



阿瓦塔美赫巴巴
祈禱文和阿提

THE MASTER'S PRAYER

Dictated by Meher Baba, August 1953

O Parvardigar, the Preserver and Protector of All,

You are without Beginning and without End,
Non-dual, beyond comparison, and none can measure You.

You are without colour, without expression, without form and without attributes.

You are unlimited and unfathomable, beyond imagination and conception, eternal and imperishable.

You are indivisible, and none can see You but with eyes Divine.

You always were, You always are, and You always will be.

You are everywhere; You are in everything; and You are also beyond everywhere and beyond everything.

You are in the firmament and in the depths.

You are manifest and unmanifest on all planes and beyond all planes;

You are in the three worlds and also beyond the three worlds.

You are imperceptible and independent.

You are the Creator, the Lord of Lords, the Knower of all minds and hearts;

You are Omnipotent and Omnipresent.

You are Knowledge Infinite, Power Infinite and

大师祷文

美赫巴巴 1953 年 8 月授述

噢帕瓦蒂伽！万物的维持者与保护者！

您没有开始，没有终结；

独一无二，无与伦比；无从测量。

您无色彩，无表现，无形状，无属性。

您不受限制，不可思议，超越想象与概念；永恒不灭。

您不可分割，唯有神目才能视见。

您过去永远是，现在永远是，将来永远是；

您无处不在，无所不至；您又超越万处，超越万物。

您在苍穹，在深渊；显现又非显现；

在一切的层面，并超越一切的层面。

您存在于三界，并超越三界；

您不可察知，独立具足。

您乃造物之主，万主之主，一切头脑和心灵的知晓者。

您无所不能，无所不在。

您知识无量，能力无量，喜乐无量。

Bliss Infinite.

You are the Ocean of Knowledge, All-knowing,
Infinitely-knowing,

the Knower of the past, the present, and the
future;

and You are Knowledge itself.

You are All-merciful and eternally benevolent.

You are the Soul of souls, the One with infinite
attributes.

You are the Trinity of Truth, Knowledge and
Bliss;

You are the Source of Truth, the Ocean of Love.

You are the Ancient One, the Highest of the
High;

You are Prabhu and Parameshwar;

You are the Beyond-God and the Beyond-
Beyond-God also;

You are Parabrahma, Allah, Elahi, Yezdan,
Ahuramazda, and God the Beloved.

You are named Ezad: the only One worthy of
worship.

THE PRAYER OF REPENTANCE

Dictated by Meher Baba, November 1951

Om Parabrahma-Paramatma,
Ya-Yazdan, La ilaha illallah,
O God, Father in Heaven!

您是知之洋，全知，无限知，
知晓过去现在和将来；您即知识本身。
您大仁大慈，恩惠无穷。
您是万灵之灵，有着无限的属性。
您是真理、全知和极乐三位一体。
您是真之源，爱之洋。
您是至古者，高之最高；
您是普拉卜和帕若玛希瓦；
您是超越之神，亦是超越超越之神；
您是帕若卜拉玛，安拉，阿拉伊，耶兹单，阿乎
若玛兹达，至爱上帝。
您被称作伊扎德：唯一值得敬仰者！

忏悔祷文

美赫巴巴 1951 年 11 月授述

噢姆，帕若卜拉玛 - 帕若玛特玛，
呀 - 耶兹单，拉 - 伊拉哈 - 伊拉拉哈，
啊天父上帝！

We repent, O God most merciful, for all our sins, for every thought that was false or unjust or unclean, for every word spoken that ought not to have been spoken, for every deed done that ought not to have been done.

We repent for every deed and word and thought inspired by selfishness, and for every deed and word and thought inspired by hatred.

We repent most specially for every lustful thought and every lustful action, for every lie, for all hypocrisy, for every promise given but not fulfilled, and for all slander and back-biting.

Most specially also, we repent for every action that has brought ruin to others, for every word and deed that has given others pain, and for every wish that pain should befall others.

In your unbounded mercy, we ask you to forgive us, O God, for all these sins committed by us, and to forgive us for our constant failures to think and speak and act according to your will.

A PRAYER FOR BABA'S LOVERS

Dictated by Meher Baba, August 1959

Beloved, God, help us all to love You more and more, and more and more and still yet more, till we become worthy of Union with You; and help us all to hold fast to Baba's daaman till the very end.

最仁慈的主啊，我们向您忏悔一切的罪过：
每一个不诚、不公、不洁的念头；
每一句不该讲而讲过的话；
每一件不该做而做过的事。

我们忏悔由自私引起的每一个行为、言辞和念头；由仇恨引起的每一个行为、言辞和念头。

我们特别忏悔每一个淫念和每一个淫行；每一个谎言；一切的虚伪；每一次的违诺；所有的诽谤和背后中伤。

我们还要特别忏悔每一个给他人带来毁灭的行动；每一个给他人带来痛苦的言辞和行为；每一个希望不幸降临他人的念头。

在您的无限仁慈中，我们祈求您的宽恕，主啊，宽恕我们所犯下的这一切罪过；宽恕我们在思想、言语和行动上对您意愿的一再违背。

巴巴爱者祷文

美赫巴巴 1959 年 8 月授述

至爱的上帝，帮助我们全体更加爱您，
更深地爱您，越来越爱您，
直到我们值得与您结合；
帮助我们全体紧紧抓住巴巴的衣边，直到最终。

Meher Baba' s Gujarati Arti

Composed by Avatar Meher Baba

Boojaaway nar jallatni ay kar
koodratnay farmaa too,
Chhay laggi aash bhaktonay kay
bakshay nooray eema too.

Ayaa Moorshad Meher Baba charanpar
toojna dhariay sar,
Khoodaanaa zaatathi waakef thae
betho Meherbaa too.

Too chhay maalik hakikatno too
aashek bhi ney aaref bhi,
Too chhay dariyaa-ay wahadat
maaray fatno, ho-ee toofaa too.

Hamo raharav nay aiy saalek bakhash
jay gnyaan Ezadnoo,
Kay too Parmaatmaa, gnyaani chhay
nay mookhtaaray irfaa too

Khoodaanaa Premno piaalo pilaavi mast
hamnay kar,
Chhay toojpar jaan sadkay saakiyaa
aapi day payamaa too.

Hamaari naav bhar dariay taraaway
tow, hamay tariay —

古吉拉特语阿提

阿瓦塔美赫巴巴 创作

愿您命令神圣大能将我们的无知火焰熄灭！

您的爱者渴望您赐予长明的信心之光。

导师啊美赫巴巴，我们将头颅献您足前。

慈悲者啊，您已经亲自完美地证悟神性。

您本是真理之主，爱神者神圣至爱合一。

您本是一体海洋，无量的大知风暴本身。

真知之师，愿您将无上的知识赋予我们行者：

因为您无所不知，拥有着无限超灵意识。

给我们神爱之酒，让我们饮下彻底陶醉。

斟酒者啊，我们把生命交予您：恩赐这一杯。

大海航行唯有依靠您来掌舵，我们才不迷失。

Hamaaraa naakhoodaa aiy Meher Baba
chhay neegabhaa too.
Hamaaraa naakhoodaa aiy Meher Baba
chhay neegabhaa too.

Boojaaway nar jallatni ay kar
koodratnay farmaa too,
Chhay laggi aash bhaktonay kay
bakshay nooray eema too.

Hindi Arti (Aadi Sachaytana)

Composed by Bhau Kalchuri

Hoovaa lahar say hi hai
jiski srishti kaanirmaan,
Ooski daivi anant taa kaa
kaisay ho anoomaan?

Aadi sachaytana, shanti nikaytana,
namo Brahma aao.
Meher Prabhu, arati apanaao. (2 times)

Prem deep may hiay jalaavoo
Nivid andhayraa mitataa paavoo.
Apanaa sub kooch toomhay chadhaavoo;
Toom moojhko sarsaao.
Meher Prabhu, arati apanaao. (2 times)

船长啊美赫巴巴，您就是我们的保护者。

船长啊美赫巴巴，您就是我们的保护者。

愿您命令神圣大能将我们的无知火焰熄灭！

您的爱者渴望您赐予长明的信心之光。

印地语阿提（阿迪萨契塔那）

宝·喀邱瑞 创作

从他的心血来潮涌现出整个宇宙；
他的神性怎能够被人类智力猜透？

原始生命意识，
和平天廷乐土敬礼大梵来临——
啊美赫主，请接受我的阿提（两遍）

点亮我心中的纯爱之灯
毁灭这深重的愚昧无明
让我把所有一切奉献给您陶醉于您的爱——
啊美赫主，请接受我的阿提（两遍）

Jivan ki har saans hamaari
Ban jaa-ay Prabhu gati toomhaari.
Hay karoonaakar leelaa-dhaari
Toom karoonaa barsaao.
Meher Prabhu, arati apanaao. (2 times)

Banay arati jeevan mayraa
Aadi anta-kaa laya ho ghayraa,
Khoolay nayan aur dikhay savayraa
Toom moojmay chhaa jaaao.
Meher Prabhu, arati apanaao. (2 times)

Aadi sachaytana, shanti nikaytana,
namo Brahma aao. Meher Prabhu, arati apanaao. (2
times)

Hindi Arti (Jahaan Kalpanaa)

Composed by Madhusudan Pund

Jahaan Kalpanaa,
shabda, na pahounchay;
Aisay aparampaar
Neti, neti, veda pookaaray,
Mahima tori apaar.

Divya sanaatana, Parama dayaaghana,(2 times)
Hay jagat oodhaaro;
Meher, mana arati sweekaaro. (2 times)

愿我生命的每一次呼吸
完全成为您意志的流动
神圣的游戏大师慈悲化身将恩典赐予我——
啊美赫主，请接受我的阿提（两遍）

愿阿提成为我全部人生
让生死轮回永远地结束
愿我的双眼朝着晨光睁开愿您把我渗透——
啊美赫主，请接受我的阿提（两遍）

原始生命意识，和平天廷乐土
敬礼大梵来临——
啊美赫主，请接受我的阿提（两遍）

印地语阿提（加罕喀帕那）

马杜苏丹·庞德 创作

思维言语不到处，无形无限您所住；
非此非此总是您：韦达经典如是述。

光荣无量至古者，救赎人类慈悲者；
吾将吾心献给您：美赫啊，视作阿提请接受（两遍）

Dhoopa-deepa, chandan charachaanaa
Bhog lagaana, phool chadhaanaa,
Toomharaa hi toom ko lowtaanaa; Kahay
badhaaekaroo?
Meher, mana arati sweekaaro. (2 times)

Sakala nidhi kay toom karana ho
Sakala vishva taaranhaaray ho;
Toom sama aur nahee, toomahee ho; Hay sat
Avataaro!
Meher, mana arati sweekaaro. (2 times)

Sakala charachar toomharee maayaa
Maayaa bhi tow toomharee chhaya.
Toomhara ant na koi paayaa, Toom ho anant
kharo.
Meher, mana arati sweekaaro. (2 times)

Apnay ko jab jo nahee Jaanay
Mahimaa toomharee kyaa pahechhaanay?
Jo kooch bhi kahtay anjaanay goon gaatay
toomharo
Meher, mana arati sweekaaro. (2 times)

Seema naahee toomharee kroopa ko.
Kyaa koi day saktaa prabhoo toomko?
Bheekh toomhee dow premee janoko; Nitya
toomhaysoomaro.
Meher, mana arati sweekaaro. (2 times)

Divya sanaatana, Parama dayaaghana, (2 times)
Hay jagat oodhaaro;
Meher, mana arati sweekaaro. (2 times)

焚香燃灯烧檀木，供奉花果献食物：

只是归还您所有，怎敢夸口属贫徒？

吾将吾心献给您：美赫啊，视作阿提请接受（两遍）

宇宙万物肇始者，苦难众生解放者；

无与伦比更无他，真理化身阿瓦塔！

吾将吾心献给您：美赫啊，视作阿提请接受（两遍）

您的幻影是摩耶，遍及整个造物界；

您的无相真面目，奥妙深微不可测。

吾将吾心献给您：美赫啊，视作阿提请接受（两遍）

未有自知无明人，怎能证悟光明神？

且用笨拙无知口，祈祷唱歌赞美您。

吾将吾心献给您：美赫啊，视作阿提请接受（两遍）

寻遍世界天地间，何物可赠造物主？

爱者唯有祈求您：赐予念记真礼物。

吾将吾心献给您：美赫啊，视作阿提请接受（两遍）

光荣无量至古者，救赎人类慈悲者；

吾将吾心献给您：美赫啊，视作阿提请接受（两遍）

English Arti (Australian)

Composed by Francis Brabazon

O Glorious Eternal Ancient One
Your face is a bright, transcendental sun
Lighten this dark world and the tears I weep;
My heart, Meher, I give to You to keep.

Creator, yet creationless You are
Truth and Truth's Body, Divine Avatar
Who, through compassion the three worlds
maintains
Destroy this ignorance that life sustains.

These five lights are the whirling spokes of breath
Of the world-wheel that bears me on to death
Unless You, who are infinitely kind
Break the wheel's hub which is conditioned mind.

This incense is my love, these fruits my art
Which to please You I have shaped from my heart;
Accept them as You would a simple flower
That has no use beyond its shining hour.

You are my Self. I sing to You in praise
And beg Your love to bear me through the days
Till You, the Everliving Perfect One,
Ilume my darkness with Your shining Sun.

英语阿提（澳大利亚）

弗朗西斯·布拉巴赞 创作

噢光辉永恒的至古者
您的面容是超越之太阳——
照亮这黑暗世界和泪水；
我的心，美赫，我向您交托。

造物之主您不生又不灭——
神圣的真理化身阿瓦塔
出于慈悲维系着三界者——
摧毁这维持生命的愚昧！

五光旋转是呼吸之轮辐
承载我循环不息历生死
除非您——仁爱无比的救世主
打碎这受限头脑之轮毂！

香是我的爱，果是我作品
用心灵塑造，只为取悦您；
权当作小花一朵请接受
它绚丽片刻之后无用途。

您原本是我——我把您歌颂
乞求您的爱支撑我度日
直到您——永生常在的完美者
用阳光照亮我的无明舍！

English Arti (American)

Composed by Henry S Mindlin

How can one fathom Your fathomless being?
How can we know You we see with gross eyes?
A glimpse of Your shadow has blinded our seeing;
How could Your glory e' re be realized?

Chorus:

***Consumed is my mind in Your fire and flame;
Accept it, O Meher, in Oneness.***

***Consumed is my heart in the sound of Your
name.***

***Accept, O Meher, my Arti;
Accept, O Meher, my Song.***

Thoughts cannot reach You and words cannot
speak You

Infinite Ocean of unending Bliss. Though we
beseech You, how can we seek You?

How can the finite know limitlessness?

Repeat Chorus

At Your command, suns and stars give their light;
What in the worlds can I offer as mine?
Even my gift of love would be naught in Your sight
But veiled reflection of Your Love Divine.

Repeat Chorus

英语阿提（美国）

亨利·S·闵德林 创作

您生命无限，谁能够测量？用浊眼看您怎能认识？
瞥见您的影，已让我目盲；如何能证悟您的荣光？

副歌：

您的火中焚烧着我的头脑；
接受它，美赫，本为一体。
在您的名中焚烧着我的心灵。
接受它，美赫，我的阿提；
接受它，美赫，我的心曲。

您念不可及且言不能喻；无穷又无尽的喜乐海洋。
我虽然祈求可如何寻见？有限者怎能够知道无限？

（重复副歌）

您一声令下日月星放光；天地间有何物向您奉献？
连我的爱礼在您的眼里，只是您神爱的隐约反映。

（重复副歌）

You are the Ancient One, Lord of Creation,
How can we measure Your True Majesty?
You are the Christ, the Divine Incarnation,
Dear Lord, please don't be indifferent to me.

Repeat Chorus

You are beginning and end of all things;
'Tis You alone Who assumes every role.
Sinners and saints, beggars and kings,
You are the Source and You are the Goal.

Repeat Chorus

How can one fathom Your fathomless being?
How can we know You we see with gross eyes?
A glimpse of Your shadow has blinded our seeing;
How could Your glory e' re be realized?

Repeat Chorus

至尊至古者，创世之主；您真正的权威谁能测度？
您就是基督，道成人身；亲爱的主请别对我冷漠。

（重复副歌）

您本是万物的开始与结束；您独自扮演每个角色。
罪人和圣人，乞丐和帝王；您既是源头也是目的。

（重复副歌）

您生命无限，谁能够测量？用浊眼看您怎能认识？
瞥见您的影，已让我目盲；如何能证悟您的荣光？

（重复副歌）



阿瓦塔美赫巴巴的长期亲密门徒兼手语翻译者埃瑞奇·杰萨瓦拉回忆：“有时候巴巴会要我们念诵祈祷文。巴巴则作为我们一员站立。他首先洗手洗脸，然后合掌祈祷；表情和目光专注，恰如一位完全沉浸于祈祷的膜拜者。主亲自祈祷。”

巴巴晚年，身体极度虚弱，靠人搀扶才能站着参与祈祷。被问及缘由，巴巴解释：“我对祈祷的参与，在我离开肉身后，将帮助每一个念诵祷文者。你们怎样祈祷并不重要；重要的是我的参与。在我放弃身体后，无论谁念诵这些祷文，都将因我现在的参与而受益。谁念这些祷文，我与谁同在；我都在场。”

