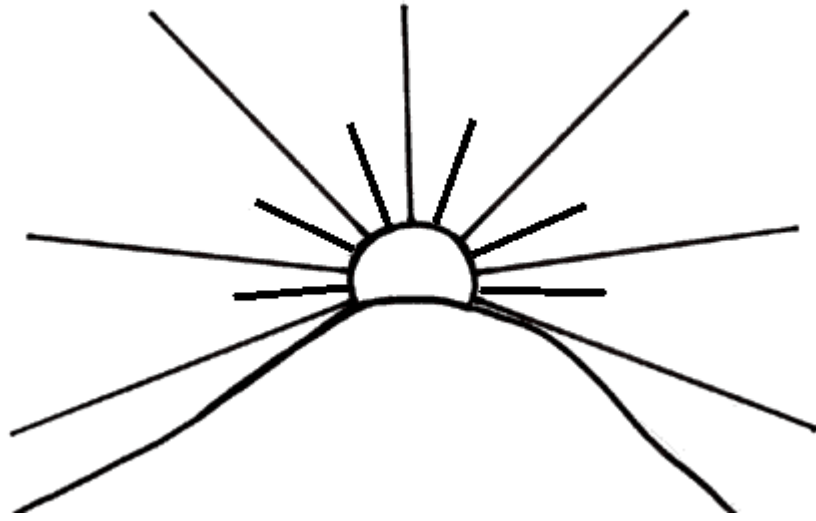


# MORNING PŪJĀ AT BODHI LANĀKĀRĀMA



EDITED AND TRANSLATED INTO ENGLISH BY

**ĀNANAJOTI BHIKKHU**

CHINESE TRANSLATION

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**NAMO TASSA BHAGAVATO ARAHATO SAMMĀ-SAMBUDDHASSA (x3)**  
REVERENCE TO HIM, THE GRACIOUS ONE, THE WORTHY ONE,  
THE PERFECT SAMBUDDHA

TI-SARAṄĀ  
**THE THREE REFUGES**

**Buddhaṃ saraṇaṃ gacchāmi**  
I go to the Buddha for refuge

**Dhammaṃ saraṇaṃ gacchāmi**  
I go to the Dhamma for refuge

**Saṅghaṃ saraṇaṃ gacchāmi**  
I go to the Sangha for refuge

**Dutiyam-pi Buddhaṃ saraṇaṃ gacchāmi**  
For a second time I go to the Buddha for refuge

**Dutiyam-pi Dhammaṃ saraṇaṃ gacchāmi**  
For a second time I go to the Dhamma for refuge

**Dutiyam-pi Saṅghaṃ saraṇaṃ gacchāmi**  
For a second time I go to the Sangha for refuge

**Tatīyam-pi Buddhaṃ saraṇaṃ gacchāmi**  
For a third time I go to the Buddha for refuge

**Tatīyam-pi dhammaṃ saraṇaṃ gacchāmi**  
For a third time I go to the Dhamma for refuge

**Tatīyam-pi saṅghaṃ saraṇaṃ gacchāmi**  
For a third time I go to the Sangha for refuge

那摩 达沙 拍卡哇多 阿腊哈多 三玛三不达沙  
禮敬彼世尊、阿拉漢、全自覺者！（三稱）

### 三皈依

部唐 沙腊南 卡差密  
我皈依佛

唐芒 沙腊南 卡差密  
我皈依法

商康 沙腊南 卡差密  
我皈依僧

杜地洋比 部唐 沙腊南 卡差密  
第二次我皈依佛

杜地洋比 唐芒 沙腊南 卡差密  
第二次我皈依法

杜地洋比 商康 沙腊南 卡差密  
第二次我皈依僧

达地洋比 部唐 沙腊南 卡差密  
第三次我皈依佛

达地洋比 唐芒 沙腊南 卡差密  
第三次我皈依法

达地洋比 商康 沙腊南 卡差密  
第三次我皈依僧

**SIKKHĀPADĀNI**  
**FIVE TRAINING RULES**

**Pāṇātipātā veramaṇī-sikkhāpadaṃ samādiyāmi.**

I undertake the training rule of refraining from killing living creatures.

**Adinnādānā veramaṇī-sikkhāpadaṃ samādiyāmi.**

I undertake the training rule of refraining from taking what has not been given.

**Kāmesu-micchācārā veramaṇī-sikkhāpadaṃ samādiyāmi.**

I undertake the training rule of refraining from sexual misconduct.

**Musāvādā veramaṇī-sikkhāpadaṃ samādiyāmi.**

I undertake the training rule of refraining from false speech.

**Surā-meraya-majja-pamādaṭṭhānā veramaṇī-sikkhāpadaṃ samādiyāmi.**

I undertake the training rule of refraining from liquor, wines, or intoxicants which cause heedlessness.

**Imāni pañca-sikkhāpadāni samādiyāmi (x3).**

I undertake these five training rules.

**Sādhu! Sādhu! Sādhu!**

**BUDDHA-GUṆA-VANDANĀ**  
**WORSHIPPING THE VIRTUES OF THE BUDDHA**

**Iti pi so Bhagavā Arahaṃ Sammā-sambuddho,**

Such is he, the Gracious One, the Worthy One, the Perfect Sambuddha,

**vijjā-caraṇa-sampanno Sugato lokavidū,**

the one endowed with understanding and good conduct, the Fortunate One, the one who understands the worlds,

**anuttaro purisa-damma-sārathī,**

the unsurpassed guide for those people who need taming,

**Satthā deva-manussānaṃ Buddho Bhagavā ti.**

the Teacher of gods and men, the Buddha, the Gracious One.

## 五戒

巴纳地巴达 为腊麻呢锡卡巴堂 山马地牙咪  
我受持離殺生學處

阿地纳达纳 为腊麻呢锡卡巴堂 山马地牙咪  
我受持離不與取學處

卡梅苏 蜜差叉腊 为腊麻呢锡卡巴堂 山马地牙咪  
我受持離邪淫學處

木洒瓦打 为腊麻呢锡卡巴堂 三马地牙咪  
我受持離妄語學處

苏腊梅腊牙麻假把马打他纳 为腊麻尼锡卡巴堂 三马地牙咪  
我受持離放逸之因的諸酒類學處

依麻尼 班假昔卡巴党尼 沙马地亚咪  
我受持五戒 (三稱)

沙都。 。 。 沙都。 。 。 沙都！  
善哉。 。 。 善哉。 。 。 善哉！

## 礼赞佛陀之功德

依弟 比 叟 拍卡哇 阿腊汉 三玛三不哆  
他就是如来、阿罗汉、真正觉悟者、

唯家恰腊那三般若 速卡哆 罗卡唯杜  
知识及行为都完美、善逝、通解世间、

阿努达罗 不立沙唐玛沙腊弟  
人类的无上调御师、

萨他 提哇玛努沙南 不哆 拍卡哇 弟。  
人类与天神的导师、佛陀、世尊。

**DHAMMA-GUṆA-VANDANĀ**  
**WORSHIPPING THE VIRTUES OF THE DHAMMA**

**Svākkhāto Bhagavatā Dhammo, sandiṭṭhiko, akāliko,**

The Dhamma has been well-proclaimed by the Gracious One, it is visible, not subject to time,

**ehi-passiko, opanayiko, paccattaṃ veditabbo viññūhī ti.**

inviting inspection, onward leading, and can be understood by the wise for themselves.

**SAṄGHA-GUṆA-VANDANĀ**  
**WORSHIPPING THE VIRTUES OF THE SAṄGHA**

**Supaṭipanno Bhagavato sāvaka-saṅgho,**

The Gracious One's Saṅgha of disciples are good in their practice,

**ujupaṭipanno Bhagavato sāvaka-saṅgho,**

the Gracious One's Saṅgha of disciples are straight in their practice,

**ñāyapaṭipanno Bhagavato sāvaka-saṅgho,**

the Gracious One's Saṅgha of disciples are systematic in their practice,

**sāmīcipaṭipanno Bhagavato sāvaka-saṅgho,**

the Gracious One's Saṅgha of disciples are correct in their practice,

**yad-idaṃ cattāri purisa-yugāni aṭṭha purisa-puggalā,**

that is to say, the four pairs of persons, the eight individual persons,

**esa Bhagavato sāvaka-saṅgho,**

this is the Gracious One's Saṅgha of disciples,

**āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-karaṇīyo,**

they are worthy of offerings, of hospitality, of gifts, and of reverential salutation,

**anuttaraṃ puññakkhettaṃ lokassā ti.**

they are an unsurpassed field of merit for the world.

## 礼赞佛法之功德

沙哇卡哆 拍卡哇达 唐摩 山替弟果 阿卡利果  
佛法是世尊完美地阐述的，可观到的，没有时间性的，

黑嘻把西果 鸥把那依果 拔恰当 威替达波 慰乳嘻 弟  
来参考的，引入内心的，贤哲各自可以领悟的。

## 礼赞僧伽之功德

速拔弟般若 拍卡哇哆 沙哇卡商柯  
僧是世尊修行得好的门徒，

屋竹拔弟般若 拍卡哇哆 沙哇卡商柯  
僧是世尊修行得忠直的门徒，

呀呀拔弟般若 拍卡哇哆 沙哇卡商柯  
僧是世尊修行得有系统的门徒，

沙咪记拔弟般若 拍卡哇哆 沙哇卡商柯  
僧是世尊修行得熟练的门徒，

呀替唐 恰达立 不立沙优卡尼 阿他 不立沙不卡拉  
有四果、八位

黑舍 拍卡哇哆 沙哇卡商柯  
那是世尊的门徒僧团，

阿户乃哟 把户乃哟 他桔乃哟 安加利卡腊尼哟  
值得供养，值得招待，值得贡献，应该合十，

阿努达浪 本呀给当 罗卡沙弟  
乃人天之福田。

**CETIYA-SĀRĪRIKA-DHĀTU-MAHĀ-BODHI-PŪJĀ**  
**HONOURING THE CETIYAS, BODILY RELICS, AND BODHI TREE**

**Vandāmi cetiyāṃ sabbāṃ ~ sabbatṭhānesu patitṭhitāṃ,**  
I worship all the shrines in all of the places that they stand,

**sārīrika-dhātu Mahā Bodhiṃ, ~ Buddha-rūpaṃ sakalaṃ sadā!**  
the bodily relics, the Great Bodhi Tree, and all the Buddha images forever!

**ĀMISA PŪJĀ**  
**MATERIAL OFFERINGS**

**Gandha-sambhāra-yuttēna, ~ dhūpenāhaṃ sugandhinā,**  
With these pleasant smelling materials, with this incense, so good-smelling,

**Pūjaye pūjanīyaṃ taṃ ~ pūjā bhājanam-uttamaṃ.**  
I worship that worthy of worship, the supremely worshipful one.

**Ghana-sārappadittēna ~ dīpena tama-dhamsinā,**  
With a lamp that burns intensely destroying the darkness,

**Tiloka-dīpaṃ Sambuddhaṃ ~ pūjayāmi tamonudaṃ.**  
I worship the Sambuddha, the light of the three worlds, the darkness-dispeller.

**Vaṇṇa-gandha-guṇopetaṃ, ~ etaṃ kusuma-santatiṃ,**  
With these long lasting flowers, endowed with the qualities of beauty,

**pūjayāmi Munindassa ~ siripāda-saroruhe.**  
and fragrance, I worship the glorious lotus feet of the lord of Sages.

**Pūjemi Buddhaṃ kusamenanena,**  
I worship the Awakened One with these flowers,

**puññēna-m-etēna labhāmi mokkhaṃ.**  
may I gain release with (the help of) this merit.

**Pupphaṃ milāyāti yathā idaṃ me,**  
Just as a flower withers and fades away,

**Kāyo tathā yāti vināsa-bhāvaṃ.**  
so too this my body will go to destruction.

## 礼赞佛塔、舍利、菩提树

完打蜜 决地佯 沙帮 沙伯他乃数 巴地地当  
我赞礼每一座佛塔，每一片佛身舍利，

沙利利个打都 马哈 菩丁 布得路帮 沙个郎 沙打  
每一株大菩提树，每一尊供奉的佛像。

## 供养

港的沙巴了 哟爹呢 ~ 杜倍纳杭 叔港地呢  
我今用此烧香供奉大威德世尊，

普查也 普查尼洋 党 ~ 普查 把假拿目打忙  
愿佛慈悲哀纳受诠表戒定慧之香。

干拿沙拉伯地爹拿 ~ 地悲拿 打马塔西拿  
我用此无与比伦之灯，供奉大威德世尊，

地诺裸地帮 沙菩党 ~ 普查亚咪 达摩怒党  
此灯光能灭三界中之恶业黑暗，乃如我人之智慧灯光能破无明烦恼之黑暗。

晚那甘得古诺被当 ~ 衣当 古苏默 山打定  
我谨以鲜花，顶选色与香，

普假呀咪 目连打沙 ~ 细里巴得沙诺如黑  
供养大威德世尊，圣者莲足前

扑切米 菩党 古叔美呢内呢  
我用花供奉大威德世尊，以此功德，

扑业呢美爹呢 拉巴咪 莫康  
望佛力如波，使我早成佛道，

颇帮 米拉亚地 亚打 衣党 咪  
我们的色身，亦如此花相似，

卡约 达打 亚地 为拿免巴枉  
不久就要凋零败坏了。

**Adhivāsetu no bhante, ~ pānīyaṃ parikappitaṃ**

With your permission, venerable Sir, please accept (this) water we have prepared

**anukampaṃ upādāya, ~ paṭiggaṇhātu-m-Uttama!**

having compassion on us, O One Supreme!

**Adhivāsetu no bhante, ~ bhojanaṃ parikappitaṃ**

With your permission, venerable Sir, please accept (this) food we have prepared

**anukampaṃ upādāya, ~ paṭiggaṇhātu-m-Uttama!**

having compassion on us, O One Supreme!

**VAJJA-PAKĀSANAM  
CONFESSION OF FAULTS**

**Kāyena vācā cittena ~ pamādena mayā kataṃ,**

° For any transgression I have committed through heedlessness, by way of body,

**accayaṃ khama me bhante, ~ bhūripañña Tathāgata.**

speech, or mind, please forgive me, Venerable Sir, Realised One, O greatly wise.

**Kāyena vācā cittena ~ pamādena mayā kataṃ,**

° For any transgression I have committed through heedlessness, by way of body,

**accayaṃ khama me Dhamma ~ sandiṭṭhika, akālika.**

speech, or mind, please forgive me, O Dhamma, which leads on, not subject to time.

**Kāyena vācā cittena ~ pamādena mayā kataṃ,**

° For any transgression I have committed through heedlessness, by way of body,

**accayaṃ khama me Saṅgha, ~ puññakkhetta anuttara.**

speech, or mind, please forgive me, O Saṅgha unsurpassed field of merit.

**Sādhu! Sādhu! Sādhu!**

阿地娃舍都 诺 班爹 ~ 巴泥洋 巴利卡比党  
尊者，请您慈悲接受这清水，

安奴甘帮 勿巴打呀 ~ 巴地港哈杜目打忙  
啊！大威德世尊。

阿地娃谢都 诺 班爹 ~ 波者郎 巴利卡比党  
尊者，请您慈悲接受这饭食，

安奴甘帮 勿巴打呀 ~ 巴地港哈杜目打忙  
啊！大威德世尊。

## 忏悔

卡也那 瓦者 及爹那 ~ 巴马爹那 马呀 卡当  
啊！尊者！您是威德福满之人，请您慈悲原谅，

阿者样 康默 咪 班爹 ~ 不利班呢 打达格得  
容我忏悔，因为我不谨慎，犯了身口意的罪业。

卡也那 瓦者 及爹那 ~ 巴马爹那 马呀 卡当  
啊！指引正道，永恒的佛法，容我忏悔，

阿者样 康默 咪 唐默 山替弟果 阿卡利果  
因为我不谨慎，犯了身口意的罪业。

卡也那 瓦者 及爹那 ~ 巴马爹那 马呀 卡当  
啊！具无尚功德之僧伽，容我忏悔，

阿者样 康默 咪 商康 本呀给达 阿努达拉  
因为我不谨慎，犯了身口意的罪业。

沙都。。。沙都。。。沙都！  
善哉。。。善哉。。。善哉！

**ANUMODANĀ**  
**REJOICING**

**Ettāvatā ca amhehi ~ sambhataṃ puñña-sampadaṃ,**  
So far we have successfully accumulated this merit,

**Sabbe devā anumodantu ~ sabba-sampatti-siddhiyā.**  
May all the gods rejoice along with us, at the total accomplishment of our success.

**Ettāvatā ca amhehi ~ sambhataṃ puñña-sampadaṃ,**  
So far we have successfully accumulated this merit,

**Sabbe bhūtā anumodantu ~ sabba-sampatti-siddhiyā.**  
May all beings rejoice along with us, at the total accomplishment of our success.

**Ettāvatā ca amhehi ~ sambhataṃ puñña-sampadaṃ,**  
So far we have successfully accumulated this merit,

**Sabbe sattā anumodantu ~ sabba-sampatti-siddhiyā.**  
May all creatures rejoice along with us, at the total accomplishment of our success.

**Idaṃ me ñātināṃ hotu, ~ sukhitā hontu ñātayo! (x 3)**  
May this (merit) go to my relatives, ~ may my relatives be happy!

**PATTHANĀ**  
**ASPIRATION**

**Iminā puñña-kammaṃ ~ mā me bāla-samāgamo,**  
By this meritorious deed may I not come across fools,

**Sataṃ samāgamo hotu ~ yāva nibbāna-pattiyā.**  
May I come across the wise until I have attained nibbāna.

**Sādhu! Sādhu! Sādhu**

## 回向功德予诸天

亿打瓦打 者 安嘿嘻 山伯当 本呀 山伯当  
愿将所作诸功德，回向法界诸众生，

沙倍 地瓦 安奴摩丹都 沙伯 山伯地 惜地亚  
普愿一切诸天神，同成无上菩提道。

亿打瓦打 者 安嘿嘻 山伯当 本呀 山伯当  
愿将所作诸功德，回向法界诸众生，

沙倍 菩打 安奴摩丹都 沙伯 山伯地 惜地亚  
普愿一切诸众生，同成无上菩提道。

亿打瓦打 者 安嘿嘻 山伯当 本呀 山伯当  
愿将所作诸功德，回向法界诸众生，

沙倍 沙打 安奴摩丹都 沙伯 山伯地 惜地亚  
普愿一切诸众生，同成无上菩提道。

依当 米 那地南 河都 ~ 苏基打 烘都 亚得哟  
愿此功德众善根，回向亲属同沾恩，由斯解脱诸苦恼，得成佛道度有情。

## 愿望

衣米呢 普夜卡美呢 ~ 麻 咪 巴拉沙马哥么  
愿以此功德，永离诸愚人，

沙当 沙马哥么 河都 ~ 哑娃 你把拿巴地呀  
随彼善知识，得证般涅槃。

沙都。。。沙都。。。沙都！  
善哉。。。善哉。。。善哉！





## NOTE ON PRONOUNCIATION

In Pāli syllables are divided into long and short and they must be distinguished, otherwise the meaning changes.

Long vowels take twice as long to sound as short ones.

Short vowels are -a- -i- and -u-

Long vowels are -ā- -ī- ū- -e- -o- (also -aṃ -iṃ -uṃ)

Similarly double consonants must be pronounced as such and not simplified, or again the meaning changes.

A word like paccattam is pronounced pac cat tam, not pacatam

bhikkhu is pronounced bhik khu, not bhikhu, and so on.