

## 一. 請 聖 *Inviting the Sages*

zhū shàn nán zǐ shàn nǚ rén děng !  
諸 善 男 子 、 善 女 人 等 ！

yī qí xiàng shàng pái bān 。  
一 齊 向 上 排 班 。

*Virtuous men and virtuous women, please turn to the front.*

zhì chéng yíng qǐng shí fāng cháng zhù sān bǎo  
至 誠 迎 請 十 方 常 住 三 寶

dǐng lǐ sān bài 。  
頂 禮 三 拜 。

*Let us sincerely invite the ever-dwelling Three Treasures of the Ten Directions. Prostrate three times.*

wèn xùn cháng guì hé zhǎng  
( 問 訊 、 長 跪 、 合 掌 )

*( Half bow. Please kneel and place your palms together.)*

## 二. 懺 悔 *Repentance*

gè chēng míng hào  
各 稱 名 號

*Please state your name.*

dì zǐ ○ ○ ( 已 皈 依 者 稱 法 名 )  
答 : 弟 子 ○ ○ ( 已 皈 依 者 稱 法 名 )

*Disciple \_\_\_\_\_ (use Dharma name if already taken refuge)*

wǎng jīn suǒ zào zhū è yè  
往 今 所 造 諸 惡 業

*All my past karmic offences born from*

jiē yóu wú shǐ tān chēn chī  
皆 由 無 始 貪 瞋 癡

*greed, anger and ignorance since time without beginning*

cóng shēn yǔ yì zhī suǒ shēng  
從 身 語 意 之 所 生

*and enacted through my actions, speech and thoughts*

jīn duì fó qián qiú chàn huǐ  
今 對 佛 前 求 懺 悔

*I now repent in the presence of the Buddhas.*

jiù lǐ yī bài hé zhǎng  
( 就 禮 一 拜 、 合 掌 )

*( Prostrate and then place your palms together. )*

zài chēng míng hào  
再 稱 名 號

*Once again, please state your name.*

dì zǐ  
答 : 弟 子 ○ ○ ( 已皈依者稱法名 )

*Disciple \_\_\_\_\_ (use Dharma name if already taken refuge)*

wǎng jīn suǒ zào zhū è yè  
往 今 所 造 諸 惡 業

*All my past karmic offences born from*

jiē yóu wú shǐ tān chēn chī  
皆 由 無 始 貪 瞋 癡

*greed, anger and ignorance since time without beginning*

cóng shēn yǔ yì zhī suǒ shēng  
從 身 語 意 之 所 生

*and enacted through my actions, speech and thoughts*

yī qiè zuì zhàng jiē chàn huǐ  
一 切 罪 障 皆 懺 悔

*I now fully repent all my transgressions and karmic hindrances.*

jiù lǐ yī bài hé zhǎng  
( 就 禮 一 拜 、 合 掌 )

*( Prostrate and then place your palms together. )*

sān chēng míng hào  
三 稱 名 號

*Please state your name for the third and final time.*

答 : dì zǐ ○ ○ ( 已皈依者稱法名 )

*Disciple \_\_\_\_\_ (use Dharma name if already taken refuge)*

wǎng jīn suǒ zào zhū è yè  
往 今 所 造 諸 惡 業

*All my past karmic offences born from*

jiē yóu wú shǐ tān chēn chī  
皆 由 無 始 貪 瞋 癡

*greed, anger and ignorance since time without beginning*

cóng shēn yǔ yì zhī suǒ shēng  
從 身 語 意 之 所 生

*and enacted through my actions, speech and thoughts*

yī qiè zuì gēn jiē chàn huǐ  
一 切 罪 根 皆 懺 悔

*I now fully repent all the root causes of my transgressions.*

( jiù lǐ yī bài yī qí qǐ lì lǐ fó sān bài )  
( 就 禮 一 拜 、 一 齊 起 立 、 禮 佛 三 拜 )

( *Prostrate. Please stand up. Prostrate three times to pay  
homage to the Buddha.* )

( cháng guì hé zhǎng )  
( 長 跪 、 合 掌 )

( *Please kneel and place your palms together.* )

### 三 . 發 願 *Making a Resolution*

dì zǐ zhòng děng  
弟 子 ○ ○ 眾 等

*Disciple \_\_\_\_\_ and others*

jīn yú shí fāng yī qiè zhū fó qián  
今 於 十 方 一 切 諸 佛 前

*At this moment, in the presence of all Buddhas of the Ten  
Directions,*

shí fāng yī qiè zūn fǎ qián  
十 方 一 切 尊 法 前

*in the presence of all respectable Dharmas of the Ten  
Directions,*

shí fāng yī qiè pú sà qián  
十 方 一 切 菩 薩 前

*in the presence of all Bodhisattvas of the Ten Directions,*

shí fāng yī qiè xián shèng qián  
十 方 一 切 賢 聖 前

*and in the presence of all sages of the Ten Directions.*

zhì chéng fā yuàn rú sù yī rì yī yè  
至 誠 發 願 茹 素 一 日 一 夜

(或三日、七日、終身…隨各人發心)

*I solemnly resolve to follow a vegetarian diet for one full day (or 3 days, 7 days, or for life, etc.).*

shēn bù shā zhòng shēng zhī mìng  
身 不 殺 眾 生 之 命

*I vow to abstain from all actions that will result in killing any sentient beings.*

kǒu bù cháng hūn xuè zhī wèi  
口 不 嘗 葷 血 之 味

*I vow to abstain from the taste of meat and blood.*

xīn bù qǐ tān chēn zhī niàn  
心 不 起 貪 瞋 之 念

*I vow to abstain from any thoughts arising from greed or anger.*

yǎng yuàn shí fāng zhū fó pú sà  
仰 願 十 方 諸 佛 菩 薩

*I respectfully ask the Buddhas and Bodhisattvas of the Ten Directions*

yǐ běn yuàn lì xiàn wèi wǒ zhèng  
以 本 願 力 現 為 我 證

*—through the power of their fundamental vows—to witness my declaration today, and*

yǐ cí bēi lì tóng jiā shè shòu  
以 慈 悲 力 同 加 攝 受

—through the power of their compassion—to provide protection  
to all and support our efforts

lìng dì zǐ      zhòng děng  
令 弟 子      眾 等

**so that** Disciple \_\_\_\_\_ and others

yuǎn lí fán nǎo duàn chú è yè  
遠 離 煩 惱 斷 除 惡 業

will eradicate our afflictions and karmic offences;

chī sù fàng shēng zēng zhǎng shàn gēn  
吃 素 放 生 增 長 善 根

liberate lives through vegetarianism; and nurture our virtuous  
roots.

kěn qiè zhì dǎo jiān gù fā yuàn  
懇 切 至 禱 堅 固 發 願

I solemnly pray for the strength to remain firm in my resolution.

chóng fù zhì chéng dǐng lǐ sān bǎo  
重 複 至 誠 頂 禮 三 寶

Once again, I respectfully pay homage to the Three Treasures.

( jiù lǐ yī bài hé zhǎng ) ( 三 稱 三 拜 )  
( 就 禮 一 拜 、 合 掌 )

( Prostrate and then place your palms together. )

( Repeat the above declaration two more times. )

( 第 三 拜 : jiù lǐ yī bài yī qí qǐ lì )  
( 就 禮 一 拜 、 一 齊 起 立 )

( [For the third prostration] Prostrate. Please rise. )

#### 四 . 三 皈 依 *Taking Refuge in the Three Treasures*

zì guī yī fó                      dāng yuàn zhòng shēng  
自 皈 依 佛                      當 願 眾 生  
tǐ jiě dà dào                      fā wú shàng xīn  
體 解 大 道                      發 無 上 心

*I take refuge in the Buddha, wishing for all sentient beings to understand the Great Way and make the greatest resolve.*

( yī bài ) (Prostrate)  
( 一 拜 )

zì guī yī fǎ                      dāng yuàn zhòng shēng  
自 皈 依 法                      當 願 眾 生  
shēn rù jīng zàng                      zhì huì rú hǎi  
深 入 經 藏                      智 慧 如 海

*I take refuge in the Dharma, wishing for all sentient beings to delve deeply into the sutras and obtain wisdom as vast as the sea.*

( yī bài ) (Prostrate)  
( 一 拜 )

zì guī yī sēng                      dāng yuàn zhòng shēng  
自 皈 依 僧                      當 願 眾 生  
tǒng lǐ dà zhòng                      yī qiè wú ài  
統 理 大 眾                      一 切 無 礙

*I take refuge in the Sangha, wishing for all sentient beings to lead the congregation in harmony and without hindrances.*

( yī bài ) (Prostrate)  
( 一 拜 )

## 五. 回 向 *Transference of Merits*

fā yuàn sù shí gōng dé shū shèng hènɡ  
發 願 素 食 功 德 殊 勝 行

*We dedicate the boundless merits and blessings*

wú biān shèng fú jiē huí xiàng  
無 邊 勝 福 皆 回 向

*attained by the profound act of resolving to become vegetarian*

pǔ yuàn chén nì zhū zhòng shēng  
普 願 沈 溺 諸 眾 生

*to all sentient beings who are still suffering in the cycle of reincarnation.*

sù wǎng wú liàng guāng fó chà  
速 往 無 量 光 佛 刹

*May they all soon transcend to the Western Pure Land of Ultimate Bliss.*

shí fāng sān shì yī qiè fó  
十 方 三 世 一 切 佛

*Homage to all the past, present and future Buddhas of the Ten Directions!*

yī qiè pú sà mó hē sà  
一 切 菩 薩 摩 訶 薩

*Homage to all the Bodhisattvas, Mahasattvas.*

mó hē bō rě bō luó mì  
摩 訶 般 若 波 羅 蜜

*Maha Prajna Paramita!*

( cháng guì hé zhǎng )  
( 長 跪 、 合 掌 )

( Please kneel and place your palms together. )



## 六. 別回向文 *Additional Transference of Merits*

yuàn yǐ jīn rì chàn huǐ fā yuàn  
願 以 今 日 懺 悔 發 願

*With today's repentance and resolution of*

fā xīn chī sù gōng dé yīn yuán  
發 心 吃 素 功 德 因 緣

*embracing vegetarianism, along with the associated merits,*

qí qǐng zhū fó pú sà  
祈 請 諸 佛 菩 薩

*I offer my prayers to all Buddhas and Bodhisattvas.*

jiā bèi hù yòu dì zǐ zòng dēng  
加 被 護 祐 弟 子 ○ ○ 眾 等

*May they protect us and assist us in our efforts*

jiè shā chī sù duàn è xiū shàn  
戒 殺 吃 素 斷 惡 修 善

*to abstain from killing; to become vegetarian; to refrain from vice; and to do wholesome deeds.*

yè zhàng xiāo chú wàn shì jí xiáng  
業 障 消 除 萬 事 吉 祥

*May we eradicate our karmic hindrances and find auspiciousness in everything we do.*

kāi zhèng zhì huì zēng fú yán shòu  
開 正 智 慧 增 福 延 壽

*May we bring forth our true wisdom and acquire blessings and longevity.*

shēn xīn ān kāng hé jiā píng ān  
身 心 安 康 合 家 平 安

*May our body and mind be in good health and our family be safe.*

yuàn zhū zhòng shēng  
願 諸 眾 生

*May all sentient beings:*

cháng dé ān lè wú zhū bìng kǔ  
常 得 安 樂 無 諸 病 苦

*Always be at ease and happy, and be free of illness and suffering.*

fā pú tí xīn xiū pú tí hòng  
發 菩 提 心 修 菩 提 行

*Make the Bodhi resolve and cultivate Bodhi practices.*

yù xíng è fǎ jiē xī bù chéng  
欲 行 惡 法 皆 悉 不 成

*Fail to accomplish any bad deeds should they make an attempt.*

suǒ xiū shàn yè jiē sù chéng jiù  
所 修 善 業 皆 速 成 就

*Expediently succeed in accomplishing any good deeds.*

shēng shēng shì shì cháng zhí sān bǎo  
生 生 世 世 常 值 三 寶

*Encounter the Three Treasures lifetime after lifetime.*

zài zài chù chù suí yì zì zài  
在 在 處 處 隨 意 自 在

*Be free and at ease wherever they go.*

sān yè qīng jìng fú huì yuán mǎn  
三 業 清 淨 福 慧 圓 滿

*Purify their three types of karma and perfect their blessings and wisdom.*

yī qiè rú yuàn gōng dé chéng jiù  
一 切 如 願 功 德 成 就

*Fulfill their wishes and perfect their meritorious virtues.*

bìng zhì chéng huí xiàng  
並 至 誠 回 向

*I sincerely make the following dedications:*

fēng tiáo yǔ shùn tiān xià tài píng  
風 調 雨 順 天 下 太 平

*May the world be peaceful and free of calamities.*

guó jiā fù qiáng zhòng shēng ān lè  
國 家 富 強 眾 生 安 樂

*May the country be prosperous and strong, and may all sentient beings be happy and at ease.*

fó fǎ xīng shèng jìng huà rén xīn  
佛 法 興 盛 淨 化 人 心

*May Buddhism flourish and purify the minds of all.*

tóng shēng xī fāng gòng chéng fó dào  
同 生 西 方 共 成 佛 道

*May we all attain rebirth in the Western Pure Land and achieve Buddhahood.*

(各自默念一分鐘：心中所欲回向之人及求願之事)

(Silently make additional wishes and dedications – 1 minute.)

( jiù lǐ yī bài yī qí qǐ lì )  
( 就 禮 一 拜 、 一 齊 起 立 )

( *Prostrate. Please stand up.* )

## 七 . 禮 謝 *Expressing Gratitude*

zhì chéng lǐ xiè shí fāng cháng zhù sān bǎo  
至 誠 禮 謝 十 方 常 住 三 寶

dǐng lǐ sān bài  
頂 禮 三 拜

*To pay our sincerest gratitude towards the ever-dwelling Three Treasures of the Ten Directions, please prostrate three times.*

zhì chéng lǐ xiè zhǔ fǎ hé shàng  
至 誠 禮 謝 主 法 和 尚

dǐng lǐ sān bài  
頂 禮 三 拜

*To pay our sincerest gratitude towards the Dharma Service Ceremonial Master, please prostrate three times.*