

Buddhist Tantric Golden Prayer Book

佛教密乘金禱文法本

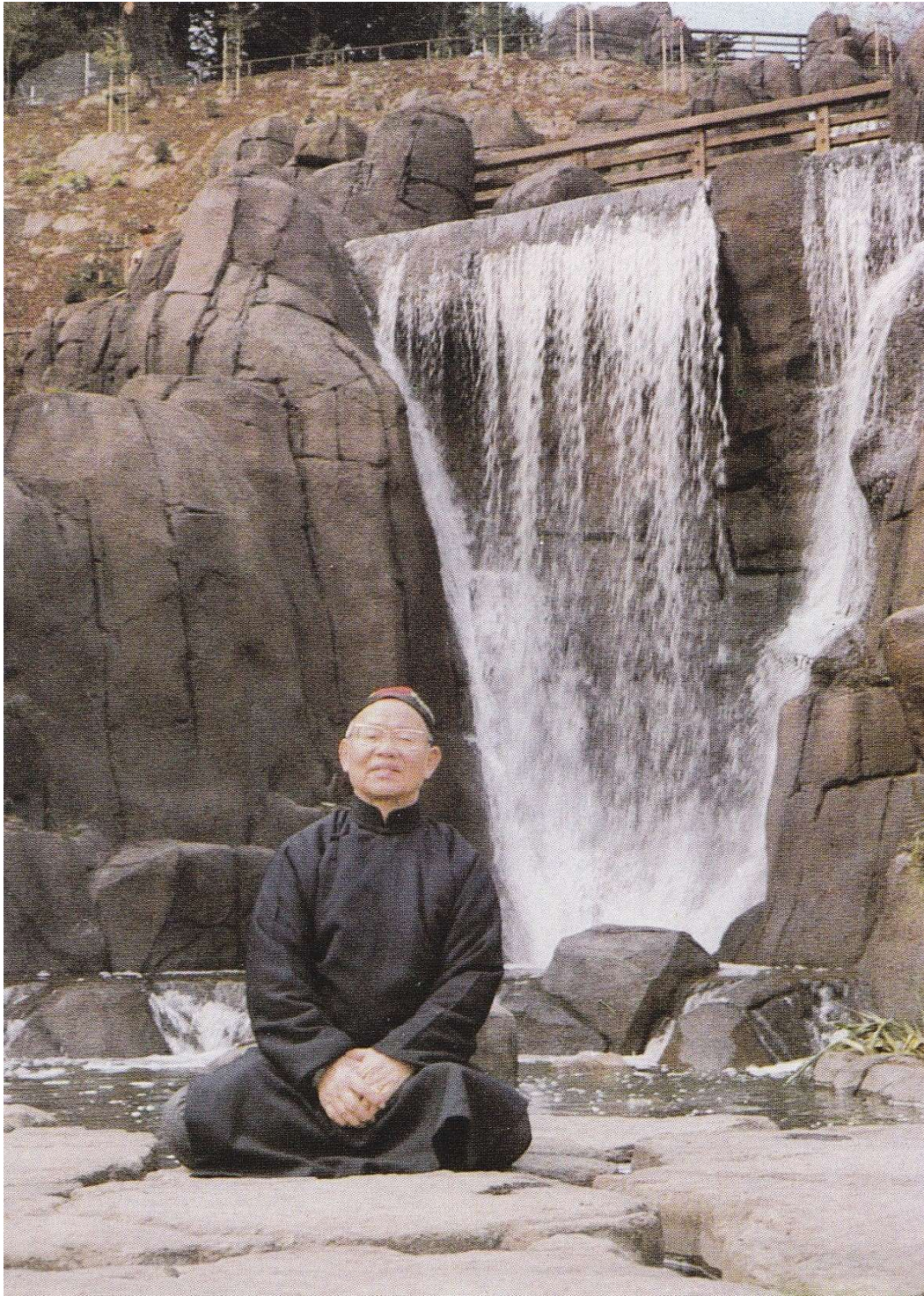
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《曲肱齋全集》第三十冊內之陳氏英文小冊第六十二號

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A gift from
Dharma Friends of Guru Lin



Patriarch C. M. Chen sitting in meditation in front of waterfall in Golden Gate Park
陳健民祖師在金門公園瀑布前打坐

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Dedication

獻辭

I earnestly dedicate this booklet to my benefactors, Adi Buddha, the God of Wealth Zambhala, and the Protector Damchen-Dorje Legpa.

When I meditated in the Yaoshan, it was foretold that I would migrate to India. After the end of the Second World War (1946) I received an invitation from Upasaka Huang Han Chu asking me to accompany him to India. As I foreknew that Mr. Huang would not stay long in India, I had thus considered in my mind, "After his departure who would support me to continue to meditate there?" The answer of Buddha appeared at that time in the form of the picture of the Trinity of my particular benefactor. Now twenty-three years have passed and I have continued to live here as a hermit. All the help I've received has been by their favour.

Hence, I do know that the Trinity of Buddhism is quite different from that of Christianity. The latter lays most stress on personalities, the former on the function and not on their personalities which may or may not be equal in position. In this collection, some Trinities are from the Tibetan traditions, while others are of my own conception.

我把這本冊子誠摯地獻予我的怙主：普賢王如來、財神菩薩藏巴拉和護法當今多吉勒巴。

當我在瑤山禪修時，被預言我將移民至印度。在第二次世界大戰過後（一九四六年），我收到黃蘊秋居士的邀請，叫我陪伴他去印度。但我預知黃先生不會在印度久留，因此我在心中想著：「當他離開之後，誰將會支持我繼續在那兒禪修呢？」佛陀的答案隨即以加持我朝禮聖地三尊的圖像顯現出來。現在二十三年過去了，而我做為一位隱士，還是繼續住在這裡。我所得到的的一切幫助都是由於祂們的恩賜。

因此，我確知佛教的「三位一體」與基督教的是極為不同的。後者極強調個別屬性，前者則強調功能而非在地位上不一定對等的個別屬性。在這專輯中，有些「三位一體」是源於西藏的傳統，而其餘則是我自己構想的。

Incantations

咒語

Prayer

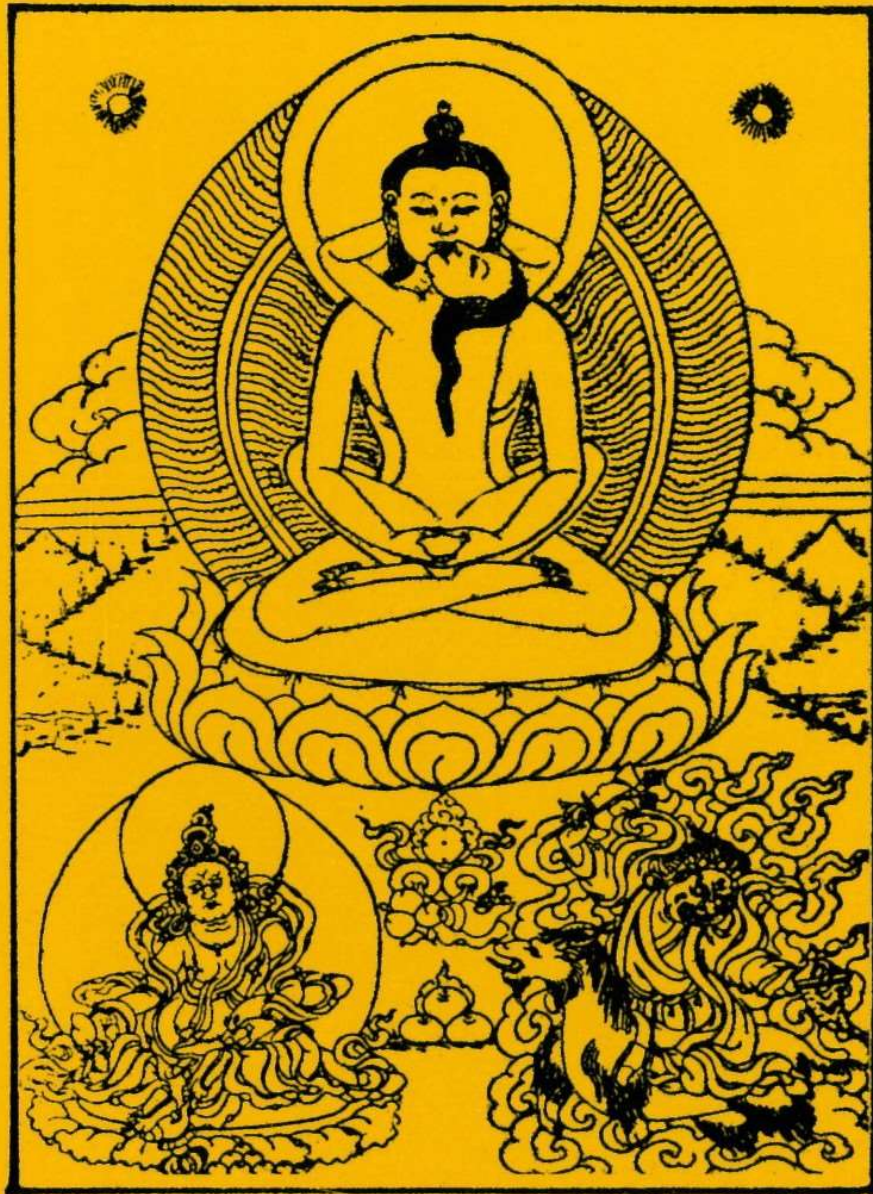
禱文

此文由弟子敬行漢譯自陳健民祖師之《佛教密乘金禱文法本》，並蒙林上師修訂。

二〇一七年九月二十二日

加持陳師朝禮聖地三尊

Trinity of my particular Benefactor.



普賢王如來

ཀུན་དུ་བཟང་པོ།

Kuntuzangpo. 當今多吉勒巴

財神菩薩

ཇམ་ལྷ་ལ།

Zambhla.

དམ་ཅན་དཀོན་ཆེ་ལྷ་གསེལ་པ།

Damchandojelegpa.

Trinity of my particular Benefactor

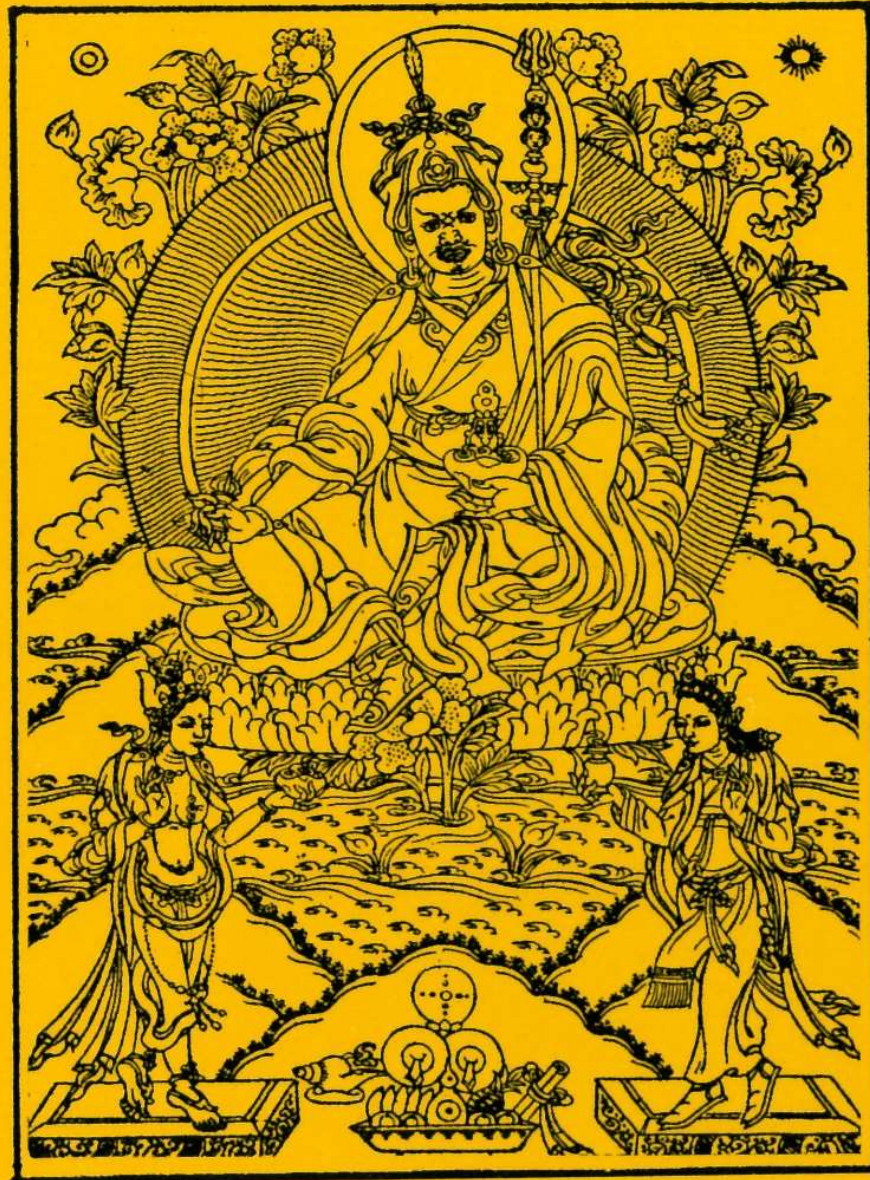
May all my Samadhi be helped by Adi-Buddha and his Dakinis, all my spiritual needs be helped by the God of wealth, and all my Holy Karmas be helped by Damchen-Dorje Legpa just as he helped our great Guru Padmasambhava!

加持陳師朝禮聖地三尊

願我所有的三摩地蒙獲普賢王如來及其空行母眾的幫助、我所有精神上的需求獲得財神菩薩的襄助，以及我所有的救渡事業得到當今多吉勒巴的協助，正如祂幫助我們偉大的上師蓮華生大士一樣！

註：加持陳師朝禮聖地三尊：普賢王如來、財神菩薩和當今多吉勒巴。

蓮師及其二師母
Trinity of Nyingmapa Guru.



蓮花生大士

སྤོབ་དཔོན་བསྐྱེད་འགྲུང་གནས།།

們都那娃

Padama Sambhava.

移喜磋嘉

ལྷ་ལྷ་མ་མཱ་རུ་བ།

Mandarava.

ཡེ་ཤེས་འཛོལ་བ།

Yeahetsogyas.

Trinity of Nyingmapa Guru

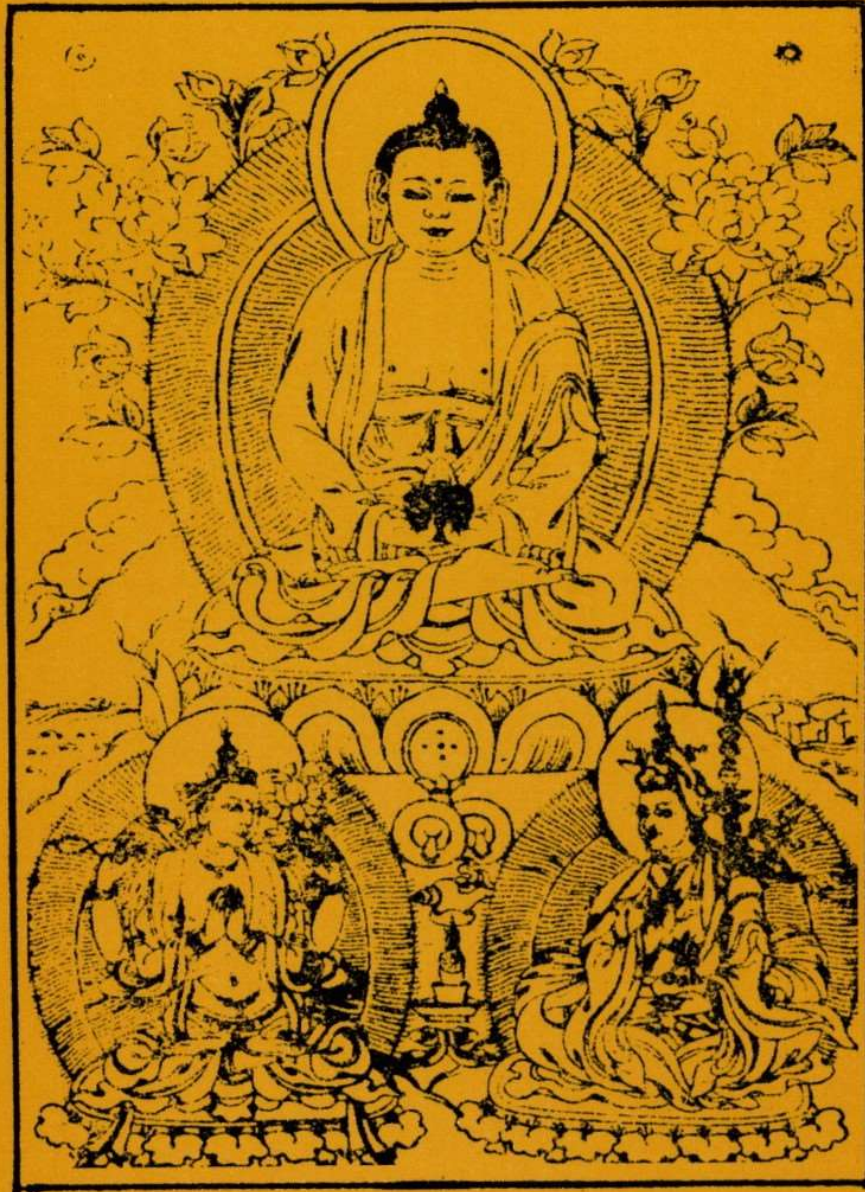
Oh! My great Guru you are the accumulation of the Holy lights of all Buddhas. Your two Holy Dakinis have the same achievement of non-death Yoga. May I be helped to similarly attain full Enlightenment through the practice of your rare and special Dharma!

蓮師及其二師母

噢！我的偉大上師，您是所有佛陀的本淨光明之總集。您的兩位聖空行母也都同樣獲得「無死瑜伽」的成就。願我在您們的加持下，通過修習您的稀有且不共的教法，而得以同樣地證達圓滿正覺！

註：蓮師及其二師母：蓮花生大士、們都那娃和移喜磋嘉。

紅教蓮師之三位一體
Trinity of Kaya of Nyingmapa.



阿彌陀佛

འོད་དབག་མང་།

Amidabha.

觀世音菩薩

སྤྱན་རས་གཟིགས།

Avalokitesvara.

蓮花生大士

པདྨ་འབྲུང་གམས།

Padma Sambhava.

Trinity of Kaya of Nyingmapa

As you were born in the Holy lights of Buddha Gautama, Amitabha and Avalokitesvara so your Trikaya are glorified as in this Holy picture. The Dharmakaya's light like Buddha Amitabha, the great mercy like Avalokitesvara, the great power like your Self, and all conditions forming the three kayas—May I be enabled to realize these attainments in this lifetime!

紅教蓮師之三位一體

因為您是由釋迦牟尼佛、阿彌陀佛和觀世音菩薩的本淨光明出生，所以您的三身如這張聖像所彰顯的一樣。法身光明如阿彌陀佛、大悲如觀世音菩薩、大力如您自己一樣，以及所有形成三身的因緣——願我也能蒙恩在此生中證達這些成就。

註：紅教蓮師之三位一體：阿彌陀佛、觀世音菩薩和蓮花生大士。

通常之法報化三身
Trinity of Buddha kaya in gengral.



法身佛

ཏཱ་མ་སྐྱེ།

Dharmakaya.

報身佛

ཡེ་ཤེས་སྐྱེ།

Sambhogakaya.

化身佛

ལྷན་སྐྱེ།

Nirmanakaya.

Trinity of Buddha kaya in general

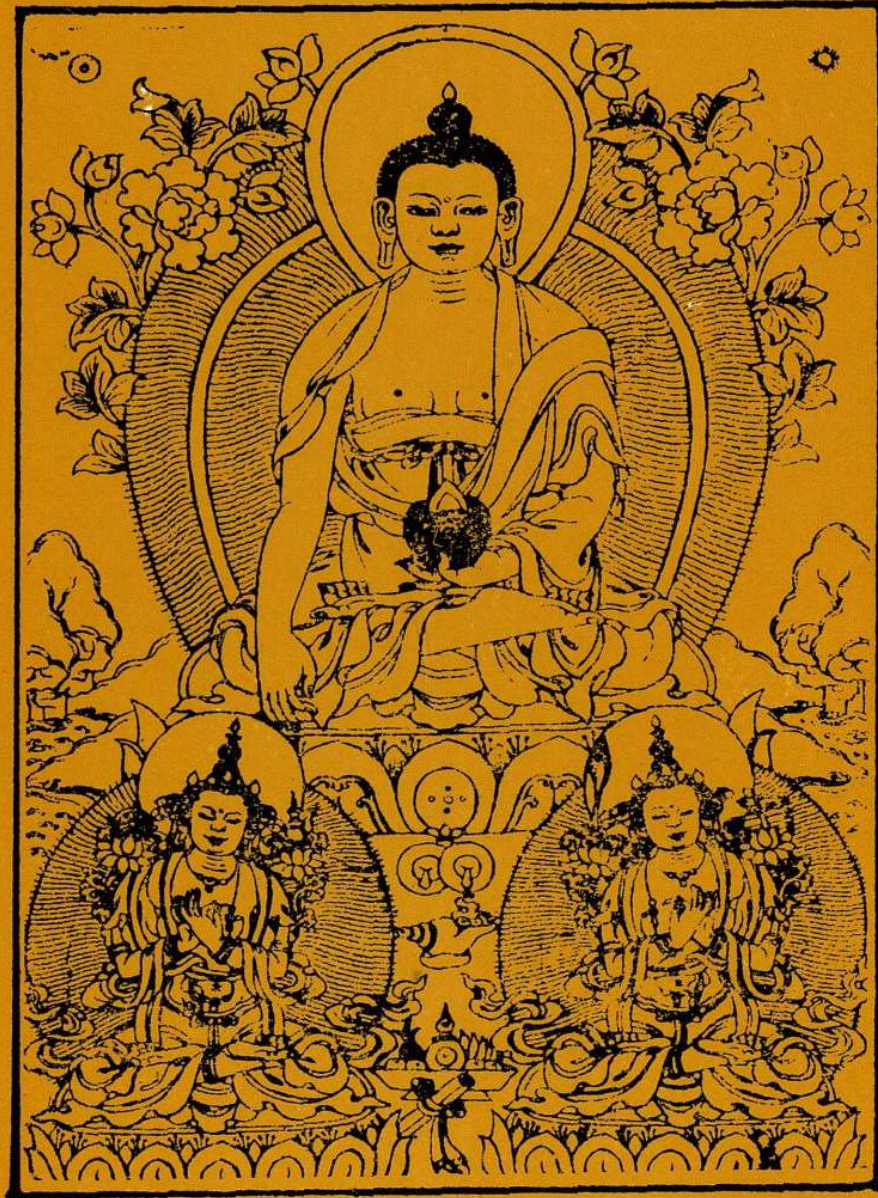
May the identity of Vidya and Sunyata, that of Pleasure and Sunyata and that of great Compassion and Sunyata, forming the three Kayas of every Buddha, be collected by myself, thereby making possible the ultimate Salvation of all sentient beings. Only this is what I need.

通常之法報化三身

願形成每一佛的三身之明空不二、樂空不二，以及悲空不二，為我所積聚，因而使得究竟渡化所有眾生變成可能。這是我唯一的需求。

註：通常之法報化三身：法身佛、報身佛和化身佛。

大乘祖師及左右二大菩薩
Trinity of Mahayana Guru.



釋迦牟尼佛

འཇུ་བྱུ་བ།

彌勒佛

བྱམས་པ།

Maitreya.

Buddha Gautama.

文殊師利菩薩

འཇམ་དབྱེ་དབྱེས།

Manjusri.

Trinity of Mahayana Guru

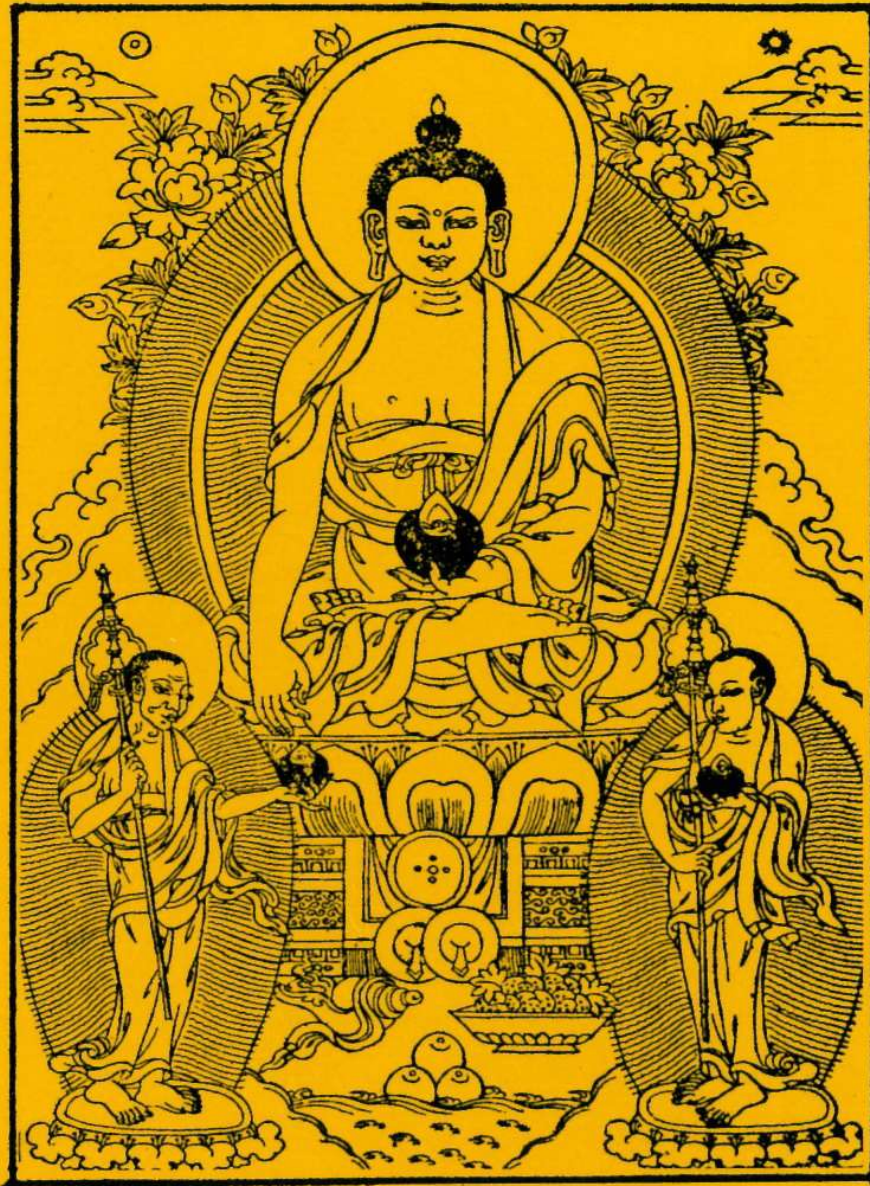
Buddha Gautama's Mahayana has been promoted by the help of Mahabodhisattvas Manjusri and Maitreya. May the sunyata nature which is the source of Buddha's wisdom and the sunyata of conditionality which is the source of Buddha's Holy Karmas be possessed by myself the same as well as by you! How wonderful this is that the three personalities are in oneness even with my self and this self is identical to the great sunyata—both in nature and in form, there is not a hair's difference between them! May all sentient beings who have this nature be quickly accumulating the conditionalities of Buddhahood!

大乘祖師及左右二大菩薩

釋迦牟尼佛的大乘教法在文殊師利大菩薩和彌勒佛的輔助下已經廣弘開來。願我如您們一樣具足「空性」——佛陀智慧的本源，以及「緣起性空」——佛陀救渡事業的源由！奇妙哉！您們三位與我竟是一體的，而且這個自我與偉大的空性也是不二的——無論是在自性上或表相上，它們之間沒有絲毫的差異。願所有具此本性的眾生，都得以迅速積聚成佛的種種因緣！

註：大乘祖師及左右二大菩薩：釋迦牟尼佛、彌勒佛和文殊師利菩薩。

小乘祖師及其左右二大弟子
'Trinity of Hinayana Guru.



釋迦牟尼佛

བླ་ཀྱ་བུ་བཤམ་པ།

Buddha Gautama.

迦葉尊者

ལ་རིའི་བྱ།

Kasyapa.

阿難尊者

མོའ་གལ་བྱ།

Ananda.

Trinity of Hinayana Guru

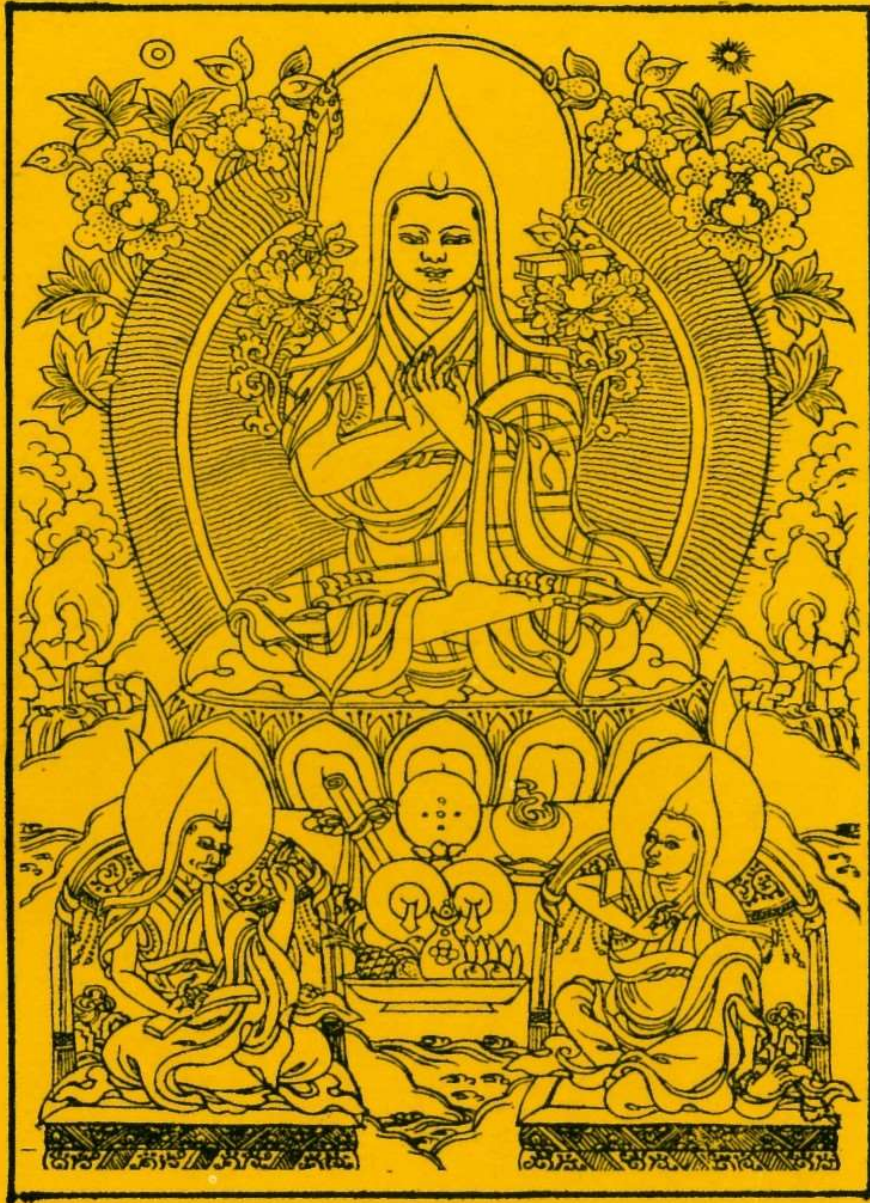
Most difficult teaching which makes every Dharma of Mahayana and Vajrayana possible and fruitful is your personally natural instruction, conveyed not only through verbal lecture but actual performance as well. I earnestly worship you and request your great basic blessing to make me successful in the practice of impermanence, renunciation and the non-egoism of personality.

小乘祖師及其左右二大弟子

最困難的教導，使得大乘及密乘的每種教法都變成可能及有結果，便是您們親自且自然的指導，並且不僅通過言教，還包括了身教。我虔誠地崇敬您們，並且懇請恩賜您們深廣的根本加持，使我在無常、出離及「人無我」的修習中成就證德。

註：小乘祖師及其左右二大弟子：釋迦牟尼佛、迦葉尊者和阿難尊者。

黃教祖師及其二弟子
Trinity of Dgelugspa Guru.



宗喀巴

ཇེ་ཅེ་པོ་ཚེ།

Tsongkhapa.

卡錯傑

གྱལ་ཇབ་ཇེ།

Gyaltsabje.

克主傑

མཁས་གུ་བ་ཇེ།

Khasdubje.

Trinity of Dgelugspa Guru

One Guru who possesses the virtues of Manjusri, Avalokitesvara and Vajrapani, who founded the latest tantric school, who lays most stress on Vinaya, Hinayana, and the Sunyata of Conditionality—it is only you who are able to guide the believers of this Kali age. May every sentient being be blessed!

黃教祖師及其二弟子

一位上師，擁有文殊師利菩薩、觀世音菩薩和金剛手菩薩的證德，創立了最晚近的密乘教派，並極力提倡戒律、小乘教法，以及緣起性空——只有您才能夠引導這末法時期的信眾。願每位眾生都承蒙加持！

註：黃教祖師及其二弟子：宗格巴、卡錯傑和克主傑。

長壽三尊
Trinity of Longevity.



長壽佛

ཙྰ་འཕགས་མེད།

Amitayus.

白度母

ལྷོ་ལ་དཀར།

Sita Tara.

尊勝佛母

ནུས་ཀྱུ་ལ་མ།

Namgaylma.

Trinity of Longevity

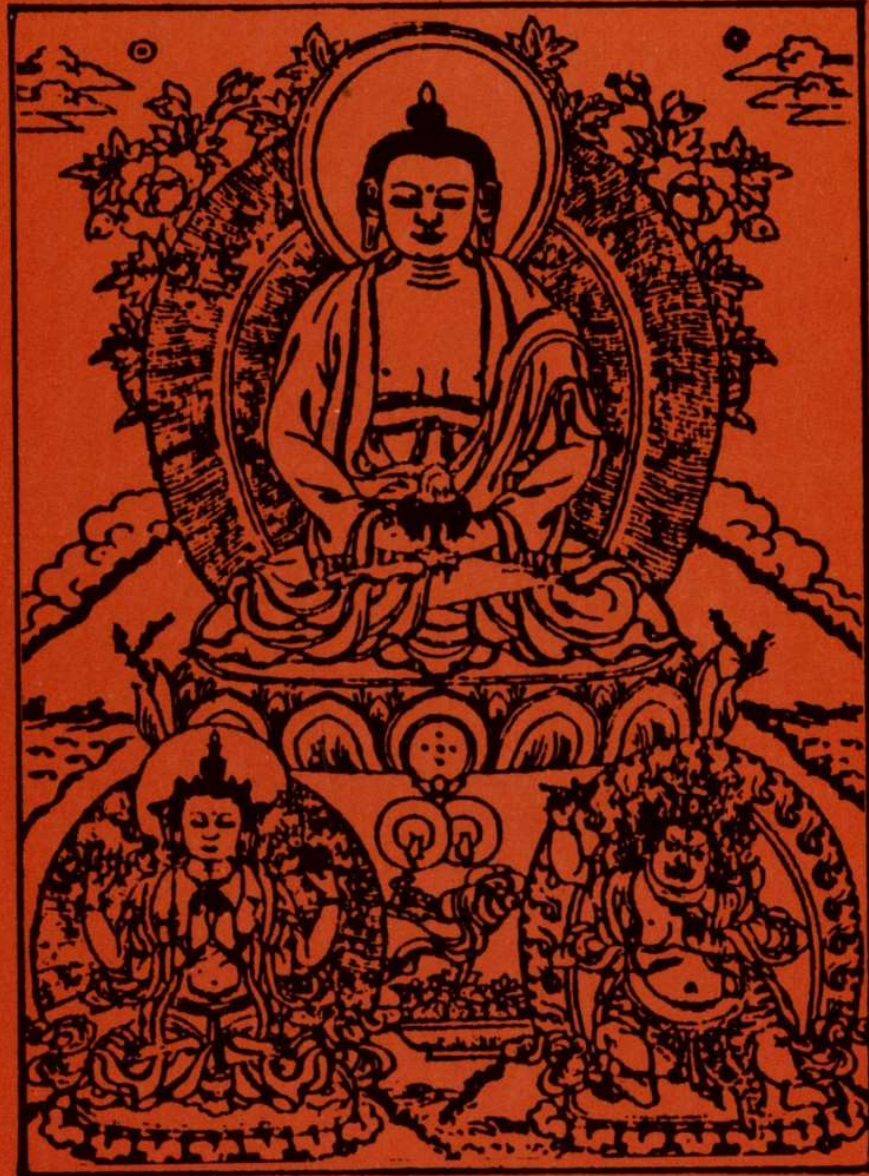
So many Bodhisattvas have not attained full Enlightenment, so many outsiders have not been converted, so many evil persons have not become good, so many worldly beings have not accepted religion, because of these my duty is so heavy. Please kindly favour me enough time to fulfill it. May my longevity unite with health, health with powers, and powers with the above holy Karmas!

長壽三尊

那麼多菩薩還未證達圓滿覺悟，那麼多外道還沒有被渡化，那麼多邪惡的人還未變好，那麼多世間眾生還沒信受宗教，因為這些，我的職責是如此的沉重。請慈悲地賜予我充足的時間來完成它。願我的長壽與健康結合，健康與證量結合，以及證量與上述的救渡事業結合！

註：長壽三尊：長壽佛、白度母和尊勝佛母。

西方三聖
Trinity of Sukhavati.



阿彌陀佛

འོད་དབལ་མེད།

Amitabha.

觀世音菩薩

སྤྱན་རླབས་གཟིགས།

Avalokitesvara.

大勢至菩薩

ཕྱག་ན་ཨོ་ཧྲི།

Vajrapani.

Trinity of Sukhavati

Needing no long period of practice, no difficulty of visualization and realization, only by wearying of the five defilements of this saha world, by pursuing the pleasures of Sukhavati, and by reciting your Holy names, can one easily enroll in your Pure Land. It is very suitable practice for this kali age. Who would be so foolish as to neglect this and follow other ways?

西方三聖

不需要長期的修持，也沒有觀想和證悟的艱難，只要憑著厭惡這五濁的娑婆世界，並嚮往著淨土的安樂，以及持誦著您們的聖號，人們就可容易地往生到您們的淨土。在這末法時期這是個非常適宜的修法。誰又會如此愚蠢以至於忽視這修法而遵循其他法門呢？

註：西方三聖：阿彌陀佛、觀世音菩薩和大勢至菩薩。

三種懺悔文主
Trinity of Confession.



釋迦牟尼佛

འཇུག་བུ་བཟུང་བ་

Buddha Gautama. 觀世音菩薩

金剛薩埵

རྩི་རྩི་སོ་མཁའ་དཔལ་འཇུག་

Vajrasattva.

ལྷོ་ལྷོ་སྐྱོ་བ་གྲོ་བཟུང་བ་

Avalokitesvara.

Trinity of Confession

The sins caused by my ignorance, may they be redeemed through the profound Philosophic Samadhi of Sunyata revealed by you—my Lord of Truth, Gautama—so I would attain gnostic wisdom without false views. The sins caused by my lust, may they be redeemed through the Vajra love practice exemplified by you—my Lord of Secrecy, Vajrasattva—so I would transcend all worldly desires. The sins caused by my anger, may they be redeemed through the Bodhicitta of conduct, personally taught by you—my Lord of great compassion, Avalokitesvara—so I would be able to save others. When all 97 inner evil drivers which drive me to run in the transmigration disappear after my purification of these three fundamental sins is done in this confession, longevity is in my hand but not Yama, Nirvana is my home but not Sukhavati, how happy I would be. O! Thanks to my Lords!

三種懺悔文主

因我的無明所引起的罪業，祈願它們經由你——真理之主，釋迦牟尼佛——所開示的甚深「空性之三摩地」而得蒙懺贖，以至於我將得以證悟不夾邪見的無上智慧。因我的貪慾所引起的罪業，祈願它們經由你——秘密之主，金剛薩埵——所示範的「金剛愛」修持而得蒙懺贖，以至於我將得超越所有世間的欲望。因我的瞋恚所引起的罪業，祈願它們經由你——大悲之主，觀世音菩薩——所身教的「行菩提心」而得蒙懺贖，以至於我將能救渡其他眾生。當所有使我在輪迴中奔馳的九十七種「不善心所」之驅使，在我修習此懺而將這三種基本的罪業淨化後，都消逝了，長壽，而非死魔，將在我掌中；涅槃，而非淨土，將是我的歸宿。這將是何等的喜悅！噢，感恩我的懺主們！

註：三種懺悔文主：釋迦牟尼佛、金剛薩埵及觀世音菩薩。

悲智力三德
Trinity of Virtue.



文殊菩薩 (智)

འཕགས་པ་རེམ་དཔལ།

Manjusi.

(Wisdom)

金剛手菩薩 (力)

ལྷལ་མ་རྩི།

Vajrapani.

(Power)

觀世音菩薩 (悲)

སྤྱན་རས་གཟིགས།

Avalokitesvara.

(Compassion)

Trinity of Virtue

The profound wisdom of Manjusri, the great compassion of Avalokitesvara, and the awesome powers of Vajrapani are the three virtues of salvation, so urgently needed during this kali age. May I accumulate all of them through my samadhi and your continuous blessing!

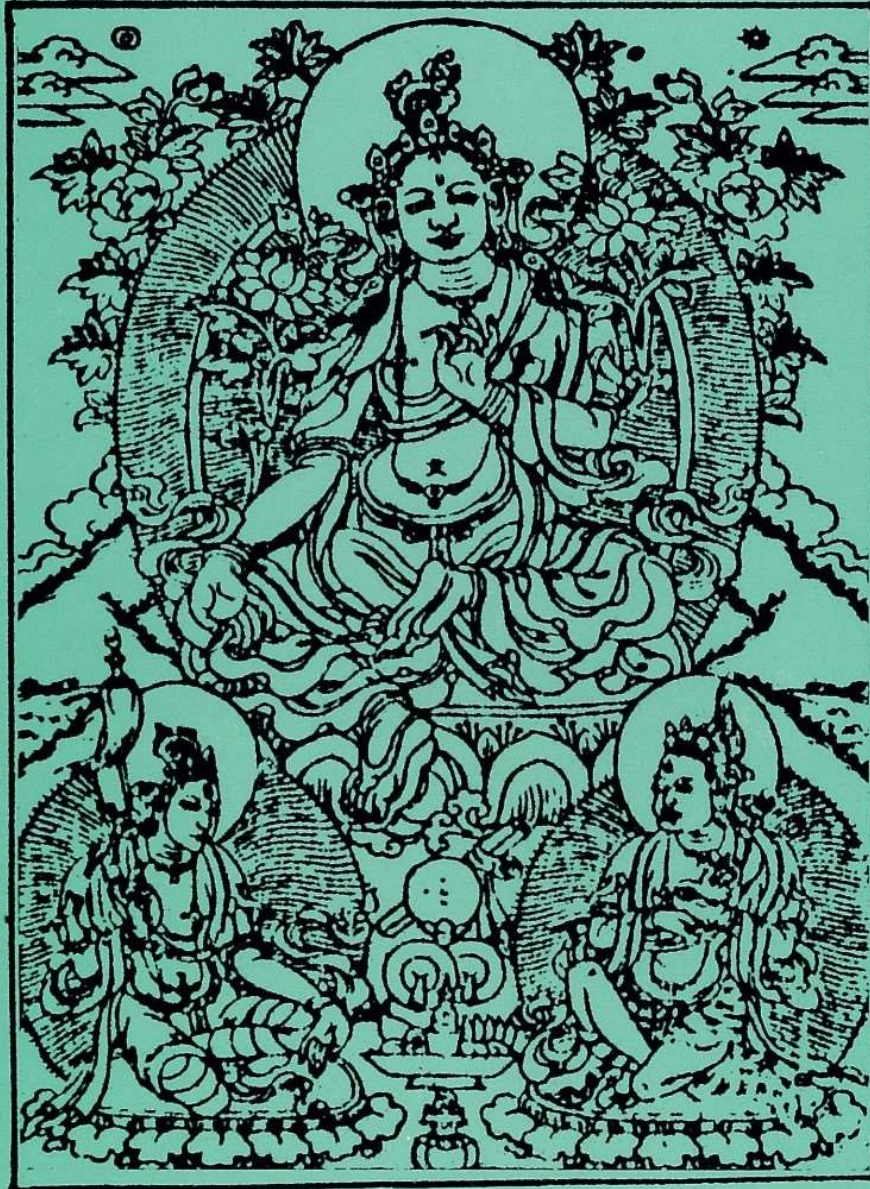
悲智力三德

文殊菩薩的甚深智慧、觀世音菩薩的大慈大悲，以及金剛手菩薩的威猛勢力是在這末法時期如此迫切需要的救渡三德。祈願我能經由我的三摩地（正定）及您們不斷的加持而完整聚集之！

註：悲智力三德：文殊菩薩（智）、觀世音菩薩（悲）和金剛手菩薩（力）。

聖心三尊

Trinity of Holy Mind.



白度母

སྐྱེ་ཡུལ་།

Sita Tara.

摩利支天 (光佛母)

འོ་ཟེང་ཅན་མ།

Oserchanma.

獨髮母

འཁོར་བྱོ་གཉེར་ཅན་མ།

Khronyechanma.

Trinity of Holy Mind

Where there is narrow mind arising, my mother Tara, please help it to become as great as yours; where there is doubtful mind arising, my mother, "the Light of Buddha", please help it to become as bright as yours; where there is stingy mind arising, my mother, "the One-Hair Tufted", please help it to become as generous as yours. As for me as the one who has tried to sustain the non-mind continuously, may mine always be in yours, and yours in mine.

聖心三尊

哪裡有狹隘心生起，我的母親白度母，請將它化為如您心般的廣大；哪裡有猜疑心生起，我的母親光佛母，請將它化為如您心般的明淨；哪裡有吝嗇心生起，我的母親一髻佛母，請將它化為如您心般的慷慨。至於一直努力持續著無心的我，願我心常在汝心，而汝心亦常在我心。

註：聖心三尊：白度母、摩利支天及獨髮母。

三財神
Trinity of Wealth.



毗沙門天王

ནམ་ཐོས་སྤྲུལ།

Namthossas.

財神

རྩམ་ལ་སེར་བོ།

Zambhala.

養金媽

འོར་ཀུན་མ་དམར་མོ།

Norgyunma.

Trinity of Wealth

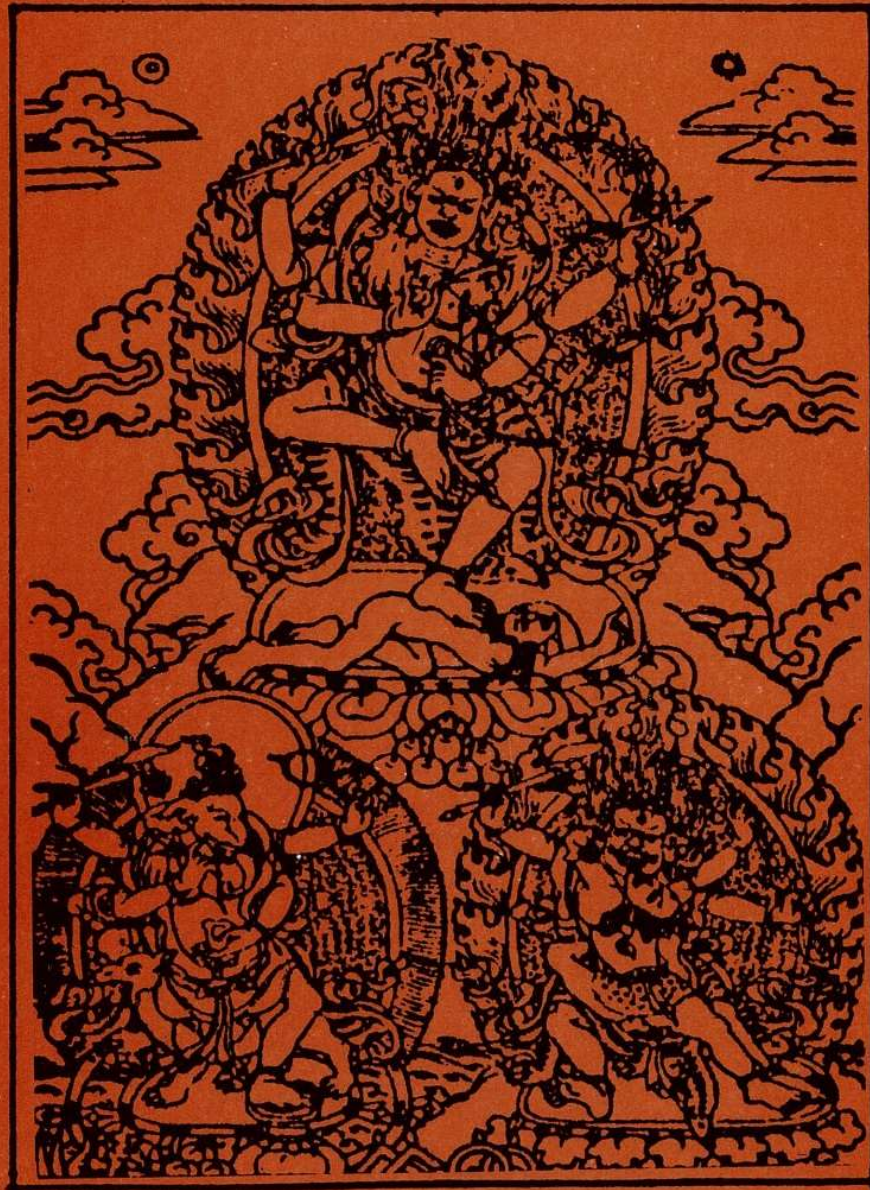
Though poverty is a good condition for a practitioner, yet the vast propagation of Dharma, the magnificence of mandala construction, the printing of the voluminous Tripitaka, and its translations into various languages, and the offering of precious Homas—all these material things for the one who has non-egoism and non-selfishness should be granted by your blessing. For whatever is for the one serves the many. When he is helped, many kinds of Holy Karma flourish and many sentient beings are profited. Much more needed are the spiritual wealth such as Bodhicitta, Sunyata realization, Holy light and Samadhi which are more important than the worldly property; please grant these by your blessing. May all practitioners have the merits to be so completely favoured.

三財神

雖然貧窮是修行者的一個良好機緣，但佛法的廣大傳播、壇城的堂皇製作、巨部頭的《大藏經》之印刷及其譯成多種語文，還有珍貴的火供之供奉——這些物質的東西，對一個無我且不自私自利的人來說，應該經由你的加被而獲得。因為任何東西，給這樣的一位，都會轉而助益許多人。當他得到幫助時，許多種聖業（佛法救渡事業）會興盛起來，因而很多眾生隨之獲益。更加需要的是靈性的財富，諸如菩提心、空性證德、本淨光明和三摩地（正定），而這些比世間的財物更為重要；祈求你的加被而賜下這些。願所有的行者都能擁有足夠的功德而得以如此圓滿地領到殊恩！

註：三財神：毗沙門天王、財神及養金媽。

三紅色護法神
 Trinity of Red Protector.



古魯古里

ཀུ་རུ་ཀུ་ལྷ།

Kurukule.

象頭王

大自在天

ཚོགས་བདག་དམར་ཆེན།

དབང་ཕྱུག་ཆེན་པོ།

Tsogdag marchhen.

Wang chhug chhenpo.

Trinity of Red Protector

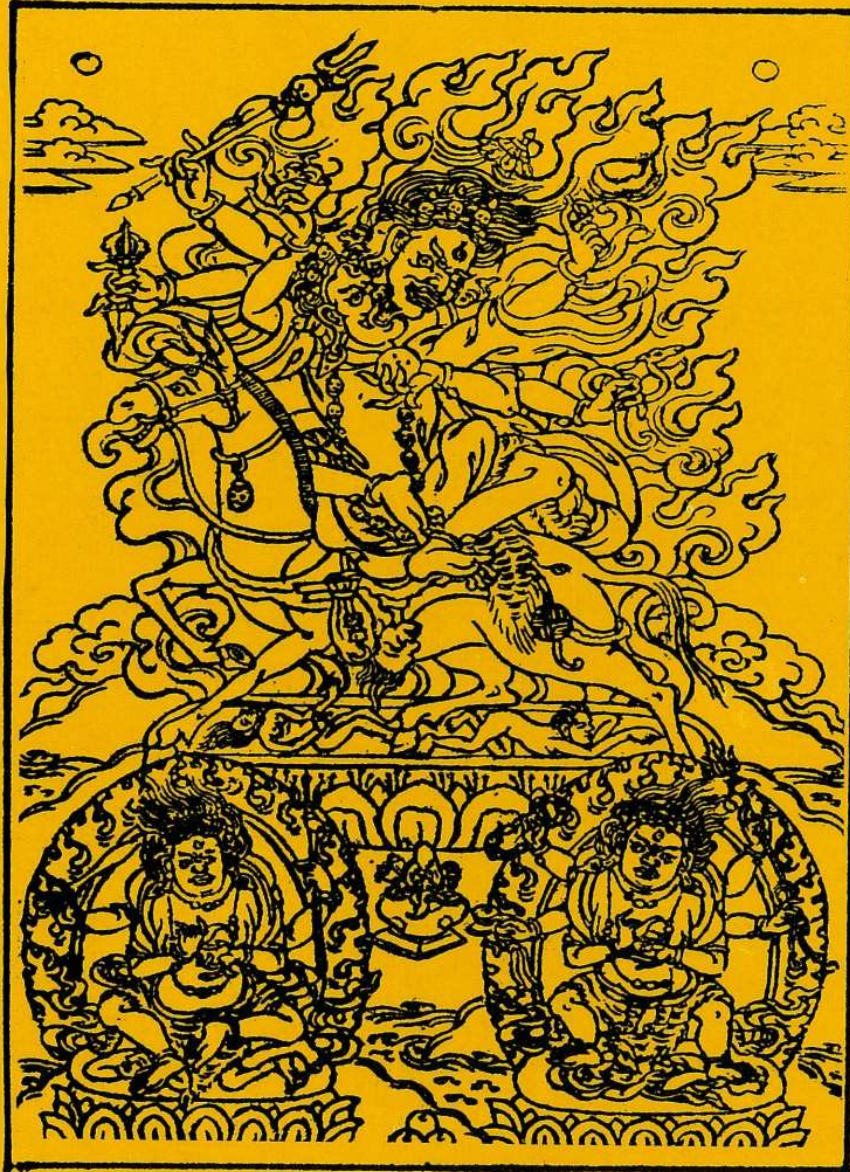
Although Sa-Skya Pandita himself was blessed by you to be a national Guru of the Chinese Empire, we, the followers, do not have sufficient accomplishment of realization yet needing more souls to believe, more Holy Karmas to succeed, more outsiders to convert; without your help, this is not possible. May your floral arrows and hooks attract all the Emperors, Presidents, National Chairman, Prime Ministers, riches, beauties, and believers, outsiders, and even evil persons to be under my feet!

三紅色護法神

雖然薩迦班智達祖師親蒙您的庇佑成為中國（元朝）的國師，但後起的我們尚未圓滿證德，仍需要更多的信眾、成就更多的救渡事業、渡化更多的外道，但是除非獲得您的加持，否則這些是不可能的。願您的花箭和花鈎，鈎攝一切帝王將相、達官貴人、富豪、佳人、信士和外道，甚至邪魔，令彼等皆臣服於我！

註：三紅色護法神：古魯古里、象頭王和大自然。

三尊大黑天
Trinity of Mahakala.



二臂大黑天

མ་ཏཱ་ཀཱ་ཡ་ལྷ་ག་གཉིས་པ།

四臂大黑天 Two-armed Mahakala. 六臂大黑天

མ་ཏཱ་ཀཱ་ཡ་ལྷ་ག་བཞེས་པ།

མ་ཏཱ་ཀཱ་ཡ་ལྷ་ག་དྲུག་པ།

Four-armed Mahakala. Six-armed Mahakala.

Trinity of Mahakala

The one with two arms is an incarnation of Adi Buddha who helped me to attain realization of the great perfection; the one with four arms is an incarnation of Samvara who helped me practise Vajra Love and brought Dakinis to my cave and hermitage; the one with six arms is an incarnation of Avalokitesvara who helped me personally receive the Great Mercy Incantation. May all practitioners be equally blessed by you—the undefeatable Mahakalas.

三尊大黑天

二臂大黑天是普賢王如來的化身，祂幫助我證得「大圓滿」的證悟；四臂大黑天是勝樂金剛的化身，祂幫助我修行「金剛愛」並且引領諸空行母到我的山洞和關房；六臂大黑天是觀世音菩薩的化身，祂幫助我親領〈大悲咒〉的傳授。願所有修行者都可以同等地得到您們——無能勝的大黑天——的加持。

註：三尊大黑天：二臂大黑天、四臂大黑天和六臂大黑天。

紅教三大護法

Trinity of Nyingmapa Protector.



獨髮母

ཨ་གམུངས་མ།

當今多吉勒巴

Asungma.

雅火拉

དམ་ཅན་རྗེ་ལྷ་གས་བཤ།

ར་ཁ་ལ།

Damchandhojelega.

ཁ་ལ།
Rhahula.

Trinity of Nyingmapa Protector

The highest and most profound Dharma of the great perfection, the nine Tantric yantras, the Holy salvational Karma either gnostic or mundane were blessed by you for the whole School of Nyingmapa. May I, the follower of the great Guru Padmasambhava, be aided by you just as well as you aided Him! As the youngest one gets more help from his parents than do all his elders, so please keep me in the realization and accompany me in the Holy Karmas.

紅教三大護法

「大圓滿」之最高及甚深的佛法、密法之九乘，以及智慧或世間的神聖救渡事業，皆蒙您們為了整個寧瑪巴教派而護持著。祈願我，蓮華生大師的追隨者，得蒙您們的庇護就如您們庇護他一般！就如最小的子女會比其餘年長的從父母獲得更多的護佑，所以，祈請護持我安住「證悟」並且伴隨我於救渡事業中。

註：紅教三大護法：獨髮母、當今多吉勒巴和雅火拉。

獸面護法三尊
Trinity of Resistance.



獅頭佛母

སེང་གེ་བཤོལ་ཅན།

Sengged ongchanma. (Lion headed Goddess.)

ཐག་གེ་བཤོལ་ཅན། 熊頭佛母 དོམ་གྱི་བཤོལ་ཅན།

Taggidongchan. 虎頭佛母 domgyidongchan.
(Tiger-headed) (Bear-headed)

Trinity of Resistance

Those outsiders probably curse me in their inner minds with a sweet smile outside; I might be harmed by them; except you, who knows? Forgive me if my hindrances were removed by you secretly but I was not aware of it. Help me dispel any motive which may cause the hate of outsiders and help me increase my non-egoism realization so there is no differentiation between inner and outer.

獸面護法三尊

那些外道大概在他們的內心詛咒我而臉上卻帶著甜美的笑容；我可能會被他們所傷害；除了您們，有誰知道呢？原諒我，如果我的障礙已被您們秘密地去除掉而我卻未曾覺察到它。幫助我消除任何會引起外道瞋恨的動機，並且幫助我增加我的「無我」證悟俾使內在與外在無分別。

註：獸面護法三尊：獅頭佛母、虎頭佛母和熊頭佛母。

止戰三尊
Trinity of Stopping the War.



麻佐媽

དམག་ཟོར་མ།

丘幾登傾

Mag sor ma.

聖格登傾

ཅུ་སྤྱི་ལོ་གའོ་ཅམ།

Chhusindongchan.

སང་གའོ་གའོ་ཅམ།

Senggedongchan.

Trinity of Stopping the War

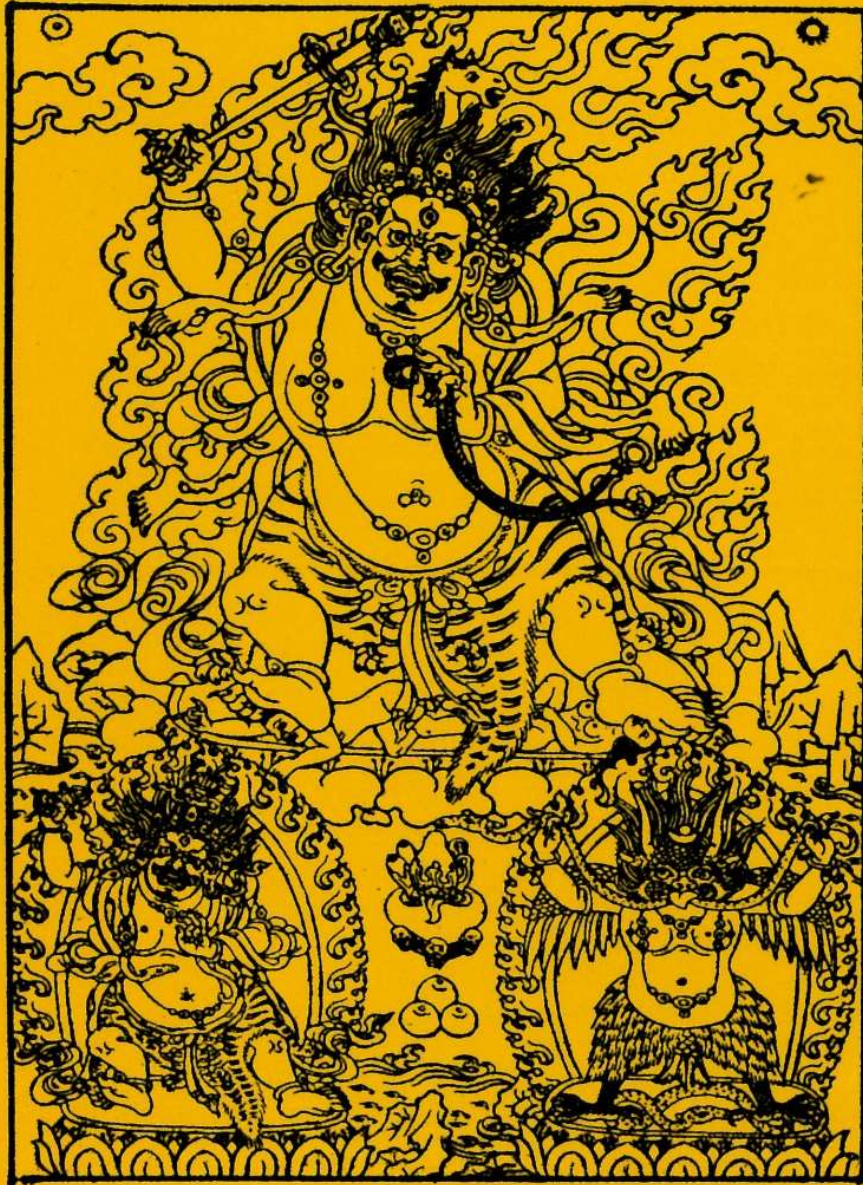
O! my Ma, do stop the war!
Everywhere is on fire!
All men fall into desire!
Who is the one you do admire?
May I not be the only one, ah!
My merciful Ma, stop the war!!

止戰三尊

噢！我的（麻佐）媽，務必停止戰爭吧！
戰火遍處！
所有人都墮入欲望中！
誰是那個您所愛戴的？
願我不是那唯一的一個，啊！
我仁慈的（麻佐）媽，停止戰爭！！

註：止戰三尊：麻佐媽、丘幾登傾及聖格登傾。

除毒三尊
Trinity of Subjugation.



馬頭明王

རྩ་མགྲོན་དཀར་པོ།

金剛手 Ta drin (Horse-headed Vajra)

金翅鳥王

ཕྱག་པ་རྩ་མགྲོན་།

Vajrapani.

གྲུང་།

Garuda.

Trinity of Subjugation

I'm so ignorant and unable to know how to make those Kings of some Dragons happy and how to dispel those conditions which would make them unhappy. If some dreaded diseases like leprosy, gonorrhea, ringworm, plague, or venereal disease would infect me or my patrons, my believers, and my friends, please kindly prevent it. If the infection is already present, please kindly cure it. May all those wicked Dragons be subdued by you!

除毒三尊

我是如此無知並且無能知道如何使某些龍群之王愉悅以及如何驅逐那些會使他們不悅的因緣。如果一些非常可怕的疾病，如麻瘋病、淋病、癬疥、瘟疫或者性病，將感染我或我的贊助者、我的信眾以及我的朋友們，請慈悲地預防它。如果感染已經現前，請慈悲地治癒它。願所有邪惡的龍都被您們降伏！

註：除毒三尊：馬頭明王、金剛手菩薩及金翅鳥王。

二臂大黑天三兄弟
Trinity of Mahakala in Brotherhood.



二臂大黑天三兄弟
 མགོ་དཔོ་ལོ་གསུམ་ལྷན་མཆོད་གསུམ།
Three Mahakalas in Brotherhood.

Trinity of Mahakala in Brotherhood

When an ant carries some of my food to his nest, though it is a short distance to me, yet it takes the ant a long time; therefore, I help it by bringing the food to the hole of his nest and saving the ant's time and strength. So, with tears I think of my path to Full Enlightenment and my work for reaching it. If it could be helped by you, the Holy Brothers, I would attain it very quickly and easily. Even all Buddhas are under the white umbrella of our mother—Sita Tara. You, the Holy Brothers, eventually work for our Mother, and would not allow the 404 kinds of diseases, eight great calamities, four demons and various wicked ghosts to be my obstacles on the way to Full Enlightenment. Please kindly do help me as I do the ant.

二臂大黑天三兄弟

當一隻螞蟻搬運我的一些食物到它的窩穴時，雖然對我來說這是短的距離，它卻花了螞蟻很長的時間；所以，我把食物放到螞蟻的穴口來助牠節省時間和精力。我不禁含淚想起自己的證悟路程，以及我為了證達它所做的工作。如果它能夠得到您們的幫助，聖兄弟們，我就會很快且容易地證達。即使一切諸佛也都在我們的母親白度母的白傘保護之下。聖兄弟們，您們究竟是為我們的母親做事的，因而不會允許四百零四種的疾病、八大災難、四魔和種種的邪靈成為我證覺道路上的阻障。請慈悲地幫助我，就像我幫助螞蟻那樣。

四大王天

The four Gods at four directions.



廣目天王 (西)

མི་ཀ་མི་བཟང་།

Virupakas.(W)

多聞天王 (北)

མཐོང་པོ་ལྷ་མོ།

Vaisravana.(N)

འཕགས་ཀྱི་ལྷ་མོ།

Virudhaka.(S)

持國天王 (東)

ལྷ་མོ་འཕྲིན་ལྷ་མོ།

Dhrtarastra.(E)

增長天王 (南)

The four Gods at four directions

You helped in the cause position—lifting the Godly horse's four feet to bring our Lord Gautama from palace to forest; you helped in the course position—appearing on the walls of every monastery and hermitage, enabling all sages to succeed; you helped in the consequence position—lifting again the Godly horse's four feet to bring our great Guru Padmasambhava from Tibet, where his salvational Karma finished, to the Yaksa realm to be the conqueror there. All forms a Trinity of periods and a Trinity of helpfulnesses. May I be blessed from above me, be guided from before me, be protected from behind me, and be lifted from under me!

四大天王

您們在因位上護持——捧起天馬的四足，把悉達多太子從王宮帶到樹林裡；您們在道位上護持——顯示在每座寺廟及關房的牆上，護佑所有聖者都得到成就；您們在果位上護持——再度捧起天馬的四足，把我們偉大的上師蓮華生大士，當祂在西藏完成了救渡事業時，從西藏帶到夜叉領域，成為當地的征服者。所有這些形成了時期上的「三位一體」及護持上的「三位一體」。願我從上方得蒙您們的加持、從前方得蒙您們的引導、從後方得蒙您們的護佑，以及從下方得蒙您們的抬舉！

註：四大天王：持國天王（東）、增長天王（南）、廣目天王（西）和多聞天王（北）。

When images of the four heavenly Kings of the four cardinal directions are arranged as in the image attached, their orders are from lower right, clockwise till upper right.

Hence, we recite their holy names in the order: East, South, West, and then North.

四大天王如附圖中排列時，其次序是從右下開始，右旋到右上為止；所以在附註裡，他們的名號是那樣排列的。

My Bodhicitta Vows 迴 向

1. *May virtuous gurus remain with us and those departed return soon!*

願具德上師長住世，已辭世者早降誕。

2. *May perverse views and violence soon become extinct and Dharma spread without hindrance!*

願人類邪說暴行早日停止，佛法弘揚無礙。

3. *May all beings proceed diligently on the path and achieve Buddhahood before death!*

願我及眾生精勤佛道，即生即身圓滿佛果，永無退轉。

4. *May all beings develop Great Compassion and never regress until they reach perfect Buddhahood!*

願我及眾生慈悲增長，直至圓滿佛果，永無退轉。

5. *May all beings develop Great Wisdom and never regress until they reach perfect Buddhahood!*

願我及眾生智慧增長，直至圓滿佛果，永無退轉。

Buddhist Tantric Golden Prayer Book

佛教密乘金禱文法本

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