

Paccayaniddeso

The Twenty Four Conditions

二十四缘广释



新加坡帕奥禅修中心

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PACCAYANIDDESA (Analytical Exposition of the Conditions)

<u>Paccayuddesa</u>	<u>Paccaya</u>	<u>Paccayuppanna</u>	<u>Paccayasatti</u>
1. Hetu-paccayoti	Hetū	hetusampayuttakānaṃ dhammānaṃ taṃsamutṭhānānaṃ rūpānaṃ	hetu-paccayena paccayo.
2. Ārammaṇa-paccayoti	Rūpāyatanaṃ	cakkhaviññādhātuyā taṃsamyayuttakānaṃ dhammānaṃ	ārammaṇa-paccayena paccayo.
	Saddāyatanaṃ	sotaviññādhātuyā taṃsamyayuttakānaṃ dhammānaṃ	
	Gandhāyatanaṃ	ghānaviññādhātuyā taṃsamyayuttakānaṃ dhammānaṃ	
	Rasāyatanaṃ	jivhāviññādhātuyā taṃsamyayuttakānaṃ dhammānaṃ	
	Phoṭṭhabbāyatanaṃ	kāyaviññādhātuyā taṃsamyayuttakānaṃ dhammānaṃ	
	Rūpāyatanaṃ saddāyatanaṃ gandhāyatanaṃ rasāyatanaṃ phoṭṭhabbāyatanaṃ	manodhātuyā taṃsamyayuttakānaṃ dhammānaṃ	
	Sabbe dhammā	manoviññādhātuyā taṃsamyayuttakānaṃ dhammānaṃ	
	Yaṃ yaṃ dhammaṃ ārabha ye ye dhammā uppajjanti cittacetāsikā dhammā, te te dhammā	tesaṃ tesaṃ dhammānaṃ	

3. Adhipati-paccayoti	Chandādhīpati	chandāsampayuttakānaṃ dhammānaṃ taṃsamuttāhānaṃ rūpānaṃ	adhipati-paccayena paccayo.
	Vīriyādhīpati	vīriyasampayuttakānaṃ dhammānaṃ taṃsamuttāhānaṃ rūpānaṃ	
	Cittādhīpati	cittāsampayuttakānaṃ dhammānaṃ taṃsamuttāhānaṃ rūpānaṃ	
	Vīmaṃsādhīpati	vīmaṃsasampayuttakānaṃ dhammānaṃ taṃsamuttāhānaṃ rūpānaṃ	
	Yaṃ yaṃ dhammaṃ garuṃ katvā ye ye dhammā uppajanti cittacetāsikā dhammā, te te dhammā	tesaṃ tesaṃ dhammānaṃ	
4. Anantara-paccayoti	Cakkhaviññādhātu taṃsampayuttakā ca dhammā	manodhātuyā taṃsampayuttakānaṃ dhammānaṃ	anantara-paccayena paccayo.
	Manodhātu taṃsampayuttakā ca dhammā	manoviññādhātuyā taṃsampayuttakānaṃ dhammānaṃ	
	Sotaviññādhātu taṃsampayuttakā ca dhammā	manodhātuyā taṃsampayuttakānaṃ dhammānaṃ	
	Manodhātu taṃsampayuttakā ca dhammā	manoviññādhātuyā taṃsampayuttakānaṃ dhammānaṃ	
	Ghānaviññādhātu taṃsampayuttakā ca dhammā	manodhātuyā taṃsampayuttakānaṃ dhammānaṃ	
	Manodhātu taṃsampayuttakā ca dhammā	manoviññādhātuyā taṃsampayuttakānaṃ dhammānaṃ	
	Jivhāviññādhātu taṃsampayuttakā ca dhammā	manodhātuyā taṃsampayuttakānaṃ dhammānaṃ	
	Manodhātu taṃsampayuttakā ca dhammā	manoviññādhātuyā taṃsampayuttakānaṃ dhammānaṃ	

(4.) – con't	Kāyaviññāṇadhātu taṃsampayuttakā ca dhammā	manodhātuyā taṃsampayuttakānañca dhammānaṃ	anantara- paccayena paccayo.
	Manodhātu taṃsampayuttakā ca dhammā	manoviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Purimā purimā kusalā dhammā	pacchimānaṃ pacchimānaṃ kusalānaṃ dhammānaṃ	
	Purimā purimā kusalā dhammā	pacchimānaṃ pacchimānaṃ abyākatānaṃ dhammānaṃ	
	Purimā purimā akusalā dhammā	pacchimānaṃ pacchimānaṃ akusalānaṃ dhammānaṃ	
	Purimā purimā akusalā dhammā	pacchimānaṃ pacchimānaṃ abyākatānaṃ dhammānaṃ	
	Purimā purimā abyākatā dhammā	pacchimānaṃ pacchimānaṃ abyākatānaṃ dhammānaṃ	
	Purimā purimā abyākatā dhammā	pacchimānaṃ pacchimānaṃ kusalānaṃ dhammānaṃ	
	Purimā purimā abyākatā dhammā	pacchimānaṃ pacchimānaṃ akusalānaṃ dhammānaṃ	
	(<u>Paccava:</u>) Yesaṃ yesaṃ dhammānaṃ (<u>Paccavuppanna:</u>) anantarā ye ye dhammā uppajjanti cittacetāsikā dhammā,	(<u>Paccava:</u>) te te dhammā (<u>accavuppanna:</u>) tesaṃ tesaṃ dhammānaṃ	
	5. Samanantara paccayoti	Cakkhuviññāṇadhātu taṃsampayuttakā ca dhammā	
Manodhātu taṃsampayuttakā ca dhammā		manoviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
Sotaviññāṇadhātu taṃsampayuttakā ca dhammā		manodhātuyā taṃsampayuttakānañca dhammānaṃ	
Manodhātu taṃsampayuttakā ca dhammā		manoviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
Ghānaviññāṇadhātu taṃsampayuttakā ca dhammā		manodhātuyā taṃsampayuttakānañca dhammānaṃ	

(5.) – con't	Manodhātu taṃsampayuttakā ca dhammā	manoviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	samanantara- paccayena paccayo.
	Jivhāviññāṇadhātu taṃsampayuttakā ca dhammā	manodhātuyā taṃsampayuttakānañca dhammānaṃ	
	Manodhātu taṃsampayuttakā ca dhammā	manoviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Kāyaviññāṇadhātu taṃsampayuttakā ca dhammā	manodhātuyā taṃsampayuttakānañca dhammānaṃ	
	Manodhātu taṃsampayuttakā ca dhammā	manoviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Purimā purimā kusalā dhammā	pacchimānaṃ pacchimānaṃ kusalānaṃ dhammānaṃ	
	Purimā purimā kusalā dhammā	pacchimānaṃ pacchimānaṃ abyākatānaṃ dhammānaṃ	
	Purimā purimā akusalā dhammā	pacchimānaṃ pacchimānaṃ akusalānaṃ dhammānaṃ	
	Purimā purimā akusalā dhammā	pacchimānaṃ pacchimānaṃ abyākatānaṃ dhammānaṃ	
	Purimā purimā abyākatā dhammā	pacchimānaṃ pacchimānaṃ abyākatānaṃ dhammānaṃ	
	Purimā purimā abyākatā dhammā	pacchimānaṃ pacchimānaṃ kusalānaṃ dhammānaṃ	
	Purimā purimā abyākatā dhammā	pacchimānaṃ pacchimānaṃ akusalānaṃ dhammānaṃ	
	(Paccava:) Yesaṃ yesaṃ dhammānaṃ (Paccayuppanna:) samanantarā ye ye dhammā uppajjanti cittacetāsikā dhammā,	(Paccava:) te te dhammā (Paccayuppanna:) tesaṃ tesaṃ dhammānaṃ	

6. Sahajāta-paccayoti	Cattāro khandhā arūpino	aññamaññaṃ	Sahajāta-paccayena paccayo.
	Cattāro mahābhūtā	aññamaññaṃ	
	Okkantikkhaṇe nāmarūpaṃ	aññamaññaṃ	
	Cittacetāsikā dhammā	cittasamuṭṭhānānaṃ rūpānaṃ	
	Mahābhūtā	upādārūpānaṃ	kiñci kale Sahajāta-paccayena paccayo.
	Rūpino dhammā	arūpīnaṃ dhammānaṃ	
	----	----	kiñci kāle na sahajāta-paccayena paccayo.
7. Aññamañña-paccayoti	Cattāro khandhā arūpino	----	aññamañña-paccayena paccayo.
	Cattāro mahābhūtā	----	
	Okkantikkhaṇe nāmarūpaṃ	----	
8. Nissaya-paccayoti	Cattāro khandhā arūpino	aññamaññaṃ	nissaya-paccayena paccayo.
	Cattāro mahābhūtā	aññamaññaṃ	
	Okkantikkhaṇe nāmarūpaṃ	aññamaññaṃ	
	Cittacetāsikā dhammā	cittasamuṭṭhānānaṃ rūpānaṃ	
	Mahābhūtā	Upādārūpānaṃ	
	Cakkhāyatanaṃ	cakkhaviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Sotāyatanaṃ	sotaviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Ghānāyatanaṃ	ghānaviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Jivhāyatanaṃ	jivhāviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Kāyāyatanaṃ	kāyaviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
Yaṃ rūpaṃ nissāya manodhātu ca manoviññāṇadhātu ca vattanti, taṃ rūpaṃ	manodhātuyā ca manoviññāṇadhātuyā ca taṃsampayuttakānañca dhammānaṃ		

9. Upanissaya-paccayoti	Purimā purimā kusalā dhammā	pacchimānaṃ pacchimānaṃ kusalānaṃ dhammānaṃ	Upanissaya-paccayena paccayo.
	Purimā purimā kusalā dhammā	pacchimānaṃ pacchimānaṃ akusalānaṃ dhammānaṃ kesañci	
	Purimā purimā kusalā dhammā	pacchimānaṃ pacchimānaṃ abyākatānaṃ dhammānaṃ	
	Purimā purimā akusalā dhammā	pacchimānaṃ pacchimānaṃ akusalānaṃ dhammānaṃ	
	Purimā purimā akusalā dhammā	pacchimānaṃ pacchimānaṃ kusalānaṃ dhammānaṃ kesañci	
	Purimā purimā akusalā dhammā	pacchimānaṃ pacchimānaṃ abyākatānaṃ dhammānaṃ	
	Purimā purimā abyākatā dhammā	pacchimānaṃ pacchimānaṃ abyākatānaṃ dhammānaṃ	
	Purimā purimā abyākatā dhammā	pacchimānaṃ pacchimānaṃ kusalānaṃ dhammānaṃ	
	Purimā purimā abyākatā dhammā	pacchimānaṃ pacchimānaṃ akusalānaṃ dhammānaṃ	
	Utubhojanampi	----	
	Puggalopi	----	
	Senāsanampi	----	
10. Purejāta-paccayoti	Cakkhāyatanaṃ	cakkhaviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	Purejāta-paccayena paccayo,
	Sotāyatanaṃ	sotaviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Ghāṇāyatanaṃ	ghānaviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Jivhāyatanaṃ	jivhāviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Kāyāyatanaṃ	kāyaviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Rūpāyatanaṃ	cakkhaviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Saddāyatanaṃ	sotaviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Gandhāyatanaṃ	ghānaviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	

(10.) – con't	Rasāyatanam	jivhāviññādhātuyā taṃsampayuttakānañca dhammānaṃ	Purejāta- paccayena paccayo,
	Phoṭṭhabbā-yatanam	kāyaviññādhātuyā taṃsampayuttakānañca dhammānaṃ	
	Rūpāyatanam saddāyatanam gandhāyatanam rasāyatanam phoṭṭhabbāyatanam	manodhātuyā taṃsampayuttakānañca dhammānaṃ	
	(Paccava:) Yaṃ rūpaṃ nissāya (Paccayuppanna:) manodhātu ca manoviññādhātu ca vattanti,	(Paccava:) Taṃ rūpaṃ (Paccayuppanna:) manodhātuyā taṃsampayuttakānañca dhammānaṃ	
		Manoviññādhātuyā taṃsampayuttakānañca dhammānaṃ kiñci kāle	
	----	kiñci kāle	
11. Pacchājāta- paccayoti	Pacchājātā cittacetāsikā dhammā	purejātassa imassa kāyassa	pacchājāta- paccayena paccayo.
12. Āsevana- paccayoti	Purimā purimā kusalā dhammā	pacchimānaṃ pacchimānaṃ kusalānaṃ dhammānaṃ	āsevana- paccayena paccayo.
	Purimā purimā akusalā dhammā	pacchimānaṃ pacchimānaṃ akusalānaṃ dhammānaṃ	
	Purimā purimā kiriyaḅyākatā dhammā	pacchimānaṃ pacchimānaṃ kiriyaḅyākatānaṃ dhammānaṃ	
13. Kamma- paccayoti	Kusalākusalaṃ kammaṃ	vipākānaṃ khandhānaṃ kaṭattā ca rūpānaṃ	kamma- paccayena paccayo.
	Cetanā	sampayuttakānaṃ dhammānaṃ taṃsamutṭhānānañca rūpānaṃ	
14. Vipāka- paccayoti	Vipākā cattāro khandhā arūpino	aññamaññaṃ	vipāka- paccayena paccayo.
15. Āhāra- paccayoti	Kabalīkāro āhāro	imassa kāyassa	āhāra- paccayena paccayo.
	Arūpino āhārā	sampayuttakānaṃ dhammānaṃ taṃsamutṭhānānañca rūpānaṃ	

16. Indriya-paccayoti	Cakkhundriyaṃ	cakkhuviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	indriya- paccayena paccayo.
	Sotindriyaṃ	sotaviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Ghānindriyaṃ	ghānaviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Jivhindriyaṃ	jivhāviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Kāyindriyaṃ	kāyaviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Rūpajīvitindriyaṃ	katattārūpānaṃ	
	Arūpino indriyā	sampayuttakānaṃ dhammānaṃ taṃ samuṭṭhānānañca rūpānaṃ	
17. Jhāna-paccayoti	Jhānaṅgāni	jhānasampayuttakānaṃ dhammānaṃ taṃsamuṭṭhānānañca rūpānaṃ	jhāna- paccayena paccayo.
18. Magga-paccayoti	Maggaṅgāni	maggasampayuttakānaṃ dhammānaṃ taṃsamuṭṭhānānañca rūpānaṃ	magga- paccayena paccayo.
19. Sampayutta-paccayoti	Cattāro khandhā arūpino.	aññamaññaṃ	sampayutta- paccayena paccayo.
20. Vippayutta-paccayoti	Rūpino dhammā	arūpīnaṃ dhammānaṃ	vippayutta- paccayena paccayo.
	Arūpino dhammā	rūpīnaṃ dhammānaṃ	
21. Atthi-paccayoti	Cattāro khandhā arūpino	aññamaññaṃ	atthi- paccayena paccayo.
	Cattāro mahābhūtā	aññamaññaṃ	
	Okkantikkhaṇe nāmarūpaṃ	aññamaññaṃ	
	Cittacetāsikā dhammā	cittasamuṭṭhānānaṃ rūpānaṃ	
	Mahābhūtā	upādārūpānaṃ	
	Cakkhāyatanaṃ	cakkhuviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Sotāyatanaṃ	sotaviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	

(21.) – con't	Ghānāyatanam	ghānaviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	atthi- paccayena paccayo.
	Jivhāyatanam	jivhāviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Kāyāyatanam	kāyaviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Rūpāyatanam	cakkhaviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Saddāyatanam	sotaviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Gandhāyatanam	ghānaviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Rasāyatanam	jivhāviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Phoṭṭhabbāyatanam	kāyaviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ	
	Rūpāyatanam saddāyatanam gandhāyatanam rasāyatanam phoṭṭhabbāyatanam	manodhātuyā taṃsampayuttakānañca dhammānaṃ	
	(Paccaya:) Yaṃ rūpaṃ nissāya (Paccavuppanna:) manodhātu ca manoviññāṇadhātu ca vattanti,	(Paccaya:) Taṃ rūpaṃ (Paccavuppanna:) manodhātuyā ca manoviññāṇadhātuyā ca taṃsampayuttakānañca dhammānaṃ	
22. Natthi- paccayoti	Samanantaraniṛuddhā cittacetāsikā dhammā	paṭuppannānaṃ cittacetāsikānaṃ dhammānaṃ	natthi- paccayena paccayo.
23. Vigata- paccayoti	Samanantaravigatā cittacetāsikā dhammā	paṭuppannānaṃ cittacetāsikānaṃ dhammānaṃ	vigata- paccayena paccayo.
24. Avigata- paccayoti	Cattāro khandhā arūpino.	aññamaññaṃ	avigata- paccayena paccayo
	Cattāro mahābhūtā	aññamaññaṃ	
	Okkantikkhaṇe nāmarūpaṃ	aññamaññaṃ	
	Cittacetāsikā dhammā	cittasamuṭṭhānānaṃ rūpānaṃ	
	Mahābhūtā	upādārūpānaṃ	

(24.) – con't	Cakkhāyatanam	cakkhaviññādhātuyā taṃsampayuttakānañca dhammānam	avigata- paccayena paccayo
	Sotāyatanam	sotaviññādhātuyā taṃsampayuttakānañca dhammānam	
	Ghānāyatanam	ghānaviññādhātuyā taṃsampayuttakānañca dhammānam	
	Jivhāyatanam	jivhāviññādhātuyā taṃsampayuttakānañca dhammānam	
	Kāyāyatanam	kāyaviññādhātuyā taṃsampayuttakānañca dhammānam	
	Rūpāyatanam	cakkhaviññādhātuyā taṃsampayuttakānañca dhammānam	
	Saddāyatanam	sotaviññādhātuyā taṃsampayuttakānañca dhammānam	
	Gandhāyatanam	ghānaviññādhātuyā taṃsampayuttakānañca dhammānam	
	Rasāyatanam	jivhāviññādhātuyā taṃsampayuttakānañca dhammānam	
	Phoṭṭhabbāyatanam	kāyaviññādhātuyā taṃsampayuttakānañca dhammānam	
	Rūpāyatanam saddāyatanam gandhāyatanam rasāyatanam phoṭṭhabbāyatanam	manodhātuyā taṃsampayuttakānañca dhammānam	
	(Paccava:) Yam rūpam nissāya (Paccavuppanna:) manodhātu ca manoviññādhātu ca vattanti,	(Paccava:) Tam rūpam (Paccavuppanna:) manodhātuyā ca manoviññādhātuyā ca taṃsampayuttakānañca dhammānam	

Paccayaniddeso niṭṭhito.

<p>Yassā'nubhāvato yakkhā, neva dassenti bhīsanam; Yamhi cevā'nuyuñjanto, rattindiva'amatandito. Sukham supati sutto ca, pāpam kiñci na passati; Evamādiguṇūpetam, parittam tam bhaṇāma he.</p>	<p>Due to the power of this (Mettā Sutta), spirits did not manifest frightful sights. One who devotes himself to these teachings day and night diligently sleeps soundly and does not have any nightmare when asleep. Let us recite this protective discourse. 以此（慈爱经）的威力，亚卡不以可畏的相态显现；日夜致力于此教诲者，睡眠安乐无恶梦；让我们念诵此护卫经。</p>
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KARAṆĪYA METTĀ SUTTA

<p>Karaṇīyamatthakusalena, yantam santam padam abhisamecca; sakko ujū ca suhujū ca, suvaco c'assa mudu anatimānī.</p>	<p>He who is skilled in his own good And who wishes to attain the state of calm, should act thus: He should be able, upright, perfectly upright, obedient, gentle and humble. 善求义利、 领悟寂静境界后应当作： 有能力、正直、诚实， 顺从、柔和、不骄傲；</p>
<p>Santussako ca subharo ca, appakicco ca sallahukavutti; santindriyo ca nipako ca, appagabbho kulesu ananugiddho.</p>	<p>Contented, easily supportable, with few duties, simple in livelihood. Controlled in senses, discreet, not impudent; Not greedily attached to families. 知足、易扶养， 少事务、生活简朴， 诸根寂静、贤明， 不无礼与不贪着居家；</p>
<p>Na ca khuddam samācare kiñci, yena viññū pare upavadeyyum; sukhino vā khemino hontu, sabbe sattā bhavantu sukhittā.</p>	<p>He should not commit any slightest wrong such that other wise men might censure him. May all beings be happy and safe. May their hearts be wholesome! 只要会遭智者谴责， 即使是小事也不做。 愿一切有情幸福、安稳！ 自有其乐！</p>
<p>Ye keci pānabhūt'atthi, tasā vā thāvarā vā anavasesā; dīghā vā ye mahantā vā, majjhimā rassakāṇukathulā.</p>	<p>Whatever living beings there be; feeble or strong, long, stout or medium, short, small or large; 凡所有的有情生类， 动摇的或不动的，毫无遗漏， 长的或大的， 中的、短的、细的或粗的，</p>

<p>Ditṭhā vā yeva aditṭhā, ye va dūre vasanti avidūre. Bhūtā vā sambhavesī va, sabbe sattā bhavantu sukhitattā.</p>	<p>Seen or unseen, those dwelling far or near, those who are born and those who are to be born. May all beings, without exception, be happy minded! 凡是见到的或没见到的, 住在远方或近处的, 已生的或寻求出生的, 愿一切有情自有其乐!</p>
<p>Na paro paraṃ nikubbetha, Nātimaññetha katthaci na kañci; Byārosanā paṭighasaññā, Nāññamaññassa dukkhamiccheyya.</p>	<p>Let no one deceive another nor despise any person whatsoever in any place. In anger or ill-will, let him not wish harm to another. 不要有人欺骗他人, 不要轻视任何地方的任何人, 不要以忿怒、瞋恚想, 而彼此希望对方受苦!</p>
<p>Mātā yathā niyaṃ puttam Āyusā ekaputtamanurakkhe, Evam'pi sabbabhūtesu, Mānasam bhāvaye aparimāṇam.</p>	<p>Just as a mother would protect her only child, at the risk of her own life, so let him cultivate a boundless heart towards all beings. 正如母亲对待自己的儿子, 会以生命来保护唯一的儿子; 也如此对一切生类 培育无量之心!</p>
<p>Mettañca sabbalokasmiṃ, mānasam bhāvaye aparimāṇam, Uddham adho ca tiriyañca, asambādham averama-sapattam.</p>	<p>Let thoughts of boundless love pervade the whole world; above, below and across, without any obstruction, without any hatred and without any enmity. 以慈爱对一切世界 培育无量之心, 上方、下方及四方, 无障碍、无怨恨、无敌对!</p>
<p>Tiṭṭhañcaram nisinno va, Sayāno yāvat'assa vitamiddho, Etaṃ satim adhiṭṭheyya, Brahmametaṃ vihāram idhamāhu.</p>	<p>Whether he stands, walks, sits or lies down, as long as he is awake, he should develop this mindfulness. This is the Highest conduct here. 站立、行走、坐着 或躺卧, 只要他离开睡眠, 皆应确立如此之念, 这是他们于此所说的梵住。</p>
<p>Ditṭhiñca anupagamma, sīlavā dassanena sampanno. Kāmesu vinaya gedham, na hi jātu gabbhaseyyam punareṭṭi.</p>	<p>Not falling into wrong view, virtuous and endowed with insight, he discards attachment to sensual desires. Indeed, he does not come again, to be conceived in a womb. 不接受邪见, 持戒, 具足彻见, 调伏对诸欲的贪求, 确定不会再投胎!</p>

<p>Bhavatu sabbamaṅgalaṃ, rakkhantu sabbadevatā; Sabbabuddhānubhāvena, sadā sukhī bhavantu te.</p>	<p>May all blessings be upon you. May all deities protect you. By the power of the Buddha may you be happy always. 愿得诸吉祥，愿诸天守护； 依诸佛威力，愿你常快乐！</p>
<p>Bhavatu sabbamaṅgalaṃ, rakkhantu sabbadevatā; Sabbadhammānubhāvena, sadā sukhī bhavantu te.</p>	<p>May all blessings be upon you. May all deities protect you. By the power of the Dhamma may you be happy always. 愿得诸吉祥，愿诸天守护； 依诸法威力，愿你常快乐！</p>
<p>Bhavatu sabbamaṅgalaṃ, rakkhantu sabbadevatā; Sabbasaṅghānubhāvena, sadā sukhī bhavantu te.</p>	<p>May all blessings be upon you. May all deities protect you. By the power of the Sangha may you be happy always. 愿得诸吉祥，愿诸天守护； 依诸僧威力，愿你常快乐！</p>

METTĀ AND PATTHANĀ CHANT

<p>Ahaṃ... avero homi, abyāpajjho homi, anīgho homi, sukhī-attānaṃ pariharāmi. dukkhā muccāmi, yathāladdha- sampattito māvigacchāmi, kammassako.</p>	<p>May I be free from enmity and danger. May I be free from mental suffering. May I be free from physical suffering. May I take care of myself happily. May I be released from suffering. May I not be separated from the prosperity I have attained. I'm heir to my own kamma. 愿我： 无怨敌，无瞋害，无恼乱，保持自己的快乐！ 脱离诸苦！不失去所得的成就！是业的所有者！</p>
<p>Mama Ārakkha-devatā... averā hontu, abyāpajjhā hontu, anīghā hontu, sukhī-attānaṃ pariharantu. dukkhā muccantu, yathāladdha- sampattito māvigacchantu, kammassakā.</p>	<p>May our guardian devas- be free from enmity and danger; be free from mental suffering; be free from physical suffering; May they take care of themselves happily. May they be released from suffering; May they not be separated from the prosperity they have attained; they are heir to their own kamma. 愿守护我的诸天： 无怨敌，无瞋害，无恼乱，保持自己的快乐！ 脱离诸苦！不失去所得的成就！是业的所有者！</p>
<p>Sīmaṭṭha Sangho ... avero hotu, abyāpajjho hotu, anīgho hotu, sukhī-attānaṃ pariharatu. dukkhā muccatu, yathāladdha- sampattito māvigacchatu, kammassako.</p>	<p>May the sanghā in this monastery be free from enmity and danger; be free from mental suffering; be free from physical suffering; May you take care of yourself happily. May they be released from suffering; May they not be separated from the prosperity they have attained; they are heir to their own kamma. 愿此寺院的僧众： 无怨敌，无瞋害，无恼乱，保持自己的快乐！ 脱离诸苦！不失去所得的成就！是业的所有者！</p>

<p>Sīmaṭṭha devatā ... averā hontu, abyāpajjhā hontu, anīghā hontu, sukhī-attānaṃ pariharantu.</p> <p>dukkhā muccantu, yathāladdha-sampattito māvigacchantu, kammassakā.</p>	<p>May the guardian devas in this monastery be free from enmity and danger; be free from mental suffering; be free from physical suffering; May you take care of yourself happily.</p> <p>May they be released from suffering; May they not be separated from the prosperity they have attained; they are heir to their own kamma. 愿此寺院的守护诸天： 无怨敌，无瞋害，无恼乱，保持自己的快乐！ 脱离诸苦！不失去所得的成就！是业的所有者！</p>
<p>Amhākaṃ gocaragāme jemmaṭṭha-manussim ādiṃ katvā... averā hontu, abyāpajjhā hontu, anīghā hontu, sukhī-attānaṃ pariharantu.</p> <p>dukkhā muccantu, yathāladdha-sampattito māvigacchantu, kammassakā.</p>	<p>May the villagers within this compound and outside be free from enmity and danger; be free from mental suffering; be free from physical suffering; May they take care of themselves happily.</p> <p>May they be released from suffering; May they not be separated from the prosperity they have attained; they are heir to their own kamma. 愿此寺院内、外的居民： 无怨敌，无瞋害，无恼乱，保持自己的快乐！ 脱离诸苦！不失去所得的成就！是业的所有者！</p>
<p>Mama mātāpitu ācariyā, nātimitā samūhā, upāsakā upāsikā catupaccaya dāyakā... averā hontu, abyāpajjhā hontu, anīghā hontu, sukhī-attānaṃ pariharantu.</p> <p>dukkhā muccantu, yathāladdha-sampattito māvigacchantu, kammassakā.</p>	<p>May my parents, teacher, relatives and friends; lay males, lay females, four requisites supporters - be free from enmity and danger, be free from mental suffering, be free from physical suffering, may they take care of themselves happily.</p> <p>May they be released from suffering; May they not be separated from the prosperity they have attained; they are heir to their own kamma. 愿我的父母、老师、亲戚、朋友、近事男、近事女、四资具的施主： 无怨敌，无瞋害，无恼乱，保持自己的快乐！ 脱离诸苦！不失去所得的成就！是业的所有者！</p>
<p>Bhummaṭṭha devatā, rukkhaṭṭha devatā, ākāsaṭṭhassa devatā, sabbadevatāyo... averā hontu, abyāpajjhā hontu, anīghā hontu, sukhī-attānaṃ pariharantu.</p> <p>dukkhā muccantu, yathāladdha-sampattito māvigacchantu, kammassakā.</p>	<p>May the earth-devas, tree-devās, space-devās, and all other devās - be free from enmity and danger, be free from mental suffering, be free from physical suffering, may they take care of themselves happily.</p> <p>May they be released from suffering; May they not be separated from the prosperity they have attained; they are heir to their own kamma. 愿地居、树居、空居的诸天及其他一切诸天： 无怨敌，无瞋害，无恼乱，保持自己的快乐！ 脱离诸苦！不失去所得的成就！是业的所有者！</p>

<p>Sabbe sattā, sabbe pāṇā, sabbe bhūtā, sabbe puggalā, sabbe attabhāva-pariyāpannā, sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe anariyā, sabbe devā, sabbe manussā, sabbe vinipātikā.</p> <p>averā hontu, abyāpajjhā hontu, anīghā hontu, sukhī-attānaṃ pariharantu.</p> <p>dukkhā muccantu, yathāladdha-sampattito māvigacchantu, kammassakā.</p>	<p>May all beings, all breathing beings, all creatures, all persons, all individuals, all females, all males, all noble ones, all non-noble ones, all deities, all human beings, all beings in the woeful planes:</p> <p>be free from enmity, free from mental pain, free from physical pain, may they look after themselves happily;</p> <p>may they be free from suffering, may the gains obtained by them not be lost. They are owners of their <i>Kamma</i>.</p> <p>愿一切有情、一切众生、一切生类、一切个体、一切系属于自体者； 一切女性、一切男性，一切圣者、一切非圣者，一切诸天、一切人类、一切堕苦处者，</p> <p>无怨敌，无瞋害，无恼乱，保持自己的快乐！</p> <p>脱离诸苦！不失去所得的成就！是业的所有者！</p>
<p>puratthimāya·disāya, pacchimāya·disāya uttarāya·disāya, dakkhiṇāya·disāya, puratthimāya·anudisāya, pacchimāya anudisāya, uttarāya anudisāya, dakkhiṇāya anudisāya, hetṭhimāya·disāya, uparimāya·disāya,</p> <p>Sabbe sattā, sabbe pāṇā, sabbe bhūtā, sabbe puggalā, sabbe attabhāva-pariyāpannā, sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe anariyā, sabbe devā, sabbe manussā, sabbe vinipātikā.</p> <p>averā hontu, abyāpajjhā hontu, anīghā hontu, sukhī-attānaṃ pariharantu.</p> <p>dukkhā muccantu, yathāladdha-sampattito māvigacchantu, kammassakā.</p>	<p>Wishing: 愿，</p> <p>In the east direction, 在东方的， in the west direction, 在西方的， in the north direction, 在北方的， in the south direction, 在南方的， in the south-east direction, 在东南方的， in the north-west direction, 在西北方的， in the north-east direction, 在东北方的， in the south-west direction, 在西南方的， in the direction below, 在下方的， in the direction above. 在上方的。</p> <p>May all beings, all breathing beings, all creatures, all persons, all individuals, all females, all males, all noble ones, all non-noble ones, all deities, all human beings, all beings in the woeful planes:</p> <p>愿一切有情、一切众生、一切生类、一切个体、一切系属于自体者； 一切女性、一切男性，一切圣者、一切非圣者，一切诸天、一切人类、一切堕苦处者，</p> <p>be free from enmity, free from mental pain, free from physical pain, may they look after themselves happily;</p> <p>无怨敌，无瞋害，无恼乱，保持自己的快乐！</p> <p>may they be free from suffering, may the gains obtained by them not be lost. They are owners of their <i>Kamma</i>.</p> <p>脱离诸苦！不失去所得的成就！是业的所有者！</p>

<p>Uddham yāva bhavaggā ca, adho yāva avīcito; samantā cakkavāḷesu, ye sattā pathavīcarā, abyāpajjā niverā ca, niddukkhā cānuppaddavā.</p>	<p>As far up as the highest plane of existence to as far down as the lowest plane, in the entire universe, may whatever beings that dwell on earth, be free from mental suffering, free from enmity, free from physical suffering and free from danger.</p> <p>上至有顶天，下至无间狱， 于普轮围界，地上走有情， 愿无瞋.无怨，无苦及无难！</p>
<p>Uddham yāva bhavaggā ca, adho yāva avīcito; samantā cakkavāḷesu, ye sattā udayakecarā, abyāpajjā niverā ca, niddukkhā cānuppaddavā.</p>	<p>As far up as the highest plane of existence to as far down as the lowest plane, in the entire universe, may whatever beings that dwell in water, be free from mental suffering, free from enmity, free from physical suffering and free from danger.</p> <p>上至有顶天，下至无间狱， 于普轮围界，水中游有情， 愿无瞋.无怨，无苦及无难！</p>
<p>Uddham yāva bhavaggā ca, adho yāva avīcito; samantā cakkavāḷesu, ye sattā ākāsecarā, abyāpajjā niverā ca, niddukkhā cānuppaddavā.</p>	<p>As far up as the highest plane of existence to as far down as the lowest plane, in the entire universe, may whatever beings that dwell in the sky, be free from mental suffering, free from enmity, free from physical suffering and free from danger.</p> <p>上至有顶天，下至无间狱， 于普轮围界，空中飞有情， 愿无瞋.无怨，无苦及无难！</p>

<p>Yam pattam kusalam tassa, ānubhāvena pāṇino; sabbe sadhammarājassa, ñatvā dhammam sukhāvaham.</p> <p>Pāpuṇantu visuddhāya, sukhāya paṭipattiyā; Asoka'manupāyāsam, nibbānasukhamuttamam.</p> <p>Ciram tiṭṭhatu saddhammo, dhamme hontu sagāravā. Sabbepi sattā kālena, sammā devo pavassatu.</p> <p>Yathā rakkhiṃsu porāṇā, surājāno tathevimaṃ. Rājā rakkhatu dhammena, attanova pajam pajam.</p>	<p>By the power of whatever wholesome state attained by me, may all beings – having known rightly the King of Dhamma's teachings which gives bliss (of Nibbanā) - attain the bliss of Nibbana, sorrowless, without distress and supreme through the Middle Practice (Noble Eightfold Path) which is pure and blissful.</p> <p>May the Dhamma remain for a long time. May all beings respect the Dhamma. May the rain fall rightly and timely.</p> <p>Just as ancient virtuous kings protected the people with righteousness, even so may (all) kings protect this people with righteousness as one's own offspring.</p> <p>以所成就之善的威力， 愿一切众生了知正法王导向快乐之法！</p> <p>透过清净、快乐的修行， 愿到达无忧、无恼、至上快乐的涅槃！</p> <p>愿正法久住！愿一切有情皆恭敬法！ 愿天适时降雨！</p> <p>犹如古代的善王般治国，愿国王依法保护人民犹如自己的子孙！</p>
<p>Imāya dhammānudhammapaṭipattiyā Buddham pūjemi. Imāya dhammānudhammapaṭipattiyā Dhammam pūjemi. Imāya dhammānudhammapaṭipattiyā Saṅgham pūjemi.</p> <p>Addhā imāya paṭipattiyā jāti-jarā- byādhī-maraṇamhā parimuccissāmi.</p>	<p>With our holy practice, which is in accord with the nine supramundane Dhammas, we pay obeisance to the Buddha, the Dhamma and Sangha.</p> <p>以此法随法行，我敬奉佛！ 以此法随法行，我敬奉法！ 以此法随法行，我敬奉僧！</p> <p>Surely by this practice I will be free from birth, old age, sickness and death. 切实依此而行，我将解脱生、老、病、死！</p>
<p>Idam me puññam āsavakkhayā- vaham hotu. Idam me puññam nibbānassa paccayo hotu.</p>	<p>By this merit of mine, may I destroy the taints; by this merit to of mine, may it bring about the realization of Nibbāna.</p> <p>愿我此功德，导向诸漏尽！ 愿我此功德，为证涅槃缘！</p>
<p>Mama puññabhāgam sabbasattānam bhājemi; Te sabbe me samam puññabhāgam labhantu.</p>	<p>I share my merits done today with all beings. May all those beings get an equal share of merits shared by me.</p> <p>我此功德分，回向诸有情， 愿彼等一切，同得功德分！</p>

Sādhu! Sādhu! Sādhu!