

## 印度梵语Sanskrit发音的一些参考 (仅供参考)

大约80%的梵音发音可以根据以下作为参考:

~ 尽量把全部的字母都发音出来。例如: Bud-d-ha。  
(Pronounce all the letters.)

~ 如果看到梵音字母的上面有一横, 例如: ā、ī、ū, 需  
要拉长声音念。 例如: aa, ii, uu。 (A dash over a  
vowel makes it longer, e.g. the a sound in 'but', vs the ā  
sound in father.)

a 例如: 类似“饿”的口型。  
(“a” is pronounce as in u in cut)

ā (aa) 例如: 啊 (嘴巴打开大大的, 拉长的念啊声)。  
(“ā” is pronounce as in father)

i 例如: 一 (短的声音) (“i” is pronounce as in bit)

ī (ii) 例如: 一 (拉长的声音) (“ī” is pronounce as in beet)

o 例如: 哦 (类似“哦”的口型)  
(“o” is pronounce as in hope)

u 例如: 屋 (短的声音) (“u” is pronounce as in put or foot)

ū (uu) 例如: 屋 (拉长的声音) (“ū” is pronounce as in brute)

e 例如: 背 (读bèi 里的e声) (“e” as in bay e.g. deva.)  
In Pāli before a double consonant as in bed (e.g. metta)

ai 例如: 哀 (“ai” is pronounce as in sigh)

au 例如: 阿屋 (短的声音) (“au” is pronounce as in sound)

- m 把 m 之前的母音，转成鼻音（例如: Om̐，把O转成鼻音）什么是鼻音？试看说蒸 zhēng，感觉 ng 声音转去鼻子的感觉 (nasalise the vowel before m)
- ḥ 把 ḥ 之前的母音，轻轻的回音。可以想象一个大母音紧接着一个小声，回音式的母音。例如: Aa。试看把说第二个回音的母音声音时，把嘴巴关小一点。  
(softly echoes the preceding vowel)
- h 如果h下面没有点，念“喝”（读hē里的h声）  
(If there is no dot under the “h”, h is pronounce as hello)
- ca 例如：这 (“ca” is pronounce as in cark)
- cha 例如：车 (C is always soft as in church.)
- ka 例如：哥 (感觉声音往外)(“ka” is pronounce as in came)
- ga 例如：格 (感觉声音往内)(“ga” is pronounce as in girl)
- na 例如：呢 (“na” is pronounce as in nana)
- t 例如：当 (dāng里的 d 感觉声音往外)  
(“t” is pronounce as in the t in them)
- d 例如：德 (dé里的d感觉声音往内)  
(“d” is pronounce as in duck)
- r 例如：类似“热” (念R时要卷/转动舌头在上额)  
(roll the tongue while pronouncing the R)
- ś 如果S上面有类似汉语拼音第二声的符号，要把S声音转成念Sh。例如: 舍 shé (Sh声音感觉在上额发出)  
(ś is pronounce as palatal sound as in shame)

Therefore, Śūraṅgama mantra is pronounce as **Sh**urangama.

ṣ 如果S下面有一点,要把S声音转成念Sh。例如: 虚 (Sh 或 xū 声音感觉靠近下额发出) (retroflex) similar to dish

ṅ 如果看到字母上面有一点,例如: ṅ,要把声音转去后面的喉咙发声。试看说“咳”,感觉 kè 的K声音是在喉咙后面发出来的那种感觉。(ṅ is pronounced as velar sound like sung. Velar sound is produced with the back part of the tongue against the soft palate. Try saying K and feel the sound coming from the throat behind)

ṇ 如果看到字母下面有一点,例如: ṇ, ṭa, ṭha, ḍa, ḍha, ṇ 要把舌头顶在上额靠近大牙的地方。试看说“他” tā 的时候感觉那个T舌头碰到上颚大牙的地方。那个地方叫 alveolar ridge. If there is a dot under an alphabet eg. ṇ, ṭa, ṭha, ḍa, ḍha ṇa, the tongue is curled back to touch the alveolar ridge. Try saying renown to find the alveolar ridge.

v 例如:闻 wén 里的W (V is close to W sound e.g. work, not van)

p 例如:跑 (读pǎo里的p声) (“p” is pronounce as in pearl)

pha 例如:佛 (读fó里的f声) (“p” is pronounce as in pharmacy)

注: pha 更常见的念法是念“帕”,类似英文pascal (帕斯卡) 中pa的发音是帕,而phat则发音为“帕特”(“特”轻读)

## 梵音发音的特殊情况

单一字音m, n, y 前后重复使用发音的特殊情况。

例如: samya 发 sam-mya 音。 bhyah 发 bhy-yah 音。  
harinya 发 harin-nya 音。 vidya 发 vidy-ya 音。  
tadyatha 发 tady-yatha 音。 carye 发 cary-ye 音。  
vaiturya 发 vaitury-ya 音。 ityete 发 ity-yete 音。

印度梵音发音参考 (Sanskrit Pronunciations References):

<http://www.visiblemantra.org/pronunciation.html>

“怎么持楞严咒最有效” 古梵文楞严咒校注增订版书,简丰祺編譯。

Sanskrit pronouciation apps