

The background of the cover features several stylized lotus flower outlines in the corners, rendered in black lines. These flowers have multiple layers of petals, creating a complex, geometric pattern. The central text is positioned in the middle of the page, surrounded by these decorative elements.

TI-RATANA BUDDHIST SOCIETY

**Pali Buddhist  
Recitations  
for Puja**  
南传佛教巴利语经

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# Pali Buddhist Recitations for Puja

## 南传佛教巴利语经



PERSATUAN BUDDHA TI-RATANA  
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17, Lorong Maroof  
59100 Bangsar, Kuala Lumpur  
+603 2287 4800  
[admin@ti-ratana.org](mailto:admin@ti-ratana.org)

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**Gautama Buddha**

**Honour to Him, the Blessed One, the Worthy one, the Fully Enlightened One.**

**南无本师释迦牟尼佛**

**Namo Shakyamuni Buddha**

## **PRAISE TO THE BUDDHA | 称赞佛陀**

天上天下无如佛  
Upon the earth, below the sky, the Buddha has no peer,  
十方世界亦无比  
In ten directions everywhere, he is beyond compare.  
世间所有我尽见  
I've searched around this whole wide world, and now I can declare,  
一切无有如佛者  
You'll never find another one like Buddha anywhere.

南无本师释迦牟尼佛  
Namo Shakyamuni Buddha

南无本师释迦牟尼佛  
Namo Shakyamuni Buddha

南无本师释迦牟尼佛  
Namo Shakyamuni Buddha

## **Verse for Opening a Dhamma Talk 开经偈**

The unsurpassed, profound, and wonderful Dharma,  
Is difficult to encounter in hundreds of millions of eons,  
I now see and hear it, receive and uphold it,  
And I vow to fathom the Tathagata's true meaning.

无上什深微妙法, 百千万劫难遭遇。  
我今见闻得受持, 愿解如来真实义。

## **VANDANĀ | HOMAGE TO THE BUDDHA | 礼敬佛陀**

**Namo Tassa Bhagavato Arahato Sammā- sambuddhassa**

**Namo Tassa Bhagavato Arahato Sammā- sambuddhassa**

**Namo Tassa Bhagavato Arahato Sammā- sambuddhassa**

*Honour to Him, the Blessed One, the Worthy One, the Fully- Enlightened One.*

*Honour to Him, the Blessed One, the Worthy One, the Fully- Enlightened One.*

*Honour to Him, the Blessed One, the Worthy One, the Fully- Enlightened One.*

向他致敬，世尊，阿罗汉，正等正觉的佛陀。

向他致敬，世尊，阿罗汉，正等正觉的佛陀。

向他致敬，世尊，阿罗汉，正等正觉的佛陀。

## TI-SARAṆA | THREE REFUGES | 三皈依

Buddhaṃ saraṇaṃ gacchāmi

Dhammaṃ saraṇaṃ gacchāmi

Sanghaṃ saraṇaṃ gacchāmi

Dutiyam pi Buddhaṃ saraṇaṃ gacchāmi

Dutiyam pi Dhammaṃ saraṇaṃ gacchāmi

Dutiyam pi Sanghaṃ saraṇaṃ gacchāmi

Tatiyam pi Buddhaṃ saraṇaṃ gacchāmi

Tatiyam pi Dhammaṃ saraṇaṃ gacchāmi

Tatiyam pi Sanghaṃ saraṇaṃ gacchāmi

*I go to the Buddha as my refuge. I go to the Dhamma as my refuge. I go to the Sangha as my refuge. 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 Sangha as my refuge. 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 Sangha as my refuge.*

我以佛为皈依处。我以法为皈依处。我以僧为皈依处。

第二次说，我以佛为皈依处。第二次说，我以法为皈依处。第二次说，我以僧为皈依处。

第三次说，我以佛为皈依处。第三次说，我以法为皈依处。第三次说，我以僧为皈依处。

## **PAÑCA SĪLA | FIVE PRECEPTS | 五戒**

**Pāṇāti-pātā veramaṇī sikkhāpadaṃ samādiyāmi**

**Adinnā dānā veramaṇī sikkhāpadaṃ samādiyāmi**

**Kāmesu micchā-cārā veramaṇī sikkhāpadaṃ samādiyāmi**

**Musāvādā veramaṇī sikkhāpadaṃ samādiyāmi**

**Surā meraya-majja-pamā-datṭhānā veramaṇī sikkhāpadaṃ  
samādiyāmi**

*I undertake to observe the precept to abstain from destroying living beings.*

*I undertake to observe the precept to abstain from taking things not given.*

*I undertake to observe the precept to abstain from sexual misconduct.*

*I undertake to observe the precept to abstain from false speech.*

*I undertake to observe the precept to abstain from intoxication and heedlessness.*

不杀生，我学习受持此戒，

不偷盗，我学习受持此戒，

不邪淫，我学习受持此戒，

不妄语，我学习受持此戒，

不服用导致麻醉和失去注意力的任何物品，我学习受持此戒。



**TI-RATANA VANDANĀ**  
**SALUTATION TO THE TRIPLE GEM**

向佛、法、僧三宝致敬

**Salutation to the Buddha | 向佛致敬**

**Iti pi so Bhagavā Arahaṃ**

**Sammā sambuddho Vijjā-caraṇa-sampanno Sugato lokavidū**

**Anuttaro Purisa-damma-sārathi**

**Satthā Deva-manussānaṃ**

**Buddho Bhagavā ti**

*Such indeed is the Blessed One, Exalted, Omniscient, Endowed with knowledge and virtues. Well gone, Knower of the worlds, a guide incomparable for the training of individuals. Teacher of gods and men, enlightened and Holy.*

世尊确是如此: 阿罗汉, 正等正觉的佛陀, 明行足, 善逝,

世间解, 无上士, 调御丈夫, 天人师, 觉悟和圣洁。

## **Salutation to the Dhamma | 向佛法致敬**

**Svākkhāto Bhagavatā Dhammo Sandiṭṭhiko Akāliko**

**Ehipassiko Opanayiko Paccattaṃ veditabbo viññūhī ti**

*Well-expounded is the Dhamma by the Blessed One, To be self-realised; to be but approached to be seen, capable of being entered upon. To be attained by the wise, each for himself.*

世尊所善妙详细宣说的法， 可以亲身体会到， 不受时间空间的限制， 请亲自看， 能指引众生上进， 智者皆能亲身体征。

## Salutation to the Sangha | 向僧伽致敬

Supaṭipanno Bhagavato sāvaka saṅgho

Uju paṭipanno Bhagavato sāvaka saṅgho

ñāya paṭipanno Bhagavato sāvaka saṅgho

Sāmīci paṭipanno Bhagavato sāvaka saṅgho

Yadidaṃ cattāri-purisa-yugāni Aṭṭha-purisa- puggalā

Esa Bhagavato sāvaka saṅgho Āhuneyyo Pāhuneyyo

Dakkhiṇeyyo Añjalikaraṇīyo Anuttaraṃ puñṇak-khettaṃ lokassā  
ti

*Of good conduct is the Order of the Disciples of the Blessed One. Of upright conduct is the Order of the Disciples of the Blessed one. Of wise conduct is the Order of the Disciples of the Blessed One. Of dutiful conduct is the Order of the Disciples of the Blessed One. This order of the Disciples of the Blessed One, namely, these four pairs of persons, the eight kinds of individuals, is worthy of offerings, Is worthy of hospitality, is worthy of gifts, is worthy of reverential salutations, is an incomparable field of merits to the world.*

僧伽是世尊的追隨者，有良好的品行， 僧伽是世尊的追隨者，有正直的品行， 僧伽是世尊的追隨者，有智慧的品行， 僧伽是世尊的追隨者，有尽责的品行， 他們即是四雙八輩人， 那才是世尊的追隨者，僧伽， 应当供養， 应当歡迎款待，  
應當布施， 應當合十禮敬， 是世間無上的福田。

## **NAVA GUṆA GĀTHĀ**

### **THE 9 VIRTUES OF THE BUDDHA. 佛陀的九大美德**

**Arahaṃ arahoti nāmena Arahaṃ pāpaṃ nakāraye**

**Arahatta phalaṃ patto Arahaṃ nāma te namo**

*By name He is Arahant as He is worthy, even in secret He does no evil.*

*He attains the fruit of Arahantship, to Thee, the Worthy One, my homage be.*

他是应当礼敬的阿罗汉，甚至连私下亦从不作恶，

他是证果的阿罗汉，我向他礼敬。

**Sammā sambuddha ñāṇena Sammā sambuddha desanā**

**Sammā sambuddha lokasmiṃ Sammā sambuddha te namo**

*By name He is Samma Sambuddha, the teaching is of the Samma Sambuddha.*

*A fully Enlightened One is He in the World, to thee, the Fully Enlightened One, my*

*homage be.*

他是证得无上正等正觉的觉者，他教的是无上佛法，

他是世间殊胜的觉者，我向伟大的觉者礼敬。

**Vijjā caraṇa sampanno Tassa vijjā pakāsitā**

**Atītā nāga tупpanno Vijjā caraṇa te namo**

*He is endowed with wisdom and knowledge. His wisdom is made known.*

*The past and the future He knows, to Thee who is endowed with wisdom and  
courage, my homage be.*

他具足殊胜的智慧与知识， 他的智慧皆已公诸于世，  
他能知过去与未来， 我向伟大的觉者与勇者礼敬。

**Sugato sugatattānaṃ Sugato sundaram pica**

**Nibbānaṃ sugatiṃ yanti Sugato nāma te namo**

*He is Sugata, being self-disciplined, Being good, He is Sugata.*

*He has gone to the good state of Nibbana, to Thee the Sugata, my homage be.*

他是个律己以严的善逝， 具有殊胜行为的善逝，  
他已证入涅槃， 我向善逝礼敬。

**Lokavidūti nāmena Atītā nāgatē vidū**

**□ Sankhārasatta okāse Lokavidū nāma te namo**

*By name, He is Lokavidu, He knows the past and the future.*

*Things, beings and space He knows. To thee the knower of Worlds, my homage be.*

他是应当礼敬的世间解，他知过去与未来，

涵盖万物与太空，我向无所不晓的觉者礼敬。

**Anuttaro ñāṇa sīlena Yo lokassa anuttaro**

**Anuttaro pūja lokasmiṃ Taṃ namassāmi anuttaro**

*By wisdom and conduct He is unrivalled. An unrivalled One is He in the world.*

*In this world He is revered as an Incomparable One, that Incomparable One, I salute.*

他具有无上的智慧与胜德，世间上无人可以匹比，

他被尊为无以伦比的觉者，我向无以伦比的觉者礼敬。

**Sārathī sārathī devā Yo lokassa susārathi**

**Sārathī puja lokasmiṃ Taṃ namassāmi sārathi**

*A charioteer, a charioteer is He of devas, He is a charioteer to the world.*

*He is a respectful charioteer in this world, That charioteer I salute.*

他是天神的导师，亦是世间的导师，

他是世间广受尊敬的导师， 我向他礼敬。

**Deva yakkha manussānaṃ Loke agga phalaṃ dadaṃ**

**Dadantaṃ damayantānaṃ Purisājañña te namo**

*To devas, yakkhas and men in this world, he gives the highest fruits,*

*And they subdue (their defilements), to the knower of men, my homage be.*

对于天神妖魔与人类， 他引导他们证获最高的圣果，

教导他们去除污垢， 我向无所不晓的觉者礼敬。

**Bhagavā bhagavā yutto Bhagga kilesa-vāhato**

**Bhaggaṃ saṃsāra muttāro Bhagavā nāma te namo**

*The Bhagava is replete with fortune, He has destroyed all passions.*

*He has crossed the ocean of samsara, to that Bhagava, my homage be.*

世尊弘福齐天， 他去除一切爱欲，

他度过轮回之苦海， 我向世尊礼敬。



**AṬṬHAVĪSATI BUDDHA VANDANĀ**  
**SALUTATION TO THE TWENTY EIGHT BUDDHAS**  
**礼敬二十八位佛陀**

**Vande Taṇhaṅkaraṃ Buddhaṃ**  
**Vande Medhaṅkaraṃ muniṃ**  
**Saraṇaṅkaraṃ muniṃ vande**  
**Dīpaṅkaraṃ jinaṃ name**

I respect Tanhankara Buddha, the wise. I respect Medhankara Buddha, the sage.  
Saranankara Buddha the sage, I respect. Dipankara Buddha the conqueror, I respect.

我礼敬大智慧的坦汉卡那，我礼敬圣贤密当卡那，  
我向圣贤萨那浪卡那致敬，我向征服者迪邦卡那致敬。

**Vande Koṇḍañña satthāraṃ**  
**Vande Maṅgala nāyakaṃ**  
**Vande Sumana sambuddhaṃ**  
**Vande Revata nāyakaṃ**

I respect Kondanna Buddha, the teacher. I respect Mangala Buddha, the leader. I  
respect Sumana Buddha, the Fully Enlightened. I respect Revata Buddha, the leader.

我礼敬供达惹导师，我礼敬指引众生的曼革拉，  
我礼敬正等正觉的苏玛纳，我礼敬指引众生的利瓦达。

**Vande Sobhita sambuddhaṃ  
Anomadassī muniṃ name  
Vande Paduma sambuddhaṃ  
Vande Nārada nāyakaṃ**

I respect Sobhita Buddha, the Fully Enlightened. Anomadassi Buddha the sage, I respect. I respect Paduma Buddha, the Fully Enlightened. I respect Narada Buddha, the leader.

我礼敬正等正觉的苏必达，我向圣贤阿罗玛达西致敬，  
我礼敬正等正觉的巴都玛，我礼敬指引众生的拉那陀。

**Padumuttaraṃ muniṃ vande  
Vande Sumēdha nāyakaṃ  
Vande Sujāta sambuddhaṃ  
Piyadassī muniṃ name**

Padumuttaram Buddha the sage, I respect. I respect Sumedha Buddha, the leader. I respect Sujata Buddha, the Fully Enlightened. Piyadassi Buddha the sage, I respect.

我向圣贤巴都目达那致敬，我礼敬指引众生的苏密陀，  
我礼敬正等正觉的苏迦达，我向圣贤毕亚达西致敬。

**Atthadassī muniṃ vande  
Dhammadassī jinaṃ name  
Vande Siddhattha satthāraṃ  
Vande Tissa mahāmuniṃ**

Atthadassi Buddha the sage, I respect. Dhammadassi Buddha the conqueror, I respect. I respect Siddhattha Buddha, the teacher. I respect Tissa Buddha, the great sage.

我向圣贤阿特达西致敬，我向征服者达摩达西致敬，  
我礼敬悉达多导师，我礼敬伟大的圣贤帝沙。

**Vande Phussa mahāvīraṃ  
Vande Vipassī nāyakaṃ  
Sikhī mahāmuniṃ vande  
Vande Vessabhū nāyakaṃ**

I respect Phussa Buddha, the great hero. I respect Vipassi Buddha, the leader. Sikhī Buddha, the great sage, I respect. I respect Vessabhu Buddha, the leader.

我礼敬伟大的英雄布沙，我礼敬指引众生的威巴西，  
我向伟大的圣贤西基致敬，我礼敬指引众生的维沙布。

**Kakusandhaṃ muniṃ vande  
Vande Koṇāgama nāyakaṃ  
Kassapaṃ sugataṃ vande  
Vande Gotama nāyakaṃ Kakusandham**

Buddha the sage, I respect. I respect Konagama Buddha, the leader. Kassapa Buddha, the Welcome One, I respect. I respect Gotama Buddha, the leader.

我向圣贤卡古山陀致敬，我礼敬指引众生的甘纳革玛，  
我向善逝卡舍巴致敬，我礼敬指引众生的乔答摩。

**Aṭṭhavīsati me Buddhā  
Nibbānamata dāyakā  
Namāmi sirasā niccaṃ  
Te maṃ rakkhantu sabbadā**

These twenty eight Buddhas, The Givers of Deathless Nibbana.  
Ever I salute with my head. May they ever protect me.

这二十八位佛陀，宣说了不死的法门 - 涅槃，  
我向它们顶礼，愿它们永远加持我

## **PUJA | OFFERINGS | 上供**

### **Offering of Light | 供灯**

**Ghana sārappadittena**

**Dīpena tamadhaṃsinā**

**Tiloka dīpaṃ sambuddhaṃ**

**Pūjayāmi tamo nudaṃ**

*With lights brightly shining, abolishing this gloom,  
I adore the Enlightened One, who dispels the darkness (of ignorance)*

明亮的灯，驱走黑暗，我衷心礼敬，驱走黑暗(无明)的觉者。

### **Offering of flowers | 供花**

**Vaṇṇa gandha guṇopetaṃ**

**Etaṃ kusuma santatiṃ**

**Pūjayāmi munindassa**

**Sirīpāda saroruhe**

*This mass of flowers, fresh hued, fragrant and choice,  
I offer at the sacred lotus-like feet of the Noble Sage.*

这一束特选的花朵，新鲜，清香，我虔诚的供于，圣人莲花似的足下。

## **Offering of Water | 供水**

**Adhivāsetu no bhante**

**Pānīyaṃ parikappitaṃ**

**Anukampaṃ upādāya**

**Patigaṇhātu uttama**

*O Lord ! The Blessed One, may this water, be kindly accepted by you,  
out of great compassion for us.*

至尊的圣贤，请以慈悲的心，接受我们的供水。

## **Offering of Food | 供食**

**Adhivāsetu no bhante**

**Bhojanaṃ parikappitaṃ**

**Anukampaṃ upādāya**

**Patigaṇhātu uttama**

*O Lord ! The Blessed One, may this food, be kindly accepted by you,  
out of great compassion for us.*

至尊的圣贤，请以慈悲的心，接受我们的供食。

## **Offering of Medicinal Drinks | 供药**

**Adhivāsetu no bhante**

**Gilāna paccayaṃ imaṃ**

**Anukampaṃ upādāya**

**Patigaṇhātu uttama**

*O Lord ! The Blessed One, please accept these medicinal drinks, as an offering to  
Thee, out of great compassion for us.*

至尊的圣贤，请以慈悲的心，接受我们所供养的药品。

## **Offering of Perfumed Smoke | 供香**

**Gandha sambhāra yuttena**

**Dhūpenāhaṃ sugandhinā**

**Pūjaye pūjanīyaṃ taṃ**

**Pūjā bhājana muttamaṃ**

*With perfumed incense, made from fragrant substances,  
I honour the Exalted One, worthy of respect, and worthy of offerings.*

清香一炷，由香料制成，我供奉予，驱走黑暗(无明)的觉者。

**CEITYA VANDANĀ**  
**Salutation to the Three Main Objects of Veneration**

**向三种圣物致敬**

**Vandāmi cetiyaṃ sabbam  
Sabba ṭhānesu patitṭhitam  
Sārīrika dhātu-mahābodhiṃ  
Buddha-rūpaṃ sakalam sadā**

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

无论位于何处，只要有佛寺，  
舍利子，菩提树与佛像，我都向它们礼敬。

**To make Devas Participate in Merits**  
**邀请诸神参与功德**

**Ākāsaṭṭhā ca bhummaṭṭhā**

**Devā nāgā mahiddhikā**

**Puññaṃ taṃ anumoditvā**

**Ciraṃ rakkhantu lokasāsaṇaṃ**

*May all beings inhabiting space and earth, Devas and Nagas of mighty power,  
share this merit and may they long protect the dispensation.*

但愿一切拥有高超能力，居于天上与地面的诸神与天龙，  
共享此功德，并庇佑佛法长存。



## **Blessing to the World | 祈福**

**Devo vassatu kālena**

**Sassa-sampatti hetu ca**

**Phīto bhavatu loko ca**

**Rājā bhavatu dhammiko**

*May rain fall at suitable times, for successful production of crops,  
and may the world be prosperous, may the king be righteous.*

但愿上天适时洒甘露， 但愿世界进步， 但愿国君贤明。

## **Dedication and Transference of Merits to the Departed Ones**

**奉献回向予往生的亲人**

**Idaṃ vo (mē) ñātīnaṃ hotu Sukhitā hontu ñātayo**

*Let this merit accrue to our (my) relatives, and may they be happy.*

愿以此功德， 奉献回向予我们的(我)亲人， 愿他们快乐安宁。

## **Aspiration | 愿望**

**Iminā puñña kamma**

**Mā me bāla samāgamo**

**Sataṃ samāgamo hotu**

**Yāva nibbāna pattiya**

*By the grace of this merit that I have acquired, may I never follow the foolish;  
but only the wise, until I attain the final goal - Nibbana.*

愿以此功德， 助我远离愚者，  
亲近智者， 直到达成最后的目标 - 涅槃。

## **Forgiveness of Shortcomings | 忏悔**

**Kāyena vācā citta**

**Pamādena mayā kataṃ**

**Accayaṃ khama me bhante**

**Bhūri-pañña Tathāgata**

*If by deeds, speech or thought heedlessly, I have done anything wrong,*

*forgive me, O Master! O Teacher, most wise.*

若我曾经造过身、口、意三恶业， 我请求大智导师的宽恕。

## **Invitation to the Devas | 邀请诸神**

**Samantā cakkavāḷesu  
Atr'āgacchantu devatā.  
Saddhammaṃ muni-rājassa  
Suṇantu sagga-mokkhadaṃ.**

From all around the galaxies, may the devas come here.  
May they listen to the True Dhamma of the King of Sages, leading to heaven & emancipation.

激情来自各个星系的天体之诸神现在来到这里。  
愿他们听贤哲之王的真佛法，通向天堂和解放。

**Namo Tassa Bhagavato Arahato Sammā- sambuddhassa**

**Namo Tassa Bhagavato Arahato Sammā- sambuddhassa**

**Namo Tassa Bhagavato Arahato Sammā- sambuddhassa**

*Honour to Him, the Blessed One, the Worthy One, the Fully- Enlightened One.  
Honour to Him, the Blessed One, the Worthy One, the Fully- Enlightened One.  
Honour to Him, the Blessed One, the Worthy One, the Fully- Enlightened One.*

向他致敬，世尊，阿罗汉，正等正觉的佛陀。  
向他致敬，世尊，阿罗汉，正等正觉的佛陀。  
向他致敬，世尊，阿罗汉，正等正觉的佛陀。

## KARAṆĪYA METTA SUTTA 慈爱经

### DISCOURSE ON LOVING KINDNESS RECITAL TO RADIATE BOUNDLESS LOVING – KINDNESS TO RELIEVE OTHERS’ SUFFERING

Karaṇīyam’ atthakusalena  
Yaṃ taṃ santaṃ padaṃ abhisamecca  
Sakko ujū ca sūjū ca  
Suvaco c’assa mudu anatimāni

Santussako ca subharo ca  
Appakicco ca sallahuka-vutti  
Santindriyo ca nipako ca  
Appagabbho kulesu ananugiddho

Na ca khuddaṃ samācare kiñci  
Yena viññū pare upavadeyyuṃ  
Sukhino vā khemino hontu  
Sabbe sattā bhavantu sukhitattā

*He who is skilled in doing good and who wishes to attain that state of calm (i.e. Nibbana) should act thus. He should be able, upright, perfectly upright, obedient, gentle and humble. Contented, easily looked after, (i.e. not a burden to others) with few duties, simple in livelihood. Controlled in senses, discreet, not impudent; Not greedily attached to families. He should not commit any slight wrong, so that other wise men might find fault in him. May all beings be happy and safe, may their hearts be wholesome.*

一位巧于行善的人，若欲证入涅槃的寂静，他应该如此修行，他必须能干、正直、绝对正直，服从、温和、谦虚。知足，容易侍候，少职务，简朴的生活，节制感官的贪欲，谨慎，不无耻，不执著家人。他绝不因恶小而为之，以免被智者责备，愿众生快乐与安详，愿众生的心里充满善念。

**Ye keci pāṇabhūtatti  
Tasā vā thāvarā vā anavasesā  
Dīghā vā ye mahantā vā  
Majjhimā rassakāṇuka-thūlā**

**Diṭṭhā vā yeva addiṭṭhā  
Ye ca dūre vasanti avidūre  
Bhūtā vā sambhavesī vā  
Sabbē sattā bhavantu sukhittā**

**Na paro paraṃ nikubbetha  
Nātimaññetha katthacināṃ kañci  
Byārosanā paṭighasaññā  
Nāññamaññassa dukkhamiccheyya**

*Whatsoever living beings there are, feeble or strong, long, stout or medium, short, small or large. Seen or unseen those dwelling far or near, those who are born and those who are to be born. May all beings, without exception, be well and happy. Let not one deceive another nor despise any person whatsoever in any place. In anger or ill will, let him not wish any harm to another.*

一切的众生，弱质的、强壮的、长的、短的、高大的、中等的、小的、大的、看得见的或看不见的。不论是住在远的或近的，已经诞生的或将要诞生的，愿一切众生的心里都充满安乐。不论身在何处，任何人都不应为了愤怒或憎厌，而去欺骗或鄙视他人，甚至存心伤害他人。

**Mātā yathā niyaṃ puttāṃ  
Āyusā ekaputtam' anurakkhe  
Evampi sabbabhūtesu  
Mānasaṃ bhāvaye aparimāṇaṃ**

**Mettañ ca sabba-lōkasmim  
Mānasaṃ bhāvayē aparimāṇaṃ  
Uddhaṃ adho ca tiriyañ ca  
Asambādhaṃ averaṃ asapattaṃ**

**Tiṭṭhaṃ caraṃ nisinno vā  
Sayāno vā yāvat'assa vigatamiddho  
Etaṃ satim adhiṭṭheyya  
Brahmametaṃ vihāraṃ idhamāhu**

*Just as a mother would protect her only child at the risk of her own life,  
even so let him cultivate a boundless heart towards all beings. Let thoughts of  
boundless love pervade the whole world; above, below and across without any  
obstruction, without any hatred, without any enmity. Whether he stands, walks, sits or  
lies down, as long as he is awake, he should develop this mindfulness. This, they say, is  
the highest conduct here.*

愿每一个人能够培育无穷的爱心对待众生，犹如一位母亲，为了保护自己唯一的孩子，不惜牺牲自己的生命。让无穷的慈爱意念，由东至西，由上至下，遍及整个世界，毫无阻碍，毫无憎恨，毫无敌意。无论是站，行或卧，当一个人还是醒着的时候，他应该培育如此的正念，这是公认的最崇高的品行。

**Diṭṭhiñ ca anupagamma sīlavā  
Dassanena sampanno  
Kāmesu vineyya gedhaṃ  
Nahi jātu gabbhaseyyaṃ punaretī 'ti**

*Not falling into error, Virtuous and endowed with insight,  
He discards attachment to sensuous desires. Truly, he does not come again;  
To be conceived in a womb.*

不犯错，培养德行，具足智慧，  
他断除了贪欲，他不再形成于母胎内，  
因而断除了轮回。

Etena saccavajjena, sotthi te (me) hōtu sabbadā  
Etena saccavajjena, sotthi te (me) hōtu sabbadā  
Etena saccavajjena, sotthi te (me) hōtu sabbadā

*By the Truth of this word May you (I) ever be well.  
By the Truth of this word May you (I) ever be well.  
By the Truth of this word May you (I) ever be well.*

坚信此真理，愿你(我)安详无恙。  
坚信此真理，愿你(我)安详无恙。  
坚信此真理，愿你(我)安详无恙。

## MAHĀ JAYAMAṄGALA GĀTHĀ | 大胜利偈

### STANZAS OF GREAT VICTORY RECITAL FOR BLESSING AND PROTECTION

Mahākāruṇiko nātho  
Hitāya sabba-pāṇīnaṃ  
Pūretvā pāramī sabbā  
Patto sambodhim' uttamaṃ  
Etena sacca vajjena  
Hotu te (me)\* jayamaṅgalaṃ

*The Protector, full of compassion for the benefit of all living beings, having completed all the perfections has reached the most noble supreme enlightenment.*

*On account of that word of truth may there be joyous victory to you (me).*

大慈大悲的世尊为了众生的福利，圆满了所有的德行，证悟了无上正等正觉。承此真理的语言，愿欢心的胜利属于你(我)。

Jayanto bodhiyā mūle  
Sakkyānaṃ nandivaddhano  
Evaṃ tuyham (mayham) jayo hotu  
Jayassu jayamaṅgalaṃ

*The increaser of joy to the Sakya (Sakyamuni/Gautama Buddha) conquered Mara at The foot of the Bodhi Tree.*

*Thus may there be victory to you (me).*

*May there be joyous victory to you (me).*

他为释迦族人增添快乐，（释迦摩尼佛/佛陀），他在菩提树下获得胜利，但愿你(我)同样获得胜利，但愿你(我)永远获得加持。



**Sakkatvā Buddha-ratanaṃ  
Osadhaṃ uttamaṃ varaṃ  
Hitāṃ deva-manussānaṃ  
Buddha-tejena sotthinā  
Nassantu'paddavā sabbe  
Dukkhā vūpasamentu te (me)**

*Having respected the jewel of the Buddha, the best and noblest medicine, the benefactor of devas and human beings, through the blessing of the power of the Buddha, may all your (mine) misfortunes be nullified and your (mine) suffering dispelled.*

我礼敬佛陀，稀世之宝，最佳的灵药；慰藉了天神和人类。  
承佛陀的光辉，愿一切障碍与苦难皆消失。

**Sakkatvā dhamma-ratanaṃ  
Osadhaṃ uttamaṃ varaṃ  
Pariḷāh'ūpasamaṇaṃ  
Dhamma-tejena sotthinā  
Nassantu'paddavā sabbe  
Bhayā vūpasamentu te (me)**

*Having respected the jewel of the Dhamma, the best and noblest medicine, the alleviator of distress, through the blessing of the power of the Dhamma, may all your (mine) misfortunes be nullified and your (mine) fears dispelled.*

我礼敬佛法，稀世之宝，最佳的去热清凉剂。承佛法的力量，愿一切障碍和恐惧皆消失。

**Sakkatvā Sangha-ratanaṃ**  
**Osadhaṃ uttamaṃ varaṃ**  
**Āhuneyyaṃ Pāhuneyyaṃ**  
**Sangha-tejena sotthinā**  
**Nassantu'paddavā sabbe Rogā vūpasamentu te (me)**

*Having respected the jewel of the Sangha, the best and noblest medicine, worthy of gifts and worthy of hospitality, through the blessing of the power of the Sangha, may all your (mine) misfortunes be nullified and your (mine) maladies be eradicated.*

我礼敬僧伽，稀世之宝，最佳灵药，应当供养，应当款待。承僧伽的力量，愿一切障碍成为过去，愿你(我)的一切疾病痊愈。

**Yaṃ kiñci ratanaṃ loke**  
**Vijjati vividhā puthū**  
**Ratanaṃ Buddha-samaṃ natthī**  
**Tasmā sotthi bhavantu te (me)**

*Whatever jewel there is in the world which is seen separately in diverse ways, there is no jewel equal to the Buddha. Therefore may there be a blessing to you (me).*

世间珍贵宝石众多，无一能与佛陀比美，愿此真理助你(我)兴盛。

**Yaṃ kiñci ratanaṃ loke**  
**Vijjati vividhā puthū**  
**Ratanaṃ Dhamma-samaṃ natthī**  
**Tasmā sotthi bhavantu te (me)**

*Whatever jewel there is in the world which is seen separately in diverse ways, there is no jewel equal to the Dhamma. Therefore may there be a blessing to you (me).*

世间珍贵宝石众多，无一能与佛法比美，愿此真理助你(我)兴盛。

**Yaṃ kiñci ratanaṃ loke  
Vijjati vividhā puthū  
Ratanaṃ saṅgha-samaṃ natthī  
Tasmā sotthi bhavantu te (me)**

*Whatever jewel there is in the world which is seen separately in diverse ways, there is no jewel equal to the Sangha. Therefore may there be a blessing to you (me).*

世间珍贵宝石众多，无一能与僧伽比美，愿此真理助你(我)兴盛。

**Natthi me saraṇaṃ aññaṃ  
Buddho me saraṇaṃ varaṃ  
Etena saccavajjena  
Hotu te (me) jayamaṅgalaṃ**

*I have no other refuge, the Buddha is my highest refuge; On account of that truth, may there be a joyous victory to you (me).*

除了无上的佛陀之外，我无其他的皈依处。承此真理的语言，愿欢心的胜利属于你(我)。

**Natthi me saraṇaṃ aññaṃ  
Dhammo me saraṇaṃ varaṃ  
Etena saccavajjena  
Hotu te (me) jayamaṅgalaṃ**

*I have no other refuge, the Dhamma is my highest refuge; On account of that truth, may there be a joyous victory to you (me).*

除了无上的佛法之外，我无其他的皈依处。承此真理的语言，愿欢心的胜利属于你(我)。

**Natthi me saraṇaṃ aññaṃ**  
**Sangho me saraṇaṃ varaṃ**  
**Etena saccavajjena**  
**Hotu te (me) jayamaṅgalaṃ**

*I have no other refuge, the Sangha is my highest refuge; On account of that truth, may there be a joyous victory to you (me).*

除了无上的僧伽之外，我无其他的皈依处。承此真理的语言，愿欢心的胜利属于你(我)。

**Sabbhītiyo vivajjantū**  
**Sabba rōgo vinassatū**  
**Mā te (me) bhavat vantarāyo**  
**Sukhī dīghāyuko bhava**

*May all calamities be avoided; May all illnesses be destroyed, May there be no dangers to you (me), May you (I) live long.*

愿一切灾难远离，愿一切疾病痊愈，愿危险不会降临你(我)身上，愿你(我)长寿。

**Bhavatu sabba maṅgalaṃ**  
**Rakkhantu sabba devatā**  
**Sabba Buddhānubhāvena**  
**Sadā sotthi bhavantu te (me)**

*May all victories be to you (me), May all the devas (deities) protect you (me), Through the power of all the Buddhas, May there be happiness always to you (me).*

愿一切福祉增长，愿一切天神庇佑你(我)，承佛陀的加持，愿安乐永远属于你(我)。

**Bhavatu sabba māṅgalaṃ**  
**Rakkhantu sabba devatā**  
**Sabba Dhammānubhāvena**  
**Sadā sotthi bhavantu te (me)**

*May all victories be to you (me), May all the devas (deities) protect you (me),  
Through the power of all the Dhamma, May there be happiness always to you  
(me).*

愿一切福祉增长，愿一切天神庇佑你(我)，承佛法的加持，愿安乐永远属于你(我)。

**Bhavatu sabba māṅgalaṃ**  
**Rakkhantu sabba devatā**  
**Sabba Saṅghānubhāvena**  
**Sadā sotthi bhavantu te (me)**

*May all victories be to you (me), May all the devas (deities) protect you (me),  
Through the power of all the Sangha, May there be happiness always to you  
(me).*

愿一切福祉增长，愿一切天神庇佑你(我)，承僧伽的加持，愿安乐永远属于你(我)。

**Nakkhatta yakkha bhūtānaṃ**  
**Pāpaggaha nivāraṇā**  
**Parittassānubhāvena**  
**Hantu tuyhaṃ (mayhaṃ) upaddave (3x)**

*Through the power of this protection, may you (I) be free from malign misfortunes  
caused by the influences of the planets, demons and spirits.*

承此经文的力量，愿我远离星球势力，恶魔，幽灵的肆虐。  
愿你(我)所面临的灾难消失无踪。

**Sabbapāpassa akaraṇaṃ  
Kusalassa upasampadā  
Sacittapariyodapaṇaṃ  
Evaṃ Buddhāna sāsanaṃ**

*Avoid evil; Do good; Purify one's mind - This is the teaching of the Buddhas.*

诸恶莫作， 众善奉行， 自净其意， 是诸佛教。

## **ANUMODĀNA**

**Ākāsaṭṭhā ca bhummaṭṭhā  
Devā nāgā mahiddhikā  
Puññaṃ taṃ anumoditvā  
Ciraṃ rakkhantu sāsanaṃ.**

**Ākāsaṭṭhā ca bhummaṭṭhā  
Devā nāgā mahiddhikā  
Puññaṃ taṃ anumoditvā  
Ciraṃ rakkhantu desanaṃ.**

**Ākāsaṭṭhā ca bhummaṭṭhā  
Devā nāgā mahiddhikā  
Puññaṃ taṃ anumoditvā  
Ciraṃ rakkhantu maṃ paraṃ"ti.**

*May all beings inhabiting space and earth, Devas and Nagas of mighty power,  
share this merit and may they long protect the dispensation.*

*May all beings inhabiting space and earth, Devas and Nagas of mighty power,  
share this merit and may they long protect the Teaching.*

*May all beings inhabiting space and earth, Devas and Nagas of mighty power,  
share this merit and may they long protect all sentient beings.*

但愿一切拥有高超能力，居于天上与地面的诸神与天龙，  
共享此功德，并庇佑佛法长存。

但愿一切拥有高超能力，居于天上与地面的诸神与天龙，  
共享此功德，并庇佑佛教长存。

但愿一切拥有高超能力，居于天上与地面的诸神与天龙，  
共享此功德，并庇佑所欲众生。

## **PATTĀNUMODANĀ**

### **Dedication and Transference of Merits to the Departed** **奉獻回向功德予往生亲人**

**Idaṃ vo (me) ñātīnaṃ hotu Sukhitā hontu ñātayo**  
**Idaṃ vo (me) ñātīnaṃ hotu Sukhitā hontu ñātayo**  
**Idaṃ vo (me) ñātīnaṃ hotu Sukhitā hontu ñātayo**

Let this merit accrue to our relatives; may our relatives be happy  
愿以此功德，奉獻回向予我们（我）往生的亲人 愿他们快乐安宁。

**Yathā vārivahā pūrā**  
**Paripūrenti sāgaram**  
**Evameva ito dinnam**  
**Petānaṃ upakappatu**

**Unname udakaṃ vaṭṭam**  
**Yathā ninnaṃ pavattati**  
**Evameva ito dinnam**  
**Petānaṃ upakappatu**

As the rivers full of water, Go to make the ocean full, So may that which is given here,  
Go to the benefit of the departed. As water fallen on the highlands, Flows down to the  
plains below, So may that which is given here, Go to the benefit of the departed.

如河水流向海洋，填满大海，愿此布施的功德归于并造福往生的亲人。  
如洒落在高原的雨水流向低处的平原，愿此布施的功德归于并造福往生的亲人。



**Āyurārogya sampatti  
Sagga sampattimeva ca  
Atho nibbāna sampatti  
Iminā te samijjhatu**

By this may you achieve longevity, good health,  
a rebirth in the heavens, And the attainment of nibbāna.  
承此功德，愿您长寿，健康，往生于天界，证获涅槃。

**Icchitaṃ patthitaṃ tuyhaṃ  
Sabbhameva samijjhatu  
Pūrentu cittasankappā  
Manijotiraso yathā**

**Icchitaṃ patthitaṃ tuyhaṃ  
Sabbhameva samijjhatu  
Pūrentu cittasankappā  
Cando pannarasī yathā**

**Icchitaṃ patthitaṃ tuyhaṃ  
Khippameva samijjhatu  
Sabbe pūrentucitta sankappā  
Cando pannarasī yathā**

May all hopes and wishes succeed, May all your heart's desires be fulfilled, As if by the wish-fulfilling gem. May all hopes and wishes succeed, May all your heart's desires be fulfilled, Like the moon on the full-moon day. May all hopes and wishes quickly succeed, May all your heart's desires be fulfilled, Like the moon on the full-moon day.

愿您的希望与心愿实现，愿您得偿所愿，犹如得到赐愿宝石之助。愿您的希望与心愿实，愿您得偿所愿，犹如完整无缺的圆月。愿您的希望与心愿尽快实现，愿您完全的得偿所，犹如完整无缺的圆月。

## **BLESSINGS | 祝福**

**Sabbhītiyo vivajjantū  
Sabba rōgo vinassatū  
Mā te (me) bhavat vantarāyo  
Sukhī dīghāyuko bhava**

*May all calamities be avoided; May all illnesses be destroyed,  
May there be no dangers to you (me), May you (I) live long.*

愿一切灾难远离，愿一切疾病痊愈，愿危险不会降临你(我)身上，愿你(我)长寿。

**Bhavatu sabba mangalaṃ  
Rakkhantu sabba devatā  
Sabba Buddhānubhāvena  
Sadā sotthi bhavantu te (me)**

*May all victories be to you (me), May all the devas (deities) protect you (me),  
Through the power of all the Buddhas, May there be happiness always to you  
(me).*

愿一切福祉增长，愿一切天神庇佑你(我)，承佛陀的加持，愿安乐永远属于你(我)。

**Bhavatu sabba māṅgalaṃ**  
**Rakkhantu sabba devatā**  
**Sabba Dhammānubhāvena**  
**Sadā sotthi bhavantu te (me)**

*May all victories be to you (me), May all the devas (deities) protect you (me),  
Through the power of all the Dhamma, May there be happiness always to you  
(me).*

愿一切福祉增长，愿一切天神庇佑你(我)，承佛法的加持，愿安乐永远属于你(我)。

**Bhavatu sabba māṅgalaṃ**  
**Rakkhantu sabba devatā**  
**Sabba Saṅghānubhāvena**  
**Sadā sotthi bhavantu te (me)**

*May all victories be to you (me), May all the devas (deities) protect you (me),  
Through the power of all the Sangha, May there be happiness always to you  
(me).*

愿一切福祉增长，愿一切天神庇佑你(我)，承僧伽的加持，愿安乐永远属于你(我)。

## Song of the Triple Gem 三宝歌

人天长夜 宇宙黢暗 谁启以光明

三界火宅 众苦煎迫 谁济以安宁

大悲大智大雄力 南无佛陀耶

照朗万有 衽席群生 功德莫能名

今乃知唯此是 真正归依处 尽形寿献身命 信受勤奉行

二谛总持 三学增上 恢恢法界身

净德既圆 染患斯寂 荡荡涅槃城

众缘性空唯识现 南无达摩耶

理无不彰 蔽无不解 焕乎其大明

今乃知唯此是 真正归依处 尽形寿献身命 信受勤奉行

依净律仪 成妙和合 灵山遗芳型

修行证果 弘法利世 焰续佛灯明

三乘圣贤何济济 南无僧伽耶

统理大众 一切无碍 住持正法城

今乃知唯此是 真正归依处 尽形寿献身命 信受勤奉行

## English Version

Night is endless, the world is dark,  
Who leads to the light?  
Who will free all beings from the scorching flames?  
With mercy, wisdom and Great Might,  
Namo Buddhaya!

Lighting up my heart and warming my body, with merit, virtue, sight!  
Following you - then I know, this is the real truth.  
From now on, I believe in you, for all of my life!

Here we have “two truths” and “three studies”,  
farming grand Dharma.  
Boundless pious deeds help me enter the land of Nirvana.  
All is impermanent except one -  
Namo Dharmaya!

You can uncover all the truths, as sun’s shining bright.  
Following you - then I know, this is the real truth.  
From now on, I believe in you, for all of my life!

Worthy and disciplined, showing kindness,  
from dawn until night.  
Cultivation, of goodness, calmness, removing humans’ plight.  
The Light of Buddha never dies,  
Namo Sanghaya!

You can command the great assembly to never break the line.  
Following you - then I know, this is the real truth.  
From now on, I believe in you, for all of my life!



**南无大悲观世音菩萨**  
**Namo Great Compassionate Guan Yin Bodhisattva**

**Sabbapāpassa akaranaṃ  
Kusalassa upasampadā  
Sacittapariyodapanaṃ  
Etaṃ Buddhāna sāsanaṃ**

*Do good, avoid evil; purify the mind.*

*That is the teaching of all Buddhas.*

诸恶莫作， 众善奉行，  
自净其意， 是诸佛教。

- Dhammapada 14:183

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36 & 38, Jalan Puteri 4/2, Bandar Puteri, 47100 Puchong, Selangor, Malaysia  
[www.puchong.ti-ratana.org](http://www.puchong.ti-ratana.org) | Find us on FB | Instagram: @trlgpuchong | +603 8051 6630