

念
诵⁼
本

chanting
book

○



觀音

蔡

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念诵的意思是保持一个不动的心，观照你自己的声音。观照自己的声音是指观照你的自性，这时你和声音永不分离，也是指你和整个宇宙永不分离。那么，观照我们自性就是观照宇宙的本体。经常念诵，我们的中心会变得坚定，当中心坚定时，我们便能够掌握自己的情绪、处境和环境。

在禅中心，人们共同起居和修行。起初，每个人都有很强的意见，欢喜和不欢喜的事情。这些杂乱的喜恶心，阻碍了我们投入念诵。但是，当我们正确念诵时，只观照自己和大众的声音，这时我们的心会变得清明。清明心并没有欢喜和不欢喜，只有声音，最终，我们便知道念诵并不是个人的喜好，或给我们一种很好的感觉；而是给我们一个清晰的方向。当我们的方向变得清晰时，我们便证得开悟，然后普渡众生，脱离苦海。

因此，当你念诵时，你必需观照你的声音：这时，你和宇宙已成为一，痛苦便消失，真正的喜悦便呈现。这称为涅槃。如果你保持这涅槃的境界，你的心就如虚空般清明，心明如镜，红色来时，只有红色；白色来时，只是白色；别人快乐，我便快乐；别人哀愁，我便哀愁；有人饥饿，便给他食物。这称为大慈大悲菩萨道，亦是指大智慧。这就是念诵禅。

观照声音就是观照一切宇宙的声音，例如：鸟鸣声、雷声、狗吠声。如果你无心，你只是如是地反照一切。因此，当你念诵时没有思惟，这就是宇宙的声音。如果你有「我」，那么这便是「我的」声音。保持如虚空般清明的心，有狗吠声或汽车喇叭的响声都能使你开悟。当你和声音合二为一时，你听不到声音，你就是声音。

有一位禅师，他只是听到鸡啼声便开悟；另一位禅师正在打扫门庭时，听到扫帚的竹折声而开悟，他与声音已成为一。所以，禅宗观照声音的修持非常简单，任何声音都可以，最重要的是在观照声音及与它成为一体，没有制造「我」和「声音」两者间的分别心。在观照的当下，没有思惟、没有分别心，只是观照这声音，这是重点所在。所以在念诵时，观照自己的声音和其他人的声音，并切断一切思惟，那么，你的智慧便会增长，你便会证得开悟，继而普渡众生，脱离苦海。

崇山行愿大禅师

Chanting meditation means keeping a not-moving mind and perceiving the sound of your own voice. Perceiving your voice means perceiving your true self or true nature. Then you and the sound are never separate, which means that you and the whole universe are never separate. Thus, to perceive our true nature is to perceive universal substance. With regular chanting, our sense of being centered gets stronger and stronger. When we are strongly centered, we can control our feelings, and thus our condition and situation.

In our Zen centers, people live together and practice together. At first, people come with strong opinions, strong likes and dislikes. For many people, chanting meditation is not easy: much confused thinking, many likes, many dislikes and so on. However, when we do chanting meditation correctly, perceiving the sound of our own voice and the voices all around us, our minds become clear. In clear mind, there is no like or dislike, only the sound of the voice. Ultimately, we learn that chanting meditation is not for our personal pleasure, to give us good feeling, but to make our direction clear. Our direction is to become clear and get enlightened, in order to save all beings from suffering.

So when you are chanting, you must perceive the sound of your voice: you and the universe have already become one, suffering disappears and true happiness appears, this is called nirvana. If you keep nirvana, your mind is clear like space. Clear like space means clear like mirror. Red comes red. White comes, white. Someone is happy, I am happy. Someone is sad, I am sad. Someone is hungry, give them food. The name for this is great love, great compassion. This is chanting meditation, chanting Zen.

Perceiving sound means everything is universal sound: birds singing, thunder, dogs barking – all this is universal sound. If you have no mind, everything will be perceived just as it is. Therefore, when you are chanting with no mind it is also universal sound. If you have "I" then it is my sound. But with a mind clear like space, sometimes even the sound of a dog barking or a car horn honking will bring enlightenment, because at that moment you and the sound become one. When you and the sound become one, you don't hear the sound, you are the sound.

One famous Zen master only heard the sound of a rooster crowing and was enlightened. Another Zen master was just sweeping the yard when his broom threw a rock against a piece of bamboo with a loud knock and he was enlightened. He and the sound had become one. So this matter of sound in Zen practice is really very simple. Any sound will do. What's important is to perceive the sound and become one with it, without separation, without making "I" and "sound". At the moment of true perceiving, there is no thought, no separation, only perceiving sound. This is the crucial point. So during chanting time, perceive your own voice and the voice of others, just perceive this bell or drum sound, and cut off all thinking. Then your wisdom-mind will grow, you will get enlightenment and thus save all beings.

Zen Master Seung Sahn

朝礼钟颂 MORNING BELL CHANT

아 침 종 송

愿此钟声遍法界

won cha jong-song byon bop-kye

铁围幽暗悉皆明

chor-wi yu-am shil gae myong

三途离苦破刀山

sam-do i-go pa do-san

一切众生成正觉

il-che jung-saeng song jong-gak

南无毗卢教主华藏慈尊

na-mu bi-ro gyo-ju hwa-jang ja-jon

演宝偈之金文布琅函之玉轴

yon bo-gye ji gum-mun po nang-ham ji ok-chuk

尘尘混入刹刹圆融

jin-jin hon ip chal-chal wol-lyung

十兆九万五千四十八字一乘圆教

ship-cho ku-man o-chon sa-ship-pal-cha il-sung won-gyo

南无大方广佛华严经 x3

na-mu dae-bang-gwang bul hwa-om gyong x3

第一偈

je-il gye

若人欲了知 三世一切佛

yag-in yong-nyo-ji sam-se il-che bul

应观法界性 一切唯心造

ung gwan bop-kye song il-che yu shim jo

破地狱真言

pa ji-ok jin-on

南无阿塔悉及喃 三妙三摩他

na-mu a-tta shi-ji-nam sam-myak sam-mot-ta

故其喃 唵 阿迦那 巴巴 及哩及哩 吽 x3

gu-chi-nam om a-ja-na ba-ba ji-ri ji-ri hum x3

愿我尽生无别念

won a jin-saeng mu byol-lyom

阿弥陀佛独相随

a-mi-ta bul dok sang su

心心常系玉毫光

shim-shim sang gye ok-ho gwang

念念不离金色相

yom-nyom bul-li gum-saek sang

我执念珠法界观

a jip yom-ju bop-kye gwan

虚空为绳无不贯

ho-gong wi-sung mu bul gwan

平等舍那无何处

pyong-dung sa-na mu ha cho

观求西方阿弥陀

gwan-gu so-bang a-mi-ta

南无西方大教主

na-mu so-bang dae-gyo-ju

无量寿如来佛

mu-ryang su yo-rae bul

南无阿弥陀佛 x7

na-mu a-mi-ta bul x7

青山叠叠弥陀窟
chong-san chop-chop mi-ta-gul

苍海茫茫寂灭宫
chang-he mang-mang jong-myol gung

物物拈来无挂碍
mul-mul yom-nae mu gae-ae

几看松顶鹤头红
ki-gan song-jong hak-tu hong

南无阿弥陀佛
na-mu a-mi-ta bul

山堂静夜坐无言
san-dan jong-ya jwa mu-on

寂寂寥寥本自然
jok-chong nyo-yo bon ja-yon

何事西风动林野
ha-sa so-pung dong-nim ya

一声寒雁唳长天
il-song han-ang-nyu jang-chon

南无阿弥陀佛
na-mu a-mi-ta bul

愿共法界诸众生
won gong bop-kye jae jung-saeng

同入弥陀大愿海
dong-im-mi-ta dae won-hae

尽未来际度众生
jin mi-rae je-do jung saeng

自他一时成佛道
ja-ta il-shi song bul-do

南无阿弥陀佛
na-mu a-mi-ta bul

南无西方净土极乐世界
na-mu so-bang jong-to gung-nak se-gye

三十六万亿 一十一万 九千五百
sam-shim-nyung-man-ok il-shib-il-man gu-chon-o-baek dong-myong

同名同号 大慈大悲 阿弥陀佛
dong-ho dae-ja dae-bi a-mi-ta bul

南无西方净土极乐世界
na-mu so-bang jong-to gung-nak se-gye

佛身长广 相好无边
bul-shin jang-gwang sang-ho mu-byon gum-saek-kwang-myong

金色光明 遍照法界 四十八愿
byon-jo bop-kye sa-ship par-won do-tal jung-saeng bul-ga-sol

度脱众生 不可说 不可说转 不可说
bul-ga-sol-chon bul-ga-sol

恒河沙佛刹微尘数 稻麻竹苇 无限极数
hang-ha-sa bul-chal mi-jin-su do mak-chug-wi mu-han guk-su

三百六十万亿 一十一万 九千五百
sam-baek-nyuk-shim-man-ok il-shib-il-mangu-chon-o-baek dong

同名同号 大慈大悲 我等导师
myong dong-ho dae-ja dae-bi a-dung do-sa

金色如来 南无阿弥陀佛 x5
kum-saek yo-rae na-mu a-mi-ta bul x5

本心微妙真言
bon-shim mi-myo jin-on

怛雅他 唵 阿喇达拉 萨巴哈 x3
da-nya-ta om a-ri da-ra sa-ba-ha x3

夕礼钟颂 EVENING BELL CHANT

저 녀 녀 송

闻钟声 烦恼断
mun jong-song bon-ne dan

智慧长 菩提生
ji-hye jang bo-ri saeng

离地狱 出三界
ni-ji ok chul sam-gye

愿成佛 度众生
won song-bul do jung-saeng

破地狱真言
pa ji-ok jin-on

唵 嚩啦及雅 萨巴哈 x3
om ga-ra ji-ya sa-ba-ha x3

五分香偈 HOMAGE TO THREE JEWELS

오 분 향 례

戒香 定香 慧香
gye-hyang jong-hyang hye-hyang

解脱香 解脱 {问讯} 知见香
hae-tal-hyang hae-tal {halfbow} ji gyon hyang

光明云台 周遍法界
gwang-myong un-dae ju-byon bop-kye

供养十方 {问讯} 无量佛法僧
gong-yang shi-bang {halfbow} mu-ryang bul bop sung

献香真言
hon-hyang jin-on

唵 巴阿拉度闭雅 吽
om ba-a-ra to-bi-ya hum

om ba-a-ra to-bi-ya hum

om ba-a-ra to-bi-ya hum {问讯} {halfbow}

七顶礼 SEVEN-PROSTRATIONS

오 분 향 례

至心归命礼 三界导师 四生慈父
ji-shim gwi-myong-nye sam-gye do-sa sa-saeng ja-bu

是我本师 {拜} 释迦牟尼佛
shi-a bon-sa {bow} sok-ka-mo-ni-bul

{跪} {kneel}

至心归命礼 十方三世 帝网刹海 {起} {rise}
ji-shim gwi-myong-nye shi-bang sam-se je-mang char-hae
常住一切 {拜} 佛陀耶众 {跪}
sang-ju il-che {bow} bul-ta-ya jung {kneel}

至心归命礼 十方三世 帝网刹海 {起} {rise}
ji-shim gwi-myong-nye shi-bang sam-se je-mang char-hae
常住一切 {拜} 达摩耶众 {跪}
sang-ju il-che {bow} dal-ma-ya jung {kneel}

至心归命礼 大智文殊师利菩萨
ji-shim gwi-myong-nye dae-ji mun-su-sa-ri bo-sal
大行普贤菩萨 大悲观世音菩萨 {起} {rise}
dae-haeng bo-hyon bo-sal dae-bi kwan-se-um bo-sal
大愿本尊地藏菩萨 {拜} 摩诃萨 {跪}
dae-won bon-jon ji-jiang {bow} bo-sal ma-ha-sal {kneel}

至心归命礼 灵山当时 受佛付嘱
ji-shim gwi-myong-nye yong-san dang-shi su-bul-bu- chok
十大弟子 十六圣 五百圣 独修圣
ship-tae je-ja shim-nyuk song o-baek song dok-su song
乃至 {起} 千二百诸大阿罗汉 {拜}
nae-ji {rise} chon-i-baek je-dae a-ra-han {bow}
无量圣众 {跪}
mu-ryang song-jung {kneel}

至心归命礼 西乾东震 及我海东
ji-shim gwi-myong-nye so-gon dong-jin gub-a hae-dong
历代传灯 诸大祖师 {起} 天下宗师
yok-tae jon-dung je-dae-jo-sa {rise} chon-ha jong-sa
一切微尘数 {拜} 诸大善知识 {跪}
il-che mi-jin-su {bow} dae son-ji-shik {kneel}

至心归命礼 十方三世 帝网刹海 {起} {rise}
ji-shim gwi-myong nye shi-bang sam-se je-mang char-hae
常住一切 {拜} 僧伽耶众
sang-ju il-che {bow} sung-ga-ya jung

唯愿 无尽三宝 大慈大悲 {跪}
yu won mu-jin sam-bo dae-ja dae-bi {kneel}
受我顶礼 冥熏加被力 {起}
su a jong-nye myong hun-ga pi-ryok {rise}

愿共法界诸众生
won-gong bop-kye je jung-saeng
自他一时 {问讯} 成佛道
ja-ta il-shi {halfbow} song bul to

般若波罗蜜多心经 HEART SUTRA

반야바라밀다심경

摩诃般若波罗蜜多心经

ma ha ban ya ba ra mil ta shim gyong

观自在菩萨行深

kwan-ja-jae bo-sal haeng shim ban-ya

般若波罗蜜多时照见五蕴皆空

ba-ra-mil-ta shi jo-gyon o-on gae gong

度一切苦厄 舍利子

do il-che go-aeek sa-ri-ja

色不异空 空不异色 色即是空

saek-pur-i-gong gong-bur-i-saek saek-chuk-shi-gong

空即是色 受想行识 亦复如是 舍利子

gong-juk-shi-saek su-sang-haeng-shik yok-pu-yo-shi sa-ri-ja

是诸法空相 不生不灭 不垢不净

shi-je-bop-kong-sang bul-saeng-bul-myol bul-gu-bu-jong

不增不减 是故空中无色

bu-jung-bul-gam shi-go gong-jung-mu-saek

无受想行识 无眼耳鼻舌身意

mu su-sang-haeng-shik mu an-i-bi-sol-shin-ui

无色声香味触法 无眼界

mu saek-song-hyang-mi-chok-pop mu-an-gye

乃至无意识界 无无明 亦无无明尽

nae-ji mu-ui-shik-kye mu-mu-myong yong mu-mu-myong-jin

乃至无老死 亦无老死尽

nae-ji mu-no-sa yong-mu-no-sa-jin

无苦集灭道 无智亦无得

mu go-ji-myol-to mu-ji yong-mu-dug

以无所得故 菩提萨埵 依般若波罗蜜多故

i-mu-so duk-ko bo-ri-sal-ta ui-ban-ya ba-ra-mil-ta go

心无挂碍 无挂碍故 无有恐怖

shim-mu gae-ae mu-gae-ae-go mu-yu-gong-po

远离颠倒梦想 究竟涅槃

wol-li jon-do mong-sang gu-gyong yol-ban

三世诸佛 依般若波罗蜜多故

sam-se je-bur-ui ban-ya ba-ra-mil-ta go

得阿耨多罗三藐三菩提

dug-a-nyok-ta-ra sam-myak sam-bo-ri

故知般若波罗蜜多 是大神咒

go-ji ban-ya ba-ra-mil-ta shi dae-shin ju

是大明咒 是无上咒 是无等等咒

shi dae-myong-ju shi mu-sang-ju shi mu-dung-dung ju

能除一切苦 真实不虚

nung je il-che go jin-shil bur-ho

故说般若波罗蜜多咒 即说咒曰

go-sol ban-ya ba-ra-mil-ta-ju juk-sol-chu-wal

揭谛揭谛 波罗揭谛 波罗僧揭谛 菩提萨婆诃

a-je a-je ba-ra-a-je ba-ra-sung-a-je mo-ji sa-ba-ha

揭谛揭谛 波罗揭谛 波罗僧揭谛 菩提萨婆诃

a-je a-je ba-ra-a-je ba-ra-sung-a-je mo-ji sa-ba-ha

揭谛揭谛 波罗揭谛 波罗僧揭谛 菩提萨婆诃

a-je a-je ba-ra-a-je ba-ra-sung-a-je mo-ji sa-ba-ha

摩诃般若波罗蜜多心经

ma ha ban ya ba ra mil ta shim gyong

千手经 THOUSAND EYES AND HANDS SUTRA

천 수 경

我今一心中 即现无尽身

a-gum il-shim-jung juk-kyon mu-jin-shin

遍在观音大圣前 一一无数礼

byon-je gwan-um dae-song-jon iril mu-su-rye

唵 叭阿啦 咪

om ba-a-ra mil

唵 叭阿啦 咪

om ba-a-ra mil

唵 {拜} 叭阿啦 咪 {坐}

om {bow}ba-a-ra mil {sit}

净口业真言

jong gu-op jin-on

素哩 苏哩 嘛哈素哩 苏苏哩 萨巴哈

su-ri su-ri ma-ha-su-ri su-su-ri sa-ba-ha

素哩 苏哩 嘛哈素哩 苏苏哩 萨巴哈

su-ri su-ri ma-ha-su-ri su-su-ri sa-ba-ha

素哩 苏哩 嘛哈素哩 苏苏哩 萨巴哈

su-ri su-ri ma-ha-su-ri su-su-ri sa-ba-ha

五方内外安慰诸神真言

o-bang-nae-woe an-wi-je-shin-jin-on

南无 萨曼达 目他南 唵 多罗多罗 吉密 萨巴哈

na-mu sa-man-da mot-ta-nam om do-ro do-ro ji-mi sa-ba-ha

南无 萨曼达 目他南 唵 多罗多罗 吉密 萨巴哈

na-mu sa-man-da mot-ta-nam om do-ro do-ro ji-mi sa-ba-ha

南无 萨曼达 目他南 唵 多罗多罗 吉密 萨巴哈

na-mu sa-man-da mot-ta-nam om do-ro do-ro ji-mi sa-ba-ha

开经偈

gae-gyong-gye

无上甚深微妙法

mu-sang shim-shim mi-myo-bop

百千万劫难遭遇

baek-chon man-gop nan-jo-u

我今闻见得受持

a-gum mun-gyon duk-su-ji

愿解如来真实义

won-hae yo-rae jin-shir-e

开法藏真言

gae bop-chang jin-on

唵 阿拉喃 阿拉达

om a-ra-nam a-ra-da

唵 阿拉喃 阿拉达

om a-ra-nam a-ra-da

唵 阿拉喃 阿拉达

om a-ra-nam a-ra-da

千手千眼观自在菩萨

chon-su chon-an gwan-ja-jae bo-sal

广大圆满无碍大悲心

gwang dae-won man mu-ae dae-bi-shim

大陀罗尼启请

dae da-ra-ni gye-chong

稽首观音大悲主 愿力弘深相好身
 gye-su gwan-um dae-bi-ju wolhyok hong-shim sang-ho-shin

千臂庄严普护持 千眼光明遍观照
 chon-bi jang-om bo-ho-ji chon-an gwang-myong byon-gwan-jo

真实语中宣密语 无为心内起悲心
 jin-shir-o-jung son-mir-o mu-wi shim-nae gi-bi-shim

速令满足诸希求 永使灭除诸罪业
 song-nyong man-jok je-hi gu yong-sa myol-che je-je-op

天龙众圣同慈护 百千三昧顿薰修
 cholhyong jung-song dong-ja-ho baek-chon sam-mae don-hun-su

受持身是光明幢 受持心是神通藏
 su-ji shin-shi gwang-myong-dang su-ji shim-shi shin-tong-jang

洗涤尘劳愿济海 超证菩提方便门
 se-chok jil-ho won-je-hae cho-jung bo-ri bang-pyon-mun

我今称诵誓归依 所愿从心悉圆满
 a-gum ching-song so-gwi-e so-won jong-shim shir-won-man

南无大悲观世音 愿我速知一切法
 na-mu dae-bi kwan-se-um won-a sok-chi il-che-bop

南无大悲观世音 愿我早得智慧眼
 na-mu dae-bi kwan-se-um won-a jo-duk ji-hye-an

南无大悲观世音 愿我速度一切众
 na-mu dae-bi kwan-se-um won-a sok-to il-che-jung

南无大悲观世音 愿我早得善方便
 na-mu dae-bi kwan-se-um won-a jo-duk son-bang-pyon

南无大悲观世音 愿我速乘般若船
 na-mu dae-bi kwan-se-um won-a sok-sung ban-ya-son

南无大悲观世音 愿我早得越苦海
 na-mu dae-bi kwan-se-um won-a jo-duk wol-go-hae

南无大悲观世音 愿我速得戒定道
 na-mu dae-bi kwan-se-um won-a sok-tuk gye jok-to

南无大悲观世音 愿我早登圆寂山
 na-mu dae-bi kwan-se-um won-a jo-dung won-jok-san

南无大悲观世音 愿我速会无为舍
 na-mu dae-bi kwan-se-um won-a sok-he mu-wi-sa

南无大悲观世音 愿我早同法性身
 na-mu dae-bi kwan-se-um won-a jo-dong bop-song-shin

我若向刀山 刀山自摧折
 a-yak hyang-do-san do-san ja-che-jol

我若向火汤 火汤自消灭
 a-yak hyang-hwa-tang hwa-tang ja-so myol

我若向地狱 地狱自枯竭
 a-yak hyang-ji-ok ji-ok ja-go-gal

我若向饿鬼 饿鬼自饱满
 a-yak hyang-a-gwi a-gwi ja-po-man

我若向修罗 恶心自调伏
 a-yak hyang-su-ra ak-shim ja-jo-bok

我若向畜生 自得大智慧
 a-yak hyang-chuk-saeng ja-duk-tae-ji-hye

南无 观世音菩萨 摩诃萨
na-mu kwan-se-um bo-sal ma-ha-sal

南无 大势至菩萨 摩诃萨
na-mu dae-se-ji bo-sal ma-ha-sal

南无 千手菩萨 摩诃萨
na-mu chon-su bo-sal ma-ha-sal

南无 如意轮菩萨 摩诃萨
na-mu yo-ui-ryun bo-sal ma-ha-sal

南无 大轮菩萨 摩诃萨
na-mu dae-ryun bo-sal ma-ha-sal

南无 观自在菩萨 摩诃萨
na-mu gwan ja-jae bo-sal ma-ha-sal

南无 正趣菩萨 摩诃萨
na-mu jong-chwi bo-sal ma-ha-sal

南无 满月菩萨 摩诃萨
na-mu man-wol bo-sal ma-ha-sal

南无 水月菩萨 摩诃萨
na-mu su-wol bo-sal ma-ha-sal

南无 军荼利菩萨 摩诃萨
na-mu gun-da-ri bo-sal ma-ha-sal

南无 十一面菩萨 摩诃萨
na-mu shib-il myon bo-sal ma-ha-sal

南无 诸大菩萨 摩诃萨
na-mu je dae bo-sal ma-ha-sal

南无 本师 阿弥陀佛
na-mu bon-sa a-mi-ta bul

南无 本师 阿弥陀佛
na-mu bon-sa a-mi-ta bul

南无 本师 阿弥陀佛
na-mu bon-sa a-mi-ta bul

神妙章句大陀罗尼 THE GREAT DHARANI

신 묘 장 구 대 다 라 니

心妙章故帖达拉尼
shin-myo jang-gu dae-da-ra-ni

纳摩拉达那达拉哑哑
na-mo-ra da-na da-ra ya-ya

纳麻阿里亚巴洛几结些巴拉雅
na-mak ar-ya ba-ro-gi-je sae-ba-ra-ya

末及萨达巴哑 麻哈萨达巴哑
mo-ji sa-da-ba-ya ma-ha sa-da-ba-ya

麻哈嚧洛尼卡雅
ma-ha ga-ro-ni-ga-ya

唵 萨叭叭耶苏达拉纳 嚧拉雅 达萨蒙
om sal-ba-ba-ye su da-ra-na ga-ra-ya da-sa-myong

纳麻卡利达吧
na-mak-ka-ri-da-ba

依曼阿力雅巴洛几结些巴拉
i-mam ar-ya ba-ro-gi-je sae-ba-ra

达吧依拉甘它 纳麻 哈里哪呀 嘛巴他
da-ba i-ra-gan-ta na-mak ha-ri-na-ya ma-bal-ta

依萨弥萨巴大萨达南
i-sa-mi sal-bal-ta sa-da-nam

苏般阿耶永萨巴波达南
su-ban a-ye-yom sal-ba bo-da-nam

叭叭嘛阿弥苏达甘达亚它
ba-ba-mar-a mi-su-da-gam da-nya-ta

唵 阿罗给阿罗噶

om a-ro-gye a-ro-ga

嘛及罗噶及噶兰解

ma-ji-ro-ga ji-ga-ran-je

嘿黑哈列麻哈莫及萨达巴

hye-hye-ha-rye ma-ha mo-ji sa-da-ba

萨嘛啦 萨嘛啦

sa-ma-ra sa-ma-ra

哈利那雅 古罗古罗 噶玛 萨达雅 萨达雅

ha-ri-na-ya gu-ro-gu-ro gal-ma sa-da-ya sa-da-ya

多罗多罗 弥永解

do-ro-do-ro mi-yon-je

麻哈弥永解 达拉达拉

ma-ha mi-yon-je da-ra da-ra

达林那列歇巴啦

da-rin na-rye sae-ba-ra

迦啦迦啦 麻啦弥麻拉

ja-ra-ja-ra ma-ra-mi-ma-ra

阿麻拉 末伽耶

a-ma-ra mol-che-ye

嘿黑罗给歇吧啦

hye-hye ro-gye sae-ba-ra

拉阿 弥萨米 纳萨雅

ra-a mi-sa-mi na-sa-ya

纳呗 萨米萨米 纳萨雅

na-bye sa-mi sa-mi na-sa-ya

末哈迦拉 弥萨米纳雅

mo-ha ja-ra mi-sa-mi na-sa-ya

侯罗侯罗 麻拉侯洛

ho-ro-ho-ro ma-ra-ho-ro

哈咧巴纳麻那巴

ha-rye ba na-ma-na-ba

萨拉萨拉 悉力悉力

sa-ra sa-ra shi-ri shi-ri

娑罗娑罗 摩叉摩叉

so-ro so-ro mot-cha mot-cha

莫达雅 莫达雅

mo-da-ya mo-da-ya

灭达力亚 尼拉甘达 噶麻萨

mae-da-ri-ya ni-ra-gan-ta ga-ma-sa

纳萨南 巴拉哈拉那雅

nal-sa-nam ba-ra-ha-ra-na-ya

麻纳萨巴哈

ma-nak-sa-ba-ha

悉达雅 萨巴哈

shit-ta-ya sa-ba-ha

麻哈悉达雅 萨巴哈

ma-ha-shit-ta-ya sa-ba-ha

悉达又耶 歇吧拉雅 萨巴哈

shit-ta-yu-ye sae-ba-ra-ya sa-ba-ha

尼啦甘达雅 萨巴哈

ni-ra-gan-ta-ya sa-ba-ha

叭拉哈 末卡 杏哈

ba-ra-ha mok-ka shing-ha

末卡雅 萨巴哈

mok-ka-ya sa-ba-ha

巴纳麻 哈塔雅 萨巴哈
ba-na-ma ha-ta-ya sa-ba-ha

迦嚧拉 由它雅 萨巴哈
ja-ga-ra yok-ta-ya sa-ba-ha

桑卡松纳涅 莫达那雅 萨巴哈
sang-ka som-na-nye mo-da-na-ya sa-ba-ha

麻哈拉故它 达拉雅 萨巴哈
ma-ha-ra gu-ta da-ra-ya sa-ba-ha

巴马萨甘塔 依萨须切达
ba-ma-sa gan-ta i-sa-shi che-da

嚧林纳 伊娜雅 萨巴哈
ga-rin-na i-na-ya sa-ba-ha

麻嚧拉 迦嘛尼巴
mya-ga-ra jal-ma ni-ba

萨那雅 萨巴哈
sa-na-ya sa-ba-ha

纳摩拉达那达拉哑哑
na-mo-ra da-na-da-ra ya-ya

纳嘛阿里亚巴洛几结些巴拉雅 萨巴哈
na-mak a-rya ba-ro gi-je sae-ba-ra-ya sa-ba-ha

四方赞

一洒东方洁道场
il-sae dong-bang gyol-to-ryang

二洒南方得清凉
i-sae nam-bang duk-chong-ryang

三洒西方俱净土
sam-sae so-bang gu-jong-to

四洒北方永安康
sa-sae buk-pang yong-an-gang

道场赞

道场清淨无瑕秽
do-ryang chong-jong mu-ha-ye

三宝天龙降此地
sam-bo chol-lyong gang-cha-ji

我今持诵妙真言
a-gum ji-song myo-jin-on

愿赐慈悲密加护
won-sa ja-bi mil-ga-ho

忏悔偈

我昔所造诸恶业 皆由无始贪瞋痴
a-sok so-jo je-ag-op gae-yu mu-shi tam-jin-chi

从身口意之所生 一切我今皆忏悔
jong-shin gu-i ji-so-saeng il-che-a-gum gae-cham-he

忏除业障十二尊佛 12 Repentance Buddha

南无忏除业障宝胜藏佛

na-mu cham-je op-chang bo-sung jang-bul

宝光王火焰照佛

bo-gwang-wang hwa-yom jo-bul

一切香华自在力王佛

il-che hyang hwa ja-jae ryong-wang-bul

百亿恆河沙决定佛 振威德佛

baeg-ok hang-ha-sa gyol-chong-bul jin-wi dok-pul

金刚坚强消伏坏散佛

gum-gang gyon-gang so-bok-ke-san-bul

宝光月殿妙音尊王佛

bo-gwang-wol-chon myo-um jon-wang-bul

欢喜藏摩尼宝积佛

hwan-hi-jang ma-ni bo-jok-pul

无尽香胜王佛 狮子月佛

mu-jin-hyang sung-wang-bul sa-ja wol-bul

欢喜庄严珠王佛

hwan-hi jang-om ju-wang-bul

帝宝幢摩尼胜光佛

je-bo-dang ma-ni sung-gwang-bul

十恶忏悔

杀生重罪今日忏悔

sal-saeng jung-je gum-il cham-he

偷盗重罪今日忏悔

tu-do jung-je gum-il cham-he

邪淫重罪今日忏悔

sa-um jung-je gum-il cham-he

妄语重罪今日忏悔

mang-o jung-je gum-il cham-he

绮语重罪今日忏悔

gi-o jung-je gum-il cham-he

两舌重罪今日忏悔

yang-sol jung-je gum-il cham-he

恶口重罪今日忏悔

ak-ku jung-je gum-il cham-he

贪爱重罪今日忏悔

tam-ae jung-je gum-il cham-he

瞋恚重罪今日忏悔

jin-hye jung-je gum-il cham-he

痴暗重罪今日忏悔

chi-am jung-je gum-il cham-he

百劫积集罪 一念顿荡尽

baek-kop-chok-chip-che il-lyom don-tang-jin

如火焚枯草 灭尽无有余

yo-hwa mun-go-cho myol-chin mu-yu-yo

罪无自性从心起 心若灭时罪亦亡

je-mu ja-song jong-shim-gi shim-yang myol-shi je-yong-mang

罪亡心灭两俱空 是则名为真忏悔

je-mang shim-myol yang-gu-gong shi-jung myong wi jin cham-he

忏悔真言

cham-he jin-on

唵 萨巴末刹莫及 萨达哑 萨巴哈

om sal-ba mot-cha mo-ji sa-da-ya sa-ba-ha

唵 萨巴末刹莫及 萨达哑 萨巴哈

om sal-ba mot-cha mo-ji sa-da-ya sa-ba-ha

唵 萨巴末刹莫及 萨达哑 萨巴哈

om sal-ba mot-cha mo-ji sa-da-ya sa-ba-ha

准提功德聚 寂静心常诵

jun-je gung-dok-chwi jok-chong shim-sang-song

一切诸大难 无能侵是人

il-che je-dae-nan mu-nung chim-shi-in

天上及人间 受福如佛等

chon-sang gup-in-gan su-bog-yo bul-tung

遇此如意珠 定获无等等

u-cha yo-i-ju jong-heng mu-dung-dung

南无七俱胝佛母大准提菩萨

na-mu chil-gu-ji bul-mo-dae jun-je bo-sal

南无七俱胝佛母大准提菩萨

na-mu chil-gu-ji bul-mo-dae jun-je bo-sal

南无七俱胝佛母大准提菩萨

na-mu chil-gu-ji bul-mo-dae jun-je bo-sal

净法界真言

jong bop-kye jin-on

唵喃 唵喃 唵喃

om nam om nam om nam

护身真言

ho shin jin-on

唵 启林 唵 启林 唵 启林

om chi-rim om chi-rim om chi-rim

观世音菩萨本心微妙

kwan-se-um bo-sal bon-shim mi-myo

六字大明王真言

yuk-cha dae-myong-wang jin-on

唵嘛呢叭咪吽

om ma-ni ban-me hum

唵嘛呢叭咪吽

om ma-ni ban-me hum

唵嘛呢叭咪吽

om ma-ni ban-me hum

准提真言

jun-je jin-on

南无 萨达南 三妙 三摩塔 故其喃 怛雅他

na-mu sa-da-nam sam-myak sam-motta gu-chi-nam da-nya-ta

唵 迦列 主哩 准戒 萨巴哈 布林

om ja-rye ju-rye jun-je sa-ba-ha bu-rim

唵 迦列 主哩 准戒 萨巴哈 布林

om ja-rye ju-rye jun-je sa-ba-ha bu-rim

唵 迦列 主哩 准戒 萨巴哈 布林

om ja-rye ju-rye jun-je sa-ba-ha bu-rim

我今持诵大准提 既发菩提广大愿

a-gum ji-song dae-jun-je juk-pal bo-ri gwang-dae-won

愿我定慧速圆明 愿我功德皆成就
 won-a jong-hye sog-won-myong won-a gong-dok kae-song-chwi
 愿我胜福遍庄严 愿共众生成佛道
 won-a sung-bok byon-jang-om won-gong jung-saeng song-bul-to
 如来十大发愿文 愿我永离三恶道
 yo-rae ship-tae bar-won-mun won-a yong-ni sam-ak-to
 愿我速断贪瞋痴 愿我常闻佛法僧
 won-a sok-tan tam-jin-chi won-a sang-mun bul-bop-sung
 愿我勤修戒定慧 愿我恒随诸佛学
 won-a gun-su gye jong-hye won-a hang-su je-bur-hak
 愿我不退菩提心 愿我决定生安养
 won-a bul-te bo-ri-shim won-a gyol-chong saeng-an-yang
 愿我速见阿弥陀 愿我分身遍尘刹
 won-a sok-kyon a-mi-ta won-a bun-shin byon-jin-chal
 愿我广度诸众生
 won-a gwang-do je-jung-saeng
 发四弘誓愿
 bal sa-hong so-won
 众生无边誓愿度 烦恼无尽誓愿断
 jung-saeng mu-byon so-won-do bon-ne mu-jin so-won-dan
 法门无量誓愿学 佛道无上誓愿成
 bom-mun mu-ryang so-won-hak bul-to mu-sang so-won-song
 自性众生誓愿度 自性烦恼誓愿断
 ja-song jung-saeng so-won-do ja-song bon-ne so-won-dan
 自性法门誓愿学 自性佛道誓愿成
 ja-song bom-mun so-won-hak ja-song bul-to so-won-song

愿已发愿已
 won-i bar-won-i
 归命礼三宝
 gwi-myong-nye sam-bo
 南无常住十方佛
 na-mu sang-ju shi-bang-bul
 南无常住十方法
 na-mu sang-ju shi-bang-bop
 南无常住十方僧
 na-mu sang-ju shi-bang-sung
 南无常住十方佛
 na-mu sang-ju shi-bang-bul
 南无常住十方法
 na-mu sang-ju shi-bang-bop
 南无常住十方僧
 na-mu sang-ju shi-bang-sung
 南无常住十方佛
 na-mu sang-ju shi-bang-bul
 南无常住十方法
 na-mu sang-ju shi-bang-bop
 南无常住十方僧 {问讯}
 na-mu sang-ju shi-bang-sung
{halfbow}

观世音菩萨念诵 KWAN SEUM BOSAL CHANTING

관세음보살정근

南无佛陀部众广临法会 {问讯}

na-mu bul-ta bu-jung gwang-nim bop-he {halfbow}

南无达摩部众广临法会 {问讯}

na-mu dal-ma bu-jung gwang-nim bop-he {halfbow}

南无僧伽部众广临法会 {问讯}

na-mu sung-ga bu-jung gwang-nim bop-he {halfbow}

南无普门示现愿力弘深大慈大悲

na-mu bo-mun shi-hyon wol-lyok hong-shim dae-ja dae-bi

观世音菩萨 {持续}

kwan seum bosal {repeat}

观世音菩萨灭业障真言

kwan seum bosal myo-op-jang jin-on

唵 阿若奴给 萨巴哈

om a-ro-nuk-ke sa-ba-ha

唵 阿若奴给 萨巴哈

om a-ro-nuk-ke sa-ba-ha

唵 阿若奴给 萨巴哈

om a-ro-nuk-ke sa-ba-ha

愿成就真言

won song-chi jin-on

唵 阿莫喀 萨巴达拉 萨达雅 悉呗吽

om a-mot-ka sal-ba-da-ra sa-da-ya shi-be-hum

唵 阿莫喀 萨巴达拉 萨达雅 悉呗吽

om a-mot-ka sal-ba-da-ra sa-da-ya shi-be-hum

唵 阿莫喀 萨巴达拉 萨达雅 悉呗吽

om a-mot-ka sal-ba-da-ra sa-da-ya shi-be-hum

佛说消灾吉祥陀罗尼

bul-sol so-jae kil-sang da-ra-ni

南无 萨曼达 莫达囊 阿巴拉及

na-mu sa-man-da mot-da-nam a-ba-ra-ji

哈达萨 莎那囊 怛雅他

ha-da-sa sa-na-nam da-nya-ta

唵 喀喀 卡嘿 卡嘿 吽吽

om ka-ka ka-he ka-he hum-hum

阿巴拉 阿巴拉 巴拉阿巴拉 巴拉阿巴拉

a-ba-ra a-ba-ra ba-ra-a-ba-ra ba-ra-a-ba-ra

及塔 及塔 吉力吉力 帕度帕度

ji-tta ji-tta ji-ri ji-ri ppa-du ppa-du

宋及噶 悉俐耶 萨巴哈

son-ji-ga shi-ri-ye sa-ba-ha

南无 萨曼达 莫达囊 阿巴拉及
na-mu sa-man-da mot-da-nam a-ba-ra-ji
哈达萨 莎那囊 怛雅他
ha-da-sa sa-na-nam da-nya-ta
唵 喀喀 卡嘿 卡嘿 吽吽
om ka-ka ka-he ka-he hum-hum
阿巴拉 阿巴拉 巴拉阿巴拉 巴拉阿巴拉
a-ba-ra a-ba-ra ba-ra-a-ba-ra ba-ra-a-ba-ra
及塔 及塔 吉力吉力 帕度帕度
ji-tta ji-tta ji-ri ji-ri ppa-du ppa-du
宋及嚧 悉俐耶 萨巴哈
son-ji-ga shi-ri-ye sa-ba-ha
南无 萨曼达 莫达囊 阿巴拉及
na-mu sa-man-da mot-da-nam a-ba-ra-ji
哈达萨 莎那囊 怛雅他
ha-da-sa sa-na-nam da-nya-ta
唵 喀喀 卡嘿 卡嘿 吽吽
om ka-ka ka-he ka-he hum-hum
阿巴拉 阿巴拉 巴拉阿巴拉 巴拉阿巴拉
a-ba-ra a-ba-ra ba-ra-a-ba-ra ba-ra-a-ba-ra
及塔 及塔 吉力吉力 帕度帕度
ji-tta ji-tta ji-ri ji-ri ppa-du ppa-du
宋及嚧 悉俐耶 萨巴哈
son-ji-ga shi-ri-ye sa-ba-ha

补阙真言 {补阙圆满真言}
bo-gwol jin-on
唵 厚若 厚若 萨雅 末给萨巴哈
om ho-ro ho-ro sa-ya mot-ke sa-ba-ha
唵 厚若 厚若 萨雅 末给萨巴哈
om ho-ro ho-ro sa-ya mot-ke sa-ba-ha
唵 厚若 厚若 萨雅 末给萨巴哈
om ho-ro ho-ro sa-ya mot-ke sa-ba-ha

普回向真言
bo-hae-hyang jin-on
唵 萨嘛拉 萨嘛拉 弥嘛那
om sam-ma-ra sam-ma-ra mi-ma-na
莎啦嘛 迦嚧啦 巴拉 吽
sa-ra-ma ja-ga-ra ba-ra-hum
唵 萨嘛拉 萨嘛拉 弥嘛那
om sam-ma-ra sam-ma-ra mi-ma-na
莎啦嘛 迦嚧啦 巴拉 吽
sa-ra-ma ja-ga-ra ba-ra-hum
唵 萨嘛拉 萨嘛拉 弥嘛那
om sam-ma-ra sam-ma-ra mi-ma-na
莎啦嘛 迦嚧啦 巴拉 吽
sa-ra-ma ja-ga-ra ba-ra-hum
刹尘心念可数知 大海中水可饮尽
chal-jin shim-nyom ka-su-ji dae-he jung-su ka-um jin ho-gong
虚空可量风可系 无能尽说佛功德 {闻讯}
ga-ryang pung ga ge mu-nung jin-sol bul gong-dok
{halfbow}

THE MAHA PRAJNA PARAMITA HRDAYA SUTRA

{solo} The Maha

Prajna Paramita Hridaya Sutra

Avalokitesvara Bodhisattva

when practicing deeply the Prajna Paramita

perceives that all five skandhas are empty
and is saved from all suffering and distress.

Shariputra, form does not differ from emptiness,
emptiness does not differ from form.

That which is form is emptiness,
that which is emptiness form.

The same is true of feelings,
perceptions, impulses, consciousness.

Shariputra, all dharmas are marked with emptiness;
they do not appear or disappear,
are not tainted or pure,
do not increase or decrease.

Therefore, in emptiness no form, no feelings,
perceptions, impulses, consciousness.

No eyes, no ears, no nose,
no tongue, no body, no mind;
no color, no sound, no smell, no taste, no touch,
no object of mind; no realm of eyes
and so forth until no realm of mind consciousness.

No ignorance and also no extinction of it,
and so forth until no old age and death
and also no extinction of them.

No suffering, no origination,
no stopping, no path, no cognition,
also no attainment with nothing to attain.

The Bodhisattva depends on Prajna Paramita
and the mind is no hindrance;

without any hindrance no fears exist.

Far apart from every perverted view one
dwells in Nirvana.

In the three worlds

all Buddhas depend on Prajna Paramita
and attain Anuttara Samyak Sambodhi.

Therefore know that Prajna Paramita
is the great transcendent mantra,

is the great bright mantra,

is the utmost mantra,

is the supreme mantra

which is able to relieve

all suffering and is true, not false.

So proclaim the Prajna Paramita mantra,
proclaim the mantra which says:

gate gate paragate parasamgate bodhi svaha

gate gate paragate parasamgate bodhi svaha

gate gate paragate parasamgate bodhi svaha

四弘誓愿 THE FOUR GREAT VOWS

Sentient beings are numberless;
we vow to save them all.

Delusion are endless;
we vow to cut through them all.

The teachings are infinite;
we vow to learn them all.

The Buddha way is inconceivable;
we vow to attain it

众生无边誓愿度

烦恼无尽誓愿断

法门无量誓愿学

佛道无上誓愿成

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