



TISARAṆA
The Three Refuges
 三皈依

Buddhaṃ saraṇaṃ gacchāmi
Dhammaṃ saraṇaṃ gacchāmi
Saṅghaṃ saraṇaṃ gacchāmi

I take refuge in the Buddha.

I take refuge in the Dhamma.

I take refuge in the Sangha.

我以佛陀爲皈依處。

我以佛法爲皈依處。

我以僧伽爲皈依處。

Dutiyampi Buddhaṃ saraṇaṃ gacchāmi
Dutiyampi Dhammaṃ saraṇaṃ gacchāmi
Dutiyampi Saṅghaṃ saraṇaṃ gacchāmi

For the second time, I take refuge in the Buddha.

For the second time, I take refuge in the Dhamma.

For the second time, I take refuge in the Sangha.

第二次，我以佛陀爲皈依處。

第二次，我以佛法爲皈依處。

第二次，我以僧伽爲皈依處。

Tatiyampi Buddhaṃ saraṇaṃ gacchāmi
Tatiyampi Dhammaṃ saraṇaṃ gacchāmi
Tatiyampi Saṅghaṃ saraṇaṃ gacchāmi

For the third time, I take refuge in the Buddha.

For the third time, I take refuge in the Dhamma.

For the third time, I take refuge in the Sangha.

第三次，我以佛陀爲皈依處。

第三次，我以佛法爲皈依處。

第三次，我以僧伽爲皈依處。

AYYA :
SARANA
GAMANAM
PARIPUNNAM

*The taking of the
 refuge is purely
 completed.*

三皈依已授完畢。

YOGIS (修禪者) :
ĀMA AYYA
Yes, Venerable.
 是的，尊者大德。



ATTHAṄGASILA YĀCANĀ

Asking For The Three Refuges And The Eight Precepts

求授三皈八戒

YOGIS（修禪者）：

**AHAM AYYA, TISARAṆEṆASAHA,
ATTHAṄGASĪLAM DHAMMAṀ YĀCĀMI,
ANUGGAHAM KATVĀ, SĪLAM DETHA ME AYYA.**

Venerable, may I request to observe the Eight precepts together with the Three Refuges, out of your compassion, (so that I can get rid of the cycle of rebirth)

尊者大德，懇請您慈悲，

爲我傳授三皈及八戒（以便我能脫離生死輪回）

**DUTIYAMPI, AHAM AYYA, TISARAṆEṆASAHA,
ATTHAṄGASĪLAM DHAMMAṀ YĀCĀMI,
ANUGGAHAM KATVĀ, SĪLAM DETHA ME AYYA.**

Venerable, for the second time, may I request to observe the Eight precepts together with the Three Refuges, out of your compassion, (so that I can get rid of the cycle of rebirth)

第二次，尊者大德，懇請您慈悲

爲我傳授三皈及八戒（以便我能脫離生死輪回）

**TATIYAMPI, AHAM AYYA, TISARAṆEṆASAHA,
ATTHAṄGASĪLAM DHAMMAṀ YĀCĀMI,
ANUGGAHAM KATVĀ, SĪLAM DETHA ME AYYA.**

Venerable, for the third time, may I request to observe the Eight precepts together with the Three Refuges, out of your compassion, (so that I can get rid of the cycle of rebirth)

第三次，尊者大德，懇請您慈悲

爲我傳授三皈及八戒（以便我能脫離生死輪回）

AYYA :
YAMAHAM VADĀMI, TAM VADETHA

Well, repeat the chanting after me.

請跟隨我念。

YOGIS (修禪者) :

ĀMA AYYA

Yes, Venerable.

是的，尊者大德。



ATṬHAṄGASĪLA

The Eight Precepts

八戒

YOGIS (修禪者) :

Pāṇātipātā veramaṇī sikhāpadaṃ samādiyāmi

I undertake the training precept to abstain from killing.

我受持不殺生學處。

Adinnādanā veramaṇī sikhāpadaṃ samādiyāmi

I undertake the training precept to abstain from taking what is not given.

我受持不偷盜學處。

Abrahmacariyā veramaṇī sikhāpadaṃ samādiyāmi

I undertake the training precept to abstain from unchaste conduct.

我受持不非梵行（不淫）學處。

Musavada veramaṇī sikhāpadaṃ samādiyāmi

I undertake the training precept to abstain from telling lies.

我受持不妄語學處。

Surāmeraya majjapamādatthānā veramaṇī sikhāpadaṃ samādiyāmi

I undertake the training precept to abstain from distilled and fermented intoxicants which cause heedlessness.

我受持不喝一切發酵及含酒精的飲料。

Vikālabhojanā veramaṇī sikhāpadaṃ samādiyāmi

I undertake the training precept to abstain from eating at the inappropriate time (from taking food after noon).

我戒午候進食。

Nacca-gīta-vāḍita-visūkadassana-mālā-gandha-vilepana-dhārana-maṇḍana-vibhū-saṇṭṭhānā veramaṇī sikhāpadaṃ samādiyāmi

I undertake the training precept to abstain from dancing, singing, music, entertainment, wearing garlands, using perfumes and beautifying with cosmetics.

我受持不歌舞觀伎，不著香花蔓，不香油涂身學處。

Uccāsayana-mahāsayanā veramaṇī sikhāpadaṃ samādiyāmi

I undertake the training precept to abstain from lying on a high or large sleeping place.

我受持不坐卧高廣大床學處。