家人应当经常省察
的。是哪十种？」

‘I have become one who has no class’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我已经成为没有阶
级分别的人。』

‘I am bound to others for my livelihood’, one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我的生活依赖他
人。』

‘I should comport myself differently’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我的行仪举止应
[与在家人] 不同。』

‘Can I myself find no fault with my virtue?’ one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否不会因戒而
谴责自己？』

‘Will my wise companions in the spiritual life, after
testing me, find no fault with my virtue?’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『有智的同梵行者检
查后，是否不会因戒而谴责我？』

‘All those who are dear and pleasing to me are
subject to change, subject to separation (i.e. death)’, one
who has gone forth should frequently reflect on this.

出家人应当经常地省察：『一切我所喜爱、可
意的会变易、别离（即：死亡）。』

‘I am the owner of my kammās, I am the heir of my
kammās, it is kamma that I am born from, kammās are
my kinsfolk, kammās are my refuge, whatever kammās I
perform, whether good or bad, to that I will be the heir’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是业的所有者，
业的继承者，以业为起源，以业为亲属，以业为依
靠。无论我所造的业是善或恶，我将是它的继承
者。』

‘In what way do the nights and days pass for me?’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是如何度过日
日夜夜呢？』

‘Do I delight in empty places?’ one who has gone
forth should frequently reflect on this.

出家人应当经常地省察：『我是否乐于空闲处
呢？』

10. 'Atthi nu kho me uttari-manussa-
dhammo alamariya-ñāṇa-dassana-viseso
adhigato, yenāhaṃ pacchime kāle
sabrahmacārīhi puṭṭho na maṅku bhavissāmī'ti
pabbajitena abhiṇhaṃ paccavekkhitabbāṃ.

Ime kho, bhikkhave, dasa dhammā
pabbajitena abhiṇhaṃ paccavekkhitabbā."

– AN.X.48

Catupaccavekkhaṇā (p.12)

Paṭisaṅkhā yoniso cīvaraṃ paṭisevāmi,
yāvadeva sītassa paṭighātāya, uṇhassa
paṭighātāya, ḍaṃsa-makasa-vātāta-
sirīmsapa-samphassānaṃ paṭighātāya,
yāvadeva hiri-kopīna-paṭicchādanatthaṃ.

Yathā-paccayaṃ pavattamānaṃ dhātu-
mattamevetam yadidaṃ cīvaraṃ
tadupabhuñjako ca puggalo dhātu-mattako
nissatto nijjīvo suñño, sabbāni pana imāni
cīvarāni ajigucchaniyāni imaṃ pūtikāyaṃ patvā
atīviya jigucchaniyāni jāyanti.

Paṭisaṅkhā yoniso piṇḍapātaṃ paṭisevāmi,
neva davāya na madāya na maṇḍanāya na
vibhūsanāya, yāvadeva imassa kāyassa ṭhitiyā
yāpanāya vihiṃsūparatiyā
brahmacariyānuggahāya, iti purāṇaṇca
vedanaṃ paṭihaṅkhāmi, navaṇca vedanaṃ na
uppādessāmi, yātrā ca me bhavissati
anavajjatā ca phāsu-vihāro ca.

'Has a state beyond (ordinary) human beings, the distinction of what is truly noble knowledge and seeing been attained by me? Will I at the end, when questioned by my companions in the spiritual life, not be embarrassed?', one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否有证得上人法、真正殊胜的圣智见呢？在我最后时刻，当同梵行者们问及时，我将不会羞愧？』

"These are the ten things, bhikkhus, that one who has gone forth should frequently reflect on."

诸比丘，此十种法乃出家人应当经常地省察。」

Four [Requisites] Contemplation

四种省思

Reflecting wisely, I wear the robe, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and also for the purpose of covering the parts of my body that cause shame.

我如理省思所受用之衣，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了遮蔽羞处。

Dependent upon and existing through causes and merely [a combination of various] elements are both this robe and the one who wears it; mere elements, not a being, lifeless, void [of a self]. All of these robes are not loathsome [yet], but having come into contact with this putrid body become exceedingly loathsome.

此袈裟及穿着袈裟的人都只是种种元素的组合体，依靠诸因而存在，非有情、无命、空。这一切袈裟不可厌，但在接触这不净的身体后，它们变得非常可厌。

Reflecting wisely I use almsfood not for play, not for pride, not for beauty, not for fattening; but merely for the sustenance and continuance of this body; to cease discomfort; and to be able to practise the holy life, thinking "Thus I will destroy old feelings (of hunger) and not create new feelings (from overeating). I will maintain myself, be blameless, and live in comfort."

我如理省思所受用的食物，不为嬉戏，不为骄傲，不为装饰，不为庄严，只是为了此身住立存续，为了停止伤害，为了资助梵行，如此我将消除旧受，并使新受不生，我将维持生命、无过且安住。

Yathā-paccayaṃ pavattamānaṃ dhātu-
mattamevetam yadidaṃ piṇḍapāto
tadupabhuñjako ca puggalo dhātu-mattako
nissatto nijjīvo suñño, sabbo panāyaṃ
piṇḍapāto ajigucchaniyo, imaṃ pūtikāyaṃ
patvā ativiya jigucchaniyo jāyati.

Paṭisaṅkhā yoniso senāsaṇaṃ paṭisevāmi,
yāvadeva sītassa paṭighātāya, uḥhassa
paṭighātāya, ḍaṃsa-makasa-vātātapa-
sirimsapa-samphassānaṃ paṭighātāya,
yāvadeva utu-parissaya-vinodanaṃ
paṭisallānārāmatthaṃ.

Yathā-paccayaṃ pavattamānaṃ dhātu-
mattamevetam yadidaṃ senāsaṇaṃ
tadupabhuñjako ca puggalo dhātu-mattako
nissatto nijjīvo suñño. Sabbāni pana imāni
senāsaṇāni ajigucchaniyāni imaṃ pūtikāyaṃ
patvā ativiya jigucchaniyāni jāyanti.

Paṭisaṅkhā yoniso gilāna-paccaya-
bhesajja-parikkhāraṃ paṭisevāmi, yāvadeva
uppannānaṃ veyyābādhikānaṃ vedanānaṃ
paṭighātāya, abyāpajjha-paramatāya.

Yathā-paccayaṃ pavattamānaṃ dhātu-
mattamevetam yadidaṃ gilāna-paccaya-
bhesajja-parikkhāro tadupabhuñjako ca
puggalo dhātu-mattako nissatto nijjīvo suñño.
Sabbo panāyaṃ gilāna-paccaya-bhesajja-
parikkhāro ajigucchaniyo imaṃ pūtikāyaṃ
patvā ativiya jigucchaniyo jāyati.

Dependent upon and existing through causes and merely [a combination of various] elements are both the almsfood and the one who partakes of it; mere elements, not a being, lifeless, void [of a self]. All of this almsfood is not loathsome [yet], but having come into contact with this putrid body becomes exceedingly loathsome.

此鉢食及食用者都只是种种元素的组合体，依靠诸因而存在，非有情、无命、空。这一切鉢食不可厌，但在接触这不净的身体后，它变得非常可厌。

Reflecting wisely I make use of dwellings, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and as a protection from the perils of weather conditions; and for the joy of seclusion.

我如理省思所受用的住所，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了免除季候的危险，而好独处（禅修）之乐。

Dependent upon and existing through causes and merely [a combination of various] elements are both this lodging and the one who lives in it; mere elements, not a being, lifeless, void [of a self]. All these lodgings are not loathsome [yet], but having come into contact with this putrid body become exceedingly loathsome.

此住所及使用者都只是种种元素的组合体，依靠诸因而存在，非有情、无命、空。这一切住所不可厌，但在接触这不净的身体后，它们变得非常可厌。

Reflecting wisely I make use of medicinal requisites that are for curing the sick, only to counteract any afflicting feelings (of illness) that have arisen and for maximum freedom from disease.

我如理省思所受用的病者所需之药品，只是为了治疗已生起的病苦之受，为了尽量没有身苦。

Dependent upon and existing through causes and merely [a combination of various] elements are both this requisite of medicine for treating illness and the one who partakes of it; mere elements, not a being, lifeless, void [of a self]. All of this requisite of medicine for treating illness is not loathsome [yet], but having come into contact with this putrid body becomes exceedingly loathsome.

此药物及使用者都只是种种元素的组合体，依靠诸因而存在，非有情、无命、空。这一切药物不可厌，但在接触这不净的身体后，它变得非常可厌。

Subha-Patthanā & Paritta (p.18) Blessings and Protection 祝福与护卫

Yaṃ dunnimittāṃ avamaṅgalaṇca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Buddhānubhāvena vināsamentu.

By the power of the Buddha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛陀的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

Yaṃ dunnimittāṃ avamaṅgalaṇca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Dhammānubhāvena vināsamentu.

By the power of the Dhamma, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛法的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

Yaṃ dunnimittāṃ avamaṅgalaṇca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Saṅghānubhāvena vināsamentu.

By the power of the Saṅgha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过僧团的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

Sabbītiyo vivajjantu,
Sabba-rogo vinassatu,
Mā te bhavatvantarāyo,
Sukhī dīghāyuko bhava.

May all calamities be avoided, may all diseases disappear, may there be no obstacle[s] for you, [and may] you be happy and have long life.

愿免离一切灾难，愿一切疾病消失；
愿你没有诸障碍，愿你快乐又长寿！

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-buddhānubhāvena
Sadā sotthī bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Buddhas, may you have well-being always.

愿你得一切吉祥，愿一切神保护你；
透过诸佛的威力，愿你永远都平安！

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-dhammānubhāvena
Sadā sotthī bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Dhammas, may you have well-being always.

愿你得一切吉祥，愿一切神保护你；
透过诸法的威力，愿你永远都平安！

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-saṅghānubhāvena
Sadā sotthī bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Saṅghas, may you have well-being always.

愿你得一切吉祥，愿一切神保护你；
透过诸僧的威力，愿你永远都平安！

Nakkhatta-yakkha-bhūtānaṃ
Pāpaggaha-nivāraṇā,
Parittassānubhāvena
Hantu tesāṃ upaddave.

The obstacles from the bad [influences of] planets, [and] of constellations, demons and ghosts; by the power of this protective chant, may the dangers of [all of] these be destroyed.

灾星与夜叉与鬼、以及星座的阻碍；
以护卫经之力量，愿破除彼等诸厄！

Dukkhappattā ca niddukkhā
Bhayappattā ca nibbhayā,
Sokappattā ca nissokā
Hontu sabbe'pi pāṇino.

May all creatures who are suffering be without suffering, [living in] fear be without fear and [living in] sorrow be without sorrow.

祝愿一切的众生，痛苦的不再痛苦，
恐惧的不再恐惧，忧愁的不再忧愁。

Sabbe Buddhā balappattā
Pacceka-nāṇa yaṃ balaṃ,
Arahantānaṃ teja
Rakkhaṃ bandhāmi sabbaso.

By the (protective) power of the Buddhas, the power of Pacceka-Buddhas and the power of Arahants, I fortify the protection in every way.

以一切佛陀之力，及诸辟支佛之力，
及诸阿罗汉之力，我建立一切守护！

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā,
Puññantaṃ anumoditvā
Ciraṃ rakkhantu Sambuddha-sāsanaṃ.

May beings inhabiting in space and on earth, devas and nāgas of mighty power, having rejoiced in this merit of ours, long protect the Buddha's Teaching.

住在天空与地上，大神力之神与龙，
随喜这项功德后，请恒常守护佛教！

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā,
Puññantaṃ anumoditvā
Ciraṃ rakkhantu Sambuddha-desanaṃ.

May beings inhabiting in space and on earth, devas and nāgas of mighty power, having rejoiced in this merit of ours, long protect the Buddha's Preaching.

住在天空与地上，大神力之神与龙，
随喜这项功德后，请恒守护佛教法！

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā,
Puññantaṃ anumoditvā
Ciraṃ rakkhantu Sambuddha-sāvakaṃ,
Ciraṃ rakkhantu maṃ paraṃ.

May beings inhabiting in space and on earth, devas and nāgas of mighty power, having rejoiced in this merit of ours, long protect the Buddha's disciples. May they long protect me and others.

住在天空与地上，大神力之神与龙，
随喜这项功德后，请恒守护佛弟子，
恒守护我与他人！

Pattidāna (p.20)

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe devā'numodantu
Sabba-sampatti siddhiyā.

May all deities rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切神随喜我们至今所累积的功德，愿一切得成就！

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe bhūtā'numodantu
Sabba-sampatti siddhiyā.

May all creatures rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切众生随喜我们至今所累积的功德，愿一切得成就！

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe sattā'numodantu
Sabba-sampatti siddhiyā.

May all beings rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切有情随喜我们至今所累积的功德，愿一切得成就！

Idaṃ me ñātinaṃ hotu, sukhitaṃ hontu ñātayo.
(3X)

Let this (merit) accrue to my departed relatives and may they be happy.

回向此（功德）予我的亲人，愿他们快乐。

Kappa-sata-sahassāni
Soḷasāpi asaṅkhaye,
Sambharaṃ bodhi-sambhāre
Āgato jāti-jātisū,

Niyato Buddha-bhāvāya
Bhadda-kappe idhantime,
Bodhi-satto ca Metteyyo
Puññaṃ me anumodatu.

Asmiṃ vihāre ca ārāme
Adhivattā ca devatā,
Anumoditvā imaṃ puññaṃ
Rakkhantu Jina-sāsanaṃ.

Sabbe sattā ca majjhataṃ
Hitā ca ahitā ca me,
Anumoditvā imaṃ puññaṃ
Bujjhantu amataṃ padaṃ.

For a hundred thousand and sixteen asaṅkhaya
aeons undergoing birth after birth accumulating the
necessary experiences for [attaining] enlightenment ...

在十六阿僧祇和十万大劫里，生生世世都累积
菩提资粮，

... and certain to [attain the] state of Buddhahood,
being the last [Buddha] in this auspicious aeon, may the
Bodhisatta Metteyya rejoice in [this accrued] merit of
mine.

肯定会成佛，是这个贤劫里的最后一尊佛，愿
弥勒菩萨随喜我的功德。

May the deities living in this temple building and
monastery rejoice in this merit [that we have accrued] and
protect the Teachings of the Conqueror (i.e. the Buddha).

愿住在这寺院和园林里的神明们随喜这项功
德后护持胜利者（佛陀）的教法。

May all beings neutral, beneficial and harmful to me
rejoice in this merit [that I have accrued] and awaken to
the deathless state (i.e. attain Nibbāna).

愿一切有情，包括对我普通、有益及无益的，
在随喜此功德之后，都证悟不死（涅槃）之境。

Accaya-Vivaraṇa & (p.21) Khamāpana

Kāyena vācā-cittena
Pamādena mayā kataṃ,
Accayaṃ khama me Bhante
Bhūri-paṇṇa Tathāgata.

Kāyena vācā-cittena
Pamādena mayā kataṃ,
Accayaṃ khama me Dhamma
Sandiṭṭhika, akālika.

Kāyena vācā-cittena
Pamādena mayā kataṃ,
Accayaṃ khama me Saṅgha
Puññakkhetta anuttara.

Asking for Forgiveness 祈求宽恕

For any transgression I have committed through
heedlessness, by way of body, speech or mind, please
forgive me, Venerable Sir, Realised One, O greatly wise.

于身于口于意，
因我放逸所造，
请原谅我的错，
尊者——广慧如来。

For any transgression I have committed through
heedlessness, by way of body, speech or mind, please
forgive me, O Dhamma, which is self-evident, not
delayed in time.

于身于口于意，
因我放逸所造，
请原谅我的错，
佛法——自见无时。

For any transgression I have committed through
heedlessness, by way of body, speech or mind, please
forgive me, O Saṅgha, unsurpassed field of merit.

于身于口于意，
因我放逸所造，
请原谅我的错，
僧伽——无上福田。

Patthanā (p.21)

Iminā puñña-kammena
Mā me bāla-samāgamo,
Sataṃ samāgamo hotu
Yāva nibbāna-pattiyā.

Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññabhāgaṃ labhantu.

**Good Wishes for Ven. Pa-Auk Sayadaw,
Ariyadhamma Mahāthera
& Other Theras** (p.22)

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhīm,
Therāsabho Āciṇṇo yatinda-nātho
Dīghāyuko bhavatu sādhu-samiddha-citto.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-citta-pasādhitena,
Therāsabho Ariyadhammo yatinda-nātho
Sambodhiñāṇamadhigacchatu sādhu sādhu.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhīm,
Therāsabhātha garu-gārava-bhāvanīyā
Dīghāyukā bhavatha sādhu-samiddha-cittā.

Aspiration 发愿

By this meritorious act
May I never meet with the foolish;
May I [only] meet with the wise
Up until I attain Nibbāna.
愿以这项功德
令我不遇愚人
令我亲近智者
直到我证涅槃。

May this merit of mine be conducive to the
destruction of the taints.

May this merit of mine be a [supportive] condition
[for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。
愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings.
May all those beings get an equal share of the merits
shared by me.

我把我的功德与一切有情分享，
愿他们都平等地得到我的功德。

**祝福
帕奥禅师、
圣法大长老
与其他长老**

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma together with the power
of the Buddha, etc. (i.e. the Triple Gem), may the leader
and [spiritual] helper of monks, the prominent Elder Most
Venerable Āciṇṇa (Ven. Pa-Auk Sayadaw), have a long
life and successfully fulfill his noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以
及透过佛陀等（即三宝）的力量，愿作为出家众的
元老、领导与依持者的帕奥禅师长寿，以及成就其
善心愿。

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma and the inspiring
/gladdening of the mind [through reflecting] on the
Buddha, etc. (i.e. the Triple Gem), may the leader and
[spiritual] helper of monks, the prominent Elder Most
Venerable Ariyadhamma, attain the knowledge of
complete awakening. It is well, it is well!

透过谨慎及欢喜地修法所累积的这些功德，以
及透过（思惟）佛陀等（即三宝）而在心中生起的
净信，愿作为出家众的元老、领导与依持者的圣法
大长老达到圆满觉悟，善哉，善哉！

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma together with the power
of the Buddha, etc. (i.e. the Triple Gem), may other
Venerable theras, senior members of the Saṅgha, have a
long life and successfully fulfill their noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以
及透过佛陀等（即三宝）的力量，愿僧团的其他长
老长辈长寿，以及成就他们的善心愿。

Sugatovāda (p.22)

Appamādena, bhikkhave, sampādetha.
Dullabho Buddhuppādo lokasmim.
Dullabho manussatta-paṭilābho.
Dullabhā khaṇa-sampatti.
Dullabhā saddhā-sampatti,
Dullabhā pabbajjā.
Dullabham Saddhammasavaṇaṇ”ti.
Evaṃ Bhagavā divase divase ovadi,
Evaṃ Sugato divase divase ovadi.

Exhortation of the Well-Fared One 善逝教诫

Monks, strive with heedfulness. Rare is it that Buddhas arise in the world. Rare is it that [one] obtains a human [birth]. Rare is it to have the good fortune of [being in the right] time [and place to come in contact with the Dhamma]. Rare is it that [one] is endowed with faith. Rare is [it that there is the opportunity to take] the going forth. Rare is [it that there is the opportunity for] listening to the Dhamma. Thus the Blessed One exhorted daily, thus the Well-fared One exhorted daily.

「诸比丘，应不放逸地奋斗至成就！」

佛现于世甚难得；
获得人身甚难得；
遇对时机甚难得；
具足正信甚难得；
出家机会甚难得；
听闻正法甚难得。」
世尊如是天天教诫，
善逝如是天天教诫。

Tathāgatassa Pacchimā Vācā (p.23) *The Tathāgata's Last Speech*

如来最后的话

... parinibbāna-samaye ... Bhagavā bhikkhū
āmantesi: “Handa’dāni, bhikkhave,
āmantayāmi vo: **vaya-dhammā saṅkhārā,**
appamādena sampādethā”ti. Ayaṃ
Tathāgatassa pacchimā vācā.

– DN, Mahāvagga, Mahāparinibbānasuttaṃ

At one time the Blessed One dwelt in the Sal grove of the Mallas, near Kusinārā, between a pair [of entwined] Sal trees, when [He was about to enter] final Nibbāna. Then the Blessed One addressed the bhikkhus: “Bhikkhus, let me now address you: conditioned phenomena are subject to disintegration, [therefore] strive with diligence.” This was the Tathāgata’s last speech.

在即将进入般涅槃的时候，世尊向诸比丘说：
「诸比丘，我跟你们说，诸行是坏灭法，因此应当精进地奋斗到成就。」这是如来的最后的话。

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Devārāadhanā (p.1)

Samantā cakka-vāḷesu
Atrāgacchantu devatā;
Saddhammaṃ Muni-rājassa
Suṇantu sagga-mokkhadaṃ.

Dhammassavana-kālo ayaṃ bhadantā. (x3)

Vandanā (p.1)

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Buddhānussati (p.5)

Iti'pi so bhagavā araham, sammāsambuddho,
vijjācaraṇa-sampanno, sugato, lokavidū,
anuttaro purisadamma-sārathi, satthā
devamanussānaṃ, buddho, bhagavā.

Dhammānussati (p.5)

Svākkhāto bhagavatā dhammo, sandiṭṭhiko,
akāliko, ehi-passiko, opanayiko, paccattaṃ
veditabbo viññūhi.

Saṅghānussati (p.5)

Suppaṭipanno bhagavato sāvaka-saṅgho,
Ujuppaṭipanno bhagavato sāvaka-saṅgho,
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,
Sāmicippaṭipanno bhagavato sāvaka-saṅgho;
Yadidaṃ: cattāri purisa-yugāni aṭṭha purisa-
puggalā, esa bhagavato sāvaka-saṅgho;
Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-
karaṇīyo, anuttaraṃ puññakkhettaṃ lokassa.

Inviting the Deities 邀請諸天

May the deities of the entire universe come here and
listen to the True-Dhamma of the King of Sages, which
leads to the heavenly states and liberation (Nibbāna).

从世界系中各处，愿诸天神来此地，
聆听知王之正法，导向天界与解脱。

Sirs, now is the time for listening to the Dhamma.
这是听闻佛法的时候，大德们。

Homage [to the Buddha] 礼敬佛陀

Homage to that Blessed One, the Arahant and Perfectly
Self-Awakened One.

礼敬世尊、阿罗汉、圆满自觉者。

Contemplation of the Buddha 佛随念

Such is that Blessed One, the Worthy One, the
Perfectly Self-Awakened One, One fully possessed of
wisdom and conduct, One who has proceeded by the good
way, Knower of the [three] worlds, Unexcelled Trainer of
tamable men, Teacher of deities and men, The Awakened
One, The Blessed One.

世尊是：阿罗汉、圆满自觉者、明行足、善逝、
世间解、无上士调御丈夫、天人师、佛陀、世尊。

Contemplation of the Dhamma 法随念

Well-expounded is the Exalted One's Dhamma,
visible here-and-now, not delayed in time, inviting of
inspection, onward-leading, is directly experienceable by
the wise.

法由世尊善说，现前可见、无时（无间隔）、
请来看、导向、当由智者亲证。

Contemplation of the Saṅgha 僧随念

The community of the Exalted One's disciples has
entered on the good way, the community of the Exalted
One's disciples has entered on the straight way, the
community of the Exalted One's disciples has entered on
the true way, the community of the Exalted One's
disciples has entered on the proper way, that is to say, the
four pairs of men, the eight types of persons. That is the
Exalted One's disciple community, worthy of gifts,
worthy of hospitality, worthy of offerings, whom should
be respected, the incomparable field of merit for the
world.

世尊的声闻僧众已入善行道；世尊的声闻僧众
已入正直行道；世尊的声闻僧众已入真实行道；世
尊的声闻僧众已入正当行道。即四双八辈。这是世
尊的声闻僧众，是应供养、应供奉者、应施于者、
应合掌（礼敬）者，是世间的无上福田。

Evam buddham sarantānam
Dhammam saṅghaṇca bhikkhavo;
Bhayaṁ vā chambhitattam vā
Lomahaṁso na hessati.

– SN, Sagāthāvagga, Sakkasamyutta,
Dhajaggasuttam

Etena saccavajjena pātu tvaṁ ratanattayam.
(x3)

Thus, Bhikkhus, in you who remember the Buddha, the Dhamma and the Saṅgha, fear, trembling or terror will never arise.

如是诸比丘，忆念佛法僧，
他无畏不栗，无毛骨悚然。

By this speaking of truth, may the Triple Gem protect you!
借此真实话语，愿三宝保护你！

Mettasuttaṁ (p.7)

Yassānubhāvato yakkhā neva dassenti bhīsanam
Yamhi cevānuyuñjanto rattindivamatandito.

Sukham supati sutto ca pāpam kiñci na passati,
Evamādiguṇūpetam parittam tam bhaṇāma he.

- - -

Karaṇīyamattakusalena,
yantasantaṁ padaṁ abhisamecca;
Sakko ujū ca suhujū ca,
suvaco cassa mudu anatiṁānī.

Santussako ca subharo ca,
appakicco ca sallahukavutti;
Santindriyo ca nipako ca,
appagabbho kulesvananugiddho.

Na ca khuddamācare kiñci,
yena viññū pare upavadeyyum;
Sukhinova khemino hontu,
sabbasattā bhavantu sukhittā.

Ye keci pāṇabhūtatti,
tasā vā thāvarā vanavasesā;
Dīghā vā yeva mahantā,
majjhimā rassakā aṇukathulā.

Diṭṭhā vā yeva adiṭṭhā,
ye va dūre vasanti avidūre;
Bhūtā va sambhavesī va,
sabbasattā bhavantu sukhittā.

Discourse on Loving-Kindness 慈爱经

Due to the power of this (Mettā Sutta), spirits did not manifest frightful sights. One who devotes himself to these teachings day and night diligently sleeps soundly and does not have any nightmare when asleep. Let us recite this protective discourse.

透过它（慈爱经）的力量，夜叉不显现恐怖相。对于昼夜致力修行者，他睡眠舒适不做恶梦。且让我们诵念具备这些功德之护卫。

This is to be done by [one] skilled in [what is] beneficial: having understood the path that [leads to] peace; he would be able, upright, very upright, easy to admonish, gentle, and not arrogant.

这是想要证得彻悟寂静涅槃、善于有益修行的人应该做的事：他必须有能力、正直、非常正直、易受教、柔软、不自大、

Contented and easy to support, of few duties and living frugally; [with] calm faculties and prudent, not obtrusive [to and] greedy [for gains from supporting] families.

知足、易护持、少事务、生活简朴、诸根寂静、拥有成熟的智慧、不无礼、不贪着在家众。

He would not do [even] the slightest thing, by which the wise could censure [and tell] others; may [all beings] be happy and secure, may all beings be in a state of happiness.

只要是智者将会指责的事，即使是小事他也不做；（愿一切众生）幸福与平安，愿一切众生安乐；

Whatever living beings there are, feeble or strong, [all] without exception; those long, great, medium, short, small or large.

无论是任何存在的众生，会颤抖的或不会颤抖的皆毫无遗漏，长的或大的或中等的，短的或小的或粗圆的，

Those seen or not seen, and living far or nearby; born or seeking birth, may all beings be in a state of happiness.

见到的或没见到的，住在远方的或近处的，已生的或还寻求再生的——愿一切众生快乐。

Na paro param nikubbetha,
nātimaññetha katthaci na kañci;
Byārosanā paṭighasaññā,
nāññamaññassa dukkhamiccheyya.

Mātā yathā niyaṃ puttamāyusā
ekaputtamanurakkhe;
Evampi sabbabhūtesu,
mānasam bhāvaye aparimāṇam.

Mettañca sabbalokasmi,
mānasam bhāvaye aparimāṇam;
Uddham adho ca tiriyañca,
asambādham averamasapattam.

Tiṭṭham caram nisinno va,
sayāno yāvatāssa vitamiddho;
Etaṃ satim adhiṭṭheyya,
brahmametaṃ vihāramidhamāhu.

Ditṭhiñca anupaggamma,
sīlavā dassanena sampanno;
Kāmesu vinaya gedham,
na hi jātuggabbhaseyya punareti.

– KN, Khuddakapāṭha 9; Suttanipāta, Uragavagga 8

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalam.

One would not deceive another, [nor] despise them anywhere [about] anything; [out of] anger or aversion, would not wish suffering for each other.

且让人不欺骗别人，也不在任何地方轻视别人。且让他们不会以嗔怒与厌恶来互相希望对方痛苦。

Just as a mother for her son, [her] only son, would protect [him] with her life; thus, also, towards all beings, would develop the mind without limit.

正如母亲对待自己的儿子那样，会以生命来保护独生子；应当如此对一切众生培育无量的心。

With loving-kindness towards the whole world, would develop the mind without limit; above, below and across, unrestricted, free from enmity and hostility.

以及应当以慈爱对全世界培育无量的心，上方、下方与周围，无障碍、无仇人、无敌对。

While standing, walking, seated, or lying down free from drowsiness; would determine [to keep] this mindfulness [in mind], this is a divine abiding in this world, it is said.

立、行、坐或卧，只要不是在睡眠中，都应决心保持如此的正念。这就是他们在此所说的梵住。

Not going to [wrong] view[s], being morally well behaved and having [right] vision, [and] having given up greed for sensuality, never again come [back] to the womb.

不执持邪见，拥有戒行，具足智见，及已经去除对欲乐的贪爱之后，他肯定不会再投胎。

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Khandhasuttaṃ (p.8)

Sabbāsivisajātinaṃ
Dibbamantāgadam viya
Yaṃ nāseti visam ghoram
Sesañcāpi parissayam.

Āṇākkhettamhi sabbattha
Sabbadā sabbapaṇinaṃ
Sabbasopi nivāreti
Parittam tam bhaṇāma he.

- - -

Discourse on [Protection of] Aggregates 蕴护经

Just like divine charms and divine medicines, this (Khandha-Sutta) nullifies baneful poison and other perils of all the highly poisonous creatures.

犹如天咒与天药，此经能够除剧毒；
一切剧毒之生物，其害此经皆能除。

In the scope of authority everywhere, always, for all beings this discourse prevents (the disasters). Let us recite this protective discourse now.

在此威力范围内，一切时候一切处，
此经能防该危害。我们且诵此护卫。

Virūpakkhehi me mettaṃ
Mettaṃ Erāpathehi me,
Chabyāputtehi me mettaṃ
Mettaṃ Kaṇhāgotamakehi ca.

Apādakehi me mettaṃ
Mettaṃ dvipādakehi me,
Catuppadehi me mettaṃ
Mettaṃ bahuppadehi me.

Mā maṃ apādako hiṃsi
Mā maṃ hiṃsi dvipādako,
Mā maṃ catuppado hiṃsi
Mā maṃ hiṃsi bahuppado.

Sabbe sattā, sabbe pāṇā
Sabbe bhūtā ca kevalā,
Sabbe bhadraṇi passantu
Mā kañci pāpamāgamā.

Appamāṇo Buddho,
Appamāṇo Dhammo,
Appamāṇo Saṅgho.
Pamāṇavantāni sirīmsapāni:
Ahi-vicchikā, satapadī,
Uṇṇanābhi, sarabū, mūsikā.

Katā me rakkhā, kataṃ me parittaṃ,
Paṭikkamantu bhūtāni.
So'haṃ namo Bhagavato,
Namo sattannaṃ Sammā-sambuddhānaṃ.

– KN, 203 Khaṇḍajātaka;
AN.IV.67 Ahirājasuttaṃ;
Vinayapiṭaka, Cūlavagga,
Khuddakavattthukkhandhakaṃ

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

May I have loving-kindness towards the Virūpakkhas;
May I have loving-kindness towards the Erāpathas;
May I have loving-kindness towards the Chabyāputtas;
May I have loving-kindness towards the Kaṇhāgotamakas.
愿我对威卢跋有慈爱；愿我对伊拉跋有慈爱；
愿我对刹标子有慈爱；愿我对黑瞿昙有慈爱。

May I have loving-kindness towards footless beings;
May I have loving-kindness towards beings with two legs;
May I have loving-kindness towards beings with four legs;
May I have loving-kindness towards beings with many legs.
愿我对无足众生有慈爱；愿我对两足众生有慈爱；
愿我对四足众生有慈爱；愿我对多足众生有慈爱。

May footless beings not harm me;
May beings with two legs not harm me;
May beings with four legs not harm me;
May beings with many legs not harm me.
愿无足众生不伤害我；愿两足众生不伤害我；
愿四足众生不伤害我；愿多足众生不伤害我。

May all living beings, all breathing things,
all creatures (without exception)
meet with good fortune.
May none of them come to any evil.
愿一切有情一切息生、一切众生毫无遗漏地，
愿他们遇见幸运的事，不会遭遇邪恶的事情。

Infinite is the Buddha,
Infinite is the Dhamma,
Infinite is the Saṅgha.
Finite are creeping things:
snakes, scorpions, centipedes,
spiders, lizards, rats.
佛无量，法无量，僧无量。
爬行类却有限量：
蛇、蝎、蜈蚣、
蜘蛛、蜥蜴、老鼠。

I have made the protection, I have made the safeguard.
May the (harmful) beings depart. I pay homage to the
Blessed One; homage to the seven Buddhas (Vipassī
Buddha, Sikhī Buddha, Vessabhū Buddha, Kakusandha
Buddha, Koṇāgamana Buddha, Kassapa Buddha, and
Gotama Buddha)
我做了护卫，我做了保护。
愿那些（有害的）众生离开。
我礼敬世尊；
礼敬七位圆满自觉者。

By this speaking of truth, may there be well-being
for you always. By this speaking of truth, may all [your]
diseases disappear. By this speaking of truth, may there
be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Mahāsamayasuttaṃ (p.140)**The Discourse on the Great Convention** 大集会经

331.

Evam me sutam – ekam samayam bhagavā
sakkesu viharati kapilavatthusmim mahāvane
mahatā bhikkhusamghena saddhim
pañcamattehi bhikkhusatehi sabbeheva
arahantehi; dasahi ca lokadhātūhi devatā
yebhuyyena sannipatitā honti bhagavantam
dassanāya bhikkhusamghañca. Atha kho
catunnam suddhāvāsakāyikānam devatānam
etadahosi – “ayam kho bhagavā sakkesu
viharati kapilavatthusmim mahāvane mahatā
bhikkhusamghena saddhim pañcamattehi
bhikkhusatehi sabbeheva arahantehi; dasahi
ca lokadhātūhi devatā yebhuyyena sannipatitā
honti bhagavantam dassanāya
bhikkhusamghañca. Yamnūna mayampi yena
bhagavā tenupasaṅkameyyāma;
upasaṅkamitvā bhagavato santike paccekam
gātham bhāseyyāma”ti.

332.

Atha kho tā devatā seyyathāpi nāma
balavā puriso samīñjitam vā bāham pasāreyya
pasāritam vā bāham samīñjeyya, evameva
suddhāvāsesu devesu antarahitā bhagavato
purato pāturaheṣum. Atha kho tā devatā
bhagavantam abhivādetvā ekamantam
aṭṭham su. Ekamantam ṭhitā kho ekā devatā
bhagavato santike imam gātham abhāsi –

“Mahāsamayo pavanasmim,
Devakāyā samāgatā;
Āgatamha imam dhammasamayam,
Dakkhitāye aparājitasamghan”ti.

Atha kho aparā devatā bhagavato santike
imam gātham abhāsi –

“Tatra bhikkhavo samādahamsu,
Cittamattano ujukam akamsu;
Sārathīva nettāni gahetvā,
Indriyāni rakkhanti paṇḍitā”ti.

331.

Thus, have I heard: At one time the Blessed One was living among the Sakyans in the Great Forest in Kapilavatthu with a large bhikkhu saṅgha consisting of five hundred bhikkhus who were all arahants. Most of the deities from the ten world systems assembled to see the Blessed One and the bhikkhu saṅgha. Then, indeed, it occurred thus to four deities from the hosts in the pure abodes: ‘The Blessed One is living among the Sakyans in the Great Forest in Kapilavatthu with a large bhikkhu saṅgha consisting of five hundred bhikkhus who are all arahants. Most of the deities from the ten world systems have assembled to see the Blessed One and the bhikkhu saṅgha. It is proper if we also approach where the Blessed One is. Having approached we should each speak a stanza in the presence of the Blessed one.’

如是我闻，一时，世尊与五百阿罗汉组成的大僧团住在释迦国迦毘罗卫城的大林。为了见世尊与僧团，十个世界多数的神也到来集会。当时，净居天群众里有四位神生起了这样的想法：「世尊与五百阿罗汉组成的大僧团住在释迦国迦毘罗卫城的大林。为了见世尊与僧团，十个世界多数的神也到来集会。我们也应当去世尊那里。去到后，我们在世尊面前各念一首偈。」

332.

Then, indeed, those deities just as a strong man would stretch a bent arm or bend a stretched arm, in such manner disappeared from among the deities of the pure abodes and appeared in front of the Blessed One. Then those deities paid respect to the Blessed One and stood on a side. Standing on one side, one of the deities spoke this stanza in the presence of the Blessed One:

当时，那四位（梵天）神从净居天诸神群众当中消失，出现在世尊面前，就像一个强壮的男人伸直弯曲的手臂或弯曲伸直的手臂一样。那些神顶礼世尊之后站在一旁。站立一旁时，其中一位神在世尊面前说出此偈：

‘There is a great assembly in the woodland,
The deities have assembled (here);
We have come to this assembly of the Dhamma
To see the undefeatable saṅgha.’

「此林当中大集会，诸神群众前来聚；
我等来此法集会，来见不败之僧团。」

Then, indeed, another deity spoke this stanza in the presence of the Blessed One:

‘There the bhikkhus composed (themselves)
And straightened their mind.

Like a charioteer taking the reins
The wise protect their sense faculties.’

然后，另一位神在世尊面前说出此偈：

「此中比丘心平静，以及正直自己心。
犹如车夫持缰绳，智者守护诸根门。」

Atha kho aparā devatā bhagavato santike
imaṃ gāthaṃ abhāsi –

“Chetvā khīlaṃ chetvā palighaṃ,
Indakhīlaṃ ūhacca maneja;
Te caranti suddhā vimalā,
Cakkhumatā sudantā susunāgā”ti.

Atha kho aparā devatā bhagavato santike
imaṃ gāthaṃ abhāsi –

“Yekeci buddhaṃ saraṇaṃ gatāse,
Na te gamissanti apāyabhūmiṃ;
Pahāya mānusaṃ dehaṃ,
Devakāyaṃ paripūressanti”ti.

Devatāsannipātā

333.

Atha kho bhagavā bhikkhū āmantesi –
“yebhuyyena bhikkhave dasasu lokadhātūsu
devatā sannipatitā honti, tathāgataṃ
dassanāya bhikkhusaṃghaṇṇa. Yepi te
bhikkhave ahesuṃ atītamaddhānaṃ arahanto
sammāsambuddhā, tesampi bhagavantānaṃ
etaṃparamāyeva devatā sannipatitā ahesuṃ
seyyathāpi mayhaṃ etarahi. Yepi te bhikkhave
bhavissanti anāgatamaddhānaṃ arahanto
sammāsambuddhā, tesampi bhagavantānaṃ
etaṃparamāyeva devatā sannipatitā
bhavissanti seyyathāpi mayhaṃ etarahi.
Ācikkhissāmi bhikkhave devakāyānaṃ nāmāni;
kittayissāmi bhikkhave devakāyānaṃ nāmāni;
desessāmi bhikkhave devakāyānaṃ nāmāni.
Taṃ suṇātha sādhuṃ manasikarotha,
bhāsissāmi”ti. “Evaṃ bhante”ti kho te bhikkhū
bhagavato paccassosuṃ.

334.

Bhagavā etadavoca –
Silokamanukassāmi,
Yattha bhumma tadassitā;
Ye sitā girigabbharaṃ,
Pahitattā samāhitā.

Then, indeed, another deity spoke this stanza in the presence of the Blessed One:

‘Having cut off the stake (of impurities) and having cut off the cross bar (of impurities), having lifted up Indra’s stake (i.e. freed of all bonds) and free from greed, they live pure and clean, the young nāgas, well-tamed by the Possessor of eyes (=Buddha).’

然后，另一位神在世尊面前说出此偈：

「断了柱子断了门，挖掉门槛无贪欲，
他们清净无垢活，具眼善调之幼龙。」

Then, indeed, another deity spoke this stanza in the presence of the Blessed One:

‘Those who have gone to the Buddha for refuge.

They will not go to the woeful states.

Giving up the human body,

They will fill up the host of deities.’

然后，另一位神在世尊面前说出此偈：

「归依佛陀的人们，他们不会去恶地。
舍弃了人的身体，他们填满神群众。」

The assembly of deities 天神们的集合

333.

Then, indeed, the Blessed One addressed the bhikkhus: ‘The deities from the ten world systems have assembled in large numbers to see the Tathāgata and bhikkhu saṅgha. O bhikkhus, whoever in the past there were arahants, Fully Enlightened Ones, before those Blessed One also a similar amount of deities assembled, just as now before me. O bhikkhus, whoever in the future there will be arahants, Fully Enlightened Ones, before those Blessed Ones also a similar amount of deities will assemble just as now before me. I shall tell you, O bhikkhus, the names of the groups of deities; I shall proclaim to you, O bhikkhus, the names of the groups of deities; I shall reveal to you, O bhikkhus, the names of the groups of deities. Listen to that, keep well in mind, and I shall speak.’ ‘Yes Bhante,’ those bhikkhus replied to the Blessed One.

当时，世尊向比丘们说：「十个世界里多数的神都来此集会以见如来与僧团。诸比丘，在过去有阿罗汉、圆满自觉者时，也有这么多的神在那些世尊面前集会，就像现在在我面前这样。诸比丘，在未来有阿罗汉、圆满自觉者时，也有这么多的神在那些世尊面前集会，就像现在在我面前这样。诸比丘，我将告诉你们诸神群体的名字；诸比丘，我将向你们宣说诸神群体的名字；诸比丘，我将向你们宣布诸神群体的名字。你们应该专心聆听我将要说的话。」「是，尊者。」那些比丘回答世尊。

334.

The Blessed One spoke thus:

‘I shall repeat a verse,

Wherever the deities of the earth live,

There are (monks) who live in a hill cave,

Who are resolute and composed,

世尊如此说：

「我将会念诵偈子：无论何地有神住，
皆会有僧住山洞，意志坚定心平静，

Puthūsīhāva sallīnā,
Lomaharṁsābhisambhuno;
Odātamanasā suddhā,
Vippasannamanāvilā.

Bhiyyo pañcasate ñatvā,
Vane kāpilavatthave;
Tato āmantayī satthā,
Sāvake sāsane rate.

Devakāyā abhikkantā,
Te vijānātha bhikkhavo;
Te ca ātappamakarum,
Sutvā buddhassa sāsanaṁ.

Tesaṁ pāturahu ñāṇaṁ,
Amanussānadassanaṁ;
Appeke satamaddakkhum,
Sahassaṁ atha sattariṁ.

Sataṁ eke sahassānaṁ,
Amanussānamaddasum;
Appekenantamaddakkhum,
Disā sabbā phuṭā ahum.

Tañca sabbaṁ abhiññāya,
Vavatthitvāna cakkhumā;
Tato āmantayī satthā,
Sāvake sāsane rate.

Devakāyā abhikkantā,
Te vijānātha bhikkhavo;
Ye vohaṁ kittayissāmi,
Girāhi anupubbaso.

335.

Sattasahassā te yakkhā,
Bhumma kāpilavatthavā.
Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṁ,
Bhikkhūnaṁ samitiṁ vanam.

‘Who are like lions crouching,
Who have overcome horror,
With minds that are cleansed and purified,
Which are clear and undisturbed.
犹如伏卧的狮子，他们克服了恐惧，
其心涤净且清净，清澈且无波无浊。

‘He knew there were more than five hundred
In the wood near Kapilavatthu,
Therefore the Teacher addressed
Those disciples who delight in the teaching.
了知超过五百个，乐于教法之弟子，
在迦毘罗卫之林，因此导师向其说。

‘A host of deities have drawn near,
You, bhikkhus, should know who they are.
And those (bhikkhus) became ardent,
After hearing the Buddha’s teaching.
诸比丘你们当知，诸神群体已到来。
听了佛陀之教法，诸比丘热忱精进。

‘Knowledge was manifest to them,
Seeing those non-human beings,
Some of them saw a hundred,
Some saw a thousand, or seventy (thousand).
智慧呈现于他们，见到了那些非人，
有些见到一百个，有些一千或七万，

‘Some saw a hundred thousand
Of those non-human beings,
Some saw an endless number
Spread out in all directions.
有些见到的非人，是非人中的十万，
有些见到无尽的、遍满各方的非人。

‘Having known all that,
The Possessor of Eyes wishing to speak;
Therefore the Teacher address
Those disciples who delight in the teaching.
亲自了知这一切，具备眼者想要说，
对于乐教之弟子，于是导师向其说。

‘A host of deities have drawn near,
You, bhikkhus, should know who they are,
I will proclaim their (names) to you
With words in gradual order.
诸比丘你们当知，诸神群体已到来，
他们之名我将说，应用次第的词句。

335.

‘There are seven thousand yakkhas,
Earth deities from Kapilavatthu,
Who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near
The gathering of bhikkhus in the wood.
来自迦毘罗卫城，地神夜叉七千个，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

Chasahassā hemavatā,
Yakkhā nānattavaṇṇino;
Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanāṃ.

Sātāgira tisahassā,
Yakkhā nānattavaṇṇino;
Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanāṃ.

Iccete soḷasasahassā,
Yakkhā nānattavaṇṇino;
Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanāṃ.

Vessāmittā pañcasatā,
Yakkhā nānattavaṇṇino;
Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanāṃ.

Kumbhīro rājagahiko,
Vepullassa nivesanaṃ;
Bhiyyo naṃ satasahassaṃ,
Yakkhānaṃ payirupāsati;
Kumbhīro rājagahiko,
Sopāgā samitiṃ vanāṃ.

336.
Purimañca disaṃ rājā,
Dhataratṭho pasāsati.
Gandhabbānaṃ adhipati,
Mahārājā yasassiso.

‘From Hemavanta there are six thousand
Yakkhas, diverse in colour,
Who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near
The gathering of bhikkhus in the wood.
来自雪山有六千，各种肤色的夜叉，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

‘From Sātāgira there are three thousand
Yakkhas, diverse in colour,
Who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near
The gathering of bhikkhus in the wood.
三千来自沙达山，各种肤色的夜叉，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

‘Thus these sixteen thousand
Yakkhas, diverse in colour,
Who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near
The gathering of bhikkhus in the wood.
那些总共一万六，各种肤色的夜叉，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

‘From Vessāmitta there are five hundred
Yakkhas, diverse in colour,
Who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near,
The gathering of bhikkhus in the wood.
威刹蜜达来五百，各种肤色的夜叉，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

‘In Rājagaha there is Kumbhīra,
His abode is the Mount Vepulla.
More than a hundred thousand
Yakkhas who gather around him.
Kumbhīra from Rājagaha
Also came to the gathering in the wood.
王舍有个昆必拉，住处就在广普山。
夜叉超过十万个，在他身边围绕着。
王舍城的昆必拉，也来林中的集会。

336.
‘The eastern direction, King
Dhataratṭha rules that;
The Lord of gandhabbas,
The great king, is renowned.
Also his are many sons
By name Inda, of great power,
who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near,
The gathering of bhikkhus in the wood.

Puttāpi tassa bahavo,
Indanāmā mahabbalā;
Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanāṃ.

Dakkhiṇaṇca disaṃ rājā,
Virūḷho taṃ pasāsati;
Kumbhaṇḍānaṃ adhipati,
Mahārājā yasassiso.

Puttāpi tassa bahavo,
Indanāmā mahabbalā;
Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanāṃ.

Pacchimaṇca disaṃ rājā,
Virūpakkho pasāsati;
Nāgānaṇca adhipati,
Mahārājā yasassiso.

Puttāpi tassa bahavo,
Indanāmā mahabbalā;
Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanāṃ.

Uttaraṇca disaṃ rājā,
Kuvero taṃ pasāsati;
Yakkhānaṇca adhipati,
Mahārājā yasassiso.

Puttāpi tassa bahavo,
Indanāmā mahabbalā;
Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanāṃ.

接着下来是东方，持国天王统治它，
他是娱乐神之主，他是大王有声望。
儿子他有许多个，名叫因陀有大力，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

‘The Southern direction, King
Virūḷha rules that;
The Lord of Kumbhaṇḍas,
The great king, is renowned.
Also his are many sons
By name Inda, of great power,
who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near,
The gathering of bhikkhus in the wood.
接着下来是南方，增长天王统治它，
他是守护神之主，他是大王有声望。
儿子他有许多个，名叫因陀有大力，
具备神通且明亮、容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

‘The Western direction, King
Virūpakkha rules that;
The Lord of dragons,
The great king, is renowned.
Also his are many sons
By name Inda, of great power,
who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near,
The gathering of bhikkhus in the wood.
接着下来是西方，广目天王统治它，
诸龙之主就是他，他是大王有声望。
儿子他有许多个，名叫因陀有大力，
具备神通且明亮、容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

‘The northern direction, King
Kuvera rules that;
The Lord of Yakkhas,
The great king, is renowned.
Also his are many sons
By name Inda, of great power,
who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near,
The gathering of bhikkhus in the wood.
接着下来是北方，古威拉王统治它，
夜叉之主就是他，他是大王有声望。
儿子他有许多个，名叫因陀有大力，
具备神通且明亮、容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

Purimaṃ disaṃ dhataratṭho,
Dakkhiṇena virūḷhako;
Pacchimena virūpakkho,
Kuvero uttaraṃ disaṃ.

Cattāro te mahārājā,
Samantā caturo disā;
Daddallamānā atṭhaṃsu,
Vane kāpilavatthave.

337.

Tesaṃ māyāvino dāsā,
Āguṃ vañcanikā saṭhā.
Māyā kuṭeṇḍu viṭeṇḍu,
Viṭucca viṭuṭo saha.

Candano kāmasetṭho ca,
Kinnighaṇḍu nighaṇḍu ca;
Panādo opamañña ca,
Devasūto ca mātali.

Cittaseno ca gandhabbo,
Naḷorājā janesabho;
Āgā pañcasikho ceva,
Timbarū sūriyavacchasā.

Ete caññe ca rājāno,
Gandhabbā saha rājubhi;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanam.

338.

Athāguṃ nāgasā nāgā,
Vesālā sahatacchakā.
Kambalassatarā āguṃ,
Pāyāgā saha ñātibhi.

Yāmunā dhataratṭhā ca,
Āgū nāgā yasassino;
Erāvaṇo mahānāgo,
Sopāgā samitiṃ vanam.

‘In the east direction there is Dhataratṭha,
In the south Virūḷhaka,
In the west Virūpakkha,
In the north direction Kuvera,
Those four great kings,
From all sides, the four directions,
They stood blazing brilliantly
In the wood near Kapilavatthu.

持国天王在东方，增长天王在南方，
广目天王在西方，古威拉王在北方。
他们这四大天王，在这四方全方位，
迦毘罗卫之林中，站立燃烧放光芒。

337.

‘Their fraudulent slaves,
Deceltful and crafty, came;
(Also full of) fraud Kuṭeṇḍu (and) Viṭeṇḍu,
Together with Viṭucca and Viṭuṭa,
Candana and Kāmasetṭha,
Kinnighaṇḍu and nighaṇḍu,
Panāda and Opamañña,
And Mātali the deities’ charioteer,
The gandhabba Cittasena,
King Nala and Janesabha,
(There) came Pañcasikha also,
Timbarū and Sūriyavacchasā.
Those and other kings,
Gandhabbas together with (their) king
Rejoicing they have drawn near
The gathering of bhikkhus in the wood.

他们那些造假虚幻、又虚假的侍从到来，
造假的古登度和威登度，以及威度查和威度达，
占达那和卡马色达，金怒干度和尼干度，
巴那达和奥帕满巴牙，以及神车夫马达里，
及娱乐神吉达舍那，那拉王及加那沙巴，
班查西卡也都到来，丁巴卢及苏刹亚瓦查沙。
那些以及其他诸王，诸娱乐神及其诸王，
满心欢喜地来到，林中比丘的集会。

338.

‘Then came the nāgas from Nāgasa (lake),
(Nāgas) from Vesāla with (their retinues) Tacchakas.
Kambalas and Assataras (too) came,
(also nāgas) from Payāga (ford) with their relatives,
(Nāgas) from Yāmunā river and the Dhataratṭhas
Came the renowned nāgas.

The great naga Erāvana,
He also came to the forest assembly.

有龙来自拿卡沙湖及毘舍离，
达查卡龙、甘巴拉龙及阿沙达拉龙也到来，
还有龙及其亲戚来自巴亚卡，
达塔拉达龙及来自亚木那河有声望的龙也到来。
还有大象依拉瓦那，他也来到林中集会。

Ye nāgarāje sahasā haranti,
dibbā dijā pakkhi visuddhacakkhū;
Vehāyasā te vanamajjhapattā,
Citrā supaṇṇā iti tesa nāmaṃ.

Abhayaṃ tadā nāgarājānamakāsi,
Supaṇṇato khemamakāsi buddho;
Saṇhāhi vācāhi upavhayantā,
Nāgā supaṇṇā saraṇamakāmsu buddhaṃ.

339.
Jitā vajirahatthena,
Samuddaṃ asurāsītā.
Bhātaro vāsavassete,
Iddhimanto yasassino.

Kālakañcā mahābhismā,
Asurā dānaveghasā;
Vepacitti sucitti ca,
Pahārādo namucī saha.

Satañca baliputtānaṃ,
Sabbe verocanāmakā;
Sannayhitvā balisenāṃ,
Rāhubhaddamupāgamuṃ;
Samayodāni bhaddante,
Bhikkhūnaṃ samitiṃ vanāṃ.

340.
Āpo ca devā pathavī,
Tejo vāyo tadāgamuṃ.
Varuṇā vāraṇā devā,
Somo ca yasaṃ saha.

Mettā karuṇā kāyikā,
Āguṃ devā yasassino;
Dasete dasadhā kāyā,
Sabbe nānattavaṇṇino.

Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanāṃ.

‘Those who carry away the nāga kings by force
The divine, twice-born, winged ones, with clear vision-
Through the air they arrived in the wood,
The Citra and Supaṇṇa, such are their names.
But at that time the nāga kings were without fear,
For the Buddha made them safe from the Supaṇṇas.
Calling on (one another) with gentle words,
The nāgas and suppaṇṇas took refuge in the Buddha.
他们强硬带走诸龙王，天界二生有翼清净眼，
他们透过天空来林中，他们称为吉他金翅鸟。
然而当时龙王无怖畏，从金翅鸟佛作令平安。
他们温言互相地问候，龙及金翅鸟归依佛陀。

339.
‘Defeated by Vajirahattha,
The asuras live in the ocean,
They are brothers of Vāsava,
Having psychic power and renowned.
被金刚持者击败，阿修罗住在海里，
身为帝释之兄弟，具备神通有声望。

‘The very fearful Kālakañca ,
The Dānaveghasa asuras,
Vepacitti and Sucitti,
Pahārāda, together with Namucī,
And a hundred of Bali’s sons,
All of them named after Veroca
Having armed themselves, Bali’s army
Came to the lucky Rāhu (and said):
“Now is the time, Reverend Sir,
For the gathering of bhikkhus in the wood.”
极其恐怖的卡拉甘渣、达那维嘎沙阿修罗众、
维巴吉帝以及苏吉帝、巴哈拉达以及拿木济，
以及巴里之一百儿子，他们全部名叫维罗查。
巴里之军装备好后，来到贤善罗候面前（说）：
『尊者现在正是时候，前往林中比丘集会。』

340.
‘The water deities and the earth deities,
The fire and the wind (deities all) came there,
The Varuṇa and Vāraṇa deities,
And Soma with Yasa,
And the hosts of loving and compassionate,
Renowned deities came.
All of these ten hosts, ten kinds (of deities),
Who are diverse in colour,
Who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near
The gathering of bhikkhus in the wood.
水神地神和火神、及风神来到该处，
瓦卢那和瓦拉那、苏马以及亚沙神，
慈身神及悲身神，有声望之神到来。
十个群体共十种，这些神肤色各种，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

Veṇḍudevā sahali ca,
Asamā ca duve yamā;
Candassūpanisā devā,
Candamāguṃ purakkhatvā.

Sūriyassūpanisā devā,
Sūriyamāguṃ purakkhatvā;
Nakkhattāni purakkhatvā,
Āguṃ mandavalāhakā.

Vasūnaṃ vāsavo seṭṭho,
Sakkopāgā purindado;
Dasete dasadhā kāyā,
Sabbe nānattavaṇṇino.

Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanāṃ.

Athāguṃ sahabhū devā,
Jalamaggisikhāriva;
Ariṭṭhakā ca rojā ca,
Umāpupphanibhāsino.

Varuṇā sahadhammā ca,
Accutā ca anejakā;
Sūleyyarucirā āguṃ,
Āguṃ vāsavanesino;
Dasete dasadhā kāyā,
Sabbe nānattavaṇṇino.

Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanāṃ.

Samānā mahāsamanā,
Mānusā mānusuttamā;
Khidḍāpadosikā āguṃ,
Āguṃ manopadosikā.

‘The Veṇḍu and Sahali deities,
And Asama deities and two Yamas (came),
The deities who depend on the moon came,
With the moon in front of them.
温杜与沙哈利神、阿沙马及雨夜摩，
依止月亮之诸神，以月领先亦到来。

‘The deities who depend on the sun came,
With the sun in front of them;
With stars in front of them (deities depending on stars);
Came also rain cloud deities;
Sakka also came, (who is called) Vasāva,
The best of the Vasū, and Purindada.
All of these ten hosts, ten kinds (of deities),
Who are diverse in colour,
Who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near
The gathering of bhikkhus in the wood.
依止太阳之诸神，以日领先而前来；
星则领先星神来，诸雨云神亦到来；
称为天帝及前施之帝释，瓦苏神中之最胜亦到来。
十个群体共十种，这些神肤色各种，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

‘Then came the Sahabhū deities
Shining like a flame of fire
And the Ariṭṭhakas and Rojas,
And the splendid Umāpuppha deities.
Varuṇas and Sahadhammas,
Accutas and Anejakas,
Suleyyas and Ruciras (all) came,
Vāsavanesi (deities) came.
All of these ten hosts, ten kinds (of deities),
Who are diverse in colour,
Who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near
The gathering of bhikkhus in the wood.
接着到来同生神，散发光芒如火焰；
阿里达卡与罗加、光辉的乌玛花神、
瓦卢那以及俱法、不死神及无贪神、
苏雷亚及可喜神、及瓦沙瓦内西神，
十个群体共十种，这些神肤色各种，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

‘Samānas, Mahāsamanas,
Mānusas, Mānusuttamas,
(And) Khidḍāpadosikas came,
(Also) came Manopadosikas;
Then came the Hari deities,
And those (known as) Lohitavāsi,
Pāragas and Mahāpāragas,
Came the deities renowned.
All of these ten hosts, ten kinds (of deities),

Athāgurm harayo devā,
Ye ca lohitavāsino;
Pāragā mahāpāragā,
Āgurm devā yasassino;
Dasete dasadhā kāyā,
Sabbe nānattavaṇṇino.

Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanam.

Sukkā karambhā aruṇā,
Āgurm veghanasā saha;
Odātagayhā pāmokkhā,
Āgurm devā vicakkhaṇā.

Sadāmattā hāragajā,
Missakā ca yasassino;
Thanayaṃ āga pajjunno,
Yo disā abhivassati.

Dasete dasadhā kāyā,
Sabbe nānattavaṇṇino;
Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanam.

Khemiyā tusitā yāmā,
Kaṭṭhakā ca yasassino;
Lambītakā lāmasettḥā,
Jotināmā ca āsavā;
Nimmānaratino āgurm,
Athāgurm paranimmitā.

Dasete dasadhā kāyā,
Sabbe nānattavaṇṇino;
Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanam.

Who are diverse in colour,
Who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near
The gathering of bhikkhus in the wood.
沙玛那和大沙玛那、玛奴沙及超玛奴沙、
奇达巴多西卡到来，玛挪巴多西卡也来，
接着到来哈利诸神，及罗希达瓦西诸神，
巴拉嘎及大巴拉嘎，具备声望诸神到来。
十个群体共十种，这些神肤色各种，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

‘Sukkas, Karambhas, (and) Aruṇas,
Came with the Veghanasas;
Odātagayhas the chiefs,
(And) Vicakkhaṇa deities came.
Sadāmattas (and) Hāragajas,
And Missakas who are renowned,
Thundering came Pajjunna
Who rains in (all) directions.
All of these ten hosts, ten kinds (of deities),
Who are diverse in colour,
Who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near
The gathering of bhikkhus in the wood.
苏卡、卡兰巴、阿卢那，连同维嘎那沙到来；
白该哈领导的诸神，及维查卡那神到来；
沙达玛达、哈拉嘎加、及有名的迷沙卡神；
在一切方向下着雨、响着雷的雨神到来。
十个群体共十种，这些神肤色各种，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

‘Khemiyas, Tusita (deities), Yāma (deities)
And Kaṭṭhakas the renowned,
Lambītakas, Lāmasettḥas,
(Those) named Joti and Āsavā,
And Nimmānarati (deities) came,
Then came Paranimmita (deities).
All of these ten hosts, ten kinds (of deities),
Who are diverse in colour,
Who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near
The gathering of bhikkhus in the wood.
客米亚、兜率与夜摩神、及有名望的卡达卡神；
兰毘达卡与拉玛瑟达、名叫光明之神与漏神，
化乐天诸神也都到来，接着他化自在神亦来。
十个群体共十种，这些神肤色各种，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

Satṭhete devanikāyā,
Sabbe nānattavaṇṇino;
Nāmanvayena āgacchum,
Ye caññe sadisā saha.

Pavutṭhajātīmakhilaṃ,
Oghatiṇṇamanāsavaṃ;
Dakkhemoghataṃ nāgaṃ,
Candaṃva asitātigaṃ.

341.

Subrahmā paramatto ca,
Puttā iddhimato saha.
Sanaṅkumāro tisso ca,
Sopāga samitiṃ vanaṃ.

Sahassaṃ brahmalokānaṃ,
Mahābrahmābhitiṭṭhati;
Upapanno jutimanto,
Bhismākāyo yasassiso.

Dasettha issarā āgum,
Paccekaṃvavattino;
Tesaṇca majjhato āga,
Hārito parivārito.

342.

Te ca sabbe abhikkante,
Sainde deve sabrahmake.
Mārasenā abhikkāmi,
Passa kaṇhassa mandiyaṃ.

Etha gaṇhatha bandhatha,
Rāgena baddhamatthu vo;
Samantā parivāretha,
Mā vo muñcittha koci naṃ.

All of these sixty hosts of deities,
Who are diverse in colour,
Came according to their names
With others of similar features.
这六十群神众，拥有各种肤色，
依照名字前来，各与同类到来。

(They wished)

‘We shall see the elephant who has crossed the current,
Who is like the moon which has gone beyond the black
(colour),
(And the Saṅgha) who has finished dwelling on birth,
Freed (themselves) from the stakes (of impurities),
Crossed the current and freed from taints.

(他们想：)

我们当见跨越暴流之象，犹如去除了黑暗的月亮，
以及已活完生的圣僧团，无刺无漏已跨越了暴流。

341.

‘Subrahmā and Paramatta,
Along with the sons of the powerful one (came).
Sanaṅkumāra and Tissa
Also came to the gathering in the wood.
善梵与巴拉玛达、及具神力者之子、
永远童子与帝沙，来到林中的集会。

‘From a thousand brahma worlds
Stands out (in each world) a Mahābrahma.
Born (in the Brahma world) and shining,
With awesome body, and renowned.
来自一千个梵天界，大梵天尤优而独立，
生于梵天身具光明，身体巨大且有声望。

‘The ten Issarā (brahmas) came,
Who individually wield power,
And in the midst of them came
Hārita with his entourage.
十位自在梵天来，各自拥有自在力，
在他们当中来了，哈利达及其随从。

342.

‘Now when they had all drawn near
Inda with the deities and brahmas,
Māra’s army also drew near:
Behold the foolishness of the Dark One!
当他们全部都来到，因陀与诸天和梵天；
魔王之军也都到来：看那愚蠢的黑暗者！

‘Come now, seize them, and bind them,
Let them be bound by passion,
Surround them on all sides,
Do not let anyone of them go free!
来吧捉他们绑他们，让他们被贪欲困绑，
从一切处围困他们，别让任何一个脱困。

Iti tattha mahāseno,
Kaṇho senaṃ apesayi;
Pāṇinā talamāhacca,
Saraṃ katvāna bheravaṃ.

Yathā pāvussako meggho,
Thanayanto savijjuko;
Tadā so paccudāvatti,
Saṅkuddho asayaṃvase.

343.

Taṇha sabbaṃ abhiññāya,
Vavatthitvāna cakkhumā.
Tato āmantayī satthā,
Sāvake sāsane rate.

Mārasenā abhikkantā,
Te vijānātha bhikkhavo;
Te ca ātappamakarum,
Sutvā buddhassa sāsanaṃ;
Vītarāgehi pakkāmuṃ,
Nesaṃ lomāpi iñjayuṃ.

Sabbe vijitasāṅgāmā,
Bhayātītā yasassino;
Modanti saha bhūtehi,
Sāvakā te janesutāti.

- DN, Sutta 20

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

‘Thus in that place the great army leader
Sent forth his dark army,
After striking the ground with his hand
And making a fearful noise,
Like a storm cloud shedding rain,
Thundering, with flashes of lightning.
But then he retreated,

Angry, and unable to control himself.
如是大帅于其处，派出其黑暗军团，
他用手击打地面，发出极恐怖之声，
犹如下着暴风雨，既打雷又闪着电。
然而接着他撤退，生气且无法自控。

343.

‘Having known all that (was happening)
The Eyed One desired to Speak,
Therefore the Teacher addressed
Those disciples who delight in the teaching:
“Māra’s army has drawn near (to us),
You should know who they are, bhikkhus.”
Then those (bhikkhus) became ardent,
After hearing the Buddha’s teaching.
They (i.e. Māra’s army) went away from the passionless
(bhikkhus),

Not even one of their hairs was shaken.
了知这一切经过，具眼者想要述说，
对于乐教之弟子，因此导师如是说：
『魔王之军已到来，诸比丘，当知他们。』
听了佛陀之教法，诸比丘热忱精进。
魔军退离无欲者，无法动摇一根毛。

‘All (of them) who have won the war,
Gone beyond fear, the renowned ones,
Rejoice together with the spirits,
Those disciples, well known among men.
他们皆打了胜战，超越怖畏有声望，
与众生一同欢喜，诸弟子名闻大众。」

By this speaking of truth, may there be well-being for you
always. By this speaking of truth, may all [your] diseases
disappear. By this speaking of truth, may there be the
blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Dhammapada Verses of Reality of Life (p.151)

Aciraṃ vatayaṃ kāyo,
Pathaviṃ adhisessati;
Chuddho apetaṃviññāṇo,
Niratthaṃva kaliṅgaram.

– Dhp 41

Ko nu hāso kimānando,
Niccaṃ pajjalite sati;
Andhakārena onaddhā,
Paḍipāṃ na gavesatha.

– Dhp 146

Parijñāmidam rūpaṃ
Rogaṇīlaṃ pabhaṅguraṃ;
Bhijjati pūṭisandeho
Maraṇantañhi jīvitam.

– Dhp 148

Paṇḍupalāsova dānisi,
Yamapurisāpi ca te upatṭhitā;
Uyyogamukhe ca tiṭṭhasi,
Pātheyyampi ca te na vijjati.

– Dhp 235

So karohi dīpamattano,
Khippaṃ vāyama paṇḍito bhava;
Niddhantamalo anaṅgaṇo,
Dibbaṃ ariyabhūmiṃ upehisi.

– Dhp 236

Upanītavayo ca dānisi,
Sampayātosī yamassa santike;
Vāso te natthi antarā,
Pātheyyampi ca te na vijjati.

– Dhp 237

So karohi dīpamattano,
Khippaṃ vāyama paṇḍito bhava;
Niddhantamalo anaṅgaṇo,
Na punaṃ jātijaraṃ upehisi.

– Dhp 238

'Sabbe saṅkhārā aniccā'ti,
Yadā paññāya passati;
Atha nibbindati dukkhe,
Esa maggo visuddhiyā.

– Dhp 277

'Sabbe saṅkhārā dukkha'ti,
Yadā paññāya passati;
Atha nibbindati dukkhe,
Esa maggo visuddhiyā.

– Dhp 278

生命真相之法句

Before long, alas! this body will lie upon the ground, cast aside, devoid of consciousness, even as a useless charred log.
的确在不久之后，此身将躺在大地，
被丢弃且无心识，如丢弃无用木头。

What is laughter, what is joy, when the world is ever burning?
Shrouded by darkness, would you not seek the light?
(世间) 常常在燃烧，为何笑为何高兴？
当被黑暗复蔽时，为何不寻求明灯？

Thoroughly worn out is this body, a nest of diseases, perishable. This putrid mass breaks up. Truly, life ends in death.
此身已彻底衰老，是一巢病并毁坏。
这堆不净分解时，生命结束于死亡。

Like a withered leaf are you now. The messengers of death wait for you. On the threshold of decay you stand. Provision too there is none for you.
如今你就像枯黄的叶，死亡使者已在等着你；
你就站在出发的门口，然而你连旅费都没有。

Make an island unto yourself. Strive quickly; become wise. Purged of stain and passionless, you shall enter the heavenly stage of the Ariyas.
你应为自己做个岛，赶快精进以成智者。
清除了污垢且无染，你会去天界的圣地。

Your life has come to an end now. To the presence of death you are setting out. No halting place is there for you on the way. Provision too there is none for you.
如今你的命已到终点，你就要去死王的面前，
途中你又没有住宿处，然而你连旅费都没有。

Make an island unto yourself. Strive quickly; become wise. Purged of stain and passionless, you will not come again to birth and old age.
你应为自己做个岛，赶快精进以成智者。
清除了污垢且无染，你将不会再生与老。

All conditioned things are impermanent: when this, with wisdom, one discerns, then is one disenchanted with suffering; this is the path to purity.
诸行是无常，以慧照见时，
就会厌离苦。这是清净道。

All conditioned things are suffering: when this, with wisdom, one discerns, then is one disenchanted with suffering; this is the path to purity.
诸行皆是苦，以慧照见时，
就会厌离苦。这是清净道。

'Sabbe dhammā anattā'ti,
Yadā paññāya passati;
Atha nibbindati dukkhe,
Esa maggo visuddhiyā. – Dhp 279

Na santi puttā tāṇāya,
Na pitā nāpi bandhavā;
Antakenādhīpannassa,
Natthi ñātīsu tāṇatā. – Dhp 288

Etamattavasamā ñatvā,
Paṇḍito sīlasamvuto;
Nibbānagamanam maggam,
Khippameva visodhaye. – Dhp 289

Etena saccavajjena dukkhā vūpasamentu te.
Etena saccavajjena bhayā vūpasamentu te.
Etena saccavajjena sokā vūpasamentu te.

All phenomena are non-self: when this, with wisdom, one discerns, then is one disenchanted with suffering; this is the path to purity.
诸法皆无我，以慧照见时，
就会厌离苦。这是清净道。

There are no sons for one's protection, neither father nor even kinsmen; for one who is overcome by death no protection is to be found among kinsmen.
没有儿子能给予保护，父亲与亲戚们也不能，
对于被终结者制伏者，于亲族中找不到保护。

Realizing this fact, let the virtuous and wise person swiftly clear the way that leads to Nibbāna.
明白此事的力量，持守戒律的智者
应当迅速清理好 导向涅槃的道路。

By this speaking of the truth, may you relieve from suffering.
By this speaking of the truth, may you relieve from fear.
By this speaking of the truth, may you relieve from grief.
借此真实话语，愿你平息痛苦；
借此真实话语，愿你平息恐惧；
借此真实话语，愿你平息忧愁。

Ovāda-Pātimokkha-Gāthā

(p.10)

Khantī paramam tapo titikkhā,
Nibbānam paramam vadanti Buddhā;
Na hi pabbajito parūpaghātī,
Na samaṇo hoti param viheṭṭhayanto.

Sabba-pāpassa akaraṇam,
Kusalassa upasampadā,
Sacitta-pariyodapanam,
Etam Buddhāna'Sāsanam.

Anūpavādo, anūpaghāto,
Pātimokkhe ca samvaro,
Mattaññutā ca bhāttasmim,
Pantañca sayanāsanam,
Adhicitta ca āyogo,
Etam Buddhāna'Sāsanam. – Dhp 184, 183, 185

Verses of Pātimokkha Exhortation

护解脱教诫偈

Enduring patience is the highest austerity. 'Nibbāna is supreme,' say the Buddhas. He is not a true renunciate who harms another, nor a true recluse who oppresses others.
忍辱是至上磨练，诸佛说涅槃至上，
害他实非出家人，恼他不名为沙门。

The not doing of all that is bad, undertaking [all] that is skilful and cleansing one's own mind — this is the teaching of the Buddhas.
诸恶莫做，众善奉行，
自净其意，是诸佛教。

Not despising, not harming, restrained according to the monastic discipline, knowing the [right] amount in regard to food, [dwelling in a] secluded lodging, and dedication to [the practice of] higher mind — this is the teaching of the Buddhas.
不贬与不害，严持于戒律，
饮食知节量，僻静处独居，
勤修增上心，是为诸佛教。

Bhaddekaratta-Gāthā (p.10)

Atītaṃ nānvāgameyya,
Nappaṭikaṅkhe anāgataṃ;
Yadatītaṃ pahīnaṃ taṃ,
Appattañca anāgataṃ.

Paccuppannañca yo dhammaṃ
Tattha tattha vipassati;
Asaṃhīraṃ asaṅkappaṃ
Taṃ vidvā manubrūhaye;

Ajjeva kiccaṃātappaṃ
Ko jaññā maraṇaṃ suve;
Na hi no saṅgarantena
Mahā-senena maccunā.

Evaṃ viharīṃ ātāpīṃ
Ahorattamatanditaṃ,
Taṃ ve 'bhaddeka-ratto'ti
Santo ācikkhate Muni'ti.

– MN, 131-134

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

Verses on 'An Auspicious Night'**贤善一夜偈**

One should neither follow the past nor have expectations for the future; what is past has gone and the future not yet reached.

不应沉湎过去，亦别期盼未来；
过去已经过去，未来还未到来。

Instead with insight let him see each presently arisen condition; let him know that and be sure of it, invincibly, unshakably.

应当透过智慧，观照当下之法，
正确地了知它，坚定且不动摇。

Today itself ardent effort should be made; who knows death may come tomorrow. For there is no bargaining with that, [that is] with death and its great army.

今日就应努力，谁知明日便死；
跟死王之大军，无法讨价还价。

One who thus dwells ardently, relentlessly day and night – the serene Sage states that he [is one who has spent] 'an auspicious night.'

如此热忱安住，日夜都在精进；
寂静圣贤称之：贤善渡过一夜。

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Dasadhammāsuttaṃ (p.11) (Pabbajita-Abhiṇhasuttaṃ)

“Dasayime, bhikkhave, dhammā
pabbajitena abhiṇhaṃ paccavekkhitabbā.
Katame dasa?

1. ‘Vevaṇṇiyamhi ajjhupagato’ti
pabbajitena abhiṇhaṃ paccavekkhitabbā;

2. ‘Para-paṭibaddhā me jīvikā’ti
pabbajitena abhiṇhaṃ paccavekkhitabbā;

3. ‘Añño me ākappo karaṇīyo’ti
pabbajitena abhiṇhaṃ paccavekkhitabbā;

4. ‘Kacci nu kho me attā sīlato na
upavadatī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbā;

5. ‘Kacci nu kho maṃ anuvicca viññū
sābrahma-cārī sīlato na upavadantī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbā;

6. ‘Sabbhehi me piyehi manāpehi nānā-
bhāvo vinā-bhāvo’ti pabbajitena abhiṇhaṃ
paccavekkhitabbā;

7. ‘Kamassakomhi kamma-dāyādo
kamma-yoni kamma-bandhu kamma-
paṭisaraṇo, yaṃ kammaṃ karissāmi kalyāṇaṃ
vā pāpakaṃ vā tassa dāyādo bhavissāmī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbā;

8. ‘Kathaṃbhūtassa me rattindivā
vītivattantī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbā;

9. ‘Kacci nu kho ahaṃ suññāgāre
abhiraṃāmī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbā;

Discourse on Ten Dhammas 十法经

“There are these ten things, bhikkhus, that one who
has gone forth should frequently reflect on. What are the
ten?

「诸比丘，有十种法是出家人应当经常省察
的。是哪十种？」

‘I have become one who has no class’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我已经成为没有阶
级分别的人。』

‘I am bound to others for my livelihood’, one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我的生活依赖他
人。』

‘I should comport myself differently’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『我的行仪举止应
[与在家人] 不同。』

‘Can I myself find no fault with my virtue?’ one who
has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否不会因戒而
谴责自己？』

‘Will my wise companions in the spiritual life, after
testing me, find no fault with my virtue?’, one who has
gone forth should frequently reflect on this.

出家人应当经常地省察：『有智的同梵行者检
查后，是否不会因戒而谴责我？』

‘All those who are dear and pleasing to me are
subject to change, subject to separation (i.e. death)’, one
who has gone forth should frequently reflect on this.

出家人应当经常地省察：『一切我所喜爱、可
意的会变易、别离（即：死亡）。』

‘I am the owner of my kammās, I am the heir of my
kammās, it is kamma that I am born from, kammās are
my kinsfolk, kammās are my refuge, whatever kammās I
perform, whether good or bad, to that I will be the heir’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是业的所有者，
业的继承者，以业为起源，以业为亲属，以业为依
靠。无论我所造的业是善或恶，我将是它的继承
者。』

‘In what way do the nights and days pass for me?’,
one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是如何度过日
夜呢？』

‘Do I delight in empty places?’ one who has gone
forth should frequently reflect on this.

出家人应当经常地省察：『我是否乐于空闲处
呢？』

10. 'Atthi nu kho me uttari-manussa-dhammo alamariya-ñāṇa-dassana-viseso adhigato, yenāhaṃ pacchime kāle sabrahmacārīhi puṭṭho na maṅku bhavissāmī'ti pabbajitena abhiṇhaṃ paccavekkhitabbā.

Ime kho, bhikkhave, dasa dhammā pabbajitena abhiṇhaṃ paccavekkhitabbā."

– AN.X.48

'Has a state beyond (ordinary) human beings, the distinction of what is truly noble knowledge and seeing been attained by me? Will I at the end, when questioned by my companions in the spiritual life, not be embarrassed?', one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否有证得上人法、真正殊胜的圣智见呢？在我最后时刻，当同梵行者们问及时，我将不会羞愧？』

"These are the ten things, bhikkhus, that one who has gone forth should frequently reflect on."

诸比丘，此十种法乃出家人应当经常地省察。」

Catupaccavekkhaṇā (p.12)

Paṭisaṅkhā yoniso cīvaraṃ paṭisevāmi, yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya, ḍaṃsa-makasa-vātātapa-sirīmsapa-samphassānaṃ paṭighātāya, yāvadeva hiri-kopīna-paṭicchādanatthaṃ.

Paṭisaṅkhā yoniso piṇḍapātaṃ paṭisevāmi, neva davāya na madāya na maṇḍanāya na vibhūsanāya, yāvadeva imassa kāyassa ṭhitiyā yāpanāya vihiṃsūparatiyā brahmacariyānuggahāya, iti purāṇaṇca vedanaṃ paṭisaṅkhāmi, navaṇca vedanaṃ na uppādessāmi, yātrā ca me bhavissati anavajjatā ca phāsu-vihāro ca.

Paṭisaṅkhā yoniso senāsanaṃ paṭisevāmi, yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya, ḍaṃsa-makasa-vātātapa-sirīmsapa-samphassānaṃ paṭighātāya, yāvadeva utu-parissaya-vinodanaṃ paṭisaṅkharāmatthaṃ.

Paṭisaṅkhā yoniso gilāna-paccaya-bhesajja-parikkhāraṃ paṭisevāmi, yāvadeva uppannānaṃ veyyābādhikānaṃ vedanānaṃ paṭighātāya, abyāpajjha-paramatāya.

Four [Requisites] Contemplation

四种省思

Reflecting wisely, I wear the robe, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and also for the purpose of covering the parts of my body that cause shame.

我如理省思所受用之衣，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了遮蔽羞处。

Reflecting wisely I use almsfood not for play, not for pride, not for beauty, not for fattening; but merely for the sustenance and continuance of this body; to cease discomfort; and to be able to practise the holy life, thinking "Thus I will destroy old feelings (of hunger) and not create new feelings (from overeating). I will maintain myself, be blameless, and live in comfort."

我如理省思所受用的食物，不为嬉戏，不为骄傲，不为装饰，不为庄严，只是为了此身住立存续，为了停止伤害，为了资助梵行，如此我将消除旧受，并使新受不生，我将维持生命、无过且安住。

Reflecting wisely I make use of dwellings, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and as a protection from the perils of weather conditions; and for the joy of seclusion.

我如理省思所受用的住所，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了免除季候的危险，而好独处（禅修）之乐。

Reflecting wisely I make use of medicinal requisites that are for curing the sick, only to counteract any afflicting feelings (of illness) that have arisen and for maximum freedom from disease.

我如理省思所受用的病者所需之药品，只是为了治疗已生起的病苦之受，为了尽量没有身苦。

Subha-Patthanā & Paritta (p.18) Blessings and Protection 祝福与护卫

Yaṃ dunnimittāṃ avamaṅgalaṇca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Buddhānubhāvena vināsamentu.

By the power of the Buddha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛陀的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

Yaṃ dunnimittāṃ avamaṅgalaṇca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Dhammānubhāvena vināsamentu.

By the power of the Dhamma, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛法的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

Yaṃ dunnimittāṃ avamaṅgalaṇca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Saṅghānubhāvena vināsamentu.

By the power of the Saṅgha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过僧团的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

Sabbītiyo vivajjantu,
Sabba-rogo vinassatu,
Mā te bhavatvantarāyo,
Sukhī dīghāyuko bhava.

May all calamities be avoided, may all diseases disappear, may there be no obstacle[s] for you, [and may] you be happy and have long life.

愿免离一切灾难，愿一切疾病消失；
愿你没有诸障碍，愿你快乐又长寿！

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-buddhānubhāvena
Sadā sotthī bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Buddhas, may you have well-being always.

愿你得一切吉祥，愿一切神保护你；
透过诸佛的威力，愿你永远都平安！

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-dhammānubhāvena
Sadā sotthī bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Dhammas, may you have well-being always.

愿你得一切吉祥，愿一切神保护你；
透过诸法的威力，愿你永远都平安！

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-saṅghānubhāvena
Sadā sotthī bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Saṅghas, may you have well-being always.

愿你得一切吉祥，愿一切神保护你；
透过诸僧的威力，愿你永远都平安！

Nakkhatta-yakkha-bhūtānaṃ
Pāpaggaha-nivāraṇā,
Parittassānubhāvena
Hantu tesāṃ upaddave.

The obstacles from the bad [influences of] planets, [and] of constellations, demons and ghosts; by the power of this protective chant, may the dangers of [all of] these be destroyed.

灾星与夜叉与鬼、以及星座的阻碍；
以护卫经之力量，愿破除彼等诸厄！

Dukkhappattā ca niddukkhā
Bhayappattā ca nibbhayā,
Sokappattā ca nissokā
Hontu sabbe'pi pāṇino.

May all creatures who are suffering be without suffering, [living in] fear be without fear and [living in] sorrow be without sorrow.

祝愿一切的众生，痛苦的不再痛苦，
恐惧的不再恐惧，忧愁的不再忧愁。

Sabbe Buddhā balappattā
Pacceka-nāṇa yaṃ balaṃ,
Arahantānaṃ teja
Rakkhaṃ bandhāmi sabbaso.

By the (protective) power of the Buddhas, the power of Pacceka-Buddhas and the power of Arahants, I fortify the protection in every way.

以一切佛陀之力，及诸辟支佛之力，
及诸阿罗汉之力，我建立一切守护！

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā,
Puññantaṃ anumoditvā
Ciraṃ rakkhantu Sambuddha-sāsanaṃ.

May beings inhabiting in space and on earth, devas and nāgas of mighty power, having rejoiced in this merit of ours, long protect the Buddha's Teaching.

住在天空与地上，大神力之神与龙，
随喜这项功德后，请恒常守护佛教！

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā,
Puññantaṃ anumoditvā
Ciraṃ rakkhantu Sambuddha-desanaṃ.

May beings inhabiting in space and on earth, devas and nāgas of mighty power, having rejoiced in this merit of ours, long protect the Buddha's Preaching.

住在天空与地上，大神力之神与龙，
随喜这项功德后，请恒守护佛教法！

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā,
Puññantaṃ anumoditvā
Ciraṃ rakkhantu Sambuddha-sāvakaṃ,
Ciraṃ rakkhantu maṃ paraṃ.

May beings inhabiting in space and on earth, devas and nāgas of mighty power, having rejoiced in this merit of ours, long protect the Buddha's disciples. May they long protect me and others.

住在天空与地上，大神力之神与龙，
随喜这项功德后，请恒守护佛弟子，
恒守护我与他人！

Pattidāna (p.20)

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe devā'numodantu
Sabba-sampatti siddhiyā.

May all deities rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切神随喜我们至今所累积的功德，愿一切得成就！

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe bhūtā'numodantu
Sabba-sampatti siddhiyā.

May all creatures rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切众生随喜我们至今所累积的功德，愿一切得成就！

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe sattā'numodantu
Sabba-sampatti siddhiyā.

May all beings rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切有情随喜我们至今所累积的功德，愿一切得成就！

Idaṃ me ñātinaṃ hotu, sukhitaṃ hontu ñātayo.
(3X)

Let this (merit) accrue to my departed relatives and may they be happy.

回向此（功德）予我的亲人，愿他们快乐。

Kappa-sata-sahassāni
Soḷasāpi asaṅkhaye,
Sambharaṃ bodhi-sambhāre
Āgato jāti-jātisū,

Niyato Buddha-bhāvāya
Bhadda-kappe idhantime,
Bodhi-satto ca Metteyyo
Puññaṃ me anumodatu.

Asmiṃ vihāre ca ārāme
Adhivattā ca devatā,
Anumoditvā imaṃ puññaṃ
Rakkhantu Jina-sāsanaṃ.

Sabbe sattā ca majjhataṃ
Hitā ca ahitā ca me,
Anumoditvā imaṃ puññaṃ
Bujjhantu amataṃ padaṃ.

For a hundred thousand and sixteen asaṅkhaya
aeons undergoing birth after birth accumulating the
necessary experiences for [attaining] enlightenment ...

在十六阿僧祇和十万大劫里，生生世世都累积
菩提资粮，

... and certain to [attain the] state of Buddhahood,
being the last [Buddha] in this auspicious aeon, may the
Bodhisatta Metteyya rejoice in [this accrued] merit of
mine.

肯定会成佛，是这个贤劫里的最后一尊佛，愿
弥勒菩萨随喜我的功德。

May the deities living in this temple building and
monastery rejoice in this merit [that we have accrued] and
protect the Teachings of the Conqueror (i.e. the Buddha).

愿住在这寺院和园林里的神明们随喜这项功
德后护持胜利者（佛陀）的教法。

May all beings neutral, beneficial and harmful to me
rejoice in this merit [that I have accrued] and awaken to
the deathless state (i.e. attain Nibbāna).

愿一切有情，包括对我普通、有益及无益的，
在随喜此功德之后，都证悟不死（涅槃）之境。

Accaya-Vivaraṇa & (p.21) Khamāpana

Kāyena vācā-cittena
Pamādena mayā kataṃ,
Accayaṃ khama me Bhante
Bhūri-paṇṇa Tathāgata.

Kāyena vācā-cittena
Pamādena mayā kataṃ,
Accayaṃ khama me Dhamma
Sandiṭṭhika, akālika.

Kāyena vācā-cittena
Pamādena mayā kataṃ,
Accayaṃ khama me Saṅgha
Puññakkhetta anuttara.

Asking for Forgiveness 祈求宽恕

For any transgression I have committed through
heedlessness, by way of body, speech or mind, please
forgive me, Venerable Sir, Realised One, O greatly wise.

于身于口于意，
因我放逸所造，
请原谅我的错，
尊者——广慧如来。

For any transgression I have committed through
heedlessness, by way of body, speech or mind, please
forgive me, O Dhamma, which is self-evident, not
delayed in time.

于身于口于意，
因我放逸所造，
请原谅我的错，
佛法——自见无时。

For any transgression I have committed through
heedlessness, by way of body, speech or mind, please
forgive me, O Saṅgha, unsurpassed field of merit.

于身于口于意，
因我放逸所造，
请原谅我的错，
僧伽——无上福田。

Patthanā (p.21)

Iminā puñña-kammena
Mā me bāla-samāgamo,
Sataṃ samāgamo hotu
Yāva nibbāna-pattiyā.

Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññabhāgaṃ labhantu.

Good Wishes for Ven. (p.22)
Pa-Auk Sayadaw,
Ariyadhamma Mahāthera
& Other Theras

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhiṃ,
Therāsabho Āciṇṇo yatinda-nātho
Dīghāyuko bhavatu sādhu-samiddha-citto.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-citta-pasādhitena,
Therāsabho Ariyadhammo yatinda-nātho
Sambodhiñāṇamadhigacchatu sādhu sādhu.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhiṃ,
Therāsabhātha garu-gārava-bhāvanīyā
Dīghāyukā bhavatha sādhu-samiddha-cittā.

Aspiration 发愿

By this meritorious act
May I never meet with the foolish;
May I [only] meet with the wise
Up until I attain Nibbāna.
愿以这项功德
令我不遇愚人
令我亲近智者
直到我证涅槃。

May this merit of mine be conducive to the
destruction of the taints.

May this merit of mine be a [supportive] condition
[for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。
愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings.
May all those beings get an equal share of the merits
shared by me.

我把我的功德与一切有情分享，
愿他们都平等地得到我的功德。

祝福
帕奥禅师、
圣法大长老
与其他长老

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma together with the power
of the Buddha, etc. (i.e. the Triple Gem), may the leader
and [spiritual] helper of monks, the prominent Elder Most
Venerable Āciṇṇa (Ven. Pa-Auk Sayadaw), have a long
life and successfully fulfill his noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以
及透过佛陀等（即三宝）的力量，愿作为出家众的
元老、领导与依持者的帕奥禅师长寿，以及成就其
善心愿。

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma and the inspiring
/gladdening of the mind [through reflecting] on the
Buddha, etc. (i.e. the Triple Gem), may the leader and
[spiritual] helper of monks, the prominent Elder Most
Venerable Ariyadhamma, attain the knowledge of
complete awakening. It is well, it is well!

透过谨慎及欢喜地修法所累积的这些功德，以
及透过（思惟）佛陀等（即三宝）而在心中生起的
净信，愿作为出家众的元老、领导与依持者的圣法
大长老达到圆满觉悟，善哉，善哉！

By the [merits] thoughtfully and joyfully acquired
by [us practising] this Dhamma together with the power
of the Buddha, etc. (i.e. the Triple Gem), may other
Venerable theras, senior members of the Saṅgha, have a
long life and successfully fulfill their noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以
及透过佛陀等（即三宝）的力量，愿僧团的其他长
老长辈长寿，以及成就他们的善心愿。

Sugatovāda (p.22)

Appamādena, bhikkhave, sampādetha.
Dullabho Buddhuppādo lokasmiṃ.
Dullabho manussatta-paṭilābho.
Dullabhā khaṇa-sampatti.
Dullabhā saddhā-sampatti,
Dullabhā pabbajjā.
Dullabham Saddhammasavaṇaṇ”ti.
Evaṃ Bhagavā divase divase ovadi,
Evaṃ Sugato divase divase ovadi.

Exhortation of the Well-Fared One 善逝教诫

Monks, strive with heedfulness. Rare is it that Buddhas arise in the world. Rare is it that [one] obtains a human [birth]. Rare is it to have the good fortune of [being in the right] time [and place to come in contact with the Dhamma]. Rare is it that [one] is endowed with faith. Rare is [it that there is the opportunity to take] the going forth. Rare is [it that there is the opportunity for] listening to the Dhamma. Thus the Blessed One exhorted daily, thus the Well-fared One exhorted daily.

「诸比丘，应不放逸地奋斗至成就！」

佛现于世甚难得；
获得人身甚难得；
遇对时机甚难得；
具足正信甚难得；
出家机会甚难得；
听闻正法甚难得。」
世尊如是天天教诫，
善逝如是天天教诫。

Tathāgatassa Pacchimā Vācā (p.23) *The Tathāgata's Last Speech*

如来最后的话

... parinibbāna-samaye ... Bhagavā bhikkhū
āmantesi: “Handa’dāni, bhikkhave,
āmantayāmi vo: **vaya-dhammā saṅkhārā,**
appamādena sampādethā”ti. Ayaṃ
Tathāgatassa pacchimā vācā.

– DN, Mahāvagga, Mahāparinibbānasuttaṃ

At one time the Blessed One dwelt in the Sal grove of the Mallas, near Kusinārā, between a pair [of entwined] Sal trees, when [He was about to enter] final Nibbāna. Then the Blessed One addressed the bhikkhus: “Bhikkhus, let me now address you: conditioned phenomena are subject to disintegration, [therefore] strive with diligence.” This was the Tathāgata’s last speech.

在即将进入般涅槃的时候，世尊向诸比丘说：
「诸比丘，我跟你们说，诸行是坏灭法，因此应当精进地奋斗到成就。」这是如来的最后的话。

Chanting after Pātimokkha 诵戒后念诵

Bhikkhu-Aparihāniyadhammā *Dhammas for Non-Dcline of Bhikkhus*

比丘不衰退之法(p.152) 348

Mettā Chanting 慈悲诵(p.16) 355

Good Wishes and Sharing of Merit etc 2 祝愿与分享功德等 2 (p.166) 356

Bhikkhu-Aparihāniyadhammā

(p.152)

Atha kho bhagavā acirapakkante Vassakāre brāhmaṇe magadhamahāmatte āyasmantaṃ Ānandaṃ āmantesi – “Gaccha tvaṃ, Ānanda, yāvatikā bhikkhū rājagahaṃ upanissāya viharanti, te sabbe upaṭṭhānasālāyaṃ sannipātehi”ti. “Evaṃ, bhante”ti kho āyasmā Ānando bhagavato paṭissutvā yāvatikā bhikkhū rājagahaṃ upanissāya viharanti, te sabbe upaṭṭhānasālāyaṃ sannipādetvā yena bhagavā tenupasaṅkami; upasaṅkamitvā bhagavantaṃ abhivādetvā ekamantaṃ aṭṭhāsi. Ekamantaṃ ṭhito kho āyasmā Ānando bhagavantaṃ etadavoca – “Sannipatito, bhante, bhikkhu-saṅgho, yassadāni, bhante, bhagavā kālaṃ maññati”ti.

Atha kho bhagavā utṭhāyāsanaṃ yena upaṭṭhānasālā tenupasaṅkami; upasaṅkamitvā paññatte āsane nisīdi. Nisajja kho bhagavā bhikkhū āmantesi – “Satta vo, bhikkhave, aparihāniye dhamme desessāmi, taṃ suṇātha, sādhu-kāṃ manasikarotha, bhāsissāmi”ti. “Evaṃ, bhante”ti kho te bhikkhū bhagavato paccassosun. Bhagavā etadavoca –

“Yāvakīvañca, bhikkhave, bhikkhū abhiṇhaṃ sannipātā sannipātabahulā bhavissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū samaggā sannipatissanti, samaggā vuṭṭhahissanti, samaggā saṅghakaraṇīyāni karissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

Dhammas for Non-Decline of Bhikkhus 比丘不衰退之法

Then, soon after the brahmin Vassakāra's departure, the Blessed One addressed the Venerable Ānanda thus: “Go now, Ānanda, and assemble in the hall of audience as many bhikkhus as live around Rājagaha.” “Very well, Venerable Sir.” Having agreed to the Blessed One, and having assembled in the hall of audience as many bhikkhus as living around Rājagaha, the Venerable Ānanda approached the Blessed One. Having approached and made obeisance to the Blessed One, he stood at one side. Standing at one side, the Venerable Ānanda said this to the Blessed One: “Venerable Sir, the community of bhikkhus is assembled. Now, Venerable Sir, let the Blessed One do as he wishes.”

摩竭陀大臣瓦沙卡拉婆罗门离开不久之后，世尊跟阿难尊者说：「阿难，你去把住在王舍城一带的所有比丘都召集到讲堂里来。」「是，尊者。」阿难尊者按照世尊的吩咐召集王舍城一带的所有比丘到讲堂里来，然后去见世尊。来到后，他顶礼世尊，然后站在一旁。站在一旁，阿难尊者向世尊说：「尊者，比丘僧团已经集合了。尊者，现在是时候世尊做他想做的事。」

Thereupon the Blessed One rose from his seat, went up to the hall of audience, took his appointed seat there, and addressed the bhikkhus thus: “Bhikkhus, I shall teach you seven conditions leading to non-decline. Listen and pay attention to what I shall say.”

“Yes, Venerable Sir,” those bhikkhus replied the Blessed One. The Blessed One said thus:

当时世尊从座位起身，来到讲堂。来到后，世尊坐在准备好的座位，向诸比丘说：「诸比丘，我将教导你们七不衰退法。你们应该专心聆听我将要说的话。」「是，尊者。」那些比丘回答世尊。世尊如此说：

“Bhikkhus, so long as bhikkhus assemble frequently and assemble in large numbers, the growth of bhikkhus is to be expected, not their decline.

「诸比丘，只要比丘们时常集会，很多人来集会，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus meet harmoniously, disperse harmoniously, and attend to the affairs of the Saṅgha harmoniously, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们和谐地集会、和谐地散会、和谐地处理僧团应做的事，诸比丘，就可预期比丘们会增长，不会衰退。

“Yāvakīvañca, bhikkhave, bhikkhū
apaññattaṃ na paññapessanti, paññattaṃ na
samucchindissanti, yathāpaññattesu sikkhā-
padesu samādāya vattissanti, vuddhiyeva,
bhikkhave, bhikkhūnaṃ pāṭikañkhā, no
parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū ye te
bhikkhū therā rattaññū cirapabbajitā
saṅghapitaro saṅghapariṇāyakā, te
sakkarissanti garuṃ karissanti mānessanti
pūjessanti, tesañca sotabbaṃ maññissanti,
vuddhiyeva, bhikkhave, bhikkhūnaṃ
pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū
uppannāya taṇhāya ponobbhavikāya na vasaṃ
gacchissanti, vuddhiyeva, bhikkhave,
bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū
āraññakesu senāsanesu sāpekkhā bhavissanti,
vuddhiyeva, bhikkhave, bhikkhūnaṃ
pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū
paccattaññeva satim upaṭṭhapessanti – ‘kinti
anāgatā ca pesalā sabrahmacārī āgaccheyyūṃ,
āgatā ca pesalā sabrahmacārī phāsu
vihareyyun’ti. Vuddhiyeva, bhikkhave,
bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, ime satta
aparihāniyā dhammā bhikkhūsu ṭhassanti,
imesu ca sattasu aparihāniyesu dhammesu
bhikkhū sandississanti, vuddhiyeva, bhikkhave,
bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Aparepi vo, bhikkhave, satta aparihāniye
dhamme desessāmi, taṃ suṇātha, sādhuṃ
manasikarotha, bhāsissāmi”ti. “Evaṃ,
bhante”ti kho te bhikkhū bhagavato
paccassosuṃ. Bhagavā etadavoca –

“Bhikkhus, so long as bhikkhus appoint no new
rules, and do not abolish the existing ones, but proceed in
accordance with the code of training laid down, the
growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们不立未立之戒、不废已立
之戒、依照已立之戒来遵守，诸比丘，就可预期比
丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus show respect,
honour, esteem, and veneration towards the elder
bhikkhus, those of long standing, long gone forth, the
fathers and leaders of the Saṅgha, and think it worthwhile
to listen to them, the growth of bhikkhus is to be
expected, not their decline.

诸比丘，只要比丘们恭敬、尊重、敬重、礼敬
长老比丘、元老、出家已久者、僧团之父、僧团之
领导，认为他们的话值得听取，诸比丘，就可预期
比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus do not come under
the power of the craving that leads to fresh becoming, the
growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们没有受到想要再生的贪爱
控制，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus cherish the forest
depths for their dwellings, the growth of bhikkhus is to
be expected, not their decline.

诸比丘，只要比丘们珍惜丛林住处，诸比丘，
就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus establish
themselves in mindfulness, so that virtuous spiritual
companions who have not come yet might do so, and
those already come might live in peace, the growth of
bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们自己能够建立正念，以便
还未到来的良善同梵行会到来，以及已到来的良善
同梵行能够安适地过活，诸比丘，就可预期比丘们
会增长，不会衰退。

“Bhikkhus, so long as these seven conditions
leading to non-decline endure among bhikkhus and
bhikkhus are known for it, the growth of bhikkhus is to
be expected, not their decline.

诸比丘，只要于比丘们之中存在这七项不衰退
法、于比丘们之中可见到这七项不衰退法，诸比丘，
就可预期比丘们会增长，不会衰退。

“Bhikkhus, I shall teach you another seven
conditions leading to non-decline. Listen and pay
attention to what I shall say.” “Yes, Venerable Sir,” those
bhikkhus replied the Blessed One. The Blessed One said
thus:

诸比丘，我将教导你们另外七项不衰退法。你
们应该专心聆听我将要说的话。」是，尊者。」那些
比丘回答世尊。世尊如此说：

“Yāvakīvañca, bhikkhave, bhikkhū na kammārāmā bhavissanti na kammaratā na kammārāmatamanuyuttā, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū na bhassārāmā bhavissanti na bhassaratā na bhassārāmatamanuyuttā, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū na niddārāmā bhavissanti na niddāratā na niddārāmatamanuyuttā, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū na saṅgaṇikārāmā bhavissanti na saṅgaṇikaratā na saṅgaṇikārāmatamanuyuttā, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū na pāpicchā bhavissanti na pāpikānaṃ icchānaṃ vasaṃ gatā, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū na pāpamittā bhavissanti na pāpasahāyā na pāpasampavaṅkā, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū na oramattakena visesādhigamena antarāvosānaṃ āpajjissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, ime satta aparihāniyā dhammā bhikkhūsu ṭhassanti, imesu ca sattasu aparihāniyesu dhammesu bhikkhū sandississanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Bhikkhus, so long as bhikkhus do not delight in, are not pleased with, and are not fond of works, the growth of bhikkhus is to be expected, not their decline.

「诸比丘，只要比丘们不喜爱工作、不乐于工作、不热衷于工作，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus do not delight in, are not pleased with, and are not fond of talking, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们不喜爱讲话、不乐于讲话、不热衷于讲话，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus do not delight in, are not pleased with, and are not fond of sleep, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们不喜爱睡觉、不乐于睡觉、不热衷于睡觉，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus do not delight in, are not pleased with, and are not fond of company, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们不喜爱成群结伙、不乐于成群结伙、不热衷于成群结伙，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus do not harbour, do not come under the spell of evil desires, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们没有邪恶欲望、没有受到邪恶欲望控制，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus have no bad friends, no bad associates, and no bad companions, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们没有恶朋、没有恶友、没有恶伴，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus do not stop halfway on account of some trifling achievement, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们没有因为已经有了些少的体证就中途停止，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as these seven conditions leading to non-decline endure among bhikkhus and bhikkhus are known for it, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要于比丘们之中存在这七项不衰退法、于比丘们之中可见到这七项不衰退法，诸比丘，就可预期比丘们会增长，不会衰退。

“Aparepi vo, bhikkhave, satta aparihāṇiye dhamme desessāmi, taṃ suṇātha, sādhukam manasikarotha, bhāssissāmi”ti. “Evaṃ, bhante”ti kho te bhikkhū bhagavato paccassosum. Bhagavā etadavoca –

“Yāvakīvañca, bhikkhave, bhikkhū saddhā bhavissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāṇi.

“Yāvakīvañca, bhikkhave, bhikkhū hirimaṇā bhavissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāṇi.

“Yāvakīvañca, bhikkhave, bhikkhū ottappī bhavissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāṇi.

“Yāvakīvañca, bhikkhave, bhikkhū bahussutā bhavissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāṇi.

“Yāvakīvañca, bhikkhave, bhikkhū āraddhavīriyā bhavissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāṇi.

“Yāvakīvañca, bhikkhave, bhikkhū upaṭṭhitassatī bhavissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāṇi.

“Yāvakīvañca, bhikkhave, bhikkhū paññavanto bhavissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāṇi.

“Yāvakīvañca, bhikkhave, ime satta aparihāṇiyā dhammā bhikkhūsu ṭhassanti, imesu ca sattasu aparihāṇiyesu dhammesu bhikkhū sandississanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāṇi.

“Bhikkhus, I shall teach you another seven conditions leading to non-decline. Listen and pay attention to what I shall say.” “Yes, Venerable Sir,” those bhikkhus replied the Blessed One. The Blessed One said thus:

诸比丘，我将教导你们另外七项不衰退法。你们应该专心聆听我将要说的话。」「是，尊者。」那些比丘回答世尊。世尊如此说：

“Bhikkhus, so long as bhikkhus have faith, the growth of bhikkhus is to be expected, not their decline.

「诸比丘，只要比丘们有信心，诸比丘，就可预期比丘们会增长，不会衰退。」

“Bhikkhus, so long as bhikkhus have moral shame, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们有惭心，诸比丘，就可预期比丘们会增长，不会衰退。」

“Bhikkhus, so long as bhikkhus have moral fear, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们有愧，诸比丘，就可预期比丘们会增长，不会衰退。」

“Bhikkhus, so long as bhikkhus are proficient in learning, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们多闻，诸比丘，就可预期比丘们会增长，不会衰退。」

“Bhikkhus, so long as bhikkhus are diligent, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们精勤，诸比丘，就可预期比丘们会增长，不会衰退。」

“Bhikkhus, so long as bhikkhus are mindful, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们有正念，诸比丘，就可预期比丘们会增长，不会衰退。」

“Bhikkhus, so long as bhikkhus are wise, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们有智慧，诸比丘，就可预期比丘们会增长，不会衰退。」

“Bhikkhus, so long as these seven conditions leading to non-decline endure among bhikkhus and bhikkhus are known for it, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要于比丘们之中存在这七项不衰退法、于比丘们之中可见到这七项不衰退法，诸比丘，就可预期比丘们会增长，不会衰退。」

“Aparepi vo, bhikkhave, satta aparihāniye dhamme desessāmi, taṃ suṇātha, sādhukam manasikarotha, bhāsissāmi”ti. “Evaṃ, bhante”ti kho te bhikkhū bhagavato paccassosum. Bhagavā etadavoca –

“Yāvakīvañca, bhikkhave, bhikkhū satisambojjhaṅgaṃ bhāvēssanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū dhammavicayasambojjhaṅgaṃ bhāvēssanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū vīriyasambojjhaṅgaṃ bhāvēssanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū pītisambojjhaṅgaṃ bhāvēssanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū passaddhisambojjhaṅgaṃ bhāvēssanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū samādhisambojjhaṅgaṃ bhāvēssanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū upekkhāsambojjhaṅgaṃ bhāvēssanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, ime satta aparihāniyā dhammā bhikkhūsu ṭhassanti, imesu ca sattasu aparihāniyesu dhammesu bhikkhū sandississanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā no parihāni.

“Bhikkhus, I shall teach you another seven conditions leading to non-decline. Listen and pay attention to what I shall say.” “Yes, Venerable Sir,” those bhikkhus replied the Blessed One. The Blessed One said thus:

诸比丘，我将教导你们另外七项不衰退法。你们应该专心聆听我将要说的话。」「是，尊者。」那些比丘回答世尊。世尊如此说：

“Bhikkhus, so long as bhikkhus develop the enlightenment factor of mindfulness, the growth of bhikkhus is to be expected, not their decline.

「诸比丘，只要比丘们培育念觉支，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus develop the enlightenment factor of investigation of dhammas, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们培育择法觉支，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus develop the enlightenment factor of effort, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们培育精进觉支，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus develop the enlightenment factor of joy, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们培育喜觉支，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus develop the enlightenment factor of tranquillity, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们培育轻安觉支，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus develop the enlightenment factor of concentration, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们培育定觉支，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus develop the enlightenment factor of equanimity, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们培育舍觉支，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as these seven conditions leading to non-decline endure among bhikkhus and bhikkhus are known for it, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要于比丘们之中存在这七项不衰退法、于比丘们之中可见到这七项不衰退法，诸比丘，就可预期比丘们会增长，不会衰退。

“Aparepi vo, bhikkhave, satta aparihāniye dhamme desessāmi, taṃ suṇātha, sādhukam manasikarotha, bhāssissāmi”ti. “Evaṃ, bhante”ti kho te bhikkhū bhagavato paccassosum. Bhagavā etadavoca –

“Yāvakīvañca, bhikkhave, bhikkhū aniccasaññaṃ bhāvēssanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū anattasaññaṃ bhāvēssanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū asubhasaññaṃ bhāvēssanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū ādinavaññaṃ bhāvēssanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū pahānasaññaṃ bhāvēssanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū virāgasaññaṃ bhāvēssanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū nirodhasaññaṃ bhāvēssanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, ime satta aparihāniyā dhammā bhikkhūsu ṭhassanti, imesu ca sattasu aparihāniyesu dhammesu bhikkhū sandissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Bhikkhus, I shall teach you another seven conditions leading to non-decline. Listen and pay attention to what I shall say.” “Yes, Venerable Sir,” those bhikkhus replied the Blessed One. The Blessed One said thus:

诸比丘，我将教导你们另外七项不衰退法。你们应该专心聆听我将要说的话。」「是，尊者。」那些比丘回答世尊。世尊如此说：

“Bhikkhus, so long as bhikkhus develop the perception of impermanence, the growth of bhikkhus is to be expected, not their decline.

「诸比丘，只要比丘们培育无常想，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus develop the perception of non-self, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们培育无我想，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus develop the perception of impurity, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们培育不净想，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus develop the perception of fault (of formations), the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们培育（诸行）过患想，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus develop the perception of relinquishment, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们培育舍断想，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus develop the perception of dispassion, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们培育离欲想，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus develop the perception of cessation, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们培育灭尽想，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as these seven conditions leading to non-decline endure among bhikkhus and bhikkhus are known for it, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要于比丘们之中存在这七项不衰退法、于比丘们之中可见到这七项不衰退法，诸比丘，就可预期比丘们会增长，不会衰退。

“Cha, vo bhikkhave, aparihāniye dhamme desessāmi, taṃ suṇātha, sādhu kaṃ manasikarotha, bhāsissāmi” ti. “Evaṃ, bhante” ti kho te bhikkhū bhagavato paccassosun. Bhagavā etadavoca –

“Yāvakīvañca, bhikkhave, bhikkhū mettaṃ kāyakammaṃ paccupaṭṭhāpessanti sabrahmacārīsu āvi ceva raho ca, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū mettaṃ vacīkammaṃ paccupaṭṭhāpessanti sabrahmacārīsu āvi ceva raho ca, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū mettaṃ manokammaṃ paccupaṭṭhāpessanti sabrahmacārīsu āvi ceva raho ca, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū, ye te lābhā dhammikā dhammaladdhā antamaso pattapariyāpannamattampi tathārūpehi lābhehi appaṭivibhattabhogī bhavissanti sīlavantehi sabrahmacārīhi sādharmaṇabhogī, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū yāni kāni sīlāni akhaṇḍāni acchiddāni asabalāni akammāsāni bhujissāni viññūpasatthāni aparāmaṭṭhāni samādhisaṃvattanikāni tathārūpesu sīlesu sīlasāmaññagatā viharissanti sabrahmacārīhi āvi ceva raho ca, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Bhikkhus, I shall teach you six conditions leading to non-decline. Listen and pay attention to what I shall say.” “Yes, Venerable Sir,” those bhikkhus replied the Blessed One. The Blessed One said thus:

诸比丘，我将教导你们六不衰退法。你们应该专心聆听我将要说的话。」「是，尊者。」那些比丘回答世尊。世尊如此说：

“Bhikkhus, so long as bhikkhus treat each other with loving-kindness in deed, both openly and in private, the growth of bhikkhus is to be expected, not their decline.

「诸比丘，只要比丘们无论公开或私底下都在身业上以慈爱来对待同梵行，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus treat each other with loving-kindness in word, both openly and in private, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们无论公开或私底下都在语业上以慈爱来对待同梵行，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus treat each other with loving-kindness in thought, both openly and in private, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们无论公开或私底下都在意业上以慈爱来对待同梵行，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus, in respect of what they receive as due offerings, even the contents of their alms bowls, they do not make use of them without sharing them with virtuous members of the community, the growth of bhikkhus is to be expected, not their decline.

诸比丘，对于如法所得、如法所获之物，即使只是钵食，只要比丘们不会在没有和有戒行的同梵行分享之前就享用它，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus live with their fellow bhikkhus who train themselves, openly and in private, in the same rules of conduct, which are complete and perfect, spotless and pure, liberating, praised by the wise, uninfluenced (by mundane concerns), and favourable to concentration of mind, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们和无论公开或私底下都持守相同的戒——不破、不裂、无染、清净、导向解脱、智者称赞、无污、导致生定之戒——的同梵行共住，诸比丘，就可预期比丘们会增长，不会衰退。

“Yāvakīvañca, bhikkhave, bhikkhū yāyaṃ
diṭṭhi ariyā niyyānikā, niyyāti takkarassa
sammā dukkhakkhayāya, tathārūpāya diṭṭhiyā
diṭṭhisāmaññagatā viharissanti sabrahmacārīhi
āvi ceva raho ca, vuddhiyeva, bhikkhave,
bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, ime cha
aparihāniyā dhammā bhikkhūsu ṭhassanti,
imesu ca chasu aparihāniyesu dhammesu
bhikkhū sandississanti, vuddhiyeva, bhikkhave,
bhikkhūnaṃ pāṭikaṅkhā, no parihāni”ti.

— DN, Mahāvagga, 3 Mahāparinibbānasuttam

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

“Bhikkhus, so long as bhikkhus live with their
fellow bhikkhus who preserve, openly and in private, the
same view that is noble and leading to liberation, and that
leads to utter destruction of suffering, the growth of
bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们和无论公开或私底下都延
续相同的圣见——导致依它修行者达到完全灭苦
之见——的同梵行共住，诸比丘，就可预期比丘们
会增长，不会衰退。

“Bhikkhus, so long as these six conditions leading
to non-decline endure among bhikkhus and bhikkhus are
known for it, the growth of bhikkhus is to be expected,
not their decline.”

诸比丘，只要于比丘们之中存在这六项不衰退
法、于比丘们之中可见到这六项不衰退法，诸比丘，
就可预期比丘们会增长，不会衰退。

By this speaking of truth, may there be well-being
for you always. By this speaking of truth, may all [your]
diseases disappear. By this speaking of truth, may there
be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Mettā Chanting (p.16)

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-
pariyāpannā, sabbā itthiyo, sabbe purisā,
sabbe ariyā, sabbe anariyā, sabbe devā,
sabbe manussā, sabbe vinipātikā –

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkā
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Puratthimāya disāya, pacchimāya disāya,
uttarāya disāya, dakkhiṇāya disāya, puratthi-
māya anudisāya, pacchimāya anudisāya,
uttarāya anudisāya, dakkhiṇāya anudisāya,
hetṭhimāya disāya, uparimāya disāya,

慈悲诵

May all beings, all breathing things, all creatures, all
individuals, all self embodied [beings], all women, all
men, all noble ones, all non-noble ones, all deities, all
human beings, all beings in the realms of suffering:

一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

May they be free from enmity, be free from mental
suffering, be free from physical suffering, and take care of
themselves happily. May they be liberated from suffering,
and not be parted from the good fortune they have
attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他
们没有身体上的痛苦，愿他们快乐地照顾好自己。
愿他们脱离苦。愿他们不失去任何现在已得的。他
们是自己的业的主人。

In the easterly direction, in the westerly direction, in
the northerly direction, in the southerly direction, in the
south-east direction, in the north-west direction, in the
north-east direction, in the south-west direction, in the
downward direction, in the upward direction:

在东方、在西方、在北方、在南方、在东南方、
在西北方、在东北方、在西南方、在下方、在上方

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-
pariyāpannā, sabbā itthiyo, sabbe purisā,
sabbe ariyā, sabbe anariyā, sabbe devā,
sabbe manussā, sabbe vinipātikā –

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā pathavī-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā udake-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā ākāse-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:

一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live on earth: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在地上过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in water: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在水里过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in the sky: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在天空里过活的有情无嗔无怨、无苦无厄。

Good Wishes and Sharing of Merit etc 2 (p.166)

Yaṃ pattaṃ kusalaṃ tassa
Ānubhāvena pāṇino
Sabbe saddhamma-rājassa
Ñatvā Dhammaṃ sukhāvahaṃ,
Pāpuṇantu visuddhāya
Sukhāya paṭipattiya
Asokamanupāyāsaṃ
Nibbānasukhamuttamaṃ.

祝愿与分享功德等 2

By the power of whatever wholesome state attained by me, may all beings, having known rightly the King of Dhamma's teachings which give bliss (of Nibbāna), attain the bliss of Nibbāna, sorrowless, without distress and supreme, through the Middle Practice (Noble Eightfold Path) which is pure and blissful.

以我所成就的善法力量，愿一切有情在了知正法王导向快乐（涅槃）之法后，透过清净快乐的修行，达到至上的涅槃乐、无忧无恼。

Ciraṃ tiṭṭhatu saddhammo,
Dhamme hontu sagāravā
Sabbe'pi sattā, kālena
Sammā devo pavassatu.

Yathā rakkhimsu porāṇā
Surājāno tathevimaṃ,
Rājā rakkhātu dhammena
Attano'va pajam pajam.

– Aṭṭhasālīnī, Nigamanakathā

Iminā puññakammena,
Upajjhāyā guṇuttarā,
Ācariyūpakārāca
Mātā pitā piyā mamaṃ,

Suriyo candimā rājā,
Guṇavantā narā'pi ca
Brahmā Mārā ca Indā ca,
Lokapālā ca devatā,

Yamo mittā manussāca
Majjhata verikā'pi ca,
Sabbe sattā sukhī hontu
Puññāni pakatāni me.

Sukhaṃ ca tividhaṃ dentu,
Khippaṃ pāpetha vo mataṃ.
Iminā puññakammena
Iminā uddissena ca,

Khippā hantu labheceva
Taṇhūpādāna chedanāṃ.
Ye santāne hinā dhammā
Yāva nibbānato mamaṃ,

Nassantu sabbadā yeva
Yattha jāto bhava bhava,
Ujucitto sati pañño
Sallekho viriya vāminā.

Mārā labhantu nokāsaṃ
Kātuṃ ca viriyetu me,
Buddho dīpavaro nātho,
Dhammo nātho varuttamo.

May the true Dhamma last long, may all beings also respect the Dhamma, and may the [rain] god [give] proper and timely rain.

愿正法久住，愿一切有情也恭敬法，愿雨神适时降雨。

Just as good kings of ancient times gave protection, may the king righteously protect the people like his own (offspring).

正如古代贤善之王给予保护，愿国王善护人民如善护自己的子女。

May my preceptors and teachers, my superiors in virtue, and all those who have helped me, my dear parents, the deities of the sun and moon, all good human beings, Brahmā, Māras, Indras and the guardian deities of the world, Yama, my good friends, acquaintances, and even those not well disposed towards me, may they all share in my meritorious deeds and by the power of that merit may they all be happy!

愿我的戒师、老师、有德行的长辈、所有帮过我的人、我亲爱的父母、日神、月神、具德之人、诸梵天、诸魔、诸因陀、世界的保护神、夜摩、朋友、普通人、仇敌，愿他们都随喜我的功德，及以此功德，愿他们都快乐。

May they attain the threefold joy of the path, fruition and Nibbāna! May their good wishes be fulfilled soon! May the merit that they have shared help them soon destroy craving and the tendency to grasp. Whatever low and mean qualities are in me, may I destroy them day by day until I attain Nibbāna. Wherever I am born may I possess integrity, mindfulness and wisdom, and with right effort may I rid myself of defilements.

愿他们得到道、果与涅槃这三种乐。愿他们的心愿迅速达成。透过这个跟他们分享的功德，愿他们能够迅速断除贪爱和执取。那些我所有的低劣法，愿我能够逐日去除它们，直到证悟涅槃为止。无论投生到哪里，愿我都拥有正直的心、正念与智慧，以及透过精进，愿我能够损减烦恼。

May the Māras (evil forces) find no opportunity to frustrate my striving on the path. The Sammāsambuddha is our Refuge – the Noblest island sure. The Dhamma that He taught is our noble sure Refuge.

愿诸魔没有机会干扰我精进修行。佛陀此至上明灯是我们的依持。他的教法是我们的至上依持。

Nātho pacceka-sambuddho,
Saṅgho nāthottaro mamaṃ,
Tesottamānubhāvena
Mārokāsaṃ labhantu mā.

Bhavaggupādāya avīci heṭṭhato
Etthantare sattā kāyūpapannā
Rūpi arūpica asaṇṇi saṇṇino
Dukkhā pamuccantu, phusanti nibbutiṃ.

Devo vassatu kālena,
Sassa sampatti hetu ca,
Pīto bhavatu loko ca,
Rājā bhavatu dhammiko.

- - -

Imāya dhammānudhammapaṭipattiya
Buddhaṃ pūjemi.

Imāya dhammānudhammapaṭipattiya
Dhammaṃ pūjemi.

Imāya dhammānudhammapaṭipattiya
Saṅghaṃ pūjemi.

Addhā imāya paṭipattiya jāti-jarā-byādhī
maraṇamhā parimuccissāmi.

Idaṃ me puññaṃ āsavakkhayāvaharaṃ hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññaabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññaabhāgaṃ labhantu.

The Paccekabuddhas and the Saṅgha are noble refuges. By the power of those great beings, may the Māras find no opportunity to overpower me!

辟支佛与僧团是我的至上依持。透过那些至上者的力量，愿诸魔没有机会击败我。

From the very summit of this universe, to the nethermost point avīci, may all beings who come to be within these bounds, those with form and those formless, those with perception and those without, may they all from suffering be freed, and may they all enjoy Nibbāna's peace.

上至有顶天，下至阿鼻地狱，愿所有来到这些范围的有情，有色与无色，有想与无想，愿他们都解脱苦，愿他们都体验涅槃之寂静。

May the rains fall in due season, may the harvests be rich and plentiful, may the world be happy and may rulers rule with righteousness.

愿适时下雨，愿农作物丰收，愿世界快乐，愿诸王如法统治。

By this practice that is in accordance with the Dhamma, I venerate the Buddha.

By this practice that is in accordance with the Dhamma, I venerate the Dhamma.

By this practice that is in accordance with the Dhamma, I venerate the Saṅgha.

Surely, by this practice I will be liberated from birth, old age, sickness and death.

以此依法修行证法，我礼敬佛！

以此依法修行证法，我礼敬法！

以此依法修行证法，我礼敬僧！

以此修行，我肯定将会解脱生、老、病、死！

May this merit of mine be conducive to the destruction of [mental] taints. May this merit of mine be a [supportive] condition [for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。

愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings. May all those beings get an equal share of the merits shared by me.

我把我的功德与一切有情分享，

愿他们都平等地得到我的功德。

Ultra Short Chanting Suggestion for Laypeople

给居士的每日极短课诵建议

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Vandanā <i>Homage [to the Buddha]</i> 礼敬佛陀(p.1)	360
Buddhānussati <i>Contemplation of the Buddha</i> 佛随念(p.5).....	360
Dhammānussati <i>Contemplation of the Dhamma</i> 法随念(p.5).....	360
Saṅghānussati <i>Contemplation of the Saṅgha</i> 僧随念(p.5)	360
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Devārāadhanā (p.1)

Samantā cakka-vāḷesu
Atrāgacchantu devatā;
Saddhammaṃ Muni-rājassa
Suṇantu sagga-mokkhaḍaṃ.

Dhammassavana-kālo ayaṃ bhadantā. (x3)

Vandanā (p.1)

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Buddhānussati (p.5)

Iti'pi so bhagavā araham, sammāsambuddho,
vijjācaraṇa-sampanno, sugato, lokavidū,
anuttaro purisadamma-sārathi, satthā
devamanussānaṃ, buddho, bhagavā.

Dhammānussati (p.5)

Svākkhāto bhagavatā dhammo, sandiṭṭhiko,
akāliko, ehi-passiko, opanayiko, paccattaṃ
veditabbo viññūhi.

Saṅghānussati (p.5)

Suppaṭipanno bhagavato sāvaka-saṅgho,
Ujuppaṭipanno bhagavato sāvaka-saṅgho,
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,
Sāmīcippaṭipanno bhagavato sāvaka-saṅgho;
Yadidaṃ: cattāri purisa-yugāni aṭṭha purisa-
puggalā, esa bhagavato sāvaka-saṅgho;
Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-
karaṇīyo, anuttaraṃ puññakkhettaṃ lokassa.

Inviting the Deities 邀请诸天

May the deities of the entire universe come here and
listen to the True-Dhamma of the King of Sages, which
leads to the heavenly states and liberation (Nibbāna).

从世界系中各处，愿诸天神来此地，
聆听知王之正法，导向天界与解脱。

Sirs, now is the time for listening to the Dhamma.
这是听闻佛法的时候，大德们。

Homage [to the Buddha] 礼敬佛陀

Homage to that Blessed One, the Arahant and Perfectly
Self-Awakened One.

礼敬世尊、阿罗汉、圆满自觉者。

Contemplation of the Buddha 佛随念

Such is that Blessed One, the Worthy One, the
Perfectly Self-Awakened One, One fully possessed of
wisdom and conduct, One who has proceeded by the good
way, Knower of the [three] worlds, Unexcelled Trainer of
tameable men, Teacher of deities and men, The Awakened
One, The Blessed One.

世尊是：阿罗汉、圆满自觉者、明行足、善逝、
世间解、无上士调御丈夫、天人师、佛陀、世尊。

Contemplation of the Dhamma 法随念

Well-expounded is the Exalted One's Dhamma,
visible here-and-now, not delayed in time, inviting of
inspection, onward-leading, is directly experienceable by
the wise.

法由世尊善说，现前可见、无时（无间隔）、
请来看、导向、当由智者亲证。

Contemplation of the Saṅgha 僧随念

The community of the Exalted One's disciples has
entered on the good way, the community of the Exalted
One's disciples has entered on the straight way, the
community of the Exalted One's disciples has entered on
the true way, the community of the Exalted One's
disciples has entered on the proper way, that is to say, the
four pairs of men, the eight types of persons. That is the
Exalted One's disciple community, worthy of gifts,
worthy of hospitality, worthy of offerings, whom should
be respected, the incomparable field of merit for the
world.

世尊的声闻僧众已入善行道；世尊的声闻僧众
已入正直行道；世尊的声闻僧众已入真实行道；世
尊的声闻僧众已入正当行道。即四双八辈。这是世
尊的声闻僧众，是应供养、应供奉者、应施于者、
应合掌（礼敬）者，是世间的无上福田。

Evam buddham sarantānam
Dhammam saṅghaṇca bhikkhavo;
Bhayaṁ vā chambhitattam vā
Lomahaṁso na hessati.

– SN, Sagāthāvagga, Sakkasamyutta,
Dhajaggasuttam

[Etena saccavajjena pātu tvaṁ ratanattayaṁ.
(x3)]

Mettasuttam (p.7)

Yassānubhāvato yakkhā neva dassenti bhīsanam
Yamhi cevānuyuñjanto rattindivamatandito.

Sukham supati sutto ca pāpaṁ kiñci na passati,
Evamādiguṇūpetam parittam tam bhaṇāma he.

- - -

Karaṇīyamattakusalena,
yantasantaṁ padaṁ abhisamecca;
Sakko ujū ca suhujū ca,
suvaco cassa mudu anatimānī.

Santussako ca subharo ca,
appakicco ca sallahukavutti;
Santindriyo ca nipako ca,
appagabbho kulesvananugiddho.

Na ca khuddamācare kiñci,
yena viññū pare upavadeyyum;
Sukhinova khemino hontu,
sabbasattā bhavantu sukhittā.

Ye keci pāṇabhūtatti,
tasā vā thāvarā vanavasesā;
Dīghā vā yeva mahantā,
majjhima rassakā aṇukathulā.

Diṭṭhā vā yeva adiṭṭhā,
ye va dūre vasanti avidūre;
Bhūtā va sambhavesī va,
sabbasattā bhavantu sukhittā.

Na paro param nikubbetha,
nātimaññetha katthaci na kañci;

Thus, Bhikkhus, in you who remember the Buddha,
the Dhamma and the Saṅgha, fear, trembling or terror will
never arise.

如是诸比丘，忆念佛法僧，
他无畏不栗，无毛骨悚然。

By this speaking of truth, may the Triple Gem protect
you!

借此真实话语，愿三宝保护你！

Discourse on Loving-Kindness 慈爱经

Due to the power of this (Mettā Sutta), spirits did not
manifest frightful sights. One who devotes himself to
these teachings day and night diligently sleeps soundly
and does not have any nightmare when asleep. Let us
recite this protective discourse.

透过它（慈爱经）的力量，夜叉不显现恐怖相。
对于昼夜致力修行者，他睡眠舒适不做恶梦。且让
我们诵念具备这些功德之护卫。

This is to be done by [one] skilled in [what is]
beneficial: having understood the path that [leads to]
peace; he would be able, upright, very upright, easy to
admonish, gentle, and not arrogant.

这是想要证得彻悟寂静涅槃、善于有益修行的
人应该做的事：他必须有能力、正直、非常正直、
易受教、柔软、不自大、

Contented and easy to support, of few duties and
living frugally; [with] calm faculties and prudent, not
obtrusive [to and] greedy [for gains from supporting]
families.

知足、易护持、少事务、生活简朴、诸根寂静、
拥有成熟的智慧、不无礼、不贪着在家众。

He would not do [even] the slightest thing, by which
the wise could censure [and tell] others; may [all beings]
be happy and secure, may all beings be in a state of
happiness.

只要是智者将会指责的事，即使是小事他也不
做；（愿一切众生）幸福与平安，愿一切众生安乐；

Whatever living beings there are, feeble or strong,
[all] without exception; those long, great, medium, short,
small or large.

无论是任何存在的众生，会颤抖的或不会颤抖
的皆毫无遗漏，长的或大的或中等的，短的或小的
或粗圆的，

Those seen or not seen, and living far or nearby; born
or seeking birth, may all beings be in a state of happiness.

见到的或没见到的，住在远方的或近处的，已
生的或还寻求再生的——愿一切众生快乐。

One would not deceive another, [nor] despise them
anywhere [about] anything; [out of] anger or aversion,
would not wish suffering for each other.

Byārosanā paṭighasaññā,
nāññaṃamaññaṃ dukkhamiccheyya.

Mātā yathā niyaṃ puttamāyusā
ekaputtamanurakkhe;
Evampi sabbabhūtesu,
mānasā bhāvaye aparimāṇaṃ.

Mettañca sabbalokasmi,
mānasā bhāvaye aparimāṇaṃ;
Uddhaṃ adho ca tiriyañca,
asambādhaṃ averamasapattaṃ.

Tiṭṭhaṃ caraṃ nisinno va,
sayāno yāvatāssa vitamiddho;
Etaṃ satim adhiṭṭheyya,
brahmametaṃ vihāramidhamāhu.

Diṭṭhiñca anupaggamma,
sīlavā dassanena sampanno;
Kāmesu vinaya gedhaṃ,
na hi jātuggabbhaseyya punareti.

– KN, Khuddakapāṭha 9; Suttanipāta, Uragavagga 8

[Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.]

且让人不欺骗别人，也不在任何地方轻视别人。且让他们不会以嗔怒与厌恶来互相希望对方痛苦。

Just as a mother for her son, [her] only son, would protect [him] with her life; thus, also, towards all beings, would develop the mind without limit.

正如母亲对待自己的儿子那样，会以生命来保护独生子；应当如此对一切众生培育无量的心。

With loving-kindness towards the whole world, would develop the mind without limit; above, below and across, unrestricted, free from enmity and hostility.

以及应当以慈爱对全世界培育无量的心，上方、下方与周围，无障碍、无仇人、无敌对。

While standing, walking, seated, or lying down free from drowsiness; would determine [to keep] this mindfulness [in mind], this is a divine abiding in this world, it is said.

立、行、坐或卧，只要不是在睡眠中，都应决心保持如此的正念。这就是他们在此所说的梵住。

Not going to [wrong] view[s], being morally well behaved and having [right] vision, [and] having given up greed for sensuality, never again come [back] to the womb.

不执持邪见，拥有戒行，具足智见，及已经去除对欲乐的贪爱之后，他肯定不会再投胎。

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Patthanā (p.21)

Iminā puñña-kammena
Mā me bāla-samāgamo,
Sataṃ samāgamo hotu
Yāva nibbāna-pattiyā.

Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññabhāgaṃ labhantu.

Aspiration 发愿

By this meritorious act
May I never meet with the foolish;
May I [only] meet with the wise
Up until I attain Nibbāna.
愿以这项功德
令我不遇愚人
令我亲近智者
直到我证涅槃。

May this merit of mine be conducive to the destruction of the taints.

May this merit of mine be a [supportive] condition [for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。
愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings.
May all those beings get an equal share of the merits shared by me.

我把我的功德与一切有情分享，
愿他们都平等地得到我的功德。

Suggestion for Laypeople's Daily Chanting

给居士的每日课诵建议

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Devārāadhanā (p.1)

Samantā cakka-vāḷesu
Atrāgacchantu devatā;
Saddhammaṃ Muni-rājassa
Suṇantu sagga-mokkhadaṃ.

Dhammassavana-kālo ayaṃ bhadantā. (x3)

Vandanā (p.1)

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Buddhānussati (p.5)

Iti'pi so bhagavā araham, sammāsambuddho,
vijjācaraṇa-sampanno, sugato, lokavidū,
anuttaro purisadamma-sārathi, satthā
devamanussānaṃ, buddho, bhagavā.

Dhammānussati (p.5)

Svākkhāto bhagavatā dhammo, sandiṭṭhiko,
akāliko, ehi-passiko, opanayiko, paccattaṃ
veditabbo viññūhi.

Saṅghānussati (p.5)

Suppaṭipanno bhagavato sāvaka-saṅgho,
Ujuppaṭipanno bhagavato sāvaka-saṅgho,
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,
Sāmīcippaṭipanno bhagavato sāvaka-saṅgho;
Yadidaṃ: cattāri purisa-yugāni aṭṭha purisa-
puggalā, esa bhagavato sāvaka-saṅgho;
Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-
karaṇīyo, anuttaraṃ puññakkhettaṃ lokassa.

Inviting the Deities 邀请诸天

May the deities of the entire universe come here and
listen to the True-Dhamma of the King of Sages, which
leads to the heavenly states and liberation (Nibbāna).

从世界系中各处，愿诸天神来此地，
聆听知王之正法，导向天界与解脱。

Sirs, now is the time for listening to the Dhamma.
这是听闻佛法的时候，大德们。

Homage [to the Buddha] 礼敬佛陀

Homage to that Blessed One, the Arahant and Perfectly
Self-Awakened One.

礼敬世尊、阿罗汉、圆满自觉者。

Contemplation of the Buddha 佛随念

Such is that Blessed One, the Worthy One, the
Perfectly Self-Awakened One, One fully possessed of
wisdom and conduct, One who has proceeded by the good
way, Knower of the [three] worlds, Unexcelled Trainer of
tameable men, Teacher of deities and men, The Awakened
One, The Blessed One.

世尊是：阿罗汉、圆满自觉者、明行足、善逝、
世间解、无上士调御丈夫、天人师、佛陀、世尊。

Contemplation of the Dhamma 法随念

Well-expounded is the Exalted One's Dhamma,
visible here-and-now, not delayed in time, inviting of
inspection, onward-leading, is directly experienceable by
the wise.

法由世尊善说，现前可见、无时（无间隔）、
请来看、导向、当由智者亲证。

Contemplation of the Saṅgha 僧随念

The community of the Exalted One's disciples has
entered on the good way, the community of the Exalted
One's disciples has entered on the straight way, the
community of the Exalted One's disciples has entered on
the true way, the community of the Exalted One's
disciples has entered on the proper way, that is to say, the
four pairs of men, the eight types of persons. That is the
Exalted One's disciple community, worthy of gifts,
worthy of hospitality, worthy of offerings, whom should
be respected, the incomparable field of merit for the
world.

世尊的声闻僧众已入善行道；世尊的声闻僧众
已入正直行道；世尊的声闻僧众已入真实行道；世
尊的声闻僧众已入正当行道。即四双八辈。这是世
尊的声闻僧众，是应供养、应供奉者、应施于者、
应合掌（礼敬）者，是世间的无上福田。

Evam buddham sarantānam
Dhammam saṅghaṇca bhikkhavo;
Bhayaṁ vā chambhitattam vā
Lomahaṁso na hessati.

– SN, Sagāthāvagga, Sakkasamyutta,
Dhajaggasuttam

Thus, Bhikkhus, in you who remember the Buddha,
the Dhamma and the Saṅgha, fear, trembling or terror will
never arise.

如是诸比丘，忆念佛法僧，
他无畏不栗，无毛骨悚然。

Parittaparikamma (p.6)

Ye santā santacittā,
tisaraṇasaraṇā,
ettha lokantare vā,
bhumṃābhummā ca devā,
guṇagaṇagahaṇabyāvaṭṭā sabbakālaṁ,
ete āyantu devā,
varakanakamaye,
Merurāje vasanto,
santo santosahetum,
Munivaravacanam,
sotumaggaṁ samaggaṁ.

Sabbesu cakkavāḷesu,
yakkhā devā ca brahmano,
yaṁ amhehi kataṁ puññaṁ,
sabbasampattisādhakaṁ,

Sabbe taṁ anumoditvā,
samaggā sāsane ratā,
pamādarahitā hontu,
ārakkhāsu visesato.

Sāsanassa ca lokassa,
vuḍḍhī bhavatu sabbadā,
sāsanampi ca lokaṇca,
devā rakkhantu sabbadā.

Saddhim hontu sukhī sabbe,
parivārehi attano,
anīghā sumanā hontu,
saha sabbehi ñātibhi.

Preliminary of Paritta 护卫前业

Those (gods) who are peaceful, with peaceful minds,
who have taken refuge in the triple refuge, whether here,
or above the worlds, the various earth gods and sky gods,
who make effort to take group of virtuous deeds all of the
time, may these gods and those who dwell on the majestic
Mt. Meru, that excellent golden mountain, come in
concord, to hear the Sage's excellent word which is a
reason of great happiness.

这个世界与其它世界里，受持了三皈依，一切
时候皆致力于累积诸多美德，贤善内心寂静的地居
神与空居神，以及住在金造的须弥山顶的诸神王，
以及诸位贤者，愿诸神都和谐地来听闻牟尼的至上
语、快乐之因。

May all yakkhas, gods, and deities, from the whole
universe, after partaking of the merits, which can produce
all good fortune,

愿一切世界里的夜叉、神与梵天神随喜我们所
造、能带来一切成就的福业。

which we have acquired, being in harmony, and
delighting in the teaching, be not heedless and grant us
complete protection especially.

随喜该福业后，愿他们都和谐地对佛教感到欢
喜，不放逸地保护（美德）。

May the teaching and the world be on the increase at
all times, and may the gods protect the teaching and the
world forever.

愿一切时候佛教与世界都在增长，
愿一切时候诸神都保护佛教与世界。

May all together with those who are one's around, be
happy, may all together with all relatives, be untroubled,
and easy in mind.

愿一切众生自己与其随众都快乐，
愿他们及亲戚们都无身苦都开心。

Rājato vā, corato vā, manussato vā,
amanussato vā, aggito vā, udakato vā,
pisācato vā, khāṇukato vā,
kaṇṭakato vā, nakkhattato vā,
janapadarogato vā, asaddhammato vā,
asandiṭṭhito vā, asappurisato vā,
caṇḍa-hatthi-assa-miga-goṇa-kukkura-ahi-
vicchika-maṇisappa-dīpi-accha-taraccha-
sūkara-mahimsa-yakkha-rakkhasādīhi,
nānā-bhayato vā, nānā-roгато vā,
nānā-upaddavato vā, ārakkhaṃ gaṇhantu.

(May you be protected) from the king, thieves, humans, and non-humans, from fire and water, demons, stumps, and thorns, from unlucky stars, and epidemics, from what is not the true dhamma, not right view, not a good person, and from fierce elephants, horses, antelopes, bulls, dogs, snakes, scorpions, poisonous serpents, panthers, bears, hyenas, wild boars, buffaloes, yakkhas, rakkhasas, and so on, from the manifold fears, the manifold diseases, the manifold calamities, (from all of these troubles) may you receive protection.

愿你们获得保护得以免除来自王、贼、人、非人、火、水、鬼怪、树桩、刺、星座、瘟疫、非正法、邪见、非善士、凶恶的象、马、鹿、牛、狗、蛇、蝎、水蛇、豹、熊、鬣狗、野猪、水牛、夜叉、怪物等的种种危险，免除种种疾病与厄难。

Mettasuttaṃ (p.7)

Yassānubhāvato yakkhā neva dassenti bhīsaṇaṃ
Yamhi cevānuyuñjanto rattindivamatandito.

Sukhaṃ supati sutto ca pāpaṃ kiñci na passati,
Evamādiḡuṇūpetam parittam taṃ bhaṇāma he.

- - -

Karaṇīyamattakusalena,
yantasantaṃ padaṃ abhisamecca;
Sakko ujū ca suhujū ca,
suvaco cassa mudu anatimānī.

Santussako ca subharo ca,
appakicco ca sallahukavutti;
Santindriyo ca nipako ca,
appagabbho kulesvananugiddho.

Na ca khuddamācare kiñci,
yena viññū pare upavadeyyum;
Sukhinova khemino hontu,
sabbasattā bhavantu sukhittā.

Ye keci pāṇabhūtatti,
tasā vā thāvarā vanavasesā;
Dīghā vā yeva mahantā,
majjhimā rassakā aṇukathulā.

Discourse on Loving-Kindness 慈愛經

Due to the power of this (Mettā Sutta), spirits did not manifest frightful sights. One who devotes himself to these teachings day and night diligently sleeps soundly and does not have any nightmare when asleep. Let us recite this protective discourse.

透过它(慈愛經)的力量，夜叉不显现恐怖相。对于昼夜致力修行者，他睡眠舒适不做恶梦。且让我们诵念具备这些功德之护卫。

This is to be done by [one] skilled in [what is] beneficial: having understood the path that [leads to] peace; he would be able, upright, very upright, easy to admonish, gentle, and not arrogant.

这是想要证得彻悟寂静涅槃、善于有益修行的人应该做的事：他必须有能力、正直、非常正直、易受教、柔软、不自大、

Contented and easy to support, of few duties and living frugally; [with] calm faculties and prudent, not obtrusive [to and] greedy [for gains from supporting] families.

知足、易护持、少事务、生活简朴、诸根寂静、拥有成熟的智慧、不无礼、不贪着在家众。

He would not do [even] the slightest thing, by which the wise could censure [and tell] others; may [all beings] be happy and secure, may all beings be in a state of happiness.

只要是智者将会指责的事，即使是小事他也不做；(愿一切众生)幸福与平安，愿一切众生安乐；

Whatever living beings there are, feeble or strong, [all] without exception; those long, great, medium, short, small or large.

无论是任何存在的众生，会颤抖的或不会颤抖的皆毫无遗漏，长的或大的或中等的，短的或小的或粗圆的，

Ditṭhā vā yeva aditṭhā,
ye va dūre vasanti avidūre;
Bhūtā va sambhavesī va,
sabbasattā bhavantu sukhittattā.

Na paro param nikubbetha,
nātimaññetha katthaci na kañci;
Byārosanā paṭighasaññā,
nāññamaññassa dukkhamiccheyya.

Mātā yathā niyaṃ puttamāyusā
ekaputtamanurakkhe;
Evampi sabbabhūtesu,
mānasam bhāvaye aparimāṇam.

Mettañca sabbalokasmi,
mānasam bhāvaye aparimāṇam;
Uddham adho ca tiriyañca,
asambādham averamasapattam.

Tiṭṭham caram nisinno va,
sayāno yāvatāssa vitamiddho;
Etaṃ satim adhiṭṭheyya,
brahmametaṃ vihāramidhamāhu.

Ditṭhiñca anupaggamma,
sīlavā dassanena sampanno;
Kāmesu vinaya gedham,
na hi jātuggabbhaseyya punareti.

– KN, Khuddakapāṭha 9; Suttanipāta, Uragavagga 8

Those seen or not seen, and living far or nearby; born or seeking birth, may all beings be in a state of happiness.
见到的或没见到的，住在远方的或近处的，已生的或还寻求再生的——愿一切众生快乐。

One would not deceive another, [nor] despise them anywhere [about] anything; [out of] anger or aversion, would not wish suffering for each other.
且让人不欺骗别人，也不在任何地方轻视别人。且让他们不会以嗔怒与厌恶来互相希望对方痛苦。

Just as a mother for her son, [her] only son, would protect [him] with her life; thus, also, towards all beings, would develop the mind without limit.
正如母亲对待自己的儿子那样，会以生命来保护独生子；应当如此对一切众生培育无量的心。

With loving-kindness towards the whole world, would develop the mind without limit; above, below and across, unrestricted, free from enmity and hostility.
以及应当以慈爱对全世界培育无量的心，上方、下方与周围，无障碍、无仇人、无敌对。

While standing, walking, seated, or lying down free from drowsiness; would determine [to keep] this mindfulness [in mind], this is a divine abiding in this world, it is said.
立、行、坐或卧，只要不是在睡眠中，都应决心保持如此的正念。这就是他们在此所说的梵住。

Not going to [wrong] view[s], being morally well behaved and having [right] vision, [and] having given up greed for sensuality, never again come [back] to the womb.
不执持邪见，拥有戒行，具足智见，及已经去除对欲乐的贪爱之后，他肯定不会再投胎。

Khandhasuttaṃ (p.8)

Sabbāsivisajātinaṃ
Dibbamantāgadam viya
Yaṃ nāseti visam ghoram
Sesañcāpi parissayam.

Āṇākkhettamhi sabbattha
Sabbadā sabbapaṇinaṃ
Sabbasopi nivāreti
Parittam tam bhaṇāma he.

- - -

Discourse on [Protection of] Aggregates 蕴护经

Just like divine charms and divine medicines, this (Khandha-Sutta) nullifies baneful poison and other perils of all the highly poisonous creatures.
犹如天咒与天药，此经能够除剧毒；一切剧毒之生物，其害此经皆能除。

In the scope of authority everywhere, always, for all beings this discourse prevents (the disasters). Let us recite this protective discourse now.
在此威力范围内，一切时候一切处，此经能防该危害。我们且诵此护卫。

Virūpakkhehi me mettaṃ
Mettaṃ Erāpathehi me,
Chabyāputtehi me mettaṃ
Mettaṃ Kaṇhāgotamakehi ca.

Apādakehi me mettaṃ
Mettaṃ dvipādakehi me,
Catuppadehi me mettaṃ
Mettaṃ bahuppadehi me.

Mā maṃ apādako hiṃsi
Mā maṃ hiṃsi dvipādako,
Mā maṃ catuppado hiṃsi
Mā maṃ hiṃsi bahuppado.

Sabbe sattā, sabbe pāṇā
Sabbe bhūtā ca kevalā,
Sabbe bhadraṇi passantu
Mā kañci pāpamāgamā.

Appamāṇo Buddha,
Appamāṇo Dhammo,
Appamāṇo Saṅgho.
Pamāṇavantāni sirīmsapāni:
Ahi-vicchikā, satapadī,
Uṇṇanābhi, sarabū, mūsikā.

Katā me rakkhā, kataṃ me parittaṃ,
Paṭikkamantu bhūtāni.
So'haṃ namo Bhagavato,
Namo sattannaṃ Sammā-sambuddhānaṃ.

– KN, 203 Khaṇḍajātaka;
AN.IV.67 Ahirājasuttaṃ;
Vinayaṭṭhaka, Cūḷavagga,
Khuddakavattthukkhandaṃ

May I have loving-kindness towards the Virūpakkhas;
May I have loving-kindness towards the Erāpathas;
May I have loving-kindness towards the Chabyāputtas;
May I have loving-kindness towards the Kaṇhāgotamakas.
愿我对威卢跋有慈爱；愿我对伊拉跋有慈爱；
愿我对刹标子有慈爱；愿我对黑瞿昙有慈爱。

May I have loving-kindness towards footless beings;
May I have loving-kindness towards beings with two legs;
May I have loving-kindness towards beings with four legs;
May I have loving-kindness towards beings with many legs.
愿我对无足众生有慈爱；愿我对两足众生有慈爱；
愿我对四足众生有慈爱；愿我对多足众生有慈爱。

May footless beings not harm me;
May beings with two legs not harm me;
May beings with four legs not harm me;
May beings with many legs not harm me.
愿无足众生不伤害我；愿两足众生不伤害我；
愿四足众生不伤害我；愿多足众生不伤害我。

May all living beings, all breathing things,
all creatures (without exception)
meet with good fortune.
May none of them come to any evil.
愿一切有情一切息生、一切众生毫无遗漏地，
愿他们遇见幸运的事，不会遭遇邪恶的事情。

Infinite is the Buddha,
Infinite is the Dhamma,
Infinite is the Saṅgha.
Finite are creeping things:
snakes, scorpions, centipedes,
spiders, lizards, rats.
佛无量，法无量，僧无量。
爬行类却有限量：
蛇、蝎、蜈蚣、
蜘蛛、蜥蜴、老鼠。

I have made the protection, I have made the safeguard.
May the (harmful) beings depart. I pay homage to the
Blessed One; homage to the seven Buddhas (Vipassī
Buddha, Sikhī Buddha, Vessabhū Buddha, Kakusandha
Buddha, Koṇāgamana Buddha, Kassapa Buddha, and
Gotama Buddha)
我做了护卫，我做了保护。
愿那些（有害的）众生离开。
我礼敬世尊；
礼敬七位圆满自觉者。

Pubbaṇhasuttaṃ (p.14)

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Buddhānubhāvena vināsamentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Dhammānubhāvena vināsamentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Saṅghānubhāvena vināsamentu.

Dukkhappattā ca niddukkhā
Bhayappattā ca nibbhayā,
Sokappattā ca nissokā
Hontu sabbe'pi pāṇino.

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe devā'numodantu
Sabba-sampatti siddhiyā.

Dānaṃ dadantu saddhāya,
Sīlaṃ rakkhantu sabbadā,
Bhāvanābhiratā hontu,
Gacchantu devatāgatā.

Sabbe Buddhā balappattā
Paccekaṇaṃ yaṃ balaṃ,
Arahantānaṃ tejena
Rakkhaṃ bandhāmi sabbaso.

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Buddhē ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

The Discourse about the Forenoon
午前经

By the power of the Buddha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛陀的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Dhamma, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛法的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Saṅgha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过僧团的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

May all creatures who are suffering be without suffering, [living in] fear be without fear and [living in] sorrow be without sorrow.

祝愿一切的众生，痛苦的不再痛苦，
恐惧的不再恐惧，忧愁的不再忧愁。

May all deities rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切神随喜我们至今所累积的功德，愿一切得成就！

May all be able to perform giving with faith; may all safeguard their morality always. May all be delighted in meditation. May the deities who have come (to the recitation) go back (to their homes).

愿大家依信布施，愿大家永护其戒，
愿大家乐于禅修，请来此诸神归去。

By the (protective) power of the Buddhas, the power of Pacceka-Buddhas and the power of Arahants, I fortify the protection in every way.

以一切佛陀之力，及诸辟支佛之力，
及诸阿罗汉之力，我建立一切守护！

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间（这是指天界、梵天界或其他世界系）的任何财宝，或在天界的任何殊胜珠宝，都没有和如来（佛陀）同等的。在佛陀里有此殊胜宝。以此真实语愿得安乐。

Yam kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Dhamme ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Yam kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Saṃghe ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Mahā-kāruṇiko nātho,
Hitāya sabba-pāṇīnaṃ,
Pūretvā pāramī sabbā,
Patto sambodhimuttamaṃ.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Jayanto bodhiyā mūle,
Sakyānaṃ nandi-vuḍḍhano,
Evameva jayo hotu,
Jayassu jaya-maṅgale.

Aparājita-pallaṅke,
Sīse puthuvipukkhaḷe,
Abhiseke sabbabuddhānaṃ,
Aggapatto pamodati.

Sunakkhattaṃ sumaṅgalaṃ,
Suppabhātaṃ suhuṭṭhitaṃ;
Sukhaṇo sumuhutto ca,
Suyiṭṭhaṃ brahmacārisu.

Padakkhiṇaṃ kāya-kammaṃ,
Vācā-kammaṃ padakkhiṇaṃ;
Padakkhiṇaṃ mano-kammaṃ,
Paṇīdhi te padakkhiṇe.

Padakkhiṇāni katvāna,
Labhantatthe padakkhiṇe.
Te attha-laddhā sukhitā
Virūlha Buddha-sāsane;
Arogā sukhitā hotha
Saha sabbehi ñātibhi.

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Dhamma is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在法里有此殊胜宝。以此真实语愿得安乐。

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在僧团里有此殊胜宝。以此真实语愿得安乐。

The most compassionate Lord had fulfilled all the perfections for the welfare of all beings and had attained the supreme enlightenment. By this truth may there be well-being for you always.

具有大悲的依持者，为了一切众生利益，
圆满所有波罗蜜后，证得无上菩提解脱；
借着这真实的话语，愿你永远平安快乐。

Just as the Lord, the increaser of delight for the Sakyans, was victorious at the foot of the Bodhi tree, so also may the victory be to you and may you be successful in all the auspicious conquests.

为释迦族增长喜者，在菩提树下得胜利；
愿你也都如此胜利，于吉祥征途得胜利。

The Lord had attained the Noble State on the Unconquerable Seat, on the most sacred earth consecrated by all the Buddhas and rejoiced.

在不败的座位上，在最神圣的地点，
诸佛加持欢喜处，他证悟圣洁之境。

May good planets, excellent blessings, good daybreak, good waking up, good moment, good instance, and good oblations to the sages be to you.

愿你得吉星善吉祥，好的黎明好的起身，
好的刹那与好时刻，对梵行者的善供养。

May the bodily deeds be reverential; may the speech deeds be reverential; may the mental deeds be reverential. May you be resolute in these reverential matters.

恭敬的身业，恭敬的语业，
恭敬的意业，决意于敬业。

Having done the reverential deeds, may you obtain reverential gains; having obtained them may you be happy and make progress in the Buddha's dispensation. May you and all your relatives be happy and free from sickness.

实行恭敬诸业之后，愿你获得恭敬之得。
获得它们愿你快乐，于佛教法获得提升。
愿你及所有亲戚们，都没有病痛都快乐。

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-buddhānubhāvena
Sadā sukhī (sothi)²⁵ bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-dhammānubhāvena
Sadā sukhī (sothi)² bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-saṅghānubhāvena
Sadā sukhī (sothi)² bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Buddhas, may you have happiness (well-being) always.

愿你得一切吉祥，愿一切神保护你；
透过诸佛的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Dhammas, may you have happiness (well-being) always.

愿你得一切吉祥，愿一切神保护你；
透过诸法的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Saṅghas, may you have happiness (well-being) always.

愿你得一切吉祥，愿一切神保护你；
透过诸僧的威力，愿你永远都快乐（平安）！

Mettā Chanting (p.16)

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkhaṃ
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Purattimāya disāya, pacchimāya disāya,
uttarāya disāya, dakkhiṇāya disāya, puratti-
māya anudisāya, pacchimāya anudisāya,
uttarāya anudisāya, dakkhiṇāya anudisāya,
hetṭhimāya disāya, uparimāya disāya,

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

慈悲诵

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:

一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

In the easterly direction, in the westerly direction, in the northerly direction, in the southerly direction, in the south-east direction, in the north-west direction, in the north-east direction, in the south-west direction, in the downward direction, in the upward direction:

在东方、在西方、在北方、在南方、在东南方、
在西北方、在东北方、在西南方、在下方、在上方

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:

一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

²⁵ sothi – Sri Lanka Version, 斯里兰卡版本

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkā
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakkā-vāḷesu, ye sattā pathavī-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakkā-vāḷesu, ye sattā udaya-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakkā-vāḷesu, ye sattā ākāśa-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Good Wishes and Sharing of Merit etc 1

Yaṃ pattaṃ kusalaṃ tassa
Ānubhāvena pāṇino
Sabbe saddhamma-rājassa
Ñatvā Dhammaṃ sukhāvahaṃ,

Pāpuṇantu visuddhāya
Sukhāya paṭipattiyā
Asokamanupāyāsaṃ
Nibbānasukhamuttamaṃ.

Ciraṃ tiṭṭhatu saddhammo,
Dhamme hontu sagāravā
Sabbe'pi sattā, kālena
Sammā devo pavassatu.

Yathā rakkhimsu porāṇā
Surājāno tathevimaṃ,
Rājā rakkhatu dhammena
Attano'va paṇaṃ paṇaṃ.

— Aṭṭhasālīnī, Nigamanakathā

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live on earth: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在地上过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in water: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在水里过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in the sky: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在天空里过活的有情无嗔无怨、无苦无厄。

祝愿与分享功德等 1

By the power of whatever wholesome state attained by me, may all beings, having known rightly the King of Dhamma's teachings which give bliss (of Nibbāna), attain the bliss of Nibbāna, sorrowless, without distress and supreme, through the Middle Practice (Noble Eightfold Path) which is pure and blissful.

以我所成就的善法力量，愿一切有情在了知正法王导向快乐（涅槃）之法后，透过清净快乐的修行，达到至上的涅槃乐、无忧无恼。

May the true Dhamma last long, may all beings also respect the Dhamma, and may the [rain] god [give] proper and timely rain.

愿正法久住，愿一切有情也恭敬法，愿雨神适时降雨。

Just as good kings of ancient times gave protection, may the king righteously protect the people like his own (offspring).

正如古代贤善之王给予保护，愿国王善护人民如善护自己的子女。

Imāya dhammānudhammapaṭipattiyā
Buddhaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Dhammaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Saṅghaṃ pūjemi.

Addhā imāya paṭipattiyā jāti-jarā-byādhī
maraṇamhā parimuccissāmi.

Idaṃ me puññaṃ āsavakkhayāvaham hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññabhāgaṃ labhantu.

By this practice that is in accordance with the Dhamma, I venerate the Buddha.

By this practice that is in accordance with the Dhamma, I venerate the Dhamma.

By this practice that is in accordance with the Dhamma, I venerate the Saṅgha.

Surely, by this practice I will be liberated from birth, old age, sickness and death.

以此依法修行证法，我礼敬佛！

以此依法修行证法，我礼敬法！

以此依法修行证法，我礼敬僧！

以此修行，我肯定将会解脱生、老、病、死！

May this merit of mine be conducive to the destruction of [mental] taints. May this merit of mine be a [supportive] condition [for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。

愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings. May all those beings get an equal share of the merits shared by me.

我把我的功德与一切有情分享，

愿他们都平等地得到我的功德。

Sunday Buddha-Pūjā 周日供佛课诵

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(Add selected suttas here. Such as: 在此加入选诵经典。如：)

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Devārāadhanā (p.161)

Samantā cakka-vāḷesu
Atrāgacchantu devatā;
Saddhammaṃ Muni-rājassa
Suṇantu sagga-mokkhadaṃ.

Dhammassavana-kālo ayaṃ bhadantā. (x3)

Vandanā (p.161)

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Cetiya-Vandanā (p.161)

Vandāmi cetiyaṃ sabbam
Sabbathānesu patitṭhitam,
Sāririka-dhātu mahā-bodhiṃ
Buddha-rūpaṃ sakalaṃ sadā. (x3)

Bodhi-Vandanā (p.161)

Yassa mule nisinnova
Sabbāri vijayaṃ akā,
Patto sabbaññu-taṃ satthā
Vande taṃ Bodhi-pādapaṃ.
Ime ete Mahā-Bodhi
Lokañāthena pūjitā,
Ahaṃpi te namassāmi
Bodhi-Rājā namatthu te. (x3)

Buddha-Pūjā (p.162)

Yāvatā Bhagavā loke
Tiṭṭheyya tava sāsanaṃ,
Tāvatā patigaṇhātu
Pūjā lokānukampayā.

Inviting the Deities 邀请诸天

May the deities of the entire universe come here and listen to the True-Dhamma of the King of Sages, which leads to the heavenly states and liberation (Nibbāna).

从世界系中各处，愿诸天神来此地，
聆听知王之正法，导向天界与解脱。

Sirs, now is the time for listening to the Dhamma.
这是听闻佛法的时候，大德们。

Homage to The Buddha 礼敬佛陀

Homage to that Blessed One, the Arahant and Perfectly Self-Awakened One.

礼敬世尊、阿罗汉、圆满自觉者。

Salutation to Pagoda etc 礼敬塔等

I salute every pagoda that may stand in any place, the bodily relics, the Great Bodhi, and all images of the Buddha.

我至诚礼敬竖立于各处的塔、舍利、大菩提树、佛像。

Salutation to the Bodhi Tree**礼敬菩提树**

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.

导师坐在它的下面战胜了一切敌，证悟了一切知，我礼敬此菩提树。这是世间依持者（佛陀）礼敬的大菩提树，我也礼敬您。愿礼敬您——伟大的菩提树。

Offering to The Buddha 供佛

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

世尊，只要您的教法还住于世间，愿您出于对世间的悲悯而接受供养。

(1) Sittha-Pūjā

Sittha-telappadittena
Dīpena tama-dhamṣinā,
Tiloka-dīpaṃ Sambuddhaṃ
Pūjayāmi tamo-nudaṃ.

(2) Telapadīpa-Pūjā

Gandha-telappadittena
Dīpena tama-dhamṣinā,
Tiloka-dīpaṃ Sambuddhaṃ
Pūjayāmi tamo-nudaṃ.

(3) Sugandhi-Pūjā

Sugandhi-kāya-vadanam
Ananta-guṇa-gandhinam,
Sugandhinā'haṃ gandhena
Pūjayāmi Tathāgataṃ.

(4) Puppha-Pūjā

Vaṇṇa-gandha-guṇopetaṃ
Etaṃ kusuma-santatiṃ,
Pūjayāmi Munindassa
Siri-pāda-saroruhe.

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

(5) Pāṇiya-Pūjā

Sugandhaṃ sītalaṃ kappam
Pasanna-madhuraṃ subhaṃ,
Pāṇiyametam Bhagavā
Patigaṇhātumuttama.

(6) Khīrapānaka-Pūjā

Adhivāsetu no Bhante
Paṇītaṃ khīra-pānakaṃ,
Anukampaṃ upādāya
Patigaṇhātumuttama.

(7) Bhojana-Pūjā

Adhivāsetu no Bhante
Bhojanaṃ parikappitaṃ,
Anukampaṃ upādāya
Patigaṇhātumuttama.

Offering of Candle 供灯烛

With this blazing candle lamp 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].

以这驱除黑暗的燃烧灯烛，我供养灭除（无明）黑暗的三界灯自觉佛陀。

Offering of Oil Lamp 供油灯

With this blazing oil lamp 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].

以这驱除黑暗的燃烧油灯，我供养灭除（无明）黑暗的三界灯自觉佛陀。

Offering of Incense 供香

To the Tathāgata, fragrant of body and speech and possessing the scent of infinite virtue, I offer this incense.

我以此香供养具足无量功德身语香的如来。

Offering of Flowers 供花

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

我将这具足色香德质的花聚供养于牟尼王（佛陀）的莲足。

I offer 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.

我供花给佛。以我这项功德，愿我能获得解脱；犹如这些花将会枯萎，我的身体也将会走向毁灭。

Offering of Water 供水

Blessed One, Greatest One, may [you] accept this [offering of] water which is fragrant, cool, suitable, clear, sweet and pleasant [to drink].

世尊，至上者，愿您接受此清香、清凉、舒适、澄净、甘甜与清静之水。

Offering of Milk Drink 供乳

Venerable Sir, Greatest One, may [you], out of compassion for us, accept this excellent drink of milk.

尊者，至上者，愿您出于对我们的悲悯而接受此殊胜的乳制饮料。

Offering of Staple Food 供主食

Venerable Sir, Greatest One, may [you], out of compassion for us, accept this prepared [staple] food.

尊者，至上者，愿您出于对我们的悲悯而接受此备好的食物（主食）。

(8) Vyañjana-Pūjā

Adhivāsetu no Bhante
Vyañjanam parikappitam,
Anukampam upādāya
Patigaṇhātumuttama.

(9) Phalāphala-Pūjā

Adhivāsetu no Bhante
Phalāphalam parikappitam,
Anukampam upādāya
Patigaṇhātumuttama.

(10) Khajjaka-Pūjā

Adhivāsetu no Bhante
Khajjakam parikappitam,
Anukampam upādāya
Patigaṇhātumuttama.

Buddha-Vandanā (p.163)

Iti'pi so bhagavā araham, sammāsambuddho,
vijjācaraṇa-sampanno, sugato, lokavidū,
anuttaro purisadamma-sārathi, satthā
devamanussānam, buddho, bhagavā.

Buddham jīvita-pariyantam saraṇam gacchāmi.

Ye ca Buddhā atitā ca
Ye ca Buddhā anāgatā,
Paccuppannā ca ye Buddhā
Aham vandāmi sabbadā.

Natthi me saraṇam aññam,
Buddho me saraṇam varam,
Etena sacca-vajjena
Hotu me jayamaṅgalam.

Uttamaṅgena vande'ham
Pada-pariṇsu-varuttamam,
Buddhe yo khalito doso
Buddho khamatu tam mamam.

Sādhu! Sādhu! Sādhu! (bow 1x)

Offering of Non-staple Food 供菜肴

Venerable Sir, Greatest One, may [you], out of compassion for us, accept this prepared [non-staple] food.

尊者，至上者，愿您出于对我们的悲悯而接受此备好的菜肴。

Offering of Fruits 供果实

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

尊者，至上者，愿您出于对我们的悲悯而接受此备好的水果。

Offering of Sweet-food 供甜食

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

尊者，至上者，愿您出于对我们的悲悯而接受此备好的甜食。

Homage to The Buddha 礼敬佛陀

Such is that Blessed One, the Worthy One, the Perfectly Self-Awakened One, One fully possessed of wisdom and conduct, One who has proceeded by the good way, Knower of the [three] worlds, Unexcelled Trainer of tamable men, Teacher of deities and men, The Awakened One, The Blessed One.

世尊是：阿罗汉、圆满自觉者、明行足、善逝、世间解、无上士调御丈夫、天人师、佛陀、世尊。

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

直至命终我归依佛陀。

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

我恒礼敬
过去诸佛、
未来诸佛、
现在诸佛。

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.

我没有其它依归，佛是我至上依归；
以此真实的话语，愿我得胜利吉祥。

I 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.

我以头来顶礼——最上者足之尘；
愿佛陀原谅我——对佛陀的冒犯。

Sādhu! Sādhu! Sādhu!

善哉！善哉！善哉！（顶礼一次）

Dhamma-Vandanā (p.164)

Svākkhāto bhagavatā dhammo, sandiṭṭhiko,
akāliko, ehi-passiko, opanayiko, paccattaṃ
veditabbo viññūhi.

Dhammaṃ jīvita-pariyantaṃ saraṇaṃ gacchāmi.

Ye ca Dhammā atītā ca
Ye ca Dhammā anāgatā,
Paccuppannā ca ye dhammā
Ahaṃ vandāmi sabbadā.

Natthi me saraṇaṃ aññaṃ,
Dhammo me saraṇaṃ varaṃ,
Etena sacca-vajjena
Hotu me jayamaṅgalaṃ.

Uttamaṅgena vande'haṃ
Dhammaṃ ca tividhaṃ varaṃ,
Dhamme yo khalito doso
Dhammo khamatu taṃ mamaṃ.

Sādhu! Sādhu! Sādhu! (bow 1x)

Saṅgha-Vandanā (p.165)

Suppaṭipanno bhagavato sāvaka-saṅgho,
Ujuppaṭipanno bhagavato sāvaka-saṅgho,
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,
Sāmicippaṭipanno bhagavato sāvaka-saṅgho;
Yadidaṃ: cattāri purisa-yugāni aṭṭha purisa-
puggalā, esa bhagavato sāvaka-saṅgho,
āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-
karaṇīyo, anuttaraṃ puññakkhettaṃ lokassa.

Saṅghaṃ jīvita-pariyantaṃ saraṇaṃ gacchāmi.

Homage to The Dhamma 礼敬法

Well-expounded is the Exalted One's Dhamma,
Visible here-and-now, Not delayed in time, Inviting of
inspection, Onward-leading, Is directly experienceable
by the wise.

法由世尊善说，现前可见、无时（无间隔）、请
来看、导向、当由智者亲证。

Until life's end, I go to the Dhamma for refuge.
直至命终我归依法。

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

我恒礼敬
过去诸法、
未来诸法、
现在诸法。

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.

我没有其它依归，法是我至上依归；
以此真实的话语，愿我得胜利吉祥。

I [bow down and] pay respects with [my] head to the
Dhamma, which is threefold²⁶ and supreme. [If] I have
[committed] any erring or wrongdoing towards the
Dhamma, may the Dhamma forgive me for that.

我以头来顶礼——三种至上之法²⁷；
愿佛法原谅我——我对法的冒犯。

Sādhu! Sādhu! Sādhu!
善哉！善哉！善哉！（顶礼一次）

Homage to The Saṅgha 礼敬僧团

The community of the Exalted One's disciples has
entered on the good way, the community of the Exalted
One's disciples has entered on the straight way, the
community of the Exalted One's disciples has entered on
the true way, the community of the Exalted One's
disciples has entered on the proper way, that is to say, the
four pairs of men, the eight types of persons. That is the
Exalted One's disciple community, worthy of gifts,
worthy of hospitality, worthy of offerings, whom should
be respected, the incomparable field of merit for the world.

世尊的声闻僧众已入善行道；世尊的声闻僧众
已入正直行道；世尊的声闻僧众已入真实行道；世
尊的声闻僧众已入正当行道。即四双八辈。这是世
尊的声闻僧众，是应供养、应供奉者、应施于者、
应合掌（礼敬）者，是世间的无上福田。

Until life's end, I go to the Saṅgha for refuge.
直至命终我归依僧。

²⁶ The threefold aspects are learning, practising and realizing the Dhamma; this can also be taken to mean ethical conduct, concentration and wisdom.

²⁷ 三种法是指教理、禅修与证悟，也可以指戒、定、慧。

Ye ca Saṅghā atītā ca
Ye ca Saṅghā anāgatā,
Paccuppannā ca ye Saṅghā
Ahaṃ vandāmi sabbadā.

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

我恒礼敬
过去诸僧、
未来诸僧、
现在诸僧。

Natthi me saraṇaṃ aññaṃ,
Saṅgho me saraṇaṃ varaṃ,
Etena sacca-vajjena
Hotu me jayamaṅgalaṃ.

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.

我没有其它依归，僧是我至上依归；
以此真实的话语，愿我得胜利吉祥。

Uttamaṅgena vande'haṃ
Saṅghaṃ ca tividdhottamaṃ,
Saṅghe yo khalito doso
Saṅgho khamatu taṃ mamaṃ.

I [bow down and] pay respects with [my] head to the
Saṅgha, which is threefold²⁸ and supreme. [If] I have
[committed] any erring or wrongdoing towards the
Saṅgha, may the Saṅgha forgive me for that.

我以头来顶礼——三种至上僧伽²⁹；
愿僧伽原谅我——对僧伽的冒犯。

Sādhu! Sādhu! Sādhu! (bow 1x)

Sādhu! Sādhu! Sādhu!

善哉！善哉！善哉！（顶礼一次）

Etena saccavajjena pātu tvaṃ ratanattayaṃ.
(x3)

By this speaking of truth, may the Triple Gem
protect you!

借此真实话语，愿三宝保护你！

(Add selected suttas here. 在此加入选诵经典。)

Maṅgalasuttaṃ (p.73)

Yaṃ maṅgalaṃ dvādasahi
Cintayimāsu sadevakā
Sotthānaṃ nādhigacchanti.
Aṭṭhattimsaṅca maṅgalaṃ

Desitaṃ devadevena
Sabbapāpavināsaṇaṃ
Sabbalokahitattāya.
Maṅgalaṃ taṃ bhaṇāma he.
- - -

Discourse on Blessings 吉祥经

Deities and men pondered on the meaning of
'Blessing' (Maṅgala) for twelve years but could not
obtain it (the meaning). Therefore the discourse on the 38
Blessings

was expounded by the Supreme Deity (i.e. the
Buddha) for the eradication of all evils and for the welfare
of the entire world. Let us recite this discourse on
blessing now.

十二年以来，人天皆思考，
欲得之吉祥，却不得结论。
故诸神之神，为世界利益、
为去除诸恶，开示卅八吉。
且让我们来，诵念该吉祥。

²⁸ This refers to those who are ordained disciples of the Buddha practising the Dhamma but have 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.

²⁹ 三种僧伽是凡夫僧、有学圣僧、无学圣僧。

Evam me sutam – ekam samayaṃ
bhagavā sāvattthiyaṃ viharati jetavane
anāthapiṇḍikassa ārāme. Atha kho aññatarā
devatā abhikkantāya rattiyaṃ abhikkantavaṇṇā
kevalakappaṃ jetavanaṃ obhāsetvā yena
bhagavā tenupasaṅkami; upasaṅkamitvā
bhagavantam abhivādetvā ekamantaṃ aṭṭhāsi.
Ekamantaṃ tthitā kho sā devatā bhagavantam
gāthāya ajjhabhāsi –

“Bahū devā manussā ca,
Maṅgalāni acintayum;
Ākaṅkhamānā sotthānam,
Brūhi maṅgalamuttamaṃ.”

“Asevanā ca bālānam,
Paṇḍitānañca sevanā;
Pūjā ca pūjaneyyānam,
Etaṃ maṅgalamuttamaṃ.

“Patirūpadesavāso ca,
Pubbe ca katapuññatā;
Attasammāpaṇidhi ca,
Etaṃ maṅgalamuttamaṃ.

“Bāhusaccañca sippañca,
Vinayo ca susikkhito;
Subhāsītā ca yā vācā,
Etaṃ maṅgalamuttamaṃ.

“Mātāpitu upaṭṭhānam,
Puttadārassa saṅgaho;
Anākulā ca kammantā,
Etaṃ maṅgalamuttamaṃ.

“Dānañca dhammacariyā ca,
Ñātakānañca saṅgaho;
Anavajjāni kammāni,
Etaṃ maṅgalamuttamaṃ.

“Āratī viratī pāpā,
Majjapānā ca saṃyamo;
Appamādo ca dhammesu,
Etaṃ maṅgalamuttamaṃ.

Thus have I heard: at one time the Blessed One was dwelling in Anāthapiṇḍaka's monastery in Jeta's grove. Then late into the night a certain deity, who was exceedingly beautiful, lighting up the whole area of Jeta's grove approached the Blessed one. Having approached paid homage and [then] standing to one side [at a respectful distance] that deity addressed the Blessed one in verse:

如是我闻，一时世尊住在舍卫城祇陀林给孤独园。那时，某位容色殊胜的天神在深夜使整个祇陀林充满光明，然后来到世尊的地方。来到之后，顶礼世尊，然后站在一边。那位天神站在一边后，以偈颂对世尊说：

“Many deities and men, [though] wishing for well-being are unable to think [which things really] are blessings [therefore, please] declare the highest blessing[s].”

「许多天与人，思惟诸吉祥，
希望得安乐；请说最吉祥。」

“The non-association with fools, the association with the wise, and honouring those worthy to be honoured: this is the highest blessing;

(世尊说：)
「不结交愚人，与智者交往，
礼敬可敬者，此事最吉祥。」

Living in a suitable country, having previously made merit, and rightly aspiring for oneself: this is the highest blessing;

住于适宜地，过去曾行善，
正确的自导，此事最吉祥。

Having learnt much, a [righteous] craft/trade, [being] well trained in discipline, and what is spoken is well spoken: this is the highest blessing;

博学与技术，善学于戒律，
所说皆善语，此事最吉祥。

Looking after mother and father, taking care of wife and children, and having an occupation that is unentangled [with unwholesomeness]: this is the highest blessing;

奉事父母亲，善待妻儿们，
清白的职业，此事最吉祥。

Giving, righteous living, taking care of [one's] relatives, and actions that are blameless: this is the highest blessing;

布施与法行，接济诸亲族，
行为无过失，此事最吉祥。

Abstaining and refraining from [all] depravities, restraining from drinking intoxicants, and heedful in [developing wholesome] qualities: this is the highest blessing;

远离诸恶事，不饮迷醉品，
修法不放逸，此事最吉祥。

“Gāravo ca nivāto ca,
Santutṭhi ca kataññutā;
Kālena dhammassavanam,
Etaṃ maṅgalamuttamam.

Respectful, humble, contented, grateful, and timely
listening to the Dhamma: this is the highest blessing;
恭敬与谦虚，知足与感恩，
适时听闻法，此事最吉祥。

“Khantī ca sovacassatā,
Samaṇānañca dassanam;
Kālena dhammasākacchā,
Etaṃ maṅgalamuttamam.

Patient, easy to speak to (i.e. admonish), seeing self-
calmed ones, and timely discussion of the Dhamma: this
is the highest blessing;
忍辱易受教，得见诸沙门，
适时讨论法，此事最吉祥。

“Tapo ca brahmacariyañca,
Ariyasaccāna dassanam;
Nibbānasacchikiriyā ca,
Etaṃ maṅgalamuttamam.

Austere, living the highest life, the seeing [with
wisdom] of the noble truths, and realizing nibbāna: this
is the highest blessing;
热忱与梵行，照见诸圣谛，
体证于涅槃，此事最吉祥。

“Phuṭṭhassa lokadhammehi,
Cittam yassa na kampati;
Asokam virajam khemam,
Etaṃ maṅgalamuttamam.

On contact with worldly conditions, their mind is
unshaken, sorrowless, free from impurities, and secure:
this is the highest blessing;
接触世法时，心毫不动摇，
无忧染而安，此事最吉祥。

“Etādisāni katvāna,
Sabbatthamaparājītā;
Sabbattha sotthim gacchanti,
Tam tesam maṅgalamuttamam.”.

Conducting [themselves] like this (as above),
everywhere invincible, they go safely everywhere for
them this is the highest blessing.
如此实行后，各处皆不败，
一切处安乐，对其最吉祥。」

– KN, Khuddakapāṭha 5; Suttanipāta, Cūḷavagga 4

Ratanasuttaṃ (p.75)

Paṇidhānato paṭṭhāya,
 Tathāgatassa dasa pāramiyo,
 Dasa upapāramiyo, dasa paramatthapāramiyoti
 Samatimsa pāramiyo, pañca mahāpariccāge,
 Lokatthacariyaṃ ṇātatthacariyaṃ
 buddhatthacariyanti
 Tisso cariyāyo pacchimabhavē gabbhavokkantim
 Jātim abhinikkhamanaṃ padhānacariyaṃ
 bodhipallaṅke
 Māravijayaṃ sabbaññutaññāṇappaṭivedhaṃ
 Dhammacakkappavattanaṃ, nava lokuttara-
 dhammeti
 Sabbepi'me Buddhagūṇe āvajjetvā
 Vesāliyaṃ tisu pākāraṇtaresu
 Tiyaṃmarattim parittaṃ karonto
 Āyasmā Ānandatthero viya
 Kāruṇācittaṃ upaṭṭhapetvā

Koṭṭisatasahassesu
 Cakkavāḷesu devatā
 Yassāṇaṃ paṭiggaṇhanti
 Yaṅca Vesāliyaṃ pure

Rogāmanussadubbhikkha-
 Sambhūtaṃ tividhaṃ bhayaṃ
 Khippamantaradhāpesi,
 Parittaṃ taṃ bhaṇāma he.

- - -

Yānīdha bhūtāni samāgatāni,
 Bhummaṇi vā yāni va antalikkhe;
 Sabbeva bhūtā sumanā bhavantu,
 Athopi sakkacca suṇantu bhāsitaṃ.

Tasmā hi bhūtā nisāmetha sabbe,
 Mettaṃ karotha mānusiyaṃ pajāya;
 Divā ca ratto ca haranti ye balim,
 Tasmā hi ne rakkhatha appamattā.

Discourse on the [Three] Jewels 宝经

Having mind infused with compassion like the Venerable Ānanda, who did protective chanting all through the three watches of the night, walking along the path between the three walls that surrounded the city of Vesālī, reflecting upon all these attributes of the Buddha: from the time the Buddha-to-be made the aspiration for Buddhahood, His practice of the thirty pāramīs comprising the ten pāramīs, the ten upapāramīs, and the ten paramatthapāramīs, the five great givings, the three great practices comprising practice for the world, practice for His relatives and practice for Buddhahood, and in His last birth, taking conception in His mother's womb, His birth, renunciation, the practice of asceticism, victory over Māra when He was seated on the throne under the Bodhi tree, gaining of Omniscience, turning of the Wheel of Dhamma (delivering of the First Sermon), and the nine Supramundane Dhammas,

且让我们激起悲心，就像阿难尊者在激起悲心后，在整晚三个时分，绕着毗舍离城的三道城墙诵念保护经，省思佛陀这一切的功德，即：从菩萨开始发愿修行菩萨道；他所修行的十种普通波罗蜜、十种中等波罗蜜、十种究竟波罗蜜，总共三十种波罗蜜；五种大舍离；为了世间而修行、为了亲族而修行、为了佛果而修行的三种修行；最后一世入母胎、出生、出家、修行、在菩提树下的座位上战胜魔王与证悟一切知智、开示转法轮经、九出世间法，

Let us recite, O good people, that paritta, the authority of which is accepted by the deities in one thousand billion universes, and which quickly causes to disappear the three dangers resulting from disease, non-human beings and famine in the city of Vesālī.

让我们诵念该保护经，其威力获得一万亿个世界系的诸神接受，使到毗舍离城所遭遇的疾病、非人与饥荒三种危害迅速消失。

Whatsoever beings are here assembled, those of the earth or those of the air, may all of them be happy!

Let them all listen attentively to my words!

任何来此聚会的众生，无论是住在地上或天空的，但愿一切众生都快乐，愿他们细心聆听我说。

Listen here, all beings! Show your love to those humans who, day and night, bring offerings to you, and protect them without negligence.

因此一切众生请谛听，应向众人类散播慈爱，他们日夜来供养你们，故应精勤地保护他们。

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ;
Na no samaṃ atthi tathāgatena,
Idampi buddhe ratanaṃ paṇītaṃ;
Etena saccena suvatthi hotu.

Khayaṃ virāgaṃ amataṃ paṇītaṃ,
Yadajjhagā sakyamunī samāhito;
Na tena dhammena samatthi kiñci,
Idampi dhamme ratanaṃ paṇītaṃ;
Etena saccena suvatthi hotu.

Yaṃ buddhasettṭho parivaṇṇayī suciṃ,
Samādhimānantarikaññamāhu;
Samādhinā tena samo na vijjati,
Idampi dhamme ratanaṃ paṇītaṃ;
Etena saccena suvatthi hotu.

Ye puggalā atṭha sataṃ pasatthā,
Cattāri etāni yugāni honti;
Te dakkhiṇeyyā sugatassa sāvakā,
Etesu dinnāni mahapphalāni;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Ye suppayuttā manasā daḷhena,
Nikkāmino gotamasāsanamhi;
Te pattipattā amataṃ vigayha,
Laddhā mudhā nibbutiṃ bhuñjamānā;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Yathindakhīlo pathavissito siyā,
Catubbhi vātehi asampakampiyo;
Tathūpamaṃ sappurisaṃ vadāmi,
Yo ariyasaccāni avecca passati;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间（这是指天界、梵天界或其他世界系）的任何财宝，或在天界的任何殊胜珠宝，都没有和如来（佛陀）同等的。在佛陀里有此殊胜宝。以此真实语愿得安乐。

The tranquil Sage of the Sakyas realised cessation, freedom from passion, immortality and excellence. There is nothing comparable to this Dhamma. In the Dhamma is this precious jewel found. On account of this truth, may there be happiness!

宁静的释迦牟尼已彻悟灭尽、离欲、不死与殊胜。没有任何东西能和法同等。在法里有此殊胜宝。以此真实语愿得安乐。

That pure path the Supreme Buddha praised is described as 'concentration without interruption'. There is nothing like that concentration. In the Dhamma is this precious jewel found. On account of this truth, may there be happiness!

至上佛所赞叹的清净被称为「无间隔的定」。找不到和此定同等的东西。在法里有此殊胜宝。以此真实语愿得安乐。

Those Eight Individuals, praised by the virtuous, they constitute four pairs. They, worthy of offerings, are the disciples of the Enlightened One. Gifts given to these yield abundant fruit. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

具德者赞叹的八种人组成四双，他们这些应供者是善逝的弟子。布施给他们会带来大果报。在僧团里有此殊胜宝。以此真实语愿得安乐。

With steadfast mind, applying themselves thoroughly in the Dispensation of Gotama, free of passion, they have attained to what should be attained. And plunging into immortality they enjoy the Peace (Nibbāna) in absolute freedom. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

以稳固的心透彻地修行，在乔达摩（佛）的教法里不再有贪欲，他们已证应证之法。进入了不死，他们轻易地享受所证悟的宁静。在僧团里有此殊胜宝。以此真实语愿得安乐。

Just as a firm post sunk in the earth cannot be shaken by the four winds; I say that a good person who thoroughly perceives the Noble Truths is similar to that. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

正如深置地里的柱子不能被四风动摇，我说，已经彻见圣谛的善士也是如此。在僧团里有此殊胜宝。以此真实语愿得安乐。

Ye ariyasaccāni vibhāvayanti,
Gambhīrapañña sudesitāni;
Kiñcāpi te honti bhusaṃ pamattā,
Na te bhavaṃ aṭṭhamamādiyanti;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Sahāvassa dassanasampadāya,
Tayassu dhammā jahitā bhavanti;
Sakkāyadiṭṭhī vicikicchitañca,
Sīlabbatā vāpi yadatthi kiñci.
Catūhapāyehi ca vippamutto,
Chaccābhiṭṭhānāni abhabba kātum;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Kiñcāpi so kamma karoti pāpakaṃ,
Kāyena vācā uda cetasā vā;
Abhabba so tassa paṭicchadāya,
Abhabbatā diṭṭhapadassa vuttā;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Vanappagumbe yatha phussitagge,
Gimhānamāse paṭhamasmiṃ gimhe;
Tathūpamaṃ dhammavaraṃ adesayi,
Nibbānagāmiṃ paramaṃ hitāya;
Idampi buddhe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Varo varaññū varado varāharo,
Anuttaro dhammavaraṃ adesayi;
Idampi buddhe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Khīṇaṃ purāṇaṃ nava natthi sambhavaṃ,
Virattacittāyatike bhavasmim;
Te khīṇabījā avirūḷhichandā,
Nibbanti dhīrā yathāyaṃ padīpo;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Those who clearly understand the Noble Truths, well taught by Him who has absolute knowledge, do not undergo an eighth birth, no matter how exceedingly heedless they may be. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

清楚地观照由拥有深奥智慧者善巧教导之圣谛的人，无论他们多么放逸，也不会有第八次投生。在僧团里有此殊胜宝。以此真实语愿得安乐。

Together with his attainment of Insight, three qualities have been abandoned, namely: Belief in self, doubt and dependence on (wrong) rites and ceremonies. He is absolutely freed from the four states of misery, and is incapable of doing the six things. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

证得知见的同时，有三法已被他断除，即身见、疑与如果他有的戒禁取见。他已完全解脱了四恶道，绝对不会做六种事。在僧团里有此殊胜宝。以此真实语愿得安乐。

He is incapable of hiding whatever evil he does, whether by deed, word or thought; for it has been said that such an act is impossible for one who has seen the Path. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

无论他透过身或口或意所造的任何恶业，他都不会复藏它，所谓见道者绝不会这么做。在僧团里有此殊胜宝。以此真实语愿得安乐。

Just like a forest is flowered at the top, in the first month of the summer season, so has the Sublime Doctrine that leads to Nibbāna been taught for the Highest Good. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

佛陀所教、导向涅槃、带来最高等利益的至上法，就像夏天第一个月的树林盛开着花。在佛陀里有此殊胜宝。以此真实语愿得安乐。

The unrivalled Excellent One, the Knower, the Giver, the Bringer of the Excellent has expounded the excellent Doctrine. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

无比的至上者、知至上者、给予至上者、带来至上者教导至上法。在佛陀里有此殊胜宝。以此真实语愿得安乐。

Their past is extinct, a fresh becoming there is not, their minds are not attached to a future birth, their desires grow not; those wise ones go out even as this lamp. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

旧的已灭，新的不再生起，他们的心不执着未来生，有之种子已灭，他们不再生起对生命的欲望。那些智者像灯（灭那样）熄灭。在僧团里有此殊胜宝。以此真实语愿得安乐。

Yānīdha bhūtāni samāgatāni,
Bhummāni vā yāni va antalikkhe;
Tathāgataṃ devamanussapūjitaṃ
Buddhaṃ namassāma suvatthi hotu.

Yānīdha bhūtāni samāgatāni
Bhummāni vā yāni va antalikkhe;
Tathāgataṃ devamanussapūjitaṃ
Dhammaṃ namassāma suvatthi hotu.

Yānīdha bhūtāni samāgatāni
Bhummāni vā yāni va antalikkhe;
Tathāgataṃ devamanussapūjitaṃ
Saṅghaṃ namassāma suvatthi hotu.

– KN, Khuddakapāṭha 6; Suttanipāta, Cūlavagga 1

(Sakka:) We beings here assembled, of the earth and of the air, salute the Accomplished Buddha, honoured by gods and humans. May there be happiness!

任何来此聚会的众生，无论是住在地上或天空的，礼敬人天尊敬的如来佛，愿得安乐。

We beings here assembled, of the earth and of the air, salute the Accomplished Dhamma, honoured by gods and humans. May there be happiness!

任何来此聚会的众生，无论是住在地上或天空的，礼敬人天尊敬的如来法，愿得安乐。

We beings here assembled, of the earth and of the air, salute the Accomplished Saṅgha, honoured by gods and humans. May there be happiness!

任何来此聚会的众生，无论是住在地上或天空的，礼敬人天尊敬的如来僧，愿得安乐。

Mettasuttaṃ (p.7)

Yassānubhāvato yakkhā neva dassenti bhīsaṇaṃ
Yamhi cevānuyuñjanto rattindivamatandito.

Sukhaṃ supati sutto ca pāpaṃ kiñci na passati,
Evamādiḡuṇūpetāṃ parittaṃ taṃ bhaṇāma he.

- - -

Karaṇīyamattakusalena,
yantasantaṃ padaṃ abhisamecca;
Sakko ujū ca suhujū ca,
suvaco cassa mudu anatimānī.

Santussako ca subhāro ca,
appakicco ca sallahukavutti;
Santindriyo ca nipako ca,
appagabbho kulesvananugiddho.

Na ca khuddamācare kiñci,
yena viññū pare upavadeyyuṃ;
Sukhinova khemino hontu,
sabbasattā bhavantu sukhittā.

Discourse on Loving-Kindness 慈爱经

Due to the power of this (Mettā Sutta), spirits did not manifest frightful sights. One who devotes himself to these teachings day and night diligently sleeps soundly and does not have any nightmare when asleep. Let us recite this protective discourse.

透过它（慈爱经）的力量，夜叉不显现恐怖相。对于昼夜致力修行者，他睡眠舒适不做恶梦。且让我们诵念具备这些功德之护卫。

This is to be done by [one] skilled in [what is] beneficial: having understood the path that [leads to] peace; he would be able, upright, very upright, easy to admonish, gentle, and not arrogant.

这是想要证得彻悟寂静涅槃、善于有益修行的人应该做的事：他必须有能力、正直、非常正直、易受教、柔软、不自大、

Contented and easy to support, of few duties and living frugally; [with] calm faculties and prudent, not obtrusive [to and] greedy [for gains from supporting] families.

知足、易护持、少事务、生活简朴、诸根寂静、拥有成熟的智慧、不无礼、不贪着在家众。

He would not do [even] the slightest thing, by which the wise could censure [and tell] others; may [all beings] be happy and secure, may all beings be in a state of happiness.

只要是智者将会指责的事，即使是小事他也不做；（愿一切众生）幸福与平安，愿一切众生安乐；

Ye keci pāṇabhūtatti,
tasā vā thāvarā vanavasesā;
Dīghā vā yeva mahantā,
majjhimā rassakā aṇukathulā.

Diṭṭhā vā yeva adiṭṭhā,
ye va dūre vasanti avidūre;
Bhūtā va sambhavesi va,
sabbasattā bhavantu sukhittā.

Na paro param nikubbetha,
nātimaññetha katthaci na kañci;
Byārosanā paṭighasaññā,
nāññamaññassa dukkhamiccheyya.

Mātā yathā niyaṃ puttamāyusā
ekaputtamanurakkhe;
Evampi sabbabhūtesu,
mānasam bhāvaye aparimāṇam.

Mettañca sabbalokasmi,
mānasam bhāvaye aparimāṇam;
Uddham adho ca tiriyañca,
asambādham averamasapattam.

Tiṭṭham caram nisinno va,
sayāno yāvatāssa vitamiddho;
Etaṃ satim adhiṭṭheyya,
brahmametaṃ vihāramidhamāhu.

Diṭṭhiñca anupaggaṃ,
sīlavā dassanena sampanno;
Kāmesu vinaya gedham,
na hi jātuggabbhaseyya punareti.

– KN, Khuddakapāṭha 9; Suttanipāta, Urugavagga 8

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalam.

Whatever living beings there are, feeble or strong,
[all] without exception; those long, great, medium, short,
small or large.

无论是任何存在的众生，会颤抖的或不会颤抖的
皆毫无遗漏，长的或大的或中等的，短的或小的
或粗圆的，

Those seen or not seen, and living far or nearby; born
or seeking birth, may all beings be in a state of happiness.

见到的或没见到的，住在远方的或近处的，已
生的或还寻求再生的——愿一切众生快乐。

One would not deceive another, [nor] despise them
anywhere [about] anything; [out of] anger or aversion,
would not wish suffering for each other.

且让人不欺骗别人，也不在任何地方轻视别人。
且让他们不会以嗔怒与厌恶来互相希望对方痛苦。

Just as a mother for her son, [her] only son, would
protect [him] with her life; thus, also, towards all beings,
would develop the mind without limit.

正如母亲对待自己的儿子那样，会以生命来保护
独生子；应当如此对一切众生培育无量的心。

With loving-kindness towards the whole world,
would develop the mind without limit; above, below and
across, unrestricted, free from enmity and hostility.

以及应当以慈爱对全世界培育无量的心，上
方、下方与周围，无障碍、无仇人、无敌对。

While standing, walking, seated, or lying down free
from drowsiness; would determine [to keep] this
mindfulness [in mind], this is a divine abiding in this
world, it is said.

立、行、坐或卧，只要不是在睡眠中，都应决
心保持如此的正念。这就是他们在此所说的梵住。

Not going to [wrong] view[s], being morally well
behaved and having [right] vision, [and] having given up
greed for sensuality, never again come [back] to the
womb.

不执持邪见，拥有戒行，具足智见，及已经去
除对欲乐的贪爱之后，他肯定不会再投胎。

By this speaking of truth, may there be well-being
for you always. By this speaking of truth, may all [your]
diseases disappear. By this speaking of truth, may there
be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Bojjhaṅgasuttaṃ (p.88)

Samāsāre saṃsarantānaṃ,
Sabbadukkhavināsane,
Satta dhamme ca Bojjhaṅge,
Mārasenāpamaddane,

Bujjhivā ye cime sattā,
Tibhavā muttakuttamā,
Ajātimajarābyādhiṃ,
Amataṃ nibbhayaṃ gatā.

Evamādiguṇūpetam,
Anekaguṇasaṅghamam,
Osadhañca imam mantam,
Bojjhaṅgañca bhaṇāma he.

Bojjhaṅgo satisaṅkhāto
Dhammānaṃ vicayo tathā,
Viriyaṃ pīti passaddhi
Bojjhaṅgā ca tathāpare,

Samādhupekkhā bojjhaṅga,
Sattete sabba-dassinā
Muninā sammadakkhātā,
Bhāvitā bahulikatā,

Samvattanti abhiññāya
Nibbānāya ca bodhiyā.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Ekasmiṃ samaye Nātho
Moggallānañca Kassapaṃ
Gilāne dukkhite disvā
Bojjhaṅge satta desayi.

Te ca taṃ abhinanditvā,
Rogā muccimsu taṅkhaṇe.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Ekadā Dhammarājā'pi
Gelaṇṇenābhipīlito,
Cundattherena taṃyeva
Bhaṇāpetvāna sādaram.

**The Discourse on Enlightenment
Factors 觉支经**

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（欲有、色有、无色有）。他们已经达到无生、无老、无病、无死、无怖畏的涅槃。

O good people! Let us recite this Bojjhaṅga Sutta which is endowed with the aforementioned attributes, which gives not only 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。

These seven Factors of Enlightenment, namely; mindfulness, investigation of Dhammas, effort, joy, tranquility, concentration and equanimity, which are well-expounded by the All Seeing Sage, promote, when practised 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，是知见一切的牟尼善说之法，在培育、重复修习之下，会导向亲证智、涅槃、菩提。以此真实话语，愿你永远平安。

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

一时依持者（世尊）见到目犍连和迦叶（尊者）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。以此真实话语，愿你永远平安。

Once when the King of Dhamma was oppressed by disease, he had the Venerable Cunda recite the discourse respectfully.

一时法王受到病痛折磨，他就指示尊陀长老恭敬地念诵该经。

Sammoditvāna ābādhā
Tamhā vuṭṭhāsi ṭhānaso.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Pahīnā te ca ābādhā
Tiṇṇannam'pi Mahesinaṃ,
Maggahatā kilesāva
Pattānuppatti-dhammataṃ.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Mettā Chanting (p.16)

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-
pariyāpannā, sabbā itthiyo, sabbe purisā,
sabbe ariyā, sabbe anariyā, sabbe devā,
sabbe manussā, sabbe vinipātikā –

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Puratthimāya disāya, pacchimāya disāya,
uttarāya disāya, dakkhiṇāya disāya, puratthi-
māya anudisāya, pacchimāya anudisāya,
uttarāya anudisāya, dakkhiṇāya anudisāya,
heṭṭhimāya disāya, uparimāya disāya,

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-
pariyāpannā, sabbā itthiyo, sabbe purisā,
sabbe ariyā, sabbe anariyā, sabbe devā,
sabbe manussā, sabbe vinipātikā –

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Having rejoiced at the discourse, He was immediately cured of the disease. By this utterance of truth, may there always be happiness to you.

他对该经感到欢喜，并且立刻病愈。以此真实话语，愿你永远平安。

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。以此真实话语，愿你永远平安。

慈悲诵

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:

一切有情、一切有息、一切众生、一切个人、一切自体所属、一切女人、一切男人、一切圣者、一切非圣者、一切神、一切人、一切苦界众生：

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

In the easterly direction, in the westerly direction, in the northerly direction, in the southerly direction, in the south-east direction, in the north-west direction, in the north-east direction, in the south-west direction, in the downward direction, in the upward direction:

在东方、在西方、在北方、在南方、在东南方、在西北方、在东北方、在西南方、在下方、在上方

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:

一切有情、一切有息、一切众生、一切个人、一切自体所属、一切女人、一切男人、一切圣者、一切非圣者、一切神、一切人、一切苦界众生：

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

Uddham yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā pathavī-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddham yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā udake-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddham yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā ākāse-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live on earth: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在地上过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in water: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在水里过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in the sky: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在天空里过活的有情无嗔无怨、无苦无厄。

Good Wishes and Sharing of Merit etc 2 (p.166)

Yam pattam kusalam tassa
Ānubhāvena paṇino
Sabbe saddhamma-rājassa
Ñatvā Dhammam sukhāvaham,

Pāpuṇantu visuddhāya
Sukhāya paṭipattiyā
Asokamanupāyāsam
Nibbānasukhamuttamam.

Ciram tiṭṭhatu saddhammo,
Dhamme hontu sagāravā
Sabbe'pi sattā, kālena
Sammā devo pavassatu.

Yathā rakkhimsu porāṇā
Surājāno tathevimaṃ,
Rājā rakkhatu dhammena
Attano'va pajam pajam.

– Aṭṭhasālīnī, Nigamanakathā

祝愿与分享功德等 2

By the power of whatever wholesome state attained by me, may all beings, having known rightly the King of Dhamma's teachings which give bliss (of Nibbāna), attain the bliss of Nibbāna, sorrowless, without distress and supreme, through the Middle Practice (Noble Eightfold Path) which is pure and blissful.

以我所成就的善法力量，愿一切有情在了知正法王导向快乐（涅槃）之法后，透过清净快乐的修行，达到至上的涅槃乐、无忧无恼。

May the true Dhamma last long, may all beings also respect the Dhamma, and may the [rain] god [give] proper and timely rain.

愿正法久住，愿一切有情也恭敬法，愿雨神适时降雨。

Just as good kings of ancient times gave protection, may the king righteously protect the people like his own (offspring).

正如古代贤善之王给予保护，愿国王善护人民如善护自己的子女。

Iminā puññakammena,
Upajjhāyā guṇuttarā,
Ācariyūpakārāca
Mātā pitā piyā mamaṃ,

Suriyo candimā rājā,
Guṇavantā narā'pi ca
Brahmā Mārā ca Indā ca,
Lokapālā ca devatā,

Yamo mittā manussāca
Majjhata verikā'pi ca,
Sabbe sattā sukhī hontu
Puññāni pakatāni me.

Sukhaṃ ca tividhaṃ dentu,
Khippaṃ pāpetha vo matam.
Iminā puññakammena
Iminā uddissena ca,

Khippā hantu labheceva
Taṇhūpādāna chedanam.
Ye santāne hinā dhammā
Yāva nibbānato mamaṃ,

Nassantu sabbadā yeva
Yattha jāto bhava bhava,
Ujucitto sati pañño
Sallekho viriya vāminā.

Mārā labhantu nokāsaṃ
Kātuṃ ca viriyetu me,
Buddho dīpavaro nātho,
Dhammo nātho varuttamo.

Nātho pacceka-sambuddho,
Saṅgho nāthottaro mamaṃ,
Tesottamānubhāvena
Mārokāsaṃ labhantu mā.

Bhavaggupādāya avīci heṭṭhato
Etthantare sattā kāyūpapannā
Rūpi arūpica asaṇṇi saṇṇino
Dukkhā pamuccantu, phusanti nibbutim.

May my preceptors and teachers, my superiors in virtue, and all those who have helped me, my dear parents, the deities of the sun and moon, all good human beings, Brahmā, Māras, Indras and the guardian deities of the world, Yama, my good friends, acquaintances, and even those not well disposed towards me, may they all share in my meritorious deeds and by the power of that merit may they all be happy!

愿我的戒师、老师、有德行的长辈、所有帮过我的人、我亲爱的父母、日神、月神、具德之人、诸梵天、诸魔、诸因陀、世界的保护神、夜摩、朋友、普通人、仇敌，愿他们都随喜我的功德，及以此功德，愿他们都快乐。

May they attain the threefold joy of the path, fruition and Nibbāna! May their good wishes be fulfilled soon! May the merit that they have shared help them soon destroy craving and the tendency to grasp. Whatever low and mean qualities are in me, may I destroy them day by day until I attain Nibbāna. Wherever I am born may I possess integrity, mindfulness and wisdom, and with right effort may I rid myself of defilements.

愿他们得到道、果与涅槃这三种乐。愿他们的心愿迅速达成。透过这个跟他们分享的功德，愿他们能够迅速断除贪爱和执取。那些我所有的低劣法，愿我能够逐日去除它们，直到证悟涅槃为止。无论投生到哪里，愿我都拥有正直的心、正念与智慧，以及透过精进，愿我能够损减烦恼。

May the Māras (evil forces) find no opportunity to frustrate my striving on the path. The Sammāsambuddha is our Refuge – the Noblest island sure. The Dhamma that He taught is our noble sure Refuge.

愿诸魔没有机会干扰我精进修行。佛陀此至上明灯是我们的依持。他的教法是我们的至上依持。

The Paccekabuddhas and the Saṅgha are noble refuges. By the power of those great beings, may the Māras find no opportunity to overpower me!

辟支佛与僧团是我的至上依持。透过那些至上者的力量，愿诸魔没有机会击败我。

From the very summit of this universe, to the nethermost point avīci, may all beings who come to be within these bounds, those with form and those formless, those with perception and those without, may they all from suffering be freed, and may they all enjoy Nibbāna's peace.

上至有顶天，下至阿鼻地狱，愿所有来到这些范围的有情，有色与无色，有想与无想，愿他们都解脱苦，愿他们都体验涅槃之寂静。

Devo vassatu kālena,
Sassa sampatti hetu ca,
Pīto bhavatu loko ca,
Rājā bhavatu dhammiko.

- - -

Imāya dhammānudhammapaṭipattiyā
Buddhaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Dhammaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Saṅghaṃ pūjemi.

Addhā imāya paṭipattiyā jāti-jarā-byādhi
maraṇamhā parimuccissāmi.

Idaṃ me puññaṃ āsavakkhayāvaham hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññabhāgaṃ labhantu.

May the rains fall in due season, may the harvests
be rich and plentiful, may the world be happy and may
rulers rule with righteousness.

愿适时下雨，愿农作物丰收，愿世界快乐，
愿诸王如法统治。

By this practice that is in accordance with the
Dhamma, I venerate the Buddha.

By this practice that is in accordance with the
Dhamma, I venerate the Dhamma.

By this practice that is in accordance with the
Dhamma, I venerate the Saṅgha.

Surely, by this practice I will be liberated from
birth, old age, sickness and death.

以此依法修行证法，我礼敬佛！

以此依法修行证法，我礼敬法！

以此依法修行证法，我礼敬僧！

以此修行，我肯定将会解脱生、老、病、死！

May this merit of mine be conducive to the
destruction of [mental] taints. May this merit of mine
be a [supportive] condition [for the realization] of
Nibbāna.

愿我这份功德导向摧毁诸漏。

愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings. May
all those beings get an equal share of the merits shared by
me.

我把我的功德与一切有情分享，

愿他们都平等地得到我的功德。

Chanting for Releasing Lives 放生念诵

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Devārāadhanā (p.1)

Samantā cakka-vāḷesu
Atrāgacchantu devatā;
Saddhammaṃ Muni-rājassa
Suṇantu sagga-mokkhadaṃ.

Dhammassavana-kālo ayaṃ bhadantā. (x3)

Vandanā (p.1)

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Buddhānussati (p.5)

Iti'pi so bhagavā araham, sammāsambuddho,
vijjācaraṇa-sampanno, sugato, lokavidū,
anuttaro purisadamma-sārathi, satthā
devamanussānaṃ, buddho, bhagavā.

Dhammānussati (p.5)

Svākkhāto bhagavatā dhammo, sandiṭṭhiko,
akāliko, ehi-passiko, opanayiko, paccattaṃ
veditabbo viññūhi.

Saṅghānussati (p.5)

Suppaṭipanno bhagavato sāvaka-saṅgho,
Ujuppaṭipanno bhagavato sāvaka-saṅgho,
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,
Sāmīcippaṭipanno bhagavato sāvaka-saṅgho;
Yadidaṃ: cattāri purisa-yugāni aṭṭha purisa-
puggalā, esa bhagavato sāvaka-saṅgho;
Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-
karaṇīyo, anuttaraṃ puññakkhettaṃ lokassa.

Inviting the Deities 邀请诸天

May the deities of the entire universe come here and
listen to the True-Dhamma of the King of Sages, which
leads to the heavenly states and liberation (Nibbāna).

从世界系中各处，愿诸天神来此地，
聆听知王之正法，导向天界与解脱。

Sirs, now is the time for listening to the Dhamma.
这是听闻佛法的时候，大德们。

Homage [to the Buddha] 礼敬佛陀

Homage to that Blessed One, the Arahant and Perfectly
Self-Awakened One.

礼敬世尊、阿罗汉、圆满自觉者。

Contemplation of the Buddha 佛随念

Such is that Blessed One, the Worthy One, the
Perfectly Self-Awakened One, One fully possessed of
wisdom and conduct, One who has proceeded by the good
way, Knower of the [three] worlds, Unexcelled Trainer of
tameable men, Teacher of deities and men, The Awakened
One, The Blessed One.

世尊是：阿罗汉、圆满自觉者、明行足、善逝、
世间解、无上士调御丈夫、天人师、佛陀、世尊。

Contemplation of the Dhamma 法随念

Well-expounded is the Exalted One's Dhamma,
visible here-and-now, not delayed in time, inviting of
inspection, onward-leading, is directly experienceable by
the wise.

法由世尊善说，现前可见、无时（无间隔）、
请来看、导向、当由智者亲证。

Contemplation of the Saṅgha 僧随念

The community of the Exalted One's disciples has
entered on the good way, the community of the Exalted
One's disciples has entered on the straight way, the
community of the Exalted One's disciples has entered on
the true way, the community of the Exalted One's
disciples has entered on the proper way, that is to say, the
four pairs of men, the eight types of persons. That is the
Exalted One's disciple community, worthy of gifts,
worthy of hospitality, worthy of offerings, whom should
be respected, the incomparable field of merit for the
world.

世尊的声闻僧众已入善行道；世尊的声闻僧众
已入正直行道；世尊的声闻僧众已入真实行道；世
尊的声闻僧众已入正当行道。即四双八辈。这是世
尊的声闻僧众，是应供养、应供奉者、应施于者、
应合掌（礼敬）者，是世间的无上福田。

Evam buddham sarantānam
Dhammam saṅghaṇṇa bhikkhavo;
Bhayaṁ vā chambhitattam vā
Lomahaṁso na hessati.

– SN, Sagāthāvagga, Sakkaṣamyutta,
Dhajaggasuttam

[Etena saccavajjena pātu tvaṁ ratanattayam.
(x3)]

Mettasuttam (p.7)

Yassānubhāvato yakkhā neva dassenti bhīsanam
Yamhi cevānuyūjanto rattindivamatandito.

Sukham supati sutto ca pāpam kiñci na passati,
Evamādiguṇūpetam parittam tam bhaṇāma he.

- - -

Karaṇīyamattakusalena,
yantasantaṁ padam abhisamecca;
Sakko ujū ca suhujū ca,
suvaco cassa mudu anatimānī.

Santussako ca subharo ca,
appakicco ca sallahukavutti;
Santindriyo ca nipako ca,
appagabbho kulesvananugiddho.

Na ca khuddamācare kiñci,
yena viññū pare upavadeyyum;
Sukhinova khemino hontu,
sabbasattā bhavantu sukhittā.

Ye keci pāṇabhūtatti,
tasā vā thāvarā vanavasesā;
Dīghā vā yeva mahantā,
majjhimā rassakā aṇukathulā.

Diṭṭhā vā yeva adiṭṭhā,
ye va dūre vasanti avidūre;
Bhūtā va sambhavesī va,
sabbasattā bhavantu sukhittā.

Na paro param nikubbetha,
nātimaññetha katthaci na kañci;
Byārosanā paṭighasaññā,
nāññamaññassa dukkhamiccheyya.

Thus, Bhikkhus, in you who remember the Buddha,
the Dhamma and the Saṅgha, fear, trembling or terror will
never arise.

如是诸比丘，忆念佛法僧，
他无畏不栗，无毛骨悚然。

By this speaking of truth, may the Triple Gem protect
you!

借此真实话语，愿三宝保护你！

Discourse on Loving-Kindness 慈爱经

Due to the power of this (Mettā Sutta), spirits did not
manifest frightful sights. One who devotes himself to
these teachings day and night diligently sleeps soundly
and does not have any nightmare when asleep. Let us
recite this protective discourse.

透过它（慈爱经）的力量，夜叉不显现恐怖相。
对于昼夜致力修行者，他睡眠舒适不做恶梦。且让
我们诵念具备这些功德之护卫。

This is to be done by [one] skilled in [what is]
beneficial: having understood the path that [leads to]
peace; he would be able, upright, very upright, easy to
admonish, gentle, and not arrogant.

这是想要证得彻悟寂静涅槃、善于有益修行
的人应该做的事：他必须有能力、正直、非常正直、
易受教、柔软、不自大、

Contented and easy to support, of few duties and
living frugally; [with] calm faculties and prudent, not
obtrusive [to and] greedy [for gains from supporting]
families.

知足、易护持、少事务、生活简朴、诸根寂静、
拥有成熟的智慧、不无礼、不贪着在家众。

He would not do [even] the slightest thing, by which
the wise could censure [and tell] others; may [all beings]
be happy and secure, may all beings be in a state of
happiness.

只要是智者将会指责的事，即使是小事他也不
做；（愿一切众生）幸福与平安，愿一切众生安乐；

Whatever living beings there are, feeble or strong,
[all] without exception; those long, great, medium, short,
small or large.

无论是任何存在的众生，会颤抖的或不会颤抖
的皆毫无遗漏，长的或大的或中等的，短的或小的
或粗圆的，

Those seen or not seen, and living far or nearby; born
or seeking birth, may all beings be in a state of happiness.

见到的或没见到的，住在远方的或近处的，已
生的或还寻求再生的——愿一切众生快乐。

One would not deceive another, [nor] despise them
anywhere [about] anything; [out of] anger or aversion,
would not wish suffering for each other.

且让人不欺骗别人，也不在任何地方轻视别人。
且让他们不会以嗔怒与厌恶来互相希望对方痛苦。

Mātā yathā niyaṃ puttamāyusā
ekaputtamanurakkhe;
Evampi sabbabhūtesu,
mānasā bhāvaye aparimāṇaṃ.

Mettañca sabbalokasmi,
mānasā bhāvaye aparimāṇaṃ;
Uddhaṃ adho ca tiriyañca,
asambādhaṃ averamasapattaṃ.

Tiṭṭhaṃ caraṃ nisinno va,
sayāno yāvatāssa vitamiddho;
Etaṃ satim adhiṭṭheyya,
brahmametaṃ vihāramidhamāhu.

Diṭṭhiñca anupaggaṃ,
sīlavā dassanena sampanno;
Kāmesu vinaya gedhaṃ,
na hi jātuggabbhaseyya punareti.

– KN, Khuddakapāṭha 9; Suttanipāta, Uragavagga 8

[Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.]

Just as a mother for her son, [her] only son, would protect [him] with her life; thus, also, towards all beings, would develop the mind without limit.

正如母亲对待自己的儿子那样，会以生命来保护独生子；应当如此对一切众生培育无量的心。

With loving-kindness towards the whole world, would develop the mind without limit; above, below and across, unrestricted, free from enmity and hostility.

以及应当以慈爱对全世界培育无量的心，上方、下方与周围，无障碍、无仇人、无敌对。

While standing, walking, seated, or lying down free from drowsiness; would determine [to keep] this mindfulness [in mind], this is a divine abiding in this world, it is said.

立、行、坐或卧，只要不是在睡眠中，都应决心保持如此的正念。这就是他们在此所说的梵住。

Not going to [wrong] view[s], being morally well behaved and having [right] vision, [and] having given up greed for sensuality, never again come [back] to the womb.

不执持邪见，拥有戒行，具足智见，及已经去除对欲乐的贪爱之后，他肯定不会再投胎。

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Pubbaṇhasuttaṃ (p.14)

Yaṃ dunnimittaṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaḥo dussupinaṃ akantaṃ,
Buddhānubhāvena vināsamentu.

Yaṃ dunnimittaṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaḥo dussupinaṃ akantaṃ,
Dhammānubhāvena vināsamentu.

Yaṃ dunnimittaṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaḥo dussupinaṃ akantaṃ,
Saṅghānubhāvena vināsamentu.

The Discourse about the Forenoon 午前经

By the power of the Buddha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛陀的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Dhamma, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛法的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Saṅgha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过僧团的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

Dukkhappattā ca niddukkhā
Bhayappattā ca nibbhayā,
Sokappattā ca nissokā
Hontu sabbe'pi pāṇino.

May all creatures who are suffering be without suffering, [living in] fear be without fear and [living in] sorrow be without sorrow.

祝愿一切的众生，痛苦的不再痛苦，
恐惧的不再恐惧，忧愁的不再忧愁。

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe devā'numodantu
Sabba-sampatti siddhiyā.

May all deities rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切神随喜我们至今所累积的功德，愿一切得成就！

Dānaṃ dadantu saddhāya,
Sīlaṃ rakkhantu sabbadā,
Bhāvanābhiratā hontu,
Gacchantu devatāgatā.

May all be able to perform giving with faith; may all safeguard their morality always. May all be delighted in meditation. May the deities who have come (to the recitation) go back (to their homes).

愿大家依信布施，愿大家永护其戒，
愿大家乐于禅修，请来此诸神归去。

Sabbe Buddhā balappattā
Paccekaṇaṃ yaṃ balaṃ,
Arahantānaṃ teja
Rakkhaṃ bandhāmi sabbaso.

By the (protective) power of the Buddhas, the power of Pacceka-Buddhas and the power of Arahants, I fortify the protection in every way.

以一切佛陀之力，及诸辟支佛之力，
及诸阿罗汉之力，我建立一切守护！

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Buddhhe ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间（这是指天界、梵天界或其他世界系）的任何财宝，或在天界的任何殊胜珠宝，都没有和如来（佛陀）同等的。在佛陀里有此殊胜宝。以此真实语愿得安乐。

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Dhamme ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Dhamma is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在法里有此殊胜宝。以此真实语愿得安乐。

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Saṅghe ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在僧团里有此殊胜宝。以此真实语愿得安乐。

Mahā-kāruṇiko nātho,
Hitāya sabba-pāṇinaṃ,
Pūretvā pāramī sabbā,
Patto sambodhimuttamaṃ.
Etena sacca-vajjena

The most compassionate Lord had fulfilled all the perfections for the welfare of all beings and had attained the supreme enlightenment. By this truth may there be well-being for you always.

具有大悲的依持者，为了一切众生利益，
圆满所有波罗蜜后，证得无上菩提解脱；
借着这真实的话语，愿你永远平安快乐。

Sotthi te hotu sabbadā.

Jayanto bodhiyā mūle,
Sakyānaṃ nandi-vuḍḍhano,
Evameva jayo hotu,
Jayassu jaya-maṅgale.

Aparājita-pallaṅke,
Sīse puthuvipukkhale,
Abhiseke sabbabuddhānaṃ,
Aggapatto pamodati.

Sunakkhattaṃ sumaṅgalaṃ,
Suppabhātaṃ suhuṭṭhitaṃ;
Sukhaṇo sumuhutto ca,
Suyiṭṭhaṃ brahmacārisu.

Padakkhiṇaṃ kāya-kammaṃ,
Vācā-kammaṃ padakkhiṇaṃ;
Padakkhiṇaṃ mano-kammaṃ,
Paṇīdhi te padakkhiṇe.

Padakkhiṇāni katvāna,
Labhantatthe padakkhiṇe.
Te attha-laddhā sukhitā
Virūḷhā Buddha-sāsane;
Arogā sukhitā hotha
Saha sabbehi ñātibhi.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-buddhānubhāvena
Sadā sukhī (sotthī)³⁰ bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-dhammānubhāvena
Sadā sukhī (sotthī)² bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-saṅghānubhāvena
Sadā sukhī (sotthī)² bhavantu te.

Just as the Lord, the increaser of delight for the Sakyans, was victorious at the foot of the Bodhi tree, so also may the victory be to you and may you be successful in all the auspicious conquests.

为释迦族增长喜者，在菩提树下得胜利；
愿你也都如此胜利，于吉祥征途得胜利。

The Lord had attained the Noble State on the Unconquerable Seat, on the most sacred earth consecrated by all the Buddhas and rejoiced.

在不败的座位上，在最神圣的地点，
诸佛加持欢喜处，他证悟圣洁之境。

May good planets, excellent blessings, good daybreak, good waking up, good moment, good instance, and good oblations to the sages be to you.

愿你得吉星善吉祥，好的黎明好的起身，
好的刹那与好时刻，对梵行者的善供养。

May the bodily deeds be reverential; may the speech deeds be reverential; may the mental deeds be reverential. May you be resolute in these reverential matters.

恭敬的身业，恭敬的语业，
恭敬的意业，决意于敬业。

Having done the reverential deeds, may you obtain reverential gains; having obtained them may you be happy and make progress in the Buddha's dispensation. May you and all your relatives be happy and free from sickness.

实行恭敬诸业之后，愿你获得恭敬之得。
获得它们愿你快乐，于佛教法获得提升。
愿你及所有亲戚们，都没有病痛都快乐。

May all blessings be [yours], may all the deities protect [you]; by the power of all the Buddhas, may you have happiness (well-being) always.

愿你得一切吉祥，愿一切神保护你；
透过诸佛的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Dhammas, may you have happiness (well-being) always.

愿你得一切吉祥，愿一切神保护你；
透过诸法的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Saṅghas, may you have happiness (well-being) always.

愿你得一切吉祥，愿一切神保护你；
透过诸僧的威力，愿你永远都快乐（平安）！

³⁰ sotthī – Sri Lanka Version, 斯里兰卡版本

Paccayā - Paccayuddeso (p.4) [Twenty-Four] Conditions 二十四缘

Hetupaccayo, ārammaṇapaccayo,
adhipatipaccayo, anantarapaccayo,
samanantarapaccayo, saha-jātapaccayo,
añña-mañña-paccayo, nissayapaccayo,
upanissayapaccayo, purejātapaccayo,
pacchājātapaccayo, āsevanapaccayo,
kamma-paccayo, vipāka-paccayo,
āhāra-paccayo, indriya-paccayo,
jhāna-paccayo, magga-paccayo,
sampayutta-paccayo, vippayutta-paccayo,
atthi-paccayo, natthi-paccayo,
viga-ta-paccayo, aviga-ta-paccayoti.

Root condition, object condition,
predominance condition, immediacy condition,
contiguity condition, conascence condition,
mutuality condition, dependence condition,
powerful dependence condition, pre-nascence condition,
post-nascence condition, repetition condition,
kamma condition, result condition,
nutriment condition, faculty condition,
jhāna condition, path condition,
association condition, dissociation condition,
presence condition, absence condition,
disappearance condition, non-disappearance condition.
因缘；所缘缘；增上缘；无间缘；
相续缘；俱生缘；相互缘；依止缘；
亲依止缘；前生缘；后生缘；重复缘；
业缘；果报（异熟）缘；食缘；根缘；
禅那缘；道缘；相应缘；不相应缘；
有缘；无有缘；离去缘；不离去缘。

Subha-Patthanā & Paritta (p.18) Blessings and Protection 祝福与护卫

Yaṃ dunnimittaṃ avamaṅgalaṇca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Buddhānubhāvena vināsamentu.

By the power of the Buddha, may all evil omens,
inauspiciousness, the unpleasant cry of birds, bad
[influences of the] planets, bad dreams and [all that is]
not agreeable disappear.

透过佛陀的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

Yaṃ dunnimittaṃ avamaṅgalaṇca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Dhammānubhāvena vināsamentu.

By the power of the Dhamma, may all evil omens,
inauspiciousness, the unpleasant cry of birds, bad
[influences of the] planets, bad dreams and [all that is]
not agreeable disappear.

透过佛法的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

Yaṃ dunnimittaṃ avamaṅgalaṇca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Saṅghānubhāvena vināsamentu.

By the power of the Saṅgha, may all evil omens,
inauspiciousness, the unpleasant cry of birds, bad
[influences of the] planets, bad dreams and [all that is]
not agreeable disappear.

透过僧团的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

Sabbītiyo vivajjantu,
Sabba-rogo vinassatu,
Mā te bhavatvantarāyo,
Sukhī dīghāyuko bhava.

May all calamities be avoided, may all diseases
disappear, may there be no obstacle[s] for you, [and may]
you be happy and have long life.

愿免除一切灾难，愿一切疾病消失；
愿你没有诸障碍，愿你快乐又长寿！

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-buddhānubhāvena
Sadā sotthī bhavantu te.

May all blessings be [yours], may all the deities
protect [you]; by the power of all the Buddhas, may you
have well-being always.

愿你得一切吉祥，愿一切神保护你；
透过诸佛的威力，愿你永远都平安！

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-dhammānubhāvena
Sadā sotthī bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Dhammas, may you have well-being always.

愿你得一切吉祥，愿一切神保护你；
透过诸法的威力，愿你永远都平安！

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-saṅghānubhāvena
Sadā sotthī bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Saṅghas, may you have well-being always.

愿你得一切吉祥，愿一切神保护你；
透过诸僧的威力，愿你永远都平安！

Nakkhatta-yakkha-bhūtānaṃ
Pāpaggaha-nivāraṇā,
Parittassānubhāvena
Hantu tesāṃ upaddave.

The obstacles from the bad [influences of] planets, [and] of constellations, demons and ghosts; by the power of this protective chant, may the dangers of [all of] these be destroyed.

灾星与夜叉与鬼、以及星座的阻碍；
以护卫经之力量，愿破除彼等诸厄！

Dukkhappattā ca niddukkhā
Bhayappattā ca nibbhayā,
Sokappattā ca nissokā
Hontu sabbe'pi paṇino.

May all creatures who are suffering be without suffering, [living in] fear be without fear and [living in] sorrow be without sorrow.

祝愿一切的众生，痛苦的不再痛苦，
恐惧的不再恐惧，忧愁的不再忧愁。

Sabbe Buddhā balappattā
Paccekaṇaṃ yaṃ balaṃ,
Arahantaṇaṃ tejaṃ
Rakkhaṃ bandhāmi sabbaso.

By the (protective) power of the Buddhas, the power of Pacceka-Buddhas and the power of Arahants, I fortify the protection in every way.

以一切佛陀之力，及诸辟支佛之力，
及诸阿罗汉之力，我建立一切守护！

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā,
Puññantaṃ anumoditvā
Ciraṃ rakkhantu Sambuddha-sāsaṇaṃ.

May beings inhabiting in space and on earth, devas and nāgas of mighty power, having rejoiced in this merit of ours, long protect the Buddha's Teaching.

住在天空与地上，大神力之神与龙，
随喜这项功德后，请恒常守护佛教！

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā,
Puññantaṃ anumoditvā
Ciraṃ rakkhantu Sambuddha-desanaṃ.

May beings inhabiting in space and on earth, devas and nāgas of mighty power, having rejoiced in this merit of ours, long protect the Buddha's Preaching.

住在天空与地上，大神力之神与龙，
随喜这项功德后，请恒守护佛教法！

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā,
Puññantaṃ anumoditvā
Ciraṃ rakkhantu Sambuddha-sāvakaṃ,
Ciraṃ rakkhantu maṃ paraṃ.

May beings inhabiting in space and on earth, devas and nāgas of mighty power, having rejoiced in this merit of ours, long protect the Buddha's disciples. May they long protect me and others.

住在天空与地上，大神力之神与龙，
随喜这项功德后，请恒守护佛弟子，
恒守护我与他人！

Pattidāna (p.20)

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe devā'numodantu
Sabba-sampatti siddhiyā.

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe bhūtā'numodantu
Sabba-sampatti siddhiyā.

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe sattā'numodantu
Sabba-sampatti siddhiyā.

Idaṃ me ñātinaṃ hotu, sukhitā hontu ñātayo.
(3X)

Kappa-sata-sahassāni
Soḷasāpi asaṅkhaya,
Sambharaṃ bodhi-sambhāre
Āgato jāti-jātisū,

Niyato Buddha-bhāvāya
Bhadda-kappe idhantime,
Bodhi-satto ca Metteyyo
Puññaṃ me anumodatu.

Asmiṃ vihāre ca ārāme
Adhivatthā ca devatā,
Anumoditvā imaṃ puññaṃ
Rakkhantu Jina-sāsanaṃ.

Sabbe sattā ca majjhataṃ
Hitā ca ahitā ca me,
Anumoditvā imaṃ puññaṃ
Bujjhantu amataṃ padaṃ.

Sharing of Merit 分享（回向）功德

May all deities rejoice in this merit which we have thus acquired. May it bring about all achievements.
愿一切神随喜我们至今所累积的功德，愿一切得成就！

May all creatures rejoice in this merit which we have thus acquired. May it bring about all achievements.
愿一切众生随喜我们至今所累积的功德，愿一切得成就！

May all beings rejoice in this merit which we have thus acquired. May it bring about all achievements.
愿一切有情随喜我们至今所累积的功德，愿一切得成就！

Let this (merit) accrue to my departed relatives and may they be happy.
回向此（功德）予我的亲人，愿他们快乐。

For a hundred thousand and sixteen asaṅkhaya aeons undergoing birth after birth accumulating the necessary experiences for [attaining] enlightenment ...
在十六阿僧祇和十万大劫里，生生世世都累积菩提资粮，

... and certain to [attain the] state of Buddhahood, being the last [Buddha] in this auspicious aeon, may the Bodhisatta Metteyya rejoice in [this accrued] merit of mine.

肯定会成佛，是这个贤劫里的最后一尊佛，愿弥勒菩萨随喜我的功德。

May the deities living in this temple building and monastery rejoice in this merit [that we have accrued] and protect the Teachings of the Conqueror (i.e. the Buddha).

愿住在这寺院和园林里的神明们随喜这项功德后护持胜利者（佛陀）的教法。

May all beings neutral, beneficial and harmful to me rejoice in this merit [that I have accrued] and awaken to the deathless state (i.e. attain Nibbāna).

愿一切有情，包括对我普通、有益及无益的，在随喜此功德之后，都证悟不死（涅槃）之境。

Patthanā (p.21)

Iminā puñña-kammena
Mā me bāla-samāgamo,
Sataṃ samāgamo hotu
Yāva nibbāna-pattiyā.

Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññabhāgaṃ labhantu.

Aspiration 发愿

By this meritorious act
May I never meet with the foolish;
May I [only] meet with the wise
Up until I attain Nibbāna.
愿以这项功德
令我不遇愚人
令我亲近智者
直到我证涅槃。

May this merit of mine be conducive to the
destruction of the taints.

May this merit of mine be a [supportive] condition
[for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。
愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings.
May all those beings get an equal share of the merits
shared by me.

我把我的功德与一切有情分享，
愿他们都平等地得到我的功德。

Chanting for the Sick 生病念诵

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Devārādhana (p.1)

Samantā cakka-vāḷesu
Atrāgacchantu devatā;
Saddhammaṃ Muni-rājassa
Suṇantu sagga-mokkhadaṃ.

Dhammassavana-kālo ayaṃ bhadantā. (x3)

Vandanā (p.1)

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Buddhānussati (p.5)

Iti'pi so bhagavā araham, sammāsambuddho,
vijjācaraṇa-sampanno, sugato, lokavidū,
anuttaro purisadamma-sārathi, satthā
devamanussānaṃ, buddho, bhagavā.

Dhammānussati (p.5)

Svākkhāto bhagavatā dhammo, sandiṭṭhiko,
akāliko, ehi-passiko, opanayiko, paccattaṃ
veditabbo viññūhi.

Saṅghānussati (p.5)

Suppaṭipanno bhagavato sāvaka-saṅgho,
Ujuppaṭipanno bhagavato sāvaka-saṅgho,
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,
Sāmīcippaṭipanno bhagavato sāvaka-saṅgho;
Yadidaṃ: cattāri purisa-yugāni aṭṭha purisa-
puggalā, esa bhagavato sāvaka-saṅgho;
Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-
karaṇīyo, anuttaraṃ puññakkhettaṃ lokassa.

Inviting the Deities 邀请诸天

May the deities of the entire universe come here and
listen to the True-Dhamma of the King of Sages, which
leads to the heavenly states and liberation (Nibbāna).

从世界系中各处，愿诸天神来此地，
聆听知王之正法，导向天界与解脱。

Sirs, now is the time for listening to the Dhamma.
这是听闻佛法的时候，大德们。

Homage [to the Buddha] 礼敬佛陀

Homage to that Blessed One, the Arahant and Perfectly
Self-Awakened One.

礼敬世尊、阿罗汉、圆满自觉者。

Contemplation of the Buddha 佛随念

Such is that Blessed One, the Worthy One, the
Perfectly Self-Awakened One, One fully possessed of
wisdom and conduct, One who has proceeded by the good
way, Knower of the [three] worlds, Unexcelled Trainer of
tamable men, Teacher of deities and men, The Awakened
One, The Blessed One.

世尊是：阿罗汉、圆满自觉者、明行足、善逝、
世间解、无上士调御丈夫、天人师、佛陀、世尊。

Contemplation of the Dhamma 法随念

Well-expounded is the Exalted One's Dhamma,
visible here-and-now, not delayed in time, inviting of
inspection, onward-leading, is directly experienceable by
the wise.

法由世尊善说，现前可见、无时（无间隔）、
请来看、导向、当由智者亲证。

Contemplation of the Saṅgha 僧随念

The community of the Exalted One's disciples has
entered on the good way, the community of the Exalted
One's disciples has entered on the straight way, the
community of the Exalted One's disciples has entered on
the true way, the community of the Exalted One's
disciples has entered on the proper way, that is to say, the
four pairs of men, the eight types of persons. That is the
Exalted One's disciple community, worthy of gifts,
worthy of hospitality, worthy of offerings, whom should
be respected, the incomparable field of merit for the
world.

世尊的声闻僧众已入善行道；世尊的声闻僧众
已入正直行道；世尊的声闻僧众已入真实行道；世
尊的声闻僧众已入正当行道。即四双八辈。这是世
尊的声闻僧众，是应供养、应供奉者、应施于者、
应合掌（礼敬）者，是世间的无上福田。

Evam buddham sarantānam
Dhammam saṅghaṇca bhikkhavo;
Bhayaṁ vā chambhitattam vā
Lomahaṁso na hessati.

– SN, Sagāthāvagga, Sakkasamyutta,
Dhajaggasuttam

[Etena saccavajjena pātu tvaṁ ratanattayaṁ.
(x3)]

Mettasuttam (p.7)

Yassānubhāvato yakkhā neva dassenti bhīsanam
Yamhi cevānuyuñjanto rattindivamatandito.

Sukham supati sutto ca pāpam kiñci na passati,
Evamādiguṇūpetam parittam tam bhaṇāma he.

- - -

Karaṇīyamattakusalena,
yantasantaṁ padaṁ abhisamecca;
Sakko ujū ca suhujū ca,
suvaco cassa mudu anatimānī.

Santussako ca subharo ca,
appakicco ca sallahukavutti;
Santindriyo ca nipako ca,
appagabbho kulesvananugiddho.

Na ca khuddamācare kiñci,
yena viññū pare upavadeyyum;
Sukhinova khemino hontu,
sabbasattā bhavantu sukhittā.

Ye keci pāṇabhūtatti,
tasā vā thāvarā vanavasesā;
Dīghā vā yeva mahantā,
majjhimā rassakā aṇukathulā.

Diṭṭhā vā yeva adiṭṭhā,
ye va dūre vasanti avidūre;
Bhūtā va sambhavesī va,
sabbasattā bhavantu sukhittā.

Na paro param nikubbetha,
nātimaññetha katthaci na kañci;
Byārosanā paṭighasaññā,
nāññamaññassa dukkhamiccheyya.

Thus, Bhikkhus, in you who remember the Buddha,
the Dhamma and the Saṅgha, fear, trembling or terror will
never arise.

如是诸比丘，忆念佛法僧，
他无畏不栗，无毛骨悚然。

By this speaking of truth, may the Triple Gem protect
you!

借此真实话语，愿三宝保护你！

Discourse on Loving-Kindness 慈爱经

Due to the power of this (Mettā Sutta), spirits did not
manifest frightful sights. One who devotes himself to
these teachings day and night diligently sleeps soundly
and does not have any nightmare when asleep. Let us
recite this protective discourse.

透过它（慈爱经）的力量，夜叉不显现恐怖相。
对于昼夜致力修行者，他睡眠舒适不做恶梦。且让
我们诵念具备这些功德之护卫。

This is to be done by [one] skilled in [what is]
beneficial: having understood the path that [leads to]
peace; he would be able, upright, very upright, easy to
admonish, gentle, and not arrogant.

这是想要证得彻悟寂静涅槃、善于有益修行
的人应该做的事：他必须有能力、正直、非常正直、
易受教、柔软、不自大、

Contented and easy to support, of few duties and
living frugally; [with] calm faculties and prudent, not
obtrusive [to and] greedy [for gains from supporting]
families.

知足、易护持、少事务、生活简朴、诸根寂静、
拥有成熟的智慧、不无礼、不贪着在家众。

He would not do [even] the slightest thing, by which
the wise could censure [and tell] others; may [all beings]
be happy and secure, may all beings be in a state of
happiness.

只要是智者将会指责的事，即使是小事他也不
做；（愿一切众生）幸福与平安，愿一切众生安乐；

Whatever living beings there are, feeble or strong,
[all] without exception; those long, great, medium, short,
small or large.

无论是任何存在的众生，会颤抖的或不会颤抖
的皆毫无遗漏，长的或大的或中等的，短的或小的
或粗圆的，

Those seen or not seen, and living far or nearby; born
or seeking birth, may all beings be in a state of happiness.

见到的或没见到的，住在远方的或近处的，已
生的或还寻求再生的——愿一切众生快乐。

One would not deceive another, [nor] despise them
anywhere [about] anything; [out of] anger or aversion,
would not wish suffering for each other.

且让人不欺骗别人，也不在任何地方轻视别人。
且让他们不会以嗔怒与厌恶来互相希望对方痛苦。

Mātā yathā niyaṃ puttamāyusā
ekaputtamanurakkhe;
Evampi sabbabhūtesu,
mānasā bhāvaye aparimāṇaṃ.

Mettañca sabbalokasmi,
mānasā bhāvaye aparimāṇaṃ;
Uddhaṃ adho ca tiriyañca,
asambādhaṃ averamasapattaṃ.

Tiṭṭhaṃ caraṃ nisinno va,
sayāno yāvatāssa vitamiddho;
Etaṃ satim adhiṭṭheyya,
brahmametaṃ vihāramidhamāhu.

Diṭṭhiñca anupaggaṃ,
sīlavā dassanena sampanno;
Kāmesu vinaya gedhaṃ,
na hi jātuggabbhaseyya punareti.

– KN, Khuddakapāṭha 9; Suttanipāta, Uragavagga 8

[Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.]

Just as a mother for her son, [her] only son, would protect [him] with her life; thus, also, towards all beings, would develop the mind without limit.

正如母亲对待自己的儿子那样，会以生命来保护独生子；应当如此对一切众生培育无量的心。

With loving-kindness towards the whole world, would develop the mind without limit; above, below and across, unrestricted, free from enmity and hostility.

以及应当以慈爱对全世界培育无量的心，上方、下方与周围，无障碍、无仇人、无敌对。

While standing, walking, seated, or lying down free from drowsiness; would determine [to keep] this mindfulness [in mind], this is a divine abiding in this world, it is said.

立、行、坐或卧，只要不是在睡眠中，都应决心保持如此的正念。这就是他们在此所说的梵住。

Not going to [wrong] view[s], being morally well behaved and having [right] vision, [and] having given up greed for sensuality, never again come [back] to the womb.

不执持邪见，拥有戒行，具足智见，及已经去除对欲乐的贪爱之后，他肯定不会再投胎。

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Paṭhamagilānasuttaṃ (p.83)

Ekam samayaṃ Bhagavā Rājagahe viharati
Veluvane Kalandakanivāpe. Tena kho pana
samayena āyasmā Mahākassapo
Pippaliguḥāyaṃ viharati, ābādhiko dukkhito
bāḷhagilāno.

Atha kho Bhagavā sāyanhasamayam
patissallānā vuṭṭhito, yenāyasmā Mahākassapo
tenupasaṅkami, upasaṅkamitvā paññatte
āsane nisīdi. Nisajja kho Bhagavā āyasmantaṃ
Mahākassapaṃ etadavoca: “Kacci te Kassapa
khamaniyam? Kacci yāpaniyam? Kacci dukkhā
vedanā paṭikkamanti no abhikkamanti?
Paṭikkamosānaṃ paññāyati no abhikkamo”ti

The First Discourse about being Sick 第一病者经

At one time the Blessed One was dwelling near Rājagaha at the Squirrels' Feeding Place in Bamboo Wood. Then at that time venerable Mahā Kassapa was dwelling at the Pepper Cave, and was afflicted, suffering, and very sick.

一时，世尊住在王舍城竹林喂育松鼠处。当时住在毕巴利洞的大迦叶尊者生病、痛苦、病重。

Then the Blessed One, rising from seclusion in the evening time, approached venerable Mahā Kassapa, and after approaching he sat down on the prepared seat. Having sat down the Blessed One said this to venerable Mahā Kassapa: “Can you bear up, Kassapa? Can you carry on? Do painful feelings decrease and not increase? Is it known that they are decreasing and not increasing?”

当时，黄昏时世尊从寂静处出来，去到大迦叶尊者那里。到来后，他坐在准备好的座位。坐下后，世尊如此向大迦叶尊者说：「迦叶，你还忍得了吗？还撑得住吗？苦受是否减轻而没有加重？是否感觉到它在减轻而不是加重？」

“Na me bhante khamanīyaṃ, na
yāpanīyaṃ. Bālā me dukkhā vedanā
abhikkamanti, no paṭikkamanti,
abhikkamosānaṃ paññāyati, no paṭikkamo”ti.
“Sattime Kassapa Bojjhaṅgā mayā
sammadakkhātā, bhāvitā bahulīkatā abhiññāya
Sambodhāya Nibbānāya saṃvattanti.

Katame satta?

01. Satisambojjhaṅgo kho Kassapa mayā
sammadakkhāto, bhāvito bahulīkato
abhiññāya Sambodhāya Nibbānāya saṃvattati.

02. Dhammavicayasambojjhaṅgo kho Kassapa
mayā sammadakkhāto, bhāvito bahulīkato
abhiññāya Sambodhāya Nibbānāya saṃvattati.

03. Viriyasambojjhaṅgo kho Kassapa mayā
sammadakkhāto, bhāvito bahulīkato
abhiññāya Sambodhāya Nibbānāya saṃvattati.

04. Pītisambojjhaṅgo kho Kassapa mayā
sammadakkhāto, bhāvito bahulīkato
abhiññāya Sambodhāya Nibbānāya saṃvattati.

05. Passaddhisambojjhaṅgo kho Kassapa
mayā sammadakkhāto, bhāvito bahulīkato
abhiññāya Sambodhāya Nibbānāya saṃvattati.

06. Samādhisambojjhaṅgo kho Kassapa mayā
sammadakkhāto, bhāvito bahulīkato
abhiññāya Sambodhāya Nibbānāya saṃvattati.

07. Upekkhāsambojjhaṅgo kho Kassapa mayā
sammadakkhāto, bhāvito bahulīkato
abhiññāya Sambodhāya Nibbānāya saṃvattati.

“No, reverend Sir, I cannot bear up, nor can I carry on, painful feelings greatly increase for me and do not decrease, and it is known that they increase and do not decrease.” “There are these seven factors of Awakening, Kassapa, that have been fully explained by me, when developed and made much of they lead to deep knowledge, Complete Awakening, and Nibbāna.

「不，尊者，我忍不了了，撑不住了。我的苦受在加重而没有减轻。我感觉到它在加重而不是减轻。」（世尊说：）「迦叶，由我圆满宣说的这七觉支，若培育且多做，它们会引生证智、正觉与涅槃。」

What are the seven?
是哪七个？

01. The factor of Complete Awakening that is mindfulness, Kassapa, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

01. 迦叶，由我圆满宣说的念觉支，若培育且多做，它会引生证智、正觉与涅槃。

02. The factor of Complete Awakening that is investigation of (the nature of) things, Kassapa, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

02. 迦叶，由我圆满宣说的择法觉支，若培育且多做，它会引生证智、正觉与涅槃。

03. The factor of Complete Awakening that is energy, Kassapa, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

03. 迦叶，由我圆满宣说的精进觉支，若培育且多做，它会引生证智、正觉与涅槃。

04. The factor of Complete Awakening that is rapture, Kassapa, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

04. 迦叶，由我圆满宣说的喜觉支，若培育且多做，它会引生证智、正觉与涅槃。

05. The factor of Complete Awakening that is calm, Kassapa, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

05. 迦叶，由我圆满宣说的轻安觉支，若培育且多做，它会引生证智、正觉与涅槃。

06. The factor of Complete Awakening that is concentration, Kassapa, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

06. 迦叶，由我圆满宣说的定觉支，若培育且多做，它会引生证智、正觉与涅槃。

07. The factor of Complete Awakening that is equanimity, Kassapa, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

07. 迦叶，由我圆满宣说的舍觉支，若培育且多做，它会引生证智、正觉与涅槃。

Ime kho Kassapa satta Bojjhaṅgā mayā
sammadakkhātā, bhāvitā bahulikatā abhiññāya
Sambodhāya Nibbānāya saṁvattanti”ti.

“Taggha Bhagavā Bojjhaṅgā!
Taggha Sugata Bojjhaṅgā!”ti.

Idamavoca Bhagavā.
Attamano āyasmā Mahākassapo Bhagavato
bhāsitaṁ abhinandi. Vuṭṭhahi cāyasmā
Mahākassapo tamhā ābādha. Tathāpahīno
cāyasmato Mahākassapassa so ābādho ahoṣiti.

- SN Mahāvagga,
Bojjhaṅgasamyutta, 14

Dutiyaḡilānasuttaṁ (p.85)

Ekaṁ samayaṁ Bhagavā Rājagahe viharati
Veḷuvane Kalandakanivāpe. Tena kho pana
samayena āyasmā Mahāmoggallāno Gijjhakūṭe
pabbate viharati, ābādhiko dukkhito
bālhaḡilāno.

Atha kho Bhagavā sāyanhasamayaṁ
patisaḡlānā vuṭṭhito, yenāyasmā
Mahāmoggallāno tenupasaṅkami,
upasaṅkamitvā paññatte āsane nisīdi. Nisajja
kho Bhagavā āyasmantaṁ Mahāmoggallānaṁ
etadavoca: “Kacci te Moggallāna khamanīyaṁ?
Kacci yāpanīyaṁ? Kacci dukkhā vedanā
paṭikkamanti, no abhikkamanti?
Paṭikkamosānaṁ paññāyati, no abhikkamo”ti

“Na me bhante khamanīyaṁ, na
yāpanīyaṁ. Bālha me dukkhā vedanā
abhikkamanti, no paṭikkamanti,
abhikkamosānaṁ paññāyati, no paṭikkamo”ti.
“Sattime Moggallāna Bojjhaṅgā mayā
sammadakkhātā, bhāvitā bahulikatā abhiññāya
Sambodhāya Nibbānāya saṁvattanti.

These are the seven factors of Awakening, Kassapa,
which have been fully explained by me, when developed
and made much of they lead to deep knowledge,
Complete Awakening, and Nibbāna.”

迦叶，由我圆满宣说的这七觉支，若培育且多做，
它们会引生证智、正觉与涅槃。」

“Surely, Blessed One, (these are) the factors of
Awakening!

Surely, Fortunate One, (these are) the factors of
Awakening!”

「世尊，诸觉支确实如此；善逝，诸觉支确实如
此。」

The Blessed One said this, and venerable Mahā
Kassapa was uplifted and greatly rejoiced in what was
said by the Blessed One, and venerable Mahā Kassapa
recovered from that affliction, and by that venerable
Mahā Kassapa’s affliction was brought to an end.

世尊如此说已，大迦叶尊者对世尊所说感到满意
与欢喜。大迦叶尊者就此病愈。因此，大迦叶尊者的
病就此消失。

The Second Discourse about being Sick 第二病者经

At one time the Blessed One was dwelling near
Rājagaha at the Squirrels’ Feeding Place in Bamboo
Wood. Then at that time venerable Mahā Moggallāna
was dwelling at the Vultures’ Peak mountain, and was
afflicted, suffering, and very sick.

一时，世尊住在王舍城竹林喂育松鼠处。当时
住在灵鹫山的大目犍连尊者生病、痛苦、病重。

Then the Blessed One, rising from seclusion in the
evening time, approached venerable Mahā Moggallāna,
and after approaching he sat down on the prepared seat.
Having sat down the Blessed One said this to venerable
Mahā Moggallāna: “Can you bear up, Moggallāna? Can
you carry on? Do painful feelings decrease and not
increase? Is it known that they are decreasing and not
increasing?”

当时，黄昏时世尊从寂静处出来，去到大目犍
连尊者那里。到来后，他坐在准备好的座位。坐下
后，世尊如此向大目犍连尊者说：「目犍连，你还
忍得了吗？还撑得住吗？苦受是否减轻而没有加
重？是否感觉到它在减轻而不是加重？」

“No, reverend Sir, I cannot bear up, nor can I carry
on, painful feelings greatly increase for me and do not
decrease, and it is known that they increase and do not
decrease.” “There are these seven factors of Awakening,
Moggallāna, that have been fully explained by me, when
developed and made much of they lead to deep
knowledge, Complete Awakening, and Nibbāna.

「不，尊者，我忍不了了，撑不住了。我的苦
受在加重而没有减轻。我感觉到它在加重而不是减
轻。」(世尊说：)「目犍连，由我圆满宣说的这七觉

Katame satta?

01. Satisambojjhaṅgo kho Moggallāna mayā sammadakkhāto, bhāvito bahulīkato abhiññāya Sambodhāya Nibbānāya saṁvattati.

02. Dhammavicayasambojjhaṅgo kho Moggallāna mayā sammadakkhāto, bhāvito bahulīkato abhiññāya Sambodhāya Nibbānāya saṁvattati.

03. Vīriyasambojjhaṅgo kho Moggallāna mayā sammadakkhāto, bhāvito bahulīkato abhiññāya Sambodhāya Nibbānāya saṁvattati.

04. Pītisambojjhaṅgo kho Moggallāna mayā sammadakkhāto, bhāvito bahulīkato abhiññāya Sambodhāya Nibbānāya saṁvattati.

05. Passaddhisambojjhaṅgo kho Moggallāna mayā sammadakkhāto, bhāvito bahulīkato abhiññāya Sambodhāya Nibbānāya saṁvattati.

06. Samādhisambojjhaṅgo kho Moggallāna mayā sammadakkhāto, bhāvito bahulīkato abhiññāya Sambodhāya Nibbānāya saṁvattati.

07. Upekkhāsambojjhaṅgo kho Moggallāna mayā sammadakkhāto, bhāvito bahulīkato abhiññāya Sambodhāya Nibbānāya saṁvattati.

Ime kho Moggallāna satta Bojjhaṅgā mayā sammadakkhātā, bhāvitā bahulīkatā abhiññāya Sambodhāya Nibbānāya saṁvattanti”ti.

支，若培育且多做，它们会引生证智、正觉与涅槃。。

What are the seven?

是哪七个？

01. The factor of Complete Awakening that is mindfulness, Moggallāna, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

01. 目犍连，由我圆满宣说的念觉支，若培育且多做，它会引生证智、正觉与涅槃。

02. The factor of Complete Awakening that is investigation of (the nature of) things, Moggallāna, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

02. 目犍连，由我圆满宣说的择法觉支，若培育且多做，它会引生证智、正觉与涅槃。

03. The factor of Complete Awakening that is energy, Moggallāna, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

03. 目犍连，由我圆满宣说的精进觉支，若培育且多做，它会引生证智、正觉与涅槃。

04. The factor of Complete Awakening that is rapture, Moggallāna, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

04. 目犍连，由我圆满宣说的喜觉支，若培育且多做，它会引生证智、正觉与涅槃。

05. The factor of Complete Awakening that is calm, Moggallāna, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

05. 目犍连，由我圆满宣说的轻安觉支，若培育且多做，它会引生证智、正觉与涅槃。

06. The factor of Complete Awakening that is concentration, Moggallāna, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

06. 目犍连，由我圆满宣说的定觉支，若培育且多做，它会引生证智、正觉与涅槃。

07. The factor of Complete Awakening that is equanimity, Moggallāna, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

07. 目犍连，由我圆满宣说的舍觉支，若培育且多做，它会引生证智、正觉与涅槃。

These are the seven factors of Awakening, Moggallāna, which have been fully explained by me, when developed and made much of they lead to deep knowledge, Complete Awakening, and Nibbāna.”

目犍连，由我圆满宣说的这七觉支，若培育且多做，它们会引生证智、正觉与涅槃。」

“Taggha Bhagavā Bojjhaṅgā!
Taggha Sugata Bojjhaṅgā”ti.

Idamavoca Bhagavā.
Attamano āyasmā Mahāmoggallāno Bhagavato
bhāsitaṃ abhinandi. Vuṭṭhahi cāyasmā
Mahāmoggallāno tamhā ābādhā. Tathāpahīno
cāyasmato Mahāmoggallānassa so ābādhō
ahosīti.

- SN Mahāvagga,
Bojjhaṅgasamīyutta, 15

“Surely, Blessed One, (these are) the factors of
Awakening!
Surely, Fortunate One, (these are) the factors of
Awakening!”
「世尊，诸觉支确实如此；善逝，诸觉支确实如此。」

The Blessed One said this, and venerable Mahā
Moggallāna was uplifted and greatly rejoiced in
what was said by the Blessed One, and venerable Mahā
Moggallāna recovered from that affliction, and by that
venerable Mahā Moggallāna’s affliction was brought to
an end.

世尊如此说已，大目犍连尊者对世尊所说感到满意与
欢喜。大目犍连尊者就此病愈。因此，大目犍连尊者的
病就此消失。

Tatiyagilānasuttaṃ (p.87)

Ekam samayaṃ Bhagavā Rājagahe viharati
Veḷuvane Kalandakanivāpe. Tena kho pana
samayena Bhagavā ābādhiko hoti dukkhito
bāḷhagilāno.

Atha kho āyasmā Mahācundo yena
Bhagavā tenupasaṅkami, upasaṅkamitvā
Bhagavantam abhivādetvā, ekamantaṃ nisīdi.
Ekamantaṃ nissinaṃ kho āyasmantaṃ
Mahācundaṃ Bhagavā etadavoca: “Paṭibhantu
taṃ Cunda Bojjhaṅgā”ti. “Sattime bhante
Bojjhaṅgā Bhagavatā sammadakkhātā, bhāvitā
bahulīkatā abhiññāya Sambodhāya Nibbānāya
saṃvattanti.

The Third Discourse about being Sick 第三病者经

At one time the Blessed One was dwelling near
Rājagaha at the Squirrels’ Feeding Place in Bamboo
Wood. Then at that time the Blessed One was afflicted,
suffering, and very sick.

一时，世尊住在王舍城竹林喂育松鼠处。当时
世尊生病、痛苦、病重。

Then venerable Mahā Cunda approached the
Blessed One, and after approaching and worshipping the
Blessed One, he sat down on one side. While he was
sitting on one side the Blessed One said this to venerable
Mahā Cunda: “May the factors of Awakening occur to
you, Cunda.” “There are these seven factors of
Awakening, reverend Sir, that have been fully explained
by the Blessed One, when developed and made much of
they lead to deep knowledge, Complete Awakening, and
Nibbāna.

当时，大尊陀尊者去到世尊那里。来到后，他
顶礼世尊，然后坐在一旁。当他坐在一旁时，世尊
向大尊陀尊者如此说：「尊陀，换你念诵七觉支
（给我）。」尊者，由世尊圆满宣说的这七觉支，若
培育且多做，它们会引生证智、正觉与涅槃。

Katame satta?

01. Satisambojjhaṅgo kho bhante Bhagavatā
sammadakkhāto, bhāvito bahulīkato abhiññāya
Sambodhāya Nibbānāya saṁvattati.

02. Dhammavicayasambojjhaṅgo kho bhante
Bhagavatā sammadakkhāto, bhāvito
bahulīkato abhiññāya Sambodhāya
Nibbānāya saṁvattati.

03. Viriyasambojjhaṅgo kho bhante Bhagavatā
sammadakkhāto, bhāvito bahulīkato abhiññāya
Sambodhāya Nibbānāya saṁvattati.

04. Pītisambojjhaṅgo kho bhante Bhagavatā
sammadakkhāto, bhāvito bahulīkato abhiññāya
Sambodhāya Nibbānāya saṁvattati.

05. Passaddhisambojjhaṅgo kho bhante
Bhagavatā sammadakkhāto, bhāvito
bahulīkato abhiññāya Sambodhāya
Nibbānāya saṁvattati.

06. Samādhisambojjhaṅgo kho bhante
Bhagavatā sammadakkhāto, bhāvito
bahulīkato abhiññāya Sambodhāya
Nibbānāya saṁvattati.

07. Upekkhāsambojjhaṅgo kho bhante
Bhagavatā sammadakkhāto, bhāvito
bahulīkato abhiññāya Sambodhāya
Nibbānāya saṁvattati.

Ime kho bhante satta Bojjhaṅgā Bhagavatā
sammadakkhātā, bhāvitā bahulīkatā abhiññāya
Sambodhāya Nibbānāya saṁvattanti”ti.

What are the seven?

是哪七个？

01. The factor of Complete Awakening that is mindfulness, reverend Sir, has been fully explained by the Blessed One, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

01. 尊者，由世尊圆满宣说的念觉支，若培育且多做，它们会引生证智、正觉与涅槃。

02. The factor of Complete Awakening that is investigation of (the nature of) things, reverend Sir, has been fully explained by the Blessed One, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

02. 尊者，由世尊圆满宣说的择法觉支，若培育且多做，它会引生证智、正觉与涅槃。

03. The factor of Complete Awakening that is energy, reverend Sir, has been fully explained by the Blessed One, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

03. 尊者，由世尊圆满宣说的精进觉支，若培育且多做，它会引生证智、正觉与涅槃。

04. The factor of Complete Awakening that is rapture, reverend Sir, has been fully explained by the Blessed One, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

04. 尊者，由世尊圆满宣说的喜觉支，若培育且多做，它会引生证智、正觉与涅槃。

05. The factor of Complete Awakening that is calm, reverend Sir, has been fully explained by the Blessed One, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

05. 尊者，由世尊圆满宣说的轻安觉支，若培育且多做，它会引生证智、正觉与涅槃。

06. The factor of Complete Awakening that is concentration, reverend Sir, has been fully explained by the Blessed One, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

06. 尊者，由世尊圆满宣说的定觉支，若培育且多做，它会引生证智、正觉与涅槃。

07. The factor of Complete Awakening that is equanimity, reverend Sir, has been fully explained by the Blessed One, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

07. 尊者，由世尊圆满宣说的舍觉支，若培育且多做，它会引生证智、正觉与涅槃。

These are the seven factors of Awakening, reverend Sir, which have been fully explained by the Blessed One, when developed and made much of they lead to deep knowledge, Complete Awakening, and Nibbāna.”

尊者，由世尊圆满宣说的这七觉支，若培育且多做，它们会引生证智、正觉与涅槃。」

“Taggha Cunda Bojjhaṅgā!
Taggha Cunda Bojjhaṅgā!”ti.

Idamavocāysmā cundo.
Samanuñño Satthā ahosi.
Vuṭṭhahi ca Bhagavā tamhā ābādhā.
Tathāpahīno ca Bhagavato so ābādhō ahosīti.

- SN Mahāvagga,
Bojjhaṅgasammutta, 16

“Surely, Cunda, (these are) the factors of Awakening!
Surely, Cunda, (these are) the factors of Awakening!”
「尊陀，诸觉支确实如此；尊陀，诸觉支确实如此。」

Venerable Cunda said this, and the Teacher was in agreement, and the Blessed One recovered from that affliction, and by that the Blessed One’s affliction was brought to an end.

尊陀尊者如此说已，导师也认同。世尊就此病愈。因此，世尊的病就此消失。

Bojjhaṅgasuttaṃ (p.88)

Samāsāre saṃsarantānaṃ,
Sabbadukkhavināsane,
Satta dhamme ca Bojjhaṅge,
Mārasenāpamaddane,

Bujjhivā ye cime sattā,
Tibhavā muttakuttamā,
Ajātimajarābyādhim,
Amataṃ nibbhayaṃ gatā.

Evamādiguṇūpetam,
Anekaguṇasaṅgham,
Osadhañca imam mantam,
Bojjhaṅgañca bhaṇāma he.

Bojjhaṅgo satisaṅkhāto
Dhammānaṃ vicayo tathā,
Viriyam pīti passaddhi
Bojjhaṅgā ca tathāpare,

Samādhupekkhā bojjhaṅga,
Sattete sabba-dassinā
Muninā sammadakkhātā,
Bhāvitā bahulikatā,

Samvattanti abhiññāya
Nibbānāya ca bodhiyā.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

The Discourse on Enlightenment Factors 觉支经

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（欲有、色有、无色有）。他们已经达到无生、无老、无病、无死、无怖畏的涅槃。

O good people! Let us recite this Bojjhaṅga Sutta which is endowed with the aforementioned attributes, which gives not only 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。

These seven Factors of Enlightenment, namely; mindfulness, investigation of Dhammas, effort, joy, tranquility, concentration and equanimity, which are well-expounded by the All Seeing Sage, promote, when practised 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，是知见一切的牟尼善说之法，在培育、重复修习之下，会导向亲证智、涅槃、菩提。以此真实话语，愿你永远平安。

Ekasmim samaye Nātho
Moggallānañca Kassapañ
Gilāne dukkhite disvā
Bojjhaṅge satta desayi.

Te ca taṁ abhinanditvā,
Rogā muccimsu taṁkhaṇe.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Ekadā Dhammarājā'pi
Gelaññenābhipīlito,
Cundattherena taṁyeva
Bhaṇāpetvāna sādaraṁ.

Sammoditvāna ābādhā
Tamhā vuṭṭhāsi ṭhānaso.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Pahīnā te ca ābādhā
Tiṇṇannam'pi Mahesinaṁ,
Maggahatā kilesāva
Pattānuppatti-dhammataṁ.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

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

一时依持者（世尊）见到目犍连和迦叶（尊者）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。以此真实话语，愿你永远平安。

Once when the King of Dhamma was oppressed by disease, he had the Venerable Cunda recite the discourse respectfully.

一时法王受到病痛折磨，他就指示尊陀长老恭敬地念诵该经。

Having rejoiced at the discourse, He was immediately cured of the disease. By this utterance of truth, may there always be happiness to you.

他对该经感到欢喜，并且立刻病愈。以此真实话语，愿你永远平安。

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。以此真实话语，愿你永远平安。

Paccayā - Paccayuddeso (p.4) [Twenty-Four] Conditions 二十四缘

Hetupaccayo, ārammaṇapaccayo,
adhipatipaccayo, anantarapaccayo,
samanantarapaccayo, saha-jātapaccayo,
añña-mañña-paccayo, nissayapaccayo,
upanissayapaccayo, pure-jātapaccayo,
pacchā-jātapaccayo, āsevanapaccayo,
kamma-paccayo, vipāka-paccayo,
āhāra-paccayo, indriya-paccayo,
jhāna-paccayo, magga-paccayo,
sampayutta-paccayo, vippayutta-paccayo,
atthi-paccayo, natthi-paccayo,
vigaṭa-paccayo, avigaṭa-paccayoti.

Root condition, object condition,
predominance condition, immediacy condition,
contiguity condition, conascence condition,
mutuality condition, dependence condition,
powerful dependence condition, pre-nascence condition,
post-nascence condition, repetition condition,
kamma condition, result condition,
nutriment condition, faculty condition,
jhāna condition, path condition,
association condition, dissociation condition,
presence condition, absence condition,
disappearance condition, non-disappearance condition.

因缘；所缘缘；增上缘；无间缘；
相续缘；俱生缘；相互缘；依止缘；
亲依止缘；前生缘；后生缘；重复缘；
业缘；果报（异熟）缘；食缘；根缘；
禅那缘；道缘；相应缘；不相应缘；
有缘；无有缘；离去缘；不离去缘。

Subha-Patthanā & Paritta (p.18) Blessings and Protection 祝福与护卫

Yam dunnimittam avamaṅgalañca,
Yo cāmanāpo sakuṇassa saddo,
Pāpaggaho dussupinaṁ akantaṁ,
Buddhānubhāvena vināsamentu.

Yam dunnimittam avamaṅgalañca,
Yo cāmanāpo sakuṇassa saddo,
Pāpaggaho dussupinaṁ akantaṁ,
Dhammānubhāvena vināsamentu.

Yam dunnimittam avamaṅgalañca,
Yo cāmanāpo sakuṇassa saddo,
Pāpaggaho dussupinaṁ akantaṁ,
Saṅghānubhāvena vināsamentu.

Sabbītiyo vivajjantu,
Sabba-rogo vinassatu,
Mā te bhavatvantarāyo,
Sukhī dīghāyuko bhava.

Bhavatu sabba-maṅgalaṁ,
Rakkhantu sabba-devatā,
Sabba-buddhānubhāvena
Sadā sotthī bhavantu te.

Bhavatu sabba-maṅgalaṁ,
Rakkhantu sabba-devatā,
Sabba-dhammānubhāvena
Sadā sotthī bhavantu te.

Bhavatu sabba-maṅgalaṁ,
Rakkhantu sabba-devatā,
Sabba-saṅghānubhāvena
Sadā sotthī bhavantu te.

Nakkhatta-yakkha-bhūtānaṁ
Pāpaggaha-nivāraṇā,
Parittassānubhāvena
Hantu tesam upaddave.

Dukkhappattā ca niddukkhā
Bhayappattā ca nibbhayā,
Sokappattā ca nissokā
Hontu sabbe'pi pāṇino.

By the power of the Buddha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛陀的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Dhamma, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛法的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Saṅgha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过僧团的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

May all calamities be avoided, may all diseases disappear, may there be no obstacle[s] for you, [and may] you be happy and have long life.

愿免除一切灾难，愿一切疾病消失；
愿你没有诸障碍，愿你快乐又长寿！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Buddhas, may you have well-being always.

愿你得一切吉祥，愿一切神保护你；
透过诸佛的威力，愿你永远都平安！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Dhammas, may you have well-being always.

愿你得一切吉祥，愿一切神保护你；
透过诸法的威力，愿你永远都平安！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Saṅghas, may you have well-being always.

愿你得一切吉祥，愿一切神保护你；
透过诸僧的威力，愿你永远都平安！

The obstacles from the bad [influences of] planets, [and] of constellations, demons and ghosts; by the power of this protective chant, may the dangers of [all of] these be destroyed.

灾星与夜叉与鬼、以及星座的阻碍；
以护卫经之力量，愿破除彼等诸厄！

May all creatures who are suffering be without suffering, [living in] fear be without fear and [living in] sorrow be without sorrow.

祝愿一切的众生，痛苦的不再痛苦，
恐惧的不再恐惧，忧愁的不再忧愁。

Sabbe Buddhā balappattā
Paccekañña yaṃ balaṃ,
Arahantañña teja
Rakkhaṃ bandhāmi sabbaso.

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā,
Puññantaṃ anumoditvā
Ciraṃ rakkhantu Sambuddha-sāsanaṃ.

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā,
Puññantaṃ anumoditvā
Ciraṃ rakkhantu Sambuddha-desanaṃ.

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā,
Puññantaṃ anumoditvā
Ciraṃ rakkhantu Sambuddha-sāvakaṃ,
Ciraṃ rakkhantu maṃ paraṃ.

Pattidāna (p.20)

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe devānumodantu
Sabba-sampatti siddhiyā.

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe bhūtānumodantu
Sabba-sampatti siddhiyā.

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe sattānumodantu
Sabba-sampatti siddhiyā.

Idaṃ me ñātinaṃ hotu, sukhitā hontu ñātayo.
(3X)

Kappa-sata-sahassāni
Soḷasāpi asaṅkhaye,
Sambharaṃ bodhi-sambhāre
Āgato jāti-jātisu,

By the (protective) power of the Buddhas, the power of Pacceka-Buddhas and the power of Arahants, I fortify the protection in every way.

以一切佛陀之力，及诸辟支佛之力，
及诸阿罗汉之力，我建立一切守护！

May beings inhabiting in space and on earth, devas and nāgas of mighty power, having rejoiced in this merit of ours, long protect the Buddha's Teaching.

住在天空与地上，大神力之神与龙，
随喜这项功德后，请恒常守护佛教！

May beings inhabiting in space and on earth, devas and nāgas of mighty power, having rejoiced in this merit of ours, long protect the Buddha's Preaching.

住在天空与地上，大神力之神与龙，
随喜这项功德后，请恒守护佛教法！

May beings inhabiting in space and on earth, devas and nāgas of mighty power, having rejoiced in this merit of ours, long protect the Buddha's disciples. May they long protect me and others.

住在天空与地上，大神力之神与龙，
随喜这项功德后，请恒守护佛弟子，
恒守护我与他人！

Sharing of Merit 分享（回向）功德

May all deities rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切神随喜我们至今所累积的功德，愿一切得成就！

May all creatures rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切众生随喜我们至今所累积的功德，愿一切得成就！

May all beings rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切有情随喜我们至今所累积的功德，愿一切得成就！

Let this (merit) accrue to my departed relatives and may they be happy.

回向此（功德）予我的亲人，愿他们快乐。

For a hundred thousand and sixteen asaṅkhaya aeons undergoing birth after birth accumulating the necessary experiences for [attaining] enlightenment ...

在十六阿僧祇和十万大劫里，生生世世都累积菩提资粮，

Niyato Buddha-bhāvāya
Bhadda-kappe idhantime,
Bodhi-satto ca Metteyyo
Puññaṃ me anumodatu.

Asmiṃ vihāre ca ārāme
Adhivatthā ca devatā,
Anumoditvā imaṃ puññaṃ
Rakkhantu Jina-sāsanaṃ.

Sabbe sattā ca majjhataṃ
Hitā ca ahitā ca me,
Anumoditvā imaṃ puññaṃ
Bujjhantu amataṃ padaṃ.

Patthanā (p.21)

Iminā puñña-kammena
Mā me bāla-samāgamo,
Sataṃ samāgamo hotu
Yāva nibbāna-pattiyā.

Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññabhāgaṃ labhantu.

... and certain to [attain the] state of Buddhahood, being the last [Buddha] in this auspicious aeon, may the Bodhisatta Metteyya rejoice in [this accrued] merit of mine.

肯定会成佛，是这个贤劫里的最后一尊佛，愿弥勒菩萨随喜我的功德。

May the deities living in this temple building and monastery rejoice in this merit [that we have accrued] and protect the Teachings of the Conqueror (i.e. the Buddha).

愿住在这寺院和园林里的神明们随喜这项功德后护持胜利者（佛陀）的教法。

May all beings neutral, beneficial and harmful to me rejoice in this merit [that I have accrued] and awaken to the deathless state (i.e. attain Nibbāna).

愿一切有情，包括对我普通、有益及无益的，在随喜此功德之后，都证悟不死（涅槃）之境。

Aspiration 发愿

By this meritorious act
May I never meet with the foolish;
May I [only] meet with the wise
Up until I attain Nibbāna.

愿以这项功德
令我不遇愚人
令我亲近智者
直到我证涅槃。

May this merit of mine be conducive to the destruction of the taints.

May this merit of mine be a [supportive] condition [for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。
愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings.

May all those beings get an equal share of the merits shared by me.

我把我的功德与一切有情分享，
愿他们都平等地得到我的功德。

Chanting for Auspicious Events 喜事念诵

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Devārāadhanā (p.1)

Samantā cakka-vāḷesu
Atrāgacchantu devatā;
Saddhammaṃ Muni-rājassa
Suṇantu sagga-mokkhadaṃ.

Dhammassavana-kālo ayaṃ bhadantā. (x3)

Vandanā (p.1)

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Buddhānussati (p.5)

Iti'pi so bhagavā araham, sammāsambuddho,
vijjācaraṇa-sampanno, sugato, lokavidū,
anuttaro purisadamma-sārathi, satthā
devamanussānaṃ, buddho, bhagavā.

Dhammānussati (p.5)

Svākkhāto bhagavatā dhammo, sandiṭṭhiko,
akāliko, ehi-passiko, opanayiko, paccattaṃ
veditabbo viññūhi.

Saṅghānussati (p.5)

Suppaṭipanno bhagavato sāvaka-saṅgho,
Ujuppaṭipanno bhagavato sāvaka-saṅgho,
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,
Sāmīcippaṭipanno bhagavato sāvaka-saṅgho;
Yadidaṃ: cattāri purisa-yugāni aṭṭha purisa-
puggalā, esa bhagavato sāvaka-saṅgho;
Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-
karaṇīyo, anuttaraṃ puññakkhettaṃ lokassa.

Inviting the Deities 邀请诸天

May the deities of the entire universe come here and
listen to the True-Dhamma of the King of Sages, which
leads to the heavenly states and liberation (Nibbāna).

从世界系中各处，愿诸天神来此地，
聆听知王之正法，导向天界与解脱。

Sirs, now is the time for listening to the Dhamma.
这是听闻佛法的时候，大德们。

Homage [to the Buddha] 礼敬佛陀

Homage to that Blessed One, the Arahant and Perfectly
Self-Awakened One.

礼敬世尊、阿罗汉、圆满自觉者。

Contemplation of the Buddha 佛随念

Such is that Blessed One, the Worthy One, the
Perfectly Self-Awakened One, One fully possessed of
wisdom and conduct, One who has proceeded by the good
way, Knower of the [three] worlds, Unexcelled Trainer of
tamable men, Teacher of deities and men, The Awakened
One, The Blessed One.

世尊是：阿罗汉、圆满自觉者、明行足、善逝、
世间解、无上士调御丈夫、天人师、佛陀、世尊。

Contemplation of the Dhamma 法随念

Well-expounded is the Exalted One's Dhamma,
visible here-and-now, not delayed in time, inviting of
inspection, onward-leading, is directly experienceable by
the wise.

法由世尊善说，现前可见、无时（无间隔）、
请来看、导向、当由智者亲证。

Contemplation of the Saṅgha 僧随念

The community of the Exalted One's disciples has
entered on the good way, the community of the Exalted
One's disciples has entered on the straight way, the
community of the Exalted One's disciples has entered on
the true way, the community of the Exalted One's
disciples has entered on the proper way, that is to say, the
four pairs of men, the eight types of persons. That is the
Exalted One's disciple community, worthy of gifts,
worthy of hospitality, worthy of offerings, whom should
be respected, the incomparable field of merit for the
world.

世尊的声闻僧众已入善行道；世尊的声闻僧众
已入正直行道；世尊的声闻僧众已入真实行道；世
尊的声闻僧众已入正当行道。即四双八辈。这是世
尊的声闻僧众，是应供养、应供奉者、应施于者、
应合掌（礼敬）者，是世间的无上福田。

Evam buddham sarantānam
Dhammam saṅghaṇca bhikkhavo;
Bhayaṁ vā chambhitattam vā
Lomahaṁso na hessati.

– SN, Sagāthāvagga, Sakkasamyutta,
Dhajaggasuttam

[Etena saccavajjena pātu tvaṁ ratanattayaṁ.
(x3)]

Mettasuttam (p.7)

Yassānubhāvato yakkhā neva dassenti bhīsanam
Yamhi cevānuyuñjanto rattindivamatandito.

Sukham supati sutto ca pāpaṁ kiñci na passati,
Evamādiguṇūpetam parittam tam bhaṇāma he.

- - -

Karaṇīyamattakusalena,
yantasantaṁ padaṁ abhisamecca;
Sakko ujū ca suhujū ca,
suvaco cassa mudu anatiṁānī.

Santussako ca subharo ca,
appakicco ca sallahukavutti;
Santindriyo ca nipako ca,
appagabbho kulesvananugiddho.

Na ca khuddamācare kiñci,
yena viññū pare upavadeyyum;
Sukhinova khemino hontu,
sabbasattā bhavantu sukhittā.

Ye keci pāṇabhūtatti,
tasā vā thāvarā vanavasesā;
Dīghā vā yeva mahantā,
majjhimā rassakā aṇukathulā.

Diṭṭhā vā yeva adiṭṭhā,
ye va dūre vasanti avidūre;
Bhūtā va sambhavesī va,
sabbasattā bhavantu sukhittā.

Na paro param nikubbetha,
nātimaññetha katthaci na kañci;
Byārosanā paṭighasaññā,
nāññamaññassa dukkhamiccheyya.

Thus, Bhikkhus, in you who remember the Buddha,
the Dhamma and the Saṅgha, fear, trembling or terror will
never arise.

如是诸比丘，忆念佛法僧，
他无畏不栗，无毛骨悚然。

By this speaking of truth, may the Triple Gem protect
you!

借此真实话语，愿三宝保护你！

Discourse on Loving-Kindness 慈爱经

Due to the power of this (Mettā Sutta), spirits did not
manifest frightful sights. One who devotes himself to
these teachings day and night diligently sleeps soundly
and does not have any nightmare when asleep. Let us
recite this protective discourse.

透过它（慈爱经）的力量，夜叉不显现恐怖相。
对于昼夜致力修行者，他睡眠舒适不做恶梦。且让
我们诵念具备这些功德之护卫。

This is to be done by [one] skilled in [what is]
beneficial: having understood the path that [leads to]
peace; he would be able, upright, very upright, easy to
admonish, gentle, and not arrogant.

这是想要证得彻悟寂静涅槃、善于有益修行
的人应该做的事：他必须有能力、正直、非常正直、
易受教、柔软、不自大、

Contented and easy to support, of few duties and
living frugally; [with] calm faculties and prudent, not
obtrusive [to and] greedy [for gains from supporting]
families.

知足、易护持、少事务、生活简朴、诸根寂静、
拥有成熟的智慧、不无礼、不贪着在家众。

He would not do [even] the slightest thing, by which
the wise could censure [and tell] others; may [all beings]
be happy and secure, may all beings be in a state of
happiness.

只要是智者将会指责的事，即使是小事他也不
做；（愿一切众生）幸福与平安，愿一切众生安乐；

Whatever living beings there are, feeble or strong,
[all] without exception; those long, great, medium, short,
small or large.

无论是任何存在的众生，会颤抖的或不会颤抖
的皆毫无遗漏，长的或大的或中等的，短的或小的
或粗圆的，

Those seen or not seen, and living far or nearby; born
or seeking birth, may all beings be in a state of happiness.

见到的或没见到的，住在远方的或近处的，已
生的或还寻求再生的——愿一切众生快乐。

One would not deceive another, [nor] despise them
anywhere [about] anything; [out of] anger or aversion,
would not wish suffering for each other.

且让人不欺骗别人，也不在任何地方轻视别人。
且让他们不会以嗔怒与厌恶来互相希望对方痛苦。

Mātā yathā niyaṃ puttamāyusā
ekaputtamanurakkhe;
Evampi sabbabhūtesu,
mānasā bhāvaye aparimāṇaṃ.

Mettañca sabbalokasmi,
mānasā bhāvaye aparimāṇaṃ;
Uddhaṃ adho ca tiriyañca,
asambādhaṃ averamasapattaṃ.

Tiṭṭhaṃ caraṃ nisinno va,
sayāno yāvatāssa vitamiddho;
Etaṃ satim adhiṭṭheyya,
brahmametaṃ vihāramidhamāhu.

Diṭṭhiñca anupaggamma,
sīlavā dassanena sampanno;
Kāmesu vinaya gedhaṃ,
na hi jātuggabbhaseyya punareti.

– KN, Khuddakapāṭha 9; Suttanipāta, Uragavagga 8

[Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.]

Just as a mother for her son, [her] only son, would protect [him] with her life; thus, also, towards all beings, would develop the mind without limit.

正如母亲对待自己的儿子那样，会以生命来保护独生子；应当如此对一切众生培育无量的心。

With loving-kindness towards the whole world, would develop the mind without limit; above, below and across, unrestricted, free from enmity and hostility.

以及应当以慈爱对全世界培育无量的心，上方、下方与周围，无障碍、无仇人、无敌对。

While standing, walking, seated, or lying down free from drowsiness; would determine [to keep] this mindfulness [in mind], this is a divine abiding in this world, it is said.

立、行、坐或卧，只要不是在睡眠中，都应决心保持如此的正念。这就是他们在此所说的梵住。

Not going to [wrong] view[s], being morally well behaved and having [right] vision, [and] having given up greed for sensuality, never again come [back] to the womb.

不执持邪见，拥有戒行，具足智见，及已经去除对欲乐的贪爱之后，他肯定不会再投胎。

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Maṅgalasuttaṃ (p.73)

Yaṃ maṅgalaṃ dvādasahi
Cintayimāsu sadevakā
Sotthānaṃ nādhigacchanti.
Aṭṭhattimsaṃ maṅgalaṃ

Desitaṃ devadevena
Sabbapāpavināsaṇaṃ
Sabbalokahitattāya.
Maṅgalaṃ taṃ bhaṇāma he.

- - -

Discourse on Blessings 吉祥经

Deities and men pondered on the meaning of ‘Blessing’ (Maṅgala) for twelve years but could not obtain it (the meaning). Therefore the discourse on the 38 Blessings

was expounded by the Supreme Deity (i.e. the Buddha) for the eradication of all evils and for the welfare of the entire world. Let us recite this discourse on blessing now.

十二年以来，人天皆思考，
欲得之吉祥，却不得结论。
故诸神之神，为世界利益、
为去除诸恶，开示卅八吉。
且让我们来，诵念该吉祥。

Evam me sutam – ekam samayaṃ
bhagavā sāvattthiyaṃ viharati jetavane
anāthapiṇḍikassa ārāme. Atha kho aññatarā
devatā abhikkantāya rattiyaṃ abhikkantavaṇṇā
kevalakappaṃ jetavanaṃ obhāsetvā yena
bhagavā tenupasaṅkami; upasaṅkamitvā
bhagavantam abhivādetvā ekamantaṃ aṭṭhāsi.
Ekamantaṃ tthitā kho sā devatā bhagavantam
gāthāya ajjhabhāsi –

“Bahū devā manussā ca,
Maṅgalāni acintayum;
Ākaṅkhamānā sotthānam,
Brūhi maṅgalamuttamaṃ.”

“Asevanā ca bālānam,
Paṇḍitānañca sevanā;
Pūjā ca pūjaneyyānam,
Etaṃ maṅgalamuttamaṃ.

“Patirūpadesavāso ca,
Pubbe ca katapuññatā;
Attasammāpaṇidhi ca,
Etaṃ maṅgalamuttamaṃ.

“Bāhusaccañca sippañca,
Vinayo ca susikkhito;
Subhāsītā ca yā vācā,
Etaṃ maṅgalamuttamaṃ.

“Mātāpitu upaṭṭhānam,
Puttadārassa saṅgaho;
Anākulā ca kammantā,
Etaṃ maṅgalamuttamaṃ.

“Dānañca dhammacariyā ca,
Ñātakānañca saṅgaho;
Anavajjāni kammāni,
Etaṃ maṅgalamuttamaṃ.

“Āratī viratī pāpā,
Majjapānā ca saṃyamo;
Appamādo ca dhammesu,
Etaṃ maṅgalamuttamaṃ.

Thus have I heard: at one time the Blessed One was dwelling in Anāthapiṇḍaka's monastery in Jeta's grove. Then late into the night a certain deity, who was exceedingly beautiful, lighting up the whole area of Jeta's grove approached the Blessed one. Having approached paid homage and [then] standing to one side [at a respectful distance] that deity addressed the Blessed one in verse:

如是我闻，一时世尊住在舍卫城祇陀林给孤独园。那时，某位容色殊胜的天神在深夜使整个祇陀林充满光明，然后来到世尊的地方。来到之后，顶礼世尊，然后站在一边。那位天神站在一边后，以偈颂对世尊说：

“Many deities and men, [though] wishing for well-being are unable to think [which things really] are blessings [therefore, please] declare the highest blessing[s].”

「许多天与人，思惟诸吉祥，
希望得安乐；请说最吉祥。」

“The non-association with fools, the association with the wise, and honouring those worthy to be honoured: this is the highest blessing;

(世尊说：)
「不结交愚人，与智者交往，
礼敬可敬者，此事最吉祥。」

Living in a suitable country, having previously made merit, and rightly aspiring for oneself: this is the highest blessing;

住于适宜地，过去曾行善，
正确的自导，此事最吉祥。

Having learnt much, a [righteous] craft/trade, [being] well trained in discipline, and what is spoken is well spoken: this is the highest blessing;

博学与技术，善学于戒律，
所说皆善语，此事最吉祥。

Looking after mother and father, taking care of wife and children, and having an occupation that is unentangled [with unwholesomeness]: this is the highest blessing;

奉事父母亲，善待妻儿们，
清白的职业，此事最吉祥。

Giving, righteous living, taking care of [one's] relatives, and actions that are blameless: this is the highest blessing;

布施与法行，接济诸亲族，
行为无过失，此事最吉祥。

Abstaining and refraining from [all] depravities, restraining from drinking intoxicants, and heedful in [developing wholesome] qualities: this is the highest blessing;

远离诸恶事，不饮迷醉品，
修法不放逸，此事最吉祥。

“Gāravo ca nivāto ca,
Santutṭhi ca kataññutā;
Kālena dhammassavanam,
Etaṃ maṅgalamuttamam.

Respectful, humble, contented, grateful, and timely
listening to the Dhamma: this is the highest blessing;
恭敬与谦虚，知足与感恩，
适时听闻法，此事最吉祥。

“Khantī ca sovacassatā,
Samaṇānañca dassanam;
Kālena dhammasākacchā,
Etaṃ maṅgalamuttamam.

Patient, easy to speak to (i.e. admonish), seeing self-
calmed ones, and timely discussion of the Dhamma: this
is the highest blessing;
忍辱易受教，得见诸沙门，
适时讨论法，此事最吉祥。

“Tapo ca brahmacariyañca,
Ariyasaccāna dassanam;
Nibbānasacchikiriya ca,
Etaṃ maṅgalamuttamam.

Austere, living the highest life, the seeing [with
wisdom] of the noble truths, and realizing nibbāna: this
is the highest blessing;
热忱与梵行，照见诸圣谛，
体证于涅槃，此事最吉祥。

“Phuṭṭhassa lokadhammehi,
Cittam yassa na kampati;
Asokam virajam khemam,
Etaṃ maṅgalamuttamam.

On contact with worldly conditions, their mind is
unshaken, sorrowless, free from impurities, and secure:
this is the highest blessing;
接触世法时，心毫不动摇，
无忧染而安，此事最吉祥。

“Etādisāni katvāna,
Sabbatthamaparājītā;
Sabbattha sotthim gacchanti,
Tam tesam maṅgalamuttamam.”.

Conducting [themselves] like this (as above),
everywhere invincible, they go safely everywhere for
them this is the highest blessing.
如此实行后，各处皆不败，
一切处安乐，对其最吉祥。」

– KN, Khuddakapāṭha 5; Suttanipāta, Cūḷavagga 4

Ratanasuttaṃ (p.75)

Paṇidhānato paṭṭhāya,
 Tathāgatassa dasa pāramiyo,
 Dasa upapāramiyo, dasa paramatthapāramiyoti
 Samatimsa pāramiyo, pañca mahāpariccāge,
 Lokatthacariyaṃ ṇātatthacariyaṃ
 buddhatthacariyanti
 Tisso cariyāyo pacchimabhava gabbhavokkantim
 Jātim abhinikkhamanaṃ padhānacariyaṃ
 bodhipallaṅke
 Māravijayaṃ sabbaññutaññāṇappaṭivedhaṃ
 Dhammacakkappavattanaṃ, nava lokuttara-
 dhammeti
 Sabbepi'me Buddhagūṇe āvajjetvā
 Vesāliyaṃ tisu pākāraṇtaresu
 Tiyaṃarattim parittaṃ karonto
 Āyasmā Ānandatthero viya
 Kāruṇācittaṃ upaṭṭhapetvā

Koṭṭisatasahassesu
 Cakkavāḷesu devatā
 Yassāṇaṃ paṭiggaṇhanti
 Yañca Vesāliyaṃ pure

Rogāmanussadubbhikkha-
 Sambhūtaṃ tividhaṃ bhayaṃ
 Khippamantaradhāpesi,
 Parittaṃ taṃ bhaṇāma he.

- - -

Yānīdha bhūtāni samāgatāni,
 Bhummaṇi vā yāni va antalikkhe;
 Sabbeva bhūtā sumanā bhavantu,
 Athopi sakkacca suṇantu bhāsitaṃ.

Tasmā hi bhūtā nisāmetha sabbe,
 Mettaṃ karotha mānusiyaṃ pajāya;
 Divā ca ratto ca haranti ye balim,
 Tasmā hi ne rakkhatha appamattā.

Discourse on the [Three] Jewels 宝经

Having mind infused with compassion like the Venerable Ānanda, who did protective chanting all through the three watches of the night, walking along the path between the three walls that surrounded the city of Vesālī, reflecting upon all these attributes of the Buddha: from the time the Buddha-to-be made the aspiration for Buddhahood, His practice of the thirty pāramīs comprising the ten pāramīs, the ten upapāramīs, and the ten paramatthapāramīs, the five great givings, the three great practices comprising practice for the world, practice for His relatives and practice for Buddhahood, and in His last birth, taking conception in His mother's womb, His birth, renunciation, the practice of asceticism, victory over Māra when He was seated on the throne under the Bodhi tree, gaining of Omniscience, turning of the Wheel of Dhamma (delivering of the First Sermon), and the nine Supramundane Dhammas,

且让我们激起悲心，就像阿难尊者在激起悲心后，在整晚三个时分，绕着毗舍离城的三道城墙诵念保护经，省思佛陀这一切的功德，即：从菩萨开始发愿修行菩萨道；他所修行的十种普通波罗蜜、十种中等波罗蜜、十种究竟波罗蜜，总共三十种波罗蜜；五种大舍离；为了世间而修行、为了亲族而修行、为了佛果而修行的三种修行；最后一世入母胎、出生、出家、修行、在菩提树下的座位上战胜魔王与证悟一切知智、开示转法轮经、九出世间法，

Let us recite, O good people, that paritta, the authority of which is accepted by the deities in one thousand billion universes, and which quickly causes to disappear the three dangers resulting from disease, non-human beings and famine in the city of Vesālī.

让我们诵念该保护经，其威力获得一万亿个世界系的诸神接受，使到毗舍离城所遭遇的疾病、非人与饥荒三种危害迅速消失。

Whatsoever beings are here assembled, those of the earth or those of the air, may all of them be happy!

Let them all listen attentively to my words!

任何来此聚会的众生，无论是住在地上或天空的，但愿一切众生都快乐，愿他们细心聆听我说。

Listen here, all beings! Show your love to those humans who, day and night, bring offerings to you, and protect them without negligence.

因此一切众生请谛听，应向众人类散播慈爱，他们日夜来供养你们，故应精勤地保护他们。

Yam kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ;
Na no samaṃ atthi tathāgatena,
Idampi buddhe ratanaṃ paṇītaṃ;
Etena saccena suvatthi hotu.

Khayaṃ virāgaṃ amataṃ paṇītaṃ,
Yadajjhagā sakyamunī samāhito;
Na tena dhammena samatthi kiñci,
Idampi dhamme ratanaṃ paṇītaṃ;
Etena saccena suvatthi hotu.

Yam buddhasettṭho parivaṇṇayī suciṃ,
Samādhimānantarikaññaṃ māhu;
Samādhinā tena samo na vijjati,
Idampi dhamme ratanaṃ paṇītaṃ;
Etena saccena suvatthi hotu.

Ye puggalā atṭha sataṃ pasatthā,
Cattāri etāni yugāni honti;
Te dakkhiṇeyyā sugatassa sāvakā,
Etesu dinnāni mahapphalāni;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Ye suppayuttā manasā daḷhena,
Nikkāmino gotamasāsanamhi;
Te pattipattā amataṃ vigayha,
Laddhā mudhā nibbutiṃ bhuñjamānā;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Yathindakhīlo pathavissito siyā,
Catubbhi vātehi asampakampiyo;
Tathūpamaṃ sappurisaṃ vadāmi,
Yo ariyasaccāni avecca passati;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间（这是指天界、梵天界或其他世界系）的任何财宝，或在天界的任何殊胜珠宝，都没有和如来（佛陀）同等的。在佛陀里有此殊胜宝。以此真实语愿得安乐。

The tranquil Sage of the Sakyas realised cessation, freedom from passion, immortality and excellence. There is nothing comparable to this Dhamma. In the Dhamma is this precious jewel found. On account of this truth, may there be happiness!

宁静的释迦牟尼已彻悟灭尽、离欲、不死与殊胜。没有任何东西能和法同等。在法里有此殊胜宝。以此真实语愿得安乐。

That pure path the Supreme Buddha praised is described as 'concentration without interruption'. There is nothing like that concentration. In the Dhamma is this precious jewel found. On account of this truth, may there be happiness!

至上佛所赞叹的清净被称为「无间隔的定」。找不到和此定同等的东西。在法里有此殊胜宝。以此真实语愿得安乐。

Those Eight Individuals, praised by the virtuous, they constitute four pairs. They, worthy of offerings, are the disciples of the Enlightened One. Gifts given to these yield abundant fruit. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

具德者赞叹的八种人组成四双，他们这些应供者是善逝的弟子。布施给他们会带来大果报。在僧团里有此殊胜宝。以此真实语愿得安乐。

With steadfast mind, applying themselves thoroughly in the Dispensation of Gotama, free of passion, they have attained to what should be attained. And plunging into immortality they enjoy the Peace (Nibbāna) in absolute freedom. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

以稳固的心透彻地修行，在乔达摩（佛）的教法里不再有贪欲，他们已证应证之法。进入了不死，他们轻易地享受所证悟的宁静。在僧团里有此殊胜宝。以此真实语愿得安乐。

Just as a firm post sunk in the earth cannot be shaken by the four winds; I say that a good person who thoroughly perceives the Noble Truths is similar to that. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

正如深置地里的柱子不能被四风动摇，我说，已经彻见圣谛的善士也是如此。在僧团里有此殊胜宝。以此真实语愿得安乐。

Ye ariyasaccāni vibhāvayanti,
Gambhīrapañña sudesitāni;
Kiñcāpi te honti bhusaṃ pamattā,
Na te bhavaṃ aṭṭhamamādiyanti;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Sahāvassa dassanasampadāya,
Tayassu dhammā jahitā bhavanti;
Sakkāyadiṭṭhī vicikicchitañca,
Sīlabbatā vāpi yadatthi kiñci.
Catūhapāyehi ca vippamutto,
Chaccābhiṭṭhānāni abhabba kātum;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Kiñcāpi so kamma karoti pāpakaṃ,
Kāyena vācā uda cetasa vā;
Abhabba so tassa paṭicchadāya,
Abhabbatā diṭṭhapadassa vuttā;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Vanappagumbe yatha phussitagge,
Gimhānamāse paṭhamasmiṃ gimhe;
Tathūpamaṃ dhammavaraṃ adesayi,
Nibbānagāmiṃ paramaṃ hitāya;
Idampi buddhe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Varo varaññū varado varāharo,
Anuttaro dhammavaraṃ adesayi;
Idampi buddhe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Khīṇaṃ purāṇaṃ nava natthi sambhavaṃ,
Virattacittāyatike bhavasmim;
Te khīṇabījā avirūḷhichandā,
Nibbanti dhīrā yathāyaṃ padīpo;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Those who clearly understand the Noble Truths, well taught by Him who has absolute knowledge, do not undergo an eighth birth, no matter how exceedingly heedless they may be. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

清楚地观照由拥有深奥智慧者善巧教导之圣谛的人，无论他们多么放逸，也不会有第八次投生。在僧团里有此殊胜宝。以此真实语愿得安乐。

Together with his attainment of Insight, three qualities have been abandoned, namely: Belief in self, doubt and dependence on (wrong) rites and ceremonies. He is absolutely freed from the four states of misery, and is incapable of doing the six things. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

证得知见的同时，有三法已被他断除，即身见、疑与如果他有的戒禁取见。他已完全解脱了四恶道，绝对不会做六种事。在僧团里有此殊胜宝。以此真实语愿得安乐。

He is incapable of hiding whatever evil he does, whether by deed, word or thought; for it has been said that such an act is impossible for one who has seen the Path. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

无论他透过身或口或意所造的任何恶业，他都不会复藏它，所谓见道者绝不会这么做。在僧团里有此殊胜宝。以此真实语愿得安乐。

Just like a forest is flowered at the top, in the first month of the summer season, so has the Sublime Doctrine that leads to Nibbāna been taught for the Highest Good. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

佛陀所教、导向涅槃、带来最高等利益的至上法，就像夏天第一个月的树林盛开开花。在佛陀里有此殊胜宝。以此真实语愿得安乐。

The unrivalled Excellent One, the Knower, the Giver, the Bringer of the Excellent has expounded the excellent Doctrine. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

无比的至上者、知至上者、给予至上者、带来至上者教导至上法。在佛陀里有此殊胜宝。以此真实语愿得安乐。

Their past is extinct, a fresh becoming there is not, their minds are not attached to a future birth, their desires grow not; those wise ones go out even as this lamp. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

旧的已灭，新的不再生起，他们的心不执着未来生，有之种子已灭，他们不再生起对生命的欲望。那些智者像灯（灭那样）熄灭。在僧团里有此殊胜宝。以此真实语愿得安乐。

Yānīdha bhūtāni samāgatāni,
Bhummāni vā yāni va antalikkhe;
Tathāgataṃ devamanussapūjitaṃ
Buddhaṃ namassāma suvatthi hotu.

Yānīdha bhūtāni samāgatāni
Bhummāni vā yāni va antalikkhe;
Tathāgataṃ devamanussapūjitaṃ
Dhammaṃ namassāma suvatthi hotu.

Yānīdha bhūtāni samāgatāni
Bhummāni vā yāni va antalikkhe;
Tathāgataṃ devamanussapūjitaṃ
Saṅghaṃ namassāma suvatthi hotu.

(Sakka:) We beings here assembled, of the earth and of the air, salute the Accomplished Buddha, honoured by gods and humans. May there be happiness!

任何来此聚会的众生，无论是住在地上或天空的，礼敬人天尊敬的如来佛，愿得安乐。

We beings here assembled, of the earth and of the air, salute the Accomplished Dhamma, honoured by gods and humans. May there be happiness!

任何来此聚会的众生，无论是住在地上或天空的，礼敬人天尊敬的如来法，愿得安乐。

We beings here assembled, of the earth and of the air, salute the Accomplished Saṅgha, honoured by gods and humans. May there be happiness!

任何来此聚会的众生，无论是住在地上或天空的，礼敬人天尊敬的如来僧，愿得安乐。

– KN, Khuddakapāṭha 6; Suttanipāta, Cūḷavagga 1

Subha-Patthanā & Paritta (p.18) *Blessings and Protection* 祝福与护卫

Yaṃ dunnimittaṃ avamaṅgalaṇca,
Yo cāmanāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Buddhānubhāvena vināsamentu.

Yaṃ dunnimittaṃ avamaṅgalaṇca,
Yo cāmanāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Dhammānubhāvena vināsamentu.

Yaṃ dunnimittaṃ avamaṅgalaṇca,
Yo cāmanāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Saṅghānubhāvena vināsamentu.

Sabbītiyo vivajjantu,
Sabba-rogo vinassatu,
Mā te bhavatvantarāyo,
Sukhī dīghāyuko bhava.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-buddhānubhāvena
Sadā sotthī bhavantu te.

By the power of the Buddha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛陀的威力，愿诸恶兆与不祥、不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Dhamma, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛法的威力，愿诸恶兆与不祥、不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Saṅgha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过僧团的威力，愿诸恶兆与不祥、不悦鸟啼与灾星、恶梦不如意消失！

May all calamities be avoided, may all diseases disappear, may there be no obstacle[s] for you, [and may] you be happy and have long life.

愿免离一切灾难，愿一切疾病消失；愿你没有诸障碍，愿你快乐又长寿！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Buddhas, may you have well-being always.

愿你得一切吉祥，愿一切神保护你；透过诸佛的威力，愿你永远都平安！

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-dhammānubhāvena
Sadā sotthī bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Dhammas, may you have well-being always.

愿你得一切吉祥，愿一切神保护你；
透过诸法的威力，愿你永远都平安！

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-saṅghānubhāvena
Sadā sotthī bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Saṅghas, may you have well-being always.

愿你得一切吉祥，愿一切神保护你；
透过诸僧的威力，愿你永远都平安！

Nakkhatta-yakkha-bhūtānaṃ
Pāpaggaha-nivāraṇā,
Parittassānubhāvena
Hantu tesāṃ upaddave.

The obstacles from the bad [influences of] planets, [and] of constellations, demons and ghosts; by the power of this protective chant, may the dangers of [all of] these be destroyed.

灾星与夜叉与鬼、以及星座的阻碍；
以护卫经之力量，愿破除彼等诸厄！

Dukkhappattā ca niddukkhā
Bhayappattā ca nibbhayā,
Sokappattā ca nissokā
Hontu sabbe'pi pāṇino.

May all creatures who are suffering be without suffering, [living in] fear be without fear and [living in] sorrow be without sorrow.

祝愿一切的众生，痛苦的不再痛苦，
恐惧的不再恐惧，忧愁的不再忧愁。

Sabbe Buddhā balappattā
Paccekañña yaṃ balaṃ,
Arahantañña teja
Rakkhaṃ bandhāmi sabbaso.

By the (protective) power of the Buddhas, the power of Pacceka-Buddhas and the power of Arahants, I fortify the protection in every way.

以一切佛陀之力，及诸辟支佛之力，
及诸阿罗汉之力，我建立一切守护！

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā,
Puññantaṃ anumoditvā
Ciraṃ rakkhantu Sambuddha-sāsanaṃ.

May beings inhabiting in space and on earth, devas and nāgas of mighty power, having rejoiced in this merit of ours, long protect the Buddha's Teaching.

住在天空与地上，大神力之神与龙，
随喜这项功德后，请恒常守护佛教！

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā,
Puññantaṃ anumoditvā
Ciraṃ rakkhantu Sambuddha-desanaṃ.

May beings inhabiting in space and on earth, devas and nāgas of mighty power, having rejoiced in this merit of ours, long protect the Buddha's Preaching.

住在天空与地上，大神力之神与龙，
随喜这项功德后，请恒守护佛教法！

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā,
Puññantaṃ anumoditvā
Ciraṃ rakkhantu Sambuddha-sāvakaṃ,
Ciraṃ rakkhantu maṃ paraṃ.

May beings inhabiting in space and on earth, devas and nāgas of mighty power, having rejoiced in this merit of ours, long protect the Buddha's disciples. May they long protect me and others.

住在天空与地上，大神力之神与龙，
随喜这项功德后，请恒守护佛弟子，
恒守护我与他人！

Pattidāna (p.20)

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe devā'numodantu
Sabba-sampatti siddhiyā.

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe bhūtā'numodantu
Sabba-sampatti siddhiyā.

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe sattā'numodantu
Sabba-sampatti siddhiyā.

Idaṃ me ñātinaṃ hotu, sukhitā hontu ñātayo.
(3X)

Kappa-sata-sahassāni
Soḷasāpi asaṅkhaye,
Sambharaṃ bodhi-sambhāre
Āgato jāti-jātisū,

Niyato Buddha-bhāvāya
Bhadda-kappe idhantime,
Bodhi-satto ca Metteyyo
Puññaṃ me anumodatu.

Asmiṃ vihāre ca ārāme
Adhivatthā ca devatā,
Anumoditvā imaṃ puññaṃ
Rakkhantu Jina-sāsanaṃ.

Sabbe sattā ca majjhataṃ
Hitā ca ahitā ca me,
Anumoditvā imaṃ puññaṃ
Bujjhantu amataṃ padaṃ.

Sharing of Merit 分享（回向）功德

May all deities rejoice in this merit which we have thus acquired. May it bring about all achievements.
愿一切神随喜我们至今所累积的功德，愿一切得成就！

May all creatures rejoice in this merit which we have thus acquired. May it bring about all achievements.
愿一切众生随喜我们至今所累积的功德，愿一切得成就！

May all beings rejoice in this merit which we have thus acquired. May it bring about all achievements.
愿一切有情随喜我们至今所累积的功德，愿一切得成就！

Let this (merit) accrue to my departed relatives and may they be happy.
回向此（功德）予我的亲人，愿他们快乐。

For a hundred thousand and sixteen asaṅkhaya aeons undergoing birth after birth accumulating the necessary experiences for [attaining] enlightenment ...
在十六阿僧祇和十万大劫里，生生世世都累积菩提资粮，

... and certain to [attain the] state of Buddhahood, being the last [Buddha] in this auspicious aeon, may the Bodhisatta Metteyya rejoice in [this accrued] merit of mine.

肯定会成佛，是这个贤劫里的最后一尊佛，愿弥勒菩萨随喜我的功德。

May the deities living in this temple building and monastery rejoice in this merit [that we have accrued] and protect the Teachings of the Conqueror (i.e. the Buddha).
愿住在这寺院和园林里的神明们随喜这项功德后护持胜利者（佛陀）的教法。

May all beings neutral, beneficial and harmful to me rejoice in this merit [that I have accrued] and awaken to the deathless state (i.e. attain Nibbāna).

愿一切有情，包括对我普通、有益及无益的，在随喜此功德之后，都证悟不死（涅槃）之境。

Patthanā (p.21)

Iminā puñña-kammena
Mā me bāla-samāgamo,
Sataṃ samāgamo hotu
Yāva nibbāna-pattiyā.

Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññabhāgaṃ labhantu.

Aspiration 发愿

By this meritorious act
May I never meet with the foolish;
May I [only] meet with the wise
Up until I attain Nibbāna.
愿以这项功德
令我不遇愚人
令我亲近智者
直到我证涅槃。

May this merit of mine be conducive to the
destruction of the taints.

May this merit of mine be a [supportive] condition
[for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。
愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings.
May all those beings get an equal share of the merits
shared by me.

我把我的功德与一切有情分享，
愿他们都平等地得到我的功德。

Funeral Chanting 丧事念诵

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Devārāadhanā (p.1)

Samantā cakka-vāḷesu
Atrāgacchantu devatā;
Saddhammaṃ Muni-rājassa
Suṇantu sagga-mokkhadaṃ.

Dhammassavana-kālo ayaṃ bhadantā. (x3)

Vandanā (p.1)

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Sambodhi-Udāna (p.1)

Aneka-jāti saṃsāraṃ
Sandhāvissaṃ anibbisāṃ,
Gaha-kāraṃ gavesanto
Dukkhā jāti punappunāṃ.

Gaha-kāraka, diṭṭho'si
Puna gehaṃ na kāhasi,
Sabbā te phāsukā bhaggā
Gaha-kūṭaṃ visaṅkhataṃ,
Visaṅkhāra-gataṃ cittaṃ
Taṇhānaṃ khayamajjhagā.

– KN, Dhṃ³¹ 153-154

Inviting the Deities 邀請諸天

May the deities of the entire universe come here and listen to the True-Dhamma of the King of Sages, which leads to the heavenly states and liberation (Nibbāna).

从世界系中各处，愿诸天神来此地，
聆听知王之正法，导向天界与解脱。

Sirs, now is the time for listening to the Dhamma.
这是听闻佛法的时候，大德们。

Homage [to the Buddha] 礼敬佛陀

Homage to that Blessed One, the Arahant and Perfectly Self-Awakened One.

礼敬世尊、阿罗汉、圆满自觉者。

Inspired Utterance [after] Self-Awakening 正觉自说话

I wandered [through] many births in saṃsāra, searching for the house builder (craving) [but] found [him] not; repeated birth is suffering.

在生死轮回当中，我寻找了许多世，
却找不到造屋者。一再投生的确苦。

O house-builder! You are seen. You shall not build a house again. All your rafters are broken. Your ridge-pole is shattered. My mind has attained the unconditioned, obtaining the destruction of craving.

造屋者你已被见！你已不能再造屋。
你所有的椽已断，你的横梁已粉碎。
我心已证无为法。已经达到爱尽毁。

³¹ Abbreviations in this book 本书中的英文缩写：DN (Dīgha-Nikāya), MN (Majjhima-Nikāya), SN (Saṃyutta-Nikāya), AN (Aṅguttara-Nikāya), KN (Khuddaka-Nikāya), Dhṃ (Dhammapada).

Paṭiccasamuppāda (p.2)

Iti imasmim sati idaṃ hoti, imassuppādā
idaṃ uppajjati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
paccayā viññāṇaṃ, viññāṇa-paccayā nāma-
rūpaṃ, nāma-rūpa-paccayā saḷāyatanaṃ,
saḷāyatana-paccayā phasso, phassa-paccayā
vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
upādānaṃ, upādāna-paccayā bhavo, bhava-
paccayā jāti, jāti-paccayā jarā-maraṇaṃ soka-
parideva-dukkha-domanassupāyāsā
sambhavanti. Evametassa kevalassa
dukkhakkhandhassa samudayo hoti.

Yadā have pātubhavanti dhammā,
Ātāpino jhāyato brāhmaṇassa,
Athassa kaṅkhā vapayanti sabbā,
Yato pajānāti sahetudhammaṃ.

Iti imasmim asati idaṃ na hoti, imassa
nirodhā idaṃ nirujjhati, yadidaṃ:

Avijjā-nirodhā saṅkhāra-nirodho,
saṅkhāra-nirodhā viññāṇa-nirodho, viññāṇa-
nirodhā nāma-rūpa-nirodho, nāma-rūpa-
nirodhā saḷāyatana-nirodho, saḷāyatana-
nirodhā phassa-nirodho, phassa-nirodhā
vedanā-nirodho, vedanā-nirodhā taṇhā-
nirodho, taṇhā-nirodhā upādāna-nirodho,
upādāna-nirodhā bhava-nirodho, bhava-
nirodhā jāti-nirodho, jāti-nirodhā jarā-maraṇaṃ
soka-parideva-dukkha-domanassupāyāsā
nirujjhanti. Evametassa kevalassa
dukkhakkhandhassa nirodho hoti.

Dependent Origination 缘起

Thus when there is this that is, with the arising of this
that arises, such as:

此有故彼有，此生故彼生，即：

Dependent on ignorance, activities [arise]; dependent
on activities, consciousness [arises]; dependent on
consciousness, mentality and materiality [arise];
dependent on mentality and materiality, the six bases
[arise]; dependent on the six bases, contact [arises];
dependent on contact, feeling [arises]; dependent on
feeling, craving [arises]; dependent on craving,
attachment [arises]; dependent on attachment, existence
[arises]; dependent on existence, [a new] birth [takes
place]; dependent on birth, ageing, death, sorrow,
lamentation, pain, unhappiness and despair come to be.
Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
个苦蕴的集起。

When indeed phenomena become apparent to the
religious one who is ardent and meditative, then all his
doubts disappear, since he knows the nature of their
causes.

当诸法明显呈现时，热诚禅修的婆罗门，
一切疑惑都会消失，因他了知诸法之因。

When there is not this that is not, with the cessation
of this that ceases, such as:

此无故彼无，此灭故彼灭，即：

With the cessation of ignorance, activities cease;
with the cessation of activities, consciousness ceases;
with the cessation of consciousness, mentality and
materiality cease; with the cessation of mentality and
materiality, the six [sense] bases cease; with the cessation
of the six [sense] bases, contact ceases; with the cessation
of contact, feeling ceases; with the cessation of feeling,
craving ceases; with the cessation of craving, attachment
ceases; with the cessation of attachment, [the cause for a
new] existence ceases; with the cessation of [the cause for
a new] existence, [the possibility of re]birth ceases; with
the cessation of birth, ageing, death, sorrow, lamentation,
pain, unhappiness and despair cease. Thus there is the
cessation of this whole mass of suffering.

无明灭则行灭；行灭则识灭；识灭则名色灭；
名色灭则六处灭；六处灭则触灭；触灭则受灭；受
灭则爱灭；爱灭则取灭；取灭则有灭；有灭则生灭；
生灭则老、死、愁、悲、苦、忧、恼灭。如是整个
苦蕴的熄灭。

Yadā have pātubhavanti dhammā
Ātāpino jhāyato brāhmaṇassa,
Athassa kaṅkhā vapayanti sabbā,
Yato khayam paccayānam avedi.

Iti imasmim sati idam hoti, imassuppādā
idam uppajjati, imasmim asati idam na hoti,
imassa nirodhā idam nirujjhati, yadidam:

Avijjā-paccayā saṅkhārā, saṅkhāra-
paccayā viññāṇam, viññāṇa-paccayā nāma-
rūpam, nāma-rūpa-paccayā saḷāyatanaṃ,
saḷāyatana-paccayā phasso, phassa-paccayā
vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
upādānam, upādāna-paccayā bhavo, bhava-
paccayā jāti, jāti-paccayā jarā-maraṇam soka-
parideva-dukkha-domanassupāyāsā
sambhavanti. Evametassa kevalassa
dukkhakkhandhassa samudayo hoti.

Avijjāya tveva asesa-virāga-nirodhā
saṅkhāra-nirodho, saṅkhāra-nirodhā viññāṇa-
nirodho, viññāṇa-nirodhā nāma-rūpa-nirodho,
nāma-rūpa-nirodhā saḷāyatana-nirodho,
saḷāyatana-nirodhā phassa-nirodho, phassa-
nirodhā vedanā-nirodho, vedanā-nirodhā
taṇhā-nirodho, taṇhā-nirodhā upādāna-
nirodho, upādāna-nirodhā bhava-nirodho,
bhava-nirodhā jāti-nirodho, jāti-nirodhā jarā-
maraṇam soka-parideva-dukkha-
domanassupāyāsā nirujjhanti. Evametassa
kevalassa dukkhakkhandhassa nirodho hoti.

Yadā have pātubhavanti dhammā,
Ātāpino jhāyato brāhmaṇassa,
Vidhūpayam tiṭṭhati māra-senam,
Suriyo'va obhāsayamantalikkham.

– Vinayapiṭaka, Mahāvagga,
Mahākhanda
– KN, Udāna, Bodhivagga

When indeed phenomena become apparent to the religious one who is ardent and meditative, then all his doubts disappear, since he experiences the elimination of [their] causes.

当诸法明显呈现时，热诚禅修的婆罗门，
一切疑惑都会消失，因他体证诸缘之灭。

Thus when there is this that is, with the arising of this that arises: when there is not this that is not, with the cessation of this that ceases, such as:

此有故彼有，此生故彼生；
此无故彼无，此灭故彼灭，即：

Dependent on ignorance, activities [arise]; dependent on activities, consciousness [arises]; dependent on consciousness, mentality and materiality [arise]; dependent on mentality and materiality, the six bases [arise]; dependent on the six bases, contact [arises]; dependent on contact, feeling [arises]; dependent on feeling, craving [arises]; dependent on craving, attachment [arises]; dependent on attachment, existence [arises]; dependent on existence, [a new] birth [takes place]; dependent on birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair come to be. Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
个苦蕴的集起。

With the remainderless dispassion and cessation of ignorance, activities cease; with the cessation of activities, consciousness ceases; with the cessation of consciousness, mentality and materiality cease; with the cessation of mentality and materiality, the six [sense] bases cease; with the cessation of the six [sense] bases, contact ceases; with the cessation of contact, feeling ceases; with the cessation of feeling, craving ceases; with the cessation of craving, attachment ceases; with the cessation of attachment, [the cause for a new] existence ceases; with the cessation of [the cause for a new] existence, [the possibility of re]birth ceases; with the cessation of birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair cease. Thus there is the cessation of this whole mass of suffering.

无明灭尽离欲无余则行灭；行灭则识灭；识灭
则名色灭；名色灭则六处灭；六处灭则触灭；触灭
则受灭；受灭则爱灭；爱灭则取灭；取灭则有灭；
有灭则生灭；生灭则老、死、愁、悲、苦、忧、恼
灭。如是整个苦蕴的熄灭。

When indeed phenomena become apparent to the religious one who is ardent and meditative, he stands dispelling the hosts of Māra, just as the sun illuminating the sky [dispels darkness].

当诸法明显呈现时，热诚禅修的婆罗门，
他击败魔军而稳立，犹如太阳照亮天空。

Ven. Assajī's Teaching to (p.4)
Ven. Sāriputta

Ye dhammā hetuppabhavā,
 Tesam hetum Tathāgato āha;
 Tesañca yo nirodho,
 Evañ-vādī Mahā-samaṇo.

– KN, Apadāna, Buddhavagga,
 Sāriputtatthera-Apadāna

阿说示尊者给予舍利弗尊者的教导

Of those phenomena that originate from a cause, the Tathāgata has declared the cause, and also what their cessation is — This is the doctrine of the Great Recluse.

从因生之法，如来说其因，
 及彼等之灭；此大沙门说。

Paccayā – Paccayuddeso (p.4) **[Twenty-Four] Conditions** 二十四缘

Hetupaccayo, ārammaṇapaccayo,
 adhipatipaccayo, anantarapaccayo,
 samanantarapaccayo, saha-jātapaccayo,
 aññamaññapaccayo, nissayapaccayo,
 upanissayapaccayo, purejātapaccayo,
 pacchājātapaccayo, āsevanapaccayo,
 kamma-paccayo, vipāka-paccayo,
 āhārapaccayo, indriya-paccayo,
 jhāna-paccayo, magga-paccayo,
 sampayutta-paccayo, vippayutta-paccayo,
 atthipaccayo, natthipaccayo,
 vigata-paccayo, avigata-paccayoti.

Root condition, object condition,
 predominance condition, immediacy condition,
 contiguity condition, conascence condition,
 mutuality condition, dependence condition,
 powerful dependence condition, pre-nascence condition,
 post-nascence condition, repetition condition,
 kamma condition, result condition,
 nutriment condition, faculty condition,
 jhāna condition, path condition,
 association condition, dissociation condition,
 presence condition, absence condition,
 disappearance condition, non-disappearance condition.

因缘；所缘缘；增上缘；无间缘；
 相续缘；俱生缘；相互缘；依止缘；
 亲依止缘；前生缘；后生缘；重复缘；
 业缘；果报（异熟）缘；食缘；根缘；
 禅那缘；道缘；相应缘；不相应缘；
 有缘；无有缘；离去缘；不离去缘。

Etena saccavajjena dukkhā vūpasamentu te.
 Etena saccavajjena bhayā vūpasamentu te.
 Etena saccavajjena sokā vūpasamentu te.

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
 借着这真实的话语，愿一切的疾病消失；
 借着这真实的话语，愿你得到胜利吉祥。

Buddhānussati (p.5)

Iti'pi so bhagavā araham, sammāsambuddho,
vijjācaraṇa-sampanno, sugato, lokavidū,
anuttaro purisadamma-sārathi, satthā
devamanussānam, buddho, bhagavā.

Dhammānussati (p.5)

Svākkhāto bhagavatā dhammo, sandiṭṭhiko,
akāliko, ehi-passiko, opanayiko, paccattam
veditabbo viññūhi.

Saṅghānussati (p.5)

Suppaṭipanno bhagavato sāvaka-saṅgho,
Ujuppaṭipanno bhagavato sāvaka-saṅgho,
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,
Sāmicippaṭipanno bhagavato sāvaka-saṅgho;
Yadidaṃ: cattāri purisa-yugāni aṭṭha purisa-
puggalā, esa bhagavato sāvaka-saṅgho;
Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-
karaṇīyo, anuttaram puññakkhettaṃ lokassa.

Evam buddham sarantānam
Dhammam saṅghaṃ bhikkhavo;
Bhayaṃ vā chambhitattam vā
Lomahaṃso na hessati.

– SN, Sagāthāvagga, Sakkaṣaṇṇyutta,
Dhajaggasuttam

Etena saccavajjena pātu tvaṃ ratanattayam.
(x3)

Contemplation of the Buddha 佛随念

Such is that Blessed One, the Worthy One, the Perfectly Self-Awakened One, One fully possessed of wisdom and conduct, One who has proceeded by the good way, Knower of the [three] worlds, Unexcelled Trainer of tamable men, Teacher of deities and men, The Awakened One, The Blessed One.

世尊是：阿罗汉、圆满自觉者、明行足、善逝、世间解、无上士调御丈夫、天人师、佛陀、世尊。

Contemplation of the Dhamma 法随念

Well-expounded is the Exalted One's Dhamma, visible here-and-now, not delayed in time, inviting of inspection, onward-leading, is directly experienceable by the wise.

法由世尊善说，现前可见、无时（无间隔）、请来看、导向、当由智者亲证。

Contemplation of the Saṅgha 僧随念

The community of the Exalted One's disciples has entered on the good way, the community of the Exalted One's disciples has entered on the straight way, the community of the Exalted One's disciples has entered on the true way, the community of the Exalted One's disciples has entered on the proper way, that is to say, the four pairs of men, the eight types of persons. That is the Exalted One's disciple community, worthy of gifts, worthy of hospitality, worthy of offerings, whom should be respected, the incomparable field of merit for the world.

世尊的声闻僧众已入善行道；世尊的声闻僧众已入直行道；世尊的声闻僧众已入真实行道；世尊的声闻僧众已入正当行道。即四双八辈。这是世尊的声闻僧众，是应供养、应供奉者、应施于者、应合掌（礼敬）者，是世间的无上福田。

Thus, Bhikkhus, in you who remember the Buddha, the Dhamma and the Saṅgha, fear, trembling or terror will never arise.

如是诸比丘，忆念佛法僧，
他无畏不栗，无毛骨悚然。

By this speaking of truth, may the Triple Gem protect you!

借此真实话语，愿三宝保护你！

Dhammasaṅgaṇī Tikamātikā *Compendium of Dhamma:*

(p.120)

Table of Triplets 法聚论 · 三法论母

1. Kusalā dhammā. Akusalā dhammā.
Abyākatā dhammā.
2. Sukhāya vedanāya sampayuttā dhammā.
Dukkāya vedanāya sampayuttā dhammā.
Adukkhamasukhāya vedanāya sampayuttā
dhammā.
3. Vipākā dhammā. Vipākadhammadhammā.
Nevavipāka-navipākadhammadhammā.
4. Upādiṇṇupādāniyā dhammā.
Anupādiṇṇupādāniyā dhammā.
Anupādiṇṇa-anupādāniyā dhammā.
5. Saṁkiliṭṭha-saṁkilesikā dhammā.
Asaṁkiliṭṭha-saṁkilesikā dhammā.
Asaṁkiliṭṭha-asāṁkilesikā dhammā.
6. Savitakka-savicārā dhammā.
Avitakka-vicāramattā dhammā.
Avitakka-avicārā dhammā.
7. Pīṭisahagatā dhammā. Sukhasahagatā
dhammā. Upekkhāsahagatā dhammā.
8. Dassanena pahātabbā dhammā. Bhāvanāya
pahātabbā dhammā. Neva dassanena na
bhāvanāya pahātabbā dhammā.
9. Dassanena pahātabbahetukā dhammā.
Bhāvanāya pahātabbahetukā dhammā.
Neva dassanena na bhāvanāya
pahātabbahetukā dhammā.
10. Ācayagāmino dhammā. Apacayagāmino
dhammā. Nevācayagāmi-nāpacayagāmino
dhammā.

Wholesome dhammas. Unwholesome dhammas.
Indeterminate dhammas.

善法。不善法。无记法。

Dhammas associated with pleasant feeling.
Dhammas associated with painful feeling. Dhammas
associated with neither-painful-nor-pleasant feeling.

乐受相应法。苦受相应法。不苦不乐受相应法。

Resultant dhammas. Dhammas that give rise to results.
Dhammas which are neither resultant nor causes for results.

果报法。产生果报之法。非果报非产生果报之
法。

Dhammas that are grasped at and favourable to
grasping. Dhammas that are not grasped at but are
favourable to grasping. Dhammas that are neither
grasped at nor favourable to grasping.

执取（所生）及可执取之法。非执取（所生）
可执取之法。非执取（所生）及不可执取之法。

Dhammas that are corrupt and corrupting.

Dhammas that are not corrupt but corrupting.

Dhammas that are neither corrupt nor corrupting.

被染法及杂染法。非被染法之杂染法。非被染
法非杂染法。

Dhammas that have applied thought and sustained
thought. Dhammas that have no applied thought but only
sustained thought. Dhammas that have neither applied
thought nor sustained thought.

有寻有伺法。无寻有伺法。无寻无伺法。

Dhammas accompanied by joy.

Dhammas accompanied by happiness.

Dhammas accompanied by equanimity.

喜俱生法。乐俱生法。舍俱生法。

Dhammas to be abandoned by seeing (= first path
knowledge). Dhammas to be abandoned by development
(= three higher paths). Dhammas neither to be abandoned
by seeing nor by development.

见所断法。修所断法。非见非修所断法。

Dhammas having root-conditions to be abandoned
by seeing. Dhammas having root-conditions to be
abandoned by development. Dhammas not having root-
conditions to be abandoned by seeing nor by development.

见所断因法。修所断因法。非见非修所断因法。

Dhammas leading to accumulation. Dhammas
leading to dispersion. Dhammas neither leading to
accumulation nor dispersion.

导致累积法。导致解散法。非导致累积非导致
解散法。

11. Sekkhā dhammā. Asekkhā dhammā.
Nevasekkha-nāsekkhā dhammā.
12. Parittā dhammā. Mahaggaṭā dhammā.
Appamāṇā dhammā.
13. Parittārammaṇā dhammā.
Mahaggaṭārammaṇā dhammā.
Appamāṇārammaṇā dhammā.
14. Hīnā dhammā. Majjhimā dhammā. Paṇītā
dhammā.
15. Micchattaniyatā dhammā. Sammattaniyatā
dhammā. Aniyatā dhammā.
16. Maggārammaṇā dhammā. Maggaḥetukā
dhammā. Maggādhīpatino dhammā.
17. Uppannā dhammā. Anuppannā dhammā.
Uppādinno dhammā.
18. Atītā dhammā. Anāgaṭā dhammā.
Paccuppannā dhammā.
19. Atītārammaṇā dhammā. Anāgaṭārammaṇā
dhammā. Paccuppannārammaṇā dhammā.
20. Ajjhataṭṭā dhammā. Bahiddhā dhammā.
Ajjhatabhiddhā dhammā.
21. Ajjhataṭṭārammaṇā dhammā.
Bahiddhārammaṇā dhammā.
Ajjhatabhiddhārammaṇā dhammā.
22. Sanidassana-sappaṭighā dhammā.
Anidassana-sappaṭighā dhammā.
Anidassana-appaṭighā dhammā.

— Abhidhammapiṭaka, Dhammasaṅgaṇī

Etena saccavajjena dukkhā vūpasamentu te.
Etena saccavajjena bhayā vūpasamentu te.
Etena saccavajjena sokā vūpasamentu te.

Dhammas of trainees. Dhammas of non-trainees.
Dhammas of neither-trainees-nor-non-trainees.
有学法。无学法。非有学非无学法。

Limited dhammas. Exalted dhammas. Infinite
dhammas.
有限法。广大法。无量法。

Dhammas with limited objects. Dhammas with
exalted objects. Dhammas with infinite objects.
有限所缘法。广大所缘法。无量所缘法。

Inferior dhammas. Medium dhammas. Superior
dhammas.
劣法。中法。胜法。

Dhammas that are wrong and fixed as to
consequences. Dhammas that are right and fixed as to
consequences. Dhammas that do not entail fixed
consequences.
错误及定果报法。正确及定果报法。不定法。

Dhammas having the Path as object. Dhammas
having those associated root-conditions in the Path.
Dhammas dominated by the Path.
道所缘法。道因法。道主导法。

Arisen dhammas. Not-arisen dhammas. Dhammas
that are bound to arise.
已生法。未生法。当生法。

Past dhammas. Future dhammas. Present dhammas.
过去法。未来法。现在法。

Dhammas that have the past as their objects.
Dhammas that have the future as their objects. Dhammas
that have the present as their objects.
过去所缘法。未来所缘法。现在所缘法。

Internal dhammas. External dhammas. Internal and
external dhammas.
内法。外法。内外法。

Dhammas that have internal objects. Dhammas that
have external objects. Dhammas that have internal and
external objects.
内所缘法。外所缘法。内外所缘法。

Dhammas that are visible and reacting. Dhammas
that are invisible and reacting. Dhammas that are
invisible and not reacting.
可见及有反应法。不可见但有反应法。不可见
及无反应法。

By this speaking of the truth, may you relieve from suffering
By this speaking of the truth, may you relieve from fear.
By this speaking of the truth, may you relieve from grief.
借此真实话语，愿你平息痛苦；
借此真实话语，愿你平息恐惧；
借此真实话语，愿你平息忧愁。

Tirokuṭṭasuttam (p.122)

Tirokuṭṭesu tiṭṭhanti
Sandhisiṅghāṭakesu ca;
Dvārabāhāsu tiṭṭhanti
Āgantvāna sakam gharam.

Pahūte annapānamhi
Khajjabhojje upaṭṭhite;
Na tesam koci sarati
Sattānam kammaṭṭaccayā.

Evaṃ dadanti ñātīnam
Ye honti anukampakā;
Suciṃ paṇītam kālena
Kappiyam pānabhojanam;
Idam vo ñātīnam hotu,
Sukhitā hontu ñātayo.

Te ca tattha samāgantvā
Ñātipetā samāgatā;
Pahūte annapānamhi
Sakkaccam anumodare.

Ciram jīvantu no ñātī,
Yesam hetu labhāmase;
Amhākañca katā pūjā,
Dāyakā ca anipphalā.

Na hi tattha kasi atthi,
Gorakkhettha na vijjati;
Vaṇijjā tādisi natthi,
Hiraññaṇa kayokayam;
Ito dinnena yāpentī
Petā kālaṇkatā tahim.

Unname udakam vutṭham
Yathā ninnam pavattati;
Evameva ito dinnam
Petānam upakappati.

Yathā vārivahā pūrā
Paripūrenti sāgaram;
Evameva ito dinnam
Petānam upakappati.

Without-the-Wall Discourse 墙外经

Without the walls they stand and wait,
And at the junctions and road-forks;
Returning to their erstwhile homes,
They wait beside the jambs of gates.
他们站着在墙外，以及路的交接处，
他们站在门柱旁，来到了自己的家。

But when a rich feast is set out
With food and drink of every kind,
The fact that no man does recall
These creatures stem from their past acts.
准备丰盛的食物，饮料副食与主食，
却没人记得他们，这些业生的有情。

So they who are compassionate
At heart do give for relatives
Such drink and food as may be pure
And good and fitting at these times;
'Then let this be for relatives;
'May relatives have happiness.'
所以悲悯的人们，应为亲戚们布施；
饮料食物皆清净，殊胜适时与适宜。
「愿这（施与）亲戚们，愿亲戚们都快乐。」

These ghosts of the departed kin
Foregathered and assembled there
Will eagerly their blessing give
For [plentiful] rich food and drink:
来此聚集诸亡亲，他们来集在此处，
丰富食物并饮料，他们恭敬地随喜：

'So may our relatives live long,
'Owing to whom we have this gain;
'For honour to us has been done,
'No giver ever lacked the fruit.'
「愿我们亲戚长寿，因彼等我们得此；
已对我们做供养，施者并非无果报。」

Now there is never ploughing there,
Nor any cattle-herding found,
Nor merchandizing just the same,
Nor bartering for coin of gold:
The ghosts of the departed kin
Live there on giving given here.
那里既没有农耕，那里也没有牧牛，
同样的没有贸易，也没有黄金买卖。
依靠这里的布施，那里鬼亡亲过活。

As water showered on the hill
Flows down to reach the hollow vale,
So giving given here can serve
The ghosts of the departed kin.
犹如高处的雨水，向着低处而运流；
如是在此的布施，利益做鬼的亡亲。

As river-beds when full can bear
The water down to fill the sea,
So giving given here can serve
The ghosts of the departed kin.
正如河水满溢时，水流注入到海洋；
如是在此的布施，利益做鬼的亡亲。

Adāsi me akāsi me,
Ñātimittā sakhā ca me;
Petānaṃ dakkhiṇaṃ dajjā
Pubbe katamanussaraṃ.

Na hi ruṇṇaṃ vā soko vā,
Yā caññā paridevanā;
Na taṃ petānamatthāya,
Evaṃ tiṭṭhanti ñātayo.

Ayañca kho dakkhiṇā dinnā
Saṅghamhi suppatiṭṭhitā;
Dīgharattaṃ hitāyassa,
Ṭhānaso upakappati.

So ñātidhammo ca ayaṃ nidassito,
Petāna pūjā ca katā ulārā;
Balañca bhikkhūnamanuppadinnaṃ,
Tumhehi puññaṃ pasutaṃ anappakan'ti.

— KN, Khuddakapāṭha 7

Etena saccavajjena dukkhā vūpasamentu te.
Etena saccavajjena bhayā vūpasamentu te.
Etena saccavajjena sokā vūpasamentu te.

Dhammapada Verses of Reality of Life (p.151)

Aciraṃ vatayaṃ kāyo,
Pathaviṃ adhisessati;
Chuddho apeta viññāṇo,
Nirattaṃ va kaliṅgaraṃ.

— Dhp 41

Ko nu hāso kimānando,
Niccaṃ pajjalite sati;
Andhakārena onaddhā,
Paḍīpaṃ na gavesatha.

— Dhp 146

Parijñāmidam rūpaṃ
Rogaññāraṃ pabhaṅguraṃ;
Bhijjati pūti sandeho
Maraṇantañhi jīvitaṃ.

— Dhp 148

Paṇḍupalāsova dānisi,
Yamapurisāpi ca te upaṭṭhitā;
Uyyogamukhe ca tiṭṭhasi,
Pātheyyampi ca te na vijjati.

— Dhp 235

'He gave to me, he worked for me,
'He was my kin, friend, intimate.'
Give gifts, then, for departed ones,
Recalling what they used to do.
「他曾给我为我做，是我的亲友同伴。」
忆及先前他所做，应为饿鬼行布施。

No weeping, nor yet sorrowing,
Nor any kind of mourning, aids
Departed Ones, whose kin remain
[Unhelpful to them acting] thus.
不是哭泣非忧愁，亦非任何的悲泣，
如此做的亲戚们，对那鬼亡亲无益。

But when this offering is given
Well placed in the Community
For them, then it can serve them long
In future and at once as well.
做了这样的布施，妥善建立于僧团，
对他有长久利益，也能当下即得益。

The Dhamma for relatives has thus been shown,
And how high honour to departed ones is done,
And how the bhikkhus can be given strength as well,
And how great merit can be stored away by you.
已经示此亲戚法，殊胜供养予饿鬼，
及给诸比丘体力，你们所做福非小。

By this speaking of the truth, may you relieve from suffering.
By this speaking of the truth, may you relieve from fear.
By this speaking of the truth, may you relieve from grief.
借此真实话语，愿你平息痛苦；
借此真实话语，愿你平息恐惧；
借此真实话语，愿你平息忧愁。

生命真相之法句

Before long, alas! this body will lie upon the ground, cast
aside, devoid of consciousness, even as a useless charred log.
的确在不久之后，此身将躺在大地，
被丢弃且无心识，如丢弃无用木头。

What is laughter, what is joy, when the world is ever burning?
Shrouded by darkness, would you not seek the light?
(世间) 常常在燃烧，为何笑为何高兴？
当被黑暗复蔽时，为何不寻求明灯？

Thoroughly worn out is this body, a nest of diseases, perish-
able. This putrid mass breaks up. Truly, life ends in death.
此身已彻底衰老，是一巢病并毁坏。
这堆不净分解时，生命结束于死亡。

Like a withered leaf are you now. The messengers of
death wait for you. On the threshold of decay you stand.
Provision too there is none for you.
如今你就像枯黄的叶，死亡使者已在等着你；
你就站在出发的门口，然而你连旅费都没有。

So karohi dīpamattano,
Khippaṃ vāyama paṇḍito bhava;
Niddhantamalo anaṅgaṇo,
Dibbaṃ ariyabhūmiṃ upehisi. – Dhp 236

Make an island unto yourself. Strive quickly; become wise. Purged of stain and passionless, you shall enter the heavenly stage of the Ariyas.
你应为自己做个岛，赶快精进以成智者。
清除了污垢且无染，你会去天界的圣地。

Upanītavayo ca dānisi,
Sampayātosī yamassa santike;
Vāso te natthi antarā,
Pātheyyampi ca te na vijjati. – Dhp 237

Your life has come to an end now. To the presence of death you are setting out. No halting place is there for you on the way. Provision too there is none for you.
如今你的命已到终点，你就要去死王的面前，
途中你又没有住宿处，然而你连旅费都没有。

So karohi dīpamattano,
Khippaṃ vāyama paṇḍito bhava;
Niddhantamalo anaṅgaṇo,
Na punaṃ jātijaraṃ upehisi. – Dhp 238

Make an island unto yourself. Strive quickly; become wise. Purged of stain and passionless, you will not come again to birth and old age.
你应为自己做个岛，赶快精进以成智者。
清除了污垢且无染，你将不会再生与老。

'Sabbe saṅkhārā aniccā'ti,
Yadā paññāya passati;
Atha nibbindati dukkhe,
Esa maggo visuddhiyā. – Dhp 277

All conditioned things are impermanent: when this, with wisdom, one discerns, then is one disenchanted with suffering; this is the path to purity.
诸行是无常，以慧照见时，
就会厌离苦。这是清净道。

'Sabbe saṅkhārā dukkha'ti,
Yadā paññāya passati;
Atha nibbindati dukkhe,
Esa maggo visuddhiyā. – Dhp 278

All conditioned things are suffering: when this, with wisdom, one discerns, then is one disenchanted with suffering; this is the path to purity.
诸行皆是苦，以慧照见时，
就会厌离苦。这是清净道。

'Sabbe dhammā anattā'ti,
Yadā paññāya passati;
Atha nibbindati dukkhe,
Esa maggo visuddhiyā. – Dhp 279

All phenomena are non-self: when this, with wisdom, one discerns, then is one disenchanted with suffering; this is the path to purity.
诸法皆无我，以慧照见时，
就会厌离苦。这是清净道。

Na santi puttā tāṇāya,
Na pitā nāpi bandhavā;
Antakenādhīpannassa,
Natthi ñātīsu tāṇatā. – Dhp 288

There are no sons for one's protection, neither father nor even kinsmen; for one who is overcome by death no protection is to be found among kinsmen.
没有儿子能给予保护，父亲与亲戚们也不能，
对于被终结者制伏者，于亲族中找不到保护。

Etamattavasaraṃ ñatvā,
Paṇḍito sīlasamvuto;
Nibbānagamaṇaṃ maggaṃ,
Khippameva visodhaye. – Dhp 289

Realizing this fact, let the virtuous and wise person swiftly clear the way that leads to Nibbāna.
明白此事的力量，持守戒律的智者
应当迅速清理好 导向涅槃的道路。

Etena saccavajjena dukkhā vūpasamentu te.
Etena saccavajjena bhayā vūpasamentu te.
Etena saccavajjena sokā vūpasamentu te.

By this speaking of the truth, may you relieve from suffering.
By this speaking of the truth, may you relieve from fear.
By this speaking of the truth, may you relieve from grief.
借此真实话语，愿你平息痛苦；
借此真实话语，愿你平息恐惧；
借此真实话语，愿你平息忧愁。

(Optional: Page 页 29-32 Anattalakkhaṇasuttaṃ 无我相经

Page 页 90-101 Paṭṭhāna 发趣法

Page 页 102-106 Paṭiccasamuppādavibhaṅgo 缘起分别)

Anattalakkhaṇasuttaṃ (p.29)

Ekam samayaṃ Bhagavā Bārāṇasiyaṃ
viharaṭi Isi-patane miga-dāye. Tatra kho
Bhagavā pañca-vaggiye bhikkhū āmantesi:
“bhikkhavo”ti. “Bhadante”ti te bhikkhū
Bhagavato paccassosum. Bhagavā etadavoca:

“Rūpaṃ, bhikkhave, anattā. Rūpaṃ
hidaṃ, bhikkhave, attā abhaviṣṣa, nayidaṃ
rūpaṃ ābādhāya saṃvatteyya, labbheṭṭha ca
rūpe `evaṃ me rūpaṃ hotu, evaṃ me rūpaṃ
mā ahoṣī’ti. Yasmā ca kho, bhikkhave, rūpaṃ
anattā, tasmā rūpaṃ ābādhāya saṃvattati, na
ca labbhati rūpe `evaṃ me rūpaṃ hotu, evaṃ
me rūpaṃ mā ahoṣī’ti.

“Vedanā anattā. Vedanā ca hidaṃ,
bhikkhave, attā abhaviṣṣa, nayidaṃ vedanā
ābādhāya saṃvatteyya, labbheṭṭha ca vedanāya
`evaṃ me vedanā hotu, evaṃ me vedanā mā
ahoṣī’ti. Yasmā ca kho, bhikkhave, vedanā
anattā, tasmā vedanā ābādhāya saṃvattati, na
ca labbhati vedanāya `evaṃ me vedanā hotu,
evaṃ me vedanā mā ahoṣī’ti.

“Saññā anattā. Saññā ca hidaṃ,
bhikkhave, attā abhaviṣṣa, nayidaṃ saññā
ābādhāya saṃvatteyya, labbheṭṭha ca saññāya
`evaṃ me saññā hotu, evaṃ me saññā mā
ahoṣī’ti. Yasmā ca kho, bhikkhave, saññā
anattā, tasmā saññā ābādhāya saṃvattati, na
ca labbhati saññāya `evaṃ me saññā hotu,
evaṃ me saññā mā ahoṣī’ti.

Discourse on Non-Self Characteristic
无我相经

At one time the Blessed One was staying in the deer
park at Isipatana [near] Bārāṇasī. There the Blessed One
addressed the group of five monks: “Monks.” “Venerable
Sir,” those monks responded to the Blessed One. The
Blessed One [then] said this:

一时世尊住在波罗奈城附近仙人坠处的鹿野
苑。于其处，当时世尊对五比丘说：「诸比丘。」
那些比丘回应：「尊者。」世尊如此说：

“Form, Monks, is non-self. For if form was self, this
form would not lead to affliction, and in regard to form,
[wishing] ‘may [this] form of mine be thus, may [this]
form of mine not be thus’ would be possible. But since,
monks, form is non-self, therefore, form leads to
affliction, and in regard to form, [wishing] ‘may [this]
form of mine be thus, may [this] form of mine not be thus’
is not possible.

「诸比丘，色无我！诸比丘，假如此色是我，
此色就不会导致烦恼，于色亦可得：『愿我的色是这
样，愿我的色不是这样！』然而，诸比丘，因为色
无我，所以色会导致烦恼，于色亦不可得：『愿我的
色是这样，愿我的色不是这样！』

“Feeling, Monks, is non-self. For if feeling was self,
this feeling would not lead to affliction, and in regard to
feeling, [wishing] ‘may [this] feeling of mine be thus,
may [this] feeling of mine not be thus’ would be possible.
But since, monks, feeling is non-self, therefore, feeling
leads to affliction, and in regard to feeling, [wishing]
‘may [this] feeling of mine be thus, may [this] feeling of
mine not be thus’ is not possible.

受无我！诸比丘，假如此受是我，此受就不会
导致烦恼，于受亦可得：『愿我的受是这样，愿我的
受不是这样！』然而，诸比丘，因为受无我，所以
受会导致烦恼，于受亦不可得：『愿我的受是这样，
愿我的受不是这样！』

“Perception, Monks, is non-self. For if perception
was self, this perception would not lead to affliction, and
in regard to perception, [wishing] ‘may [this] perception
of mine be thus, may [this] perception of mine not be thus’
would be possible. But since, monks, perception is non-
self, therefore, perception leads to affliction, and in regard
to perception, [wishing] ‘may [this] perception of mine be
thus, may [this] perception of mine not be thus’ is not
possible.

想无我！诸比丘，假如此想是我，此想就不会导致
烦恼，于想亦可得：『愿我的想是这样，愿我的想不
是这样！』然而，诸比丘，因为想无我，所以想会
导致烦恼，于想亦不可得：『愿我的想是这样，愿我
的想不是这样！』

“Saṅkhārā anattā. Saṅkhārā ca hidam, bhikkhave, attā abhavissamsu, nayidam saṅkhārā ābādhāya samvattēyyum, labbhetha ca saṅkhāresu ‘evam me saṅkhārā hontu, evam me saṅkhārā mā ahesun’ti. Yasmā ca kho, bhikkhave, saṅkhārā anattā, tasmā saṅkhārā ābādhāya samvattanti, na ca labbhati saṅkhāresu ‘evam me saṅkhārā hontu, evam me saṅkhārā mā ahesun’ti.

“Viññāṇam anattā. Viññāṇaṅca hidam, bhikkhave, attā abhavissa, nayidam viññāṇam ābādhāya samvattēyya, labbhetha ca viññāṇe ‘evam me viññāṇam hotu, evam me viññāṇam mā ahoṣī’ti. Yasmā ca kho, bhikkhave, viññāṇam anattā, tasmā viññāṇam ābādhāya samvattati, na ca labbhati viññāṇe ‘evam me viññāṇam hotu, evam me viññāṇam mā ahoṣī’ti.

“Taṁ kiṁ maññatha, bhikkhave, rūpaṁ niccaṁ vā aniccaṁ vā?”ti “Aniccaṁ, Bhante.” “Yaṁ paṇāniccaṁ dukkhaṁ vā taṁ sukhaṁ vā?”ti “Dukkhaṁ, Bhante.” “Yaṁ paṇāniccaṁ dukkhaṁ vipariṇāma-dhammaṁ, kallaṁ nu taṁ samanupassitum: ‘etaṁ mama, eso’hamasmi, eso me attā?”ti “No hetam, Bhante.”

“Vedanā niccā vā aniccā vā?”ti “Aniccā, Bhante.” “Yaṁ paṇāniccaṁ dukkhaṁ vā taṁ sukhaṁ vā?”ti “Dukkhaṁ, Bhante.” “Yaṁ paṇāniccaṁ dukkhaṁ vipariṇāma-dhammaṁ, kallaṁ nu taṁ samanupassitum: ‘etaṁ mama, eso’hamasmi, eso me attā?”ti “No hetam, Bhante.”

“Volitional formations, Monks, are non-self. For if volitional formations were self, these volitional formations would not lead to affliction, and in regard to volitional formations, [wishing] ‘may [these] volitional formations of mine be thus, may [these] volitional formations of mine not be thus’ would be possible. But since, monks, volitional formations are non-self, therefore, volitional formations lead to affliction, and in regard to volitional formations, [wishing] ‘may [these] volitional formations of mine be thus, may [these] volitional formations of mine not be thus’ is not possible.

诸行无我！诸比丘，假如此诸行是我，此诸行就不会导致病恼，于诸行亦可得：『愿我的诸行是这样，愿我的诸行不是这样！』然而，诸比丘，因为诸行无我，所以诸行会导致病恼，于诸行亦不可得：『愿我的诸行是这样，愿我的诸行不是这样！』

“Consciousness, Monks, is non-self. For if consciousness was self, this consciousness would not lead to affliction, and in regard to consciousness, [wishing] ‘may [this] consciousness of mine be thus, may [this] consciousness of mine not be thus’ would be possible. But since, monks, consciousness is non-self, therefore, consciousness leads to affliction, and in regard to consciousness, [wishing] ‘may [this] consciousness of mine be thus, may [this] consciousness of mine not be thus’ is not possible.

识无我！诸比丘，假如此识是我，此识就不会导致病恼，于识亦可得：『愿我的识是这样，愿我的识不是这样！』然而，诸比丘，因为识无我，所以识会导致病恼，于识亦不可得：『愿我的识是这样，愿我的识不是这样！』

“Monks, what do you think, is form permanent or impermanent?” “Impermanent, Venerable Sir.” “That which is impermanent, is it unsatisfactory or satisfactory?” “Unsatisfactory, Venerable Sir.” “That which is impermanent, unsatisfactory and subject to change, is it suitable to consider: ‘This is mine, this I am, this is my self?’” “Certainly not, Venerable Sir.”

「诸比丘，你们认为如何，色是常还是无常？」
「无常，尊者！」
「无常的是苦还是乐的？」
「苦的，尊者！」
「对于无常、苦、变易之法，是否适合视它为：『这是我的，这是我，这是我的自我』？」
「确实不能，尊者！」

“Is feeling permanent or impermanent?” “Impermanent, Venerable Sir.” “That which is impermanent, is it unsatisfactory or satisfactory?” “Unsatisfactory, Venerable Sir.” “That which is impermanent, unsatisfactory and subject to change, is it suitable to consider: ‘This is mine, this I am, this is my self?’” “Certainly not, Venerable Sir.”

「受是常还是无常？」
「无常，尊者！」
「无常的是苦还是乐的？」
「苦的，尊者！」
「对于无常、苦、变易之法，是否适合视它为：『这是我的，这是我，这是我的自我』？」
「确实不能，尊者！」

“Saññā niccā vā aniccā vā?”ti “Aniccā, Bhante.” “Yaṃ panāniccaṃ dukkhaṃ vā taṃ sukhaṃ vā?”ti “Dukkhaṃ, Bhante.” “Yaṃ panāniccaṃ dukkhaṃ vipariṇāma-dhammaṃ, kallaṃ nu taṃ samanupassitum: ‘etaṃ mama, eso’hamasmi, eso me attā?’”ti “No hetam, Bhante.”

“Saṅkhārā niccā vā aniccā vā?”ti “Aniccā, Bhante.” “Yaṃ panāniccaṃ dukkhaṃ vā taṃ sukhaṃ vā?”ti “Dukkhaṃ, Bhante.” “Yaṃ panāniccaṃ dukkhaṃ vipariṇāma-dhammaṃ, kallaṃ nu taṃ samanupassitum: ‘etaṃ mama, eso’hamasmi, eso me attā?’”ti “No hetam, Bhante.”

“Viññāṇaṃ niccaṃ vā aniccaṃ vā?”ti “Aniccaṃ, Bhante.” “Yaṃ panāniccaṃ dukkhaṃ vā taṃ sukhaṃ vā?”ti “Dukkhaṃ, Bhante.” “Yaṃ panāniccaṃ dukkhaṃ vipariṇāma-dhammaṃ, kallaṃ nu taṃ samanupassitum: ‘etaṃ mama, eso’hamasmi, eso me attā?’”ti “No hetam, Bhante.”

“Tasmātiha, bhikkhave, yaṃ kiñci rūpaṃ atītānāgata-paccuppannaṃ ajjhataṃ vā bahiddhā vā oḷārikaṃ vā sukhumaṃ vā hīnaṃ vā paṇītaṃ vā yaṃ dūre santike vā, sabbaṃ rūpaṃ ‘netam mama, neso’hamasmi, na meso attā’ti evametam yathā-bhūtaṃ sammappaññāya daṭṭhabbaṃ.

“Yā kāci vedanā atītānāgata-paccuppannā ajjhata vā bahiddhā vā oḷārikā vā sukhumā vā hīnā vā paṇītā vā yā dūre santike vā, sabbā vedanā ‘netam mama, neso’hamasmi, na meso attā’ti evametam yathā-bhūtaṃ sammappaññāya daṭṭhabbaṃ.

“Is perception permanent or impermanent?” “Impermanent, Venerable Sir.” “That which is impermanent, is it unsatisfactory or satisfactory?” “Unsatisfactory, Venerable Sir.” “That which is impermanent, unsatisfactory and subject to change, is it suitable to consider: ‘This is mine, this I am, this is my self?’” “Certainly not, Venerable Sir.”

「想是常还是无常？」「无常，尊者！」「无常的是苦还是乐的？」「苦的，尊者！」「对于无常、苦、变易之法，是否适合视它为：『这是我的，这是我，这是我的自我』？」「确实不能，尊者！」

“Are volitional formations permanent or impermanent?” “Impermanent, Venerable Sir.” “That which is impermanent, is it unsatisfactory or satisfactory?” “Unsatisfactory, Venerable Sir.” “That which is impermanent, unsatisfactory and subject to change, is it suitable to consider: ‘This is mine, this I am, this is my self?’” “Certainly not, Venerable Sir.”

「诸行是常还是无常？」「无常，尊者！」「无常的是苦还是乐的？」「苦的，尊者！」「对于无常、苦、变易之法，是否适合视它为：『这是我的，这是我，这是我的自我』？」「确实不能，尊者！」

“Is consciousness permanent or impermanent?” “Impermanent, Venerable Sir.” “That which is impermanent, is it unsatisfactory or satisfactory?” “Unsatisfactory, Venerable Sir.” “That which is impermanent, unsatisfactory and subject to change, is it suitable to consider: ‘This is mine, this I am, this is my self?’” “Certainly not, Venerable Sir.”

「识是常还是无常？」「无常，尊者！」「无常的是苦还是乐的？」「苦的，尊者！」「对于无常、苦、变易之法，是否适合视它为：『这是我的，这是我，这是我的自我』？」「确实不能，尊者！」

“Therefore, monks, whatever form, whether past, future or present, internal or external, coarse or fine, inferior or superior, far or near, all form is to be seen as it is with perfect wisdom thus: ‘That is not mine, I am not that, that is not my self.’

因此，诸比丘，无论是过去、未来、现在、内、外、粗、细、劣、胜、远或近之色，当如此以正慧如实彻见一切色：『这不是我的，这不是我，这不是我的自我。』

“Whatever feeling, whether past, future or present, internal or external, coarse or fine, inferior or superior, far or near, all feeling is to be seen as it is with perfect wisdom thus: ‘That is not mine, I am not that, that is not my self.’

无论是过去、未来、现在、内、外、粗、细、劣、胜、远或近之受，当如此以正慧如实彻见一切受：『这不是我的，这不是我，这不是我的自我。』

“Yā kāci saññā atītānāgata-paccuppannā
ajjhata vā bahiddhā vā oḷārikā vā sukhumā vā
hīnā vā paṇitā vā yā dūre santike vā, sabbā
saññā ‘netam mama, neso’hamasmi, na meso
attā’ti evametaṃ yathā-bhūtaṃ
sammappaññāya daṭṭhabbam.

“Ye keci saṅkhārā atītānāgata-
paccuppannā ajjhata vā bahiddhā vā oḷārikā
vā sukhumā vā hīnā vā paṇitā vā ye dūre
santike vā, sabbe saṅkhārā ‘netam mama,
neso’hamasmi, na meso attā’ti evametaṃ
yathā-bhūtaṃ sammappaññāya daṭṭhabbam.

“Yaṃ kiñci viññāṇaṃ atītānāgata-
paccuppannaṃ ajjhataṃ vā bahiddhā vā
oḷārikaṃ vā sukhumaṃ vā hīnaṃ vā paṇitaṃ
vā yaṃ dūre santike vā, sabbam viññāṇaṃ
‘netam mama, neso’hamasmi, na meso attā’ti
evametaṃ yathā-bhūtaṃ sammappaññāya
daṭṭhabbam.

“Evaṃ passaṃ, bhikkhave, sutavā ariya-
sāvako rūpasmiṃ’pi nibbindati, vedanāya’pi
nibbindati, saññāya’pi nibbindati, saṅkhāresu’pi
nibbindati, viññāṇasmim’pi nibbindati.
Nibbindaṃ virajjati; virāgā vimuccati.
Vimuttasmiṃ vimuttamiti ñāṇaṃ hoti: ‘Khīṇā
jāti, vusitaṃ brahma-cariyaṃ, kataṃ
karaṇiyaṃ, nāparaṃ itthattāyā’ti pajānāti”ti.

Idamavoca Bhagavā. Attamanā pañca-
vaggiyā bhikkhū Bhagavato bhāsitaṃ
abhinandun. Imasmiñca pana veyyākaraṇasmim
bhaññamāne pañcavaggiyānaṃ bhikkhūnaṃ
anupādāya āsavehi cittāni vimuccimsū’ti.

– SN, Khandhavagga, Khandhasamyutta, 57

“Whatever perception, whether past, future or
present, internal or external, coarse or fine, inferior or
superior, far or near, all perception is to be seen as it is
with perfect wisdom thus: ‘That is not mine, I am not that,
that is not my self.’

无论是过去、未来、现在、内、外、粗、细、
劣、胜、远或近之想，当如此以正慧如实彻见一切
想：『这不是我的，这不是我，这不是我的自我。』

“Whatever volitional formations, whether past,
future or present, internal or external, coarse or fine,
inferior or superior, far or near, all volitional formations
are to be seen as they are with perfect wisdom thus: ‘That
is not mine, I am not that, that is not my self.’

无论是过去、未来、现在、内、外、粗、细、
劣、胜、远或近之行，当如此以正慧如实彻见一切
行：『这不是我的，这不是我，这不是我的自我。』

“Whatever consciousness, whether past, future or
present, internal or external, coarse or fine, inferior or
superior, far or near, all consciousness is to be seen as it
is with perfect wisdom thus: ‘That is not mine, I am not
that, that is not my self.’

无论是过去、未来、现在、内、外、粗、细、
劣、胜、远或近之识，当如此以正慧如实彻见一切
识：『这不是我的，这不是我，这不是我的自我。』

“Seeing thus, monks, the learned noble disciple is
disenchanted with form, feeling, perception, volitional
formations and consciousness. Disenchanted, he becomes
dispassionate. Through dispassion he is liberated. Being
liberated there is the liberation knowledge thus: He
understands: ‘Destroyed is birth, the holy life has been
lived, what had to be done has been done, there is no more
for this state of being.’”

诸比丘，如此彻见后，多闻圣弟子厌离色，厌
离受，厌离想，厌离诸行，厌离识。因厌离而离染，
因离欲而解脱；因解脱而有解脱智，他了知：『生已
尽，梵行已立，应作已作，再无后有。』

This the Blessed One said. Pleased, the group of five
monks delighted in the Blessed One’s speech. When this
explanation was being spoken, the minds of the group of
five monks were liberated through non-attachment from
the taints.

世尊如此说已，五比丘满意与欢喜世尊之言。
当此解说正被宣说时，五比丘的心透过无执取而从
诸漏解脱。

Paṭṭhāna (p.90)**Paccayuddeso**

Hetupaccayo, ārammaṇapaccayo,
adhipatipaccayo, anantarapaccayo,
samanantarapaccayo, saha-jātapaccayo,
añña-mañña-paccayo, nissayapaccayo,
upanissayapaccayo, purejātapaccayo,
pacchājātapaccayo, āsevanapaccayo,
kamma-paccayo, vipāka-paccayo,
āhāra-paccayo, indriya-paccayo,
jhāna-paccayo, magga-paccayo,
sampayutta-paccayo, vippayutta-paccayo,
atthi-paccayo, natthi-paccayo,
viga-paccayo, aviga-paccayoti.

Paccayaniddeso**1. Hetupaccayoti – hetū**

hetusampayuttakānaṃ dhammānaṃ taṃ-
samutṭhānānaṃ rūpānaṃ hetupaccayena
paccayo.

2. Ārammaṇapaccayoti – rūpāyatanaṃ
cakkhuviññāṇadhātuyā taṃsampayuttakānaṃ
dhammānaṃ ārammaṇapaccayena paccayo.

Saddāyatanaṃ sotaviññāṇadhātuyā
taṃsampayuttakānaṃ dhammānaṃ
ārammaṇapaccayena paccayo.

Gandhāyatanaṃ ghānaviññāṇadhātuyā
taṃsampayuttakānaṃ dhammānaṃ
ārammaṇapaccayena paccayo.

Rasāyatanaṃ jivhāviññāṇadhātuyā
taṃsampayuttakānaṃ dhammānaṃ
ārammaṇapaccayena paccayo.

Phoṭṭhabbāyatanaṃ kāyaviññāṇadhātuyā
taṃsampayuttakānaṃ dhammānaṃ
ārammaṇapaccayena paccayo.

Rūpāyatanaṃ saddāyatanaṃ
gandhāyatanaṃ rasāyatanaṃ
phoṭṭhabbāyatanaṃ manodhātuyā
taṃsampayuttakānaṃ dhammānaṃ
ārammaṇapaccayena paccayo.

Conditional Relations 发趣法**Enumeration of the conditions 缘之总说**

Root condition, object condition,
predominance condition, immediacy condition,
contiguity condition, conascence condition,
mutuality condition, dependence condition,
powerful dependence condition, pre-nascence condition,
post-nascence condition, repetition condition,
kamma condition, result condition,
nutriment condition, faculty condition,
jhāna condition, path condition,
association condition, dissociation condition,
presence condition, absence condition,
disappearance condition, non-disappearance condition.
因缘；所缘缘；增上缘；无间缘；
相续缘；俱生缘；相互缘；依止缘；
亲依止缘；前生缘；后生缘；重复缘；
业缘；果报缘（异熟缘）；食缘；根缘；
禅那缘；道缘；相应缘；不相应缘；
有缘；无有缘；离去缘；不离去缘。

The Explanation of the Conditions**缘之义释**

1. Root Condition: The roots are related to the dhamma associated with the roots, and also to the materiality produced thereby by root condition.

1. 因缘：因是与因相应诸法及由它产生的诸色的因缘。

2. Object Condition:

Visible object is related to eye-consciousness and its associated states by object condition.

Sound object is related to ear-consciousness and its associated states by object condition.

Smell object is related to nose-consciousness and its associated states by object condition.

Taste object is related to tongue-consciousness and its associated states by object condition.

Tangible object is related to body-consciousness and its associated states by object condition.

Visible, sound, smell, taste and tangible objects are related to mind-elements and their associated states by object condition.

All dhammas are related to mind-consciousness element and its associated states by object condition.

2. 所缘缘：

色处是眼识界及其相应诸法的所缘缘。

声处是耳识界及其相应诸法的所缘缘。

香处是鼻识界及其相应诸法的所缘缘。

味处是舌识界及其相应诸法的所缘缘。

触处是身识界及其相应诸法的所缘缘。

色处、声处、香处、味处、触处是意识界及其相应诸法的所缘缘。

一切法是意识界及其相应诸法的所缘缘。

Sabbe dhammā manoviññādhātuyā
taṃsampayuttakānañca dhammānaṃ
ārammaṇapaccayena paccayo.

Yaṃ yaṃ dhammaṃ ārabha ye ye
dhammā uppajjanti cittacetasikā dhammā,
te te dhammā tesāṃ tesāṃ dhammānaṃ
ārammaṇapaccayena paccayo.

3. Adhipatipaccayoti – chandādhīpati
chandasampayuttakānaṃ dhammānaṃ taṃ-
samutṭhānānañca rūpānaṃ adhipatipaccayena
paccayo. Vīriyādhīpati vīriyasampayuttakānaṃ
dhammānaṃ taṃsamutṭhānānañca rūpānaṃ
adhipatipaccayena paccayo. Cittādhīpati
cittasampayuttakānaṃ dhammānaṃ
taṃsamutṭhānānañca rūpānaṃ adhipati-
paccayena paccayo. Vīmaṃsādhīpati
vīmaṃsasampayuttakānaṃ dhammānaṃ
taṃsamutṭhānānañca rūpānaṃ adhipati-
paccayena paccayo.

Yaṃ yaṃ dhammaṃ garuṃ katvā ye ye
dhammā uppajjanti cittacetasikā dhammā, te
te dhammā tesāṃ tesāṃ dhammānaṃ
adhipatipaccayena paccayo.

4. Anantarapaccayoti – cakkhu-
viññādhātu taṃsampayuttakā ca dhammā
manodhātuyā taṃsampayuttakānañca
dhammānaṃ anantarapaccayena paccayo.
Manodhātu taṃsampayuttakā ca dhammā
manoviññādhātuyā taṃsampayuttakānañca
dhammānaṃ anantarapaccayena paccayo.

Sotaviññādhātu taṃsampayuttakā ca
dhammā manodhātuyā taṃsampayuttakānañca
dhammānaṃ anantarapaccayena paccayo.
Manodhātu taṃsampayuttakā ca dhammā
manoviññādhātuyā taṃsampayuttakānañca
dhammānaṃ anantarapaccayena paccayo.

Taking any dhamma as object, these dhammas, viz. consciousness and mental factors, arise; those (former) dhammas are related to those (latter) dhammas by object condition.

对于缘取任何法而生起的那些心与心所法，这些法是那些（心与心所）法的所缘缘。

3. Predominance Condition: Predominant desire is related to the dhamma associated with the desire and also to the materiality produced thereby by predominance condition. Predominant effort is related to the dhamma associated with the effort and also to the materiality produced thereby by predominance condition. Predominant consciousness is related to the dhamma associated with the consciousness and also to the materiality produced thereby by predominance condition. Predominant investigating-wisdom is related to the dhamma associated with investigating-wisdom, and the materiality produced thereby by predominance condition.

3. 增上缘：欲增上是与欲相应诸法及由它产生的诸色的增上缘。精进增上是与精进相应诸法及由它产生的诸色的增上缘。心增上是与心相应诸法及由它产生的诸色的增上缘。观增上是与观相应诸法及由它产生的诸色的增上缘。

Taking any dhamma as estimable object, these dhammas, viz. consciousness and mental factors, arise; those (former) dhammas are related to those (latter) dhammas by predominance condition.

对于尊重任何（所缘）法而生起的那些心与心所法，这些法是那些（心与心所）法的增上缘。

4. Immediacy Condition: Eye-consciousness and its associated states are related to mind-element and its associated states by immediacy condition. Mind-element and its associated states are related to mind-consciousness element and its associated states by immediacy condition.

4. 无间缘：眼识界及其相应诸法是眼界及其相应诸法的无间缘；意识界及其相应诸法是意识界及其相应诸法的无间缘。

Ear-consciousness and its associated states are related to mind-element and its associated states by immediacy condition. Mind-element and its associated states are related to mind-consciousness element and its associated states by immediacy condition.

耳识界及其相应诸法是眼界及其相应诸法的无间缘；意识界及其相应诸法是意识界及其相应诸法的无间缘。

Ghānaviññāṇadhātu taṁsampayuttakā ca dhammā manodhātuyā taṁsampayuttakānañca dhammānaṁ anantarapaccayena paccayo. Manodhātu taṁsampayuttakā ca dhammā manoviññāṇadhātuyā taṁsampayuttakānañca dhammānaṁ anantarapaccayena paccayo.

Jivhāviññāṇadhātu taṁsampayuttakā ca dhammā manodhātuyā taṁsampayuttakānañca dhammānaṁ anantarapaccayena paccayo. Manodhātu taṁsampayuttakā ca dhammā manoviññāṇadhātuyā taṁsampayuttakānañca dhammānaṁ anantarapaccayena paccayo.

Kāyaviññāṇadhātu taṁsampayuttakā ca dhammā manodhātuyā taṁsampayuttakānañca dhammānaṁ anantarapaccayena paccayo. Manodhātu taṁsampayuttakā ca dhammā manoviññāṇadhātuyā taṁsampayuttakānañca dhammānaṁ anantarapaccayena paccayo.

Purimā purimā kusalā dhammā pacchimānaṁ pacchimānaṁ kusalānaṁ dhammānaṁ anantarapaccayena paccayo. Purimā purimā kusalā dhammā pacchimānaṁ pacchimānaṁ abyākatānaṁ dhammānaṁ anantarapaccayena paccayo.

Purimā purimā akusalā dhammā pacchimānaṁ pacchimānaṁ akusalānaṁ dhammānaṁ anantarapaccayena paccayo. Purimā purimā akusalā dhammā pacchimānaṁ pacchimānaṁ abyākatānaṁ dhammānaṁ anantarapaccayena paccayo.

Purimā purimā abyākatā dhammā pacchimānaṁ pacchimānaṁ abyākatānaṁ dhammānaṁ anantarapaccayena paccayo. Purimā purimā abyākatā dhammā pacchimānaṁ pacchimānaṁ kusalānaṁ dhammānaṁ anantarapaccayena paccayo. Purimā purimā abyākatā dhammā pacchimānaṁ pacchimānaṁ akusalānaṁ dhammānaṁ anantarapaccayena paccayo.

Nose-consciousness and its associated states are related to mind-element and its associated states by immediacy condition. Mind-element and its associated states are related to mind-consciousness element and its associated states by immediacy condition.

鼻识界及其相应诸法是眼界及其相应诸法的无间缘；眼界及其相应诸法是意识界及其相应诸法的无间缘。

Tongue-consciousness and its associated states are related to mind-element and its associated states by immediacy condition. Mind-element and its associated states are related to mind-consciousness element and its associated states by immediacy condition.

舌识界及其相应诸法是眼界及其相应诸法的无间缘；眼界及其相应诸法是意识界及其相应诸法的无间缘。

Body-consciousness and its associated states are related to mind-element and its associated states by immediacy condition. Mind-element and its associated states are related to mind-consciousness element and its associated states by immediacy condition.

身识界及其相应诸法是眼界及其相应诸法的无间缘；眼界及其相应诸法是意识界及其相应诸法的无间缘。

Preceding wholesome dhammas are related to subsequent wholesome dhammas by immediacy condition. Preceding wholesome dhammas are related to subsequent indeterminate dhammas and by immediacy condition.

前前诸善法是后后诸善法的无间缘。

前前诸善法是后后诸无记法的无间缘。

Preceding unwholesome dhammas are related to subsequent unwholesome dhammas by immediacy condition. Preceding unwholesome dhammas are related to subsequent indeterminate dhammas by immediacy condition.

前前诸不善法是后后诸不善法的无间缘。

前前诸不善法是后后诸无记法的无间缘。

Preceding indeterminate dhammas are related to subsequent indeterminate dhammas by immediacy condition. Preceding indeterminate dhammas are related to subsequent wholesome dhammas by immediacy condition. Preceding indeterminate dhammas are related to subsequent unwholesome dhammas by immediacy condition.

前前诸无记法是后后诸无记法的无间缘。

前前诸无记法是后后诸善法的无间缘。

前前诸无记法是后后诸不善法的无间缘。

Yesaṃ yesaṃ dhammānaṃ anantarā ye
ye dhammā uppajjanti cittacetāsikā dhammā,
te te dhammā tesāṃ tesāṃ dhammānaṃ
anantarapaccayena paccayo.

5. Samanantarapaccayoti –

cakkhuviññāṇadhātu taṃsampayuttakā ca
dhammā manodhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.
Manodhātu taṃsampayuttakā ca dhammā
manoviññāṇadhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.

Sotaviññāṇadhātu taṃsampayuttakā ca
dhammā manodhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.
Manodhātu taṃsampayuttakā ca dhammā
manoviññāṇadhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.

Ghānaviññāṇadhātu taṃsampayuttakā ca
dhammā manodhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.
Manodhātu taṃsampayuttakā ca dhammā
manoviññāṇadhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.

Jivhāviññāṇadhātu taṃsampayuttakā ca
dhammā manodhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.
Manodhātu taṃsampayuttakā ca dhammā
manoviññāṇadhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.

Kāyaviññāṇadhātu taṃsampayuttakā ca
dhammā manodhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.
Manodhātu taṃsampayuttakā ca dhammā
manoviññāṇadhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.

Purimā purimā kusālā dhammā
pacchimānaṃ pacchimānaṃ kusālānaṃ
dhammānaṃ samanantarapaccayena paccayo.
Purimā purimā kusālā dhammā pacchimānaṃ
pacchimānaṃ abyākatānaṃ dhammānaṃ
samanantarapaccayena paccayo.

In immediacy to these dhammas, the (other)
dhammas, viz. consciousness and mental factors, arise;
those (former) dhammas are related to those (latter)
dhammas by immediacy condition.

对于（紧随着）某些法而无间断地生起的那些心
与心所法，这些法是那些（心与心所）法的无间缘。

5. Contiguity Condition: Eye-consciousness and its
associated states are related to mind-element and its
associated states by contiguity condition. Mind-element
and its associated states are related to mind-
consciousness element and its associated states by
contiguity condition.

5. 相续缘：眼识界及其相应诸法是眼界及其
相应诸法的相续缘；意识界及其相应诸法是意识界及
其相应诸法的相续缘。

Ear-consciousness and its associated states are
related to mind-element and its associated states by
contiguity condition. Mind-element and its associated
states are related to mind-consciousness element and its
associated states by contiguity condition.

耳识界及其相应诸法是眼界及其相应诸法的
相续缘；意识界及其相应诸法是意识界及其相应诸法
的相续缘。

Nose-consciousness and its associated states are
related to mind-element and its associated states by
contiguity condition. Mind-element and its associated
states are related to mind-consciousness element and its
associated states by contiguity condition.

鼻识界及其相应诸法是眼界及其相应诸法的
相续缘；意识界及其相应诸法是意识界及其相应诸法
的相续缘。

Tongue-consciousness and its associated states are
related to mind-element and its associated states by
contiguity condition. Mind-element and its associated
states are related to mind-consciousness element and its
associated states by contiguity condition.

舌识界及其相应诸法是眼界及其相应诸法的
相续缘；意识界及其相应诸法是意识界及其相应诸法
的相续缘。

Body-consciousness and its associated states are
related to mind-element and its associated states by
contiguity condition. Mind-element and its associated
states are related to mind-consciousness element and its
associated states by contiguity condition.

身识界及其相应诸法是眼界及其相应诸法的
相续缘；意识界及其相应诸法是意识界及其相应诸法
的相续缘。

Preceding wholesome dhammas are related to
subsequent wholesome dhammas by contiguity
condition. Preceding wholesome dhammas related to
subsequent indeterminate dhammas by contiguity
condition.

前前诸善法是后后诸善法的相续缘。

前前诸善法是后后诸无记法的相续缘。

Purimā purimā akusalā dhammā
pacchimānaṃ pacchimānaṃ akusalānaṃ
dhammānaṃ samanantarapaccayena paccayo.
Purimā purimā akusalā dhammā pacchimānaṃ
pacchimānaṃ abyākatānaṃ dhammānaṃ
samanantarapaccayena paccayo.

Purimā purimā abyākatā dhammā
pacchimānaṃ pacchimānaṃ abyākatānaṃ
dhammānaṃ samanantarapaccayena paccayo.
Purimā purimā abyākatā dhammā
pacchimānaṃ pacchimānaṃ kusālānaṃ
dhammānaṃ samanantarapaccayena paccayo.
Purimā purimā abyākatā dhammā
pacchimānaṃ pacchimānaṃ akusalānaṃ
dhammānaṃ samanantarapaccayena paccayo.

Yesaṃ yesaṃ dhammānaṃ samanantarā
ye ye dhammā uppajjanti cittacetāsikā
dhammā, te te dhammā tesaṃ tesaṃ
dhammānaṃ samanantarapaccayena paccayo.

6. Sahajātapaccayoti – cattāro khandhā
arūpino aññamaññaṃ saha-jātapaccayena
paccayo. Cattāro mahābhūtā aññamaññaṃ
saha-jātapaccayena paccayo. Okkantikkhaṇe
nāmarūpaṃ aññamaññaṃ saha-jātapaccayena
paccayo. Cittacetāsikā dhammā citta-
samutthānānaṃ rūpānaṃ saha-jātapaccayena
paccayo. Mahābhūtā upādārūpānaṃ saha-jāta-
paccayena paccayo. Rūpino dhammā arūpīnaṃ
dhammānaṃ kiñci kāle saha-jātapaccayena
paccayo, kiñci kāle na saha-jātapaccayena
paccayo.

7. Aññamaññapaccayoti – cattāro
khandhā arūpino aññamaññapaccayena
paccayo. Cattāro mahābhūtā aññamañña-
paccayena paccayo. Okkantikkhaṇe nāma-
rūpaṃ aññamaññapaccayena paccayo.

Preceding unwholesome dhammas are related to subsequent unwholesome dhammas by contiguity condition. Preceding unwholesome dhammas are related to subsequent indeterminate dhammas by contiguity condition.

前前诸不善法是后后诸不善法的相续缘。
前前诸不善法是后后诸无记法的相续缘。

Preceding indeterminate dhammas are related to subsequent indeterminate dhammas by contiguity condition. Preceding indeterminate dhammas are related to subsequent wholesome dhammas by contiguity condition. Preceding indeterminate dhammas are related to subsequent unwholesome dhammas by contiguity condition.

前前诸无记法是后后诸无记法的相续缘。
前前诸无记法是后后诸善法的相续缘。
前前诸无记法是后后诸不善法的相续缘。

In contiguity to these dhammas, the (other) dhammas, viz. consciousness and mental factors, arise; those (former) dhammas are related to those (latter) dhammas by contiguity condition.

对于紧续着某些法（之后）生起的那些心与心所法，这些法是那些（心与心所）法的相续缘。

6. Conascence Condition: The four immateriality aggregates are mutually related to one another by nascence condition. The four great elements are mutually related to one another by nascence condition. At the moment of conception, mentality and materiality are mutually related to each other by nascence condition. Consciousness and mental factors are related to the mind-produced materiality by nascence condition. The great elements are related to their derived materiality by nascence condition. Materiality are sometimes related to immateriality by nascence condition and are sometimes not related by nascence condition.

6. 俱生缘：四种非色蕴互相作为俱生缘。四大种互相作为俱生缘。投生刹那的名色互相作为俱生缘。心与心所法是由心产生的诸色的俱生缘。大种是诸所造色的俱生缘。诸色法有时是与有时不是诸非色法的俱生缘。

7. Mutuality Condition: The four immateriality aggregates are related to one another by mutuality condition. The four great elements are related to one another by mutuality condition. At the moment of conception, mentality and materiality are related to each other by mutuality condition.

7. 相互缘：四种非色蕴是相互缘。四大种是相互缘。投生刹那的名色是相互缘。

8. Nissayapaccayoti – cattāro khandhā arūpino aññamaññaṃ nissayapaccayena paccayo. Cattāro mahābhūtā aññamaññaṃ nissayapaccayena paccayo. Okkantikkhaṇe nāmarūpaṃ aññamaññaṃ nissayapaccayena paccayo. Cittacetāsikā dhammā citta-samutṭhānānaṃ rūpānaṃ nissayapaccayena paccayo. Mahābhūtā upādārūpānaṃ nissayapaccayena paccayo.

Cakkhāyatanaṃ cakkhuviññāṇadhātuyā taṃsāpāyuttakānaṃ dhammānaṃ nissayapaccayena paccayo.

Sotāyatanaṃ sotaviññāṇadhātuyā taṃsāpāyuttakānaṃ dhammānaṃ nissayapaccayena paccayo.

Ghāṇāyatanaṃ ghāṇaviññāṇadhātuyā taṃsāpāyuttakānaṃ dhammānaṃ nissayapaccayena paccayo.

Jivhāyatanaṃ jivhāviññāṇadhātuyā taṃsāpāyuttakānaṃ dhammānaṃ nissayapaccayena paccayo.

Kāyāyatanaṃ kāyaviññāṇadhātuyā taṃsāpāyuttakānaṃ dhammānaṃ nissayapaccayena paccayo.

Yaṃ rūpaṃ nissāya manodhātu ca manoviññāṇadhātu ca vattanti, taṃ rūpaṃ manodhātuyā ca manoviññāṇadhātuyā ca taṃsāpāyuttakānaṃ dhammānaṃ nissayapaccayena paccayo.

9. Upanissayapaccayoti – purimā purimā kusālā dhammā pacchimānaṃ pacchimānaṃ kusālānaṃ dhammānaṃ upanissayapaccayena paccayo. Purimā purimā kusālā dhammā pacchimānaṃ pacchimānaṃ akusālānaṃ dhammānaṃ kesañci upanissayapaccayena paccayo. Purimā purimā kusālā dhammā pacchimānaṃ pacchimānaṃ abyākatānaṃ dhammānaṃ upanissayapaccayena paccayo.

8. Dependence Condition: The four immateriality aggregates are mutually related to one another by dependence condition. The four great elements are mutually related to one another by dependence condition. At the moment of conception, mentality and materiality are mutually related to each other by dependence condition. Consciousness and mental factors are related to the mind-produced materiality by dependence condition. The great elements are related to their derived materiality by dependence condition.

8. 依止缘：四种非色蕴互相作为依止缘。四大种互相作为依止缘。投生刹那的名色互相作为依止缘。心与心所法是由心产生的诸色的依止缘。大种是诸所造色的依止缘。

Eye-base is related to eye-consciousness and its associated states by dependence condition.

Ear-base is related to ear-consciousness and its associated states by dependence condition.

Nose-base is related to nose-consciousness and its associated states by dependence condition.

Tongue-base is related to tongue-consciousness and its associated states by dependence condition.

Body-base is related to body-consciousness and its associated states by dependence condition.

眼处是眼识界及其相应诸法的依止缘。

耳处是耳识界及其相应诸法的依止缘。

鼻处是鼻识界及其相应诸法的依止缘。

舌处是舌识界及其相应诸法的依止缘。

身处是身识界及其相应诸法的依止缘。

Depending on this materiality, mind-element and mind-consciousness element arise; that materiality is related to mind-element and mind-consciousness element and their associated states by dependence condition.

对于依靠某色而转起的意界和意识界，该色是意界和意识界及其相应诸法的依止缘。

9. Powerful Dependence Condition: Preceding wholesome dhammas are related to subsequent wholesome dhammas by powerful dependence condition. Preceding wholesome dhammas are sometimes related to subsequent unwholesome dhammas by powerful dependence condition. Preceding wholesome dhammas are related to subsequent indeterminate dhammas by powerful dependence condition.

9. 亲依止缘：

前前诸善法是后后诸善法的亲依止缘。

前前诸善法有时是后后诸不善法的亲依止缘。

前前诸善法是后后诸无记法的亲依止缘。

Purimā purimā akusalā dhammā
pacchimānaṃ pacchimānaṃ akusalānaṃ
dhammānaṃ upanissayapaccayena paccayo.
Purimā purimā akusalā dhammā pacchimānaṃ
pacchimānaṃ kusalānaṃ dhammānaṃ kesañci
upanissayapaccayena paccayo. Purimā purimā
akusalā dhammā pacchimānaṃ pacchimānaṃ
abyākatānaṃ dhammānaṃ upanissaya-
paccayena paccayo.

Purimā purimā abyākatā dhammā
pacchimānaṃ pacchimānaṃ abyākatānaṃ
dhammānaṃ upanissayapaccayena paccayo.
Purimā purimā abyākatā dhammā
pacchimānaṃ pacchimānaṃ kusalānaṃ
dhammānaṃ upanissayapaccayena paccayo.
Purimā purimā abyākatā dhammā
pacchimānaṃ pacchimānaṃ akusalānaṃ
dhammānaṃ upanissayapaccayena paccayo.

Utubhojanampi upanissayapaccayena
paccayo. Puggalopi upanissayapaccayena
paccayo. Senāsanampi upanissayapaccayena
paccayo.

10. Purejātapaccayoti –

cakkhāyatanaṃ cakkhuviññāṇadhātuyā
taṃsāpayuttakānañca dhammānaṃ
purejātapaccayena paccayo.

Sotāyatanaṃ sotaviññāṇadhātuyā
taṃsāpayuttakānañca dhammānaṃ
purejātapaccayena paccayo.

Ghāṇāyatanaṃ ghāṇaviññāṇadhātuyā
taṃsāpayuttakānañca dhammānaṃ
purejātapaccayena paccayo.

Jivhāyatanaṃ jivhāviññāṇadhātuyā
taṃsāpayuttakānañca dhammānaṃ
purejātapaccayena paccayo.

Kāyāyatanaṃ kāyaviññāṇadhātuyā
taṃsāpayuttakānañca dhammānaṃ
purejātapaccayena paccayo.

Preceding unwholesome dhammas are related to subsequent unwholesome dhammas by powerful dependence condition. Preceding unwholesome dhammas are sometimes related to subsequent wholesome dhammas by powerful dependence condition. Preceding unwholesome dhammas are related to subsequent indeterminate dhammas by powerful dependence condition.

前前诸不善法是后后诸不善法的亲依止缘。
前前诸不善法有时是后后诸善法的亲依止缘。
前前诸不善法是后后诸无记法的亲依止缘。

Preceding indeterminate dhammas are related to subsequent indeterminate dhammas by powerful dependence condition. Preceding indeterminate dhammas are related to subsequent wholesome dhammas by powerful dependence condition. Preceding indeterminate dhammas are related to subsequent unwholesome dhammas by powerful dependence condition.

前前诸无记法是后后诸无记法的亲依止缘。
前前诸无记法是后后诸善法的亲依止缘。
前前诸无记法是后后诸不善法的亲依止缘。

Weather, food, person and lodging-place are related (to beings) by powerful dependence condition.

时节、食物也是亲依止缘，人也是亲依止缘，坐卧处也是亲依止缘。

10. Prenascence Condition:

Eye-base is related to eye-consciousness and its associated states by prenascence condition.

Ear-base is related to ear-consciousness and its associated states by prenascence condition.

Nose-base is related to nose-consciousness and its associated states by prenascence condition.

Tongue-base is related to tongue-consciousness and its associated states by prenascence condition.

Body-base is related to body-consciousness and its associated states by prenascence condition.

10. 前生缘：

眼处是眼识界及其相应诸法的前生缘。

耳处是耳识界及其相应诸法的前生缘。

鼻处是鼻识界及其相应诸法的前生缘。

舌处是舌识界及其相应诸法的前生缘。

身处是身识界及其相应诸法的前生缘。

Rūpāyatanam cakkhuviññādhātuyā
taṃsāpayuttakānañca dhammānam
purejātapaccayena paccayo.

Saddāyatanam sotaviññādhātuyā
taṃsāpayuttakānañca dhammānam
purejātapaccayena paccayo.

Gandhāyatanam ghānaviññādhātuyā
taṃsāpayuttakānañca dhammānam
purejātapaccayena paccayo.

Rasāyatanam jivhāviññādhātuyā
taṃsāpayuttakānañca dhammānam
purejātapaccayena paccayo.

Phoṭṭhabbāyatanam kayaviññādhātuyā
taṃsāpayuttakānañca dhammānam
purejātapaccayena paccayo.

Rūpāyatanam saddāyatanam
gandhāyatanam rasāyatanam
phoṭṭhabbāyatanam manodhātuyā
taṃsāpayuttakānañca dhammānam
purejātapaccayena paccayo.

Yaṃ rūpaṃ nissāya manodhātu ca
manoviññādhātu ca vattanti, taṃ rūpaṃ
manodhātuyā taṃsāpayuttakānañca
dhammānam purejātapaccayena paccayo,
manoviññādhātuyā taṃsāpayuttakānañca
dhammānam kiñci kāle purejātapaccayena
paccayo, kiñci kāle na purejātapaccayena
paccayo.

11. Pacchājātapaccayoti – pacchājātā
cittacetasi kā dhammā purejātassa imassa
kāyassa pacchājātapaccayena paccayo.

12. Āsevanapaccayoti – purimā purimā
kusalā dhammā pacchimānam pacchimānam
kusalānam dhammānam āsevanapaccayena
paccayo. Purimā purimā akusalā dhammā
pacchimānam pacchimānam akusalānam
dhammānam āsevanapaccayena paccayo.
Purimā purimā kiriyābyākatā dhammā
pacchimānam pacchimānam kiriyābyākatānam
dhammānam āsevanapaccayena paccayo.

Visible object is related to eye-consciousness and its associated states by pre-nascence condition.

Sound object is related to ear-consciousness and its associated states by pre-nascence condition.

Smell object is related to nose-consciousness and its associated states by pre-nascence condition.

Taste object is related to tongue-consciousness and its associated states by pre-nascence condition.

Tangible object is related to body-consciousness and its associated states by pre-nascence condition.

Visible, sound, smell, taste and tangible objects are related to mind-element and its associated states by pre-nascence condition.

色处是眼识界及其相应诸法的前生缘。

声处是耳识界及其相应诸法的前生缘。

香处是鼻识界及其相应诸法的前生缘。

味处是舌识界及其相应诸法的前生缘。

触处是身识界及其相应诸法的前生缘。

色处、声处、香处、味处、触处是意界及其相应诸法的前生缘。

Depending on this materiality, mind-element and mind-consciousness element arise; that materiality is related to mind-element and its associated states by pre-nascence condition; that materiality is sometimes related to mind-consciousness element and its associated states by pre-nascence condition and sometimes not related by pre-nascence condition.

对于依靠某色而转起的意界和意识界，该色是意界及其相应诸法的前生缘，有时是及有时不是意识界及其相应诸法的前生缘。

11. Postnascence Condition: The Post-nascent consciousness and mental factors are related to this pre-nascence materiality by postnascence condition.

11. 后生缘：后生的心与心所法是前生的这个身体的后生缘。

12. Repetition Condition: Preceding wholesome dhammas are related to subsequent wholesome dhammas by repetition condition. Preceding unwholesome dhammas are related to subsequent unwholesome dhammas by repetition condition. Preceding functional indeterminate dhammas are related to subsequent functional indeterminate dhammas by repetition condition.

12. 重复缘：前前诸善法是后后诸善法的重复缘。前前诸不善法是后后诸不善法的重复缘。前前诸唯作无记法是后后诸唯作无记法的重复缘。

13. Kammapaccayoti – kusalākusalaṃ kammaṃ vipākānaṃ khandhānaṃ kaṭattā ca rūpānaṃ kammapaccayena paccayo. Cetanā sampayuttakānaṃ dhammānaṃ taṃsamutṭhānānaṃ rūpānaṃ kammapaccayena paccayo.

14. Vipākappaccayoti – vipākā cattāro khandhā arūpino aññamaññaṃ vipākappaccayena paccayo.

15. Āhārapaccayoti – kabalīkāro āhāro imassa kāyassa āhārapaccayena paccayo. Arūpino āhārā sampayuttakānaṃ dhammānaṃ taṃsamutṭhānānaṃ rūpānaṃ āhārapaccayena paccayo.

16. Indriyapaccayoti – cakkhundriyaṃ cakkhuviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ indriyapaccayena paccayo.

Sotindriyaṃ sotaviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ indriyapaccayena paccayo.

Ghānindriyaṃ ghānaviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ indriyapaccayena paccayo.

Jivhindriyaṃ jivhāviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ indriyapaccayena paccayo.

Kāyindriyaṃ kāyaviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ indriyapaccayena paccayo.

Rūpajīvitindriyaṃ kaṭattārūpānaṃ indriyapaccayena paccayo.

Arūpino indriyā sampayuttakānaṃ dhammānaṃ taṃsamutṭhānānaṃ rūpānaṃ indriyapaccayena paccayo.

17. Jhānapaccayoti – jhānaṅgāni jhānasampayuttakānaṃ dhammānaṃ taṃsamutṭhānānaṃ rūpānaṃ jhānapaccayena paccayo.

13. Kamma Condition: Wholesome and unwholesome kamma are related to their resultant mental aggregates and kamma-produced materiality by kamma condition. Volition is related to its associated states and mind-produced materiality by kamma condition.

13. 业缘：善与不善业是果报诸蕴及所作（业生）诸色的业缘。思是相应诸法及由它产生的诸色的业缘。

14. Kamma-result Condition: The four immateriality aggregates are mutually related to one another by kamma-result condition.

14. 果报缘：四种果报非色蕴互相作为果报缘。

15. Nutriment Condition: Edible food is related to this body by nutriment condition. The immaterial nutriments are related to their associated states and to the mind-produced materiality by nutriment condition.

15. 食缘：团食是这个身体的食缘。非色食是相应诸法及由它产生的诸色的食缘。

16. Faculty Condition:

Eye-faculty is related to eye-consciousness and its associated states by faculty condition.

Ear-faculty is related to ear-consciousness and its associated states by faculty condition.

Nose-faculty is related to nose-consciousness and its associated states by faculty condition.

Tongue-faculty is related to tongue-consciousness and its associated states by faculty condition.

Body-faculty is related to body-consciousness and its associated states by faculty condition.

Physical life-faculty is related to kamma-produced materiality by faculty condition.

The immateriality faculties are related to their associated states and to the mind-produced materiality by faculty condition.

16. 根缘：

眼根是眼识界及其相应诸法的根缘。

耳根是耳识界及其相应诸法的根缘。

鼻根是鼻识界及其相应诸法的根缘。

舌根是舌识界及其相应诸法的根缘。

身根是身识界及其相应诸法的根缘。

色命根是所作（业生）诸色的根缘。

诸非色根是相应诸法及由它产生的诸色的根缘。

17. Jhāna Condition: The jhāna-factors are related to their associated states and to the mind-produced materiality by jhāna condition.

17. 禅那缘：诸禅支是与禅那相应诸法及由它产生的诸色的禅那缘。

18. Maggapaccayoti – maggaṅgāni maggasampayuttakānañca dhammānañca taṃsamutṭhānānañca rūpānañca maggapaccayena paccayo.

19. Sampayuttapaccayoti – cattāro khandhā arūpino aññamaññañca sampayuttapaccayena paccayo.

20. Vippayuttapaccayoti – rūpino dhammā arūpīnañca dhammānañca vippayuttapaccayena paccayo. Arūpino dhammā rūpīnañca dhammānañca vippayuttapaccayena paccayo.

21. Atthipaccayoti – cattāro khandhā arūpino aññamaññañca atthipaccayena paccayo. Cattāro mahābhūtā aññamaññañca atthipaccayena paccayo. Okkantikkhaṇe nāmarūpañca aññamaññañca atthipaccayena paccayo. Cittacetasikā dhammā cittasamutṭhānānañca rūpānañca atthipaccayena paccayo. Mahābhūtā upādārūpānañca atthipaccayena paccayo.

Cakkhāyatanañca cakkhuviññādhātuyā taṃsamsampayuttakānañca dhammānañca atthipaccayena paccayo.

Sotāyatanañca sotaviññādhātuyā taṃsamsampayuttakānañca dhammānañca atthipaccayena paccayo.

Ghāṇāyatanañca ghāṇaviññādhātuyā taṃsamsampayuttakānañca dhammānañca atthipaccayena paccayo.

Jivhāyatanañca jivhāviññādhātuyā taṃsamsampayuttakānañca dhammānañca atthipaccayena paccayo.

Kāyāyatanañca kāyaviññādhātuyā taṃsamsampayuttakānañca dhammānañca atthipaccayena paccayo.

Rūpāyatanañca cakkhuviññādhātuyā taṃsamsampayuttakānañca dhammānañca atthipaccayena paccayo.

18. Path Condition: The path-factors are related to their associated states and to the mind-produced materiality by path condition.

18. 道缘：诸道支是与道相应诸法及由它产生的诸色的道缘。

19. Association Condition: The four immateriality aggregates are mutually related to one another by association condition.

19. 相应缘：四种非色蕴互相作为相应缘。

20. Dissociation Condition: Materiality dhammas are related to immateriality dhammas by dissociation condition. Immateriality dhammas are related to materiality dhammas by dissociation condition.

20. 不相应缘：诸色法是诸非色法的不相应缘。诸非色法是诸色法的不相应缘。

21. Presence Condition: The four immateriality aggregates are mutually related to one another by presence condition. The four great elements are mutually related to one another by presence condition. At the moment of conception, mentality and materiality are mutually related to each other by presence condition. Consciousness and mental factors are related to the mind-produced materiality by presence condition. The great elements are related to their derived materiality by presence condition.

21. 有缘：四种非色蕴互相作为有缘。四大种互相作为有缘。投生刹那的名色互相作为有缘。诸心与心所法是由心产生的诸色的有缘。大种是诸所造色的有缘。

Eye-base is related to eye-consciousness and its associated states by presence condition.

Ear-base is related to ear-consciousness and its associated states by presence condition.

Nose-base is related to nose-consciousness and its associated states by presence condition.

Tongue-base is related to tongue-consciousness and its associated states by presence condition.

Body-base is related to body-consciousness and its associated states by presence condition.

眼处是眼识界及其相应诸法的有缘。

耳处是耳识界及其相应诸法的有缘。

鼻处是鼻识界及其相应诸法的有缘。

舌处是舌识界及其相应诸法的有缘。

身处是身识界及其相应诸法的有缘。

Visible object is related to eye-consciousness and its associated states by presence condition.

Sound object is related to ear-consciousness and its associated states by presence condition.

Smell object is related to nose-consciousness and its associated states by presence condition.

Taste object is related to tongue-consciousness and

Saddāyatanam sotaviññāṇadhātuyā
taṃsampayuttakānañca dhammānam
atthipaccayena paccayo.

Gandhāyatanam ghānaviññāṇadhātuyā
taṃsampayuttakānañca dhammānam
atthipaccayena paccayo.

Rasāyatanam jivhāviññāṇadhātuyā
taṃsampayuttakānañca dhammānam
atthipaccayena paccayo.

Phoṭṭhabbāyatanam kāyaviññāṇadhātuyā
taṃsampayuttakānañca dhammānam atthi-
paccayena paccayo.

Rūpāyatanam saddāyatanam
gandhāyatanam rasāyatanam
phoṭṭhabbāyatanam manodhātuyā
taṃsampayuttakānañca dhammānam
atthipaccayena paccayo.

Yam rūpam nissāya manodhātu ca
manoviññāṇadhātu ca vattanti, tam rūpam
manodhātuyā ca manoviññāṇadhātuyā ca
taṃsampayuttakānañca dhammānam
atthipaccayena paccayo.

22. Natthipaccayoti – samanantara-
niruddhā cittacetāsikā dhammā
paṭuppannānam cittacetāsikānam
dhammānam natthipaccayena paccayo.

23. Vigatapaccayoti – samanantara-
vigatā cittacetāsikā dhammā paṭuppannānam
cittacetāsikānam dhammānam vigata-
paccayena paccayo.

24. Avigatapaccayoti – cattāro khandhā
arūpino aññamaññam avigatapaccayena
paccayo. Cattāro mahābhūtā aññamaññam
avigatapaccayena paccayo. Okkantikkhaṇe
nāmarūpam aññamaññam avigatapaccayena
paccayo. Cittacetāsikā dhammā citta-
samutthānānam rūpānam avigatapaccayena
paccayo. Mahābhūtā upādārūpānam avigata-
paccayena paccayo.

its associated states by presence condition.

Tangible object is related to body-consciousness and its associated states by presence condition.

Visible, sound, smell, taste and tangible objects are related to mind-element and its associated states by presence condition.

色处是眼识界及其相应诸法的有缘。

声处是耳识界及其相应诸法的有缘。

香处是鼻识界及其相应诸法的有缘。

味处是舌识界及其相应诸法的有缘。

触处是身识界及其相应诸法的有缘。

色处、声处、香处、味处、触处是意界及其相应诸法的有缘。

Depending on this materiality, mind-element and mind-consciousness element arise; that materiality is related to mind-element, mind-consciousness element and their associated states by presence condition.

对于依靠某色而转起的意界和意识界，该色是意界和意识界及其相应诸法的有缘。

22. Absence Condition: Consciousness and mental factors, which have just ceased in contiguity, are related to the present consciousness and mental factors by absence condition.

22. 无有缘：等无间灭去的诸心、心所法是现在的诸心、心所法的无有缘。

23. Disappearance Condition: Consciousness and mental factors, which have just disappeared in contiguity, are related to the present consciousness and mental factors by disappearance condition.

23. 离去缘：等无间离去的诸心、心所法是现在的诸心、心所法的离去缘。

24. Non-disappearance Condition: The four immateriality aggregates are mutually related to one another by non-disappearance condition. The four great elements are mutually related to one another by non-disappearance condition. At the moment of conception, mentality and materiality are mutually related to each other by non-disappearance condition. Consciousness and mental factors are related to the mind-produced materiality by non-disappearance condition. The great elements are related to their derived materiality by non-disappearance condition.

24. 不离去缘：四种非色蕴互相作为不离去缘。四大种互相作为不离去缘。投生刹那的名色互相作为不离去缘。诸心与心所法是由心产生的诸色的不离去缘。大种是诸所造色的不离去缘。

Cakkhāyatanaṃ cakkhuviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ avigata-
paccayena paccayo.

Sotāyatanaṃ sotaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Ghāṇāyatanaṃ ghāṇaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Jivhāyatanaṃ jivhāviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Kāyāyatanaṃ kāyaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Rūpāyatanaṃ cakkhuviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ avigata-
paccayena paccayo.

Saddāyatanaṃ sotaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Gandhāyatanaṃ ghāṇaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Rasāyatanaṃ jivhāviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Phoṭṭhabbāyatanaṃ kāyaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ avigata-
paccayena paccayo.

Rūpāyatanaṃ saddāyatanaṃ
gandhāyatanaṃ rasāyatanaṃ
phoṭṭhabbāyatanaṃ manodhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Yaṃ rūpaṃ nissāya manodhātu ca
manoviññāṇadhātu ca vattanti, taṃ rūpaṃ
manodhātuyā ca manoviññāṇadhātuyā ca
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

— Abhidhammapiṭaka, Paṭṭhāna,
Paccayaniddeso

Eye-base is related to eye-consciousness and its associated states by non-disappearance condition.

Ear-base is related to ear-consciousness and its associated states by non-disappearance condition.

Nose-base is related to nose-consciousness and its associated states by non-disappearance condition.

Tongue-base is related to tongue-consciousness and its associated states by non-disappearance condition.

Body-base is related to body-consciousness and its associated states by non-disappearance condition.

眼处是眼识界及其相应诸法的不离去缘。

耳处是耳识界及其相应诸法的不离去缘。

鼻处是鼻识界及其相应诸法的不离去缘。

舌处是舌识界及其相应诸法的不离去缘。

身处是身识界及其相应诸法的不离去缘。

Visible object is related to eye-consciousness and its associated states by non-disappearance condition.

Sound object is related to ear-consciousness and its associated states by non-disappearance condition.

Smell object is related to nose-consciousness and its associated states by non-disappearance condition.

Taste object is related to tongue-consciousness and its associated states by non-disappearance condition.

Tangible object is related to body-consciousness and its associated states by non-disappearance condition.

Visible, sound, smell, taste and tangible objects are related to mind-element and its associated states by non-disappearance condition.

色处是眼识界及其相应诸法的不离去缘。

声处是耳识界及其相应诸法的不离去缘。

香处是鼻识界及其相应诸法的不离去缘。

味处是舌识界及其相应诸法的不离去缘。

触处是身识界及其相应诸法的不离去缘。

色处、声处、香处、味处、触处是眼界及其相应诸法的不离去缘。

Depending on this materiality, mind-element and mind-consciousness element arise; that materiality is related to mind-element, mind-consciousness element and their associated states by non-disappearance condition.

对于依靠某色而转起的意界和意识界，该色是意界和意识界及其相应诸法的不离去缘。

Paṭiccasamuppāḍavibhaṅgo (p.102) *Analysis of Dependent Origination* 缘起分别

Suttantabhājanīyaṃ

Avijjāpaccayā saṅkhārā, saṅkhārapaccayā viññāṇaṃ, viññāṇapaccayā nāmarūpaṃ, nāmarūpapaccayā saḷāyatanaṃ, saḷāyatana-paccayā phasso, phassapaccayā vedanā, vedanāpaccayā taṇhā, taṇhāpaccayā upādānaṃ, upādānapaccayā bhavo, bhavapaccayā jāti, jātipaccayā jarāmaraṇaṃ sokaparidevadukkhadomanassupāyāsā sambhavanti. Evametassa kevalassa dukkhakkhandhassa samudayo hoti.

Tattha katamā avijjā? Dukkhe aññāṇaṃ, dukkhasamudaye aññāṇaṃ, dukkhanirodhe aññāṇaṃ, dukkhanirodhagāminiyā paṭipadāya aññāṇaṃ – ayaṃ vuccati “avijjā”.

Tattha katame avijjāpaccayā saṅkhārā? Puññābhisaṅkhāro, apuññābhisaṅkhāro, āneñjābhisaṅkhāro, kāyasaṅkhāro, vacī-saṅkhāro, cittasaṅkhāro.

Tattha katamo puññābhisaṅkhāro? Kusalā cetanā kāmāvacarā rūpāvacarā dānamayā sīlamayā bhāvanāmayā – ayaṃ vuccati “puññābhisaṅkhāro”.

Tattha katamo apuññābhisaṅkhāro? Akusalā cetanā kāmāvacarā – ayaṃ vuccati “apuññābhisaṅkhāro”.

Tattha katamo āneñjābhisaṅkhāro? Kusalā cetanā arūpāvacarā – ayaṃ vuccati “āneñjābhisaṅkhāro”.

Analysis According to the Discourse 经教分别

Because of ignorance activities arise; because of activities consciousness arises; because of consciousness mind and matter arise; because of mind and matter six bases arise; because of six bases contact arises; because of contact feeling arises; because of feeling craving arises; because of craving attachment arises; because attachment becoming arises; because of becoming birth arises; because of birth ageing, death, sorrow, lamentation, pain, grief and despair arise. Thus is the arising of this whole mass of suffering.

缘于无明，行生起；缘于行，识生起；缘于识，名色生起；缘于名色，六处生起；缘于六处，触生起；缘于触，受生起；缘于受，爱生起；缘于爱，取生起；缘于取，有生起；缘于有，生生起；缘于生，老死愁悲苦忧恼生起。如是整个苦蕴的集起。

Therein what is ignorance? Absence of knowledge of suffering, absence of knowledge of the cause of suffering, absence of knowledge of the cessation of suffering, absence of knowledge of the way leading to the cessation of suffering. This is called ignorance.

此中，什么是无明？不了知苦、不了知苦集、不了知苦灭、不了知导向苦灭的道。这称为无明。

Therein what is ‘because of ignorance activities arise’? Activities producing good (result), activities producing bad (result), activities producing unshakeable (result), bodily activity, verbal activity, mental activity.

此中，什么是「缘于无明，行生起」？福行、非福行、不动行、身行、语行、心行。

Therein what is ‘activity producing good (result)’? Good volition of the sensual plane, of the fine-material plane, produced by giving, produced by morality, produced by meditation. This is called activity producing good (result).

此中，什么是「福行」？欲界善思、色界善思，施所成、戒所成、修所成。这称为「福行」。

Therein what is ‘activity producing bad (result)’? Bad volition of the sensual plane. This is called activity producing bad (result).

此中，什么是「非福行」？欲界不善思。这称为「非福行」。

Therein what is ‘activity producing unshakeable (result)’? Good volition of the formless plane. This is called activity producing unshakeable (result).

此中，什么是「不动行」？无色界善思。这称为「不动行」。

Tattha katamo kāyasaṅkhāro?
Kāyasañcetanā kāyasaṅkhāro, vacīsañcetanā
vacīsaṅkhāro, manosañcetanā cittasaṅkhāro.
Ime vuccanti “avijjāpaccayā saṅkhārā”.

Tattha katamaṃ saṅkhārapaccayā
viññāṇaṃ? Cakkhuviññāṇaṃ, sotaviññāṇaṃ,
ghānaviññāṇaṃ, jivhāviññāṇaṃ, kaya-
viññāṇaṃ, manoviññāṇaṃ – idaṃ vuccati
“saṅkhārapaccayā viññāṇaṃ”.

Tattha katamaṃ viññāṇapaccayā
nāmarūpaṃ? Atthi nāmaṃ, atthi rūpaṃ.
Tattha katamaṃ nāmaṃ? Vedanākkhandho,
saññākkhandho, saṅkhārakkhandho – idaṃ
vuccati “nāmaṃ”. Tattha katamaṃ rūpaṃ?
Cattāro mahābhūtā, catunnañca mahā-
bhūtānaṃ upādāya rūpaṃ – idaṃ vuccati
“rūpaṃ”. Iti idaṃ nāmaṃ, idaṃ rūpaṃ.
Idaṃ vuccati “viññāṇapaccayā nāmarūpaṃ”.

Tattha katamaṃ nāmarūpapaccayā
saḷāyatanāṃ? Cakkhāyatanāṃ, sotāyatanāṃ,
ghāṇāyatanāṃ, jivhāyatanāṃ, kāyāyatanāṃ,
manāyatanāṃ – idaṃ vuccati “nāmarūpa-
paccayā saḷāyatanāṃ”.

Tattha katamo saḷāyatanapaccayā
phasso? Cakkhūsamphasso sotasamphasso
ghāṇasamphasso jivhāsamphasso
kāyasamphasso manosamphasso – ayaṃ
vuccati “saḷāyatanapaccayā phasso”.

Tattha katamā phassapaccayā vedanā?
Cakkhūsamphassajā vedanā, sotasamphassajā
vedanā, ghāṇasamphassajā vedanā,
jivhāsamphassajā vedanā, kāyasamphassajā
vedanā, manosamphassajā vedanā – ayaṃ
vuccati “phassapaccayā vedanā”.

Therein what is bodily activity? Bodily volition is bodily activity; verbal volition is verbal activity; mental volition is mental activity. These are called ‘because of ignorance activities arise’.

此中，什么是身行？（在身门生起的）身思是身行，（在语门生起的）语思是语行，意思是心行。这些称为「缘于无明，行生起」。

Therein what is ‘because of activities consciousness arises’? Eye consciousness, ear consciousness, nose consciousness, tongue consciousness, body consciousness, mind consciousness. This is called ‘because of activities consciousness arises’.

此中，什么是「缘于行，识生起」？眼识、耳识、鼻识、舌识、身识、意识。这称为「缘于行，识生起」。

Therein what is ‘because of consciousness mind and matter arise’? There is mind; there is matter. Therein what is mind? The aggregate of feeling, aggregate of perception, aggregate of mental formations. This is called mind. Therein what is matter? The four great essentials and the material qualities derived from the four great essentials. This is called matter. Thus is this mind and this matter. This is called ‘because of consciousness mind and matter arise’.

此中，什么是「缘于识，名色生起」？有名，有色。此中，什么是名？受蕴、想蕴、行蕴。这称为名。此中，什么是色？四大种及四大种所造色。这称为色。如是此名此色。这称为「缘于识，名色生起」。

Therein what is ‘because of mind and matter six bases arise’? Eye base, ear base, nose base, tongue base, body base, mind base. This is called ‘because of mind and matter six bases arise’.

此中，什么是「缘于名色，六处生起」？眼处、耳处、鼻处、舌处、身处、意处。这称为「缘于名色，六处生起」。

Therein what is ‘because of six bases contact arises’? Eye contact, ear contact, nose contact, tongue contact, body contact, mind contact. This is called ‘because of six bases contact arises’.

此中，什么是「缘于六处，触生起」？眼触、耳触、鼻触、舌触、身触、意触。这称为「缘于六处，触生起」。

Therein what is ‘because of contact feeling arises’? feeling born of eye contact, feeling born of ear contact, feeling born of nose contact, feeling born of tongue contact, feeling born of body contact, feeling born of mind contact. This is called ‘because of contact feeling arises’.

此中，什么是「缘于触，受生起」？眼触生受、耳触生受、鼻触生受、舌触生受、身触生受、意触生受。这称为「缘于触，受生起」。

Tattha katamā vedanāpaccayā taṇhā?
Rūpatanḥā, saddatanḥā, gandhatanḥā, rasa-
tanḥā, phoṭṭhabbatanḥā, dhammatanḥā –
ayaṃ vuccati “vedanāpaccayā taṇhā”.

Tattha katamaṃ taṇhāpaccayā
upādānaṃ? Kāmupādānaṃ, diṭṭhupādānaṃ,
sīlabbatupādānaṃ, attavādupādānaṃ – idaṃ
vuccati “taṇhāpaccayā upādānaṃ”.

Tattha katamo upādānapaccayā bhavo?
Bhavo duvidhena – atthi kammabhavo, atthi
upapattibhavo. Tattha katamo kammabhavo?
Puññābhisaṅkhāro, apuññābhisaṅkhāro,
āneñjābhisaṅkhāro – ayaṃ vuccati “kamma-
bhavo”. Sabbampi bhavagāmikammaṃ
kammabhavo.

Tattha katamo upapattibhavo? Kāmabhavo,
rūpabhavo, arūpabhavo, saññābhavo, asaññā-
bhavo, nevasaññānāsaññābhavo, ekavokāra-
bhavo, catuvokārabhavo, pañcavokārabhavo –
ayaṃ vuccati “upapattibhavo”. Iti ayañca
kammabhavo, ayañca upapattibhavo. Ayaṃ
vuccati “upādānapaccayā bhavo”.

Tattha katamā bhavapaccayā jāti? Yā
tesaṃ tesaṃ sattānaṃ tamhi tamhi
sattanikāye jāti sañjāti okkanti abhinibbatti,
khandhānaṃ pātubhāvo, āyatanānaṃ
paṭilābho – ayaṃ vuccati “bhavapaccayā jāti”.

Tattha katamaṃ jātipaccayā jarā-
maraṇaṃ? Atthi jarā, atthi maraṇaṃ. Tattha
katamā jarā? Yā tesaṃ tesaṃ sattānaṃ tamhi
tamhi sattanikāye jarā jīraṇatā khaṇḍiccaṃ
pāliccaṃ valittacatā āyuno saṃhāni
indriyānaṃ paripāko – ayaṃ vuccati “jarā”.

Therein what is ‘because of feeling craving arises’?
Craving for visible (objects), craving for sound, craving
for odour, craving for flavour, craving for tangible
(objects), craving for dhamma (objects). This is called
‘because of feeling craving arises’.

此中，什么是「缘于受，爱生起」？色爱、声爱、
香爱、味爱、触爱、法爱。这称为「缘于受，爱生起」。

Therein what is ‘because of craving attachment
arises’? The attachment of desire, the attachment of
wrong view, the attachment of (wrong) habits and
practices, the attachment of soul-theory. This is called
‘because of craving attachment arises’.

此中，什么是「缘于爱，取生起」？欲取、见
取、戒禁取、我论取。这称为「缘于爱，取生起」。

Therein what is ‘because of attachment becoming
arises’? Becoming by way of twofold division: there is
action-becoming; there is resultant becoming. Therein
what is action-becoming? Activity producing good
(result), activity producing bad (result), activity producing
unshakeable (result). This is called action-becoming.
Also all action leading to becoming is action-becoming.

此中，什么是「缘于取，有生起」？依两种有：
有业有，有生有。此中，什么是业有？福行、非福
行、不动行。这称为「业有」。一切导致有（生命）
的业是业有。

Therein what is resultant-becoming? Sensual
becoming, fine-material becoming, formless becoming,
perception becoming, non-perception becoming, neither-
perception-nor-non-perception becoming, single-
aggregate becoming, four-aggregate becoming, five-
aggregate becoming. This is called resultant-becoming.
Thus, this is action-becoming, and this is resultant-
becoming. This is called ‘because of attachment
becoming arises’.

此中什么是生有？欲有、色有、无色有、想有、
无想有、非想非非想有、一蕴有、四蕴有、五蕴有。
这称为「生有」。如是此业有，此生有。这称为「缘
于取，有生起」。

Therein what is ‘because of becoming birth arises’?
That which for this or that being in this or that category
of beings is birth, genesis, entry, full existence, the
appearance of the aggregates, the acquiring of the bases.
This is called ‘because of becoming birth arises’.

此中，什么是「缘于有，生生起」？在这个那个
有情群体中的这些及那些有情，有生、产生、投
生、诞生、诸蕴的显现、诸处的获得。这称为「缘
于有，生生起」。

Therein what is ‘because of birth ageing and death
arise’? There is ageing; there is death. Therein what is
ageing? That which for this or that being in this or that
category of beings is ageing, decrepitude, broken teeth,
grey hair, wrinkled skin, the dwindling of life, decay of
the controlling faculties. This is called ageing.

此中，什么是「缘于生，老死生起」？有老，
有死。此中，什么是老？在这个那个有情群体中的
这些及那些有情，有年老、衰老、牙齿脱落、白发、
皱皮、生命的衰退、诸根的老化。这称为老。

Tattha katamaṃ maraṇaṃ? Yā tesāṃ tesāṃ sattānaṃ tamhā tamhā sattanikāyā cuti cavanatā bhedo antaradhānaṃ maccu maraṇaṃ kālakiriyaṃ khandhānaṃ bhedo kaḷavarassa nikkhepo jīvitindriyassupacchedo – idaṃ vuccati “maraṇaṃ”. Iti ayaṇca jarā, idaṇca maraṇaṃ. Idaṃ vuccati “jātipaccayā jarāmarāṇaṃ”.

Tattha katamo soko? Ñātibyaśanena vā phuṭṭhaśsa, bhogaśyaśanena vā phuṭṭhaśsa, rogaśyaśanena vā phuṭṭhaśsa, sīlaśyaśanena vā phuṭṭhaśsa, diṭṭhiśyaśanena vā phuṭṭhaśsa, aññataraññatarena byaśanena samannāgaśsa, aññataraññatarena dukkhaśhammena phuṭṭhaśsa soko socanā socitattaṃ antosoko antopariśoko cetaso pariññhāyaṇā domaśsaśsaṃ sokaśallaṃ – ayaṃ vuccati “soko”.

Tattha katamo paridevo? Ñātibyaśanena vā phuṭṭhaśsa, bhogaśyaśanena vā phuṭṭhaśsa, rogaśyaśanena vā phuṭṭhaśsa, sīlaśyaśanena vā phuṭṭhaśsa, diṭṭhiśyaśanena vā phuṭṭhaśsa, aññataraññatarena byaśanena samannāgaśsa, aññataraññatarena dukkhaśhammena phuṭṭhaśsa ādevo paridevo ādevaṇā paridevaṇā ādevitattaṃ paridevitattaṃ vācā palāpo vipṭalāpo lālappo lālappaṇā lālappitattaṃ – ayaṃ vuccati paridevo”.

Tattha katamaṃ dukkhaṃ? Yaṃ kāyikaṃ aśātaṃ kāyikaṃ dukkhaṃ, kāyaśamphaśsaṃ aśātaṃ dukkhaṃ vedaṃyaṃ, kāyaśamphaśsaṃ aśātā dukkhaṃ vedaṇā – idaṃ vuccati “dukkhaṃ”.

Therein what is death? That which for this or that being in this or that category of beings is decease, passing away, breaking up, disappearance, dying, death, the completion of the life span, the breaking up of the aggregates, the laying down of the body, the destruction of the life faculty. This is called death. Thus is this ageing and this death. This is called ‘because of birth ageing and death arise’.

此中，什么是死？在这个那个有情群体中的这些及那些有情，有死亡、消退、分离、消失、逝世、死、命终、诸蕴分离、遗弃身体、命根断。这称为死。如是此老此死。这称为「缘于生，老死生起」。

Therein what is sorrow? (That which) To one afflicted by misfortune through relatives or to one afflicted by misfortune through wealth or to one afflicted by misfortune through disease, or to one afflicted by misfortune through (corrupted) morality, or to one afflicted by misfortune through wrong view, or to one possessed of one misfortune or another or to one afflicted by one painful thing or another is sorrow, being sorry, the state of being sorry, inner sorrow, deep sorrow, burning of the mind, mental pain, the arrow of sorrow. This is called sorrow.

此中，什么是愁？对于那些遭受失去亲戚的不幸，或遭受失去财富的不幸，或遭受疾病的不幸，或遭受（污染）戒的不幸，或遭受邪见的不幸，或拥有任何不幸，或遭受任何苦事的不幸（的人），有愁、发愁、忧愁、内心发愁、整个内心都在愁、心完全在烧、不快乐、被愁之刺戳穿。这称为愁。

Therein what is lamentation? (That which) To one afflicted by misfortune through relatives or to one afflicted by misfortune through wealth or to one afflicted by misfortune through disease, or to one afflicted by misfortune through (corrupted) morality, or to one afflicted by misfortune through wrong view, or to one possessed of one misfortune or another or to one afflicted by one painful thing or another is crying, lamentation, the act of crying, the act of lamentation, the state of crying, the state of lamentation, (sorrowful) talk, senseless talk, wailing, sorrowful murmuring, the act of sorrowful murmuring, the state of sorrowful murmuring. This is called lamentation.

此中，什么是悲？对于那些遭受失去亲戚的不幸，或遭受失去财富的不幸，或遭受疾病的不幸，或遭受（污染）戒的不幸，或遭受邪见的不幸，或拥有任何不幸，或遭受任何苦事的不幸（的人），有悲泣、不断悲泣、在悲泣、不断地在悲泣、悲泣之境、不断悲泣之境、悲语、悲唤、不断悲唤、种种不断地悲唤、悲唤之境及不断悲唤之境。这称为悲。

Therein what is pain? That which is bodily uneasiness, bodily pain, uneasy painful experience born of bodily contact, uneasy painful feeling born of bodily contact. This is called pain.

此中，什么是苦？身体的不适、身的痛苦、身触产生而体验到的不适苦受、身触产生的种种不适苦受。这称为苦。

Tattha katamañ domanassañ? Yañ
cetasikañ asātañ cetasikañ dukkhañ,
cetosamphassajañ asātañ dukkhañ
vedayitañ, cetosamphassajā asātā dukkhā
vedanā – idañ vuccati “domanassañ”.

Tattha katamo upāyāso? Ñātibyaśanena
vā phuṭṭhassa, bhogabyaśanena vā
phuṭṭhassa, rogabyaśanena vā phuṭṭhassa,
sīlabyaśanena vā phuṭṭhassa, diṭṭhibyaśanena
vā phuṭṭhassa, aññataraññatarena byaśanena
samannāgatassa, aññataraññatarena
dukkhadhammena phuṭṭhassa āyāso upāyāso
āyāsitañ upāyāsitañ – ayañ vuccati
“upāyāso”.

Evametassa kevalassa dukkhakkhandhassa
samudayo hotīti, evametassa kevalassa
dukkhakkhandhassa saṅgati hoti, samāgamo
hoti, samodhānañ hoti, pātubhāvo hoti. Tena
vuccati “evametassa kevalassa
dukkhakkhandhassa samudayo hoti”ti.

– Abhidhammapiṭaka, Vibhaṅga, 6

Pattidāna (p.20)

Ettāvatā ca amhehi
Sambhatañ puñña-sampadañ,
Sabbe devā’numodantu
Sabba-sampatti siddhiyā.

Ettāvatā ca amhehi
Sambhatañ puñña-sampadañ,
Sabbe bhūtā’numodantu
Sabba-sampatti siddhiyā.

Ettāvatā ca amhehi
Sambhatañ puñña-sampadañ,
Sabbe sattā’numodantu
Sabba-sampatti siddhiyā.

Idaṃ me ñātinañ hotu, sukhitaṃ hontu ñātayo.
(3X)

Therein what is grief? That which is mental
uneasiness, mental pain, uneasy painful experience born
of mental contact, uneasy painful feeling born of mental
contact. This is called grief.

此中，什么是忧？心的不适、心的痛苦、意触
产生而体验到的不适苦受、意触产生的种种不适苦
受。这称为忧。

Therein what is despair? (That which) To one afflicted
by misfortune through relatives or to one afflicted by
misfortune through wealth or to one afflicted by
misfortune through disease, or to one afflicted by
misfortune through (corrupted) morality, or to one
afflicted by misfortune through wrong view, or to one
possessed of one misfortune or another or to one afflicted
by one painful thing or another is despondency, despair,
the state of despondency, the state of despair. This is
called despair.

此中，什么是恼？对于那些遭受失去亲戚的不
幸，或遭受失去财富的不幸，或遭受疾病的不幸，或
遭受（污染）戒的不幸，或遭受邪见的不幸，或拥有
任何不幸，或遭受任何苦事的不幸（的人），有绝望、
极度绝望、绝望之境及极度绝望之境。这称为恼。

‘Thus is the arising of this whole mass of suffering’
means: Thus is the combination, the assemblage, the
collocation, the appearance of this whole mass of
suffering. Therefore this is called ‘thus is the arising of
this whole mass of suffering’.

「如是整个苦蕴的集起」：如是整个苦蕴的组
合、集合、相聚、显现。因此称为「如是整个苦蕴
的集起」。

Sharing of Merit 分享（回向）功德

May all deities rejoice in this merit which we have
thus acquired. May it bring about all achievements.

愿一切神随喜我们至今所累积的功德，愿一切
得成就！

May all creatures rejoice in this merit which we have
thus acquired. May it bring about all achievements.

愿一切众生随喜我们至今所累积的功德，愿一
切得成就！

May all beings rejoice in this merit which we have
thus acquired. May it bring about all achievements.

愿一切有情随喜我们至今所累积的功德，愿一
切得成就！

Let this (merit) accrue to my departed relatives and
may they be happy.

Kappa-sata-sahassāni
Soḷasāpi asaṅkhaye,
Sambharaṃ bodhi-sambhāre
Āgato jāti-jāṭisu,

Niyato Buddha-bhāvāya
Bhadda-kappe idhantime,
Bodhi-satto ca Metteyyo
Puññaṃ me anumodatu.

Asmiṃ vihāre ca ārāme
Adhivattā ca devatā,
Anumoditvā imaṃ puññaṃ
Rakkhantu Jina-sāsanaṃ.

Sabbe sattā ca majjhataṃ
Hitā ca ahitā ca me,
Anumoditvā imaṃ puññaṃ
Bujjhantu amataṃ padaṃ.

回向此（功德）予我的亲人，愿他们快乐。

For a hundred thousand and sixteen asaṅkhaya
aeons undergoing birth after birth accumulating the
necessary experiences for [attaining] enlightenment ...

在十六阿僧祇和十万大劫里，生生世世都累积
菩提资粮，

... and certain to [attain the] state of Buddhahood,
being the last [Buddha] in this auspicious aeon, may the
Bodhisatta Metteyya rejoice in [this accrued] merit of
mine.

肯定会成佛，是这个贤劫里的最后一尊佛，愿
弥勒菩萨随喜我的功德。

May the deities living in this temple building and
monastery rejoice in this merit [that we have accrued] and
protect the Teachings of the Conqueror (i.e. the Buddha).

愿住在这寺院和园林里的神明们随喜这项功
德后护持胜利者（佛陀）的教法。

May all beings neutral, beneficial and harmful to me
rejoice in this merit [that I have accrued] and awaken to
the deathless state (i.e. attain Nibbāna).

愿一切有情，包括对我普通、有益及无益的，
在随喜此功德之后，都证悟不死（涅槃）之境。

Patthanā (p.21)

Iminā puñña-kammaṇa
Mā me bāla-samāgamo,
Sataṃ samāgamo hotu
Yāva nibbāna-pattiyā.

Idaṃ me puññaṃ āsavakkhayāvaham hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññabhāgaṃ labhantu.

Aspiration 发愿

By this meritorious act
May I never meet with the foolish;
May I [only] meet with the wise
Up until I attain Nibbāna.
愿以这项功德
令我不遇愚人
令我亲近智者
直到我证涅槃。

May this merit of mine be conducive to the
destruction of the taints.

May this merit of mine be a [supportive] condition
[for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。
愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings.

May all those beings get an equal share of the merits
shared by me.

我把我的功德与一切有情分享，
愿他们都平等地得到我的功德。

Daily Dhamma Reflection
每日佛法省思

PĀḲI CHANTING

巴利课诵

Pāḷi-English-Chinese

巴英中三语

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	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六	Sunday 星期日
Week 1 第一周	1 – 9 24 – 28 11 – 18 22	1 – 9 29 – 34 11 – 18 22	1 – 9 35 – 42 11 – 18 22	1 – 9 43 – 51 11 – 18 22	1 – 9 52 – 57 11 – 18 22	1 – 9 58 – 63 11 – 18 22	1 5 7 – 9 64 – 72 11 – 18 22
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* The daily morning chanting sequence for alternate weeks shall repeat every two weeks.
每日早课的课诵顺序一轮为两个星期，每过两个星期就重复。

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Suggestion for Laypeople's Daily Chanting 给居士的 每日课诵建议	Page 页 1 Devārādhana 邀请诸天 → Vandanā 礼敬佛陀 Page 页 5-9 Buddhānussati 佛随念 → Khandhasuttaṃ 蕴护经 Page 页 14-18 Pubbaṅhasuttaṃ 午前经 → Good Wishes and Sharing of Merit etc 1 祝愿与分享功德等 1

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Chanting for the Sick 生病念诵	Page 页 1 Devārāadhanā 邀请诸天 → Vandanā 礼敬佛陀 Page 页 5 Buddhānussati 佛随念 → Saṅghānussati 僧随念 Page 页 7-8 Mettasuttaṃ 慈愛经 Page 页 83-89 Paṭhamagilānasuttaṃ 第一病者经 → Bojjhaṅgasuttaṃ 觉支经 Page 页 4 Paccayā - Paccayuddeso 二十四缘 Page 页 18-20 Subha-Patthanā & Paritta 祝福与护卫 → Pattidāna 分享功德 Page 页 21 Patthanā 发愿
Chanting for Auspicious Events 喜事念诵	Page 页 1 Devārāadhanā 邀请诸天 → Vandanā 礼敬佛陀 Page 页 5 Buddhānussati 佛随念 → Saṅghānussati 僧随念 Page 页 7-8 Mettasuttaṃ 慈愛经 Page 页 73-78 Maṅgalasuttaṃ 吉祥经 → Ratanasuttaṃ 宝经 Page 页 18-20 Subha-Patthanā & Paritta 祝福与护卫 → Pattidāna 分享功德 Page 页 21 Patthanā 发愿
Funeral Chanting** 丧事念诵**	Page 页 1-5 Devārāadhanā 邀请诸天 → Saṅghānussati 僧随念 Page 页 120-123 Dhammasaṅgaṇī-Tikamātikā 法聚论·三法论母 → Tirokuṭṭasuttaṃ 墙外经 Page 页 151-152 Dhammapada Verses of Reality of Life 生命真相之法句 (Optional: Page 页 29-32 Anattalakkhaṇasuttaṃ 无我相经 Page 页 90-101 Paṭṭhāna 发趣法 Page 页 102-106 Paṭiccasamuppādavibhaṅgo 缘起分别) Page 页 20 Pattidāna 分享功德 Page 页 21 Patthanā 发愿

** Note: For funeral chanting, please change the usual ending at each section, as follows:
 注意：在丧事念诵里，应改变每段经文平时的结尾，如下：

Change 把：

Etena saccavajjena sotthi te hotu sabbadā.
 Etena saccavajjena sabbarogo vinassatu.
 Etena saccavajjena hotu te jayamaṅgalāni.

To 改成：

Etena saccavajjena dukkhā vūpasamentu te.
 Etena saccavajjena bhayā vūpasamentu te.
 Etena saccavajjena sokā vūpasamentu te.

Devārādhana *Inviting the Deities* 邀请诸天

Samantā cakka-vāḷesu
Atrāgacchantu devatā;
Saddhammaṃ Muni-rājassa
Suṇantu sagga-mokkhadaṃ.

May the deities of the entire universe come here and listen to the True-Dhamma of the King of Sages, which leads to the heavenly states and liberation (Nibbāna).
从世界系中各处，愿诸天神来此地，
聆听知王之正法，导向天界与解脱。

Dhammassavana-kālo ayaṃ bhadantā. (x3)

Sirs, now is the time for listening to the Dhamma.
这是听闻佛法的时候，大德们。

Vandanā *Homage [to the Buddha]* 礼敬佛陀

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Homage to that Blessed One, the Arahant and Perfectly Self-Awakened One.
礼敬世尊、阿罗汉、圆满自觉者。

Sambodhi-Udāna *Inspired Utterance [after] Self-Awakening* 正觉自说语

Aneka-jāti saṃsāraṃ
Sandhāvissaṃ anibbisaṃ,
Gaha-kāraṃ gavesanto
Dukkhā jāti punappunaṃ.

I wandered [through] many births in saṃsāra, searching for the house builder (craving) [but] found [him] not; repeated birth is suffering.
在生死轮回当中，我寻找了许多世，
却找不到造屋者。一再投生的确苦。

Gaha-kāraka, diṭṭho'si
Puna gehaṃ na kāhasi,
Sabbā te phāsukā bhaggā
Gaha-kūṭaṃ visaṅkhataṃ,
Visaṅkhāra-gataṃ cittaṃ
Taṇhānaṃ khayamajjhagā.

O house-builder! You are seen. You shall not build a house again. All your rafters are broken. Your ridge-pole is shattered. My mind has attained the unconditioned, obtaining the destruction of craving.
造屋者你已被见！你已不能再造屋。
你所有的椽已断，你的横梁已粉碎。
我心已证无为法。已经达到爱尽毁。

— KN, Dhṛp³² 153-154

³² Abbreviations in this book 本书中的英文缩写：DN (Dīgha-Nikāya), MN (Majjhima-Nikāya), SN (Saṃyutta-Nikāya), AN (Aṅguttara-Nikāya), KN (Khuddaka-Nikāya), Dhṛp (Dhammapada).

Paṭiccasamuppāda Dependent Origination 缘起

Iti imasmim sati idaṃ hoti, imassuppādā
idaṃ uppajjati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
paccayā viññāṇaṃ, viññāṇa-paccayā nāma-
rūpaṃ, nāma-rūpa-paccayā saḷāyatanaṃ,
saḷāyatana-paccayā phasso, phassa-paccayā
vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
upādānaṃ, upādāna-paccayā bhavo, bhava-
paccayā jāti, jāti-paccayā jarā-maraṇaṃ soka-
parideva-dukkha-domanassupāyāsā
sambhavanti. Evametassa kevalassa
dukkhakkhandhassa samudayo hoti.

Yadā have pātubhavanti dhammā,
Ātāpino jhāyato brāhmaṇassa,
Athassa kaṅkhā vapayanti sabbā,
Yato pajānāti sahetudhammaṃ.

Iti imasmim asati idaṃ na hoti, imassa
nirodhā idaṃ nirujjhati, yadidaṃ:

Avijjā-nirodhā saṅkhāra-nirodho,
saṅkhāra-nirodhā viññāṇa-nirodho, viññāṇa-
nirodhā nāma-rūpa-nirodho, nāma-rūpa-
nirodhā saḷāyatana-nirodho, saḷāyatana-
nirodhā phassa-nirodho, phassa-nirodhā
vedanā-nirodho, vedanā-nirodhā taṇhā-
nirodho, taṇhā-nirodhā upādāna-nirodho,
upādāna-nirodhā bhava-nirodho, bhava-
nirodhā jāti-nirodho, jāti-nirodhā jarā-maraṇaṃ
soka-parideva-dukkha-domanassupāyāsā
nirujjhanti. Evametassa kevalassa
dukkhakkhandhassa nirodho hoti.

Thus when there is this that is, with the arising of this
that arises, such as:

此有故彼有，此生故彼生，即：

Dependent on ignorance, activities [arise]; dependent
on activities, consciousness [arises]; dependent on
consciousness, mentality and materiality [arise];
dependent on mentality and materiality, the six bases
[arise]; dependent on the six bases, contact [arises];
dependent on contact, feeling [arises]; dependent on
feeling, craving [arises]; dependent on craving,
attachment [arises]; dependent on attachment, existence
[arises]; dependent on existence, [a new] birth [takes
place]; dependent on birth, ageing, death, sorrow,
lamentation, pain, unhappiness and despair come to be.
Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
个苦蕴的集起。

When indeed phenomena become apparent to the
religious one who is ardent and meditative, then all his
doubts disappear, since he knows the nature of their
causes.

当诸法明显呈现时，热诚禅修的婆罗门，
一切疑惑都会消失，因他了知诸法之因。

When there is not this that is not, with the cessation
of this that ceases, such as:

此无故彼无，此灭故彼灭，即：

With the cessation of ignorance, activities cease;
with the cessation of activities, consciousness ceases;
with the cessation of consciousness, mentality and
materiality cease; with the cessation of mentality and
materiality, the six [sense] bases cease; with the cessation
of the six [sense] bases, contact ceases; with the cessation
of contact, feeling ceases; with the cessation of feeling,
craving ceases; with the cessation of craving, attachment
ceases; with the cessation of attachment, [the cause for a
new] existence ceases; with the cessation of [the cause for
a new] existence, [the possibility of re]birth ceases; with
the cessation of birth, ageing, death, sorrow, lamentation,
pain, unhappiness and despair cease. Thus there is the
cessation of this whole mass of suffering.

无明灭则行灭；行灭则识灭；识灭则名色灭；
名色灭则六处灭；六处灭则触灭；触灭则受灭；受
灭则爱灭；爱灭则取灭；取灭则有灭；有灭则生灭；
生灭则老、死、愁、悲、苦、忧、恼灭。如是整个
苦蕴的熄灭。

Yadā have pātubhavanti dhammā
 Ātāpino jhāyato brāhmaṇassa,
 Athassa kaṅkhā vapayanti sabbā,
 Yato khayam paccayānam avedi.

Iti imasmim sati idam hoti, imassuppādā
 idam uppajjati, imasmim asati idam na hoti,
 imassa nirodhā idam nirujjhati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-
 paccayā viññāṇam, viññāṇa-paccayā nāma-
 rūpam, nāma-rūpa-paccayā saḷāyatanaṃ,
 saḷāyatana-paccayā phasso, phassa-paccayā
 vedanā, vedanā-paccayā taṇhā, taṇhā-paccayā
 upādānam, upādāna-paccayā bhavo, bhava-
 paccayā jāti, jāti-paccayā jarā-maraṇam soka-
 parideva-dukkha-domanassupāyāsā
 sambhavanti. Evametassa kevalassa
 dukkhakkhandhassa samudayo hoti.

Avijjāya tveva asesa-virāga-nirodhā
 saṅkhāra-nirodho, saṅkhāra-nirodhā viññāṇa-
 nirodho, viññāṇa-nirodhā nāma-rūpa-nirodho,
 nāma-rūpa-nirodhā saḷāyatana-nirodho,
 saḷāyatana-nirodhā phassa-nirodho, phassa-
 nirodhā vedanā-nirodho, vedanā-nirodhā
 taṇhā-nirodho, taṇhā-nirodhā upādāna-
 nirodho, upādāna-nirodhā bhava-nirodho,
 bhava-nirodhā jāti-nirodho, jāti-nirodhā jarā-
 maraṇam soka-parideva-dukkha-
 domanassupāyāsā nirujjhanti. Evametassa
 kevalassa dukkhakkhandhassa nirodho hoti.

Yadā have pātubhavanti dhammā,
 Ātāpino jhāyato brāhmaṇassa,
 Vidhūpayam tiṭṭhati māra-senam,
 Suriyo'va obhāsayamantalikkham.

– Vinayapiṭaka, Mahāvagga,
 Mahākhanda
 – KN, Udāna, Bodhivagga

When indeed phenomena become apparent to the religious one who is ardent and meditative, then all his doubts disappear, since he experiences the elimination of [their] causes.

当诸法明显呈现时，热诚禅修的婆罗门，
 一切疑惑都会消失，因他体证诸缘之灭。

Thus when there is this that is, with the arising of this that arises: when there is not this that is not, with the cessation of this that ceases, such as:

此有故彼有，此生故彼生；
 此无故彼无，此灭故彼灭，即：

Dependent on ignorance, activities [arise]; dependent on activities, consciousness [arises]; dependent on consciousness, mentality and materiality [arise]; dependent on mentality and materiality, the six bases [arise]; dependent on the six bases, contact [arises]; dependent on contact, feeling [arises]; dependent on feeling, craving [arises]; dependent on craving, attachment [arises]; dependent on attachment, existence [arises]; dependent on existence, [a new] birth [takes place]; dependent on birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair come to be. Thus is the arising of this whole mass of suffering.

无明缘行；行缘识；识缘名色；名色缘六处；
 六处缘触；触缘受；受缘爱；爱缘取；取缘有；有
 缘生；生缘老、死、愁、悲、苦、忧、恼。如是整
 个苦蕴的集起。

With the remainderless dispassion and cessation of ignorance, activities cease; with the cessation of activities, consciousness ceases; with the cessation of consciousness, mentality and materiality cease; with the cessation of mentality and materiality, the six [sense] bases cease; with the cessation of the six [sense] bases, contact ceases; with the cessation of contact, feeling ceases; with the cessation of feeling, craving ceases; with the cessation of craving, attachment ceases; with the cessation of attachment, [the cause for a new] existence ceases; with the cessation of [the cause for a new] existence, [the possibility of re]birth ceases; with the cessation of birth, ageing, death, sorrow, lamentation, pain, unhappiness and despair cease. Thus there is the cessation of this whole mass of suffering.

无明灭尽离欲无余则行灭；行灭则识灭；识
 灭则名色灭；名色灭则六处灭；六处灭则触灭；触
 灭则受灭；受灭则爱灭；爱灭则取灭；取灭则有灭；
 有灭则生灭；生灭则老、死、愁、悲、苦、忧、恼
 灭。如是整个苦蕴的熄灭。

When indeed phenomena become apparent to the religious one who is ardent and meditative, he stands dispelling the hosts of Māra, just as the sun illuminating the sky [dispels darkness].

当诸法明显呈现时，热诚禅修的婆罗门，
 他击败魔军而稳立，犹如太阳照亮天空。

Ven. Assajī's Teaching to Ven. Sāriputta

阿说示尊者给予舍利弗尊者的教导

[Ye dhammā hetuppabhavā,
Tesaṃ hetuṃ Tathāgato āha;
Tesañca yo nirodho,
Evaṃ-vādī Mahā-samaṇo.]

– KN, Apadāna, Buddhavagga,
Sāriputtatthera-Apadāna

Of those phenomena that originate from a cause, the
Tathāgata has declared the cause, and also what their
cessation is — This is the doctrine of the Great Recluse.

从因生之法，如来说其因，
及彼等之灭；此大沙门说。

Paccayā - Paccayuddeso

[Twenty-Four] Conditions 二十四缘

Hetupaccayo, ārammaṇapaccayo,
adhipatipaccayo, anantarapaccayo,
samanantarapaccayo, saha-jātapaccayo,
aññamaññapaccayo, nissayapaccayo,
upanissayapaccayo, purejātapaccayo,
pacchājātapaccayo, āsevanapaccayo,
kamma-paccayo, vipāka-paccayo,
āhārapaccayo, indriya-paccayo,
jhāna-paccayo, magga-paccayo,
sampayutta-paccayo, vippayutta-paccayo,
atthi-paccayo, natthi-paccayo,
viga-paccayo, aviga-paccayoti.

Root condition, object condition,
predominance condition, immediacy condition,
contiguity condition, conascence condition,
mutuality condition, dependence condition,
powerful dependence condition, pre-nascence condition,
post-nascence condition, repetition condition,
kamma condition, result condition,
nutriment condition, faculty condition,
jhāna condition, path condition,
association condition, dissociation condition,
presence condition, absence condition,
disappearance condition, non-disappearance condition.

因缘；所缘缘；增上缘；无间缘；
相续缘；俱生缘；相互缘；依止缘；
亲依止缘；前生缘；后生缘；重复缘；
业缘；果报（异熟）缘；食缘；根缘；
禅那缘；道缘；相应缘；不相应缘；
有缘；无有缘；离去缘；不离去缘。

[Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.]

By this speaking of truth, may there be well-being
for you always. By this speaking of truth, may all [your]
diseases disappear. By this speaking of truth, may there
be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Buddhānussati

Contemplation of the Buddha 佛随念

Iti'pi so bhagavā araham, sammāsambuddho,
vijjācaraṇa-sampanno, sugato, lokavidū,
anuttaro purisadamma-sārathi, satthā
devamanussānaṃ, buddho, bhagavā.

Such is that Blessed One, the Worthy One, the Perfectly Self-Awakened One, One fully possessed of wisdom and conduct, One who has proceeded by the good way, Knower of the [three] worlds, Unexcelled Trainer of tamable men, Teacher of deities and men, The Awakened One, The Blessed One.

世尊是：阿罗汉、圆满自觉者、明行足、善逝、世间解、无上士调御丈夫、天人师、佛陀、世尊。

Dhammānussati

Contemplation of the Dhamma 法随念

Svākkhāto bhagavatā dhammo, sandiṭṭhiko,
akāliko, ehi-passiko, opanayiko, paccattaṃ
veditabbo viññūhi.

Well-expounded is the Exalted One's Dhamma, visible here-and-now, not delayed in time, inviting of inspection, onward-leading, is directly experienceable by the wise.

法由世尊善说，现前可见、无时（无间隔）、请来看、导向、当由智者亲证。

Saṅghānussati

Contemplation of the Saṅgha 僧随念

Suppaṭipanno bhagavato sāvaka-saṅgho,
Ujuppaṭipanno bhagavato sāvaka-saṅgho,
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,
Sāmīcippaṭipanno bhagavato sāvaka-saṅgho;
Yadidaṃ: cattāri purisa-yugāni attha purisa-
puggalā, esa bhagavato sāvaka-saṅgho;
Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-
karaṇīyo, anuttaraṃ puññakkhettaṃ lokassa.

The community of the Exalted One's disciples has entered on the good way, the community of the Exalted One's disciples has entered on the straight way, the community of the Exalted One's disciples has entered on the true way, the community of the Exalted One's disciples has entered on the proper way, that is to say, the four pairs of men, the eight types of persons. That is the Exalted One's disciple community, worthy of gifts, worthy of hospitality, worthy of offerings, whom should be respected, the incomparable field of merit for the world.

世尊的声闻僧众已入善行道；世尊的声闻僧众已入正直行道；世尊的声闻僧众已入真实行道；世尊的声闻僧众已入正当行道。即四双八辈。这是世尊的声闻僧众，是应供养、应供奉者、应施于者、应合掌（礼敬）者，是世间的无上福田。

Evam buddhaṃ sarantānaṃ
Dhammaṃ saṅghaṇca bhikkhavo;
Bhayaṃ vā chambhitattaṃ vā
Lomahaṃso na hessati.

Thus, Bhikkhus, in you who remember the Buddha, the Dhamma and the Saṅgha, fear, trembling or terror will never arise.

如是诸比丘，忆念佛法僧，
他无畏不栗，无毛骨悚然。

– SN, Sagāthāvagga, Sakkasamyutta,
Dhajaggasuttam

[Etena saccavajjena pātu tvaṃ ratanattayaṃ.
(x3)]

By this speaking of truth, may the Triple Gem protect you!

借此真实话语，愿三宝保护你！

Parittaparikamma Preliminary of Paritta 护卫前业

Ye santā santacittā,
tisaraṇasaraṇā,
ettha lokantare vā,
bhumṃābhummā ca devā,
guṇagaṇagahaṇabyāvaṭā sabbakālaṃ,
ete āyantu devā,
varakanakamaye,
Merurāje vasanto,
santo santosahetum,
Munivaravacanāṃ,
sotumaggaṃ samaggaṃ.

Sabbesu cakkavāḷesu,
yakkhā devā ca brahmano,
yaṃ amhehi kataṃ puññaṃ,
sabbasampattisādhakaṃ,

Sabbe taṃ anumoditvā,
samaggā sāsane ratā,
pamādarahitā hontu,
āraṃbhāsu visesato.

Sāsanassa ca lokassa,
vuḍḍhī bhavatu sabbadā,
sāsanampi ca lokañca,
devā rakkhantu sabbadā.

Saddhiṃ hontu sukhī sabbe,
parivārehi attano,
anīghā sumanā hontu,
saha sabbehi ñātibhi.

Rājato vā, corato vā, manussato vā,
amanussato vā, aggito vā, udakato vā,
pisācato vā, khāṇukato vā,
kaṇṭakato vā, nakkhattato vā,
janapadarogato vā, asaddhammato vā,
asandiṭṭhito vā, asappurisato vā,
caṇḍa-hatthi-assa-miga-goṇa-kukkura-ahi-
vicchika-maṇisappa-dīpi-accha-taraccha-
sūkara-mahimsa-yakkha-rakkhasādīhi,
nānā-bhayato vā, nānā-roгато vā,
nānā-upaddavato vā, āraṃkhaṃ gaṇhantu.

Those (gods) who are peaceful, with peaceful minds, who have taken refuge in the triple refuge, whether here, or above the worlds, the various earth gods and sky gods, who make effort to take group of virtuous deeds all of the time, may these gods and those who dwell on the majestic Mt. Meru, that excellent golden mountain, come in concord, to hear the Sage's excellent word which is a reason of great happiness.

这个世界与其它世界里，受持了三皈依，一切时候皆致力于累积诸多美德，贤善内心寂静的地居神与空居神，以及住在金造的须弥山顶的诸神王，以及诸位贤者，愿诸神都和谐地来听闻牟尼的至上语、快乐之因。

May all yakkhas, gods, and deities, from the whole universe, after partaking of the merits, which can produce all good fortune,

愿一切世界里的夜叉、神与梵天神随喜我们所造、能带来一切成就的福业。

which we have acquired, being in harmony, and delighting in the teaching, be not heedless and grant us complete protection especially.

随喜该福业后，愿他们都和谐地对佛教感到欢喜，不放逸地保护（美德）。

May the teaching and the world be on the increase at all times, and may the gods protect the teaching and the world forever.

愿一切时候佛教与世界都在增长，
愿一切时候诸神都保护佛教与世界。

May all together with those who are one's around, be happy, may all together with all relatives, be untroubled, and easy in mind.

愿一切众生自己与其随众都快乐，
愿他们及亲戚们都无身苦都开心。

(May you be protected) from the king, thieves, humans, and non-humans, from fire and water, demons, stumps, and thorns, from unlucky stars, and epidemics, from what is not the true dhamma, not right view, not a good person, and from fierce elephants, horses, antelopes, bulls, dogs, snakes, scorpions, poisonous serpents, panthers, bears, hyenas, wild boars, buffaloes, yakkhas, rakkhasas, and so on, from the manifold fears, the manifold diseases, the manifold calamities, (from all of these troubles) may you receive protection.

愿你们获得保护得以免除来自王、贼、人、非人、火、水、鬼怪、树桩、刺、星座、瘟疫、非正法、邪见、非善士、凶恶的象、马、鹿、牛、狗、蛇、蝎、水蛇、豹、熊、鬣狗、野猪、水牛、夜叉、怪物等的种种危险，免除种种疾病与厄难。

Mettasuttaṃ

Discourse on Loving-Kindness 慈愛經

Yassānubhāvato yakkhā neva dassenti bhīsanam
Yamhi cevānuyuñjanto rattindivamatandito.

Sukham supati sutto ca pāpam kiñci na passati,
Evamādiguṇūpetam parittam tam bhaṇāma he.

- - -

Karaṇīyamattakusalena,
yantasantaṃ padaṃ abhisamecca;
Sakko ujū ca suhujū ca,
suvaco cassa mudu anatimānī.

Santussako ca subhāro ca,
appakicco ca sallahukavutti;
Santindriyo ca nipako ca,
appagabbho kulesvananugiddho.

Na ca khuddamācare kiñci,
yena viññū pare upavadeyyum;
Sukhinova khemino hontu,
sabbasattā bhavantu sukhittā.

Ye keci pāṇabhūtatti,
tasā vā thāvarā vanavasesā;
Dīghā vā yeva mahantā,
majjhimā rassakā aṇukathulā.

Diṭṭhā vā yeva adiṭṭhā,
ye va dūre vasanti avidūre;
Bhūtā va sambhavesī va,
sabbasattā bhavantu sukhittā.

Na paro param nikubbetha,
nātimaññetha katthaci na kañci;
Byārosanā paṭighasaññā,
nāññamaññassa dukkhamiccheyya.

Mātā yathā niyaṃ puttamāyusā
ekaputtamanurakkhe;
Evampi sabbabhūtesu,
mānasam bhāvaye aparimāṇam.

Due to the power of this (Mettā Sutta), spirits did not manifest frightful sights. One who devotes himself to these teachings day and night diligently sleeps soundly and does not have any nightmare when asleep. Let us recite this protective discourse.

透过它（慈愛經）的力量，夜叉不显现恐怖相。对于昼夜致力修行者，他睡眠舒适不做恶梦。且让我们诵念具备这些功德之护卫。

This is to be done by [one] skilled in [what is] beneficial: having understood the path that [leads to] peace; he would be able, upright, very upright, easy to admonish, gentle, and not arrogant.

这是想要证得彻悟寂静涅槃、善于有益修行的人应该做的事：他必须有能力、正直、非常正直、易受教、柔软、不自大、

Contented and easy to support, of few duties and living frugally; [with] calm faculties and prudent, not obtrusive [to and] greedy [for gains from supporting] families.

知足、易护持、少事务、生活简朴、诸根寂静、拥有成熟的智慧、不无礼、不贪着在家众。

He would not do [even] the slightest thing, by which the wise could censure [and tell] others; may [all beings] be happy and secure, may all beings be in a state of happiness.

只要是智者将会指责的事，即使是小事他也不做；（愿一切众生）幸福与平安，愿一切众生安乐；

Whatever living beings there are, feeble or strong, [all] without exception; those long, great, medium, short, small or large.

无论是任何存在的众生，会颤抖的或不会颤抖的皆毫无遗漏，长的或大的或中等的，短的或小的或粗圆的，

Those seen or not seen, and living far or nearby; born or seeking birth, may all beings be in a state of happiness.

见到的或没见到的，住在远方的或近处的，已生的或还寻求再生的——愿一切众生快乐。

One would not deceive another, [nor] despise them anywhere [about] anything; [out of] anger or aversion, would not wish suffering for each other.

且让人不欺骗别人，也不在任何地方轻视别人。且让他们不会以嗔怒与厌恶来互相希望对方痛苦。

Just as a mother for her son, [her] only son, would protect [him] with her life; thus, also, towards all beings, would develop the mind without limit.

正如母亲对待自己的儿子那样，会以生命来保护独生子；应当如此对一切众生培育无量的心。

Mettañca sabbalokasmi,
mānasam bhāvaye aparimāṇam;
Uddham adho ca tiriyañca,
asambādhamaṇi averamasapattam.

Tiṭṭham caram nisinno va,
sayāno yāvatāssa vitamiddho;
Etaṁ satim adhiṭṭheyya,
brahmametaṁ vihāramidhamāhu.

Diṭṭhiñca anupaggaṃ,
sīlavā dassanena sampanno;
Kāmesu vinaya gedham,
na hi jātuggabbhaseyya punareti.

– KN, Khuddakapāṭha 9; Suttanipāta, Uragavagga 8

[Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalam.]

With loving-kindness towards the whole world,
would develop the mind without limit; above, below and
across, unrestricted, free from enmity and hostility.

以及应当以慈愛对全世界培育无量的心，上
方、下方与周围，无障碍、无仇人、无敌对。

While standing, walking, seated, or lying down free
from drowsiness; would determine [to keep] this
mindfulness [in mind], this is a divine abiding in this
world, it is said.

立、行、坐或卧，只要不是在睡眠中，都应决
心保持如此的正念。这就是他们在此所说的梵住。

Not going to [wrong] view[s], being morally well
behaved and having [right] vision, [and] having given up
greed for sensuality, never again come [back] to the
womb.

不执持邪见，拥有戒行，具足智见，及已经去
除对欲乐的贪爱之后，他肯定不会再投胎。

By this speaking of truth, may there be well-being
for you always. By this speaking of truth, may all [your]
diseases disappear. By this speaking of truth, may there
be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Khandhasuttaṁ

Discourse on [Protection of] Aggregates 蕴护经

Sabbāsivisaṇṇānaṁ
Dibbamantāgadam viya
Yam nāseti visam ghoram
Sesañcāpi parissayam.

Āṇākkhettaṃhi sabbattha
Sabbadā sabbapāṇinam
Sabbasopi nivāreti
Parittam tam bhaṇāma he.

- - -

Virūpakkhehi me mettaṁ
Mettaṁ Erāpathehi me,
Chabyāputtehi me mettaṁ
Mettaṁ Kaṇhāgotamakehi ca.

Apādahehi me mettaṁ
Mettaṁ dvipādahehi me,
Catuppadehi me mettaṁ
Mettaṁ bahuppadehi me.

Just like divine charms and divine medicines, this
(Khandha-Sutta) nullifies baneful poison and other perils
of all the highly poisonous creatures.

犹如天咒与天药，此经能够除剧毒；
一切剧毒之生物，其害此经皆能除。

In the scope of authority everywhere, always, for all
beings this discourse prevents (the disasters). Let us
recite this protective discourse now.

在此威力范围内，一切时候一切处，
此经能防该危害。我们且诵此护卫。

May I have loving-kindness towards the Virūpakkhas;
May I have loving-kindness towards the Erāpathas;
May I have loving-kindness towards the Chabyāputtas;
May I have loving-kindness towards the Kaṇhāgotamakas.
愿我对威卢跋有慈愛；愿我对伊拉跋有慈愛；
愿我对刹标子有慈愛；愿我对黑瞿昙有慈愛。

May I have loving-kindness towards footless beings;
May I have loving-kindness towards beings with two legs;
May I have loving-kindness towards beings with four legs;
May I have loving-kindness towards beings with many legs.
愿我对无足众生有慈愛；愿我对两足众生有慈愛；
愿我对四足众生有慈愛；愿我对多足众生有慈愛。

Mā maṃ apāḍako hiṃsi
Mā maṃ hiṃsi dvipāḍako,
Mā maṃ catuppado hiṃsi
Mā maṃ hiṃsi bahuppado.

Sabbe sattā, sabbe pāṇā
Sabbe bhūtā ca kevalā,
Sabbe bhadraṇi passantu
Mā kañci pāpamāgamā.

Appamāṇo Buddho,
Appamāṇo Dhammo,
Appamāṇo Saṅgho.
Pamāṇavantāni sirimsapāni:
Ahi-vicchikā, satapadī,
Uṇṇanābhi, sarabū, mūsikā.

Katā me rakkhā, kataṃ me parittaṃ,
Paṭikkamantu bhūtāni.
So'haṃ namo Bhagavato,
Namo sattannaṃ Sammā-sambuddhānaṃ.

– KN, 203 Khaṇḍajātaka;
AN.IV.67 Ahirājasuttaṃ;
Vinayapiṭaka, Cūlavagga,
Khuddakavattthukkhandhakaṃ

[Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.]

May footless beings not harm me;
May beings with two legs not harm me;
May beings with four legs not harm me;
May beings with many legs not harm me.
愿无足众生不伤害我；愿两足众生不伤害我；
愿四足众生不伤害我；愿多足众生不伤害我。

May all living beings, all breathing things,
all creatures (without exception)
meet with good fortune.
May none of them come to any evil.
愿一切有情一切息生、一切众生毫无遗漏地，
愿他们遇见幸运的事，不会遭遇邪恶的事情。

Infinite is the Buddha,
Infinite is the Dhamma,
Infinite is the Saṅgha.
Finite are creeping things:
snakes, scorpions, centipedes,
spiders, lizards, rats.
佛无量，法无量，僧无量。
爬行类却有限量：
蛇、蝎、蜈蚣、
蜘蛛、蜥蜴、老鼠。

I have made the protection, I have made the safeguard.
May the (harmful) beings depart. I pay homage to the
Blessed One; homage to the seven Buddhas (Vipassī
Buddha, Sikhī Buddha, Vessabhū Buddha, Kakusandha
Buddha, Koṇāgamana Buddha, Kassapa Buddha, and
Gotama Buddha)
我做了护卫，我做了保护。
愿那些（有害的）众生离开。
我礼敬世尊；
礼敬七位圆满自觉者。

By this speaking of truth, may there be well-being
for you always. By this speaking of truth, may all [your]
diseases disappear. By this speaking of truth, may there
be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

(For additional chanting, please see the 'Table of Chanting Sequence' at the
Contents of this book.)

(关于附加课诵，请参考本书的目录「课诵顺序表」。)

Ovāda-Pātimokkha-Gāthā

Verses of Pātimokkha Exhortation 护解脱教诫偈

Khantī paramaṃ tapo titikkhā,
Nibbānaṃ paramaṃ vadanti Buddhā;
Na hi pabbajito parūpaghātī,
Na samaṇo hoti paraṃ viheṭṭhayanto.

Enduring patience is the highest austerity. ‘Nibbāna is supreme,’ say the Buddhas. He is not a true renunciate who harms another, nor a true recluse who oppresses others.

忍辱是至上磨练，诸佛说涅槃至上，
害他实非出家人，恼他不名为沙门。

Sabba-pāpassa akaraṇaṃ,
Kusalassa upasampadā,
Sacitta-pariyodapanaṃ,
Etaṃ Buddhāna’Sāsanaṃ.

The not doing of all that is bad, undertaking [all] that is skilful and cleansing one’s own mind — this is the teaching of the Buddhas.

诸恶莫做，众善奉行，
自净其意，是诸佛教。

Anūpavādo, anūpaghāto,
Pātimokkhe ca saṃvaro,
Mattaññutā ca bhattasmiṃ,
Pantañca sayanāsaṇaṃ,
Adhicitta ca āyogo,
Etaṃ Buddhāna’Sāsanaṃ. – Dhṛp 184, 183, 185

Not despising, not harming, restrained according to the monastic discipline, knowing the [right] amount in regard to food, [dwelling in a] secluded lodging, and dedication to [the practice of] higher mind – this is the teaching of the Buddhas.

不贬与不害，严持于戒律，
饮食知节量，僻静处独居，
勤修增上心，是为诸佛教。

Bhaddekaratta-Gāthā

Verses on ‘An Auspicious Night’ 贤善一夜偈

Atītaṃ nānvāgameyya,
Nappaṭikaṅkhe anāgataṃ;
Yadatītaṃ pahīnaṃ taṃ,
Appattañca anāgataṃ.

One should neither follow the past nor have expectations for the future; what is past has gone and the future not yet reached.

不应沉湎过去，亦别期盼未来；
过去已经过去，未来还未到来。

Paccuppannañca yo dhammaṃ
Tattha tattha vipassati;
Asaṃhīraṃ asaṅkappaṃ
Taṃ vidvā manubrūhaye;

Instead with insight let him see each presently arisen condition; let him know that and be sure of it, invincibly, unshakably.

应当透过智慧，观照当下之法，
正确地了知它，坚定且不动摇。

Ajjeva kiccamātappaṃ
Ko jaññā maraṇaṃ suve;
Na hi no saṅgarantena
Mahā-senena maccunā.

Today itself ardent effort should be made; who knows death may come tomorrow. For there is no bargaining with that, [that is] with death and its great army.

今日就应努力，谁知明日便死；
跟死王之大军，无法讨价还价。

Evam viharim ātāpim
Ahorattamatanditaṃ,
Taṃ ve ‘bhaddeka-ratto’ti
Santo ācikkhate Munī’ti. – MN, 131-134

One who thus dwells ardently, relentlessly day and night – the serene Sage states that he [is one who has spent] ‘an auspicious night.’

如此热忱安住，日夜都在精进；
寂静圣贤称之：贤善渡过一夜。

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Dasadhammāsuttaṃ (Pabbajita-Abhiṇhasuttaṃ)

Discourse on Ten Dhammas 十法经

“Dasayime, bhikkhave, dhammā
pabbajitena abhiṇhaṃ paccavekkhitabbā.
Katame dasa?

1. ‘Vevaṇṇiyamhi ajjhupagato’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

2. ‘Para-paṭibaddhā me jīvikā’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

3. ‘Añño me ākappo karaṇīyo’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

4. ‘Kacci nu kho me attā sīlato na
upavadatī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

5. ‘Kacci nu kho maṃ anuvicca viññū
sabrahma-cārī sīlato na upavadantī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

6. ‘Sabbhehi me piyehi manāpehi nānā-
bhāvo vinā-bhāvo’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

7. ‘Kammassakomhi kamma-dāyādo
kamma-yoni kamma-bandhu kamma-
paṭisaraṇo, yaṃ kammaṃ karissāmi kalyāṇaṃ
vā pāpakaṃ vā tassa dāyādo bhavissāmī’ti
pabbajitena abhiṇhaṃ paccavekkhitabbam;

8. ‘Kathambhūtassa me rattindivā
vītivattantī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

9. ‘Kacci nu kho ahaṃ suññāgāre
abhiraṃāmī’ti pabbajitena abhiṇhaṃ
paccavekkhitabbam;

“There are these ten things, bhikkhus, that one who has gone forth should frequently reflect on. What are the ten?

「诸比丘，有十种法是出家人应当经常省察的。是哪十种？」

‘I have become one who has no class’, one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我已经成为没有阶级分别的人。』

‘I am bound to others for my livelihood’, one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我的生活依赖他人。』

‘I should comport myself differently’, one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我的行仪举止应与在家人不同。』

‘Can I myself find no fault with my virtue?’ one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否不会因戒而谴责自己？』

‘Will my wise companions in the spiritual life, after testing me, find no fault with my virtue?’, one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『有智的同梵行者检查后，是否不会因戒而谴责我？』

‘All those who are dear and pleasing to me are subject to change, subject to separation (i.e. death)’, one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『一切我所喜爱、可意的会变异、别离（即：死亡）。』

‘I am the owner of my kammās, I am the heir of my kammās, it is kamma that I am born from, kammās are my kinsfolk, kammās are my refuge, whatever kammās I perform, whether good or bad, to that I will be the heir’, one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是业的所有者，业的继承者，以业为起源，以业为亲属，以业为依靠。无论我所造的业是善或恶，我将是它的继承者。』

‘In what way do the nights and days pass for me?’, one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是如何度过日夜夜呢？』

‘Do I delight in empty places?’ one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否乐于空闲处呢？』

10. 'Atthi nu kho me uttari-manussa-
dhammo alamariya-ñāṇa-dassana-viseso
adhigato, yenāhaṃ pacchime kāle
sābrahmacārīhi puṭṭho na maṅku bhavissāmī'ti
pabbajitena abhiṇhaṃ paccavekkhitabbā.

Ime kho, bhikkhave, dasa dhammā
pabbajitena abhiṇhaṃ paccavekkhitabbā."

– AN.X.48

'Has a state beyond (ordinary) human beings, the distinction of what is truly noble knowledge and seeing been attained by me? Will I at the end, when questioned by my companions in the spiritual life, not be embarrassed?', one who has gone forth should frequently reflect on this.

出家人应当经常地省察：『我是否有证得上人法、真正殊胜的圣智见呢？在我最后时刻，当同梵行者们问及时，我将不会羞愧？』

"These are the ten things, bhikkhus, that one who has gone forth should frequently reflect on."

诸比丘，此十种法乃出家人应当经常地省察。」

Catupaccavekkhaṇā *Four [Requisites] Contemplation* 四种省思

Paṭisaṅkhā yoniso cīvaraṃ paṭisevāmi,
yāvadeva sītassa paṭighātāya, uṇhassa
paṭighātāya, ḍaṃsa-makasa-vātātapa-
sirīmsapa-samphassānaṃ paṭighātāya,
yāvadeva hiri-kopīna-paṭicchādanatthaṃ.

[Yathā-paccayaṃ pavattamānaṃ dhātu-
mattamevetaṃ yadidaṃ cīvaraṃ
tadupabhuñjako ca puggalo dhātu-mattako
nissatto nijjīvo suñño, sabbāni pana imāni
cīvarāni ajigucchaniyāni imaṃ pūtikāyaṃ patvā
atīviya jigucchaniyāni jāyanti.]

Paṭisaṅkhā yoniso piṇḍapātaṃ paṭisevāmi,
neva davāya na madāya na maṇḍanāya na
vibhūsanāya, yāvadeva imassa kāyassa ṭhitiyā
yāpanāya vihiṃsūparatiyā
brahmacariyānuggahāya, iti purāṇaṇca
vedanaṃ paṭisaṅkhāmi, navaṇca vedanaṃ na
uppādessāmi, yātrā ca me bhavissati
anavajjatā ca phāsu-vihāro ca.

Reflecting wisely, I wear the robe, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and also for the purpose of covering the parts of my body that cause shame.

我如理省思所受用之衣，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了遮蔽羞处。

Dependent upon and existing through causes and merely [a combination of various] elements are both this robe and the one who wears it; mere elements, not a being, lifeless, void [of a self]. All of these robes are not loathsome [yet], but having come into contact with this putrid body become exceedingly loathsome.

此袈裟及穿着袈裟的人都只是种种元素的组合体，依靠诸因而存在，非有情、无命、空。这一切袈裟不可厌，但在接触这不净的身体后，它们变得非常可厌。

Reflecting wisely I use almsfood not for play, not for pride, not for beauty, not for fattening; but merely for the sustenance and continuance of this body; to cease discomfort; and to be able to practise the holy life, thinking "Thus I will destroy old feelings (of hunger) and not create new feelings (from overeating). I will maintain myself, be blameless, and live in comfort."

我如理省思所受用的食物，不为嬉戏，不为骄傲，不为装饰，不为庄严，只是为了此身住立存续，为了停止伤害，为了资助梵行，如此我将消除旧受，并使新受不生，我将维持生命、无过且安住。

[Yathā-paccayaṃ pavattamānaṃ dhātu-mattamevetam yadidaṃ piṇḍapāto tadupabhuñjako ca puggalo dhātu-mattako nissatto nijjīvo suñño, sabbo panāyaṃ piṇḍapāto ajigucchanīyo, imaṃ pūtikāyaṃ patvā ativiya jigucchanīyo jāyati.]

Paṭisaṅkhā yoniso senāsaṇaṃ paṭisevāmi, yāvadeva sītassa paṭighātāya, uḥhassa paṭighātāya, ḍaṃsa-makasa-vātātapa-sirīmsapa-samphassānaṃ paṭighātāya, yāvadeva utu-parissaya-vinodanaṃ paṭisallānārāmatthaṃ.

[Yathā-paccayaṃ pavattamānaṃ dhātu-mattamevetam yadidaṃ senāsaṇaṃ tadupabhuñjako ca puggalo dhātu-mattako nissatto nijjīvo suñño. Sabbāni pana imāni senāsaṇāni ajigucchanīyāni imaṃ pūtikāyaṃ patvā ativiya jigucchanīyāni jāyanti.]

Paṭisaṅkhā yoniso gilāna-paccaya-bhesajja-parikkhāraṃ paṭisevāmi, yāvadeva uppannānaṃ veyyābādhikānaṃ vedanānaṃ paṭighātāya, abyāpajjha-paramatāya.

[Yathā-paccayaṃ pavattamānaṃ dhātu-mattamevetam yadidaṃ gilāna-paccaya-bhesajja-parikkhāro tadupabhuñjako ca puggalo dhātu-mattako nissatto nijjīvo suñño. Sabbo panāyaṃ gilāna-paccaya-bhesajja-parikkhāro ajigucchanīyo imaṃ pūtikāyaṃ patvā ativiya jigucchanīyo jāyati.]

Dependent upon and existing through causes and merely [a combination of various] elements are both the almsfood and the one who partakes of it; mere elements, not a being, lifeless, void [of a self]. All of this almsfood is not loathsome [yet], but having come into contact with this putrid body becomes exceedingly loathsome.

此鉢食及食用者都只是种种元素的组合体，依靠诸因而存在，非有情、无命、空。这一切鉢食不可厌，但在接触这不净的身体后，它变得非常可厌。

Reflecting wisely I make use of dwellings, only to protect myself from cold, heat, gadflies, mosquitoes, wind and sun and creeping things; and as a protection from the perils of weather conditions; and for the joy of seclusion.

我如理省思所受用的住所，只是为了防御寒冷，为了防御炎热，为了防御蛇、蚊、风吹、日晒、爬虫类的触恼，只是为了免除季候的危险，而好独处（禅修）之乐。

Dependent upon and existing through causes and merely [a combination of various] elements are both this lodging and the one who lives in it; mere elements, not a being, lifeless, void [of a self]. All these lodgings are not loathsome [yet], but having come into contact with this putrid body become exceedingly loathsome.

此住所及使用者都只是种种元素的组合体，依靠诸因而存在，非有情、无命、空。这一切住所不可厌，但在接触这不净的身体后，它们变得非常可厌。

Reflecting wisely I make use of medicinal requisites that are for curing the sick, only to counteract any afflicting feelings (of illness) that have arisen and for maximum freedom from disease.

我如理省思所受用的病者所需之药品，只是为了治疗已生起的病苦之受，为了尽量没有身苦。

Dependent upon and existing through causes and merely [a combination of various] elements are both this requisite of medicine for treating illness and the one who partakes of it; mere elements, not a being, lifeless, void [of a self]. All of this requisite of medicine for treating illness is not loathsome [yet], but having come into contact with this putrid body becomes exceedingly loathsome.

此药物及使用者都只是种种元素的组合体，依靠诸因而存在，非有情、无命、空。这一切药物不可厌，但在接触这不净的身体后，它变得非常可厌。

Pubbaṇhasuttaṃ *The Discourse about the Forenoon* 午前经

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Buddhānubhāvena vināsamentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Dhammānubhāvena vināsamentu.

Yaṃ dunnimittāṃ avamaṅgalañca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Saṅghānubhāvena vināsamentu.

Dukkhappattā ca niddukkhā
Bhayappattā ca nibbhayā,
Sokappattā ca nissokā
Hontu sabbe'pi paṇino.

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadam,
Sabbe devā'numodantu
Sabba-sampatti siddhiyā.

Dānaṃ dadantu saddhāya,
Sīlaṃ rakkhantu sabbadā,
Bhāvanābhiratā hontu,
Gacchantu devatāgatā.

Sabbe Buddhā balappattā
Paccekaṇaṃ yaṃ balaṃ,
Arahantānaṃ tejena
Rakkhaṃ bandhāmi sabbaso.

Yaṃ kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Buddhē ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

By the power of the Buddha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛陀的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Dhamma, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过佛法的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Saṅgha, may all evil omens, inauspiciousness, the unpleasant cry of birds, bad [influences of the] planets, bad dreams and [all that is] not agreeable disappear.

透过僧团的威力，愿诸恶兆与不祥、
不悦鸟啼与灾星、恶梦不如意消失！

May all creatures who are suffering be without suffering, [living in] fear be without fear and [living in] sorrow be without sorrow.

祝愿一切的众生，痛苦的不再痛苦，
恐惧的不再恐惧，忧愁的不再忧愁。

May all deities rejoice in this merit which we have thus acquired. May it bring about all achievements.

愿一切神随喜我们至今所累积的功德，愿一切得成就！

May all be able to perform giving with faith; may all safeguard their morality always. May all be delighted in meditation. May the deities who have come (to the recitation) go back (to their homes).

愿大家依信布施，愿大家永护其戒，
愿大家乐于禅修，请来此诸神归去。

By the (protective) power of the Buddhas, the power of Pacceka-Buddhas and the power of Arahants, I fortify the protection in every way.

以一切佛陀之力，及诸辟支佛之力，
及诸阿罗汉之力，我建立一切守护！

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间（这是指天界、梵天界或其他世界系）的任何财宝，或在天界的任何殊胜珠宝，都没有和如来（佛陀）同等的。在佛陀里有此殊胜宝。以此真实语愿得安乐。

Yam kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Dhamme ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Yam kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ.
Na no samaṃ atthi Tathāgatena,
Idampi Saṅghe ratanaṃ paṇītaṃ:
Etena saccena suvatthi hotu!

Mahā-kāruṇiko nātho,
Hitāya sabba-pāṇinaṃ,
Pūretvā pāramī sabbā,
Patto sambodhimuttamaṃ.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Jayanto bodhiyā mūle,
Sakyānaṃ nandi-vuḍḍhano,
Evameva jayo hotu,
Jayassu jaya-maṅgale.

Aparājita-pallaṅke,
Sīse puthuvipukkhale,
Abhiseke sabbabuddhānaṃ,
Aggapatto pamodati.

Sunakkhattaṃ sumaṅgalaṃ,
Suppabhātaṃ suhuṭṭhitaṃ;
Sukhaṇo sumuhutto ca,
Suyiṭṭhaṃ brahmacārisu.

Padakkhiṇaṃ kāya-kammaṃ,
Vācā-kammaṃ padakkhiṇaṃ;
Padakkhiṇaṃ mano-kammaṃ,
Paṇīdhi te padakkhiṇe.

Padakkhiṇāni katvāna,
Labhantatthe padakkhiṇe.
Te attha-laddhā sukhitā
Virūḷhā Buddha-sāsane;
Arogā sukhitā hotha
Saha sabbehi ñātibhi.

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Dhamma is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在法里有此殊胜宝。以此真实语愿得安乐。

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间的任何财宝，或在天界的任何殊胜珠宝，都没有和如来同等的。在僧团里有此殊胜宝。以此真实语愿得安乐。

The most compassionate Lord had fulfilled all the perfections for the welfare of all beings and had attained the supreme enlightenment. By this truth may there be well-being for you always.

具有大悲的依持者，为了一切众生利益，
圆满所有波罗蜜后，证得无上菩提解脱；
借着这真实的话语，愿你永远平安快乐。

Just as the Lord, the increaser of delight for the Sakyans, was victorious at the foot of the Bodhi tree, so also may the victory be to you and may you be successful in all the auspicious conquests.

为释迦族增长喜者，在菩提树下得胜利；
愿你也都如此胜利，于吉祥征途得胜利。

The Lord had attained the Noble State on the Unconquerable Seat, on the most sacred earth consecrated by all the Buddhas and rejoiced.

在不败的座位上，在最神圣的地点，
诸佛加持欢喜处，他证悟圣洁之境。

May good planets, excellent blessings, good daybreak, good waking up, good moment, good instance, and good oblations to the sages be to you.

愿你得吉星善吉祥，好的黎明好的起身，
好的刹那与好时刻，对梵行者的善供养。

May the bodily deeds be reverential; may the speech deeds be reverential; may the mental deeds be reverential. May you be resolute in these reverential matters.

恭敬的身业，恭敬的语业，
恭敬的意业，决意于敬业。

Having done the reverential deeds, may you obtain reverential gains; having obtained them may you be happy and make progress in the Buddha's dispensation. May you and all your relatives be happy and free from sickness.

实行恭敬诸业之后，愿你获得恭敬之得。
获得它们愿你快乐，于佛教法获得提升。
愿你及所有亲戚们，都没有病痛都快乐。

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-buddhānubhāvena
Sadā sukhī (sothī)³³ bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-dhammānubhāvena
Sadā sukhī (sothī)² bhavantu te.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-saṅghānubhāvena
Sadā sukhī (sothī)² bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Buddhas, may you have happiness (well-being) always.

愿你得一切吉祥，愿一切神保护你；
透过诸佛的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Dhammas, may you have happiness (well-being) always.

愿你得一切吉祥，愿一切神保护你；
透过诸法的威力，愿你永远都快乐（平安）！

May all blessings be [yours], may all the deities protect [you]; by the power of all the Saṅghas, may you have happiness (well-being) always.

愿你得一切吉祥，愿一切神保护你；
透过诸僧的威力，愿你永远都快乐（平安）！

Mettā Chanting 慈悲诵

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Puratthimāya disāya, pacchimāya disāya,
uttarāya disāya, dakkhiṇāya disāya, puratthi-
māya anudisāya, pacchimāya anudisāya,
uttarāya anudisāya, dakkhiṇāya anudisāya,
hetṭhimāya disāya, uparimāya disāya,

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe
anariyā, sabbe devā, sabbe manussā, sabbe
vinipātikā –

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:

一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

In the easterly direction, in the westerly direction, in the northerly direction, in the southerly direction, in the south-east direction, in the north-west direction, in the north-east direction, in the south-west direction, in the downward direction, in the upward direction:

在东方、在西方、在北方、在南方、在东南方、
在西北方、在东北方、在西南方、在下方、在上方

May all beings, all breathing things, all creatures, all individuals, all self embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:

一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

³³ sothī – Sri Lanka Version, 斯里兰卡版本

Averā hontu, abyāpajjā hontu, anīghā
hontu, sukhī attānaṃ pariharantu. Dukkha
muccantu, yathā-laddha-sampattito mā
vigacchantu, kammassakā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā pathavī-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā udake-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā ākāse-carā;
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.

愿他们没有仇敌，愿他们没有心的痛苦，愿他们没有身体上的痛苦，愿他们快乐地照顾好自己。愿他们脱离苦。愿他们不失去任何现在已得的。他们是自己的业的主人。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live on earth: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在地上过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in water: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在水里过活的有情无嗔无怨、无苦无厄。

Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in the sky: [may they] be free from affliction, hostility and without suffering and trouble.

上至有顶天，下至阿鼻地狱，在整个世界系中，愿所有在天空里过活的有情无嗔无怨、无苦无厄。

Good Wishes and Sharing of Merit etc 1 祝愿与分享功德等 1

Yaṃ pattarṃ kusalarṃ tassa
Ānubhāvena pāṇino
Sabbe saddhamma-rājassa
Ñatvā Dhammaṃ sukhāvaham,

Pāpuṇantu visuddhāya
Sukhāya paṭipattiyā
Asokamanupāyāsarṃ
Nibbānasukhamuttamarṃ.

Cirarṃ tiṭṭhatu saddhammo,
Dhamme hontu sagāravā
Sabbe'pi sattā, kālena
Sammā devo pavassatu.

Yathā rakkhimsu porāṇā
Surājāno tathevimarṃ,
Rājā rakkhātu dhammena
Attano'va pajarṃ pajarṃ.

By the power of whatever wholesome state attained by me, may all beings, having known rightly the King of Dhamma's teachings which give bliss (of Nibbāna), attain the bliss of Nibbāna, sorrowless, without distress and supreme, through the Middle Practice (Noble Eightfold Path) which is pure and blissful.

以我所成就的善法力量，愿一切有情在了知正法王导向快乐（涅槃）之法后，透过清净快乐的修行，达到至上的涅槃乐、无忧无恼。

May the true Dhamma last long, may all beings also respect the Dhamma, and may the [rain] god [give] proper and timely rain.

愿正法久住，愿一切有情也恭敬法，愿雨神适时降雨。

Just as good kings of ancient times gave protection, may the king righteously protect the people like his own (offspring).

正如古代贤善之王给予保护，愿国王善护人民如善护自己的子女。

Imāya dhammānudhammapaṭipattiyā
Buddhaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Dhammaṃ pūjemi.

Imāya dhammānudhammapaṭipattiyā
Saṅghaṃ pūjemi.

Addhā imāya paṭipattiyā jāti-jarā-byādhi
maraṇamhā parimuccissāmi.

Idaṃ me puññaṃ āsavakkhayāvaham hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññabhāgaṃ labhantu.

By this practice that is in accordance with the
Dhamma, I venerate the Buddha.

By this practice that is in accordance with the
Dhamma, I venerate the Dhamma.

By this practice that is in accordance with the
Dhamma, I venerate the Saṅgha.

Surely, by this practice I will be liberated from birth,
old age, sickness and death.

以此依法修行证法，我礼敬佛！

以此依法修行证法，我礼敬法！

以此依法修行证法，我礼敬僧！

以此修行，我肯定将会解脱生、老、病、死！

May this merit of mine be conducive to the
destruction of [mental] taints. May this merit of mine be
a [supportive] condition [for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。

愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings. May all
those beings get an equal share of the merits shared by me.

我把我的功德与一切有情分享，

愿他们都平等地得到我的功德。

Subha-Patthanā & Paritta Blessings and Protection 祝福与护卫

Yaṃ dunnimittaṃ avamaṅgalaṇca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Buddhānubhāvena vināsamentu.

Yaṃ dunnimittaṃ avamaṅgalaṇca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Dhammānubhāvena vināsamentu.

Yaṃ dunnimittaṃ avamaṅgalaṇca,
Yo cāmaṇāpo sakuṇassa saddo,
Pāpaggaho dussupinaṃ akantaṃ,
Saṅghānubhāvena vināsamentu.

Sabbītiyo vivajjantu,
Sabba-rogo vinassatu,
Mā te bhavatvantarāyo,
Sukhī dīghāyuko bhava.

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-buddhānubhāvena
Sadā sotthī bhavantu te.

By the power of the Buddha, may all evil omens,
inauspiciousness, the unpleasant cry of birds, bad
[influences of the] planets, bad dreams and [all that is]
not agreeable disappear.

透过佛陀的威力，愿诸恶兆与不祥、

不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Dhamma, may all evil omens,
inauspiciousness, the unpleasant cry of birds, bad
[influences of the] planets, bad dreams and [all that is]
not agreeable disappear.

透过佛法的威力，愿诸恶兆与不祥、

不悦鸟啼与灾星、恶梦不如意消失！

By the power of the Saṅgha, may all evil omens,
inauspiciousness, the unpleasant cry of birds, bad
[influences of the] planets, bad dreams and [all that is]
not agreeable disappear.

透过僧团的威力，愿诸恶兆与不祥、

不悦鸟啼与灾星、恶梦不如意消失！

May all calamities be avoided, may all diseases
disappear, may there be no obstacle[s] for you, [and may]
you be happy and have long life.

愿免离一切灾难，愿一切疾病消失；

愿你没有诸障碍，愿你快乐又长寿！

May all blessings be [yours], may all the deities
protect [you]; by the power of all the Buddhas, may you
have well-being always.

愿你得一切吉祥，愿一切神保护你；

透过诸佛的威力，愿你永远都平安！

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-dhammānubhāvena
Sadā sotthī bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Dhammas, may you have well-being always.

愿你得一切吉祥，愿一切神保护你；
透过诸法的威力，愿你永远都平安！

Bhavatu sabba-maṅgalaṃ,
Rakkhantu sabba-devatā,
Sabba-saṅghānubhāvena
Sadā sotthī bhavantu te.

May all blessings be [yours], may all the deities protect [you]; by the power of all the Saṅghas, may you have well-being always.

愿你得一切吉祥，愿一切神保护你；
透过诸僧的威力，愿你永远都平安！

Nakkhatta-yakkha-bhūtānaṃ
Pāpaggaha-nivāraṇā,
Parittassānubhāvena
Hantu tesāṃ upaddave.

The obstacles from the bad [influences of] planets, [and] of constellations, demons and ghosts; by the power of this protective chant, may the dangers of [all of] these be destroyed.

灾星与夜叉与鬼、以及星座的阻碍；
以护卫经之力量，愿破除彼等诸厄！

Dukkhappattā ca niddukkhā
Bhayappattā ca nibbhayā,
Sokappattā ca nissokā
Hontu sabbe'pi paṇino.

May all creatures who are suffering be without suffering, [living in] fear be without fear and [living in] sorrow be without sorrow.

祝愿一切的众生，痛苦的不再痛苦，
恐惧的不再恐惧，忧愁的不再忧愁。

Sabbe Buddhā balappattā
Paccekañña yaṃ balaṃ,
Arahantañña teja
Rakkhaṃ bandhāmi sabbaso.

By the (protective) power of the Buddhas, the power of Pacceka-Buddhas and the power of Arahants, I fortify the protection in every way.

以一切佛陀之力，及诸辟支佛之力，
及诸阿罗汉之力，我建立一切守护！

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā,
Puññantaṃ anumoditvā
Ciraṃ rakkhantu Sambuddha-sāsanaṃ.

May beings inhabiting in space and on earth, devas and nāgas of mighty power, having rejoiced in this merit of ours, long protect the Buddha's Teaching.

住在天空与地上，大神力之神与龙，
随喜这项功德后，请恒常守护佛教！

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā,
Puññantaṃ anumoditvā
Ciraṃ rakkhantu Sambuddha-desanaṃ.

May beings inhabiting in space and on earth, devas and nāgas of mighty power, having rejoiced in this merit of ours, long protect the Buddha's Preaching.

住在天空与地上，大神力之神与龙，
随喜这项功德后，请恒守护佛教法！

Ākāsaṭṭhā ca bhummaṭṭhā
Devā nāgā mahiddhikā,
Puññantaṃ anumoditvā
Ciraṃ rakkhantu Sambuddha-sāvakaṃ,
Ciraṃ rakkhantu maṃ paraṃ.

May beings inhabiting in space and on earth, devas and nāgas of mighty power, having rejoiced in this merit of ours, long protect the Buddha's disciples. May they long protect me and others.

住在天空与地上，大神力之神与龙，
随喜这项功德后，请恒守护佛弟子，
恒守护我与他人！

Pattidāna

Sharing of Merit 分享（回向）功德

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe devā'numodantu
Sabba-sampatti siddhiyā.

May all deities rejoice in this merit which we have thus acquired. May it bring about all achievements.
愿一切神随喜我们至今所累积的功德，愿一切得成就！

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe bhūtā'numodantu
Sabba-sampatti siddhiyā.

May all creatures rejoice in this merit which we have thus acquired. May it bring about all achievements.
愿一切众生随喜我们至今所累积的功德，愿一切得成就！

Ettāvatā ca amhehi
Sambhataṃ puñña-sampadaṃ,
Sabbe sattā'numodantu
Sabba-sampatti siddhiyā.

May all beings rejoice in this merit which we have thus acquired. May it bring about all achievements.
愿一切有情随喜我们至今所累积的功德，愿一切得成就！

Idaṃ me ñātinaṃ hotu, sukhitā hontu ñātayo.
(3X)

Let this (merit) accrue to my departed relatives and may they be happy.
回向此（功德）予我的亲人，愿他们快乐。

Kappa-sata-sahassāni
Soḷasāpi asaṅkhaya,
Sambharaṃ bodhi-sambhāre
Āgato jāti-jātisu,

For a hundred thousand and sixteen asaṅkhaya aeons undergoing birth after birth accumulating the necessary experiences for [attaining] enlightenment ...
在十六阿僧祇和十万大劫里，生生世世都累积菩提资粮，

Niyato Buddha-bhāvāya
Bhadda-kappe idhantime,
Bodhi-satto ca Metteyyo
Puññaṃ me anumodatu.

... and certain to [attain the] state of Buddhahood, being the last [Buddha] in this auspicious aeon, may the Bodhisatta Metteyya rejoice in [this accrued] merit of mine.
肯定会成佛，是这个贤劫里的最后一尊佛，愿弥勒菩萨随喜我的功德。

Asmiṃ vihāre ca ārāme
Adhivatthā ca devatā,
Anumoditvā imaṃ puññaṃ
Rakkhantu Jina-sāsanaṃ.

May the deities living in this temple building and monastery rejoice in this merit [that we have accrued] and protect the Teachings of the Conqueror (i.e. the Buddha).
愿住在这寺院和园林里的神明们随喜这项功德后护持胜利者（佛陀）的教法。

Sabbe sattā ca majjhataṃ
Hitā ca ahitā ca me,
Anumoditvā imaṃ puññaṃ
Bujjhantu amataṃ padaṃ.

May all beings neutral, beneficial and harmful to me rejoice in this merit [that I have accrued] and awaken to the deathless state (i.e. attain Nibbāna).
愿一切有情，包括对我普通、有益及无益的，在随喜此功德之后，都证悟不死（涅槃）之境。

Accaya-Vivaraṇa & Khamāpana

Asking for Forgiveness 祈求宽恕

Kāyena vācā-cittena
Pamādena mayā kataṃ,
Accayaṃ khama me Bhante
Bhūri-paṇṇa Tathāgata.

For any transgression I have committed through heedlessness, by way of body, speech or mind, please forgive me, Venerable Sir, Realised One, O greatly wise.

于身于口于意，
因我放逸所造，
请原谅我的错，
尊者——广慧如来。

Kāyena vācā-cittena
Pamādena mayā kataṃ,
Accayaṃ khama me Dhamma
Sandiṭṭhika, akālika.

For any transgression I have committed through heedlessness, by way of body, speech or mind, please forgive me, O Dhamma, which is self-evident, not delayed in time.

于身于口于意，
因我放逸所造，
请原谅我的错，
佛法——自见无时。

Kāyena vācā-cittena
Pamādena mayā kataṃ,
Accayaṃ khama me Saṅgha
Puṇṇakkhetta anuttara.

For any transgression I have committed through heedlessness, by way of body, speech or mind, please forgive me, O Saṅgha, unsurpassed field of merit.

于身于口于意，
因我放逸所造，
请原谅我的错，
僧伽——无上福田。

Patthanā

Aspiration 发愿

Iminā puṇṇa-kammena
Mā me bāla-samāgamo,
Sataṃ samāgamo hotu
Yāva nibbāna-pattiyā.

By this meritorious act
May I never meet with the foolish;
May I [only] meet with the wise
Up until I attain Nibbāna.
愿以这项功德
令我不遇愚人
令我亲近智者
直到我证涅槃。

Idaṃ me puṇṇaṃ āsavakkhayāvaharaṃ hotu.
Idaṃ me puṇṇaṃ nibbānassa paccayo hotu.

May this merit of mine be conducive to the destruction of the taints.

May this merit of mine be a [supportive] condition [for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。
愿我此功德成为证悟涅槃的助缘。

Mama puṇṇabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puṇṇabhāgaṃ labhantu.

I share my merits (done today) with all beings.
May all those beings get an equal share of the merits shared by me.

我把我的功德与一切有情分享，
愿他们都平等地得到我的功德。

Good Wishes for Ven. Pa-Auk Sayadaw, Ariyadhamma Mahāthera & Other Theras 祝福帕奥禅师、圣法大长老与其他长老

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhim,
Therāsabho Āciṇṇo yatinda-nātho
Dīghāyuko bhavatu sādhu-samiddha-citto.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-citta-pasādhitena,
Therāsabho Ariyadhammo yatinda-nātho
Sambodhiñāṇamadhigacchatu sādhu sādhu.

Dhammena nena mati-siddha-mudācitena
Buddhādivatthugata-dhammabalena saddhim,
Therāsabhātha garu-gārava-bhāvaniyā
Dīghāyukā bhavatha sādhu-samiddha-cittā.

By the [merits] thoughtfully and joyfully acquired by [us practising] this Dhamma together with the power of the Buddha, etc. (i.e. the Triple Gem), may the leader and [spiritual] helper of monks, the prominent Elder Most Venerable Āciṇṇa (Ven. Pa-Auk Sayadaw), have a long life and successfully fulfill his noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以及透过佛陀等（即三宝）的力量，愿作为出家众的元老、领导与依持者的帕奥禅师长寿，以及成就其善心愿。

By the [merits] thoughtfully and joyfully acquired by [us practising] this Dhamma and the inspiring /gladdening of the mind [through reflecting] on the Buddha, etc. (i.e. the Triple Gem), may the leader and [spiritual] helper of monks, the prominent Elder Most Venerable Ariyadhamma, attain the knowledge of complete awakening. It is well, it is well!

透过谨慎及欢喜地修法所累积的这些功德，以及透过（思惟）佛陀等（即三宝）而在心中生起的净信，愿作为出家众的元老、领导与依持者的圣法大长老达到圆满觉悟，善哉，善哉！

By the [merits] thoughtfully and joyfully acquired by [us practising] this Dhamma together with the power of the Buddha, etc. (i.e. the Triple Gem), may other Venerable theras, senior members of the Saṅgha, have a long life and successfully fulfill their noble aspirations.

透过谨慎及欢喜地修法所累积的这些功德，以及透过佛陀等（即三宝）的力量，愿僧团的其他长老长辈长寿，以及成就他们的善心愿。

Sugatovāda Exhortation of the Well-Fared One 善逝教诫

Appamādena, bhikkhave, sampādettha.
Dullabho Buddhuppādo lokasmiṃ.
Dullabho manussatta-paṭilābho.
Dullabhā khaṇa-sampatti.
Dullabhā saddhā-sampatti,
Dullabhā pabbajjā.
Dullabham Saddhammasavaṇaṇ'ti.
Evaṃ Bhagavā divase divase ovadi,
Evaṃ Sugato divase divase ovadi.

Monks, strive with heedfulness. Rare is it that Buddhas arise in the world. Rare is it that [one] obtains a human [birth]. Rare is it to have the good fortune of [being in the right] time [and place to come in contact with the Dhamma]. Rare is it that [one] is endowed with faith. Rare is [it that there is the opportunity to take] the going forth. Rare is [it that there is the opportunity for] listening to the Dhamma. Thus the Blessed One exhorted daily, thus the Well-fared One exhorted daily.

「诸比丘，应不放逸地奋斗至成就！

佛现于世甚难得；
获得人身甚难得；
遇对时机甚难得；
具足正信甚难得；
出家机会甚难得；
听闻正法甚难得。」
世尊如是天天教诫，
善逝如是天天教诫。

Tathāgatassa Pacchimā Vācā

The Tathāgata's Last Speech 如来最后的话

... parinibbāna-samaye ... Bhagavā bhikkhū
āmantesi: "Handa'dāni, bhikkhave,
āmantayāmi vo: **vaya-dhammā saṅkhārā,**
appamādena sampādeṭhā"ti. Ayaṃ
Tathāgatassa pacchimā vācā.

– DN, Mahāvagga, Mahāparinibbānasuttaṃ

At one time the Blessed One dwelt in the Sal grove of the Mallas, near Kusinārā, between a pair [of entwined] Sal trees, when [He was about to enter] final Nibbāna. Then the Blessed One addressed the bhikkhus: "Bhikkhus, let me now address you: conditioned phenomena are subject to disintegration, [therefore] strive with diligence." This was the Tathāgata's last speech.

在即将进入般涅槃的时候，世尊向诸比丘说：「诸比丘，我跟你们说，诸行是坏灭法，因此应当精进地奋斗到成就。」这是如来的最后的话。

Anumodanā & Khamāpana

Rejoicing in Merit and Asking for Forgiveness 随喜功德与互相原谅

Junior: Okāsa, vandāmi, bhante. (bow 1x)
Senior: Sukhī hontu³⁴! Nibbāna-paccayo hotu.

Junior: With your consent, Venerable Sir, I worship you.
Senior: May you be happy! May this be a condition for [you to] attain Nibbāna.

小辈：请让我礼敬尊者。

长辈：祝你们快乐！愿此成为你们成就涅槃的助缘。

Junior: Mayā kataṃ puññaṃ sāminā
anumoditabbaṃ.
Senior: Sādhu! Sādhu! Anumodāmi.

Junior: [Whatever] merit has been made by me, I share with Venerable Sir.

Senior: Surely! I rejoice in it.

小辈：请尊者随喜我所作的功德。

长辈：善哉！善哉！我随喜。

Junior: Sāminā kataṃ puññaṃ mayhaṃ
dātabbaṃ.
Senior: Sādhu! Anumoditabbaṃ.

Junior: The merit made by Venerable Sir should be shared with us.

Senior: Surely! You should rejoice in it.

小辈：请尊者与我分享您所作的功德。

长辈：善哉！你们应随喜。

Junior: Sādhu! Sādhu! Anumodāmi. Okāsa,
dvārattayena kataṃ sabbaṃ accayaṃ
khamatha me, bhante.
Senior: Khamāmi, khamitabbaṃ!

Junior: Surely! Surely! I rejoice in it. Please forgive me, Venerable Sir, for any offences I have committed by way of the three doors.

Senior: I forgive you, you should forgive me!

小辈：善哉！善哉！我随喜。尊者，请原谅我由[身、语、意]三门所作的一切过失。

长辈：我原谅你们，你们也应原谅我。

Junior: Sādhu! Okāsa, khamāmi, bhante!
(bow 3x)
Senior: Sukhī hontu! Nibbāna-paccayo hotu.

Junior: With consent, I forgive you, Venerable Sir!

Senior: May you be happy! May this be a condition for [you to] attain Nibbāna.

小辈：善哉！尊者，我原谅您。

长辈：祝你们快乐！愿此成为你们成就涅槃的助缘。

³⁴ If there is only one junior, replace 'hontu' with 'hotu'. 如果只有一个小辈，把 hontu 改成 hotu。

Dhammacakkappavattanasuttaṃ

Discourse on Turning the Dhamma Wheel 转法轮经

Ekam samayaṃ Bhagavā Bārāṇasiyaṃ viharati Isi-patane miga-dāye. Tatra kho Bhagavā pañca-vaggiye bhikkhū āmantesi:

“Dve’me, bhikkhave, antā pabbajitena na sevitabbā. Katame dve?

“Yo cāyaṃ kāmesu kāma-sukhallikānuyogo hīno gammo pothujjaniko anariyo anatta-samhito, yo cāyaṃ attakilamathānuyogo dukkho anariyo anatta-samhito. Ete kho, bhikkhave, ubho ante anupagamma majjhimā paṭipadā Tathāgatena abhisambuddhā cakkhu-karaṇī ñāṇa-karaṇī upasamāya abhiññāya sambodhāya nibbānāya samvattati.

“Katamā ca sā, bhikkhave, majjhimā paṭipadā Tathāgatena abhisambuddhā cakkhu-karaṇī ñāṇa-karaṇī upasamāya abhiññāya sambodhāya nibbānāya samvattati?

“Ayameva ariyo aṭṭhaṅgiko maggo, seyyathidaṃ: sammā-diṭṭhi sammā-saṅkappo sammā-vācā sammā-kammanto sammā-ājīvo sammā-vāyāmo sammā-sati sammā-samādhi. Ayaṃ kho sā, bhikkhave, majjhimā paṭipadā Tathāgatena abhisambuddhā cakkhu-karaṇī ñāṇa-karaṇī upasamāya abhiññāya sambodhāya nibbānāya samvattati.

“Idaṃ kho pana, bhikkhave, dukkhaṃ ariya-saccaṃ: jāti’pi dukkhā, jarā’pi dukkhā, byādhi’pi dukkho, maraṇam’pi dukkhaṃ, appiyehi sampayogo dukkho, piyehi vippayogo dukkho, yam’picchaṃ na labhati tam’pi dukkhaṃ — saṃkhittena pañcupādānakkhandhā dukkhā.

At one time the Blessed One was staying in the deer park at Isipatana, Bārāṇasī. There the Blessed One addressed the group-of-five monks:

一时世尊住在波罗奈附近仙人坠处的鹿野苑。当时世尊对五比丘说：

“Monks, there are these two extremes that should not be indulged in by one gone-forth. What two? That which is low, vulgar, worldly, ignoble, not connected with the goal and associated with desire and pleasure [seeking] in sensuality; and that which is painful, ignoble, not connected with the goal and associated with self-mortification. Not approaching both these two extremes, monks, the middle way [of practice] was self-awakened to by the Tathāgata, which gives rise to vision and knowledge and leads to peace, supernormal knowledge, self-awakening and nibbāna.

「诸比丘，有两种极端行为是出家人所不应当从事的。是哪两种呢？一种是沉迷于感官享乐，这是低下的、粗俗的、凡夫的、非神圣的、没有利益的行为；另一种是自我折磨的苦行，这是痛苦的、非神圣的、没有利益的行为。借着避免这两种极端，如来自觉悟中道。此中道引生彻见、引生智，通向寂静、证智、正觉、涅槃。

“What is this middle way [of practice], monks, self-awakened to by the Tathāgata, which gives rise to vision and knowledge and leads to peace, supernormal knowledge, self-awakening and nibbāna?

诸比丘，那个如来自觉悟引生彻见、引生智，通向寂静、证智、正觉、涅槃的中道是什么呢？

“Just this noble eight-factored path, that is: right view, right thought, right speech, right action, right livelihood, right effort, right mindfulness and right concentration. This is the middle way [of practice], monks, self-awakened to by the Tathāgata, which gives rise to vision and knowledge and leads to peace, supernormal knowledge, self-awakening and nibbāna.

那就是（具备）八支的圣道，即正见、正思惟、正语、正业、正命、正精进、正念、正定。诸比丘，这就是引生彻见、引生智，通向寂静、证智、正觉、涅槃的中道。

“This then, monks, is the noble truth of suffering: birth is suffering, old age is suffering, illness is suffering and death is suffering as well, being united with [that which is] not dear is suffering, separation from [that which is] dear is suffering, not obtaining that which is wished for is suffering too — in short, the five aggregates of clinging are suffering.

诸比丘，这是苦圣谛：生是苦、老是苦、病是苦、死是苦、怨憎会是苦、爱别离是苦、求不得也是苦。简单地说：五取蕴是苦。

“Idaṃ kho pana, bhikkhave, dukkha-samudayaṃ ariyasaccaṃ: yāyaṃ taṇhā ponobbhavikā nandi-rāga-sahagatā tatra-tatrābhinandinī, seyyathīdaṃ: kāma-taṇhā, bhava-taṇhā, vibhava-taṇhā.

“Idaṃ kho pana, bhikkhave, dukkha-nirodhaṃ ariya-saccaṃ: yo tassāyeva taṇhāya asesavirāga-nirodho cāgo paṭinissaggo mutti anālayo.

“Idaṃ kho pana, bhikkhave, dukkha-nirodha-gāminī paṭipadā ariya-saccaṃ, ayameva ariyo aṭṭhaṅgiko maggo, seyyathīdaṃ: sammā-diṭṭhi sammā-saṅkappo sammā-vācā sammā-kammanto sammā-ājīvo sammā-vāyāmo sammā-sati sammā-samādhi.

“Idaṃ dukkhaṃ ariya-saccaṃ’ti me, bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

“Taṃ kho panidaṃ dukkhaṃ ariya-saccaṃ pariññeyyaṃ’ti me, bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

“Taṃ kho panidaṃ dukkhaṃ ariya-saccaṃ pariññātaṃ’ti me, bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

“Idaṃ dukkha-samudayaṃ ariya-saccaṃ’ti me, bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

“Taṃ kho panidaṃ dukkha-samudayaṃ ariya-saccaṃ pahātabban’ti me, bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

“This then, monks, is the noble truth of the arising of suffering: that craving which [causes] renewed existence, associated with delight and lust and enchanting wherever [it appears], that is: craving for sensuality, craving for existence and craving for non-existence.

诸比丘，这是苦集圣谛：它是造成再投生、乐欲具、四处追求爱乐的贪爱，即欲爱、有爱及非有爱。

“This then, monks, is the noble truth of the cessation of suffering: just the remainderless dispassion [from] and cessation, giving up, relinquishing, release and disregard of that [same] craving.

诸比丘，这是苦灭圣谛：即是此贪爱的熄灭无余、舍弃、遣离、解脱、无着。

“This then, monks, is the noble truth of the way [of practice] that leads to the cessation of suffering: just this noble eight-factored path, that is: right view, right thought, right speech, right action, right livelihood, right effort, right mindfulness and right concentration.

诸比丘，这是导致苦灭的道圣谛：那就是（具备）八支的圣道，即正见、正思惟、正语、正业、正命、正精进、正念、正定。

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘This is the noble truth of suffering.’

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘That this noble truth of suffering should be fully understood.’

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘That this noble truth of suffering has been fully understood.’

诸比丘，关于『此是苦圣谛』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

诸比丘，关于『此苦圣谛应当被彻知』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

诸比丘，关于『此苦圣谛已经被彻知』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘This is the noble truth of the arising of suffering.’

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘That this noble truth of the arising of suffering is to be relinquished.’

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘That this noble truth of the arising of suffering has been relinquished.’

“ `Taṃ kho panidaṃ dukkha-samudayaṃ
ariya-saccaṃ pahīnaṃ’ti me, bhikkhave, pubbe
ananussutesu dhammesu cakkhuṃ udapādi,
ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi,
āloko udapādi.

“ `Idaṃ dukkha-nirodhaṃ ariya-saccaṃ’ti
me, bhikkhave, pubbe ananussutesu
dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi,
paññā udapādi, vijjā udapādi, āloko udapādi.

“ `Taṃ kho panidaṃ dukkha-nirodhaṃ
ariya-saccaṃ sacchi-kātabbaṃ’ti me,
bhikkhave, pubbe ananussutesu dhammesu
cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā
udapādi, vijjā udapādi, āloko udapādi.

“ `Taṃ kho panidaṃ dukkha-nirodhaṃ
ariya-saccaṃ sacchi-kataṃ’ti me, bhikkhave,
pubbe ananussutesu dhammesu cakkhuṃ
udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā
udapādi, āloko udapādi.

“ `Idaṃ dukkha-nirodha-gāminī paṭipadā
ariya-saccaṃ’ti me, bhikkhave, pubbe
ananussutesu dhammesu cakkhuṃ udapādi,
ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi,
āloko udapādi.

“ `Taṃ kho panidaṃ dukkha-nirodha-
gāminī paṭipadā ariya-saccaṃ bhāvetabbaṃ’ti
me, bhikkhave, pubbe ananussutesu
dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi,
paññā udapādi, vijjā udapādi, āloko udapādi.

“ `Taṃ kho panidaṃ dukkha-nirodha-
gāminī paṭipadā ariya-saccaṃ bhāvitaṃ’ti me,
bhikkhave, pubbe ananussutesu dhammesu
cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā
udapādi, vijjā udapādi, āloko udapādi.

诸比丘，关于『此是苦集圣谛』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

诸比丘，关于『此苦集圣谛应当被断除』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

诸比丘，关于『此苦集圣谛已经被断除』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘This is the noble truth of the cessation of suffering.’

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘That this noble truth of the cessation of suffering is to be realized.’

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘That this noble truth of the cessation of suffering has been realized.’

诸比丘，关于『此是苦灭圣谛』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

诸比丘，关于『此苦灭圣谛应当被证悟』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

诸比丘，关于『此苦灭圣谛已经被证悟』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘This is the noble truth of the way leading to the cessation of suffering.’

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘That this noble truth of the way leading to the cessation of suffering [needs] to be developed.’

“Monks, in regard to conditions unheard of before, the vision arose, knowing arose, wisdom arose, knowledge arose, light arose in me: ‘That this noble truth of the way leading to the cessation of suffering has been developed.’

诸比丘，关于『此是导致苦灭的道圣谛』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

诸比丘，关于『此导致苦灭的道圣谛应当被修行』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

诸比丘，关于『此导致苦灭的道圣谛已经被修行』这前所未闻之法，我的心中生起眼，生起智，生起慧，生起明，生起光。

"Yāva-kīvañca me, bhikkhave, imesu catūsu ariyasaccesu evaṃ tiparivaṭṭaṃ dvādasākāraṃ yathā-bhūtaṃ ñāṇa-dassanaṃ na suvisuddhaṃ ahosi, neva tāvāhaṃ, bhikkhave, sadevake loke samārake sabrahmake sassamaṇa-brāhmaṇiyā pajāya sadeva-manussāya anuttaraṃ sammā-sambodhiṃ abhisambuddho'ti paccaññāsīṃ.

"Yato ca kho me, bhikkhave, imesu catūsu ariyasaccesu evaṃ tiparivaṭṭaṃ dvādasākāraṃ yathā-bhūtaṃ ñāṇa-dassanaṃ suvisuddhaṃ ahosi, athāhaṃ, bhikkhave, sadevake loke samārake sabrahmake sassamaṇa-brāhmaṇiyā pajāya sadeva-manussāya anuttaraṃ sammā-sambodhiṃ abhisambuddho'ti paccaññāsīṃ.

"Ñāṇaṃ pana me dassanaṃ udapādi: 'akuppā me vimutti, ayamantimā jāti, natthi'dāni punabbhavo'ti." Idamavoca Bhagavā, attamanā pañca-vaggiyā bhikkhū Bhagavato bhāsitaṃ abhinandun'ti.

Imasmiñca pana veyyākaraṇasmiṃ bhaññamāne āyasmato Koṇḍaññaassa virajaṃ vīta-malaṃ dhamma-cakkhuṃ udapādi: "yaṃ kiñci samudaya-dhammaṃ, sabbaṃ taṃ nirodha-dhammaṃ"ti.

Pavattite ca pana Bhagavatā Dhamma-cakke Bhumma devā saddamanussāvesuṃ: "Etaṃ Bhagavatā Bārāṇasiyaṃ Isipatane migadāye anuttaraṃ Dhammacakkaṃ pavattitaṃ appaṭivattiyaṃ samaṇena vā brāhmaṇena vā devena vā mārena vā brahmunā vā kenaci vā lokasmin'ti.

Bhummaṇaṃ devānaṃ saddaṃ sutvā Cātu-mahā-rājikā devā saddamanussāvesuṃ: "Etaṃ Bhagavatā Bārāṇasiyaṃ Isipatane migadāye anuttaraṃ Dhammacakkaṃ pavattitaṃ appaṭivattiyaṃ samaṇena vā brāhmaṇena vā devena vā mārena vā brahmunā vā kenaci vā lokasmin'ti.

"While, monks, my knowledge and vision according to reality of these four noble truths, [in their] three modes and twelve aspects thus, was not well purified, I did not concede, monks, to ascetics and brahmins and mankind with its kings and men in the world with its deities, Māras and brahmās that I had self-awakened to the supreme perfect self-awakening.

诸比丘，只要我对四圣谛的这三转十二层面的如实智见还不十分清净时，我就还不向拥有诸天、魔与梵天、诸沙门与婆罗门、诸天与人的世间宣称证悟无上圆满自觉。

"But when, monks, my knowledge and vision according to reality of these four noble truths, [in their] three modes and twelve aspects thus, was well purified, I did concede, monks, to ascetics and brahmins and mankind with its kings and men in the world with its deities, Māras and brahmās that I had self-awakened to the supreme perfect self-awakening.

然而，诸比丘，一旦我对四圣谛的这三转十二层面的如实智见完全清净，那时，我就向拥有诸天、魔与梵天、诸沙门与婆罗门、诸天与人的世间宣称证悟无上圆满自觉。

"The knowledge and vision arose in me: 'Unshakeable is my deliverance of mind, this is [my] last birth, there is no [more] repeated existence [for me] now.'" The Blessed One said this, and the group-of-five monks delighted in the Blessed One's speech.

智见在我的心中生起，我了知：『我的解脱是不可动摇的，这是我的最后一生，我将不再有未来的投生。』世尊如此说时，五比丘对世尊的话感到满意与欢喜。

While this explanation was being spoken, the dust-free, stainless vision of the Dhamma arose in the Venerable Koṇḍañña: 'Whatever has the nature to arise, all that has the nature to cease.'

当此开示正被宣说之时，憍陈如尊者心中生起清净无染的法眼，他见到：一切有生起本质之法必定有灭。

When the Wheel of Dhamma was set in motion by the Blessed One the Earth[-bound] deities proclaimed: "In the deer park at Isipatana, Bārāṇasī, the Blessed One has set in motion that supreme Wheel of Dhamma, which is not stoppable by either ascetic, brahmin, deity, Māra, brahmā or anyone [else] in the world."

当世尊如此转法轮之时，地神发出叫唤：「世尊在波罗奈仙人坠处的鹿野苑转无上法轮，这法轮不是任何沙门、婆罗门、神、魔、梵天或世间的任何人所能阻止的。」

Having heard the proclamation of the Earth[-bound] deities, the Four Great King deities proclaimed: "In the deer park at Isipatana, Bārāṇasī, the Blessed One has set in motion that supreme Wheel of Dhamma, which is not stoppable by either ascetic, brahmin, deity, Māra, brahmā or anyone [else] in the world."

听到地神的叫唤时，四大王天的众神也发出叫唤：「世尊在波罗奈仙人坠处的鹿野苑转无上法轮，这法轮不是任何沙门、婆罗门、天神、魔、梵天或世间的任何人所能阻止的。」

Cātu-mahā-rājikānaṃ devānaṃ saddaṃ
sutvā Tāva-timsā devā ... Yāmā devā ...
Tusitā devā ... Nimmānaratī devā ...
Paranimmitavasavattī devā ... Brahmakāyikā
devā saddamanussāvesuṃ: “Etaṃ Bhagavatā
Bārāṇasīyaṃ Isipatane migadāye anuttaraṃ
Dhammacakkaṃ pavattitaṃ appaṭivattiyaṃ
samaṇena vā brāhmaṇena vā devena vā
mārena vā brahmunā vā kenaci vā lokasmin”ti.

Iti ha tena khaṇena tena layena tena
muḥuttana yāva brahma-lokā saddo
abbhuggacchi. Ayaṅca dasa-sahassi-loka-
dhātu saṅkampi sampakampi sampavedhi,
appamāṇo ca ulāro obhāso loke pāturahosi
atikkamma devānaṃ devānubhāvanti.

Atha kho Bhagavā imaṃ udānaṃ udānesi:
“Aññāsi vata, bho, Koṇḍañña, aññāsi vata,
bho, Koṇḍañña!”ti Iti idaṃ āyasmato
Koṇḍaññassa Aññāsi-Koṇḍañño tveva nāmaṃ
ahosi.

— SN, Mahāvagga, Saccasaṃyutta, 11

Atha kho āyasmā Aññāsikoṇḍañño
diṭṭhadhammo pattadhammo viditadhammo
pariyogāhadhammo tiṇṇavicikiccho
vigatakathaṃkatho vesārajappatto
aparappaccayo satthusāsane bhagavantaṃ
etadavoca: “Labheyyāhaṃ, bhante, bhagavato
santike pabbajjaṃ, labheyyaṃ
upasampadaṃ”ti.

“Ehi bhikkhū”ti bhagavā avoca:
“Svākkhāto dhammo, cara brahmacariyaṃ
sammā dukkhassa antakiriya”ti. Sāva tassa
āyasmato upasampadā ahoṣīti.

— Vinayapiṭaka, Mahāvagga, Mahākhandaḥ

Having heard the proclamation of the Four Great King deities, the Tāvātimsa (lit. thirty-three) deities... the Yāma deities... the Tusita (lit. delighted) deities... the Delight-in-creating deities... the Wielding-power-over-creations-of-others deities... the deities of Brahmā's company proclaimed: “In the deer park at Isipatana, Bārāṇasī, the Blessed One has set in motion that supreme Wheel of Dhamma, which is not stoppable by either ascetic, brahmin, deity, Māra, brahmā or anyone [else] in the world.”

听到四大王天众神的叫唤时，三十三天的众神……夜摩天的众神……兜率天的众神……化乐天的众神……他化自在天的众神……梵众天的众神也发出叫唤：「世尊在波罗奈仙人堕处的鹿野苑转无上法轮，这法轮不是任何沙门、婆罗门、天神、魔、梵天或世间的任何人所能阻止的。」

Thus, at that moment, at that instant, at that second, the proclamation went up as far as the brahmā worlds thus, and this ten thousand world systems shook, quaked and trembled and a measureless, spectacular light appeared in the world, which surpassed the divine power of the deities.

就在那个刹那，那个当下，那个瞬间，叫唤之声上传至梵天界。一万个世界系一再地摇动、震动、颤动，并且有广大无边、超越诸天威神的殊胜光明现起。

Then the Blessed One exclaimed [this] inspired utterance: “Dear Koṇḍañña indeed knows, dear Koṇḍañña indeed knows!” Thus for the Venerable Koṇḍañña the name Aññāsi-Koṇḍañña (Koṇḍañña who knows) came to be.

当时，世尊说出这句有感而发的话：「憍陈如确实已经明白了，憍陈如确实已经明白了。」这就是憍陈如尊者得到其名号「明白的憍陈如」之由来。

Then the Venerable Aññāsi-Koṇḍañña, having seen the Dhamma, attained the Dhamma, known the Dhamma, penetrated the Dhamma, having crossed over doubt, having put away uncertainty, having attained full confidence, and no longer depending on others in The Teacher's dispensation, spoke thus to the Blessed One: “May I, Venerable Sir, receive the going forth in the Blessed One's presence, may I receive ordination.”

当时，明白的憍陈如尊者已见法，已证法，已知法，已洞悉法，已超越疑惑，已去除不确定，已达到圆满的信心，在导师的教法里已不需要再依靠他人。他向世尊说：「尊者，请让我在世尊面前出家，请让我受具足戒。」

“Come, bhikkhu,” the Blessed One said, “well taught is Dhamma. Fare the holy life for making an utter end of suffering.” So this came to be this venerable one's ordination.

世尊说：「善来，比丘！法已善说。当修梵行以便完全灭苦。」这就是该尊者所受的具足戒。

Anattalakkhaṇasuttaṃ

Discourse on Non-Self Characteristic 无我相经

Ekam samayaṃ Bhagavā Bārāṇasiyaṃ viharati Isi-patane miga-dāye. Tatra kho Bhagavā pañca-vaggiye bhikkhū āmantesi: “bhikkhavo”ti. “Bhadante”ti te bhikkhū Bhagavato paccassosuṃ. Bhagavā etadavoca:

“Rūpaṃ, bhikkhave, anattā. Rūpaṃ hidam, bhikkhave, attā abhaviṣṣa, nayidaṃ rūpaṃ ābādhāya saṃvatteyya, labbheṭṭha ca rūpe `evaṃ me rūpaṃ hotu, evaṃ me rūpaṃ mā ahoṣī’ti. Yasmā ca kho, bhikkhave, rūpaṃ anattā, tasmā rūpaṃ ābādhāya saṃvattati, na ca labbhati rūpe `evaṃ me rūpaṃ hotu, evaṃ me rūpaṃ mā ahoṣī’ti.

“Vedanā anattā. Vedanā ca hidam, bhikkhave, attā abhaviṣṣa, nayidaṃ vedanā ābādhāya saṃvatteyya, labbheṭṭha ca vedanāya `evaṃ me vedanā hotu, evaṃ me vedanā mā ahoṣī’ti. Yasmā ca kho, bhikkhave, vedanā anattā, tasmā vedanā ābādhāya saṃvattati, na ca labbhati vedanāya `evaṃ me vedanā hotu, evaṃ me vedanā mā ahoṣī’ti.

“Saññā anattā. Saññā ca hidam, bhikkhave, attā abhaviṣṣa, nayidaṃ saññā ābādhāya saṃvatteyya, labbheṭṭha ca saññāya `evaṃ me saññā hotu, evaṃ me saññā mā ahoṣī’ti. Yasmā ca kho, bhikkhave, saññā anattā, tasmā saññā ābādhāya saṃvattati, na ca labbhati saññāya `evaṃ me saññā hotu, evaṃ me saññā mā ahoṣī’ti.

At one time the Blessed One was staying in the deer park at Isipatana [near] Bārāṇasī. There the Blessed One addressed the group of five monks: “Monks.” “Venerable Sir,” those monks responded to the Blessed One. The Blessed One [then] said this:

一时世尊住在波罗奈城附近仙人坠处的鹿野苑。于其处，当时世尊对五比丘说：「诸比丘。」那些比丘回应：「尊者。」世尊如此说：

“Form, Monks, is non-self. For if form was self, this form would not lead to affliction, and in regard to form, [wishing] ‘may [this] form of mine be thus, may [this] form of mine not be thus’ would be possible. But since, monks, form is non-self, therefore, form leads to affliction, and in regard to form, [wishing] ‘may [this] form of mine be thus, may [this] form of mine not be thus’ is not possible.

「诸比丘，色无我！诸比丘，假如此色是我，此色就不会导致烦恼，于色亦可得：『愿我的色是这样，愿我的色不是这样！』然而，诸比丘，因为色无我，所以色会导致烦恼，于色亦不可得：『愿我的色是这样，愿我的色不是这样！』

“Feeling, Monks, is non-self. For if feeling was self, this feeling would not lead to affliction, and in regard to feeling, [wishing] ‘may [this] feeling of mine be thus, may [this] feeling of mine not be thus’ would be possible. But since, monks, feeling is non-self, therefore, feeling leads to affliction, and in regard to feeling, [wishing] ‘may [this] feeling of mine be thus, may [this] feeling of mine not be thus’ is not possible.

受无我！诸比丘，假如此受是我，此受就不会导致烦恼，于受亦可得：『愿我的受是这样，愿我的受不是这样！』然而，诸比丘，因为受无我，所以受会导致烦恼，于受亦不可得：『愿我的受是这样，愿我的受不是这样！』

“Perception, Monks, is non-self. For if perception was self, this perception would not lead to affliction, and in regard to perception, [wishing] ‘may [this] perception of mine be thus, may [this] perception of mine not be thus’ would be possible. But since, monks, perception is non-self, therefore, perception leads to affliction, and in regard to perception, [wishing] ‘may [this] perception of mine be thus, may [this] perception of mine not be thus’ is not possible.

想无我！诸比丘，假如此想是我，此想就不会导致烦恼，于想亦可得：『愿我的想是这样，愿我的想不是这样！』然而，诸比丘，因为想无我，所以想会导致烦恼，于想亦不可得：『愿我的想是这样，愿我的想不是这样！』

“Saṅkhārā anattā. Saṅkhārā ca hidam, bhikkhave, attā abhavissamsu, nayidam saṅkhārā ābādhāya samvattēyyum, labbhettha ca saṅkhāresu ‘evam me saṅkhārā hontu, evam me saṅkhārā mā ahesun’ti. Yasmā ca kho, bhikkhave, saṅkhārā anattā, tasmā saṅkhārā ābādhāya samvattanti, na ca labbhati saṅkhāresu ‘evam me saṅkhārā hontu, evam me saṅkhārā mā ahesun’ti.

“Viññāṇam anattā. Viññāṇaṅca hidam, bhikkhave, attā abhaviṣṣa, nayidam viññāṇam ābādhāya samvattēyya, labbhettha ca viññāṇe ‘evam me viññāṇam hotu, evam me viññāṇam mā ahoṣī’ti. Yasmā ca kho, bhikkhave, viññāṇam anattā, tasmā viññāṇam ābādhāya samvattati, na ca labbhati viññāṇe ‘evam me viññāṇam hotu, evam me viññāṇam mā ahoṣī’ti.

“Taṁ kiṁ maññatha, bhikkhave, rūpaṁ niccaṁ vā aniccaṁ vā?”ti “Aniccaṁ, Bhante.” “Yaṁ paṇāniccaṁ dukkhaṁ vā taṁ sukhaṁ vā?”ti “Dukkhaṁ, Bhante.” “Yaṁ paṇāniccaṁ dukkhaṁ vipariṇāma-dhammaṁ, kallaṁ nu taṁ samanupassitum: ‘etaṁ mama, eso’hamasmi, eso me attā?”ti “No hetam, Bhante.”

“Vedanā niccā vā aniccā vā?”ti “Aniccā, Bhante.” “Yaṁ paṇāniccaṁ dukkhaṁ vā taṁ sukhaṁ vā?”ti “Dukkhaṁ, Bhante.” “Yaṁ paṇāniccaṁ dukkhaṁ vipariṇāma-dhammaṁ, kallaṁ nu taṁ samanupassitum: ‘etaṁ mama, eso’hamasmi, eso me attā?”ti “No hetam, Bhante.”

“Volitional formations, Monks, are non-self. For if volitional formations were self, these volitional formations would not lead to affliction, and in regard to volitional formations, [wishing] ‘may [these] volitional formations of mine be thus, may [these] volitional formations of mine not be thus’ would be possible. But since, monks, volitional formations are non-self, therefore, volitional formations lead to affliction, and in regard to volitional formations, [wishing] ‘may [these] volitional formations of mine be thus, may [these] volitional formations of mine not be thus’ is not possible.

诸行无我！诸比丘，假如此诸行是我，此诸行就不会导致病恼，于诸行亦可得：『愿我的诸行是这样，愿我的诸行不是这样！』然而，诸比丘，因为诸行无我，所以诸行会导致病恼，于诸行亦不可得：『愿我的诸行是这样，愿我的诸行不是这样！』

“Consciousness, Monks, is non-self. For if consciousness was self, this consciousness would not lead to affliction, and in regard to consciousness, [wishing] ‘may [this] consciousness of mine be thus, may [this] consciousness of mine not be thus’ would be possible. But since, monks, consciousness is non-self, therefore, consciousness leads to affliction, and in regard to consciousness, [wishing] ‘may [this] consciousness of mine be thus, may [this] consciousness of mine not be thus’ is not possible.

识无我！诸比丘，假如此识是我，此识就不会导致病恼，于识亦可得：『愿我的识是这样，愿我的识不是这样！』然而，诸比丘，因为识无我，所以识会导致病恼，于识亦不可得：『愿我的识是这样，愿我的识不是这样！』

“Monks, what do you think, is form permanent or impermanent?” “Impermanent, Venerable Sir.” “That which is impermanent, is it unsatisfactory or satisfactory?” “Unsatisfactory, Venerable Sir.” “That which is impermanent, unsatisfactory and subject to change, is it suitable to consider: ‘This is mine, this I am, this is my self?’” “Certainly not, Venerable Sir.”

「诸比丘，你们认为如何，色是常还是无常？」
「无常，尊者！」
「无常的是苦还是乐的？」
「苦的，尊者！」
「对于无常、苦、变易之法，是否适合视它为：『这是我的，这是我，这是我的自我』？」
「确实不能，尊者！」

“Is feeling permanent or impermanent?” “Impermanent, Venerable Sir.” “That which is impermanent, is it unsatisfactory or satisfactory?” “Unsatisfactory, Venerable Sir.” “That which is impermanent, unsatisfactory and subject to change, is it suitable to consider: ‘This is mine, this I am, this is my self?’” “Certainly not, Venerable Sir.”

「受是常还是无常？」
「无常，尊者！」
「无常的是苦还是乐的？」
「苦的，尊者！」
「对于无常、苦、变易之法，是否适合视它为：『这是我的，这是我，这是我的自我』？」
「确实不能，尊者！」

“Saññā niccā vā aniccā vā?”ti “Aniccā, Bhante.” “Yaṃ panāniccaṃ dukkhaṃ vā taṃ sukhaṃ vā?”ti “Dukkhaṃ, Bhante.” “Yaṃ panāniccaṃ dukkhaṃ vipariṇāma-dhammaṃ, kallaṃ nu taṃ samanupassitum: ‘etaṃ mama, eso’hamasmi, eso me attā?’”ti “No hetam, Bhante.”

“Saṅkhārā niccā vā aniccā vā?”ti “Aniccā, Bhante.” “Yaṃ panāniccaṃ dukkhaṃ vā taṃ sukhaṃ vā?”ti “Dukkhaṃ, Bhante.” “Yaṃ panāniccaṃ dukkhaṃ vipariṇāma-dhammaṃ, kallaṃ nu taṃ samanupassitum: ‘etaṃ mama, eso’hamasmi, eso me attā?’”ti “No hetam, Bhante.”

“Viññāṇaṃ niccaṃ vā aniccaṃ vā?”ti “Aniccaṃ, Bhante.” “Yaṃ panāniccaṃ dukkhaṃ vā taṃ sukhaṃ vā?”ti “Dukkhaṃ, Bhante.” “Yaṃ panāniccaṃ dukkhaṃ vipariṇāma-dhammaṃ, kallaṃ nu taṃ samanupassitum: ‘etaṃ mama, eso’hamasmi, eso me attā?’”ti “No hetam, Bhante.”

“Tasmātiha, bhikkhave, yaṃ kiñci rūpaṃ atītānāgata-paccuppannaṃ ajjhataṃ vā bahiddhā vā oḷārikaṃ vā sukhumaṃ vā hīnaṃ vā paṇītaṃ vā yaṃ dūre santike vā, sabbaṃ rūpaṃ ‘netam mama, neso’hamasmi, na meso attā’ti evametam yathā-bhūtaṃ sammappaññāya daṭṭhabbaṃ.

“Yā kāci vedanā atītānāgata-paccuppannā ajjhata vā bahiddhā vā oḷārikā vā sukhumā vā hīnā vā paṇītā vā yā dūre santike vā, sabbā vedanā ‘netam mama, neso’hamasmi, na meso attā’ti evametam yathā-bhūtaṃ sammappaññāya daṭṭhabbaṃ.

“Is perception permanent or impermanent?” “Impermanent, Venerable Sir.” “That which is impermanent, is it unsatisfactory or satisfactory?” “Unsatisfactory, Venerable Sir.” “That which is impermanent, unsatisfactory and subject to change, is it suitable to consider: ‘This is mine, this I am, this is my self?’” “Certainly not, Venerable Sir.”

「想是常还是无常？」「无常，尊者！」「无常的是苦还是乐的？」「苦的，尊者！」「对于无常、苦、变易之法，是否适合视它为：『这是我的，这是我，这是我的自我』？」「确实不能，尊者！」

“Are volitional formations permanent or impermanent?” “Impermanent, Venerable Sir.” “That which is impermanent, is it unsatisfactory or satisfactory?” “Unsatisfactory, Venerable Sir.” “That which is impermanent, unsatisfactory and subject to change, is it suitable to consider: ‘This is mine, this I am, this is my self?’” “Certainly not, Venerable Sir.”

「诸行是常还是无常？」「无常，尊者！」「无常的是苦还是乐的？」「苦的，尊者！」「对于无常、苦、变易之法，是否适合视它为：『这是我的，这是我，这是我的自我』？」「确实不能，尊者！」

“Is consciousness permanent or impermanent?” “Impermanent, Venerable Sir.” “That which is impermanent, is it unsatisfactory or satisfactory?” “Unsatisfactory, Venerable Sir.” “That which is impermanent, unsatisfactory and subject to change, is it suitable to consider: ‘This is mine, this I am, this is my self?’” “Certainly not, Venerable Sir.”

「识是常还是无常？」「无常，尊者！」「无常的是苦还是乐的？」「苦的，尊者！」「对于无常、苦、变易之法，是否适合视它为：『这是我的，这是我，这是我的自我』？」「确实不能，尊者！」

“Therefore, monks, whatever form, whether past, future or present, internal or external, coarse or fine, inferior or superior, far or near, all form is to be seen as it is with perfect wisdom thus: ‘That is not mine, I am not that, that is not my self.’

因此，诸比丘，无论是过去、未来、现在、内、外、粗、细、劣、胜、远或近之色，当如此以正慧如实彻见一切色：『这不是我的，这不是我，这不是我的自我。』

“Whatever feeling, whether past, future or present, internal or external, coarse or fine, inferior or superior, far or near, all feeling is to be seen as it is with perfect wisdom thus: ‘That is not mine, I am not that, that is not my self.’

无论是过去、未来、现在、内、外、粗、细、劣、胜、远或近之受，当如此以正慧如实彻见一切受：『这不是我的，这不是我，这不是我的自我。』

“Yā kāci saññā atītānāgata-paccuppannā
ajjhata vā bahiddhā vā oḷārikā vā sukhumā vā
hīnā vā paṇitā vā yā dūre santike vā, sabba
saññā ‘netam mama, neso’hamasmi, na meso
attā’ti evametam yathā-bhūtam
sammappaññāya daṭṭhabbam.

“Ye keci saṅkhārā atītānāgata-
paccuppannā ajjhata vā bahiddhā vā oḷārikā
vā sukhumā vā hīnā vā paṇitā vā ye dūre
santike vā, sabbe saṅkhārā ‘netam mama,
neso’hamasmi, na meso attā’ti evametam
yathā-bhūtam sammappaññāya daṭṭhabbam.

“Yaṁ kiñci viññāṇam atītānāgata-
paccuppannam ajjhata vā bahiddhā vā
oḷārikam vā sukhumam vā hīnam vā paṇitam
vā yaṁ dūre santike vā, sabbam viññāṇam
‘netam mama, neso’hamasmi, na meso attā’ti
evametam yathā-bhūtam sammappaññāya
daṭṭhabbam.

“Evaṁ passam, bhikkhave, sutavā ariya-
sāvako rūpasmim’pi nibbindati, vedanāya’pi
nibbindati, saññāya’pi nibbindati, saṅkhāresu’pi
nibbindati, viññāṇasmim’pi nibbindati.
Nibbindam virajjati; virāgā vimuccati.
Vimuttasmiṁ vimuttamiti ñāṇam hoti: ‘Khīṇā
jāti, vusitam brahma-cariyam, kataṁ
karaṇīyam, nāparam itthattāyā’ti pajānāti’”ti.

Idamavoca Bhagavā. Attamanā pañca-
vaggiyā bhikkhū Bhagavato bhāsitaṁ
abhinandum. Imasmiñca pana veyyākaraṇasmim
bhaññamāne pañcavaggiyānaṁ bhikkhūnaṁ
anupādāya āsavehi cittāni vimuccimsū’ti.

– SN, Khandhavagga, Khandhasamyutta, 57

“Whatever perception, whether past, future or
present, internal or external, coarse or fine, inferior or
superior, far or near, all perception is to be seen as it is
with perfect wisdom thus: ‘That is not mine, I am not that,
that is not my self.’

无论是过去、未来、现在、内、外、粗、细、
劣、胜、远或近之想，当如此以正慧如实彻见一切
想：『这不是我的，这不是我，这不是我的自我。』

“Whatever volitional formations, whether past,
future or present, internal or external, coarse or fine,
inferior or superior, far or near, all volitional formations
are to be seen as they are with perfect wisdom thus: ‘That
is not mine, I am not that, that is not my self.’

无论是过去、未来、现在、内、外、粗、细、
劣、胜、远或近之行，当如此以正慧如实彻见一切
行：『这不是我的，这不是我，这不是我的自我。』

“Whatever consciousness, whether past, future or
present, internal or external, coarse or fine, inferior or
superior, far or near, all consciousness is to be seen as it
is with perfect wisdom thus: ‘That is not mine, I am not
that, that is not my self.’

无论是过去、未来、现在、内、外、粗、细、
劣、胜、远或近之识，当如此以正慧如实彻见一切
识：『这不是我的，这不是我，这不是我的自我。』

“Seeing thus, monks, the learned noble disciple is
disenchanted with form, feeling, perception, volitional
formations and consciousness. Disenchanted, he becomes
dispassionate. Through dispassion he is liberated. Being
liberated there is the liberation knowledge thus: He
understands: ‘Destroyed is birth, the holy life has been
lived, what had to be done has been done, there is no more
for this state of being.’”

诸比丘，如此彻见后，多闻圣弟子厌离色，厌
离受，厌离想，厌离诸行，厌离识。因厌离而离染，
因离欲而解脱；因解脱而有解脱智，他了知：『生已
尽，梵行已立，应作已作，再无后有。』

This the Blessed One said. Pleased, the group of five
monks delighted in the Blessed One’s speech. When this
explanation was being spoken, the minds of the group of
five monks were liberated through non-attachment from
the taints.

世尊如此说已，五比丘满意与欢喜世尊之言。
当此解说正被宣说时，五比丘的心透过无执取而从
诸漏解脱。

Morasuttaṃ

The Peacock Discourse 孔雀经

Pūrentaṃ bodhisambhāre
Nibbattaṃ morayoniyaṃ,
Yena saṃvihitārakkhaṃ
Mahāsattaṃ vanecarā.

Cirassaṃ vāyamantāpi,
Neva sakkhimsu gaṇhituṃ.
'Brahmamantaṇ'ti akkhātaṃ
Parittaṃ taṃ bhaṇāma he.

- - -

Udetayaṃ cakkhumā ekarājā,
Harissavaṇṇo pathavippabhāso,
Taṃ taṃ namassāmi harissavaṇṇaṃ
pathavippabhāsaṃ,
Tayājja guttā viharemu divasaṃ.

Ye brāhmaṇā vedagū sabbadhamme,
Te me namo, te ca maṃ pālayantu;
Namatthu buddhānaṃ, namatthu bodhiyā,
Namo vimuttānaṃ, namo vimuttiyā.
Imaṃ so parittaṃ katvā moro carati esanā.

Apetayaṃ cakkhumā ekarājā,
Harissavaṇṇo pathavippabhāso;
Taṃ taṃ namassāmi harissavaṇṇaṃ
pathavippabhāsaṃ,
Tayājja guttā viharemu rattim.

Ye brāhmaṇā vedagū sabbadhamme,
Te me namo, te ca maṃ pālayantu;
Namatthu buddhānaṃ, namatthu bodhiyā,
Namo vimuttānaṃ, namo vimuttiyā.
Imaṃ so parittaṃ katvā moro vāsamakappayī.

- KN, 159 Morajāta

In the past while fulfilling the necessary perfections for Buddhahood, the Great Being was once reborn as a peacock; making protection by this Paritta, he lived in the forest.

累积菩提资粮期间，有次投生孔雀之胎，
以此护卫他作保护，伟大有情森林过活。

Although they (hunters) tried for a long time, the hunters could not catch him the Great Being. Let us recite this protective Sutta which is described as a divine mantra.

即使长期都在努力，他们无法捕捉到他。
此护卫经称为梵咒，且让我们诵此护卫。

“That One who gives Vision, the sole king, comes up, he is golden coloured, he enlightens the earth. Therefore I revere the golden coloured one, who enlightens the earth; guarded by you today, we will live out the day.

「这个给眼独王升起，金色光芒照耀大地，
敬此照地金色光芒，受你所护我们度日。」

I pay homage to those brahmins who have true understanding of all things – may they keep watch over me! Pay homage to the Buddhas! Pay homage to Awakening! Homage to the liberated! Homage to liberation!” After making this safeguard, the peacock roams about seeking (for food).

知一切法之婆罗门，我敬彼等愿彼护我；
礼敬诸佛礼敬菩提，敬解脱者礼敬解脱。」
作此护卫之后，孔雀出去寻食。

“That One who gives Vision, the sole king, goes down, he is golden coloured, he enlightens the earth. Therefore I revere the golden coloured one, who enlightens the earth; guarded by you today, we will live out the night.

「这个给眼独王降下，金色光芒照耀大地，
敬此照地金色光芒，受你所护我们度夜。」

I pay homage to those brahmins who have true understanding of all things – may they keep watch over me! Pay homage to the Buddhas! Pay homage to Awakening! Homage to the liberated! Homage to liberation!” After making this safeguard, the peacock dwells on (without fear).

知一切法之婆罗门，我敬彼等愿彼护我；
礼敬诸佛礼敬菩提，敬解脱者礼敬解脱。」
作此护卫之后，孔雀无畏安住。

Vaṭṭasuttaṃ The Quail Discourse 鹌鹑经

Pūrentaṃ bodhisambhāre
Nibbattaṃ vaṭṭajātiyaṃ,
Yassa tejena dāvaggi
Mahāsattaṃ vivajjayi.

Therassa Sāriputtassa
Lokaṇāthena bhāsitaṃ,
Kappaṭṭhāyima mahātejaṃ,
Parittaṃ taṃ bhaṇāma he.

- - -

Atthi loke sīlaguṇo
Saccaṃ soceyyanuḍḍayā;
Tena saccena kāhāmi
Saccakiriyamuttamaṃ.

Āvejjetvā dhammabalaṃ,
Saritvā pubbake jine;
Saccabalamavassāya
Saccakiriyamakāsahaṃ.

Santi pakkhā apatanā,
Santi pādā avañcanā;
Mātāpitā ca nikkhantā,
Jātaveda paṭikkama.

Saha sacce kate mayhaṃ,
Mahāpajjalito sikhī
Vajjesi soḷasakarīsāni,
Udakaṃ patvā yathā sikhī;
Saccena me samo natthi,
Esā me saccapāramī.

In the past while fulfilling the necessary perfections for Buddhahood, the Great Being was once reborn as a quail; by the power of which (= this Paritta), the forest fire avoided the Great Being.

累积菩提资粮期间，有次投生鹌鹑之胎，
透过此护卫的力量，林火避开伟大有情。

Let us recite this paritta which was delivered by the Lord of the World to the Venerable Sāriputta, and which lasts for the entire world cycle and has great power.

世间依持开示此经，给予舍利弗长老听。
住世一劫有大威力，且让我们诵此护卫。

There are in the world the qualities of morality, truthfulness, purity, loving-kindness and compassion. By that saying of Truth, I will make an excellent asseveration.

在这世间有戒德、真实清净及慈悲；
透过说此真实语，我做最上真实行。

Having reflected upon the power of the Dhamma and having remembered the Victorious Ones of old, I made an asseveration relying on the power of truthfulness.

省思了法的力量，忆起古代胜利者；
依靠真实的力量，我做了个真实行。

“I have wings, but I cannot fly. I have feet, but I cannot walk. My mother and my father have left me. O forest fire! Go back!”

「我有翅膀不能飞，我有双脚不能走，
母亲父亲离我去，森林之火请离去。」

As soon as I have made this asseveration, the great flames of the fire avoided me from sixteen karīsas, like a fire coming to the water. There is nothing equal to my truthfulness. This is my Perfection of Truthfulness.

我做真实行的同时，该森林大火火焰
避开我十六卡立莎，犹如火焰遇到了水。
与我真实无同等者，这是我真实波罗蜜。

– KN, Cariyāpiṭaka, Yudhañjayavagga,
Vaṭṭapotakacariya

Mahāsatipaṭṭhānasuttaṃ

The Great Discourse on Foundations of Mindfulness 大念处经

Evam me sutam – ekaṃ samayaṃ
bhagavā kurūsu viharati kammāsadhammaṃ
nāma kurūnaṃ nigamo. Tatra kho bhagavā
bhikkhū āmantesi – “bhikkhavo”ti.
“Bhaddante”ti te bhikkhū bhagavato
paccassosum. Bhagavā etadavoca –

Thus have I heard. On one occasion The Exalted One was living in the Kuru country at a town of the Kurus named Kammāsadhamma. There he addressed the bhikkhus thus: ‘Bhikkhus.’ They replied: ‘Venerable Sir.’ The Exalted One said this:

如是我闻，一时世尊住在俱卢国的一个市镇，名为剑磨瑟昙。那时世尊称呼诸比丘说：「诸比丘。」诸比丘回答说：「尊者。」世尊如此开示：

Uddeso Preamble 总说

“Ekāyano ayaṃ, bhikkhave, maggo
sattānaṃ visuddhiyā, sokaparidevānaṃ
samatikkamāya dukkhadomanassānaṃ
atthaṅgamāya ñāyassa adhiḡamāya
nibbānassa sacchikiriyāya, yadidaṃ cattāro
satipaṭṭhānā.

‘Bhikkhus, this is the single way for the purification of beings, for the surmounting of sorrow and lamentation, for the disappearance of pain and grief, for the attainment of the true way and for the realisation of Nibbāna, namely, the four foundations of mindfulness.

「诸比丘，这是使众生清净、超越忧愁与悲伤、灭除痛苦与忧恼、成就正道与现证涅槃的单一道路，那就是四念处。」

“Katame cattāro? Idha, bhikkhave,
bhikkhu kāye kāyānupassī viharati ātāpī
sampajāno satimā vineyya loke abhijjhā-
domanassaṃ,
vedanāsu vedanānupassī viharati
ātāpī sampajāno satimā, vineyya loke
abhijjhādomanassaṃ,
citte cittānupassī viharati ātāpī
sampajāno satimā vineyya loke
abhijjhādomanassaṃ,
dhammesu dhammānupassī viharati
ātāpī sampajāno satimā vineyya loke
abhijjhādomanassaṃ.

‘What are the four? Here, bhikkhus, a bhikkhu abides contemplating the body as a body with ardour, comprehension, and mindfulness, having overcome covetousness and grief for the world. He abides contemplating feelings as feelings with ardour, comprehension, and mindfulness, having overcome covetousness and grief for the world. He abides contemplating mind as mind with ardour, comprehension, and mindfulness, having overcome covetousness and grief for the world. He abides contemplating dhamma-objects as dhamma-objects with ardour, comprehension, and mindfulness, having overcome covetousness and grief for the world.

何谓四念处？在此，诸比丘，去除对世间的贪欲及忧恼后，比丘以热诚、正知（明觉）、正念安住于观身为身。去除对世间的贪欲及忧恼后，他以热诚、正知、正念安住于观受为受。去除对世间的贪欲及忧恼后，他以热诚、正知、正念安住于观心为心。去除对世间的贪欲及忧恼后，他以热诚、正知、正念安住于观法为法。

Uddeso niṭṭhito.

Kāyānupassanā Ānāpānappabbaṃ

Contemplation of the Body: Mindfulness of Breathing 身随观念处：安般念节

“Kathaṇca pana, bhikkhave, bhikkhu kāye
kāyānupassī viharati? Idha, bhikkhave,
bhikkhu araṇṇagato vā rukkhamūlagato vā
suñṇāgāragato vā nisīdati pallaṅkaṃ ābhujitvā
ujum kāyaṃ paṇidhāya parimukhaṃ satim
upaṭṭhapetvā. So satova assasati, satova

‘Bhikkhus, how does a bhikkhu abide contemplating the body as a body? Here, bhikkhus, a bhikkhu goes to the forest, or to the foot of a tree or to an empty place. Then he sits down cross-legged, keeps his body erect and establishes mindfulness in front of him. He breathes in mindfully; he breathes out mindfully. When he breathes in long, he understands: “I breathe in long.” When he breathes out long, he understands: “I breathe out long.”

passasati. Dīghaṃ vā assasanto 'dīghaṃ
 assasāmi'ti pajānāti, dīghaṃ vā passasanto
 'dīghaṃ passasāmi'ti pajānāti. Rassāṃ vā
 assasanto 'rassāṃ assasāmi'ti pajānāti, rassāṃ
 vā passasanto 'rassāṃ passasāmi'ti pajānāti.
 'Sabbakāyapaṭisaṃvedī assasissāmi'ti sikkhati,
 'sabbakāyapaṭisaṃvedī passasissāmi'ti sikkhati.
 'Passambhayaṃ kāyasaṅkhāraṃ assasissāmi'ti
 sikkhati, 'passambhayaṃ kāyasaṅkhāraṃ
 passasissāmi'ti sikkhati.

"Seyyathāpi, bhikkhave, dakkho
 bhamakāro vā bhamakārantevāsī vā dīghaṃ
 vā añchanto 'dīghaṃ añchāmi'ti pajānāti,
 rassāṃ vā añchanto 'rassāṃ añchāmi'ti
 pajānāti evameva kho, bhikkhave, bhikkhu
 dīghaṃ vā assasanto 'dīghaṃ assasāmi'ti
 pajānāti, dīghaṃ vā passasanto 'dīghaṃ
 passasāmi'ti pajānāti, rassāṃ vā assasanto
 'rassāṃ assasāmi'ti pajānāti, rassāṃ vā
 passasanto 'rassāṃ passasāmi'ti pajānāti.
 'Sabbakāyapaṭisaṃvedī assasissāmi'ti sikkhati,
 'sabbakāyapaṭisaṃvedī passasissāmi'ti sikkhati,
 'passambhayaṃ kāyasaṅkhāraṃ assasissāmi'ti
 sikkhati, 'passambhayaṃ kāyasaṅkhāraṃ
 passasissāmi'ti sikkhati.

"Iti ajjhataṃ vā kāye kāyānupassī viharati,
 bahiddhā vā kāye kāyānupassī viharati,
 ajjhatabhiddhā vā kāye kāyānupassī viharati.
 Samudayadhammānupassī vā kāyasmim
 viharati, vayadhammānupassī vā kāyasmim
 viharati, samudayavayadhammānupassī vā
 kāyasmim viharati. 'Atthi kāyo'ti vā panassa
 sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya
 paṭissatimattāya anissito ca viharati, na ca
 kiñci loke upādiyati. Evampi kho, bhikkhave,
 bhikkhu kāye kāyānupassī viharati.

When he breathes in short, he understands: "I breathe in short." When he breathes out short, he understands: "I breathe out short." He trains thus: "I shall breathe in experiencing the whole breath." He trains thus: "I shall breathe out experiencing the whole breath." He trains thus: "I shall breathe in tranquilizing the whole breath formations." He trains thus: "I shall breathe out tranquilizing the whole breath formations."

诸比丘，比丘如何安住于观身为身呢？在此，诸比丘，比丘前往森林、树下或空地，盘腿而坐，保持身体正直，安立正念在自己面前（的呼吸）。他正念地吸气，正念地呼气。吸气长的时候，他了知：『我吸气长。』呼气长的时候，他了知：『我呼气长。』吸气短的时候，他了知：『我吸气短。』呼气短的时候，他了知：『我呼气短。』他如此训练：『我应当觉知（气息的）全身而吸气。』他如此训练：『我应当觉知（气息的）全身而呼气。』他如此训练：『我应当平静（气息的）身行而吸气。』他如此训练：『我应当平静（气息的）身行而呼气。』

'Just like a skilled turner or his apprentice, while he makes a long turn he understands: "I make a long turn." While he makes a short turn, he understands: "I make a short turn." In the same way, when a bhikkhu breathes in long, he understands: "I breathe in long." When he breathes out long, he understands: "I breathe out long." When he breathes in short, he understands: "I breathe in short." When he breathes out short, he understands: "I breathe out short." He trains thus: "I shall breathe in experiencing the whole breath." He trains thus: "I shall breathe out experiencing the whole breath." He trains thus: "I shall breathe in tranquilizing the whole breath formations." He trains thus: "I shall breathe out tranquilizing the whole breath formations."

就像善巧的车床师或他的学徒，当他做长弯的时候，他了知：『我做长弯。』当他做短弯的时候，他了知：『我做短弯。』同样地，当比丘吸气长的时候，他了知：『我吸气长。』呼气长的时候，他了知：『我呼气长。』吸气短的时候，他了知：『我吸气短。』呼气短的时候，他了知：『我呼气短。』他如此训练：『我应当觉知（气息的）全身而吸气。』他如此训练：『我应当觉知（气息的）全身而呼气。』他如此训练：『我应当平静（气息的）身行而吸气。』他如此训练：『我应当平静（气息的）身行而呼气。』

'Thus he abides contemplating the body as a body internally. Or he abides contemplating the body as a body externally. Or he abides contemplating the body as a body both internally and externally. He abides contemplating arising phenomena in the body. Or he abides contemplating vanishing phenomena in the body. Or he abides contemplating both arising and vanishing phenomena in the body. Or mindfulness that "there is a body" is established in him just to the extent merely necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating the body as a body.

Ānāpānāpabbam̐ niṭṭhitam̐.

如此，他安住于观照内在的身为身、安住于观照外在的身为身或安住于观照内在与外在的身为身。他安住于观照身的生起现象、安住于观照身的坏灭现象或安住于观照身的生起与坏灭现象。或者他建立起『有身』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘安住于观身为身的方法。

Iriyāpathapabbam̐ The Four Postures 四威仪节

“Puna caparam̐, bhikkhave, bhikkhu gacchanto vā ‘gacchāmī’ti pajānāti, ṭhito vā ‘ṭhitomhī’ti pajānāti, nisinno vā ‘nisinnomhī’ti pajānāti, sayāno vā ‘sayānomhī’ti pajānāti, yathā yathā vā panassa kāyo paṇihito hoti, tathā tathā nam̐ pajānāti.

‘Again, bhikkhus, while walking, a bhikkhu understands: “I am walking.” While standing, he understands: “I am standing.” While sitting, he understands: “I am sitting.” While lying down, he understands: “I am lying down.” Or he understands accordingly, however his body is disposed.

再者，诸比丘，行走时比丘了知：『我正在行走。』站立时他了知：『我正站立着。』坐着时他了知：『我正坐着。』躺着时他了知：『我正在躺着。』无论身体处在哪一种姿势，他都如实地了知。

“Iti ajjhataṃ vā kāye kāyānupassī viharati, bahiddhā vā kāye kāyānupassī viharati, ajjhatabhiddhā vā kāye kāyānupassī viharati. Samudayadhammānupassī vā kāyasmim̐ viharati, vayadhammānupassī vā kāyasmim̐ viharati, samudayavayadhammānupassī vā kāyasmim̐ viharati. ‘Atthi kāyo’ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu kāye kāyānupassī viharati.

‘Thus he abides contemplating the body as a body internally. Or he abides contemplating the body as a body externally. Or he abides contemplating the body as a body both internally and externally. He abides contemplating arising phenomena in the body. Or he abides contemplating vanishing phenomena in the body. Or he abides contemplating both arising and vanishing phenomena in the body. Or mindfulness that “there is a body” is established in him just to the extent merely necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating the body as a body.

如此，他安住于观照内在的身为身、安住于观照外在的身为身或安住于观照内在与外在的身为身。他安住于观照身的生起现象、安住于观照身的坏灭现象或安住于观照身的生起与坏灭现象。或者他建立起『有身』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘安住于观身为身的方法。

Iriyāpathapabbam̐ niṭṭhitam̐.

Sampajānāpabbam̐ Clear Comprehension 正知节（明觉节）

“Puna caparam̐, bhikkhave, bhikkhu abhikkante paṭikkante sampajānakārī hoti, ālokite vilokite sampajānakārī hoti, samiñjite pasārite sampajānakārī hoti, saṅghāṭipatta-cīvaradhāraṇe sampajānakārī hoti, asite pīte khāyite sāyite sampajānakārī hoti, uccāra-passāvakamme sampajānakārī hoti, gate ṭhite nisinne sutte jāgarite bhāsīte tuṇhībhāve sampajānakārī hoti.

‘Again, bhikkhus, while going forward or returning, a bhikkhu acts in clear comprehension. While looking forwards or sideways, he acts in clear comprehension. While bending and stretching his limbs, he acts in clear comprehension. While wearing his robes and carrying his outer robe and bowl, he acts in clear comprehension. While eating, drinking, chewing and tasting, he acts in clear comprehension. While defecating and urinating, he acts in clear comprehension. While walking, standing, sitting, falling asleep and waking up, speaking or keeping silent, he acts in clear comprehension.

“Iti ajjhataṃ vā kāye kāyānupassī viharati,
bahiddhā vā kāye kāyānupassī viharati,
ajjhatabhiddhā vā kāye kāyānupassī viharati.
Samudayadhammānupassī vā kāyasmim
viharati, vayadhammānupassī vā kāyasmim
viharati, samudayavayadhammānupassī vā
kāyasmim viharati. ‘Atthi kāyo’ti vā panassa
sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya
paṭissatimattāya anissito ca viharati, na ca
kiñci loke upādiyati. Evampi kho, bhikkhave,
bhikkhu kāye kāyānupassī viharati.

Sampajānapabbam niṭṭhitam.

再者，诸比丘，向前进或返回的时候，比丘以正知而行。向前看或向旁看的时候，他以正知而行。屈伸肢体的时候，他以正知而行。穿着袈裟、执持衣钵的时候，他以正知而行。吃饭、喝水、咀嚼、尝味的时候，他以正知而行。大小便利的时候，他以正知而行。走路、站立、坐着、入睡与醒来、说话或沉默的时候，他以正知而行。

‘Thus he abides contemplating the body as a body internally. Or he abides contemplating the body as a body externally. Or he abides contemplating the body as a body both internally and externally. He abides contemplating arising phenomena in the body. Or he abides contemplating vanishing phenomena in the body. Or he abides contemplating both arising and vanishing phenomena in the body. Or mindfulness that “there is a body” is established in him just to the extent merely necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating the body as a body.

如此，他安住于观照内在的身为身、安住于观照外在的身为身或安住于观照内在与外在的身为身。他安住于观照身的生起现象、安住于观照身的坏灭现象或安住于观照身的生起与坏灭现象。或者他建立起『有身』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘安住于观身为身的方法。

Paṭikūlamanasikārapabbam Reflection on Repulsiveness 可厌作意节（不净观）

“Puna caparam, bhikkhave, bhikkhu
imameva kāyaṃ uddham pādatalā adho
kesamatthakā tacapariyantam pūram
nānappakārassa asucino paccavekkhati – ‘atthi
imasmim kāye kesā lomā nakhā dantā taco,
maṃsam nhāru atṭhi atṭhimiñjam vakkam,
hadayaṃ yakanam kilomakam pihakam
papphasam, antam antagunam udariyam
karisam matthalungam, pittam semham pubbo
lohitaṃ sedo medo, assu vasā kheḷo
siṅghāṇikā lasikā muttan’ti.

“Seyyathāpi, bhikkhave, ubhatomukhā
putoḷi pūrā nānāvihitassa dhaññassa,
seyyathidam sālīnam vīhīnam muggānam
māsānam tilānam taṇḍulānam. Tamenam
cakkhumā puriso muñcitvā paccavekkheyya –
‘ime sālī, ime vīhī ime muggā ime māsā ime
tilā ime taṇḍulā’ti. Evameva kho, bhikkhave,
bhikkhu imameva kāyaṃ uddham pādatalā

‘Again, bhikkhus, a bhikkhu reflects on this very body from the soles of the feet upwards, from the head-hairs downwards, enclosed by the skin and full of many kinds of impurity: “In this body there are head-hairs, body-hairs, nails, teeth, skin, flesh, sinews, bones, bone-marrow, kidneys, heart, liver, pleura, spleen, lungs, bowels, mesentery, contents of the stomach, faeces, brain, bile, phlegm, pus, blood, sweat, fat, tears, grease, saliva, mucus, synovial fluid, and urine.”

再者，诸比丘，比丘思惟这个身体，从脚掌上来及从头发下去，这个身体由皮肤所包裹，并且充满许多不净物：『在这个身体当中有头发、身毛、指甲、牙齿、皮肤、肌肉、筋腱、骨骼、骨髓、肾脏、心脏、肝脏、肋膜、脾脏、肺脏、肠、肠间膜、胃中物、粪便、脑、胆汁、痰、脓、血、汗、脂肪、泪液、油脂、唾液、鼻涕、关节滑液、尿液。』

‘Bhikkhus, suppose there were a bag with an opening at both ends, full of various kinds of grain such as hill-rice, paddy, green gram, kidney beans, sesame, husked rice. A man with good eyesight were to open the bag and examine them, saying: “This is hill-rice, this is paddy, this is green gram, these are kidney-beans, this is sesame, this is husked rice.” In the same way, bhikkhus, a bhikkhu reflects on this very body from the soles of the feet upwards, from the head-hairs downwards, enclosed by the skin and full of manifold impurities: “In this body there are head-hairs, body-hairs, nails, teeth, skin, flesh, sinews, bones, bone-marrow, kidneys, heart, liver,

adho kesamatthakā tacapariyantam pūram
nānappakārassa asucino paccavekkhati – ‘atthi
imasmim kāye kesā lomā nakhā dantā taco,
maṃsam nhāru aṭṭhi aṭṭhimiñjam vakkam,
hadayam yakanam kilomakam pihakam
papphāsam, antam antaṇaṇam udariyam
karīsam matthaluṇgam, pittam semham pubbo
lohitaṃ sedo medo, assu vasā kheḷo
siṅghāṇikā lasikā muttan’ti.

“Iti ajjhataṃ vā kāye kāyānupassī viharati,
bahiddhā vā kāye kāyānupassī viharati,
ajjhatabahiddhā vā kāye kāyānupassī viharati.
Samudayadhammānupassī vā kāyasmim
viharati, vayadhammānupassī vā kāyasmim
viharati, samudayavayadhammānupassī vā
kāyasmim viharati. ‘Atthi kāyo’ti vā panassa
sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya
paṭissatimattāya anissito ca viharati, na ca
kiñci loke upādiyati. Evampi kho, bhikkhave,
bhikkhu kāye kāyānupassī viharati.

Paṭikūlamanasikārapabbaṃ niṭṭhitam.

pleura, spleen, lungs, bowels, mesentery, contents of the stomach, faeces, brain, bile, phlegm, pus, blood, sweat, fat, tears, grease, saliva, mucus, synovial fluid and urine.”

诸比丘，就像一个两端开口的袋子，里面装满了各种谷类，如粳米、米、绿豆、豆、芝麻、精米。一个视力良好的人打开袋子，检查它们，说：『这是粳米、这是米、这是绿豆、这是豆、这是芝麻、这是精米。』同样地，诸比丘，比丘思惟这个身体，从脚掌上来及从头发下去，这个身体由皮肤所包裹，并且充满许多不净物：『在这个身体当中有头发、身毛、指甲、牙齿、皮肤、肌肉、筋腱、骨骼、骨髓、肾脏、心脏、肝脏、肋膜、脾脏、肺脏、肠、肠间膜、胃中物、粪便、脑、胆汁、痰、脓、血、汗、脂肪、泪液、油脂、唾液、鼻涕、关节滑液、尿液。』

‘Thus he abides contemplating the body as a body internally. Or he abides contemplating the body as a body externally. Or he abides contemplating the body as a body both internally and externally. He abides contemplating arising phenomena in the body. Or he abides contemplating vanishing phenomena in the body. Or he abides contemplating both arising and vanishing phenomena in the body. Or mindfulness that “there is a body” is established in him just to the extent merely necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating the body as a body.

如此，他安住于观照内在的身为身、安住于观照外在的身为身或安住于观照内在与外在的身为身。他安住于观照身的生起现象、安住于观照身的坏灭现象或安住于观照身的生起与坏灭现象。或者他建立起『有身』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘安住于观身为身的方法。

Dhātumanasikārapabbaṃ The Reflection on the Material Elements 界作意节

“Puna caparam, bhikkhave, bhikkhu
imameva kāyam yathāṭṭhitam yathāpaṇihitam
dhātuso paccavekkhati – ‘atthi imasmim kāye
pathavīdhātu āpodhātu tejodhātu vāyodhātū’ti.

“Seyyathāpi, bhikkhave, dakkho
goghātako vā goghātakantevāsī vā gāvim
vadhivā catumahāpathe bilaso vibhajivā
nisinno assa, evameva kho, bhikkhave,
bhikkhu imameva kāyam yathāṭṭhitam
yathāpaṇihitam dhātuso paccavekkhati – ‘atthi
imasmim kāye pathavīdhātu āpodhātu
tejodhātu vāyodhātū’ti.

‘Again, bhikkhus, a bhikkhu reflects on this very body. However it may be placed or disposed, he reflects on it in terms of the elements thus: “In this body there are the earth-element, the water-element, the fire-element, and the wind-element.”

再者，诸比丘，无论身体如何被摆置或安放，比丘都以各种界来观察这个身体：『在这个身体里有地界、水界、火界、风界。』

‘Bhikkhus, suppose a skilled butcher or his apprentice has slaughtered a cow and sits at a crossroads with the cow cut up into pieces. In the same way, bhikkhus, a bhikkhu reflects on this very body. However it may be placed or disposed, he reflects on it in terms of the elements thus: “In this body there are the earth-element, the water-element, the fire-element, and the wind-element.”

诸比丘，就像一个熟练的屠夫或屠夫的学徒，屠宰了一头母牛之后，将它切成肉块，然后坐在十字路口。同样地，诸比丘，无论身体如何被摆置或安放，比丘都以各种界来观察这个身体：『在这个身体里有地界、水界、火界、风界。』

“Iti ajjhataṃ vā kāye kāyānupassī viharati,
bahiddhā vā kāye kāyānupassī viharati,
ajjhatabhiddhā vā kāye kāyānupassī viharati.
Samudayadhammānupassī vā kāyasmim
viharati, vayadhammānupassī vā kāyasmim
viharati, samudayavayadhammānupassī vā
kāyasmim viharati. ‘Atthi kāyo’ti vā panassa
sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya
paṭissatimattāya anissito ca viharati, na ca
kiñci loke upādiyati. Evampi kho, bhikkhave,
bhikkhu kāye kāyānupassī viharati.

Dhātumanasikārapabbaṃ niṭṭhitaṃ.

Navasivathikapabbaṃ *The Nine Cemetery Contemplations* 九种坟场观节

“Puna caparaṃ, bhikkhave, bhikkhu
seyyathāpi passeyya sarīraṃ sivathikāya
chaḍḍitaṃ ekāhamataṃ vā dvīhamataṃ vā
tīhamataṃ vā uddhumātakaṃ vinīlakaṃ
vipubbakajātaṃ. So imeva kāyaṃ
upasaṃharati – ‘ayampi kho kāyo evaṃ-
dhammo evambhāvī evaṃ-anatīto’ti.

“Iti ajjhataṃ vā kāye kāyānupassī viharati,
bahiddhā vā kāye kāyānupassī viharati,
ajjhatabhiddhā vā kāye kāyānupassī viharati.
Samudayadhammānupassī vā kāyasmim
viharati, vayadhammānupassī vā kāyasmim
viharati, samudayavayadhammānupassī vā
kāyasmim viharati. ‘Atthi kāyo’ti vā panassa
sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya
paṭissatimattāya anissito ca viharati, na ca
kiñci loke upādiyati. Evampi kho, bhikkhave,
bhikkhu kāye kāyānupassī viharati.

‘Thus he abides contemplating the body as a body internally. Or he abides contemplating the body as a body externally. Or he abides contemplating the body as a body both internally and externally. He abides contemplating arising phenomena in the body. Or he abides contemplating vanishing phenomena in the body. Or he abides contemplating both arising and vanishing phenomena in the body. Or mindfulness that “there is a body” is established in him just to the extent merely necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating the body as a body.

如此，他安住于观照内在的身为身、安住于观照外在的身为身或安住于观照内在与外在的身为身。他安住于观照身的生起现象、安住于观照身的坏灭现象或安住于观照身的生起与坏灭现象。或者他建立起『有身』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘安住于观身为身的方法。

(1) ‘Again, bhikkhus, a bhikkhu might come to see a corpse thrown aside in a charnel ground, dead for one, two or three days. It is swollen, discoloured, and festering. He compares his own body with that, thinking: “Indeed, this body is of the same nature. It will become like that and is not exempt from that fate.”

再者，诸比丘，比丘在坟场中见到死后经过一天、二天或三天的被丢弃尸体，那尸体肿胀、变色、腐烂。他拿那具尸体和自身作比较，思惟：『确实地，我的身体也具有同样的本质，它将会变成那样，如此的下场是无法避免的。』

‘Thus he abides contemplating the body as a body internally. Or he abides contemplating the body as a body externally. Or he abides contemplating the body as a body both internally and externally. He abides contemplating arising phenomena in the body. Or he abides contemplating vanishing phenomena in the body. Or he abides contemplating both arising and vanishing phenomena in the body. Or mindfulness that “there is a body” is established in him just to the extent merely necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating the body as a body.

如此，他安住于观照内在的身为身、安住于观照外在的身为身或安住于观照内在与外在的身为身。他安住于观照身的生起现象、安住于观照身的坏灭现象或安住于观照身的生起与坏灭现象。或者他建立起『有身』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘安住于观身为身的方法。

“Puna caparaṃ, bhikkhave, bhikkhu seyyathāpi passeyya sarīraṃ sivathikāya chaḍḍitaṃ kākehi vā khajjamānaṃ kulalehi vā khajjamānaṃ gijjhehi vā khajjamānaṃ kaṇkehi vā khajjamānaṃ sunakhehi vā khajjamānaṃ byagghehi vā khajjamānaṃ dīpihi vā khajjamānaṃ siṅgālehi vā khajjamānaṃ vividhehi vā pāṇakajātehi khajjamānaṃ. So imameva kāyaṃ upasaṃharati – ‘ayampi kho kāyo evaṃdhammo evaṃbhāvī evaṃ-anatīto’ti.

“Iti ajjhataṃ vā kāye kāyānupassī viharati, bahiddhā vā kāye kāyānupassī viharati, ajjhatabahiddhā vā kāye kāyānupassī viharati. Samudayadhammānupassī vā kāyasmim viharati, vayadhammānupassī vā kāyasmim viharati, samudayavayadhammānupassī vā kāyasmim viharati. ‘Atthi kāyo’ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu kāye kāyānupassī viharati.

“Puna caparaṃ, bhikkhave, bhikkhu seyyathāpi passeyya sarīraṃ sivathikāya chaḍḍitaṃ atthikasaṅkhalikaṃ samaṃsa-lohitaṃ nhārusambandhaṃ... atthikasaṅkhalikaṃ nimaṃsalohita-makkhitaṃ nhārusambandhaṃ... atthikasaṅkhalikaṃ apagatamaṃsa-lohitaṃ nhārusambandhaṃ... atthikāni apagatasambandhāni disā vidisā vikkhittāni, aññena hatthaatthikaṃ aññena pādaatthikaṃ aññena goppakaatthikaṃ aññena jaṅghaatthikaṃ aññena ūrutthikaṃ aññena kaṭiitthikaṃ aññena phāsukaatthikaṃ aññena piṭṭhiitthikaṃ aññena khandhaatthikaṃ aññena gīvātthikaṃ aññena hanukaatthikaṃ aññena dantaatthikaṃ aññena sīsakaṭāhaṃ. So imameva kāyaṃ upasaṃharati – ‘ayampi kho kāyo evaṃdhammo evaṃbhāvī evaṃ-anatīto’ti.

(2) ‘Again, bhikkhus, a bhikkhu might come to see a corpse in a charnel ground, thrown aside, eaten by crows, hawks, vultures, herons, dogs, tigers, leopards, jackals or various kinds of worms. He compares his own body with that, thinking: “Indeed, this body is of the same nature. It will become like that and is not exempt from that fate.”

再者，诸比丘，比丘在坟场中见到被丢弃的尸体，被乌鸦、老鹰、秃鹰、苍鹭、狗、老虎、豹、豺狼或各种虫所啖食。他拿那具尸体和自身作比较，思惟：『确实地，我的身体也具有同样的本质，它将会变成那样，如此的下场是无法避免的。』

“Thus he abides contemplating the body as a body internally, or he abides contemplating the body as a body externally, or he abides contemplating the body as a body both internally and externally. He abides contemplating arising phenomena in the body, or he abides contemplating vanishing phenomena in the body, or he abides contemplating both arising and vanishing phenomena in the body. Or mindfulness that “there is a body” is established in him just to the extent necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating the body as a body.

如此，他安住于观照内在的身为身、安住于观照外在的身为身或安住于观照内在与外在的身为身。他安住于观照身的生起现象、安住于观照身的坏灭现象或安住于观照身的生起与坏灭现象。或者他建立起『有身』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘安住于观身为身的方法。

(3,4,5,6) ‘Again, bhikkhus, a bhikkhu might come to see a corpse which has been reduced to a skeleton with (some) flesh and blood attached to it and held together by tendons... a skeleton without any flesh but smeared with blood and held together by tendons... a skeleton without any flesh or blood, held together by tendons... disconnected bones scattered in all directions, here a hand-bone, there a foot-bone, here an ankle-bone, there a shin-bone, here a thigh-bone, there a hip-bone, here a rib-bone, there a back-bone, here a shoulder-bone, there a neck-bone, here a jaw-bone, there a tooth, here the skull. He compares his own body with that, thinking: “Indeed, this body is of the same nature. It will become like that and is not exempt from that fate.”

再者，诸比丘，比丘在坟场中见到被丢弃的尸体，已经变成只剩下（一些）血肉附着的一具骸骨，依靠筋腱而连结在一起……一具没有肉而只有血迹漫涂的骸骨，依靠筋腱连结在一起……一具没有血肉的骸骨，依靠筋腱而连结在一起……分散在各处的骨头：这里一块手骨，那里一块脚骨，这里一块脚踝骨，那里一块小腿骨，这里一块大腿骨，那里一块髌骨，这里一块肋骨，那里一块背骨，这里一块肩骨，那里一块颈椎骨，这里一块下颚骨，那里一块牙龈骨，这里是头盖骨。他拿那具尸体和自身作比较，思惟：『确实地，我的身体也具有同

"Iti ajjhataṃ vā kāye kāyānupassī viharati,
bahiddhā vā kāye kāyānupassī viharati,
ajjhatabhiddhā vā kāye kāyānupassī viharati.
Samudayadhammānupassī vā kāyasmim
viharati, vayadhammānupassī vā kāyasmim
viharati, samudayavayadhammānupassī vā
kāyasmim viharati. 'Atthi kāyo'ti vā panassa
sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya
paṭissatimattāya anissito ca viharati, na ca
kiñci loke upādiyati. Evampi kho, bhikkhave,
bhikkhu kāye kāyānupassī viharati.

"Puna caparaṃ, bhikkhave, bhikkhu
seyyathāpi passeyya sarīraṃ sivathikāya
chaḍḍitaṃ atthikāni setāni saṅkhavaṇṇa-
paṭibhāgāni... atthikāni puñjakitāni
terovassikāni... atthikāni pūtīni cuṇṇakajātāni.
So imameva kāyaṃ upasaṃharati – 'ayampi
kho kāyo evaṃdhammo evaṃbhāvī evaṃ-
anatīto'ti.

"Iti ajjhataṃ vā kāye kāyānupassī viharati,
bahiddhā vā kāye kāyānupassī viharati,
ajjhatabhiddhā vā kāye kāyānupassī viharati.
Samudayadhammānupassī vā kāyasmim
viharati, vayadhammānupassī vā kāyasmim
viharati, samudayavayadhammānupassī vā
kāyasmim viharati. 'Atthi kāyo'ti vā panassa
sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya
paṭissatimattāya anissito ca viharati, na ca
kiñci loke upādiyati. Evampi kho, bhikkhave,
bhikkhu kāye kāyānupassī viharati.

*Navasivathikapabbaṃ niṭṭhitaṃ.
Cuddasa kāyānupassanā niṭṭhitā.*

(Chant until here for day 1)

样的本质，它将会变成那样，如此的下场是无法避免的。』

‘Thus he abides contemplating the body as a body internally, or he abides contemplating the body as a body externally, or he abides contemplating the body as a body both internally and externally. He abides contemplating arising phenomena in the body, or he abides contemplating vanishing phenomena in the body, or he abides contemplating both arising and vanishing phenomena in the body. Or mindfulness that “there is a body” is established in him just to the extent necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating the body as a body.

如此，他安住于观照内在的身为身、安住于观照外在的身为身或安住于观照内在与外在的身为身。他安住于观照身的生起现象、安住于观照身的坏灭现象或安住于观照身的生起与坏灭现象。或者他建立起『有身』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘安住于观身为身的方法。

(7,8,9) ‘Again, bhikkhus, a bhikkhu might come to see a corpse that has been reduced to bleached bones of conch-like colour... a heap more than one year old... bones rotted away to powder. He compares his own body with that, thinking: “Indeed, this body is of the same nature. It will become like that and is not exempt from that fate.

再者，诸比丘，比丘在坟场中见到被丢弃的尸体，已变成贝壳色的白骨……一年以上的一堆骨头……骨头已经腐朽成骨粉。他拿那具尸体和自身作比较，思惟：『确实地，我的身体也具有同样的本质，它将会变成那样，如此的下场是无法避免的。』

‘Thus he abides contemplating the body as a body internally, or he abides contemplating the body as a body externally, or he abides contemplating the body as a body both internally and externally. He abides contemplating arising phenomena in the body, or he abides contemplating vanishing phenomena in the body, or he abides contemplating both arising and vanishing phenomena in the body. Or mindfulness that “there is a body” is established in him just to the extent necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating the body as a body.

如此，他安住于观照内在的身为身、安住于观照外在的身为身或安住于观照内在与外在的身为身。他安住于观照身的生起现象、安住于观照身的坏灭现象或安住于观照身的生起与坏灭现象。或者他建立起『有身』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘安住于观身为身的方法。

(第一天诵至此)

Vedanānupassanā Contemplation of Feeling 受随观念处

"Kathañca pana, bhikkhave, bhikkhu vedanāsu vedanānupassī viharati? Idha, bhikkhave, bhikkhu sukhaṃ vā vedanaṃ vedayamāno 'sukhaṃ vedanaṃ vedayāmī'ti pajānāti. Dukkhaṃ vā vedanaṃ vedayamāno 'dukkhaṃ vedanaṃ vedayāmī'ti pajānāti. Adukkhamasukhaṃ vā vedanaṃ vedayamāno 'adukkhamasukhaṃ vedanaṃ vedayāmī'ti pajānāti.

"Sāmisarṃ vā sukhaṃ vedanaṃ vedayamāno 'sāmisarṃ sukhaṃ vedanaṃ vedayāmī'ti pajānāti, nirāmisarṃ vā sukhaṃ vedanaṃ vedayamāno 'nirāmisarṃ sukhaṃ vedanaṃ vedayāmī'ti pajānāti. Sāmisarṃ vā dukkhaṃ vedanaṃ vedayamāno 'sāmisarṃ dukkhaṃ vedanaṃ vedayāmī'ti pajānāti, nirāmisarṃ vā dukkhaṃ vedanaṃ vedayamāno 'nirāmisarṃ dukkhaṃ vedanaṃ vedayāmī'ti pajānāti. Sāmisarṃ vā adukkhamasukhaṃ vedanaṃ vedayamāno 'sāmisarṃ adukkhamasukhaṃ vedanaṃ vedayāmī'ti pajānāti, nirāmisarṃ vā adukkhamasukhaṃ vedanaṃ vedayamāno 'nirāmisarṃ adukkhamasukhaṃ vedanaṃ vedayāmī'ti pajānāti.

Iti ajjhataṃ vā vedanāsu vedanānupassī viharati, bahiddhā vā vedanāsu vedanānupassī viharati, ajjhatabhiddhā vā vedanāsu vedanānupassī viharati. Samudaya-dhammānupassī vā vedanāsu viharati, vayadhammānupassī vā vedanāsu viharati, samudayavayadhammānupassī vā vedanāsu viharati. 'Atthi vedanā'ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu vedanāsu vedanānupassī viharati.

Vedanānupassanā niṭṭhitā.

'And, bhikkhus, how does a bhikkhu abide contemplating feelings as feelings? Here, bhikkhus, when experiencing a pleasant feeling a bhikkhu understands: "I experience a pleasant feeling." When experiencing a painful feeling he understands: "I experience a painful feeling." When experiencing a neither-painful-nor-pleasant feeling he understands: "I experience a neither-painful-nor-pleasant feeling."

再者，诸比丘，比丘如何安住于观受为受呢？在此，诸比丘，感到乐受时，比丘了知：『我感到乐受。』感到苦受时，他了知：『我感到苦受。』感到不苦不乐受时，他了知：『我感到不苦不乐受。』

'When experiencing a pleasant sensual feeling he understands: "I experience a pleasant sensual feeling." When experiencing a pleasant non-sensual feeling he understands: "I experience a pleasant non-sensual feeling." When experiencing a painful sensual feeling he understands: "I experience a painful sensual feeling." When experiencing a painful non-sensual feeling he understands: "I experience a painful non-sensual feeling." When experiencing a neither-painful-nor-pleasant sensual feeling he understands: "I experience a neither-painful-nor-pleasant sensual feeling." When experiencing a neither-painful-nor-pleasant non-sensual feeling he understands: "I experience a neither-painful-nor-pleasant non-sensual feeling."

感到有爱染的乐受时，他了知：『我感到有爱染的乐受。』感到没有爱染的乐受时，他了知：『我感到没有爱染的乐受。』感到有爱染的苦受时，他了知：『我感到有爱染的苦受。』感到没有爱染的苦受时，他了知：『我感到没有爱染的苦受。』感到有爱染的不苦不乐受时，他了知：『我感到有爱染的不苦不乐受。』感到没有爱染的不苦不乐受时，他了知：『我感到没有爱染的不苦不乐受。』

'Thus he abides contemplating feelings as feelings internally, or he abides contemplating feelings as feelings externally, or he abides contemplating feelings as feelings both internally and externally. He abides contemplating arising phenomena in the feelings, or he abides contemplating vanishing phenomena in the feelings, or he abides contemplating both arising and vanishing phenomena in the feelings. Or mindfulness that "there is feeling" is established in him just to the extent merely necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating feelings as feelings.

如此，他安住于观照内在的受为受、安住于观照外在的受为受或安住于观照内在与外在的受为受。他安住于观照受的生起现象、安住于观照受的坏灭现象或安住于观照受的生起与坏灭现象。或者他建立起『有受』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘安住于观受为受的方法。

Cittānupassanā Contemplation of Mind 心随观念处

“Kathañca pana, bhikkhave, bhikkhu citte cittaṇupassī viharati? Idha, bhikkhave, bhikkhu sarāgaṃ vā cittaṃ ‘sarāgaṃ cittaṇ’ti pajānāti, vītāraṃ vā cittaṃ ‘vītāraṃ cittaṇ’ti pajānāti. Sadosaṃ vā cittaṃ ‘sadosaṃ cittaṇ’ti pajānāti, vītadosaṃ vā cittaṃ ‘vītadosaṃ cittaṇ’ti pajānāti. Samohaṃ vā cittaṃ ‘samohaṃ cittaṇ’ti pajānāti, vītamohaṃ vā cittaṃ ‘vītamohaṃ cittaṇ’ti pajānāti. Saṅkhittaṃ vā cittaṃ ‘saṅkhittaṃ cittaṇ’ti pajānāti, vikkhittaṃ vā cittaṃ ‘vikkhittaṃ cittaṇ’ti pajānāti. Mahaggataṃ vā cittaṃ ‘mahaggataṃ cittaṇ’ti pajānāti, amahaggataṃ vā cittaṃ ‘amahaggataṃ cittaṇ’ti pajānāti. Sauttaraṃ vā cittaṃ ‘sauttaraṃ cittaṇ’ti pajānāti, anuttaraṃ vā cittaṃ ‘anuttaraṃ cittaṇ’ti pajānāti. Samāhitaṃ vā cittaṃ ‘samāhitaṃ cittaṇ’ti pajānāti, asamāhitaṃ vā cittaṃ ‘asamāhitaṃ cittaṇ’ti pajānāti. Vimuttaṃ vā cittaṃ ‘vimuttaṃ cittaṇ’ti pajānāti. Avimuttaṃ vā cittaṃ ‘avimuttaṃ cittaṇ’ti pajānāti.

Iti ajjhataṃ vā citte cittaṇupassī viharati, bahiddhā vā citte cittaṇupassī viharati, ajjhatabahiddhā vā citte cittaṇupassī viharati. Samudayadhammānupassī vā cittasmiṃ viharati, vayadhammānupassī vā cittasmiṃ viharati, samudayavayadhammānupassī vā cittasmiṃ viharati, ‘atthi cittaṇ’ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu citte cittaṇupassī viharati.

Cittānupassanā niṭṭhitā.

‘Again, bhikkhus, how does a bhikkhu abide contemplating mind as mind? Here, bhikkhus, a bhikkhu understands mind with lust as mind with lust. He understands mind free from lust as mind free from lust. He understands mind with hate as mind with hate. He understands mind free from hate as mind free from hate. He understands mind with delusion as mind with delusion. He understands mind free from delusion as mind free from delusion. He understands contracted mind as contracted mind. He understands distracted mind as distracted mind. He understands exalted mind as exalted mind. He understands unexalted mind as unexalted mind. He understands surpassable mind as surpassable mind. He understands unsurpassable mind as unsurpassable mind. He understands concentrated mind as concentrated mind. He understands unconcentrated mind as unconcentrated mind. He understands liberated mind as liberated mind. He understands unliberated mind as unliberated mind.

再者，诸比丘，比丘如何安住于观心为心呢？在此，诸比丘，比丘了知有贪欲的心为有贪欲的心，了知没有贪欲的心为没有贪欲的心；了知有嗔恨的心为有嗔恨的心，了知没有嗔恨的心为没有嗔恨的心；了知有愚痴的心为有愚痴的心，了知没有愚痴的心为没有愚痴的心；了知收缩的心为收缩的心，了知散乱的心为散乱的心；了知广大的心为广大的心，了知不广大的心为不广大的心；了知有上的心为有上的心，了知无上的心为无上的心；了知专一的心为专一的心，了知不专一的心为不专一的心；了知解脱的心为解脱的心，了知未解脱的心为未解脱的心。

‘Thus he abides contemplating mind as mind internally, or he abides contemplating mind as mind externally, or he abides contemplating mind as mind both internally and externally. He abides contemplating arising phenomena in the mind, or he abides contemplating vanishing phenomena in the mind, or he abides contemplating both arising and vanishing phenomena in the mind. Or mindfulness that “there is mind” is established in him just to the extent necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating mind as mind.

如此，他安住于观照内在的心为心、安住于观照外在的心为心或安住于观照内在与外在的心为心。他安住于观照心的生起现象、安住于观照心的坏灭现象或安住于观照心的生起与坏灭现象。或者他建立起『有心』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘安住于观心为心的方法。

Dhammānupassanā Nīvaraṇapabbhaṃ

Contemplation of Dhamma-Objects: The Five Hindrances 法随观念处：五盖节

"Kathaṇca pana, bhikkhave, bhikkhu dhammesu dhammānupassī viharati? Idha, bhikkhave, bhikkhu dhammesu dhammānupassī viharati pañcasu nīvaraṇesu. Kathaṇca pana, bhikkhave, bhikkhu dhammesu dhammānupassī viharati pañcasu nīvaraṇesu?"

"Idha, bhikkhave, bhikkhu santaṃ vā ajjhataṃ kāmaccandaṃ 'atthi me ajjhataṃ kāmaccando'ti pajānāti, asantaṃ vā ajjhataṃ kāmaccandaṃ 'natthi me ajjhataṃ kāmaccando'ti pajānāti, yathā ca anuppannassa kāmaccandassa uppādo hoti taṇca pajānāti, yathā ca uppannassa kāmaccandassa pahānaṃ hoti taṇca pajānāti, yathā ca pahīnassa kāmaccandassa āyatim anuppādo hoti taṇca pajānāti."

"Santaṃ vā ajjhataṃ byāpādaṃ 'atthi me ajjhataṃ byāpādo'ti pajānāti, asantaṃ vā ajjhataṃ byāpādaṃ 'natthi me ajjhataṃ byāpādo'ti pajānāti, yathā ca anuppannassa byāpādassa uppādo hoti taṇca pajānāti, yathā ca uppannassa byāpādassa pahānaṃ hoti taṇca pajānāti, yathā ca pahīnassa byāpādassa āyatim anuppādo hoti taṇca pajānāti."

"Santaṃ vā ajjhataṃ thinamiddhaṃ 'atthi me ajjhataṃ thinamiddhaṃ'ti pajānāti, asantaṃ vā ajjhataṃ thinamiddhaṃ 'natthi me ajjhataṃ thinamiddhaṃ'ti pajānāti, yathā ca anuppannassa thinamiddhassa uppādo hoti taṇca pajānāti, yathā ca uppannassa thinamiddhassa pahānaṃ hoti taṇca pajānāti, yathā ca pahīnassa thinamiddhassa āyatim anuppādo hoti taṇca pajānāti."

"Again, bhikkhus, how does a bhikkhu abide contemplating dhamma-objects as dhamma-objects? Here, bhikkhus, a bhikkhu abides contemplating dhamma-objects as dhamma-objects concerning the five hindrances. Bhikkhus, how does a bhikkhu abide contemplating dhamma-objects as dhamma-objects concerning the five hindrances?"

再者，诸比丘，比丘如何安住于观法为法呢？在此，诸比丘，比丘依五盖而安住于观法为法。诸比丘，比丘如何依五盖而安住于观法为法呢？

"Here, bhikkhus, whenever sensual desire is present within him, a bhikkhu understands: "Sensual desire is present within me." Whenever sensual desire is absent from him, he understands: "Sensual desire is absent from me." He understands how the sensual desire that has not yet arisen within him comes to arise. He understands how the sensual desire that has now arisen within him is eradicated. He understands how the sensual desire that has now been eradicated will in future no longer arise within him."

在此，诸比丘，内心有欲欲时，比丘了知：『我内心有欲欲。』内心没有欲欲时，他了知：『我内心没有欲欲。』他了知尚未生起的欲欲如何在他内心生起；他了知已经在他内心生起的欲欲如何被灭除；他了知已经被灭除的欲欲如何不会于未来生起。

"Whenever ill-will is present within him, he understands: "Ill-will is present within me." Whenever ill-will is absent from him, he understands: "Ill-will is absent from me." He understands how the ill-will that has not yet arisen within him comes to arise. He understands how the ill-will that has now arisen within him is eradicated. He understands how the ill-will that has now been eradicated will in future no longer arise within him."

内心有嗔恨时，他了知：『我内心有嗔恨。』内心没有嗔恨时，他了知：『我内心没有嗔恨。』他了知尚未生起的嗔恨如何在他内心生起；他了知已经在他内心生起的嗔恨如何被灭除；他了知已经被灭除的嗔恨如何不会于未来生起。

"Whenever sloth and torpor of mind are present within him, he understands: "Sloth and torpor of mind are present within me." Whenever sloth and torpor of mind are absent from him, he understands: "Sloth and torpor of mind are absent from me." He understands how the sloth and torpor of mind that have not yet arisen within him come to arise. He understands how the sloth and torpor of mind that have now arisen within him are eradicated. He understands how the sloth and torpor of mind that have now been eradicated will in future no longer arise within him."

内心有昏沉与睡眠时，他了知：『我内心有昏沉与睡眠。』内心没有昏沉与睡眠时，他了知：『我内心没有昏沉与睡眠。』他了知尚未生起的昏沉与睡眠如何在他内心生起；他了知已经在他内心生起的昏沉与睡眠如何被灭除；他了知已经被灭除的昏沉与睡眠如何不会于未来生起。

"Santam vā ajjhataṃ uddhaccakukkuccam
'atthi me ajjhataṃ uddhaccakukkuccan'ti
pajānāti, asantam vā ajjhataṃ uddhacca-
kukkuccam 'natthi me ajjhataṃ uddhacca-
kukkuccan'ti pajānāti, yathā ca anuppannassa
uddhaccakukkuccassa uppādo hoti tañca
pajānāti, yathā ca uppannassa uddhacca-
kukkuccassa pahānam hoti tañca pajānāti,
yathā ca pahīnassa uddhaccakukkuccassa
āyatim anuppādo hoti tañca pajānāti.

"Santam vā ajjhataṃ vicikiccham 'atthi
me ajjhataṃ vicikicchā'ti pajānāti, asantam vā
ajjhataṃ vicikiccham 'natthi me ajjhataṃ
vicikicchā'ti pajānāti, yathā ca anuppannāya
vicikicchāya uppādo hoti tañca pajānāti, yathā
ca uppannāya vicikicchāya pahānam hoti tañca
pajānāti, yathā ca pahīnāya vicikicchāya
āyatim anuppādo hoti tañca pajānāti.

"Iti ajjhataṃ vā dhammesu
dhammānupassī viharati, bahiddhā vā
dhammesu dhammānupassī viharati,
ajjhatabhiddhā vā dhammesu dhammānupassī
viharati samudayadhammānupassī vā
dhammesu viharati, vayadhammānupassī vā
dhammesu viharati, samudayavaya-
dhammānupassī vā dhammesu viharati 'atthi
dhammā'ti vā panassa sati paccupaṭṭhitā hoti
yāvadeva ñāṇamattāya paṭissatimattāya
anissito ca viharati, na ca kiñci loka upādiyati.
Evampi kho, bhikkhave, bhikkhu dhammesu
dhammānupassī viharati pañcasu nīvaraṇesu.

Nīvaraṇapabbam niṭṭhitam.

"Whenever restlessness and remorse is present within him, he understands: "Restlessness and remorse are present within me." Whenever restlessness and remorse are absent from him, he understands: "Restlessness and remorse are absent from me." He understands how the restlessness and remorse that have not yet arisen within him come to arise. He understands how the restlessness and remorse that have now arisen within him are eradicated. He understands how the restlessness and remorse that have now been eradicated will in future no longer arise within him.

内心有掉举与追悔时，他了知：『我内心有掉举与追悔。』内心没有掉举与追悔时，他了知：『我内心没有掉举与追悔。』他了知尚未生起的掉举与追悔如何在他内心生起；他了知已经在他内心生起的掉举与追悔如何被灭除；他了知已经被灭除的掉举与追悔如何不会再于未来生起。

"Whenever doubt is present within him, he understands: "Doubt is present within me." Whenever doubt is absent from him, he understands: "Doubt is absent from me." He understands how the doubt that has not yet arisen within him comes to arise. He understands how the doubt that has now arisen within him is eradicated. He understands how the doubt that has now been eradicated will in future no longer arise within him.

内心有怀疑时，他了知：『我内心有怀疑。』内心没有怀疑时，他了知：『我内心没有怀疑。』他了知尚未生起的怀疑如何在他内心生起；他了知已经在他内心生起的怀疑如何被灭除；他了知已经被灭除的怀疑如何不会再于未来生起。

"Thus he abides contemplating dhamma-objects as dhamma-objects internally, or he abides contemplating dhamma-objects as dhamma-objects externally, or he abides contemplating dhamma-objects as dhamma-objects both internally and externally. He abides contemplating arising phenomena in the dhamma-objects, or he abides contemplating vanishing phenomena in the dhamma-objects, or he abides contemplating both arising and vanishing phenomena in the dhamma-objects. Or mindfulness that "there are dhamma-objects" is established in him just to the extent merely necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating dhamma-objects as dhamma-objects concerning the five hindrances.

如此，他安住于观照内在的法为法、安住于观照外在的法为法或安住于观照内在与外在的法为法。他安住于观照法的生起现象、安住于观照法的坏灭现象或安住于观照法的生起与坏灭现象。或者他建立起『有法』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘依五盖而安住于观法为法的方法。

Khandhapabbam̃ The Five Clinging Aggregates 五取蕴节

“Puna caparam̃, bhikkhave, bhikkhu dhammesu dhammānupassī viharati pañcasu upādānakkhandhesu. Kathañca pana, bhikkhave, bhikkhu dhammesu dhammānupassī viharati pañcasu upādānakkhandhesu?”

“Idha, bhikkhave, bhikkhu – ‘iti rūpam̃, iti rūpassa samudayo, iti rūpassa atthaṅgamo; iti vedanā, iti vedanāya samudayo, iti vedanāya atthaṅgamo; iti saññā, iti saññāya samudayo, iti saññāya atthaṅgamo; iti saṅkhārā, iti saṅkhārānam̃ samudayo, iti saṅkhārānam̃ atthaṅgamo, iti viññāṇam̃, iti viññāṇassa samudayo, iti viññāṇassa atthaṅgamo’ti.

Iti ajjhataṁ vā dhammesu dhammānupassī viharati, bahiddhā vā dhammesu dhammānupassī viharati, ajjhata-bahiddhā vā dhammesu dhammānupassī viharati. Samudayadhammānupassī vā dhammesu viharati, vayadhammānupassī vā dhammesu viharati, samudayavaya-dhammānupassī vā dhammesu viharati. ‘Atthi dhammā’ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya, anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu dhammesu dhammānupassī viharati pañcasu upādānakkhandhesu.

Khandhapabbam̃ niṭṭhitam̃.

Āyatanapabbam̃ Sense-Bases 十二处节

“Puna caparam̃, bhikkhave, bhikkhu dhammesu dhammānupassī viharati chasu ajjhattikabāhiresu āyatanesu. Kathañca pana, bhikkhave, bhikkhu dhammesu dhammānupassī viharati chasu ajjhattikabāhiresu āyatanesu?”

‘Again, bhikkhus, a bhikkhu abides contemplating dhamma-objects as dhamma-objects concerning the five aggregates of clinging. Bhikkhus, how does a bhikkhu abide contemplating dhamma-objects as dhamma-objects concerning the five aggregates of clinging?’

再者，诸比丘，比丘依五取蕴安住于观法为法。诸比丘，比丘如何依五取蕴安住于观法为法呢？

‘Here, bhikkhus, a bhikkhu understands: “Such is materiality, such is its origin, such is its destruction; such is feeling, such is its origin, such is its destruction; such is perception, such is its origin, such is its destruction; such are formations, such is their origin, such is their destruction; such is consciousness, such is its origin, such is its destruction.”’

在此，诸比丘，比丘了知：『这是色，这是色的生起，这是色的坏灭；这是受，这是受的生起，这是受的坏灭；这是想，这是想的生起，这是想的坏灭；这是行，这是行的生起，这是行的坏灭；这是识，这是识的生起，这是识的坏灭。』

‘Thus he abides contemplating dhamma-objects as dhamma-objects internally, or he abides contemplating dhamma-objects as dhamma-objects externally, or he abides contemplating dhamma-objects as dhamma-objects both internally and externally. He abides contemplating arising phenomena in the dhamma-objects, or he abides contemplating vanishing phenomena in the dhamma-objects, or he abides contemplating both arising and vanishing phenomena in the dhamma-objects. Or mindfulness that “there are dhamma-objects” is established in him just to the extent necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating dhamma-objects as dhamma-objects concerning the five aggregates of clinging.

如此，他安住于观照内在的法为法、安住于观照外在的法为法或安住于观照内在与外在的法为法。他安住于观照法的生起现象、安住于观照法的坏灭现象或安住于观照法的生起与坏灭现象。或者他建立起『有法』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘依五取蕴而安住于观法为法的方法。

‘Again, bhikkhus, a bhikkhu abides contemplating dhamma-objects as dhamma-objects concerning the six internal and the six external sense-bases. Bhikkhus, how does a bhikkhu abide contemplating dhamma-objects as dhamma-objects concerning the six internal and the six external sense-bases?’

再者，诸比丘，比丘依六内处与六外处而安住于观法为法。诸比丘，比丘如何依六内处与六外处而安住于观法为法呢？

“Idha, bhikkhave, bhikkhu cakkhuñca pajānāti, rūpe ca pajānāti, yañca tadubhayaṃ paṭicca uppajjati saṃyojanaṃ tañca pajānāti, yathā ca anuppannassa saṃyojanassa uppādo hoti tañca pajānāti, yathā ca uppannassa saṃyojanassa pahānaṃ hoti tañca pajānāti, yathā ca pahīnassa saṃyojanassa āyatim anuppādo hoti tañca pajānāti.

“Sotañca pajānāti, sadde ca pajānāti, yañca tadubhayaṃ paṭicca uppajjati saṃyojanaṃ tañca pajānāti, yathā ca anuppannassa saṃyojanassa uppādo hoti tañca pajānāti, yathā ca uppannassa saṃyojanassa pahānaṃ hoti tañca pajānāti, yathā ca pahīnassa saṃyojanassa āyatim anuppādo hoti tañca pajānāti.

“Ghānañca pajānāti, gandhe ca pajānāti, yañca tadubhayaṃ paṭicca uppajjati saṃyojanaṃ tañca pajānāti, yathā ca anuppannassa saṃyojanassa uppādo hoti tañca pajānāti, yathā ca uppannassa saṃyojanassa pahānaṃ hoti tañca pajānāti, yathā ca pahīnassa saṃyojanassa āyatim anuppādo hoti tañca pajānāti.

“Jivhañca pajānāti, rase ca pajānāti, yañca tadubhayaṃ paṭicca uppajjati saṃyojanaṃ tañca pajānāti, yathā ca anuppannassa saṃyojanassa uppādo hoti tañca pajānāti, yathā ca uppannassa saṃyojanassa pahānaṃ hoti tañca pajānāti, yathā ca pahīnassa saṃyojanassa āyatim anuppādo hoti tañca pajānāti.

“Kāyañca pajānāti, phoṭṭhabbe ca pajānāti, yañca tadubhayaṃ paṭicca uppajjati saṃyojanaṃ tañca pajānāti, yathā ca anuppannassa saṃyojanassa uppādo hoti tañca pajānāti, yathā ca uppannassa saṃyojanassa pahānaṃ hoti tañca pajānāti, yathā ca pahīnassa saṃyojanassa āyatim anuppādo hoti tañca pajānāti.

‘Here, bhikkhus, a bhikkhu understands the eye, the visible objects, and the fetter that arises dependent on these two. He understands how the fetter that has not yet arisen comes to arise. He understands how the fetter that has now arisen is eradicated. He understands how the fetter that has now been eradicated will in future no longer arise.

在此，诸比丘，比丘了知眼根，了知色尘及了知依靠此二者而生起的结，了知尚未生起的结如何生起，了知已经生起的结如何被灭除，了知已经被灭除的结如何不会再于未来生起。

‘He understands the ear, the sounds, and the fetter that arises dependent on these two. He understands how the fetter that has not yet arisen comes to arise. He understands how the fetter that has now arisen is eradicated. He understands how the fetter that has now been eradicated will in future no longer arise.

他了知耳根，了知声尘及了知依靠此二者而生起的结，了知尚未生起的结如何生起，了知已经生起的结如何被灭除，了知已经被灭除的结如何不会再于未来生起。

‘He understands the nose and the odours and the fetter that arises dependent on these two. He understands how the fetter that has not yet arisen comes to arise. He understands how the fetter that has now arisen is eradicated. He understands how the fetter that has now been eradicated will in future no longer arise.

他了知鼻根，了知香尘及了知依靠此二者而生起的结，了知尚未生起的结如何生起，了知已经生起的结如何被灭除，了知已经被灭除的结如何不会再于未来生起。

‘He understands the tongue and the flavours and the fetter that arises dependent on these two. He understands how the fetter that has not yet arisen comes to arise. He understands how the fetter that has now arisen is eradicated. He understands how the fetter that has now been eradicated will in future no longer arise.

他了知舌根，了知味尘及了知依靠此二者而生起的结，了知尚未生起的结如何生起，了知已经生起的结如何被灭除，了知已经被灭除的结如何不会再于未来生起。

‘He understands the body and the tangibles and the fetter that arises dependent on these two. He understands how the fetter that has not yet arisen comes to arise. He understands how the fetter that has now arisen is eradicated. He understands how the fetter that has now been eradicated will in future no longer arise.

他了知身根，了知触尘及了知依靠此二者而生起的结，了知尚未生起的结如何生起，了知已经生起的结如何被灭除，了知已经被灭除的结如何不会再于未来生起。

“Manañca pajānāti, dhamme ca pajānāti, yañca tadubhayam paṭicca uppajjati saṃyojanam tañca pajānāti, yathā ca anuppannassa saṃyojanassa uppādo hoti tañca pajānāti, yathā ca uppannassa saṃyojanassa pahānam hoti tañca pajānāti, yathā ca pahīnassa saṃyojanassa āyatim anuppādo hoti tañca pajānāti.

“Iti ajjhataṃ vā dhammesu dhammānupassī viharati, bahiddhā vā dhammesu dhammānupassī viharati, ajjhata-bahiddhā vā dhammesu dhammānupassī viharati. Samudayadhammānupassī vā dhammesu viharati, vayadhammānupassī vā dhammesu viharati, samudayavaya-dhammānupassī vā dhammesu viharati. ‘Atthi dhammā’ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya, anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu dhammesu dhammānupassī viharati chasu ajjhattika-bāhiresu āyatanesu.

Āyatanapabbam nitṭhitam.

Bojjhaṅgapabbam The Seven Factors of Enlightenment 七觉支节

“Puna caparam, bhikkhave, bhikkhu dhammesu dhammānupassī viharati sattasu bojjhaṅgesu. Kathañca pana, bhikkhave, bhikkhu dhammesu dhammānupassī viharati sattasu bojjhaṅgesu?

“Idha, bhikkhave, bhikkhu santam vā ajjhataṃ satisambojjhaṅgam ‘atthi me ajjhataṃ satisambojjhaṅgo’ti pajānāti, asantam vā ajjhataṃ satisambojjhaṅgam ‘natthi me ajjhataṃ satisambojjhaṅgo’ti pajānāti, yathā ca anuppannassa satisambojjhaṅgassa uppādo hoti tañca pajānāti, yathā ca uppannassa satisambojjhaṅgassa bhāvanāya pāripūrī hoti tañca pajānāti.

‘He understands the mind and the dhamma-objects and the fetter that arises dependent on these two. He understands how the fetter that has not yet arisen comes to arise. He understands how the fetter that has now arisen is eradicated. He understands how the fetter that has now been eradicated will in future no longer arise.

他了知意根，了知法尘及了知依靠此二者而生起的结，了知尚未生起的结如何生起，了知已经生起的结如何被灭除，了知已经被灭除的结如何不会再于未来生起。

‘Thus he abides contemplating dhamma-objects as dhamma-objects internally, or he abides contemplating dhamma-objects as dhamma-objects externally, or he abides contemplating dhamma-objects as dhamma-objects both internally and externally. He abides contemplating arising phenomena in the dhamma-objects, or he abides contemplating vanishing phenomena in the dhamma-objects, or he abides contemplating both arising and vanishing phenomena in the dhamma-objects. Or mindfulness that “there are dhamma-objects” is established in him just to the extent necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating dhamma-objects as dhamma-objects concerning the six internal and the six external sense-bases.

如此，他安住于观照内在的法为法、安住于观照外在的法为法或安住于观照内在与外在的法为法。他安住于观照法的生起现象、安住于观照法的坏灭现象或安住于观照法的生起与坏灭现象。或者他建立起『有法』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘依六内处与六外处而安住于观法为法的方法。

‘Again, bhikkhus, a bhikkhu abides contemplating dhamma-objects as dhamma-objects concerning the seven factors of enlightenment. Bhikkhus, how does a bhikkhu abide contemplating dhamma-objects as dhamma-objects concerning the seven factors of enlightenment?

再者，诸比丘，比丘依七觉支安住于观法为法。诸比丘，比丘如何依七觉支安住于观法为法呢？

‘Here, bhikkhus, when the enlightenment factor of mindfulness is present within him, a bhikkhu understands: “The enlightenment factor of mindfulness is present within me.” When the enlightenment factor of mindfulness is absent from him, he understands: “The enlightenment factor of mindfulness is absent from me.” He understands how the enlightenment factor of mindfulness that has not yet arisen within him comes to arise. He understands how the enlightenment factor of mindfulness that has now arisen is developed and perfected.

在此，诸比丘，念觉支存在比丘内心时，他了知：『念觉支存在我内心。』念觉支不存在他内心时，他了知：『念觉支不存在我内心。』他了知未生起的念觉支如何生起，他了知已生起的念觉支如何被培育及圆满。

“Santam vā ajjhataṃ dhammavicaya-sambojjhaṅgaṃ ‘atthi me ajjhataṃ dhammavicayasambojjhaṅgo’ti pajānāti, asantaṃ vā ajjhataṃ dhammavicayasambojjhaṅgaṃ ‘natthi me ajjhataṃ dhammavicayasambojjhaṅgo’ti pajānāti, yathā ca anuppannassa dhammavicayasambojjhaṅgassa uppādo hoti tañca pajānāti, yathā ca uppannassa dhammavicayasambojjhaṅgassa bhāvanāya pāripurī hoti tañca pajānāti.”

“Santam vā ajjhataṃ vīriyasambojjhaṅgaṃ ‘atthi me ajjhataṃ vīriyasambojjhaṅgo’ti pajānāti, asantaṃ vā ajjhataṃ vīriyasambojjhaṅgaṃ ‘natthi me ajjhataṃ vīriyasambojjhaṅgo’ti pajānāti, yathā ca anuppannassa vīriyasambojjhaṅgassa uppādo hoti tañca pajānāti, yathā ca uppannassa vīriyasambojjhaṅgassa bhāvanāya pāripurī hoti tañca pajānāti.”

“Santam vā ajjhataṃ pītisambojjhaṅgaṃ ‘atthi me ajjhataṃ pītisambojjhaṅgo’ti pajānāti, asantaṃ vā ajjhataṃ pītisambojjhaṅgaṃ ‘natthi me ajjhataṃ pītisambojjhaṅgo’ti pajānāti, yathā ca anuppannassa pītisambojjhaṅgassa uppādo hoti tañca pajānāti, yathā ca uppannassa pītisambojjhaṅgassa bhāvanāya pāripurī hoti tañca pajānāti.”

“Santam vā ajjhataṃ passaddhisambojjhaṅgaṃ ‘atthi me ajjhataṃ passaddhisambojjhaṅgo’ti pajānāti, asantaṃ vā ajjhataṃ passaddhisambojjhaṅgaṃ ‘natthi me ajjhataṃ passaddhisambojjhaṅgo’ti pajānāti, yathā ca anuppannassa passaddhisambojjhaṅgassa uppādo hoti tañca pajānāti, yathā ca uppannassa passaddhisambojjhaṅgassa bhāvanāya pāripurī hoti tañca pajānāti.”

‘When the enlightenment factor of investigation-of-dhamma is present within him, he understands: “The enlightenment factor of investigation-of-dhamma is present within me.” When the enlightenment factor of investigation-of-dhamma is absent from him, he understands: “The enlightenment factor of investigation-of-dhamma is absent from me.” He understands how the enlightenment factor of investigation-of-dhamma that has not yet arisen within him comes to arise. He understands how the enlightenment factor of investigation-of-dhamma that has now arisen is developed and perfected.

择法觉支存在他内心时，他了知：『择法觉支存在我内心。』择法觉支不存在他内心时，他了知：『择法觉支不存在我内心。』他了知未生起的择法觉支如何生起，他了知已生起的择法觉支如何被培育及圆满。

‘When the enlightenment factor of effort is present within him, he understands: “The enlightenment factor of effort is present within me.” When the enlightenment factor of effort is absent from him, he understands: “The enlightenment factor of effort is absent from me.” He understands how the enlightenment factor of effort that has not yet arisen within him comes to arise. He understands how the enlightenment factor of effort that has now arisen is developed and perfected.

精进觉支存在他内心时，他了知：『精进觉支存在我内心。』精进觉支不存在他内心时，他了知：『精进觉支不存在我内心。』他了知未生起的精进觉支如何生起，他了知已生起的精进觉支如何被培育及圆满。

‘When the enlightenment factor of joy is present within him, he understands: “The enlightenment factor of joy is present within me.” When the enlightenment factor of joy is absent from him, he understands: “The enlightenment factor of joy is absent from me.” He understands how the enlightenment factor of joy that has not yet arisen within him comes to arise. He understands how the enlightenment factor of joy that has now arisen is developed and perfected.

喜觉支存在他内心时，他了知：『喜觉支存在我内心。』喜觉支不存在他内心时，他了知：『喜觉支不存在我内心。』他了知未生起的喜觉支如何生起，他了知已生起的喜觉支如何被培育及圆满。

‘When the enlightenment factor of tranquillity is present within him, he understands: “The enlightenment factor of tranquillity is present within me.” When the enlightenment factor of tranquillity is absent from him, he understands: “The enlightenment factor of tranquillity is absent from me.” He understands how the enlightenment factor of tranquillity that has not yet arisen within him comes to arise. He understands how the enlightenment factor of tranquillity that has now arisen is developed and perfected.

轻安觉支存在他内心时，他了知：『轻安觉支存在我内心。』轻安觉支不存在他内心时，他了知：『轻安觉支不存在我内心。』他了知未生起的轻安觉支如何生起，他了知已生起的轻安觉支如何被培育及圆满。

"Santam vā ajjhataṃ samādhī-sambojjhaṅgaṃ 'atthi me ajjhataṃ samādhī-sambojjhaṅgo'ti pajānāti, asantaṃ vā ajjhataṃ samādhī-sambojjhaṅgaṃ 'natthi me ajjhataṃ samādhī-sambojjhaṅgo'ti pajānāti, yathā ca anuppannassa samādhī-sambojjhaṅgassa uppādo hoti tañca pajānāti, yathā ca uppannassa samādhī-sambojjhaṅgassa bhāvanāya pāripurī hoti tañca pajānāti.

"Santam vā ajjhataṃ upekkhā-sambojjhaṅgaṃ 'atthi me ajjhataṃ upekkhā-sambojjhaṅgo'ti pajānāti, asantaṃ vā ajjhataṃ upekkhā-sambojjhaṅgaṃ 'natthi me ajjhataṃ upekkhā-sambojjhaṅgo'ti pajānāti, yathā ca anuppannassa upekkhā-sambojjhaṅgassa uppādo hoti tañca pajānāti, yathā ca uppannassa upekkhā-sambojjhaṅgassa bhāvanāya pāripurī hoti tañca pajānāti.

"Iti ajjhataṃ vā dhammesu dhammānupassī viharati, bahiddhā vā dhammesu dhammānupassī viharati, ajjhata-bahiddhā vā dhammesu dhammānupassī viharati. Samudayadhammānupassī vā dhammesu viharati, vayadhammānupassī vā dhammesu viharati, samudayavaya-dhammānupassī vā dhammesu viharati. 'Atthi dhammā'ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu dhammesu dhammānupassī viharati sattasu bojjhaṅgesu.

Bojjhaṅgapabbhaṃ nīṭṭhitam.

(Chant until here for day 2)

‘When the enlightenment factor of concentration is present within him, he understands: “The enlightenment factor of concentration is present within me.” When the enlightenment factor of concentration is absent from him, he understands: “The enlightenment factor of concentration is absent from me.” He understands how the enlightenment factor of concentration that has not yet arisen within him comes to arise. He understands how the enlightenment factor of concentration that has now arisen is developed and perfected.

定觉支存在他内心时，他了知：『定觉支存在我内心。』定觉支不存在他内心时，他了知：『定觉支不存在我内心。』他了知未生起的定觉支如何生起，他了知已生起的定觉支如何被培育及圆满。

‘When the enlightenment factor of equanimity is present within him, he understands: “The enlightenment factor of equanimity is present within me.” When the enlightenment factor of equanimity is absent from him, he understands: “The enlightenment factor of equanimity is absent from me.” He understands how the enlightenment factor of equanimity that has not yet arisen within him comes to arise. He understands how the enlightenment factor of equanimity that has now arisen is developed and perfected.

舍觉支存在他内心时，他了知：『舍觉支存在我内心。』舍觉支不存在他内心时，他了知：『舍觉支不存在我内心。』他了知未生起的舍觉支如何生起，他了知已生起的舍觉支如何被培育及圆满。

‘Thus he abides contemplating dhamma-objects as dhamma-objects internally, or he abides contemplating dhamma-objects as dhamma-objects externally, or he abides contemplating dhamma-objects as dhamma-objects both internally and externally. He abides contemplating arising phenomena in the dhamma-objects, or he abides contemplating vanishing phenomena in the dhamma-objects, or he abides contemplating both arising and vanishing phenomena in the dhamma-objects. Or mindfulness that “there are dhamma-objects” is established in him just to the extent necessary for knowledge and mindfulness. And he abides independent, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating dhamma-objects as dhamma-objects concerning the seven factors of enlightenment.

如此，他安住于观照内在的法为法、安住于观照外在的法为法或安住于观照内在与外在的法为法。他安住于观照法的生起现象、安住于观照法的坏灭现象或安住于观照法的生起与坏灭现象。或者他建立起『有法』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘依七觉支而安住于观法为法的方法。

(第二天诵至此)

Saccapabbam The Four Noble Truths 四圣谛节

“Puna caparam, bhikkhave, bhikkhu dhammesu dhammānupassī viharati catūsu ariyasaccesu. Kathañca pana, bhikkhave, bhikkhu dhammesu dhammānupassī viharati catūsu ariyasaccesu?”

“Idha, bhikkhave, bhikkhu ‘idam dukkhan’ti yathābhūtaṃ pajānāti, ‘ayaṃ dukkhasamudayo’ti yathābhūtaṃ pajānāti, ‘ayaṃ dukkhanirodho’ti yathābhūtaṃ pajānāti, ‘ayaṃ dukkhanirodhagāminī paṭipadā’ti yathābhūtaṃ pajānāti.

Paṭhamabhāṇavāro niṭṭhito.

‘Again, bhikkhus, a bhikkhu abides contemplating dhamma-objects as dhamma-objects concerning the Four Noble Truths. Bhikkhus, how does a bhikkhu abide contemplating dhamma-objects as dhamma-objects concerning the Four Noble Truths?’

再者，诸比丘，比丘依四圣谛而安住于观法为法。诸比丘，比丘如何依四圣谛而安住于观法为法呢？

‘Here, bhikkhus, a bhikkhu understands as it really is: “This is suffering.” He understands as it really is: “This is the origin of suffering.” He understands as it really is: “This is the cessation of suffering.” He understands as it really is: “This is the way of practice leading to the cessation of suffering.”

在此，诸比丘，比丘如实地了知：『这是苦。』如实地了知：『这是苦的原因。』如实地了知：『这是苦的息灭。』如实地了知：『这是导致苦灭的修行。』

Dukkhasaccaniddeso The Noble Truth of Suffering 苦谛义释

“Katamañca, bhikkhave, dukkhaṃ ariyasaccaṃ? Jātipi dukkhā, jarāpi dukkhā, maraṇampi dukkhaṃ, sokaparidevadukkhadomanassupāyāsāpi dukkhā, appiyehi sampayogopi dukkho, piyehi vippayogopi dukkho, yampicchaṃ na labhati tampi dukkhaṃ, saṅkhittena pañcupādānakkhandhā dukkhā.

“Katamā ca, bhikkhave, jāti? Yā tesam tesam sattānaṃ tamhi tamhi sattanikāye jāti sañjāti okkanti abhinibbatti khandhānaṃ pātubhāvo āyatanānaṃ paṭilābho, ayaṃ vuccati, bhikkhave, jāti.

“Katamā ca, bhikkhave, jarā? Yā tesam tesam sattānaṃ tamhi tamhi sattanikāye jarā jiraṇatā khaṇḍiccaṃ pāliccaṃ valittacatā āyuno saṃhāni indriyānaṃ paripāko, ayaṃ vuccati, bhikkhave, jarā.

‘Now, bhikkhus, what is the Noble Truth of suffering? Birth is suffering, ageing is suffering, death is suffering, sorrow, lamentation, pain, grief and despair are suffering. Association with the disliked is suffering. Separation from the liked is suffering. Not getting what one wants is suffering. In short, the five aggregates of clinging are suffering.

诸比丘，何谓苦圣谛？生是苦；老是苦；死是苦；愁、悲、苦、忧、恼是苦；怨憎会是苦；爱别离是苦；求不得是苦。简而言之，五取蕴是苦。

‘Now, bhikkhus, what is birth? In whatever beings, of whatever group of beings, there is birth, coming-to-be, entry, coming forth, the appearance of the aggregates, the acquisition of the sense-bases. Bhikkhus, that is called birth.

诸比丘，什么是生呢？无论是任何有情群体的任何有情，都有生、产生、投生、诞生、诸蕴的显现、诸处的获得，诸比丘，那称为生。

‘And, bhikkhus, what is ageing? In whatever beings, of whatever group of beings, there is ageing, decrepitude, broken teeth, gray hair, wrinkled skin, shrinking with age, decay of the sense-faculties, Bhikkhus, that is called ageing.

诸比丘，什么是老呢？无论是任何有情群体的任何有情，都有衰老、老朽、牙齿损坏、头发苍白、皮肤变皱、寿命损减、诸根老熟，诸比丘，那称为老。

“Katamañca, bhikkhave, maraṇaṃ? Yaṃ tesāṃ tesāṃ sattānaṃ tamhā tamhā sattanikāyā cuti cavanatā bhedo antaradhānaṃ maccu maraṇaṃ kālakiriya khandhānaṃ bhedo kaḷevarassa nikkhepo jīvitindriyassupacchedo, idaṃ vuccati, bhikkhave, maraṇaṃ.

“Katamo ca, bhikkhave, soko? Yo kho, bhikkhave, aññataraññatarena byasanena samannāgatassa aññataraññatarena dukkhadhammena phuṭṭhassa soko socanā socitattaṃ antosoko antoparisoko, ayaṃ vuccati, bhikkhave, soko.

“Katamo ca, bhikkhave, paridevo? Yo kho, bhikkhave, aññataraññatarena byasanena samannāgatassa aññataraññatarena dukkhadhammena phuṭṭhassa ādevo paridevo ādevanā paridevanā ādevitattaṃ paridevitattaṃ, ayaṃ vuccati, bhikkhave paridevo.

“Katamañca, bhikkhave, dukkhaṃ? Yaṃ kho, bhikkhave, kāyikaṃ dukkhaṃ kāyikaṃ asātaṃ kāyasamphassajaṃ dukkhaṃ asātaṃ vedayitaṃ, idaṃ vuccati, bhikkhave, dukkhaṃ.

“Katamañca, bhikkhave, domanassaṃ? Yaṃ kho, bhikkhave, cetasikaṃ dukkhaṃ cetasikaṃ asātaṃ manosamphassajaṃ dukkhaṃ asātaṃ vedayitaṃ, idaṃ vuccati, bhikkhave, domanassaṃ.

“Katamo ca, bhikkhave, upāyāso? Yo kho, bhikkhave, aññataraññatarena byasanena samannāgatassa aññataraññatarena dukkhadhammena phuṭṭhassa āyāso upāyāso āyāsitaṃ upāyāsitaṃ, ayaṃ vuccati, bhikkhave, upāyāso.

‘And, bhikkhus, what is death? In whatever beings, of whatever group of beings, there is a passing-away, a removal, a cutting-off, a destruction, a death, a dying, an ending, a cutting-off of the aggregates, a discarding of the body, Bhikkhus, that is called death.

诸比丘，什么是死呢？无论是任何有情群体的任何有情，都有死亡、逝世、解体、消失、命终、诸蕴的分离、身体的舍弃、命根的毁坏，诸比丘，那称为死。

‘And, bhikkhus, what is sorrow? Whenever, by any kind of misfortune, anyone is affected by something of a painful nature, sorrow, mourning, distress, inward grief and inward woe, Bhikkhus, that is called sorrow.

诸比丘，什么是愁呢？任何时候，由于任何的不幸，任何人遭遇到令人苦恼的法而有忧愁、悲伤、苦恼、内在的哀伤、内在的悲痛，诸比丘，那称为愁。

‘And, bhikkhus, what is lamentation? Whenever, by any kind of misfortune, anyone is affected by something of a painful nature and there is crying out, lamenting, making much noise for dislike, and making great lamentation, Bhikkhus, that is called lamentation.

诸比丘，什么是悲呢？任何时候，由于任何的不幸，任何人遭遇到令人苦恼的法而有痛哭、悲泣、大声悲叹、高声哀呼，诸比丘，那称为悲。

‘And, bhikkhus, what is pain? Whatever bodily painful feeling, bodily unpleasant feeling, painful or unpleasant feeling results from bodily contact, Bhikkhus, that is called pain.

诸比丘，什么是苦呢？任何身体的痛苦感受、身体的不愉快感受或由于身体接触而产生的痛苦或不愉快感受，诸比丘，那称为苦。

‘And, bhikkhus, what is grief? Whatever mental painful feeling, mental unpleasant feeling, painful or unpleasant sensation results from mental contact. Bhikkhus, that is called grief.

诸比丘，什么是忧呢？任何心理的痛苦感受、心理的不愉快感受或由于心理接触而产生的痛苦或不愉快感受，诸比丘，那称为忧。

‘And, bhikkhus, what is despair? Whenever, by any kind of misfortune, anyone is affected by something of a painful nature, despair, great despair, and affliction with despair, with great despair. Bhikkhus, that is called despair.

诸比丘，什么是恼呢？任何时候，由于任何的不幸，任何人遭遇到令人苦恼的法而有忧恼、大忧恼，以及由于忧恼、大忧恼而感受到的苦痛，诸比丘，那称为恼。

“Katamo ca, bhikkhave, appiyehi sampayogo dukkho? Idha yassa te honti aniṭṭhā akantā amanāpā rūpā saddā gandhā rasā phoṭṭhabbā dhammā, ye vā panassa te honti anattakāmā ahitakāmā aphāsukakāmā ayogakkhemakāmā, yā tehi saddhim saṅgati samāgamo samodhānaṃ missibhāvo, ayaṃ vuccati, bhikkhave, appiyehi sampayogo dukkho.

“Katamo ca, bhikkhave, piyehi vippayogo dukkho? Idha yassa te honti iṭṭhā kantā manāpā rūpā saddā gandhā rasā phoṭṭhabbā dhammā, ye vā panassa te honti attakāmā hitakāmā phāsukakāmā yogakkhemakāmā mātā vā pitā vā bhātā vā bhaginī vā mittā vā amaccā vā ñātisālohitā vā, yā tehi saddhim asaṅgati asamāgamo asamodhānaṃ amissibhāvo, ayaṃ vuccati, bhikkhave, piyehi vippayogo dukkho.

“Katamañca, bhikkhave, yampicchaṃ na labhati tampi dukkhaṃ? Jātidhammānaṃ, bhikkhave, sattānaṃ evaṃ icchā uppajjati – ‘aho vata mayaṃ na jātidhammā assāma, na ca vata no jāti āgaccheyyā’ti. Na kho panetaṃ icchāya pattabbaṃ, idampi yampicchaṃ na labhati tampi dukkhaṃ.

“Jarādhammānaṃ, bhikkhave, sattānaṃ evaṃ icchā uppajjati – ‘aho vata mayaṃ na jarādhammā assāma, na ca vata no jarā āgaccheyyā’ti. Na kho panetaṃ icchāya pattabbaṃ, idampi yampicchaṃ na labhati tampi dukkhaṃ.

“Byādhidhammānaṃ, bhikkhave, sattānaṃ evaṃ icchā uppajjati ‘aho vata mayaṃ na byādhidhammā assāma, na ca vata no byādhi āgaccheyyā’ti. Na kho panetaṃ icchāya pattabbaṃ, idampi yampicchaṃ na labhati tampi dukkhaṃ.

‘And, bhikkhus, what is association with the disliked? Here, whoever has unwanted, disliked, unpleasant visible objects, sounds, odours, flavours, tangibles or dhamma-objects, or whoever encounters ill-wishers, wishers of harm, of discomfort, of insecurity, with whom they have concourse, intercourse, connection, and union, bhikkhus, that is called association with the disliked.

诸比丘，什么是怨憎会苦呢？在这里，任何人有了不想要的、讨厌的、不愉快的色尘、声尘、香尘、味尘、触尘或法尘，或者任何人遭遇到希望（他）不幸、希望（他）不利、希望（他）不舒服、希望（他）不平安的人，与这些人会合、交往、联络、结合，诸比丘，那称为怨憎会苦。

‘And, bhikkhus, what is separation from the liked? Here, whoever has what is wanted, liked, pleasant visible objects, sounds, odours, flavours, tangibles or dhamma-objects, or whoever encounters well-wishers, wishers of good, of comfort, of security, mother or father or brother or sister or younger kinsmen or friends or colleagues or blood-relations, and then is deprived of such concourse, intercourse, connection, or union, bhikkhus, that is called separation from the liked.

诸比丘，什么是爱别离苦呢？在这里，任何人有想要的、喜爱的、愉快的色尘、声尘、香尘、味尘、触尘或法尘，或者任何人遇到希望（他）幸福、希望（他）得利、希望（他）舒服、希望（他）平安的人、母亲、父亲、兄弟、姊妹、朋友、同事或血亲，然后丧失了与这些人的会合、交往、联络、结合，诸比丘，那称为爱别离苦。

‘And, bhikkhus, what is not getting what one wants? Bhikkhus, in beings subject to birth this wish arises: “Oh that we were not subject to birth, that we might not come to birth!” But this cannot be gained by wishing. That is not getting what one wants.

诸比丘，什么是求不得苦呢？诸比丘，会遭受生的众生内心生起这样的愿望：『希望我们不要遭受生，希望我们不要投生！』然而此事无法借着愿望而达成，这就是求不得苦。

‘Bhikkhus, in beings subject to ageing this wish arises: “Oh that we were not subject to ageing, that we might not come to ageing!” But this cannot be gained by wishing. That is not getting what one wants.

诸比丘，会遭受老的众生内心生起这样的愿望：『希望我们不要遭受老，希望我们不要变老！』然而此事无法借着愿望而达成，这就是求不得苦。

‘Bhikkhus, in beings subject to disease this wish arises: “Oh that we were not subject to disease, that we might not come to disease!” But this cannot be gained by wishing. That is not getting what one wants.

诸比丘，会遭受病的众生内心生起这样的愿望：『希望我们不要遭受病，希望我们不要生病！』然而此事无法借着愿望而达成，这就是求不得苦。

"Maraṇadhammānaṃ, bhikkhave, sattānaṃ evaṃ icchā uppajjati 'aho vata mayaṃ na maraṇadhammā assāma, na ca vata no maraṇaṃ āgaccheyyā'ti. Na kho panetaṃ icchāya pattabbaṃ, idampi yampiccharaṃ na labhati tampi dukkhaṃ.

Sokaparidevadukkhadomanassupāyāsa-dhammānaṃ, bhikkhave, sattānaṃ evaṃ icchā uppajjati 'aho vata mayaṃ na sokaparideva-dukkhadomanassupāyāsadhammā assāma, na ca vata no sokaparidevadukkhadomanassupāyāsadhammā āgaccheyyā'ti. Na kho panetaṃ icchāya pattabbaṃ, idampi yampiccharaṃ na labhati tampi dukkhaṃ.

"Katame ca, bhikkhave, saṅkhittena pañcupādānakkhandhā dukkhā? Seyyathidaṃ: rūpupādānakkhandho, vedanupādānakkhandho, saññupādānakkhandho, saṅkhārūpādānakkhandho, viññāṇupādānakkhandho. Ime vuccanti, bhikkhave, saṅkhittena pañcupādānakkhandhā dukkhā.

Idaṃ vuccati, bhikkhave, dukkhaṃ ariyasaccaṃ.

'Bhikkhus, in beings subject to death this wish arises: "Oh that we were not subject to death, that we might not come to death!" But this cannot be gained by wishing. That is not getting what one wants.

诸比丘，会遭受死的众生内心生起这样的愿望：『希望我们不要遭受死，希望我们不要死亡！』然而此事无法借着愿望而达成，这就是求不得苦。

'Bhikkhus, in beings subject to sorrow, lamentation, pain, grief and despair, this wish arises: "Oh that we were not subject to sorrow, lamentation, pain, grief and despair, that we might not come to sorrow, lamentation, pain, grief and despair!" But this cannot be gained by wishing. That is not getting what one wants.

诸比丘，会遭受愁、悲、苦、忧、恼的众生内心生起这样的愿望：『希望我们不要遭受愁、悲、苦、忧、恼，希望我们没有愁、悲、苦、忧、恼！』然而此事无法借着愿望而达成，这就是求不得苦。

'And, bhikkhus, what are the five clinging aggregates that are, in short, suffering? They are as follows: the aggregate of clinging that is materiality, the aggregate of clinging that is feeling, the aggregate of clinging that is perception, the aggregate of clinging that is the mental formations, the aggregate of clinging that is consciousness. These are, in short, the five aggregates of clinging that are suffering.

诸比丘，『简而言之，五取蕴是苦』是指什么呢？它们是：色取蕴、受取蕴、想取蕴、行取蕴、识取蕴。简而言之，这五取蕴是苦。

'And, bhikkhus, that is called the Noble Truth of Suffering.

诸比丘，这称为苦圣谛。

Samudayasaccaniddeso The Noble Truth of the Origin of Suffering 集谛义释

"Katamañca, bhikkhave, dukkha-samudayaṃ ariyasaccaṃ? Yāyaṃ taṇhā ponobbhavikā nandirāgasahagatā tatratatrābhinandinī, seyyathidaṃ – kāmataṇhā bhavataṇhā vibhavataṇhā.

"Sā kho panesā, bhikkhave, taṇhā kattha uppajjamānā uppajjati, kattha nivisaṃmānā nivisati? Yaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃmānā nivisati.

'And, bhikkhus, what is the Noble Truth of the Origin of Suffering? It is that craving which gives rise to birth, bound up with pleasure and lust, finding new delight now here, now there: that is to say sensual craving, craving for existence, and craving for non-existence.

诸比丘，何谓苦集圣谛？造成投生的是爱欲，它伴随着喜与贪同时生起，四处追求爱乐，也就是：欲爱、有爱、非有爱。

'And, bhikkhus, where does this craving arise and establish itself? Wherever in the world there is anything agreeable and pleasant, there this craving arises and establishes itself.

诸比丘，爱欲在哪里生起，在哪里建立呢？在世间有可爱与可喜之物的任何地方，爱欲就在那里生起，在那里建立。

“Kiñca loke piyarūpaṃ sātārūpaṃ? Cakkhu loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃānā nivisati. Sotaṃ loke ... Ghānaṃ loke ... Jivhā loke ... Kāyo loke ... Mano loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃānā nivisati.

“Rūpā loke ... Saddā loke ... Gandhā loke ... Rasā loke ... Phoṭṭhabbā loke ... Dhammā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃānā nivisati.

“Cakkhuviññāṇaṃ loke ... Sotaviññāṇaṃ loke ... Ghānaviññāṇaṃ loke ... Jivhāviññāṇaṃ loke ... Kāyaviññāṇaṃ loke ... Manoviññāṇaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃānā nivisati.

“Cakkhusamphasso loke ... Sotasamphasso loke ... Ghānasamphasso loke ... Jivhāsamphasso loke ... Kāyasamphasso loke ... Manosamphasso loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃānā nivisati.

“Cakkhusamphassajā vedanā loke ... Sotasamphassajā vedanā loke ... Ghānasamphassajā vedanā loke ... Jivhāsamphassajā vedanā loke ... Kāyasamphassajā vedanā loke ... Manosamphassajā vedanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃānā nivisati.

‘And what in the world is agreeable and pleasant? The eye in the world is agreeable and pleasant, and there this craving arises and establishes itself. The ear in the world... The nose in the world... The tongue in the world... The body in the world... The mind in the world is agreeable and pleasant, and there this craving arises and establishes itself.

在世间什么是可爱与可喜的呢？在世间眼根是可爱与可喜的，爱欲就在这里生起与建立。在世间耳根……在世间鼻根……在世间舌根……在世间身根……在世间意根是可爱与可喜的，爱欲就在这里生起与建立。

‘Visible objects in the world... Sounds in the world... Odours in the world... Flavours in the world... Tangibles in the world... Dhamma-objects in the world are agreeable and pleasant, and there this craving arises and establishes itself.

在世间色尘……在世间声尘……在世间香尘……在世间味尘……在世间触尘……在世间法尘是可爱与可喜的，爱欲就在这里生起与建立。

‘Eye-consciousness in the world... Ear-consciousness in the world... Nose-consciousness in the world... Tongue-consciousness in the world... Body-consciousness in the world... Mind-consciousness in the world is agreeable and pleasant, and there this craving arises and establishes itself.

在世间眼识……在世间耳识……在世间鼻识……在世间舌识……在世间身识……在世间意识是可爱与可喜的，爱欲就在这里生起与建立。

‘Eye-contact in the world... Ear-contact in the world... Nose-contact in the world... Tongue-contact in the world... Body-contact in the world... Mind-contact in the world is agreeable and pleasant, and there this craving arises and establishes itself.

在世间眼触……在世间耳触……在世间鼻触……在世间舌触……在世间身触……在世间意触是可爱与可喜的，爱欲就在这里生起与建立。

‘Feeling born of eye-contact in the world... Feeling born of ear-contact in the world... Feeling born of nose-contact in the world... Feeling born of tongue-contact in the world... Feeling born of body-contact in the world... Feeling born of mind-contact in the world is agreeable and pleasant, and there this craving arises and establishes itself.

在世间眼触生受……在世间耳触生受……在世间鼻触生受……在世间舌触生受……在世间身触生受……在世间意触生受是可爱与可喜的，爱欲就在这里生起与建立。

“Rūpasaññā loke ... Saddasaññā loke ...
Gandhasaññā loke ... Rasasaññā loke ...
Phoṭṭhabbasaññā loke ... Dhammasaññā loke
piyarūpaṃ sātārūpaṃ, etthesā taṇhā
uppañjamānā uppañjati, ettha nivisaṃānā
nivisati.

“Rūpasañcetanā loke ... Saddasañcetanā
loke ... Gandhasañcetanā loke ...
Rasasañcetanā loke ... Phoṭṭhabbasañcetanā
loke ... Dhammasañcetanā loke piyarūpaṃ
sātārūpaṃ, etthesā taṇhā uppañjamānā
uppañjati, ettha nivisaṃānā nivisati.

“Rūpataṇhā loke ... Saddataṇhā loke ...
Gandhataṇhā loke ... Rasataṇhā loke ...
Phoṭṭhabbataṇhā loke ... Dhammataṇhā loke
piyarūpaṃ sātārūpaṃ, etthesā taṇhā
uppañjamānā uppañjati, ettha nivisaṃānā
nivisati.

“Rūpavitakko loke ... Saddavitakko loke ...
Gandhavitakko loke ... Rasavitakko loke ...
Phoṭṭhabbavitakko loke ... Dhammavitakko
loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā
uppañjamānā uppañjati, ettha nivisaṃānā
nivisati.

“Rūpavicāro loke ... Saddavicāro loke ...
Gandhavicāro loke ... Rasavicāro loke ...
Phoṭṭhabbavicāro loke ... Dhammavicāro loke
piyarūpaṃ sātārūpaṃ, etthesā taṇhā
uppañjamānā uppañjati, ettha nivisaṃānā
nivisati.

Idaṃ vuccati, bhikkhave, dukkha-
samudayaṃ ariyasaccaṃ.

‘The perception of visible objects in the world... The perception of sounds in the world... The perception of odours in the world... The perception of flavours in the world... The perception of tangibles in the world... The perception of dhamma-objects in the world is agreeable and pleasant, and there this craving arises and establishes itself.

在世间色想…… 在世间声想…… 在世间香想…… 在世间味想…… 在世间触想…… 在世间法想是可爱与可喜的，爱欲就在这里生起与建立。

‘Volition in regard to visible objects in the world... Volition in regard to sounds in the world... Volition in regard to odours in the world... Volition in regard to flavours in the world... Volition in regard to tangibles in the world... Volition in regard to dhamma-objects in the world is agreeable and pleasant, and there this craving arises and establishes itself.

在世间色思…… 在世间声思…… 在世间香思…… 在世间味思…… 在世间触思…… 在世间法思是可爱与可喜的，爱欲就在这里生起与建立。

‘The craving for visible objects in the world... The craving for sounds in the world... The craving for odours in the world... The craving for flavours in the world... The craving for tangibles in the world... The craving for dhamma-objects in the world is agreeable and pleasant, and there this craving arises and establishes itself.

在世间色爱…… 在世间声爱…… 在世间香爱…… 在世间味爱…… 在世间触爱…… 在世间法爱是可爱与可喜的，爱欲就在这里生起与建立。

‘Applied thought of visible objects in the world... Applied thought of sounds in the world... Applied thought of odours in the world... Applied thought of flavours in the world... Applied thought of tangibles in the world... Applied thought of dhamma-objects in the world is agreeable and pleasant, and there this craving arises and establishes itself.

在世间色寻…… 在世间声寻…… 在世间香寻…… 在世间味寻…… 在世间触寻…… 在世间法寻是可爱与可喜的，爱欲就在这里生起与建立。

‘Sustained thought on visible objects in the world... Sustained thought on sounds in the world... Sustained thought on odours in the world... Sustained thought on flavours in the world... Sustained thought on tangibles in the world... Sustained thought on dhamma-objects in the world is agreeable and pleasant, and there this craving arises and establishes itself.

在世间色伺…… 在世间声伺…… 在世间香伺…… 在世间味伺…… 在世间触伺…… 在世间法伺是可爱与可喜的，爱欲就在这里生起与建立。

‘And, bhikkhus, that is called the Noble Truth of the Origin of Suffering.

诸比丘，这称为苦集圣谛。

(Chant until here for day 3)

(第三天诵至此)

Nirodhasaccaniddeso The Noble Truth of the Cessation of Suffering 天谛义释

“Katamañca, bhikkhave, dukkhanirodham ariyasaccam? Yo tassāyeva taṇhāya asesa-virāganirodho cāgo paṭinissaggo mutti anālayo.

“Sā kho panesā, bhikkhave, taṇhā kattha pahīyamānā pahīyati, kattha nirujjhamānā nirujjhati? Yam loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati.

“Kiñca loke piyarūpaṃ sātārūpaṃ? Cakkhu loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Sotaṃ loke ... Ghānaṃ loke ... Jivhā loke ... Kāyo loke ... Mano loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati.

“Rūpā loke ... Saddā loke ... Gandhā loke ... Rasā loke ... Phoṭṭhabbā loke ... Dhammā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati.

“Cakkhuviññāṇaṃ loke ... Sotaviññāṇaṃ loke ... Ghānaviññāṇaṃ loke ... Jivhāviññāṇaṃ loke ... Kāyaviññāṇaṃ loke ... Manoviññāṇaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati.

“Cakkhusamphasso loke ... Sotasamphasso loke ... Ghānasamphasso loke ... Jivhāsamphasso loke ... Kāyasamphasso loke ... Manosamphasso loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati.

‘And, bhikkhus, what is the Noble Truth of the Cessation of Suffering? It is the complete fading-away and extinction of this craving, its forsaking and abandonment, liberation from it, detachment from it.

诸比丘，何谓苦灭圣谛？那就是此爱欲的消逝灭尽无余、舍离与舍弃，从爱欲解脱、不执着。

‘But, bhikkhus, how does this craving come to be abandoned, how does its cessation come about? Wherever in the world there is anything agreeable and pleasant, there this craving comes to be abandoned, there its cessation comes about.

然而，诸比丘，如何断除爱欲，灭尽爱欲呢？在世间有可爱与可喜之物的任何地方，就在那里断除爱欲、灭尽爱欲。

‘But what in the world is agreeable and pleasant? The eye in the world is agreeable and pleasant, and there this craving comes to be abandoned, there its cessation comes about. The ear in the world... The nose in the world... The tongue in the world... The body in the world... The mind in the world is agreeable and pleasant, and there this craving comes to be abandoned, there its cessation comes about.

在世间什么是可爱与可喜的呢？在世间眼根是可爱与可喜的，就在这里断除爱欲、灭尽爱欲。在世间耳根……在世间鼻根……在世间舌根……在世间身根……在世间意根是可爱与可喜的，就在这里断除爱欲、灭尽爱欲。

‘Visible objects in the world... Sounds in the world... Odours in the world... Flavours in the world... Tangibles in the world... Dhamma-objects in the world are agreeable and pleasant, and there this craving comes to be abandoned, there its cessation comes about.

在世间色尘……在世间声尘……在世间香尘……在世间味尘……在世间触尘……在世间法尘是可爱与可喜的，就在这里断除爱欲、灭尽爱欲。

‘Eye-consciousness in the world... Ear-consciousness in the world... Nose-consciousness in the world... Tongue-consciousness in the world... Body-consciousness in the world... Mind-consciousness in the world is agreeable and pleasant, and there this craving comes to be abandoned, there its cessation comes about.

在世间眼识……在世间耳识……在世间鼻识……在世间舌识……在世间身识……在世间意识是可爱与可喜的，就在这里断除爱欲、灭尽爱欲。

‘Eye-contact in the world... Ear-contact in the world... Nose-contact in the world... Tongue-contact in the world... Body-contact in the world... Mind-contact in the world is agreeable and pleasant, and there this craving comes to be abandoned, there its cessation comes about.

在世间眼触……在世间耳触……在世间鼻触……在世间舌触……在世间身触……在世间意触是可爱与可喜的，就在这里断除爱欲、灭尽爱欲。

“Cakkhusamphassajā vedanā loke ...
Sotasamphassajā vedanā loke ...
Ghānasamphassajā vedanā loke ...
Jivhāsamphassajā vedanā loke ...
Kāyasamphassajā vedanā loke ...
Manosamphassajā vedanā loke piyarūpaṃ
sātarūpaṃ, etthesā taṇhā pahīyamānā
pahīyati, ettha nirujjhamānā nirujjhati.

“Rūpasaññā loke ... Saddasaññā loke ...
Gandhasaññā loke ... Rasasaññā loke ...
Phoṭṭhabbasaññā loke ... Dhammasaññā loke
piyarūpaṃ sātarūpaṃ, etthesā taṇhā
pahīyamānā pahīyati, ettha nirujjhamānā
nirujjhati.

“Rūpasañcetanā loke ... Saddasañcetanā
loke ... Gandhasañcetanā loke ...
Rasasañcetanā loke ... Phoṭṭhabbasañcetanā
loke ... Dhammasañcetanā loke piyarūpaṃ
sātarūpaṃ, etthesā taṇhā pahīyamānā
pahīyati, ettha nirujjhamānā nirujjhati.

“Rūpataṇhā loke ... Saddataṇhā loke ...
Gandhataṇhā loke ... Rasataṇhā loke ...
Phoṭṭhabbataṇhā loke ... Dhammataṇhā loke
piyarūpaṃ sātarūpaṃ, etthesā taṇhā
pahīyamānā pahīyati, ettha nirujjhamānā
nirujjhati.

“Rūpavitakko loke ... Saddavitakko loke ...
Gandhavitakko loke ... Rasavitakko loke ...
Phoṭṭhabbavitakko loke ... Dhammavitakko
loke piyarūpaṃ sātarūpaṃ, etthesā taṇhā
pahīyamānā pahīyati, ettha nirujjhamānā
nirujjhati.

‘Feeling born of eye-contact in the world... Feeling born of ear-contact in the world... Feeling born of nose-contact in the world... Feeling born of tongue-contact in the world... Feeling born of body-contact in the world... Feeling born of mind-contact in the world is agreeable and pleasant, and there this craving comes to be abandoned, there its cessation comes about.

在世间眼触生受…… 在世间耳触生受……
在世间鼻触生受…… 在世间舌触生受…… 在世间身触生受…… 在世间意触生受是可爱与可喜的，就在这里断除爱欲、灭尽爱欲。

‘The perception of visible objects in the world... The perception of sounds in the world... The perception of odours in the world... The perception of flavours in the world... The perception of tangibles in the world... The perception of dhamma-objects in the world is agreeable and pleasant, and there this craving comes to be abandoned, there its cessation comes about.

在世间色想…… 在世间声想…… 在世间香想…… 在世间味想…… 在世间触想…… 在世间法想是可爱与可喜的，就在这里断除爱欲、灭尽爱欲。

‘Volition in regard to visible objects in the world... Volition in regard to sounds in the world... Volition in regard to odours in the world... Volition in regard to flavours in the world... Volition in regard to tangibles in the world ... Volition in regard to dhamma-objects in the world is agreeable and pleasant, and there this craving comes to be abandoned, there its cessation comes about.

在世间色思…… 在世间声思…… 在世间香思…… 在世间味思…… 在世间触思…… 在世间法思是可爱与可喜的，就在这里断除爱欲、灭尽爱欲。

‘The craving for visible objects in the world... The craving for sounds in the world... The craving for odours in the world... The craving for flavours in the world... The craving for tangibles in the world... The craving for dhamma-objects in the world is agreeable and pleasant, and there this craving comes to be abandoned, there its cessation comes about.

在世间色爱…… 在世间声爱…… 在世间香爱…… 在世间味爱…… 在世间触爱…… 在世间法爱是可爱与可喜的，就在这里断除爱欲、灭尽爱欲。

‘Applied thought of visible objects in the world... Applied thought of sounds in the world... Applied thought of odours in the world... Applied thought of flavours in the world... Applied thought of tangibles in the world... Applied thought of dhamma-objects in the world is agreeable and pleasant, and there this craving comes to be abandoned, there its cessation comes about.

在世间色寻…… 在世间声寻…… 在世间香寻…… 在世间味寻…… 在世间触寻…… 在世间法寻是可爱与可喜的，就在这里断除爱欲、灭尽爱欲。

“Rūpavicāro loke ... Saddavicāro loke ...
Gandhavicāro loke ... Rasavicāro loke ...
Phoṭṭhabbavicāro loke ... Dhammavicāro loke
piyarūpaṃ sātārūpaṃ, etthesā taṇhā
pahīyamānā pahīyati, ettha nirujjhamānā
nirujjhati.

Idaṃ vuccati, bhikkhave, dukkhanirodhaṃ
ariyasaccaṃ.

‘Sustained thought on visible objects in the world...
Sustained thought on sounds in the world... Sustained
thought on odours in the world... Sustained thought on
flavours in the world... Sustained thought on tangibles in
the world... Sustained thought on dhamma-objects in the
world is agreeable and pleasant, and there this craving
comes to be abandoned, there its cessation comes about.

在世间色伺…… 在世间声伺…… 在世间香
伺…… 在世间味伺…… 在世间触伺…… 在世间
法伺是可爱与可喜的，就在这里断除爱欲、灭尽爱
欲。

‘And, bhikkhus, that is called the Noble Truth of the
Cessation of Suffering.

诸比丘，这称为苦灭圣谛。

Maggasaccaniddeso *The Noble Truth of the Path* 道谛义释

“Katamañca, bhikkhave, dukkhanirodha-
gāminī paṭipadā ariyasaccaṃ? Ayameva ariyo
aṭṭhaṅgiko maggo seyyathidaṃ – sammādiṭṭhi
sammāsaṅkappo sammāvācā sammākammanto
sammā-ājīvo sammāvāyāmo sammāsati
sammāsamādhi.

“Katamā ca, bhikkhave, sammādiṭṭhi?
Yaṃ kho, bhikkhave, dukkhe ñāṇaṃ,
dukkhasamudaye ñāṇaṃ, dukkhanirodhe
ñāṇaṃ, dukkhanirodhagāminiyā paṭipadāya
ñāṇaṃ, ayaṃ vuccati, bhikkhave, sammādiṭṭhi.

“Katamo ca, bhikkhave, sammāsaṅkappo?
Nekkhammasaṅkappo abyāpādasāṅkappo
avihiṃsāsaṅkappo, ayaṃ vuccati bhikkhave,
sammāsaṅkappo.

“Katamā ca, bhikkhave, sammāvācā?
Musāvādā veramaṇī, piṣuṇāya vācāya
veramaṇī, pharusāya vācāya veramaṇī,
samphappalāpā veramaṇī, ayaṃ vuccati,
bhikkhave, sammāvācā.

“Katamo ca, bhikkhave, sammā-
kammanto? Pāṇātipātā veramaṇī, adinnādānā
veramaṇī, kāmesumicchācārā veramaṇī, ayaṃ
vuccati, bhikkhave, sammākammanto.

‘And, bhikkhus, what is the Noble Truth of the Way
of Practice Leading to the Cessation of Suffering? It is just
this Noble Eightfold Path, namely: Right View, Right
Thought, Right Speech, Right Action, Right Livelihood,
Right Effort, Right Mindfulness, Right Concentration.

诸比丘，何谓导致苦灭的道圣谛？那就是（具
备）八支的圣道，即正见、正思惟、正语、正业、
正命、正精进、正念、正定。

‘And, bhikkhus, what is Right View? Bhikkhus, it is
the knowledge of suffering, the knowledge of the origin of
suffering, the knowledge of the cessation of suffering, and
the knowledge of the way of practice leading to the
cessation of suffering. Bhikkhus, this is called Right View.

诸比丘，什么是正见？诸比丘，正见就是了知
苦的智慧、了知苦因的智慧、了知苦灭的智慧、了
知导致苦灭之道的智慧。诸比丘，这称为正见。

‘And, bhikkhus, what is Right Thought? The
thought of renunciation, the thought of non-ill-will, the
thought of harmlessness. Bhikkhus, this is called Right
Thought.

诸比丘，什么是正思惟？出离思惟、无嗔思惟、
无害思惟，诸比丘，这称为正思惟。

‘And, bhikkhus, what is Right Speech? Refraining
from lying, refraining from slander, refraining from harsh
speech, refraining from frivolous speech. Bhikkhus, this
is called Right Speech.

诸比丘，什么是正语？不妄语、不两舌、不恶
口、不绮语，诸比丘，这称为正语。

‘And, bhikkhus, what is Right Action? Refraining
from taking life, refraining from taking what is not given,
refraining from sexual misconduct. Bhikkhus, this is
called Right Action.

诸比丘，什么是正业？不杀生、不偷盗、不邪
淫，诸比丘，这称为正业。

“Katamo ca, bhikkhave, sammā-ājīvo?
Idha, bhikkhave, ariyasāvako micchā-ājīvaṃ
pahāya sammā-ājīvena jīvitam kappeti, ayaṃ
vuccati, bhikkhave, sammā-ājīvo.

“Katamo ca, bhikkhave, sammāvāyāmo?
Idha, bhikkhave, bhikkhu anuppannānaṃ
pāpakānaṃ akusalānaṃ dhammānaṃ
anuppādāya chandaṃ janeti vāyamati vīriyaṃ
ārabhati cittaṃ paggaṇhāti padahati; uppannā-
naṃ pāpakānaṃ akusalānaṃ dhammānaṃ
pahānāya chandaṃ janeti vāyamati vīriyaṃ
ārabhati cittaṃ paggaṇhāti padahati;
anuppannānaṃ kusalaṇaṃ dhammānaṃ
uppādāya chandaṃ janeti vāyamati vīriyaṃ
ārabhati cittaṃ paggaṇhāti padahati;
uppannānaṃ kusalaṇaṃ dhammānaṃ ṭhitiyā
asammosāya bhiyyobhāvāya vepullāya
bhāvanāya pāripūriyā chandaṃ janeti vāyamati
vīriyaṃ ārabhati cittaṃ paggaṇhāti padahati.
Ayaṃ vuccati, bhikkhave, sammāvāyāmo.

“Katamā ca, bhikkhave, sammāsati? Idha,
bhikkhave, bhikkhu kāye kāyānupassī viharati
ātāpī sampajāno satimā vineyya loke
abhiññhādomanassaṃ; vedanāsu
vedanānupassī viharati ātāpī sampajāno
satimā vineyya loke abhiññhādomanassaṃ;
citta cittānupassī viharati ātāpī sampajāno
satimā vineyya loke abhiññhādomanassaṃ;
dhammesu dhammānupassī viharati ātāpī
sampajāno satimā vineyya loke
abhiññhādomanassaṃ. Ayaṃ vuccati,
bhikkhave, sammāsati.

“Katamo ca, bhikkhave, sammāsamādhi?
Idha, bhikkhave, bhikkhu vivicceva kāmehi
vivicca akusalehi dhammehi savitakkaṃ
savicāraṃ vivekajaṃ pītisukhaṃ paṭhamam
jhānaṃ upasampajja viharati. Vitakkavicārānaṃ
vūpasamā ajjhataṃ sampasādanaṃ cetaso

‘And, bhikkhus, what is Right Livelihood? Here, bhikkhus, a noble disciple having given up wrong livelihood earns his livelihood by right means. Bhikkhus, this is called Right Livelihood.

诸比丘，什么是正命？在此，诸比丘，圣弟子舍离邪命而以正当的方法谋生，诸比丘，这称为正命。

‘And, bhikkhus, what is Right Effort? Here, bhikkhus, a bhikkhu rouses his will, makes an effort, stirs up energy, exerts his mind and strives to prevent the arising of unarisen evil unwholesome mental states. He rouses his will, makes an effort, stirs up energy, exerts his mind and strives to overcome evil unwholesome mental states that have arisen. He rouses his will, makes an effort, stirs up energy, exerts his mind and strives to produce unarisen wholesome mental states. He rouses his will, makes an effort, stirs up energy, exerts his mind and strives to maintain wholesome mental states that have arisen, not to let them fade away, to bring them to greater cultivation, to the full perfection of development. This is called Right Effort.

诸比丘，什么是正精进？在此，诸比丘，比丘生起意愿、勤奋、激发精进、策励自心、努力避免未生起的邪恶不善法生起。他生起意愿、勤奋、激发精进、策励自心、努力降伏已生起的邪恶不善法。他生起意愿、勤奋、激发精进、策励自心、努力促使未生起的善法生起。他生起意愿、勤奋、激发精进、策励自心、努力使已生起的善法持续、不衰退、增长、广大、修行圆满。诸比丘，这称为正精进。

‘And, bhikkhus, what is Right Mindfulness? Here, bhikkhus, a bhikkhu abides contemplating the body as a body, with ardour, clear comprehension, and mindfulness, having removed grief and covetousness towards the world. He abides contemplating feelings as feelings, with ardour, clear comprehension, and mindfulness, having removed grief and covetousness towards the world. He abides contemplating mind as mind, with ardour, clear comprehension, and mindfulness, having removed grief and covetousness towards the world. He abides contemplating dhamma-objects as dhamma-objects, with ardour, clear comprehension, and mindfulness, having removed grief and covetousness towards the world. Bhikkhus, this is called Right Mindfulness.

诸比丘，什么是正念？在此，诸比丘，去除对世间的贪欲及烦恼后，比丘以热诚、正知、正念安住于观身为身。去除对世间的贪欲及烦恼后，他以热诚、正知、正念安住于观受为受。去除对世间的贪欲及烦恼后，他以热诚、正知、正念安住于观心为心。去除对世间的贪欲及烦恼后，他以热诚、正知、正念安住于观法为法。诸比丘，这称为正念。

‘And, bhikkhus, what is Right Concentration? Here, a bhikkhu detached from sensual desires, detached from unwholesome mental states, enters and remains in the first jhāna. It is with applied thought and sustained thought, born of detachment, filled with joy and pleasure. And with the subsiding of applied thought and sustained thought, by gaining inner tranquillity and oneness of mind, he enters and remains in the second jhāna. It is without applied thought and sustained thought, born of

ekodibhāvaṃ avitakkaṃ avicāraṃ samādhijāṃ
pītisukhaṃ dutiyaṃ jhānaṃ upasampajja
viharati. Pītiyā ca virāgā upekkhako ca
viharati, sato ca sampajāno, sukhañca kāyena
paṭisaṃvedeti, yaṃ taṃ ariyā ācikkhanti
'upekkhako satimā sukhavihārī'ti tatiyaṃ
jhānaṃ upasampajja viharati. Sukhassa ca
pahānā dukkhassa ca pahānā pubbeva
somanassadomanassānaṃ atthaṅgamā
adukkhamasukhaṃ upekkhāsati pārisuddhiṃ
catutthaṃ jhānaṃ upasampajja viharati. Ayaṃ
vuccati, bhikkhave, sammāsamādhī.

"Idaṃ vuccati, bhikkhave, dukkhanirodha-
gāminī paṭipadā ariyasaccaṃ.

"Iti ajjhataṃ vā dhammesu
dhammānupassī viharati, bahiddhā vā
dhammesu dhammānupassī viharati, ajjhata-
bahiddhā vā dhammesu dhammānupassī
viharati. Samudayadhammānupassī vā
dhammesu viharati, vayadhammānupassī vā
dhammesu viharati, samudayavaya-
dhammānupassī vā dhammesu viharati. 'Atthi
dhammā'ti vā panassa sati paccupaṭṭhitā hoti
yāvadeva ñāṇamattāya paṭissatimattāya
anissito ca viharati, na ca kiñci loke upādiyati.
Evampi kho, bhikkhave, bhikkhu dhammesu
dhammānupassī viharati catūsu ariyasaccesu.

*Saccapabbaṃ niṭṭhitaṃ.
Dhammānupassanā niṭṭhitaṃ.*

"Yo hi koci, bhikkhave, ime cattāro
satipaṭṭhāne evaṃ bhāveyya sattavassāni,
tassa dvinnāṃ phalānaṃ aññataraṃ phalaṃ
pāṭikaṅkhaṃ diṭṭheva dhamme aññā; sati vā
upādisese anāgāmitā.

concentration, filled with joy and pleasure. And with the fading away of delight, he remains imperturbable, mindful and clearly aware. Thus he experiences in his body that kind of pleasure, of which the Noble Ones say: "That pleasure is experienced by one who dwells with equanimity and mindfulness." He enters the third jhāna. And, having given up pleasure and pain, and with the destruction of former gladness and sadness, he enters and remains in the fourth jhāna. It is beyond pleasure and pain, and purified by equanimity and mindfulness. Bhikkhus, this is called Right Concentration.

诸比丘，什么是正定？在此，诸比丘，比丘远离爱欲，远离不善法，进入并安住于具有寻、伺及由远离而生之喜、乐的初禅。平息了寻、伺之后，借着获得内在的清静与一心，他进入并安住于没有寻、伺，但具有由定而生之喜、乐的第二禅。舍离了喜之后，他保持舍心，具备正念与正知，如此他以身³⁵感受快乐，正如圣者们所说的：『这是具备舍心与正念者的乐住。』他进入并安住于第三禅。由于舍离了苦与乐及先前灭除了喜与忧，他进入并安住于超越苦乐及由舍与正念净化的第四禅。诸比丘，这称为正定。

'Bhikkhus, that is called the way of practice leading to the cessation of suffering.

诸比丘，这称为导致苦灭的道圣谛。

'Thus he abides contemplating dhamma-objects as dhamma-objects internally, or he abides contemplating dhamma-objects as dhamma-objects externally, or he abides contemplating dhamma-objects as dhamma-objects both internally and externally. He abides contemplating arising phenomena in the dhamma-objects, or he abides contemplating vanishing phenomena in the dhamma-objects, or he abides contemplating both arising and vanishing phenomena in the dhamma-objects. Or mindfulness that "there are dhamma-objects" is established in him just to the extent necessary for knowledge and mindfulness. In this way he abides detached, not clinging to anything in the world. Bhikkhus, this is how a bhikkhu abides contemplating dhamma-objects as dhamma-objects concerning the Four Noble Truths.

如此，他安住于观照内在的法为法、安住于观照外在的法为法或安住于观照内在与外在的法为法。他安住于观照法的生起现象、安住于观照法的坏灭现象或安住于观照法的生起与坏灭现象。或者他建立起『有法』的正念只为了更高的智慧与正念。他不依着地安住，不执着世间的任何事物。诸比丘，这就是比丘依四圣谛而安住于观法为法的方法。

'Bhikkhus, whoever should practise these Four Foundations of mindfulness for just seven years may expect one of two results: either Arahantship in this life or, if there should be some substrate left, the state of a Non-Returner.

诸比丘，如此修行四念处七年的人，可望得到两种成果之一：今生证得阿罗汉果；若还有烦恼未尽的话，则证得阿那含果。

³⁵ 这里的「身」是指「名身」而言，不是指「色身」。

“Tiṭṭhantu, bhikkhave, sattavassāni. Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya cha vassāni, pañca vassāni ... cattāri vassāni ... tiṇi vassāni ... dve vassāni ... ekaṃ vassam ...

“Tiṭṭhatu, bhikkhave, ekaṃ vassam. Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya sattamāsāni, tassa dvinnam phalānam aññataram phalam pāṭikaṅkham diṭṭheva dhamme aññā; sati vā upādisese anāgāmitā.

“Tiṭṭhantu, bhikkhave, satta māsāni. Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya cha māsāni, pañca māsāni ... cattāri māsāni ... tiṇi māsāni ... dve māsāni ... ekaṃ māsam ... aḍḍhamāsam ...

“Tiṭṭhatu, bhikkhave, aḍḍhamāso. Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya sattāham, tassa dvinnam phalānam aññataram phalam pāṭikaṅkham diṭṭheva dhamme aññā; sati vā upādisese anāgāmitāti.

“Ekāyano ayaṃ, bhikkhave, maggo sattānam visuddhiyā sokaparidevānam samatikkamāya dukkhadomanassānam atthaṅgamāya ñāyassa adhigamāya nibbānassa sacchikiriyāya yadidaṃ cattāro satipaṭṭhānāti. Iti yaṃ taṃ vuttaṃ, idametam paṭicca vuttan”ti.

Idamavoca bhagavā. Attamanā te bhikkhū bhagavato bhāsitaṃ abhinandun’ti.

Mahāsatipaṭṭhānasuttaṃ niṭṭhitam.

– DN, Mahāvagga, 9;
MN, Mūlapaṇṇāsa, 10

(Chant until here for day 4)

‘Let alone seven years, bhikkhus, whoever should practise them for just six years... for just five years... for just four years... for just three years... for just two years... for just one year...

不用说七年，诸比丘，如此修行四念处六年…… 五年…… 四年…… 三年…… 两年…… 一年…… 的人

‘Let alone one year, bhikkhus, whoever should practise them for just seven months may expect one of two results: either Arahantship in this life or, if there should be some substrate left, the state of a Non-Returner.

不用说一年，诸比丘，如此修行四念处七个月的人，可望得到两种成果之一：今生证得阿罗汉果；若还有烦恼未尽的话，则证得阿那含果。

‘Let alone seven months, bhikkhus, whoever should practise them for just six months... for just five months... for just four months... for just three months... for just two months... for just one month... for just half a month...

不用说七个月，诸比丘，如此修行四念处六个月…… 五个月…… 四个月…… 三个月…… 两个月…… 一个月…… 半个月…… 的人，

‘Let alone half a month, bhikkhus, whoever should practise them for just seven days may expect one of two results: either Arahantship in this life or, if there should be some substrate left, the state of a Non-Returner.

不用说半个月，诸比丘，如此修行四念处七天的人，可望得到两种成果之一：今生证得阿罗汉果；若还有烦恼未尽的话，则证得阿那含果。

‘It is for this reason that it was said: “Bhikkhus, this is the single way for the purification of beings, for the surmounting of sorrow and lamentation, for the disappearance of pain and grief, for the attainment of the true way and for the realisation of Nibbāna - namely, the four foundations of mindfulness.”’

这就是为什么说：『诸比丘，这是使众生清净、超越忧愁与悲伤、灭除痛苦与烦恼、成就正道与现证涅槃的单一道路，那就是四念处。』

Thus The Exalted One spoke. The bhikkhus were delighted and rejoiced at his words.

世尊如此开示之后，诸比丘对世尊的话感到愉悦与欢喜。

《大念处经》完毕

(第四天诵至此)

Āṭānāṭiyasuttaṃ *The Āṭānāṭiya Discourse* 阿达那帝亚经

Appasannehi Nāthassa,
Sāsane sādhu sammate,
Amanussehi caṇḍehi,
Sadā kibbisakāribhi,

Parisānaṃ catassannaṃ,
Ahimsāya ca guttiyā,
Yaṃ desesi Mahāvīro:
Parittaṃ taṃ bhaṇāma he.

Vipassissa ca namatthu,
Cakkhumantassa sirīmato,
Sikhissapi ca namatthu,
Sabbabhūtānukampino,

Vessabhussa ca namatthu,
Nhātakassa tapassino,
Namatthu Kakusandhassa,
Mārasenāpamaddino,

Koṇāgamanassa namatthu,
Brāhmaṇassa vusīmato,
Kassapassa ca namatthu,
Vippamuttassa sabbadhi.

Aṅgīrasassa namatthu,
Sakyaputtassa sirīmato,
Yo imaṃ Dhammaṃ desesi,
Sabbadukkhāpanūdanaṃ.

Ye cāpi nibbutā loke,
Yathābhūtaṃ vipassisurū,
Te janā apisuṇātha,
Mahantā vītasāradā,

Hitāṃ devamanussānaṃ,
Yaṃ namassanti Gotamaṃ,
Vijjācaraṇasampannaṃ,
Mahantaṃ vītasāradānaṃ.

About those having little faith in the Lord's well-honoured Dispensation, about violent non-human beings, who are always criminals, this is what was preached by the Great Hero to the four assemblies, about non-violence and watchfulness: O good persons, Let's recite that safeguard!

大英雄(=佛陀)教此护卫经,以便四众(弟子)获得保护,不会受到凶恶的非人和不信庇护者(佛陀)之教法的常造恶者的危害。且让我们诵念此护卫经。

Homage to the Vipassī Buddha, possessed of the eye of wisdom and glory; homage to Sikhī Buddha, the great compassionate towards all beings.

礼敬观慧佛,具眼祥瑞者;
礼敬火焰佛,悲悯众生者;

Homage to Vessabhu Buddha who had washed away all the defilements and possessed good ascetic practices. Homage to Kakusandha Buddha who defeated the army of Māra (evil one).

礼敬牛音佛,洗尽烦恼者;
礼敬接峰佛,降伏魔军者;

Homage to Koṇāgamaṇa Buddha who had eradicated all evil and lived the noble life. Homage to Kassapa Buddha who was freed from all defilements.

礼敬金至佛,断恶梵行者;
礼敬迦叶佛,解脱一切者;

Homage to the son of Sakya (Gotama Buddha) from whose body issued rays of light and who was glorious. He taught this Dhamma which removed all suffering.

礼敬发光者,祥瑞释迦子,
他教导此法,去除一切苦。

In this world, those who have extinguished all the flames of passions and have thoroughly seen things as they really are – these persons being Arahants never slander. They are great and free from fear.

于世寂灭者,如实地观照,
他们不两舌,伟大且自信。

They pay homage to Gotama Buddha who works for the benefit of gods and men, who is endowed with wisdom and good conduct, who is great and free from fear.

礼敬乔达摩,利益人天者,
明行皆圆满,伟大且自信。

Ete caññe ca Sambuddhā,
Anekasatakoṭiyo,
Sabbe Buddhā'samasamā,
Sabbe Buddhā mahiddhikā,

These other Sambuddhas, countless hundreds and thousands, all are equal to the incomparable Buddha, all are Buddhas of great power,
这些无量无数的佛，
全都与无上佛同等，
全都拥有大神力。

Sabbe Dasabalūpetā,
Vesārajjuhupāgatā,
Sabbe te paṭijānanti,
Āsabhaṃ ṭhānamuttamaṃ.

All endowed with Ten Powers, all with perfect self-confidence, all of them claim the place of the chief bull of the herd.
全都拥有（佛）十力，
全都拥有百分百的自信力，
全都宣称（自己为）群牛中的首领。

Sīhanādaṃ nadantete,
Parisāsu visāradā,
Brahmacakkaṃ pavattenti,
Loke appaṭivattiyam.

These roar the Lion's Roar confidently amongst the assemblies, and turn the supreme (Dhamma) wheel, which cannot be turned back in the world.
他们自信地在群众当中做狮子吼，
在世间转动了无法反转的梵轮。

Upetā Buddhadhammehi,
Aṭṭhārasahi nāyakā,
Bāttimsalakakhaṇūpetā,
Sītānubyañjanādhara,

They are Leaders endowed with eighteen things pertaining to the Buddhas, endowed with thirty-two marks, and bearing eighty minor characteristics,
这些世间的领导者具备佛陀的
十八种特质、三十二相、八十种好。

Byāmapabbhāya suppbhā,
Sabbe te munikuñjarā.
Buddhā sabbañño ete,
Sabbe khīṇāsavā Jinā,

radiating a halo all round, they are all elephant-like sages. These omniscient Buddha are all Victors who are pollutant-free,
这一切最殊胜的牟尼全身散发光芒。
诸佛是一切知者，是漏尽的战胜者。

Mahāpabbhā mahātejā,
Mahāpaññā mahabbalā,
Mahākāruṇikā, dhīrā,
Sabbesānaṃ sukhāvahā.

having great radiance, great power, great wisdom, great strength, great compassion, wise men bringing happiness to all.
拥有大光明大威力，大智大力大悲，
是为一切众生带来快乐的智者。

Dīpā Nāthā patitṭhā ca,
Tāṇā leṇā ca pāṇinaṃ,
Gatī bandhū mahassāsā,
Saraṇā ca hitesino,

These Lords establish support, shelter and protection for (all) breathing beings, they seek the benefit of all kinsmen who have a great desire for refuge,
他们是众生的岛屿、庇护者、支助、
保护所、庇护所、避风港、亲友、
大安慰、依归，为众生寻求利益。

Sadevakassa lokassa,
Sabbe ete parāyaṇā.
Tesāhaṃ sirasā pāde,
Vandāmi purisuttame,

in the world with its gods and men, they have all crossed over. I worship the feet of these supreme persons with my head,
他们是包括诸神在内的世界的依靠。
我以首顶礼这些上人的双足。

Vacasā manasā ceva,
Vandāmete Tathāgate,
Sayane āsane ṭhāne,
Gamane cāpi sabbadā.

with my words, with my mind, I worship these Realised Ones, while lying, sitting, standing and going everyday.
在一切时候，无论是卧坐立行，
我都在言语与意念上礼敬如来。

Sadā sukhena rakkhantu,
Buddhā santikarā tuvaṃ,
Tehi tvaṃ rakkhito santo,
Mutto sabbabhayehi ca,

Sabbarogā vinimutto,
Sabbasantāpavajjito,
Sabbaveramatikkanto,
Nibbuto ca tuvaṃ bhava!

Tesaṃ saccena sīlena,
Khantimettābalena ca,
Tepi amhe'nurakkhantu,
Arogena sukhena ca!

Puratthimasmim disābhāge,
Santi bhūtā mahiddhikā,
Tepi amhe'nurakkhantu,
Arogena sukhena ca!

Dakkhiṇasmim disābhāge,
Santi devā mahiddhikā,
Tepi amhe'nurakkhantu,
Arogena sukhena ca!

Pacchimasmim disābhāge,
Santi nāgā mahiddhikā,
Tepi amhe'nurakkhantu,
Arogena sukhena ca!

Uttarasmim disābhāge,
Santi yakkhā mahiddhikā,
Tepi amhe'nurakkhantu,
Arogena sukhena ca!

Puratthimena Dhataratṭha,
Dakkhiṇena Virūlhako,
Pacchimena Virūpakkho,
Kuvero Uttaraṃ disaṃ.

Cattāro te Mahārājā,
Lokapālā yassasino,
Tepi amhe'nurakkhantu,
Arogena sukhena ca!

May the Buddhas, who are peacemakers, always happily protect you, and may you be protected by them, peaceful and free from all fear,

愿诸佛，寂静作者，永远保护你及带给你快乐。受到了他们的保护，愿你解脱一切危难。

may you be free of all diseases, avoid all grief, overcome all enemies, and may you attain nibbāna!

愿你解脱一切病，解脱一切的苦恼，超越一切的仇敌，以及达到全寂灭。

Through their truth and virtue, and the strength of their patience and friendliness, may they (Buddhas) always protect us with health and happiness!

以他们之真实及戒、忍辱与慈爱的力量，希望他们保护我们，让我们无病且快乐。

In the Easterly direction there are beings of great power, may they (Buddhas) always protect us with health and happiness!

在东方有大神力的众生（=娱乐神），愿他们也保护我们，让我们无病且快乐。

In the Southerly direction there are gods of great power, may they (Buddhas) always protect us with health and happiness!

在南方有大神力的诸神（=守护神），愿他们也保护我们，让我们无病且快乐。

In the Westerly direction there are nāgas of great power, may they (Buddhas) always protect us with health and happiness!

在西方有大神力的诸龙，愿他们也保护我们，让我们无病且快乐。

In the Northerly direction there are yakkhas of great power, may they (Buddhas) always protect us with health and happiness!

在北方有大神力的夜叉，愿他们也保护我们，让我们无病且快乐。

To the East there is Dhataratṭha, in the South there is Virūlhaka, in the West there is Virūpakkha, to the North there is Kuvera.

在东方有持国天王，在南方有增长天王，在西方有广目天王，在北方有古威拉王。

These are the Four Great Kings, who are famous and protect the world, may they (Buddhas) always protect us with health and happiness!

此四大天王是世间守护者，拥有众多随从，愿他们也保护我们，让我们无病且快乐！

Ākāsaṭṭhā ca bhūmaṭṭhā,
Devā nāgā mahiddhikā,
Tepi amhe'nurakkhantu,
Arogena sukkena ca.

May beings inhabiting in space and on earth, devas and nāgas of mighty power, may they always protect us to be free from diseases and to be happy.

居住于天空与地上，有大神力之神与龙，
愿他们也保护我们，让我们无病且快乐！

Iddhimanto ca ye devā,
Vasantā idha Sāsane,
Tepi amhe'nurakkhantu,
Arogena sukkena ca!

There are gods endowed with psychic power dwelling here in the Dispensation, may they (Buddhas) always protect us with health and happiness!

这些神拥有大神通，于此教化安住过活，
愿他们也保护我们，让我们无病且快乐！

Sabbītiyo vivajjantu,
Soko rogo vinassatu,
Mā te bhavantvantarāyā,
Sukhī dīghāyuko bhava!

May all calamities be avoided, may all diseases disappear, may there be no obstacle[s] for you, [and may] you be happy and have long life.

愿免除一切灾难，愿一切疾病消失；
愿你没有诸障碍，愿你快乐又长寿！

Abhivādana-sīlissa
Niccaṃ vuddhāpacāyino,
Cattāro dhammā vaḍḍhanti
Āyu vaṇṇo sukhaṃ balaṃ.

For the [one with a] reverential character, who always pays homage to elders, four qualities increase: [longer] life, beauty, happiness [and] strength.

对于有礼敬的习惯、时常尊敬长辈的人，
于他四种法会增长：寿命、美貌、快乐、力量。

- compiled from DN, Sutta 32

Girimānandasuttaṃ

The Girimānanda Discourse 吉利马难达经

Ekam samayaṃ bhagavā sāvatthiyaṃ
viharaṭi jetavane anāthapiṇḍikassa ārāme.
Tena kho pana samayena āyasmā girimānando
ābādhiko hoti dukkhito bālāhagilāno. Atha kho
āyasmā ānando yena bhagavā tenupasaṅkami;
upasaṅkamitvā bhagavantam abhivādetvā
ekamantaṃ nisīdi. Ekamantaṃ nisinno kho
āyasmā ānando bhagavantam etadavoca –
“Āyasmā bhante girimānando ābādhiko hoti
dukkhito bālāhagilāno. Sādhū bhante bhagavā
yenāyasmā girimānando tenupasaṅkamatu
anukampaṃ upādāyā”ti.

At one time the Blessed One was living in Sāvatti, at Jeta's grove in Anāthapiṇḍika's park. And at that time the Venerable Girimānanda was ill, suffering, grievously sick. Then, indeed, the Venerable Ānanda approached where the Blessed was. Having approached paid obeisance to the Blessed One, he sat on a side. Having sat on a side, the Venerable Ānanda spoke thus to the Blessed One: 'Bhante, the Venerable Girimānanda is ill, suffering, grievously sick. It is good, Bhante, that the Blessed One may approach where the Venerable Girimānanda is, having compassion on him.'

一时，世尊住在舍卫城祇陀林给孤独园。当时，吉利马难达尊者生病、痛苦、病重。当时，阿难尊者来到世尊的地方。来到之后，顶礼世尊，然后坐在一旁。坐在一旁后，阿难尊者如此向世尊说：「尊者，吉利马难达尊者生病、痛苦、病重。尊者，如果世尊能够出自悲愍去吉利马难达尊者那里，那会很好。」

Sace kho tvaṃ ānanda girimānandassa
bhikkhuno dasa saññā bhāseyyāsi, tñānaṃ
kho panetaṃ vijjati yaṃ girimānandassa
bhikkhuno dasa saññā sutvā so ābādhō
tñānaso paṭipassambheyya.

Katamā dasa? Aniccasaññā, anattasaññā,
asubhasaññā, ādīnavasaññā, pahānasaññā,
virāgasaññā, nirodhasaññā, sabbaloke
anabhiratasaññā, sabbasaṅkhāresu
anicchāsaññā, ānāpānassati.

Katamā cānanda aniccasaññā? Idhānanda
bhikkhu araññagato vā rukkhamaṃlagato vā
suññāgāragato vā iti paṭisañcikkhati – “rūpaṃ
aniccaṃ, vedanā aniccā, saññā aniccā,
saṅkhārā aniccā, viññāṇaṃ anicca”ti. Iti
imesu pañcasu upādānakkhandhesu
aniccānupassī viharati. Ayaṃ vuccatānanda
aniccasaññā.

Katamā cānanda anattasaññā? Idhānanda
bhikkhu araññagato vā rukkhamaṃlagato vā
suññāgāragato vā iti paṭisañcikkhati – “cakkhu
anattā, rūpā anattā, sotaṃ anattā, saddā
anattā, ghānaṃ anattā, gandhā anattā, jivhā
anattā, rasā anattā, kāyā anattā, phoṭṭhabbā
anattā, mano anattā, dhamma anattā”ti. Iti
imesu chasu ajjhattikabāhiresu āyatanesu
anattānupassī viharati. Ayaṃ vuccatānanda
anattasaññā.

(The Blessed One said:) 'If, indeed, you Ānanda, having approached the bhikkhu Girimānanda, would speak the ten perceptions (to him), it would so happen that having heard the ten perceptions that illness of the bhikkhu Girimānanda would immediately be cured.

(世尊说：)「阿难，如果你去到吉利马难达比丘那里后向他说十种想，那么，在听闻十种想之后，吉利马难达比丘的病就会止息。

'What are the ten? The perception of impermanence, the perception of non-self, the perception of impurity, the perception of fault, the perception of relinquishment, the perception of dispassion, the perception of cessation, the perception of non-delight in the whole world, the perception of desirelessness in all formations, the mindfulness of breathing.

是哪十种？无常想、无我想、不净想、过患想、舍断想、离欲想、灭尽想、不乐于一切世界想、对一切行无欲求想、入出息念。

‘Ānanda, what is the perception of impermanence? Herein, Ānanda, a bhikkhu who has gone to the forest, or to the foot of a tree, or to an empty place considers thus: “materiality is impermanent, feeling is impermanent, perception is impermanent, formations are impermanent, consciousness is impermanent.” Thus, he abides in discerning the impermanence in these five aggregates of clinging. This, Ānanda, is said to be perception of impermanence.”

阿难，什么是无常想？在此，阿难，比丘去到森林、树下或空地后如此思维：『色无常、受无常、想无常、行无常、识无常。』他如此安住于观照这五取蕴无常。阿难，这称为无常想。

'And what, Ānanda, is the perception of non-self? Herein, Ānanda, a bhikkhu who has gone to the forest, or to the foot of a tree, or to an empty place considers thus: “eye is non-self, colours are non-self, ear is non-self, sounds are non-self, nose is non-self, odours are non-self, tongue is non-self, flavours are non-self, body is non-self, tangibles are non-self, mind is non-self, dhamma-objects are non-self.” Thus, he abides in discerning these six internal and external sense-bases as non-self. This, Ānanda, is called the perception of non-self.

再者，阿难，什么是无我想？在此，阿难，比丘去到森林、树下或空地后如此思维：『眼无我，色无我，耳无我，声无我，鼻无我，香无我，舌无我，味无我，身无我，触无我，意无我，法无我。』他如此安住于观照六内处与六外处无我。这称为无我想。

Katamā cānanda asubhasaññā? Idhānanda bhikkhu imameva kāyaṃ uddhaṃ pādatalā adho kesamatthakā tacapariyantaṃ pūraṃ nānāppakārassa asucino paccavekkhati – “atthi imasmim kāye kesā lomā nakhā dantā taco maṃsaṃ nhāru aṭṭhi aṭṭhimiñjaṃ vakkhaṃ hadayaṃ yakanāṃ kilomakāṃ pihakāṃ papphāsaṃ antaṃ antaguṇaṃ udariyaṃ karisaṃ (matthaluṇgaṃ) pittaṃ semhaṃ pubbo lohitaṃ sedo medo assuvasā kheḷo siṅghāṇikā lasikā muttan”ti. Iti imasmim kāye asubhānupassī viharati. Ayaṃ vuccatānanda asubhasaññā.

Katamā cānanda ādīnavasaññā? Idhānanda bhikkhu araññagato vā rukkhamūlagato vā suññāgāragato vā iti paṭisañcikkhati – “bahudukkho kho ayaṃ kāyo bahuādīnavo? Iti imasmim kāye vividhā ābādhā uppajjanti, seyyathidaṃ – cakkhurogo sotarogo ghānarogo jivhārogo kāyarogo sīsarogo kaṇṇarogo mukharogo dantarogo oṭṭharogo kāso sāso pināso dāho jaro kucchirogo mucchā pakkhandikā sūlā visūcikā kuṭṭhaṃ gaṇḍo kilāso soso apamāro daddu kaṇḍu kacchu nakhasā vitacchikā lohitaṃ pittaṃ madhumeho aṃsā piḷakā bhagandalā pittasamuṭṭhānā ābādhā semhasamuṭṭhānā ābādhā vātasamuṭṭhānā ābādhā sannipātikā ābādhā utupariṇāmajā ābādhā visamaparihārajā ābādhā opakkamikā ābādhā kammavipākajā ābādhā sītaṃ uṇhaṃ jigghacchā pipāsā uccāro passāvo”ti. Iti imasmim kāye ādīnavānupassī viharati. Ayaṃ vuccatānanda ādīnavasaññā.

'And what, Ānanda, is the perception of impurity? Herein, Ānanda, a bhikkhu reflects on this very body from the soles of the feet upwards, from the head-hairs downwards, enclosed by the skin and full of manifold impurities: “In this body there are head-hairs, body-hairs, nails, teeth, skin, flesh, sinews, bones, bone-marrow, kidneys, heart, liver, pleura, spleen, lungs, bowels, mesentery, contents of the stomach, faeces, (brain,) bile, phlegm, pus, blood, sweat, fat, tears, grease, saliva, mucus, synovial fluid and urine.” Thus he abides in discerning this body as impure. This, Ānanda, is called the perception of impurity.

再者，阿难，什么是不净想？在此，阿难，比丘思维这个身体从脚掌上来及从头发下去，这个身体由皮肤所包裹，并且充满许多不净物：『在这个身体当中有头发、身毛、指甲、牙齿、皮肤、肌肉、筋腱、骨骼、骨髓、肾脏、心脏、肝脏、肋膜、脾脏、肺脏、肠、肠间膜、胃中物、粪便、(脑、)胆汁、痰、脓、血、汗、脂肪、泪液、油脂、唾液、鼻涕、关节滑液、尿液。』他如此安住于观照此身不净。阿难，这称为不净想。

'And what, Ānanda, is the perception of fault? Herein, Ānanda, a bhikkhu who has gone to the forest, or to the foot of a tree, or to an empty place considers thus: “This body has a lot of suffering and faults. In this body various afflictions arise, that is to say —eye disease, ear disease, nose disease, tongue disease, body disease, head disease, external ear disease, mouth disease, tooth disease, lip disease, cough, asthma, cold, fever, high fever, illness of the abdomen, fainting, dysentery, acute pain, cholera, leprosy, boils, skin disease, consumption, epilepsy, skin eruption, itch, scabs, nail scratch disease, scabies, blood and bile disease, diabetes, paralysis, cancer, ulcers, afflictions arising from bile, afflictions arising from phlegm, afflictions arising from wind, afflictions arising from a conflict of humours, afflictions arising from changes of seasons, afflictions arising from discrepant attention (to the body), afflictions arising from punishment, afflictions arising from the results of kamma, cold, heat, hunger, thirst, (excretion of) faeces and urine.” Thus, he abides in discerning the fault in this body. This, Ānanda, is called the perception of fault.

再者，阿难，什么是过患想？在此，阿难，比丘去到森林、树下或空地后如此思维：『的确，此身多苦多患。此身有眼疾、耳疾、鼻疾、舌疾、身疾、头疾、耳朵病、口疾、牙病、唇病、咳嗽、哮喘、感冒、发烧、高烧、腹痛、头晕、肚泻、身体剧痛、霍乱、麻风病、疮、皮肤病、肺病、癫痫症、疹、痒、疥癣、抓伤、疥疮、血胆病、糖尿病、瘫痪、肿瘤、溃疡、胆汁引起的病、痰引起的病、风引起的病、四大不调引起的病、季节变化引起的病、身体不调引起的病、刑罚产生的病、业报产生的病、冷、热、饿、渴、大便、小便。』他如此安住于观照此身之过患。阿难，这称为过患想。

Katamā cānanda pahānasaññā? Idhānanda bhikkhu uppannaṃ kāmavitakkaṃ nādhivāseti, pajahati, vinodeti, byantīkaroti, anabhāvaṃ gameti. Uppannaṃ byāpādavitaṅkaṃ nādhivāseti, pajahati, vinodeti, byantīkaroti, anabhāvaṃ gameti. Uppannaṃ vihiṃsāvitakkaṃ nādhivāseti, pajahati, vinodeti, byantīkaroti, anabhāvaṃ gameti. Uppannuppanne pāpake akusale dhamme nādhivāseti, pajahati, vinodeti, byantīkaroti, anabhāvaṃ gameti. Ayaṃ vuccatānanda pahānasaññā.

Katamā cānanda virāgasaññā? Idhānanda bhikkhu araññagato vā rukkhamūlagato vā suññāgāragato vā iti paṭisañcikkhati – “etaṃ santaṃ etaṃ paṇītaṃ yadidaṃ sabbasaṅkhārasamatho sabbūpadhippaṭinissaggo taṇhākkhaya virāgo nibbanan”ti. Ayaṃ vuccatānanda virāgasaññā.

Katamā cānanda nirodhasaññā? Idhānanda bhikkhu araññagato vā rukkhamūlagato vā suññāgāragato vā iti paṭisañcikkhati – “etaṃ santaṃ etaṃ paṇītaṃ yadidaṃ sabbasaṅkhārasamatho sabbūpadhippaṭinissaggo taṇhākkhaya nirodho nibbanan”ti. Ayaṃ vuccatānanda nirodhasaññā.

Katamā cānanda sabbaloke anabhiratasaññā? Idhānanda bhikkhu ye loke upādānā cetaso adhiṭṭhānābhinivesānusayā, te pajahanto viharati anupādiyanto. Ayaṃ vuccatānanda sabbaloke anabhiratasaññā.

And what, Ānanda, is the perception of relinquishment? Herein, Ānanda, a bhikkhu does not endure a thought concerning sensual pleasure which has arisen; he abandons, dispels, gets rid of it and, causes it to attain non-existence. He does not endure a thought of hatred which has arisen, he abandons, dispels, gets rid of it and, causes it to attain non-existence. He does not endure a thought of hurting which has arisen, he abandons, dispels, gets rid of it and, causes it to attain non-existence. He does not endure any evil unwholesome thoughts that have arisen, he abandons, dispels, gets rid of them, and causes them to attain non-existence. This, Ānanda, is called the perception of relinquishment.

再者，阿难，什么是舍断想？在此，阿难，比丘不容忍欲寻，他舍断、去除、终止它，令它达到不存在。他不容忍嗔寻，他舍断、去除、终止它，令它达到不存在。他不容忍伤害寻，他舍断、去除、终止它，令它达到不存在。他不容忍任何邪恶不善法，他舍断、去除、终止它们，令他们达到不存在。阿难，这称为舍断想。

And what, Ānanda, is the perception of dispassion? Herein, a bhikkhu who has gone to the forest, or to the foot of a tree, or to an empty place considers thus: “This is peaceful, this is sublime, that is to say, calming of all formations, giving up of all substrate (of rebirth), extinction of craving, dispassion, nibbāna.” This, Ānanda, is called the perception of dispassion.

再者，阿难，什么是离欲想？在此，阿难，比丘去到森林、树下或空地后如此思维：『此是寂静，此是殊胜，即一切行止息、一切依著的舍离、爱灭毁、离欲、涅槃。』阿难，这称为离欲想。

‘And what, Ānanda, is the perception of cessation? Herein, Ānanda, a bhikkhu who has gone to the forest, or to the foot of a tree, or to an empty place considers thus: “This is peaceful, this is sublime, that is to say, calming of all formations, giving up of all substrate (of rebirth), extinction of craving, cessation, nibbāna.” This, Ānanda, is called the perception of cessation.

再者，阿难，什么是灭尽想？在此，阿难，比丘去到森林、树下或空地后如此思维：『此是寂静，此是殊胜，即一切行止息、一切依著的舍离、爱灭毁、灭尽、涅槃。』阿难，这称为灭尽想。

‘And what, Ānanda, is the perception of non-delight in the whole world? Herein, Ānanda, a bhikkhu, in regard to whatever in the world (there are) mental craving and clinging, decision, inclination and tendency, abandoning them and not clinging to them, he does not take delight in them. This, Ānanda, is called the perception of non-delight in the whole world.

再者，阿难，什么是不乐于一切世界想？在此，阿难，有关于世界的贪著执取意、决定、倾向、随眠，在舍断想与不执取它们之下，他不乐于它们。阿难，这称为不乐于一切世界想。

Katamā cānanda sabbasaṅkhāresu
anicchāsaññā? Idhānanda bhikkhu
sabbasaṅkhāresu aṭṭiyati harāyati
jigucchati. Ayaṃ vuccatānanda
sabbasaṅkhāresu anicchāsaññā.

Katamā cānanda ānāpānassati? Idhānanda
bhikkhu araṇṇagato vā rukkhamaḷagato vā
suññāgāragato vā nisīdati pallaṅkaṃ ābhujitvā
ujum kāyaṃ paṇidhāya parimukhaṃ satim
upaṭṭhapetvā. So satova assasati satova
passasati.

Dīghaṃ vā assasanto "dīghaṃ assasāmi"ti
pajānāti.

Dīghaṃ vā passasanto "dīghaṃ passasāmi"ti
pajānāti.

Rassaṃ vā assasanto "rassaṃ assasāmi"ti
pajānāti.

Rassaṃ vā passasanto "rassaṃ passasāmi"ti
pajānāti.

"Sabbakāyapaṭisaṃvedī assasissāmi"ti sikkhati.

"Sabbakāyapaṭisaṃvedī passasissāmi"ti
sikkhati.

"Passambhayaṃ kāyasaṅkhāraṃ assasissāmi"ti
sikkhati.

"Passambhayaṃ kāyasaṅkhāraṃ passasissāmi"ti
sikkhati.

"Pītipaṭisaṃvedī assasissāmi"ti sikkhati.

"Pītipaṭisaṃvedī passasissāmi"ti sikkhati.

"Sukhapaṭisaṃvedī assasissāmi"ti sikkhati.

"Sukhapaṭisaṃvedī passasissāmi"ti sikkhati.

"Cittasaṅkhārapaṭisaṃvedī assasissāmi"ti
sikkhati.

"Cittasaṅkhārapaṭisaṃvedī passasissāmi"ti
sikkhati.

"Passambhayaṃ cittasaṅkhāraṃ assasissāmi"ti
sikkhati.

"Passambhayaṃ cittasaṅkhāraṃ passasissāmi"ti
sikkhati.

‘And what, Ānanda, is the perception of
desirelessness in all formations? Herein, Ānanda, a
bhikkhu is distressed by, ashamed of and disgusted with
all formations. This, Ānanda, is called the perception of
desirelessness of all formations.

再者，阿难，什么是对一切行无欲求想？在此，
比丘对一切行感到不喜、羞耻、厌恶。阿难，这称为
对一切行无欲求想。

‘And what, Ānanda, is mindfulness of breathing?
Herein, Ānanda, a bhikkhu who has gone to the forest, or
the foot of a tree, or to an empty place, sits cross-legged,
keeps his body erect and establishes mindfulness in front
of him. He breathes in mindfully; he breathes out
mindfully.

When he breathes in long, he understands: “I breathe in long.”

When he breathes out long, he understands: “I breathe out long.”

When he breathes in short, he understands: “I breathe in short.”

When he breathes out short, he understands: “I breathe out short.”

He trains thus: “I shall breathe in experiencing the
whole breath.”

He trains thus: “I shall breathe out experiencing the
whole breath.”

He trains thus: “I shall breathe in tranquilizing the
whole breath formations.”

He trains thus: “I shall breathe out tranquilizing the
whole breath formations.”

再者，阿难，什么是入出息念？在此，阿难，
比丘去到森林、树下或空地，盘腿而坐，保持身体
正直，安立正念在自己面前（的呼吸）。他正念地
吸气，正念地呼气。

吸气长的时候，他了知：『我吸气长。』

呼气长的时候，他了知：『我呼气长。』

吸气短的时候，他了知：『我吸气短。』

呼气短的时候，他了知：『我呼气短。』

他如此训练：『我应当觉知（气息的）全身而吸气。』

他如此训练：『我应当觉知（气息的）全身而呼气。』

他如此训练：『我应当平静（气息的）身行而吸气。』

他如此训练：『我应当平静（气息的）身行而呼气。』

He trains thus: “I shall breathe in experiencing joy.”

He trains thus: “I shall breathe out experiencing joy.”

He trains thus: “I shall breathe in experiencing happiness.”

He trains thus: “I shall breathe out experiencing happiness.”

He trains thus: “I shall breathe in experiencing mental
formations.”

He trains thus: “I shall breathe out experiencing mental
formations.”

He trains thus: “I shall breathe in tranquilizing mental
formations.”

He trains thus: “I shall breathe out tranquilizing mental
formations.”

他如此训练：『我应当体验喜而吸气。』

他如此训练：『我应当体验喜而呼气。』

他如此训练：『我应当体验乐而吸气。』

他如此训练：『我应当体验乐而呼气。』

他如此训练：『我应当体验心行而吸气。』

他如此训练：『我应当体验心行而呼气。』

他如此训练：『我应当平静心行而吸气。』

他如此训练：『我应当平静心行而呼气。』

"Cittapaṭisaṃvedī assasissāmī"ti sikkhati.
 "Cittapaṭisaṃvedī passasissāmī"ti sikkhati.
 "Abhippamodayaṃ cittaṃ assasissāmī"ti
 sikkhati.
 "Abhippamodayaṃ cittaṃ passasissāmī"ti
 sikkhati.
 "Samādahaṃ cittaṃ assasissāmī"ti sikkhati.
 "Samādahaṃ cittaṃ passasissāmī"ti sikkhati.
 "Vimocayaṃ cittaṃ assasissāmī"ti sikkhati.
 "Vimocayaṃ cittaṃ passasissāmī"ti sikkhati.
 "Aniccānupassī assasissāmī"ti sikkhati.
 "Aniccānupassī passasissāmī"ti sikkhati.
 "Virāgānupassī assasissāmī"ti sikkhati.
 "Virāgānupassī passasissāmī"ti sikkhati.
 "Nirodhānupassī assasissāmī"ti sikkhati.
 "Nirodhānupassī passasissāmī"ti sikkhati.
 "Paṭinissaggānupassī assasissāmī"ti sikkhati.
 "Paṭinissaggānupassī passasissāmī"ti sikkhati.
 Ayaṃ vuccatānanda ānāpānassati.

Sace kho tvaṃ ānanda girimānandassa
 bhikkhuno imā dasa saññā bhāseyyāsi, tñānaṃ
 kho panetaṃ vijjati yaṃ girimānandassa
 bhikkhuno imā dasa saññā sutvā so ābādho
 tñānaso paṭippassambheyyāti.

Atha kho āyasmā ānando bhagavato
 santike imā dasa saññā uggahetvā yenāyasmā
 girimānando tenupasaṅkami; upasaṅkamitvā
 āyasmato girimānandassa imā dasa saññā
 abhāsi. Atha kho āyasmato girimānandassa
 dasa saññā sutvā so ābādho tñānaso
 paṭippassambhi. Vuṭṭhahi cāyasmā
 girimānando tamhā ābādhā. Tathā pahīno ca
 panāyasmato girimānandassa so ābādho
 ahoṣīti.

- AN, 10.6.10

He trains thus: "I shall breathe in experiencing the mind."
 He trains thus: "I shall breathe out experiencing the mind."
 He trains thus: "I shall breathe in gladdening the mind."
 He trains thus: "I shall breathe out gladdening the mind."
 He trains thus: "I shall breathe in concentrating the mind."
 He trains thus: "I shall breathe out concentrating the mind."
 He trains thus: "I shall breathe in freeing the mind."
 He trains thus: "I shall breathe out freeing the mind."
 他如此训练：『我应当体验心而吸气。』
 他如此训练：『我应当体验心而呼气。』
 他如此训练：『我应当令心喜悦而吸气。』
 他如此训练：『我应当令心喜悦而呼气。』
 他如此训练：『我应当令心平定而吸气。』
 他如此训练：『我应当令心平定而呼气。』
 他如此训练：『我应当令心解脱而吸气。』
 他如此训练：『我应当令心解脱而呼气。』

He trains thus: "I shall breathe in contemplating impermanence."
 He trains thus: "I shall breathe out contemplating impermanence."
 He trains thus: "I shall breathe in contemplating dispassion."
 He trains thus: "I shall breathe out contemplating dispassion."
 He trains thus: "I shall breathe in contemplating cessation."
 He trains thus: "I shall breathe out contemplating cessation."
 He trains thus: "I shall breathe in contemplating relinquishment."
 He trains thus: "I shall breathe out contemplating relinquishment."
 This, Ānanda, is called mindfulness of breathing.
 他如此训练：『我应当随观无常而吸气。』
 他如此训练：『我应当随观无常而呼气。』
 他如此训练：『我应当随观离欲而吸气。』
 他如此训练：『我应当随观离欲而呼气。』
 他如此训练：『我应当随观灭尽而吸气。』
 他如此训练：『我应当随观灭尽而呼气。』
 他如此训练：『我应当随观舍离而吸气。』
 他如此训练：『我应当随观舍离而呼气。』
 阿难，这称为入出息念。

'If, indeed, you Ānanda, having approached the
 bhikkhu Girimānanda, would utter these ten perceptions
 (to him), it would so happen that having heard these ten
 perceptions that illness of the bhikkhu Girimānanda
 would immediately be cured.'

阿难，如果你去到吉利马难达比丘那里后向他
 说这十种想，那么，在听闻这十种想之后，吉利马
 难达比丘的病就会止息。」

Then, indeed, the Venerable Ānanda, having learned
 these ten perceptions from the presence of the Blessed
 One, approached where the Venerable Girimānanda was.
 Having approached he uttered these ten perceptions to the
 Venerable Girimānanda. Then, indeed, having heard
 these ten perceptions that illness of the Venerable
 Girimānanda was immediately cured. And the Venerable
 Girimānanda got up (=was cured) from his illness. And
 thus that illness of the Venerable Girimānanda was
 eliminated.

当时，阿难尊者在世尊面前听闻了这十种想
 后，他去到吉利马难达尊者那里。去到后，他向吉
 利马难达尊者的病就立刻止息。吉利马难达尊者
 因此痊愈。吉利马难达尊者的病就此消失了。

Maṅgalasuttaṃ Discourse on Blessings 吉祥经

Yam maṅgalam dvādasahi
Cintayimsu sadevakā
Sotthānam nādhigacchanti.
Aṭṭhattimsaṅca maṅgalam

Desitam devadevena
Sabbapāpavināsanam
Sabbalokahitatthaya.
Maṅgalam tam bhaṇāma he.

- - -

Evam me sutam – ekam samayam
bhagavā sāvattiyam viharati jetavane
anāthapiṇḍikassa ārāme. Atha kho aññatarā
devatā abhikkantāya rattiya abhikkantavaṇṇā
kevalakappam jetavanam obhāsetvā yena
bhagavā tenupasaṅkami; upasaṅkamitvā
bhagavantam abhivādetvā ekamantam aṭṭhāsi.
Ekamantam tthitā kho sā devatā bhagavantam
gāthāya ajjhabhāsi –

“Bahū devā manussā ca,
Maṅgalāni acintayum;
Ākaṅkhamānā sotthānam,
Brūhi maṅgalamuttamam.”

“Asevanā ca bālānam,
Paṇḍitānaṅca sevanā;
Pūjā ca pūjaneyyānam,
Etaṃ maṅgalamuttamam.

“Patirūpadesavāso ca,
Pubbe ca katapuññatā;
Attasammāpaṇidhi ca,
Etaṃ maṅgalamuttamam.

“Bāhusaccaṅca sippaṅca,
Vinayo ca susikkhito;
Subhāsītā ca yā vācā,
Etaṃ maṅgalamuttamam.

Deities and men pondered on the meaning of ‘Blessing’ (Maṅgala) for twelve years but could not obtain it (the meaning). Therefore the discourse on the 38 Blessings

was expounded by the Supreme Deity (i.e. the Buddha) for the eradication of all evils and for the welfare of the entire world. Let us recite this discourse on blessing now.

十二年以来，人天皆思考，
欲得之吉祥，却不得结论。
故诸神之神，为世界利益、
为去除诸恶，开示卅八吉。
且让我们来，诵念该吉祥。

Thus have I heard: at one time the Blessed One was dwelling in Anāthapiṇḍaka’s monastery in Jeta’s grove. Then late into the night a certain deity, who was exceedingly beautiful, lighting up the whole area of Jeta’s grove approached the Blessed one. Having approached paid homage and [then] standing to one side [at a respectful distance] that deity addressed the Blessed one in verse:

如是我闻，一时世尊住在舍卫城祇陀林给孤独园。那时，某位容色殊胜的天神在深夜使整个祇陀林充满光明，然后来到世尊的地方。来到之后，顶礼世尊，然后站在一边。那位天神站在一边后，以偈颂对世尊说：

“Many deities and men, [though] wishing for well-being are unable to think [which things really] are blessings [therefore, please] declare the highest blessing[s].”

「许多天与人，思惟诸吉祥，
希望得安乐；请说最吉祥。」

“The non-association with fools, the association with the wise, and honouring those worthy to be honoured: this is the highest blessing;

（世尊说：）

「不结交愚人，与智者交往，
礼敬可敬者，此事最吉祥。」

Living in a suitable country, having previously made merit, and rightly aspiring for oneself: this is the highest blessing;

住于适宜地，过去曾行善，
正确的自导，此事最吉祥。

Having learnt much, a [righteous] craft/trade, [being] well trained in discipline, and what is spoken is well spoken: this is the highest blessing;

博学与技术，善学于戒律，
所说皆善语，此事最吉祥。

“Mātāpitu upaṭṭhānaṃ,
Puttadārassa saṅgaho;
Anākulā ca kammantā,
Etaṃ maṅgalamuttamaṃ.

Looking after mother and father, taking care of wife and children, and having an occupation that is unentangled [with unwholesomeness]: this is the highest blessing;

奉事父母亲，善待妻儿们，
清白的职业，此事最吉祥。

“Dānañca dhammacariyā ca,
Ñātakānañca saṅgaho;
Anavajjāni kammāni,
Etaṃ maṅgalamuttamaṃ.

Giving, righteous living, taking care of [one's] relatives, and actions that are blameless: this is the highest blessing;

布施与法行，接济诸亲族，
行为无过失，此事最吉祥。

“Āratī viratī pāpā,
Majjapānā ca saṃyamo;
Appamādo ca dhammesu,
Etaṃ maṅgalamuttamaṃ.

Abstaining and refraining from [all] depravities, restraining from drinking intoxicants, and heedful in [developing wholesome] qualities: this is the highest blessing;

远离诸恶事，不饮迷醉品，
修法不放逸，此事最吉祥。

“Gāravo ca nivāto ca,
Santutṭhi ca kataññutā;
Kālena dhammassavanaṃ,
Etaṃ maṅgalamuttamaṃ.

Respectful, humble, contented, grateful, and timely listening to the Dhamma: this is the highest blessing;

恭敬与谦虚，知足与感恩，
适时听闻法，此事最吉祥。

“Khantī ca sovacassatā,
Samaṇānañca dassanaṃ;
Kālena dhammasākacchā,
Etaṃ maṅgalamuttamaṃ.

Patient, easy to speak to (i.e. admonish), seeing self-calmed ones, and timely discussion of the Dhamma: this is the highest blessing;

忍辱易受教，得见诸沙门，
适时讨论法，此事最吉祥。

“Tapo ca brahmacariyañca,
Ariyasaccāna dassanaṃ;
Nibbānasacchikiriya ca,
Etaṃ maṅgalamuttamaṃ.

Austere, living the highest life, the seeing [with wisdom] of the noble truths, and realizing nibbāna: this is the highest blessing;

热忱与梵行，照见诸圣谛，
体证于涅槃，此事最吉祥。

“Phuṭṭhassa lokadhammehi,
Cittaṃ yassa na kampati;
Asokaṃ virajaṃ khemaṃ,
Etaṃ maṅgalamuttamaṃ.

On contact with worldly conditions, their mind is unshaken, sorrowless, free from impurities, and secure: this is the highest blessing;

接触世法时，心毫不动摇，
无忧染而安，此事最吉祥。

“Etādisāni katvāna,
Sabbatthamaparājītā;
Sabbattha sotthiṃ gacchanti,
Taṃ tesāṃ maṅgalamuttamaṃ.”

Conducting [themselves] like this (as above), everywhere invincible, they go safely everywhere for them this is the highest blessing.

如此实行后，各处皆不败，
一切处安乐，对其最吉祥。」

– KN, Khuddakapāṭha 5; Suttanipāta, Cūḷavagga 4

Ratanasuttaṃ

Discourse on the [Three] Jewels 宝经

Paṇidhānato paṭṭhāya,
 Tathāgatassa dasa pāramiyo,
 Dasa upapāramiyo, dasa paramatthapāramiyoti
 Samatimsa pāramiyo, pañca mahāpariccāge,
 Lokatthacariyaṃ ṇātatthacariyaṃ
 buddhatthacariyanti
 Tisso cariyāyo pacchimabhava gabbhavokkantim
 Jātim abhinikkhamanaṃ padhānacariyaṃ
 bodhipallaṅke
 Māravijayaṃ sabbaññutaññāṇappaṭivedhaṃ
 Dhammacakkappavattanaṃ, nava lokuttara-
 dhammeti
 Sabbepi'me Buddhaguṇe āvajjetvā
 Vesāliyā tisu pākāraṇtaresu
 Tiyaṃmarattim parittaṃ karonto
 Āyasmā Ānandatthero viya
 Kāruṇṇacittaṃ upaṭṭhapetvā

Koṭṭisatasahassee
 Cakkavāḷesu devatā
 Yassāṇaṃ paṭiggaṇhanti
 Yañca Vesāliyā pure
 Rogāmanussadubbhikkha-
 Sambhūtaṃ tividhaṃ bhayaṃ
 Khippamantaradhāpesi,
 Parittaṃ taṃ bhaṇāma he.

- - -

Yānīdha bhūtāni samāgatāni,
 Bhumāni vā yāni va antalikkhe;
 Sabbeva bhūtā sumanā bhavantu,
 Athopi sakkacca suṇantu bhāsitaṃ.

Tasmā hi bhūtā nisāmetha sabbe,
 Mettaṃ karotha mānusiya pajāya;
 Divā ca ratto ca haranti ye balim,
 Tasmā hi ne rakkhatha appamattā.

Having mind infused with compassion like the Venerable Ananda, who did protective chanting all through the three watches of the night, walking along the path between the three walls that surrounded the city of Vesālī, reflecting upon all these attributes of the Buddha: from the time the Buddha-to-be made the aspiration for Buddhahood, His practice of the thirty pāramīs comprising the ten pāramīs, the ten upapāramīs, and the ten paramatthapāramīs, the five great givings, the three great practices comprising practice for the world, practice for His relatives and practice for Buddhahood, and in His last birth, taking conception in His mother's womb, His birth, renunciation, the practice of asceticism, victory over Māra when He was seated on the throne under the Bodhi tree, gaining of Omniscience, turning of the Wheel of Dhamma (delivering of the First Sermon), and the nine Supramundane Dhammas,

且让我们激起悲心，就像阿难尊者在激起悲心后，在整晚三个时分，绕着毗舍离城的三道城墙诵念保护经，省思佛陀这一切的功德，即：从菩萨开始发愿修行菩萨道；他所修行的十种普通波罗蜜、十种中等波罗蜜、十种究竟波罗蜜，总共三十种波罗蜜；五种大舍离；为了世间而修行、为了亲族而修行、为了佛果而修行的三种修行；最后一世入母胎、出生、出家、修行、在菩提树下的座位上战胜魔王与证悟一切知智、开示转法轮经、九出世间法，

Let us recite, O good people, that paritta, the authority of which is accepted by the deities in one thousand billion universes, and which quickly causes to disappear the three dangers resulting from disease, non-human beings and famine in the city of Vesālī.

让我们诵念该保护经，其威力获得一万亿个世界系的诸神接受，使到毗舍离城所遭遇的疾病、非人与饥荒三种危害迅速消失。

Whatsoever beings are here assembled, those of the earth or those of the air, may all of them be happy!

Let them all listen attentively to my words!

任何来此聚会的众生，无论是住在地上或天空的，但愿一切众生都快乐，愿他们细心聆听我说。

Listen here, all beings! Show your love to those humans who, day and night, bring offerings to you, and protect them without negligence.

因此一切众生请谛听，应向众人类散播慈爱，他们日夜来供养你们，故应精勤地保护他们。

Yam kiñci vittaṃ idha vā huraṃ vā,
Saggesu vā yaṃ ratanaṃ paṇītaṃ;
Na no samaṃ atthi tathāgatena,
Idampi buddhe ratanaṃ paṇītaṃ;
Etena saccena suvatthi hotu.

Khayaṃ virāgaṃ amataṃ paṇītaṃ,
Yadajjhagā sakyamunī samāhito;
Na tena dhammena samatthi kiñci,
Idampi dhamme ratanaṃ paṇītaṃ;
Etena saccena suvatthi hotu.

Yam buddhasettṭho parivaṇṇayī suciṃ,
Samādhimānantarikaññamāhu;
Samādhinā tena samo na vijjati,
Idampi dhamme ratanaṃ paṇītaṃ;
Etena saccena suvatthi hotu.

Ye puggalā atṭha sataṃ pasatthā,
Cattāri etāni yugāni honti;
Te dakkhiṇeyyā sugatassa sāvakā,
Etesu dinnāni mahapphalāni;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Ye suppayuttā manasā daḷhena,
Nikkāmino gotamasāsanamhi;
Te pattipattā amataṃ vigayha,
Laddhā mudhā nibbutiṃ bhuñjamānā;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Yathindakhīlo pathavissito siyā,
Catubbhi vātehi asampakampiyo;
Tathūpamaṃ sappurisaṃ vadāmi,
Yo ariyasaccāni avecca passati;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Whatever treasure there is, either here or in the world beyond, or whatever precious jewel there be in the heavens; yet there is none comparable to the Accomplished One. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

无论在这世间或其他世间（这是指天界、梵天界或其他世界系）的任何财宝，或在天界的任何殊胜珠宝，都没有和如来（佛陀）同等的。在佛陀里有此殊胜宝。以此真实语愿得安乐。

The tranquil Sage of the Sakyas realised cessation, freedom from passion, immortality and excellence. There is nothing comparable to this Dhamma. In the Dhamma is this precious jewel found. On account of this truth, may there be happiness!

宁静的释迦牟尼已彻悟灭尽、离欲、不死与殊胜。没有任何东西能和法同等。在法里有此殊胜宝。以此真实语愿得安乐。

That pure path the Supreme Buddha praised is described as 'concentration without interruption'. There is nothing like that concentration. In the Dhamma is this precious jewel found. On account of this truth, may there be happiness!

至上佛所赞叹的清净被称为「无间隔的定」。找不到和此定同等的东西。在法里有此殊胜宝。以此真实语愿得安乐。

Those Eight Individuals, praised by the virtuous, they constitute four pairs. They, worthy of offerings, are the disciples of the Enlightened One. Gifts given to these yield abundant fruit. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

具德者赞叹的八种人组成四双，他们这些应供者是善逝的弟子。布施给他们会带来大果报。在僧团里有此殊胜宝。以此真实语愿得安乐。

With steadfast mind, applying themselves thoroughly in the Dispensation of Gotama, free of passion, they have attained to what should be attained. And plunging into immortality they enjoy the Peace (Nibbāna) in absolute freedom. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

以稳固的心透彻地修行，在乔达摩（佛）的教法里不再有贪欲，他们已证应证之法。进入了不死，他们轻易地享受所证悟的宁静。在僧团里有此殊胜宝。以此真实语愿得安乐。

Just as a firm post sunk in the earth cannot be shaken by the four winds; I say that a good person who thoroughly perceives the Noble Truths is similar to that. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

正如深置地里的柱子不能被四风动摇，我说，已经彻见圣谛的善士也是如此。在僧团里有此殊胜宝。以此真实语愿得安乐。

Ye ariyasaccāni vibhāvayanti,
Gambhīrapañña sudesitāni;
Kiñcāpi te honti bhusaṃ pamattā,
Na te bhavaṃ aṭṭhamamādiyanti;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Sahāvassa dassanasampadāya,
Tayassu dhammā jahitā bhavanti;
Sakkāyadiṭṭhī vicikicchitañca,
Sīlabbatā vāpi yadatthi kiñci.
Catūhapāyehi ca vippamutto,
Chaccābhiṭṭhānāni abhabba kātum;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Kiñcāpi so kamma karoti pāpakaṃ,
Kāyena vācā uda cetasā vā;
Abhabba so tassa paṭicchadāya,
Abhabbatā diṭṭhapadassa vuttā;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Vanappagumbe yatha phussitagge,
Gimhānamāse paṭhamasmiṃ gimhe;
Tathūpamaṃ dhammavaraṃ adesayi,
Nibbānagāmiṃ paramaṃ hitāya;
Idampi buddhe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Varo varaññū varado varāharo,
Anuttaro dhammavaraṃ adesayi;
Idampi buddhe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Khīṇaṃ purāṇaṃ nava natthi sambhavaṃ,
Virattacittāyatike bhavasmim;
Te khīṇabījā avirūḷhichandā,
Nibbanti dhīrā yathāyaṃ padīpo;
Idampi saṅghe ratanaṃ paṇītaṃ,
Etena saccena suvatthi hotu.

Those who clearly understand the Noble Truths, well taught by Him who has absolute knowledge, do not undergo an eighth birth, no matter how exceedingly heedless they may be. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

清楚地观照由拥有深奥智慧者善巧教导之圣谛的人，无论他们多么放逸，也不会有第八次投生。在僧团里有此殊胜宝。以此真实语愿得安乐。

Together with his attainment of Insight, three qualities have been abandoned, namely: Belief in self, doubt and dependence on (wrong) rites and ceremonies. He is absolutely freed from the four states of misery, and is incapable of doing the six things. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

证得知见的同时，有三法已被他断除，即身见、疑与如果他有的戒禁取见。他已完全解脱了四恶道，绝对不会做六种事。在僧团里有此殊胜宝。以此真实语愿得安乐。

He is incapable of hiding whatever evil he does, whether by deed, word or thought; for it has been said that such an act is impossible for one who has seen the Path. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

无论他透过身或口或意所造的任何恶业，他都不会复藏它，所谓见道者绝不会这么做。在僧团里有此殊胜宝。以此真实语愿得安乐。

Just like a forest is flowered at the top, in the first month of the summer season, so has the Sublime Doctrine that leads to Nibbāna been taught for the Highest Good. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

佛陀所教、导向涅槃、带来最高等利益的至上法，就像夏天第一个月的树林盛开着花。在佛陀里有此殊胜宝。以此真实语愿得安乐。

The unrivalled Excellent One, the Knower, the Giver, the Bringer of the Excellent has expounded the excellent Doctrine. In the Buddha is this precious jewel found. On account of this truth, may there be happiness!

无比的至上者、知至上者、给予至上者、带来至上者教导至上法。在佛陀里有此殊胜宝。以此真实语愿得安乐。

Their past is extinct, a fresh becoming there is not, their minds are not attached to a future birth, their desires grow not; those wise ones go out even as this lamp. In the Saṅgha is this precious jewel found. On account of this truth, may there be happiness!

旧的已灭，新的不再生起，他们的心不执着未来生，有之种子已灭，他们不再生起对生命的欲望。那些智者像灯（灭那样）熄灭。在僧团里有此殊胜宝。以此真实语愿得安乐。

Yānīdha bhūtāni samāgatāni,
Bhummāni vā yāni va antalikkhe;
Tathāgataṃ devamanussapūjitaṃ
Buddhaṃ namassāma suvatthi hotu.

Yānīdha bhūtāni samāgatāni
Bhummāni vā yāni va antalikkhe;
Tathāgataṃ devamanussapūjitaṃ
Dhammaṃ namassāma suvatthi hotu.

Yānīdha bhūtāni samāgatāni
Bhummāni vā yāni va antalikkhe;
Tathāgataṃ devamanussapūjitaṃ
Saṅghaṃ namassāma suvatthi hotu.

(Sakka:) We beings here assembled, of the earth and of the air, salute the Accomplished Buddha, honoured by gods and humans. May there be happiness!

任何来此聚会的众生，无论是住在地上或天空的，礼敬人天尊敬的如来佛，愿得安乐。

We beings here assembled, of the earth and of the air, salute the Accomplished Dhamma, honoured by gods and humans. May there be happiness!

任何来此聚会的众生，无论是住在地上或天空的，礼敬人天尊敬的如来法，愿得安乐。

We beings here assembled, of the earth and of the air, salute the Accomplished Saṅgha, honoured by gods and humans. May there be happiness!

任何来此聚会的众生，无论是住在地上或天空的，礼敬人天尊敬的如来僧，愿得安乐。

– KN, Khuddakapāṭha 6; Suttanipāta, Cūḷavagga 1

Dhajaggasuttaṃ

The Discourse about the Top of a Banner 幢顶经

Introductory Verses 简介偈

Yassānussaraṇenāpi, antalikkhepi pāṇino,
patiṭṭhamadhigacchanti, bhūmiyaṃ viya
sabbathā. Sabbupaddavajālamhā,
yakkhacorādisambhavā, gaṇanā na ca
muttānaṃ, parittaṃ taṃ bhaṇāma he.

By the recollection of that (safeguard) living creatures in the Firmament obtain complete support, just like (living creatures) everywhere on earth. From the net of all adversity arising from yakkhas, thieves, and rivals, those who were released cannot be numbered, O good persons, Let's recite that safeguard!

透过忆念此护卫，无数众生在天上获得全面的支助，就像在地上有立足处，免除了来自夜叉、盗贼等的一切厄难。且让我们诵念此护卫。

Text 经文

Evaṃ me sutāṃ: ekaṃ samayaṃ Bhagavā
Sāvatthiyaṃ viharati Jetavane
Anāthapiṇḍikassa ārāme. Tatra kho Bhagavā
bhikkhū āmantesi: “Bhikkhavo!”ti.
“Bhadante!”ti te bhikkhū Bhagavato
paccassosun. Bhagavā etadavoca:
Bhūtapubbaṃ bhikkhave devāsurasaṅgāmo
samupabyūḷho ahoṣi.

Thus I have heard: at one time the Blessed One was dwelling near Sāvatthi at Anāthapiṇḍika's grounds in Jeta's Wood. There it was that the Blessed One addressed the monks, saying: “Monks!”, “Reverend Sir!” those monks replied to the Blessed One, and the Blessed One said this: Formerly, monks, there was a massed battle between the gods and the asuras.

如是我闻：一时，世尊住在舍卫城祇陀林给孤独园。于其处，世尊称呼比丘们：「诸比丘。」那些比丘回答世尊：「尊者。」世尊如此说：「以前，诸比丘，有一次诸神与阿修罗全面开战。」

Atha kho bhikkhave Sakko devānamindo deve Tāvatiṃse āmantesi: “Sace mārisā devānaṃ saṅgāmagatānaṃ uppajjeyya bhayaṃ vā chambhitattaṃ vā lomahaṃso vā, mameva tasmīṃ samaye dhajaggaṃ ullokeyyātha. Mamaṃ hi vo dhajaggaṃ ullokayataṃ yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā, lomahaṃso vā, so pahīyissati.

No ce me dhajaggaṃ ullokeyyātha, atha Pajāpatissa devarājassa dhajaggaṃ ullokeyyātha. Pajāpatissa hi vo devarājassa dhajaggaṃ ullokayataṃ yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā, lomahaṃso vā, so pahīyissati.

No ce Pajāpatissa devarājassa dhajaggaṃ ullokeyyātha, atha Varuṇassa devarājassa dhajaggaṃ ullokeyyātha. Varuṇassa hi vo devarājassa dhajaggaṃ ullokayataṃ yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā, lomahaṃso vā, so pahīyissati.

No ce Varuṇassa devarājassa dhajaggaṃ ullokeyyātha, atha Īsānassa devarājassa dhajaggaṃ ullokeyyātha. Īsānassa hi vo devarājassa dhajaggaṃ ullokayataṃ yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā, lomahaṃso vā, so pahīyissatīti.

Taṃ kho pana bhikkhave Sakkassa vā devānamindassa dhajaggaṃ ullokayataṃ, Pajāpatissa vā devarājassa dhajaggaṃ ullokayataṃ, Varuṇassa vā devarājassa dhajaggaṃ ullokayataṃ, Īsānassa vā devarājassa dhajaggaṃ ullokayataṃ, yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā lomahaṃso vā, so pahīyethāpi nopi pahīyetha.

Then, monks, the lord of the gods Sakka addressed the Tāvatiṃsa gods, saying: “If, dear Sirs, to the gods who have gone into battle there should arise fear, or terror, or horror, at that time you could look for the top of my banner. For to those who look to the top of my banner whatever fear there may be, or terror, or horror, will be given up.

当时，诸比丘，诸神之王帝释向三十三天诸神说：『诸君，如果参与战争的众神心中生起怖畏或颤栗或毛骨悚然，那时候，你们只需要看我的幢顶。对于看我的幢顶者，无论有怖畏或颤栗或毛骨悚然，它都会消失。』

If you cannot look to the top of my banner, then you could look for the top of the god-king Pajāpati's banner. For to those who look to the top of the god-king Pajāpati's banner whatever fear there may be, or terror, or horror, will be given up.

如果你们看不到我的幢顶，那你们可以看巴迦巴帝天王的幢顶。对于看巴迦巴帝天王之幢顶者，无论有怖畏或颤栗或毛骨悚然，它都会消失。

If you cannot look to the top of the god-king Pajāpati's banner, then you could look for the top of the god-king Varuṇa's banner. For to those who look to the top of the god-king Varuṇa's banner whatever fear there may be, or terror, or horror, will be given up.

如果你们看不到巴迦巴帝天王的幢顶，那你们可以看瓦卢纳天王的幢顶。对于看瓦卢纳天王之幢顶者，无论有怖畏或颤栗或毛骨悚然，它都会消失。

If you cannot look to the top of the god-king Varuṇa's banner, then you could look for the top of the god-king Īsāna's banner. For to those who look to the top of the god-king Īsāna's banner whatever fear there may be, or terror, or horror, will be given up.

如果你们看不到瓦卢纳天王的幢顶，那你们可以看伊沙天王的幢顶。对于看伊沙天王之幢顶者，无论有怖畏或颤栗或毛骨悚然，它都会消失。』

But, monks, to he who looks to the top of the lord of the gods Sakka's banner, or who looks to the top of the god-king Pajāpati's banner, or who looks to the top of the god-king Varuṇa's banner, or who looks to the top of the god-king Īsāna's banner, whatever fear there may be, or terror, or horror, may be given up, and may not be given up.

然而，对于看诸神之王帝释之幢顶者，或看巴迦巴帝天王之幢顶者，或看瓦卢纳天王之幢顶者，或看伊沙天王之幢顶者，无论有怖畏或颤栗或毛骨悚然，它可能会消失，也可能不会消失。

Tam kissa hetu? Sakko hi bhikkhave
devānamindo avītarāgo avītadoso avītamoho,
bhīru chambhī utrāsī palāyīti.

Ahañca kho bhikkhave evaṃ vadāmi: Sace
tumhākaṃ bhikkhave araṇṇāgatānaṃ vā,
rukkhamūlagatānaṃ vā, suññāgāragatānaṃ
vā, uppajjeyya bhayaṃ vā chambhitattaṃ vā
lomahaṃso vā, mameva tasmīṃ samaye
anussareyyātha: "Itipi so Bhagavā Arahaṃ
Sammāsambuddho, vijjācaraṇasampanno
Sugato lokavidū, anuttaro
purisadammasārathi, Satthā devamanussānaṃ
Buddho Bhagavā"ti.

Mamaṃ hi vo bhikkhave anussarataṃ
yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā
lomahaṃso vā, so pahīyissati. No ce maṃ
anussareyyātha, atha Dhammaṃ
anussareyyātha: "Svākkhāto Bhagavatā
Dhammo, sandiṭṭhiko, akāliko, ehipassiko,
opaneyyiko, paccattaṃ veditabbo viññūhī"ti.

Dhammaṃ hi vo bhikkhave anussarataṃ
yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā
lomahaṃso vā, so pahīyissati. No ce
Dhammaṃ anussareyyātha, atha Saṅghaṃ
anussareyyātha: "Suppaṭipanno Bhagavato
sāvakaśaṅgho, ujuppaṭipanno Bhagavato
sāvakaśaṅgho, ñāyappaṭipanno Bhagavato
sāvakaśaṅgho, sāmīcippaṭipanno Bhagavato
sāvakaśaṅgho, yadidaṃ cattāri purisayugāni
atṭha purisapuggalā, esa Bhagavato
sāvakaśaṅgho, āhuneyyo, pāhuneyyo,
dakkhiṇeyyo, añjalikaraṇīyo, anuttaraṃ
puññakkhettaṃ lokassā"ti.

What is the reason for that? The lord of the gods
Sakka, monks, being fearful, terrified, scared, he ran
away. is not free from passion, is not free from hatred, is
not free from delusion.

这是什么原因？诸比丘，诸神之王帝释还未离
欲、未离嗔、未离痴。害怕、颤栗、恐惧时，他逃
走。

But I say this, monks: If to you, monks, after going
to the wilderness, or to the root of a tree, or to an empty
place, there should arise fear, or terror, or horror, at that
time you could recollect me thus: "Such is he, the Blessed
One, the Worthy One, the Perfectly Self-Enlightened
One, the one endowed with understanding and good
conduct, the Fortunate One, the One who understands the
worlds, the unsurpassed guide for those people who need
taming, the Teacher of gods and men, the Buddha, the
Blessed One."

然而，诸比丘，我如此说：『如果，诸比丘，去
到森林或树下或空地时，你们心中生起怖畏或颤栗
或毛骨悚然，那时候你们只需要忆念我：「世尊是
阿罗汉、圆满自觉者、明行足、善逝、世间解、无
上士调御丈夫、天人师、佛陀、世尊。」』

For, monks, to those who recollect me whatever fear
there may be, or terror, or horror, will be given up. If you
cannot recollect me, then recollect the Dhamma thus:
"The Dhamma has been well-proclaimed by the Blessed
One, it is visible, not subject to time, inviting inspection,
onward leading, and can be understood by the wise for
themselves."

诸比丘，对于忆念我的人，无论有怖畏或颤栗
或毛骨悚然，它都会消失。如果你们不能忆念我，
那你们应当忆念法：「法由世尊善说、现前可见、无
时、请来看、导向、当由智者亲证。」

For, monks, to those who recollect the Dhamma
whatever fear there may be, or terror, or horror, will be
given up. If you cannot recollect the Dhamma, then
recollect the Saṅgha thus: "The Blessed One's Saṅgha of
disciples are good in their practice, the Blessed One's
Saṅgha of disciples are upright in their practice, the
Blessed One's Saṅgha of disciples are systematic in their
practice, the Blessed One's Saṅgha of disciples are
correct in their practice, that is to say, the four pairs of
persons, the eight individual persons, this is the Blessed
One's Saṅgha of disciples, they are worthy of offerings,
of hospitality, of gifts, and of reverential salutation, they
are an unsurpassed field of merit for the world."

诸比丘，对于忆念法的人，无论有怖畏或颤栗
或毛骨悚然，它都会消失。如果你们不能忆念法，
那你们应当忆念僧：「世尊的声闻僧众已入善行道；
世尊的声闻僧众已入正直行道；世尊的声闻僧众已
入真实行道；世尊的声闻僧众已入正当行道。即四
双八辈。这是世尊的声闻僧众，是应供养、应供奉
者、应施于者、应合掌（礼敬）者，是世间的无上
福田。」

Samgham hi vo bhikkhave anussarataṃ
yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā
lomahaṃso vā, so pahīyissati.

Taṃ kissa hetu? Tathāgato hi bhikkhave
Arahaṃ Sammāsambuddho, vītarāgo,
vītadoso, vītamoho, abhīru acchambhī anutrāsī
apalāyī"ti.

Idamavoca Bhagavā, idaṃ vatvāna
Sugato athāparaṃ etadavoca Satthā:

01.

Araññe rukkhamaṃ vā,
Suññāgāre va bhikkhavo,
Anussaretha Sambuddhaṃ,
Bhayaṃ tumhāka no siyā.

02.

No ce Buddhaṃ sareyyātha,
Lokajettṭhaṃ narāsabhaṃ,
Atha Dhammaṃ sareyyātha,
Nīyānikaṃ sudesitaṃ.

03.

No ce Dhammaṃ sareyyātha,
Nīyānikaṃ sudesitaṃ,
Atha Samghaṃ sareyyātha,
Puññakkhettaṃ anuttaraṃ.

04.

Evaṃ Buddhaṃ sarantānaṃ,
Dhammaṃ Samghaṃ bhikkhavo,
Bhayaṃ vā chambhitattaṃ vā,
Lomahaṃso na hessati.

— SN, Sagāthāvagga,
Sakkasaṃyutta, I.3

For, monks, to those who recollect the Saṅgha whatever fear there may be, or terror, or horror, will be given up.

诸比丘，对于忆念僧的人，无论有怖畏或颤栗或毛骨悚然，它都会消失。

What is the reason for that? The Realised One, monks, the Worthy One, the Perfectly Self-Enlightened One, is free from passion, is free from hatred, is free from delusion, not being fearful, not terrified, not scared, he did not run away."

这是什么原因？诸比丘，如来是阿罗汉、圆满自觉者，已离欲，已离嗔，已离痴，没有害怕，没有颤栗，没有恐惧，他不逃走。」

The Blessed One said this, and after saying this, the Fortunate One, the Teacher, said something more:

世尊如此说。说此之后，导师善逝再说：

01.

In the wilds, at the root of a tree, or in an empty place, monks, you must recollect the Sambuddha, and there will be no fear for you.

在森林或树下，或是在空地里，
比丘应忆念佛，你们当无怖畏。

02.

If you can't remember the Buddha, the world's elder, the man-bull, then you must remember the Dhamma, which leads out, which is well preached.

若不能忆念佛——世最长人中王，
你们应忆念法——趣解脱且善说。

03.

If you can't remember the Dhamma, which leads out, which is well preached, then you must remember the Saṅgha, which is an unsurpassed field of merit.

若不能忆念法——趣解脱且善说，
你们应忆念僧——无更上之福田。

04.

Thus for those who remember the Buddha, the Dhamma, or the Saṅgha, monks, (there will be no) fear, or terror, there will be no horror.

如是诸比丘，忆念佛法僧，
他无畏不栗，无毛骨悚然。

Aṅgulimāla-Paritta

The Aṅgulimāla Protection 指鬘护卫

Introductory Verses 简介偈

Parittaṃ yaṃ bhaṇantassa,
Nisinnatṭhānadhovanāṃ,
Udakampi vināseti,
Sabbameva parissayaṃ.
"Sotthinā gabbhavuṭṭhānaṃ,
Yañca sādheti taṅkhaṇe,"
Therass'Aṅgulimālassa,
Lokaṇāthena bhāsitaṃ,
Kappaṭṭhāyima mahātejaṃ,
Parittaṃ taṃ bhaṇāma he.

When this safeguard is being recited, (even) the washing water, (taken) from the sitting place will destroy all dangers. "For sure this will effect a safe birth from the womb in a moment," this was spoken by the Lord of the World to the Elder Aṅgulimāla, it has great power for a world-cycle, O good persons, Let's recite that safeguard!

甚至清洗念诵此护卫者的座位之水亦能清除一切厄难。此护卫被念诵时，能够令产妇立刻顺利地生产。此护卫是由世界庇护者（=佛陀）向指鬘长老所说，在一劫里都具备大威力。且让我们念诵此护卫。

Paritta 护卫文

Yato haṃ, bhagini, ariyāya jātiyā jāto,
Nābhijānāmi sañcicca paṇaṃ jīvita voropetā.
Tena saccena sotthi te hotu, sotthi gabbhassa.

O sister! Ever since I was reborn in this Noble Birth, I do not remember intentionally taking the life of a being. By this utterance of truth, may there be comfort to you and to the child in your womb.

大妹，自从出生于此圣生，我不记得曾经故意杀生。以此真实话语，愿你平安，愿你的胎儿平安。

– MN, 86 Aṅgulimālasuttaṃ

Bojjhaṅgasuttāni

Discourses about the Factors of Awakening 觉支经集

Paṭhamagilānasuttaṃ

The First Discourse about being Sick 第一病者经

Ekam samayaṃ Bhagavā Rājagahe viharati
Veḷuvane Kalandakanivāpe. Tena kho pana
samayena āyasmā Mahākassapo
Pippaliguḥāyaṃ viharati, ābādhiko dukkhito
bāḷhagilāno.

Atha kho Bhagavā sāyanhasamayaṃ
patisallānā vuṭṭhito, yenāyasmā Mahākassapo
tenupasaṅkami, upasaṅkamitvā paññatte
āsane nisīdi. Nisajja kho Bhagavā āyasmantaṃ
Mahākassapaṃ etadavoca: “Kacci te Kassapa
khamanīyaṃ? Kacci yāpanīyaṃ? Kacci dukkhā
vedanā paṭikkamanti no abhikkamanti?
Paṭikkamosānaṃ paññāyati no abhikkamo”ti

“Na me bhante khamanīyaṃ, na
yāpanīyaṃ. Bāḷhā me dukkhā vedanā
abhikkamanti, no paṭikkamanti,
abhikkamosānaṃ paññāyati, no paṭikkamo”ti.
“Sattime Kassapa Bojjhaṅgā mayā
sammadakkhātā, bhāvitā bahulīkatā abhiññāya
Sambodhāya Nibbānāya saṃvattanti.

Katame satta?

01. Satisambojjhaṅgo kho Kassapa mayā
sammadakkhāto, bhāvito bahulīkato abhiññāya
Sambodhāya Nibbānāya saṃvattati.

02. Dhammavicayasambojjhaṅgo kho Kassapa
mayā sammadakkhāto, bhāvito bahulīkato
abhiññāya Sambodhāya Nibbānāya saṃvattati.

At one time the Blessed One was dwelling near
Rājagaha at the Squirrels’ Feeding Place in Bamboo
Wood. Then at that time venerable Mahā Kassapa was
dwelling at the Pepper Cave, and was afflicted, suffering,
and very sick.

一时，世尊住在王舍城竹林喂育松鼠处。当时
住在毕巴利洞的大迦叶尊者生病、痛苦、病重。

Then the Blessed One, rising from seclusion in the
evening time, approached venerable Mahā Kassapa, and
after approaching he sat down on the prepared seat.
Having sat down the Blessed One said this to venerable
Mahā Kassapa: “Can you bear up, Kassapa? Can you
carry on? Do painful feelings decrease and not increase?
Is it known that they are decreasing and not increasing?”

当时，黄昏时世尊从寂静处出来，去到大迦叶
尊者那里。到来后，他坐在准备好的座位。坐下后，
世尊如此向大迦叶尊者说：「迦叶，你还忍得了吗？
还撑得住吗？苦受是否减轻而没有加重？是否感
觉到它在减轻而不是加重？」

“No, reverend Sir, I cannot bear up, nor can I carry
on, painful feelings greatly increase for me and do not
decrease, and it is known that they increase and do not
decrease.” “There are these seven factors of Awakening,
Kassapa, that have been fully explained by me, when
developed and made much of they lead to deep
knowledge, Complete Awakening, and Nibbāna.

「不，尊者，我受不了了，撑不住了。我的苦
受在加重而没有减轻。我感觉到它在加重而不是减
轻。」（世尊说：）「迦叶，由我圆满宣说的这七觉支，
若培育且多做，它们会引生证智、正觉与涅槃。」

What are the seven?

是哪七个？

01. The factor of Complete Awakening that is
mindfulness, Kassapa, has been fully explained by me,
when developed and made much of it leads to deep
knowledge, Complete Awakening, and Nibbāna.

01. 迦叶，由我圆满宣说的念觉支，若培育且多做，
它会引生证智、正觉与涅槃。

02. The factor of Complete Awakening that is
investigation of (the nature of) things, Kassapa, has been
fully explained by me, when developed and made much
of it leads to deep knowledge, Complete Awakening, and
Nibbāna.

02. 迦叶，由我圆满宣说的择法觉支，若培育且多
做，它会引生证智、正觉与涅槃。

03. Viriyasambojjhaṅgo kho Kassapa mayā
sammadakkhāto, bhāvito bahulīkato abhiññāya
Sambodhāya Nibbānāya saṁvattati.

04. Pītisambojjhaṅgo kho Kassapa mayā
sammadakkhāto, bhāvito bahulīkato abhiññāya
Sambodhāya Nibbānāya saṁvattati.

05. Passaddhisambojjhaṅgo kho Kassapa
mayā sammadakkhāto, bhāvito bahulīkato
abhiññāya Sambodhāya Nibbānāya saṁvattati.

06. Samādhisambojjhaṅgo kho Kassapa mayā
sammadakkhāto, bhāvito bahulīkato abhiññāya
Sambodhāya Nibbānāya saṁvattati.

07. Upekkhāsambojjhaṅgo kho Kassapa mayā
sammadakkhāto, bhāvito bahulīkato abhiññāya
Sambodhāya Nibbānāya saṁvattati.

Ime kho Kassapa satta Bojjhaṅgā mayā
sammadakkhātā, bhāvitā bahulīkatā abhiññāya
Sambodhāya Nibbānāya saṁvattanti”ti.

“Taggha Bhagavā Bojjhaṅgā!
Taggha Sugata Bojjhaṅgā!”ti.

Idamavoca Bhagavā.
Attamano āyasmā Mahākassapo Bhagavato
bhāsitaṁ abhinandi. Vuṭṭhahi cāyasmā
Mahākassapo tamhā ābādha. Tathāpahīno
cāyasmato Mahākassapassa so ābādho ahoṣiti.

- SN Mahāvagga,
Bojjhaṅgasamyutta, 14

03. The factor of Complete Awakening that is energy, Kassapa, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

03. 迦叶，由我圆满宣说的精进觉支，若培育且多做，它会引生证智、正觉与涅槃。

04. The factor of Complete Awakening that is rapture, Kassapa, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

04. 迦叶，由我圆满宣说的喜觉支，若培育且多做，它会引生证智、正觉与涅槃。

05. The factor of Complete Awakening that is calm, Kassapa, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

05. 迦叶，由我圆满宣说的轻安觉支，若培育且多做，它会引生证智、正觉与涅槃。

06. The factor of Complete Awakening that is concentration, Kassapa, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

06. 迦叶，由我圆满宣说的定觉支，若培育且多做，它会引生证智、正觉与涅槃。

07. The factor of Complete Awakening that is equanimity, Kassapa, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

07. 迦叶，由我圆满宣说的舍觉支，若培育且多做，它会引生证智、正觉与涅槃。

These are the seven factors of Awakening, Kassapa, which have been fully explained by me, when developed and made much of they lead to deep knowledge, Complete Awakening, and Nibbāna.”

迦叶，由我圆满宣说的这七觉支，若培育且多做，它们会引生证智、正觉与涅槃。」

“Surely, Blessed One, (these are) the factors of Awakening!

Surely, Fortunate One, (these are) the factors of Awakening!”

「世尊，诸觉支确实如此；善逝，诸觉支确实如此。」

The Blessed One said this, and venerable Mahā Kassapa was uplifted and greatly rejoiced in what was said by the Blessed One, and venerable Mahā Kassapa recovered from that affliction, and by that venerable Mahā Kassapa’s affliction was brought to an end.

世尊如此说已，大迦叶尊者对世尊所说感到满意与欢喜。大迦叶尊者就此病愈。因此，大迦叶尊者的病就此消失。

Dutiyagilānasuttaṃ

The Second Discourse about being Sick 第二病者经

Ekam samayaṃ Bhagavā Rājagahe viharati
Veḷuvane Kalandakanivāpe. Tena kho pana
samayena āyasmā Mahāmoggallāno Gijjhakūṭe
pabbate viharati, ābādhiko dukkhito
bāḷhagilāno.

Atha kho Bhagavā sāyanhasamayaṃ
patisallānā vuṭṭhito, yenāyasmā
Mahāmoggallāno tenupasaṅkami,
upasaṅkamitvā paññatte āsane nisīdi. Nisajja
kho Bhagavā āyasmantaṃ Mahāmoggallānaṃ
etadavoca: “Kacci te Moggallāna khamanīyaṃ?
Kacci yāpanīyaṃ? Kacci dukkhā vedanā
paṭikkamanti, no abhikkamanti?
Paṭikkamosānaṃ paññāyati, no abhikkamo”ti

“Na me bhante khamanīyaṃ, na
yāpanīyaṃ. Bāḷhā me dukkhā vedanā
abhikkamanti, no paṭikkamanti,
abhikkamosānaṃ paññāyati, no paṭikkamo”ti.
“Sattime Moggallāna Bojjhaṅgā mayā
sammadakkhātā, bhāvitā bahulikatā abhiññāya
Sambodhāya Nibbānāya saṃvattanti.

Katame satta?

01. Satisambojjhaṅgo kho Moggallāna mayā
sammadakkhāto, bhāvito bahulikato abhiññāya
Sambodhāya Nibbānāya saṃvattati.

02. Dhammavicayasambojjhaṅgo kho
Moggallāna mayā sammadakkhāto, bhāvito
bahulikato abhiññāya Sambodhāya
Nibbānāya saṃvattati.

At one time the Blessed One was dwelling near
Rājagaha at the Squirrels’ Feeding Place in Bamboo
Wood. Then at that time venerable Mahā Moggallāna was
dwelling at the Vultures’ Peak mountain, and was
afflicted, suffering, and very sick.

一时，世尊住在王舍城竹林喂育松鼠处。当时
住在灵鹫山的大目犍连尊者生病、痛苦、病重。

Then the Blessed One, rising from seclusion in the
evening time, approached venerable Mahā Moggallāna,
and after approaching he sat down on the prepared seat.
Having sat down the Blessed One said this to venerable
Mahā Moggallāna: “Can you bear up, Moggallāna? Can
you carry on? Do painful feelings decrease and not
increase? Is it known that they are decreasing and not
increasing?”

当时，黄昏时世尊从寂静处出来，去到大目犍
连尊者那里。到来后，他坐在准备好的座位。坐下
后，世尊如此向大目犍连尊者说：「目犍连，你还忍
得了吗？还撑得住吗？苦受是否减轻而没有加重
？是否感觉到它在减轻而不是加重？」

“No, reverend Sir, I cannot bear up, nor can I carry
on, painful feelings greatly increase for me and do not
decrease, and it is known that they increase and do not
decrease.” “There are these seven factors of Awakening,
Moggallāna, that have been fully explained by me, when
developed and made much of they lead to deep
knowledge, Complete Awakening, and Nibbāna.

「不，尊者，我忍不了了，撑不住了。我的苦
受在加重而没有减轻。我感觉到它在加重而不是减
轻。」（世尊说：）「目犍连，由我圆满宣说的这七觉
支，若培育且多做，它们会引生证智、正觉与涅槃。」

What are the seven?
是哪七个？

01. The factor of Complete Awakening that is
mindfulness, Moggallāna, has been fully explained by
me, when developed and made much of it leads to deep
knowledge, Complete Awakening, and Nibbāna.

01. 目犍连，由我圆满宣说的念觉支，若培育且多
做，它会引生证智、正觉与涅槃。

02. The factor of Complete Awakening that is
investigation of (the nature of) things, Moggallāna, has
been fully explained by me, when developed and made
much of it leads to deep knowledge, Complete
Awakening, and Nibbāna.

02. 目犍连，由我圆满宣说的择法觉支，若培育且
多做，它会引生证智、正觉与涅槃。

03. Viriyasambojjhaṅgo kho Moggallāna mayā sammadakkhāto, bhāvito bahulīkato abhiññāya Sambodhāya Nibbānāya saṁvattati.

04. Pītisambojjhaṅgo kho Moggallāna mayā sammadakkhāto, bhāvito bahulīkato abhiññāya Sambodhāya Nibbānāya saṁvattati.

05. Passaddhisambojjhaṅgo kho Moggallāna mayā sammadakkhāto, bhāvito bahulīkato abhiññāya Sambodhāya Nibbānāya saṁvattati.

06. Samādhisambojjhaṅgo kho Moggallāna mayā sammadakkhāto, bhāvito bahulīkato abhiññāya Sambodhāya Nibbānāya saṁvattati.

07. Upekkhāsambojjhaṅgo kho Moggallāna mayā sammadakkhāto, bhāvito bahulīkato abhiññāya Sambodhāya Nibbānāya saṁvattati.

Ime kho Moggallāna satta Bojjhaṅgā mayā sammadakkhātā, bhāvitā bahulīkatā abhiññāya Sambodhāya Nibbānāya saṁvattanti”ti.

“Taggha Bhagavā Bojjhaṅgā!
Taggha Sugata Bojjhaṅgā”ti.

Idamavoca Bhagavā.
Attamano āyasmā Mahāmoggallāno Bhagavato bhāsitaṁ abhinandi. Vuṭṭhahi cāyasmā Mahāmoggallāno tamhā ābādhā. Tathāpahīno cāyasmato Mahāmoggallānassa so ābādhō ahoṣīti.

- SN Mahāvagga,
Bojjhaṅgasamyutta, 15

03. The factor of Complete Awakening that is energy, Moggallāna, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

03. 目犍连，由我圆满宣说的精进觉支，若培育且多做，它会引生证智、正觉与涅槃。

04. The factor of Complete Awakening that is rapture, Moggallāna, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

04. 目犍连，由我圆满宣说的喜觉支，若培育且多做，它会引生证智、正觉与涅槃。

05. The factor of Complete Awakening that is calm, Moggallāna, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

05. 目犍连，由我圆满宣说的轻安觉支，若培育且多做，它会引生证智、正觉与涅槃。

06. The factor of Complete Awakening that is concentration, Moggallāna, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

06. 目犍连，由我圆满宣说的定觉支，若培育且多做，它会引生证智、正觉与涅槃。

07. The factor of Complete Awakening that is equanimity, Moggallāna, has been fully explained by me, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

07. 目犍连，由我圆满宣说的舍觉支，若培育且多做，它会引生证智、正觉与涅槃。

These are the seven factors of Awakening, Moggallāna, which have been fully explained by me, when developed and made much of they lead to deep knowledge, Complete Awakening, and Nibbāna.”

目犍连，由我圆满宣说的这七觉支，若培育且多做，它们会引生证智、正觉与涅槃。」

“Surely, Blessed One, (these are) the factors of Awakening!

Surely, Fortunate One, (these are) the factors of Awakening!”

「世尊，诸觉支确实如此；善逝，诸觉支确实如此。」

The Blessed One said this, and venerable Mahā Moggallāna was uplifted and greatly rejoiced in what was said by the Blessed One, and venerable Mahā Moggallāna recovered from that affliction, and by that venerable Mahā Moggallāna’s affliction was brought to an end.

世尊如此说已，大目犍连尊者对世尊所说感到满意与欢喜。大目犍连尊者就此病愈。因此，大目犍连尊者的病就此消失。

Tatīyagilānasuttaṃ

The Third Discourse about being Sick 第三病者经

Ekam samayaṃ Bhagavā Rājagahe viharati
Veḷuvane Kalandakanivāpe. Tena kho pana
samayena Bhagavā ābādhiko hoti dukkhito
bāḷhagilāno.

Atha kho āyasmā Mahācundo yena
Bhagavā tenupasaṅkami, upasaṅkamitvā
Bhagavantam abhivādetvā, ekamantaṃ nisīdi.
Ekamantaṃ nissinaṃ kho āyasmantaṃ
Mahācundaṃ Bhagavā etadavoca: "Paṭibhantu
taṃ Cunda Bojjhaṅgā"ti. "Sattime bhante
Bojjhaṅgā Bhagavatā sammadakkhātā, bhāvitā
bahulīkatā abhiññāya Sambodhāya Nibbānāya
saṃvattanti.

Katame satta?

01. Satisambojjhaṅgo kho bhante Bhagavatā
sammadakkhāto, bhāvito bahulīkato abhiññāya
Sambodhāya Nibbānāya saṃvattati.

02. Dhammavicayasambojjhaṅgo kho bhante
Bhagavatā sammadakkhāto, bhāvito
bahulīkato abhiññāya Sambodhāya
Nibbānāya saṃvattati.

03. Vīriyasambojjhaṅgo kho bhante Bhagavatā
sammadakkhāto, bhāvito bahulīkato abhiññāya
Sambodhāya Nibbānāya saṃvattati.

04. Pītisambojjhaṅgo kho bhante Bhagavatā
sammadakkhāto, bhāvito bahulīkato abhiññāya
Sambodhāya Nibbānāya saṃvattati.

At one time the Blessed One was dwelling near
Rājagaha at the Squirrels' Feeding Place in Bamboo
Wood. Then at that time the Blessed One was afflicted,
suffering, and very sick.

一时，世尊住在王舍城竹林喂育松鼠处。当时
世尊生病、痛苦、病重。

Then venerable Mahā Cunda approached the
Blessed One, and after approaching and worshipping the
Blessed One, he sat down on one side. While he was
sitting on one side the Blessed One said this to venerable
Mahā Cunda: "May the factors of Awakening occur to
you, Cunda." "There are these seven factors of
Awakening, reverend Sir, that have been fully explained
by the Blessed One, when developed and made much of
they lead to deep knowledge, Complete Awakening, and
Nibbāna.

当时，大尊陀尊者去到世尊那里。来到后，他
顶礼世尊，然后坐在一旁。当他坐在一旁时，世尊
向大尊陀尊者如此说：「尊者，换你念诵七觉支
（给我）。」尊者，由世尊圆满宣说的这七觉支，若
培育且多做，它们会引生证智、正觉与涅槃。

What are the seven?

是哪七个？

01. The factor of Complete Awakening that is
mindfulness, reverend Sir, has been fully explained by
the Blessed One, when developed and made much of it
leads to deep knowledge, Complete Awakening, and
Nibbāna.

01. 尊者，由世尊圆满宣说的念觉支，若培育且多
做，它们会引生证智、正觉与涅槃。

02. The factor of Complete Awakening that is
investigation of (the nature of) things, reverend Sir, has
been fully explained by the Blessed One, when
developed and made much of it leads to deep
knowledge, Complete Awakening, and Nibbāna.

02. 尊者，由世尊圆满宣说的择法觉支，若培育且
多做，它会引生证智、正觉与涅槃。

03. The factor of Complete Awakening that is energy,
reverend Sir, has been fully explained by the Blessed
One, when developed and made much of it leads to
deep knowledge, Complete Awakening, and Nibbāna.

03. 尊者，由世尊圆满宣说的精进觉支，若培育且
多做，它会引生证智、正觉与涅槃。

04. The factor of Complete Awakening that is rapture,
reverend Sir, has been fully explained by the Blessed
One, when developed and made much of it leads to deep
knowledge, Complete Awakening, and Nibbāna.

04. 尊者，由世尊圆满宣说的喜觉支，若培育且多
做，它会引生证智、正觉与涅槃。

05. Passaddhisambojjhaṅgo kho bhante
Bhagavatā sammadakkhāto, bhāvito
bahulīkato abhiññāya Sambodhāya
Nibbānāya saṁvattati.

06. Samādhisambojjhaṅgo kho bhante
Bhagavatā sammadakkhāto, bhāvito
bahulīkato abhiññāya Sambodhāya
Nibbānāya saṁvattati.

07. Upekkhāsambojjhaṅgo kho bhante
Bhagavatā sammadakkhāto, bhāvito
bahulīkato abhiññāya Sambodhāya
Nibbānāya saṁvattati.

Ime kho bhante satta Bojjhaṅgā Bhagavatā
sammadakkhātā, bhāvitā bahulīkatā abhiññāya
Sambodhāya Nibbānāya saṁvattanti”ti.

“Taggha Cunda Bojjhaṅgā!
Taggha Cunda Bojjhaṅgā!”ti.

Idamavocāysmā cundo.
Samanuñño Satthā ahosi.
Vuṭṭhahi ca Bhagavā tamhā ābādha.
Tathāpahīno ca Bhagavato so ābādho ahosīti.

- SN Mahāvagga,
Bojjhaṅgasamyutta, 16

05. The factor of Complete Awakening that is calm, reverend Sir, has been fully explained by the Blessed One, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

05. 尊者，由世尊圓滿宣說的輕安覺支，若培育且多做，它會引生證智、正覺與涅槃。

06. The factor of Complete Awakening that is concentration, reverend Sir, has been fully explained by the Blessed One, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

06. 尊者，由世尊圓滿宣說的定覺支，若培育且多做，它會引生證智、正覺與涅槃。

07. The factor of Complete Awakening that is equanimity, reverend Sir, has been fully explained by the Blessed One, when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

07. 尊者，由世尊圓滿宣說的舍覺支，若培育且多做，它會引生證智、正覺與涅槃。

These are the seven factors of Awakening, reverend Sir, which have been fully explained by the Blessed One, when developed and made much of they lead to deep knowledge, Complete Awakening, and Nibbāna.”

尊者，由世尊圓滿宣說的這七覺支，若培育且多做，它們會引生證智、正覺與涅槃。」

“Surely, Cunda, (these are) the factors of Awakening! Surely, Cunda, (these are) the factors of Awakening!”

「尊陀，諸覺支確實如此；尊陀，諸覺支確實如此。」

Venerable Cunda said this, and the Teacher was in agreement, and the Blessed One recovered from that affliction, and by that the Blessed One’s affliction was brought to an end.

尊陀尊者如此說已，導師也認同。世尊就此病愈。因此，世尊的病就此消失。

Bojjhaṅgasuttaṃ

The Discourse on Enlightenment Factors 覺支經

Saṁsāre saṁsarantānaṃ,
Sabbadukkhavināsane,
Satta dhamme ca Bojjhaṅge,
Mārasenāpamaddane,

Bujjhivā ye cime sattā,
Tibhavā muttakuttamā,
Ajātimajarābyādhim,
Amataṃ nibbhayaṃ 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 saṁsāra (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.

七覺支法能够灭除在生死轮回中的众生的一切苦，也能够战胜魔军。体证了这七种法后，这些超凡者解脱三有（欲有、色有、无色有）。他们已经达到无生、无老、无病、无死、无怖畏的涅槃。

Evamādiguṇūpetam,
Anekaguṇasaṅgham,
Osadhañca imam mantam,
Bojjhaṅgañca bhaṇāma he.

Bojjhaṅgo satisaṅkhāto
Dhammānam vicayo tathā,
Vīriyam pīti passaddhi
Bojjhaṅgā ca tathāpare,

Samādupekkhā bojjhaṅga,
Sattete sabba-dassinā
Muninā sammadakkhātā,
Bhāvitā bahulikatā,

Samvattanti abhiññāya
Nibbānāya ca bodhiyā.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Ekasmiṃ samaye Nātho
Moggallānañca Kassapaṃ
Gilāne dukkhite disvā
Bojjhaṅge satta desayi.

Te ca taṃ abhinanditvā,
Rogā muccimsu taṅkhaṇe.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Ekadā Dhammarājā'pi
Gelaṇṇenābhipīlito,
Cundattherena taṃyeva
Bhaṇāpetvāna sādaram.

Sammoditvāna ābādhā
Tamhā vuṭṭhāsi ṭhānaso.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

Pahīnā te ca ābādhā
Tiṇṇannam'pi Mahesinaṃ,
Maggahatā kilesāva
Pattānuppatti-dhammatam.
Etena sacca-vajjena
Sotthi te hotu sabbadā.

O good people! Let us recite this Bojjhaṅga Sutta which is endowed with the aforementioned attributes, which gives not only 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。

These seven Factors of Enlightenment, namely; mindfulness, investigation of Dhammas, effort, joy, tranquility, concentration and equanimity, which are well-expounded by the All Seeing Sage, promote, when practised 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，是知见一切的牟尼善说之法，在培育、重复修习之下，会导向亲证智、涅槃、菩提。以此真实话语，愿你永远平安。

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

一时依持者（世尊）见到目犍连和迦叶（尊者）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。以此真实话语，愿你永远平安。

Once when the King of Dhamma was oppressed by disease, he had the Venerable Cunda recite the discourse respectfully.

一时法王受到病痛折磨，他就指示尊陀长老恭敬地念诵该经。

Having rejoiced at the discourse, He was immediately cured of the disease. By this utterance of truth, may there always be happiness to you.

他对该经感到欢喜，并且立刻病愈。以此真实话语，愿你永远平安。

The disease of the three Great Sages that were eradicated reached the state 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。以此真实话语，愿你永远平安。

Paṭṭhāna

Conditional Relations 发趣法

Paccayuddeso Enumeration of the conditions 缘之总说

Hetupaccayo, ārammaṇapaccayo,
adhipatipaccayo, anantarapaccayo,
samanantarapaccayo, saha-jātapaccayo,
aññamaññapaccayo, nissayapaccayo,
upanissayapaccayo, purejātapaccayo,
pacchājātapaccayo, āsevanapaccayo,
kamma-paccayo, vipāka-paccayo,
āhārapaccayo, indriya-paccayo,
jhāna-paccayo, magga-paccayo,
sampayutta-paccayo, vippayutta-paccayo,
atthipaccayo, natthipaccayo,
vigata-paccayo, avigata-paccayoti.

Root condition, object condition,
predominance condition, immediacy condition,
contiguity condition, conascence condition,
mutuality condition, dependence condition,
powerful dependence condition, prenatal condition,
postnatal condition, repetition condition,
kamma condition, result condition,
nutriment condition, faculty condition,
jhāna condition, path condition,
association condition, dissociation condition,
presence condition, absence condition,
disappearance condition, non-disappearance condition.
因缘；所缘缘；增上缘；无间缘；
相续缘；俱生缘；相互缘；依止缘；
亲依止缘；前生缘；后生缘；重复缘；
业缘；果报缘（异熟缘）；食缘；根缘；
禅那缘；道缘；相应缘；不相应缘；
有缘；无有缘；离去缘；不离去缘。

Paccayaniddeso The Explanation of the Conditions 缘之义释

1. Hetupaccayoti – hetū

hetusampayuttakānaṃ dhammānaṃ taṃ-
samutṭhānānaṃ rūpānaṃ hetupaccayena
paccayo.

2. Ārammaṇapaccayoti – rūpāyatanaṃ cakkhaviññāṇadhātuyā taṃsamyayuttakānaṃ dhammānaṃ ārammaṇapaccayena paccayo.

Saddāyatanaṃ sotaviññāṇadhātuyā
taṃsamyayuttakānaṃ dhammānaṃ
ārammaṇapaccayena paccayo.

Gandhāyatanaṃ ghānaviññāṇadhātuyā
taṃsamyayuttakānaṃ dhammānaṃ
ārammaṇapaccayena paccayo.

Rasāyatanaṃ jivhāviññāṇadhātuyā
taṃsamyayuttakānaṃ dhammānaṃ
ārammaṇapaccayena paccayo.

Phoṭṭhabbāyatanaṃ kāyaviññāṇadhātuyā
taṃsamyayuttakānaṃ dhammānaṃ
ārammaṇapaccayena paccayo.

Rūpāyatanaṃ saddāyatanaṃ
gandhāyatanaṃ rasāyatanaṃ
phoṭṭhabbāyatanaṃ manodhātuyā
taṃsamyayuttakānaṃ dhammānaṃ
ārammaṇapaccayena paccayo.

1. Root Condition: The roots are related to the dhamma associated with the roots, and also to the materiality produced thereby by root condition.

1. 因缘：因是与因相应诸法及由它产生的诸色的因缘。

2. Object Condition:

Visible object is related to eye-consciousness and its associated states by object condition.

Sound object is related to ear-consciousness and its associated states by object condition.

Smell object is related to nose-consciousness and its associated states by object condition.

Taste object is related to tongue-consciousness and its associated states by object condition.

Tangible object is related to body-consciousness and its associated states by object condition.

Visible, sound, smell, taste and tangible objects are related to mind-elements and their associated states by object condition.

All dhammas are related to mind-consciousness element and its associated states by object condition.

2. 所缘缘：

色处是眼识界及其相应诸法的所缘缘。

声处是耳识界及其相应诸法的所缘缘。

香处是鼻识界及其相应诸法的所缘缘。

味处是舌识界及其相应诸法的所缘缘。

触处是身识界及其相应诸法的所缘缘。

色处、声处、香处、味处、触处是意识界及其相应诸法的所缘缘。

一切法是意识界及其相应诸法的所缘缘。

Sabbe dhammā manoviññādhātuyā
taṃsampayuttakānañca dhammānaṃ
ārammaṇapaccayena paccayo.

Yaṃ yaṃ dhammaṃ ārabha ye ye
dhammā uppajjanti cittacetasikā dhammā,
te te dhammā tesāṃ tesāṃ dhammānaṃ
ārammaṇapaccayena paccayo.

3. Adhipatipaccayoti – chandādhīpati
chandasampayuttakānaṃ dhammānaṃ taṃ-
samutṭhānānañca rūpānaṃ adhipatipaccayena
paccayo. Vīriyādhīpati vīriyasampayuttakānaṃ
dhammānaṃ taṃsamutṭhānānañca rūpānaṃ
adhipatipaccayena paccayo. Cittādhīpati
cittasampayuttakānaṃ dhammānaṃ
taṃsamutṭhānānañca rūpānaṃ adhipati-
paccayena paccayo. Vīmaṃsādhīpati
vīmaṃsasampayuttakānaṃ dhammānaṃ
taṃsamutṭhānānañca rūpānaṃ adhipati-
paccayena paccayo.

Yaṃ yaṃ dhammaṃ garuṃ katvā ye ye
dhammā uppajjanti cittacetasikā dhammā, te
te dhammā tesāṃ tesāṃ dhammānaṃ
adhipatipaccayena paccayo.

4. Anantarapaccayoti – cakkhu-
viññādhātu taṃsampayuttakā ca dhammā
manodhātuyā taṃsampayuttakānañca
dhammānaṃ anantarapaccayena paccayo.
Manodhātu taṃsampayuttakā ca dhammā
manoviññādhātuyā taṃsampayuttakānañca
dhammānaṃ anantarapaccayena paccayo.

Sotaviññādhātu taṃsampayuttakā ca
dhammā manodhātuyā taṃsampayuttakānañca
dhammānaṃ anantarapaccayena paccayo.
Manodhātu taṃsampayuttakā ca dhammā
manoviññādhātuyā taṃsampayuttakānañca
dhammānaṃ anantarapaccayena paccayo.

Taking any dhamma as object, these dhammas, viz. consciousness and mental factors, arise; those (former) dhammas are related to those (latter) dhammas by object condition.

对于缘取任何法而生起的那些心与心所法，这些法是那些（心与心所）法的所缘缘。

3. Predominance Condition: Predominant desire is related to the dhamma associated with the desire and also to the materiality produced thereby by predominance condition. Predominant effort is related to the dhamma associated with the effort and also to the materiality produced thereby by predominance condition. Predominant consciousness is related to the dhamma associated with the consciousness and also to the materiality produced thereby by predominance condition. Predominant investigating-wisdom is related to the dhamma associated with investigating-wisdom, and the materiality produced thereby by predominance condition.

3. 增上缘：欲增上是与欲相应诸法及由它产生的诸色的增上缘。精进增上是与精进相应诸法及由它产生的诸色的增上缘。心增上是与心相应诸法及由它产生的诸色的增上缘。观增上是与观相应诸法及由它产生的诸色的增上缘。

Taking any dhamma as estimable object, these dhammas, viz. consciousness and mental factors, arise; those (former) dhammas are related to those (latter) dhammas by predominance condition.

对于尊重任何（所缘）法而生起的那些心与心所法，这些法是那些（心与心所）法的增上缘。

4. Immediacy Condition: Eye-consciousness and its associated states are related to mind-element and its associated states by immediacy condition. Mind-element and its associated states are related to mind-consciousness element and its associated states by immediacy condition.

4. 无间缘：眼识界及其相应诸法是意识界及其相应诸法的无间缘；意识界及其相应诸法是意识界及其相应诸法的无间缘。

Ear-consciousness and its associated states are related to mind-element and its associated states by immediacy condition. Mind-element and its associated states are related to mind-consciousness element and its associated states by immediacy condition.

耳识界及其相应诸法是意识界及其相应诸法的无间缘；意识界及其相应诸法是意识界及其相应诸法的无间缘。

Ghānaviññāṇadhātu taṁsampayuttakā ca dhammā manodhātuyā taṁsampayuttakānañca dhammānaṁ anantarapaccayena paccayo. Manodhātu taṁsampayuttakā ca dhammā manoviññāṇadhātuyā taṁsampayuttakānañca dhammānaṁ anantarapaccayena paccayo.

Jivhāviññāṇadhātu taṁsampayuttakā ca dhammā manodhātuyā taṁsampayuttakānañca dhammānaṁ anantarapaccayena paccayo. Manodhātu taṁsampayuttakā ca dhammā manoviññāṇadhātuyā taṁsampayuttakānañca dhammānaṁ anantarapaccayena paccayo.

Kāyaviññāṇadhātu taṁsampayuttakā ca dhammā manodhātuyā taṁsampayuttakānañca dhammānaṁ anantarapaccayena paccayo. Manodhātu taṁsampayuttakā ca dhammā manoviññāṇadhātuyā taṁsampayuttakānañca dhammānaṁ anantarapaccayena paccayo.

Purimā purimā kusalā dhammā pacchimānaṁ pacchimānaṁ kusalānaṁ dhammānaṁ anantarapaccayena paccayo. Purimā purimā kusalā dhammā pacchimānaṁ pacchimānaṁ abyākatānaṁ dhammānaṁ anantarapaccayena paccayo.

Purimā purimā akusalā dhammā pacchimānaṁ pacchimānaṁ akusalānaṁ dhammānaṁ anantarapaccayena paccayo. Purimā purimā akusalā dhammā pacchimānaṁ pacchimānaṁ abyākatānaṁ dhammānaṁ anantarapaccayena paccayo.

Purimā purimā abyākatā dhammā pacchimānaṁ pacchimānaṁ abyākatānaṁ dhammānaṁ anantarapaccayena paccayo. Purimā purimā abyākatā dhammā pacchimānaṁ pacchimānaṁ kusalānaṁ dhammānaṁ anantarapaccayena paccayo. Purimā purimā abyākatā dhammā pacchimānaṁ pacchimānaṁ akusalānaṁ dhammānaṁ anantarapaccayena paccayo.

Nose-consciousness and its associated states are related to mind-element and its associated states by immediacy condition. Mind-element and its associated states are related to mind-consciousness element and its associated states by immediacy condition.

鼻识界及其相应诸法是意界及其相应诸法的无间缘；意界及其相应诸法是意识界及其相应诸法的无间缘。

Tongue-consciousness and its associated states are related to mind-element and its associated states by immediacy condition. Mind-element and its associated states are related to mind-consciousness element and its associated states by immediacy condition.

舌识界及其相应诸法是意界及其相应诸法的无间缘；意界及其相应诸法是意识界及其相应诸法的无间缘。

Body-consciousness and its associated states are related to mind-element and its associated states by immediacy condition. Mind-element and its associated states are related to mind-consciousness element and its associated states by immediacy condition.

身识界及其相应诸法是意界及其相应诸法的无间缘；意界及其相应诸法是意识界及其相应诸法的无间缘。

Preceding wholesome dhammas are related to subsequent wholesome dhammas by immediacy condition. Preceding wholesome dhammas are related to subsequent indeterminate dhammas and by immediacy condition.

前前诸善法是后后诸善法的无间缘。

前前诸善法是后后诸无记法的无间缘。

Preceding unwholesome dhammas are related to subsequent unwholesome dhammas by immediacy condition. Preceding unwholesome dhammas are related to subsequent indeterminate dhammas by immediacy condition.

前前诸不善法是后后诸不善法的无间缘。

前前诸不善法是后后诸无记法的无间缘。

Preceding indeterminate dhammas are related to subsequent indeterminate dhammas by immediacy condition. Preceding indeterminate dhammas are related to subsequent wholesome dhammas by immediacy condition. Preceding indeterminate dhammas are related to subsequent unwholesome dhammas by immediacy condition.

前前诸无记法是后后诸无记法的无间缘。

前前诸无记法是后后诸善法的无间缘。

前前诸无记法是后后诸不善法的无间缘。

Yesaṃ yesaṃ dhammānaṃ anantarā ye
ye dhammā uppajjanti cittacetasikā dhammā,
te te dhammā tesaṃ tesaṃ dhammānaṃ
anantarapaccayena paccayo.

5. Samanantarapaccayoti –

cakkhuviññāḍadhātu taṃsampayuttakā ca
dhammā manodhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.
Manodhātu taṃsampayuttakā ca dhammā
manoviññāḍadhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.

Sotaviññāḍadhātu taṃsampayuttakā ca
dhammā manodhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.
Manodhātu taṃsampayuttakā ca dhammā
manoviññāḍadhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.

Ghānaviññāḍadhātu taṃsampayuttakā ca
dhammā manodhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.
Manodhātu taṃsampayuttakā ca dhammā
manoviññāḍadhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.

Jivhāviññāḍadhātu taṃsampayuttakā ca
dhammā manodhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.
Manodhātu taṃsampayuttakā ca dhammā
manoviññāḍadhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.

Kāyaviññāḍadhātu taṃsampayuttakā ca
dhammā manodhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.
Manodhātu taṃsampayuttakā ca dhammā
manoviññāḍadhātuyā taṃsampayuttakānañca
dhammānaṃ samanantarapaccayena paccayo.

Purimā purimā kusalā dhammā
pacchimānaṃ pacchimānaṃ kusalānaṃ
dhammānaṃ samanantarapaccayena paccayo.
Purimā purimā kusalā dhammā pacchimānaṃ
pacchimānaṃ abyākatānaṃ dhammānaṃ
samanantarapaccayena paccayo.

In immediacy to these dhammas, the (other)
dhammas, viz. consciousness and mental factors, arise;
those (former) dhammas are related to those (latter)
dhammas by immediacy condition.

对于（紧随着）某些法而无间断地生起的那些心
与心所法，这些法是那些（心与心所）法的无间缘。

5. Contiguity Condition: Eye-consciousness and its
associated states are related to mind-element and its
associated states by contiguity condition. Mind-element
and its associated states are related to mind-
consciousness element and its associated states by
contiguity condition.

5. 相续缘：眼识界及其相应诸法是眼界及其
相应诸法的相续缘；眼界及其相应诸法是意识界及其
相应诸法的相续缘。

Ear-consciousness and its associated states are
related to mind-element and its associated states by
contiguity condition. Mind-element and its associated
states are related to mind-consciousness element and its
associated states by contiguity condition.

耳识界及其相应诸法是眼界及其相应诸法的
相续缘；眼界及其相应诸法是意识界及其相应诸法的
相续缘。

Nose-consciousness and its associated states are
related to mind-element and its associated states by
contiguity condition. Mind-element and its associated
states are related to mind-consciousness element and its
associated states by contiguity condition.

鼻识界及其相应诸法是眼界及其相应诸法的
相续缘；眼界及其相应诸法是意识界及其相应诸法的
相续缘。

Tongue-consciousness and its associated states are
related to mind-element and its associated states by
contiguity condition. Mind-element and its associated
states are related to mind-consciousness element and its
associated states by contiguity condition.

舌识界及其相应诸法是眼界及其相应诸法的
相续缘；眼界及其相应诸法是意识界及其相应诸法的
相续缘。

Body-consciousness and its associated states are
related to mind-element and its associated states by
contiguity condition. Mind-element and its associated
states are related to mind-consciousness element and its
associated states by contiguity condition.

身识界及其相应诸法是眼界及其相应诸法的
相续缘；眼界及其相应诸法是意识界及其相应诸法的
相续缘。

Preceding wholesome dhammas are related to
subsequent wholesome dhammas by contiguity
condition. Preceding wholesome dhammas related to
subsequent indeterminate dhammas by contiguity
condition.

前前诸善法是后后诸善法的相续缘。

前前诸善法是后后诸无记法的相续缘。

Purimā purimā akusalā dhammā
pacchimānaṃ pacchimānaṃ akusalānaṃ
dhammānaṃ samanantarapaccayena paccayo.
Purimā purimā akusalā dhammā pacchimānaṃ
pacchimānaṃ abyākatānaṃ dhammānaṃ
samanantarapaccayena paccayo.

Purimā purimā abyākatā dhammā
pacchimānaṃ pacchimānaṃ abyākatānaṃ
dhammānaṃ samanantarapaccayena paccayo.
Purimā purimā abyākatā dhammā
pacchimānaṃ pacchimānaṃ kusalānaṃ
dhammānaṃ samanantarapaccayena paccayo.
Purimā purimā abyākatā dhammā
pacchimānaṃ pacchimānaṃ akusalānaṃ
dhammānaṃ samanantarapaccayena paccayo.

Yesaṃ yesaṃ dhammānaṃ samanantarā
ye ye dhammā uppajjanti cittacetāsikā
dhammā, te te dhammā tesaṃ tesaṃ
dhammānaṃ samanantarapaccayena paccayo.

6. Sahajātapaccayoti – cattāro khandhā
arūpino aññamaññaṃ sahaajātapaccayena
paccayo. Cattāro mahābhūtā aññamaññaṃ
sahaajātapaccayena paccayo. Okkantikkhaṇe
nāmarūpaṃ aññamaññaṃ sahaajātapaccayena
paccayo. Cittacetāsikā dhammā citta-
samutthānānaṃ rūpānaṃ sahaajātapaccayena
paccayo. Mahābhūtā upādārūpānaṃ sahaajāta-
paccayena paccayo. Rūpino dhammā arūpīnaṃ
dhammānaṃ kiñci kāle sahaajātapaccayena
paccayo, kiñci kāle na sahaajātapaccayena
paccayo.

7. Aññamaññapaccayoti – cattāro
khandhā arūpino aññamaññapaccayena
paccayo. Cattāro mahābhūtā aññamañña-
paccayena paccayo. Okkantikkhaṇe nāma-
rūpaṃ aññamaññapaccayena paccayo.

Preceding unwholesome dhammas are related to subsequent unwholesome dhammas by contiguity condition. Preceding unwholesome dhammas are related to subsequent indeterminate dhammas by contiguity condition.

前前诸不善法是后后诸不善法的相续缘。
前前诸不善法是后后诸无记法的相续缘。

Preceding indeterminate dhammas are related to subsequent indeterminate dhammas by contiguity condition. Preceding indeterminate dhammas are related to subsequent wholesome dhammas by contiguity condition. Preceding indeterminate dhammas are related to subsequent unwholesome dhammas by contiguity condition.

前前诸无记法是后后诸无记法的相续缘。
前前诸无记法是后后诸善法的相续缘。
前前诸无记法是后后诸不善法的相续缘。

In contiguity to these dhammas, the (other) dhammas, viz. consciousness and mental factors, arise; those (former) dhammas are related to those (latter) dhammas by contiguity condition.

对于紧续着某些法（之后）生起的那些心与心所法，这些法是那些（心与心所）法的相续缘。

6. Conascence Condition: The four immateriality aggregates are mutually related to one another by conascence condition. The four great elements are mutually related to one another by conascence condition. At the moment of conception, mentality and materiality are mutually related to each other by conascence condition. Consciousness and mental factors are related to the mind-produced materiality by conascence condition. The great elements are related to their derived materiality by conascence condition. Materiality are sometimes related to immateriality by conascence condition and are sometimes not related by conascence condition.

6. 俱生缘：四种非色蕴互相作为俱生缘。四大种互相作为俱生缘。投生刹那的名色互相作为俱生缘。心与心所法是由心产生的诸色的俱生缘。大种是诸所造色的俱生缘。诸色法有时是与有时不是诸非色法的俱生缘。

7. Mutuality Condition: The four immateriality aggregates are related to one another by mutuality condition. The four great elements are related to one another by mutuality condition. At the moment of conception, mentality and materiality are related to each other by mutuality condition.

7. 相互缘：四种非色蕴是相互缘。四大种是相互缘。投生刹那的名色是相互缘。

8. Nissayapaccayoti – cattāro khandhā
arūpino aññamaññaṃ nissayapaccayena
paccayo. Cattāro mahābhūtā aññamaññaṃ
nissayapaccayena paccayo. Okkantikkhaṇe
nāmarūpaṃ aññamaññaṃ nissayapaccayena
paccayo. Cittacetāsikā dhammā citta-
samutṭhānānaṃ rūpānaṃ nissayapaccayena
paccayo. Mahābhūtā upādārūpānaṃ
nissayapaccayena paccayo.

Cakkhāyatanaṃ cakkhuviññāṇadhātuyā
taṃsāmpayuttakānañca dhammānaṃ nissaya-
paccayena paccayo.

Sotāyatanaṃ sotaviññāṇadhātuyā
taṃsāmpayuttakānañca dhammānaṃ
nissayapaccayena paccayo.

Ghāṇāyatanaṃ ghāṇaviññāṇadhātuyā
taṃsāmpayuttakānañca dhammānaṃ
nissayapaccayena paccayo.

Jivhāyatanaṃ jivhāviññāṇadhātuyā
taṃsāmpayuttakānañca dhammānaṃ
nissayapaccayena paccayo.

Kāyāyatanaṃ kāyaviññāṇadhātuyā
taṃsāmpayuttakānañca dhammānaṃ
nissayapaccayena paccayo.

Yaṃ rūpaṃ nissāya manodhātu ca
manoviññāṇadhātu ca vattanti, taṃ rūpaṃ
manodhātuyā ca manoviññāṇadhātuyā ca
taṃsāmpayuttakānañca dhammānaṃ nissaya-
paccayena paccayo.

9. Upanissayapaccayoti – purimā
purimā kusalā dhammā pacchimānaṃ
pacchimānaṃ kusalānaṃ dhammānaṃ
upanissayapaccayena paccayo. Purimā purimā
kusalā dhammā pacchimānaṃ pacchimānaṃ
akusalānaṃ dhammānaṃ kesañci upanissaya-
paccayena paccayo. Purimā purimā kusalā
dhammā pacchimānaṃ pacchimānaṃ
abyākatānaṃ dhammānaṃ upanissaya-
paccayena paccayo.

8. Dependence Condition: The four immateriality aggregates are mutually related to one another by dependence condition. The four great elements are mutually related to one another by dependence condition. At the moment of conception, mentality and materiality are mutually related to each other by dependence condition. Consciousness and mental factors are related to the mind-produced materiality by dependence condition. The great elements are related to their derived materiality by dependence condition.

8. 依止缘：四种非色蕴互相作为依止缘。四大种互相作为依止缘。投生刹那的名色互相作为依止缘。心与心所法是由心产生的诸色的依止缘。大种是诸所造色的依止缘。

Eye-base is related to eye-consciousness and its associated states by dependence condition.

Ear-base is related to ear-consciousness and its associated states by dependence condition.

Nose-base is related to nose-consciousness and its associated states by dependence condition.

Tongue-base is related to tongue-consciousness and its associated states by dependence condition.

Body-base is related to body-consciousness and its associated states by dependence condition.

眼处是眼识界及其相应诸法的依止缘。

耳处是耳识界及其相应诸法的依止缘。

鼻处是鼻识界及其相应诸法的依止缘。

舌处是舌识界及其相应诸法的依止缘。

身处是身识界及其相应诸法的依止缘。

Depending on this materiality, mind-element and mind-consciousness element arise; that materiality is related to mind-element and mind-consciousness element and their associated states by dependence condition.

对于依靠某色而转起的意界和意识界，该色是意界和意识界及其相应诸法的依止缘。

9. Powerful Dependence Condition: Preceding wholesome dhammas are related to subsequent wholesome dhammas by powerful dependence condition. Preceding wholesome dhammas are sometimes related to subsequent unwholesome dhammas by powerful dependence condition. Preceding wholesome dhammas are related to subsequent indeterminate dhammas by powerful dependence condition.

9. 亲依止缘：

前前诸善法是后后诸善法的亲依止缘。

前前诸善法有时是后后诸不善法的亲依止缘。

前前诸善法是后后诸无记法的亲依止缘。

Purimā purimā akusalā dhammā
pacchimānaṃ pacchimānaṃ akusalānaṃ
dhammānaṃ upanissayapaccayena paccayo.
Purimā purimā akusalā dhammā pacchimānaṃ
pacchimānaṃ kusalaṃ dhammānaṃ kesañci
upanissayapaccayena paccayo. Purimā purimā
akusalā dhammā pacchimānaṃ pacchimānaṃ
abyākatānaṃ dhammānaṃ upanissaya-
paccayena paccayo.

Purimā purimā abyākatā dhammā
pacchimānaṃ pacchimānaṃ abyākatānaṃ
dhammānaṃ upanissayapaccayena paccayo.
Purimā purimā abyākatā dhammā
pacchimānaṃ pacchimānaṃ kusalaṃ
dhammānaṃ upanissayapaccayena paccayo.
Purimā purimā abyākatā dhammā
pacchimānaṃ pacchimānaṃ akusalānaṃ
dhammānaṃ upanissayapaccayena paccayo.

Utubhojanampi upanissayapaccayena
paccayo. Puggalopi upanissayapaccayena
paccayo. Senāsanampi upanissayapaccayena
paccayo.

10. Purejātapaccayoti –

cakkhāyatanaṃ cakkhuviññāḍadhātuyā
taṃsāpayuttakānañca dhammānaṃ
purejātapaccayena paccayo.

Sotāyatanaṃ sotaviññāḍadhātuyā
taṃsāpayuttakānañca dhammānaṃ
purejātapaccayena paccayo.

Ghāṇāyatanaṃ ghāṇaviññāḍadhātuyā
taṃsāpayuttakānañca dhammānaṃ
purejātapaccayena paccayo.

Jivhāyatanaṃ jivhāviññāḍadhātuyā
taṃsāpayuttakānañca dhammānaṃ
purejātapaccayena paccayo.

Kāyāyatanaṃ kāyaviññāḍadhātuyā
taṃsāpayuttakānañca dhammānaṃ
purejātapaccayena paccayo.

Preceding unwholesome dhammas are related to subsequent unwholesome dhammas by powerful dependence condition. Preceding unwholesome dhammas are sometimes related to subsequent wholesome dhammas by powerful dependence condition. Preceding unwholesome dhammas are related to subsequent indeterminate dhammas by powerful dependence condition.

前前诸不善法是后后诸不善法的亲依止缘。
前前诸不善法有时是后后诸善法的亲依止缘。
前前诸不善法是后后诸无记法的亲依止缘。

Preceding indeterminate dhammas are related to subsequent indeterminate dhammas by powerful dependence condition. Preceding indeterminate dhammas are related to subsequent wholesome dhammas by powerful dependence condition. Preceding indeterminate dhammas are related to subsequent unwholesome dhammas by powerful dependence condition.

前前诸无记法是后后诸无记法的亲依止缘。
前前诸无记法是后后诸善法的亲依止缘。
前前诸无记法是后后诸不善法的亲依止缘。

Weather, food, person and lodging-place are related (to beings) by powerful dependence condition.

时节、食物也是亲依止缘，人也是亲依止缘，坐卧处也是亲依止缘。

10. Prenascence Condition:

Eye-base is related to eye-consciousness and its associated states by prenascence condition.

Ear-base is related to ear-consciousness and its associated states by prenascence condition.

Nose-base is related to nose-consciousness and its associated states by prenascence condition.

Tongue-base is related to tongue-consciousness and its associated states by prenascence condition.

Body-base is related to body-consciousness and its associated states by prenascence condition.

10. 前生缘：

眼处是眼识界及其相应诸法的前生缘。

耳处是耳识界及其相应诸法的前生缘。

鼻处是鼻识界及其相应诸法的前生缘。

舌处是舌识界及其相应诸法的前生缘。

身处是身识界及其相应诸法的前生缘。

Rūpāyatanam cakkhuviññādhātuyā
taṃsāpayuttakānañca dhammānam
purejātapaccayena paccayo.

Saddāyatanam sotaviññādhātuyā
taṃsāpayuttakānañca dhammānam
purejātapaccayena paccayo.

Gandhāyatanam ghānaviññādhātuyā
taṃsāpayuttakānañca dhammānam
purejātapaccayena paccayo.

Rasāyatanam jivhāviññādhātuyā
taṃsāpayuttakānañca dhammānam
purejātapaccayena paccayo.

Phoṭṭhabbāyatanam kayaviññādhātuyā
taṃsāpayuttakānañca dhammānam
purejātapaccayena paccayo.

Rūpāyatanam saddāyatanam
gandhāyatanam rasāyatanam
phoṭṭhabbāyatanam manodhātuyā
taṃsāpayuttakānañca dhammānam
purejātapaccayena paccayo.

Yaṃ rūpaṃ nissāya manodhātu ca
manoviññādhātu ca vattanti, taṃ rūpaṃ
manodhātuyā taṃsāpayuttakānañca
dhammānam purejātapaccayena paccayo,
manoviññādhātuyā taṃsāpayuttakānañca
dhammānam kiñci kāle purejātapaccayena
paccayo, kiñci kāle na purejātapaccayena
paccayo.

11. Pacchājātapaccayoti – pacchājātā
cittacetasi kā dhammā purejātassa imassa
kāyassa pacchājātapaccayena paccayo.

12. Āsevanapaccayoti – purimā purimā
kusalā dhammā pacchimānam pacchimānam
kusalānam dhammānam āsevanapaccayena
paccayo. Purimā purimā akusalā dhammā
pacchimānam pacchimānam akusalānam
dhammānam āsevanapaccayena paccayo.
Purimā purimā kiriyābyākatā dhammā
pacchimānam pacchimānam kiriyābyākatānam
dhammānam āsevanapaccayena paccayo.

Visible object is related to eye-consciousness and its associated states by prenatal condition.

Sound object is related to ear-consciousness and its associated states by prenatal condition.

Smell object is related to nose-consciousness and its associated states by prenatal condition.

Taste object is related to tongue-consciousness and its associated states by prenatal condition.

Tangible object is related to body-consciousness and its associated states by prenatal condition.

Visible, sound, smell, taste and tangible objects are related to mind-element and its associated states by prenatal condition.

色处是眼识界及其相应诸法的前生缘。

声处是耳识界及其相应诸法的前生缘。

香处是鼻识界及其相应诸法的前生缘。

味处是舌识界及其相应诸法的前生缘。

触处是身识界及其相应诸法的前生缘。

色处、声处、香处、味处、触处是意界及其相应诸法的前生缘。

Depending on this materiality, mind-element and mind-consciousness element arise; that materiality is related to mind-element and its associated states by prenatal condition; that materiality is sometimes related to mind-consciousness element and its associated states by prenatal condition and sometimes not related by prenatal condition.

对于依靠某色而转起的意界和意识界，该色是意界及其相应诸法的前生缘，有时是及有时不是意识界及其相应诸法的前生缘。

11. Postnascence Condition: The Post-nascent consciousness and mental factors are related to this prenatal materiality by postnascence condition.

11. 后生缘：后生的心与心所法是前生的这个身体的后生缘。

12. Repetition Condition: Preceding wholesome dhammas are related to subsequent wholesome dhammas by repetition condition. Preceding unwholesome dhammas are related to subsequent unwholesome dhammas by repetition condition. Preceding functional indeterminate dhammas are related to subsequent functional indeterminate dhammas by repetition condition.

12. 重复缘：前前诸善法是后后诸善法的重复缘。前前诸不善法是后后诸不善法的重复缘。前前诸唯作无记法是后后诸唯作无记法的重复缘。

13. Kammapaccayoti – kusalākusalaṃ kammaṃ vipākānaṃ khandhānaṃ kaṭattā ca rūpānaṃ kammapaccayena paccayo. Cetanā sampayuttakānaṃ dhammānaṃ taṃsamutṭhānānaṃ rūpānaṃ kammapaccayena paccayo.

14. Vipākappaccayoti – vipākā cattāro khandhā arūpino aññamaññaṃ vipākappaccayena paccayo.

15. Āhārapaccayoti – kabalīkāro āhāro imassa kāyassa āhārapaccayena paccayo. Arūpino āhārā sampayuttakānaṃ dhammānaṃ taṃsamutṭhānānaṃ rūpānaṃ āhārapaccayena paccayo.

16. Indriyapaccayoti – cakkhundriyaṃ cakkhuviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ indriyapaccayena paccayo.

Sotindriyaṃ sotaviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ indriyapaccayena paccayo.

Ghānindriyaṃ ghānaviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ indriyapaccayena paccayo.

Jivhindriyaṃ jivhāviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ indriyapaccayena paccayo.

Kāyindriyaṃ kāyaviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ indriyapaccayena paccayo.

Rūpajīvitindriyaṃ kaṭattārūpānaṃ indriyapaccayena paccayo.

Arūpino indriyā sampayuttakānaṃ dhammānaṃ taṃsamutṭhānānaṃ rūpānaṃ indriyapaccayena paccayo.

17. Jhānapaccayoti – jhānaṅgāni jhānasampayuttakānaṃ dhammānaṃ taṃsamutṭhānānaṃ rūpānaṃ jhānapaccayena paccayo.

13. Kamma Condition: Wholesome and unwholesome kamma are related to their resultant mental aggregates and kamma-produced materiality by kamma condition. Volition is related to its associated states and mind-produced materiality by kamma condition.

13. 业缘：善与不善业是果报诸蕴及所作（业生）诸色的业缘。思是相应诸法及由它产生的诸色的业缘。

14. Kamma-result Condition: The four immateriality aggregates are mutually related to one another by kamma-result condition.

14. 果报缘：四种果报非色蕴互相作为果报缘。

15. Nutriment Condition: Edible food is related to this body by nutriment condition. The immaterial nutriments are related to their associated states and to the mind-produced materiality by nutriment condition.

15. 食缘：团食是这个身体的食缘。非色食是相应诸法及由它产生的诸色的食缘。

16. Faculty Condition:

Eye-faculty is related to eye-consciousness and its associated states by faculty condition.

Ear-faculty is related to ear-consciousness and its associated states by faculty condition.

Nose-faculty is related to nose-consciousness and its associated states by faculty condition.

Tongue-faculty is related to tongue-consciousness and its associated states by faculty condition.

Body-faculty is related to body-consciousness and its associated states by faculty condition.

Physical life-faculty is related to kamma-produced materiality by faculty condition.

The immateriality faculties are related to their associated states and to the mind-produced materiality by faculty condition.

16. 根缘：

眼根是眼识界及其相应诸法的根缘。

耳根是耳识界及其相应诸法的根缘。

鼻根是鼻识界及其相应诸法的根缘。

舌根是舌识界及其相应诸法的根缘。

身根是身识界及其相应诸法的根缘。

色命根是所作（业生）诸色的根缘。

诸非色根是相应诸法及由它产生的诸色的根缘。

17. Jhāna Condition: The jhāna-factors are related to their associated states and to the mind-produced materiality by jhāna condition.

17. 禅那缘：诸禅支是与禅那相应诸法及由它产生的诸色的禅那缘。

18. Maggapaccayoti – maggaṅgāni
maggasampayuttakānañca dhammānaṃ
taṃsamutṭhānānañca rūpānaṃ magga-
paccayena paccayo.

19. Sampayuttapaccayoti – cattāro
khandhā arūpino aññamaññaṃ sampayutta-
paccayena paccayo.

20. Vippayuttapaccayoti – rūpino
dhammā arūpīnaṃ dhammānaṃ vippayutta-
paccayena paccayo. Arūpino dhammā rūpīnaṃ
dhammānaṃ vippayuttapaccayena paccayo.

21. Atthipaccayoti – cattāro khandhā
arūpino aññamaññaṃ atthipaccayena paccayo.
Cattāro mahābhūtā aññamaññaṃ atthi-
paccayena paccayo. Okkantikkhaṇe nāmarūpaṃ
aññamaññaṃ atthipaccayena paccayo.
Cittacetāsikā dhammā cittasamutṭhānānaṃ
rūpānaṃ atthipaccayena paccayo. Mahābhūtā
upādārūpānaṃ atthipaccayena paccayo.

Cakkhāyatanaṃ cakkhuviññāṇadhātuyā
taṃsāpayuttakānañca dhammānaṃ atthi-
paccayena paccayo.

Sotāyatanaṃ sotaviññāṇadhātuyā
taṃsāpayuttakānañca dhammānaṃ
atthipaccayena paccayo.

Ghāṇāyatanaṃ ghāṇaviññāṇadhātuyā
taṃsāpayuttakānañca dhammānaṃ
atthipaccayena paccayo.

Jivhāyatanaṃ jivhāviññāṇadhātuyā
taṃsāpayuttakānañca dhammānaṃ
atthipaccayena paccayo.

Kāyāyatanaṃ kāyaviññāṇadhātuyā
taṃsāpayuttakānañca dhammānaṃ
atthipaccayena paccayo.

Rūpāyatanaṃ cakkhuviññāṇadhātuyā
taṃsāpayuttakānañca dhammānaṃ
atthipaccayena paccayo.

18. Path Condition: The path-factors are related to their associated states and to the mind-produced materiality by path condition.

18. 道缘：诸道支是与道相应诸法及由它产生的诸色的道缘。

19. Association Condition: The four immateriality aggregates are mutually related to one another by association condition.

19. 相应缘：四种非色蕴互相作为相应缘。

20. Dissociation Condition: Materiality dhammas are related to immateriality dhammas by dissociation condition. Immateriality dhammas are related to materiality dhammas by dissociation condition.

20. 不相应缘：诸色法是诸非色法的不相应缘。诸非色法是诸色法的不相应缘。

21. Presence Condition: The four immateriality aggregates are mutually related to one another by presence condition. The four great elements are mutually related to one another by presence condition. At the moment of conception, mentality and materiality are mutually related to each other by presence condition. Consciousness and mental factors are related to the mind-produced materiality by presence condition. The great elements are related to their derived materiality by presence condition.

21. 有缘：四种非色蕴互相作为有缘。四大种互相作为有缘。投生刹那的名色互相作为有缘。诸心与心所法是由心产生的诸色的有缘。大种是诸所造色的有缘。

Eye-base is related to eye-consciousness and its associated states by presence condition.

Ear-base is related to ear-consciousness and its associated states by presence condition.

Nose-base is related to nose-consciousness and its associated states by presence condition.

Tongue-base is related to tongue-consciousness and its associated states by presence condition.

Body-base is related to body-consciousness and its associated states by presence condition.

眼处是眼识界及其相应诸法的有缘。

耳处是耳识界及其相应诸法的有缘。

鼻处是鼻识界及其相应诸法的有缘。

舌处是舌识界及其相应诸法的有缘。

身处是身识界及其相应诸法的有缘。

Visible object is related to eye-consciousness and its associated states by presence condition.

Sound object is related to ear-consciousness and its associated states by presence condition.

Smell object is related to nose-consciousness and its associated states by presence condition.

Taste object is related to tongue-consciousness and

Saddāyatanam sotaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānam
atthipaccayena paccayo.

Gandhāyatanam ghānaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānam
atthipaccayena paccayo.

Rasāyatanam jivhāviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānam
atthipaccayena paccayo.

Phoṭṭhabbāyatanam kāyaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānam atthi-
paccayena paccayo.

Rūpāyatanam saddāyatanam
gandhāyatanam rasāyatanam
phoṭṭhabbāyatanam manodhātuyā
taṃsāpayuttakāṇaṃ dhammānam
atthipaccayena paccayo.

Yaṃ rūpaṃ nissāya manodhātu ca
manoviññāṇadhātu ca vattanti, taṃ rūpaṃ
manodhātuyā ca manoviññāṇadhātuyā ca
taṃsāpayuttakāṇaṃ dhammānam
atthipaccayena paccayo.

22. Natthipaccayoti – samanantara-
niruddhā cittacetāsikā dhammā
paṭuppannānam cittacetāsikānam
dhammānam natthipaccayena paccayo.

23. Vigatapaccayoti – samanantara-
vigatā cittacetāsikā dhammā paṭuppannānam
cittacetāsikānam dhammānam vigata-
paccayena paccayo.

24. Avigatapaccayoti – cattāro khandhā
arūpino aññamaññaṃ avigatapaccayena
paccayo. Cattāro mahābhūtā aññamaññaṃ
avigatapaccayena paccayo. Okkantikkhaṇe
nāmarūpaṃ aññamaññaṃ avigatapaccayena
paccayo. Cittacetāsikā dhammā citta-
samutthānānam rūpānam avigatapaccayena
paccayo. Mahābhūtā upādārūpānam avigata-
paccayena paccayo.

its associated states by presence condition.

Tangible object is related to body-consciousness and its associated states by presence condition.

Visible, sound, smell, taste and tangible objects are related to mind-element and its associated states by presence condition.

色处是眼识界及其相应诸法的有缘。

声处是耳识界及其相应诸法的有缘。

香处是鼻识界及其相应诸法的有缘。

味处是舌识界及其相应诸法的有缘。

触处是身识界及其相应诸法的有缘。

色处、声处、香处、味处、触处是意界及其相应诸法的有缘。

Depending on this materiality, mind-element and mind-consciousness element arise; that materiality is related to mind-element, mind-consciousness element and their associated states by presence condition.

对于依靠某色而转起的意界和意识界，该色是意界和意识界及其相应诸法的有缘。

22. Absence Condition: Consciousness and mental factors, which have just ceased in contiguity, are related to the present consciousness and mental factors by absence condition.

22. 无有缘：等无间灭去的诸心、心所法是现在的诸心、心所法的无有缘。

23. Disappearance Condition: Consciousness and mental factors, which have just disappeared in contiguity, are related to the present consciousness and mental factors by disappearance condition.

23. 离去缘：等无间离去的诸心、心所法是现在的诸心、心所法的离去缘。

24. Non-disappearance Condition: The four immateriality aggregates are mutually related to one another by non-disappearance condition. The four great elements are mutually related to one another by non-disappearance condition. At the moment of conception, mentality and materiality are mutually related to each other by non-disappearance condition. Consciousness and mental factors are related to the mind-produced materiality by non-disappearance condition. The great elements are related to their derived materiality by non-disappearance condition.

24. 不离去缘：四种非色蕴互相作为不离去缘。四大种互相作为不离去缘。投生刹那的名色互相作为不离去缘。诸心与心所法是由心产生的诸色的不离去缘。大种是诸所造色的不离去缘。

Cakkhāyatanaṃ cakkhuviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ avigata-
paccayena paccayo.

Sotāyatanaṃ sotaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Ghāṇāyatanaṃ ghāṇaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Jivhāyatanaṃ jivhāviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Kāyāyatanaṃ kāyaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Rūpāyatanaṃ cakkhuviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ avigata-
paccayena paccayo.

Saddāyatanaṃ sotaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Gandhāyatanaṃ ghāṇaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Rasāyatanaṃ jivhāviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Phoṭṭhabbāyatanaṃ kāyaviññāṇadhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ avigata-
paccayena paccayo.

Rūpāyatanaṃ saddāyatanaṃ
gandhāyatanaṃ rasāyatanaṃ
phoṭṭhabbāyatanaṃ manodhātuyā
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

Yaṃ rūpaṃ nissāya manodhātu ca
manoviññāṇadhātu ca vattanti, taṃ rūpaṃ
manodhātuyā ca manoviññāṇadhātuyā ca
taṃsāpayuttakāṇaṃ dhammānaṃ
avigatapaccayena paccayo.

– Abhidhammapiṭaka, Paṭṭhāna,
Paccayaniddeso

Eye-base is related to eye-consciousness and its associated states by non-disappearance condition.

Ear-base is related to ear-consciousness and its associated states by non-disappearance condition.

Nose-base is related to nose-consciousness and its associated states by non-disappearance condition.

Tongue-base is related to tongue-consciousness and its associated states by non-disappearance condition.

Body-base is related to body-consciousness and its associated states by non-disappearance condition.

眼处是眼识界及其相应诸法的不离去缘。

耳处是耳识界及其相应诸法的不离去缘。

鼻处是鼻识界及其相应诸法的不离去缘。

舌处是舌识界及其相应诸法的不离去缘。

身处是身识界及其相应诸法的不离去缘。

Visible object is related to eye-consciousness and its associated states by non-disappearance condition.

Sound object is related to ear-consciousness and its associated states by non-disappearance condition.

Smell object is related to nose-consciousness and its associated states by non-disappearance condition.

Taste object is related to tongue-consciousness and its associated states by non-disappearance condition.

Tangible object is related to body-consciousness and its associated states by non-disappearance condition.

Visible, sound, smell, taste and tangible objects are related to mind-element and its associated states by non-disappearance condition.

色处是眼识界及其相应诸法的不离去缘。

声处是耳识界及其相应诸法的不离去缘。

香处是鼻识界及其相应诸法的不离去缘。

味处是舌识界及其相应诸法的不离去缘。

触处是身识界及其相应诸法的不离去缘。

色处、声处、香处、味处、触处是眼界及其相应诸法的不离去缘。

Depending on this materiality, mind-element and mind-consciousness element arise; that materiality is related to mind-element, mind-consciousness element and their associated states by non-disappearance condition.

对于依靠某色而转起的意界和意识界，该色是意界和意识界及其相应诸法的不离去缘。

Paṭiccasamuppādavibhaṅgo Analysis of Dependent Origination 缘起分别

Suttantabhājanīyaṃ Analysis According to the Discourse 经教分别

Avijjāpaccayā saṅkhārā, saṅkhārapaccayā viññāṇaṃ, viññāṇapaccayā nāmarūpaṃ, nāmarūpapaccayā saḷāyatanaṃ, saḷāyatana-paccayā phasso, phassapaccayā vedanā, vedanāpaccayā taṇhā, taṇhāpaccayā upādānaṃ, upādānapaccayā bhavo, bhavapaccayā jāti, jātipaccayā jarāmaraṇaṃ sokaparidevadukkhadomanassupāyāsā sambhavanti. Evametassa kevalassa dukkhakkhandhassa samudayo hoti.

Tattha katamā avijjā? Dukkhe aññāṇaṃ, dukkhasamudaye aññāṇaṃ, dukkhanirodhe aññāṇaṃ, dukkhanirodhagāminiyā paṭipadāya aññāṇaṃ – ayaṃ vuccati “avijjā”.

Tattha katame avijjāpaccayā saṅkhārā? Puññābhisāṅkhāro, apuññābhisāṅkhāro, āneñjābhisāṅkhāro, kāyasaṅkhāro, vacī-saṅkhāro, cittasaṅkhāro.

Tattha katamo puññābhisāṅkhāro? Kusalā cetanā kāmāvacarā rūpāvacarā dānamayā sīlamayā bhāvanāmayā – ayaṃ vuccati “puññābhisāṅkhāro”.

Tattha katamo apuññābhisāṅkhāro? Akusalā cetanā kāmāvacarā – ayaṃ vuccati “apuññābhisāṅkhāro”.

Tattha katamo āneñjābhisāṅkhāro? Kusalā cetanā arūpāvacarā – ayaṃ vuccati “āneñjābhisāṅkhāro”.

Because of ignorance activities arise; because of activities consciousness arises; because of consciousness mind and matter arise; because of mind and matter six bases arise; because of six bases contact arises; because of contact feeling arises; because of feeling craving arises; because of craving attachment arises; because attachment becoming arises; because of becoming birth arises; because of birth ageing, death, sorrow, lamentation, pain, grief and despair arise. Thus is the arising of this whole mass of suffering.

缘于无明，行生起；缘于行，识生起；缘于识，名色生起；缘于名色，六处生起；缘于六处，触生起；缘于触，受生起；缘于受，爱生起；缘于爱，取生起；缘于取，有生起；缘于有，生生起；缘于生，老死愁悲苦忧恼生起。如是整个苦蕴的集起。

Therein what is ignorance? Absence of knowledge of suffering, absence of knowledge of the cause of suffering, absence of knowledge of the cessation of suffering, absence of knowledge of the way leading to the cessation of suffering. This is called ignorance.

此中，什么是无明？不了知苦、不了知苦集、不了知苦灭、不了知导向苦灭的道。这称为无明。

Therein what is ‘because of ignorance activities arise’? Activities producing good (result), activities producing bad (result), activities producing unshakeable (result), bodily activity, verbal activity, mental activity.

此中，什么是「缘于无明，行生起」？福行、非福行、不动行、身行、语行、心行。

Therein what is ‘activity producing good (result)’? Good volition of the sensual plane, of the fine-material plane, produced by giving, produced by morality, produced by meditation. This is called activity producing good (result).

此中，什么是「福行」？欲界善思、色界善思，施所成、戒所成、修所成。这称为「福行」。

Therein what is ‘activity producing bad (result)’? Bad volition of the sensual plane. This is called activity producing bad (result).

此中，什么是「非福行」？欲界不善思。这称为「非福行」。

Therein what is ‘activity producing unshakeable (result)’? Good volition of the formless plane. This is called activity producing unshakeable (result).

此中，什么是「不动行」？无色界善思。这称为「不动行」。

Tattha katamo kāyasaṅkhāro?
Kāyasañcetanā kāyasaṅkhāro, vacīsañcetanā
vacīsaṅkhāro, manosañcetanā cittasaṅkhāro.
Ime vuccanti “avijjāpaccayā saṅkhārā”.

Tattha katamaṃ saṅkhārapaccayā
viññāṇaṃ? Cakkhuviññāṇaṃ, sotaviññāṇaṃ,
ghānaviññāṇaṃ, jivhāviññāṇaṃ, kaya-
viññāṇaṃ, manoviññāṇaṃ – idaṃ vuccati
“saṅkhārapaccayā viññāṇaṃ”.

Tattha katamaṃ viññāṇapaccayā
nāmarūpaṃ? Atthi nāmaṃ, atthi rūpaṃ.
Tattha katamaṃ nāmaṃ? Vedanākkhandho,
saññākkhandho, saṅkhārakkhandho – idaṃ
vuccati “nāmaṃ”. Tattha katamaṃ rūpaṃ?
Cattāro mahābhūtā, catunnañca mahā-
bhūtānaṃ upādāya rūpaṃ – idaṃ vuccati
“rūpaṃ”. Iti idaṃ nāmaṃ, idaṃ rūpaṃ.
Idaṃ vuccati “viññāṇapaccayā nāmarūpaṃ”.

Tattha katamaṃ nāmarūpapaccayā
saḷāyatanāṃ? Cakkhāyatanāṃ, sotāyatanāṃ,
ghāṇāyatanāṃ, jivhāyatanāṃ, kāyāyatanāṃ,
manāyatanāṃ – idaṃ vuccati “nāmarūpa-
paccayā saḷāyatanāṃ”.

Tattha katamo saḷāyatanapaccayā
phasso? Cakkhusamphasso sotasamphasso
ghānasamphasso jivhāsamphasso
kāyasamphasso manosamphasso – ayaṃ
vuccati “saḷāyatanapaccayā phasso”.

Tattha katamā phassapaccayā vedanā?
Cakkhusamphassajā vedanā, sotasamphassajā
vedanā, ghānasamphassajā vedanā,
jivhāsamphassajā vedanā, kāyasamphassajā
vedanā, manosamphassajā vedanā – ayaṃ
vuccati “phassapaccayā vedanā”.

Therein what is bodily activity? Bodily volition is bodily activity; verbal volition is verbal activity; mental volition is mental activity. These are called ‘because of ignorance activities arise’.

此中，什么是身行？（在身门生起的）身思是身行，（在语门生起的）语思是语行，意思是心行。这些称为「缘于无明，行生起」。

Therein what is ‘because of activities consciousness arises’? Eye consciousness, ear consciousness, nose consciousness, tongue consciousness, body consciousness, mind consciousness. This is called ‘because of activities consciousness arises’.

此中，什么是「缘于行，识生起」？眼识、耳识、鼻识、舌识、身识、意识。这称为「缘于行，识生起」。

Therein what is ‘because of consciousness mind and matter arise’? There is mind; there is matter. Therein what is mind? The aggregate of feeling, aggregate of perception, aggregate of mental formations. This is called mind. Therein what is matter? The four great essentials and the material qualities derived from the four great essentials. This is called matter. Thus is this mind and this matter. This is called ‘because of consciousness mind and matter arise’.

此中，什么是「缘于识，名色生起」？有名，有色。此中，什么是名？受蕴、想蕴、行蕴。这称为名。此中，什么是色？四大种及四大种所造色。这称为色。如是此名此色。这称为「缘于识，名色生起」。

Therein what is ‘because of mind and matter six bases arise’? Eye base, ear base, nose base, tongue base, body base, mind base. This is called ‘because of mind and matter six bases arise’.

此中，什么是「缘于名色，六处生起」？眼处、耳处、鼻处、舌处、身处、意处。这称为「缘于名色，六处生起」。

Therein what is ‘because of six bases contact arises’? Eye contact, ear contact, nose contact, tongue contact, body contact, mind contact. This is called ‘because of six bases contact arises’.

此中，什么是「缘于六处，触生起」？眼触、耳触、鼻触、舌触、身触、意触。这称为「缘于六处，触生起」。

Therein what is ‘because of contact feeling arises’? feeling born of eye contact, feeling born of ear contact, feeling born of nose contact, feeling born of tongue contact, feeling born of body contact, feeling born of mind contact. This is called ‘because of contact feeling arises’.

此中，什么是「缘于触，受生起」？眼触生受、耳触生受、鼻触生受、舌触生受、身触生受、意触生受。这称为「缘于触，受生起」。

Tattha katamā vedanāpaccayā taṇhā?
Rūpatanḥā, saddatanḥā, gandhatanḥā, rasa-
tanḥā, phoṭṭhabbatanḥā, dhammatanḥā –
ayaṃ vuccati “vedanāpaccayā taṇhā”.

Tattha katamaṃ taṇhāpaccayā
upādānaṃ? Kāmupādānaṃ, diṭṭhupādānaṃ,
sīlabbatupādānaṃ, attavādupādānaṃ – idaṃ
vuccati “taṇhāpaccayā upādānaṃ”.

Tattha katamo upādānapaccayā bhavo?
Bhavo duvidhena – atthi kammabhavo, atthi
upapattibhavo. Tattha katamo kammabhavo?
Puññābhisaṅkhāro, apuññābhisaṅkhāro,
āneñjābhisaṅkhāro – ayaṃ vuccati “kamma-
bhavo”. Sabbampi bhavagāmikammaṃ
kammabhavo.

Tattha katamo upapattibhavo? Kāmabhavo,
rūpabhavo, arūpabhavo, saññābhavo, asaññā-
bhavo, nevasaññānāsaññābhavo, ekavokāra-
bhavo, catuvokārabhavo, pañcavokārabhavo –
ayaṃ vuccati “upapattibhavo”. Iti ayañca
kammabhavo, ayañca upapattibhavo. Ayaṃ
vuccati “upādānapaccayā bhavo”.

Tattha katamā bhavapaccayā jāti? Yā
tesaṃ tesaṃ sattānaṃ tamhi tamhi
sattanikāye jāti sañjāti okkanti abhinibbatti,
khandhānaṃ pātubhāvo, āyatanānaṃ
paṭilābho – ayaṃ vuccati “bhavapaccayā jāti”.

Tattha katamaṃ jātippaccayā jarā-
maraṇaṃ? Atthi jarā, atthi maraṇaṃ. Tattha
katamā jarā? Yā tesaṃ tesaṃ sattānaṃ tamhi
tamhi sattanikāye jarā jīraṇatā khaṇḍiccaṃ
pāliccaṃ valittacatā āyuno saṃhāni
indriyānaṃ paripāko – ayaṃ vuccati “jarā”.

Therein what is ‘because of feeling craving arises’?
Craving for visible (objects), craving for sound, craving
for odour, craving for flavour, craving for tangible
(objects), craving for dhamma (objects). This is called
‘because of feeling craving arises’.

此中，什么是「缘于受，爱生起」？色爱、声爱、
香爱、味爱、触爱、法爱。这称为「缘于受，爱生起」。

Therein what is ‘because of craving attachment
arises’? The attachment of desire, the attachment of
wrong view, the attachment of (wrong) habits and
practices, the attachment of soul-theory. This is called
‘because of craving attachment arises’.

此中，什么是「缘于爱，取生起」？欲取、见
取、戒禁取、我论取。这称为「缘于爱，取生起」。

Therein what is ‘because of attachment becoming
arises’? Becoming by way of twofold division: there is
action-becoming; there is resultant becoming. Therein
what is action-becoming? Activity producing good
(result), activity producing bad (result), activity producing
unshakeable (result). This is called action-becoming.
Also all action leading to becoming is action-becoming.

此中，什么是「缘于取，有生起」？依两种有：
有业有，有生有。此中，什么是业有？福行、非福
行、不动行。这称为「业有」。一切导致有（生命）
的业是业有。

Therein what is resultant-becoming? Sensual
becoming, fine-material becoming, formless becoming,
perception becoming, non-perception becoming, neither-
perception-nor-non-perception becoming, single-
aggregate becoming, four-aggregate becoming, five-
aggregate becoming. This is called resultant-becoming.
Thus, this is action-becoming, and this is resultant-
becoming. This is called ‘because of attachment
becoming arises’.

此中什么是生有？欲有、色有、无色有、想有、
无想有、非想非非想有、一蕴有、四蕴有、五蕴有。
这称为「生有」。如是此业有，此生有。这称为「缘
于取，有生起」。

Therein what is ‘because of becoming birth arises’?
That which for this or that being in this or that category
of beings is birth, genesis, entry, full existence, the
appearance of the aggregates, the acquiring of the bases.
This is called ‘because of becoming birth arises’.

此中，什么是「缘于有，生生起」？在这个那个
有情群体中的这些及那些有情，有生、产生、投
生、诞生、诸蕴的显现、诸处的获得。这称为「缘
于有，生生起」。

Therein what is ‘because of birth ageing and death
arise’? There is ageing; there is death. Therein what is
ageing? That which for this or that being in this or that
category of beings is ageing, decrepitude, broken teeth,
grey hair, wrinkled skin, the dwindling of life, decay of
the controlling faculties. This is called ageing.

此中，什么是「缘于生，老死生起」？有老，
有死。此中，什么是老？在这个那个有情群体中的
这些及那些有情，有年老、衰老、牙齿脱落、白发、
皱皮、生命的衰退、诸根的老化。这称为老。

Tattha katamaṃ maraṇaṃ? Yā tesāṃ tesāṃ sattānaṃ tamhā tamhā sattanikāyā cuti cavanatā bhedo antaradhānaṃ maccu maraṇaṃ kālakiriyaṃ khandhānaṃ bhedo kaḷavarassa nikkhepo jīvitindriyassupacchedo – idaṃ vuccati “maraṇaṃ”. Iti ayaṇca jarā, idaṇca maraṇaṃ. Idaṃ vuccati “jātipaccayā jarāmarāṇaṃ”.

Tattha katamo soko? Ñātibyaśanena vā phuṭṭhaśsa, bhogaśyaśanena vā phuṭṭhaśsa, rogaśyaśanena vā phuṭṭhaśsa, sīlaśyaśanena vā phuṭṭhaśsa, diṭṭhiśyaśanena vā phuṭṭhaśsa, aññataraññatarena byaśanena samannāgatassa, aññataraññatarena dukkhaśhammena phuṭṭhaśsa soko socanā socitattaṃ antosoko antopariśoko cetaso pariññhāyaṇā domaśsaśsaṃ sokaśallaṃ – ayaṃ vuccati “soko”.

Tattha katamo paridevo? Ñātibyaśanena vā phuṭṭhaśsa, bhogaśyaśanena vā phuṭṭhaśsa, rogaśyaśanena vā phuṭṭhaśsa, sīlaśyaśanena vā phuṭṭhaśsa, diṭṭhiśyaśanena vā phuṭṭhaśsa, aññataraññatarena byaśanena samannāgatassa, aññataraññatarena dukkhaśhammena phuṭṭhaśsa ādevo paridevo ādevaṇā paridevaṇā ādevitattaṃ paridevitattaṃ vācā palāpo vipṭalāpo lālappo lālappaṇā lālappitattaṃ – ayaṃ vuccati paridevo”.

Tattha katamaṃ dukkhaṃ? Yaṃ kāyikaṃ aśātaṃ kāyikaṃ dukkhaṃ, kāyaśamphaśsaṃ aśātaṃ dukkhaṃ vedaṃyaṃ, kāyaśamphaśsaṃ aśātā dukkhā vedaṇā – idaṃ vuccati “dukkhaṃ”.

Therein what is death? That which for this or that being in this or that category of beings is decease, passing away, breaking up, disappearance, dying, death, the completion of the life span, the breaking up of the aggregates, the laying down of the body, the destruction of the life faculty. This is called death. Thus is this ageing and this death. This is called ‘because of birth ageing and death arise’.

此中，什么是死？在这个那个有情群体中的这些及那些有情，有死亡、消退、分离、消失、逝世、死、命终、诸蕴分离、遗弃身体、命根断。这称为死。如是此老此死。这称为「缘于生，老死生起」。

Therein what is sorrow? (That which) To one afflicted by misfortune through relatives or to one afflicted by misfortune through wealth or to one afflicted by misfortune through disease, or to one afflicted by misfortune through (corrupted) morality, or to one afflicted by misfortune through wrong view, or to one possessed of one misfortune or another or to one afflicted by one painful thing or another is sorrow, being sorry, the state of being sorry, inner sorrow, deep sorrow, burning of the mind, mental pain, the arrow of sorrow. This is called sorrow.

此中，什么是愁？对于那些遭受失去亲戚的不幸，或遭受失去财富的不幸，或遭受疾病的不幸，或遭受（污染）戒的不幸，或遭受邪见的不幸，或拥有任何不幸，或遭受任何苦事的不幸（的人），有愁、发愁、忧愁、内心发愁、整个内心都在愁、心完全在烧、不快乐、被愁之刺戳穿。这称为愁。

Therein what is lamentation? (That which) To one afflicted by misfortune through relatives or to one afflicted by misfortune through wealth or to one afflicted by misfortune through disease, or to one afflicted by misfortune through (corrupted) morality, or to one afflicted by misfortune through wrong view, or to one possessed of one misfortune or another or to one afflicted by one painful thing or another is crying, lamentation, the act of crying, the act of lamentation, the state of crying, the state of lamentation, (sorrowful) talk, senseless talk, wailing, sorrowful murmuring, the act of sorrowful murmuring, the state of sorrowful murmuring. This is called lamentation.

此中，什么是悲？对于那些遭受失去亲戚的不幸，或遭受失去财富的不幸，或遭受疾病的不幸，或遭受（污染）戒的不幸，或遭受邪见的不幸，或拥有任何不幸，或遭受任何苦事的不幸（的人），有悲泣、不断悲泣、在悲泣、不断地在悲泣、悲泣之境、不断悲泣之境、悲语、悲唤、不断悲唤、种种不断地悲唤、悲唤之境及不断悲唤之境。这称为悲。

Therein what is pain? That which is bodily uneasiness, bodily pain, uneasy painful experience born of bodily contact, uneasy painful feeling born of bodily contact. This is called pain.

此中，什么是苦？身体的不适、身的痛苦、身触产生而体验到的不适苦受、身触产生的种种不适苦受。这称为苦。

Tattha katamaṃ domanassaṃ? Yaṃ
cetasikaṃ asātaṃ cetasikaṃ dukkhaṃ,
cetosamphassaṃ asātaṃ dukkhaṃ
vedayitaṃ, cetosamphassajā asātā dukkhā
vedanā – idaṃ vuccati “domanassaṃ”.

Tattha katamo upāyāso? Ñātibyaśanena
vā phuṭṭhaśsa, bhogaśyaśanena vā
phuṭṭhaśsa, rogaśyaśanena vā phuṭṭhaśsa,
sīlaśyaśanena vā phuṭṭhaśsa, diṭṭhiśyaśanena
vā phuṭṭhaśsa, aññataraññatarena byaśanena
saṃannāgaśsa, aññataraññatarena
dukkhaśhammena phuṭṭhaśsa āyāso upāyāso
āyāśitattaṃ upāyāśitattaṃ – ayaṃ vuccati
“upāyāso”.

Evameśaśsa kevalaśsa dukkhaśkhaśndhaśsa
saṃudayo hoṭṭi, evameśaśsa kevalaśsa
dukkhaśkhaśndhaśsa saṅgaṭi hoṭi, saṃāgaṃ
hoṭi, saṃodhānaṃ hoṭi, pātubhāvo hoṭi. Tena
vuccati “evameśaśsa kevalaśsa
dukkhaśkhaśndhaśsa saṃudayo hoṭi”ti.

– Abhidhammapiṭaka, Vibhaṅga, 6

Therein what is grief? That which is mental uneasiness, mental pain, uneasy painful experience born of mental contact, uneasy painful feeling born of mental contact. This is called grief.

此中，什么是忧？心的不适、心的痛苦、意触产生而体验到的不适苦受、意触产生的种种不适苦受。这称为忧。

Therein what is despair? (That which) To one afflicted by misfortune through relatives or to one afflicted by misfortune through wealth or to one afflicted by misfortune through disease, or to one afflicted by misfortune through (corrupted) morality, or to one afflicted by misfortune through wrong view, or to one possessed of one misfortune or another or to one afflicted by one painful thing or another is despondency, despair, the state of despondency, the state of despair. This is called despair.

此中，什么是恼？对于那些遭受失去亲戚的不幸，或遭受失去财富的不幸，或遭受疾病的不幸，或遭受（污染）戒的不幸，或遭受邪见的不幸，或拥有任何不幸，或遭受任何苦事的不幸（的人），有绝望、极度绝望、绝望之境及极度绝望之境。这称为恼。

‘Thus is the arising of this whole mass of suffering’ means: Thus is the combination, the assemblage, the collocation, the appearance of this whole mass of suffering. Therefore this is called ‘thus is the arising of this whole mass of suffering’.

「如是整个苦蕴的集起」：如是整个苦蕴的组合、集合、相聚、显现。因此称为「如是整个苦蕴的集起」。

Mahānamakkāra Pāḷi

Great Homage 大礼赞

Sugataṃ sugataṃ seṭṭhaṃ kusalaṃkusalaṃ
jaham;
Amataṃ amataṃ santaṃ asamaṃ asamaṃ
dadaṃ;
Saraṇaṃ saraṇaṃ lokaṃ araṇaṃ araṇaṃ karaṃ;
Abhayaṃ abhayaṃ tḥānaṃ nāyakaṃ nāyakaṃ
name.

Nayanasubhagakāyaṅgaṃ
Madhuravarasaropetaṃ;
Amitaguṇagaṇādhāraṃ
Dasabalamatulaṃ vande.

Yo buddho dhitimāññadhāraṃ
Saṃsāre anubhosi kāyikaṃ
Dukkhaṃ cetasaṃkāṇca lokato,
Taṃ vande naradevamaṅgalaṃ.

Bāttimsatilakkhaṇacitradehaṃ
Dehajjutiniggatapajjalantaṃ
Paññādhitisīlaguṇoghavindaṃ
Vande munimantimajātiyuttaṃ.

Pātodayaṃ bālādivākaraṃva
Majjhe yatīnaṃ lalitaṃ sirīhi
Puṇḍindusaṅkāsamukhaṃ anejaṃ
Vandāmi sabbaññumahaṃ munindaṃ.

Upetapuñño varabodhimūle
Sasenamāraṃ sugato jinitvā
Abojjhi bodhiṃ aruṇodayamhi
Namāmi taṃ mārājinaṃ abhaṅgaṃ.

Rāgādichedāmalaññākhaggaṃ
Satīsamaññāphalakābhigāhaṃ
Sīloghalaṅkāravibhūsitāṃ taṃ
Namāmibhiññāvaramiddhupetaṃ.

I pay homage to the excellent Sugata, the well-gone, who abandoned wholesome and unwholesome states; The deathless, peaceful and peerless One, who gave us the peerless deathlessness; The Refuge, the comprehender of the world, the undefiled One who made others undefiled; The safe One, and the leader to the safe place (nibbāna).

我礼敬——已断除善与不善、已善修行的最殊胜善逝；给予我们无比不死的不死、寂静、无比者；使得别人无染的依归者、知解世间者、无染者。把应被引导者带引到无畏处（涅槃）的无畏领导者。

I venerate the Buddha who is endowed with an auspicious body pleasing to the eye, and with a sweet and excellent voice; The bearer of immeasurable qualities, the matchless One with the ten powers.

我顶礼——拥有悦目之身、甜美殊胜之声、拥有无量功德、具备十力的无比者（佛陀）。

The Buddha, the concentrated One, and the bearer of the perfect knowledge, underwent, for the sake of the world, physical and mental suffering in the saṃsāra. I venerate Him who is a blessing for men and devas.

佛陀拥有稳固定力与智慧，（过去）在生死轮回里为世界经历了身心之苦。我顶礼这位人天的吉祥。

I venerate the Sage (the Buddha) who, with his thirty-two marks, had a charming body emitting light and shining; who experienced the profusion of the qualities of wisdom, concentration, and virtue, and was worthy for his last birth.

我顶礼牟尼（佛陀）——三十二相庄严之身，身体散发出辉耀的光芒，他体验慧定戒功德流，匹配得起这最后一生。

I venerate the lord of the sages, the Omniscient One, who, like the new sun in the early morning, is, among Seers, gracious with splendor, with a face similar to a full moon, and free of lust.

我顶礼一切知的牟尼王，犹如早晨升起的朝阳，他在出家众当中庄严祥瑞，脸如满月，无染。

The Sugata endowed with merits conquered, under the Bodhi tree, Māra with its army, and at dawnrise realized Enlightenment. I pay homage to the Conqueror of Māra, the Undefeated One.

具福善逝在菩提树下战胜魔王及其军队，在破晓时证悟菩提。我礼敬这位战胜魔王的不败者。

I pay homage to the Buddha, who, after seizing the ‘shield’ of mindfulness, and being adorned and embellished with the profusion of virtue, cut off the mental impurities of lust and so on with the sword of knowledge; and who was endowed with the excellent supernatural power called ‘higher knowledge’.

我礼敬——佛陀：拿起了正念之盾、装备装饰了戒之流，他以智剑斩断了贪欲等污垢，具备了亲证智的最上神通。

Dayālayaṃ sabbadhi dukkaraṃ karaṃ
Bhavaṇṇavātikkamamaggataṃ gataṃ
Tilokaṇāthaṃ susamāhitaṃ hitaṃ
Samantacakkhuṃ paṇamāmi taṃmitaṃ.

Tahiṃ tahiṃ pāramisañcayaṃ cayaṃ
Gataṃ gataṃ sabbhi sukhappadaṃ padaṃ
Narānarānaṃ sukhasambhavaṃ bhavaṃ
Namānamānaṃ jinapuṇḡgavaṃ gavaṃ.

Maggaṇṇanāvaṃ munidakkhanāviko
Īhāphiyaṃ ñāṇakarena gāhako
Āruya yo tāya bahū bhavaṇṇavā
Tāresi taṃ buddhamagghappaṇaṃ name.

Samatimsatipāramisambharaṇaṃ
Varabodhidume catusaccadasaṃ
Varamiddhigataṃ naradevahitaṃ
Tibhavūpasamaṃ paṇamāmi jinaṃ.

Satapuññajalakkhaṇikaṃ virajaṃ
Gaganūpamadhiraṃ dhitimerusamaṃ
Jalajūpamasītalasīlayutaṃ
Pathavīsahanaṃ paṇamāmi jinaṃ.

Yo buddho sumati dive divākarova
Sobhanto ratijanane silāsanamhi
Āsīno sivasukhadaṃ adesi dhammaṃ
Devānaṃ tamasadisaṃ namāmi niccaṃ.

Yo pādapaṇkajamuduttalarājikehi
Lokehi tīhivikalehi nirākulehi
Sampāpuṇe nirupameyyatameva nātho
Taṃ sabbalokamahitaṃ asamaṃ namāmi.

I revere the Compassionate One, who, in all his lives, performed difficult acts [of merit]; who crossed the ocean of existence, and reached the foremost place; The protector of the three worlds, who was well composed in mind, and benefactor; the all-seer and boundless One.

我礼敬悲悯者——他在一切世里行难行之功德，越渡了生命之海，来到了最上之处——三界的依持者、心善定者、利益众生者、普眼者、无量者。

I pay homage to the eminent conqueror of impious beings, who here and there [in his rebirths] accumulated the totality of perfections, and reached the blissful state (nibbāna) that can be reached by the virtuous ones; and who brought about happiness to humans and non-humans.

我礼敬降伏无信众生的卓越胜利者——他处处（=过去世）累积波罗蜜，达到了贤善者能达到的乐境，带给了人天快乐。

I pay homage to the Buddha, the Sage who, as a skillful captain embarked on the ship of the [noble] eightfold path, and by it helped many folk to cross the ocean of existence by endeavouring with his enlightening knowledge and alleviating their suffering.

我礼敬佛陀——牟尼是善巧的舵手，登上（八圣）道支之船，手持努力之桨，以智奋斗帮助乘坐此船的许多众生越渡了生命之海，断除了苦。

I revere the Conqueror who completed the thirty perfections, and realized under the Bodhi tree the four [noble] truths; who attained the excellent supernormal powers, benefitted humans and devas, and achieved the cessation [of rebirths] in the threefold existence.

我礼敬胜利者——他圆满了三十种波罗蜜，在菩提树下证悟了四（圣）谛，证得了最上的神通，带给人天利益，以及证得了三有寂止。

I revere the Conqueror who, due to innumerable merits, is endowed with the [32] marks; and who, like the [clear] sky above, is free from defilements; whose concentration is, like Mount Meru, unshakable; and who, like a lotus in the water, is endowed with virtue that is cool, and, like the earth, has enduring patience.

我礼敬胜利者——由于数不尽的功德，他具备（三十二）相；他像（清澈的）天空一样无染；他的定就像须弥山一样不受动摇；他像水中莲花一样具备清凉的戒；他像大地一样堪忍。

The Buddha, the wise, shining like the sun by day, sat on the delightful stone seat and expounded the [abhi-]dhamma to the devas, that gives the safe nibbānic bliss. To that Peerless One I always pay my homage.

佛陀——智者——犹如白天的太阳照耀，坐在令人喜悦的石座上，向诸神开示带来安全的（涅槃）乐的阿毗达摩。我恒常礼敬该无同等者。

The Protector who had (108) complete (wheel marks) and distinct lines on the soft soles of his lotus feet, reached, in the three worlds, the incomparable state. To that matchless One, the benefactor of the world, I pay my homage.

依持者（佛陀）已达到了三界无比之境，其柔软的莲花足有完整（108个轮）及清楚的（圆）线。我礼敬该无同等者、利益一切世间者。

Buddhaṃ narānarasamosaraṇaṃ dhitattaṃ
Paññāpadīpajutiyā vihatandhakāraṃ
Atthābhikāmanaradevahitāvahaṃ taṃ
Vandāmi kāruṇikamaggamanantaññaṃ.

Akḥilaguṇanidhāno yo munindopagantvā
Vanamisipatanavhaṃ saññatānaṃ niketaṃ
Tahimakusalachedaṃ dhammacakkaṃ pavatto
Tamatulamabhikantaṃ vandaneyyaṃ namāmi.

Suciparivāritaṃ surucirappabhāhi rattaṃ
Sirivisarālayaṃ gupitamindriyehupetaṃ
Ravisasimaṇḍalappabhutilakkhaṇopacittaṃ
Suranarapūjitaṃ sugatamādaraṃ namāmi.

Maggaḷumpena muhapaṭighāsādiullolavīciṃ
Saṃsāroghaṃ tari tamabhayaṃ pārapattaṃ
pajānaṃ
Tānaṃ leṇaṃ asamasaraṇaṃ ekatitthaṃ
patiṭṭhaṃ
Puññakkhettaṃ paramasukhadaṃ
dhammarājaṃ namāmi.

Kaṇḍambaṃmūle parahitakaro yo munindo
nisinno
Accheraṃ sīghaṃ nayanashubhagaṃ
ākulaṇṇaggijālaṃ
Dujjāladdhaṃsaṃ munibhijahitaṃ pāṭiheraṃ
akāsi
Vande taṃ seṭṭhaṃ paramaratijaṃ
iddhidhammehupetaṃ.

I venerate the Buddha, the focal meeting point of humans and non-humans, the Concentrated One, who removed the darkness [of ignorance] with the brightness of his [arahatta] wisdom; the well-wishing One, and benefactor to humans and devas; the compassionate and foremost One, of infinite enlightening knowledge.

我顶礼佛陀——人非人的集会处；心定者；以（阿罗汉）慧灯之光去除了（无明的）黑暗；祝愿（众生）幸福者；利益人天者；悲悯、顶尖、拥有无边智慧者。

The lord of sages, a deposit of perfect qualities, arrived at Isipatana grove, the abode of self-controlled sages, and there set forth the Dhamma-wheel that cuts off the unwholesome. To that matchless and most pleasant Sage, worthy of veneration, I pay my homage.

圆满德藏牟尼王来到仙人坠林——自制者的住处，在该处转动切断不善的法轮。我礼敬该无比、最令人喜悦、应被顶礼的牟尼。

I respectfully pay homage to the Sugata, who is surrounded by noble retinue and has a delightful body with very pleasant radiance. Who is a shelter for meritorious people, and is endowed with guarded faculties; who has graceful marks on the soles of his feet beginning with the discs of sun and moon, and is honoured by devas and humans.

我恭敬地礼敬善逝——他受到圣洁随众围绕；令人愉悦的身体有非常舒适的光明；他是有德者的庇护所；具备善守护的根门；他的脚掌有日轮月轮等瑞相；他受到人天恭敬。

I pay homage to the King of Dhamma [the Buddha] who, with the raft of path, crossed the flood of saṃsāra with its waves of delusion, aversion, desire, etc., and reached the safe shore [nibbāna]; who became a shelter, a secure place, an unequal refuge, a safe haven, a support [for deliverance], a field of merits [for all beings], and a giver of supreme happiness.

我礼敬法王（佛陀）——他以道筏越渡了有痴嗔贪等波涛的生死轮回暴流，到达无危险的彼岸（涅槃）；他成为了（一切众生）的庇护所、安全处、无同等的归依处、安全港、支助（以证解脱）、福田、给予至上乐者。

The Lord of Sages wishing the welfare of others sat under the Kaṇḍa mango tree and performed the marvelous [twin] miracle that was rapid, pleasant to the eye, combined with water, fire, and flame, shattering the net of wrong views, and which was habitually performed by all Buddha-sages. I venerate that excellent, supremely delightful Sage with supernormal qualities.

为了他人的利益，牟尼王坐在干达芒果树下，显现诸佛皆显现、迅速、悦目、混合水火、神奇的双神变，破除了邪见之网。我顶礼彼最胜、具备神通法、极其令人喜悦的牟尼。

Munindakko yveko dayudayaruṇo
 ñāṇavitthiṇṇabimbo
 Vineyyappāṇoghaṃ kamalakathitaṃ
 dhammamaṃsīvarehi
 Subodhesi suddhe tibhavakuhare
 byāpitakkittinañca
 Tilokekaccakkhuṃ dukkhamasahanam taṃ
 mahesiṃ namāmi.

Yo jino anekajātiyaṃ saputtadāramaṅga-
 jīvitampi
 Bodhipemato alaggamānaso adāsiyeva
 atthikassa
 Dānapāramiṃ tato param apūri
 sīlapāramādikampi
 Tāsamiddhiyopayātamaggataṃ tamekadīpakam
 namāmi.

Devādevātidevaṃ nidhanavapudharaṃ
 mārabhaṅgaṃ abhaṅgaṃ,
 Dīpaṃ dīpaṃ pajānaṃ jayavarasayane
 bodhipattaṃdhipattaṃ,
 Brahmābrahmāgatānaṃ varagirakathikaṃ
 pāpahīnaṃ pahīnaṃ,
 Lokālokābhirāmaṃ satatamabhiname taṃ
 munindaṃ munindaṃ.

Buddho nigrodhabimbo mudukaracaraṇo
 brahmaghoseṇijaṅgho,
 Kosacchādaṅgajāto punarapi sugato
 suppatiṭṭhitapādo,
 Mūdodātuṇṇalomo athamapi sugato
 brahmujuggattabhāvo,
 Nīlakkhī dīghapaṇhī sukhumamalachavī
 thomyarasaggasaggī.

With his compassion like the rising dawn, and with his wide range of knowledge, the great sage alone, like the sun [awakes] the lotuses in clean lotus lakes, awakened with his excellent Dhamma rays multitudes of beings to be guided, in the three planes of existence. I pay homage to that great Seer of pervading glory, the sole eye in the three worlds, who endured hardships.

牟尼王的悲心犹如破晓，其智广博，就像太阳使得清澈莲花池中的莲花开放，他以殊胜的法光使得三有中应当被引导者觉醒。我礼敬该声名远播的大贤、三界中唯一的眼睛、忍受坚苦者。

The Conqueror [the Buddha], out of wish for enlightenment, offered, for many lives, with unattached mind his children, wives, bodily limbs, and life to the needy. He thus fulfilled the perfection of offering, and further on the perfection of virtue, and so on. I pay homage to him who reached the pre-eminent state [Buddhahood] by the success of those [perfections], and is the sole island [for deliverance].

胜利者基于喜爱菩提，在诸多世中毫无执着地布施自己的孩子、妻子、肢体与生命给所需要的人。因此他圆满了布施波罗蜜及持戒波罗蜜等其他波罗蜜。我礼敬他——已透过那些波罗蜜达到至上境界（佛果），是唯一（引导众生至解脱）的岛屿。

I always and very respectfully pay homage to that lord of sages, who, on the excellent 'seat of victory', attained enlightenment and reached the foremost state [in the world]; The supreme and pure God of all gods, the bearer of his last body, the defeater of Māra, and undefeated One. The illuminator of the lamp [of wisdom] for all, the preacher with an excellent voice to Brahmas and non-Brahmas alike; who abandoned the contemptible vice, and is a delight for this [human] world and other [deva-brahma] worlds beyond.

我一直都非常恭敬地礼敬牟尼王——他在殊胜的胜利座上证悟，达到（世间上）至上的境界；是超越诸神之神；背负最后一身，战胜魔王的不败者；是大众的慧灯；以殊胜的声音向梵天与非梵天开示；断除了低劣的恶法；是这个世间（人间）与其他世间（欲界天与梵天）的喜悦。

The Buddha has a bodily range like a banyan tree, has soft hands and feet, and a voice like Brahmā; has legs like an antelope's, and male organ enclosed in a sheath. And again the Sugata sets his feet down squarely, has hair [between his eyebrows] which is white and soft like cotton. And then also the Sugata has, like Brahmā, straight limbs, and his eyes are nīla in colour; has projecting heels, fine and dirt-free skin, and admirable acute nerves for taste.

佛陀之身如榕树之身（两手伸展的长度同身高），他的手足柔软，声如梵天，胫如鹿，生殖器秘藏。再者，善逝踏足平整，（眉心）白毫柔软如棉。而且善逝像梵天那样拥有正直的身躯。他有黑色的眼睛、足踵长、皮肤细滑无垢、味觉至上。

Cattālīsaggadanto samakalapanajo
 antaraṃsappapīno,
 Cakkenaṅkitapādo aviraḷadasano
 mārajussaṅkhapādo,
 Tiṭṭhanto nonamantobhayakaramudunā
 jaṇṇukānāmasanto,
 Vaṭṭakkhandho jino gotaruṇapakhumako
 sīhapubbaḍḍhakāyo.

Sattappīno ca dīghaṅguli matha sugato
 lomakūpekalomo,
 Sampannodātadāṭṭho kanakasamataco
 nīlamuddhaggalomo,
 Sambuddho thūlajivho atha sīhahanuko
 jālikappādahattho,
 Nātho uṇhīsasīso itiguṇasahitaṃ taṃ mahesiṃ
 namāmi.

Buddhobuddhotighoso atidullabhataro kā
 kathā buddhabhāvo,
 Loke tasmā vibhāvī vividhahitasukhaṃ
 sādhave patthayantā,
 Itṭhaṃ atthaṃ vahanthaṃ suranaramahitaṃ
 nibbhayaṃ dakkhiṇeyyaṃ,
 Lokānaṃ nandivaḍḍhaṃ dasabalamasamaṃ
 taṃ namassantu niccaṃ.

He has forty excellent teeth which are even; the furrow between his shoulders is filled in, the soles of his feet are marked with wheels, and has teeth without gaps; The Conqueror of Māra [The Buddha] has arched feet; when he stands without stooping, he touches his knees with the palms of both his soft hands; has well and even rounded neck, eyelashes like a young calf, and torso like a lion.

他有四十颗最上的牙齿，牙齿整齐，（背部）双肩之间圆满，脚掌有轮相，牙齿无缝；战胜魔王的（佛陀）有高脚踝；站立不弯身，他能以柔软的手掌触摸膝盖；颈项圆，睫毛如牛犊，上半身如狮子。

He has seven convexities and long fingers and toes. And then the Sugata has body-hairs that grow singly, each body-hair growing alone in a hair socket; his teeth are white, his skin has the colour of gold, and the tips of his blue-black hairs turn up. The Sambuddha has a large tongue, and then is lion-jawed; has netted feet and hands, and his head is shaped like a turban. Thus to that great Seer endowed with these qualities [of a Great Man] I pay my homage.

（双手背、双足背、双肩与颈项）七处丰满，指长。而且，善逝一毛孔一毫毛，拥有白色的犬齿，金黄色的皮肤，黑色毛端向上。自觉者舌广长，又颚如狮子，手足缦网。依持者头顶有肉髻。我礼敬具备这些功德之大贤。

The word ‘Buddha, Buddha’ is the rarest one, not to mention [the attainment of] ‘Buddhahood’. May, therefore, in the world, intelligent and good people who wish manifold blessings and well-being pay homage to the unique Buddha endowed with the ten powers; the bearer of desirable and profitable things, the benefactor of devas and humans, the Safe One, worthy of offerings, and the bringer of auspiciousness.

（甚至听到）「佛陀、佛陀」（这个词）的声音都极难得，更别说（证悟）佛果。因此，在这世间上，希望获得种种利益与快乐、有智慧的善人，愿他们恒常礼敬无同等的十力者（佛陀）——所欲有益之物的背负者、人天的利益者、无畏者、应施者、增长世间喜悦者。

Kesamuttisuttaṃ (Kālāmasuttaṃ)

Discourse to Kālāma 羯腊摩经

Evam me sutam: Ekaṃ samayaṃ bhagavā
kosalesu cārikaṃ caramāno mahatā bhikkhu-
saṅghena saddhiṃ yena kesamuttam nāma
kālāmānam nigamo tadavasari.

Assosum kho kesamuttiyā kālāmā:
“Samaṇo khalu, bho, gotamo sakyaputto
sakyakulā pabbajito kesamuttam anuppatto.
Tam kho pana bhavantam gotamam evam
kalyāṇo kittisaddo abbhugato –

“Itipi so bhagavā araham
sammāsambuddho vijjācaraṇasampanno
sugato lokavidū anuttaro purisadammasārathi
satthā devamanussānam buddho bhagavā’ti.
So imam lokam sadevakam samārakam
sabrahmakam sassamaṇabrāhmaṇim pajam
sadevamanussam sayam abhiññā sacchikatvā
pavedeti. So dhammam deseti ādikalyāṇam
majjhakalyāṇam pariyosānakalyāṇam sāttham
sabyañjanam, kevalaparipuṇṇam parisuddham
brahmacariyam pakāseti. Sādhū kho pana
tathārūpānam arahatam dassanam hoti’ti.

Atha kho kesamuttiyā kālāmā yena bhagavā
tenupasaṅkamimsu; upasaṅkamtivā appekacce
bhagavantam abhivādetvā ekamantam nisidimsu,
appekacce bhagavatā saddhiṃ sammodimsu,
sammodaniyam katham sāraṇiyam vītisāretvā
ekamantam nisidimsu, appekacce yena bhagavā
tenañjalim paṇāmetvā ekamantam nisidimsu,
appekacce nāmagottam sāvetvā ekamantam
nisidimsu, appekacce tuṇhībūtā ekamantam
nisidimsu. Ekamantam nisinnā kho te
kesamuttiyā kālāmā bhagavantam etadavocum:

Thus have I heard: At one time the Blessed One was
wandering on tour among the Kosalans together with a
large Saṅgha of monks when he reached the town of the
Kālāmas named Kesamutta.

如是我闻，一时世尊和一大群比丘僧众在憍萨
罗行脚，来到羯腊摩人的给沙木达城。

The Kālāmas of Kesamutta heard: “It is said that the
ascetic Gotama, the son of the Sakyans who went forth
from a Sakyan family, has arrived at Kesamutta. Now a
good report about that Master Gotama has circulated thus:

给沙木达的羯腊摩人听闻：「从释迦家族出家
的释迦子乔达摩沙门，的确已经来到给沙木达。关
于乔达摩世尊有如此美誉流传：

‘That Blessed One is an arahant, perfectly self-
enlightened one, one fully possessed of wisdom and
conduct, one who has proceeded by the good way, knower
of the worlds, unexcelled trainer of tamable men, teacher
of devas and men, the Buddha, the Blessed One. Having
realized by his own direct knowledge he makes it known
to this world with its devas, Māra, and Brahmā, this
population with its ascetics and brahmins, its devas and
humans. He teaches a Dhamma that is good in the
beginning, good in the middle, and good in the end, with
the right meaning and phrasing; he reveals a spiritual life
that is perfectly complete and pure.’ Now it is good to see
such arahants.”

『世尊是阿罗汉、圆满自觉者、明行足、善逝、
世间解、无上士调御丈夫、天人师、佛陀、世尊。
自己以亲证智证悟后，他向这包含诸神、魔王、梵
天，及有沙门与婆罗门的大众，包含人天的世间开
示。他教导初善、中善、尾善、义理正确、词句正
确之法。开显完全圆满与清净的梵行。』现在能够
见这样的阿罗汉是很好的。』

Then the Kālāmas of Kesamutta approached the
Blessed One. Some paid homage to the Blessed One and
sat down to one side; some exchanged greetings and
cordial talk, sat down to one side; some reverentially
saluted him and sat down to one side; some pronounced
their name and clan and sat down to one side; some kept
silent and sat down to one side. Sitting to one side, the
Kālāmas said to the Blessed One:

当时，给沙木达城的羯腊摩人来见世尊。来到
时，有些顶礼世尊后坐在一旁，有些和世尊互相问
候后坐在一旁，有些向世尊合掌礼敬后坐在一旁，
有些向世尊说自己的名字与族姓后坐在一旁，有些
保持沉默坐在一旁。坐在一旁，给沙木达城的羯腊
摩人如此向世尊说：

“Santi, bhante, eke samaṇabrāhmaṇā kesamuttarā āgacchanti. Te sakāmyeva vādaṃ dīpenti jotenti, parappavādaṃ pana khurūsentī vambhenti paribhavanti omakkhiṃ karonti. Aparepi, bhante, eke samaṇabrāhmaṇā kesamuttarā āgacchanti. Tepi sakāmyeva vādaṃ dīpenti jotenti, parappavādaṃ pana khurūsentī vambhenti paribhavanti omakkhiṃ karonti. Tesāṃ no, bhante, amhākaṃ hoteva kaṅkhā hoti vicikicchā – ‘ko su nāma imesaṃ bhavataṃ samaṇabrāhmaṇānaṃ saccaṃ āha, ko musā’ti?’”

“Alañhi vo, kālāmā, kaṅkhitum, alaṃ vicikicchitum. Kaṅkhanīyeva pana vo ṭhāne vicikicchā uppannā. Etha tumhe, kālāmā, **mā anussavena, mā paramparāya, mā itikirāya, mā piṭakasampadānena, mā takkaheṭu, mā nayahetu, mā ākāraparivitakkena, mā diṭṭhinijjhānakkhantiyā, mā bhabbarūpatāya, mā samaṇo no garūti.** Yadā tumhe, kālāmā, **attanāva jāneyyātha** – ‘ime dhammā akusalā, ime dhammā sāvajjā, ime dhammā viññugarahitā, ime dhammā samattā samādinnaṃ ahitāya dukkhāya saṃvattanti’ti, atha tumhe, kālāmā, pajaheyyātha.

“Taṃ kiṃ maññatha, kālāmā, lobho purisassa ajjhataṃ uppajjamāno uppajjati hitāya vā ahitāya vā’ti?”

“Ahitāya, bhante.”

“Luddho panāyaṃ, kālāmā, purisapuggalo lobhena abhibhūto pariyādinnaṃ cittaṃ paṇampi hanati, adinnaṃ pi ādiyati, paraḍāraṃ pi gacchati, musāpi bhaṇati, parampi tathattāya samādapeti, yaṃ sa hoti dīgharattaṃ ahitāya dukkhāyā’ti.

“Evaṃ, bhante.”

“Bhante, there are some ascetics and brahmins who come to Kesamutta. They explain and elucidate their own doctrines, but disparage, denigrate, deride, and denounce the doctrines of others. But then some other ascetics and brahmins come to Kesamutta, and they too explain and elucidate their own doctrines, but disparage, denigrate, deride, and denounce the doctrines of others. We are perplexed and in doubt, Bhante, as to which of these good ascetics speak truth and which speak falsehood.”

「尊者，有些沙门与婆罗门来到给沙木达。他们开示讲解自己的教理，但斥责、轻视、诽谤、瞧不起其他人的教理。然而，尊者，当其他沙门与婆罗门来到给沙木达时，他们也开示讲解自己的教理，但斥责、轻视、诽谤、瞧不起其他人的教理。尊者，我们对他们感到疑惑，到底这些尊敬的沙门与婆罗门当中，谁讲真话，谁讲妄语？」

“It is fitting for you to be perplexed, Kālāmas, fitting for you to be in doubt. Doubt has arisen in you about a perplexing matter. Come, Kālāmas, do not go by oral tradition, by lineage of teaching, by hearsay, by a collection of scriptures, by logical reasoning, by inferential reasoning, by examination of reasons, by the acceptance of a view after pondering it, by the seeming competence [of a speaker], or because you think: ‘The ascetic is our teacher.’ But when, Kālāmas, you know for yourselves ‘These things are unwholesome; these things are blameworthy; these things are censured by the wise; these things, if accepted and undertaken, lead to harm and suffering,’ then you should abandon them.

「羯腊摩，你们真应该质疑与怀疑。对于应当质疑之事，你们生起了怀疑。来吧，羯腊摩，你们不应以口诵传承为根据，不应以传统为根据，不应以据说为根据，不应以藏经记载为根据，不应以逻辑为根据，不应以推理为根据，不应以探究理由为根据，不应以思惟后接受见解为根据，不应以（演说者）看起来有能力为根据，不应以『此沙门是我们的老师』为根据。然而，羯腊摩，当你们亲自了知：『这些是不善法；这些是应受指责之法；这些是智者呵责之法；接受与实行这些法后，它们会带来伤害与痛苦』，那么，羯腊摩，你们应该舍弃它们。

“What do you think, Kālāmas? When greed arises in a person, is it for his welfare or for his harm?”

“For his harm, Bhante.”

“Kālāmas, a greedy person, overcome by greed, with mind obsessed by it, destroys life, takes what is not given, transgresses with another’s wife, and speaks falsehood; and he encourages others to do likewise. Will that lead to his harm and suffering for a long time?”

“Yes, Bhante.”

你们认为怎样，羯腊摩，当贪欲在人内心生起时，这对他是有益还是有害？」

「有害，尊者。」

「羯腊摩，当这个贪心的人被贪欲击败，心被它占据之下，他杀生，偷取不与之物，与他人妻通奸，说妄语，以及鼓励别人也如此做，这是否会带给他长久的伤害与痛苦？」

「是的，尊者。」

“Taṃ kiṃ maññatha, kālāmā, doso
purisassa ajjhataṃ uppajjamāno uppajjati
hitāya vā ahitāya vā”ti?

“Ahitāya, bhante.”

“Duṭṭho panāyaṃ, kālāmā, purisapuggalo
dosena abhibhūto pariyādinnaṃ pāṇampi
hanati, adinnampi ādiyati, paradārampi
gacchati, musāpi bhaṇati, parampi tathattāya
samādapeti, yaṃ sa hoti dīgharattaṃ ahitāya
dukkhāyā”ti.

“Evaṃ, bhante.”

“Taṃ kiṃ maññatha, kālāmā, moho
purisassa ajjhataṃ uppajjamāno uppajjati
hitāya vā ahitāya vā”ti?

“Ahitāya, bhante.”

“Mūlho panāyaṃ, kālāmā, purisapuggalo
mohena abhibhūto pariyādinnaṃ pāṇampi
hanati, adinnampi ādiyati, paradārampi
gacchati, musāpi bhaṇati, parampi tathattāya
samādapeti, yaṃ sa hoti dīgharattaṃ ahitāya
dukkhāyā”ti.

“Evaṃ, bhante.”

“Taṃ kiṃ maññatha, kālāmā, ime
dhammā kusalā vā akusalā vā”ti?

“Akusalā, bhante.”

“Sāvajjā vā anavajjā vā”ti?

“Sāvajjā, bhante.”

“Viññugarahitā vā viññuppasatthā vā”ti?

“Viññugarahitā, bhante.”

“Samattā samādinnaṃ ahitāya dukkhāya
saṃvattanti, no vā? Kathaṃ vā ettha hoti”ti?

“Samattā, bhante, samādinnaṃ ahitāya
dukkhāya saṃvattanti. Evaṃ no ettha hoti”ti.

“What do you think, Kālāmas? When hatred arises
in a person, is it for his welfare or for his harm?”

“For his harm, Bhante.”

“Kālāmas, an angry person, overcome by hatred,
with mind obsessed by it, destroys life, takes what is not
given, transgresses with another’s wife, and speaks
falsehood; and he encourages others to do likewise. Will
that lead to his harm and suffering for a long time?”

“Yes, Bhante.”

「你们认为怎样，羯腊摩，当嗔恨在人内心生
起时，这对他是有益还是有害？」

「有害，尊者。」

「羯腊摩，当这个嗔恨的人被嗔恨击败，心被
它占据之下，他杀生，偷取不与之物，与他人妻通
奸，说妄语，以及鼓励别人也如此做，这是否会带
给他长久的伤害与痛苦？」

「是的，尊者。」

“What do you think, Kālāmas? When delusion arises
in a person, is it for his welfare or for his harm?”

“For his harm, Bhante.”

“Kālāmas, a deluded person, overcome by delusion,
with mind obsessed by it, destroys life, takes what is not
given, transgresses with another’s wife, and speaks
falsehood; and he encourages others to do likewise. Will
that lead to his harm and suffering for a long time?”

“Yes, Bhante.”

「你们认为怎样，羯腊摩，当愚痴在人内心生
起时，这对他是有益还是有害？」

「有害，尊者。」

「羯腊摩，当这个愚痴的人被愚痴击败，心被
它占据之下，他杀生，偷取不与之物，与他人妻通
奸，说妄语，以及鼓励别人也如此做，这是否会带
给他长久的伤害与痛苦？」

「是的，尊者。」

“What do you think, Kālāmas? Are these things
wholesome or unwholesome?”

“Unwholesome, Bhante.”

“Blameworthy or blameless?”

“Blameworthy, Bhante.”

“Censured or praised by the wise?”

“Censured by the wise, Bhante.”

“Accepted and undertaken, do they lead to harm and
suffering or not, or how do you take it?”

“Accepted and undertaken, these things lead to harm
and suffering. So we take it.”

「你们认为怎样，羯腊摩，这些法善或不善？」

「不善，尊者。」

「应受指责或无可指责？」

「应受指责，尊者。」

「智者呵责或智者称赞？」

「智者呵责，尊者。」

「接受与实行这些法后，它们会带来伤害与痛
苦，或者不会？或你们认为会怎样？」

「接受与实行这些法后，它们会带来伤害与痛
苦，尊者。我们认为是这样。」

"Iti kho, kālāmā, yaṃ taṃ avocumhā –
'etha tumhe, kālāmā! Mā anussavena, mā
paramparāya, mā itikirāya, mā
piṭakasampadānena, mā takkahetu, mā
nayahetu, mā ākāraparivitakkena, mā
diṭṭhinijjhānakkhantiyā, mā bhabbarūpatāya,
mā samaṇo no garūti. Yadā tumhe kālāmā
attanāva jāneyyātha – 'ime dhammā akusalā,
ime dhammā sāvajjā, ime dhammā
viññugarahitā, ime dhammā samattā
samādinna ahitāya dukkhāya saṃvattantīti,
atha tumhe, kālāmā, pajaheyyāthā'ti, iti yaṃ
taṃ vuttaṃ, idametaṃ paṭicca vuttaṃ.

"Etha tumhe, kālāmā, mā anussavena, mā
paramparāya, mā itikirāya, mā
piṭakasampadānena, mā takkahetu, mā
nayahetu, mā ākāraparivitakkena, mā
diṭṭhinijjhānakkhantiyā, mā bhabbarūpatāya,
mā samaṇo no garūti. Yadā tumhe, kālāmā,
attanāva jāneyyātha – 'ime dhammā kusalā,
ime dhammā anavajjā, ime dhammā
viññuppasatthā, ime dhammā samattā
samādinna hitāya sukhāya saṃvattantīti, atha
tumhe, kālāmā, upasampajja vihareyyātha.

"Taṃ kiṃ maññatha, kālāmā, alobho
purisassa ajjhataṃ uppajjamāno uppajjati
hitāya vā ahitāya vā'ti?

"Hitāya, bhante."

"Aluddho panāyaṃ, kālāmā, purisapuggalo
lobhena anabhibhūto aparīyādinna citto neva
pāṇaṃ hanati, na adinnaṃ ādiyati, na
paradāraṃ gacchati, na musā bhaṇati, na
parampi tathattāya samādapeti, yaṃ sa hoti
dīgharattaṃ hitāya sukhāyā'ti.

"Evaṃ, bhante."

"Thus, Kālāmas, when we said: 'Come, Kālāmas, do not go by oral tradition, by lineage of teaching, by hearsay, by a collection of scriptures, by logical reasoning, by inferential reasoning, by examination of reasons, by the acceptance of a view after pondering it, by the seeming competence [of a speaker], or because you think: 'The ascetic is our teacher.' But when, Kālāmas, you know for yourselves 'These things are unwholesome; these things are blameworthy; these things are censured by the wise; these things, if accepted and undertaken, lead to harm and suffering,' then you should abandon them,' it is because of this that this was said.

「如是，羯腊摩，当我们说『来吧，羯腊摩，你们不应以口诵传承为根据，不应以传统为根据，不应以据说为根据，不应以藏经记载为根据，不应以逻辑为根据，不应以推理为根据，不应以探究理由为根据，不应以思惟后接受见解为根据，不应以（演说者）看起来有能力为根据，不应以『此沙门是我们的老师』为根据。然而，羯腊摩，当你们亲自了知：『这些是不善法；这些是应受指责之法；这些是智者呵责之法；接受与实行这些法后，它们会带来伤害与痛苦』，那么，羯腊摩，你们应该舍弃它们』的时候，就是因为这个原因才这么说。

"Come, Kālāmas, do not go by oral tradition, by lineage of teaching, by hearsay, by a collection of scriptures, by logical reasoning, by inferential reasoning, by examination of reasons, by the acceptance of a view after pondering it, by the seeming competence [of a speaker], or because you think: 'The ascetic is our teacher.' But when, Kālāmas, you know for yourselves 'These things are wholesome; these things are blameless; these things are praised by the wise; these things, if accepted and undertaken, lead to welfare and happiness,' then you should live in accordance with them.

来吧，羯腊摩，你们不应以口诵传承为根据，不应以传统为根据，不应以据说为根据，不应以藏经记载为根据，不应以逻辑为根据，不应以推理为根据，不应以探究理由为根据，不应以思惟后接受见解为根据，不应以（演说者）看起来有能力为根据，不应以『此沙门是我们的老师』为根据。然而，羯腊摩，当你们亲自了知：『这些是善法；这些是无可指责之法；这些是智者称赞之法；接受与实行这些法后，它们会带来利益与快乐』，那么，羯腊摩，你们应该依据它们过活。

"What do you think, Kālāmas? When non-greed arises in a person, is it for his welfare or for his harm?"

"For his welfare, Bhante."

"Kālāmas, a person without greed, not overcome by greed, his mind not obsessed by it, does not destroy life, take what is not given, transgress with another's wife, or speak falsehood; nor does he encourage others to do likewise. Will that lead to his welfare and happiness for a long time?"

"Yes, Bhante."

你们认为怎样，羯腊摩，当无贪在人内心生起时，这对他是有益还是有害？」

「有益，尊者。」

「羯腊摩，当这个无贪的人没有被贪欲击败，心没有被它占据之下，他不杀生，不偷取不与之物，

“Taṃ kiṃ maññaṭha, kālāmā, adoso
purisassa ajjhataṃ uppajjamāno uppajjati
hitāya vā ahitāya vā”ti?

“Hitāya, bhante.”

“Aduṭṭho panāyaṃ, kālāmā, purisapuggalo
dosena anabhibhūto apariyādinnaṭto neva
pāṇaṃ hanati, na adinnaṃ ādiyati, na
paradāraṃ gacchati, na musā bhaṇati, na
parampi tathattāya samādapeti, yaṃ sa hoti
dīgharattaṃ hitāya sukhāyā”ti.

“Evaṃ, bhante.”

“Taṃ kiṃ maññaṭha, kālāmā, amoho
purisassa ajjhataṃ uppajjamāno uppajjati
hitāya vā ahitāya vā”ti?

“Hitāya, bhante.”

“Amūḷho panāyaṃ, kālāmā, purisapuggalo
mohena anabhibhūto apariyādinnaṭto neva
pāṇaṃ hanati, na adinnaṃ ādiyati, na
paradāraṃ gacchati, na musā bhaṇati, na
parampi tathattāya samādapeti, yaṃ sa hoti
dīgharattaṃ hitāya sukhāyā”ti.

“Evaṃ bhante.”

“Taṃ kiṃ maññaṭha, kālāmā, ime
dhammā kusalā vā akusalā vā”ti?

“Kusalā, bhante.”

“Sāvajjā vā anavajjā vā”ti?

“Anavajjā, bhante.”

“Viññugarahitā vā viññuppasatthā vā”ti?

“Viññuppasatthā, bhante.”

“Samattā samādinnaṃ hitāya sukhāya
saṃvattanti no vā? Kathaṃ vā ettha hoti”ti?

“Samattā, bhante, samādinnaṃ hitāya
sukhāya saṃvattanti. Evaṃ no ettha hoti”ti.

不与他人妻通奸，不说妄语，也不鼓励别人如此做，
这是否会带给他长久的利益与快乐？」
「是的，尊者。」

“What do you think, Kālāmas? When non-hatred
arises in a person, is it for his welfare or for his harm?”

“For his welfare, Bhante.”

“Kālāmas, a person without hate, not overcome by
hatred, his mind not obsessed by it, does not destroy life,
take what is not given, transgress with another’s wife, or
speak falsehood; nor does he encourage others to do
likewise. Will that lead to his welfare and happiness for a
long time?”

“Yes, Bhante.”

「你们认为怎样，羯腊摩，当无嗔在人内心生
起时，这对他是有益还是有害？」

「有益，尊者。」

「羯腊摩，当这个无嗔的人没有被嗔恨击败，
心没有被它占据之下，他不杀生，不偷取不与之物，
不与他人妻通奸，不说妄语，也不鼓励别人如此做，
这是否会带给他长久的利益与快乐？」

「是的，尊者。」

“What do you think, Kālāmas? When non-delusion
arises in a person, is it for his welfare or for his harm?”

“For his welfare, Bhante.”

“Kālāmas, a person who is undeluded, not overcome
by delusion, his mind not obsessed by it, does not destroy
life, take what is not given, transgress with another’s
wife, or speak falsehood; nor does he encourage others to
do likewise. Will that lead to his welfare and happiness
for a long time?”

“Yes, Bhante.”

「你们认为怎样，羯腊摩，当无痴在人内心生
起时，这对他是有益还是有害？」

「有益，尊者。」

「羯腊摩，当这个无痴的人没有被愚痴击败，
心没有被它占据之下，他不杀生，不偷取不与之物，
不与他人妻通奸，不说妄语，也不鼓励别人如此做，
这是否会带给他长久的利益与快乐？」

「是的，尊者。」

“What do you think, Kālāmas? Are these things
wholesome or unwholesome?”

“Wholesome, Bhante.”

“Blameworthy or blameless?”

“Blameless, Bhante.”

“Censured or praised by the wise?”

“Praised by the wise, Bhante.”

“Accepted and undertaken, do they lead to welfare
and happiness or not, or how do you take it?”

“Accepted and undertaken, these things lead to
welfare and happiness. So we take it.”

「你们认为怎样，羯腊摩，这些法善或不善？」

「善，尊者。」

「应受指责或无可指责？」

「无可指责，尊者。」

「智者呵责或智者称赞？」

「智者称赞，尊者。」

「接受与实行这些法后，它们会带来利益与快
乐，或者不会？或你们认为会怎样？」

「接受与实行这些法后，它们会带来利益与快
乐，尊者。我们认为这是这样。」

"Iti kho, kālāmā, yaṃ taṃ avocumhā –
'etha tumhe, kālāmā! Mā anussavena, mā
paramparāya, mā itikirāya, mā
piṭakasampadānena, mā takkahetu, mā
nayahetu, mā ākāraparivitakkena, mā
diṭṭhiṇijjhānakkhantiyā, mā bhabbarūpatāya,
mā samaṇo no garūti. Yadā tumhe, kālāmā,
attanāva jāneyyātha – ime dhammā kusalā,
ime dhammā anavajjā, ime dhammā
viññuppasatthā, ime dhammā samattā
samādinna hitāya sukhāya saṃvattantīti, atha
tumhe, kālāmā, upasampajja vihareyyāthā'ti,
iti yaṃ taṃ vuttaṃ idametaṃ paṭicca vuttaṃ.

"Sa kho so, kālāmā, ariyasāvako evaṃ
vigatābhijjho vigatabyāpādo asammūlho
sampajāno patissato mettāsahagatena cetasā
ekaṃ disaṃ pharitvā viharati, tathā dutiyaṃ,
tathā tatiyaṃ, tathā catutthaṃ, iti
uddhamadho tiriyaṃ sabbadhi sabbattatāya
sabbāvantam lokam mettāsahagatena cetasā
vipulena mahaggatena appamāṇena averena
abyāpajjhena pharitvā viharati.

Karuṇāsahagatena cetasā ekaṃ disaṃ
pharitvā viharati, tathā dutiyaṃ, tathā tatiyaṃ,
tathā catutthaṃ, iti uddhamadho tiriyaṃ
sabbadhi sabbattatāya sabbāvantam lokam
karuṇāsahagatena cetasā vipulena
mahaggatena appamāṇena averena
abyāpajjhena pharitvā viharati.

Muditāsahagatena cetasā ekaṃ disaṃ
pharitvā viharati, tathā dutiyaṃ, tathā tatiyaṃ,
tathā catutthaṃ, iti uddhamadho tiriyaṃ
sabbadhi sabbattatāya sabbāvantam lokam
muditāsahagatena cetasā vipulena
mahaggatena appamāṇena averena
abyāpajjhena pharitvā viharati.

"Thus, Kālāmas, when we said: 'Come, Kālāmas, do not go by oral tradition, by lineage of teaching, by hearsay, by a collection of scriptures, by logical reasoning, by inferential reasoning, by examination of reasons, by the acceptance of a view after pondering it, by the seeming competence [of a speaker], or because you think: "The ascetic is our teacher." But when, Kālāmas, you know for yourselves "These things are wholesome; these things are blameless; these things are praised by the wise; these things, if accepted and undertaken, lead to welfare and happiness," then you should live in accordance with them,' it is because of this that this was said.

「如是，羯腊摩，当我们说『来吧，羯腊摩，你们不应以口诵传承为根据，不应以传统为根据，不应以据说为根据，不应以藏经记载为根据，不应以逻辑为根据，不应以推理为根据，不应以探究理由为根据，不应以思惟后接受见解为根据，不应以（演说者）看起来有能力为根据，不应以「此沙门是我们的老师」为根据。然而，羯腊摩，当你们亲自了知：「这些是善法；这些是无可指责之法；这些是智者称赞之法；接受与实行这些法后，它们会带来利益与快乐」，那么，羯腊摩，你们应该依据它们过活』的时候，就是因为这个原因才这么说。

"Then, Kālāmas, that noble disciple, who is thus devoid of longing, devoid of ill will, unconfused, clearly comprehending, ever mindful, dwells pervading one quarter with a mind imbued with lovingkindness, likewise the second quarter, the third quarter, and the fourth quarter. Thus above, below, across, and everywhere, and to all as to himself, he dwells pervading the entire world with a mind imbued with loving-kindness, vast, exalted, measureless, without enmity, without ill will.

羯腊摩，当如此无贪、无嗔、无痴、正知、正念的圣弟子以慈心遍满一方而安住，如是第二方，如是第三方，如是第四方。如是上下、四周、一切处，对一切（众生）犹如对待自己，他以巨大、广大、无量、无恨、无嗔的慈心遍满整个世界而安住。

(He dwells) pervading one quarter with a mind imbued with compassion, likewise the second quarter, the third quarter, and the fourth quarter. Thus above, below, across, and everywhere, and to all as to himself, he dwells pervading the entire world with a mind imbued with compassion, vast, exalted, measureless, without enmity, without ill will.

他以悲心遍满一方而安住，如是第二方，如是第三方，如是第四方。如是上下、四周、一切处，对一切（众生）犹如对待自己，他以巨大、广大、无量、无恨、无嗔的悲心遍满整个世界而安住。

(He dwells) pervading one quarter with a mind imbued with appreciative joy, likewise the second quarter, the third quarter, and the fourth quarter. Thus above, below, across, and everywhere, and to all as to himself, he dwells pervading the entire world with a mind imbued with appreciative joy, vast, exalted, measureless, without enmity, without ill will.

他以喜心遍满一方而安住，如是第二方，如是第三方，如是第四方。如是上下、四周、一切处，对一切（众生）犹如对待自己，他以巨大、广大、无量、无恨、无嗔的喜心遍满整个世界而安住。

Upekkhāsahagatena cetasā ekaṃ disaṃ
pharitvā viharati, tathā dutiyaṃ, tathā tatiyaṃ,
tathā catutthaṃ, iti uddhamadho tiriyaṃ
sabbadhi sabbattatāya sabbāvantāṃ lokāṃ
upekkhāsahagatena cetasā vipulena
mahaggatena appamāṇena averena
abyāpajjhena pharitvā viharati.

“Sa kho so, kālāmā, ariyasāvako evaṃ
averacitto evaṃ abyāpajjhacitto evaṃ
asaṃkiliṭṭhacitto evaṃ visuddhacitto, tassa
diṭṭheva dhamme cattāro assāsā adhigatā
honti. ‘Sace kho pana atthi paro loko, atthi
sukatadukkaṭāṇaṃ kammānaṃ phalaṃ vipāko,
athāhaṃ kāyassa bhedaṃ paraṃ maraṇā
sugatiṃ saggāṃ lokāṃ upapajjissāmi’ti,
ayamassa paṭhamo assāso adhigato hoti.

“ ‘Sace kho pana natthi paro loko, natthi
sukatadukkaṭāṇaṃ kammānaṃ phalaṃ vipāko,
athāhaṃ diṭṭheva dhamme averaṃ
abyāpajjhaṃ anīghaṃ sukhīṃ attānaṃ
pariharāmi’ti, ayamassa dutiyo assāso adhigato
hoti.

“ ‘Sace kho pana karoto kariyati pāpaṃ,
na kho panāhaṃ kassaci pāpaṃ cetemi.
Akarontaṃ kho pana maṃ pāpakammaṃ kuto
dukkhaṃ phusissatī’ti, ayamassa tatiyo assāso
adhigato hoti.

“ ‘Sace kho pana karoto na kariyati
pāpaṃ, athāhaṃ ubhayeneva visuddhaṃ
attānaṃ samanupassāmi’ti, ayamassa catuttho
assāso adhigato hoti.

“Sa kho so, kālāmā, ariyasāvako evaṃ
averacitto evaṃ abyāpajjhacitto evaṃ
asaṃkiliṭṭhacitto evaṃ visuddhacitto, tassa
diṭṭheva dhamme ime cattāro assāsā adhigatā
hontī’ti.

(He dwells) pervading one quarter with a mind
imbued with equanimity, likewise the second quarter, the
third quarter, and the fourth quarter. Thus above, below,
across, and everywhere, and to all as to himself, he dwells
pervading the entire world with a mind imbued with
equanimity, vast, exalted, measureless, without enmity,
without ill will.

他以舍心遍满一方而安住，如是第二方，如是
第三方，如是第四方。如是上下、四周、一切处，
对一切（众生）犹如对待自己，他以巨大、广大、
无量、无恨、无嗔的舍心遍满整个世界而安住。

“This noble disciple, Kālāmas, whose mind is in this
way without enmity, without ill will, undefiled, and pure,
has won four assurances in this very life. The first
assurance he has won is this: ‘If there is another world,
and if there is the fruit and result of good and bad deeds,
it is possible that with the breakup of the body, after death,
I will be reborn in a good destination, in a heavenly
world.’

羯腊摩，当该圣弟子如此心无恨、心无嗔、心
无染、心清净时，他在今生便得到四项保证。他得
到的第一项保证是：『如果有他世，如果有善业与不
善业的果报，在我的身体毁坏死亡后，我将投生到
善趣天界。』

“The second assurance he has won is this: ‘If there
is no other world, and if there is no fruit and result of good
and bad deeds, still right here, in this very life, I maintain
myself in happiness, without enmity and ill will, free of
trouble.’

他得到的第二项保证是：『如果没有他世，如果
没有善业与不善业的果报，我在今生也能无恨、无
嗔、无麻烦地快乐过活。』

“The third assurance he has won is this: ‘Suppose
evil comes to one who does evil. Then, when I have no
evil intentions towards anyone, how can suffering afflict
me, since I do no evil deed?’

他得到的第三项保证是：『如果恶会带给造恶
者报应，那么，因为我对任何人都没有恶意，痛苦
又怎么会折磨我这不造恶业的人呢？』

“The fourth assurance he has won is this: ‘Suppose
evil does not come to one who does evil. Then right here
I see myself purified in both respects.’

他得到的第四项保证是：『如果恶不会带给造恶
者报应，那么，我看到自己在两方面都是清净的。』

“This noble disciple, Kālāmas, whose mind is in this
way without enmity, without ill will, undefiled, and pure,
has won four assurances in this very life.”

羯腊摩，当该圣弟子如此心无恨、心无嗔、心
无染、心清净时，他在今生便得到这四项保证。」

“Evametaṃ, bhagavā, evametaṃ, sugata!
Sa kho so, bhante, ariyasāvako evaṃ
averacitto evaṃ abyāpajjhacitto evaṃ
asaṃkiliṭṭhacitto evaṃ visuddhacitto, tassa
diṭṭheva dhamme cattāro assāsā adhigatā
honti. ‘Sace kho pana atthi paro loko, atthi
sukatadukkaṭānaṃ kammānaṃ phalaṃ vipāko,
athāhaṃ kāyassa bhedaṃ paraṃ maraṇā
sugatiṃ saggaṃ lokaṃ upapajjissāmi’ti,
ayamassa paṭhamo assāso adhigato hoti.

“ ‘Sace kho pana natthi paro loko, natthi
sukatadukkaṭānaṃ kammānaṃ phalaṃ vipāko,
athāhaṃ diṭṭheva dhamme averaṃ abyāpajjhaṃ
anīghaṃ sukhīṃ attānaṃ pariharāmi’ti,
ayamassa dutiyo assāso adhigato hoti.

“ ‘Sace kho pana karoto karīyati pāpaṃ,
na kho panāhaṃ kassaci pāpaṃ cetemi,
akaraṇtaṃ kho pana maṃ pāpakammaṃ kuto
dukkhaṃ phusissatī’ti, ayamassa tatiyo assāso
adhigato hoti.

“ ‘Sace kho pana karoto na karīyati
pāpaṃ, athāhaṃ ubhayeneva visuddhaṃ
attānaṃ samanupassāmi’ti, ayamassa catuttho
assāso adhigato hoti.

“Sa kho so, bhante, ariyasāvako evaṃ avera-
citto evaṃ abyāpajjhacitto evaṃ asaṃkiliṭṭhacitto
evaṃ visuddhacitto, tassa diṭṭheva dhamme
ime cattāro assāsā adhigatā honti.

“Abhikkantaṃ, bhante; abhikkantaṃ,
bhante! Seyyathāpi, bhante, nikkujjitaṃ vā
ukkujjeyya, paṭicchannaṃ vā vivareyya,
mūḷhassa vā maggaṃ ācikkheyya, andhakāre
vā telapajjotaṃ dhāreyya – ‘cakkhumanto
rūpāni dakkhanti’ti. Evamevaṃ bhagavatā
anekapariyāyena dhammo pakāsito. Ete
mayāṃ, bhante, bhagavantaṃ saraṇaṃ
gacchāma dhammañca bhikkhusaṅghañca.
Upāsake no, bhante, bhagavā dhāretu
ajjatagge paṇupete saraṇaṃ gate’ti.

– AN.III.65

“So it is, Blessed One! So it is, Fortunate One! This noble disciple, Bhante, whose mind is in this way without enmity, without ill will, undefiled, and pure, has won four assurances in this very life. The first assurance he has won is this: ‘If there is another world, and if there is the fruit and result of good and bad deeds, it is possible that with the breakup of the body, after death, I will be reborn in a good destination, in a heavenly world.’

「如是，世尊；如是，善逝！尊者，当该圣弟子如此心无恨、心无嗔、心无染、心清净时，他在今生便得到四项保证。他得到的第一项保证是：『如果有他世，如果有善业与不善业的果报，在我的身体毁坏死亡后，我将投生到善趣天界。』

“The second assurance he has won is this: ‘If there is no other world, and if there is no fruit and result of good and bad deeds, still right here, in this very life, I maintain myself in happiness, without enmity and ill will, free of trouble.’

他得到的第二项保证是：『如果没有他世，如果没有善业与不善业的果报，我在今生也能无恨、无嗔、无麻烦地快乐过活。』

“The third assurance he has won is this: ‘Suppose evil comes to one who does evil. Then, when I have no evil intentions towards anyone, how can suffering afflict me, since I do no evil deed?’

他得到的第三项保证是：『如果恶会带给造恶者报应，那么，因为我对任何人都没有恶意，痛苦又怎么会折磨我这不造恶业的人呢？』

“The fourth assurance he has won is this: ‘Suppose evil does not come to one who does evil. Then right here I see myself purified in both respects.’

他得到的第四项保证是：『如果恶不会带给造恶者报应，那么，我看到自己在两方面都是清净的。』

“This noble disciple, Bhante, whose mind is in this way without enmity, without ill will, undefiled, and pure, has won four assurances in this very life.

尊者，当该圣弟子如此心无恨、心无嗔、心无染、心清净时，他在今生便得到这四项保证。

“Excellent, Bhante! Excellent, Bhante! The Blessed One has made the Dhamma clear in many ways, as though he were turning upright what had been overthrown, revealing what was hidden, showing the way to one who was lost, or holding up a lamp in the darkness so those with good eyesight can see forms. We now go for refuge to the Blessed One, to the Dhamma, and to the Saṅgha of bhikkhus. Let the Blessed One consider us lay followers who from today have gone for refuge for life.”

妙哉，尊者；妙哉，尊者！尊者，犹如摆正倾复之物，犹如揭开复藏之物，犹如为迷路者指出道路，犹如在黑暗中提油灯，让有眼之人能够见物，同样的，世尊以种种方式开示法。尊者，我们归依世尊、法与比丘僧团。尊者，请世尊记得我们是在家弟子，从今天开始终生归依。」

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Dhammasaṅgaṇī Tikamātikā

Compendium of Dhamma: Table of Triplets 法聚论 · 三法论母

1. Kusalā dhammā. Akusalā dhammā.
Abyākatā dhammā.

Wholesome dhammas. Unwholesome dhammas.
Indeterminate dhammas.
善法。不善法。无记法。

2. Sukhāya vedanāya sampayuttā dhammā.
Dukkāya vedanāya sampayuttā dhammā.
Adukkhamasukhāya vedanāya sampayuttā dhammā.

Dhammas associated with pleasant feeling.
Dhammas associated with painful feeling. Dhammas associated with neither-painful-nor-pleasant feeling.
乐受相应法。苦受相应法。不苦不乐受相应法。

3. Vipākā dhammā. Vipākadhammadhammā.
Nevavipāka-navipākadhammadhammā.

Resultant dhammas. Dhammas that give rise to results. Dhammas which are neither resultant nor causes for results.
果报法。产生果报之法。非果报非产生果报之法。

4. Upādiṇṇupādāniyā dhammā.
Anupādiṇṇupādāniyā dhammā.
Anupādiṇṇa-anupādāniyā dhammā.

Dhammas that are grasped at and favourable to grasping. Dhammas that are not grasped at but are favourable to grasping. Dhammas that are neither grasped at nor favourable to grasping.
执取（所生）及可执取之法。非执取（所生）可执取之法。非执取（所生）及不可执取之法。

5. Saṃkiliṭṭha-saṃkilesikā dhammā.
Asaṃkiliṭṭha-saṃkilesikā dhammā.
Asaṃkiliṭṭha-asāṃkilesikā dhammā.

Dhammas that are corrupt and corrupting. Dhammas that are not corrupt but corrupting. Dhammas that are neither corrupt nor corrupting.
被染法及杂染法。非被染法之杂染法。非被染法非杂染法。

6. Savitakka-savicārā dhammā.
Avitakka-vicāramattā dhammā.
Avitakka-avicārā dhammā.

Dhammas that have applied thought and sustained thought. Dhammas that have no applied thought but only sustained thought. Dhammas that have neither applied thought nor sustained thought.
有寻有伺法。无寻有伺法。无寻无伺法。

7. Pīṭisahagatā dhammā.
Sukhasahagatā dhammā.
Upekkhāsahagatā dhammā.

Dhammas accompanied by joy. Dhammas accompanied by happiness. Dhammas accompanied by equanimity.
喜俱生法。乐俱生法。舍俱生法。

8. Dassanena pahātabbā dhammā. Bhāvanāya pahātabbā dhammā. Neva dassanena na bhāvanāya pahātabbā dhammā.

Dhammas to be abandoned by seeing (= first path knowledge). Dhammas to be abandoned by development (= three higher paths). Dhammas neither to be abandoned by seeing nor by development.
见所断法。修所断法。非见非修所断法。

9. Dassanena pahātabbahetukā dhammā.
Bhāvanāya pahātabbahetukā dhammā.
Neva dassanena na bhāvanāya
pahātabbahetukā dhammā.
10. Ācayagāmino dhammā.
Apacayagāmino dhammā.
Nevācayagāmi-nāpacayagāmino dhammā.
11. Sekkhā dhammā. Asekkhā dhammā.
Nevasekkha-nāsekkhā dhammā.
12. Parittā dhammā. Mahaggatā dhammā.
Appamāṇā dhammā.
13. Parittārammaṇā dhammā.
Mahaggatārammaṇā dhammā.
Appamāṇārammaṇā dhammā.
14. Hīnā dhammā. Majjhimā dhammā. Paṇītā
dhammā.
15. Micchattaniyatā dhammā.
Sammattaniyatā dhammā.
Aniyatā dhammā.
16. Maggārammaṇā dhammā. Maggaḥetukā
dhammā. Maggādhīpatino dhammā.
17. Uppannā dhammā. Anuppannā dhammā.
Uppādino dhammā.
18. Atītā dhammā. Anāgatā dhammā.
Paccuppannā dhammā.
19. Atītārammaṇā dhammā. Anāgatārammaṇā
dhammā. Paccuppannārammaṇā dhammā.
20. Ajjhattā dhammā. Bahiddhā dhammā.
Ajjhatabhiddhā dhammā.
21. Ajjhattārammaṇā dhammā.
Bahiddhārammaṇā dhammā.
Ajjhatabhiddhārammaṇā dhammā.

Dhammas having root-conditions to be abandoned by seeing. Dhammas having root-conditions to be abandoned by development. Dhammas not having root-conditions to be abandoned by seeing nor by development.
见所断因法。修所断因法。非见非修所断因法。

Dhammas leading to accumulation. Dhammas leading to dispersion. Dhammas neither leading to accumulation nor dispersion.
导致累积法。导致解散法。非导致累积非导致解散法。

Dhammas of trainees. Dhammas of non-trainees. Dhammas of neither-trainees-nor-non-trainees.
有学法。无学法。非有学非无学法。

Limited dhammas. Exalted dhammas. Infinite dhammas.
有限法。广大法。无量法。

Dhammas with limited objects. Dhammas with exalted objects. Dhammas with infinite objects.
有限所缘法。广大所缘法。无量所缘法。

Inferior dhammas. Medium dhammas. Superior dhammas.
劣法。中法。胜法。

Dhammas that are wrong and fixed as to consequences. Dhammas that are right and fixed as to consequences. Dhammas that do not entail fixed consequences.
错误及定果报法。正确及定果报法。不定法。

Dhammas having the Path as object. Dhammas having those associated root-conditions in the Path. Dhammas dominated by the Path.
道所缘法。道因法。道主导法。

Arisen dhammas. Not-arisen dhammas. Dhammas that are bound to arise.
已生法。未生法。当生法。

Past dhammas. Future dhammas. Present dhammas.
过去法。未来法。现在法。

Dhammas that have the past as their objects. Dhammas that have the future as their objects. Dhammas that have the present as their objects.
过去所缘法。未来所缘法。现在所缘法。

Internal dhammas. External dhammas. Internal and external dhammas.
内法。外法。内外法。

Dhammas that have internal objects. Dhammas that have external objects. Dhammas that have internal and external objects.
内所缘法。外所缘法。内外所缘法。

22. Sanidassana-sappaṭighā dhammā.
Anidassana-sappaṭighā dhammā.
Anidassana-appaṭighā dhammā.

– Abhidhammapiṭaka, Dhammasaṅgaṇī

Etena saccavajjena dukkhā vūpasamentu te.
Etena saccavajjena bhayā vūpasamentu te.
Etena saccavajjena sokā vūpasamentu te.

Dhammas that are visible and reacting. Dhammas that are invisible and reacting. Dhammas that are invisible and not reacting.

可见及有反应法。不可见但有反应法。不可见及无反应法。

By this speaking of the truth, may you relieve from suffering
By this speaking of the truth, may you relieve from fear.
By this speaking of the truth, may you relieve from grief.
借此真实话语，愿你平息痛苦；
借此真实话语，愿你平息恐惧；
借此真实话语，愿你平息忧愁。

Tirokuṭṭasuttaṃ *Without-the-Wall Discourse* 墙外经

Tirokuṭṭesu tiṭṭhanti
Sandhisīṅghāṭakesu ca;
Dvārabāhāsu tiṭṭhanti
Āgantvāna sakaṃ gharaṃ.

Without the walls they stand and wait,
And at the junctions and road-forks;
Returning to their erstwhile homes,
They wait beside the jambs of gates.
他们站着在墙外，以及路的交接处，
他们站在门柱旁，来到了自己的家。

Pahūte annapānamhi
Khajjabhojje upaṭṭhite;
Na tesāṃ koci sarati
Sattānaṃ kammaṇaccayā.

But when a rich feast is set out
With food and drink of every kind,
The fact that no man does recall
These creatures stem from their past acts.
准备丰盛的食物，饮料副食与主食，
却没人记得他们，这些业生的有情。

Evaṃ dadanti ñātīnaṃ
Ye honti anukampakā;
Suciṃ paṇītaṃ kālena
Kappiyaṃ pānabhojanaṃ;
Idaṃ vo ñātīnaṃ hotu,
Sukhitā hontu ñātayo.

So they who are compassionate
At heart do give for relatives
Such drink and food as may be pure
And good and fitting at these times;
‘Then let this be for relatives;
‘May relatives have happiness.’
所以悲悯的人们，应为亲戚们布施；
饮料食物皆清净，殊胜适时与适宜。
「愿这（施与）亲戚们，愿亲戚们都快乐。」

Te ca tattha samāgantvā
Ñātipetā samāgatā;
Pahūte annapānamhi
Sakkaccaṃ anumodare.

These ghosts of the departed kin
Foregathered and assembled there
Will eagerly their blessing give
For [plentiful] rich food and drink:
来此聚集诸亡亲，他们来集在此处，
丰富食物并饮料，他们恭敬地随喜：

Ciraṃ jīvantu no ñātī,
Yesāṃ hetu labhāmase;
Amhākañca katā pūjā,
Dāyakā ca anipphalā.

‘So may our relatives live long,
‘Owing to whom we have this gain;
‘For honour to us has been done,
‘No giver ever lacked the fruit.’
「愿我们亲戚长寿，因彼等我们得此；
已对我们做供养，施者并非无果报。」

Na hi tattha kasi atthi,
Gorakkhettha na vijjati;
Vaṇijjā tādisī natthi,
Hiraññaena kayokayaṃ;
Ito dinnena yāpenti
Petā kālaṅkatā tahiṃ.

Unname udakaṃ vuṭṭhaṃ
Yathā ninnam pavattati;
Evameva ito dinnam
Petānam upakappati.

Yathā vārivahā pūrā
Paripūrenti sāgaram;
Evameva ito dinnam
Petānam upakappati.

Adāsi me akāsi me,
Ñātimittā sakhā ca me;
Petānam dakkhiṇam dajjā
Pubbe katamanussaram.

Na hi ruṇṇam vā soko vā,
Yā cañña paridevanā;
Na taṃ petānamatthāya,
Evaṃ tiṭṭhanti ñātayo.

Ayañca kho dakkhiṇā dinnā
Saṅghamhi suppatitṭhitā;
Dīgharattam hitāyassa,
Ṭhānaso upakappati.

So ñātidhammo ca ayaṃ nidassito,
Petāna pūjā ca katā ulārā;
Balañca bhikkhūnamanuppaddinam,
Tumhehi puññaṃ pasutaṃ anappakan'ti.

— KN, Khuddakapāṭha 7

Etena saccavajjena dukkhā vūpasamentu te.
Etena saccavajjena bhayā vūpasamentu te.
Etena saccavajjena sokā vūpasamentu te.

Now there is never ploughing there,
Nor any cattle-herding found,
Nor merchandizing just the same,
Nor bartering for coin of gold:
The ghosts of the departed kin
Live there on giving given here.
那里既没有农耕，那里也没有牧牛，
同样的没有贸易，也没有黄金买卖。
依靠这里的布施，那里鬼亡亲过活。

As water showered on the hill
Flows down to reach the hollow vale,
So giving given here can serve
The ghosts of the departed kin.
犹如高处的雨水，向着低处而运流；
如是在此的布施，利益做鬼的亡亲。

As river-beds when full can bear
The water down to fill the sea,
So giving given here can serve
The ghosts of the departed kin.
正如河水满溢时，水流注入到海洋；
如是在此的布施，利益做鬼的亡亲。

'He gave to me, he worked for me,
'He was my kin, friend, intimate.'
Give gifts, then, for departed ones,
Recalling what they used to do.
「他曾给我为我做，是我的亲友同伴。」
忆及先前他所做，应为饿鬼行布施。

No weeping, nor yet sorrowing,
Nor any kind of mourning, aids
Departed Ones, whose kin remain
[Unhelpful to them acting] thus.
不是哭泣非忧愁，亦非任何的悲泣，
如此做的亲戚们，对那鬼亡亲无益。

But when this offering is given
Well placed in the Community
For them, then it can serve them long
In future and at once as well.
做了这样的布施，妥善建立于僧团，
对他有长久利益，也能当下即得益。

The Dhamma for relatives has thus been shown,
And how high honour to departed ones is done,
And how the bhikkhus can be given strength as well,
And how great merit can be stored away by you.
已经示此亲戚法，殊胜供养予饿鬼，
及给诸比丘体力，你们所做福非小。

By this speaking of the truth, may you relieve from suffering.
By this speaking of the truth, may you relieve from fear.
By this speaking of the truth, may you relieve from grief.
借此真实话语，愿你平息痛苦；
借此真实话语，愿你平息恐惧；
借此真实话语，愿你平息忧愁。

Ādittasuttam The Fire Sermon 燃烧经

Evam me sutam: Ekaṃ samayaṃ Bhagavā
Gayāyaṃ viharati Gayā-sīse saddhiṃ bhikkhu-
sahassena. Tatra kho Bhagavā bhikkhū
āmantesi – “Sabbam, bhikkhave, ādittam.
Kiñca, bhikkhave, sabbam ādittam?”

“Cakkhu, bhikkhave, ādittam, rūpā ādittā,
cakkhu-viññānam ādittam, cakkhu-samphasso
āditto. Yam’pidam cakkhu-samphassa-paccayā
uppajjati vedayitam sukham vā dukkham vā
adukkhamasukham vā tam’pi ādittam. Kena
ādittam? ‘Rāgagginā dosagginā mohagginā
ādittam, jātiyā jarāya maraṇena sokehi
paridevehi dukkhehi domanassehi upāyāsehi
ādittan’ti vadāmi.

“Sotam ādittam, saddā ādittā, sota-
viññānam ādittam, sota-samphasso āditto.
Yam’pidam sota-samphassa-paccayā uppajjati
vedayitam sukham vā dukkham vā
adukkhamasukham vā tam’pi ādittam. Kena
ādittam? ‘Rāgagginā dosagginā mohagginā
ādittam, jātiyā jarāya maraṇena sokehi
paridevehi dukkhehi domanassehi upāyāsehi
ādittan’ti vadāmi.

“Ghānam ādittam, gandhā ādittā, ghāna-
viññānam ādittam, ghāna-samphasso āditto.
Yam’pidam ghāna-samphassa-paccayā
uppajjati vedayitam sukham vā dukkham vā
adukkhamasukham vā tam’pi ādittam. Kena
ādittam? ‘Rāgagginā dosagginā mohagginā
ādittam, jātiyā jarāya maraṇena sokehi
paridevehi dukkhehi domanassehi upāyāsehi
ādittan’ti vadāmi.

Thus I heard: At one time the Blessed One was
staying at Gayāsīsa, Gayā, together with a thousand
monks. There the Blessed One addressed the monks:
“Monks, all is burning. What, monks, is the all that is
burning?”

如是我闻：一时，世尊与一千位比丘住在迦耶
的象头山。于其处，世尊对比丘们说：「诸比丘，
一切在燃烧。诸比丘，什么是一切在燃烧？」

“The eye is burning, forms are burning, eye-
consciousness is burning, eye-contact is burning,
Whatever feeling arises dependent on eye-contact —
whether pleasant, painful or neither-painful-nor-pleasant
— that, too, is burning. Burning with what? Burning with
the fire of lust, with the fire of hatred, with the fire of
delusion; burning with birth, ageing, death, sorrow,
lamentation, pain, unhappiness, and despair, I say.

诸比丘，眼在燃烧，色在燃烧，眼识在燃烧，
眼触在燃烧，缘于此眼触而生之乐或苦或不苦不乐
受也在燃烧。以何燃烧？我说以贪火、以嗔火、以
痴火燃烧，以生、老、死、愁、悲、苦、忧、恼燃
烧。

“The ear is burning, sounds are burning, ear-
consciousness is burning, ear-contact is burning, and
whatever feeling arises with ear-contact as condition —
whether pleasant or painful or neither-painful-nor-
pleasant — that too is burning. Burning with what?
Burning with the fire of lust, with the fire of hatred, with
the fire of delusion; burning with birth, ageing, death,
sorrow, lamentation, pain, displeasure, and despair, I say.

耳在燃烧，声在燃烧，耳识在燃烧，耳触在燃
烧，缘于此耳触而生之乐或苦或不苦不乐受也在燃
烧。以何燃烧？我说以贪火、以嗔火、以痴火燃烧，
以生、老、死、愁、悲、苦、忧、恼燃烧。

“The nose is burning, odours are burning, nose-
consciousness is burning, nose-contact is burning, and
whatever feeling arises with nose-contact as condition —
whether pleasant or painful or neither-painful-nor-
pleasant — that too is burning. Burning with what?
Burning with the fire of lust, with the fire of hatred, with
the fire of delusion; burning with birth, ageing, death,
sorrow, lamentation, pain, displeasure, and despair, I say.

鼻在燃烧，香在燃烧，鼻识在燃烧，鼻触在燃
烧，缘于此鼻触而生之乐或苦或不苦不乐受也在燃
烧。以何燃烧？我说以贪火、以嗔火、以痴火燃烧，
以生、老、死、愁、悲、苦、忧、恼燃烧。

“Jivhā ādittā, rasā ādittā, jivhā-viññāṇaṃ ādittāṃ, jivhā-samphasso āditto. Yam’pidam jivhā-samphassa-paccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tam’pi ādittāṃ. Kena ādittāṃ? ‘Rāgagginā dosagginā mohagginā ādittāṃ, jātīyā jarāya maraṇena sokehi paridevehi dukkhehi domanassehi upāyāsehi ādittan’ti vadāmi.

“Kāyo āditto, phoṭṭhabbā ādittā, kāya-viññāṇaṃ ādittāṃ, kāya-samphasso āditto. Yam’pidam kāya-samphassa-paccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tam’pi ādittāṃ. Kena ādittāṃ? Rāgagginā dosagginā mohagginā ādittāṃ, jātīyā jarāya maraṇena sokehi paridevehi dukkhehi domanassehi upāyāsehi ādittan’ti vadāmi.

“Mano āditto, dhammā ādittā, mano-viññāṇaṃ ādittāṃ, mano-samphasso āditto. Yam’pidam mano-samphassa-paccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tam’pi ādittāṃ. Kena ādittāṃ? ‘Rāgagginā dosagginā mohagginā ādittāṃ, jātīyā jarāya maraṇena sokehi paridevehi dukkhehi domanassehi upāyāsehi ādittan’ti vadāmi.

“Evaṃ passaṃ, bhikkhave, sutavā ariya-sāvako cakkhusmim’pi nibbindati, rūpesu’pi nibbindati, cakkhu-viññāṇe’pi nibbindati, cakkhu-samphasse’pi nibbindati, yam’pidam cakkhu-samphassa-paccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmim’pi nibbindati.

“Sotasmim’pi nibbindati, saddesu’pi nibbindati, sota-viññāṇe’pi nibbindati, sota-samphasse’pi nibbindati, yam’pidam sota-samphassa-paccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmim’pi nibbindati.

“The tongue is burning, tastes are burning, tongue-consciousness is burning, tongue-contact is burning, and whatever feeling arises with tongue-contact as condition – whether pleasant or painful or neither-painful-nor-pleasant — that too is burning. Burning with what? Burning with the fire of lust, with the fire of hatred, with the fire of delusion; burning with birth, ageing, death, sorrow, lamentation, pain, displeasure, and despair, I say.

舌在燃烧，味在燃烧，舌识在燃烧，舌触在燃烧，缘于此舌触而生之乐或苦或不苦不乐受也在燃烧。以何燃烧？我说以贪火、以嗔火、以痴火燃烧，以生、老、死、愁、悲、苦、忧、恼燃烧。

“The body is burning, tactile objects are burning, body-consciousness is burning, body-contact is burning, and whatever feeling arises with body-contact as condition – whether pleasant or painful or neither-painful-nor-pleasant — that too is burning. Burning with what? Burning with the fire of lust, with the fire of hatred, with the fire of delusion; burning with birth, ageing, death, sorrow, lamentation, pain, displeasure, and despair, I say.

身在燃烧，触在燃烧，身识在燃烧，身触在燃烧，缘于此身触而生之乐或苦或不苦不乐受也在燃烧。以何燃烧？我说以贪火、以嗔火、以痴火燃烧，以生、老、死、愁、悲、苦、忧、恼燃烧。

“The mind is burning, mental phenomena are burning, mind-consciousness is burning, mind-contact is burning, and whatever feeling arises with mind-contact as condition – whether pleasant or painful or neither-painful-nor-pleasant — that too is burning. Burning with what? Burning with the fire of lust, with the fire of hatred, with the fire of delusion; burning with birth, ageing, death, sorrow, lamentation, pain, displeasure, and despair, I say.

意在燃烧，法在燃烧，意识在燃烧，意触在燃烧，缘于此意触而生之乐或苦或不苦不乐受也在燃烧。以何燃烧？我说以贪火、以嗔火、以痴火燃烧，以生、老、死、愁、悲、苦、忧、恼燃烧。

“Seeing thus, bhikkhus, the instructed noble disciple experiences disenchantment towards the eye, towards forms, towards eye-consciousness, towards eye contact, towards whatever feeling arises with eye-contact as condition – whether pleasant or painful or neither-painful-nor-pleasant.

诸比丘，如此彻见后，多闻圣弟子厌离眼，厌离色，厌离眼识，厌离眼触，厌离缘于此眼触而生之受，无论是乐，或苦，或不苦不乐。

“He experiences disenchantment towards the ear, towards sounds, towards ear-consciousness, towards ear contact, towards whatever feeling arises with ear-contact as condition – whether pleasant or painful or neither-painful-nor-pleasant.

他厌离耳，厌离声，厌离耳识，厌离耳触，厌离缘于此耳触而生之受，无论是乐，或苦，或不苦不乐。

“Ghānasmim’pi nibbindati, gandhesu’pi nibbindati, ghānaviññāṇe’pi nibbindati, ghānasamphasse’pi nibbindati, yam’pidam ghānasamphassa-paccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā tasmim’pi nibbindati.

“Jivhāya’pi nibbindati, rasesu’pi nibbindati, jivhā-viññāṇe’pi nibbindati, jivhā-samphasse’pi nibbindati, yam’pidam jivhāsamphassapaccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā tasmim’pi nibbindati.

“Kāyasmim’pi nibbindati, phoṭṭhabbesu’pi nibbindati, kāya-viññāṇe’pi nibbindati, kāya-samphasse’pi nibbindati, yam’pidam kāya-samphassa-paccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā tasmim’pi nibbindati.

“Manasmim’pi nibbindati, dhammesu’pi nibbindati, mano-viññāṇe’pi nibbindati, mano-samphasse’pi nibbindati, yam’pidam mano-samphassa-paccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā tasmim’pi nibbindati.

“Nibbindam virajjati; virāgā vimuccati; vimuttasmiṃ vimuttamiti ñāṇam hoti. ‘Khinā jāti, vusitam brahma-cariyam, katham karaṇīyam, nāparam itthattāyā’ti pajānāti”ti.

Idamavoca Bhagavā. Attamanā te bhikkhū Bhagavato bhāsitaṃ abhinandunṃ. Imasmiṃca pana veyyakaraṇasmiṃ bhaññamāne tassa bhikkhu-sahassassa anupādāya āsavehi cittāni vimuccimsū’ti.

— SN, Saḷāyatanavagga, Saḷāyatanaṣaṃyutta, 28

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

“He experiences disenchantment towards the nose, towards odours, towards nose-consciousness, towards nose contact, towards whatever feeling arises with nose-contact as condition – whether pleasant or painful or neither-painful-nor-pleasant.

他厌离鼻，厌离香，厌离鼻识，厌离鼻触，厌离缘于此鼻触而生之受，无论是乐，或苦，或不苦不乐。

“He experiences disenchantment towards the tongue, towards tastes, towards tongue-consciousness, towards tongue contact, towards whatever feeling arises with tongue-contact as condition – whether pleasant or painful or neither-painful-nor-pleasant.

他厌离舌，厌离味，厌离舌识，厌离舌触，厌离缘于舌触而生之受，无论是乐，或苦，或不苦不乐。

“He experiences disenchantment towards the body, towards tactile objects, towards body-consciousness, towards body contact, towards whatever feeling arises with body-contact as condition – whether pleasant or painful or neither-painful-nor-pleasant.

他厌离身，厌离触，厌离身识，厌离身触，厌离缘于此身触而生之受，无论是乐，或苦，或不苦不乐。

“He experiences disenchantment towards the mind, towards mental phenomena, towards mind-consciousness, towards mind contact, towards whatever feeling arises with mind-contact as condition – whether pleasant or painful or neither-painful-nor-pleasant.

他厌离意，厌离法，厌离意识，厌离意触，厌离缘于此意触而生之受，无论是乐，或苦，或不苦不乐。

“Disenchanted, he becomes dispassionate. Through dispassion he is liberated. Being liberated there is the liberation knowledge thus: He understands: ‘Destroyed is birth, the holy life has been lived, what had to be done has been done, there is no more for this state of being.’”

因厌离而离染，因离欲而解脱；因解脱而有解脱智，他了知：『生已尽，梵行已立，应作已作，再无后有。』」

This is what the Blessed One said. Elated, those bhikkhus delighted in the Blessed One’s statement. And while this discourse was being spoken, the minds of the thousand bhikkhus were liberated from the taints by non-clinging.

世尊如此说。那些比丘满意与欢喜世尊之言。当此开示正被宣说时，那一千位比丘的心透过无执取而从诸漏解脱。

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [of your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Aṭṭhaviṣati Buddhā Paritta

The Twenty-Eight Buddhas Protection 二十八佛护卫

Taṇhaṅkaro mahāvīro,
Medhaṅkaro mahāyaso,
Saraṇaṅkaro lokahito,
Dīpaṅkaro jutindharo,

Koṇḍañña janapāmokkho,
Maṅgalo purisāsabho,
Sumano sumano dhīro,
Revato rativaḍḍhano,

Sobhito guṇasampanno,
Anomadassī januttamo,
Padumo lokapajjoto,
Nārado varasārathi,

Padumuttaro sattasāro,
Sumedho aggapuggalo,
Sujāto sabbalokaggo,
Piyadassī narāsabho,

Atthadassī kāruṇiko,
Dhammadassī tamonudo,
Siddhattho asamo loke,
Tisso varada-saṁvaro,

Phusso varada-sambuddho,
Vipassī ca anūpamo,
Sikhī sabbahito satthā,
Vessabhū sukhadāyako,

Kakusandho satthavāho,
Koṇāgamano raṇaṇjaho,
Kassapo sirisampanno,
Gotamo sakya-puṇḍavo.

Tesaṁ saccena sīlena
Khanti-metta-balena ca,
Te'pi maṁ anurakkhantu
Arogena sukkena ca.

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṁ.

Taṇhaṅkara the great hero, Medhaṅkara with great fame,
Saraṇaṅkara the benefactor of the world,
Dīpaṅkara the bearer of light,

断爱佛是大英雄；用智佛有大名誉；
作依佛利益世间；燃灯佛背负光明；

Koṇḍañña the foremost of people, Maṅgala the man Supreme,
Sumana the good-hearted sage, Revata who enhanced joy,

智调佛大众之首；吉祥佛人中之王；
善心佛善心贤者；烈瓦佛增长喜悦；

Sobhita with perfect virtue, Anomadassī the chief of people,
Paduma the torch to the world, Nārada the coach unsurpassed,

光耀佛德行圆满；高见佛人中最上；
莲花佛世界之灯；那兰佛至上调师；

Padumuttara the most excellent of beings, Sumedha the foremost man,
Sujāta the chief of all the world, Piyadassī mankind's Lord,

胜莲佛最胜有情；妙智佛乃最上人；
善生佛世界之顶；喜见佛人中之王；

Atthadassī the Compassionate One, Dhammadassī the dispeller of darkness,
Siddhattha matchless in the world, Tissa restrained giver of the best,

义见佛乃悲悯者；法见佛驱除黑暗；
成就佛世间无同；提舍佛自制予上；

Phussa the self-enlightened One and giver of the best,
Vipassī the unrivalled one, Sikhī the all-benefactor teacher,
Vessabhū the giver of happiness,

吉利佛自觉予上；观慧佛无可匹比；
火焰佛全利导师；牛音佛快乐施者；

Kakusandha the caravan guide, Koṇāgamana done with strife,
Kassapa of perfect splendour, Gotama the chief of Sakyan,

接峰佛商队向导；金至佛已断斗争；
迦叶佛祥瑞圆满；释迦主乔达摩佛。

By their truth and virtue, and the power of patience and loving-kindness,
may they protect me [you], and may health and happiness be mine.

以他们之真实及戒、忍辱与慈爱的力量，
希望他们能保护我，让我无病痛且快乐。

By this speaking of truth, may there be well-being for you always.
By this speaking of truth, may all [of your] diseases disappear.
By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Jayamaṅgala-Gāthā Verses on the Blessings of Triumph 胜利吉祥偈

Bāhuṃ saḥassamabhinimmita-sāyudhaṃ taṃ,
Girimekhalāṃ uḍita-ghora-sasena-Māraṃ,
Dānādi-dhamma-vidhinā jitavā Munindo,
Taṃ tejasā bhavatu te jaya-maṅgalāni!

Creating a form with a thousand arms, each with a weapon, Māra [on the elephant] Girimekhala roared frightfully with his horde. The Lord of Sages conquered him by means of the Dhamma of giving, etc.: by the power of that may there be triumphant blessings for you!

他变现各持武器的千手，魔王领军坐在怒吼的笈利美卡喇（象背）；牟尼王以布施等法战胜。以其威力，愿你胜利吉祥！

Mārātirekamabhiyujjhita-sabba-rattim,
Ghoraṃ paṇālavakamakhamathaddhayakkhaṃ,
Khantī-sudanta-vidhinā jitavā Munindo,
Taṃ tejasā bhavatu te jaya-maṅgalāni!

More than Māra making war all night was the frightfulness of Ālavaka the impatient and arrogant demon, The Lord of Sages conquered him by the well-tamed means of patience: by the power of that may there be triumphant blessings for you!

比魔王更恐怖的是整夜战斗，不耐烦、顽固的阿喇瓦咖夜叉；牟尼王以忍耐、善调御之法战胜。以其威力，愿你胜利吉祥！

Nālāgiriṃ gaja-varaṃ atimatta-bhūtaṃ,
Dāvaggi-cakkamasanī'va sudāruṇaṃ taṃ,
Mettambu-seka-vidhinā jitavā Munindo,
Taṃ tejasā bhavatu te jaya-maṅgalāni!

That noble elephant Nālāgiri, being very intoxicated and very cruel, was like a forest fire, wheel-weapon or a thunderbolt, the Lord of Sages conquered by means of sprinkling the waters of loving-kindness: by the power of that may there be triumphant blessings for you!

象王那喇笈利极醉，暴如林火、轮器、雷电；牟尼王以洒慈水之法得胜。以其威力，愿你胜利吉祥！

Ukkhitta-khagga-mati-hattha-sudāruṇaṃ taṃ,
Dhāvaṃ ti-yojana-pathaṅguli-mālavantaṃ,
Iddhībhisaṅkhatamano jitavā Munindo,
Taṃ tejasā bhavatu te jaya-maṅgalāni!

He being very cruel and with a sword raised in his skilled hand, [Aṅgulimāla] running for three leagues along the path, the Lord of Sages conquered by performing a psychic feat: by the power of that may there be triumphant blessings for you!

手中高举着刀剑，凶暴的戴指鬘者追赶了三由旬的路；牟尼王以意所作神变而胜利。以其威力，愿你胜利吉祥！

Katvāna kaṭṭhamudaraṃ iva gabbhinīyā,
Ciñcāya duṭṭha-vacanaṃ jana-kāya-majjhe,
Santena soma-vidhinā jitavā Munindo,
Taṃ tejasā bhavatu te jaya-maṅgalāni!

Having made her belly like she was pregnant [by tying on] a piece of wood, Ciñcā spoke indecently (falsely accusing the Buddha) in the midst of the crowd. The Lord of Sages conquered her by fair and peaceful means: by the power of that may there be triumphant blessings for you!

肚藏木块扮孕妇，金陀在人群中恶言（诬告佛陀）；牟尼王以静默优雅的方法而胜利。以其威力，愿你胜利吉祥！

Saccaṃ viḥāya mati'Saccaka-vāda-ketuṃ,
Vādābhiropitamaṇaṃ ati-andha-bhūtaṃ,
Paññā-padīpa-jalito jitavā Munindo,
Taṃ tejasā bhavatu te jaya-maṅgalāni!

Forsaking the truth and reason was a sign of Saccaka's philosophy, which was well developed but completely blind; the Lord of Sages conquered [him] by the blazing lamp of wisdom: by the power of that may there be triumphant blessings for you!

萨查卡的理论舍弃了真理与道理，虽然结构得非常好但却极盲目；牟尼王以慧灯之光而胜利。以其威力，愿你胜利吉祥！

Nandopanandabhujagaṃ vibudhaṃ mahiddhiṃ,
Puttena therā-bhujagena damāpayanto,
Iddhūpadesa-vidhinā jitavā Munindo,
Taṃ tejasā bhavatu te jaya-maṅgalāni!

Nandopananda, the divine serpent with great power, the [Buddha had His] son, the Elder [Ven. Mahā-Moggallāna] tamed [by becoming a] serpent (temporarily), the Lord of Sages had conquered by means of showing psychic power: by the power of that may there be triumphant blessings for you!

难多巴难达龙贤明大神通，弟子[目犍连]化为龙去调伏；牟尼王以指示神通的方法而胜利。以其威力，愿你胜利吉祥！

Duggāha-diṭṭhi'bhujagena sudaṭṭha-hatthaṃ,
Brahmaṃ visuddhi-jutimiddhi-Bakābhiddhānaṃ,
Ñāṇāgadena vidhinā jitavā Munindo,
Taṃ tejasā bhavatu te jaya-maṅgalāni!

[Just as one's] hand [would be] well bitten by a snake [that is held wrongly, such were] the wrongly grasped views of the Brahma-god named Baka of pure light and power. The Lord of Sages conquered him by means of the medicine of knowledge: by the power of that may there be triumphant blessings for you!

就像捉错蛇之手被咬，清净光明、拥有神通、名叫拔伽的梵天误捉的邪见也咬他；牟尼王以智药的方法而胜利。以其威力，愿你胜利吉祥！

Etā'pi Buddha-jaya-maṅgala-aṭṭha-gāthā,
Yo vācako dina-dine saratematandī,
Hitvānaneka-vividhāni cupaddavāni,
Mokkhaṃ sukhaṃ adhigameyya nara sapañño'ti.

These are the eight verses on the Buddha's blessings of triumph; one who is diligent and recites daily recollecting [these] would, being a man with wisdom, overcome the manifold obstacles [to the practice] and attain liberation and happiness.

此是佛陀的胜利吉祥八首偈，日日勤勉诵说忆念者，能舍除多种灾祸，有慧之人能获得解脱快乐！

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [of your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Tesattati Ñāṇāni Seventy-Three Types of Knowledge 七十三智

1. Sotāvadhāne paññā sutamaye ñāṇam. 2. Sutvāna samvare paññā sīlamaye ñāṇam. 3. Samvaritvā samādahane paññā samādhi-bhāvanāmaye ñāṇam. 4. Paccayapariggahe paññā dhammatṭhiti-ñāṇam. 5. Atītānāgatapaccuppannānaṃ dhammānaṃ saṅkhipitvā vavatthāne paññā sammāsane ñāṇam. 6. Paccuppannānaṃ dhammānaṃ vipariṇāmanupassane paññā udayabbayānupassane ñāṇam. 7. Ārammaṇaṃ paṭisaṅkhā bhaṅgānupassane paññā vipassane ñāṇam. 8. Bhayatupatṭhāne paññā ādīnave ñāṇam. 9. Muñcitukamyatā-paṭisaṅkhā-santiṭṭhanā paññā saṅkhārupekkhāsu ñāṇam. 10. Bahiddhā vuṭṭhānavivaṭṭane paññā gotrabhu-ñāṇam. 11. Dubhato vuṭṭhānavivaṭṭane paññā magge ñāṇam. 12. Payogappaṭippassaddhi paññā phale ñāṇam. 13. Chinnavaṭumānupassane paññā vimuttiñāṇam.	1. The wisdom of listening attentively and intelligently to the Dhamma is knowledge gained by listening. 聆听法的智慧是闻所成智。 2. The wisdom of restraint after hearing [learning] is knowledge of what consists in virtue. 听闻后克制的智慧是戒所成智。 3. The wisdom of concentrating after restraining is knowledge gained by developing concentration. 克制后得定的智慧是修定所成智。 4. Knowledge of the causes and conditions for the arising of the five aggregates is knowledge of cause and effect. 缘摄受(了知五蕴生起的因缘)的智慧是法住智。 5. The wisdom of analyzing all dhammas of the past, future and present as impermanent, suffering and non-self is knowledge of comprehension. 对过去、未来、现在诸法整体地分别(无常、苦、无我)的智慧是思惟智。 6. Seeing again and again with wisdom the presently-arisen dhammas' change is knowledge of contemplation of arising and passing away. 以智随观(一再地观照)当下法之变易是生灭随观智。 7. Seeing again and again with wisdom the dissolution after reflecting on an object is insight knowledge. 思惟所缘后以智一再地观照坏灭是观智。 8. Understanding of appearance as terror is knowledge of fault. 了知怖畏显现的智慧是过患智。 9. Understanding of desire for deliverance, of considering the means for it, and of being equanimous is the knowledge of equanimity about formations. 欲解脱、审察与住立(舍)的智慧是行舍智。 10. Understanding of emergence and turning away from the external objects [conditioned phenomena] is change-of-lineage knowledge. 从外出起与转离(有为法)的智慧是种姓智。 11. Understanding of emergence and turning away from both [the external and internal] is path knowledge. 从(内外)两者出起与转离的智慧是道智。 12. The wisdom gained through calming down the effort [i.e. through the completion of the effort] is fruition knowledge. 透过加行止息(圆满或平息努力)而成就的智慧是果智。 13. The wisdom that sees the round of defilements that has been cut off is knowledge of liberation. 见烦恼轮转已被切断的智慧是解脱智。

14. Tadā samudāgate dhamme passane paññā paccavekkhaṇe ñāṇaṃ.
14. The wisdom that sees the supramundane dhammas [path and fruition] that have arrived is the knowledge of reviewing.
见已达到的出世间法的智慧是省察智。
15. Ajjhataṇṇavavattāṇe paññā vatthunāṇatte ñāṇaṃ.
15. The wisdom of determining the internal sense bases is knowledge of the differences in the internal sense bases.
分别内（处）的智慧是依处差别智。
16. Bahiddhāṇavavattāṇe paññā gocaraṇāṇatte ñāṇaṃ.
16. The wisdom with regard to determining the externals [i.e. sense objects] is knowledge of difference in the domains.
分别外（处）的智慧是行处差别智。
17. Cariyāṇavavattāṇe paññā cariyāṇāṇatte ñāṇaṃ.
17. The wisdom of defining behaviour is knowledge of difference in behaviour [of consciousness].
分别（心的）行为的智慧是（心）行差别智。
18. Catudhammaṇavavattāṇe paññā bhūmiṇāṇatte ñāṇaṃ.
18. The wisdom of defining four dhammas is knowledge of the difference in planes.
分别四法的智慧是地差别智。
19. Navadhammaṇavavattāṇe paññā dhammaṇāṇatte ñāṇaṃ.
19. The wisdom of defining nine dhammas is knowledge of the difference in dhammas.
分别九法的智慧是法差别智。
20. Abhiññāpaññā ñāṭṭhaṇṇe ñāṇaṃ.
20. Understanding as direct knowledge is knowledge of the things-to-be-known [the five aggregates].
亲证的智慧是所知智。（所知=五蕴）
21. Parīññāpaññā tīraṇaṇṇe ñāṇaṃ.
21. The wisdom that understands fully the general characteristics of the five aggregates is the knowledge of deciding.
遍知五蕴之共相的智慧是度智。
22. Pahāṇe paññā pariccāgaṇṇe ñāṇaṃ.
22. The wisdom that abandons wrong perceptions such as permanence is the knowledge of giving up.
断除常想等邪想的智慧是舍弃智。
23. Bhāvanāpaññā ekarasaṇṇe ñāṇaṃ.
23. Wisdom with regard to developing the mind is the knowledge of one flavour.
修习心的智慧是一味智。
24. Sacchikiriyāpaññā phusaṇṇe ñāṇaṃ.
24. The wisdom of realization is the knowledge in the sense of experiencing.
体悟的智慧是体证智。
25. Atthaṇṇāṇatte paññā attha-paṭisaṃbhide ñāṇaṃ.
25. The wisdom with regard to the difference in meaning is knowledge of discrimination of meaning.
了知义之差别的智慧是义无碍解智。
26. Dhammaṇāṇatte paññā dhamma-paṭisaṃbhide ñāṇaṃ.
26. The wisdom with regard to the difference in dhammas is knowledge of discrimination of dhammas.
了知法之差别的智慧是法无碍解智。
27. Niruttaṇṇāṇatte paññā nirutti-paṭisaṃbhide ñāṇaṃ.
27. The wisdom with regard to the difference in language is knowledge of discrimination of language.
了知词句之差别的智慧是词无碍解智。
28. Paṭibhāṇāṇatte paññā paṭibhāṇa-paṭisaṃbhide ñāṇaṃ.
28. The wisdom with regard to the difference in perspicuity is knowledge of discrimination of perspicuity.
了知应辩之差别的智慧是应辩无碍解智。
29. Vihāraṇāṇatte paññā viharāṇṇe ñāṇaṃ.
29. The wisdom with regard to abiding in various [insight meditations] is the knowledge of abiding.
了知安住（观智）之差别的智慧是安住义智。

30. Samāpattinānatte paññā samāpattaṭṭhe ñāṇaṃ.
30. The wisdom regarding various attainments, such as the attainment of the signless deliverance, is the knowledge of the nature of attainments.
了知定(例如无相解脱定)之差别的智慧是定义智。
31. Vihāra-samāpatti-nānatte paññā vihāra-samāpattaṭṭhe ñāṇaṃ.
31. The wisdom regarding the difference of abiding in insight and attainment is knowledge of insight and attainment.
了知安住与定之差别的智慧是安住定义智。
32. Avikkhepaparisuddhattā āsavaśamucchede paññā ānatarika-samādhimhi ñāṇaṃ.
32. The wisdom regarding the destruction of the defilements due to the purity of the undistracted mind is knowledge of concentration with immediate result. 因为心不散乱的清净而漏全断的智慧是无间定智。(无间=立刻产生果报)
33. Dassanādhipeyyaṃ santo ca viharādhigamo paṇitādhimuttatā paññā araṇavihāre ñāṇaṃ.
33. Understanding as predominance of seeing [insight], and as achievement of a peaceful abiding [arahantship], and as resoluteness on the sublime goal [fruition attainment], is knowledge of abiding without conflict.
属于见增上(观智)、体证寂静住(阿罗汉果)与决意于殊胜(果定)的智慧是无诤住智。(增上=主导、首要)
34. Dvīhi balehi samannāgatattā tayo ca saṅkhārānaṃ paṭippassaddhiyā soḷasahi ñāṇacariyāhi navahi samādhicariyāhi vasibhāvatā paññā nirodha-samāpattiyā ñāṇaṃ.
34. The wisdom that has mastery due to the possession of two powers [i.e. perfect serenity and insight] and the possession of sixteen modes of behaviour of knowledge and nine modes of behaviour of concentration, for the tranquillization of three formations is the knowledge of the attainment of cessation.
由于具备(圆满的止与观)两种力而获得的自在,以及拥有十六种智行与九种定行以便止息三种行法的智慧是灭尽定智。
35. Sampajānassa pavatta-pariyādāne paññā parinibbāne ñāṇaṃ.
35. The wisdom regarding the complete cessation of re-becoming in one who knows perfectly is the knowledge of complete cessation.
正知者有关轮转灭尽的智慧是完全灭尽智。
36. Sabbadhammānaṃ sammā samucchede nirodhe ca anupaṭṭhānatā paññā samasīsaṭṭhe ñāṇaṃ.
36. Understanding of the complete cutting off of all dhammas, of their cessation, and of their non-reappearance, is knowledge of the destruction of the cankers and the end of life simultaneously [knowledge that arises in one who attains arahantship at the moment of death].
了知一切法已全断、灭尽及不再生起的智慧是同达顶智(同时漏尽命尽智=死亡时证悟阿罗汉的智慧)。
37. Puthu-nānattateja-pariyādāne paññā sallekhaṭṭhe ñāṇaṃ.
37. The wisdom that wears away defilements such as lust and sensual desire, all of which are totally different to supramundane states, is the knowledge of effacement.
损减与出世间法完全不同的贪欲等烦恼的智慧是损减智。

38. Asallīnatta-pahitatta-paggahaṭṭhe paññā
vīriyārambhe ñāṇaṃ.
39. Nānādharmappakāsanatā paññā attha-
sandassane ñāṇaṃ.
40. Sabbadhammānaṃ ekasaṅgahatā-
nānattekatta-paṭivedhe paññā
dassanavisuddhiñāṇaṃ.
41. Veditattā paññā khantiñāṇaṃ.
42. Phuṭṭhattā paññā pariyoḡāhane ñāṇaṃ.
43. Samodahane paññā padesavihāre ñāṇaṃ.
44. Adhipatattā paññā saññāvivattaṇṇaṇaṃ.
45. Nānatte paññā cetovivattaṇṇaṇaṃ.
46. Adhiṭṭhāne paññā cittavivattaṇṇaṇaṃ.
47. Suññate paññā ñāṇavivattaṇṇaṇaṃ.
48. Vossagge paññā vimokkhavivattaṇṇaṇaṃ.
38. The wisdom that understands the effort made by one whose mind is full of energy and who strives regardless of body and life is the knowledge of the application of effort.
了知充满精进与不顾生命自奋的智慧是致力精进智。
39. The wisdom of explaining various dhammas so that they can be clearly understood is the knowledge of making the meaning clear.
解释种种法以便能够清楚明白的智慧是义阐明智。
40. The wisdom that understands the grouping together of all dhammas [mind and mental states as impermanent, suffering and non-self] and seeing their special characteristics is the knowledge of the purity of vision.
了知归纳一切（名色）法（为无常、苦、无我）与通达它们的特相的智慧是见清净智。
41. The wisdom that arises through the understanding of the characteristics of the five aggregates is the knowledge of realization.
了知五蕴之相的智慧是了知智。
42. The wisdom that arises through experiencing the nature of the five aggregates [i.e. experiencing the characteristics of impermanence, suffering, and non-self] is the knowledge of deep penetration.
体证五蕴之无常、苦、无我相的智慧是彻知智。
43. The wisdom that summarizes feelings, which are part of the five aggregates, is the knowledge of abiding in one area.
归纳五蕴一部分之受的智慧是安住一处智。
44. The wisdom due to what is given predominance [such as renunciation] in the jhānic mind is the knowledge of turning away [from sensual desire, etc.] through perception.
着重（禅那的出离）的智慧是想转离智。（转离欲贪等）
45. The wisdom that sees the danger of hindrances such as sensual lust which are different to the dhammas that should be developed is the knowledge of turning away the mind by will.
知见与应培育之法不同的欲贪等诸盖的危险的智慧是意志转离智。
46. The wisdom of establishing the mind in dhammas such as renunciation is the knowledge of turning away the mind through understanding.
了知应建立心于出离等法的智慧是心转离智。
47. The wisdom regarding voidness is the knowledge that the mind has turned to the knowledge of non-self.
关于空的智慧是（无我）智转离智。
48. The wisdom that arises through the relinquishment of hindrances such as sensual lust is the knowledge of turning away through liberation.
透过舍弃欲贪等诸盖而生起的智慧是（透过）解脱转离智。

49. Tathaṭṭhe paññā saccavivaṭṭe ñāṇaṃ.

50. Kāyampi cittampi ekavavatthānatā
sukhasaññañca lahusaññañca adhiṭṭhāna-
vasena ijjanaṭṭhe paññā iddhiṇṇaṃ
ñāṇaṃ.

51. Vitakka-vipphāra-vasena nānattekatta-
sadda-nimittānaṃ pariyogāhaṇe paññā
sotadhātu-visuddhi-ñāṇaṃ.

52. Tiṇṇannaṃ cittānaṃ vipphārattā
indriyānaṃ pasāda-vasena nānattekatta-
viññāṇa-cariyā pariyogāhaṇe paññā ceto-
pariya-ñāṇaṃ.

53. Paccayappavattānaṃ dhammānaṃ
nānattekatta-kamma-vipphāra-vasena
pariyogāhaṇe paññā pubbenivāsānussati-
ñāṇaṃ.

54. Obhāsa-vasena nānattekatta-rūpa-
nimittānaṃ dassanaṭṭhe paññā
dibbacakkhuññaṇaṃ.

55. Catusaṭṭhiyā ākārehi tiṇṇannaṃ
indriyānaṃ vasībhāvatā paññā āsavānaṃ
khaye ñāṇaṃ.

56. Pariññaṭṭhe paññā dukkhe ñāṇaṃ.

57. Pahānaṭṭhe paññā samudaye ñāṇaṃ.

58. Sacchikiriyaṭṭhe paññā nirodhe ñāṇaṃ.

59. Bhāvanaṭṭhe paññā magge ñāṇaṃ.

60. Dukkhe ñāṇaṃ.

49. The wisdom that arises through the thorough understanding of the unchanging nature of the four noble truths is the knowledge of turning away by being established in the truth.

透过彻知四圣谛的如是不变本质而生起的智慧是（透过建立）谛转离智。

50. The wisdom gained by the will-power of defining body and mind as one and of steadying the perception of bliss and lightness is knowledge of the kinds of psychic power.

透过分析身心为一及决意乐想与轻快想而成就的智慧是神变智。

51. The wisdom gained by comprehending sound signs in their diversity and unity through the expansion of applied-thought is knowledge of purification of the ear-element.

透过扩大寻去了知多样及单一之声相的智慧是耳界清净智。

52. The wisdom gained by penetrating the behaviour of [others'] consciousness in its diversity and unity through the sensitivity [seen] in the [six] physical faculties [of their eye, etc.] due to the expansion of the three types of [their] mind is knowledge of penetration of [others'] mind.

透过因为扩大三种心而使（六）根纯净度（变化）而彻知（别人）多样及单一之识行的智慧是他心智。

53. The wisdom gained by penetrating conditionally occurring phenomena through the expansion of kamma in its diversity and unity is knowledge of recollection of [one's] past lives.

透过扩大多样及单一之业而彻知缘转起之法的智慧是宿住随念智。

54. The wisdom gained by seeing signs of visible objects in their diversity and unity by means of illumination is knowledge of the divine eye.

透过光明而见多样及单一之色相的智慧是天眼智。

55. The wisdom gained by the mastery of the three [supramundane] faculties in sixty-four aspects is knowledge of the exhaustion of mental cankers [i.e. of the Path of Arahantship].

透过自在掌握三种出世间根的六十四个方面而得的智慧是漏尽智（=阿罗汉果智）。

56. Wisdom that fully understands suffering.

了知遍知义是苦智。

57. Wisdom with regard to abandoning the cause of suffering.

了知断义是集智。

58. Wisdom that realizes the cessation of suffering.

了知体证义是灭智。

59. Wisdom that understands the development of the path is knowledge of the path.

了知培育义是道智。

60. Knowledge of suffering.

苦智。

61. Dukkhasamudaye ñāṇaṃ.	61. Knowledge of the cause of suffering. 苦集智。
62. Dukkhanirodhe ñāṇaṃ.	62. Knowledge of the cessation of suffering. 苦灭智。
63. Dukkhanirodhagāminiyā paṭipadāya ñāṇaṃ.	63. Knowledge of the path leading to the cessation of suffering. 趣向苦灭之行道智。
64. Atthapaṭisambhida ñāṇaṃ.	64. Analytical knowledge of the meaning. 义无碍解智。
65. Dhammapaṭisambhida ñāṇaṃ.	65. Analytical knowledge of the dhamma. 法无碍解智。
66. Niruttapaṭisambhida ñāṇaṃ.	66. Analytical knowledge of language. 词无碍解智。
67. Paṭibhānapaṭisambhida ñāṇaṃ.	67. Analytical knowledge of perspicuity [i.e. regarding the preceding three kinds of knowledge]. 应辩无碍解智。(即关于前三种无碍解智的应辩无碍。)
68. Indriya-paropariyatte ñāṇaṃ.	68. The knowledge of penetration of others' faculties. 知解他人根器智。
69. Sattānaṃ āsayānusaye ñāṇaṃ.	69. The knowledge of the inclination and hidden tendencies in beings. 有情之倾向随眠智。
70. Yamakapāṭihāriye ñāṇaṃ.	70. The knowledge of performing the twin miracle. 双神变智。
71. Mahākaruṇāsamāpattiyā ñāṇaṃ.	71. The knowledge of the attainment of Great Compassion. 大悲定智。
72. Sabbaññutañāṇaṃ.	72. Omniscient knowledge. 一切知智。
73. Anāvaraṇañāṇaṃ.	73. Unobstructed knowledge. 无碍智。

Imāni tesattati ñāṇāni. Imesaṃ tesattatiyā ñāṇānaṃ sattaṣaṭṭhi ñāṇāni sāvakaśādhāraṇāni, cha ñāṇāni asādhāraṇāni sāvakehi.

— KN, Paṭisambhidāmagga, Mātikā

Imehi tesattatiyā ñāṇehi samannāgataṃ Sammāsambuddhaṃ Bhagavantaṃ sirasā namāmi.

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

These are seventy-three kinds of knowledge. Of these seventy-three kinds of knowledge, sixty-seven are shared by disciples and six are not shared by disciples.

这些是七十三智。于此七十三智中，六十七智与诸弟子共有，六智与诸弟子不共有。

To that Exalted One, the Perfectly Self-Enlightened One possessed of these seventy-three kinds of knowledge, I bow in deepest reverence.

我顶礼具备此七十三智的世尊、圆满自觉者。

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [of your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Mettānisaṃsasuttaṃ

The Discourse on the Benefits of Loving-Kindness 慈愛利益经

Evam me sutam – ekam samayam
bhagavā sāvattiyam viharati jetavane
anāthapiṇḍikassa ārāme. Tatra kho bhagavā
bhikkhū āmantesi – “bhikkhavo”ti.
“Bhadante”ti te bhikkhū bhagavato
paccassosum. Bhagavā etadavoca –

“Mettāya, bhikkhave, cetovimuttiyā
āsevitāya bhāvitāya bahulikatāya yānikatāya
vatthukatāya anuṭṭhitāya paricitāya
susamāraddhāya ekādasānisaṃsā pāṭikaṅkhā.
Katame ekādasā?

“Sukham supati, sukham paṭibujjhati, na
pāpakam supinam passati, manussānam piyo
hoti, amanussānam piyo hoti, devatā
rakkhanti, nāssa aggi vā visam vā sattham vā
kamati, tuvaṇam cittam samādhīyati,
mukhavaṇṇo vippasīdati, asammūlho kālam
karoti, uttari appaṭivijjhanto brahmalokūpago
hoti.

“Mettāya, bhikkhave, cetovimuttiyā
āsevitāya bhāvitāya bahulikatāya yānikatāya
vatthukatāya anuṭṭhitāya paricitāya
susamāraddhāya ime ekādasānisaṃsā
pāṭikaṅkhā”ti.

Idamavoca Bhagavā, attamanā te bhikkhū
Bhagavato bhāsitaṃ abhinandun”ti.

– AN.XI.15

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalam.

Thus have I heard: at one time the Blessed One was dwelling near Sāvattihī at Anāthapiṇḍika’s grounds in Jeta’s Wood. There the Blessed One addressed the monks, saying: “Bhikkhus!” “Reverend Sir!” those bhikkhus replied to the Blessed One, and the Blessed One said this:

如是我闻。一时，世尊住在舍卫城附近的祇陀林给孤独园。在那里，世尊称呼众比丘：「诸比丘。」众比丘回答：「尊者。」世尊如此说道：

“If, Bhikkhus, the liberation of the mind through loving-kindness is practised, developed, made much of, made one’s vehicle and foundation, firmly established, consolidated and thoroughly undertaken, eleven benefits are to be expected. What eleven?”

「诸比丘，如果修行、培育、多做慈心解脱，把它作为车乘，作为依处，稳固地建立它，巩固它，善正精勤于它，便可预期十一种利益。是哪十一种？」

“One sleeps happily; one awakens happily; one sees no evil dreams; one is dear to human beings; one is dear to non-human beings; one is protected by the devas; fire, poison and weapons cannot harm one; one’s mind is quickly concentrated; one’s facial complexion brightens up; one passes away unconfused; and if one fails to penetrate further (into Nibbāna), one is reborn into the Brahma world.

他快乐地睡眠；他快乐地醒来；他不会梦见恶梦；人类喜爱他；非人喜爱他；诸神保护他；火、毒与武器都不能伤到他；他的心迅速地得定；他的面容光彩明亮；他毫不迷惑地逝世；如果没有证悟高超的（涅槃），他会投生到梵天界。

“If, Bhikkhus, the liberation of the mind through loving-kindness is practised, developed, made much of, made one’s vehicle and foundation, firmly established, consolidated and thoroughly undertaken, these eleven benefits are to be expected.”

诸比丘，如果修行、培育、多做慈心解脱，把它作为车乘，作为依处，稳固地建立它，巩固它，善正精勤于它，便可预期这十一种利益。」

This is what the Blessed One said. Delighted, the bhikkhus rejoiced in the words of the Blessed One.

这是世尊所说。诸比丘满意欢喜世尊之言。

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [of your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Dutiyamārapāsasuttaṃ

Second Discourse on Māra's Snare 第二魔王陷阱经

Evam me sutam: Ekaṃ samayaṃ bhagavā
bārāṇasiyaṃ viharati isipatane migadāye. Tatra
kho bhagavā bhikkhū āmantesi –
“bhikkhavo”ti. “Bhadante”ti te bhikkhū
bhagavato paccassosuṃ. Bhagavā etadavoca:

“Muttāhaṃ, bhikkhave, sabbapāsehi ye
dibbā ye ca mānusa. Tumhepi, bhikkhave,
muttā sabbapāsehi ye dibbā ye ca mānusa.
Caratha, bhikkhave, cārikaṃ
bahujanahitāya bahujanasukhāya
lokānukampāya atthāya hitāya sukhāya
devamanussānaṃ. Mā ekena dve
agamittha. Desetha, bhikkhave, dhammaṃ
ādikalyāṇaṃ majjhekalyāṇaṃ pariyosāna-
kalyāṇaṃ sātthaṃ sabyañjanaṃ. Kevala-
paripuṇṇaṃ parisuddhaṃ brahmacariyaṃ
pakāsetha. Santi sattā apparajakkhajātikā,
assavanatā dhammassa parihāyanti.
Bhavissanti dhammassa aññātāro. Ahampi,
bhikkhave, yena uruvelā senānigamo
tenupasaṅkamissāmi dhammadesanāyā”ti.

Atha kho māro pāpimā yena bhagavā
tenupasaṅkami; upasaṅkamitvā bhagavantam
gāthāya ajjhabhāsi:

“Baddhosi sabbapāsehi,
Ye dibbā ye ca mānusa;
Mahābandhanabaddhosi,
Na me samaṇa mokkhasi”ti.

“Muttāhaṃ sabbapāsehi,
Ye dibbā ye ca mānusa;
Mahābandhanamuttomhi,
Nihato tvamasi antakā”ti.

Thus I heard: At one time the Blessed One was
staying in the deer park at Isipatana [near] Bārāṇasī.
There the Blessed One addressed the bhikkhus thus:
“Bhikkhus.” “Venerable Sir,” those bhikkhus replied. The
Blessed One said this:

如是我闻，一时世尊住在波罗奈城附近仙人坠
处的鹿野苑。于其处，世尊对诸比丘说：「诸比丘。」
那些比丘回应：「尊者。」世尊如此说：

“Bhikkhus, I am freed from all snares, both divine
and human. You too, bhikkhus, are freed from all snares,
both divine and human. Wander forth, O bhikkhus, for the
welfare of the multitude, for the happiness of the
multitude, out of compassion for the world, for the good,
welfare, and happiness of devas and humans. Let not two
go the same way. Teach, O bhikkhus, the Dhamma that is
good in the beginning, good in the middle, good in the
end, with the right meaning and phrasing. Reveal the
perfectly complete and purified holy life. There are beings
with little dust in their eyes who are falling away because
they do not hear the Dhamma. There will be those who
will understand the Dhamma. I too, bhikkhus, will go to
Senānigama in Uruvelā in order to teach the Dhamma.”

「诸比丘，我解脱了一切天界与人间的陷阱。
诸比丘，你们也解脱了一切天界与人间的陷阱。诸
比丘，为了大众的利益，为了大众的快乐，基于悲
悯世间，为了人天的幸福、利益与快乐，你们去行
脚吧！不要两个人走同一条路。诸比丘，教导初善、
中善、尾善、义理及词句正确之法。开显完全圆满
与清净的梵行。有些有情眼中只有少许尘埃，没听
到法的话就会退落。将会有人能够了知法。诸比丘，
我也会去乌卢威拉的军村教法。」

Then Māra the Evil One approached the Blessed One
and addressed him in verse:

当时邪恶的魔王来见世尊，来到后以偈向世尊
说：

“You are bound by all the snares
Both divine and human;
You are bound by the great bondage:
You won't escape me, ascetic!”

「你被一切陷阱困绑，那些天界与人间的；
你被巨大陷阱困绑，沙门你逃脱不了我。」

[The Blessed One:]

“I am freed from all the snares
Both divine and human;
I am freed from the great bondage:
You're defeated, End-maker!”

(世尊说：)

「我解脱了一切陷阱，那些天界与人间的；
我解脱了巨大陷阱，终结者你已被打败。」

Atha kho māro pāpimā "jānāti maṃ
bhagavā, jānāti maṃ sugato"ti, dukkhī
dummano tatthevantaradhāyīti.

— SN, Sagāthāvagga, Mārasaṃyutta, 5

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

Then Māra the Evil One, realizing, "The Blessed One knows me, the Fortunate One knows me," sad and disappointed, disappeared right there.

当时邪恶的魔王了解：「世尊知道我，善逝知道我。」痛苦伤心地，他即从那里消失。

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Dasa Pāramiyo Ten Perfections 十波罗蜜

Dānaṃ sīlaṇca nekkhammaṃ,
Paññā vīriyena pañcamaṃ,
Khanti saccamadhiṭṭhānaṃ,
Mettupekkhāti te dasa.

— Cariyāpiṭaka Aṭṭhakathā,
Pakiṇṇakakathā

There are 10 perfections (Pāramīs): Giving, Virtue, Renunciation, Wisdom, Energy, Patience, Truthfulness, Determination, Loving-kindness, Equanimity

布施持戒与出离，智慧精进为第五；
忍辱真实与决意，以及慈舍共十个。

Bodhipakkhiyasaṅgaho Compendium of Requisites of Enlightenment 菩提分之概要

Cattāro satipaṭṭhānā Four foundations of mindfulness 四念处

Bodhipakkhiyasaṅgahe cattāro satipaṭṭhānā:
kāyānupassanā-satipaṭṭhānaṃ
vedanānupassanā-satipaṭṭhānaṃ
cittānupassanā-satipaṭṭhānaṃ
dhammānupassanā-satipaṭṭhānaṃ.

(refer to Mahāsatipaṭṭhānasuttaṃ page 35)

In the compendium of requisites of enlightenment, there are four foundations of mindfulness:

(1) the foundation of mindfulness in contemplation of the body; (2) the foundation of mindfulness in contemplation of feelings; (3) the foundation of mindfulness in contemplation of consciousness; (4) the foundation of mindfulness in contemplation of mental objects.

在菩提分之概要里有四念处：
身念处、受念处、心念处、法念处。

Cattāro sammappadhānā Four Supreme Efforts 四正勤

Cattāro sammappadhānā: uppannānaṃ
pāpakānaṃ dhammānaṃ pahānāya vāyāmo,
anuppannānaṃ pāpakānaṃ dhammānaṃ
anuppādāya vāyāmo, anuppannānaṃ
kusalānaṃ dhammānaṃ uppādāya vāyāmo,
uppannānaṃ kusalānaṃ dhammānaṃ
bhiyyobhāvāya vāyāmo.

There are four supreme efforts: (1) the effort to discard evil states that have arisen, (2) the effort to prevent the arising of unarisen evil states, (3) the effort to develop unarisen wholesome states, (4) the effort to augment arisen wholesome states.

四正勤：一、精进于断除已生的恶法；二、精进于防止未生的恶法生起；三、精进于令未生的善法生起；四、精进于令已生的善法增长。

Cattāro iddhipādā *Four Means to Accomplishment* 四成就之法（四神足）

Cattāro iddhipādā: chandiddhipādo,
vīriyiddhipādo, cittiddhipādo,
vīmaṃsiddhipādo.

[**chandasaṃādhippadhānaśāṅkhāra-
saṃannāgataṃ iddhipādāṃ,
vīriyasaṃādhippadhānaśāṅkhāra-
saṃannāgataṃ iddhipādāṃ,
cittasaṃādhippadhānaśāṅkhāra-
saṃannāgataṃ iddhipādāṃ,
vīmaṃsāsaṃādhippadhānaśāṅkhāra-
saṃannāgataṃ iddhipādāṃ.]

– SN, Mahāvagga, Iddhipādasamyuttaṃ

There are four means to accomplishment: the means to accomplishment consisting of (1) desire, (2) energy, (3) consciousness, (4) investigation.

四成就之法：一、欲为成就之法；二、精进为成就之法；三、心为成就之法；四、观为成就之法。

the basis for spiritual power that possesses concentration due to desire and volitional formations of striving;
the basis for spiritual power that possesses concentration due to energy and volitional formations of striving;
the basis for spiritual power that possesses concentration due to mind and volitional formations of striving;
the basis for spiritual power that possesses concentration due to investigation and volitional formations of striving.
具备欲定勤之行的神足；
具备精进定勤之行的神足；
具备心定勤之行的神足；
具备观定勤之行的神足。

Pañc'indriyāni *Five Faculties* 五根

Pañc'indriyāni: saddhindriyaṃ, vīriyindriyaṃ,
satindriyaṃ, samādhindriyaṃ, paññindriyaṃ.

There are five faculties: the faculties of (1) faith, (2) energy, (3) mindfulness, (4) concentration, (5) wisdom.

五根：信根、精进根、念根、定根、慧根。

Pañca balāni *Five Powers* 五力

Pañca balāni: saddhābalaṃ, vīriyabalaṃ,
satibalaṃ, samādhibalaṃ, paññābalaṃ.

There are five powers: the powers of (1) faith, (2) energy, (3) mindfulness, (4) concentration, (5) wisdom.

五力：信力、精进力、念力、定力、慧力。

Satta bojjhaṅgā *Seven Factors of Enlightenment* 七觉支

Satta bojjhaṅgā: satisambojjhaṅgo,
dhammavicayasambojjhaṅgo,
vīriyasambojjhaṅgo, pītisambojjhaṅgo,
passaddhisambojjhaṅgo,
samādhisambojjhaṅgo, upekkhāsambojjhaṅgo.

There are seven factors of enlightenment: the enlightenment factors of (1) mindfulness, (2) investigation of dhamma, (3) effort, (4) joy, (5) tranquillity, (6) concentration, (7) equanimity.

七觉支：念觉支、择法觉支、精进觉支、喜觉支、轻安觉支、定觉支、舍觉支。

Aṭṭha maggaṅgāni *Eight Path Factors* 八道分

Aṭṭha maggaṅgāni: sammādiṭṭhi,
sammāsaṅkappo, sammāvācā,
sammākammanto, sammā-ājīvo,
sammāvāyāmo, sammāsati,
sammāsamādhi.

– Abhidhammatthasaṅgaha,
Samuccayasāṅgahavibhāga

There are eight path factors: (1) right view, (2) right thought, (3) right speech, (4) right action, (5) right livelihood, (6) right effort, (7) right mindfulness, (8) right concentration.

八道分：正见、正思惟、正语、正业、正命、正精进、正念、正定。

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

By this speaking of truth, may there be well-being for you always. By this speaking of truth, may all [your] diseases disappear. By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Mahāsamayasuttaṃ

The Discourse on the Great Convention 大集会经

331.

Evam me sutam – ekaṃ samayaṃ bhagavā
sakkesu viharati kapilavatthusmiṃ mahāvane
mahatā bhikkhusaṃghena saddhiṃ
pañcamattehi bhikkhusatehi sabbeheva
arahantehi; dasahi ca lokadhātūhi devatā
yebhuyyena sannipatitā honti bhagavantam
dassanāya bhikkhusaṃghaṇca. Atha kho
catunnam siddhāvāsakāyikānam devatānam
etadahosi – “ayaṃ kho bhagavā sakkesu
viharati kapilavatthusmiṃ mahāvane mahatā
bhikkhusaṃghena saddhiṃ pañcamattehi
bhikkhusatehi sabbeheva arahantehi; dasahi
ca lokadhātūhi devatā yebhuyyena sannipatitā
honti bhagavantam dassanāya
bhikkhusaṃghaṇca. Yamnūna mayampi yena
bhagavā tenupasaṅkameyyāma;
upasaṅkamitvā bhagavato santike paccekam
gātham bhāseyyāma”ti.

332.

Atha kho tā devatā seyyathāpi nāma
balavā puriso samiñjitaṃ vā bāhaṃ pasāreyya
pasāritaṃ vā bāhaṃ samiñjeyya, evameva
siddhāvāsesu devesu antarahitā bhagavato
purato pāturaheṣum. Atha kho tā devatā
bhagavantam abhivādetvā ekamantaṃ
atthamsu. Ekamantaṃ tthitā kho ekā devatā
bhagavato santike imam gātham abhāsi –

“Mahāsamayo pavanasmim,
Devakāyā samāgatā;
Āgatamha imam dhammasamayaṃ,
Dakkhitāye aparājitasamghan”ti.

Atha kho aparā devatā bhagavato santike
imam gātham abhāsi –

“Tatra bhikkhavo samādahaṃsu,
Cittamattano ujukaṃ akaṃsu;
Sārathīva nettāni gahetvā,
Indriyāni rakkhanti paṇḍitā”ti.

331.

Thus, have I heard: At one time the Blessed One was living among the Sakyans in the Great Forest in Kapilavatthu with a large bhikkhu saṅgha consisting of five hundred bhikkhus who were all arahants. Most of the deities from the ten world systems assembled to see the Blessed One and the bhikkhu saṅgha. Then, indeed, it occurred thus to four deities from the hosts in the pure abodes: ‘The Blessed One is living among the Sakyans in the Great Forest in Kapilavatthu with a large bhikkhu saṅgha consisting of five hundred bhikkhus who are all arahants. Most of the deities from the ten world systems have assembled to see the Blessed One and the bhikkhu saṅgha. It is proper if we also approach where the Blessed One is. Having approached we should each speak a stanza in the presence of the Blessed one.’

如是我闻，一时，世尊与五百阿罗汉组成的大僧团住在释迦国迦毘罗卫城的大林。为了见世尊与僧团，十个世界多数的神也到来集会。当时，净居天群众里有四位神生起了这样的想法：「世尊与五百阿罗汉组成的大僧团住在释迦国迦毘罗卫城的大林。为了见世尊与僧团，十个世界多数的神也到来集会。我们也应当去世尊那里。去到后，我们在世尊面前各念一首偈。」

332.

Then, indeed, those deities just as a strong man would stretch a bent arm or bend a stretched arm, in such manner disappeared from among the deities of the pure abodes and appeared in front of the Blessed One. Then those deities paid respect to the Blessed One and stood on a side. Standing on one side, one of the deities spoke this stanza in the presence of the Blessed One:

当时，那四位（梵天）神从净居天诸神群众当中消失，出现在世尊面前，就像一个强壮的男人伸直弯曲的手臂或弯曲伸直的手臂一样。那些神顶礼世尊之后站在一旁。站立一旁时，其中一位神在世尊面前说出此偈：

‘There is a great assembly in the woodland,
The deities have assembled (here);
We have come to this assembly of the Dhamma
To see the undefeatable saṅgha.’

「此林当中大集会，诸神群众前来聚；
我等来此法集会，来见不败之僧团。」

Then, indeed, another deity spoke this stanza in the presence of the Blessed One:

‘There the bhikkhus composed (themselves)
And straightened their mind.
Like a charioteer taking the reins
The wise protect their sense faculties.’

然后，另一位神在世尊面前说出此偈：

「此中比丘心平静，以及正直自己心。
犹如车夫持缰绳，智者守护诸根门。」

Atha kho aparā devatā bhagavato santike
imaṃ gāthaṃ abhāsi –

“Chetvā khīlaṃ chetvā palighaṃ,
Indakhīlaṃ ūhacca maneja;
Te caranti suddhā vimalā,
Cakkhumatā sudantā susunāgā”ti.

Atha kho aparā devatā bhagavato santike
imaṃ gāthaṃ abhāsi –

“Yekeci buddhaṃ saraṇaṃ gatāse,
Na te gamissanti apāyabhūmiṃ;
Pahāya mānusaṃ dehaṃ,
Devakāyaṃ paripūressanti”ti.

Devatāsannipātā *The assembly of deities* 天神们的集会

333.

Atha kho bhagavā bhikkhū āmantesi –
“yebhuyyena bhikkhave dasasu lokadhātūsu
devatā sannipatitā honti, tathāgataṃ
dassanāya bhikkhusaṃghaṃ. Yepi te
bhikkhave ahesuṃ atītamaddhānaṃ arahanto
sammāsambuddhā, tesampi bhagavantānaṃ
etaṃparamāyeva devatā sannipatitā ahesuṃ
seyyathāpi mayhaṃ etarahi. Yepi te bhikkhave
bhavissanti anāgatamaddhānaṃ arahanto
sammāsambuddhā, tesampi bhagavantānaṃ
etaṃparamāyeva devatā sannipatitā
bhavissanti seyyathāpi mayhaṃ etarahi.
Ācikkhissāmi bhikkhave devakāyānaṃ nāmāni;
kittayissāmi bhikkhave devakāyānaṃ nāmāni;
desessāmi bhikkhave devakāyānaṃ nāmāni.
Taṃ suṇātha sādhuṃ manasikarotha,
bhāsissāmi”ti. “Evaṃ bhante”ti kho te bhikkhū
bhagavato paccassosuṃ.

334.

Bhagavā etadavoca –
Sīlokamanukassāmi,
Yattha bhumma tadassitā;
Ye sitā gīrigabbharaṃ,
Pahitattā samāhitā.

Then, indeed, another deity spoke this stanza in the presence of the Blessed One:

‘Having cut off the stake (of impurities) and having cut off the cross bar (of impurities), having lifted up Indra’s stake (i.e. freed of all bonds) and free from greed, they live pure and clean, the young nāgas, well-tamed by the Possessor of eyes (=Buddha).’

然后，另一位神在世尊面前说出此偈：

「断了柱子断了门，挖掉门槛无贪欲，
他们清净无垢活，具眼善调之幼龙。」

Then, indeed, another deity spoke this stanza in the presence of the Blessed One:

‘Those who have gone to the Buddha for refuge.

They will not go to the woeful states.

Giving up the human body,

They will fill up the host of deities.’

然后，另一位神在世尊面前说出此偈：

「归依佛陀的人们，他们不会去恶地。
舍弃了人的身体，他们填满神群众。」

333.

Then, indeed, the Blessed One addressed the bhikkhus: ‘The deities from the ten world systems have assembled in large numbers to see the Tathāgata and bhikkhu saṅgha. O bhikkhus, whoever in the past there were arahants, Fully Enlightened Ones, before those Blessed One also a similar amount of deities assembled, just as now before me. O bhikkhus, whoever in the future there will be arahants, Fully Enlightened Ones, before those Blessed Ones also a similar amount of deities will assemble just as now before me. I shall tell you, O bhikkhus, the names of the groups of deities; I shall proclaim to you, O bhikkhus, the names of the groups of deities; I shall reveal to you, O bhikkhus, the names of the groups of deities. Listen to that, keep well in mind, and I shall speak.’ ‘Yes Bhante,’ those bhikkhus replied to the Blessed One.

当时，世尊向比丘们说：「十个世界里多数的神都来此集会以见如来与僧团。诸比丘，在过去有阿罗汉、圆满自觉者时，也有这么多的神在那些世尊面前集会，就像现在在我面前这样。诸比丘，在未来有阿罗汉、圆满自觉者时，也有这么多的神在那些世尊面前集会，就像现在在我面前这样。诸比丘，我将告诉你们诸神群体的名字；诸比丘，我将向你们宣说诸神群体的名字；诸比丘，我将向你们宣布诸神群体的名字。你们应该专心聆听我将要说的话。」「是，尊者。」那些比丘回答世尊。

334.

The Blessed One spoke thus:

‘I shall repeat a verse,

Wherever the deities of the earth live,

There are (monks) who live in a hill cave,

Who are resolute and composed,

世尊如此说：

「我将会念诵偈子：无论何地有神住，
皆会有僧住山洞，意志坚定心平静，

Puthūsīhāva sallīnā,
Lomahaṁsābhisambhuno;
Odātamanasā suddhā,
Vippasannamanāvilā.

Bhiyyo pañcasate ñatvā,
Vane kāpilavatthave;
Tato āmantayī satthā,
Sāvake sāsane rate.

Devakāyā abhikkantā,
Te vijānātha bhikkhavo;
Te ca ātappamakarum,
Sutvā buddhassa sāsanaṁ.

Tesaṁ pāturahu ñāṇaṁ,
Amanussānadassanaṁ;
Appeke satamaddakkhum,
Sahassaṁ atha sattariṁ.

Sataṁ eke sahassānaṁ,
Amanussānamaddasum;
Appekenantamaddakkhum,
Disā sabbā phuṭā ahum.

Tañca sabbaṁ abhiññāya,
Vavatthitvāna cakkhumā;
Tato āmantayī satthā,
Sāvake sāsane rate.

Devakāyā abhikkantā,
Te vijānātha bhikkhavo;
Ye vohaṁ kittayissāmi,
Girāhi anupubbaso.

335.
Sattasahassā te yakkhā,
Bhumma kāpilavatthavā.
Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṁ,
Bhikkhūnaṁ samitiṁ vanam.

‘Who are like lions crouching,
Who have overcome horror,
With minds that are cleansed and purified,
Which are clear and undisturbed.
犹如伏卧的狮子，他们克服了恐惧，
其心涤净且清净，清澈且无波无浊。

‘He knew there were more than five hundred
In the wood near Kapilavatthu,
Therefore the Teacher addressed
Those disciples who delight in the teaching.
了知超过五百个，乐于教法之弟子，
在迦毘罗卫之林，因此导师向其说。

‘A host of deities have drawn near,
You, bhikkhus, should know who they are.
And those (bhikkhus) became ardent,
After hearing the Buddha’s teaching.
诸比丘你们当知，诸神群体已到来。
听了佛陀之教法，诸比丘热忱精进。

‘Knowledge was manifest to them,
Seeing those non-human beings,
Some of them saw a hundred,
Some saw a thousand, or seventy (thousand).
智慧呈现于他们，见到了那些非人，
有些见到一百个，有些一千或七万，

‘Some saw a hundred thousand
Of those non-human beings,
Some saw an endless number
Spread out in all directions.
有些见到的非人，是非人中的十万，
有些见到无尽的、遍满各方的非人。

‘Having known all that,
The Possessor of Eyes wishing to speak;
Therefore the Teacher address
Those disciples who delight in the teaching.
亲自了知这一切，具备眼者想要说，
对于乐教之弟子，于是导师向其说。

‘A host of deities have drawn near,
You, bhikkhus, should know who they are,
I will proclaim their (names) to you
With words in gradual order.
诸比丘你们当知，诸神群体已到来，
他们之名我将说，应用次第的词句。

335.
‘There are seven thousand yakkhas,
Earth deities from Kapilavatthu,
Who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near
The gathering of bhikkhus in the wood.
来自迦毘罗卫城，地神夜叉七千个，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

Chasahassā hemavatā,
Yakkhā nānattavaṇṇino;
Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanāṃ.

Sātāgīrā tisahassā,
Yakkhā nānattavaṇṇino;
Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanāṃ.

Iccete soḷasasahassā,
Yakkhā nānattavaṇṇino;
Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanāṃ.

Vessāmittā pañcasatā,
Yakkhā nānattavaṇṇino;
Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanāṃ.

Kumbhīro rājagahiko,
Vepullassa nivesanaṃ;
Bhiyyo naṃ satasahassaṃ,
Yakkhānaṃ payirupāsati;
Kumbhīro rājagahiko,
Sopāgā samitiṃ vanāṃ.

336.
Purimañca disaṃ rājā,
Dhataratṭho pasāsati.
Gandhabbānaṃ adhipati,
Mahārājā yasassiso.

‘From Hemavanta there are six thousand
Yakkhas, diverse in colour,
Who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near
The gathering of bhikkhus in the wood.
来自雪山有六千，各种肤色的夜叉，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

‘From Sātāgira there are three thousand
Yakkhas, diverse in colour,
Who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near
The gathering of bhikkhus in the wood.
三千来自沙达山，各种肤色的夜叉，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

‘Thus these sixteen thousand
Yakkhas, diverse in colour,
Who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near
The gathering of bhikkhus in the wood.
那些总共一万六，各种肤色的夜叉，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

‘From Vessāmitta there are five hundred
Yakkhas, diverse in colour,
Who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near,
The gathering of bhikkhus in the wood.
威刹蜜达来五百，各种肤色的夜叉，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

‘In Rājagaha there is Kumbhīra,
His abode is the Mount Vepulla.
More than a hundred thousand
Yakkhas who gather around him.
Kumbhīra from Rājagaha
Also came to the gathering in the wood.
王舍有个昆必拉，住处就在广普山。
夜叉超过十万个，在他身边围绕着。
王舍城的昆必拉，也来林中的集会。

336.
‘The eastern direction, King
Dhataratṭha rules that;
The Lord of gandhabbas,
The great king, is renowned.
Also his are many sons
By name Inda, of great power,
who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near,
The gathering of bhikkhus in the wood.

Puttāpi tassa bahavo,
Indanāmā mahabbalā;
Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanam.

Dakkhiṇaṇca disaṃ rājā,
Virūḷho taṃ pasāsati;
Kumbhaṇḍānaṃ adhipati,
Mahārājā yasassiso.

Puttāpi tassa bahavo,
Indanāmā mahabbalā;
Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanam.

Pacchimaṇca disaṃ rājā,
Virūpakkho pasāsati;
Nāgānaṇca adhipati,
Mahārājā yasassiso.

Puttāpi tassa bahavo,
Indanāmā mahabbalā;
Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanam.

Uttaraṇca disaṃ rājā,
Kuvero taṃ pasāsati;
Yakkhānaṇca adhipati,
Mahārājā yasassiso.

Puttāpi tassa bahavo,
Indanāmā mahabbalā;
Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanam.

接着下来是东方，持国天王统治它，
他是娱乐神之主，他是大王有声望。
儿子他有许多个，名叫因陀有大力，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

‘The Southern direction, King
Virūḷha rules that;
The Lord of Kumbhaṇḍas,
The great king, is renowned.
Also his are many sons
By name Inda, of great power,
who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near,
The gathering of bhikkhus in the wood.
接着下来是南方，增长天王统治它，
他是守护神之主，他是大王有声望。
儿子他有许多个，名叫因陀有大力，
具备神通且明亮、容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

‘The Western direction, King
Virūpakka rules that;
The Lord of dragons,
The great king, is renowned.
Also his are many sons
By name Inda, of great power,
who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near,
The gathering of bhikkhus in the wood.
接着下来是西方，广目天王统治它，
诸龙之主就是他，他是大王有声望。
儿子他有许多个，名叫因陀有大力，
具备神通且明亮、容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

‘The northern direction, King
Kuvera rules that;
The Lord of Yakkhas,
The great king, is renowned.
Also his are many sons
By name Inda, of great power,
who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near,
The gathering of bhikkhus in the wood.
接着下来是北方，古威拉王统治它，
夜叉之主就是他，他是大王有声望。
儿子他有许多个，名叫因陀有大力，
具备神通且明亮、容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

Purimaṃ disaṃ dhataratṭho,
Dakkhiṇena virūḷhako;
Pacchimena virūpakkho,
Kuvero uttaraṃ disaṃ.

Cattāro te mahārājā,
Samantā caturo disā;
Daddallamānā atṭhaṃsu,
Vane kāpilavatthave.

337.

Tesaṃ māyāvino dāsā,
Āguṃ vañcanikā saṭhā.
Māyā kuṭeṇḍu viṭeṇḍu,
Viṭucca viṭuṭo saha.

Candano kāmasetṭho ca,
Kinnighaṇḍu nighaṇḍu ca;
Panādo opamañña ca,
Devasūto ca mātali.

Cittaseno ca gandhabbo,
Naḷorājā janesabho;
Āgā pañcasikho ceva,
Timbarū sūriyavacchasā.

Ete caññe ca rājāno,
Gandhabbā saha rājubhi;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanam.

338.

Athāguṃ nāgasā nāgā,
Vesālā sahatacchakā.
Kambalassatarā āguṃ,
Pāyāgā saha ñātibhi.

Yāmunā dhataratṭhā ca,
Āgū nāgā yasassino;
Erāvaṇo mahānāgo,
Sopāgā samitiṃ vanam.

‘In the east direction there is Dhataratṭha,
In the south Virūḷhaka,
In the west Virūpakkha,
In the north direction Kuvera,
Those four great kings,
From all sides, the four directions,
They stood blazing brilliantly
In the wood near Kapilavatthu.

持国天王在东方，增长天王在南方，
广目天王在西方，古威拉王在北方。
他们这四大天王，在这四方全方位，
迦毘罗卫之林中，站立燃烧放光芒。

337.

‘Their fraudulent slaves,
Decelful and crafty, came;
(Also full of) fraud Kuṭeṇḍu (and) Viṭeṇḍu,
Together with Viṭucca and Viṭuṭa,
Candana and Kāmasetṭha,
Kinnighaṇḍu and nighaṇḍu,
Panāda and Opamañña,
And Mātali the deities’ charioteer,
The gandhabba Cittasena,
King Nala and Janesabha,
(There) came Pañcasikha also,
Timbarū and Sūriyavacchasā.
Those and other kings,

Gandhabbas together with (their) king
Rejoicing they have drawn near

The gathering of bhikkhus in the wood.

他们那些造假虚幻、又虚假的侍从到来，
造假的古登度和威登度，以及威度查和威度达，
占达那和卡马色达，金怒干度和尼干度，
巴那达和奥帕满巴牙，以及神车夫马达里，
及娱乐神吉达舍那，那拉王及加那沙巴，
班查西卡也都到来，丁巴卢及苏刹亚瓦查沙。
那些以及其他诸王，诸娱乐神及其诸王，
满心欢喜地来到，林中比丘的集会。

338.

‘Then came the nāgas from Nāgasa (lake),
(Nāgas) from Vesāla with (their retainers) Tacchakas.
Kambalas and Assataras (too) came,
(also nāgas) from Payāga (ford) with their relatives,
(Nāgas) from Yāmunā river and the Dhataratṭhas
Came the renowned nāgas.

The great naga Erāvana,
He also came to the forest assembly.

有龙来自拿卡沙湖及毘舍离，
达查卡龙、甘巴拉龙及阿沙达拉龙也到来，
还有龙及其亲戚来自巴亚卡，
达塔拉达龙及来自亚木那河有声望的龙也到来。
还有大象依拉瓦那，他也来到林中集会。

Ye nāgarāje sahasā haranti,
dibbā dijā pakkhi visuddhacakkhū;
Vehāyasā te vanamajjhapattā,
Citrā supaṇṇā iti tesa nāmaṃ.

Abhayaṃ tadā nāgarājānamakāsi,
Supaṇṇato khemamakāsi buddho;
Saṇhāhi vācāhi upavhayantā,
Nāgā supaṇṇā saraṇamakāmsu buddhaṃ.

339.

Jitā vajirahatthena,
Samuddaṃ asurāsītā.
Bhātaro vāsavassete,
Iddhimanto yasassino.

Kālakañcā mahābhismā,
Asurā dānaveghasā;
Vepacitti sucitti ca,
Pahārādo namucī saha.

Satañca baliputtānaṃ,
Sabbe verocanāmakā;
Sannayhitvā balisenaṃ,
Rāhubhaddamupāgamuṃ;
Samayodāni bhaddante,
Bhikkhūnaṃ samitiṃ vanāṃ.

340.

Āpo ca devā pathavī,
Tejo vāyo tadāgamuṃ.
Varuṇā vāraṇā devā,
Somo ca yasaṃ saha.

Mettā karuṇā kāyikā,
Āguṃ devā yasassino;
Dasete dasadhā kāyā,
Sabbe nānattavaṇṇino.

Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanāṃ.

‘Those who carry away the nāga kings by force
The divine, twice-born, winged ones, with clear vision-
Through the air they arrived in the wood,
The Citra and Supaṇṇa, such are their names.
But at that time the nāga kings were without fear,
For the Buddha made them safe from the Supaṇṇas.
Calling on (one another) with gentle words,
The nāgas and suppaṇṇas took refuge in the Buddha.
他们强硬带走诸龙王，天界二生有翼清净眼，
他们透过天空来林中，他们称为吉他金翅鸟。
然而当时龙王无怖畏，从金翅鸟佛作令平安。
他们温言互相地问候，龙及金翅鸟归依佛陀。

339.

‘Defeated by Vajirahattha,
The asuras live in the ocean,
They are brothers of Vāsava,
Having psychic power and renowned.
被金刚持者击败，阿修罗住在海里，
身为帝释之兄弟，具备神通有声望。

‘The very fearful Kālakañca ,

The Dānaveghasa asuras,
Vepacitti and Sucitti,
Pahārāda, together with Namucī,
And a hundred of Bali’s sons,
All of them named after Veroca
Having armed themselves, Bali’s army
Came to the lucky Rāhu (and said):

“Now is the time, Reverend Sir,

For the gathering of bhikkhus in the wood.”

极其恐怖的卡拉甘渣、达那维嘎沙阿修罗众、
维巴吉帝以及苏吉帝、巴哈拉达以及拿木济，
以及巴里之一百儿子，他们全部名叫维罗查。
巴里之军装备好后，来到贤善罗候面前（说）：
『尊者现在正是时候，前往林中比丘集会。』

340.

‘The water deities and the earth deities,
The fire and the wind (deities all) came there,
The Varuṇa and Vāraṇa deities,
And Soma with Yasa,
And the hosts of loving and compassionate,
Renowned deities came.

All of these ten hosts, ten kinds (of deities),
Who are diverse in colour,
Who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near

The gathering of bhikkhus in the wood.

水神地神和火神、及风神来到该处，
瓦卢那和瓦拉那、苏马以及亚沙神，
慈身神及悲身神，有声望之神到来。
十个群体共十种，这些神肤色各种，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

Veṇḍudevā sahali ca,
Asamā ca duve yamā;
Candassūpanisā devā,
Candamāguṃ purakkhatvā.

Sūriyassūpanisā devā,
Sūriyamāguṃ purakkhatvā;
Nakkhattāni purakkhatvā,
Āguṃ mandavalāhakā.

Vasūnaṃ vāsavo seṭṭho,
Sakkopāgā purindado;
Dasete dasadhā kāyā,
Sabbe nānattavaṇṇino.

Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanāṃ.

Athāguṃ sahabhū devā,
Jalamaggisikhāriva;
Ariṭṭhakā ca rojā ca,
Umāpupphanibhāsino.

Varuṇā sahadhammā ca,
Accutā ca anejakā;
Sūleyyarucirā āguṃ,
Āguṃ vāsavanesino;
Dasete dasadhā kāyā,
Sabbe nānattavaṇṇino.

Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanāṃ.

Samānā mahāsamanā,
Mānusā mānusuttamā;
Khidḍāpadosikā āguṃ,
Āguṃ manopadosikā.

‘The Veṇḍu and Sahali deities,
And Asama deities and two Yamas (came),
The deities who depend on the moon came,
With the moon in front of them.
温杜与沙哈利神、阿沙马及雨夜摩，
依止月亮之诸神，以月领先亦到来。

‘The deities who depend on the sun came,
With the sun in front of them;
With stars in front of them (deities depending on stars);
Came also rain cloud deities;
Sakka also came, (who is called) Vasāva,
The best of the Vasū, and Purindada.
All of these ten hosts, ten kinds (of deities),
Who are diverse in colour,
Who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near
The gathering of bhikkhus in the wood.
依止太阳之诸神，以日领先而前来；
星则领先星神来，诸雨云神亦到来；
称为天帝及前施之帝释，瓦苏神中之最胜亦到来。
十个群体共十种，这些神肤色各种，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

‘Then came the Sahabhū deities
Shining like a flame of fire
And the Ariṭṭhakas and Rojas,
And the splendid Umāpuppha deities.
Varuṇas and Sahadhammas,
Accutas and Anejakas,
Suleyyas and Ruciras (all) came,
Vāsavanesi (deities) came.
All of these ten hosts, ten kinds (of deities),
Who are diverse in colour,
Who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near
The gathering of bhikkhus in the wood.
接着到来同生神，散发光芒如火焰；
阿里达卡与罗加、光辉的乌玛花神、
瓦卢那以及俱法、不死神及无贪神、
苏雷亚及可喜神、及瓦沙瓦内西神，
十个群体共十种，这些神肤色各种，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

‘Samānas, Mahāsamanas,
Mānusas, Mānusuttamas,
(And) Khidḍāpadosikas came,
(Also) came Manopadosikas;
Then came the Hari deities,
And those (known as) Lohitavāsi,
Pāragas and Mahāpāragas,
Came the deities renowned.
All of these ten hosts, ten kinds (of deities),

Athāgurm harayo devā,
Ye ca lohitavāsino;
Pāragā mahāpāragā,
Āgurm devā yasassino;
Dasete dasadhā kāyā,
Sabbe nānattavaṇṇino.

Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanam.

Sukkā karambhā aruṇā,
Āgurm veghanasā saha;
Odātagayhā pāmokkhā,
Āgurm devā vicakkhaṇā.

Sadāmattā hāragajā,
Missakā ca yasassino;
Thanayaṃ āga pajjunno,
Yo disā abhivassati.

Dasete dasadhā kāyā,
Sabbe nānattavaṇṇino;
Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanam.

Khemiyā tusitā yāmā,
Kaṭṭhakā ca yasassino;
Lambītakā lāmasettḥā,
Jotināmā ca āsavā;
Nimmānaratino āgurm,
Athāgurm paranimmitā.

Dasete dasadhā kāyā,
Sabbe nānattavaṇṇino;
Iddhimanto jutimanto,
Vaṇṇavanto yasassino;
Modamānā abhikkāmuṃ,
Bhikkhūnaṃ samitiṃ vanam.

Who are diverse in colour,
Who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near
The gathering of bhikkhus in the wood.
沙玛那和大沙玛那、玛奴沙及超玛奴沙、
奇达巴多西卡到来，玛挪巴多西卡也来，
接着到来哈利诸神，及罗希达瓦西诸神，
巴拉嘎及大巴拉嘎，具备声望诸神到来。
十个群体共十种，这些神肤色各种，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

‘Sukkas, Karambhas, (and) Aruṇas,
Came with the Veghanasas;
Odātagayhas the chiefs,
(And) Vicakkhaṇa deities came.
Sadāmattas (and) Hāragajas,
And Missakas who are renowned,
Thundering came Pajjunna
Who rains in (all) directions.
All of these ten hosts, ten kinds (of deities),
Who are diverse in colour,
Who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near
The gathering of bhikkhus in the wood.
苏卡、卡兰巴、阿卢那，连同维嘎那沙到来；
白该哈领导的诸神，及维查卡那神到来；
沙达玛达、哈拉嘎加、及有名的迷沙卡神；
在一切方向下着雨、响着雷的雨神到来。
十个群体共十种，这些神肤色各种，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

‘Khemiyas, Tusita (deities), Yāma (deities)
And Kaṭṭhakas the renowned,
Lambītakas, Lāmasettḥas,
(Those) named Joti and Āsavā,
And Nimmānarati (deities) came,
Then came Paranimmita (deities).
All of these ten hosts, ten kinds (of deities),
Who are diverse in colour,
Who have psychic power, who are bright,
Beautiful and renowned,
Rejoicing they have drawn near
The gathering of bhikkhus in the wood.
客米亚、兜率与夜摩神、及有名望的卡达卡神；
兰毘达卡与拉玛瑟达、名叫光明之神与漏神，
化乐天诸神也都到来，接着他化自在神亦来。
十个群体共十种，这些神肤色各种，
具备神通且明亮，容貌美好有声望，
满心欢喜地来到，林中比丘的集会。

Satṭhete devanikāyā,
Sabbe nānattavaṇṇino;
Nāmanvayena āgacchum,
Ye caññe sadiṣā saha.

Pavutṭhajātīmakhilaṃ,
Oghatiṇṇamanāsavaṃ;
Dakkhemoghataṃ nāgaṃ,
Candaṃva asitātigaṃ.

341.

Subrahmā paramatto ca,
Puttā iddhimato saha.
Sanaṅkumāro tisso ca,
Sopāga samitiṃ vanaṃ.

Sahassaṃ brahmalokānaṃ,
Mahābrahmābhitiṭṭhati;
Upapanno jutimanto,
Bhismākāyo yasassiso.

Dasettha issarā āgum,
Paccekkavasavattino;
Tesaṇca majjhato āga,
Hārito parivārito.

342.

Te ca sabbe abhikkante,
Sainde deve sabrahmake.
Mārasenā abhikkāmi,
Passa kaṇhassa mandiyaṃ.

Etha gaṇhatha bandhatha,
Rāgena baddhamatthu vo;
Samantā parivāretha,
Mā vo muñcittha koci naṃ.

All of these sixty hosts of deities,
Who are diverse in colour,
Came according to their names
With others of similar features.
这六十群神众，拥有各种肤色，
依照名字前来，各与同类到来。

(They wished)

‘We shall see the elephant who has crossed the current,
Who is like the moon which has gone beyond the black
(colour),
(And the Saṅgha) who has finished dwelling on birth,
Freed (themselves) from the stakes (of impurities),
Crossed the current and freed from taints.

(他们想：)

我们当见跨越暴流之象，犹如去除了黑暗的月亮，
以及已活完生的圣僧团，无刺无漏已跨越了暴流。

341.

‘Subrahmā and Paramatta,
Along with the sons of the powerful one (came).
Sanaṅkumāra and Tissa
Also came to the gathering in the wood.
善梵与巴拉玛达、及具神力者之子、
永远童子与帝沙，来到林中的集会。

‘From a thousand brahma worlds
Stands out (in each world) a Mahābrahma.
Born (in the Brahma world) and shining,
With awesome body, and renowned.
来自一千个梵天界，大梵天尤优而独立，
生于梵天身具光明，身体巨大且有声望。

‘The ten Issarā (brahmas) came,
Who individually wield power,
And in the midst of them came
Hārita with his entourage.
十位自在梵天来，各自拥有自在力，
在他们当中来了，哈利达及其随从。

342.

‘Now when they had all drawn near
Inda with the deities and brahmas,
Māra’s army also drew near:
Behold the foolishness of the Dark One!
当他们全部都来到，因陀与诸天和梵天；
魔王之军也都到来：看那愚蠢的黑暗者！

‘Come now, seize them, and bind them,
Let them be bound by passion,
Surround them on all sides,
Do not let anyone of them go free!
来吧捉他们绑他们，让他们被贪欲困绑，
从一切处围困他们，别让任何一个脱困。

Iti tattha mahāseno,
Kaṇho senaṃ apesayi;
Pāṇinā talamāhacca,
Saraṃ katvāna bheravaṃ.

Yathā pāvussako meggho,
Thanayanto savijjuko;
Tadā so paccudāvatti,
Saṅkuddho asayaṃvase.

343.

Taṇha sabbaṃ abhiññāya,
Vavatthitvāna cakkhumā.
Tato āmantayī satthā,
Sāvake sāsane rate.

Mārasenā abhikkantā,
Te vijānātha bhikkhavo;
Te ca ātappamakarum,
Sutvā buddhassa sāsanaṃ;
Vītarāgehi pakkāmuṃ,
Nesaṃ lomāpi iñjayuṃ.

Sabbe vijitasāṅgāmā,
Bhayātītā yasassino;
Modanti saha bhūtehi,
Sāvakā te janesutāti.

- DN, Sutta 20

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

‘Thus in that place the great army leader
Sent forth his dark army,
After striking the ground with his hand
And making a fearful noise,
Like a storm cloud shedding rain,
Thundering, with flashes of lightning.
But then he retreated,

Angry, and unable to control himself.
如是大帅于其处，派出其黑暗军团，
他用手击打地面，发出极恐怖之声，
犹如下着暴风雨，既打雷又闪着电。
然而接着他撤退，生气且无法自控。

343.

‘Having known all that (was happening)
The Eyed One desired to Speak,
Therefore the Teacher addressed
Those disciples who delight in the teaching:
“Māra’s army has drawn near (to us),
You should know who they are, bhikkhus.”
Then those (bhikkhus) became ardent,
After hearing the Buddha’s teaching.
They (i.e. Māra’s army) went away from the passionless
(bhikkhus),

Not even one of their hairs was shaken.
了知这一切经过，具眼者想要述说，
对于乐教之弟子，因此导师如是说：
『魔王之军已到来，诸比丘，当知他们。』
听了佛陀之教法，诸比丘热忱精进。
魔军退离无欲者，无法动摇一根毛。

‘All (of them) who have won the war,
Gone beyond fear, the renowned ones,
Rejoice together with the spirits,
Those disciples, well known among men.
他们皆打了胜战，超越怖畏有声望，
与众生一同欢喜，诸弟子名闻大众。」

By this speaking of truth, may there be well-being for you
always. By this speaking of truth, may all [your] diseases
disappear. By this speaking of truth, may there be the
blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Dhammapada Verses of Reality of Life 生命真相之法句

Aciraṃ vatayaṃ kāyo, Pathaviṃ adhisessati; Chuddho apetaviññāṇo, Niratthaṃva kaliṅgaram.	– Dhp 41	Before long, alas! this body will lie upon the ground, cast aside, devoid of consciousness, even as a useless charred log. 的确在不久之后，此身将躺在大地， 被丢弃且无心识，如丢弃无用木头。
Ko nu hāso kimānando, Niccaṃ pajjalite sati; Andhakārena onaddhā, Paḍipāṃ na gavesatha.	– Dhp 146	What is laughter, what is joy, when the world is ever burning? Shrouded by darkness, would you not seek the light? (世间) 常常在燃烧，为何笑为何高兴？ 当被黑暗复蔽时，为何不寻求明灯？
Parijñāmidam rūpaṃ Rogaṇīlaṃ pabhaṅguraṃ; Bhijjati pūṭisandeho Maraṇantañhi jīvitaṃ.	– Dhp 148	Thoroughly worn out is this body, a nest of diseases, perishable. This putrid mass breaks up. Truly, life ends in death. 此身已彻底衰老，是一巢病并毁坏。 这堆不净分解时，生命结束于死亡。
Paṇḍupalāsova dānisi, Yamapurisāpi ca te upatṭhitā; Uyyogamukhe ca tiṭṭhasi, Pātheyyampi ca te na vijjati.	– Dhp 235	Like a withered leaf are you now. The messengers of death wait for you. On the threshold of decay you stand. Provision too there is none for you. 如今你就像枯黄的叶，死亡使者已在等着你； 你就站在出发的门口，然而你连旅费都没有。
So karohi dīpamattano, Khippaṃ vāyama paṇḍito bhava; Niddhantamalo anaṅgaṇo, Dibbaṃ ariyabhūmiṃ upehisi.	– Dhp 236	Make an island unto yourself. Strive quickly; become wise. Purged of stain and passionless, you shall enter the heavenly stage of the Ariyas. 你应为自己做个岛，赶快精进以成智者。 清除了污垢且无染，你会去天界的圣地。
Upanītavayo ca dānisi, Sampayātosī yamassa santike; Vāso te natthi antarā, Pātheyyampi ca te na vijjati.	– Dhp 237	Your life has come to an end now. To the presence of death you are setting out. No halting place is there for you on the way. Provision too there is none for you. 如今你的命已到终点，你就要去死王的面前， 途中你又没有住宿处，然而你连旅费都没有。
So karohi dīpamattano, Khippaṃ vāyama paṇḍito bhava; Niddhantamalo anaṅgaṇo, Na punaṃ jātijaraṃ upehisi.	– Dhp 238	Make an island unto yourself. Strive quickly; become wise. Purged of stain and passionless, you will not come again to birth and old age. 你应为自己做个岛，赶快精进以成智者。 清除了污垢且无染，你将不会再生与老。
'Sabbe saṅkhārā aniccā'ti, Yadā paññāya passati; Atha nibbindati dukkhe, Esa maggo visuddhiyā.	– Dhp 277	All conditioned things are impermanent: when this, with wisdom, one discerns, then is one disenchanted with suffering; this is the path to purity. 诸行是无常，以慧照见时， 就会厌离苦。这是清净道。
'Sabbe saṅkhārā dukkha'ti, Yadā paññāya passati; Atha nibbindati dukkhe, Esa maggo visuddhiyā.	– Dhp 278	All conditioned things are suffering: when this, with wisdom, one discerns, then is one disenchanted with suffering; this is the path to purity. 诸行皆是苦，以慧照见时， 就会厌离苦。这是清净道。

'Sabbe dhammā anattā'ti,
Yadā paññāya passati;
Atha nibbindati dukkhe,
Esa maggo visuddhiyā.

– Dhp 279

Na santi puttā tāṇāya,
Na pitā nāpi bandhavā;
Antakenādhīpannassa,
Natthi ñātīsu tāṇatā.

– Dhp 288

Etamattavasamā ñatvā,
Paṇḍito sīlasamvuto;
Nibbānagamanam maggam,
Khippameva visodhaye.

– Dhp 289

Etena saccavajjena dukkhā vūpasamentu te.
Etena saccavajjena bhayā vūpasamentu te.
Etena saccavajjena sokā vūpasamentu te.

All phenomena are non-self: when this, with wisdom, one discerns, then is one disenchanted with suffering; this is the path to purity.
诸法皆无我，以慧照见时，
就会厌离苦。这是清净道。

There are no sons for one's protection, neither father nor even kinsmen; for one who is overcome by death no protection is to be found among kinsmen.
没有儿子能给予保护，父亲与亲戚们也不能，
对于被终结者制伏者，于亲族中找不到保护。

Realizing this fact, let the virtuous and wise person swiftly clear the way that leads to Nibbāna.
明白此事的力量，持守戒律的智者
应当迅速清理好 导向涅槃的道路。

By this speaking of the truth, may you relieve from suffering.
By this speaking of the truth, may you relieve from fear.
By this speaking of the truth, may you relieve from grief.
借此真实话语，愿你平息痛苦；
借此真实话语，愿你平息恐惧；
借此真实话语，愿你平息忧愁。

Bhikkhu-Aparihāniyadhammā ***Dhammas for Non-Decline of Bhikkhus*** 比丘不衰退之法

Atha kho bhagavā acirapakkante Vassakāre brāhmaṇe magadhamahāmatte āyasmantaṃ Ānandaṃ āmantesi – “Gaccha tvaṃ, Ānanda, yāvatikā bhikkhū rājagahaṃ upanissāya viharanti, te sabbe upaṭṭhānasālāyaṃ sannipātehi”ti. “Evaṃ, bhante”ti kho āyasmā Ānando bhagavato paṭissutvā yāvatikā bhikkhū rājagahaṃ upanissāya viharanti, te sabbe upaṭṭhānasālāyaṃ sannipādetvā yena bhagavā tenupasaṅkami; upasaṅkamitvā bhagavantaṃ abhivādetvā ekamantaṃ aṭṭhāsi. Ekamantaṃ ṭhito kho āyasmā Ānando bhagavantaṃ etadavoca – “Sannipatito, bhante, bhikkhu-saṅgho, yassadāni, bhante, bhagavā kalamāṇāñāti”ti.

Then, soon after the brahmin Vassakāra's departure, the Blessed One addressed the Venerable Ānanda thus: “Go now, Ānanda, and assemble in the hall of audience as many bhikkhus as live around Rājagaha.” “Very well, Venerable Sir.” Having agreed to the Blessed One, and having assembled in the hall of audience as many bhikkhus as living around Rājagaha, the Venerable Ānanda approached the Blessed One. Having approached and made obeisance to the Blessed One, he stood at one side. Standing at one side, the Venerable Ānanda said this to the Blessed One: “Venerable Sir, the community of bhikkhus is assembled. Now, Venerable Sir, let the Blessed One do as he wishes.”

摩羯陀大臣瓦沙卡拉婆罗门离开不久之后，世尊跟阿难尊者说：「阿难，你去把住在王舍城一带的所有比丘都召集到讲堂里来。」「是，尊者。」阿难尊者按照世尊的吩咐召集王舍城一带的所有比丘到讲堂里来，然后去见世尊。来到后，他顶礼世尊，然后站在一旁。站在一旁，阿难尊者向世尊说：「尊者，比丘僧团已经集合了。尊者，现在是时候世尊做他想做的事。」

Atha kho bhagavā uṭṭhāyāsana yena
upaṭṭhānasālā tenupasaṅkami; upasaṅkamitvā
paññatte āsane nisīdi. Nisajja kho bhagavā
bhikkhū āmantesi – “Satta vo, bhikkhave,
aparihāniye dhamme desessāmi, taṃ suṇātha,
sādhukaṃ manasikarotha, bhāsissāmi”ti.
“Evaṃ, bhante”ti kho te bhikkhū bhagavato
paccassosuṃ. Bhagavā etadavoca –

“Yāvakīvañca, bhikkhave, bhikkhū
abhiṇhaṃ sannipātā sannipātabahulā
bhavissanti, vuddhiyeva, bhikkhave,
bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū samaggā
sannipatissanti, samaggā vuṭṭhahissanti,
samaggā saṅghakaraṇīyāni karissanti,
vuddhiyeva, bhikkhave, bhikkhūnaṃ
pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū
apaññattaṃ na paññapessanti, paññattaṃ na
samucchindissanti, yathāpaññattesu sikkhā-
padesu samādāya vattissanti, vuddhiyeva,
bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no
parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū ye te
bhikkhū therā rattaññū cirapabbajitā
saṅghapitaro saṅghapariṇāyakā, te
sakkarissanti garuṃ karissanti mānessanti
pūjessanti, tesañca sotabbaṃ maññissanti,
vuddhiyeva, bhikkhave, bhikkhūnaṃ
pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū
uppannāya taṇhāya ponobbhavikāya na vasaṃ
gacchissanti, vuddhiyeva, bhikkhave,
bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū
āraññakesu senāsanesu sāpekkhā bhavissanti,
vuddhiyeva, bhikkhave, bhikkhūnaṃ
pāṭikaṅkhā, no parihāni.

Thereupon the Blessed One rose from his seat, went
up to the hall of audience, took his appointed seat there,
and addressed the bhikkhus thus: “Bhikkhus, I shall teach
you seven conditions leading to non-decline. Listen and
pay attention to what I shall say.”

“Yes, Venerable Sir,” those bhikkhus replied the
Blessed One. The Blessed One said thus:

当时世尊从座位起身，来到讲堂。来到后，世
尊坐在准备好的座位，向诸比丘说：「诸比丘，我将
教导你们七不衰退法。你们应该专心聆听我将要说的
话。」「是，尊者。」那些比丘回答世尊。世尊如此说：

“Bhikkhus, so long as bhikkhus assemble frequently
and assemble in large numbers, the growth of bhikkhus is
to be expected, not their decline.

「诸比丘，只要比丘们时常集会，很多人来集
会，诸比丘，就可预期比丘们会增长，不会衰退。」

“Bhikkhus, so long as bhikkhus meet harmoniously,
disperse harmoniously, and attend to the affairs of the
Saṅgha harmoniously, the growth of bhikkhus is to be
expected, not their decline.

诸比丘，只要比丘们和谐地集会、和谐地散会、
和谐地处理僧团应做的事，诸比丘，就可预期比丘
们会增长，不会衰退。」

“Bhikkhus, so long as bhikkhus appoint no new
rules, and do not abolish the existing ones, but proceed in
accordance with the code of training laid down, the
growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们不立未立之戒、不废已立
之戒、依照已立之戒来遵守，诸比丘，就可预期比
丘们会增长，不会衰退。」

“Bhikkhus, so long as bhikkhus show respect,
honour, esteem, and veneration towards the elder
bhikkhus, those of long standing, long gone forth, the
fathers and leaders of the Saṅgha, and think it worthwhile
to listen to them, the growth of bhikkhus is to be
expected, not their decline.

诸比丘，只要比丘们恭敬、尊重、敬重、礼敬
长老比丘、元老、出家已久者、僧团之父、僧团之
领导，认为他们的话值得听取，诸比丘，就可预期比
丘们会增长，不会衰退。」

“Bhikkhus, so long as bhikkhus do not come under
the power of the craving that leads to fresh becoming, the
growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们没有受到想要再生的贪爱
控制，诸比丘，就可预期比丘们会增长，不会衰退。」

“Bhikkhus, so long as bhikkhus cherish the forest
depths for their dwellings, the growth of bhikkhus is to
be expected, not their decline.

诸比丘，只要比丘们珍惜丛林住处，诸比丘，
就可预期比丘们会增长，不会衰退。」

“Yāvakīvañca, bhikkhave, bhikkhū paccattaññeva satim upatthapessanti – ‘kinti anāgatā ca pesalā sabrahmacārī āgaccheyyum, āgatā ca pesalā sabrahmacārī phāsu vihareyyun’ti. Vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, ime satta aparihāniyā dhammā bhikkhūsu ṭhassanti, imesu ca sattasu aparihāniyesu dhammesu bhikkhū sandississanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Aparepi vo, bhikkhave, satta aparihāniye dhamme desessāmi, taṃ suṇātha, sādhukaṃ manasikarotha, bhāsissāmi”ti. “Evaṃ, bhante”ti kho te bhikkhū bhagavato paccassosum. Bhagavā etadavoca –

“Yāvakīvañca, bhikkhave, bhikkhū na kammārāmā bhavissanti na kammaratā na kammārāmatamanuyuttā, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū na bhassārāmā bhavissanti na bhassaratā na bhassārāmatamanuyuttā, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū na niddārāmā bhavissanti na niddaratā na niddārāmatamanuyuttā, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū na saṅgaṇikārāmā bhavissanti na saṅgaṇikaratā na saṅgaṇikārāmatamanuyuttā, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Bhikkhus, so long as bhikkhus establish themselves in mindfulness, so that virtuous spiritual companions who have not come yet might do so, and those already come might live in peace, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们自己能够建立正念，以便还未到来的良善同梵行会到来，以及已到来的良善同梵行能够安适地过活，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as these seven conditions leading to non-decline endure among bhikkhus and bhikkhus are known for it, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要于比丘们之中存在这七项不衰退法、于比丘们之中可见到这七项不衰退法，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, I shall teach you another seven conditions leading to non-decline. Listen and pay attention to what I shall say.” “Yes, Venerable Sir,” those bhikkhus replied the Blessed One. The Blessed One said thus:

诸比丘，我将教导你们另外七项不衰退法。你们应该专心聆听我将要说的话。」「是，尊者。」那些比丘回答世尊。世尊如此说：

“Bhikkhus, so long as bhikkhus do not delight in, are not pleased with, and are not fond of works, the growth of bhikkhus is to be expected, not their decline.

「诸比丘，只要比丘们不喜爱工作、不乐于工作、不热衷于工作，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus do not delight in, are not pleased with, and are not fond of talking, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们不喜爱讲话、不乐于讲话、不热衷于讲话，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus do not delight in, are not pleased with, and are not fond of sleep, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们不喜爱睡觉、不乐于睡觉、不热衷于睡觉，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus do not delight in, are not pleased with, and are not fond of company, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们不喜爱成群结伙、不乐于成群结伙、不热衷于成群结伙，诸比丘，就可预期比丘们会增长，不会衰退。

“Yāvakīvañca, bhikkhave, bhikkhū na pāpicchā bhavissanti na pāpikānaṃ icchānaṃ vasaṃ gatā, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū na pāpamittā bhavissanti na pāpasahāyā na pāpasampavañkā, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū na oramattakena visesādhigamena antarāvosānaṃ āpajjissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, ime satta aparihāniyā dhammā bhikkhūsu ṭhassanti, imesu ca sattasu aparihāniyesu dhammesu bhikkhū sandississanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Aparepi vo, bhikkhave, satta aparihāniye dhamme desessāmi, taṃ suṇātha, sādhukaṃ manasikarotha, bhāsissāmi”ti. “Evaṃ, bhante”ti kho te bhikkhū bhagavato paccassosum. Bhagavā etadavoca –

“Yāvakīvañca, bhikkhave, bhikkhū saddhā bhavissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū hirimaṇā bhavissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū ottappī bhavissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū bahussutā bhavissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Bhikkhus, so long as bhikkhus do not harbour, do not come under the spell of evil desires, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们没有邪恶欲望、没有受到邪恶欲望控制，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus have no bad friends, no bad associates, and no bad companions, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们没有恶朋、没有恶友、没有恶伴，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus do not stop halfway on account of some trifling achievement, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们没有因为已经有了些少的体证就中途停止，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as these seven conditions leading to non-decline endure among bhikkhus and bhikkhus are known for it, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要于比丘们之中存在这七项不衰退法、于比丘们之中可见到这七项不衰退法，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, I shall teach you another seven conditions leading to non-decline. Listen and pay attention to what I shall say.” “Yes, Venerable Sir,” those bhikkhus replied the Blessed One. The Blessed One said thus:

诸比丘，我将教导你们另外七项不衰退法。你们应该专心聆听我将要说的话。」「是，尊者。」那些比丘回答世尊。世尊如此说：

“Bhikkhus, so long as bhikkhus have faith, the growth of bhikkhus is to be expected, not their decline.

「诸比丘，只要比丘们有信心，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus have moral shame, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们有惭心，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus have moral fear, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们有愧，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus are proficient in learning, the growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们多闻，诸比丘，就可预期比丘们会增长，不会衰退。

“Yāvakīvañca, bhikkhave, bhikkhū
āradhaviṇṇā bhavissanti, vuddhiyeva,
bhikkhave, bhikkhūnaṃ pāṭikañkhā, no
parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū
upaṭṭhitassati bhavissanti, vuddhiyeva,
bhikkhave, bhikkhūnaṃ pāṭikañkhā, no
parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū
paññavanto bhavissanti, vuddhiyeva,
bhikkhave, bhikkhūnaṃ pāṭikañkhā, no
parihāni.

“Yāvakīvañca, bhikkhave, ime satta
aparihāniyā dhammā bhikkhūsu ṭhassanti,
imesu ca sattasu aparihāniyesu dhammesu
bhikkhū sandissanti, vuddhiyeva, bhikkhave,
bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Aparepi vo, bhikkhave, satta aparihāniye
dhamme desessāmi, taṃ suṇātha, sādhuṇaṃ
manasikarotha, bhāssissāmi”ti. “Evaṃ,
bhante”ti kho te bhikkhū bhagavato
paccassosun. Bhagavā etadavoca –

“Yāvakīvañca, bhikkhave, bhikkhū
satisambojjhaṅgaṃ bhāvēssanti, vuddhiyeva,
bhikkhave, bhikkhūnaṃ pāṭikañkhā, no
parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū
dhammavicayasambojjhaṅgaṃ bhāvēssanti,
vuddhiyeva, bhikkhave, bhikkhūnaṃ
pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū
vīriyasambojjhaṅgaṃ bhāvēssanti,
vuddhiyeva, bhikkhave, bhikkhūnaṃ
pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū
pītisambojjhaṅgaṃ bhāvēssanti, vuddhiyeva,
bhikkhave, bhikkhūnaṃ pāṭikañkhā, no
parihāni.

“Bhikkhus, so long as bhikkhus are diligent, the
growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们精勤，诸比丘，就可预期
比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus are mindful, the
growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们有正念，诸比丘，就可预期
比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus are wise, the growth
of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们有智慧，诸比丘，就可预期
比丘们会增长，不会衰退。

“Bhikkhus, so long as these seven conditions
leading to non-decline endure among bhikkhus and
bhikkhus are known for it, the growth of bhikkhus is to
be expected, not their decline.

诸比丘，只要于比丘们之中存在这七项不衰退
法、于比丘们之中可见到这七项不衰退法，诸比丘，
就可预期比丘们会增长，不会衰退。

“Bhikkhus, I shall teach you another seven
conditions leading to non-decline. Listen and pay
attention to what I shall say.” “Yes, Venerable Sir,” those
bhikkhus replied the Blessed One. The Blessed One said
thus:

诸比丘，我将教导你们另外七项不衰退法。你
们应该专心聆听我将要说的话。」「是，尊者。」那
些比丘回答世尊。世尊如此说：

“Bhikkhus, so long as bhikkhus develop the
enlightenment factor of mindfulness, the growth of
bhikkhus is to be expected, not their decline.

「诸比丘，只要比丘们培育念觉支，诸比丘，
就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus develop the
enlightenment factor of investigation of dhammas, the
growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们培育择法觉支，诸比丘，
就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus develop the
enlightenment factor of effort, the growth of bhikkhus is
to be expected, not their decline.

诸比丘，只要比丘们培育精进觉支，诸比丘，
就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus develop the
enlightenment factor of joy, the growth of bhikkhus is to
be expected, not their decline.

诸比丘，只要比丘们培育喜觉支，诸比丘，就
可预期比丘们会增长，不会衰退。

“Yāvakīvañca, bhikkhave, bhikkhū
passaddhisambojjhaṅgaṃ bhāvēssanti,
vuddhiyeva, bhikkhave, bhikkhūnaṃ
pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū
samādhisambojjhaṅgaṃ bhāvēssanti,
vuddhiyeva, bhikkhave, bhikkhūnaṃ
pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū
upekkhāsambojjhaṅgaṃ bhāvēssanti,
vuddhiyeva, bhikkhave, bhikkhūnaṃ
pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, ime satta
aparihāniyā dhammā bhikkhūsu ṭhassanti,
imesu ca sattasu aparihāniyesu dhammesu
bhikkhū sandississanti, vuddhiyeva, bhikkhave,
bhikkhūnaṃ pāṭikaṅkhā no parihāni.

“Aparepi vo, bhikkhave, satta aparihāniye
dhamme desessāmi, taṃ suṇātha, sādhukaṃ
manasikarotha, bhāsissāmi”ti. “Evaṃ,
bhante”ti kho te bhikkhū bhagavato
paccassosuṃ. Bhagavā etadavoca –

“Yāvakīvañca, bhikkhave, bhikkhū
aniccasaññaṃ bhāvēssanti, vuddhiyeva,
bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no
parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū
anattasaññaṃ bhāvēssanti, vuddhiyeva,
bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no
parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū
asubhasaññaṃ bhāvēssanti, vuddhiyeva,
bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no
parihāni.

“Bhikkhus, so long as bhikkhus develop the
enlightenment factor of tranquillity, the growth of
bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们培育轻安觉支，诸比丘，
就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus develop the
enlightenment factor of concentration, the growth of
bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们培育定觉支，诸比丘，就
可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus develop the
enlightenment factor of equanimity, the growth of
bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们培育舍觉支，诸比丘，就
可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as these seven conditions
leading to non-decline endure among bhikkhus and
bhikkhus are known for it, the growth of bhikkhus is to
be expected, not their decline.

诸比丘，只要于比丘们之中存在这七项不衰退
法、于比丘们之中可见到这七项不衰退法，诸比丘，
就可预期比丘们会增长，不会衰退。

“Bhikkhus, I shall teach you another seven
conditions leading to non-decline. Listen and pay
attention to what I shall say.” “Yes, Venerable Sir,” those
bhikkhus replied the Blessed One. The Blessed One said
thus:

诸比丘，我将教导你们另外七项不衰退法。你
们应该专心聆听我将要说的话。」「是，尊者。」那些
比丘回答世尊。世尊如此说：

“Bhikkhus, so long as bhikkhus develop the
perception of impermanence, the growth of bhikkhus is
to be expected, not their decline.

「诸比丘，只要比丘们培育无常想，诸比丘，
就可预期比丘们会增长，不会衰退。」

“Bhikkhus, so long as bhikkhus develop the
perception of non-self, the growth of bhikkhus is to be
expected, not their decline.

诸比丘，只要比丘们培育无我想，诸比丘，就
可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus develop the
perception of impurity, the growth of bhikkhus is to be
expected, not their decline.

诸比丘，只要比丘们培育不净想，诸比丘，就
可预期比丘们会增长，不会衰退。

“Yāvakīvañca, bhikkhave, bhikkhū
ādinavaśāññaṃ bhāveṣṣanti, vuddhiyeva,
bhikkhave, bhikkhūnaṃ pāṭikañkhā, no
parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū
pahānaśāññaṃ bhāveṣṣanti, vuddhiyeva,
bhikkhave, bhikkhūnaṃ pāṭikañkhā, no
parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū
virāgaśāññaṃ bhāveṣṣanti, vuddhiyeva,
bhikkhave, bhikkhūnaṃ pāṭikañkhā, no
parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū
nirodhaśāññaṃ bhāveṣṣanti, vuddhiyeva,
bhikkhave, bhikkhūnaṃ pāṭikañkhā, no
parihāni.

“Yāvakīvañca, bhikkhave, ime satta
aparihāniyā dhammā bhikkhūsu ṭhassanti,
imesu ca sattasu aparihāniyesu dhammesu
bhikkhū sandississanti, vuddhiyeva, bhikkhave,
bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Cha, vo bhikkhave, aparihāniye dhamme
desessāmi, taṃ suṇātha, sādhukaṃ
manasikarotha, bhāṣissāmi” ti. “Evaṃ,
bhante” ti kho te bhikkhū bhagavato
paccassosun. Bhagavā etadavoca –

“Yāvakīvañca, bhikkhave, bhikkhū mettaṃ
kāyakammaṃ paccupaṭṭhāpeṣṣanti
sābrahmacārisu āvi ceva raho ca, vuddhiyeva,
bhikkhave, bhikkhūnaṃ pāṭikañkhā, no
parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū mettaṃ
vacīkammaṃ paccupaṭṭhāpeṣṣanti
sābrahmacārisu āvi ceva raho ca, vuddhiyeva,
bhikkhave, bhikkhūnaṃ pāṭikañkhā, no
parihāni.

“Bhikkhus, so long as bhikkhus develop the
perception of fault (of formations), the growth of
bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们培育（诸行）过患想，诸
比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus develop the
perception of relinquishment, the growth of bhikkhus is
to be expected, not their decline.

诸比丘，只要比丘们培育舍断想，诸比丘，就
可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus develop the
perception of dispassion, the growth of bhikkhus is to be
expected, not their decline.

诸比丘，只要比丘们培育离欲想，诸比丘，就
可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus develop the
perception of cessation, the growth of bhikkhus is to be
expected, not their decline.

诸比丘，只要比丘们培育灭尽想，诸比丘，就
可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as these seven conditions
leading to non-decline endure among bhikkhus and
bhikkhus are known for it, the growth of bhikkhus is to
be expected, not their decline.

诸比丘，只要于比丘们之中存在这七项不衰退
法、于比丘们之中可见到这七项不衰退法，诸比丘，
就可预期比丘们会增长，不会衰退。

“Bhikkhus, I shall teach you six conditions leading
to non-decline. Listen and pay attention to what I shall
say.” “Yes, Venerable Sir,” those bhikkhus replied the
Blessed One. The Blessed One said thus:

诸比丘，我将教导你们六不衰退法。你们应该
专心聆听我将要说的话。」「是，尊者。」那些比丘
回答世尊。世尊如此说：

“Bhikkhus, so long as bhikkhus treat each other with
loving-kindness in deed, both openly and in private, the
growth of bhikkhus is to be expected, not their decline.

「诸比丘，只要比丘们无论公开或私底下都在
身业上以慈爱来对待同梵行，诸比丘，就可预期比
丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus treat each other with
loving-kindness in word, both openly and in private, the
growth of bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们无论公开或私底下都在语
业上以慈爱来对待同梵行，诸比丘，就可预期比
丘们会增长，不会衰退。

“Yāvakīvañca, bhikkhave, bhikkhū mettaṃ
manokammaṃ paccupaṭṭhāpessanti
sābrahmacārīsu āvi ceva raho ca, vuddhiyeva,
bhikkhave, bhikkhūnaṃ pāṭikañkhā, no
parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū, ye te
lābhā dhammikā dhammaladdhā antamaso
pattapariyāpannamattampi tathārūpehi lābhehi
appaṭivibhattabhogī bhavissanti sīlavantehi
sābrahmacārīhi sādharmaṇabhogī, vuddhiyeva,
bhikkhave, bhikkhūnaṃ pāṭikañkhā, no
parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū yāni kāni
sīlāni akhaṇḍāni acchiddāni asabalāni
akammāsāni bhujissāni viññūpasatthāni
aparāmaṭṭhāni samādhisaṃvattanikāni
tathārūpesu sīlesu sīlasāmaññagatā
viharissanti sābrahmacārīhi āvi ceva raho ca,
vuddhiyeva, bhikkhave, bhikkhūnaṃ
pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū yāyaṃ
diṭṭhi ariyā niyyānikā, niyyāti takkarassa
sammā dukkhakkhayāya, tathārūpāya diṭṭhiyā
diṭṭhisāmaññagatā viharissanti sābrahmacārīhi
āvi ceva raho ca, vuddhiyeva, bhikkhave,
bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, ime cha
aparihāniyā dhammā bhikkhūsu ṭhassanti,
imesu ca chasu aparihāniyesu dhammesu
bhikkhū sandississanti, vuddhiyeva, bhikkhave,
bhikkhūnaṃ pāṭikañkhā, no parihānī”ti.

— DN, Mahāvagga, 3 Mahāparinibbānasuttaṃ

Etena sacca-vajjena sotthi te hotu sabbadā.
Etena sacca-vajjena sabba-rogo vinassatu.
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.

“Bhikkhus, so long as bhikkhus treat each other with
loving-kindness in thought, both openly and in private,
the growth of bhikkhus is to be expected, not their
decline.

诸比丘，只要比丘们无论公开或私底下都在意
业上以慈爱来对待同梵行，诸比丘，就可预期比丘
们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus, in respect of what
they receive as due offerings, even the contents of their
alms bowls, they do not make use of them without
sharing them with virtuous members of the community,
the growth of bhikkhus is to be expected, not their
decline.

诸比丘，对于如法所得、如法所获之物，即使
只是钵食，只要比丘们不会在没有和有戒行的同梵
行分享之前就享用它，诸比丘，就可预期比丘们会
增长，不会衰退。

“Bhikkhus, so long as bhikkhus live with their
fellow bhikkhus who train themselves, openly and
in private, in the same rules of conduct, which are complete
and perfect, spotless and pure, liberating, praised by the
wise, uninfluenced (by mundane concerns), and
favourable to concentration of mind, the growth of
bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们和无论公开或私底下都持
守相同的戒——不破、不裂、无染、清净、导向解
脱、智者称赞、无污、导致生定之戒——的同梵行
共住，诸比丘，就可预期比丘们会增长，不会衰退。

“Bhikkhus, so long as bhikkhus live with their
fellow bhikkhus who preserve, openly and in private, the
same view that is noble and leading to liberation, and that
leads to utter destruction of suffering, the growth of
bhikkhus is to be expected, not their decline.

诸比丘，只要比丘们和无论公开或私底下都延
续相同的圣见——导致依它修行者达到完全灭苦
之见——的同梵行共住，诸比丘，就可预期比丘们
会增长，不会衰退。

“Bhikkhus, so long as these six conditions leading
to non-decline endure among bhikkhus and bhikkhus are
known for it, the growth of bhikkhus is to be expected,
not their decline.”

诸比丘，只要于比丘们之中存在这六项不衰退
法、于比丘们之中可见到这六项不衰退法，诸比丘，
就可预期比丘们会增长，不会衰退。

By this speaking of truth, may there be well-being
for you always. By this speaking of truth, may all [your]
diseases disappear. By this speaking of truth, may there
be the blessings of triumph for you.

借着这真实的话语，愿你时常得到安乐；
借着这真实的话语，愿一切的疾病消失；
借着这真实的话语，愿你得到胜利吉祥。

Dānānumodana-Gāthā Verses of Rejoicing in Offerings 随喜功德偈

Yathā vāri-vahā pūrā
Paripūrenti sāgaram,
Evameva ito dinnam
Petānam upakappati.

Just as river-beds when full can bear the water down
to fill the sea, so giving given here can serve the ghosts
of the departed kin.

正如河水满溢时，水流注入到海洋；
如是在此的布施，利益做鬼的亡亲。

Icchitam patthitam tumham
Khippameva samijjhatu,
Sabbe pūrentu saṅkappā
Cando paṇṇaraso yathā,
Maṇi-jotiraso yathā.

May your wishes and aspirations promptly come to
fulfillment, just as the moon on the fifteenth [of the lunar
fortnight], just as a wish fulfilling gem [would].

愿你的希望愿望，都能迅速地实现，
正如十五的圆月，正如满愿的宝石。

Abhivādāna-sīlissa
Niccāṃ vuḍḍhāpacāyino,
Cattāro dhammā vaḍḍhanti
Āyu vaṇṇo sukham balaṃ.

For the [one with a] reverential character, who
always pays homage to elders, four qualities increase:
[longer] life, beauty, happiness [and] strength.

对于有礼敬的习惯、时常尊敬长辈的人，
于他四种法会增长：寿命、美貌、快乐、力量。

Āyurārogya-sampatti,
Sagga-sampatimeva ca,
Atho nibbāna-sampatti,
Iminā te samijjhatu.

By this [offering], may the accomplishment of long
life and good health, heavenly [rebirth] and then the
attainment of nibbāna be successfully achieved by you.

透过这项功德，愿你长寿健康，
及得投生天趣，然后证悟涅槃。

Sabba-roga-vinimutto,
Sabba-santāpa-vajjito,
Sabba-veramatikkanto,
Nibbuto ca tuvaṃ bhava.

May you be freed from all illnesses, give up all
anguish, overcome all enmity and be extinguished [of all
passions].

愿你解脱一切病，解脱一切的苦恼，
超越一切的仇敌，以及达到全寂灭。

Sabbītiyo vivajjantu
Sabba-rogo vinassatu,
Mā te bhavatvantarāyo
Sukhī dīghāyuko bhava.

May all calamities be avoided, may all diseases
disappear, may there be no obstacle[s] for you, [and may]
you be happy and have long life.

愿免除一切灾难，愿一切疾病消失；
愿你没有诸障碍，愿你快乐又长寿！

Bhavatu sabba-maṅgalaṃ
Rakkhantu sabba-devatā,
Sabba-buddhānubhāvena
Sadā sotthī bhavantu te.

May all blessings be [yours], may all the deities
protect [you]; by the power of all the Buddhas, may you
have well-being always.

愿你得一切吉祥，愿一切神保护你；
透过诸佛的威力，愿你永远都平安！

Bhavatu sabba-maṅgalaṃ
Rakkhantu sabba-devatā,
Sabba-dhammānubhāvena
Sadā sotthī bhavantu te.

May all blessings be [yours], may all the deities
protect [you]; by the power of all the Dhammas, may you
have well-being always.

愿你得一切吉祥，愿一切神保护你；
透过诸法的威力，愿你永远都平安！

Bhavatu sabba-maṅgalaṃ
Rakkhantu sabba-devatā,
Sabba-saṅghānubhāvena
Sadā sotthī bhavantu te.

May all blessings be [yours], may all the deities
protect [you]; by the power of all the Saṅghas, may you
have well-being always.

愿你得一切吉祥，愿一切神保护你；
透过诸僧的威力，愿你永远都平安！

Devārāadhanā

Inviting the Deities 邀请诸天

Samantā cakka-vāḷesu
Atrāgacchantu devatā;
Saddhammaṃ Muni-rājassa
Suṇantu sagga-mokkhadaṃ.

May the deities of the entire universe come here and listen to the True-Dhamma of the King of Sages, which leads to the heavenly states and liberation (Nibbāna).
从世界系中各处，愿诸天神来此地，
聆听知王之正法，导向天界与解脱。

Dhammassavana-kālo ayaṃ bhadantā. (x3)

Sirs, now is the time for listening to the Dhamma.
这是听闻佛法的时候，大德们。

Vandanā

Homage to The Buddha 礼敬佛陀

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Homage to that Blessed One, the Arahant and Perfectly Self-Awakened One.
礼敬世尊、阿罗汉、圆满自觉者。

Cetiya-Vandanā

Salutation to Pagoda etc 礼敬塔等

Vandāmi cetiyaṃ sabbaṃ
Sabbathānesu patitṭhitaṃ,
Sārirīka-dhātu mahā-bodhiṃ
Buddha-rūpaṃ sakalaṃ sadā. (x3)

I salute every pagoda that may stand in any place, the bodily relics, the Great Bodhi, and all images of the Buddha.

我至诚礼敬竖立于各处的塔、舍利、大菩提树、佛像。

Bodhi-Vandanā

Salutation to the Bodhi Tree 礼敬菩提树

Yassa mule nisinnova
Sabbāri vijayaṃ akā,
Patto sabbaññu-taṃ satthā
Vande taṃ Bodhi-pādapaṃ.
Ime ete Mahā-Bodhi
Lokañāthena pūjitā,
Ahaṃpi te namassāmi
Bodhi-Rājā namatthu te. (x3)

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.

导师坐在它的下面战胜了一切敌，证悟了一切知，我礼敬此菩提树。这是世间依持者（佛陀）礼敬的大菩提树，我也礼敬您。愿礼敬您——伟大的菩提树。

Buddha-Pūjā

Offering to The Buddha 供佛

Yāvatā Bhagavā loke
Tiṭṭheyya tava sāsanaṃ,
Tāvata patigaṇhātu
Pūjā lokānukampayā.

(1) Sittha-Pūjā

Sittha-telappadittena
Dīpena tama-dhamṣinā,
Tiloka-dīpaṃ Sambuddhaṃ
Pūjayāmi tamo-nudaṃ.

(2) Telapadīpa-Pūjā

Gandha-telappadittena
Dīpena tama-dhamṣinā,
Tiloka-dīpaṃ Sambuddhaṃ
Pūjayāmi tamo-nudaṃ.

(3) Sugandhi-Pūjā

Sugandhi-kāya-vadanam
Ananta-guṇa-gandhinam,
Sugandhinā'haṃ gandhena
Pūjayāmi Tathāgataṃ.

(4) Puppha-Pūjā

Vaṇṇa-gandha-guṇopetaṃ
Etaṃ kusuma-santatiṃ,
Pūjayāmi Munindassa
Siri-pāda-saroruhe.

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

(5) Pāṇiya-Pūjā

Sugandhaṃ sītalaṃ kappam
Pasanna-madhuraṃ subhaṃ,
Pāṇiyametaṃ Bhagavā
Patigaṇhātumuttama.

(6) Khīrapānaka-Pūjā

Adhivāsetu no Bhante
Paṇitaṃ khīra-pānakaṃ,
Anukampaṃ upādāya
Patigaṇhātumuttama.

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

世尊，只要您的教法还住于世间，愿您出于对世间的悲悯而接受供养。

Offering of Candle 供灯烛

With this blazing candle lamp 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].

以这驱除黑暗的燃烧灯烛，我供养灭除（无明）黑暗的三界灯自觉佛陀。

Offering of Oil Lamp 供油灯

With this blazing oil lamp 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].

以这驱除黑暗的燃烧油灯，我供养灭除（无明）黑暗的三界灯自觉佛陀。

Offering of Incense 供香

To the Tathāgata, fragrant of body and speech and possessing the scent of infinite virtue, I offer this incense.

我以此香供养具足无量功德身语香的如来。

Offering of Flowers 供花

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

我将这具足色香德质的花聚供养于牟尼王（佛陀）的莲足。

I offer 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.

我供花给佛。以我这项功德，愿我能获得解脱；犹如这些花将会枯萎，我的身体也将会走向毁灭。

Offering of Water 供水

Blessed One, Greatest One, may [you] accept this [offering of] water which is fragrant, cool, suitable, clear, sweet and pleasant [to drink].

世尊，至上者，愿您接受此清香、清凉、舒适、澄净、甘甜与清静之水。

Offering of Milk Drink 供乳

Venerable Sir, Greatest One, may [you], out of compassion for us, accept this excellent drink of milk.

尊者，至上者，愿您出于对我们的悲悯而接受此殊胜的乳制饮料。

(7) Bhojana-Pūjā

Adhivāsetu no Bhante
Bhojanaṃ parikappitaṃ,
Anukampaṃ upādāya
Patigaṇhātumuttama.

(8) Vyañjana-Pūjā

Adhivāsetu no Bhante
Vyañjanaṃ parikappitaṃ,
Anukampaṃ upādāya
Patigaṇhātumuttama.

(9) Phalāphala-Pūjā

Adhivāsetu no Bhante
Phalāphalaṃ parikappitaṃ,
Anukampaṃ upādāya
Patigaṇhātumuttama.

(10) Khajjaka-Pūjā

Adhivāsetu no Bhante
Khajjakaṃ parikappitaṃ,
Anukampaṃ upādāya
Patigaṇhātumuttama.

Offering of Staple Food 供主食

Venerable Sir, Greatest One, may [you], out of compassion for us, accept this prepared [staple] food.
尊者，至上者，愿您出于对我们的悲悯而接受此备好的食物（主食）。

Offering of Non-staple Food 供菜肴

Venerable Sir, Greatest One, may [you], out of compassion for us, accept this prepared [non-staple] food.
尊者，至上者，愿您出于对我们的悲悯而接受此备好的菜肴。

Offering of Fruits 供果实

Venerable Sir, Greatest One, may [you], out of compassion for us, accept this prepared fruit.
尊者，至上者，愿您出于对我们的悲悯而接受此备好的水果。

Offering of Sweet-food 供甜食

Venerable Sir, Greatest One, may [you], out of compassion for us, accept this prepared sweet-food.
尊者，至上者，愿您出于对我们的悲悯而接受此备好的甜食。

Buddha-Vandanā***Homage to The Buddha* 礼敬佛陀**

Iti'pi so bhagavā araham, sammāsambuddho,
vijjācaraṇa-sampanno, sugato, lokavidū,
anuttaro purisadamma-sārathi, satthā
devamanussānaṃ, buddho, bhagavā.

Such is that Blessed One, the Worthy One, the Perfectly Self-Awakened One, One fully possessed of wisdom and conduct, One who has proceeded by the good way, Knower of the [three] worlds, Unexcelled Trainer of tamable men, Teacher of deities and men, The Awakened One, The Blessed One.

世尊是：阿罗汉、圆满自觉者、明行足、善逝、世间解、无上士调御丈夫、天人师、佛陀、世尊。

Buddhaṃ jīvita-pariyantaṃ saraṇaṃ
gacchāmi.

Until life's end, I go to the Buddha for refuge.
直至命终我归依佛陀。

Ye ca Buddhā atītā ca
Ye ca Buddhā anāgatā,
Paccuppannā ca ye Buddhā
Ahaṃ vandāmi sabbadā.

Daily I pay respects to the Buddhas of the past, the Buddhas of the future and the Buddhas of the present.
我恒礼敬
过去诸佛、
未来诸佛、
现在诸佛。

Natthi me saraṇaṃ aññaṃ,
Buddho me saraṇaṃ varaṃ,
Etena sacca-vajjena
Hotu me jayamaṅgalaṃ.

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.
我没有其它依归，佛是我至上依归；
以此真实的话语，愿我得胜利吉祥。

Uttamaṅgena vande'haṃ
Pada-paṃsu-varuttamaṃ,
Buddhe yo khalito doso
Buddho khamatu taṃ mamaṃ.

Sādhu! Sādhu! Sādhu! (bow 1x)

I 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.

我以头来顶礼——最上者足之尘；
愿佛陀原谅我——对佛陀的冒犯。

Sādhu! Sādhu! Sādhu!

善哉！善哉！善哉！（顶礼一次）

Dhamma-Vandanā Homage to The Dhamma 礼敬法

Svākkhāto bhagavatā dhammo, sandiṭṭhiko,
akāliko, ehi-passiko, opanayiko, paccattaṃ
veditabbo viññūhi.

Dhammaṃ jīvita-pariyantaṃ saraṇaṃ
gacchāmi.

Ye ca Dhammā atītā ca
Ye ca Dhammā anāgatā,
Paccuppannā ca ye dhammā
Ahaṃ vandāmi sabbadā.

Natthi me saraṇaṃ aññaṃ,
Dhammo me saraṇaṃ varaṃ,
Etena sacca-vajjena
Hotu me jayamaṅgalaṃ.

Uttamaṅgena vande'haṃ
Dhammaṃ ca tividhaṃ varaṃ,
Dhamme yo khalito doso
Dhammo khamatu taṃ mamaṃ.

Sādhu! Sādhu! Sādhu! (bow 1x)

Well-expounded is the Exalted One's Dhamma, Visible here-and-now, Not delayed in time, Inviting of inspection, Onward-leading, Is directly experienceable by the wise.

法由世尊善说，现前可见、无时（无间隔）、请来看、导向、当由智者亲证。

Until life's end, I go to the Dhamma for refuge.
直至命终我归依法。

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

我恒礼敬
过去诸法、
未来诸法、
现在诸法。

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.

我没有其它依归，法是我至上依归；
以此真实的话语，愿我得胜利吉祥。

I [bow down and] pay respects with [my] head to the Dhamma, which is threefold³⁶ and supreme. [If] I have [committed] any erring or wrongdoing towards the Dhamma, may the Dhamma forgive me for that.

我以头来顶礼——三种至上之法³⁷；
愿佛法原谅我——我对法的冒犯。

Sādhu! Sādhu! Sādhu!

善哉！善哉！善哉！（顶礼一次）

³⁶ The threefold aspects are learning, practising and realizing the Dhamma; this can also be taken to mean ethical conduct, concentration and wisdom.

³⁷ 三种法是指教理、禅修与证悟，也可以指戒、定、慧。

Saṅgha-Vandanā

Homage to The Saṅgha 礼敬僧团

Suppaṭipanno bhagavato sāvaka-saṅgho,
Ujuppaṭipanno bhagavato sāvaka-saṅgho,
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,
Sāmīcippaṭipanno bhagavato sāvaka-saṅgho;
Yadidaṃ: cattāri purisa-yugāni aṭṭha purisa-
puggalā, esa bhagavato sāvaka-saṅgho,
āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-
karaṇīyo, anuttaraṃ puññakkhettaṃ lokassa.

Saṅghaṃ jīvita-pariyantaṃ saraṇaṃ
gacchāmi.

Ye ca Saṅghā atītā ca
Ye ca Saṅghā anāgatā,
Paccuppannā ca ye Saṅghā
Ahaṃ vandāmi sabbaḍā.

Natthi me saraṇaṃ aññaṃ,
Saṅgho me saraṇaṃ varaṃ,
Etena sacca-vajjena
Hotu me jayamaṅgalaṃ.

Uttamaṅgena vande'haṃ
Saṅghaṃ ca tividhottamaṃ,
Saṅghe yo khalito doso
Saṅgho khamatu taṃ mamaṃ.

Sādhu! Sādhu! Sādhu! (bow 1x)

Etena saccavajjena pātu tvaṃ ratanattayaṃ.
(x3)

(Add selected suttas here. 在此加入选诵经典。)

The community of the Exalted One's disciples has entered on the good way, the community of the Exalted One's disciples has entered on the straight way, the community of the Exalted One's disciples has entered on the true way, the community of the Exalted One's disciples has entered on the proper way, that is to say, the four pairs of men, the eight types of persons. That is the Exalted One's disciple community, worthy of gifts, worthy of hospitality, worthy of offerings, whom should be respected, the incomparable field of merit for the world.

世尊的声闻僧众已入善行道；世尊的声闻僧众已入正直行道；世尊的声闻僧众已入真实行道；世尊的声闻僧众已入正当行道。即四双八辈。这是世尊的声闻僧众，是应供养、应供奉者、应施于者、应合掌（礼敬）者，是世间的无上福田。

Until life's end, I go to the Saṅgha for refuge.
直至命终我归依僧。

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

我恒礼敬
过去诸僧、
未来诸僧、
现在诸僧。

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.

我没有其它依归，僧是我至上依归；
以此真实的话语，愿我得胜利吉祥。

I [bow down and] pay respects with [my] head to the Saṅgha, which is threefold³⁸ and supreme. [If] I have [committed] any erring or wrongdoing towards the Saṅgha, may the Saṅgha forgive me for that.

我以头来顶礼——三种至上僧伽³⁹；
愿僧伽原谅我——对僧伽的冒犯。

Sādhu! Sādhu! Sādhu!

善哉！善哉！善哉！（顶礼一次）

By this speaking of truth, may the Triple Gem protect you!

借此真实话语，愿三宝保护你！

³⁸ This refers to those who are ordained disciples of the Buddha practising the Dhamma but have 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.

³⁹ 三种僧伽是凡夫僧、有学圣僧、无学圣僧。

Good Wishes and Sharing of Merit etc 2 祝愿与分享功德等 2

Yaṃ pattarṃ kusalarṃ tassa
Ānubhāvena pāṇino
Sabbe saddhamma-rājassa
Ñatvā Dhammarṃ sukhāvaharṃ,

Pāpuṇantu visuddhāya
Sukhāya paṭipattiyā
Asokamanupāyāsarṃ
Nibbānasukhamuttamarṃ.

Cirarṃ tiṭṭhatu saddhammo,
Dhamme hontu sagāravā
Sabbe'pi sattā, kālena
Sammā devo pavassatu.

Yathā rakkhimsu porāṇā
Surājāno tathevimarṃ,
Rājā rakkhatu dhammena
Attano'va pajarṃ pajarṃ.

– Atṭhasālinī, Nigamanakathā

Iminā puññakammena,
Upajjhāyā guṇuttarā,
Ācariyūpakārāca
Mātā pitā piyā mamarṃ,
Suriyo candimā rājā,
Guṇavantā narā'pi ca
Brahmā Mārā ca Indā ca,
Lokapālā ca devatā,

Yamo mittā manussāca
Majjhattā verikā'pi ca,
Sabbe sattā sukhī hontu
Puññāni pakatāni me.

Sukharṃ ca tividharṃ dentu,
Khipparṃ pāpetha vo matarṃ.
Iminā puññakammena
Iminā uddissena ca,

Khippā hantu labheceva
Taṇhūpādāna chedanarṃ.
Ye santāne hinā dhammā
Yāva nibbānato mamarṃ,

By the power of whatever wholesome state attained by me, may all beings, having known rightly the King of Dhamma's teachings which give bliss (of Nibbāna), attain the bliss of Nibbāna, sorrowless, without distress and supreme, through the Middle Practice (Noble Eightfold Path) which is pure and blissful.

以我所成就的善法力量，愿一切有情在了知正法王导向快乐（涅槃）之法后，透过清净快乐的修行，达到至上的涅槃乐、无忧无虑。

May the true Dhamma last long, may all beings also respect the Dhamma, and may the [rain] god [give] proper and timely rain.

愿正法久住，愿一切有情也恭敬法，愿雨神适时降雨。

Just as good kings of ancient times gave protection, may the king righteously protect the people like his own (offspring).

正如古代贤善之王给予保护，愿国王善护人民如善护自己的子女。

May my preceptors and teachers, my superiors in virtue, and all those who have helped me, my dear parents, the deities of the sun and moon, all good human beings, Brahmā, Māras, Indras and the guardian deities of the world, Yama, my good friends, acquaintances, and even those not well disposed towards me, may they all share in my meritorious deeds and by the power of that merit may they all be happy!

愿我的戒师、老师、有德行的长辈、所有帮过我的人、我亲爱的父母、日神、月神、具德之人、诸梵天、诸魔、诸因陀、世界的保护神、夜摩、朋友、普通人、仇敌，愿他们都随喜我的功德，及以此功德，愿他们都快乐。

May they attain the threefold joy of the path, fruition and Nibbāna! May their good wishes be fulfilled soon! May the merit that they have shared help them soon destroy craving and the tendency to grasp. Whatever low and mean qualities are in me, may I destroy them day by day until I attain Nibbāna. Wherever I am born may I possess integrity, mindfulness and wisdom, and with right effort may I rid myself of defilements.

愿他们得到道、果与涅槃这三种乐。愿他们的心愿迅速达成。透过这个跟他们分享的功德，愿他们能够迅速断除贪爱和执取。那些我所有的

Nassantu sabbadā yeva
Yattha jāto bhava bhava,
Ujucitto sati pañño
Sallekho viriya vāminā.

Mārā labhantu nokāsaṃ
Kātuṃ ca viriyetu me,
Buddho dīpavaro nātho,
Dhammo nātho varuttamo.

Nātho pacceka-sambuddho,
Saṅgho nāthottaro mamaṃ,
Tesottamānubhāvena
Mārokāsaṃ labhantu mā.

Bhavaggupādāya avīci heṭṭhato
Etthantare sattā kāyūpapannā
Rūpi arūpica asaṇṇi saṇṇino
Dukkhā pamuccantu, phusanti nibbutiṃ.

Devo vassatu kālena,
Sassa sampatti hetu ca,
Pīto bhavatu loko ca,
Rājā bhavatu dhammiko.

- - -

Imāya dhammānudhammapaṭipattiya
Buddhaṃ pūjemi.
Imāya dhammānudhammapaṭipattiya
Dhammaṃ pūjemi.
Imāya dhammānudhammapaṭipattiya
Saṅghaṃ pūjemi.
Addhā imāya paṭipattiya jāti-jarā-byādhi
maraṇamhā parimuccissāmi.

Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu.
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;
Te sabbe me samaṃ puññabhāgaṃ labhantu.

低劣法，愿我能够逐日去除它们，直到证悟涅槃为止。无论投生到哪里，愿我都拥有正直的心、正念与智慧，以及透过精进，愿我能够损减烦恼。

May the Māras (evil forces) find no opportunity to frustrate my striving on the path. The Sammāsambuddha is our Refuge – the Noblest island sure. The Dhamma that He taught is our noble sure Refuge.

愿诸魔没有机会干扰我精进修行。佛陀此至上明灯是我们的依持。他的教法是我们的至上依持。

The Paccekabuddhas and the Saṅgha are noble refuges. By the power of those great beings, may the Māras find no opportunity to overpower me!

辟支佛与僧团是我的至上依持。透过那些至上者的力量，愿诸魔没有机会击败我。

From the very summit of this universe, to the nethermost point avīci, may all beings who come to be within these bounds, those with form and those formless, those with perception and those without, may they all from suffering be freed, and may they all enjoy Nibbāna's peace.

上至有顶天，下至阿鼻地狱，愿所有来到这些范围的有情，有色与无色，有想与无想，愿他们都解脱苦，愿他们都体验涅槃之寂静。

May the rains fall in due season, may the harvests be rich and plentiful, may the world be happy and may rulers rule with righteousness.

愿适时下雨，愿农作物丰收，愿世界快乐，愿诸王如法统治。

By this practice that is in accordance with the Dhamma, I venerate the Buddha.

By this practice that is in accordance with the Dhamma, I venerate the Dhamma.

By this practice that is in accordance with the Dhamma, I venerate the Saṅgha.

Surely, by this practice I will be liberated from birth, old age, sickness and death.

以此依法修行证法，我礼敬佛！

以此依法修行证法，我礼敬法！

以此依法修行证法，我礼敬僧！

以此修行，我肯定将会解脱生、老、病、死！

May this merit of mine be conducive to the destruction of [mental] taints. May this merit of mine be a [supportive] condition [for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。

愿我此功德成为证悟涅槃的助缘。

I share my merits (done today) with all beings. May all those beings get an equal share of the merits shared by me.

我把我的功德与一切有情分享，

愿他们都平等地得到我的功德。

Aṭṭhaṅga-Uposatha-Sīla/Brahmacariya-Pañcama-Sīla

Uposatha Eight Precepts/Brahmacariya Five Precepts 布萨八戒/梵行五戒

Ahaṃ, bhante, tisaraṇena saha (*aṭṭhaṅga-samannāgataṃ uposatha-sīlaṃ / brahmacariya-pañcama-sīlaṃ*)⁴⁰ dhammaṃ yācāmi.

Anuggahaṃ katvā sīlaṃ detha me, bhante.

Dutiyampi ahaṃ, bhante, tisaraṇena saha (*aṭṭhaṅga-samannāgataṃ uposatha-sīlaṃ / brahmacariya-pañcama-sīlaṃ*)⁴⁰ dhammaṃ yācāmi. Anuggahaṃ katvā sīlaṃ detha me, bhante.

Tatiyampi ahaṃ, bhante, tisaraṇena saha (*aṭṭhaṅga-samannāgataṃ uposatha-sīlaṃ / brahmacariya-pañcama-sīlaṃ*)⁴⁰ dhammaṃ yācāmi. Anuggahaṃ katvā sīlaṃ detha me, bhante.

Bhikkhu: Yamahaṃ vadāmi taṃ *vadehi* (*vadetha*).⁴¹

Upāsaka: Āma, bhante.

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Buddhaṃ saraṇaṃ gacchāmi.
Dhammaṃ saraṇaṃ gacchāmi.
Saṅghaṃ saraṇaṃ gacchāmi.

Dutiyampi Buddhaṃ saraṇaṃ gacchāmi.
Dutiyampi Dhammaṃ saraṇaṃ gacchāmi.
Dutiyampi Saṅghaṃ saraṇaṃ gacchāmi.

Tatiyampi Buddhaṃ saraṇaṃ gacchāmi.
Tatiyampi Dhammaṃ saraṇaṃ gacchāmi.
Tatiyampi Saṅghaṃ saraṇaṃ gacchāmi.

Bhikkhu: Tisaraṇagamanāṃ paripuṇṇaṃ.

Upāsaka: Āma, bhante.

Venerable Sir, I request for the (Uposatha Eight Precepts / Brahmacariya Five Precepts) together with the three Refuges. Venerable Sir, out of compassion please give me the precepts.

For the second time, Venerable Sir, I request for the (Uposatha Eight Precepts / Brahmacariya Five Precepts) together with the three Refuges. Venerable Sir, out of compassion please give me the precepts.

For the third time, Venerable Sir, I request for the (Uposatha Eight Precepts / Brahmacariya Five Precepts) together with the three Refuges. Venerable Sir, out of compassion please give me the precepts.

尊者，我乞求三归依和（具有八支的布萨戒/梵行五戒）法。尊者，请慈悲授戒给我！

尊者，我第二次乞求三归依和（具有八支的布萨戒/梵行五戒）法。尊者，请慈悲授戒给我！

尊者，我第三次乞求三归依和（具有八支的布萨戒/梵行五戒）法。尊者，请慈悲授戒给我！

Monk: What I recite you follow.

尊者：我念什么你（们）也跟着念。

Laity: Yes, Venerable Sir.

居士：是的，尊者。

Homage to that Blessed One, the Arahant and Perfectly Self-Awakened One.

礼敬世尊、阿罗汉、圆满自觉者。

I go to the Buddha as my refuge.

I go to the Dhamma as my refuge.

I go to the Saṅgha as my refuge.

我归依佛。我归依法。我归依僧。

For the second time, I go to the Buddha as my refuge.

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

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

第二次我归依佛。第二次我归依法。第二次我归依僧。

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

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

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

第三次我归依佛。第三次我归依法。第三次我归依僧。

Monk: The Three Refuges are complete.

尊者：三归依已经圆满。

Laity: Yes, Venerable Sir.

居士：是的，尊者。

⁴⁰ 如果受持布萨八戒，则念 *aṭṭhaṅga-samannāgataṃ uposatha-sīlaṃ*；受持梵行五戒，则念 *brahmacariya-pañcama-sīlaṃ*。If you observe Uposatha Eight Precepts, please chant 'aṭṭhaṅga-samannāgataṃ uposatha-sīlaṃ'; If you observe 'Brahmacariya Five Precepts', please chant 'brahmacariya-pañcama-sīlaṃ'.

⁴¹ 如果受戒者超过一位，则念 *vadetha*（你们说）。If there are two or more people taking precepts, change 'vadehi' to 'vadetha'.

Pāṇātipātā veramaṇī sikkhāpadaṃ samādiyāmi.

I take the precept to abstain from destroying living beings.
我受持离杀生学处。

Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi.

I take the precept to abstain from stealing.
我受持离不与取学处。

Abrahmacariyā veramaṇī sikkhāpadaṃ
samādiyāmi.

I take the precept to abstain from unchaste conduct.
我受持离非梵行学处。

Musāvādā veramaṇī sikkhāpadaṃ samādiyāmi.

I take the precept to abstain from false speech.
我受持离妄语学处。

Surā-meraya-majja-pamādatṭhānā veramaṇī
sikkhāpadaṃ samādiyāmi.

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

- (End of brahmacariya-paṇcama-sīlaṃ) -

我受持离（饮）放逸原因的谷物酒、花果酒（和）
酒精学处。

- (梵行五戒 · 结束于此) -

Vikālabhojanā veramaṇī sikkhāpadaṃ
samādiyāmi.

I take the precept to abstain from eating at improper time.
我受持离非时食学处。

Nacca-gīta-vādita-visūkadassanā mālā-gandha-
vilepana-dhāraṇamaṇḍana-vibhūsanatṭhānā
veramaṇī sikkhāpadaṃ samādiyāmi.

I take the precept to abstain from dancing, singing,
listening music, seeing show and from wearing garlands,
using perfumes and beautifying the body with cosmetics.
我受持离跳舞、唱歌、听音乐、看表演、戴花、涂
香、用妆饰品学处。

Uccāsayana-mahāsayanā veramaṇī
sikkhāpadaṃ samādiyāmi.

I take the precept to abstain from high and luxurious beds
and seats.
我受持离（坐卧）高、大坐卧学处。

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā,
sabbe ariyā, sabbe anariyā,
sabbe devā, sabbe manussā, sabbe vinipātikā,
averā hontu, abyāpajjā hontu, anīghā hontu,
sukhī attānaṃ pariharantu.

May all beings, all breathing things, all creatures, all
individuals, all self embodied beings, all women, all men,
all noble ones, all non-noble ones, all devas, all humans,
all beings in the woeful state: May they be free from
enmity, be free from mental suffering, be free from
physical suffering, and take care of themselves happily.

一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

愿他们没有仇敌，愿他们没有心的痛苦，愿他们
没有身体上的痛苦，愿他们快乐地照顾好自己。

Puratthimāya disāya, pacchimāya disāya,
uttarāya disāya, dakkhiṇāya disāya,
puratthimāya anudisāya, pacchimāya anudisāya,
uttarāya anudisāya, dakkhiṇāya anudisāya,
hetṭhimāya disāya, uparimāya disāya,
sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā,
sabbe ariyā, sabbe anariyā,
sabbe devā, sabbe manussā, sabbe vinipātikā,
averā hontu, abyāpajjā hontu, anīghā hontu,
sukhī attānaṃ pariharantu.

In the easterly direction, in the westerly direction, in
the northerly direction, in the southerly direction, in the
south-east direction, in the north-west direction, in the
north-east direction, in the south-west direction, in the
downward direction, in the upward direction:

May all beings, all breathing things, all creatures, all
individuals, all self embodied beings, all women, all men,
all noble ones, all non-noble ones, all devas, all humans,
all beings in the woeful states, may they be free from
enmity, be free from mental suffering, be free from
physical suffering, and take care of themselves happily.

在东方、在西方、在北方、在南方、在东南方、
在西北方、在东北方、在西南方、在下方、在上方
的一切有情、一切有息、一切众生、一切个人、
一切自体所属、一切女人、一切男人、一切圣者、
一切非圣者、一切神、一切人、一切苦界众生：

愿他们没有仇敌，愿他们没有心的痛苦，愿他们
没有身体上的痛苦，愿他们快乐地照顾好自己。

Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu.
Idaṃ me sīlaṃ nibbānassa paccayo hotu.

Bhikkhu: Tisaraṇena saha (*aṭṭhaṅga-samannāgataṃ uposatha-sīlaṃ / brahmacariya-pañcama-sīlaṃ*)⁴⁰
dhammaṃ sādhuṃ katvā appamādena
sampādettha.

Upāsaka: Āma, bhante.

May this merit of mine be conducive to the destruction of the taints.

May this merit of observing precepts be a [supportive] condition [for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。

愿我持戒的功德成为证悟涅槃的助缘。

Monk: Having happily received the (Uposatha Eight Precepts / Brahmacariya Five Precepts) together with the three refuges, strive on with diligence.

尊者：欢喜信受三归依和（具有八支的布萨戒/梵行五戒）法后，当不放逸地努力以达到成就。

Laity: Yes, Venerable Sir.

居士：是的，尊者。

Pañca-Sīla Five Precepts 五戒

Ahaṃ, bhante, tisaraṇena saha
pañcasīlaṃ dhammaṃ yācāmi. Anuggahaṃ
katvā sīlaṃ detha me, bhante.

Dutiyampi ahaṃ, bhante, tisaraṇena saha
pañcasīlaṃ dhammaṃ yācāmi. Anuggahaṃ
katvā sīlaṃ detha me, bhante.

Tatiyampi ahaṃ, bhante, tisaraṇena saha
pañcasīlaṃ dhammaṃ yācāmi. Anuggahaṃ
katvā sīlaṃ detha me, bhante.

Venerable Sir, I request for the Five Precepts together with the three Refuges. Venerable Sir, out of compassion please give me the precepts.

For the second time, Venerable Sir, I request for the Five Precepts together with the three Refuges. Venerable Sir, out of compassion please give me the precepts.

For the third time, Venerable Sir, I request for the Five Precepts together with the three Refuges. Venerable Sir, out of compassion please give me the precepts.

尊者，我乞求三归依和五戒法。尊者，请慈悲授戒给我！

尊者，我第二次乞求三归依和五戒法。尊者，请慈悲授戒给我！

尊者，我第三次乞求三归依和五戒法。尊者，请慈悲授戒给我！

Bhikkhu: Yamahaṃ vadāmi taṃ *vadehi*
(*vadetha*).⁴²

Upāsaka: Āma, bhante.

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Buddhaṃ saraṇaṃ gacchāmi.
Dhammaṃ saraṇaṃ gacchāmi.
Saṅghaṃ saraṇaṃ gacchāmi.

Monk: What I recite you follow.

尊者：我念什么你（们）也跟着念。

Laity: Yes, Venerable Sir.

居士：是的，尊者。

Homage to that Blessed One, the Arahant and Perfectly Self-Awakened One.

礼敬世尊、阿罗汉、圆满自觉者。

I go to the Buddha as my refuge.

I go to the Dhamma as my refuge.

I go to the Saṅgha as my refuge.

我归依佛。我归依法。我归依僧。

⁴² 如果受戒者超过一位，则念 *vadetha*（你们说）。If there are two or more people taking precepts, change 'vadehi' to 'vadetha'.

Dutiyampi Buddhaṃ saraṇaṃ gacchāmi.
Dutiyampi Dhammaṃ saraṇaṃ gacchāmi.
Dutiyampi Saṅghaṃ saraṇaṃ gacchāmi.

For the second time, I go to the Buddha as my refuge.
For the second time, I go to the Dhamma as my refuge.
For the second time, I go to the Saṅgha as my refuge.
第二次我归依佛。第二次我归依法。第二次我归依僧。

Tatiyampi Buddhaṃ saraṇaṃ gacchāmi.
Tatiyampi Dhammaṃ saraṇaṃ gacchāmi.
Tatiyampi Saṅghaṃ saraṇaṃ gacchāmi.

For the third time, I go to the Buddha as my refuge.
For the third time, I go to the Dhamma as my refuge.
For the third time, I go to the Saṅgha as my refuge.
第三次我归依佛。第三次我归依法。第三次我归依僧。

Bhikkhu: Tisaraṇagamanāṃ paripuṇṇaṃ.

Monk: The Three Refuges are complete.
尊者：三归依已经圆满。

Upāsaka: Āma, bhante.

Laity: Yes, Venerable Sir.
居士：是的，尊者。

Pāṇātipātā veramaṇī sikkhāpadaṃ
samādiyāmi.

I take the precept to abstain from destroying living beings.
我受持离杀生学处。

Adinnādānā veramaṇī sikkhāpadaṃ
samādiyāmi.

I take the precept to abstain from stealing.
我受持离不与取学处。

Kāmesu micchācārā veramaṇī sikkhāpadaṃ
samādiyāmi.

I take the precept to abstain from sexual misconduct.
我受持离欲邪行学处。

Musāvādā veramaṇī sikkhāpadaṃ
samādiyāmi.

I take the precept to abstain from false speech.
我受持离妄语学处。

Surā-meraya-majja-pamādaṭṭhānā veramaṇī
sikkhāpadaṃ samādiyāmi.

I take the precept to abstain from taking anything that causes intoxication or heedlessness.
我受持离（饮）放逸原因的谷物酒、花果酒（和）酒精学处。

Idaṃ me puññaṃ āsavakkhayāvaham hotu.
Idaṃ me sīlaṃ nibbānassa paccayo hotu.

May this merit of mine be conducive to the destruction of the taints.

May this merit of observing precepts be a [supportive] condition [for the realization] of Nibbāna.
愿我这份功德导向摧毁诸漏。
愿我持戒的功德成为证悟涅槃的助缘。

Bhikkhu: Tisaraṇena saha pañcasīlaṃ
dhammaṃ sādhuṃ katvā appamādena
sampādettha.

Monk: Having happily received the five precepts together with the three refuges, strive on with diligence.
尊者：欢喜信受三归依和五戒法后，当不放逸地努力以达到成就。

Upāsaka: Āma, bhante.

Laity: Yes, Venerable Sir.
居士：是的，尊者。

Ājīva-Aṭṭhamaka-Sīla Eight Precepts with Livelihood as the Eighth 活命八戒

Ahaṃ, bhante, tisaraṇena saha ājīva-
aṭṭhamaka-sīlaṃ dhammaṃ yācāmi.
Anuggahaṃ katvā sīlaṃ detha me, bhante.

Dutiyampi ahaṃ, bhante, tisaraṇena saha
ājīva-aṭṭhamaka-sīlaṃ dhammaṃ yācāmi.
Anuggahaṃ katvā sīlaṃ detha me, bhante.

Tatiyampi ahaṃ, bhante, tisaraṇena saha
ājīva-aṭṭhamaka-sīlaṃ dhammaṃ yācāmi.
Anuggahaṃ katvā sīlaṃ detha me, bhante.

Bhikkhu: Yamahaṃ vadāmi taṃ *vadehi*
(*vadetha*).⁴³

Upāsaka: Āma, bhante.

Namo tassa Bhagavato Arahato
Sammāsambuddhassa. (x3)

Buddhaṃ saraṇaṃ gacchāmi.
Dhammaṃ saraṇaṃ gacchāmi.
Saṅghaṃ saraṇaṃ gacchāmi.

Dutiyampi Buddhaṃ saraṇaṃ gacchāmi.
Dutiyampi Dhammaṃ saraṇaṃ gacchāmi.
Dutiyampi Saṅghaṃ saraṇaṃ gacchāmi.

Tatiyampi Buddhaṃ saraṇaṃ gacchāmi.
Tatiyampi Dhammaṃ saraṇaṃ gacchāmi.
Tatiyampi Saṅghaṃ saraṇaṃ gacchāmi.

Bhikkhu: Tisaraṇagamanāṃ paripuṇṇaṃ.

Upāsaka: Āma, bhante.

Venerable Sir, I request for the Eight Precepts with Livelihood as the Eighth together with the three Refuges. Venerable Sir, out of compassion please give me the precepts.

For the second time, Venerable Sir, I request for the Eight Precepts with Livelihood as the Eighth together with the three Refuges. Venerable Sir, out of compassion please give me the precepts.

For the third time, Venerable Sir, I request for the Eight Precepts with Livelihood as the Eighth together with the three Refuges. Venerable Sir, out of compassion please give me the precepts.

尊者，我乞求三归依和以活命为第八的戒法。尊者，请慈悲授戒给我！

尊者，我第二次乞求三归依和以活命为第八的戒法。尊者，请慈悲授戒给我！

尊者，我第三次乞求三归依和以活命为第八的戒法。尊者，请慈悲授戒给我！

Monk: What I recite you follow.

尊者：我念什么你（们）也跟着念。

Laity: Yes, Venerable Sir.

居士：是的，尊者。

Homage to that Blessed One, the Arahant and Perfectly Self-Awakened One.

礼敬世尊、阿罗汉、圆满自觉者。

I go to the Buddha as my refuge.

I go to the Dhamma as my refuge.

I go to the Saṅgha as my refuge.

我归依佛。我归依法。我归依僧。

For the second time, I go to the Buddha as my refuge.

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

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

第二次我归依佛。第二次我归依法。第二次我归依僧。

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

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

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

第三次我归依佛。第三次我归依法。第三次我归依僧。

Monk: The Three Refuges are complete.

尊者：三归依已经圆满。

Laity: Yes, Venerable Sir.

居士：是的，尊者。

⁴³ 如果受戒者超过一位，则念 *vadetha*（你们说）。If there are two or more people taking precepts, change 'vadehi' to 'vadetha'.

Pāṇātipātā veramaṇī sikkhāpadaṃ
samādiyāmi.

I take the precept to abstain from destroying living beings.
我受持离杀生学处。

Adinnādānā veramaṇī sikkhāpadaṃ
samādiyāmi.

I take the precept to abstain from stealing.
我受持离不与取学处。

Kāmesu micchācārā veramaṇī sikkhāpadaṃ
samādiyāmi.

I take the precept to abstain from sexual misconduct.
我受持离欲邪行学处。

Musāvādā veramaṇī sikkhāpadaṃ
samādiyāmi.

I take the precept to abstain from false speech.
我受持离妄语学处。

Pisuṇāvācā veramaṇī sikkhāpadaṃ
samādiyāmi.

I take the precept to abstain from slandering speech.
我受持离离间语学处。

Pharusāvācā veramaṇī sikkhāpadaṃ
samādiyāmi.

I take the precept to abstain from harsh speech.
我受持离粗恶语学处。

Samphappalāpā veramaṇī sikkhāpadaṃ
samādiyāmi.

I take the precept to abstain from idle speech.
我受持离说废话学处。

Micchā-ājīvā veramaṇī sikkhāpadaṃ
samādiyāmi.

I take the precept to abstain from wrong livelihood.
我受持离邪命学处。

Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu.
Idaṃ me sīlaṃ nibbānassa paccayo hotu.

May this merit of mine be conducive to the destruction of the taints.

May this merit of observing precepts be a [supportive] condition [for the realization] of Nibbāna.

愿我这份功德导向摧毁诸漏。

愿我持戒的功德成为证悟涅槃的助缘。

Bhikkhu: Tisaraṇena saha ājīva-aṭṭhamaka-
sīlaṃ dhammaṃ sādhucaṃ katvā
appamādena sampādettha.

Monk: Having happily received the Eight Precepts with Livelihood as the Eighth together with the three refuges, strive on with diligence.

尊者：欢喜信受三归依和以活命为第八的戒法后，当不放逸地努力以达到成就。

Upāsaka: Āma, bhante.

Laity: Yes, Venerable Sir.

居士：是的，尊者。

Buddhasāsanam Ciraṃ Titṭhatu!

愿佛陀的教法长久住立！