



Saṅgha Pāṭimokkha & Laity Uposatha Observance Day

僧团诵戒与居士受持布萨(八关斋)戒日



2026 UPOSATHA OBSERVANCE DAY

2026年 受布薩戒日



Myanmar Uposatha Calendar 緬甸布薩日曆法 (Buddhist Era 佛曆 2569-70年)

		 FULL MOON 月圓日	 FIRST QUARTER 黑月八日	 NEW MOON 月黑日	 LAST QUARTER 白月八日	 FULL MOON 月圓日
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4	四月 Apr	1Wed 星期三 G2	9Thu 星期四 G2	15Wed 星期三 G3	23Thu 星期四 G3	30Thu 星期四 G4
5	五月 May		8Fri 星期五 G4	15Fri 星期五 G5	23Sat 星期六 G5	30Sat 星期六 G6
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 Mar 02: Māgha Pūjā 敬僧日

 Jul 30 : Vassūpanāyika 入雨安居

 Hemanta-utu 冬季 Cold Season

 May 30 : Vesak Pūjā 敬佛日

 Oct 26 : Vassāmvuṭṭha 出雨安居

 Gimhāna-utu 熱季 Hot Season

 Jul 29 : Āsāḥa Pūjā 敬法日

 Oct 26: AbhiDhamma 阿毗達摩日

 Vassāna-utu 雨季 Rainy Season

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排版：DhammaPaññā 法慧



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2026 UPOSATHA OBSERVANCE DAY

2026年 受布薩戒日

Sri Lanka Uposatha Calendar 錫蘭布薩日曆法 (Buddhist Era 佛曆 2569-70年)



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Thai Uposatha Calendar 泰國法相應派布薩曆法 (Buddhist Era 佛曆 2569-70年)

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Uposatha Date Comparison in Three Countries 三國（緬、錫、泰）布薩日對比表

		月圓日 FULL MOON			黑月八日 FIRST QUARTER			月黑日 NEW MOON			白月八日 LAST QUARTER			月圓日 FULL MOON		
		M	S	T	M	S	T	M	S	T	M	S	T	M	S	T
1	一月 Jan	02	03	03	10	11	11	17	18	18	25	26	26			
				H4			H4			H5			H5			
2	二月 Feb	01	02	02	09	10	10	15	16	16	23	24	24			
				H6			H6			H7			H7			
3	三月 Mar	02	03	03	10	11	11	17	18	18	25	26	26			
		Māgha Pūjā					H8			G1			G1			
4	四月 Apr	01	02	02	09	10	10	15	16	16	23	24	24	30		
				G2			G2			G3			G3	G4		
5	五月 May		01	01	08	09	09	15	16	16	23	24	24	30	31	31
				G4			G4			G5			G5	Vesak Pūjā		
6	六月 Jun				07	08	08	14	14	14	22	22	22	29	29	29
							G6			G7			G7			G8
7	七月 Jul				07	07	07	14	14	14	22	22	22	29	29	29
							G8			G9			G9	Āsālhā Pūjā		
8	八月 Aug				06	06	06	13	13	13	21	21	21	28	28	28
							G10			V1			V1			V2
9	九月 Sept				05	05	05	11	11	11	19	19	19	26	26	26
							V2			V3			V3			V4
10	十月 Oct				04	04	04	11	11	11	19	19	19	26	26	26
							V4			V5			V5	Vassa End		
11	十一月 Nov				03	03	03	09	09	09	17	17	17	24	24	24
							V6			V7			V7			V8
12	十二月 Dec				02	02	02	09	09	09	17	17	17	24	24	24
							V8			H1			H1			H2



M Myanmar Calendar 緬甸曆法



S Sri Lanka Calendar 錫蘭曆法



T Thailand Calendar 泰國曆法

每個季節的第1, 2, 4, 5, 6, 8
個半月有15天(paṇṇarasa),
而第3和第7個半月只有14天
(catuddasa)。

H Hemanta-utu 冬季 Cold Season

G Gimhāna-utu 熱季 Hot Season

V Vassāna-utu 雨季 Rainy Season

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不造一切恶，实行一切善，及清净自心，是诸佛所教。
诸佛说：‘忍辱是最好的德行，涅槃至上。’出家人不会伤害他人，伤人者不是沙门。
莫辱骂、莫伤害、应依照戒律自制、饮食知节量、
安住于静处、勤修增上心，这是诸佛的教诫。

（法句·佛陀品·第183-185偈）

CALCULATION OF THE BUDDHIST CALENDAR

佛历的计算

The Buddhist Calendar is lunar (based on moon's cycles), and it is called Buddhist because it begins with the Buddha's *parinibbāna* (passing away into the final nibbāna). According to the Pāli commentaries, the *parinibbāna* took place on the full moon ☺ day of Vesākha (May), and the lifespan of Gotama Buddha's Dispensation will last 5000 lunar years. Thus the Calendar is valid for so long. In order to calculate now how many lunar years, months and days have passed from the Buddha's *parinibbāna*, how many remain, and what is the current date, one should know the following basic information beginning with the list of the names of the lunar years, etc. which is given here as an aid to change the dates according to the relevant lunar year, season, phase of the moon, month, and day when reciting the Calendar during the Early Morning or Evening Veneration. Still more explanations follow below.

佛历基于月球的运行，属阴历的一种。其被称为佛历是因为它的起始日取为佛陀的般涅槃日（入灭之日）。根据巴利圣典之注疏，乔达摩（Gotama）佛陀入灭于毗舍佉月（Vesākha, 即阴历五月）之月圆日，其教法将延续五千阴历年，此亦即是佛历的有效期间。为了计算自佛陀入灭以来已经过了多少阴历年月日，其教法尚余多久，今日的（佛历）日期为何，应当了解以下基础知识，从阴历年的名称开始叙述。给出这些是为了在早晚课念诵佛历时诵出与当前日期相应的佛历年、季节、月相、月份及日期⁷³。下面有更详细的解释。

NAMES OF THE TWELVE LUNAR YEARS

十二个年份名称

**Mūsiko, Vasabho, Vyaggha,
Sasa, Nāgāni m'eva ca
Sapp'Ass'Aja, Kapi c'eva
Kukkuṭo, Soṇa, Sūkaro.**⁷⁴

木[斯伊]寇, 瓦萨[布欧], 『乌亚』嘎
萨色, 那嘎尼 美[乌额] 察

萨帕萨哲, 卡皮 [彻欸]瓦
库库投, 搜讷, 苏卡楼.

1. Mūsika Mouse 木[斯伊]卡 鼠	5. Nāga Dragon 那格 龙	9. Kapi Monkey 卡皮 猴
2. Vasabha Bull 瓦萨巴 牛	6. Sappa Serpent 萨帕 蛇	10. Kukkuṭa Cock 库库特 鸡
3. Vyaggha Tiger 『乌亚』格 虎	7. Assa Horse 阿色 马	11. Soṇa Dog 搜讷 狗
4. Sasa Hare 萨色 兔	8. Aja Ram 阿哲 羊	12. Sūkara Pig 苏卡勒 猪

NAMES OF THE 12 LUNAR MONTHS AND THE THREE SEASONS
十二个阴历月和三个季节的名称 ^{82C}

MĀSA (MONTHS) 月份		UTU (SEASONS) 季节
Citta 质多罗月	Mar ☺ - Apr ☺ 三月☺ - 四月☺	1. Gimhāna Hot Season, Summer 热季
Vesākha 毗舍佉月	Apr ☺ - May ☺ 四月☺ - 五月☺	
Jetṭha 逝瑟吒月	May ☺ - Jun ☺ 五月☺ - 六月☺	
Asāḷha 阿沙陀月	Jun ☺ - Jul ☺ 六月☺ - 七月☺	
Sāvana 萨瓦那月	Jul ☺ - Aug ☺ 七月☺ - 八月☺	2. Vassāna Rainy season 雨季
Poṭṭhapāda 布吒波陀月	Aug ☺ - Sep ☺ 八月☺ - 九月☺	
Assayuja 頡湿缚庾阁月	Sep ☺ - Oct ☺ 九月☺ - 十月☺	
Kattika 迦刺底迦月	Oct ☺ - Nov ☺ 十月☺ - 十一月☺	
Māgasira 末伽尸罗月	Nov ☺ - Dec ☺ 十一月☺ - 十二月☺	3. Hemanta Cold season, Winter 冷季
Phussa 弗沙月	Dec ☺ - Jan ☺ 十二月☺ - 一月☺	
Māgha 摩伽月	Jan ☺ - Feb ☺ 一月☺ - 二月☺	
Phagguṇa 颇勒窣那月	Feb ☺ - Mar ☺ 二月☺ - 三月☺	

NAMES OF THE LUNAR PHASES

月相的名称

- | | | |
|------------------------|---------------------------|-----|
| 1. Sukka-pakkha | Full (Bright) lunar phase | 上弦月 |
| 2. Kāla-pakkha | New (Dark) lunar phase | 下弦月 |

NAMES OF THE SEVEN WEEKDAYS

一周七日的名称

- | | | |
|---------------------|-----------|-----|
| 1. Ravivāro | Sunday | 星期日 |
| 2. Candavāro | Monday | 星期一 |
| 3. Bhumavāro | Tuesday | 星期二 |
| 4. Budhavāro | Wednesday | 星期三 |
| 5. Guruvāro | Thursday | 星期四 |
| 6. Sukkavāro | Friday | 星期五 |
| 7. Soravāro | Saturday | 星期六 |

NUMERALS IN PĀḲI

巴利语中的基数词

- | | | |
|---------------------------------|------------------------------|-----------------------------|
| 1 <i>eka</i> | 21 <i>eka-vīsati</i> | 50 <i>paññāsā</i> |
| 2 <i>dvi, dve</i> | 22 <i>dve-vīsati</i> | 60 <i>saṭṭhi</i> |
| 3 <i>ti, pl. tīṇi</i> | 23 <i>te-vīsati</i> | 70 <i>sattati</i> |
| 4 <i>catu, pl. cattāri</i> | 24 <i>catu-vīsati</i> | 79 <i>ek'ūn'āsīti</i> |
| 5 <i>pañca</i> | 25 <i>pañca-vīsati</i> | 80 <i>asīti</i> |
| 6 <i>cha</i> | 26 <i>cha-bbīsati</i> | 90 <i>navuti</i> |
| 7 <i>satta</i> | 27 <i>satta-vīsati</i> | 99 <i>ek'ūna-sataṇ</i> |
| 8 <i>aṭṭha</i> | 28 <i>aṭṭha-vīsati</i> | 100 <i>sataṇ</i> |
| 9 <i>nava</i> | 29 <i>ek'ūna-tiṇsati</i> | 200 <i>dvi sataṇ</i> |
| 10 <i>dasa</i> | 30 <i>tiṇsati</i> | |
| 11 <i>ekā-dasa</i> | 31 <i>eka-tiṇsati</i> | 1,000 <i>sahassaṇ</i> |
| 12 <i>dvā-dasa</i> | 32 <i>dva-ttiṇsati</i> | 2,000 <i>dve sahassaṇ</i> |
| 13 <i>te-rasa</i> | 33 <i>te-ttiṇsati</i> | 3,000 <i>ti-sahassaṇ</i> |
| 14 <i>cu-ddasa</i> | 34 <i>catu-ttiṇsati</i> | 4,000 <i>catu-sahassaṇ</i> |
| 15 <i>pañca-dasa, pañnarasa</i> | 35 <i>pañca-tiṇsati</i> | 5,000 <i>pañca-sahassaṇ</i> |
| 16 <i>soḷasa</i> | 36 <i>cha-ttiṇsati</i> | |
| 17 <i>satta-rasa</i> | 37 <i>satta-tiṇsati</i> | |
| 18 <i>aṭṭha-rasa</i> | 38 <i>aṭṭha-tiṇsati</i> | |
| 19 <i>ek'ūna-vīsati</i> | 39 <i>ek'ūna cattālīsati</i> | |
| 20 <i>vīsati</i> | 40 <i>cattālīsati</i> | |
| | 49 <i>ek'ūna paññāsa</i> | |

ORDINALS IN PĀLI
巴利语中的序数词

1st *paṭhamañ* first, 2nd *dutiyañ* second, 3rd *tatiyañ* third, 4th *catutthañ* fourth
第一 第二 第三 第四

The rest are formed by suffixing “*ma*” in the numerals, as *pañca-mañ* 5th, *chaṭṭhañ* or *chaṭṭha-mañ* 6th, *satta-mañ* 7th, *aṭṭha-mañ* 8th, etc.

巴利语中其余的序数词通过在基数词后加后缀 “*ma*” 来表示，例如 “*pañca-ma*” （第五）， “*satta-ma*” （第六）等。

HOW TO CALCULATE THE PRESENT DAY
如何计算当前日期

For calculating the present day of a year, it is useful to have an Uposatha or lunar calendar which gives the dates of the full moon and new moon days. Thus, for example, such a calendar can show this for the rainy season of 2015:

如欲计算当前日期，最好持有一份布萨历（或阴历），其中含有新月日和月圆日的日期。下例为 2015 年雨季的布萨历^{83C}：

2558-2559 BE Uposatha Calendar 2015 CE 布萨历: 公历 2015 年（佛历 2558-2559 年）					
Season 季节	Month 月	Date 日	Day 周	Phase 月相	Uposatha 布萨日
Rainy 雨季	July 七月	30	Thursday 周四	☺	0 <i>pañṇarasī</i> on 15 th 雨季开始日
☁	August 八月	14	Friday 周五	☺	1 st <i>pañṇarasī</i> on 15 th 第一个月圆日（隔十五日）
☁	August 八月	29	Saturday 周六	☺	2 nd <i>pañṇarasī</i> on 15 th 第二个月圆日（隔十五日）
☁	September 九月	12	Saturday 周六	☺	3 rd <i>cātuddasī</i> on 14 th 第三个月圆日（隔十四日）
☁	September 九月	27	Sunday 周日	☺	4 th <i>pañṇarasī</i> on 15 th 第四个月圆日（隔十五日）

	October 十月	12	Monday 周一	☺	5 th <i>pañṇarasī</i> on 15 th 第五个月圆日（隔十五日）
	October 十月	27	Tuesday 周二	☺	6 th <i>pañṇarasī</i> on 15 th 第六个月圆日（隔十五日）
	November 十一月	10	Tuesday 周二	☺	7 th <i>cātuddasī</i> on 14 th 第七个月圆日（隔十四日）
	November 十一月	25	Wednesday 周三	☺	8 th <i>pañṇarasī</i> on 15 th 第八个月圆日（隔十五日）

Here now if one wants to find the details of, for example, **September 15**, one can see that on September 12, Saturday, there was a new moon ☺. That means that **September 15** occurs three days after it on Tuesday and is the third day in the new lunar phase. This can be shown thus:

现在假设要找阳历 9 月 15 日对应的阴历日期。先找到该日之前在表上最接近该日的日期是 9 月 12 日（周六），此日为新月日。这就表示 9 月 15 日是上弦月的第三日（周二）。

Season 季节	Month 月份	Date 日期	Day 日	Phase 月相
Rainy 雨季	September 九月	12	Saturday 周六	☺ 新月
	September 九月	13	Sunday 周日	1 st day 第一日
	September 九月	14	Monday 周一	2 nd day 第二日
	September 九月	15	Tuesday 周二	3 rd day 第三日

In Pāli these details are recited thus:

Ayaṇ Vassāna-utu (this is the rainy season). **Asmiṇ utumhi** (in this rainy season) **Poṭṭhapāda-māsassa** (of the month September) **Kāla-pakkhe** (in the new lunar phase) **tatiyaṇ** (the third day), **Bhumma-vāra-m-idaṇ** (this is Tuesday) **iti daṭṭhabbaṇ** (thus should it be known).

The English word order runs thus: This is the rainy season. It should be known that in this season this is Tuesday, the third day in the new lunar phase of September.

用巴利文对此日念诵如下：

Ayaṇ Vassāna-utu (此为雨季). **Asmiṇ utumhi** (在此雨季)
Poṭṭhapāda-māsassa (的九月份) **Kāla-pakkhe** (上弦月) **tatiyaṇ** (第三日), **Bhumma- vāra-m-idaṇ** (周二) **iti daṭṭhabbaṇ** (如是应知).

THE ORDER OF THE RECITATION 念诵之顺序

5000 Years of the Buddha's Dispensation 五千年的佛陀教法

Below is shown the order of reciting the Buddhist Calendar of how many years, months, etc. have passed from the Buddha's *parinibbāna*, how many remain, and what is the present time. The numbers and names serve as an example and can be changed into current dates. Note also that a Buddhist year starts a day after the Vesākha (May) ☺.

下表所述为唱诵佛历的顺序。即自佛入灭以来至今已经过多少年月日，佛陀教法尚余多久，现今日期为何。在实际操作中可将以下例举数字换为实际日期。注意：佛历新年在毗舍佉月（阴历五月）月圆日后的第一日。

Example: **Tuesday, 15 September 2015 CE / 2559 BE**

例：公历 **2015 年 9 月 15 日** 星期二（佛历 **2559 年**）

Time that Has Passed

（佛灭以来）已过时间

Adding

Years: 2558 (the new Buddhist year 2559 started a day after the
年： Vesākha (May) ☺, on Sunday, 3 May 2015)
佛历 2559 年的新年为公历 2015 年 5 月 3 日(周日)，
是为本年毗舍佉月月圆日后的第一日。

Months: 4 (the lunar month began a day after the ☺ of 29 Aug.
月： Thus 4 months have passed from Vesākha (May) ☺)
这个阴历月始于 8 月 29 日月圆日后的第一日。此时距
佛历新年整四个月。

Days: 16 (16 days passed after the ☺ of 29 Aug.)
日： 本日距 8 月 29 日月圆日已有 16 日。

Time that Remains

（佛陀教法）尚余时间

Subtracting

Years:	2441	(5000 minus 2558 = 2442, minus this year = 2441)
年:		5000 减去 2558 等于 2442，再减去本年即为 2441
Months:	8	(the year 2559 was a lunar leap year with 13 months (see explanations on p. 311: LEAP MONTH). Thus, 13 minus 4 = 9, minus this month = 8)
月:		佛历 2558 年为阴历闰年（注解参见第 311 页），有 13 个月。13 减 4 为 9，再减去本月即为 8。
Days:	12	(this lunar month has 29 days because the new moon ☾ occurred on the 14 th (<i>cātuddasī</i> – see details on p. 308). Thus, 29 minus 16 = 13, minus this day = 12)
日:		这个阴历月有 29 日因为新月日在第十四日。 (<i>cātuddasī</i> – 注解参见第 308 页)

Present Time

当前日期

Name of Year	年:	Monkey (<i>Kapī</i>), 2559 BE	佛历 2559 年（猴年）
Name of Season	季节:	Rainy (<i>Vassāna</i>)	雨季
Name of Month	月份:	September (<i>Poṭṭhapāda</i>)	九月
Name of Phase	月相:	New, Dark (<i>Kāla-pakkha</i>)	上弦月
Date	日期:	3th day (<i>tatiyaṇ</i>)	第三日
Name of Day	日:	Tuesday (<i>Bhumma-vāra</i>)	周二

Thus the text of the last part of the “Recitation of the Buddhist Calendar” will be:

因此上文所述之佛历念诵应为：

Idāni kho pana (now) **dve-sahassa-pañca-sata-aṭṭha-paññāsa-saṇvaccharāṇi** (2558 years) **ceva, cattāri māsāni** (4 months) **ca, solasa-divasāni** (16 days) **atikkantāni** (have passed).

Dve-sahassa-catu-sata-eka-cattālīsati saṇvaccharāṇi (2441 years) **ceva, aṭṭha-māsāni** (8 months) **ca, dvādasa-divasāni** (12 days) **avasitṭhāni** (remain).

Ayaṇ Kapī-saṇvacchare (in the year of the Monkey) **Vassāna-utu** (this is the rainy season). **Asmiṇ utumhi** (in this season) **Poṭṭhapāda-māsassa** (of the month September) **Kāla-pakkhe** (in the new lunar

phase) **tatiyaṇ** (the third day), **Bhumma-vāra-m-idaṇ** (this is Tuesday) **iti daṭṭhabbaṇ** (thus should it be known).

Idāni kho pana (现在是) **dve-sahassa-pañca-sata-aṭṭha-paññāsa-saṇvaccharāṇi** (2558 年) **ceva, cattāri māsāni** (4 个月) **ca, soḷasa-divasāni** (16 天) **atikkantāni** (已经过去).

Dve-sahassa-catu-sata-eka-cattālīsati saṇvaccharāṇi (2441 年) **ceva, aṭṭha-māsāni** (8 个月) **ca, dvādasa-divasāni** (12 天) **avasiṭṭhāni** (剩余).

Ayaṇ Kapi-saṇvacchare (在猴年中) **Vassāna-utu** (这是雨季). **Asmiṇ utumhi** (在此季节中) **Poṭṭhapāda-māsassa** (的九月) **Kāla-pakkhe** (上弦月) **tatiyaṇ** (第三日), **Bhumma-vāra-m-idaṇ** (这是周二) **iti daṭṭhabbaṇ** (如是应知).

TABLES FOR REFERENCE 参考用表

The Tables below help to find a set of data referring to a series of years, months, and days, arranged in rows and columns. As an exercise, a question is also posed to arouse the curiosity of the reader and challenge his/her accuracy. The correct answer is supplied after the Table.

以下各表有助于查询年月日的详细资料。下面为读者提供了一个练习，以激发读者兴趣并自测其计算准确度。正确答案附于表后。

Table I - *Years - Saṇvacchāra*
表 1: 年份

Unlike the Christian years that start in January, Buddhist years start a day after the Vesākha (May) full moon ☺ and end on the next year's Vesākha (May) full moon ☺. Table I lists the years from 2015 to 2030 CE.

与开始于 1 月的公历不同，佛历始于阴历五月月圆日后的第一日，终于次年阴历五月月圆日后的第一日。表 1 列出了公历 2015-2030 年对应的佛历。

Question: if the present Buddhist year is **2563**, how many years have passed from the Buddha's *parinibbāna*? How many remain? What is the present year's name? (Look for the figure 2563 in Table I.)

问题：如果当前佛历年为 2563 年，那么自佛陀入灭以来已过了多少年？
佛陀教法还剩多少年？本年的名字是？（请在表 1 中查找 2563 年对应的
年份名）

<i>Present Year Adding 当前年份</i>	<i>Passed Years (Atikantāni Saṃvaccharāni) Adding (佛陀入灭以来) 已过年数</i>	<i>Remaining Years (Avasiṭṭhāni Saṃvaccharāni) Subtracting (佛陀教法) 尚余年数</i>
2559 Kapi 猴 May ☺ 2015 CE	2558 <i>dve-sahassa-pañca-sata- aṭṭha-paṇṇāsa</i>	2441 <i>dve-sahassa-catu-sata- eka-cattālīsati</i>
2560 Kukkuṭa 鸡 May ☺ 2016 CE	2559 <i>dve-sahassa-pañca-sata- ekūna-saṭṭhi</i>	2440 <i>dve-sahassa-catu-sata- cattālīsati</i>
2561 Soṇa 狗 May ☺ 2017 CE	2560 <i>dve-sahassa-pañca-sata- saṭṭhi</i>	2439 <i>dve-sahassa-catu-sata- ekūna-cattālīsati</i>
2562 Sūkara 猪 May ☺ 2018 CE	2561 <i>dve-sahassa-pañca-sata- eka-saṭṭhi</i>	2438 <i>dve-sahassa-catu-sata- aṭṭha-tiṇsa</i>
2563 Mūsika 鼠 May ☺ 2019 CE	2562 <i>dve-sahassa-pañca-sata- dve-saṭṭhi</i>	2437 <i>dve-sahassa-catu-sata- satta-tiṇsa</i>
2564 Vasabha 牛 May ☺ 2020 CE	2563 <i>dve-sahassa-pañca-sata- te-saṭṭhi</i>	2436 <i>dve-sahassa-catu-sata- cha-tiṇsa</i>
2565 Vyaggha 虎 May ☺ 2021 CE	2564 <i>dve-sahassa-pañca-sata- catu-saṭṭhi</i>	2435 <i>dve-sahassa-catu-sata- pañca-tiṇsa</i>
2566 Sasa 兔 May ☺ 2022 CE	2565 <i>dve-sahassa-pañca-sata- pañca-saṭṭhi</i>	2434 <i>dve-sahassa-catu-sata- catu-tiṇsa</i>
2567 Nāga 龙 May ☺ 2023 CE	2566 <i>dve-sahassa-pañca-sata- cha-saṭṭhi</i>	2433 <i>dve-sahassa-catu-sata- te-tiṇsa</i>
2568 Sappa 蛇 May ☺ 2024 CE	2567 <i>dve-sahassa-pañca-sata- satta-saṭṭhi</i>	2432 <i>dve-sahassa-catu-sata- dve-tiṇsa</i>
2569 Assa 马 May ☺ 2025 CE	2568 <i>dve-sahassa-pañca-sata- aṭṭha-saṭṭhi</i>	2431 <i>dve-sahassa-catu-sata- eka-tiṇsa</i>

May ☺ 2026 CE 2570 Aja 羊	2569 <i>dve-sahassa-pañca-sata-ekūna-sattati</i>	2430 <i>dve-sahassa-catu-sata-tiṇsa</i>
2571 Kapi 猴 May ☺ 2027 CE	2570 <i>dve-sahassa-pañca-sata-sattati</i>	2429 <i>dve-sahassa-catu-sata-ekūna-tiṇsa</i>
2572 Kukkuṭa 鸡 May ☺ 2028 CE	2571 <i>dve-sahassa-pañca-sata-eka-sattati</i>	2428 <i>dve-sahassa-catu-sata-aṭṭha-vīsati</i>
2573 Soṇa 狗 May ☺ 2029 CE	2572 <i>dve-sahassa-pañca-sata-dve-sattati</i>	2427 <i>dve-sahassa-catu-sata-satta-vīsati</i>
2574 Sūkara 猪 May ☺ 2030 CE	2573 <i>dve-sahassa-pañca-sata-te-sattati</i>	2426 <i>dve-sahassa-catu-sata-cha-vīsati</i>

Answer: Idāni kho pana (now [in 2563]) **dve-sahassa-pañca-sata-dve-saṭṭha-saṇvaccharāṇi** (2562 years) **ceva, ... atikkantāṇi** (have passed). **Dve-sahassa-catu-sata-satta-tiṇsa-saṇvaccharāṇi** (2437 years) **ceva, ... avasiṭṭhāṇi** (remain). **Ayaṇ Mūsika-saṇvaccharo** (this year is [named] Mouse).

答案：*Idāni kho pana*（现在是 2563 年）**dve-sahassa-pañca-sata-dve-saṭṭha-saṇvaccharāṇi**（2562 年）**ceva, ... atikkantāṇi**（已经过去）。**Dve-sahassa-catu-sata-satta-tiṇsa-saṇvaccharāṇi**（2437 年）**ceva, ... avasiṭṭhāṇi**（还剩余）。**Ayaṇ Mūsika-saṇvaccharo**（今年是鼠年）。

Table II - *Months & Seasons - Māsa & Utu*
表 2：月份和季节

Buddhist months begin a day after a full moon ☺ and end on the next full moon ☺. The years, as said, start a day after the Vesākha (May) full moon ☺ and it is thus the month Jetṭha (May-June) that is counted as the first month of the year, which begins a day after the May full moon ☺ and ends on the next June full moon ☺. If Jetṭha has two full moons ☺-☺, or if there is a leap year, Vesākha may then occur between May ☺ and June ☺, instead of between April ☺ and May ☺.

佛历月份始于月圆日后一日，于下一月圆日结束。如前所说每年始于毗舍佉月月圆日后的第一日，因此逝瑟吒月（*Jetṭha*，即阴历六月）算作一年的第一个月。它始于公历五月月圆日后第一日，终于下一个月圆日（公历六月）。但如逝瑟吒月有两个月圆日，

或者本年 是阴历闰年，毗舍佉月可能始于公历五月的月圆日和六月的月圆日之间，而非公历四月和五月的月圆日之间。

Question: if the present month is Kattika (Oct ☺ - Nov ☺), how many months have passed from Jetṭha? How many remain? What is the present season?

问题：如果当前月份是迦刺底迦月（Kattika，公历十月的月圆日-十一月的月圆日），则自逝瑟吒月以来已经过几个月？本年剩余多少个月？目前是什么季节？

<i>Present Month</i> Adding 当前月份	<i>Passed Months</i> (<i>Atikantāni Māsāni</i>) Adding 已经过的月数	<i>Remaining Months</i> (<i>Avasiṭṭhāni Māsāni</i>) Subtracting 本年剩余月数	<i>Seasons</i> (<i>utu</i>) 季节
1. Jetṭha 逝瑟吒月 May ☺ - Jun ☺ 公历五月☺-六月☺	0	11 ekā-dasa	Gimhāna Hot Season, Summer 热季
2. Asāḷha 阿沙陀月 Jun ☺ - Jul ☺ 公历六月☺-七月☺	1 eka	10 dasa	
3. Sāvana 萨瓦那月 Jul ☺ - Aug ☺ 公历七月☺-八月☺	2 dve or dvi	9 nava	Vassāna Rainy season 雨季
4. Poṭṭhapāda 布吒波陀月 Aug ☺ - Sep ☺ 公历八月☺-九月☺	3 tīṇi	8 aṭṭha	
5. Assayuja 頽湿缚庾阁月 Sep ☺ - Oct ☺ 公历九月☺-十月☺	4 catu	7 satta	
6. Kattika 迦刺底迦月 Oct ☺ - Nov ☺ 公历十月☺-十一月☺	5 pañca	6 cha	
7. Māgasira 末伽尸罗月 Nov ☺ - Dec ☺ 公历十一月☺-十二月☺	6 cha	5 pañca	Hemanta Winter 冷季

8. Phussa 弗沙月 Dec ☺ - Jan ☺ 公历十二月☺-一月☺	7 satta	4 catu	Hemanta Winter 冷季
9. Māgha 摩伽月 Jan ☺ - Feb ☺ 公历一月☺-二月☺	8 aṭṭha	3 tīṇi	
10. Phagguna 颇勒窣那月 Feb ☺ - Mar ☺ 公历二月☺-三月☺	9 nava	2 dve	
11. Citta 质多罗月 Mar ☺ - Apr ☺ 公历三月☺-四月☺	10 dasa	1 eka	Gimhāna Hot Season 热季
12. Vesākha 毗舍佉月 Apr ☺ - May ☺ 公历四月☺-五月☺	11 ekā-dasa	0	

Answer: Idāni kho pana (now [in Kattika]) ... *pañca māsāni* (5 months) *ca*, ... *atikkantāni* (have passed). ... *cha-māsāni* (6 months) *ca*, ... *avasiṭṭhāni* (remain). *Ayaṇ ... Vassāna-utu* (this is the rainy season). *Asmiṇ utumhi* (in this season) **Kattika-māso** (this is the month Kattika).

答案：**Idāni kho pana** (现在是迦刺底迦月) ... **pañca māsāni** (5 个月) *ca*, ... **atikkantāni** (已经过去). ... **cha-māsāni** (6 个月) *ca*, ... **avasiṭṭhāni** (剩余). **Ayaṇ ... Vassāna-utu** (现在是雨季). **Asmiṇ utumhi** (在这个季节中) **Kattika-māso** (是迦刺底迦月).

Table III - *Days of a Month - Divasa*
表 3:一月中的日期

Buddhist days of a month begin a day after a full moon ☺ and end on the next full moon ☺. Below is shown a month of 30 days. If, however, a month has 29 days that means the new moon ☾ occurs on the 14th day and not on the usual 15th.

佛历月份的日期始于月圆日后一日，于下一月圆日结束。下表为一个月的日期，长度为 30 天。然而，如果一个月仅有 29 天，这就表示该月的新月日为该月 14 日，而不是通常的 15 日。

Question: if the present day is the 11th, how many days have passed from the full moon? How many days remain till the next full moon?

问题：如果当前日期是 11 日，则自上一个月圆日以来已经过了几日？距下一个月圆日还剩几日？

	<i>Present Day</i> Adding 当前日期	<i>Passed Days</i> (<i>Atikantāni Divasāni</i>) Adding 已过日数	<i>Remaining Days</i> (<i>Avasiṭṭhāni Divasāni</i>) Subtracting 剩余日数
Current Month of 30 Days 当前月（长度为 30 天）	☺	（上一月圆日）	
	1	0	29 <i>ek'ūna-tiṇsati</i>
	2	1 <i>eka</i>	28 <i>aṭṭha-vīsati</i>
	3	2 <i>dve</i> or <i>dvi</i>	27 <i>satta-vīsati</i>
	4	3 <i>tīṇi</i>	26 <i>cha-bbīsati</i>
	5	4 <i>catu</i>	25 <i>pañca-vīsati</i>
	6	5 <i>pañca</i>	24 <i>catu-vīsati</i>
	7	6 <i>cha</i>	23 <i>te-vīsati</i>
	8	7 <i>satta</i>	22 <i>dve-vīsati</i>
	9	8 <i>aṭṭha</i>	21 <i>eka-vīsati</i>
	10	9 <i>nava</i>	20 <i>vīsati</i>
	11	10 <i>dasa</i>	19 <i>ek'ūna-vīsati</i>
	12	11 <i>ekā-dasa</i>	18 <i>aṭṭha-rasa</i>
	13	12 <i>dvā-dasa</i>	17 <i>satta-rasa</i>
	14	13 <i>te-rasa</i>	16 <i>soḷasa</i>
	15 ☺ （新月日）	14 <i>cu-ddasa</i>	15 <i>pañṇa-rasa</i>
	16	15 <i>pañṇa-rasa</i>	14 <i>cu-ddasa</i>
	17	16 <i>soḷasa</i>	13 <i>te-rasa</i>
	18	17 <i>satta-rasa</i>	12 <i>dvā-dasa</i>
	19	18 <i>aṭṭha-rasa</i>	11 <i>ekā-dasa</i>
	20	19 <i>ek'ūna-vīsati</i>	10 <i>dasa</i>
	21	20 <i>vīsati</i>	9 <i>nava</i>
	22	21 <i>eka-vīsati</i>	8 <i>aṭṭha</i>
	23	22 <i>dve-vīsati</i>	7 <i>satta</i>
	24	23 <i>te-vīsati</i>	6 <i>cha</i>

	25	24 <i>catu-vīsati</i>	5 <i>pañca</i>
	26	25 <i>pañca-vīsati</i>	4 <i>catu</i>
	27	26 <i>cha-bbīsati</i>	3 <i>tīṇi</i>
	28	27 <i>satta-vīsati</i>	2 <i>dve</i> or <i>dvi</i>
	29	28 <i>aṭṭha-vīsati</i>	1 <i>eka</i>
	30 ☺ (下一月 圆日)	29 <i>ek'ūna-tiṇsati</i>	0

Answer: Idāni kho pana (now [on the 11th day]) ... **dasa divasāni** (10 days) **atikkantāni** (have passed). ... **ek'ūna-vīsati-divasāni** (19 days) **avasiṭṭhāni** (remain).

答案: **Idāni kho pana** (现在【即 11 日】) ... **dasa divasāni** (10 天) **atik-kantāni** (已经过去). ... **ek'ūna-vīsati-divasāni** (19 days) **avasiṭṭhāni** (剩余).

Table IV - *Days of the Lunar Phases - Tithi*

表 4: 月相之日期

Buddhist days of a lunar phase, which popularly are called *tithi*, begin a day after a full moon ☺ or a day after a new moon ☾ and are counted from 1st to 15th or from 1st to 14th depending on whether the new moon ☾ occurs on the 15th or 14th day.

佛历的月相日期，通常称为“*tithi*”，开始于月圆日或新月日的后一日。计数范围为 1-15 或 1-14，其选择取决于新月日是该月的第 15 日还是第 14 日。

Question: How to tell in Pāḷi, ‘this is the 6th day in the full moon phase’?

问题：如何用巴利语表示“这时是上弦月第 6 日”？

	<i>Present Day</i> Adding 当前日期
☺	0(月圆日)
<i>Kāla-Pakkha</i>	1st <i>paṭhamañ</i>
	2nd <i>dutiyañ</i>
	3rd <i>tatiyañ</i>
New Moon Phase 下弦月	4th <i>catutthañ</i>
	5th <i>pañcamañ</i>
	6th <i>chaṭṭhamañ</i>
	7th <i>sattamañ</i>

	8th <i>aṭṭhaman</i>
	9th <i>navaman</i>
	10th <i>dasaman</i>
	11th <i>ekā-dasaman</i>
	12th <i>dvā-dasaman</i>
	13th <i>te-rasaman</i>
	14th <i>cu-ddasaman</i>
Sukka- Pakkha Full Moon Phase 上弦月	15th <i>pañña-rasaman</i>
	1st <i>paṭhaman</i>
	2nd <i>dutiyan</i>
	3rd <i>tatiyan</i>
	4th <i>catutthan</i>
	5th <i>pañcaman</i>
	6th <i>chaṭṭhaman</i>
	7th <i>sattaman</i>
	8th <i>aṭṭhaman</i>
	9th <i>navaman</i>
	10th <i>dasaman</i>
	11th <i>ekā-dasaman</i>
	12th <i>dvā-dasaman</i>
	13th <i>te-rasaman</i>
	14th <i>cu-ddasaman</i>
	15th <i>pañña-rasaman</i>

Answer(答案): **Sukka-pakkhe chaṭṭhaman.**

GENERAL EXPLANATIONS

总义释

LUNAR YEAR, PHASES, DAYS, MONTHS, SEASONS & UPOSATHAS

阴历年、月相、日、月、季节和布萨

A *lunar year*, which usually is a period of 12 lunar months, is calculated by the number of phases of the moon around the earth, instead of the passage of the earth around the sun, as in the solar year.

一阴历年通常长为 12 个阴历月。这是由月亮绕地球运行的周数计算出来的。不同于阳历的通过地球绕太阳运行的周数计算。

Lunar Phases (*pakkha*)

月相(*pakkha*，异译作半月)

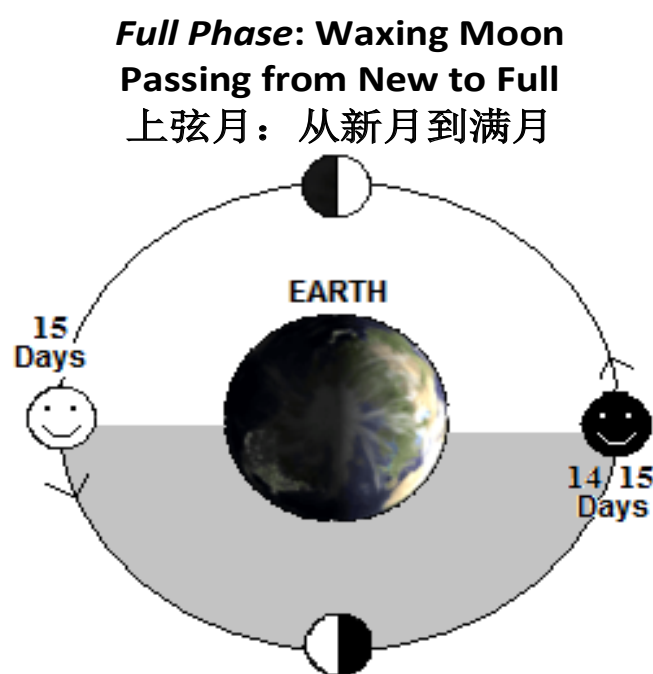
Each month is divided into two phases:

每个阴历月分两个月相：

○ The full (bright) phase (*sukka-pakkha*), which corresponds to the period of ‘waxing’ moon, during which the visible surface of the moon gradually increases in magnitude and brightness. It begins from the first day after the new moon ☾ and ends on the full moon day ☽, always completing a period of 15 lunar days.

上弦月 (*sukka-pakkha*) 期间，月球的可见表面的面积和亮度持续增加。上弦月始于新月日后第一日，终于月圆日。其长度恒为 15 日。

● The new (dark) phase (*kāla-pakkha*), which corresponds to the period of ‘waning’ moon, during which the visible surface of the moon gradually decreases in magnitude and brightness. It begins from the first day after the full moon ☽ and ends on the new moon day ☾, sometimes completing a period of 15 lunar days and sometimes of 14.



The Moon's regular circles or phases around the Earth used as a means of calculating days, months, and years.
月亮绕地球的规律性运转被用作计算年月日的手段。

下弦月(*kāla-pakkha*), 月球的可见表面的面积和亮度持续减少。上弦月始于月圆日后第一日, 终于新月日。其长度有时为 15 日, 有时为 14 日。

Lunar Days

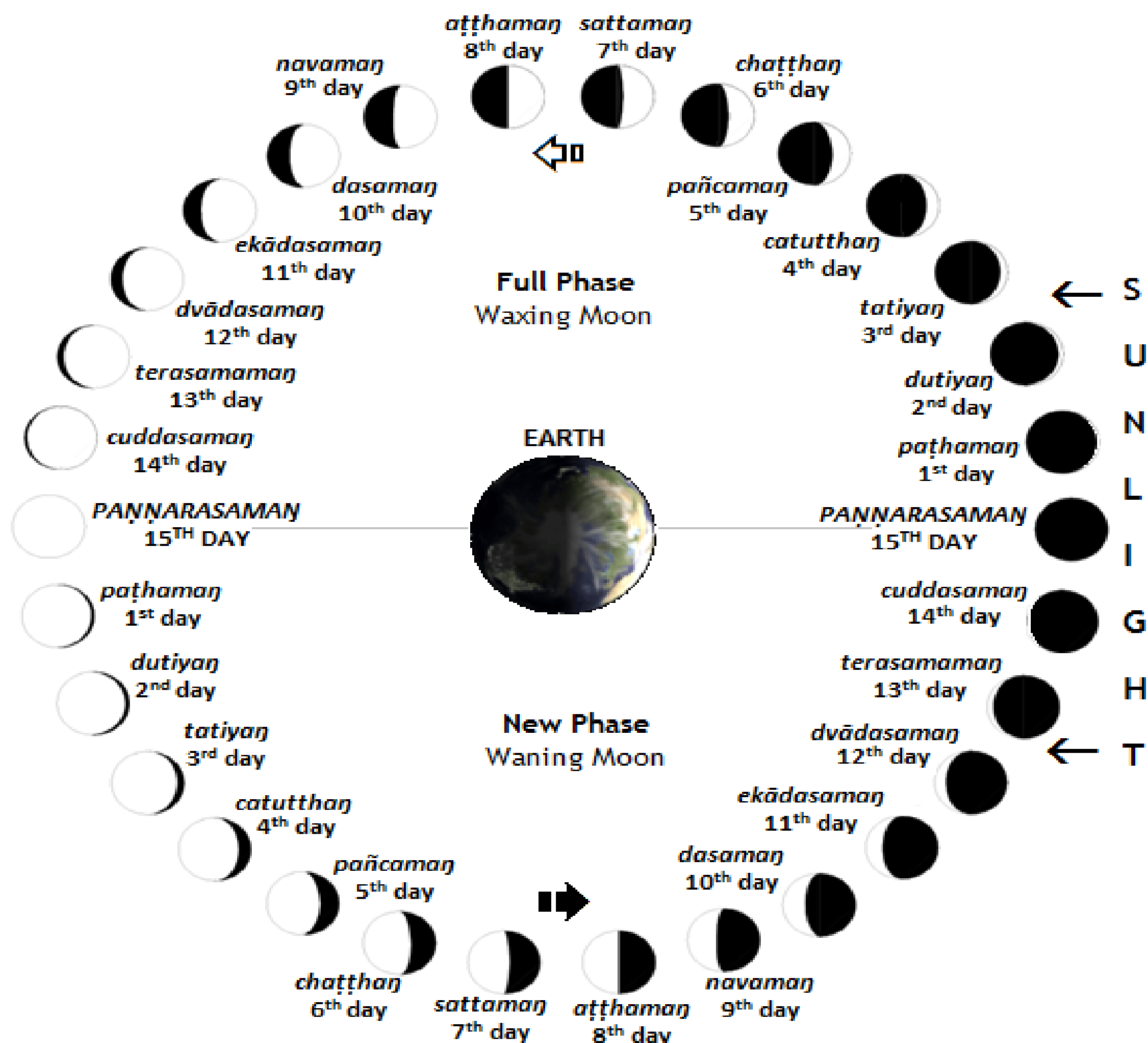
阴历日

The two phases constitute one full orbit of the moon around the earth, which is a cycle of about 360° , completing a period of 30 or 29 lunar days (*divasa*), i.e. a lunar month. Thus a lunar day (*divasa*) is nearly $\frac{1}{30}$ of the time required for the moon to orbit the earth. Hence it is the time during which the longitude of the moon increases by 12° , that is, 360° divided by 30. Likewise, because the moon reflects light from the sun, different degrees of moonlight are visible from earth which appear to change its shape as it travels in the sky. The chart below illustrates the light or shadow that increases by 12° longitude each lunar day and also the lunar days of each phase, called *tithis*, that are serially numbered from 1st, *paṭhaman*, to 15th, *paññarasaman*.

两个月相组成了月亮绕地球一周 (360°) 的完整周期, 时长为 30 或 29 日(*divasa*), 这即是一个阴历月。因此一个阴历日的长度约为月亮绕地球一周耗时的三十分之一, 也就是月亮绕地球旋转 12° ($360^\circ / 30$) 所耗的时长。由于月光源自对阳光的反射, 在月球绕地球运转期间, 可见月光强度会发生改变使得月亮的外形看起来出现了变化。下表列出了所有阴历日的巴利文名称, 从 1 日 (*paṭhaman*) 到 15 日 (*paññarasaman*); 并给出了月球绕地球每转 12° 所造成的月亮形状变化的图解。

Lunar Days of Each Phase

每个月相中的阴历日



In Pāḷi, the reckoning of the lunar days during the full phase is recited as: ***Sukka-pakkhe paṭhaman ... tatiyan ... paññarasaman*** (the first ... third ... fifteenth day in the full lunar phase). During the new phase it is recited as: ***Kāla-pakkhe paṭhaman ... tatiyan ... paññarasaman*** (the first ... third ... fifteenth day in the new lunar phase).

在巴利语中，上弦月的诸阴历日被诵作：***Sukka-pakkhe paṭhaman ... tatiyan ... paññarasaman*** (上弦月的第一…三…十五日)。下弦月的诸阴历日被诵作：***Kāla-pakkhe paṭhaman ... tatiyan ... paññarasaman*** (下弦月的第一…三…十五日)。

Solar Weekdays (*vāra*)

阳历的一周七日

For more precision, however, the seven solar weekdays called *vāra* are also added to define the day. Thus Ravi-vāro (Sunday) is the weekday of *Ravi* (Sun); Canda-vāro (Monday) of *Canda* (Moon); Bhumma-vāro (Tuesday) of *Bhumma* (Earth or Mars); Budha-vāro (Wednesday) of *Budha* (Mercury); Guru-vāro (Thursday) of *Guru* (Jupiter); Sukka-vāro (Friday) of *Sukka* (Venus); and Sora-vāro (Saturday) of *Sora* (Saturn). (Please see above: NAMES OF THE SEVEN WEEKDAYS)

为了增加准确度，一周中的七日（*vāra*）也被用来描述阴历日。因此周日（Ravi-vāro）即是太阳（*Ravi*）之日，周一（Canda-vāro）对应月亮（*Canda*），周二（Bhumma-vāro）对应地球（*Bhumma*）或火星，周三（Budha-vāro）对应水星（*Budha*），周四（Guru-vāro）对应木星（*Guru*），周五（Sukka-vāro）对应金星（*Sukka*），周六（Sora-vāro）对应土星（*Sora*）。（参见上文：一周七日的名称）

Vāra begin with sunrise and end with sunrise the next day, based on the rotation of the Earth on its axis, and bear striking similarities with the weekdays in many western cultures. A main difference, however, is that the western weekdays begin at midnight 00:00 hrs.

佛历一周七日中的每一日基于地球的自转，始于日出，终于下一次日出，与很多西方文明的一周七日分法有惊人的相似性。然而二者之间也有一个主要的差异，就是西方文明中的一周七日通常都始于子夜零时零分。

Lunar Months (*māsa*)

阴历月

The two lunar phases explained above make up a *lunar month* which is the duration of one orbit of the moon around the Earth. The month has 29 or 30 days (according to the phase of the moon), which comes to approximately 29.53 days. This is calculated with two methods:

上文解释的两个月相共同组成了一个阴历月，其长度为月亮绕地球一周的时间。根据月相的差异，一个阴历月可以有 30 或 29 日，其约数为 29.53 日。关于这个数字有两种算法：

1. The Amānta Method

1. “终于新月”方法

This method counts the period from one new moon ☾ until the next ☾ and is known as *amānta* (new-moon-ending) method. It is a quite popular and according to it the lunar month begins on the first day after the new moon ☾ and ends on the next new moon day ☾. The lunar year usually starts with the month *Citta* (Apr ☾ - May ☾) marking the beginning of the hot season (*gimhāna-utu*), and also the New Year mainly in South Asia, which is celebrated in mid-April. It ends with the month *Phagguṇa* (Mar ☾ - Apr ☾) marking the end of the cold season (*hemanta-utu*). (Please see above: NAMES OF THE 12 LUNAR MONTHS AND THE THREE SEASONS).

这个方法将阴历月的长度计为从一个新月日到下一个新月日的长度，故被称作“*amānta*”（终于新月）方法。这种方法相当流行。根据这种方法，阴历月始于新月日后的第一日，终于下一新月日；阴历年（不是本书所采之佛历年）通常始于质多罗月（*Citta*, 公历四月新月日-五月新月日），此月为热季(*gimhāna-utu*)第一月，其初始日是南亚地区主要采用的新年，通常于公历四月中旬庆祝。阴历年终于颇勒窣那月（*Phagguṇa*, 公历三月新月日-四月新月日），此月为冷季(*hemanta-utu*)最后一月。（参见上文：12个阴历月和3个季节的名称）

2. The Puṇṇamānta Method

2. “终于月圆”方法

This method counts the period from one full moon ☽ until the next ☽, and is known as *puṇṇamānta* or *purnimānta* (full-moon-ending) method. It is used in the Buddhist calendar, which counts the months and the years from the Buddha's *parinibbāna* that took place on the full moon day of *Vesākha* (May ☽). It is also used in other calendars, such as the Vedic or north Indian calendars, although for different reasons. The lunar month in this case begins on the first day after the full moon ☽ and ends on the next full moon day ☽. As for the lunar year, it starts with the month *Vesākha* (Apr ☽ - May ☽) and ends with *Citta* (Mar ☽ - Apr ☽).

这个方法将阴历月的长度计为从一个月圆日到下一个月圆日的长度，故被称作“*puṇṇamānta/purnimānta*”（终于月圆）方法。此方法用于佛历的计算。它自佛陀入灭的毗舍佉月的月圆日（公历五月的月圆日）开始计算年月。由于种种原因，此方法也用于吠陀历（北印度历）等其他历法的计算。根据这种方法，阴历月始于

月圆日后的第一日，终于下一月圆日。阴历年始于毗舍佉月（公历四月月圆日-五月月圆日），终于质多罗月（公历三月月圆日-四月月圆日）⁷⁵。

Thus the main difference between the two methods is that the *puṇṇamānta* months and years start about 14-15 days earlier than the *amānta* ones. This can be illustrated with an example of the year C.E. 2016 when according to the *puṇṇamānta* method the month *Citta* begins a day after the March 7 full moon ☺, that is, 15 days earlier than the *amānta* method (April 6 new moon ☾).

因此两种方法的主要区别在于“终于满月”方法较“终于新月”方法早开始 14-15 天。以下以公历 2016 年举例说明。根据“终于满月”方法，质多罗月在公历 3 月 7 日的月圆日后开始，这就比“终于新月”方法的起始日期（公历 4 月 6 日的新月日）早了 15 天。

Puṇṇamānta Months Beginning Earlier
“终于满月”方法的月份起始较早（表解）

2016 CE 2559-2560 BE 公历 2016 年（佛历 2559-2560 年）

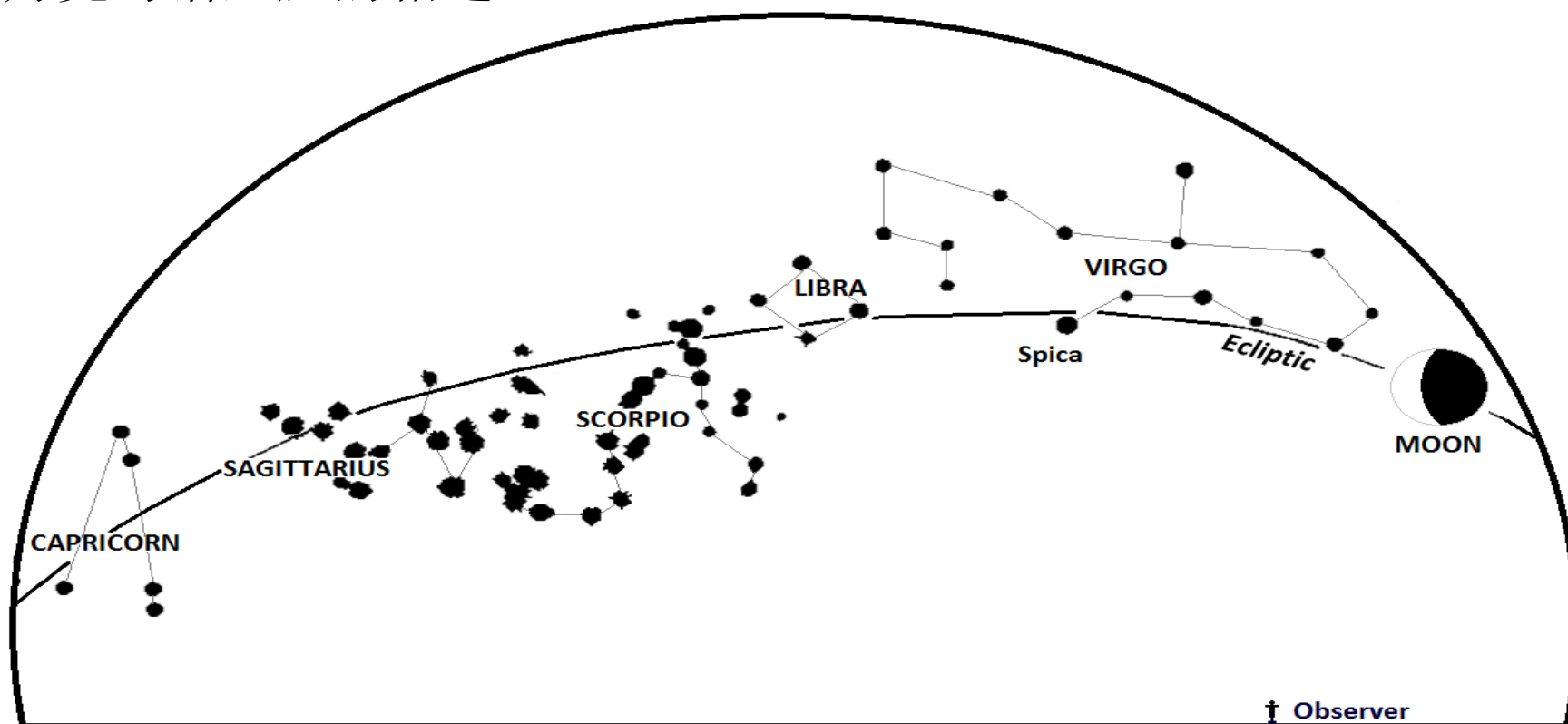
Season 季节	Month 月	Date 日	<i>Amānta</i> <i>Method</i> “终于新 月”法 新月日	Phase 月相	<i>Puṇṇamānta</i> <i>Method</i> “终于满 月”法 新月日
Cold 冷季	March 三月	07		☺	
Hot 热季	March 三月	22		☺	} <i>Citta</i> 质多罗月
Hot 热季	April 四月	06		☾	
Hot 热季	April 四月	21	} <i>Citta</i> 质多罗月	☺	} <i>Vesākha</i> 毗舍佉月
Hot 热季	May 五月	05		☾	
Hot 热季	May 五月	20	} <i>Vesākha</i> 毗舍佉月	☺	
Hot 热季	June 六月	04		☾	

Regarding the names of the months *Citta*, *Vesākha*, *Jeṭṭha*, etc., these are derived from the constellation, asterism, or cluster of stars (*nakkhatta*) the moon is aligned or conjoined with while travelling in the night

sky for a period of about 30 days as seen from the Earth. Thus, for example, *Citta* corresponds to the constellation Virgo with Spica, the binary and brightest star in it, when the moon conjoins with once a year around the time of the spring equinox in March. The month *Vesākha* corresponds to the constellation Libra, the month *Jeṭṭha* to the constellation Scorpio, and so on. Hence, this natural and regular conjunction of the moon with a different constellation each month makes it easier to calculate the time of its motion across the night sky, which can be clearly charted against the background of those fixed cluster of stars. The chart below illustrates this phenomenon with an example of the constellation Virgo, etc. after the spring equinox, March 21.

质多罗、毗舍佉、逝瑟吒等月份的名称源于星座(*nakkhatta*)的名称。自地球看去，30 天中月亮在夜空中分别经过这些星座。例如质多罗月对应处女座（其中最亮的双子星为角宿一），月亮每年三月春分时经过这里一次。毗舍佉月对应天秤座，逝瑟吒月对应天蝎座，依此类推。月亮每个月自然而有规律地经过一个不同的星座这一事实使得计算月亮的运动耗时更加容易。人们可以轻易地根据夜空背景中固定的星座用图表列出其运动规律。下图以 3 月 21 日春分时经过处女座的月亮为例解释了这一现象。

The Moon's Conjunction with Constellations 月亮与诸星座的相遇



The Moon moving in the ecliptic (in the same apparent path of the sun in the sky) and conjuncting with Virgo or Spica (*Citta*), Libra (*Vesākha*), Scorpio (*Jeṭṭha*), and so on. For clarity, other surrounding constellations and stars are not depicted in this chart.

月亮与太阳同在黄道中运行，并依次经过处女、天秤、天蝎等诸星座。为了图示的清晰，周围的其他星座及恒星未予表示。

It is good at this juncture to remember the Buddha's injunction:

“Monks, a monk who is a forest-dweller should ... learn the positions of the constellations (*nakkhatta-padāni*), wholly (*sakala*) or partly (*ekadesa*), and should become skilled in the quarters (*disā-kusala*).”

此处我们应当回顾佛陀的教诫：

“诸比丘，林居比丘应当...部分或完全地了解星座的位置，应当善巧了知方位⁷⁶。”

Seasons (*utu*) and Observance Days (*Uposatha*)

季节(*utu*)和布萨日(*Uposatha*)

The *puṇṇamānta* method is used in the Buddhist Calendar to also calculate the seasons and the Uposathas. Accordingly, each season—hot, rainy or cold—has eight Uposathas, and two of them, the 3rd and the 7th Uposatha, fall on the 14th day (*cātuddasī*), which is a new moon day ☾ within a new (dark) lunar phase (*kāla-pakkha*). The other six Uposathas fall on the 15th day (*pañṇarasī*), which can be a new moon ☾ or a full moon day ☽. Thus a month that has both Uposathas on the 15th day has $15 + 15 = 30$ days, but a month that has an Uposatha on the 14th day has $14 + 15 = 29$ days only. This can be illustrated as follows by an example with the rainy season in C.E. 2016:

佛历中使用“终于月圆”方法计算季节和布萨日。无论热季、冷季或是雨季，每个季节有 8 个布萨日，其中两个，即第三和第七个，发生于阴历月第 14 日(*cātuddasī*)，这是下弦月的新月日。其余六个布萨日发生于阴历月第 15 日(*pañṇarasī*)，它们既可能是新月日也可能是月圆日。因此如果一个月的两次布萨都是“十五日”布萨，则该月共有 $15+15=30$ 日；但若其中一次是“十四日”布萨，则该月仅有 $14+15=29$ 日。以下以公历 2016 年雨季为例作出表解：

4 Months and 8 Uposathas in the Rainy Season
雨季的 4 个月和 8 个布萨日

C.E. 2016 B.E. 2559-2560
公历 2016 年 佛历 2559-2660 年

Season 季节	Month 月	Date 日期	Phase 月相	Uposatha 布萨日	Puṇṇamānta Month 月份名及日数（依“终于月圆法”）
Rainy 雨季	Jul 七月	18	☺	0 <i>pañṇarasī</i> on 15 th 十五日	Sāvana 30 days 萨瓦那月（30 日）
☁	Aug 八月	02	☺	1 st <i>pañṇarasī</i> on 15 th 十五日	
☁	Aug 八月	17	☺	2 nd <i>pañṇarasī</i> on 15 th 十五日	
☁	Aug 八月	31	☺	3 rd <i>cātuddasī</i> on 14 th 十四日	Poṭṭhapāda 29 布吒波陀月 （29 日）
☁	Sep 九月	15	☺	4 th <i>pañṇarasī</i> on 15 th 十五日	Assayuja 30 頽湿缚 庾阁月 （30 日）
☁	Sep 九月	30	☺	5 th <i>pañṇarasī</i> on 15 th 十五日	
☁	Oct 十月	15	☺	6 th <i>pañṇarasī</i> on 15 th 十五日	
☁	Oct 十月	29	☺	7 th <i>cātuddasī</i> on 14 th 十四日	Kattika 29 days 迦刺底迦月 （29 日）
☁	Nov 十一月	13	☺	8 th <i>pañṇarasī</i> on 15 th 十五日	

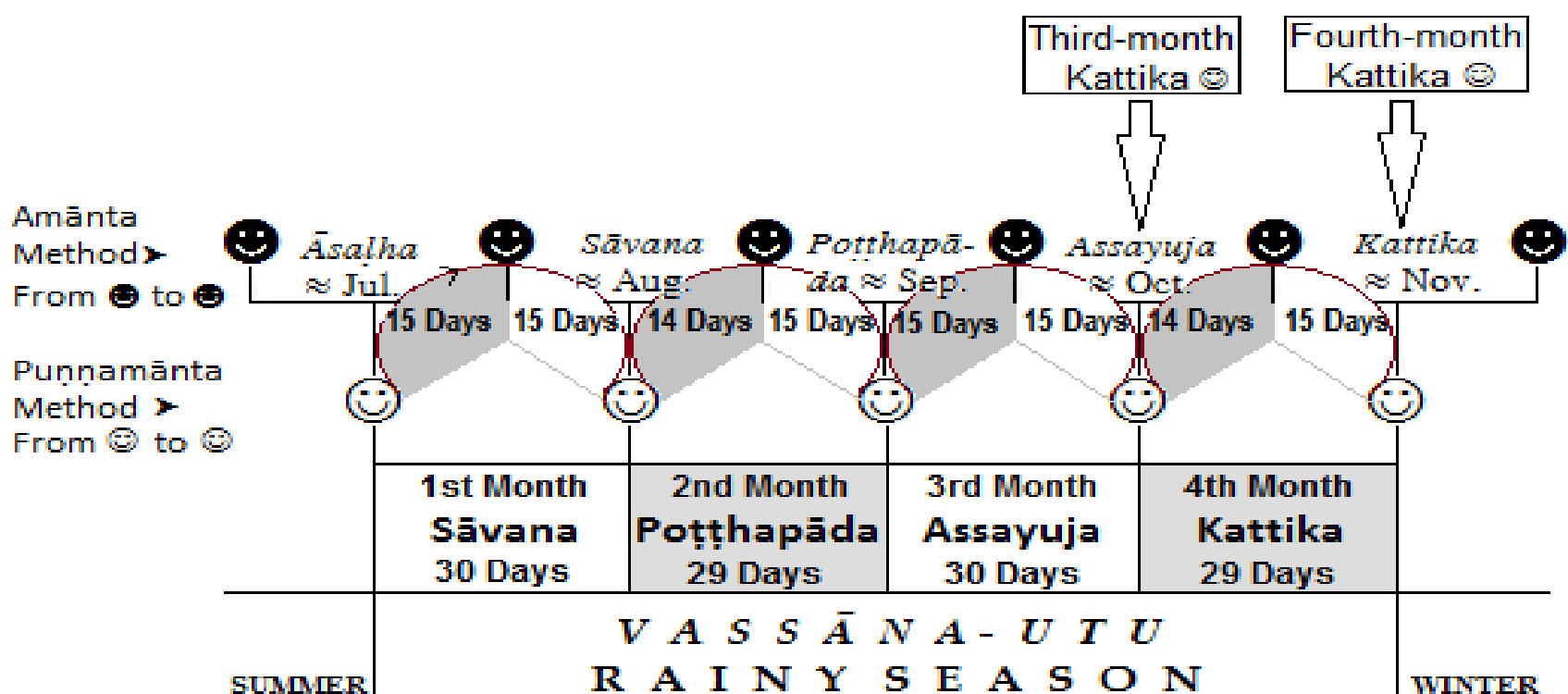
In Vinaya-piṭaka the months of the seasons are sometimes numbered as “first”, “second”, etc. as for example, *vassānassa paṭhamo māso* “first month of the rainy season” [i.e. *Sāvana*]. They too are counted from one full moon ☺ until the next ☺, as for example in the phrasing *Kattika-te-māsika-puṇṇama* (third-month *Kattika* full moon ☺), which denotes the first full moon ☺ in the month *Kattika* after the three months (*te-māsa*, i.e. *Sāvana*, *Poṭṭhapāda* and *Assayuja*) of the rainy season have passed. (Please see next chart below). It is defined as the full moon ☺ of *pavāraṇā kattikā*, when the monks conclude the first three months rains retreat and conduct the *pavāraṇā* ceremony. It usually corresponds to the October ☺ and the commentaries call it *paṭhama-Kattika-puṇṇama* (first full moon ☺ of *Kattika*). Then again, the complete rainy season ends with the *Kattika-puṇṇama* (full moon ☺ of *Kattika*), which is defined as *Kattika-cātu-māsinī* (fourth-month *Kattika* full moon ☺). It

usually corresponds to the November ☺ and the commentaries call it *pacchima-Kattika-puṇṇama* (last full moon ☺ of *Kattika*). In this way the *puṇṇamānta* method is used in the Vinaya-piṭaka as well. It is also used in the Sutta-piṭaka as in the expression: *cātu-māsiniyā puṇṇāya puṇṇamāya rattiya* (when the full moon ☺ night has been concluded on the fourth-month [of the rainy season].) Here the commentary explains that in the word *puṇṇamā* the *mā* is a name for *canda* (moon). Thus because it makes a month (*māsa*), a season (*utu*), or a year (*saṇvacchara*) full, complete or concluded (*puṇṇa*), therefore it is called *puṇṇā puṇṇamā* (concluding full moon).

律藏中季节的月份常有数字标号如“第一”“第二”等，例如“*vassānassa paṭhamo māso*⁷⁷”（雨季第一月，亦即萨瓦那月）。这些月份也被算作从一个月圆日到下一个月圆日的日期，例如“*Kattika-te-māsika-puṇṇama*”（三月迦刺底迦月圆日）表示在雨季的前三个月（萨瓦那、布吒波陀和頽湿缚庾阁月）过后的迦刺底迦月的第一个月圆日。该日被认定为“迦刺底迦月自恣日⁷⁸”（*pavāraṇā kattikā*），此时僧团结束三月的雨安居并举行自恣仪式。这通常是公历十月的月圆日，注疏中称之为“第一迦刺底迦月圆日”（*paṭhama-Kattika-puṇṇama*）。此后整个雨季于迦刺底迦月的月圆日（*Kattika-puṇṇama*）结束，此日被称为“四月迦刺底迦月圆日⁷⁹”。这通常是公历十一月的月圆日，注疏中称之为“最后迦刺底迦月圆日”（*pacchima-Kattika-puṇṇama*）。“终于月圆”方法以此种方式在律藏中使用。它也在经藏中使用，如“*cātu-māsiniyā puṇṇāya puṇṇamāya rattiya*⁸⁰”，意为“当（雨季）第四月的满月夜结束时”。注疏中解释说在“*puṇṇamā*”一词中“*mā*”代指月亮(*canda*)。因为该日标志着月份（*māsa*）、季节（*utu*）或年份（*saṇvacchara*）的终结或圆满（*puṇṇa*），故而被称作“圆满月圆日”（*puṇṇā puṇṇamā*）。

The chart below illustrates the *puṇṇamānta* method used in Vinaya- and Sutta-piṭaka taking here as an example the third-month and fourth-month *Kattika* full moon ☺.

下图以“三月迦刺底迦月圆日”和“四月迦刺底迦月圆日”为例解释了经藏和律藏中使用的“终于月圆”方法。



It is worth noting also that the English word ‘month’ comes from ‘moon’ (moon + -th) and obviously refers to the ancient way of measuring time according to the moon’s phases.

值得指出的是，英语单词“month”（月）源自“moon”（月亮）一词（moon + -th），这显然代表了古代参照月相变化的计时方式。

LEAP MONTH (ADHIKA-MĀSA) 闰月

A leap month (*adhika-māsa*) is an extra month added to the usual 12 lunar months so as to conform with the solar calendar in which a solar year is slightly longer than the lunar year. It is usually added once in three lunar years at the end of the hot season (summer) and the Uposathas become 10 instead of the usual 8. Consequently, the rainy season starts one month later, and the year has 13 months instead of 12, becoming thus a leap year. This happened also with the year 2015 CE, 2559 BE, which was a leap year and the next leap year is expected to be in 2018 CE. This combination of a lunar and solar calendar is called “luni-solar calendar”, which is based on both lunar and solar cycles.

闰月(*adhika-māsa*)为了调整阴历年与阳历年之间的日差，在通常的12个阴历月外增加的月份，因为阳历年略长于阴历年。闰月每三个阴历年出现一次，它被置于热季的末尾，使得布萨日由通常的8个增加到10个。因此雨季也将晚一个月开始。这一年将有13个月而不是12个，成为闰年。公历2015年（佛历2559年）就是一

个闰年，下一个闰年将是公历 2018 年。这种阴历和阳历的组合被称为“阴阳合历”，它基于月亮和太阳两者的运行周期。

This is how an extra month occurs:
According to the Buddhist or lunar Calendar, there are about 354 days a year, which are calculated according to the seasons and the Uposathas. As was mentioned above, there are 3 seasons in a lunar year and each season has 8 Uposathas. Thus throughout a lunar year there are $3 \times 8 = 24$ Uposathas. Out of them, 18 Uposathas occur on the 15th day (*pañṇarasī*), and 6 Uposathas occur on the 14th day (*cātuddasī*). Hence we have:

$$\begin{aligned} 18 \text{ pañṇarasī Uposathas} \times 15 \text{ days each} &= 270 \text{ days} \\ 6 \text{ cātuddasī Uposathas} \times 14 \text{ days each} &= \underline{84 \text{ days}} \\ \text{total} &= \mathbf{354 \text{ days}} \end{aligned}$$

下面解释闰月如何产生：
根据佛历或阴历，一年有 354 日，依季节和布萨日算出。如上所述，一个阴历年有三个季节，每个季节有 8 个布萨日。因此一个阴历年共有 $3 \times 8 = 24$ 个布萨日。其中 18 个布萨日出现于阴历月第 15 日（*pañṇarasī*），6 个布萨日出现于阴历月第 14 日。因此有，

$$\begin{aligned} 18 \text{ 个十五日布萨} \times 15 \text{ 日} &= 270 \text{ 日} \\ 6 \text{ 个十四日布萨} \times 14 \text{ 日} &= \underline{84 \text{ 日}} \\ \text{合计} &= \mathbf{354 \text{ 日}} \end{aligned}$$

According to the current Gregorian solar Calendar, however, there are about $365^{1/4}$ days a year, and the difference between the solar and lunar year is this:

$$\begin{aligned} \text{Current solar year} &= 365^{1/4} \text{ days} \\ \text{Buddhist lunar year} &= \underline{354 \text{ days}} \\ \text{Difference for 1 year} &= \mathbf{11^{1/4} \text{ days}} \\ \text{Difference for 3 years} &= \mathbf{33^{3/4} \text{ days}} \end{aligned}$$

根据现行的格列高利公历，一年共有 $365^{1/4}$ 日，因此阳历年和阴历年之间的日差为：

$$\begin{aligned} \text{现行公历年} &= 365^{1/4} \text{ 日} \\ \text{佛历年} &= \underline{354 \text{ 日}} \\ 1 \text{ 年的日差} &= \mathbf{11^{1/4} \text{ 日}} \\ 3 \text{ 年的日差} &= \mathbf{33^{3/4} \text{ 日}} \end{aligned}$$

In this way, for 1 year the Buddhist lunar year has $11^{1/4}$ days less than the current solar year, and for 3 years it has $33^{3/4}$ days less, i.e. about a month. Therefore, in order to conform with the solar year, a month is added to the usual 12 lunar months every 3 years. This is called an extra or leap month (*adhika-māsa*).

这样，每个佛历年较现行公历年少 $11^{1/4}$ 日，每过三年则少 $33^{3/4}$ 日，这大约是一个月的长度。因此为与阳历一致，（佛历）每三年于通常的 12 个阴历月外增加一个月。这就是闰月 (*adhika-māsa*)。

Nevertheless, since a lunar month cannot have more than 30 days, there is a remainder of $3^{3/4}$ days every 3 years or so. If these $3^{3/4}$ days are added up, then on the 19th year an additional leap month follows.

尽管如此，由于一个阴历月不能有超过 30 日，每三年仍会有 $3^{3/4}$ 日的剩余日差，这样到了第 19 年又要因此增加一个闰月。

There are, however, nowadays various methods in calculating leap years, and since these are beyond the scope of this book to explain them, the reader is advised to refer to the Uposatha Calendar circulated in the monasteries of the Shrī Kalyāṇī Yogāshrama Association, including Nāuyana monastery, in order to see whether there is a leap month on a particular year. As told, this leap month is usually added at the end of the hot season (summer), hence the rainy season starts one month later.

然而当今计算闰年有多种方法，由于对这些方法的解释已经超出了本书的范围，建议读者参考流通在吉祥卡尔亚尼森林派各寺院（包括龙树林僧院）的布萨历以确定特定年份是否有闰月。如前所说，闰月通常加在热季的末尾，因而雨季将比正常年份晚一个月开始。

HOW TO FIND THE FIGURE OF A BUDDHIST YEAR

如何查询佛历年的数据

An easy way of finding the figure of the Buddhist year is to add the number 544 to the Christian year. Thus, for example, by adding **544** to the Christian year **2015** it gives the figure **2559**, which is the Buddhist year for 2015.

查询佛历年数据的一个简单方法是在公历年的数字上加上 544。比如在公历 2015 年上添加 544，即得出此公历年对应的佛历年为 2559 年。

One should, however, consider the following points. The Christian year begins on January 1st, but the Buddhist year begins on the day after the full moon of Vesākha (May). Hence, if the Christian year is 2015 but the month is before the full moon of May one has to subtract one Buddhist year: $2015 + 544 = 2559$, minus 1 year = **2558**. If, however, the month is after the full moon of May there is no need to subtract it. This subtraction and non-subtraction can be illustrated with the year 2015 thus:

然而我们应当考虑下述问题。公历年始于 1 月 1 日，但佛历年始于毗舍佉月月圆日后第一日(约出现于公历五月)。因此，对于公历 2015 年 5 月月圆日之前的日期，其年份应为： $2015 + 544 = 2559$ ， $2559 - 1 = \mathbf{2558}$ 。对于 5 月月圆日以后的日期则无须减去一年⁸¹。以下是关于这种增减的表解：

Christian Year 2015		
公历 2015 年		
Month before May 五月之前的月份		Month after May 五月之后的月份
Jan., Feb., Mar., Apr., 1-4 月	May ☺ 5 月月圆日	Jun., Jul., ... 6-12 月
Previous Buddhist Year 前一佛历年		 Beginning of the Buddhist New Year 新佛历年的开始
2015 + 544= 2559		
subtraction <u>- 1</u> year		
减去 2558		
		2015 + 544 = 2559 no subtraction 不减

HOW TO FIND THE NAME OF A BUDDHIST YEAR
如何查询佛历年的名称

An easy way of finding the name of a Buddhist year is to divide the figure of the pertinent year by 12. Thus, for example, the year **2559** divided by **12** gives the number 213 and the balance **3**. Here the balance **3** indicates the name of the present year, which is **Kapi**, Monkey.

查询佛历年名称的简单方法是将其年份数字除以 12。例如将佛历 2559 年除以 12，得商 213 余 3。此处之余数 3 就表示当前年份的名称是猴年（**Kapi**）

The table below shows the correspondence between the balance and the year.

下表为年份名称与余数之间的对应关系。

Balance 余数	Year 年份
0	= Sappa Serpent 蛇
1	= Assa Horse 马
2	= Aja Ram 羊
3	= Kapi Monkey 猴
4	= Kukkuṭa Cock 鸡
5	= Soṇa Dog 狗
6	= Sūkara Pig 猪
7	= Mūsika Mouse 鼠
8	= Vasabha Bull 牛
9	= Vyaggha Tiger 虎
10	= Sasa Hare 兔
11	= Nāga Dragon 龙

For the year 2560 the calculation is: **2560** ÷ 12 = 213 and the balance **4**. The balance **4** indicates the name of the corresponding year **Kukkuṭa**, Cock.

对于公历 2560 年的计算为 **2560** ÷ 12 = 213 余 **4**。这里的余数 4 表示其对应的年份名称为鸡。

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佛陀的遗嘱：以法和律为师
“我所教导和宣说的法与律，
在我涅槃后，
将是你们的导师。”

《长部·大品·第16经 般涅槃经》

