



PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

**BUDDHIST RECITATION TEXT**

**念佛经**

## **SUNDAY PUJA SERVICE**

as recited at Ti-Ratana Lumbini Garden  
Every Sunday Morning

**周日巴利语通佛经**

**蒲种分行**



PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

## SUNDAY PUJA SERVICE RECITATION

as recited at Ti-Ratana Lumbini Garden

Every Sunday Morning

*The bell is rung three times, while devotees bow three times.*

*钟声响三声，奉献者鞠躬三声。*

## VANDANĀ | HOMAGE TO THE BUDDHA | 礼敬佛陀

Namo Tassa Bhagavato Arahato Sammā- sambuddhassa

Namo Tassa Bhagavato Arahato Sammā- sambuddhassa

Namo Tassa Bhagavato Arahato Sammā- sambuddhassa

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

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

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

向他致敬，世尊，阿罗汉，正等正觉的佛陀。

向他致敬，世尊，阿罗汉，正等正觉的佛陀。

向他致敬，世尊，阿罗汉，正等正觉的佛陀。

(南无本师释迦牟尼佛)

(Namo Fundamental Teacher Shakyamuni [Gautama] Buddha)



PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

## TI-SARAṆA | THREE REFUGES | 三皈依

Buddhaṃ saraṇaṃ gacchāmi

Dhammaṃ saraṇaṃ gacchāmi

Saṅghaṃ saraṇaṃ gacchāmi

Dutiyam pi Buddhaṃ saraṇaṃ gacchāmi

Dutiyam pi Dhammaṃ saraṇaṃ gacchāmi

Dutiyam pi Saṅghaṃ saraṇaṃ gacchāmi

Tatīyam pi Buddhaṃ saraṇaṃ gacchāmi

Tatīyam pi Dhammaṃ saraṇaṃ gacchāmi

Tatīyam pi Saṅghaṃ saraṇaṃ gacchāmi

*I go to the Buddha as my refuge. I go to the Dhamma as my refuge. I go to the Sangha as my refuge. For the second time, I go to the Buddha as my refuge.*

*For the second time, I go to the Dhamma as my refuge. For the second time, I go to the Sangha as my refuge. For the third time, I go to the Buddha as my refuge.*

*For the third time, I go to the Dhamma as my refuge. For the third time, I go to the Sangha as my refuge.*

我以佛为皈依处。我以法为皈依处。我以僧为皈依处。

第二次说，我以佛为皈依处。第二次说，我以法为皈依处。第二次说，我以僧为皈依处。

第三次说，我以佛为皈依处。第三次说，我以法为皈依处。第三次说，我以僧为皈依处。

（自皈依佛，当愿众生体解大道发无上心；

自皈依法，当愿众生深入经藏智慧如海；

自皈依僧，当愿众生统理大众一切无碍。）



PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

## PAÑCA SĪLA | FIVE PRECEPTS | 五戒

Pāṇāti-pātā veramaṇī sikkhāpadaṃ samādiyāmi

Adinnā dānā veramaṇī sikkhāpadaṃ samādiyāmi

Kāmesu micchā-cārā veramaṇī sikkhāpadaṃ samādiyāmi

Musāvādā veramaṇī sikkhāpadaṃ samādiyāmi Surā meraya-majja-pamā-datṭhānā  
veramaṇī sikkhāpadaṃ samādiyāmi

*I undertake to observe the precept to abstain from destroying living beings.*

*I undertake to observe the precept to abstain from taking things not given.*

*I undertake to observe the precept to abstain from sexual misconduct.*

*I undertake to observe the precept to abstain from false speech.*

*I undertake to observe the precept to abstain from anything causing intoxication and  
heedlessness.*

不杀生，我学习受持此戒，  
不偷盗，我学习受持此戒，  
不邪淫，我学习受持此戒，  
不妄语，我学习受持此戒，

不服用导致麻醉和失去注意力的任何物品，我学习受持此戒。



PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

## TI-RATANA VANDANĀ

### SALUATION TO THE TRIPLE GEM:BUDDHA–DHAMMA-SANGHA

向佛、法、僧三宝致敬

#### Salutation to the Buddha | 向佛致敬

Iti pi so Bhagavā Arahamaṃ

Sammā sambuddho Vijiā-caraṇa-sampanno Sugato lokavidū

Anuttaro Purisa-damma-sārathi

Satthā Deva-manussānaṃ

Buddho Bhagavā ti

*Such indeed is the Blessed One, Exalted, Omniscient, Endowed with knowledge and virtues.  
Well gone, Knower of the worlds, a guide incomparable for the training of individuals. Teacher of  
gods and men, enlightened and Holy.*

世尊确是如此: 阿罗汉, 正等正觉的佛陀, 明行足, 善逝, 世间解, 无上士,

调御丈夫, 天人师, 觉悟和圣洁。



PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

## Salutation to the Dhamma | 向佛法致敬

Svākkhāto Bhagavatā Dhammo Sanditthiko Akāliko

Ehipassiko Opanayiko Paccattam veditabbo viññūhī ti

*Well-expounded is the Dhamma by the Blessed One, To be self-realised; to be but approached to be seen, capable of being entered upon. To be attained by the wise, each for himself.*

世尊所善妙详细宣说的法，可以亲身体会到，不受时间空间的限制，请亲自看，能指引众生上进，智者皆能亲身体证。



PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

Salutation to the Sangha | 向僧伽致敬

Supaṭipanno Bhagavato sāvaka saṅgho

Uju paṭipanno Bhagavato sāvaka saṅgho

ñāya paṭipanno Bhagavato sāvaka saṅgho

Sāmīci paṭipanno Bhagavato sāvaka saṅgho

Yadidaṃ cattāri-purisa-yugāni Atṭha-purisa- puggalā

Esa Bhagavato sāvaka saṅgho Āhuneyyo Pāhuneyyo

Dakkhineyyo Añjalikaraṇīyo Anuttaraṃ puññak-khettaṃ lokassā ti

*Of good conduct is the Order of the Disciples of the Blessed One. Of upright conduct is the Order of the Disciples of the Blessed one. Of wise conduct is the Order of the Disciples of the Blessed One. Of dutiful conduct is the Order of the Disciples of the Blessed One. This order of the Disciples of the Blessed One, namely, these four pairs of persons, the eight kinds of individuals, is worthy of offerings, is worthy of hospitality, is worthy of gifts, is worthy of reverential salutations, is an incomparable field of merits to the world.*

僧伽是世尊的追隨者，有良好的品行，僧伽是世尊的追隨者，有正直的品行，僧伽是世尊的追隨者，有智慧的品行，僧伽是世尊的追隨者，有尽责的品行，他們即是四雙八輩人，那才是世尊的追隨者，僧伽，應當供養，應當歡迎款待，應當布施，應當合十禮敬，是世間無上的福田。



PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

## PUJA | OFFERINGS | 上供

**Offering of Light | 供灯**

Ghana sārappadittena

Dīpena tamadhaṃsinā

Tiloka dīpaṃ sambuddhaṃ

Pūjayāmi tamo nudaṃ

*With lights brightly shining, abolishing this gloom,  
I adore the Enlightened One, who dispels the darkness.*

明亮的灯，驱走黑暗，  
我衷心礼敬，驱走黑暗(无明)的觉者。





PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

**Offering of flowers | 供花**

Vaṇṇa gandha guṇopetaṃ

Etaṃ kusuma santatiṃ

Pūjayāmi munindassa

Sirīpāda saroruhe

*This mass of flowers,*

*fresh hued, fragrant and choice,*

*I offer at the sacred lotus-like feet of the Noble Sage.*

这一束特选的花朵，新鲜，清香，

我虔诚的供于，圣人莲花似的足下。



PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

## Offering of Water | 供水

Adhivāsetu no bhante

Pānīyaṃ parikappitaṃ

Anukampaṃ upādāya

Patigaṇhātu uttama

*O Lord ! The Blessed One, may this water,*

*be kindly accepted by you,*

*out of great compassion for us.*

至尊的圣贤，请以慈悲的心，

接受我们的供水。



PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

## Offering of Food | 供食

Adhivāsetu no bhante

Bhojanaṃ parikappitaṃ

Anukampaṃ upādāya

Patigaṇhātu uttama

*O Lord ! The Blessed One, may this food,  
be kindly accepted by you,  
out of great compassion for us.*

至尊的圣贤，请以慈悲的心，  
接受我们的供食。

*\*Only if food is being offered.*

\*于供餐念



PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

## Offering of Medicinal Drinks | 供药

Adhivāsetu no bhante

Gilāna paccayaṃ imaṃ

Anukampaṃ upādāya

Patigaṇhātu uttama

*O Lord ! The Blessed One,*

*please accept these medicinal drinks, as an offering to Thee,*

*out of great compassion for us.*

至尊的圣贤， 请以慈悲的心，

接受我们所供养的药品。



PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

**Offering of Perfumed Smoke | 供香**

Gandha sambhāra yuttana

Dhūpenāhaṃ sugandhinā

Pūjaye pūjanīyaṃ taṃ

Pūjā bhājana muttamaṃ

*With perfumed incense,  
made from fragrant substances,  
I honour the Exalted One,  
worthy of respect, and worthy of offerings.*

清香一炷，

由香料制成，

我供奉予，

驱走黑暗(无明)的觉者。



PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

## Salutation to the Three Main Objects of Veneration | 向三种圣物致敬

Vandāmi cetiyaṃ sabbaṃ  
Sabba ṭhānesu patitṭhitāṃ  
Sārīrika dhātu-mahābodhiṃ  
Buddha-rūpaṃ sakalaṃ sadā

*I salute every chetiya (shrine), that may stand in any place,  
the bodily relics, the Great Bodhi, and all images of the Buddha.*

无论位于何处，  
只要有佛寺，舍利子，  
菩提树与佛像，  
我都向它们礼敬。



PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

To make Devas Participate in Merits | 邀请诸神参与功德

Ākāsaṭṭhā ca bhummaṭṭhā

Devā nāgā mahiddhikā

Puññaṃ taṃ anumoditvā

Ciraṃ rakkhantu lokasāsaṇaṃ

*May all beings inhabiting space and earth, Devas and Nagas of mighty power,  
share this merit and may they long protect the dispensation.*

但愿一切拥有高超能力，  
居于天上与地面的诸神与天龙，  
共享此功德， 并庇佑佛法长存。



PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

**Blessing to the World | 祈福**

Devo vassatu kālena

Sassa-sampatti hetu ca

Phīto bhavatu loko ca

Rājā bhavatu dhammiko

*May rain fall at suitable times,  
for successful production of crops,  
and may the world be prosperous,  
may the king be righteous.*

但愿上天适时洒甘露，

但愿世界进步，

但愿国君贤明。





PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

## Dedication and Transference of Merits to the Departed Ones

奉献回向予往生的亲人

Idaṃ vo (mē) ñātīnaṃ hotu Sukhitā hontu ñātayo

*Let this merit accrue to our (my) relatives, and may they be happy.*

愿以此功德， 奉献回向予我们的(我)亲人， 愿他们快乐安宁。

## Aspiration | 愿望

Iminā puñña kamma

Mā me bāla samāgamo

Sataṃ samāgamo hotu

Yāva nibbāna pattiya

*By the grace of this merit that I have acquired, may I never follow the foolish;*

*but only the wise, until I attain the final goal - Nibbana.*

愿以此功德， 助我远离愚者，

亲近智者， 直到达成最后的目标 - 涅槃。



PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

## Forgiveness of Shortcomings | 忏悔

Kāyena vācā cittena

Pamādena mayā kataṃ

Accayaṃ khama me bhante

Bhūri-pañña Tathāgata

*If by deeds, speech or thought heedlessly, I have done anything wrong,*

*forgive me, O Master! O Teacher, most wise.*

若我曾经造过身、口、意三恶业，我请求大智导师的宽恕。



PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

## KARAṆĪYA METTA SUTTA | 慈爱经

### DISCOURSE ON LOVING KINDNESS RECITAL TO RADIATE BOUNDLESS LOVING – KINDNESS TO RELIEVE OTHERS' SUFFERING

Karaṇīyam' atthakusalena  
Yaṃ taṃ santaṃ padaṃ abhisamecca  
Sakko ujū ca sūjū ca  
Suvaco c'assa mudu anatimāni

Santussako ca subhara ca  
Appakicco ca sallahuka-vutti  
Santindriyo ca nipako ca  
Appagabbho kulesu ananugiddho

Na ca khuddaṃ samācare kiñci  
Yena viññū pare upavadeyyuṃ  
Sukhino vā khemino hontu  
Sabbe sattā bhavantu sukhitattā

*He who is skilled in doing good and who wishes to attain that state of calm (i.e. Nibbana) should act thus. He should be able, upright, perfectly upright, obedient, gentle and humble. Contented, easily looked after, (i.e. not a burden to others) with few duties, simple in livelihood. Controlled in senses, discreet, not impudent; Not greedily attached to families. He should not commit any slight wrong, so that other wise men might find fault in him. May all beings be happy and safe, may their hearts be wholesome.*

一位巧于行善的人，若欲证入涅槃的寂静，他应该如此修行，他必须能干、正直、绝对正直，服从、温和、谦虚。知足，容易侍候，少职务，简朴的生活，节制感官的贪欲，谨慎，不无耻，不执著家人。他绝不因恶小而为之，以免被智者责备，愿众生快乐与安详，愿众生的心里充满善念。



PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

Ye keci pāṇabhūtatthi  
Tasā vā thāvarā vā anavasesā  
Dīghā vā ye mahantā vā  
Majjhimā rassakāṇuka-thūlā

Ditṭhā vā yeva additṭhā  
Ye ca dūre vasanti avidūre  
Bhūtā vā sambhavesī vā  
Sabbē sattā bhavantu sukhitattā

Na paro paraṃ nikubbetha  
Nātimaññetha katthacinaṃ kañci  
Byārosanā paṭighasaññā  
Nāññamaññassa dukkhamiccheyya

*Whatsoever living beings there are, feeble or strong, long, stout or medium, short, small or large. 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 well and happy. Let not one deceive another nor despise any person whatsoever in any place. In anger or ill will, let him not wish any harm to another.*

一切的众生，弱质的、强壮的、长的、短的、高大的、中等的、小的、大的、看得见的或看不见的。不论是住在远的或近的，已经诞生的或将要诞生的，愿一切众生的心里都充满安乐。不论身在何处，任何人都不应为了愤怒或憎厌，而去欺骗或鄙视他人，甚至存心伤害他人。



PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

Mātā yathā niyaṃ puttāṃ  
Āyusā ekaputtam' anurakkhe  
Evampi sabbabhūtesu  
Mānasam bhāvaye aparimāṇam

Mettañ ca sabba-lōkasmim  
Mānasam bhāvayē aparimāṇam  
Uddham adho ca tiriyañ ca  
Asambādham averam asapattam

Tittham caram nisinno vā  
Sayāno vā yāvat'assa vigatamiddho  
Etaṃ satim adhittheyya  
Brahmametaṃ vihāram idhamāhu

*Just as a mother would protect her only child at the risk of her own life,  
even so let him cultivate a boundless heart towards all beings. Let thoughts of boundless love  
pervade the whole world; above, below and across without any obstruction, without any hatred,  
without any enmity. Whether he stands, walks, sits or lies down, as long as he is awake, he  
should develop this mindfulness. This, they say is highest conduct here.*

愿每一个人能够培育无穷的爱心对待众生，犹如一位母亲，为了保护自己唯一的孩子，不惜牺牲自己的生命。让无穷的慈爱意念，由东至西，由上至下，遍及整个世界，毫无阻碍，毫无憎恨，毫无敌意。无论是站，行或卧，当一个人还是醒着的时候，他应该培育如此的正念，这是公认的最崇高的品行。

Ditthiñ ca anupagamma sīlavā



PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

Dassanena sampanno

Kāmesu vineyya gedhaṃ

Nahi jātu gabbhaseyyaṃ punaretī 'ti

*Not falling into error,*

*Virtuous and endowed with insight,*

*He discards attachment to sensuous desires. Truly, he does not come again;*

*To be conceived in a womb.*

不犯错，培养德行，具足智慧，

他断除了贪欲，他不再形成于母胎内，

因而断除了轮回。

Etena saccavajjena, sotthi te (me) hōtu sabbadā (3x)

*By the Truth of this word May you (I) ever be well. (3x)*

坚信此真理，愿你(我)安详无恙。(3x)

**BLESSINGS | 祝福**



# Ti-Ratana Buddhist Society

Recitation Text

**Sabbhītiyo vivajjantū**

**Sabba rōgo vinassatū**

**Mā te (me) bhavat vantarāyo Sukhī dīghāyuko bhava**

*May all calamities be avoided; May all illnesses be destroyed, May there be no dangers to you (me), May you (I) live long.*

愿一切灾难远离，愿一切疾病痊愈，愿危险不会降临你(我)身上，愿你(我)长寿。

**Bhavatu sabba maṅgalaṃ**

**Rakkhantu sabba devatā**

**Sabba Buddhānubhāvena**

**Sadā sotthi bhavantu te (me)**

*May all victories be to you (me), May all the devas (deities) protect you (me), Through the power of all the Buddhas, May there be happiness always to you (me).*

愿一切福祉增长，愿一切天神庇佑你(我)，承佛陀的加持，愿安乐永远属于你(我)。

**Bhavatu sabba maṅgalaṃ**

**Rakkhantu sabba devatā**

**Sabba Dhammānubhāvena**

**Sadā sotthi bhavantu te (me)**

*May all victories be to you (me), May all the devas (deities) protect you (me), Through the power of all the Dhamma, May there be happiness always to you (me).*

愿一切福祉增长，愿一切天神庇佑你(我)，承佛法的加持，愿安乐永远属于你(我)。

**Bhavatu sabba maṅgalaṃ**

**Rakkhantu sabba devatā**

**Sabba Saṅghānubhāvena**

**Sadā sotthi bhavantu te (me)**

*May all victories be to you (me), May all the devas (deities) protect you (me), Through the power of all the Saṅgha, May there be happiness always to you (me).*

愿一切福祉增长，愿一切天神庇佑你(我)，承僧伽的加持，愿安乐永远属于你(我)。



PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

*The bell is rung three times, while devotees bow three times.*  
钟声响三声，奉献者鞠躬三声。

-END OF RECITATION-

*A short, 5-minute, optional meditation session, focusing on Metta may be conducted.*

如果想要，可以进行大概5分钟的禅修，重点是慈爱。

Text Source: Vandana: Buddhist Recitals  
(with edits made to correct grammar)

**PUBLISHED ONLINE FOR FREE DISTRIBUTION  
LAST UPDATED 19TH MAY 2020**

**Published by Ti-Ratana Lumbini Garden**

<https://www.facebook.com/Tiratanabuddhistsociety/>





PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society

Recitation Text

36 & 38, Jalan Puteri 4/2, Bandar Puteri, 47100 Puchong, Selangor, Malaysia

[www.trlgpuchong.org](http://www.trlgpuchong.org) | Find us on Facebook | Instagram: @trlgpuchong | +603 8051 6630

-

**Sabbapāpassa akaraṇaṃ  
Kusalassa upasampadā  
Sacittapariyodapaṇaṃ  
Etaṃ Buddhāna sāsanaṃ**

*Do good, avoid evil; purify the mind.*

*That is the teaching of all Buddhas.*

诸恶莫作，众善奉行，

自净其意，是诸佛教。

- Dhammapada 14:183