

大佛頂首楞嚴咒

# 讀誦《大佛頂首楞嚴咒》儀軌

南無本師釋迦牟尼佛 (3稱)

南無楞嚴會上佛菩薩 (3稱)

一切如來白傘蓋大佛頂陀羅尼啓請

(唐不空國師譯)

啓	諷	放	光	大	佛	頂	如	來	萬	行	首	楞	嚴
開	無	相	門	圓	寂	宗	字	字	觀	照	金	剛	定
瑜	伽	妙	旨	傳	心	印	摩	訶	衍	行	揔	持	門
說	此	秘	密	悉	怛	多	解	脫	法	身	金	剛	句
菩	提	力	大	虛	空	量	三	昧	智	印	果	無	邊
不	持	齋	者	是	持	齋	不	持	戒	者	名	持	戒
八	萬	四	千	金	剛	幢	行	住	坐	臥	每	隨	身
十	方	世	界	諸	如	來	護	念	皈	命	受	持	者
念	滿	一	萬	八	千	遍	遍	遍	入	於	無	想	定
號	稱	堅	固	金	剛	幢	自	在	得	名	人	中	佛
縱	使	罵	詈	不	爲	過	諸	天	常	聞	梵	語	聲
神	通	變	化	不	思	議	陀	羅	尼	門	最	第	一
大	聖	放	光	佛	頂	力	掩	惡	揚	善	證	菩	提
唯	聞	念	者	瞻	蔔	香	不	嗅	一	切	餘	香	氣
僧	破	二	百	五	十	戒	比	丘	尼	犯	八	波	羅
聞	念	佛	頂	陀	羅	尼	便	得	具	足	聲	聞	戒
我	今	依	經	述	偈	讚	無	量	功	德	普	莊	嚴
聽	者	念	者	得	加	持	同	獲	涅	盤	寂	滅	樂

南無常住十方佛 南無常住十方法

南無常住十方僧 南無釋迦牟尼佛

南無佛頂首楞嚴 南無觀世音菩薩

南無金剛藏菩薩

爾時世尊。從肉髻中。涌百寶光。  
光中涌出。千葉寶蓮。有化如來。  
坐寶華中。頂放十道。百寶光明。  
一一光明。皆徧示現。十恆河沙。  
金剛密迹。擎山持杵。徧虛空界。  
大眾仰觀。畏愛兼抱。求佛哀祐。  
一心聽佛。無見頂相。放光如來。  
宣說神咒。

# 大佛頂如來放光悉怛多鉢怛羅陀羅尼

【出自房山石經第二十八冊】  
【唐大興善寺三藏沙門大廣智不空奉 詔譯】

Stathāgatoṣṇīṣaṃ Sitātapatraṃ Aparājitaṃ Pratyāṅgiraṃ Dhāraṇī

(第一會)

Namaḥ sarva buddha bodhi-satve-bhyaḥ.  
Namaḥ saptānāṃ samyak-saṃbuddha koṭīnāṃ  
sa-śrāvaka saṃghānāṃ. Namō loke arhattāṃ.  
Namaḥ srotāpannānāṃ. Namaḥ sakṛdāgāmināṃ.  
Namaḥ anāgāmināṃ. Namō loke  
samyag-gatānāṃ samyak-prati-pannānāṃ. Namō  
devarṣiṇāṃ. Namaḥ siddha-vidyā-dhāra-rṣiṇāṃ,  
śāpānugraha-samarthānāṃ. Namō brahmaṇe.  
Nama indrāya. Namō bhagavate rudrāya  
umāpati-sahīyāya. Namō bhagavate nārāyaṇāya,  
lakṣmi paṃca-mahā-mudrā namas-kṛtāya.  
Namō bhagavate mahā-kālāya,  
tripura-nagara-vidrāpaṇa-karāya, adhi-muktaka  
śmaśāna-vāsine, mātr-gaṇa namas-kṛtāya.  
Namō bhagavate tathāgata kulāya. Namō  
bhagavate padma kulāya. Namō bhagavate vajra

kulāya. Namō bhagavate maṇi kulāya. Namō  
bhagavate gaja-kulāya. Namō bhagavate  
dṛḍha-śūra-sena-pra-haraṇa-rājāya, tathāgatāya  
arhate samyak-saṃbuddhāya. Namō bhagavate  
Amitābhāya, tathāgatāya arhate  
samyak-saṃbuddhāya. Namō bhagavate  
akṣobhyāya, tathāgatāya arhate  
samyak-saṃbuddhāya. Namō bhagavate  
bhaiṣajya-guru-vaidūrya-prabha-rājāya,  
tathāgatāya arhate samyak-saṃbuddhāya.  
Namō bhagavate saṃpuṣpita-sāendra-rājāya,  
tathāgatāya arhate samyak-saṃbuddhāya.  
Namō bhagavate Śākyamunaye, tathāgatāya  
arhate samyak-saṃbuddhāya. Namō bhagavate  
ratna-kusuma-ketu-rājāya, tathāgatāya arhate  
samyak-saṃbuddhāya. Teṣāṃ namaḥ-kṛtvā imāṃ  
bhagavata stathāgatoṣṇiṣaṃ, sitātapatram  
namāparājitaṃ pratyāṅgirāṃ. Sarva bhūta-graha  
nigraha-karaṇīm. Para vidyā cchedanīm.  
Akālaṃ-mṛtyu pari-trāṇa-karīm. Sarva bandhana  
mokṣaṇīm. Sarva duṣṭa duḥ-svapna nivāraṇīm.  
Caturaśītīnāṃ graha sahasraṇāṃ

vi-dhvaṃsana-karīm. Aṣṭā-viṃśatinām  
nakṣatrāṇām pra-sādana-karīm. Aṣṭānām  
mahā-grahāṇām vi-dhvaṃsana-karīm. Sarva śatrū  
nivāraṇīm. Ghoram duḥ-svapnānām ca nāśanīm.  
Viṣa śastra agni uttaraṇīm. Aparājitam  
mahā-ghorām, mahā-balām mahā-caṇḍām  
mahā-dīptam mahā-tejam, mahā-śvetām  
mahā-jvalam mahā-balā pāṇḍara-vāsinī, ārya-tārā  
bhṛkuṭīm ceva vijaya vajra-maleti vi-śrutām,  
padmaṃkam vajra-jihva ca mālā-cevāparājita,  
vajrā daṇḍīm viśālā ca śanta vaideva-pūjitām,  
saumya-rūpam mahā-śvetā, ārya-tārā mahā-bala  
aparā vajra śaṅkalā ceva, vajra kaumāri  
kulan-dharī, vajra hastā ca mahā-vidyā kāmṇcana  
mālikā, kusumbhā ratna ceva vairocanā  
kulāthadām uṣṇīṣa, vi-jṛmbha-māṇā ca savajra  
kanaka prabha locana, vajrā tuṇḍī ca śvetā ca  
kamalākṣī śaśī-prabha, ityete mudrā gaṇā,  
sarve rakṣam kurvantu mama sarva satvānām ca.

(第二會)

Oṃ ṛṣi-gaṇa praśastāya sarva tathāgatoṣṇīṣāya  
hūṃ trūṃ. Jambhana-kara hūṃ trūṃ.

Stambhana-kara hūṃ trūṃ.

Mohana-kara hūṃ trūṃ. Mathana-kara hūṃ trūṃ.

Para-vidyā saṃ-bhakṣaṇa-kara hūṃ trūṃ.

Sarva duṣṭānāṃ stambhana-kara hūṃ trūṃ.

Sarva yakṣa rākṣasa grahāṇāṃ,

vi-dhvaṃ sana-kara hūṃ trūṃ. Caturaśītīnāṃ

graha sahasrāṇāṃ, vi-dhvaṃsana-kara hūṃ trūṃ.

Aṣṭā-viṃśatīnāṃ nakṣatrānāṃ

pra-sādana-kara hūṃ trūṃ. Aṣṭānāṃ

mahā-grahāṇāṃ utsādana-kara hūṃ trūṃ.

Rakṣa rakṣa māṃ. Bhagavan stathāgatoṣṇīṣa

sitātapatra mahā vajroṣṇīṣa, mahā pratyaṅgire

mahā sahasra-bhuje sahasra-śīrṣe, koṭī-śata

sahasra-netre, abhedya jvalitā-taṭaka,

mahā-vajrodāra tri-bhuvana maṇḍala.

Oṃ svastir bhavatu māṃ mama.

(第三會)

Rāja-bhayā cora-bhayā udaka-bhayā agni-bhayā,

viṣa-bhayā śastra-bhayā para-cakra-bhayā

dur-bhikṣa-bhayā, aśani-bhayā akāla-mṛtyu-bhayā

dharaṇī-bhūmi-kampā-bhayā ulkā-pāta-bhayā,

rāja-daṇḍa-bhayā suparṇi-bhayā nāga-bhayā

vidyu-bhayā. Deva-grahā nāga-grahā yakṣa-grahā  
rākṣasa-grahā preta-grahā, piśāca-grahā  
bhūta-grahā kumbhaṇḍa-grahā pūtana-grahā,  
kaṭa-pūtana-grahā skanda-grahā apasmāra-grahā  
utmāda-grahā, cchāya-grahā revati-grahā  
jamika-grahā kaṇṭha-kamini-grahā. Ojāhāriṇyā  
garbhāhāriṇyā jātāhāriṇyā jīvitāhāriṇyā,  
rudhirāhāriṇyā vasāhāriṇyā māṃsāhāriṇyā  
medāhāriṇyā, majjāhāriṇyā vāntāhāriṇyā  
aśucyāhāriṇyā ciccāhāriṇyā, teṣāṃ sarveṣāṃ.  
Sarva grahāṇāṃ vidyāṃ cchinda-yāmi kīla-yāmi.  
Pari-brajāka kṛtāṃ vidyāṃ cchinda-yāmi kīla-yāmi.  
Dāka-dākinī kṛtāṃ vidyāṃ cchinda-yāmi kīla-yāmi.  
Mahā-paśupati rudra kṛtāṃ vidyāṃ cchinda-yāmi  
kīla-yāmi. Nārāyaṇā paṃca mahā mudrā kṛtāṃ  
vidyāṃ cchinda-yāmi kīla-yāmi. Tatva garuḍa  
sahīyāya kṛtāṃ vidyāṃ cchinda-yāmi kīla-yāmi.  
Mahā-kāla mātrgaṇa sahīyāya kṛtāṃ vidyāṃ  
cchinda-yāmi kīla-yāmi. Kāpālika kṛtāṃ vidyāṃ  
cchinda-yāmi kīla-yāmi. Jayakarā madhukara  
sarvārtha-sādhaka kṛtāṃ, vidyāṃ cchinda-yāmi  
kīla-yāmi. Catur-bhaginī bhratṛ-paṃcama sahīyāya  
kṛtāṃ, vidyāṃ cchinda-yāmi kīla-yāmi.



Bhr̥ṅgi-riṭika nandi-keśvara gaṇapati sahīya kṛtām,  
vidyām cchinda-yāmi kīla-yāmi. Nagna-śramaṇa  
kṛtām vidyām cchinda-yāmi kīla-yāmi. Arhanta  
kṛtām vidyām cchinda-yāmi kīla-yāmi. Vīta-rāga  
kṛtām vidyām cchinda-yāmi kīla-yāmi. Vajra-pāṇi  
guhyakādhipati kṛtām vidyām cchinda-yāmi  
kīla-yāmi. Rakṣa rakṣa māṃ.

(第四會)

Bhagavata stathāgatoṣṇīṣaṃ sitātapatram  
namo-stute. Asitānalārka prabha-sphuṭa  
vikasitātapatre. Jvala jvala dhaka-dhaka  
vidhaka-vidhaka dara dara vidara vidara, cchinda  
cchinda bhinda bhinda, hūṃ hūṃ phaṭ! phaṭ!  
svāhā. Hehe phaṭ. Amogha phaṭ. Apratihata phaṭ.  
Vara-prada phaṭ. Asura vidrāpaka phaṭ.  
Sarva deve-bhyaḥ phaṭ. Sarva nāge-bhyaḥ phaṭ.  
Sarva yakṣe-bhyaḥ phaṭ. Sarva rākṣase-bhyaḥ  
phaṭ. Sarva garuḍe-bhyaḥ phaṭ. Sarva  
gāndharve-bhyaḥ phaṭ. Sarva asure-bhyaḥ phaṭ.  
Sarva kindare-bhyaḥ phaṭ. Sarva mahorage-bhyaḥ  
phaṭ. Sarva manuṣe-bhyaḥ phaṭ.

Sarva amanuṣe-bhyaḥ phaṭ. Sarva bhūte-bhyaḥ  
phaṭ. Sarva piśāce-bhyaḥ phaṭ. Sarva  
kumbhaṇḍe-bhyaḥ phaṭ. Sarva pūtane-bhyaḥ  
phaṭ. Sarva kaṭa-pūtane-bhyaḥ phaṭ.  
Sarva dur-laṅghite-bhyaḥ phaṭ. Sarva  
duṣ-prekṣite-bhyaḥ phaṭ. Sarva jvare-bhyaḥ phaṭ.  
Sarva apasmāre-bhyaḥ phaṭ. Sarva  
śramaṇe-bhyaḥ phaṭ. Sarva tirthike-bhyaḥ phaṭ.  
Sarva utmāde-bhyaḥ phaṭ. Sarva  
vidyā-rājācārye-bhyaḥ phaṭ. Jayakarā madhukara  
sarvārtha-sādhake-bhyaḥ phaṭ. Sarva  
vidyācārye-bhyaḥ phaṭ. Catur bhagini-bhyaḥ phaṭ.  
Vajra kaumāri kulan-dharī mahā-vidyā-rājebhyaḥ  
phaṭ. Mahā-pratyaṅgire-bhyaḥ phaṭ. Vajra  
śaṅkalāya phaṭ. Mahā-pratyaṅgira-rājāya phaṭ.  
Mahā-kālāya mahā-mātr-gaṇa namas-kṛtāya phaṭ.  
Vaiṣṇuvīye phaṭ. Brahmanīye phaṭ. Agnīye phaṭ.  
Mahā-kālīye phaṭ. Kāla-daṇḍīye phaṭ.  
Indrīye phaṭ. Raudrīye phaṭ. Cāmuṇḍīye phaṭ.  
Kāla-rātrīye phaṭ. Kāpālīye phaṭ.  
Adhi-muktaka śmaśāna vāsiniye phaṭ.  
Yeke-citta satva mama.

(第五會)

Duṣṭa-cittā pāpa-cittā raudra-cittā vi-dveṣa  
amaitra-cittā. Utpāda-yanti kīla-yanti mantra-yanti  
japanti juhvanti. Ojāhārā garbhāhārā rudhirāhārā  
vasāhārā, majjāhārā jātāhārā jīvitāhārā malyāhārā,  
gandhāhārā puṣpāhārā phalāhārā sasyāhārā.  
Pāpa-cittā duṣṭa-cittā raudra-cittā. Yakṣa-graha  
rākṣasa-graha preta-graha piśāca-graha,  
bhūta-graha kumbhaṇḍa-graha  
skanda-graha utmāda-graha, cchāya-graha  
apasmāra-graha ḍāka-ḍākinī-graha, revati-graha  
jamika-graha śakuni-graha mantra-nandika-graha,  
lamvika-graha hanu kaṇṭha-pāṇi-graha. Jvara  
ekāhikā dvaitīyakā straitīyakā catur-thakā.  
Nitya-jvarā viṣama-jvarā vātikā paittikā,  
śleṣmikā san-nipatikā sarva-jvarā.  
Śirortti ardhavabhedaka arocaka, akṣi-rogaṃ  
nasa-rogaṃ mukha-rogaṃ hṛd-rogaṃ  
gala-grahaṃ, karṇa-śūlaṃ danta-śūlaṃ  
hṛdaya-śūlaṃ marma-śūlaṃ, pārśva-śūlaṃ  
pṛṣṭha-śūlaṃ udara-śūlaṃ kaṇṭī-śūlaṃ,  
vasti-śūlaṃ ūru-śūlaṃ jāṅgha-śūlaṃ hasta-śūlaṃ,  
pāda-śūlaṃ sarvāṅga-pratyāṅga-śūlaṃ.

Bhūta vetāḍa ḍāka-ḍākinī jvara. Dadru kāṇḍu  
kiṭibhalota vaisarpa-lohāliṅga, śūṣa trasa gara  
viṣa-yoga, agni udaka mara vaira kāntāra  
akālaṃ-mṛtyu. Traibuka trai-laṭaka vṛścika sarpa  
nakula, siṃgha vyāghra ṛkṣa tarakṣa mṛga,  
sva-para jīva teṣāṃ sarveṣāṃ. Sitāpatraṃ  
mahā-vajroṣṇīṣaṃ mahā-pratyaṅgiraṃ.

Yāvadvā-daśa yojanābhyantareṇa,  
sīmā-bandhaṃ karomi, diśā-bandhaṃ karomi,  
pāra-vidyā-bandhaṃ karomi, tejo-bandhaṃ  
karomi, hasta-bandhaṃ karomi, pāda-bandhaṃ  
karomi, sarvāṅga-pratyaṅga-bandhaṃ karomi.

Tadyathā: **Oṃ anale anale viśade viśade  
vīra vajra-dhare, bandha bandhani,  
vajra-pāṇi phaṭ! hūṃ trūṃ phaṭ! svāhā.**

Namaḥ stathāgatāya sugatāya arhate  
samyak-saṃ buddhāya,  
siddhyantu mantra-pada svāhā.

## 楞嚴心咒 (Shurangama Heart Mantra)

Oṃ anale anale viśade viśade vīra  
Vajra-dhare, bandha bandhani, vajra-pāṇi  
phaṭ! hūṃ trūṃ phaṭ! svāhā.

## 法華補闕真言 - 亦名地藏菩薩補闕真言 (3遍)

Namo ratna trayāya, kala kala kūj kūj mālā  
mālā, huras huṃ hā hā, sudānu hūṃ phaṭ  
manu svāhā.

## 補闕圓滿真言 (3遍)

Oṃ huru huru jaya mukhe svāhā

## 三皈依 (1遍)

自皈依佛 當願眾生 體解大道 發無上心

自皈依法 當願眾生 深入經藏 智慧如海

自皈依僧 當願眾生 統理大眾 一切無礙

和南聖眾

# 大佛頂首楞嚴咒迴向法

Transfer of Merits from Śūraṅgama Dhāraṇī of the Great Buddhas' Crowns

如來頂髻無上善 迴向教主釋迦尊  
大悲毗盧遮那佛 十方一切諸如來  
金剛藏王諸大士 一字金輪八佛頂  
哀湣攝受願海中 消除業障證三昧  
日日持念一七遍 極重煩惱皆消滅  
金剛密跡諸眷屬 每日每夜常守護  
二類諸天悉歡喜 二類權實皆隨喜  
琰魔法王能覆護 一切冥道恆加護  
一切善神常守護 一切惡神慈悲護  
一切天女能護念 一切神女善護念  
隨順一切鬼神眾 恭敬供養佛心咒  
修行佛子無障難 菩提行願不退轉  
生生值遇白傘蓋 世世持誦不忘念  
恆修普賢菩薩行 盡於未來心意願  
慈悲哀愍為加護 卍字法門悉皆悟  
四恩法界諸眾生 平等利益證妙果  
迴向無上大菩提

# 大迴向輪陀羅尼 (3遍)

Om sphāra sphāra vimāna sāra mahā cakra  
vaḥ hūṃ

願以此功德，普及於一切，

我等與眾生，同生極樂國。

願以此功德，迴向真如實際，心心契合。

願以此功德，迴向無上佛果菩提，念念圓滿。