

(十一) — 一忏悔

(11) yī yī chàn huǐ



地狱阴森诚悲戚 恶道轮回出无期

dì yù yīn sēn chéng bēi qī è dào lún huí chū wú qī

我今一一悉忏悔 因果果报不相欺

wǒ jīn yī yī xī chàn huǐ yīn yuán guǒ bào bù xiāng qī

忏悔 身语意业罪万端 沉沦地狱苦无边

chàn huǐ shēn yǔ yì yè zuì wàn duān chén lún dì yù kǔ wú biān

忏悔 不修善法行恶业 畜生道中受轮回

chàn huǐ bù xiū shàn fǎ xíng è yè chù shēng dào zhōng shòu lún huí

忏悔 嗜杀挥霍又悭贪 恶鬼道中悔恨晚

chàn huǐ shì shā huī huò yòu qiān tān è guǐ dào zhōng huǐ hèn wǎn

忏悔 不离邪命行骄慢 修罗道中罪难返

chàn huǐ bù lí xié mìng xíng jiāo màn xiū luó dào zhōng zuì nán fǎn

忏悔 恃势傲物欺良善 不仁不义不检点

chàn huǐ shì shì ào wù qī liáng shàn bù rén bù yì bù jiǎn diǎn

忏悔 恶口两舌论长短 无中生有造虚妄

chàn huǐ è kǒu liǎng shé lùn cháng duǎn wú zhōng shēng yǒu zào xū wàng

忏悔 终日营营常计算 恶念频生善念断

chàn huǐ zhōng rì yíng yíng cháng jì suan è niàn pín shēng shàn niàn duàn

忏悔 残害生灵张罟网 恶业反扑必不放
chàn huǐ cán hài shēng líng zhāng gǔ wǎng è yè fǎn pū bì bù fàng

忏悔 横暴凶狠似豺狼 不慈不爱不敬贤
chàn huǐ hèng bào xiōng hěn sì chái láng bù cí bù ài bù jìng xián

忏悔 违法乱纪行忤逆 不孝不顺不伦理
chàn huǐ wéi fǎ luàn jì xíng wǔ nì bù xiào bù shùn bù lún lǐ

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忏悔 不尊圣法不敬佛 不信正法能度人
chàn huǐ bù zūn shèng fǎ bù jìng fú bù xìn zhèng fǎ néng duó rén

忏悔 烦恼业障果报障 所生功德悉回向
chàn huǐ fán nǎo yè zhàng guǒ bào zhàng suǒ shēng gōng dé xī huí xiàng



(11) Repent All, One by One



*Hell is dark, gloomy and sorrowful
We cannot know when we will exit the Evil Realms*

*Today I repent all my transgressions
The Law of Karma never fails
I repent wrongdoings in body, speech, and mind,
Which make me fall into Hell and suffer endlessly
I repent doing evil and not practicing goodness
Which causes me to be reborn in the Animal Realm
I repent killing, spending freely, being stingy and greedy
Which causes me to be reborn in the Hungry Ghost Realm
I repent being arrogant and following an evil path
It is difficult to turn back from the Asura Realm
I repent misuse of power, arrogance and bullying
I was immoral, unethical and undisciplined
I repent harsh words, slander and gossip,
And creating delusions by making something out of nothing
I repent constantly being petty,
So that evil thoughts arise and good ones cease
I repent casting nets to catch and harm living beings
Bad karma will return and take hold of me
I repent being cruel and vicious like a wolf
I was unkind, unloving, and disrespectful of sages
I repent being disobedient, unruly and rebellious
I was unfilial, disagreeable and immoral
I repent disrespecting the noble Dharma and the Buddha
and refusing to believe in the power of Dharma
I repent my afflictions, karma, and retribution
I will dedicate all the merits I create*