

求受三皈依及八齋戒法

Going for Refuge and taking the Eight Precepts

• *Abjali* 合掌 *lifting of the folded hands* • *Vandana* 禮敬 *salutation* • *Abhivadana* 頂禮 *bowing down*

● **Aham bhante, tisarāṇena saha aṭṭhavgasamannagatam uposathasilam dhamma yacami; anuggaham katva silam detha me bhante.** (x 3)

大德！我乞求三皈依及八齋戒法。大德！請授我此戒，慈愍故。（三遍）
Venerable Sir, I undertake to observe the Sabbath of eight-fold precepts together with the three-fold refuge. Being compassionate on me, may your venerable help me by giving me the precepts. (Repeat 3 times)

Dutiyampi ● ----- 第二次 For the second time.

Tatiyampi ● ----- 第三次 For the third time.

(比丘說: Bhikkhu) **Yamaham vadami tam vadetha**
請跟隨著我唸。 Repeat after me, as I say.

(受者答: Candidates) **Ama-bhante**
是，大德！ Yes, your venerable sir.

Namo tassa bhagavato arahato samma-sambuddhassa (x 3)

禮敬世尊，阿羅漢，正等正覺者（三遍）
Homage to that Blessed One, who is an Arahant, a perfectly Enlightened One.

● **Buddham saranam gacchami**
我以佛陀為皈依處。 I go for refuge in the Buddha.

● **Dhammam saranam gacchami**
我以達磨為皈依處。 I go for refuge in the Dhamma.

● **Savgham saranam gacchami**
我以僧伽為皈依處。 I go for refuge in the Saṅgha.

Dutiyampi ● ---- 第二次 For the second time.

Tatiyampi ● ---- 第三次 For the third time.

(比丘說: Bhikkhu) - **Saranagamanam paripunnam**
皈依已竟。 The going for refuge is completed.

(受者答: Candidates) - **Ama-bhante** 是，大德。 Yes, your venerable sir.

1. Panatipata veramani sikkhapadam samadiyami

我受持離殺生學處。

I undertake the training rule to abstain from taking life.

2. Adinnadana veramani sikkhapadam samadiyami

我受持離不與取學處。

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

3. Abrahmacariya veramani sikkhapadam samadiyami

我受持離非梵行學處。

I undertake the training rule to abstain from unchaste conduct.

4. Musavada veramani sikkhapadam samadiyami

我受持離妄語學處。

I undertake the training rule to abstain from false speech.

5. Sura meraya majja pamadatthana veramani sikkhapadam samadiyami

我受持離果酒、穀酒、麻醉品放逸因學處。

I undertake the training rule to abstain from intoxicants and drugs such as wine, liquor that causing heedlessness.

6. Vikalabhojana veramani sikkhapadam samadiyami

我受持離非時食學處。

I undertake the training rule to abstain from taking food at improper time.

7. Nacca-gita-vadita visukadassana malagandha vilepana dharana maṇḍana vibhusanaṭṭhana veramani sikkhapadam samadiyami

我受持離歌舞觀聽、脂粉、香油、華衣裝飾學處。

I undertake the training rule to abstain from dancing, singing and music, seeing show and from wearing garlands, using perfumes and beautifying the body with cosmetics.

8. Ucca sayana maha sayana veramani sikkhapadam samadiyami

我受持離坐臥高廣大床學處。

I undertake the training rule to abstain from using high and luxurious beds.

(比丘說 Bhikkhu)

**Tisaraṇena saha atthavgasamannagatam uposatha silam
sadhukam katva dhammam appamadena sampadetha**

圓滿求受三皈依及八齋戒法，汝等慎勿放逸！

Maintaining well the Sabbath of eight-fold precepts together with the three-fold refuge, strive on with diligence.

(受者答 Candidates)

Ama-bhante 是，大德！ Yes, your venerable sir.

求受三皈依及五戒

Going for Refuge and taking the Five Precepts

• *Abjali* 合掌 *lifting of the folded hands* • *Vandana* 禮敬 *salutation* • *Abhivadana* 頂禮 *bowing down*

- **Aham bhante, tisarāṇena saha pañca silam dhamma yacami; anuggaham katva silam detha me bhante.** (x 3)

大德！我乞求三皈依及五戒。大德！請授我此戒，慈愍故。（三遍）
Venerable Sir, I undertake to observe the five precepts together with the three-fold refuge. Being compassionate on me, may your venerable help me by giving me the precepts. (Repeat 3 times)

Dutiyampi ● ----- 第二次 For the second time.

Tatiyampi ● ----- 第三次 For the third time.

(比丘說: Bhikkhu) **Yamaham vadami tam vadetha**
請跟隨著我唸。 Repeat after me, as I say.

(受者答: Candidates) **Ama-bhante**
是，大德！ Yes, your venerable sir.

Namo tassa bhagavato arahato samma-sambuddhassa (x 3)

禮敬世尊，阿羅漢，正等正覺者（三遍）
Homage to that Blessed One, who is an Arahant, a perfectly Enlightened One.

● **Buddham saranam gacchami**
我以佛陀為皈依處。 I go for refuge in the Buddha.

● **Dhammam saranam gacchami**
我以達磨為皈依處。 I go for refuge in the Dhamma.

● **Savgham saranam gacchami**
我以僧伽為皈依處。 I go for refuge in the Saṅgha.

Dutiyampi ● ----- 第二次 For the second time.

Tatiyampi ● ----- 第三次 For the third time.

(比丘說: Bhikkhu) - **Saranagamanam paripunnam**
皈依已竟。 The going for refuge is completed.

(受者答: Candidates) - **Ama-bhante** 是，大德。 Yes, your venerable sir.

1. Panatipata veramani sikkhapadam samadiyami

我受持離殺生學處。

I undertake the training rule to abstain from taking life.

2. Adinnadana veramani sikkhapadam samadiyami

我受持離不與取學處。

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

3. Kamesu micchacara veramani sikkhapadam samadiyami

我受持離不邪淫學處。

I undertake the training rule to abstain from wrong conduct in sexual pleasures.

4. Musavada veramani sikkhapadam samadiyami

我受持離妄語學處。

I undertake the training rule to abstain from false speech.

5. Sura meraya majja pamadatthana veramani sikkhapadam samadiyami

我受持離果酒、穀酒、麻醉品放逸因學處。

I undertake the training rule to abstain from intoxicants and drugs such as wine, liquor that causing heedlessness.

(比丘說 Bhikkhu) **Tisaraṇena saha pañca silam sadhukam katva dhammam appamadena sampadetha**

圓滿求受三皈依及五戒，汝等慎勿放逸！

Maintaining well the five precepts together with the three-fold refuge, strive on with diligence.

(受者答 Candidates) **Ama-bhante** 是，大德！ Yes, your venerable sir.