

# Shurangama Mantra

## 楞嚴咒

lèng yán zhòu

▽ Na mo Shurangama assembly of Buddhas and Bodhisatvas. <sup>◎<sub>3</sub></sup> <sup>◎<sub>1</sub></sup>

南無楞嚴會上佛菩薩 <sup>◎<sub>3</sub></sup> <sup>◎<sub>1</sub></sup> (三稱)  
nā mó lèng yán huì shàng fó pú sà (Recite 3 times)

▽ O deep and wondrous dharani unmoving Honored One <sup>◎</sup>  
妙湛總持不動尊 <sup>◎</sup>  
miào zhàn zǒng chí bú dòng zūn

Supreme Shurangama appears most rarely in the world.

首楞嚴王世希有  
shǒu lèng yán wáng shì xī yǒu

Extinguishing deluded thoughts from countless kalpas past.

銷我億劫顛倒想  
xiāo wǒ yì jié diān dǎo xiǎng

I needn't pass through aeons till the dharma body's gained.

不歷僧祇獲法身  
bú lì sēng qí huò fǎ shēn

I wish to now attain the way: and as the Dharma king.

願今得果成寶王  
yuàn jīn dé guǒ chéng bǎo wáng

I'll then return to rescue beings more than Ganges' sands.

還度如是恆沙眾  
huán dù rú shì héng shā zhòng

This deep resolve I offer to the myriad Buddhas' lands,

將此深心奉塵刹  
jiāng cǐ shēn xīn fèng chén chà

And thus endeavor to repay the Buddha's boundless grace.

是則名為報佛恩  
shì zé míng wéi bào fó ēn

I humbly ask the Bhagavan to certify my quest:

伏請世尊為證明  
fú qǐng shì zūn wéi zhèng míng

To enter first the evil world—the five turbidities;

五濁惡世誓先入  
wǔ zhuó è shì shì xiān rù

If yet a single being's not accomplished Buddhahood

如一眾生未成佛  
rú yī zhòng shēng wèi chéng fó

Accordingly I also must renounce nirvana's bliss.

終不於此取泥洹  
zhōng bù yú cǐ qǔ ní huán

O great in courage, great in power, great compassionate one!

大雄大力大慈悲  
dà xióng dà lì dà cí bēi

I pray would now uncover and dispel my subt'lest doubts.

希更審除微細惑  
xī gèng shěn chú wēi xì huò

Thus cause me quickly to attain supreme enlightenment,

令我早登無上覺  
lìng wǒ zǎo dēng wú shàng jué

And sit within the bodhimandas of the tenfold realms

於十方界坐道場  
yú shí fāng jiè zuò dào chǎng

And even could the nature of Shunyata melt away

舜若多性可銷亡  
shùn ruò duō xìng kě xiāo wáng

My vajra-like supreme resolve would still remain  
unmoved.

樂迦羅心無動轉  
shuò jiā luó xīn wú dòng zhuǎn

Na mo eternally abiding Buddhas of the ten directions.<sup>◎</sup>

南無常住十方佛<sup>◎</sup>  
nā mó cháng zhù shí fāng fó

Na mo eternally abiding Dharma of the ten directions.

南無常住十方法  
nā mó cháng zhù shí fāng fǎ

Na mo eternally abiding Sangha of the ten directions.

南無常住十方僧  
nā mó cháng zhù shí fāng sēng

Na mo Shakyamuni Buddha.

南無釋迦牟尼佛  
nā mó shì jiā móu ní fó

Na mo Supreme Shurangama of the Buddha's summit.

南無佛頂首楞嚴  
nā mó fó dǐng shǒu lèng yán

Na mo Guan Shi Yin Bodhisattva.

南無觀世音菩薩  
nā mó guān shì yīn pú sà

Na mo Vajra Treasury Bodhisattva.

南無金剛藏菩薩  
nā mó jīn gāng zàng pú sà

At that time the World Honored One from the flesh mound at the crown of His head released a hundred-jewelled light and a thousand petalled rare lotus arose from the midst of the light.

爾時世尊。從肉髻中。涌百  
ěr shí shì zūn cóng ròu jì zhōng yǒng bǎi  
寶光。光中涌出。千葉寶蓮。  
bǎo guāng guāng zhōng yǒng chū qiān yè bǎo lián

Seated within the precious flower was a transformation body of the Thus Come One, whose crown in turn emitted ten rays of the hundred-jewelled effulgence.

有化如來。坐寶華中。頂放  
yǒu huà rú lái zuò bǎo huā zhōng dǐng fàng  
十道。百寶光明。  
shí dào bǎi bǎo guāng míng

All the myriad lights shone ‘round about, everywhere revealing secret trace vajra spirits, many as the sands of ten Ganges rivers. Each holding aloft a mountain and wielding a pestle, they pervaded the realm of empty space.

一 一 光 明 。 皆 徧 示 現 。 十 恆  
yī yī guāng míng jiē biàn shì xiàn shí héng

河 沙 。 金 剛 密 迹 。 擎 山 持 杵 。  
hé shā jīn gāng mì jì qíng shān chí chǔ

徧 虛 空 界 。  
biàn xū kōng jiè

The great assembly gazed upward at once filled with fear and admiration. Seeking the Buddha’s kind protection they single-mindedly listened

大 眾 仰 觀 。 畏 愛 兼 抱 。 求 佛  
dà zhòng yǎng guān wèi ài jiān bào qiú fó

哀 祐 。 一 心 聽 佛 。  
āi yòu yì xīn tīng fó

As, streaming light at the Buddha’s invisible crown the transformation Thus Come One proclaimed the spiritual mantra:<sup>◎</sup>

無 見 頂 相 。 放 光 如 來 。 宣 說  
wú jiàn dǐng xiàng fàng guāng rú lái xuān shuō

神 咒<sup>◎</sup>。  
shén zhòu