



The Threefold Puja – 三种供养

as practiced in the Triratna Buddhist Community
translated by yinhua

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The Three-fold Puja

三种供养

Opening Reverence

We reverence the Buddha, the Perfectly Enlightened One, the Shower of the Way.

We reverence the Dharma, the Teaching of the Buddha, which leads from darkness to Light.

We reverence the Sangha, the fellowship of the Buddha's disciples, that inspires and guides.

开始的礼敬

我们礼敬佛陀，完美的觉者，路的指引者。

我们礼敬佛法，佛陀的教诲，引领我们从黑暗到光明。

我们礼敬僧伽，佛陀弟子的团体，它激励和引导我们。

Reverence to the Three Jewels

We reverence the Buddha, and aspire to follow Him.

The Buddha was born, as we are born.

What the Buddha overcame, we too can overcome;

What the Buddha attained, we too can attain.

We reverence the Dharma, and aspire to follow it,
With body, speech and mind, until the end.
The Truth in all its aspects, the Path in all its stages,
We aspire to study, practise, realise.

We reverence the Sangha, and aspire to follow it:
The fellowship of those who tread the Way.
As, one by one, we make our own commitment,
An ever-widening circle, the Sangha grows.

礼敬三宝

我们礼敬佛陀，立志追随他。

佛陀的出生，就像我们一样。

佛陀所克服的，我们也能克服。

佛陀所成就的，我们也能成就。

我们礼敬佛法，立志追随它，

带着身、语、意，直到最终。

真理的各个方面，道路的各个阶段，

我们立志学习、实践、证悟。

我们礼敬僧伽，立志追随它：

那些踏上道路的人们形成的团体。

随着我们一个又一个地坚定自己的信念，

僧伽成长了，圈子不断扩大。

Offerings to the Buddha

Reverencing the Buddha, we offer flowers -
Flowers that today are fresh and sweetly blooming,
Flowers that tomorrow are faded and fallen.
Our bodies too, like flowers, will pass away.

Reverencing the Buddha, we offer candles.
To Him, who is the Light, we offer light.
From His greater lamp a lesser lamp we light within us:
The lamp of Bodhi shining within our hearts.

Reverencing the Buddha, we offer incense,
Incense whose fragrance pervades the air.
The fragrance of the perfect life, sweeter than incense,
Spreads in all directions throughout the world.

供养佛陀

供养佛陀，我们献上鲜花。

今天，花儿鲜艳而甜美地盛开。

明日，它将枯萎凋谢。

我们的身体，像花儿那样，也会逝去。

供养佛陀，我们献上蜡烛。

他是光，我们献上光。

从他那盏大灯，我们在心中点亮小灯。

菩提灯在我们心中闪耀。

供养佛陀，我们献上熏香。

熏香的芬芳弥漫在空气中。

完美生活的芬芳，比熏香更为甜美，

向四方传递开来，遍布世界。

Composed by Sangharakshita

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