



***Mindfulness of the Three Jewels to  
Extinguish Karmic Deeds***

***By Dharma Master Chi Hoi***

**智海法師 念三寶消業障法門**



南無佛·南無法·南無僧

*Namo Buddha Namō Dharma Namō Sangha*



南無佛 · 南無法 · 南無僧  
此界他界念三寶  
觀想此界現在三寶  
觀想他界十方三寶  
觀想十方諸佛悟道  
觀想十方諸佛說法  
觀想十方一切賢聖

**Namo Buddha, Namō Dharma, Namō Sangha**

**In this world, in other worlds, be mindful of the Three Jewels;**

**Deeply contemplate the Three Jewels of the present world;**

**Deeply contemplate the Three Jewels of the other worlds in the ten directions;**

**Deeply contemplate the path to enlightenment of all the Buddhas in the ten directions;**

**Deeply contemplate the Dharma taught by all the Buddhas in the ten directions;**

**Deeply contemplate the Holy Sangha in all the ten directions.**

**Namo Buddha, Namō Dharma, Namō Sangha**

**Sincerely and respectfully, be mindful of the Three Jewels;**

**Deeply and reverently, contemplate all the Buddhas;**

**Deeply and reverently, contemplate the Honored Dharma;**

**Deeply and reverently, contemplate the Holy Sangha;**

**Contemplate deeply, earnestly and sincerely;**

**Deeply contemplate recitation that is reverent and sincere.**

**南無佛·南無法·南無僧**

**恭敬至誠念三寶**

**觀想至極恭敬諸佛**

**觀想至極恭敬尊法**

**觀想至極恭敬賢聖**

**觀想至極懇切至誠**





南無佛·南無法·南無僧  
不捨心聲念三寶  
觀想三寶清靜功德  
觀想三寶能攝授我  
觀想三寶殊勝助緣  
觀想三寶有大恩德  
觀想三寶念念不捨

**Namo Buddha, Namō Dharma, Namō Sangha**

**Unwilling to let go of the voice within that is mindful of the Three Jewels;**

**Contemplate deeply the Three Jewels' pure merit and virtue;**

**Deeply contemplate the Three Jewels' capacity to embrace and to teach oneself;**

**Deeply contemplate the Three Jewels' winning characteristic and helping karma;**

**Deeply contemplate the Three Jewels' great beneficial bestowing of favor;**

**Deeply contemplate the Three Jewels, unwilling to let go of mindfulness.**

**Namo Buddha, Namu Dharma, Namu Sangha**

**To extinguish karmic deeds, be mindful of the Three Jewels;**

**Deeply contemplate the blessings of the light of compassionate of the Three Jewels;**

**Deeply contemplate the Three Jewels as nectar sprinkled over the crown of the head;**

**Deeply contemplate the Three Jewels which extinguish all karmic deeds;**

**Deeply contemplate the Three Jewels which give freedom and comfort to body and mind;**

**Deeply contemplate the Three Jewels and vow to be reborn in Amitabha's Pure Land.**



南無佛·南無法·南無僧

消除業障念三寶

觀想三寶慈光加被

觀想三寶甘露灌頂

觀想三寶業障消除

觀想三寶身心自在

觀想三寶求生淨土

A photograph of a pond with water lilies and pink flowers. The pond is filled with dark water, and the bottom is covered with small, dark pebbles. Several large, green water lily leaves are floating on the surface, along with several pink flowers in various stages of bloom. The background shows a wooden fence and some greenery.

**Works by Dharma Master Chi Hoi**  
**Distributed at the Buddhist Wisdom Lecture Hall**  
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**English Translation**

*Understanding the Heart Sutra*  
*Perfect Realization by Mindfulness of Buddha*  
*Bodhidharma's Meditation and the Fundamental*  
*Techniques of Sitting Meditation*  
*Bodhisattva Forest of Awareness's Praise of Buddha*  
*Understanding the Awakening of Faith in the Mahayana (Volume I)*  
*Understanding the Awakening of Faith in the Mahayana (Volume II)*  
*Walking the Buddhist Path*  
*Dharma Rhymes by Master Chi Hoi (First Volume)*  
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