



The Refuges and Precepts — 三皈和五戒

as practiced in the Triratna Buddhist Community
translated by Yinhua

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The Refuges and Precepts

三皈和五戒

Namo Tassa Bhagavato Arahato Sammasambuddhassa
Namo Tassa Bhagavato Arahato Sammasambuddhassa
Namo Tassa Bhagavato Arahato Sammasambuddhassa

Buddham Saranam Gacchami
Dhammam Saranam Gacchami
Sangham Saranam Gacchami

Dutiyampi Buddham Saranam Gacchami
Dutiyampi Dhammam Saranam Gacchami
Dutiyampi Sangham Saranam Gacchami

Tatiyampi Buddham Saranam Gacchami
Tatiyampi Dhammam Saranam Gacchami
Tatiyampi Sangham Saranam Gacchami

translation

Homage to Him, the Blessed One, the Worthy One, the Perfectly
Enlightened One!

礼敬他，世尊，值得供养者，完美的觉者！

To the Buddha for refuge I go.
To the Dharma for refuge I go.

To the Sangha for refuge I go.
For the second time to the Buddha for refuge I go.
For the second time to the Dharma for refuge I go.
For the second time to the Sangha for refuge I go.
For the third time to the Buddha for refuge I go.
For the third time to the Dharma for refuge I go.
For the third time to the Sangha for refuge I go.

我，皈依佛。
我，皈依法。
我，皈依僧。

我，再次，皈依佛。
我，再次，皈依法。
我，再次，皈依僧。

我，三次，皈依佛。
我，三次，皈依法。
我，三次，皈依僧。

The Five Precepts

五戒

Panatipata Veramani Sikkhapadam Samadiyami
Adinnadana Veramani Sikkhapadam Samadiyami
Kamesu Micchacara Veramani Sikkhapadam Samadiyami
Musavada Veramani Sikkhapadam Samadiyami
Surameraya Majja Pamadatthana Veramani Sikkhapadam Samadiyami

sadhu sadhu sadhu

translation

I undertake to abstain from taking life.
I undertake to abstain from taking the not-given.
I undertake to abstain from sexual misconduct.
I undertake to abstain from false speech.
I undertake to abstain from taking intoxicants.

我致力于戒杀生。

我致力于戒不予而取。

我致力于戒邪淫。

我致力于戒妄语。

我致力于戒麻醉品。

The Positive Precepts

五善法

With deeds of loving kindness, I purify my body.

With open-handed generosity, I purify my body.

With stillness, simplicity, and contentment, I purify my body.

With truthful communication, I purify my speech.

With mindfulness clear and radiant, I purify my mind.

用慈爱的行为，我净我身。

用敞开双手的慷慨，我净我身。

用安静、简单、愉悦，我净我身。

用真实语，我净我语。

用清明的正念，我净我意。