

“PAÑÑĀ UDAPĀDI”

(WISDOM AROSE)

(智慧湧現)



Vandanā
Buddhist Recitals
诵经



BUDDHIST MAHA VIHARA

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佛陀教义弘扬协会

Buddhist Maha Vihara,
123, Jalan Berhala, Brickfields,
50470 Kuala Lumpur, Malaysia
Tel: 603-2274 1141 Fax: 603-2273 2570
E-Mail: info@buddhistmahavihara.com
Website: www.buddhistmahavihara.com
www.ksridhammananda.com
www.bisds.org

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AṬṬHAVĪSATI BUDDHA VANDANĀ SALUTATION TO THE TWENTY EIGHT BUDDHAS.

礼敬二十八位佛陀

- 1 **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。

- 2 **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。

**3 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。

**4 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。

**5 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。

**6 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.
Sikhi 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。

**7 Kakusandham munim 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。

**8 Aṭṭhavīsati me Buddhā
Nibbānamata dāyaka
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，
我向他们顶礼，
愿他们永远加持我。

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

Homage to Him, the Blessed One, the Worthy One, the Fully- Enlightened One.

Homage to Him, the Blessed One, the Worthy One, the Fully- Enlightened One.

Homage 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
Saṅghaṃ saraṇaṃ gacchāmi

Dutiyam pi Buddhaṃ saraṇaṃ gacchāmi
Dutiyam pi Dhammaṃ saraṇaṃ gacchāmi
Dutiyam pi Saṅghaṃ saraṇaṃ gacchāmi

Tatiyam pi Buddhaṃ saraṇaṃ gacchāmi
Tatiyam pi Dhammaṃ saraṇaṃ gacchāmi
Tatiyam pi Saṅghaṃ 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-daṭṭhānā 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 anything causing 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
SALUATION TO THE TRIPLE GEM
向佛、法、僧三宝致敬
BUDDHA-DHAMMA-SAṄGHA

Salutation to the Buddha
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 Saṅgha

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 puññak-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，有盡責的品行，
他們即是四雙八輩人，
那才是世尊的追隨者，僧伽，
應當供養，應當歡迎款待，
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

1 **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。

**2 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。

**3 Vijjā caraṇa sampanno
Tassa vijjā pakāsītā
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。

**4 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。

**5 Lokavidūti nāmena
Atītā nāgatē vidū
Saṅkhārasatta 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。

**6 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。

**7 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。

**8 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。

**9 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，
我向世界尊礼敬。

PŪJĀ
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.

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

**Vaṅṅa 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
Patigaṅhātu 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。

** Applicable for breakfast and lunch puja.*

**于供早餐及午餐之颂念*

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。

Salutation to the Three Main Objects of Veneration

向三种圣物致敬

**Vandāmi cetiyaṃ sabbaṃ
Sabba ṭhānesu patiṭṭhitaṃ
Sārīrika dhātu-mahābodhiṃ
Buddha-rūpaṃ sakalaṃ 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 lokasāsanam**

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 kammaena
Mā me bāla samāgamo
Sataṃ samāgamo hotu
Yāva nibbāna pattiyā**

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 cittaena
Pamādena mayā kataṃ
Accayaṃ khama me bhante
Bhūri-pañña Tathāgata**

If by deeds, speech or thought heedlessly,
I have done any thing 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。

KARAṆĪYA METTA SUTTA

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

慈爱经

- 1 **Karaṇīyam' atthakusalena
Yaṃ taṃ santaṃ padaṃ abhisamecca
Sakko ujū ca sūjū ca
Suvaco c'assa mudu anatimāni**

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.

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。

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

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.

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。

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

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.

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。

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

Whatsoever living beings there are,
feeble or strong, long, stout or medium,
short, small or large.

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。

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

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 happy minded.

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。

**6 Na paro paraṃ nikubbetha
Nātimaññaṃ katthacinaṃ kañci
Byārosanā paṭighasañña
Nāññamaññaṃ dukkhamiccheyya**

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.

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。

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

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.

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。

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

Let thoughts of boundless love pervade the whole world; above, below and across without any obstruction, without any hatred, without any enmity.

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。

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

Whether he stands, walks, sits or lies down, as long as he is awake, he should develop this mindfulness. This, they say is highest conduct here.

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。

**10 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 (3 times)**

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

坚信此真理，
愿你（我）安详无恙，

MAHĀ JAYAMAṄGALA GĀTHĀ

STANZAS OF GREAT VICTORY RECITAL FOR BLESSING AND PROTECTION

大胜利偈

- 1 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）。

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

The increaser of joy to the Sakya 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，
他在菩提树下获得胜利，
但愿你（我）也同样获得胜利，
但愿你（我）永远获得加持。

**3 Sakkatvā Buddha-ratanam
Osadham uttamam varam
Hitam deva-manussanam
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。

**4 Sakkatvā dhamma-ratanam
Osadham uttamaṃ varaṃ
Parilāh'ūpasamaṇam
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。

**5 Sakkatvā Saṅgha-ratanam
Osadham uttamaṃ varaṃ
Āhuneyyaṃ Pāhuneyyaṃ
Saṅgha-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。

**6 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。

**7 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。

**8 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。

**9 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）。

**10 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）。

**11 Natthi me saraṇaṃ aññaṃ
Saṅgho 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）。

**12 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。

**13 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）。

**14 Bhavatu sabba maṅgalaṃ
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）。

**15 Bhavatu sabba maṅgalaṃ
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）。

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

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。

**17 Sabbapāpassa akaranaṃ
Kusalassa upasampadā
Sacittapariyodapanāṃ
Etam 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。

PATTĀNUMODANĀ

DEDICATION AND TRANSFERENCE OF MERITS TO THE DEPARTED

奉獻回向功德予往生亲人

- 1 **Idaṃ vo (me) ñātīnaṃ hotu**
Sukhitā hontu ñātayo
(recite thrice 诵念三次)

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。

- 2 **Yathā vārivahā pūrā**
Paripūrenti sāgaram
Evameva ito dīnaṃ
Petānaṃ upakappatu

Unname udakaṃ vaṭṭaṃ
Yathā ninnaṃ pavattati
Evameva ito dīnaṃ
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。

**3 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。

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

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

**Ichhitam patthitam tuyham
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现，
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，
愿您完全的得偿所愿，犹如完整无缺的圆月。

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- | | | |
|--|-------------------|----------------------|
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| • Special Talk | Friday | 1.00p.m. |
| • Dhamma Talk | Friday | 8.00p.m. |
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| • Puja & Talk | Sunday | 8.30a.m. |
| • Dhamma School | Sunday | 8.30a.m. & 11.00a.m. |
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BE WITH YOU AND YOUR FAMILY**

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Sabbadānaṃ Dhammadānaṃ Jināti
The Gift of Dhamma Excels all Gifts

Our beloved Father / Grandfather



In Memory of
Chow Hoo Hong

We dedicate the merits of this Dhamma Dana to our beloved father / grandfather attain happiness in his new existence and reach the highest bliss of Nibbana one day.

In the Mangala Sutta the Buddha said: "Support of father and mother is the highest good fortune." Two persons to whom one never repay their debts - your father and mother. Even if you were to carry them on your back and live a hundred years, supporting them with food, medicine and cleaning them, even this would not repay them.

Children's Duties To Parents

Support our parents in every possible way, perform those duties that needs to be performed, maintain the lineage and tradition of the family and look after the inheritance and give alms (performing religious rites) on their behalf when they pass away.

With Metta

by children and grand children

Sadhu ! Sadhu ! Sadhu !

Sabbadānaṃ Dhammadānaṃ Jināti

The Gift of Dhamma Excels all Gifts

*Our beloved
Father / Mother / Grandfather / Grandmother*



In Memory of
Ang Soo Teh & Ng Poh Eng

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Buddhist Maha Vihara
123, Jalan Berhala, Brickfields,
50470 Kuala Lumpur, Malaysia
Tel: 603-22741141 Fax: 603-22732570
E-Mail: info@buddhistmahavihara.com
Website: www.buddhistmahavihara.com
www.ksridhammananda.com
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