



# 三皈依三十六善神

## Thirty-Six Virtuous Deities Who Protect Those Who Take the Three Refuges

摘自《佛說灌頂三歸五戒帶佩護身呪經》卷第三  
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An Excerpt from *The Buddha Speaks of the Sutra of Initiation by Taking the Three Refuges and Receiving the Five Precepts as a Means of Protective Charm for a Person to Wear and Carry*, Roll III

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聞如是：一時，佛在舍衛國祇樹給孤獨園時，與千二百五十比丘，菩薩萬人，天龍八部悉來在會，咸然一心叉手聽法。於是異道有鹿頭梵志，來到佛所稽首作禮，胡跪合掌白佛言：「久聞瞿曇名聲遠振，今欲捨置異學，受三自歸并五戒法。」

佛言：「善哉，善哉！梵志！汝能捨置餘道歸命我者，當自悔過生死之罪，其劫無量不可稱計。」

梵志言：「諾！受教。」即淨身口意，復作是念：「惟願世尊，施我法戒，終身奉行不敢毀缺。」

佛言：「是為如來、至真、等正覺三世諸佛說是戒法。」

佛言：「梵志！諦聽諦受，心持念之。」

又言：「梵志！盡形壽，歸命諸佛無上尊；盡形壽，歸命法離欲尊；盡形壽，歸命僧眾中尊。」

Thus, I have heard. At one time, the Buddha was residing at Śrāvastī, in the Jeta Grove, in the Garden of the Benefactor of Orphans and the Solitary, surrounded by an assembly of twelve hundred and fifty bhikṣus, ten thousand bodhisattvas, and all the celestial beings and members of the eightfold divisions. With their palms joined in reverence, they all listened to the Dharma single-mindedly.

At that time, a Brahmin named Deer-Head from a different path came to the Buddha, bowed, and respectfully said, “I have long heard of Gautama’s far-reaching reputation. Today, I wish to abandon my previous practices, take the three refuges, and receive the five precepts.”

The Buddha replied, “Excellent, excellent! Brahmin! If you can forsake other paths and take refuge in me, you should first repent for your past wrongdoings, which are countless and beyond measure when you underwent rounds of birth and death.”

The Brahmin said, “Yes, I accept your teaching.” He then purified his body, speech, and mind and further reflected: “I sincerely request the World-Honored One to bestow upon me the precepts, which I will uphold for life without blemishing or violating them.”

The Buddha said, “This is the precept Dharma spoken by all the Buddhas of the three times, the Tathāgatas, the True Ones, the Completely Enlightened Ones.”

The Buddha said, “Brahmin! Listen carefully, accept earnestly, and uphold it in your heart and mind.”

He also said, “Brahmin! For your entire life, take refuge in the Buddhas, the supremely honored ones; for your entire life, take refuge in

佛言：「梵志！以三自歸竟，是為真正弟子，不為邪惡之所忤嬈。」

佛言：「梵志！汝能一心受三自歸已，我當為汝及十方人，勅天帝釋所遣諸鬼神，以護男子女人輩受三歸者。」

梵志因問佛言：「何等是也？願欲聞之，開化十方諸受歸者。」

佛言：「如是灌頂善神，今當為汝略說三十六。」

四天上遣神名彌栗頭不羅婆(漢言善光，主疾病)。

四天上遣神名彌栗頭婆呵娑(漢言善明，主頭痛)。

四天上遣神名彌栗頭婆邏波(漢言善力，主寒熱)。

四天上遣神名彌栗頭梅陀羅(漢言善月，主腹滿)。

四天上遣神名彌栗頭陀利奢(漢言善見，主癰腫)。

四天上遣神名彌栗頭阿樓呵(漢言善供，主癲狂)。

四天上遣神名彌栗頭伽娑婆帝(漢言善捨，主愚癡)。

四天上遣神名彌栗頭悉坻哆(漢言善寂，主瞋恚)。

四天上遣神名彌栗頭菩提薩(漢言善覺，主婬欲)。

四天上遣神名彌栗頭提波羅(漢言善天，主邪鬼)。

四天上遣神名彌栗頭呵波帝(漢言善住，主傷亡)。

四天上遣神名彌栗頭不若羅(漢言善福，主塚墓)。

四天上遣神名彌栗頭苾闍伽(漢言善術，主四方)。

四天上遣神名彌栗頭伽麗娑(漢言善帝，主怨家)。

四天上遣神名彌栗頭羅闍遮(漢言善主，主偷盜)。

the Dharma, honored teaching to end desire; for your entire life, take refuge in the Sangha, honored among all the multitudes.”

The Buddha said, “Brahmin! By taking the three refuges, you become a true disciple and will not be troubled by evil forces.”

The Buddha continued, “Brahmin! If you can wholeheartedly accept the three refuges, I will, for you and all beings in the ten directions, command the deities and spirits sent by Lord Śakra to protect those men and women who take these three refuges.”

The Brahmin then asked the Buddha, “Who are they? I wish to hear their names to guide and teach all those who take the three refuges throughout the ten directions.”

The Buddha said, “As for these virtuous deities who attend this ceremony for initiation, I will now briefly explain thirty-six of them for you.”

The Four Heavenly Kings dispatched the following deities:

1. The deity named Mṛdu Light of Kindness (善光, spirit of diseases).
2. The deity named Mṛdu Skilled Understanding (善明, spirit of headaches).
3. The deity named Mṛdu Skilled Strength (善力, spirit of cold and heat).
4. The deity named Mṛdu Moon of Kindness (善月, spirit of abdominal fullness).
5. The deity named Mṛdu Wholesome Views (善見, spirit of boils and swellings).
6. The deity named Mṛdu Wholesome Offerings (善供, spirit of madness).
7. The deity named Mṛdu Wholesome Renunciation (善捨, spirit of ignorance).
8. The deity named Mṛdu Wholesome Stillness (善寂, spirit of anger).
9. The deity named Mṛdu Wholesome Awakening (善覺, spirit of lust).
10. The deity named Mṛdu Wholesome Devas (善天, spirit of evil spirits).
11. The deity named Mṛdu Wholesome Abode (善住, spirit of injuries and deaths).
12. The deity named Mṛdu Wholesome Blessing (善福, spirit of graves).
13. The deity named Mṛdu Wholesome Skills (善術, spirit of the four directions).
14. The deity named Mṛdu Wholesome Rulers (善帝, spirit of enemies).
15. The deity named Mṛdu Wholesome Lord (善主, spirit of theft).
16. The deity named Mṛdu Wholesome Fragrance (善香, spirit of

四天上遣神名彌栗頭修乾陀(漢言善香，主債主)。

四天上遣神名彌栗頭檀那波(漢言善施，主劫賊)。

四天上遣神名彌栗頭支多那(漢言善意，主疫毒)。

四天上遣神名彌栗頭羅婆那(漢言善吉，主五溫)。

四天上遣神名彌栗頭鉢婆馱(漢言善山，主蜚尸)。

四天上遣神名彌栗頭三摩陀(漢言善調，主注連)。

四天上遣神名彌栗頭戾禰馱(漢言善備，主注腹)。

四天上遣神名彌栗頭波利陀(漢言善敬，主相引)。

四天上遣神名彌栗頭波利那(漢言善淨，主惡黨)。

四天上遣神名彌栗頭虔伽地(漢言善品，主蠱毒)。

四天上遣神名彌栗頭毘梨馱(漢言善結，主恐怖)。

四天上遣神名彌栗頭支陀那(漢言善壽，主厄難)。

四天上遣神名彌栗頭伽林摩(漢言善遊，主產乳)。

四天上遣神名彌栗頭阿留伽(漢言善願，主縣官)。

四天上遣神名彌栗頭闍利馱(漢言善因，主口舌)。

四天上遣神名彌栗頭阿伽馱(漢言善照，主憂惱)。

四天上遣神名彌栗頭阿訶娑(漢言善生，主不安)。

四天上遣神名彌栗頭娑和邏(漢言善至，主百怪)。

四天上遣神名彌栗頭波利那(漢言善藏，主嫉妬)。

四天上遣神名彌栗頭周陀那(漢言善音，主呪咀)。

四天上遣神名彌栗頭韋陀羅(漢言善妙，主厭禱)。」

creditors).

17. The deity named Mṛdu Wholesome Charity (善施, spirit of robbers).

18. The deity named Mṛdu Wholesome Intent (善意, spirit of epidemics).

19. The deity named Mṛdu Wholesome Auspiciousness (善吉, spirit of the five plagues).

20. The deity named Mṛdu Wholesome Mountain (善山, spirit of wandering ghosts).

21. The deity named Mṛdu Wholesome Regulation (善調, spirit of binding rituals).

22. The deity named Mṛdu Wholesome Readiness (善備, spirit of abdominal pains).

23. The deity named Mṛdu Wholesome Reverence (善敬, spirit of attraction).

24. The deity named Mṛdu Wholesome Purity (善淨, spirit of evil gangs).

25. The deity named Mṛdu Wholesome Character (善品, spirit of hex poisons).

26. The deity named Mṛdu Wholesome Ties (善結, spirit of fears).

27. The deity named Mṛdu Wholesome Longevity (善壽, spirit of disasters).

28. The deity named Mṛdu Wholesome Traveling (善遊, spirit of breastfeeding).

29. The deity named Mṛdu Wholesome Vows (善願, spirit of government officials).

30. The deity named Mṛdu Wholesome Causes (善因, spirit of disputes).

31. The deity named Mṛdu Wholesome Shining (善照, spirit of sorrows).

32. The deity named Mṛdu Wholesome Birth (善生, spirit of restlessness).

33. The deity named Mṛdu Wholesome Arrival (善至, spirit of all strange phenomena).

34. The deity named Mṛdu Wholesome Treasuries (善藏, spirit of jealousy).

35. The deity named Mṛdu Virtuous Voices (善音, spirit of curses).

36. The deity named Mṛdu Virtuous and Wondrous (善妙, spirit of magical prayers).