

MORNING RECITATION

朝時課誦

Jau shr ke sung

(On the first and fifteenth of each lunar month, begin with the JEWELLED CENSOR PRAISE, page 1) 朔望時則先唱寶鼎讚頁

SHURANGAMA MANTRA

楞嚴咒

Leng yan jou

NAMO SHURANGAMA ASSEMBLY OF BUDDHAS AND BODHISATTVAS. (3x)

南無楞嚴會上佛菩薩 (三稱)

Na mwo teng yan hwei shang fwo pu sa (3x)

O DEEP AND WONDROUS DHARANI UNMOVING HONORED ONE

妙湛總持不動尊

Myau jan dzung chr bu dung dzun

SUPREME SHURANGAMA APPEARS MOST RARELY IN THE WORLD.

首楞嚴王世希有

Shou teng yan wang shr syi you

EXTINGUISHING DELUDED THOUGHTS FROM COUNTLESS KALPAS PAST.

銷我億劫顛倒想

Syau wo yi jye dyan dau syang

I NEEDN'T PASS THROUGH AEONS TILL THE DHARMA BODY'S GAINED.

不歷僧祇獲法身

Bu li seng chi hwo fa shen

I WISH TO NOW ATTAIN THE WAY: AND AS THE DHARMA KING.

願今得果成寶王

Ywan jin de gwo cheng bau wang

I'LL THEN RETURN TO RESCUE BEINGS MORE THAN GANGES' SANDS.

還度如是恒沙衆

Hwan du ru shr heng sha jung

THIS DEEP RESOLVE I OFFER TO THE MYRIAD BUDDHAS' LANDS,

將此深心奉塵刹

Jyang tsz shen syin feng chen cha

AND THUS ENDEAVOR TO REPAY THE BUDDHA'S BOUNDLESS GRACE.

是則名為報佛恩

Shr dze ming wei bau fwo en

I NOW REQUEST THE BHAGAVAN TO CERTIFY MY QUEST:

伏請世尊為證明

Fu ching shr dzwun wei jeng ming

TO ENTER FIRST THE EVIL WORLD--THE FIVE TURBIDITIES;

五濁惡世誓先入

Wu jwo e shr shr syan ru

IF YET A SINGLE BEING'S NOT ACCOMPLISHED BUDDHAHOOD

如一象生未成佛

Ru yi jung sheng wei cheng fwo

ACCORDINGLY I ALSO MUST RENOUNCE NIRVANA'S BLISS.

終不於此取泥洹

Jung bu yu tsz chyu ni hwan

O GREAT IN COURAGE, GREAT IN POWER, GREAT COMPASSIONATE ONE!

大雄大力大慈悲

Da syung da li da tsz bei

I PRAY WOULD NOW UNCOVER AND DISPEL MY SUBTLEST DOUBTS.

希更審除微細惑

Syi geng shen chu wei syi hwei

THUS CAUSE ME QUICKLY TO ATTAIN SUPREME ENLIGHTENMENT,

令我早登無上覺

Ling wo dzau deng wu shang jyau

AND SIT WITHIN THE BODHIMANDAS OF THE TENFOLD REALMS

於十方界坐道場

Yu shr fang jye dzwo dau chang

AND EVEN COULD THE NATURE OF SHUNYATA MELT AWAY

舜若多性可銷亡

Shwun rau dwo sying ke syau wang

MY VAJRA-LIKE SUPREME RESOLVE WOULD STILL REMAIN UNMOVED.

燦迦羅心無動轉

Shwo jya la syin wu dung jwan

NA MO ETERNALLY ABIDING BUDDHAS OF THE TEN DIRECTIONS.

南無常住十方佛◎

Na mwo chang ju shr fang fwo

NA MO ETERNALLY ABIDING DHARMA OF THE TEN DIRECTIONS.

南無常住十方法

Na mwo chang ju shr fang fa

NA MO ETERNALLY ABIDING SANGHA OF THE TEN DIRECTIONS.

南無常住十方僧

Na mwo chang ju shr fang seng

NAMO SHAKYAMUNI BUDDHA.

南無釋迦牟尼佛

Na mwo shr jya mu ni fwo

NA MO SUPREME SHURANGAMA OF THE BUD DHA'S SUMMIT.

南無佛頂首楞嚴

Na mwo fwo ding shou leng yan

NA MO GWAN SHR YIN BODHISATTVA.

南無觀世音菩薩

Na mwo gwan shr yin pu sa

NAMO VAJRA TREASURY BODHISATTVA

南無金剛藏菩薩

Na mwo jin gang dzang pu sa

AT THAT TIME THE WORLD HONORED ONE FROM THE FLESH MOUND  
AT THE CROWN OF HIS HEAD RELEASED A HUNDRED-JEWELLED  
LIGHT AND A THOUSAND PETALLED RARE LOTUS AROSE FROM THE  
MIDST OF THE LIGHT.

爾時世尊。從肉髻中。涌百寶光。  
光中涌出。千葉寶蓮。

Er shr shr dzwun, tsung rou ji jung, yung bai bau gwang,  
gwang jung yung chu, chyan ye bau lyan,

SEATED WITHIN THE PRECIOUS FLOWER WAS A TRANSFORMATION  
BODY OF THE THUS COME ONE, WHOSE CROWN IN TURN EMITTED TEN  
RAYS OF THE HUNDRED-JEWELLED EFFULGENCE.

有化如來。坐寶華中。頂放十道。  
百寶光明。

You hwa ru lai, dzwo bau hwa jung, ding fang shr dau, bai  
bau gwang ming,

ALL THE MYRIAD LIGHTS SHONE 'ROUND ABOUT, EVERYWHERE  
REVEALING SECRET TRACE VAJRA SPIRITS, MANY AS THE SANDS OF  
TEN GANGES RIVERS. EACH HOLDING ALOFT A MOUNTAIN AND  
WIELDING A PESTLE, THEY PERVADED THE REALM OF EMPTY SPACE.

一一光明。皆徧示現。十恒河沙。  
金剛密迹。擎山持杵。徧虛空界。

Yi yi gwang ming, jye byan shr syan, shr heng he sha, jin  
gang mi ji, ching shan chr chu, byan syu kung jye.

THE GREAT ASSEMBLY GAZED UPWARD AT ONCE FILLED WITH FEAR  
AND ADMIRATION. SEEKING THE BUDDHA'S KIND PROTECTION  
THEY SINGLE-MINDEDLY LISTENED

大衆仰觀。畏愛兼抱。求佛哀祐。  
一心聽佛。

Da jung yang gwan, wei ai jyan bau, chyou fwo ai you, yi  
syin ting fwo,

AS, STREAMING LIGHT AT THE BUDDHA'S INVISIBLE CROWN  
THE TRANSFORMATION THUS COME ONE PROCLAIMED THE SPIRITUAL  
MAN TRA:☉

無見頂相。放光如來。宣說神咒。

Wu jyan ding syang, fang gwang ru lai, sywan shwo shen jou:

(第一會)

- |  |               |
|--|---------------|
| 1.) NA MWO SA DAN TWO                      | 南無薩怛他         |
| 2.) SU CHYE DWO YE                         | 蘇伽多耶          |
| 3.) E LA HE DI                             | 阿羅訶帝          |
| 4.) SAN MYAU SAN PU TWO SYE                | 三藐三菩陀寫        |
| 5.) NA MWO SA DAN TWO                      | 南無薩怛他         |
| 6.) FWO TWO JYU JR SHAI NI SHAN            | 佛陀俱胝瑟尼釤       |
| 7.) NA MWO SA PE                           | 南無薩婆          |
| 8.) BWO TWO BWO DI                         | 勃陀勃地          |
| 9.) SA DWO PI BI                           | 薩路鞞弊          |
| 10.) NA MWO SA DWO NAN                     | 南無薩多南         |
| 11.) SAN MYAU SAN PU TWO                   | 三藐三菩陀         |
| 12.) JYU JR NAN                            | 俱知南           |
| 13.) SWO SHE LA PE JYA                     | 娑舍囉婆迦         |
| 14.) SENG CHYE NAN                         | 僧伽喃           |
| 15.) NA MWO LU JI E LWO HAN<br>DWO NAN     | 南無盧雞阿羅漢<br>路喃 |
| 16.) NA MWO SU LU DWO BWO<br>NWO NAN       | 南無蘇盧多波<br>那喃  |
| 17.) NA MWO SWO JYE LI TWO<br>CHYE MI NAN  | 南無娑羯唎陀<br>伽彌喃 |
| 18.) NA MWO LU JI SAN MYAU<br>CHYE DWO NAN | 南無盧雞三藐<br>伽路喃 |

- |     |                                 |                    |
|-----|---------------------------------|--------------------|
| 19) | SAN MYAU CHYE BE LA             | 三 貌 伽 波 囉          |
| 20) | DI BWO DWO NWO NAN              | 底 波 多 那 喃          |
| 21) | NA MWO TI PE LI SHAI NAN        | 南 無 提 婆 離 瑟 報      |
| 22) | NA MWO SYI TWO YE               | 南 無 悉 陀 耶          |
| 23) | PI DI YE                        | 毗 地 耶              |
| 24) | TWO LA LI SHAI NAN              | 陀 囉 離 瑟 報          |
| 25) | SHE PWO NU                      | 舍 波 奴              |
| 26) | JYE LA HE                       | 揭 囉 訶              |
| 27) | SWO HE SWO LA MWO TWO NAN       | 娑 訶 娑 囉 摩 他 喃      |
| 28) | NA MWO BA LA HE MWO NI          | 南 無 跋 囉 訶 摩 尼      |
| 29) | NA MWO YIN TWO LA YE            | 南 無 因 陀 囉 耶        |
| 30) | NA MWO PE CHYE PE DI            | 南 無 婆 伽 婆 帝        |
| 31) | LU TWO LA YE                    | 盧 陀 囉 耶            |
| 32) | WU MWO BWO DI                   | 烏 摩 般 帝            |
| 33) | SWO SYI YE YE                   | 娑 醯 夜 耶            |
| 34) | NA MWO PE CHYE PE DI            | 南 無 婆 伽 婆 帝        |
| 35) | NWO LA YE                       | 那 囉 野              |
| 36) | NA YE                           | 拏 耶                |
| 37) | PAN JE MWO HE SAN MWO<br>TWO LA | 槃 遮 摩 訶 三 慕<br>陀 囉 |
| 38) | NA MWO SYI JYE LI DWO YE        | 南 無 悉 羯 唎 多 耶      |
| 39) | NA MWO PE CHYE PE DI            | 南 無 婆 伽 婆 帝        |
| 40) | MWO HE JYA LA YE                | 摩 訶 迦 羅 耶          |
| 41) | DI LI BWO LA NA                 | 地 唎 般 刺 那          |

- |                                    |              |
|------------------------------------|--------------|
| 42) CHYE LA PI TWO LA              | 伽囉毗陀囉        |
| 43) BWO NA JYA LA YE               | 波拏迦囉耶        |
| 44) E DI MU DI                     | 阿地目帝         |
| 45) SHR MWG SHE NWO NI             | 尸摩舍那泥        |
| 46) PE SYI NI                      | 婆悉泥          |
| 47) MWO DAN LI CHYE NA             | 摩怛唎伽拏        |
| 48) NA MWO SYI JYE LI DWO YE       | 南無悉羯唎多耶      |
| 49) NA MWO PE CHYE PE DI           | 南無婆伽婆帝       |
| 50) DWO TWO CHYE DWO JYU LA YE     | 多他伽路俱囉耶      |
| 51) NA MWO BE TOU MWO<br>JYU LA YE | 南無般頭摩<br>俱囉耶 |
| 52) NA MWO BA SHE LA<br>JYU LA YE  | 南無跋闍囉<br>俱囉耶 |
| 53) NA MWO MWO NI JYU LA YE        | 南無摩尼俱囉耶      |
| 54) NA MWO CHYE SHE JYU LA YE      | 南無伽闍俱囉耶      |
| 55) NA MWO PE CHYE PE DI           | 南無婆伽婆帝       |
| 56) DI LI CHA                      | 帝唎荼          |
| 57) SHU LA SYI NA                  | 輸囉西那         |
| 58) BWO LA HE LA NA LA<br>SHE YE   | 波囉訶囉拏囉<br>闍耶 |
| 59) DWO TWO CHYE DWO YE            | 路他伽多耶        |
| 60) NA MWO PE CHYE PE DI           | 南無婆伽婆帝       |
| 61) NA MWO E MI DWO PE YE          | 南無阿彌多婆耶      |
| 62) DWO TWO CHYE DWO YE            | 路他伽多耶        |

- 63) E LA HE DI  
 64) SAN MYAU SAN PU TWO YE  
 65) NA MWO PE CHYE PE DI  
 66) E CHU PI YE  
 67) DWO TWO CHYE DWO YE  
 68) E LA HE DI  
 69) SAN MYAU SAN PU TWO YE  
 70) NA MWO PE CHYE PE DI  
 71) BI SHA SHE YE  
 72) JYU LU FEI JU LI YE  
 73) BWO LA PE LA SHE YE  
 74) DWO TWO CHYE DWO YE  
 75) NA MWO PE CHYE PE DI  
 76) SAN BU SHR BI DWO  
 77) SA LYAN NAI LA LA SHE YE  
 78) DWO TWO CHYE DWO YE  
 79) E LA HE DI  
 80) SAN MYAU SAN PU TWO YE  
 81) NA MWO PE CHYE PE DI  
 82) SHE JI YE MU NWO YE  
 83) DWO TWO CHYE DWO YE  
 84) E LA HE DI  
 85) SAN MYAU SAN PU TWO YE  
 86) NA MWO PE CHYE PE DI

阿囉訶帝  
 三藐三菩提耶  
 南無婆伽婆帝  
 阿芻鞞耶  
 跢他伽多耶  
 阿囉訶帝  
 三藐三菩提耶  
 南無婆伽婆帝  
 鞞沙闍耶  
 俱盧吠柱咧耶  
 般囉婆囉闍耶  
 跢他伽多耶  
 南無婆伽婆帝  
 三補師毖多  
 薩憐捺囉刺闍耶  
 跢他伽多耶  
 阿囉訶帝  
 三藐三菩提耶  
 南無婆伽婆帝  
 舍雞野母那曳  
 跢他伽多耶  
 阿囉訶帝  
 三藐三菩提耶  
 南無婆伽婆帝



- |      |                                    |                    |
|------|------------------------------------|--------------------|
| 87)  | LA DAN NA JI DU LA<br>SHE YE       | 剌 怛 那 雞 都 囉<br>闍 耶 |
| 88)  | DWO TWO CHYE DWO YE                | 跢 他 伽 多 耶          |
| 89)  | E LA HE DI                         | 阿 囉 訶 帝            |
| 90)  | SAN MYAU SAN PU TWO YE             | 三 藐 三 菩 陀 耶        |
| 91)  | DI PYAU                            | 帝 瓢                |
| 92)  | NA MWO SA JYE LI DWO               | 南 無 薩 羯 唎 多        |
| 93)  | YI TAN PE CHYE PE DWO              | 翳 曇 婆 伽 婆 多        |
| 94)  | SA DAN TWO CHYE DU<br>SHAI NI SHAN | 薩 怛 他 伽 都<br>瑟 尼 釤 |
| 95)  | SA DAN DWO BWO DA LAN              | 薩 怛 多 般 怛 嚩        |
| 96)  | NA MWO E PE LA SHR DAN             | 南 無 阿 婆 囉 視 耽      |
| 97)  | BWO LA DI                          | 般 囉 帝              |
| 98)  | YANG CHI LA                        | 揚 岐 囉              |
| 99)  | SA LA PE                           | 薩 囉 婆              |
| 100) | BWO DWO JYE LA HE                  | 部 多 揭 囉 訶          |
| 101) | NI JYE LA HE                       | 尼 羯 囉 訶            |
| 102) | JYE JYA LA HE NI                   | 揭 迦 囉 訶 尼          |
| 103) | BA LA BI DI YE                     | 跋 囉 瑟 地 耶          |
| 104) | CHR TWO NI                         | 叱 陀 你              |
| 105) | E JYE LA                           | 阿 迦 囉              |
| 106) | MI LI JU                           | 密 唎 柱              |
| 107) | BWO LI DAN LA YE                   | 般 唎 怛 囉 耶          |
| 108) | NING JYE LI                        | 儻 揭 唎              |

- 109) SA LA PE  
 110) PAN TWO NWO  
 111) MU CHA NI  
 112) SA LA PE  
 113) TU SHAI JA  
 114) TU SYI FA  
 115) BWO NA NI  
 116) FA LA NI  
 117) JE DU LA  
 118) SHR DI NAN  
 119) JYE LA HE  
 120) SWO HE SA LA RAU SHE  
 121) PI DWO BENG SWO NA JYE LI  
 122) E SHAI JA BING SHE DI NAN  
 123) NA CHA CHA DAN LA RAU SHE  
 124) BWO LA SA TWO NA JYE LI  
 125) E SHAI JA NAN  
 126) MWO HE JYE LA HE RAU SHE  
 127) PI DWO BENG SA NA JYE LI  
 128) SA PE SHE DU LU  
 129) NI PE LA RAU SHE  
 130) HU LAN TU SYI FA  
 131) NAN JE NA SHE NI  
 132) PE SHA SHE

薩囉婆  
 槃陀那  
 目叉尼  
 薩囉婆  
 突瑟吒  
 突悉乏  
 般那你  
 伐囉尼  
 赭都囉  
 失帝南  
 羯囉訶  
 娑訶薩囉若闍  
 毗多崩娑那羯唎  
 阿瑟吒冰舍帝南  
 那叉剌怛囉若闍  
 波囉薩陀那羯唎  
 阿瑟吒南  
 摩訶羯囉訶若闍  
 毗多崩薩那羯唎  
 薩婆舍都嚧  
 你娑囉若闍  
 呼藍突悉乏  
 難遮那舍尼  
 瑟沙舍

- 133) SYI DAN LA  
 134) E JI NI  
 135) WU TWO JYA LA RAU SHE  
 136) E BWO LA SHR DWO JYU LA  
 137) MWO HE BWO LA JAN CHR  
 138) MWO HE DYE DWO  
 139) MWO HE DI SHE  
 140) MWO HE SHWEI DWO SHE PE LA  
 141) MWO HE BA LA PAN TWO LA  
 142) PE SYI NI  
 143) E LI YE DWO LA  
 144) PI LI JYU JR  
 145) SHR PE PI SHE YE  
 146) BA SHE LA MWO LI DI  
 147) PI SHE LU DWO  
 148) BWO TENG WANG JYA  
 149) BA SHE LA JR HE NWO E JE  
 150) MWO LA JR PE  
 151) BWO LA JR DWO  
 152) BA SHE LA SHAN CHR  
 153) PI SHE LA JE  
 154) SHAN DWO SHE  
 155) PI TI PE  
 156) BU SHR DWO

悉怛囉  
 阿吉尼  
 烏陀迦囉若闍  
 阿般囉視多具囉  
 摩訶般囉戰持  
 摩訶疊多  
 摩訶帝闍  
 摩訶稅多闍婆囉  
 摩訶跋囉槃陀囉  
 婆悉你  
 阿唎耶多囉  
 毗唎俱知  
 誓婆毗闍耶  
 跋闍囉摩禮底  
 毗舍壺多  
 勃騰因迦  
 跋闍囉制喝那阿遮  
 摩囉制婆  
 般囉質多  
 跋闍囉擅持  
 毗舍囉遮  
 扇多舍  
 鞞提婆  
 補視多

- 157) SU MWO LU BWO  
 158) MWO HE SHWEI DWO  
 159) E LI YE DWO LA  
 160) MWO HE PE LA E BWO LA  
 161) BA SHE LA SHANG JYE  
 LA JR PE  
 162) BA SHE LA JYU MWO LI  
 163) JYU LAN TWO LI  
 164) BA SHE LA HE SA DWO JE  
 165) PI DI YE  
 166) CHYAN JE NWO  
 167) MWO LI JYA  
 168) KU SU MU  
 169) PE JYE LA DWO NWO  
 170) PI LU JE NA  
 171) JYU LI YE  
 172) YE LA TU  
 173) SHAI NI SHAN  
 174) PI JE LAN PE MWO NI JE  
 175) BA SHE LA JYA NA JYA  
 BWO LA PE  
 176) LU SHE NA  
 177) BA SHE LA DWUN JR JE  
 178) SHWEI DWO JE

蘇摩嚧波  
 摩訶稅多  
 阿唎耶多囉  
 摩訶婆囉阿般囉  
 跋闍囉商揭  
 囉制婆  
 跋闍囉俱摩唎  
 俱藍陀唎  
 跋闍囉喝薩多遮  
 毗地耶  
 乾遮那  
 摩唎迦  
 嚧蘇母  
 婆羯囉跢那  
 鞞嚧遮那  
 俱唎耶  
 夜囉菟  
 瑟尼釤  
 毗折藍婆摩尼遮  
 跋闍囉迦那迦  
 波囉婆  
 嚧闍那  
 跋闍囉頓維遮  
 稅多遮

- 179) JYA MWO LA
- 180) CHA CHE SHR
- 181) BWO LA PE
- 182) YI DI YI DI
- 183) MU TWO LA
- 184) JYE NA
- 185) SWO PI LA CHAN
- 186) JYWE FAN DU
- 187) YIN TU NA MWO MWO SYE
- II.
- 188) WU SYIN
- 189) LI SHAI JYE NA
- 190) BWO LA SHE SYI DWO
- 191) SA DAN TWO
- 192) CHYE DU SHAI NI SHAN
- 193) HU SYIN DU LU YUNG
- 194) JAN PE NA
- 195) HU SYIN DU LU YUNG
- 196) SYI DAN PE NA
- 197) HU SYIN DU LU YUNG
- 198) BWO LA SHAI DI YE
- 199) SAN BWO CHA
- 200) NA JYE LA
- 201) HU SYIN DU LU YUNG

迦摩囉  
 刹奢尸  
 波囉婆  
 翳帝夷帝  
 母陀囉  
 羯拏  
 娑鞞囉懺  
 掘梵都  
 印兔那麼麼寫  
 (第二會)  
 烏鉢  
 唎瑟揭拏  
 般刺舍悉多  
 薩坦他  
 伽都瑟尼鈇  
 虎鉢都噓雍  
 瞻婆那  
 虎鉢都噓雍  
 悉耽婆那  
 虎鉢都噓雍  
 波囉瑟地耶  
 三般叉  
 拏羯囉  
 虎鉢都噓雍

202) SA PE YAU CHA  
 203) HE LA CHA SWO  
 204) JYE LA HE RAU SHE  
 205) PI TENG BENG SA NA JYE LA  
 206) HU SYIN DU LU YUNG  
 207) JE DU LA  
 208) SHR DI NAN  
 209) JYE LA HE  
 210) SWO HE SA LA NAN  
 211) PI TENG BENG SA NA LA  
 212) HU SYIN DU LU YUNG  
 213) LA CHA  
 214) PE CHYE FAN  
 215) SA DAN TWO  
 216) CHYE DU SHAI NI SHAN  
 217) BWO LA DYAN  
 218) SHE JI LI  
 219) MWO HE SWO HE SA LA  
 220) BWO SHU SWO HE SA LA  
 221) SHR LI SHA  
 222) JYU JR SWO HE SA NI  
 223) DI LI E BI TI SHR PE LI DWO  
 224) JA JA YING JYA  
 225) MWO HE BA SHE LU TWO LA

薩婆藥叉  
 喝囉刹娑  
 揭囉訶若闍  
 毗騰崩薩那羯囉  
 虎𠵼都噓雍  
 者都囉  
 尸底南  
 揭囉訶  
 娑訶薩囉南  
 毗騰崩薩那囉  
 虎𠵼都噓雍  
 囉叉  
 娑伽梵  
 薩坦他  
 伽都瑟尼釤  
 波囉點  
 闍吉唎  
 摩訶娑訶薩囉  
 勃樹娑訶薩囉  
 室唎沙  
 俱知娑訶薩泥  
 帝隸阿弊提視婆唎多  
 吒吒鬘迦  
 摩訶跋闍噓陀囉

226)	DI LI PU PE NA	帝唎菩婆那
227)	MAN CHA LA	曼荼囉
228)	WU SYIN	烏鉢
229)	SWO SYI DI	莎悉帝
230)	BWO PE DU	薄婆都
231)	MWO MWO	麼麼
232)	YIN TWO NA MWO MWO SYE	印兔那麼麼寫
III.		(第三會)
233)	LA SHR PE YE	囉闍婆夜
234)	JU LA BA YE	主囉跋夜
235)	E CHI NI PE YE	阿祇尼婆夜
236)	WU TWO JYA PE YE	烏陀迦婆夜
237)	PI SHA PE YE	毗沙婆夜
238)	SHE SA DWO LA PE YE	舍薩多囉婆夜
239)	PE LA JAU JYE LA PE YE	婆囉斫羯囉婆夜
240)	TU SHAI CHA PE YE	突瑟叉婆夜
241)	E SHE NI PE YE	阿舍你婆夜
242)	E JYA LA	阿迦囉
243)	MI LI JU PE YE	密唎柱婆夜
244)	TWO LA NI BU MI JYAN	陀囉尼部彌劍
245)	BWO CHYE BWO TWO PE YE	波伽波陀婆夜
246)	WU LA JYA PE DWO PE YE	烏囉迦婆多婆夜
247)	LA SHE TAN CHA PE YE	刺闍壇荼婆夜
248)	NWO CHYE PE YE	那伽婆夜

249) PI TYAU DAN PE YE  
 250) SU BWO LA NA PE YE  
 251) YAU CHA JYE LA HE  
 252) LA CHA SZ JYE LA HE  
 253) BI LI DWO JYE LA HE  
 254) PI SHE JE JYE LA HE  
 255) BU DWO JYE LA HE  
 256) JYOU PAN CHA JYE LA HE  
 257) BU DAN NA JYE LA HE  
 258) JYA JA BU DAN NA JYE  
 LA HE  
 259) SYI CHAN DU JYE LA HE  
 260) E BWO SYI MWO LA JYE  
 LA HE  
 261) WU TAN MWO TWO JYE  
 LA HE  
 262) CHE YE JYE LA HE  
 263) SYI LI PE DI JYE LA HE  
 264) SHE DWO HE LI NAN  
 265) JYE PE HE LI NAN  
 266) LU DI LA HE LI NAN  
 267) MANG SWO HE LI NAN  
 268) MI TWO HE LI NAN  
 269) MWO SHE HE LI NAN

毗條怛婆夜  
 蘇波囉拏婆夜  
 藥叉揭囉訶  
 囉叉私揭囉訶  
 畢唎多揭囉訶  
 毗舍遮揭囉訶  
 部多揭囉訶  
 鳩槃荼揭囉訶  
 補丹那揭囉訶  
 迦叱補丹那揭  
 囉訶  
 悉乾度揭囉訶  
 阿播悉摩囉揭  
 囉訶  
 烏檀摩陀揭  
 囉訶  
 車夜揭囉訶  
 醯唎婆帝揭囉訶  
 社多訶唎南  
 揭婆訶唎南  
 噓地囉訶唎南  
 忙婆訶唎南  
 謎陀訶唎南  
 摩闍訶唎南



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|------|--------------------------|---------|
| 270) | SHE DWO HE LI NYU        | 關多訶唎女   |
| 271) | SHR BI DWO HE LI NAN     | 視比多訶唎南  |
| 272) | PI DWO HE LI NAN         | 毗多訶唎南   |
| 273) | PE DWO HE LI NAN         | 婆多訶唎南   |
| 274) | E SHU JE HE LI NYU       | 阿輸遮訶唎女  |
| 275) | JR DWO HE LI NYU         | 質多訶唎女   |
| 276) | DI SHAN SA PI SHAN ◎     | 帝鈇薩鞞鈇◎  |
| 277) | SA PE JYE LA HE NAN      | 薩婆揭囉訶南  |
| 278) | PI TWO YE SHE            | 毗陀耶闍    |
| 279) | CHEN TWO YE MI           | 瞋陀夜彌    |
| 280) | JI LA YE MI              | 雞囉夜彌    |
| 281) | BWO LI BA LA JE JYA      | 波唎跋囉者迦  |
| 282) | CHI LI DAN               | 訖唎擔     |
| 283) | PI TWO YE SHE            | 毗陀夜闍    |
| 284) | CHEN TWO YE MI           | 瞋陀夜彌    |
| 285) | JI LA YE MI              | 雞囉夜彌    |
| 286) | CHA YAN NI               | 茶演尼     |
| 287) | CHI LI DAN               | 訖唎擔     |
| 288) | PI TWO YE SHE            | 毗陀夜闍    |
| 289) | CHEN TWO YE MI           | 瞋陀夜彌    |
| 290) | JI LA YE MI              | 雞囉夜彌    |
| 291) | MWO HE BWO SU BWO DAN YE | 摩訶般輸般怛夜 |
| 292) | LU TWO LA                | 嚧陀囉     |
| 293) | CHI LI DAN               | 訖唎擔     |

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|------|-------------------------|--------|
| 294) | PI TWO YE SHE           | 毗陀夜闍   |
| 295) | CHEN TWO YE MI          | 瞋陀夜彌   |
| 296) | JI LA YE MI             | 雞囉夜彌   |
| 297) | NWO LA YE NA            | 那囉夜拏   |
| 298) | CHI LI DAN              | 訖唎擔    |
| 299) | PI TWO YE SHE           | 毗陀夜闍   |
| 300) | CHEN TWO YE MI          | 瞋陀夜彌   |
| 301) | JI LA YE MI             | 雞囉夜彌   |
| 302) | DAN TWO CHYE LU CHA SYI | 怛埵伽嚧茶西 |
| 303) | CHI LI DAN              | 訖唎擔    |
| 304) | PI TWO YE SHE           | 毗陀夜闍   |
| 305) | CHEN TWO YE MI          | 瞋陀夜彌   |
| 306) | JI LA YE MI             | 雞囉夜彌   |
| 307) | MWO HE JYA LA           | 摩訶迦囉   |
| 308) | MWO DAN LI CHYE NA      | 摩怛唎伽拏  |
| 309) | CHI LI DAN              | 訖唎擔    |
| 310) | PI TWO YE SHE           | 毗陀夜闍   |
| 311) | CHEN TWO YE MI          | 瞋陀夜彌   |
| 312) | JI LA YE MI             | 雞囉夜彌   |
| 313) | JYA BWO LI JYA          | 迦波唎迦   |
| 314) | CHI LI DAN              | 訖唎擔    |
| 315) | PI TWO YE SHE           | 毗陀夜闍   |
| 316) | CHEN TWO YE MI          | 瞋陀夜彌   |
| 317) | JI LA YE MI             | 雞囉夜彌   |

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|------|------------------------|---------|
| 318) | SHE YE JYE LA          | 闍耶羯囉    |
| 319) | MWO DU JYE LA          | 摩度羯囉    |
| 320) | SA PE LA TWO SWO DA NA | 薩婆囉他娑達那 |
| 321) | CHI LI DAN             | 訖唎擔     |
| 322) | PI TWO YE SHE          | 毗陀夜闍    |
| 323) | CHEN TWO YE MI         | 瞋陀夜彌    |
| 324) | JI LA YE MI            | 雞囉夜彌    |
| 325) | JE DU LA               | 楮咄囉     |
| 326) | PE CHI NI              | 婆耆你     |
| 327) | CHI LI DAN             | 訖唎擔     |
| 328) | PI TWO YE SHE          | 毗陀夜闍    |
| 329) | CHEN TWO YE MI         | 瞋陀夜彌    |
| 330) | JI LA YE MI            | 雞囉夜彌    |
| 331) | PI LI YANG CHI LI JR   | 毗唎羊訖唎知  |
| 332) | NAN TWO JI SHA LA      | 難陀雞沙囉   |
| 333) | CHYE NA BWO DI         | 伽拏般帝    |
| 334) | SWO SYI YE             | 索醯夜     |
| 335) | CHI LI DAN             | 訖唎擔     |
| 336) | PI TWO YE SHE          | 毗陀夜闍    |
| 337) | CHEN TWO YE MI         | 瞋陀夜彌    |
| 338) | JI LA YE MI            | 雞囉夜彌    |
| 339) | NA JYE NA SHE LA PE NA | 那揭那舍囉婆拏 |
| 340) | CHI LI DAN             | 訖唎擔     |
| 341) | PI TWO YE SHE          | 毗陀夜闍    |

- 342) CHEN TWO YE MI  
 343) JI LA YE MI  
 344) E LWO HAN  
 345) CHI LI DAN  
 346) PI TWO YE SHE  
 347) CHEN TWO YE MI  
 348) JI LA YE MI  
 349) PI DWO LA CHYE  
 350) CHI LI DAN  
 351) PI TWO YE SHE  
 352) CHEN TWO YE MI  
 353) JI LA YE MI  
 354) BA SHE LA BWO NI  
 355) JYU SYI YE JYU SYI YE  
 356) JYA DI BWO DI  
 357) CHI LI DAN  
 358) PI TWO YE SHE  
 359) CHEN TWO YE MI  
 360) JI LA YE MI  
 361) LA CHA WANG  
 362) PE CHYE FAN  
 363) YIN TU NA MWO MWO SYE  
 IV.  
 364) PE CHYE FAN

瞋陀夜彌  
 雞囉夜彌  
 阿羅漢  
 訖唎擔  
 毗陀夜闍  
 瞋陀夜彌  
 雞囉夜彌  
 毗多囉伽  
 訖唎擔  
 毗陀夜闍  
 瞋陀夜彌  
 雞囉夜彌  
 跋闍囉波你  
 具醯夜具醯夜  
 迦地般帝  
 訖唎擔  
 毗陀夜闍  
 瞋陀夜彌  
 雞囉夜彌  
 囉叉罔  
 婆伽梵  
 印兔那麼麼寫  
 (第四會)  
 婆伽梵

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|------|---------------------------------------|----------------|
| 365) | SA DAN DWO BWO DA LA                  | 薩怛多般怛囉         |
| 366) | NA MWO TSWEI DU DI                    | 南無粹都帝          |
| 367) | E SYI DWO NA LA LA JYA                | 阿悉多那囉刺迦        |
| 368) | BWO LA PE                             | 波囉婆            |
| 369) | SYI PU JA                             | 悉普吒            |
| 370) | PI JYA SA DAN DWO BE<br>DI LI         | 毗迦薩怛多鉢<br>帝唎   |
| 371) | SHR FWO LA SHR FWO LA                 | 什佛囉什佛囉         |
| 372) | TWO LA TWO LA                         | 陀囉陀囉           |
| 373) | PIN TWO LA PIN TWO LA                 | 頻陀囉頻陀囉         |
| 374) | CHEN TWO CHEN TWO                     | 瞋陀瞋陀           |
| 375) | HU SYIN HU SYIN                       | 虎鉢虎鉢           |
| 376) | PAN JA PAN JA PAN JA<br>PAN JA PAN JA | 泮吒泮吒泮吒<br>泮吒泮吒 |
| 377) | SWO HE                                | 娑訶             |
| 378) | SYI SYI PAN                           | 醯醯泮            |
| 379) | E MU JYA YE PAN                       | 阿牟迦耶泮          |
| 380) | E BWO LA TI HE DWO PAN                | 阿波囉提訶多泮        |
| 381) | PE LA BWO LA TWO PAN                  | 婆囉波囉陀泮         |
| 382) | E SU LA                               | 阿素囉            |
| 383) | PI TWO LA                             | 毗陀囉            |
| 384) | BWO JYA PAN                           | 波迦泮            |
| 385) | SA PE TI PI BI PAN                    | 薩婆提鞞弊泮         |
| 386) | SA PE NA CHYE BI PAN                  | 薩婆那伽弊泮         |

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|------|-----------------------------------|---------------|
| 387) | SA PE YAU CHA BI PAN              | 薩婆藥叉弊泮        |
| 388) | SA PE CHYAN TA PE BI PAN          | 薩婆乾闥婆弊泮       |
| 389) | SA PE BU DAN NA BI PAN            | 薩婆補丹那弊泮       |
| 390) | JYA JA BU DAN NA BI PAN           | 迦婆叱補丹那弊泮      |
| 391) | SA PE TU LANG JR. DI<br>BI PAN    | 薩婆突狼枳帝<br>弊泮  |
| 392) | SA PE TU SZ BI LI                 | 薩婆突澀比啞        |
| 393) | CHI SHAI DI BI PAN                | 訖瑟帝弊泮         |
| 394) | SA PE SHR PE LI BI PAN            | 薩婆什婆啞弊泮       |
| 395) | SA PE E BWO SYI MWO<br>LI BI PAN  | 薩婆阿播悉摩<br>啞弊泮 |
| 396) | SA PE SHE LA PE NA<br>BI PAN      | 薩婆舍囉婆拏<br>弊泮  |
| 397) | SA PE DI DI JI BI PAN             | 薩婆地帝雞弊泮       |
| 398) | SA PE DAN MWO TWO JI<br>BI PAN    | 薩婆坦摩陀繼<br>弊泮  |
| 399) | SA PE PI TWO YE                   | 薩婆毗陀耶         |
| 400) | LA SHR JE LI BI PAN               | 囉誓遮啞弊泮        |
| 401) | SHE YE JYE LA                     | 闍夜羯囉          |
| 402) | MWO DU JYE LA                     | 摩度羯囉          |
| 403) | SA PE LA TWO SWO TWO<br>JI BI PAN | 薩婆囉他娑陀<br>雞弊泮 |
| 404) | PI DI YE                          | 毗地夜           |
| 405) | JE LI BI PAN                      | 遮唎弊泮          |

- 406) JE DU LA 者都囉
- 407) FU CHI NI BI PAN 縛者你弊泮
- 408) BA SHE LA 跋闍囉
- 409) JYU MWO LI 俱摩唎
- 410) PI TWO YE 毗陀夜
- 411) LA SHR BI PAN 囉誓弊泮
- 412) MWO HE BWO LA DING YANG 摩訶波囉丁羊
- 413) YI CHI LI BI PAN 义者唎弊泮
- 414) BA SHE LA SHANG JYE 跋闍囉商羯  
LA YE 囉夜
- 415) BWO LA JANG CHI LA 波囉丈耆囉  
SHE YE PAN 闍耶泮
- 416) MWO HE JYA LA YE 摩訶迦囉夜
- 417) MWO HE MWO DAN LI JYA NA 摩訶末怛唎迦拏
- 418) NA MWO SWO JYE LI DWO 南無娑羯唎多  
YE PAN 夜泮
- 419) BI SHAI NA BEI YE PAN 毖瑟拏婢曳泮
- 420) BWO LA HE MWO NI YE PAN 勃囉訶牟尼曳泮
- 421) E CHI NI YE PAN 阿耆尼曳泮
- 422) MWO HE JYE LI YE PAN 摩訶羯唎曳泮
- 423) JYE LA TAN CHR YE PAN 羯囉檀持曳泮
- 424) MYE DAN LI YE PAN 蔑怛唎曳泮
- 425) LAU DAN LI YE PAN 勞怛唎曳泮
- 426) JE WEN CHA YE PAN 遮文茶曳泮

- 427) JYE LWO LA DAN LI  
YE PAN
- 428) JYA BWO LI YE PAN
- 429) E DI MU JR DWO
- 430) JYA SHR MWO SHE NWO
- 431) PE SZ NI YE PAN
- 432) YAN JI JR
- 433) SA TWO PE SYE
- 434) MWO MWO YIN TU NA  
MWO MWO SYE

羯邏羅怛唎  
曳泮  
迦般唎曳泮  
阿地目質多  
迦尸摩舍那  
婆私你曳泮  
演吉質  
薩埵婆寫  
麼麼印兔那  
麼麼寫

V.

- 435) TU SHAI JA JR DWO
- 436) E MWO DAN LI JR DWO
- 437) WU SHE HE LA
- 438) CHYE PE HE LA
- 439) LU DI LA HE LA
- 440) PE SWO HE LA
- 441) MWO SHE HE LA
- 442) SHE DWO HE LA
- 443) SHR BI DWO HE LA
- 444) BA LYAU YE HE LA
- 445) CHYAN TWO HE LA
- 446) BU SHR BWO HE LA
- 447) PWO LA HE LA

(第五會)  
突瑟叱質多  
阿末怛唎質多  
烏闍訶囉  
伽婆訶囉  
噓地囉訶囉  
婆娑訶囉  
摩闍訶囉  
闍多訶囉  
視瑟多訶囉  
跋畧夜訶囉  
乾陀訶囉  
布史波訶囉  
頗囉訶囉



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|------|------------------------------|--------------|
| 448) | PE SYE HE LA                 | 娑窻訶囉         |
| 449) | BE BWO JR DWO                | 般波質多         |
| 450) | TU SHAI JA JR DWO            | 突瑟吒質多        |
| 451) | LAU TWO LA JR DWO            | 勞陀囉質多        |
| 452) | YAU CHA JYE LA HE            | 藥叉揭囉訶        |
| 453) | LA CHA SWO JYE LA HE         | 囉刹娑揭囉訶       |
| 454) | BI LI DWO JYE LA HE          | 閉棘多揭囉訶       |
| 455) | PI SHE JE JYE LA HE          | 毗舍遮揭囉訶       |
| 456) | BU DWO JYE LA HE             | 部多揭囉訶        |
| 457) | JYOU PAN CHA JYE LA HE       | 鳩槃荼揭囉訶       |
| 458) | SYI CHYAN TWO JYE LA HE      | 悉乾陀揭囉訶       |
| 459) | WU DAN MWO TWO JYE LA HE     | 烏坦摩陀揭囉訶      |
| 460) | CHE YE JYE LA HE             | 車夜揭囉訶        |
| 461) | E BWO SA MWO LA JYE<br>LA HE | 阿播薩摩囉揭<br>囉訶 |
| 462) | JAI CHYWE GE                 | 宅祛革          |
| 463) | CHA CHI NI JYE LA HE         | 茶耆尼揭囉訶       |
| 464) | LI FWO DI JYE LA HE          | 喇佛帝揭囉訶       |
| 465) | SHE MI JYA JYE LA HE         | 闍彌迦揭囉訶       |
| 466) | SHE JYU NI JYE LA HE         | 舍俱尼揭囉訶       |
| 467) | MU TWO LA                    | 姥陀囉          |
| 468) | NA DI JYA JYE LA HE          | 難地迦揭囉訶       |
| 469) | E LAN PE JYE LA HE           | 阿藍婆揭囉訶       |
| 470) | CHYAN DU BWO NI JYE LA HE    | 乾度波尼揭囉訶      |

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|------|--------------------------|---------|
| 471) | SHR FWO LA               | 什伐羅     |
| 472) | YIN JYA SYI JYA          | 堙如醯迦    |
| 473) | JWEI DI YAU JYA          | 墜帝藥迦    |
| 474) | DAN LI DI YAU JYA        | 担隸帝藥迦   |
| 475) | JE TU TWO JYA            | 者突託迦    |
| 476) | NI TI SHR FA LA          | 昵提什伐囉   |
| 477) | BI SHAN MWO SHR FA LA    | 恣鈔摩什伐囉  |
| 478) | BWO DI JYA               | 薄底迦     |
| 479) | BI DI JYA                | 鼻底迦     |
| 480) | SHR LI SHAI MI JYA       | 室隸瑟密迦   |
| 481) | SWO NI BWO DI JYA        | 娑你般帝迦   |
| 482) | SA PE SHR FA LA          | 薩娑什伐囉   |
| 483) | SHR LU JI DI             | 室噓吉帝    |
| 484) | MWO TWO PI DA LU JR JYAN | 末陀鞞達噓制劍 |
| 485) | E CHI LU CHYAN           | 阿綺噓鉗    |
| 486) | MU CHYWE LU CHYAN        | 目佉噓鉗    |
| 487) | JYE LI TU LU CHYAN       | 羯唎突噓鉗   |
| 488) | JYA LA HE                | 揭囉訶     |
| 489) | JYE LAN JYE NA SHU LAN   | 揭藍羯拏輸藍  |
| 490) | DAN DWO SHU LAN          | 憚多輸藍    |
| 491) | CHI LI YE SHU LAN        | 迄唎夜輸藍   |
| 492) | MWO MWO SHU LAN          | 末麼輸藍    |
| 493) | BA LI SHR PE SHU LAN     | 跋唎室婆輸藍  |
| 494) | BI LI SHAI JA SHU LAN    | 恣栗瑟吒輸藍  |

495)	WU TWO LA SHU LAN	烏陀囉輸藍
496)	JYE JR SHU LAN	羯知輸藍藍
497)	BA SYI DI SHU LAN	跋悉帝輸藍
498)	WU LU SHU LAN	鄔噓輸藍
499)	CHANG CHYE SHU LAN	常伽輸藍
500)	HE SYI DWO SHU LAN	喝悉多輸藍
501)	BA TWO SHU LAN	跋陀輸藍
502)	SWO FANG ANG CHYE	娑房盎伽
503)	BWO LA JANG CHYE SHU LAN	般囉丈伽輸藍
504)	BU DWO BI DWO CHA	部多毖跢荼
505)	CHA CHI NI	荼耆尼
506)	SHR PE LA	什婆囉
507)	TWO TU LU JYA	陀突噓迦
508)	JYAN DU LU JI JR	建咄噓吉知
509)	PE LU DWO PI	婆路多毗
510)	SA BWO LU	薩般噓
511)	HE LING CHYE	訶凌伽
512)	SHU SHA DAN LA	輸沙坦囉
513)	SWO NA JYE LA	娑那羯囉
514)	PI SHA YU JYA	毗沙喻迦
515)	E CHI NI	阿耆尼
516)	WU TWO JYA	烏陀迦
517)	MWO LA PI LA	末囉鞞囉
518)	JYAN DWO LA	建跢囉

- 519) E JYA LA  
 520) MI LI DU  
 521) DA LYAN BU JYA  
 522) DI LI LA JA  
 523) BI LI SHAI JR JYA  
 524) SA PE NA JYU LA  
 525) SZ YIN CHYE BI ◎  
 526) JYE LA LI YAU CHA  
 527) DAN LA CHU  
 528) MWO LA SHR  
 529) FEI DI SHAN  
 530) SWO PI SHAN  
 531) SYI DAN DWO BWO DA LA  
 532) MWO HE BA SHE LU  
 533) SHAI NI SHAN  
 534) MWO HE BWO LAI JANG CHI LAN  
 535) YE BWO TU TWO  
 536) SHE YU SHE NWO  
 537) BYAN DA LI NA  
 538) PI TWO YE  
 539) PAN TAN JYA LU MI  
 540) DI SHU  
 541) PAN TAN JYA LU MI  
 542) BWO LA PI TWO

阿迦囉  
 密唎咄  
 怛斂部迦  
 地栗刺叱  
 瑟唎瑟質迦  
 薩婆那俱囉  
 肆引伽弊◎  
 揭囉唎藥叉  
 怛囉芻  
 末囉視  
 吠帝鈿  
 娑鞞鈿  
 悉怛多鉢怛囉  
 摩訶跋闍盧  
 瑟尼鈿  
 摩訶般賴丈耆藍  
 夜波突陀  
 舍喻闍那  
 辯怛隸拏  
 毗陀耶  
 槃曇迦壺彌  
 帝殊  
 槃曇迦壺彌  
 般囉毗陀

543) PAN TAN JYA LU MI

槃曇迦嚧彌

544) DA JR TWO

跢姪他

545) NAN ◎

唵◎

546) E NA LI

阿那隸

547) PI SHE TI

毗舍提

548) PI LA

鞞囉

549) BA SHE LA

跋闍囉

550) TWO LI

陀唎

551) PAN TWO PAN TWO NI

槃陀槃陀你

552) BA SHE LA BANG NI PAN

跋闍囉謗尼泮

553) HU SYIN DU LU YUNG PAN

虎訶都嚧甕泮

554) SWO PE HE

莎娑訶



GREAT COMPASSION MANTRA

大悲咒

Da bei jiu

- |                                   |           |
|-----------------------------------|-----------|
| 1) NA MWO HE LA DA NWO DWO        | 南無喝囉怛那哆   |
| LA YE YE ◎                        | 囉夜耶◎      |
| 2) NA MWO E LI YE                 | 南無阿唎耶     |
| 3) PWO LU JYE DI SHAU BWO LA YE   | 娑盧羯帝爍鉢囉耶  |
| 4) PU TI SA TWO PE YE             | 菩提薩埵娑耶    |
| 5) MWO HE SA TWO PE YE            | 摩訶薩埵娑耶    |
| 6) MWO HE JYA LU NI JYA YE        | 摩訶迦盧尼迦耶   |
| 7) NAN                            | 唵         |
| 8) SA PAN LA FA YE                | 薩皤囉罰曳     |
| 9) SWO DA NWO DA SYE              | 數怛那怛寫     |
| 10) NA MWO SYI JI LI TWO YI       | 南無悉吉唵埵伊   |
| MENG E LI YE                      | 蒙阿唎耶      |
| 11) PE LU JI DI SHR FWO LA        | 娑盧吉帝室佛囉   |
| LENG TWO PE                       | 楞馱娑       |
| 12) NA MWO NWO LA JIN CHR         | 南無那囉謹墀    |
| 13) SYI LI MWO HE PAN DWO         | 醯唎摩訶皤哆    |
| SA MYE                            | 沙咩        |
| 14) SA PE E TWO DOU SHU PENG      | 薩婆阿他豆輸朋   |
| 15) E SHR YUN                     | 阿逝孕       |
| 16) SA PE SA DWO NA MWO PE SA DWO | 薩婆薩哆那摩娑薩多 |
| 17) NA MWO PE CHYE                | 那摩娑伽      |
| 18) MWO FA TE DOU                 | 摩罰特豆      |

- |                                |          |
|--------------------------------|----------|
| 19) DA JR TWO                  | 怛姪他      |
| 20) NAN                        | 唵        |
| 21) E PE LU SYI                | 阿婆盧醯     |
| 22) LU JYA DI                  | 盧迦帝      |
| 23) JYA LA DI                  | 迦羅帝      |
| 24) YI SYI LI                  | 夷醯唎      |
| 25) MWO HE PU TI SA TWO        | 摩訶菩提薩埵   |
| 26) SA PE SA PE                | 薩婆薩婆     |
| 27) MWO LA MWO LA              | 摩囉摩囉     |
| 28) MWO SYI MWO SYI LI TWO YUN | 摩醯摩醯唎馱孕  |
| 29) JYU LU JYU LU JYE MENG     | 俱盧俱盧羯蒙   |
| 30) DU LU DU LU FA SHE YE DI   | 度盧度盧罰闍耶帝 |
| 31) MWO HE FA SHE YE DI        | 摩訶罰闍耶帝   |
| 32) TWO LA TWO LA              | 陀囉陀囉     |
| 33) DI LI NI                   | 地唎尼      |
| 34) SHR FWO LA YE              | 室佛囉耶     |
| 35) JE LA JE LA                | 遮囉遮囉     |
| 36) MWO MWO FA MWO LA          | 麼麼罰摩囉    |
| 37) MU DI LI                   | 穆帝隸      |
| 38) YI SYI YI SYI              | 伊醯伊醯     |
| 39) SHR NWO SHR NWO            | 室那室那     |
| 40) E LA SHEN FWO LA SHE LI    | 阿囉唵佛囉舍利  |
| 41) FA SHA FA SHEN             | 罰娑罰唵     |
| 42) FWO LA SHE YE              | 佛囉舍耶     |

- 43) HU LU HU LU MWO LA  
 44) HU LU HU LU SYI LI  
 45) SWO LA SWO LA  
 46) SYI LI SYI LI  
 47) SU LU SU LU  
 48) PU TI YE PU TI YE  
 49) PU TWO YE PU TWO YE  
 50) MI DI LI YE  
 51) NWO LA JIN CHR  
 52) DI LI SHAI NI NWO  
 53) PE YE MWO NWO  
 54) SWO PE HE  
 55) SYI TWO YE  
 56) SWO PE HE  
 57) MWO HE SYI TWO YE  
 58) SWO PE HE  
 59) SYI TWO YU YI  
 60) SHR PAN LA YE  
 61) SWO PE HE  
 62) NWO LA JIN CHR  
 63) SWO PE HE  
 64) MWO LA NWO LA  
 65) SWO PE HE  
 66) SYI LU SENG E MU CHYWE YE

呼盧呼摩囉  
 呼盧呼盧醯利  
 娑囉娑囉  
 悉唎悉唎  
 蘇噓蘇噓  
 菩提夜菩提夜  
 菩馱夜菩馱夜  
 彌帝利夜  
 那囉謹墀  
 地利瑟尼那  
 娑夜摩那  
 娑婆訶  
 悉陀夜  
 娑婆訶  
 摩訶悉陀夜  
 娑婆訶  
 娑婆訶  
 悉陀喻藝  
 室睹囉耶  
 娑婆訶  
 那囉謹墀  
 娑婆訶  
 摩囉那囉  
 娑婆訶  
 悉囉僧阿穆佉耶



- |   |                |
|---|----------------|
| 67) SWO PE HE                           | 娑婆訶            |
| 68) SWO PE MWO HE E SYI TWO<br>YE       | 娑婆摩訶阿悉陀<br>夜   |
| 69) SWO PE HE                           | 娑婆訶            |
| 70) JE JI LA E SYI TWO YE               | 耆吉囉阿悉陀夜        |
| 71) SWO PE HE                           | 娑婆訶            |
| 72) BWO TWO MWO JYE SYI TWO YE          | 波陀摩羯悉陀夜        |
| 73) SWO PE HE                           | 娑婆訶            |
| 74) NWO LA JIN CHR PAN CHYE<br>LA YE    | 那囉謹墀瞞伽<br>囉耶   |
| 75) SWO PE HE                           | 娑婆訶            |
| 76) MWO PE LI SHENG JYE LA YE           | 摩婆利勝羯囉夜        |
| 77) SWO PE HE                           | 娑婆訶            |
| 78) NA MWO HE LA DA NWO DWO<br>LA YE YE | 南無喝囉旦那哆<br>囉夜耶 |
| 79) NA MWO E LI YE                      | 南無阿利耶          |
| 80) PWO LU JI DI                        | 婆嚧吉帝           |
| 81) SHAU PAN LA YE                      | 爍瞞囉夜           |
| 82) SWO PE HE                           | 娑婆訶            |
| 83) NAN                                 | 唵              |
| 84) SYI DYAN DU                         | 悉殿都            |
| 85) MAN DWO LA                          | 漫多囉            |
| 86) BA TWO YE                           | 跋陀耶            |
| 87) SWO PE HE                           | 娑婆訶            |

TEN SMALL MANTRAS

十小咒

AS-YOU-WILL JEWEL WHEEL KING DHARANI 如意寶輪王陀羅尼

- |   |                |
|---|----------------|
| 1) NA MWO FWO TWO YE ◎                    | 南無佛馱耶◎         |
| 2) NA MWO DA MWO YE                       | 南無達摩耶          |
| 3) NA MWO SENG CHYE YE                    | 南無僧伽耶          |
| 4) NA MWO GWAN DZ DZAI PU SA<br>MWO HE SA | 南無觀自在菩薩<br>摩訶薩 |
| 5) JYU DA BEI SYIN JE                     | 具大悲心者          |
| 6) DA JR TWO                              | 怛姪他            |
| 7) NAN                                    | 唵              |
| 8) JAU JYE LA FA DI                       | 斫羯囉伐底          |
| 9) JEN DWO MWO NI                         | 震多末尼           |
| 10) MWO HE BWO DENG MI                    | 摩訶鉢蹬躋          |
| 11) LU LU LU LU                           | 嚕嚕嚕嚕           |
| 12) DI SHAI JA                            | 底瑟吒            |
| 13) SHAU LA E JYE LI                      | 第囉阿羯利          |
| 14) SHA YE HUNG                           | 沙夜吽            |
| 15) PAN SWO HE                            | 發莎訶            |
| 16) NAN                                   | 唵              |
| 17) BWO TA MWO                            | 鉢蹋摩            |
| 18) JEN DWO MWO NI                        | 震多末尼           |
| 19) SHAU LA HUNG                          | 第囉吽            |
| 20) NAN                                   | 唵              |
| 21) BA LA TWO                             | 跋喇陀            |

22) BWO TAN MI HUNG

鉢 誑 謎 吽

DISASTER ERADICATING AUSPICIOUS SPIRIT MANTRA

消 災 吉 祥 神 咒

1) NA MWO SAN MAN DWO

MU TWO NAN

2) E BWO LA DI

3) HE DWO SHE

4) SWO NANG NAN

5) DA JR TWO

6) NAN

7) CHYWE CHYWE

8) CHYWE SYI

9) CHYWE SYI

10) HUNG HUNG

11) RU WA LA

12) RU WA LA

13) BWO LA RU WA LA

14) BWO LA RU WA LA

15) DI SAI CHA

16) DI SAI CHA

17) SHAI JR LI

18) SHAI JR LI

19) SWO PAN JA

曩 謨 三 滿 哆

母 馱 喃

阿 鉢 囉 底

賀 多 舍 喃

娑 曩 喃 他

坦 姪 他

唵

佉 佉

佉 呬

佉 呬

吽 吽

入 嚩 囉

入 嚩 囉

鉢 囉 入 嚩 囉

鉢 囉 入 嚩 囉

底 瑟 姪 嚩

底 瑟 姪 嚩

底 瑟 致 哩

娑 發 吒

- 20) SWO PAN JA  
 21) SHAN DI JYA  
 22) SHR LI YE  
 23) SWO WA HE

娑 發 叱  
 扇 底 迦  
 室 哩 曳  
 娑 縛 訶

MERITORIOUS VIRTUE JEWELLED MOUNTAIN SPIRIT MANTRA

功德寶山神咒

- 1) NA MWO FWO TWO YE  
 2) NA MWO DA MWO YE  
 3) NA MWO SENG CHYE YE  
 4) NAN  
 5) SYI DI HU LU LU  
 6) SYI DU LU  
 7) JR LI PE  
 8) JI LI PE  
 9) SYI DA LI  
 10) BU LU LI  
 11) SA WA HE

南 無 佛 馱 耶  
 南 無 達 摩 耶  
 南 無 僧 伽 耶  
 唵  
 悉 帝 護 嚕 嚕  
 悉 都 嚕  
 只 利 娑  
 吉 利 娑  
 悉 達 哩  
 布 嚕 哩  
 沙 縛 訶

JWUN TI SPIRIT MANTRA

準提神咒

- JI SHOU GWEI YI SU SYI DI ◎  
 TOU MYAN DING LI CHI JYU JR  
 WO JIN CHENG DZAN DA JWUN TI  
 WEI YWAN TSZ BEI CHWEI JYA HU

稽 首 皈 依 蘇 悉 帝 ◎  
 頭 面 頂 禮 七 俱 胝  
 我 今 稱 讚 大 準 提  
 唯 願 慈 悲 垂 加 護

1) NA MWO SA DWO NAN

南無颯哆喃

2) SAN MYAU SAN PU TWO

三藐三菩陀

3) JYU JR NAN

俱胝喃

4) DA JR TWO

怛姪他

5) NAN

唵

6) JE LI JU LI

折戾主戾

7) JWUN TI

折準提

8) SWO PE HE

娑婆訶

THE RESOLUTE LIGHT KING DHARANI OF HOLY LIMITLESS LIFE

聖無量壽決定光明王陀羅尼

1) NAN

唵

2) NAI MWO PAN GE WA DI

捺摩巴葛瓦帝

3) YA BA LA MI .DA

阿巴囉密沓

4) YA YOU LI YA NA

阿優哩阿納

5) SU BI NI

蘇必你

6) SHR JR DA

實執沓

7) DYE DZWO LA DZAI YE

牒左囉宰也

8) DA TA GE DA YE

怛塔訶達也

9) E LA HE DI

阿囉訶帝

10) SAN YAU SAN PU DA YE

三藥三不達也

11) DA NI YE TA

怛你也塔

12) NAN

唵

13) SA LI BA

薩哩巴

14) SENG SZ GE LI

桑斯葛哩

- 15) BA LI SU TA
- 16) DA LA MA DI
- 17) GE GE NAI
- 18) SANG MA WU GE DI
- 19) SWO BA WA
- 20) BI SU DI
- 21) MA HE NAI YE
- 22) BA LI WA LI SWO HE

以哩述沓  
 達羅馬帝  
 奇奇捺  
 桑馬兀奇帝  
 莎巴瓦  
 比述帝  
 馬喝捺也  
 以哩瓦哩娑喝

MEDICINE MASTER'S TRUE WORDS FOR ANOINTING THE CROWN

- 1) NA MWO BWO CHYE FA DI
- 2) BI SHA SHE
- 3) JYU LU BI LYOU LI
- 4) BWO LA PWO
- 5) HE LA SHE YE
- 6) DA TWO JYE DWO YE
- 7) E LA HE DI
- 8) SAN MYAU SAN PU TWO YE
- 9) DA JR TWO
- 10) NAN
- 11) BI SHA SHR
- 12) BI SHA SHR
- 13) BI SHA SHE
- 14) SAN MWO JYE DI SWO HE

藥師灌頂真言  
 南無薄伽伐帝  
 鞞殺社  
 窣嚩琉璃  
 鉢喇婆  
 喝囉闍也  
 怛他揭多也  
 阿囉喝帝  
 三藐三勃陀耶  
 怛姪他  
 唵  
 鞞殺逝  
 鞞殺逝  
 鞞殺社  
 三沒揭帝莎訶

GWAN YIN'S EFFICACIOUS RESPONSE TRUE WORDS

觀音靈感真言

- |                     |       |
|---------------------|-------|
| 1) NAN              | 唵     |
| 2) MA NI BA MI HUNG | 嘛呢叭彌吽 |
| 3) MA HA NI YA NA   | 嘛曷倪牙納 |
| 4) JI DAU TWO BA DA | 積都特巴達 |
| 5) JI TWO SYE NA    | 積特此納  |
| 6) WEI DA LI GE     | 微達哩葛  |
| 7) SA ER WA ER TA   | 薩而幹而塔 |
| 8) BU LI SYI TA GE  | 卜哩悉塔葛 |
| 9) NA BU LA NA      | 納補囉納  |
| 10) NA BU LI        | 納卜哩   |
| 11) DYOU TE BA NA   | 丟忒班納  |
| 12) NA MWO LU JI    | 捺嘛廬吉  |
| 13) SHWO LA YE      | 說囉耶   |
| 14) SWO HE          | 莎訶    |

THE TRUE WORDS OF SEVEN BUDDHAS FOR ERADICATING OFFENSES

七佛滅罪真言

- |                         |       |
|-------------------------|-------|
| 1) LI PE LI PE DI       | 離婆離婆帝 |
| 2) CHYOU HE CHYOU HE DI | 求訶求訶帝 |
| 3) TWO LA NI DI         | 陀羅尼帝  |
| 4) NI HE LA DI          | 尼阿囉帝  |
| 5) PI LI NI DI          | 毗黎你帝  |
| 6) MWO HE CHYE DI       | 摩訶伽帝  |

7) JEN LIN CHYAN DI

真 陵 乾 帝

8) SWO PE HE

莎 婆 訶

SPIRIT MANTRA FOR REBIRTH IN THE PURE LAND

往生淨土神咒

- 1) NA MWO E MI DWO PE YE ◎ 南無阿彌多婆夜◎
- 2) DWO TWO CHYE DWO YE 哆他伽多夜
- 3) DWO DI YE TWO 哆地夜他
- 4) E MI LI DU PE PI 阿彌利都婆毗
- 5) E MI LI DWO 阿彌利哆
- 6) SYI DAN PE PI 悉耽婆毗
- 7) E MI LI DWO 阿彌唎哆
- 8) PI JYA LAN DI 毗迦蘭帝
- 9) E MI LI DWO 阿彌唎哆
- 10) PI JYA LAN DWO 毗迦蘭多
- 11) CHYE MI LI 伽彌膩
- 12) CHYE CHYE NWO 伽伽那
- 13) JR DWO JYA LI 枳多迦利
- 14) SWO PE HE 娑婆訶

GOOD GODDESS MANTRA 大吉祥天女咒

- 1) NA MWO FWO TWO 南無佛陀
- 2) NA MWO DA MWO 南無達摩
- 3) NA MWO SENG CHYE 南無僧伽
- 4) NA MWO SHR LI 南無室利
- 5) MWO HE TI BI YE 摩訶提鼻耶



- 6) DA NI YE TWO
- 7) BWO LI FU LOU NWO
- 8) JE LI SAN MAN TWO
- 9) DA SHE NI
- 10) MWO HE PI HE LWO CHYE DI
- 11) SAN MAN TWO
- 12) PI NI CHYE DI
- 13) MWO HE JA LI YE
- 14) BWO MI
- 15) BWO LA
- 16) BWO MI
- 17) SA LI WA LI TWO
- 18) SAN MAN TWO
- 19) SYOU BWO LI DI
- 20) FU LI NWO
- 21) E LI NWO
- 22) DA MWO DI
- 23) MWO HE PI GU BI DI
- 24) MWO HE MI LEI DI  
LOU BWO SENG CHI DI
- 25) SYI DI SYI
- 26) SENG CHI SYI DI
- 27) SAN MAN TWO
- 28) E TWO E OU
- 29) PE LWO NI

怛你也他  
 波利富樓那  
 遮利三曼陀  
 達舍尼  
 摩訶毗訶羅伽帝  
 三曼陀  
 毗尼伽帝  
 摩訶迦利野  
 波禰  
 波囉  
 波禰  
 薩利罽他  
 三曼陀  
 修鉢犁帝  
 富隸那  
 阿利那  
 達摩帝  
 摩訶毗鼓畢帝  
 摩訶彌勒帝  
 婁鞞僧祇帝  
 醯僧祇醯帝  
 三曼陀  
 阿他阿菟  
 婆羅尼

THE HEART OF PRAJNA PARAMITA SUTRA ㊦

般若波羅蜜多心經 ㊦

Bwo re bwo lwo mi dwo syin jing

WHEN BODHISATTVA AVALOKITESHVARA WAS PRACTICING THE PROFOUND PRAJNA PARAMITA,

觀自在菩薩，行深般若波羅蜜多時，

Gwan dz dzai pu sa sying shen bwo re bwo lwo mi dwo shr.

HE ILLUMINATED THE FIVE SKANDHAS AND SAW THAT THEY ARE ALL EMPTY, AND HE CROSSED BEYOND ALL SUFFERING AND DIFFICULTY.

照見五蘊皆空，度一切苦厄。

Jyau jyan wu yun jye kung. du yi chye ku e.

SHARIPUTRA, FORM DOES NOT DIFFER FROM EMPTINESS; EMPTINESS DOES NOT DIFFER FROM FORM. FORM ITSELF IS EMPTINESS; EMPTINESS ITSELF IS FORM. SO TOO ARE FEELING, COGNITION, FORMATION. AND CONSCIOUSNESS.

舍利子，色不異空，空不異色。色即是空，空即是色，受想行識亦復如是。

She li dz, shai bu yi kung. kung bu yi shai. shai ji shr kung. kung ji shr shai. shou syang sying shr yi fu ru shr.

SHARIPUTRA, ALL DHARMAS ARE EMPTY OF CHARACTERISTICS. THEY ARE NOT PRODUCED, NOT DESTROYED,

舍利子，是諸法空相，不生不滅，

She li dz. shr ju fa kung syang, bu sheng bu mye,

NOT DEFILED, NOT PURE, AND THEY NEITHER INCREASE NOR DIMINISH.

不垢不淨，不增不減。

Bu gou bu jing. bu dzeng bu jyan.

THEREFORE, IN EMPTINESS THERE IS NO FORM, FEELING, COGNITION, FORMATION, OR CONSCIOUSNESS;

是故空中無色，無受想行識，

Shr gu kung jung wu shai. wu shou syang sying shr.

NO EYES, EARS, NOSE, TONGUE, BODY, OR MIND; NO SIGHTS,  
SOUNDS, SMELLS, TASTES, OBJECTS OF TOUCH, OR DHARMAS;  
無眼耳鼻舌身意，無色聲香味觸法。  
Wu yan er bi she shen yi, wu shai sheng syang wei chu fa.

NO FIELD OF THE EYES UP TO AND INCLUDING NO FIELD OF  
MIND CONSCIOUSNESS;

無眼界，乃至無意識界。  
Wu yan jye, nai jr wu yi shr jye.

AND NO IGNORANCE OR ENDING OF IGNORANCE,

無無明，亦無無明盡。  
Wu wu ming, yi wu wu ming jin.

UP TO AND INCLUDING NO OLD AGE AND DEATH OR ENDING OF OLD  
AGE AND DEATH.

乃至無老死，亦無老死盡。  
Nai jr wu lau sz, yi wu lau sz jin.

THERE IS NO SUFFERING, NO ACCUMULATING, NO EXTINCTION, AND  
NO WAY, AND NO UNDERSTANDING AND NO ATTAINING.

無苦集滅道，無智亦無得。  
Wu ku ji mye dau, wu jr yi wu de.

BECAUSE NOTHING IS ATTAINED, THE BODHISATTVA

以無所得故，菩提薩埵，  
Yi wu swo de gu, pu ti sa two.

THROUGH RELIANCE ON PRAJNA PARAMITA IS UNIMPEDED IN HIS  
MIND.

依般若波羅蜜多故，心無罣礙。  
Yi bwo re bwo lwo mi dwo gu, syin wu gwa ai.

BECAUSE THERE IS NO IMPEDIMENT, HE IS NOT AFRAID

無罣礙故，無有恐怖，  
Wu gwa ai gu, wu you kung bu.

AND HE LEAVES DISTORTED DREAM-THINKING FAR BEHIND.

遠離顛倒夢想，  
Ywan li dyan dau meng syang.

ULTIMATELY NIRVANA!

究竟涅槃。  
Jyou jing nye pan.

ALL BUDDHAS OF THE THREE PERIODS OF TIME ATTAIN ANUTTARA-

◎

SAMYAK-SAMBODHI THROUGH RELIANCE ON PRAJNA PARAMITA.

三世諸佛<sup>◎</sup>依般若波羅蜜多故，得阿  
耨多羅三藐三菩提。

San shr ju fwo yi bwo re bwo lwo mi dwo gu. de e nwo dwo lwo  
san myau san pu ti

THEREFORE KNOW THAT PRAJNA PARAMITA IS A GREAT SPIRITUAL  
MANTRA,

故知般若波羅蜜多，是大神咒，  
Gu jr bwo re bwo lwo mi dwo, shr da shen jou

A GREAT BRIGHT MANTRA, A SUPREME MANTRA, AN UNEQUALLED  
MANTRA.

是大明咒，是無上咒，是無等等咒。  
Shr da ming jou, shr wu shang jou, shr wu deng deng jou.

IT CAN REMOVE ALL SUFFERING: IT IS GENUINE AND NOT FALSE.

能除一切苦，真實不虛。  
Neng chu yi chye ku. jen shr bu syu.

THAT IS WHY THE MANTRA OF PRAJNA PARAMITA WAS SPOKEN.

RECITE IT LIKE THIS<sup>◎</sup>

故說般若波羅蜜多咒，即說咒曰：  
Gu shwo bwo re bwo lwo mi dwo jou. ji shwo jou ywe:

GATE GATE PARAGATE PARASAMGATE BODHI SVAHA!

揭諦揭諦，波羅揭諦，波羅僧揭諦，  
菩提薩婆訶。

Jye di jye di. bwo lwo jye di. bwo lwo seng jye di. pu  
ti sa pe he.

(END OF THE HEART OF PRAJNA PARAMITA SUTRA)

MAHA PRAJNA PARAMITA

摩訶般若波羅蜜多<sup>◎</sup>

(3 times)

(三稱)

MWO HE BWO RE BWO LWO MI DWU<sup>◎</sup>

◎

PRAISE TO MEDICINE MASTER BUDDHA

藥師讚

MEDICINE MASTER THUS COME ONE LAPIS LAZULI LIGHT,

藥師如來琉璃光◎

Yau shr ru lai lyou li gwang

WITH HIS SPLENDID BLAZING NET--HOW MATCHLESSLY ADORNED!

綖網莊嚴無等倫

Yan wang jwang yan wu deng lwun

LIMITLESS PRACTICE, BOUNDLESS VOWS--BENIFIT ALL LIVING BEINGS.

無邊行願利有情

Wu byan heng ywan li you ching

HE ACCORDS WITH EACH ONE'S WISH AND NEVER WILL RETREAT.

各遂所求皆不退

Ge swei swo chyou jye bu twei

NA MO MEDICINE MASTER LAPIS LAZULI LIGHT THUS COME ONE OF  
THE EASTERN PURE LAPIS LAZULI LAND

南無東方淨琉璃世界◎藥師琉璃光如來◎

Na mwo dung fang jing lyou li shr jye, yau shr lyou li gwang  
ru lai

NA MO QUELLING DISASTERS LENGTHNING LIFE MEDICINE MASTER  
BUDDHA

*(recite while circumambulating)*

南無消災延壽藥師佛 (繞念)

Na mwo syau dzai yan shou yau shr fwo

## DEDICATION OF OFFERINGS

(Yo so) bhāgavā ārahaṃ sammāsambuddho  
*To the Blessed One, the Lord, who fully attained perfect enlightenment,*  
Svākkhāto yena bhāgavatā dhammo  
*To the Teaching, which he expounded so well,*  
Supatīpanno yassa bhāgavato sāvakaśaṅgho  
*And to the Blessed One's disciples who have practiced well,*  
Tammāyaṃ bhāgavantam sādhammam sasaṅgham  
*To these—the Buddha, the Dhamma, and the Saṅgha—*  
Imehi sakkārehi yathārahaṃ āropitehi abhīpūjayāma  
*We render with offerings our rightful homage.*  
Sādhū no bhante bhāgavā sūcira-parinibbutopi  
*It is well for us that the Blessed One, having attained liberation,*  
Pacchīmā-jaṇātānūkaṃpā-mānasā  
*Still had compassion for later generations.*  
Ime sakkāre duggatā-paññākāra-bhūte paṭiggaṇhātu  
*May these simple offerings be accepted*  
Amhākaṃ dīgharattam hitāya sukhāya  
*For our long-lasting benefit and for the happiness it gives us.*  
Arahaṃ sammāsambuddho bhāgavā  
*The Lord, the Perfectly Enlightened and Blessed One—*  
Buddham bhāgavantam abhivādemi  
*I render homage to the Buddha, the Blessed One.*  
(Bow.)

(Svākkhāto) bhāgavatā dhammo  
*The Teaching, so completely explained by him—*  
Dhammam namassāmi  
*I bow to the Dhamma.*  
(Bow.)

(Supatīpanno) bhāgavato sāvakaśaṅgho  
*The Blessed One's disciples, who have practiced well—*  
Saṅgham namāmi  
*I bow to the Saṅgha.*  
(Bow.)

## PRELIMINARY HOMAGE

(Hānda mayam buddhassa bhāgavato pubbabhāga-namakāraṃ  
karomase)  
*[Now let us pay preliminary homage to the Buddha.]*  
(Namo tassa) bhāgavato arahato sammāsambuddhassa (Three times.)  
*Homage to the Blessed, Noble, and Perfectly Enlightened One. (Three times.)*

## HOMAGE TO THE BUDDHA

(Hānda mayam buddhābhītthutim karomase)

*[Now let us chant in praise of the Buddha.]*

(Yo so) tathāgato araham sammāsambuddho

*The Tathāgata is the Pure One, the Perfectly Enlightened One.*

Vijjācāraṇā-sampanno

*He is impeccable in conduct and understanding,*

Sugato

*The Accomplished One,*

Lokavidū

*The Knower of the Worlds.*

Anuttaro purisaḍamma-sārathi

*He trains perfectly those who wish to be trained.*

Sathā deva-mānussānam

*He is Teacher of gods and humans.*

Buddho bhāgavā

*He is Awake and Holy.*

Yo imam lokam sadevakam samarakam sabrahmakam

*In this world with its gods, demons, and kind spirits,*

Sassamaṇa-brāhmaṇim pajam sadeva-mānussam sayam abhiññā sacchikatvā pāvedesi

*Its seekers and sages, celestial and human beings, he has by deep insight revealed the Truth.*

Yo dhammam desesi ādī-kalyāṇam majjhē-kalyāṇam pariyosāna-kalyāṇam

*He has pointed out the Dhamma: beautiful in the beginning, beautiful in the middle, beautiful in the end.*

Sātham sabyañjaṇam kevala-paripuṇṇam parisuddham brahma-carīyam pakāsesi

*He has explained the Spiritual Life of complete purity in its essence and conventions.*

Tamaham bhāgavantam abhipūjayāmi tamaham bhāgavantam sirasā namāmi

*I chant my praise to the Blessed One, I bow my head to the Blessed One.*

*(Bow.)*

## HOMAGE TO THE DHAMMA

(Hānda mayam dhammābhītthutim karomase)

*[Now let us chant in praise of the Dhamma.]*

(Yo so) svākkhāto bhāgavatā dhammo

*The Dhamma is well expounded by the Blessed One,*

Sāditthiko

*Apparent here and now,*

Ākāliko

*Timeless,*

Ehipassiko

*Encouraging investigation,*

Opanayiko

*Leading inwards,*

Paṇḍitaṃ veditaṃ viññūhi

*To be experienced individually by the wise.*

Tamahāṃ dhammaṃ abhipūjāyāmi tamahāṃ dhammaṃ sirasā namāmi

*I chant my praise to this Teaching, I bow my head to this Truth.*

*(Bow.)*

## HOMAGE TO THE SANGHA

(Hānda mayam saṅghābhithuṭṭim karomase)

*[Now let us chant in praise of the Sangha.]*

(Yo so) supaṭipanno bhāgavato sāvakaṃ saṅgho

*They are the Blessed One's disciples, who have practiced well,*

Ujupaṭipanno bhāgavato sāvakaṃ saṅgho

*Who have practiced directly,*

Ñāyapaṭipanno bhāgavato sāvakaṃ saṅgho

*Who have practiced insightfully,*

Sāmicipaṭipanno bhāgavato sāvakaṃ saṅgho

*Those who practice with integrity—*

Yadidaṃ cattāri purisaṃyugāni aṭṭha purisaṃpuggalā

*That is the four pairs, the eight kinds of noble beings—*

Esa bhāgavato sāvakaṃ saṅgho

*These are the Blessed One's disciples.*

Āhūṇeyyo

*Such ones are worthy of gifts,*

Pāhūṇeyyo

*Worthy of hospitality,*

Dakkhūṇeyyo

*Worthy of offerings,*

Añjali-karaṇīyo

*Worthy of respect,*

Anuttaraṃ puññakkhettaṃ lokassa

*They give occasion for incomparable goodness to arise in the world.*

Tamahāṃ saṅghaṃ abhipūjāyāmi tamahāṃ saṅghaṃ sirasā namāmi

*I chant my praise to this Sangha, I bow my head to this Sangha.*

*(Bow.)*



## SALUTATION TO THE TRIPLE GEM

(Hānda mayam ratanattaya-panāma-gāthāyo ceva sāmvega-parikittana-pāṭhañca bhaṇāmasa)

*[Now let us chant our salutation to the Triple Gem and a passage of encouragement.]*

(Buddho sūuddho) kaṛuṇāmahāṇṇavo

*The Buddha, absolutely pure, with ocean-like compassion,*

Yocanta-suddhabbara-nāṇa-locaṇo

*Possessing the clear sight of wisdom,*

Lokassa pāpūpakīlesa-ghāṭako

*Destroyer of worldly self-corruption—*

Vandāmi buddham ahamādarena taṃ

*Devotedly indeed, that Buddha I revere.*

Dhammo paḍīpo viya tassa sathūno

*The Teaching of the Lord, like a lamp,*

Yo maggāpākāmaṭa-bheda-bhinnaṅko

*Illuminating the Path and its Fruit: the Deathless,*

Lokuttaro yo ca tadattha-dīpaṇo

*That which is beyond the conditioned world—*

Vandāmi dhammam ahamādarena taṃ

*Devotedly indeed, that Dhamma I revere.*

Sāṅgho sukhettābhīyati-khetta-sāññito

*The Sangha, the most fertile ground for cultivation,*

Yo diṭṭhāsanto sugatānubodhako

*Those who have realized Peace, awakened after the Accomplished One,*

Lolappahino ariyo sumedhaso

*Noble and wise, all longing abandoned—*

Vandāmi saṅgham ahamādarena taṃ

*Devotedly indeed, that Sangha I revere.*

Icevam-ekantaḥhipūja-neyyakam

*This salutation should be made*

Vatthuttayam vandaṭābhisaṅkhaṭam

*To that which is worthy.*

Puññaṃ mayā yaṃ maṃ sabbupaddavā

*Through the power of such good action,*

Mā hontu ve tassa pabhāvasiddhiyā

*May all obstacles disappear.*

Idha tathāgato loke uppanno araham sammāsambuddho

*One who knows things as they are has come into this world; and he is an Arahant, a perfectly awakened being.*

Dhammo ca desito niyyāniko upasamiko parinibbāniko sambodhagāmi sugatappavedito  
*Purifying the way leading out of delusion, calming and directing to perfect peace,  
and leading to enlightenment—this Way he has made known.*

Māyantaṃ dhammaṃ sūtvā evaṃ jānāma  
*Having heard the Teaching, we know this:*

Jātipi dukkhā

*Birth is dukkha,*

Jarāpi dukkhā

*Ageing is dukkha,*

Maraṇampi dukkhaṃ

*And death is dukkha;*

Sōka-parideva-dukkha-domanassupāyāsāpi dukkhā

*Sorrow, lamentation, pain, grief, and despair are dukkha;*

Appiyehi sampayogo dukkho

*Association with the disliked is dukkha;*

Piyehi vippayogo dukkho

*Separation from the liked is dukkha;*

Yampicchāṃ na labhati tampi dukkhāṃ

*Not attaining one's wishes is dukkha.*

Sāṅkhittena pañcupādānakkhāṇḍhā dukkhā

*In brief, the five focuses of the grasping mind are dukkha.*

Seyyathidaṃ

*These are as follows:*

Rūpūpādānakkhāṇḍho

*Identification with the body,*

Vedanūpādānakkhāṇḍho

*Identification with feeling,*

Sāññūpādānakkhāṇḍho

*Identification with perception,*

Sāṅkhārūpādānakkhāṇḍho

*Identification with mental formations,*

Viññāṇūpādānakkhāṇḍho

*Identification with consciousness.*

Yesaṃ pariññāya

*For the complete understanding of this,*

Dharamāno so bhagavā

*The Blessed One in his lifetime*

Evaṃ bahulaṃ sāvake vīneti

*Frequently instructed his disciples in just this way.*

Evaṃ bhāgā ca panassa bhagavato sāvakesu anusāsāni bahulā pavattati

*In addition, he further instructed:*

Rūpaṃ aṇiccaṃ  
*The body is impermanent,*  
 Vedanā aṇiccā  
*Feeling is impermanent,*  
 Sāññā aṇiccā  
*Perception is impermanent,*  
 Sāṅkhārā aṇiccā  
*Mental formations are impermanent,*  
 Viññāṇaṃ aṇiccaṃ  
*Consciousness is impermanent;*  
 Rūpaṃ aṇattā  
*The body is not-self,*  
 Vedanā aṇattā  
*Feeling is not-self,*  
 Sāññā aṇattā  
*Perception is not-self,*  
 Sāṅkhārā aṇattā  
*Mental formations are not-self,*  
 Viññāṇaṃ aṇattā  
*Consciousness is not-self;*  
 Saṃbe saṅkhārā aṇiccā  
*All conditions are impermanent,*  
 Saṃbe dhammā aṇattā ti  
*There is no self in the created or the uncreated.*  
 Te māyaṃ  
*All of us*  
 Otiṇṇāma-jātiyā jaṇāmaṇeṇa  
*Are bound by birth, ageing, and death,*  
 Sōkehi paridevehi dukkhehi domanassehi upāyāsehi  
*By sorrow, lamentation, pain, grief, and despair,*  
 Dukkhotiṇṇā dukkhaṇetā  
*Bound by dukkha and obstructed by dukkha.*  
 Appevanāmiṃsaṃ kevalassa dukkhakkhandhassa antakiriya paññāyethā ti  
*Let us all aspire to complete freedom from suffering.*  
 Cīraparinibbutaṃ bhāgavantaṃ saraṇaṃ gatā  
*The Blessed One, who long ago attained Parinibbāna, is our refuge.*  
 Dhāmmaṅca Saṅghaṅca  
*So too are the Dhāmma and the Saṅgha.*  
 Tassa bhāgavato sāsanaṃ yathāsati yathābalaṃ manasikāroma anupaṭipājjāma  
*Attentively we follow the pathway of that Blessed One, with all of our  
 mindfulness and strength.*

Sā sā no paṭipatti

*May then the cultivation of this practice*

Imassa kevalassa dukkhakkhandhassa antakiriya samvattatu

*Lead us to the end of every kind of suffering.*

*(An alternative version of the preceding section, chanted only by monks and nuns:)*

Cirāparinibbutampi taṃ bhāgavantaṃ uddissa arahantaṃ sammāsambuddhaṃ

*Remembering the Blessed One, the Noble Lord, and Perfectly Enlightened One,  
who long ago attained Parinibbāna,*

Saddhā aḡārasmā anagāriyaṃ pabbajitā

*We have gone forth with faith from home to homelessness,*

Tasmīṃ bhāgavati brahma-cariyaṃ caṛāma

*And like the Blessed One, we practice the Holy Life,*

Bhikkhūnaṃ<sup>1</sup> sikkhāsājīva-samāpannā

*Being fully equipped with the bhikkhus'<sup>2</sup> system of training.*

Taṃ no brahma-cariyaṃ imassa kevalassa dukkhakkhandhassa antakiriya samvattatu

*May this Holy Life lead us to the end of this whole mass of suffering.*

*(After a period of silent meditation, additional reflections may be chanted [see pages 25–41]. Then end with the chant below.)*

## CLOSING HOMAGE

(Arahaṃ) sammāsambuddho bhāgavā

*The Lord, the Perfectly Enlightened and Blessed One—*

Buddhaṃ bhāgavantaṃ abhivādemi

*I render homage to the Buddha, the Blessed One.*

*(Bow.)*

(Svākkhāto) bhāgavatā dhammo

*The Teaching, so completely explained by him—*

Dhammaṃ namassāmi

*I bow to the Dhamma.*

*(Bow.)*

(Supaṭipanno) bhāgavato sāvaḡasaṅgho

*The Blessed One's disciples, who have practiced well—*

Saṅghaṃ namāmi

*I bow to the Saṅgha.*

*(Bow.)*

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<sup>1</sup> *Nuns chant: Siladhāriṇaṃ*

<sup>2</sup> *nuns'*

## **PART TWO: REFLECTIONS AND RECOLLECTIONS**

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## REFLECTIONS ON SHARING BLESSINGS

(Hānda mayam uddissanādhiṭṭhāna-gāthāyo bhaṇāmase)

[Iminā puñṇakammena] upajjhāyā guṇuttarā  
Ācariyūpakārā ca mātāpitā ca nātākā  
Suriyo candimā rājā guṇavantā narāpi ca  
Brahma-mārā ca indā ca lokapālā ca devatā  
Yamo mittā maṇussā ca majjhata verikāpi ca  
Sabbhe sattā sukhī hontu puñṇāni paṇatāni me  
Sukhañca tividham dentu khippam pāpetha vomātam  
Iminā puñṇakammena iminā uddissenā ca  
Khippāham suḷabhe ceva taṇhūpādāna-chedānam  
Ye santāne hinā dhammā yāva nibbāṇato mamaṃ  
Nassantu sabbaḍā yeva yattha jāto bhava bhava  
Ujucittam satipaṇṇā sallekho viriyamhinā  
Mārā labhantu nokāsam kātuñca viriyesu me  
Buddhādhipavaṇo nātho dhammo nātho varuttāmo  
Nātho paccekabuddho ca saṅgho nāthottaro mamaṃ  
Tesottamānubhāvena mārokāsam labhantu mā

(Now let us chant the verses of sharing and aspiration.)

Through the goodness that arises from my practice,  
May my spiritual teachers and guides of great virtue,  
My mother, my father, and my relatives,  
The Sun and the Moon, and all virtuous leaders of the world,  
May the highest gods and evil forces,  
Celestial beings, guardian spirits of the Earth, and the Lord of Death,  
May those who are friendly, indifferent, or hostile,  
May all beings receive the blessings of my life.  
May they soon attain the threefold bliss and realize the Deathless.  
Through the goodness that arises from my practice,  
And through this act of sharing,  
May all desires and attachments quickly cease  
And all harmful states of mind.  
Until I realize Nibbāna,  
In every kind of birth, may I have an upright mind,  
With mindfulness and wisdom, austerity and vigor.  
May the forces of delusion not take hold nor weaken my resolve.  
The Buddha is my excellent refuge,  
Unsurpassed is the protection of the Dhamma,  
The Solitary Buddha is my noble Lord,  
The Sangha is my supreme support.  
Through the supreme power of all these,  
May darkness and delusion be dispelled.

## THE BUDDHA'S WORDS ON LOVING-KINDNESS

(Karaṇīya Mettā Sutta)

(Now let us chant the Buddha's words on loving-kindness.)

[This is what should be done]  
By one who is skilled in goodness  
And who knows the path of peace:  
Let them be able and upright,  
Straightforward and gentle in speech,  
Humble and not conceited,  
Contented and easily satisfied,  
Unburdened with duties and frugal in their ways.  
Peaceful and calm, and wise and skillful,  
Not proud and demanding in nature.  
Let them not do the slightest thing  
That the wise would later reprove,  
Wishing: In gladness and in safety,  
May all beings be at ease.  
Whatever living beings there may be,  
Whether they are weak or strong, omitting none,  
The great or the mighty, medium, short, or small,  
The seen and the unseen,  
Those living near and far away,  
Those born and to be born,  
May all beings be at ease.  
Let none deceive another  
Or despise any being in any state.  
Let none through anger or ill-will  
Wish harm upon another.  
Even as a mother protects with her life  
Her child, her only child,  
So with a boundless heart  
Should one cherish all living beings,  
Radiating kindness over the entire world:  
Spreading upwards to the skies  
And downwards to the depths,  
Outwards and unbounded,  
Freed from hatred and ill-will.



Whether standing or w<sup>∇</sup>alking, seated or l<sup>∧</sup>y<sup>∇</sup>ing down,  
Free from d<sup>∇</sup>rowsiness,  
One should s<sup>∇</sup>ustain this r<sup>∧</sup>e<sup>∇</sup>collection.  
This is said t<sup>∇</sup>o b<sup>∇</sup>e t<sup>∇</sup>he s<sup>∧</sup>ublime abiding.  
By not holding to f<sup>∇</sup>ixed views,  
The p<sup>∧</sup>ure-h<sup>∧</sup>eart<sup>∇</sup>ed one, having clarity of v<sup>∇</sup>ision,  
Being freed fr<sup>∇</sup>om all s<sup>∧</sup>ense-desires,  
Is not b<sup>∧</sup>orn <sup>∧</sup>again into this world.

## SUFFUSION WITH THE DIVINE ABIDINGS

(Hānda mayam caturappamaññā obhāsanam karomase)

[Mettā-saḥaḡaḡatena] cetasā ekaṃ disaṃ phaṛiṭṭvā vihaṛaṭi  
Tathā dutiyaṃ tathā tatiyaṃ tathā cātutthaṃ  
Iti uddhamadho tiriyaṃ sabbādhī sabbattatāya  
Sabbāvantaṃ lokaṃ mettā-saḥaḡaḡatena cetasā  
Vipulena mahaggātena appamāṇena aṇverena abyāpajjhena  
phaṛiṭṭvā vihaṛaṭi

Karuṇā-saḥaḡaḡatena cetasā ekaṃ disaṃ phaṛiṭṭvā vihaṛaṭi  
Tathā dutiyaṃ tathā tatiyaṃ tathā cātutthaṃ  
Iti uddhamadho tiriyaṃ sabbādhī sabbattatāya  
Sabbāvantaṃ lokaṃ karuṇā-saḥaḡaḡatena cetasā  
Vipulena mahaggātena appamāṇena aṇverena abyāpajjhena  
phaṛiṭṭvā vihaṛaṭi

Muditā-saḥaḡaḡatena cetasā ekaṃ disaṃ phaṛiṭṭvā vihaṛaṭi  
Tathā dutiyaṃ tathā tatiyaṃ tathā cātutthaṃ  
Iti uddhamadho tiriyaṃ sabbādhī sabbattatāya  
Sabbāvantaṃ lokaṃ muditā-saḥaḡaḡatena cetasā  
Vipulena mahaggātena appamāṇena aṇverena abyāpajjhena  
phaṛiṭṭvā vihaṛaṭi

Upekkhā-saḥaḡaḡatena cetasā ekaṃ disaṃ phaṛiṭṭvā vihaṛaṭi  
Tathā dutiyaṃ tathā tatiyaṃ tathā cātutthaṃ  
Iti uddhamadho tiriyaṃ sabbādhī sabbattatāya  
Sabbāvantaṃ lokaṃ upekkhā-saḥaḡaḡatena cetasā  
Vipulena mahaggātena appamāṇena aṇverena abyāpajjhena  
phaṛiṭṭvā vihaṛaṭi ti

(Now let us make the Four Boundless Qualities shine forth.)

I will abide pervading one quarter with a mind imbued with loving-kindness;  
likewise the second, likewise the third, likewise the fourth;  
so above and below, around and everywhere; and to all as to myself.  
I will abide pervading the all-encompassing world with a mind imbued  
with loving-kindness;  
abundant, exalted, immeasurable, without hostility, and without ill-will.

I will abide pervading one quarter with a mind imbued with compassion;  
likewise the second, likewise the third, likewise the fourth;  
so above and below, around and everywhere; and to all as to myself.  
I will abide pervading the all-encompassing world with a mind imbued  
with compassion;  
abundant, exalted, immeasurable, without hostility, and without ill-will.

I will abide pervading one quarter with a mind imbued with gladness;  
likewise the second, likewise the third, likewise the fourth;  
so above and below, around and everywhere; and to all as to myself.  
I will abide pervading the all-encompassing world with a mind imbued  
with gladness;  
abundant, exalted, immeasurable, without hostility, and without ill-will.

I will abide pervading one quarter with a mind imbued with equanimity;  
likewise the second, likewise the third, likewise the fourth;  
so above and below, around and everywhere; and to all as to myself.  
I will abide pervading the all-encompassing world with a mind imbued  
with equanimity;  
abundant, exalted, immeasurable, without hostility, and without ill-will.

## THE HIGHEST BLESSINGS

(Maṅgala Sutta)

(Thus have I heard that the Blessed One)  
Was staying at Sāvathī,  
Residing at the Jeta's Grove  
In Anāthapiṇḍika's park.  
Then in the dark of the night, a radiant deva  
Illuminated all Jeta's Grove.  
She bowed down low before the Blessed One  
Then standing to one side she said:

“Devas are concerned for happiness  
And ever long for peace.  
The same is true for humankind.  
What then are the highest blessings?”

“Avoiding those of foolish ways,  
Associating with the wise,  
And honoring those worthy of honor.  
These are the highest blessings.

“Living in places of suitable kinds,  
With the fruits of past good deeds  
And guided by the rightful way.  
These are the highest blessings.

“Accomplished in learning and craftsman's skills,  
With discipline, highly trained,  
And speech that is true and pleasant to hear.  
These are the highest blessings.

“Providing for mother and father's support  
And cherishing family,  
And ways of work that harm no being,  
These are the highest blessings.

“Generosity and a righteous life,  
Offering help to relatives and kin,  
And acting in ways that leave no blame.  
These are the highest blessings.

“Steadfast in restraint, and shunning evil ways,  
Avoiding intoxicants that dull the mind,  
And heedfulness in all things that arise.  
These are the highest blessings.

“Respectfulness and of humble ways,  
Contentment and gratitude,  
And hearing the Dhamma frequently taught.  
These are the highest blessings.

“Patience and willingness to accept one’s faults,  
Seeing venerated seekers of the truth,  
And sharing often the words of Dhamma.  
These are the highest blessings.

“Ardent, committed to the Holy Life,  
Seeing for oneself the Noble Truths  
And the realization of Nibbana.  
These are the highest blessings.

“Although involved in worldly tasks,  
Unshaken the mind remains  
And beyond all sorrow, spotless, secure.  
These are the highest blessings.

“They who live by following this path  
Know victory wherever they go,  
And every place for them is safe.  
These are the highest blessings.”

## REFLECTIONS ON UNIVERSAL WELL-BEING

(Hānda mayam brahmavihārapharaṇaṃ karomase)

[Ahāṃ sukhito hōmi], niddukkho hōmi, aṅgho hōmi, abyāpajho hōmi, anīgho hōmi,  
sukhī attānaṃ pariḥārāmi.

Sabbe satta sukhitā hontu, sabbe satta averā hontu, sabbe satta abyāpajjhā hontu,  
sabbe satta anīghā hontu, sabbe satta sukhi attānaṃ pariḥārantu.

Sabbe satta sabbadukkhā pamuccāntu.

Sabbe satta mā laddha-sāmpattito vigacchāntu.

Sabbe satta kammaṣṣakā kammādāyādā kammāyonī kammābandhū kammaṇṇisāraṇā,  
yaṃ kammaṃ karissānti kalyāṇaṃ vā pāpakaṃ vā tassa dāyādā bhāvissānti.

(Now let us chant the reflections on universal well-being.)

[May I abide in well-being], in freedom from affliction, in freedom from hostility, in freedom from ill-will, in freedom from anxiety, and may I maintain well-being in myself.

May everyone abide in well-being, in freedom from hostility, in freedom from ill-will, in freedom from anxiety, and may they maintain well-being in themselves.

May all beings be released from all suffering.

And may they not be parted from the good fortune they have attained.

When they act upon intention, all beings are the owners of their action and inherit its results. Their future is born from such action, companion to such action, and its results will be their home. All actions with intention, be they skillful or harmful, of such acts they will be the heirs.

## REFLECTION ON THE FOUR REQUISITES

(Hānda mayam taṅkhaṇika-paccavekkhaṇa-pāṭham bhaṇāmasa)

[Paṭisaṅkhā] yoniso civaṛaṃ paṭisevāmi, yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya, ḍaṃsa-makaṣa-vātāṭapa-siriṃsapa-samphassānaṃ paṭighātāya, yāvadeva hirīkopina-paṭicchādanattham.

*Wisely reflecting, I use the robe: only to ward off cold, to ward off heat, to ward off the touch of flies, mosquitoes, wind, burning and creeping things, only for the sake of modesty.*

Paṭisaṅkhā yoniso piṇḍapātaṃ paṭisevāmi, neva ḍavāya, na maḍāya, na maṇḍanāya, na vibhūsaṇāya, yāvadeva imassa kāyassa ṭhītiyā, yāpaṇāya, vihiṃsūparātiyā, brahmachāriyānuggahāya, iti purāṇaṇca vedānaṃ paṭihaṅkhāmi, navaṇca vedānaṃ na uppādessāmi, yātrā ca me bhavissati ānavajjatā ca phāsuvihāro cā ti.

*Wisely reflecting, I use almsfood: not for fun, not for pleasure, not for fattening, not for beautification, only for the maintenance and nourishment of this body, for keeping it healthy, for helping with the Holy Life; thinking thus, “I will allay hunger without overeating, so that I may continue to live blamelessly and at ease.”*

Paṭisaṅkhā yoniso senāsaṇaṃ paṭisevāmi, yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya, ḍaṃsa-makaṣa-vātāṭapa-siriṃsapa-samphassānaṃ paṭighātāya, yāvadeva utupaṛissaya vīnodanaṃ paṭisallānārāmattham.

*Wisely reflecting, I use the lodging: only to ward off cold, to ward off heat, to ward off the touch of flies, mosquitoes, wind, burning and creeping things, only to remove the danger from weather, and for living in seclusion.*

Paṭisaṅkhā yoniso gilāna-paccaya-bhesajja-parikkhāraṃ paṭisevāmi, yāvadeva uppānānaṃ veyyābādhikānaṃ vedānānaṃ paṭighātāya, abyāpajha-pāramatāyā ti.

*Wisely reflecting, I use supports for the sick and medicinal requisites: only to ward off painful feelings that have arisen, for the maximum freedom from disease.*



## REFLECTION ON THE THIRTY-TWO PARTS

(Hānda mayam dvattiṃsākāra-pāṭham bhaṇāmase)

[Ayaṃ kho] me kāyo uddham pādatalā adho kesamatthakā taṇṇapariyanto pūro  
nānappaṅkārassa aṣuṇṇino

*This, which is my body, from the soles of the feet up, and down from the crown of the head, is a sealed bag of skin filled with unattractive things.*

Atthi imasmim kāye	<i>In this body there are:</i>
kesā	<i>hair of the head</i>
lomā	<i>hair of the body</i>
nakhā	<i>nails</i>
dantā	<i>teeth</i>
taco	<i>skin</i>
maṃsaṃ	<i>flesh</i>
nahārū	<i>sinews</i>
aṭṭhī	<i>bones</i>
aṭṭhimiñjaṃ	<i>bone marrow</i>
vakkaṃ	<i>kidneys</i>
hadayaṃ	<i>heart</i>
yakanaṃ	<i>liver</i>
kilomakaṃ	<i>membranes</i>
pihakaṃ	<i>spleen</i>
papphāsaṃ	<i>lungs</i>
antaṃ	<i>bowels</i>
antaṅgaṃ	<i>entrails</i>
udariyaṃ	<i>undigested food</i>
karisaṃ	<i>excrement</i>
pittaṃ	<i>bile</i>
semhaṃ	<i>phlegm</i>
pubbo	<i>pus</i>
lohitaṃ	<i>blood</i>
sedo	<i>sweat</i>
medo	<i>fat</i>
assu	<i>tears</i>
vasā	<i>grease</i>
kheḷo	<i>spittle</i>
siṅghāṇikā	<i>mucus</i>
lasikā	<i>oil of the joints</i>
muttaṃ	<i>urine</i>
maṭṭhaḷuṅgaṃ ti	<i>brain.</i>

Evam ayaṃ me kāyo uddhaṃ pādāṭalā adho kesamatthakā taṇṇapariyanto pūro  
nānappaṅkāraṣṣa aṣuṇṇino

*This, then, which is my body, from the soles of the feet up, and down from the crown of  
the head, is a sealed bag of skin filled with unattractive things.*

## FIVE SUBJECTS FOR FREQUENT RECOLLECTION

(Hānda mayam abhinha-paccavekkhaṇa-pāṭham bhaṇāmase)

[Jarā-dhammomhi] jaram aṇatīto<sup>1</sup>

*I am of the nature to age, I have not gone beyond ageing.*

Byādhi-dhammomhi byādhiṃ aṇatīto<sup>2</sup>

*I am of the nature to sicken, I have not gone beyond sickness.*

Maṇaṇa-dhammomhi maṇaṇam aṇatīto<sup>3</sup>

*I am of the nature to die, I have not gone beyond dying.*

Sabbhehi me piyehi maṇāpehi nānābhāvo viṇābhāvo

*All that is mine, beloved and pleasing, will become otherwise, will become separated from me.*

Kammassakomhi<sup>4</sup> kammādāyādo<sup>5</sup> kammaṇi kammaṇandhu kamma-paṭisāraṇo.<sup>6</sup>

Yaṃ kammaṃ kaṛissāmi kalyāṇam vā pāpakaṃ vā tassa dāyādo<sup>7</sup> bhavissāmi  
*I am the owner of my kamma, heir to my kamma, born of my kamma, related to my kamma, abide supported by my kamma. Whatever kamma I shall do, for good or for ill, of that I will be the heir.*

Evaṃ amhehi abhinham paccavekkhitabham

*Thus we should frequently recollect.*

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<sup>1</sup> Women chant aṇatīta.

<sup>2</sup> Women chant aṇatīta.

<sup>3</sup> Women chant aṇatīta.

<sup>4</sup> Women chant Kammassakāmi.

<sup>5</sup> Women chant kammādāyāda.

<sup>6</sup> Women chant paṭisāraṇa.

<sup>7</sup> Women chant dāyāda.

## TEN SUBJECTS FOR FREQUENT RECOLLECTION BY ONE WHO HAS GONE FORTH

(Hānda mayamaṃ pabbajita-ābhīṇha-paccavekkhaṇa-pāṭhaṃ bhaṇāmaṣe)

[Dasa ime bhikkhave] dhammā pabbajitena ābhīṇhaṃ paccavekkhitabbā. Kaṭame dasa?  
*Bhikkhus, there are ten dhammas which should be reflected upon again and again by one who has gone forth. What are these ten?*

‘Vevaṇṇiyamhi ajjhūpaḡato’ ti pabbajitena ābhīṇhaṃ paccavekkhitabbam.  
*“I am no longer living according to worldly aims and values.” This should be reflected upon again and again by one who has gone forth.*

‘Parapaṭibaddhā me jīvīkā’ ti pabbajitena ābhīṇhaṃ paccavekkhitabbam.  
*“My very life is sustained through the gifts of others.” This should be reflected upon again and again by one who has gone forth.*

‘Añño me ākappo karaṇīyo’ ti pabbajitena ābhīṇhaṃ paccavekkhitabbam.  
*“I should strive to abandon my former habits.” This should be reflected upon again and again by one who has gone forth.*

‘Kacci nu kho me attā silāto na upavadatī’ ti pabbajitena ābhīṇhaṃ paccavekkhitabbam.  
*“Does regret over my conduct arise in my mind?” This should be reflected upon again and again by one who has gone forth.*

‘Kacci nu kho maṃ ānuvicca viññū sabrahmācārī silāto na upavadantī’ ti pabbajitena ābhīṇhaṃ paccavekkhitabbam.  
*“Could my spiritual companions find fault with my conduct?” This should be reflected upon again and again by one who has gone forth.*

‘Sabbhehi me piyehi maṇāpehi nānābhāvo viṇābhāvo’ ti pabbajitena ābhīṇhaṃ paccavekkhitabbam.  
*“All that is mine, beloved and pleasing, will become otherwise, will become separated from me.” This should be reflected upon again and again by one who has gone forth.*

‘Kammasakomhi kammādāyādo kammaṃyoni kammaṃbandhu kammaṃpaṭisaṃraṇo, yaṃ kammaṃ karaṇīyāmi kalyāṇaṃ vā pāpaṃ vā, tassa dāyādo bhāviṣṣāmi’ ti pabbajitena ābhīṇhaṃ paccavekkhitabbam.  
*“I am the owner of my kamma, heir to my kamma, born of my kamma, related to my kamma, abide supported by my kamma; whatever kamma I shall do, for good or for ill, of that I will be the heir.” This should be reflected upon again and again by one who has gone forth.*

‘Kathambhūtassa me rattindiyā vitipātanti’ ti pabbajitena abhiñhaṃ paccavekkhitabbaṃ.  
“The days and nights are relentlessly passing; how well am I spending my time?” This should be reflected upon again and again by one who has gone forth.

‘Kacci nu kho haṃ suññāgāre abhiramāmi’ ti pabbajitena abhiñhaṃ paccavekkhitabbaṃ.  
“Do I delight in solitude or not?” This should be reflected upon again and again by one who has gone forth.

‘Atthi nu kho me uttari-mānussa-dhammā alamariya-nāṇa-dassana-viseso adhigato, sohaṃ pacchīme kāle saḥbrahmacārīhi puṭṭho na mañku bhāvissāmi’ ti pabbajitena abhiñhaṃ paccavekkhitabbaṃ.

“Has my practice borne fruit with freedom or insight so that at the end of my life I need not feel ashamed when questioned by my spiritual companions?” This should be reflected upon again and again by one who has gone forth.

Ime kho bhikkhāve daṣa dhammā pabbajitena abhiñhaṃ paccavekkhitabbā ti.  
Bhikkhus, these are the ten dhammas to be reflected upon again and again by one who has gone forth.