

THE TEN PRECEPTS

十戒

1. Pāṇātipātā veramaṇī sikkhāpadaṃ samādiyāmi.
I undertake the training precept to abstain from killing.
我受持不杀生学处。
2. Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi.
I undertake the training precept to abstain from taking what is not given.
我受持不偷盗学处。
3. Abrahmacariyā veramaṇī sikkhāpadaṃ samādiyāmi.
I undertake the training precept to abstain from all kinds of sexual activity.
我受持不非梵行（不淫）学处。
4. Musāvādā veramaṇī sikkhāpadaṃ samādiyāmi.
I undertake the training precept to abstain from telling lies.
我受持不妄语学处。
5. Surāmeraya majja pamādaṭṭhānā veramaṇī sikkhāpadaṃ samādiyāmi.
I undertake the training precept to abstain from any kind of intoxicants.
我受持不饮酒学处。

6. **Vikālabhojanā veramaṇī sikkhāpadaṃ samādiyāmi.**

*I undertake the training precept to abstain
from eating at the wrong time.*

我受持不非时食学处。

7. **Nacca-gīta-vādita-visūka dassanā veramaṇī
sikkhāpadaṃ samādiyāmi.**

*I undertake the training precept to abstain from dancing,
singing, music and any kind of entertainment show.*

我戒跳舞、唱歌、弹乐曲和任何有关娱乐的表演。

8. **Mālāgandha-vilepana-dhāraṇa-maṇḍana-
vibhūsaṇaṭṭhānā veramaṇī sikkhāpadaṃ samādiyāmi.**

*I undertake the training precept to abstain from
the use of flowers, garlands, perfumes, unguents and
things that tend to beautify and adorn a person.*

我戒使用花、花环、香水、润滑油及化妆品。

9. **Uccāsāyana mahāsayanā veramaṇī
sikkhāpadaṃ samādiyāmi.**

*I undertake the training precept to abstain from
using high and luxurious beds and seats.*

我戒享用豪华高床和座位。

10. **Jātarūpa-rajatappaṭiggahaṇā veramaṇī
sikkhāpadaṃ samādiyāmi.**

*I undertake the training precept to abstain accepting
and holding any kind of money, gold or silver.*

我戒接受及拥有任何钱币或金银珠宝。

CHABBĪSATI SĀRUPPĀ
THE TWENTY-SIX RULES ON PROPER BEHAVIOUR
正行二十六戒

1. Parimaṇḍalam nivāsessāmī'ti, sikkhā karaṇīyā.
*I shall wear the under-robe even all round;
this is a training to be observed.*
整齐着内衣，应当学。
2. Parimaṇḍalam pārupissāmī'ti, sikkhā karaṇīyā.
*I shall put on the upper-robe even all round;
this is a training to be observed.*
整齐着上衣，应当学。
3. Supaṭicchanno antaraghare gamissāmī'ti, sikkhā karaṇīyā.
*I shall go well-covered in inhabited areas;
this is a training to be observed.*
不得反抄衣入白衣舍，应当学。
4. Supaṭicchanno antaraghare nisidissāmī'ti, sikkhā karaṇīyā.
*I shall sit well-covered in inhabited areas;
this is a training to be observed.*
不得反抄衣入白衣舍坐，应当学。
5. Susam⁹vuto antaraghare gamissāmī'ti, sikkhā karaṇīyā.
*I shall go well-restrained in inhabited areas;
this is a training to be observed.*
不得衣缠颈入白衣舍，应当学。

6. **Susaṃvuto antaraghare nisidissāmi'ti, sikkhā karaṇīyā.**

*I shall sit well-restrained in inhabited areas;
this is a training to be observed.*

不得衣缠颈入白衣舍坐，应当学。

7. **Okkhittacakkhu antaraghare gamissāmi'ti, sikkhā karaṇīyā.**

*I shall go with downcast eyes in inhabited areas;
this is a training to be observed.*

不得左右顾视入白衣舍，应当学。

8. **Okkhittacakkhu antaraghare nisidissāmi'ti, sikkhā karaṇīyā.**

*I shall sit with downcast eyes in inhabited areas;
this is a training to be observed.*

不得左右顾视入白衣舍坐，应当学。

9. **Na ukkhittakāya antaraghare gamissāmi'ti, sikkhā karaṇīyā.**

*I shall not go with robes hitched up in inhabited areas;
this is a training to be observed.*

不得跳行入白衣舍，应当学。

10. **Na ukkhittakāya antaraghare nisidissāmi'ti, sikkhā karaṇīyā.**

*I shall not sit with robes hitched up in inhabited areas;
this is a training to be observed.*

不得跳行入白衣舍坐，应当学。

11. **Na ujjagghikāya antaraghare gamissāmi'ti, sikkhā karaṇīyā.**

*I shall not go laughing loudly in inhabited areas;
this is a training to be observed.*

不得戏笑行入白衣舍，应当学。

12. Na ujjagghikāya antaraghare nisidissāmī'ti, sikkhā karaṇīyā.

I shall not sit laughing loudly in inhabited areas;

this is a training to be observed.

不得戏笑行入白衣舍坐，应当学。

13. Appasaddo antaraghare gamissāmī'ti, sikkhā karaṇīyā.

I shall go with little sound in inhabited areas;

this is a training to be observed.

应要静默入白衣舍，应当学。

14. Appasaddo antaraghare nisidissāmī'ti, sikkhā karaṇīyā.

I shall sit with little sound in inhabited areas;

this is a training to be observed.

应要静默入白衣舍坐，应当学。

15. Na kāyappacālakam̐ antaraghare gamissāmī'ti, sikkhā karaṇīyā.

I shall not go fidgeting (swaggering, staggering) the body in

inhabited areas; this is a training to be observed.

不得摇身行入白衣舍，应当学。

16. Na kāyappacālakam̐ antaraghare nisidissāmī'ti, sikkhā karaṇīyā.

I shall not sit fidgeting (swaggering, staggering) the body in

inhabited areas; this is a training to be observed.

不得摇身行入白衣舍坐，应当学。

17. Na bāhuppacālakam̐ antaraghare gamissāmī'ti, sikkhā karaṇīyā.

I shall not go fidgeting (swinging) the arms in inhabited areas;

this is a training to be observed.

不得摇动手臂行入白衣舍，应当学。

18. Na bāhuppacālakam antaraghare nisidissāmī'ti, sikkhā karaṇīyā.

*I shall not sit fidgeting (swinging) the arms in inhabited areas;
this is a training to be observed.*

不得摇动手臂行入白衣舍坐，应当学。

19. Na sīsappacālakam antaraghare gamissāmī'ti, sikkhā karaṇīyā.

*I shall not go fidgeting (shaking, drooping) the head in
inhabited areas; this is a training to be observed.*

不得垂头入白衣舍，应当学。

20. Na sīsappacālakam antaraghare nisidissāmī'ti, sikkhā karaṇīyā.

*I shall not sit fidgeting (shaking, drooping) the head in
inhabited areas; this is a training to be observed.*

不得垂头入白衣舍坐，应当学。

21. Na khambhakato antaraghare gamissāmī'ti, sikkhā karaṇīyā.

*I shall not go with arms akimbo in inhabited areas;
this is a training to be observed.*

不得叉腰入白衣舍，应当学。

22. Na khambhakato antaraghare nisidissāmī'ti, sikkhā karaṇīyā.

*I shall not sit with arms akimbo in inhabited areas;
this is a training to be observed.*

不得叉腰入白衣舍坐，应当学。

23. Na oḡuṇṭhito antaraghare gamissāmī'ti, sikkhā karaṇīyā.

*I shall not go with head covered in inhabited areas;
this is a training to be observed.*

不得遮盖头部入白衣舍，应当学。

24. Na oḡuṅṅhito antaraghare nisidissāmi'ti, sikkhā karaṇīyā.

I shall not sit with head covered in inhabited areas;

this is a training to be observed.

不得遮盖头部入白衣舍坐，应当学。

25. Na ukkuṅṅikāya antaraghare gamissāmi'ti, sikkhā karaṇīyā.

I shall not go walking on toes or heels in inhabited areas;

this is a training to be observed.

不得用足趾步入白衣舍，应当学。

26. Na pallatthikāya antaraghare nisidissāmi'ti, sikkhā karaṇīyā.

I shall not sit clasping the knees in inhabited areas;

this is a training to be observed.

不得在白衣舍内蹲坐，应当学。

SAMMATIṂSA BHOJANAPATISAMYUTTĀ
 THE GROUP OF THIRTY RULES ON FOOD
 三十饭食戒

27. Sakkaccaṃ piṇḍapataṃ paṭiggahessāmi'ti,
 sikkhā karaṇīyā. (1)

*I shall accept alms-food appreciatively;
 this is a training to be observed.*

用感恩心受食，应当学。

28. Pattasaññi piṇḍapataṃ paṭiggahessāmi'ti,
 sikkhā karaṇīyā. (2)

*I shall accept alms-food with attention on the bowl;
 this is a training to be observed.*

用意于钵受食，应当学。

29. Samasūpakam piṇḍapataṃ paṭiggahessāmi'ti,
 sikkhā karaṇīyā. (3)

*I shall accept alms-food with other food in proportion
 (that is, in the proportion of one part in four to the rice);
 this is a training to be observed.*

饭与四份一菜肴受食，应当学。

30. Samatittikam piṇḍapataṃ paṭiggahessāmi'ti,
 sikkhā karaṇīyā. (4)

*I shall accept alms-food level with the edge (of the bowl);
 this is a training to be observed.*

平钵受食，应当学。

31. Sakkaccam piṇḍapataṃ bhuñjissāmi'ti, sikkhā karaṇīyā. (5)

I shall eat the alms-food appreciatively;

this is a training to be observed.

用感恩心以食，应当学。

32. Pattasaññī piṇḍapataṃ bhuñjissāmi'ti, sikkhā karaṇīyā. (6)

I shall eat the alms-food with attention on the bowl;

this is a training to be observed.

用意以钵受食，应当学。

33. Sapadānam piṇḍapataṃ bhuñjissāmi'ti, sikkhā karaṇīyā. (7)

I shall eat the alms-food evenly;

this is a training to be observed.

不择食，应当学。

34. Samasūpakaṃ piṇḍapataṃ bhuñjissāmi'ti, sikkhā karaṇīyā. (8)

I shall eat the alms-food with curry in proportion;

this is a training to be observed.

食以饭菜平均，应当学。

35. Na thūpakato omadditvā piṇḍapataṃ bhuñjissāmi'ti,
sikkhā karaṇīyā. (9)

I shall not eat the alms-food working down from the top;

this is a training to be observed.

不食直落菜肴，应当学。

36. Na sūpaṃ vā byañjanam vā odanena paṭicchādessāmi
bhiyyokamyataṃ upādāyā'ti, sikkhā karaṇīyā. (10)

I shall not hide curry and other food with rice out of desire

to get more; this is a training to be observed.

不得以饭掩盖菜肴望求多取，应当学。

37. Na sūpaṃ vā odanaṃ vā agilāno attano atthāya
viññāpetvā bhuñjissāmi'ti, sikkhā karaṇīyā. (11)

*I shall not, unless sick, ask for curry or rice for my own
benefit and eat it; this is a training to be observed.*

若比丘无病，不得为己多索羹饭，应当学。

38. Na ujghanasaññī paresaṃ pattam olokessāmi'ti,
sikkhā karaṇīyā. (12)

*I shall not look finding fault with another's bowl;
this is a training to be observed.*

不得食彼坐钵中，应当学。

39. Nātimahantaṃ kavalaṃ karissāmi'ti,
sikkhā karaṇīyā. (13)

*I shall not make up an extra-large mouthful;
this is a training to be observed.*

不得张大口食饭，应当学。

40. Parimaṇḍalaṃ ālopaṃ karissāmi'ti,
sikkhā karaṇīyā. (14)

*I shall make up a round mouthful;
this is a training to be observed.*

要张圆口食饭，应当学。

41. Na anāhaṭe kavale mukhadvāraṃ vivarissāmi'ti,
sikkhā karaṇīyā. (15)

*I shall not open the mouth before the food is brought to it;
this is a training to be observed.*

不得张口待饭食，应当学。

42. Na bhuñjamāno sabbaṃ hattaṃ mukhe pakkhipissāmi'ti,
sikkhā karaṇīyā. (16)

*I shall not put all the fingers into the mouth when eating;
this is a training to be observed.*

食时不得将手指放入口内，应当学。

43. Na sakavaḷena mukhena byāharissāmi'ti,
sikkhā karaṇīyā. (17)

*I shall not speak with the mouth full;
this is a training to be observed.*

口满饭食不得言语，应当学。

44. Na piṇḍukkhepakam bhuñjissāmi'ti, sikkhā karaṇīyā. (18)

*I shall not toss food into the mouth;
this is a training to be observed.*

不得将饭遥掷口中，应当学。

45. Na kavaḷāvacchedakam bhuñjissāmi'ti, sikkhā karaṇīyā. (19)

*I shall not bite upon a lump of rice;
this is a training to be observed.*

不得大咬饭团，应当学。

46. Na avagaṇḍakārakam bhuñjissāmi'ti, sikkhā karaṇīyā. (20)

*I shall not eat in large mouthfuls (with cheeks bulging);
this is a training to be observed.*

不得颊食，应当学。

47. Na hatthaniddhūnakam bhuñjissāmi'ti, sikkhā karaṇīyā. (21)

*I shall not eat shaking the hand about;
this is a training to be observed.*

不得振手食，应当学。

48. Na sitthāvakāraḥkaṃ bhuñjissāmi'ti, sikkhā karaṇīyā. (22)

I shall not eat scattering rice about;

this is a training to be observed.

食时不得使饭散落，应当学。

49. Na jivhānicchāraḥkaṃ bhuñjissāmi'ti, sikkhā karaṇīyā. (23)

I shall not eat putting the tongue out;

this is a training to be observed.

不得舌舔口外食，应当学。

50. Na capucapukāraḥkaṃ bhuñjissāmi'ti, sikkhā karaṇīyā. (24)

I shall not eat making a "capucapu" sound;

this is a training to be observed.

不得嚼饭作声食，应当学。

51. Na surusurukāraḥkaṃ bhuñjissāmi'ti, sikkhā karaṇīyā. (25)

I shall not eat making a sucking sound;

this is a training to be observed.

不得作吸声饭食，应当学。

52. Na hatthanillehakaṃ bhuñjissāmi'ti, sikkhā karaṇīyā. (26)

I shall not eat cleaning (or licking) the hand;

this is a training to be observed.

不得以舌舔手，应当学。

53. Napatthanillehakaṃ bhuñjissāmi'ti, sikkhā karaṇīyā. (27)

I shall not eat cleaning (or scraping) the bowl

(with the fingers); this is a training to be observed.

不得以手刮抓钵食，应当学。

54. Na oṭṭhanillehakam̐ bhuñjissāmi'ti, sikkhā karaṇiyā. (28)

*I shall not eat cleaning (licking) the lips (with the tongue);
this is a training to be observed.*

不得以舌舔唇，应当学。

55. Na sāmisenā hatthena pāṇiyathālakam̐ paṭiggahessāmi'ti,
sikkhā karaṇiyā. (29)

*I shall not accept a drinking-water pot with a hand
soiled by food; this is a training to be observed.*

不得以沾饭手受水壶，应当学。

56. Na sasitthakam̐ pattadhovanam̐ antaraghare chaṭṭessāmi'ti,
sikkhā karaṇiyā. (30)

*I shall not, in an inhabited area, throw away
bowl-washing water which has rice grains in it;
this is a training to be observed.*

不得将洗钵水弃白衣舍内，应当学。

SOḶASA DHAMMADESANĀPAṬISAMYUTTA

THE GROUP OF SIXTEEN RULES ON
TEACHING THE DHAMMA

十六种说法

57. Na chattapāṇissa agilānassa dhammaṃ desissāmī'ti,
sikkhā karaṇīyā. (1)

I shall not teach the Dhamma to one with an umbrella in his hand and who is not sick; this is a training to be observed.
不得为无病手持伞者说法，应当学。

58. Na daṇḍapāṇissa agilānassa dhammaṃ desissāmī'ti,
sikkhā karaṇīyā. (2)

I shall not teach the Dhamma to one with a staff in his hand and who is not sick; this is a training to be observed.
不得为无病手持杖者说法，应当学。

59. Na satthapāṇissa agilānassa dhammaṃ desissāmī'ti,
sikkhā karaṇīyā. (3)

I shall not teach the Dhamma to one with a knife in his hand and who is not sick; this is a training to be observed.
不得为无病手持刀者说法，应当学。

60. Na āvudhapāṇissa agilānassa dhammaṃ desissāmī'ti,
sikkhā karaṇīyā. (4)

I shall not teach the Dhamma to one with a weapon in his hand and who is not sick; this is a training to be observed.
不得为无病手持武器者说法，应当学。

61. Na pādukāruḷhassa agilānassa dhammaṃ desissāmi'ti,
sikkhā karaṇiyā. (5)

I shall not teach the Dhamma to one wearing wooden sandals and who is not sick; this is a training to be observed.
不得为无病着木屐者说法，应当学。

62. Na upāhanāruḷhassa agilānassa dhammaṃ desissāmi'ti,
sikkhā karaṇiyā. (6)

I shall not teach the Dhamma to one wearing footwear and who is not sick; this is a training to be observed.
不得为无病着革屐者说法，应当学。

63. Na yānagatassa agilānassa dhammaṃ desissāmi'ti,
sikkhā karaṇiyā. (7)

I shall not teach the Dhamma to one in a vehicle and who is not sick; this is a training to be observed.
不得为无病骑乘者说法，应当学。

64. Na sayanagatassa agilānassa dhammaṃ desissāmi'ti,
sikkhā karaṇiyā. (8)

I shall not teach the Dhamma to one on a couch and who is not sick; this is a training to be observed.
不得为无病坐长椅者说法，应当学。

65. Na pallatthikāya nisinnassa agilānassa dhammaṃ
desissāmi'ti, sikkhā karaṇiyā. (9)

I shall not teach the Dhamma to one who sits clasping the knees and who is not sick; this is a training to be observed.
不得为无病屈脚坐者说法，应当学。

66. **Na vethitasīsassa agilānassa dhammaṃ desissāmi'ti, sikkhā karaṇīyā.** (10)

I shall not teach the Dhamma to one wearing a head-wrapping and who is not sick; this is a training to be observed.

不得为无病缠头者说法，应当学。

67. **Na oḡuṅṅhitasīsassa agilānassa dhammaṃ desissāmi'ti, sikkhā karaṇīyā.** (11)

I shall not teach the Dhamma to one with his head covered and who is not sick; this is a training to be observed.

不得为无病包头者说法，应当学。

68. **Na chamāyam nisīditvā āsane nisinnassa agilānassa dhammaṃ desissāmi'ti, sikkhā karaṇīyā.** (12)

I shall not, while sitting on the ground, teach the Dhamma to one sitting on a high seat and who is not sick;

this is a training to be observed.

不得为无病在高坐者说法，应当学。

69. **Na nīce āsane nisīditvā ucce āsane nisinnassa agilānassa dhammaṃ desissāmi'ti, sikkhā karaṇīyā.** (13)

I shall not, while sitting on a low seat, teach the Dhamma to one sitting on a high seat and who is not sick; this is a training to be observed.

不得为无病在高座者，我在下座说法，应当学。

70. Na *ṭhito nisinnassa agilānassa dhammaṃ desissāmi'ti, sikkhā karaṇīyā.* (14)

I shall not, while standing, teach the Dhamma to one sitting and who is not sick; this is a training to be observed.

不得为无病坐在者，我站起说法，应当学。

71. Na *pacchato gacchanto purato gacchantassa agilānassa dhammaṃ desissāmi'ti, sikkhā karaṇīyā.* (15)

I shall not, while walking behind, teach the Dhamma to one walking in front and who is not sick; this is a training to be observed.

不得为无病行前者，我在后说法，应当学。

72. Na *uppathena gacchanto pathena gacchantassa agilānassa dhammaṃ desissāmi'ti, sikkhā karaṇīyā.* (16)

I shall not, while walking beside a path, teach the Dhamma to one walking on the path and who is not sick; this is a training to be observed.

不得为无病高径行处者，我在下径行处说法，应当学。

TAYO PAKIṆṆAKĀ
THE THREE MISCELLANEOUS RULES
三项种种

73. Na ṭhito agilāno uccāraṃ vā passāvaṃ vā karissāmi'ti,
sikkhā karaṇīyā. (1)

I shall not, when not sick, defecate or urinate while standing up; this is a training to be observed.

无病不得站着大小便，应当学。

74. Na harite agilāno uccāraṃ vā passāvaṃ vā khelam va
karissāmi'ti, sikkhā karaṇīyā. (2)

I shall not, when not sick, defecate or urinate or spit on green plants; this is a training to be observed.

无病不得在草上大小便、涕唾，应当学。

75. Na udake agilāno uccāraṃ vā passāvaṃ vā khelam va
karissāmi'ti, sikkhā karaṇīyā. (3)

I shall not, when not sick, defecate or urinate or spit into water; this is a training to be observed.

无病不得在净水中大小便、涕唾，应当学。