

上師聖履敬禮頌讚

Guru Paduka Stotram



聖潔生命會（香港分會）瑜伽中心

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上師 Guru 的意思：

Gu 黑暗

Ru 清除

Guru (上師) = 清除黑暗 (愚昧) 者

**1.Brahamaa-nan-dam Pa-ra-ma Su-kha-dam
Ke-va-lam Jnaa-na-moor-tim
Dvand-vaa-tee-tam Gaga-na Sa-dre-sam
Tat-va-mas-yaa-di Laksh-yam
Ekam Nit-yam Vi-ma-la-ma-cha-lam
Sar-va-di Sak-shi-bhu-tam
Bhaa-vaa-tee-tam Tri-guna Ra-hi-tam
Sad-gurum Tam Na-maa-mi**

1.上師是大梵極樂的化身，祂是至高喜樂的賜予者，祂是解脫與智慧的化身，祂超越一切的相對，有如天空般的無限，祂正如經書所言：“你就是祂” (Tat Twan Asi)，祂是無限的、清淨的、不動的、萬物的靜觀者、祂超越一切名相、超越三界，我向這樣的一位真實上師頂禮。

2. Gurur Brah-maa Gurur Vishnur Gurur Devo Mahe-shwa-rah Guruh Saak-shaat Param Brahma Tas-mai Sree Gurave Na-mah

上師是宇宙創造之主、維持之主、毀滅之主。
上師是至高的大梵，我向這樣的一位真實上師
頂禮。

3. Dhyaa-na-moo-lam Guror Moor-tih Poo-jaa-moo-lam Guroh Pa-dam Mantra-moo-lam Guror Vaa-kyam Mok-sha-moo-lam Guroh Kri-paa

上師的形相是冥想的根本，祂的蓮足是敬禮的根本，祂的教導是聖咒的根本，祂的恩典是解脫的根本。

**4. Tva-me-va Ma-ta Cha Pita Tva-me-va
Tva-me-va Bandu-scha Sa-kha Tva-me-va
Tva-me-va Vidya Dra-vi-nam Tva-me-va
Tva-me-va Sar-vam Ma-ma Deva Deva**

您是我的母親，也是我的父親
您是我的親人，也是我的朋友。
您是我的知識，也是我的財富
您是我的一切，也是眾人之神。



Guru Pada Puja

上師蓮足敬禮儀式

<https://youtu.be/FEwilVB1PDE>



當Rama自我放逐時，Bharata 把Rama 聖履放在王位，代表他的治權臨在。

Ananta | saṃsāra samudra | tāra
Naukā | yitābhyaṁ guru | bhakti | dābhyaṁ |
vairāgya | sāmrājyada | pūja | nābhyaṁ
namo namah | śrī | guru | pādukā | bhyām || 1 ||

Salutations to the holy padukas of the teacher which symbolize the boat that takes us across the limitless ocean of samsara. They invoke devotion in us for the teacher and their worship gives us the kingdom called dispassion.

無盡輪迴之大洋，上師聖履有如寶筏。聖履賜我對上師的虔敬，復因虔敬而得到離欲的國度。我向上師的聖履一再頂禮。

Ananta | saṃsāra samudra | tāra

Ananta : 無盡

saṃsāra : 輪迴

Samudra : 海洋

Tāra: (令你) 渡過

Naukā | yitābhyāṁ | guru | bhakti | dābhyāṁ

Naukā : 船

yitabhyam : 有如

Guru : 上師

Bhakti : 敬愛

Dābhyāṁ : 賜你

vairāgya | sāmrājyada | pūja | nābhyāṁ

Vairāgya : 離欲心

Sāmrājyada : 國度、財富

Pūja : 崇敬

nābhyāṁ : 祝福、賜予

namo namah | śrī |
gurupādukā | bhyām || 1 ||

Namo namah : 頂禮、致敬

Sri Guru paduka bhyam : 吉祥
上師的聖履（眾數）

Kavitva | vārāsi | niśākarābhyaṁ
Daurbhāgya | dāvāṁ | budamālikābhyaṁ |
dūrikṛtānamra vipattatibhyāṁ
namo namaḥ śrīgurupādukābhyaṁ || 2 ||

Salutations to the holy Padukas which inspire poetry in one's bosom, like the moon that causes the sea to rise up, quench one's misfortunes as showers put out wild fires, dispel adversities of devotees.

有如圓月令海洋潮漲，它鼓舞心中的詩意。又如撲滅災劫烈火之甘泉，驅除崇敬者的憂患苦痛。我向上師之寶履一再頂禮。我向上師之寶履一再頂禮。

Kavitva | vārāśi | niśākarā | bhyāṁ

Kavitva : 詩

Vārāśi : 海洋

Niśākarābhyāṁ : 把光明帶到黑

暗者，所指為月亮

Daurbhāgya | dāvāṁ | budamālikābhyaṁ

Daurbhāgya : 不幸

dāvāṁ : 火

Buda : 水

mālikābhyaṁ : 一卷卷的雲

Dūrikṛtā | namra | vipattatibhyāṁ

Dūrikṛtā : 清除

namra : 降伏

vipattatibhyāṁ : 不斷出現的意外、

不想見到的事情

namo namah śrīgurupādrukābhyaṁ ‖ 2 ‖

Namo namah : 頂禮、致敬

Sri Guru paduka bhyam : 吉祥上師的聖履（眾數）

natā yayoh śrīpatitāṁ samīyuḥ
kadācidapyāśu daridravaryāḥ |
mūkāśrca vācaspatitāṁ hi tābhyaṁ
namo namah śrīgurupādukābhyaṁ ॥ 3 ॥

Salutations to the holy Padukas, prostrating to which even once, turns the poorest to the wealthiest in no time, and the devotion to which , transforms the mute to a great orator.

敬禮之人即使是最貧窮無助，他會迅即脫離貧困厄運，變得富有， 它把啞巴也變成最佳的演說家。 我向上師之寶履一再頂禮。 我向上師之寶履一再頂禮。

natā yayoh śrīpatitāṁ samīyuh

natā : 那些崇敬的人

yayoh : 對這一雙（聖履）

śrīpatitāṁ : 富裕的

samīyuh : 變成

kadācidapyāśu daridravaryāḥ |

kadācidapyāśu : 即使

daridravaryāḥ : 受盡貧苦折磨的（最差）

mūkāśrca vācaspatitāṁ hi tābhyāṁ



mūkāśrca : 啞子

vācaspatitāṁ : 辭才無礙

hi : 真的

tābhyāṁ : 由這一雙（鞋）

namo namah | śrī | gurupādukā | bhyām || 3 ||

Namo namah : 頂禮、致敬

Sri Guru paduka bhyam : 吉祥上師的聖履
(眾數)

Nālīka | nīkāśa padā | hr̥tābhyām
Nānā | vimohādi nivāri | kābhyām |
namajjanā | bhīsh | tatati | pradābhyām
namo namaḥ śrīgurupādukābhyām || 4 ||

Salutations to the holy Padukas, brought by Sri Padmapada, worshipping which, all desires of the devotee are granted and which destroy all delusions.

聖者蓮花足把聖履帶來，清除因愚昧而衍生出來之欲念，滿足虔誠頂禮者的願望。我向上師之寶履一再頂禮。我向上師之寶履一再頂禮。

Nālīka | nīkāśa padā | hr̥tābhyaṁ

Nālīka : 蓮花

Nīkāśa : 有如

padā : 足

hr̥tābhyaṁ : 帶來（上師的聖履）

Nānā | vimohādi nivāri | kābhyaṁ |

Nānā : 一切、更多

Vimohādi : 由愚昧而生的欲望

Nivārikābhyaṁ (那聖履) 清除

namajjanā | bhīśhtatati | pradābhyāṁ



Namajjanā : 那些頂禮的

Abhīśhta : 欲望

Tati : 很多

pradābhyāṁ : 滿足

namo namah | śrī | gurupādukā | bhyām || 4||

Namo namah : 頂禮、致敬

Sri Guru paduka bhyam : 吉祥上師的聖履
(眾數)

nṛpāli mauli | vrajaratna | kānti
Sarid | virājat | jhaśhakanyakābhyaṁ |
nṛpatvadābhyaṁ natalokapāṇktes:
namo namah śrīgurupādukābhyaṁ ॥ 5 ॥

Salutations to the holy Padukas, which confer kinghood upon the devotees. They shine like two mermaids in water when the crowns of kings who bow before them shine (and reflect them).

有如皇冠上之鑽石閃亮，奪目好比大河裏的兩條美人魚，它協助信眾登上王者寶座，人們列隊致敬。我向上師之寶履一再頂禮。我向上師之寶履一再頂禮。

nṛpāli maulivrajaratnakānti

nṛpāli : 國王的

Mauli : 王冠

Vrajaratna : 金剛寶石

kānti : 閃亮

saridvirājat jhaśhakanyakābhyaṁ |

Sarid : 大河

Virājat : 出沒

jhaśhakanyakābhyaṁ : 美人魚

nr̥patvadābhyaṁ natalokapañkate:

nr̥patvadābhyaṁ : 提升到達王權

natalokapañkate: 人民列隊頂禮

namo namah | śrī | gurupādukā | bhyām || 5||

Namo namah : 頂禮、致敬

Sri Guru paduka bhyam : 吉祥上師的聖履
(眾數)

Pāpāndhakārārka param | parābhyaṁ
Tāpatrayā | hīndra khageśrvarābhyaṁ |
jādyābdhi samśośhaṇa vāḍavābhyaṁ
namo namah śrīgurupādukābhyaṁ ॥ 6 ॥

Salutations to the holy padukas, which are like the great fire which dries up all sluggishness and dullness, like Garuda to the deadly snakes of three afflictions, like a row of suns to remove all darkness of one's sin.

有如眾多紅日高懸，黑暗退卻；有如神鵰當前，啄食輪迴三苦之毒蛇；有如烈火焚乾愚昧罪衍之海洋。我向上師之寶履一再頂禮。我向上師之寶履一再頂禮。

pāpāndhakārārka paramparābhyaṁ



Pāpāndhakārā : 愚昧的黑暗

Arka : 太陽 (蒸乾)

Paramparābhyaṁ : 一連串

tāpatrayāhīndra khagesrvarābhyaṁ |



Tāpatrayā (輪迴的) 三苦 (身、心、靈的苦)

ahīndra : 有如眼鏡蛇王

khagesrvarābhyaṁ : 金翅鳥

jāḍyābdhi samśoṣhaṇa vāḍavābhyaṁ



Jāḍyā : 無知覺的

Abdhi : 大洋

saṁśoṣhaṇa : 弄乾

vāḍavābhyaṁ : 可怕之火

namo namah | śrī | gurupādukā | bhyām || 6||

Namo namah : 頂禮、致敬

Sri Guru paduka bhyam : 吉祥上師的聖履
(眾數)

Śamādi | śhaṭka prada | vaibhavābhyaṁ
Samādhi | dāna | vrata | dīkśhitābhyaṁ |
ramādhavāṅghri | sthira | bhaktidābhyaṁ
namo namah śrīgurupādukābhyaṁ ॥ 7 ॥

Salutations to the holy padukas which grant firm devotion to Lord Vishnu and are committed to granting Samadhi and have the power to bestow the six-fold virtues of Sama(calmness of mind), Dama (control of sense organs) etc.

賜予六大聖德之財富，傳授進入三摩地之竅要，祝福得以永遠敬禮上主雙足。我向上師之寶履一再頂禮。我向上師之寶履一再頂禮。

śamādiśhatka pradavaibhavābhyaṁ

Śamādiśhatka：以 Sama 為首的六種聖德

Sama : 安寧（駕馭內心）

Dama : 自控（駕馭感官）

Uparati : 攝心（內斂）

Titiksha : 忍耐

Shraddha : 信心

Samadhana : 專一

Prada : 賜與

vaibhavābhyaṁ : 財富、榮耀

samādhidāna vratadīkśhitābhyaṁ |

samādhidāna : 三摩地、布施

vratadīkśhitābhyaṁ : 傳授、教導

ramādhavāṅghristhirabhaktidābhyaṁ

Ramādhav : Vishnu 神

Āṅghri : 腳

sthirabhaktidābhyaṁ : 賦與穩定的虔敬

namo namah | śrī | gurupādukā | bhyām || 7||

Namo namah : 頂禮、致敬

Sri Guru paduka bhyam : 吉祥上師的聖履
(眾數)

Svārcā | parāṇāṁ akhileśhtadābhyaṁ
svāhā | sahāyākśha | dhurandharābhyaṁ |
svāntāccha | bhava | prada | pūjanābhyaṁ
namo namaḥ śrīgurupādrukābhyaṁ || 8 ||

Salutations to the holy padukas that bore the weight of Adi Sankaracharya, who is Lord Shiva with fire on his eyes, which grant all that is desired by those intent upon the worship of the Self; the adoration of which confers on one the experience of the Self within.

熱心侍奉的門徒得蒙賜福，其願望得以達成，真心修行者得蒙加持進入自性境界之中。我向上師之寶履一再頂禮。我向上師之寶履一再頂禮。

Svārcā | parāṇāṁ akhileśhtadābhyaṁ



Svārcā | parāṇāṁ : 不斷地侍奉

akhileśhtadābhyaṁ : 賜與所有的願望

Svāhā | sahāyākśha | dhurandharābhyaṁ |

Svāhā | sahāyākśha | dhurandharābhyaṁ :
揭示你的真正本性

Svāntāccha | bhava | prada | pūjanābhyaṁ

Svāntāccha | bhava | prada | pūjanābhyaṁ : 對上
師蓮足崇敬

namo namah | śrī | gurupādukā | bhyām || 8||

Namo namah : 頂禮、致敬

Sri Guru paduka bhyam : 吉祥上師的聖履
(眾數)

Kāmādi | sarpa vraja | gāruḍābhyaṁ
viveka | vairāgya nidhi | pradābhyaṁ |
bodha | pradābhyaṁ dṛuta | mokśhadābhyaṁ
namo namah śrīgurupādukābhyaṁ ‖ 9 ‖

Salutations to the holy padukas, worship of which drives away all passion, anger etc. as Garuda makes the snake flee, which help us develop viveka (discrimination) and Vairagya(dispassion), which grant the highest knowledge and bring about instant liberation.

有如神鷹啣走情欲之毒蛇，賜予智慧與離欲之寶藏，賜予開悟的知識，祝福修行人迅速解脫。我向上師之寶履一再頂禮。我向上師之寶履一再頂禮。

Kāmādi | sarpa vraja | gāruḍābhyaṁ



Kāmādi | sarpa : 欲望的毒蛇

vraja | gāruḍābhyaṁ : 有如大鵬金賜鳥

Viveka | vairāgya nidhi | pradābhyām |

Viveka | vairāgya nidhi | pradābhyām : 賜與分辨智、離欲心

Bodha | pradābhyaṁ druta | mokshadābhyaṁ



Bodha | pradābhyaṁ : 賦與知識

Dṛuta | mokshadābhyaṁ : 快速解脫

namo namah | śrī | gurupādukā | bhyām || 9||

Namo namah : 頂禮、致敬

Sri Guru paduka bhyam : 吉祥上師的聖履
(眾數)