

(四) 至诚发愿  
(4) zhì chéng fā yuàn



红尘滚滚迷自性 三心蔽障烦恼生

hóng chén gǔn gǔn mí zì xìng sān xīn bì zhàng fán nǎo shēng

人人本具有佛性 三业荒唐起无明

rén rén běn jù yǒu fó xìng sān yè huāng táng qǐ wú míng

我今虔敬诚发愿 身口业障令不生

wǒ jīn qián jìng chéng fā yuàn shēn kǒu yè zhàng lìng bù shēng

愿 永离怨憎不杀生 救生护生不顾身

yuàn yǒng lí yuàn zēng bù shā shēng jiù shēng hù shēng bù gù shēn

愿 生生世世持斋戒 不闻哀嚎宰杀声

yuàn shēng shēng shì shí chí zhāi jiè bù wén āi háo zǎi shā shēng

愿 少欲知足无盗想 不忮不夺不贪婪

yuàn shǎo yù zhī zú wú dào xiǎng bù zhì bù duó bù tān lán

愿 乐善好施不悭贪 难舍能舍道业成

yuàn lè shàn hào shī bù qiān tān nán shě néng shě dào yè chéng

愿 恒持无染清净戒 不受色诱无淫想

yuàn héng chí wú rǎn qīng jìng jiè bù shòu sè yòu wú yín xiǎng

愿 了悟贪爱如桎梏 厥离五欲不受缚

yuàn liǎo wù tān ài rú zhì gù yuē lí wǔ yù bù shòu fù

愿 不说人非不恶口 口吐莲花声细柔

yuàn bù shuō rén fēi bù è kǒu kǒu tǔ lián huā shēng xì róu



愿 不传谣言不妄语 待人真诚莫自欺

yuàn bù chuán yáo yán bù wàng yǔ dài rén zhēn chéng mò zì qī

愿 不说两舌引猜忌 常说合和利益语

yuàn bù shuō liǎng shé yǐn cāi jì cháng shuō hé hé lì yì yǔ

愿 不谄不媚不绮语 谨言慎行与谦虚

yuàn bù chǎn bù mèi bù qǐ yǔ jǐn yán shèn xíng yǔ qiān xū

愿 六根明慧皆清净 不受尘惑乱自心

yuàn liù gēn míng huì jiē qīng jìng bù shòu chén huò luàn zì xīn

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愿 已造恶业悉永断 未造恶业令不生

yuàn yǐ zào è yè xī yǒng duàn wèi zào è yè lìng bù shēng





## *(4) Vow with Utmost Sincerity*



*Lost in the mundane world, we cannot find our true nature  
The Three Minds are obscured, afflictions arise  
We all inherently have Buddha-nature  
The absurdity of Threefold Karma gives rise to ignorance  
Today I reverently and sincerely vow to  
not create karmic obstructions of body and speech*

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*I vow I will no longer resent, hate, or kill  
I will save and protect living beings at all costs  
I vow to be vegetarian for all lifetimes  
And never hear the mournful sounds of slaughter  
I vow to desire less, be content and not steal  
I will not be jealous, grasping, or greedy  
I vow to do good and be generous  
Giving when it is difficult helps my practice  
I vow to forever uphold the pure precepts  
I will not be tempted by sensual desire  
I vow to realize cravings are like yokes and  
Renounce the Five Cravings so I will not be bound  
I vow never to speak ill of or slander others, and  
To speak words as pure and gentle as the lotus*



*I vow to not pass on rumors and never speak lies,  
To treat others honestly, without deceit  
I will never gossip and elicit suspicion  
I will always say harmonious and beneficial words  
I will not flatter, or speak flowery words  
I will speak cautiously and act humbly  
I vow to purify the Six Roots and realize wisdom  
I will not allow sense objects to confuse my mind  
I vow to forever eliminate the evil karma I created  
And prevent future evil karma from arising*

