



大佛頂如來廣放光明聚現大白傘蓋遍覆三千界摩訶悉怛多鉢怛  
囉金剛無礙大道場最勝無比大威德金輪帝祖囉施都攝一切大明  
王摠集不可說百千旋陀羅尼十方如來清淨海眼微妙秘密大陀羅  
尼

(統一版梵文楞嚴咒)

【出自《房山石經》俊字帙、刻于辽大安十年】

【唐 大興善寺三藏沙門大廣智不空奉 詔譯】

【唐 上都大安國寺傳密教超悟大師賜紫三藏沙門 行琳 集】

Stathāgata-uṣṇīṣaṃ Sitātapatraṃ Aparājitaṃ Pratyāṅgiraṃ Dhāraṇī

### 1st Assembly - (第一會)

Namaḥ sarva buddha bodhi-satve-bhyaḥ. Namaḥ saptānāṃ samyak-saṃbuddha  
koṭīnāṃ sa-śrāvaka saṅghānāṃ. Namō loke arhantānāṃ. Namaḥ  
srotāpannānāṃ. Namaḥ sakṛdāgāmīnāṃ. Namaḥ anāgāmīnāṃ. Namō loke  
samyag-gatānāṃ samyak-prati-pannānāṃ. Namō devarṣīṇāṃ. Namaḥ siddha-  
vidyā-dhāra-rṣīṇāṃ, śāpānugraha-samarthānāṃ. Namō brahmaṇe. Nama  
indrāya. Namō bhagavate rudrāya umāpati-sahīyāya. Namō bhagavate  
nārāyaṇāya, lakṣmī pañca-mahā-mudrā namas-kṛtāya. Namō bhagavate mahā-  
kālāya, tripura-nagara-vidrapaṇa-kārāya, adhi-muktika śmaśāna-vāsine, māṭṛ-  
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-sūra-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 namas-kṛtva imāṃ  
bhagavata stathāgata-uṣṇīṣaṃ, sitātapatraṃ namō aparājitaṃ pratyāṅgiraṃ.  
Sarva bhūta-graha nigraha-karaṇīṃ. Para vidyā cchedanīṃ.



Akāla-mṛtyu pari-trāṇa-karīm. Sarva bandhana mokṣaṇīm.  
Sarva duṣṭa duḥ-svapna nivāraṇīm. Caturaśītīnām graha sahasrāṇām  
vi-dhvaṃsana-karīm. Aṣṭā-viṃśatīnām nakṣatrāṇām pra-sādana-karīm.  
Aṣṭānām mahā-grahāṇām vi-dhvaṃsana-karīm. Sarva śatru nivāraṇīm.  
Ghoram duḥ-svapnānām ca nāśaṇīm. Viṣa śastra agni uttaraṇīm.  
Aparājitaṃ mahā-ghorām, mahā-balām mahā-caṇḍām mahā-dīptaṃ mahā-tejaṃ,  
mahā-śvetām mahā-jvalaṃ mahā-bala pāṇḍara-vāsinī,  
ārya-tārā bhṛkuṭīm ceva vijaya vajra-maleti vi-śrutaṃ, padmaṃkaṃ vajra-jihva ca  
mālā-ceva aparājita, vajra daṇḍīm viśālā ca śanta vaideva-pūjitām,  
saumya-rūpaṃ mahā-śvetā, ārya-tārā mahā-bala aparā vajra śaṅkalā ceva,  
vajra gaumārī kulan-dharī, vajra hastā ca mahā-vidyā kāñcana mālikā,  
kumuḃbhā ratna ceva vairocana kula-arthānām uṣṇīṣa,  
vi-jṛmbha-māṇā ca savajra kanaka prabha locana,  
vajra tuṇḍī ca śvetā ca kamalākṣī śaśi-prabha, ityete mudrā gaṇā,  
sarve rakṣaṃ kurvantu mama sarva satvānām ca.

## 2<sup>nd</sup> Assembly - (第二會)

Oṃ ṛṣi-gaṇa praśastāya sarva tathāgata-uṣṇīṣāya 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 duṣṭānām stambhana-kara hūṃ trūṃ.  
Sarva yakṣa rākṣasa grahāṇām, vi-dhvaṃsana-kara hūṃ trūṃ.  
Caturaśītīnām graha sahasrāṇām, vi-dhvaṃsana-kara hūṃ trūṃ.  
Aṣṭā-viṃśatīnām nakṣatrāṇām pra-sādana-kara hūṃ trūṃ.  
Aṣṭānām mahā-grahāṇām utsādana-kara hūṃ trūṃ. Rakṣa rakṣa māṃ.  
Bhagavan stathāgata-uṣṇīṣa sitātapatra mahā vajra-uṣṇīṣa,  
mahā pratyaṅgire mahā sahasra-bhujе sahasra-śīrṣe, koṭī-śata sahasra-netre,  
abhedyā jvalitā-taṭaka, mahā-vajrodāra tri-bhuvana maṇḍala.  
Oṃ svastirbhavatu māṃ mama.



### 3<sup>rd</sup> Assembly - (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 dhāraṇi-bhūmi-kampā-bhayā ulkā-pāta-bhayā,  
rāja-daṇḍa-bhayā suparṇi-bhayā nāga-bhayā vidyut-bhayā.  
Deva-grahā nāga-grahā yakṣa-grahā rākṣasa-grahā preta-grahā,  
piśāca-grahā bhūta-grahā kumbhāṇḍa-grahā pūtana-grahā,  
kaṭa-pūtana-grahā skanda-grahā apasmāra-grahā utmāda-grahā,  
cchāya-grahā revatī-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.  
Ḍāka ḍākinī kṛtāṃ vidyāṃ cchinda-yāmi kīla-yāmi.  
Mahā-paśupati rudra kṛtāṃ vidyāṃ cchinda-yāmi kīla-yāmi.  
Nārāyaṇā pañca 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.  
Jayakara madhukara sarvārtha-sādhaka kṛtāṃ, vidyāṃ cchinda-yāmi kīla-yāmi.  
Catur-bhaginī bhratr-pañcama sahīyāya kṛtāṃ, vidyāṃ cchinda-yāmi kīla-yāmi.  
Bhṛṅgi-riṭika nandi-keśvara gaṇapati sahīya kṛtāṃ, vidyāṃ cchinda-yāmi kīla-  
yāmi. Nagna-śramaṇa kṛtāṃ vidyāṃ cchinda-yāmi kīla-yāmi.  
Arhanta kṛtāṃ vidyāṃ cchinda-yāmi kīla-yāmi.  
Vīta-rāga kṛtāṃ vidyāṃ cchinda-yāmi kīla-yāmi.  
Vajra-pāṇi guhyaka-adhipati kṛtāṃ vidyāṃ cchinda-yāmi kīla-yāmi.  
Rakṣa rakṣa māṃ.



#### 4<sup>th</sup> Assembly - (第四會)

Bhagavata stathāgata-uṣṇīṣaṃ sitātapatraṃ namo-stute.  
Asita-anala-arka prabha-sphuṭa vika sitātapatre.  
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 gandharve-bhyaḥ phaṭ.  
Sarva asure-bhyaḥ phaṭ. Sarva kinnare-bhyaḥ phaṭ.  
Sarva mahorage-bhyaḥ phaṭ. Sarva manuṣye-bhyaḥ phaṭ.  
Sarva amanuṣye-bhyaḥ phaṭ. Sarva bhūte-bhyaḥ phaṭ.  
Sarva piśāce-bhyaḥ phaṭ. Sarva kumbhāṇḍe-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-rāja-ācārye-bhyaḥ phaṭ.  
Jayakara-madhukara sarvārtha-sādhake-bhyaḥ-phaṭ.  
Sarva vidyā-ācārye-bhyaḥ phaṭ. Catur bhaginī-bhyaḥ phaṭ.  
Vajra gaumārī 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.  
Veṣṇuvīye phaṭ. Brahmaṇīye phaṭ. Agnīye phaṭ.  
Mahā-kālīye phaṭ. Kālā-daṇḍīye phaṭ. Indrīye phaṭ. Raudrīye phaṭ.  
Cāmuṇḍīye phaṭ. Kāla-rātrīye phaṭ. Kāpālīye phaṭ.  
Adhi-muktika śmaśāna vāsinīye phaṭ.  
Yeke-citta satva mama.



## 5<sup>th</sup> Assembly - (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  
mālyāhārā,

gandhāhārā puṣpāhārā phalāhārā sasyāhārā. Pāpa-cittā duṣṭa-cittā raudra-cittā.

Yakṣa-graha rākṣasa-graha preta-graha piśāca-graha,

bhūta-graha kumbhāṇḍa-graha skanda-graha utmāda-graha,

cchāya-graha apasmāra-graha ḍāka-ḍākinī-graha,

revatī-graha jamika-graha śakuni-graha mantra-nandika-graha,

lamvika-graha hanu kaṇṭha-pāṇi-graha.

Jvara ekāhika dvetīyaka traitīyaka catur-thaka.

Nitya-jvara viṣama-jvara vātika paittika, śleṣmika san-nipatika sarva-jvara.

Śirortti ardha-avabhedaka 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 kaṭi-śūlaṃ, vasti-śūlaṃ ūru-śūlaṃ

jaṅghā-śūlaṃ hasta-śūlaṃ, pāda-śūlaṃ sarvāṅga-pratyaṅga-śūlaṃ.

Bhūta vetāḍa ḍāka-ḍākinī jvara. Dadru kāṇḍu kiṭibha lūtā vaisarpa-lohaliṅga,

śoṣa trāsa gara viṣa-yoga, agni udaka māra vaira kāntāra akāla-mṛtyu.

Traibuka trai-laṭaka vṛścika sarpa nakula, siṃha vyāghra ṛkṣa tarakṣa mṛga,

sva-para jīva teṣāṃ sarveṣāṃ.

Sitātapatram mahā-vajra-uṣṇīṣam mahā-pratyaṅgiram.

Yāvad dvā-daśa yojana-abhyantareṇa, sīmā-bandham karomi, diśā-bandham

karomi, pāra-vidyā-bandham karomi, tejo-bandham karomi, hasta-bandham

karomi, pāda-bandham karomi, sarvāṅga-pratyaṅga-bandham karomi. Tadyathā:

**Oṃ anale anale viśade viśade vīra vajra-dhare,**

**bandha bandhani, vajra-pāṇi phaṭ! hūṃ trūṃ phaṭ! svāhā.**

Namaḥ stathāgatāya sugatāya arhate samyak-sambuddhāya,

siddhyantu mantra-pada svāhā.

❖ 公元2016年歲初 真言宗沙門釋宏博@弘博、釋延度及菩薩戒弟子果濱居士，共同校對還原古梵語現代羅馬拼音。

❖ 果濱 《唐密三大咒·梵語發音羅馬拼音課誦版》，萬卷樓，ISBN 978-957-739-925-0

❖ 果濱 袖珍型《房山石經》版梵音【楞嚴咒】暨《金剛經》課誦，萬卷樓，ISBN 978-957-739-934-2



## 楞嚴心咒 (Śūraṅgama Heart Mantra)

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

Śūraṅgama Mantra 大佛頂首楞嚴咒 (統一梵文版)

Video 视频: <https://youtu.be/SdySāLeEENo>

Śūraṅgama Heart Mantra 楞嚴心咒 (統一梵文版)

Video 视频: <https://youtu.be/rSsSslfvVOQ>