

TAKING THE THREE REFUGES 三皈依

Group say together: Venerable, please give us the Three Refuges, so that our mind will become peaceful.

大眾同聲說：禪師，請授我們三皈依，這樣我們的心會變得平和。

Venerable says: Please sit with your backs straight, and calm your mind, now repeat after me.

禪師說：請保持腰背坐直，心平靜下來，現在請跟我說。

(Below: Venerable says and Group repeat. 大眾跟隨禪師說。)

I now take refuge in the Buddha, I now take refuge in the Dhammā, I now take refuge in the Saṅgha.

我以佛為皈依處，我以法為皈依處，我以僧為皈依處。

For the second time: I now take refuge in the Buddha, I now take refuge in the Dhammā, I now take refuge in the Saṅgha.

第二次：我以佛為皈依處，我以法為皈依處，我以僧為皈依處。

For the third time: I now take refuge in the Buddha, I now take refuge in the Dhammā, I now take refuge in the Saṅgha.

第三次：我以佛為皈依處，我以法為皈依處，我以僧為皈依處。

TAKING THE EIGHT PRECEPTS 八戒

Group ask together: Venerable, please give me the Eight Precepts, so that my retreat will be of great benefits and my mind will be peaceful. Thank you.

大眾同聲請禪師：請授我八戒，這樣我的禪修將會非常有利益，我的心將是平和的，謝謝。

Venerable says: Please clear your mind and pay close attention, then repeat after me:

禪師說：請清淨您的心並專注，現在請跟我說：

1) I undertake to keep the precept to abstain from killing or harming living beings on purpose.

我願遵守不殺生及不傷害任何眾生戒。

2) I undertake to keep the precept to abstain from taking what is not given.

我願遵守不偷盜戒。

3) I undertake to keep the precept to abstain from all sexual activities.

我願遵守不淫戒。

4) I undertake to keep the precept to abstain from telling lies, using harsh speech, gossip or slander.

我願遵守不妄語、不惡口、不兩舌、不綺語戒。

5) I undertake to keep the precept to abstain from taking drugs or alcohol.

我願遵守不飲酒及不沾染毒品戒。

6) I undertake to keep the precept to abstain from eating solid food after the noon

day meal.

我願遵守過午不食戒 (不非時食)。

7) I undertake to keep the precept to abstain from listening to music, singing, dancing or beautifying my body with makeup, flowers or perfumes.

我願遵守不著香花蔓、不歌舞唱技、不香油塗身、不觀聽歌舞戒。

8) I undertake to keep the precept to be loving and kind to myself and all beings.

我願遵守對自己和一切眾生給予仁愛戒。

Venerable says: Now you have taken the Three Refuges and the Eight Precepts and these lead to Happiness and Peace. Sahdu! Sahdu! Sahdu!

禪師說：現在您們已授三皈依及八戒，依此修行，願大家快樂、平安。

善哉! 善哉! 善哉!