

TISARATANA VANDANA
Salutation To The Triple Gems
禮敬三寶

**ARAHAM̐, SAMMĀ-SAMBUDDHO BHAGAVĀ,
BUDDHAM̐ BHAGAVANTAM̐ ABHIVĀDEMI**

*Lord, the most Worthy One,
the Perfectly Self-Enlightened One,
The Buddha, I revere.*

世尊是阿羅漢，正等正覺者，我禮敬佛陀世尊。



**SVĀKKHĀTO BHAGAVATĀ DHAMMO,
DHAMMAṂ NAMASSĀMI.**

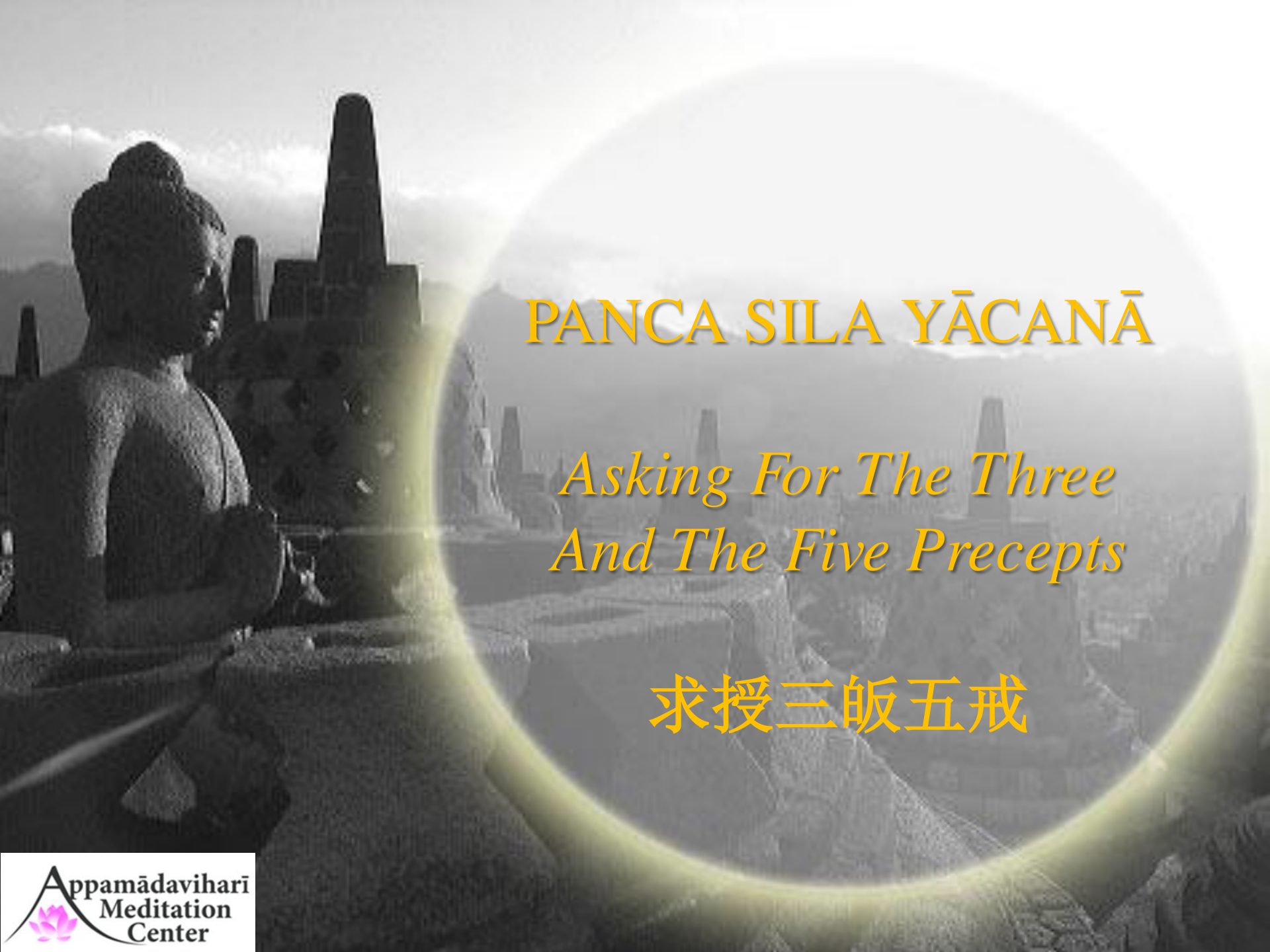
*The Dhamma of the Blessed One is perfectly expounded,
this law, path, teaching, I venerate.*

法是世尊所善說的，我禮敬法。

**SUPATIPANNO BHAGAVATO SĀVAKASAṄGHO ,
SAṄGHAM NAMĀMI.**

*The Sangha of the Blessed One's disciples
has entered on the good way,
that pure community, I revere*

世尊的弟子僧團是善行道者，我禮敬僧團。



PANCA SILA YĀCANĀ

*Asking For The Three
And The Five Precepts*

求授三皈五戒

YOGIS（修禪者）：

AHAM AYYA, TISARAṆEṆA SAHA,
PAÑCA SĪLAM DHAMMAṀ YĀCĀMI,
ANUGGAHAṀ KATVĀ, SĪLAṀ DETHA ME AYYA.

*Venerable, may I request to observe the FIVE 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，
爲我傳授三皈及五戒（以便我能脫離生死輪回）

**DUTIYAMPI, AHAM AYYA, TISARANENA SAHA,
PAÑCA SĪLAM DHAMMAṀ YĀCĀMI
ANUGGAHAṀ KATVĀ, SĪLAṀ DETHA ME AYYA.**

*Venerable, for the second time,
may I request to observe the Five 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
爲我傳授三皈及五戒（以便我能脫離生死輪回）**

**TATIAMPI, AHAM AYYA, TISARANENA SAHA,
PAÑCA SĪLAM DHAMMAṀ YĀCĀMI
ANUGGAHAṀ KATVĀ, SĪLAṀ DETHA ME AYYA.**

*Venerable, for the third time,
may I request to observe the Five 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。

BUDDHĀBHIVĀDANA
Homage to the Buddha
禮敬佛陀

**Namo tassa bhavagato arahato
sammā sambudhassa**

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

禮敬世尊，阿羅漢，正等正覺者。

(3 times)

TISARAṆA
The Three Refuges
三皈依

**Buddham 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 Buddham 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。

Tatīyaṃpi Buddhāṃ saraṇaṃ gacchāmi
Tatīyaṃpi Dhammaṃ saraṇaṃ gacchāmi
Tatīyaṃpi 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，我以佛陀為皈依處。
第三次，我以佛法為皈依處。
第三次，我以僧伽為皈依處。

AYYA :

SARANA GAMANAM PARIPUNNAM

The taking of the refuge is purely completed.

三皈已授完畢。

YOGIS (修禪者) :

ĀMA AYYA

Yes, Venerable.

是的，尊者大德。



PAÑCA SĪLA
The Five Precepts
五戒

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

Kāmesu micchācārā veramaṇī sikhāpadaṃ samādiyāmi

I undertake the training precept to abstain from sexual misconduct.

我受持不邪淫學處。

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。

End~

