

### (三) 一一悉忏悔

(3) *yī yī xī chàn huǐ*



累劫烦恼因意起 我今一一悉忏悔

*lèi jié fán nǎo yīn yì qǐ wǒ jīn yī yī xī chàn huǐ*

忏悔耽染爱着起贪欲 贪名贪财贪权力

*chàn huǐ dān rǎn ài zhe qǐ tān yù tān míng tān cái tān quán lì*

忏悔嗔恚忿怒怀害心 暴躁习性常伤人

*chàn huǐ chēn huì fèn nù huái hài xīn bào zào xí xìng cháng shāng rén*

忏悔懵懂愚痴不了悟 不明因果昧罪福

*chàn huǐ měng dǒng yú chī bù liǎo wù bù míng yīn guò mèi zuì fú*

忏悔贡高我慢生狂傲 蔑视他人气焰高

*chàn huǐ gòng gāo wǒ mǎn shēng kuáng ào miǎo shì tā rén qì yàn gāo*

忏悔怀疑圣贤惑正道 犹豫正信生颠倒

*chàn huǐ huái yí shèng xián huò zhèng dào yóu yù zhèng xìn shēng diān dǎo*

忏悔不识缘假着我相 迷于三世执断常

*chàn huǐ bù shí yuán jiǎ zhe wǒ xiāng mí yú sān shì zhí duàn cháng*

忏悔狎近邪法亲恶友 执恶迷妄还自珍

*chàn huǐ xiá jìn xié fǎ qīn è you zhí è mí wàng hái zì zhēn*

忏悔惜守钱财心吝慳 不结善缘空遗憾

*chàn huǐ xī shǒu quán cái xīn lìn qiān bù jié shàn yuán kōng yí hàn*



忏悔不摄六情纵情欲 奢侈荒诞行不经

chàn huǐ bù shè liù qíng zòng qíng yù shē chí huāng dàn xíng bù jīng

忏悔詈骂辱不能忍 以暴制暴更增

chàn huǐ lì mà huǐ rǔ bù néng rěn yǐ bào zhì bào bào gèng zēng

忏悔怠惰精进 好逸恶劳误一生

chàn huǐ dài duò bù qín bù jīng jìn hào yì wù láo wù yī shēng

忏悔随世八风生彼我 谄曲面誉不直心

chàn huǐ suí shì bā fēng shēng bì wǒ chǎn qū miàn yù bù zhí xīn

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忏悔强悍蛮横失柔和 易忿难悦多含恨

chàn huǐ qiáng hàn mán hèng shī róu hé yì fèn nán yuè duō hán hèn

忏悔妒火炽盛难容人 逆风扬尘伤自身

chàn huǐ dù huǒ chì shèng nán róng rén Nì fēng yáng chén shāng zì shēn

忏悔乖悖圣谛任蹉跎 生死海中长飘泊

chàn huǐ guāi bèi shèng dì rèn cuō tuó shēng sǐ hǎi zhōng cháng piāo bó

忏悔无始以来无明住 六趣轮回受苦楚

chàn huǐ wú shǐ yǐ lái wú míng zhù liù qù lún huí shòu kǔ chǔ



### (3) One by One, I Repent All My Wrongdoings



Afflictions accumulate as thoughts arise

For each and every one, I now repent

I repent my impure attachments and my greed,

The craving for fame, wealth and power

I repent anger, rage, maliciousness that leads to

My hurting others out of habitual irritation

I repent my stupidity, confusion, delusion, and

Ignorance of the Law of Cause and Effect

I repent my pride, conceit, and arrogance

In looking down on others

I repent doubting sages and the true path

Doubting Right Faith leads to confusion

I repent clinging to the illusory "self,"

Ignorant of the Three Periods, holding wrong views

I repent being drawn to deviant ways and evil friends

In delusion, I become self-important

I repent hoarding money, being stingy and

Not creating good connections, ending in regret

I repent malice, nastiness, lack of gentleness,

Being easily annoyed, hard to please and vengeful

I repent my burning jealousy, my dismissing others,

Going against the wind, throwing dirt in my own face

I repent my negligence of the Noble Truths,

Floating adrift on the Sea of Life and Death

I repent being ignorant since Beginningless Time,

Suffering in the cyclic existence of the Six Realms