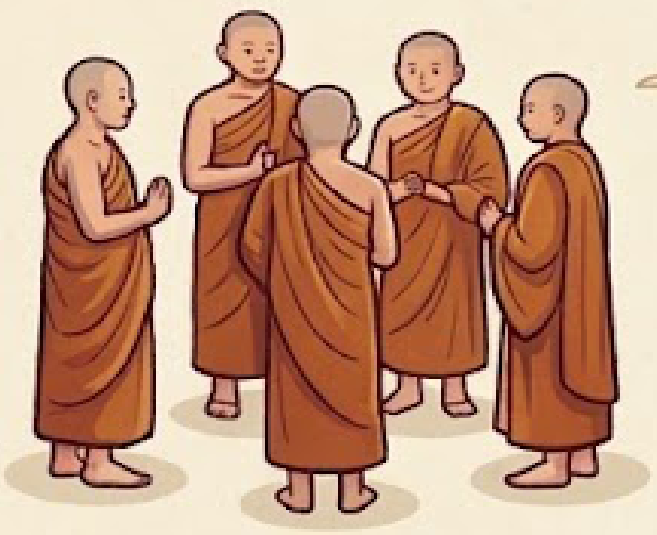
2027
• WILL BE THE •
YEAR OF THE
Fire Goat
羊
火
Saṅgha Pāṭimokkha & Laity Uposatha Observance Day
僧团诵戒与居士受持布萨（八关斋）戒日

布薩日（齋日）與月相

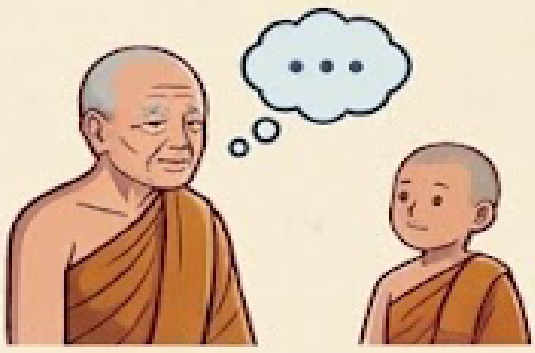
布薩日 (Uposatha Days)

1 十五與廿三：月圓與月缺

農曆每月黑日（或廿九、三十）和月圓日（或十四、十五）舉行誦戒聚會



3 共修反省



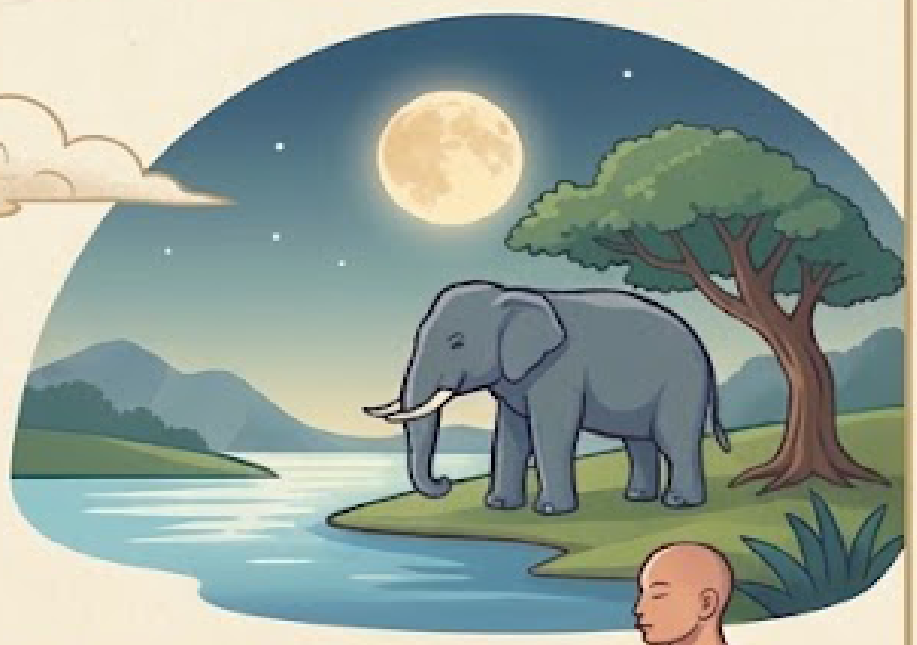
僧众在月圆或月晦之际聚集，藉由明月或黑暗的自然天象醒自己检讨身心、忏悔过失，维持僧团的清净和合。

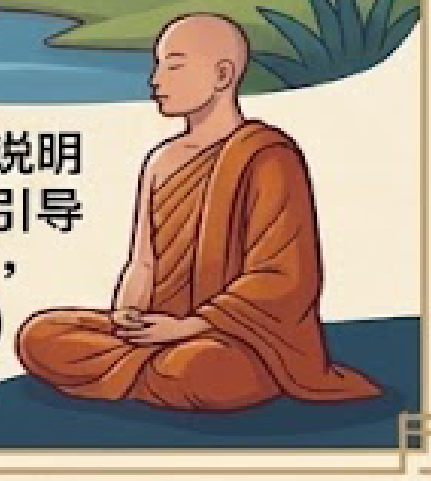
月亮在佛陀生活與教法中的象徵

1 清涼與智慧

月光在佛法中不具有强烈的燥热感，而是象征清静、明亮、慈悲与安抚。佛陀的教化如月光般普照，给予烦恼众生清凉的慰藉。

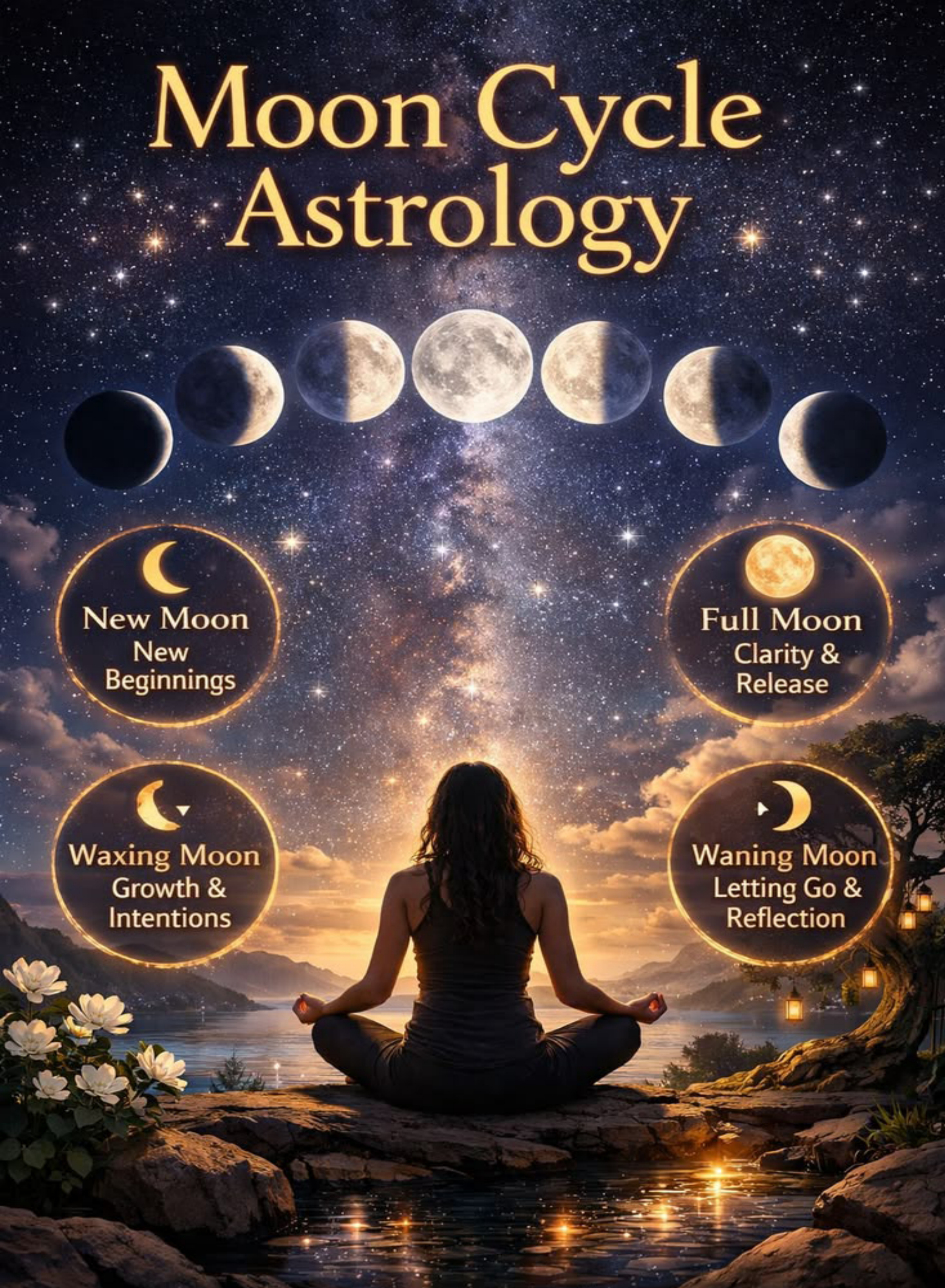
2 指月喻心





著名的“指月之喻”说明佛陀的语言文字只是引导真理（月亮）的工具，不可执着手指（言教）而忘记真正的觉悟。

Moon Cycle Astrology



2027 Uposatha Observance Day

2027年 受布薩戒日

Myanmar Uposatha Calendar 緬甸布薩日曆法（Buddhist Era 佛曆 2570-71年）

2027 Year of the Goat		First Quarter 黑月八日	New Moon 月黑日	Last Quarter 白月八日	Full Moon 月圓日	First Quarter 黑月八日
1	一月 Jan	1Fri 星期五 H2	7Thu 星期四 H3	15Fri 星期五 H3	22Fri 星期五 H4	30Sat 星期六 H4
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- Feb 21: Māgha Pūjā 敬僧日
- May 20 : Vesak Pūjā 敬佛日
- Jul 18 : Āsāḷhā Pūjā 敬法日
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V Vassāna-utu 雨季Rainy Season

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2027 Uposatha Observance Day

2027年 受布薩戒日

Sri Lanka Uposatha Calendar 錫蘭布薩日曆法（Buddhist Era 佛曆 2570-71年）

2027 Year of the Goat		First Quarter 黑月八日	New Moon 月黑日	Last Quarter 白月八日	Full Moon 月圓日	First Quarter 黑月八日
1	一月 Jan		7Thu 星期四 H3	15Fri 星期五 H3	22Fri 星期五 H4	30Sat 星期六 H4
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Thai Uposatha Calendar 泰國法相應派布薩曆法（Buddhist Era 佛曆 2570-71年）

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2027年 受布薩戒日

Uposatha Date Comparison in Three Countries 三國（緬、錫、泰）布薩日對比表

2027 Year of the Goat		黑月八日 First Quarter			月黑日 New Moon			白月八日 Last Quarter			月圓日 Full Moon			黑月八日 First Quarter		
		M	S	T	M	S	T	M	S	T	M	S	T	M	S	T
1	一月 Jan	01 H2			07	07	07 H3	15	15	15 H3	22	22	22 H4	30	30	30 H4
2	二月 Feb				06	06	06 H5	14	14	14 H5	21 Māgha Pūjā	20	20 H6		28	28 H6
3	三月 Mar	01 H6			07	07	07 H7	15	15	15 H7	22	22	22 H8	30	30	30 H8
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8	八月 Aug			V1 V3	02 31	02 31	02 31	10	10	10 V1	17	17	17 V2	25	25	25 V2
9	九月 Sept				30	30	30 V5	08	08	08 V3	15	15	15 V4	23	23	23 V4
10	十月 Oct				29	29	29 V7	08	08	08 V5	15 Vassa End	15	15 V6	23	23	23 V6
11	十一月 Nov				28	28	28 H1	06	06	06 V7	13	13	13 V8	21	21	21 V8
12	十二月 Dec				27	27	27 H3	06	06	06 H1	13	13	13 H2	21	21	21 H2

M **Myanmar Calendar** 緬甸曆法

S **Sri Lanka Calendar** 錫蘭曆法

T **Thailand Calendar** 泰國曆法

每個季節的第1, 2, 4, 5, 6, 8個半月有15天(paṇṇarasa)，而第3和第7個半月只有14天(catuddasa)。

H **Hemanta-utu**冬季**Cold Season**

G **Gimhāna-utu** 熱季**Hot Season**

V **Vassāna-utu** 雨季**Rainy Season**

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The Moon Affects You More Than You Know

MOON SYMBOLS AND MEANINGS

MYSTERY • INTUITION • FEMININE ENERGY • CYCLES • TRANSFORMATION

The Moon has been revered across cultures for its beauty, mystery, and powerful influence on life and nature.
These symbols represent its many aspects and the energies it holds.

MOON PHASES AND THEIR MEANINGS

NEW MOON
New beginnings, intentions, new cycles

WAXING CRESCENT
Growth, hope, taking action, moving forward

FIRST QUARTER
Challenges, decisions, overcoming obstacles

WAXING GIBBOUS
Refinement, preparation, building momentum

FULL MOON
Manifestation, release, heightened energy

WANING GIBBOUS
Gratitude, sharing, reflecting

LAST QUARTER
Letting go, cleansing, inner reflection

WANING CRESCENT
Rest, surrender, healing, preparing for new

POWERFUL MOON SYMBOLS AND THEIR MEANINGS

CRESCENT MOON
A symbol of growth, potential, and the divine feminine. Represents new beginnings and intuition.

TRIPLE MOON
The cycles of the Goddess: maiden, mother, crone. Symbolizes feminine power and life's natural cycles.

FULL MOON
Completion, wholeness, and illumination. A time of clarity, manifestation, and release.

DOUBLE CRESCENT
Also called the Goddess symbol. Represents protection, power, and the balance of dual energies.

LUNAR SPIRAL
Ancient symbol of the Moon's cycles and the journey inward. Reflects evolution and spiritual growth.

HORNED MOON
Worn by priestesses of the Moon. Represents the divine feminine, intuition, and mystical wisdom.

MOON WITH STAR
A symbol of guidance, hope, and spiritual light in darkness. Often used for protection and divine connection.

BLACK MOON
Represents the unknown, hidden wisdom, and the power of shadow work and inner transformation.

MOON IN HANDS
A symbol of care, nurturing, and harnessing lunar energy. Connects you to intuition and inner guidance.

LUNAR WHEEL
The cycle of the Moon reminds us that everything is constantly changing, teaching balance and acceptance.

MOON SYMBOLS IN DIFFERENT CULTURES

ANCIENT EGYPT
The Moon represented time, protection, and the goddess Isis.

GREEK TRADITION
Associated with Artemis, goddess of the Moon, wilderness, and feminine strength.

CELTIC TRADITION
The Moon was seen as a guide through darkness and a keeper of ancient wisdom.

NATIVE AMERICAN TRADITIONS
The Moon is a symbol of the Great Spirit Feminine, intuition, and the cycles of nature.

USES OF MOON SYMBOLS

- Enhance intuition and psychic abilities
- Support emotional healing and balance
- Aid in manifestation and goal setting
- Provide protection and spiritual guidance
- Connect with divine feminine energy
- Work with lunar cycles in rituals

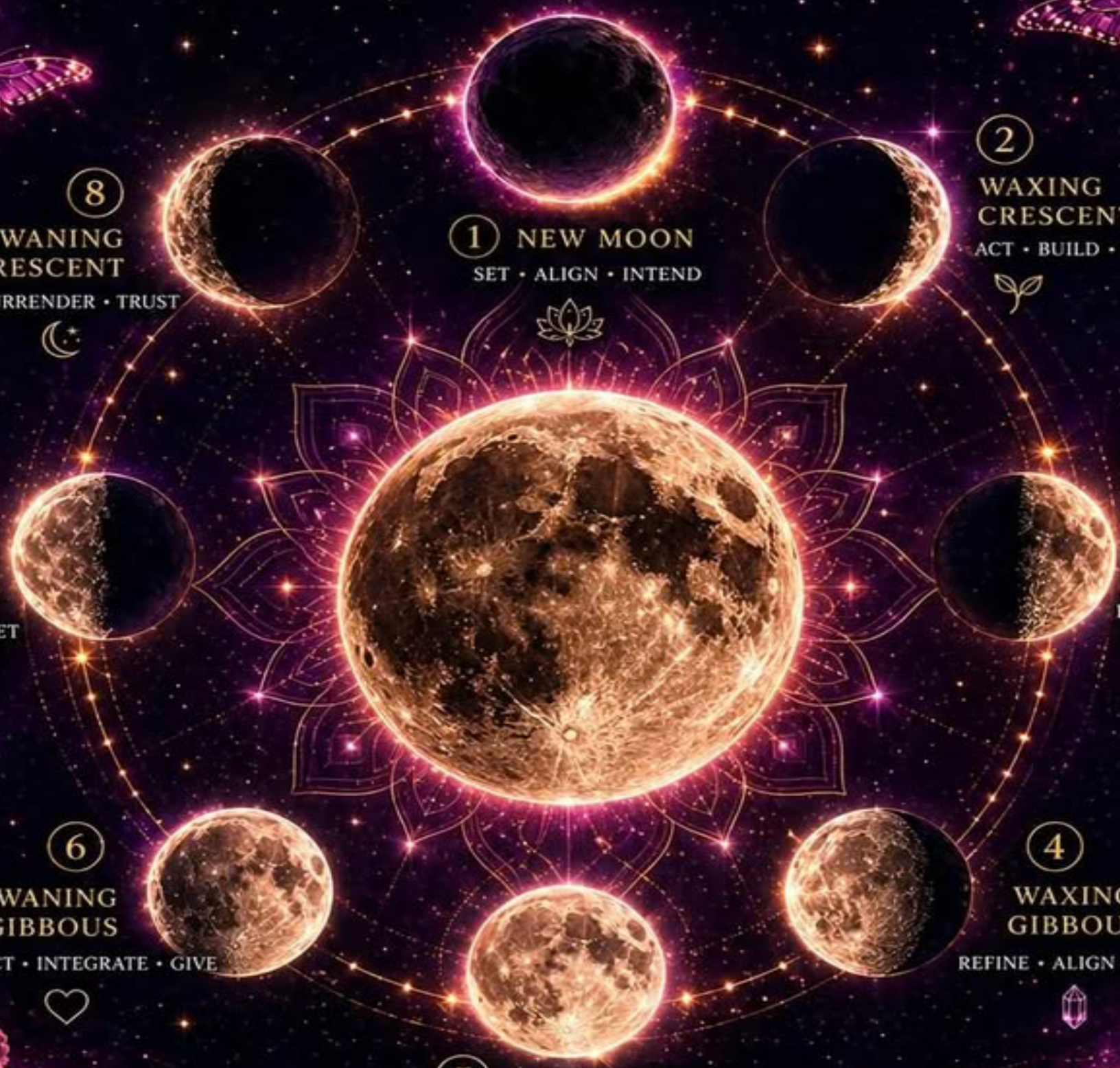
WAYS TO WORK WITH MOON ENERGY

- Keep a lunar journal and track the phases.
- Charge crystals and tools under the moonlight.
- Perform moon rituals that align with the phase.
- Meditate under the moon to gain clarity.
- Take moon baths or cleansing rituals.

THE MOON REMINDS US OF OUR OWN CYCLES.
EMBRACE THE CHANGE, TRUST THE PROCESS, AND SHINE YOUR LIGHT.

MOVE WITH THE MOON

8 PHASES. 1 POWERFUL YOU.



1 NEW MOON
SET • ALIGN • INTEND

2 WAXING CRESCENT
ACT • BUILD • TRUST

3 FIRST QUARTER
DECIDE • MOVE • COMMIT

4 WAXING GIBBOUS
REFINE • ALIGN • ELEVATE

5 FULL MOON
RELEASE • RECEIVE • EXPAND

6 WANING GIBBOUS
REFLECT • INTEGRATE • GIVE

7 LAST QUARTER
LET GO • RESET • REALIGN

8 WANING CRESCENT
REST • SURRENDER • TRUST

UNDERSTAND THE RHYTHM. HONOR THE ENERGY. TRANSFORM YOUR LIFE.

YOU ARE NOT BEHIND...
YOU ARE IN RHYTHM.

Jae The Goddess

ALIGN. EVOLVE. BECOME.

The Eight Phases of the Moon

1 New Moon

Appearance: Moon not visible from Earth.

Astronomical position: Moon is between Earth and Sun.

Illumination: 0%.

Keywords: beginnings, planning, intention.

2 Waxing Crescent

Appearance: Thin crescent of light increasing each night.

Illumination: approximately 1–49%.

Keywords: growth, action, momentum.

3 First Quarter

Appearance: Right half illuminated (Northern Hemisphere view).

Illumination: approximately 50%.

Keywords: decisions, challenges, commitment.

4 Waxing Gibbous

Appearance: More than half illuminated but not yet full.

Illumination: approximately 51–99%.

Keywords: refinement, preparation, adjustment.

5 Full Moon

Appearance: Entire visible face illuminated.

Illumination: approximately 100%.

Astronomical position: Earth is between Sun and Moon.

Keywords: completion, clarity, culmination.

6 Waning Gibbous

Appearance: Mostly illuminated, gradually decreasing.

Illumination: approximately 99–51%.

Keywords: gratitude, sharing, reflection.

7 Last (Third) Quarter

Appearance: Left half illuminated (Northern Hemisphere view).

Illumination: approximately 50%.

Keywords: release, reasesement, letting go.

8 Waning Crescent

Appearance: Thin crescent shrinking toward darkness.

Illumination: approximately 49–1%.

Keywords: rest, closure, renewal.

The lunar cycle lasts approximately 29.5 days (the synodic month).

SOULRA • ASTROLOGY

MOON PHASE CYCLE

CHECK IN WITH THE PHASE YOU ARE LIVING

MOON PHASE CALENDAR

MAY 18	MAY 19-20	MAY 21	MAY 22-23	MAY 24	MAY 25-26	MAY 27	MAY 28-29	MAY 30
NEW	WAXING CRESCENT	FIRST QUARTER	WAXING GIBBOUS	FULL	WANING GIBBOUS	LAST QUARTER	WANING CRESCENT	NEW

MOON PHASES

AND THEIR SPIRITUAL USES

ALIGN YOUR ENERGY WITH THE CYCLES OF THE MOON

1. NEW MOON

A time of new beginnings and fresh starts.

SPIRITUAL USES

- Set intentions
- Start new projects
- Manifest desires
- New beginnings rituals

2. WAXING CRESCENT

Energy is building. Take inspired action toward your goals.

SPIRITUAL USES

- Take action
- Build momentum
- Attract opportunities
- Growth & progress magic

3. FIRST QUARTER

Overcome challenges and push through obstacles.

SPIRITUAL USES

- Face challenges
- Make decisions
- Strength & courage
- Break old patterns

4. WAXING GIBBOUS

Refine and improve your intentions. Prepare for manifestation.

SPIRITUAL USES

- Refine plans
- Stay focused
- Build confidence
- Gratitude practice

5. FULL MOON

A peak of energy. Manifestation, clarity and illumination.

SPIRITUAL USES

- Release & let go
- Charge crystals
- Full moon rituals
- Manifest & celebrate

6. WANING GIBBOUS

Release what no longer serves you. Cleanse and heal.

SPIRITUAL USES

- Let go of negativity
- Forgiveness
- Deep healing
- Spiritual cleansing

7. LAST QUARTER

Surrender and release. Time for reflection and inner work.

SPIRITUAL USES

- Release & detach
- Shadow work
- Break bad habits
- Inner healing

8. WANING CRESCENT

Rest, reflect and prepare for a new cycle.

SPIRITUAL USES

- Rest and recharge
- Meditate
- Dream work
- Prepare new intentions

REMEMBER

The moon is a mirror of your soul. When you work with her cycles, you flow with the natural rhythm of the universe.

8 LUNAR PHASES SERIES

FIRST QUARTER MOON

TAKE ACTION & OVERCOME OBSTACLES

The First Quarter Moon is a turning point in the lunar cycle. You've set your intentions—now it's time to take aligned action.
This phase brings challenges to help you grow, build resilience, and strengthen your determination. It's a time of decisions, adjustments, and pushing past doubts to keep moving forward.

ENERGY OF THIS PHASE

- Overcoming challenges and facing fears
- Making decisions and staying committed
- Building discipline and creating structure
- Strength, courage, and perseverance

WHAT TO DO

- Take consistent action toward your goals
- Break tasks into realistic, manageable steps
- Problem-solve and find practical solutions
- Stay focused and trust your abilities
- Celebrate small wins and keep pushing forward

WHAT TO AVOID

- Getting discouraged by setbacks
- Procrastination and overthinking
- Making impulsive or uninformed decisions
- Expecting perfection or instant results
- Comparing your journey to others

ASTROLOGICAL INTERPRETATION

The First Quarter Moon forms a 90-degree angle with the Sun, creating tension that pushes us out of our comfort zones.
In astrology, this aspect is associated with action, obstacles, and decisions that shape our path. It asks:
Are you willing to rise to the challenge and grow?

AFFIRMATION

I have the courage to take action.
I overcome challenges with strength and grace.
I stay focused on my path and
create the life I desire.

CHALLENGES ARE OPPORTUNITIES IN DISGUISE.
KEEP GOING. YOU ARE BECOMING.

8 LUNAR PHASES SERIES

WAXING CRESCENT

NURTURING INTENTIONS

The Waxing Crescent is a time of hope, inspiration, and taking the first steps toward your dreams. The New Moon planted the seed—now it's time to nurture it with belief, focus, and consistent action.
This phase supports momentum, motivation, and building a strong foundation.

ENERGY OF THIS PHASE

- New beginnings start to take shape and gain momentum
- Optimism, curiosity, and inner motivation
- Taking small, intentional steps toward your goals
- Building self-belief and trusting the process

WHAT TO DO

- Take inspired action and make progress
- Break big goals into manageable steps
- Visualize success and stay motivated
- Seek inspiration and learn something new
- Spend time in nature and raise your vibration

WHAT TO AVOID

- Overthinking or doubting your path
- Impatience and expecting quick results
- Comparing yourself to others
- Starting too many things at once
- Ignoring the signs and your intuition

ASTROLOGICAL INTERPRETATION

The Waxing Crescent occurs as the Moon moves away from the Sun, bringing light back to the sky. It represents growth, expansion, and the first visible signs that your intentions are taking form.
Zodiac signs experiencing this phase may feel a surge of motivation and a call to move forward.

AFFIRMATION

I take inspired action today.
I trust the timing of my journey,
With every step, I create my future.

SMALL STEPS TODAY CREATE BIG CHANGE TOMORROW.

SAVE THIS PIN & FOLLOW FOR MORE MOON WISDOM

8 LUNAR PHASES SERIES

LAST QUARTER MOON

RELEASE • LET GO • SURRENDER

The Last Quarter Moon is a time of release, closure, and realignment. It invites you to let go of what no longer serves you, break old patterns, and create space for new beginnings.
This phase supports inner healing, forgiveness, and surrender—helping you release the past and move forward with a lighter heart.

ENERGY OF THIS PHASE

- Releasing what no longer aligns with your path
- Clearing negative energy and old patterns
- Breaking habits and limiting beliefs
- Forgiveness, closure, and emotional healing
- Rest, recalibration, and self-care

WHAT TO DO

- Release what drains or holds you back
- Declutter your space, mind, and schedule
- Reflect on what you've learned
- Forgive yourself and others
- Journal and process your emotions
- Practice letting go with intention
- Spend quiet time in solitude

WHAT TO AVOID

- Clinging to the past or toxic relationships
- Resisting change or avoiding endings
- Overthinking and self-sabotage
- Starting new projects or major commitments
- Holding grudges or blaming others

ASTROLOGICAL INTERPRETATION

The Last Quarter Moon forms a 270-degree angle with the Sun, creating tension that helps us release and readjust.
In astrology, it symbolizes a turning point of surrender, inner wisdom, and energetic clearing.
It's a powerful time to trust the process, let go, and make space for what's truly meant for you.

AFFIRMATION

I release what no longer serves me.
I let go with love and gratitude.
I trust that I am exactly where I need to be.
I make space for new blessings.

EVERY ENDING IS A SACRED RESET.
I RELEASE. I TRUST. I ALLOW. I GROW.

8 LUNAR PHASES SERIES

WANING GIBBOUS MOON

GRATITUDE • REFLECTION • INTEGRATION

The Waning Gibbous Moon is a time of gratitude, reflection, and integration. The harvest is in—now it's time to slow down, acknowledge how far you've come, and absorb the lessons learned.
This phase invites you to bring closure, celebrate your growth, and release what is not ready to carry forward as you prepare for a new cycle.

ENERGY OF THIS PHASE

- Harvesting the rewards of your hard work
- Deep gratitude and appreciation
- Reflecting on lessons and experiences
- Integrating wisdom and aligning with your path
- Preparing to release what no longer serves

WHAT TO DO

- Practice gratitude daily
- Reflect on your journey and key lessons
- Celebrate your progress
- Journal and integrate your experiences
- Spend time in nature and rest
- Give back or show appreciation to others

WHAT TO AVOID

- Focusing on what's still missing
- Taking on new major commitments
- Rushing the process or forcing outcomes
- Ignoring signs that it's time to let go
- Overindulging or overextending yourself

ASTROLOGICAL INTERPRETATION

The Waning Gibbous Moon occurs as the Moon begins to decrease in light after the Full Moon. In astrology, this phase represents integration, gratitude, and the process of preparing for closure. It encourages you to internalize wisdom, honor your growth, and release with grace so you can step into the next cycle with clarity and peace.

AFFIRMATION

I am grateful for how far I've come.
I honor my growth and the lessons I've learned.
I release what I no longer need
and trust the natural flow of life.

GRATITUDE TURNS WHAT WE HAVE INTO ENOUGH.
REFLECTION TURNS EXPERIENCE INTO WISDOM.

HONOR • LEARN • RELEASE • RESTORE

SOULRA • ASTROLOGY

MOON RITUAL PLANNER

PHASE

waxing gibbous

MOOD

steady but ready

PRACTICE

choose one small ritual

LUNAR CALENDAR

MAY 18	MAY 19	MAY 20	MAY 21	MAY 22	MAY 23	MAY 24	MAY 25	MAY 26
FIRST QUARTER	WAXING GIBBOUS	WAXING GIBBOUS	WAXING GIBBOUS	FULL MOON	WANING GIBBOUS	WANING GIBBOUS	LAST QUARTER	WANING CRESCENT

MOON SIGN TRANSIT

CAPRICORN · AQUARIUS · PISCES · ARIES · TAURUS · GEMINI · CANCER · LEO · VIRGO · LIBRA · SCORPIO · SAGITTARIUS

save your lunar reset

FULL MOON vs NEW MOON

Manifestation

ALIGN WITH THE MOON. ALIGN WITH YOUR DREAMS.

FULL MOON

Theme: Gratitude • Release • Reflection

THE TIME TO LET GO

The Full Moon is a powerful time to release what no longer serves you and celebrate your progress.

BEST FOR

- Releasing negative thoughts
- Emotional healing
- Forgiveness
- Celebrating progress
- Gratitude practice
- Inner peace

FULL MOON RITUAL

1. Sit quietly for a few minutes.
2. Write down what you're ready to release.
3. Reflect on what you've accomplished.
4. Practice gratitude.
5. Visualize yourself moving forward with clarity and peace.

Release the old, make space for the beautiful new.

FULL MOON AFFIRMATIONS

- I release what no longer serves me.
- I choose peace and positivity.
- I am grateful for every blessing.
- I welcome growth and transformation.
- My heart is open to new possibilities.

NEW MOON

Theme: New Beginnings • Intentions • Fresh Starts

THE TIME TO SET INTENTIONS

The New Moon is a blank canvas. It's the perfect time to set new goals and create the life you desire.

BEST FOR

- Setting new goals
- Love and relationships
- Starting a business or project
- Financial goals
- Career growth
- Healthy habits

NEW MOON RITUAL

1. Light a white candle.
2. Take three deep breaths.
3. Write 5–10 clear intentions.
4. Visualize your desired future.
5. Say your affirmations aloud.
6. Keep your intention list in a journal.

Set your intentions today, create your reality tomorrow.

NEW MOON AFFIRMATIONS

- I welcome new opportunities with confidence.
- My dreams are unfolding beautifully.
- I attract abundance with ease.
- Every day brings me closer to my goals.
- I trust the journey ahead.

FULL MOON vs NEW MOON

Set intentions	FOCUS	Release negativity
Start something new	ACTION	Reflect on progress
Plan future goals	PURPOSE	Let go of limiting beliefs
Create vision	ENERGY	Celebrate achievements
Build & attract	MINDSET	Heal & transform

BEST PRACTICE

Many people follow this moon cycle every month:

NEW MOON: Set intentions and plan your next steps.

FULL MOON: Reflect, express gratitude, and release what isn't helping you, you.

Trust the process and enjoy the journey!

MANIFESTATION HUB
Manifest Your Best Life

FOCUS | BELIEVE | RECEIVE

FOLLOW FOR DAILY AFFIRMATIONS, MANIFESTATION TIPS & INSPIRATION

不造一切恶，实行一切善，及清净自心，是诸佛所教。
诸佛说：‘忍辱是最好的德行，涅槃至上。’出家人不会伤害他人，伤人者不是沙门。
莫辱骂、莫伤害、应依照戒律自制、饮食知节量、
安住于静处、勤修增上心，这是诸佛的教诫。

（法句 • 佛陀品 • 第183-185偈）

CALCULATION OF THE BUDDHIST CALENDAR
佛历的计算

The Buddhist Calendar is lunar (based on moon's cycles), and it is called Buddhist because it begins with the Buddha's *parinibbāna* (passing away into the final nibbāna). According to the Pāḷi commentaries, the *parinibbāna* took place on the full moon ☺ day of Vesākha (May), and the lifespan of Gotama Buddha's Dispensation will last 5000 lunar years. Thus the Calendar is valid for so long. In order to calculate now how many lunar years, months and days have passed from the Buddha's *parinibbāna*, how many remain, and what is the current date, one should know the following basic information beginning with the list of the names of the lunar years, etc. which is given here as an aid to change the dates according to the relevant lunar year, season, phase of the moon, month, and day when reciting the Calendar during the Early Morning or Evening Veneration. Still more explanations follow below.

佛历基于月球的运行，属阴历的一种。其被称为佛历是因为它的起始日取为佛陀的般涅槃日（入灭之日）。根据巴利圣典之注疏，乔达摩（Gotama）佛陀入灭于毗舍佉月（Vesākha,即阴历五月）之月圆日，其教法将延续五千阴历年，此亦即是佛历的有效期间。为了计算自佛陀入灭以来已经过了多少阴历年月日，其教法尚余多久，今日的（佛历）日期为何，应当了解以下基础知识，从阴历年的名称开始叙述。给出这些是为了在早晚课念诵佛历时诵出与当前日期相应的佛历年、季节、月相、月份及日期[73]。下面有更详细的解释。

NAMES OF THE TWELVE LUNAR YEARS
十二个年份名称

Mūsiko, Vasabho, Vyaggha,
Sasa, Nāgāni m'eva ca
Sapp'Ass'Aja, Kapi c'eva
Kukkuṭo, Soṇa, Sūkaro.[74]

木[斯伊]寇, 瓦萨[布欧], 『乌亚』嘎
萨色, 那嘎尼 美[乌额] 察

萨帕萨哲, 卡皮 [彻欸]瓦
库库投, 搜讷， 苏卡楼.

1. **Mūsika** Mouse
   木[斯伊]卡 鼠
2. **Vasabha** Bull
   瓦萨巴 牛
3. **Vyaggha** Tiger
   『乌亚』格 虎
4. **Sasa** Hare
   萨色 兔
5. **Nāga** Dragon
   那格 龙
6. **Sappa** Serpent
   萨帕 蛇
7. **Assa** Horse
   阿色 马
8. **Aja** Ram
   阿哲 羊
9. **Kapi** Monkey
   卡皮 猴
10. **Kukkuṭa** Cock
    库库特 鸡
11. **Soṇa** Dog
    搜讷 狗
12. **Sūkara** Pig
    苏卡勒 猪

NAMES OF THE 12 LUNAR MONTHS AND THE THREE SEASONS
十二个阴历月和三个季节的名称 [82C]

MĀSA (MONTHS) 月份		**UTU** (SEASONS) 季节
Citta 质多罗月	Mar ☺ - Apr ☺ 三月☺ - 四月☺	
Vesākha 毗舍佉月	Apr ☺ - May ☺ 四月☺- 五月☺	**1. Gimhāna** Hot Season, Summer **热季**
Jeṭṭha 逝瑟吒月	May ☺ - Jun ☺ 五月☺ - 六月☺	
Asāḷha 阿沙陀月	Jun ☺ - Jul ☺ 六月☺ - 七月☺	
Sāvana 萨瓦那月	Jul ☺ - Aug ☺ 七月☺ - 八月☺	
Poṭṭhapāda 布吒波陀月	Aug ☺ - Sep ☺ 八月☺ - 九月☺	**2. Vassāna** Rainy season **雨季**
Assayuja 頞湿缚庾阇月	Sep ☺ - Oct ☺ 九月☺ - 十月☺	
Kattika 迦刺底迦月	Oct ☺ - Nov ☺ 十月☺ -十一月☺	
Māgasira 末伽尸罗月	Nov ☺ - Dec ☺ 十一月☺-十二月☺	
Phussa 弗沙月	Dec ☺ - Jan ☺ 十二月☺ -一月☺	**3. Hemanta** Cold season, Winter **冷季**
Māgha 摩伽月	Jan ☺ - Feb ☺ 一月☺ - 二月☺	
Phagguna 颇勒窶那月	Feb ☺ - Mar ☺ 二月☺ - 三月☺	

NAMES OF THE LUNAR PHASES
月相的名称

1. **Sukka-pakkha** Full (Bright) lunar phase 上弦月
2. **Kāla-pakkha** New (Dark) lunar phase 下弦月

NAMES OF THE SEVEN WEEKDAYS
一周七日的名称

1. **Ravivāro** Sunday 星期日
2. **Candavāro** Monday 星期一
3. **Bhummavāro** Tuesday 星期二
4. **Budhavāro** Wednesday 星期三
5. **Guruvāro** Thursday 星期四
6. **Sukkavāro** Friday 星期五
7. **Soravāro** Saturday 星期六

NUMERALS IN PĀḶI
巴利语中的基数词

1	*eka*	21	*eka-vīsati*	50	*paññāsā*
2	*dvi, dve*	22	*dve-vīsati*	60	*saṭṭhi*
3	*ti,* pl. *tīṇi*	23	*te-vīsati*	70	*sattati*
4	*catu,* pl. *cattāri*	24	*catu-vīsati*	79	*ek'ūn'āsīti*
5	*pañca*	25	*pañca-vīsati*	80	*asīti*
6	*cha*	26	*cha-bbīsati*	90	*navuti*
7	*satta*	27	*satta-vīsati*	99	*ek'ūna-sataŋ*
8	*aṭṭha*	28	*aṭṭha-vīsati*	100	*sataŋ*
9	*nava*	29	*ek'ūna-tiŋsati*	200	*dvi sataŋ*
10	*dasa*	30	*tiŋsati*		
11	*ekā-dasa*	31	*eka-tiŋsati*	1,000	*sahassaŋ*
12	*dvā-dasa*	32	*dva-ttiŋsati*	2,000	*dve sahassaŋ*
13	*te-rasa*	33	*te-ttiŋsati*	3,000	*ti-sahassaŋ*
14	*cu-ddasa*	34	*catu-ttiŋsati*	4,000	*catu-sahassaŋ*
15	*pañca-dasa,*	35	*pañca-tiŋsati*	5,000	*pañca-sahassaŋ*
	paṇṇarasa	36	*cha-ttiŋsati*		
16	*soḷasa*	37	*satta-tiŋsati*		
17	*satta-rasa*	38	*aṭṭha-tiŋsati*		
18	*aṭṭha-rasa*	39	*ek'ūna cattāḷīsati*		
19	*ek'ūna-vīsati*	40	*cattālīsati*		
20	*vīsati*	49	*ek'ūna paññāsa*		

ORDINALS IN PĀḶI
巴利语中的序数词

1st *paṭhamaŋ* first, 2nd *dutiyaŋ* second, 3rd *tatiyaŋ* third, 4th *catutthaŋ* fourth
第一　　第二　　第三　　第四

The rest are formed by suffixing "*ma*" in the numerals, as *pañca-**ma**ŋ* 5th, *chaṭṭhaŋ* or *chaṭṭha-**ma**ŋ* 6th, *satta-**ma**ŋ* 7th, *aṭṭha-**ma**ŋ* 8th, etc.

巴利语中其余的序数词通过在基数词后加后缀"*ma*"来表示，例如"*pañca-**ma***"（第五），"*satta-**ma***"（第六）等。

HOW TO CALCULATE THE PRESENT DAY
如何计算当前日期

For calculating the present day of a year, it is useful to have an Uposatha or lunar calendar which gives the dates of the full moon and new moon days. Thus, for example, such a calendar can show this for the rainy season of 2015:

如欲计算当前日期，最好持有一份布萨历（或阴历），其中含有新月日和月圆日的日期。下例为 2015 年雨季的布萨历[83C]：

2558-2559 BE　　Uposatha Calendar　　2015 CE
布萨历: 公历 2015 年（佛历 2558-2559 年）

Season 季节	Month 月	Date 日	Day 周	Phase 月相	Uposatha 布萨日
Rainy 雨季	July 七月	30	Thursday 周四	☺	0 *paṇṇarasī* on 15th 雨季开始日
☁	August 八月	14	Friday 周五	☻	1st *paṇṇarasī* on 15th 第一个月圆日（隔十五日）
☁	August 八月	29	Saturday 周六	☺	2nd *paṇṇarasī* on 15th 第二个月圆日（隔十五日）
☁	September 九月	12	Saturday 周六	☻	3rd *cātuddasī* on 14th 第三个月圆日（隔十四日）
☁	September 九月	27	Sunday 周日	☺	4th *paṇṇarasī* on 15th 第四个月圆日（隔十五日）

	October 十月	12	Monday 周一	☻	5th *paṇṇarasī* on 15th 第五个月圆日（隔十五日）
	October 十月	27	Tuesday 周二	☺	6th *paṇṇarasī* on 15th 第六个月圆日（隔十五日）
	November 十一月	10	Tuesday 周二	☻	7th *cātuddasī* on 14th 第七个月圆日（隔十四日）
	November 十一月	25	Wednesday 周三	☺	8th *paṇṇarasī* on 15th 第八个月圆日（隔十五日）

Here now if one wants to find the details of, for example, **September 15**, one can see that on September 12, Saturday, there was a new moon ☻. That means that **September 15** occurs three days after it on Tuesday and is the third day in the new lunar phase. This can be shown thus:

现在假设要找阳历 9 月 15 日对应的阴历日期。先找到该日之前在表上最接近该日的日期是 9 月 12 日（周六），此日为新月日。这就表示 9 月 15 日是上弦月的第三日（周二）。

Season 季节	Month 月份	Date 日期	Day 日	Phase 月相
Rainy 雨季	September 九月	12	Saturday 周六	☻ 新月
	September 九月	13	Sunday 周日	1st day 第一日
	September 九月	14	Monday 周一	2nd day 第二日
	September **九月**	**15**	**Tuesday** **周二**	**3rd day** **第三日**

In Pāḷi these details are recited thus:

Ayaŋ Vassāna-utu (this is the rainy season). **Asmiŋ utumhi** (in this rainy season) **Poṭṭhapāda-māsassa** (of the month September) **Kāla-pakkhe** (in the new lunar phase) **tatiyaŋ** (the third day), **Bhumma-vāra·m·idaŋ** (this is Tuesday) **iti daṭṭhabbaŋ** (thus should it be known).

The English word order runs thus: This is the rainy season. It should be known that in this season this is Tuesday, the third day in the new lunar phase of September.

用巴利文对此日念诵如下：
Ayaŋ Vassāna-utu (此为雨季). **Asmiŋ utumhi** (在此雨季) **Poṭṭhapāda-māsassa** (的九月份) **Kāla-pakkhe** (上弦月) **tatiyaŋ** (第三日), **Bhumma- vāra·m·idaŋ** (周二) **iti daṭṭhabbaŋ** (如是应知).

THE ORDER OF THE RECITATION
念诵之顺序

5000 Years of the Buddha's Dispensation
五千年的佛陀教法

Below is shown the order of reciting the Buddhist Calendar of how many years, months, etc. have passed from the Buddha's *parinibbāna*, how many remain, and what is the present time. The numbers and names serve as an example and can be changed into current dates. Note also that a Buddhist year starts a day after the Vesākha (May) ☺.

下表所述为唱诵佛历的顺序。即自佛入灭以来至今已经过多少年月日，佛陀教法尚余多久，现今日期为何。在实际操作中可将以下例举数字换为实际日期。注意：佛历新年在毗舍佉月（阴历五月）月圆日后的第一日。

Example: **Tuesday, 15 September 2015 CE / 2559 BE**
例: **公历 2015 年 9 月 15 日星期二（佛历 2559 年）**

Time that Has Passed
（佛灭以来）已过时间

	Adding	
Years: 年:	**2558**	(the new Buddhist year 2559 started a day after the Vesākha (May) ☺, on Sunday, 3 May 2015) 佛历 2559 年的新年为公历 2015 年 5 月 3 日(周日)，是为本年毗舍佉月月圆日后的第一日。
Months: 月:	**4**	(the lunar month began a day after the ☺ of 29 Aug. Thus 4 months have passed from Vesākha (May) ☺) 这个阴历月始于 8 月 29 日月圆日后的第一日。此时距佛历新年整四个月。
Days: 日:	**16**	(16 days passed after the ☺ of 29 Aug.) 本日距 8 月 29 日月圆日已有 16 日。

Time that Remains
（佛陀教法）尚余时间
Subtracting

Years: 年:	**2441**	(5000 minus 2558 = 2442, minus this year = 2441) 5000 减去 2558 等于 2442，再减去本年即为 2441
Months: 月:	**8**	(the year 2559 was a lunar leap year with 13 months (see explanations on **p. 311**: LEAP MONTH). Thus, 13 minus 4 = 9, minus this month = 8) 佛历 2558 年为阴历闰年（注解参见第 311 页），有 13 个月。13 减 4 为 9，再减去本月即为 8。
Days: 日:	**12**	(this lunar month has 29 days because the new moon ☻ occured on the 14th (*cātuddasī* – see details on **p. 308**). Thus, 29 minus 16 = 13, minus this day = 12) 这个阴历月有 29 日因为新月日在第十四日。（*cātuddasī* – 注解参见第 308 页）

Present Time
当前日期

Name of Year	年:	**Monkey** (*Kapi*), 2559 BE	佛历 2559 年（猴年）
Name of Season	季节:	**Rainy** (*Vassāna*)	雨季
Name of Month	月份:	**September** (*Poṭṭhapāda*)	九月
Name of Phase	月相:	**New**, Dark (*Kāla-pakkha*)	上弦月
Date	日期:	**3th day** (*tatiyaŋ*)	第三日
Name of Day	日:	**Tuesday** (*Bhumma-vāra*)	**周二**

Thus the text of the last part of the "Recitation of the Buddhist Calendar" will be:

因此上文所述之佛历念诵应为：

Idāni kho pana (now) **dve-sahassa-pañca-sata-aṭṭha-paññāsa-saŋvaccharāni** (2558 years) **ceva, cattāri māsāni** (4 months) **ca, soḷasa-divasāni** (16 days) **atikkantāni** (have passed).

Dve-sahassa-catu-sata-eka-cattālīsati saŋvaccharāni (2441 years) **ceva, aṭṭha-māsāni** (8 months) **ca, dvādasa-divasāni** (12 days) **avasiṭṭhāni** (remain).

Ayaŋ Kapi-saŋvacchare (in the year of the Monkey) **Vassāna-utu** (this is the rainy season). **Asmiŋ utumhi** (in this season) **Poṭṭhapāda-māsassa** (of the month September) **Kāla-pakkhe** (in the new lunar

phase) **tatiyaŋ** (the third day)**, Bhumma-vāra·m·idaŋ** (this is Tuesday) **iti daṭṭhabbaŋ** (thus should it be known).

Idāni kho pana (现在是) **dve-sahassa-pañca-sata-aṭṭha-paññāsa-saŋvaccharāni** (2558 年) **ceva, cattāri māsāni** (4 个月) **ca, soḷasa-divasāni** (16 天) **atikkantāni** (已经过去).

Dve-sahassa-catu-sata-eka-cattālīsati saŋvaccharāni (2441 年) **ceva, aṭṭha-māsāni** (8 个月) **ca, dvādasa-divasāni** (12 天) **avasiṭṭhāni** (剩余).

Ayaŋ Kapi-saŋvacchare (在猴年中) **Vassāna-utu** (这是雨季). **Asmiŋ utumhi** (在此季节中) **Poṭṭhapāda-māsassa** (的九月) **Kāla-pakkhe** (上弦月) **tatiyaŋ** (第三日)**, Bhumma-vāra·m·idaŋ** (这是周二) **iti daṭṭhabbaŋ** (如是应知).

TABLES FOR REFERENCE
参考用表

The Tables below help to find a set of data referring to a series of years, months, and days, arranged in rows and columns. As an exercise, a question is also posed to arouse the curiosity of the reader and challenge his/her accuracy. The correct answer is supplied after the Table.

以下各表有助于查询年月日的详细资料。下面为读者提供了一个练习，以激发读者兴趣并自测其计算准确度。正确答案附于表后。

Table I - *Years - Saŋvacchara*
表 1:年份

Unlike the Christian years that start in January, Buddhist years start a day after the Vesākha (May) full moon ☺ and end on the next year's Vesākha (May) full moon ☺. Table I lists the years from 2015 to 2030 CE.

与开始于 1 月的公历不同，佛历始于阴历五月月圆日后的第一日，终于次年阴历五月月圆日后的第一日。表 1 列出了公历 2015-2030 年对应的佛历。

Question: if the present Buddhist year is **2563**, how many years have passed from the Buddha's *parinibbāna*? How many remain? What is the the present year's name? (Look for the figure 2563 in Table I.)

问题：如果当前佛历年为 2563 年，那么自佛陀入灭以来已过了多少年？佛陀教法还剩多少年？本年的名字是？（请在表 1 中查找 2563 年对应的年份名）

Present Year Adding 当前年份	*Passed Years* (*Atikantāni Saŋvaccharāni*) Adding （佛陀入灭以来）已过年数	*Remaining Years* (*Avasiṭṭhāni Saŋvaccharāni*) Subtracting （佛陀教法）尚余年数
2559 Kapi 猴 May ☺ 2015 CE	**2558** *dve-sahassa-pañca-sata-aṭṭha-paṇṇāsa*	**2441** *dve-sahassa-catu-sata-eka-cattālīsati*
2560 Kukkuṭa 鸡 May ☺ 2016 CE	**2559** *dve-sahassa-pañca-sata-ekūna-saṭṭhi*	**2440** *dve-sahassa-catu-sata-cattālīsati*
2561 Soṇa 狗 May ☺ 2017 CE	**2560** *dve-sahassa-pañca-sata-saṭṭhi*	**2439** *dve-sahassa-catu-sata-ekūna-cattālīsati*
2562 Sūkara 猪 May ☺ 2018 CE	**2561** *dve-sahassa-pañca-sata-eka-saṭṭhi*	**2438** *dve-sahassa-catu-sata-aṭṭha-tiŋsa*
2563 Mūsika 鼠 May ☺ 2019 CE	**2562** *dve-sahassa-pañca-sata-dve-saṭṭhi*	**2437** *dve-sahassa-catu-sata-satta-tiŋsa*
2564 Vasabha 牛 May ☺ 2020 CE	**2563** *dve-sahassa-pañca-sata-te-saṭṭhi*	**2436** *dve-sahassa-catu-sata-cha-tiŋsa*
2565 Vyaggha 虎 May ☺ 2021 CE	**2564** *dve-sahassa-pañca-sata-catu-saṭṭhi*	**2435** *dve-sahassa-catu-sata-pañca-tiŋsa*
2566 Sasa 兔 May ☺ 2022 CE	**2565** *dve-sahassa-pañca-sata-pañca-saṭṭhi*	**2434** *dve-sahassa-catu-sata-catu-tiŋsa*
2567 Nāga 龙 May ☺ 2023 CE	**2566** *dve-sahassa-pañca-sata-cha-saṭṭhi*	**2433** *dve-sahassa-catu-sata-te-tiŋsa*
2568 Sappa 蛇 May ☺ 2024 CE	**2567** *dve-sahassa-pañca-sata-satta-saṭṭhi*	**2432** *dve-sahassa-catu-sata-dve-tiŋsa*
2569 Assa 马 May ☺ 2025 CE	**2568** *dve-sahassa-pañca-sata-aṭṭha-saṭṭhi*	**2431** *dve-sahassa-catu-sata-eka-tiŋsa*

May ☺ 2026 CE **2570** Aja 羊	**2569**	*dve-sahassa-pañca-sata-ekūna-sattati*	**2430**	*dve-sahassa-catu-sata-tiŋsa*
2571 Kapi 猴 May ☺ 2027 CE	**2570**	*dve-sahassa-pañca-sata-sattati*	**2429**	*dve-sahassa-catu-sata-ekūna-tiŋsa*
2572 Kukkuṭa 鸡 May ☺ 2028 CE	**2571**	*dve-sahassa-pañca-sata-eka-sattati*	**2428**	*dve-sahassa-catu-sata-aṭṭha-vīsati*
2573 Soṇa 狗 May ☺ 2029 CE	**2572**	*dve-sahassa-pañca-sata-dve-sattati*	**2427**	*dve-sahassa-catu-sata-satta-vīsati*
2574 Sūkara 猪 May ☺ 2030 CE	**2573**	*dve-sahassa-pañca-sata-te-sattati*	**2426**	*dve-sahassa-catu-sata-cha-vīsati*

Answer: **Idāni kho pana** (now [in 2563]) **dve-sahassa-pañca-sata-dve-saṭṭha-saŋvaccharāni** (2562 years) **ceva, ... atikkantāni** (have passed). **Dve-sahassa-catu-sata-satta-tiŋsa-saŋvaccharāni** (2437 years) **ceva, ... avasiṭṭhāni** (remain). **Ayaŋ Mūsika-saŋvaccharo** (this year is [named] Mouse).

答案：**Idāni kho pana**（现在是 2563 年）**dve-sahassa-pañca-sata-dve-saṭṭha-saŋvaccharāni** (2562 年) **ceva, ... atikkantāni**（已经过去）. **Dve-sahassa-catu-sata-satta-tiŋsa-saŋvaccharāni** (2437 年) **ceva, ... avasiṭṭhāni** (还剩余). **Ayaŋ Mūsika-saŋvaccharo** (今年是鼠年).

Table II - *Months & Seasons - Māsa & Utu*
表 2：月份和季节

Buddhist months begin a day after a full moon ☺ and end on the next full moon ☺. The years, as said, start a day after the Vesākha (May) full moon ☺ and it is thus the month Jeṭṭha (May-June) that is counted as the first month of the year, which begins a day after the May full moon ☺ and ends on the next June full moon ☺. If Jeṭṭha has two full moons ☺-☺, or if there is a leap year, Vesākha may then occur between May ☺ and June ☺, instead of between April ☺ and May ☺.

佛历月份始于月圆日后一日，于下一月圆日结束。如前所说每年始于毗舍佉月月圆日后的第一日，因此逝瑟吒月（Jeṭṭha，即阴历六月）算作一年的第一个月。它始于公历五月月圆日后第一日，终于下一个月圆日（公历六月）。但如逝瑟吒月有两个月圆日，

或者本年是阴历闰年，毗舍佉月可能始于公历五月的月圆日和六月的月圆日之间, 而非公历四月和五月的月圆日之间。

Question: if the present month is Kattika (Oct ☺ - Nov ☺), how many months have passed from Jeṭṭha? How many remain? What is the present season?

问题：如果当前月份是迦刺底迦月（Kattika，公历十月的月圆日–十一月的月圆日），则自逝瑟吒月以来已经过几个月？本年剩余多少个月？目前是什么季节？

Present Month Adding 当前月份	*Passed Months* (*Atikantāni Māsāni*) Adding 已经过的月数	*Remaining Months* (*Avasiṭṭhāni Māsāni*) Subtracting 本年剩余月数	*Seasons* (*utu*) 季节
1. Jeṭṭha 逝瑟吒月 May ☺ - Jun ☺ 公历五月☺-六月☺	**0**	**11** *ekā-dasa*	**Gimhāna** Hot Sea-son, Summer 热季
2. Asāḷha 阿沙陀月 Jun ☺ - Jul ☺ 公历六月☺-七月☺	**1** *eka*	**10** *dasa*	
3. Sāvana 萨瓦那月 Jul ☺ - Aug ☺ 公历七月☺-八月☺	**2** *dve* or *dvi*	**9** *nava*	**Vassāna** Rainy sea-son 雨季
4. Poṭṭhapāda 布吒波陀月 Aug ☺ - Sep ☺ 公历八月☺-九月☺	**3** *tīṇi*	**8** *aṭṭha*	
5. Assayuja 頞湿缚庾阇月 Sep ☺ - Oct ☺ 公历九月☺-十月☺	**4** *catu*	**7** *satta*	
6. Kattika 迦刺底迦月 Oct ☺ - Nov ☺ 公历十月☺-十一月☺	**5** *pañca*	**6** *cha*	
7. Māgasira 末伽尸罗月 Nov ☺ - Dec ☺ 公历十一月☺-十二月☺	**6** *cha*	**5** *pañca*	**Hemanta** Winter 冷季

8. Phussa 弗沙月 Dec ☺ - Jan ☺ 公历十二月☺-一月☺	**7** *satta*	**4** *catu*	**Hemanta** Winter 冷季
9. Māgha 摩伽月 Jan ☺ - Feb ☺ 公历一月☺-二月☺	**8** *aṭṭha*	**3** *tīṇi*	
10. Phagguna 颇勒窶那月 Feb ☺ - Mar ☺ 公历二月☺-三月☺	**9** *nava*	**2** *dve*	
11. Citta 质多罗月 Mar ☺ - Apr ☺ 公历三月☺-四月☺	**10** *dasa*	**1** *eka*	**Gimhāna** Hot Season 热季
12. Vesākha 毗舍佉月 Apr ☺ - May ☺ 公历四月☺-五月☺	**11** *ekā-dasa*	**0**	

Answer: **Idāni kho pana** (now [in Kattika]) **... pañca māsāni** (5 months) **ca, ... atikkantāni** (have passed). **... cha-māsāni** (6 months) **ca, ... avasiṭṭhāni** (remain). **Ayaŋ ... Vassāna-utu** (this is the rainy season). **Asmiŋ utumhi** (in this season) **Kattika-māso** (this is the month Kattika).

答案：**Idāni kho pana** (现在是迦刺底迦月) **... pañca māsāni** (5 个月) **ca, ... atikkantāni** (已经过去). **... cha-māsāni** (6 个月) **ca, ... avasiṭṭhāni** (剩余). **Ayaŋ ... Vassāna-utu** (现在是雨季). **Asmiŋ utumhi** (在这个季节中) **Katti-ka-māso** (是迦刺底迦月).

Table III - *Days of a Month* - *Divasa*
表 3:一月中的日期

Buddhist days of a month begin a day after a full moon ☺ and end on the next full moon ☺. Below is shown a month of 30 days. If, however, a month has 29 days that means the new moon ☻ occurs on the 14th day and not on the usual 15th.

佛历月份的日期始于月圆日后一日，于下一月圆日结束。下表为一个月的日期，长度为 30 天。然而，如果一个月仅有 29 天，这就表示该月的新月日为该月 14 日，而不是通常的 15 日。

Question: if the present day is the 11th, how many days have passed from the full moon? How many days remain till the next full moon?

问题：如果当前日期是 11 日，则自上一个月圆日以来已经过了几日？距下一个月圆日还剩几日？

	Present Day Adding 当前日期	*Passed Days* (*Atikantāni Divasāni*) Adding 已过日数	*Remaining Days* (*Avasiṭṭhāni Divasāni*) Subtracting 剩余日数
Current Month of 30 Days 当前月（长度为 30 天）	☺	（上一月圆日）	
	1	**0**	**29** *ek'ūna-tiŋsati*
	2	**1** *eka*	**28** *aṭṭha-vīsati*
	3	**2** *dve* or *dvi*	**27** *satta-vīsati*
	4	**3** *tīṇi*	**26** *cha-bbīsati*
	5	**4** *catu*	**25** *pañca-vīsati*
	6	**5** *pañca*	**24** *catu-vīsati*
	7	**6** *cha*	**23** *te-vīsati*
	8	**7** *satta*	**22** *dve-vīsati*
	9	**8** *aṭṭha*	**21** *eka-vīsati*
	10	**9** *nava*	**20** *vīsati*
	11	**10** *dasa*	**19** *ek'ūna-vīsati*
	12	**11** *ekā-dasa*	**18** *aṭṭha-rasa*
	13	**12** *dvā-dasa*	**17** *satta-rasa*
	14	**13** *te-rasa*	**16** *soḷasa*
	15 ☻（新月日）	**14** *cu-ddasa*	**15** *paṇṇa-rasa*
	16	**15** *paṇṇa-rasa*	**14** *cu-ddasa*
	17	**16** *soḷasa*	**13** *te-rasa*
	18	**17** *satta-rasa*	**12** *dvā-dasa*
	19	**18** *aṭṭha-rasa*	**11** *ekā-dasa*
	20	**19** *ek'ūna-vīsati*	**10** *dasa*
	21	**20** *vīsati*	**9** *nava*
	22	**21** *eka-vīsati*	**8** *aṭṭha*
	23	**22** *dve-vīsati*	**7** *satta*
	24	**23** *te-vīsati*	**6** *cha*

	25	**24** *catu-vīsati*	**5** *pañca*
	26	**25** *pañca-vīsati*	**4** *catu*
	27	**26** *cha-bbīsati*	**3** *tīṇi*
	28	**27** *satta-vīsati*	**2** *dve* or *dvi*
	29	**28** *aṭṭha-vīsati*	**1** *eka*
	30 ☺ （下一月圆日）	**29** *ek'ūna-tiŋsati*	**0**

Answer: **Idāni kho pana** (now [on the 11th day]) **... dasa divasāni** (10 days) **atikkantāni** (have passed)**. ... ek'ūna-vīsati-divasāni** (19 days) **avasiṭṭhāni** (remain).
答案：**Idāni kho pana** (现在【即 11 日】) **... dasa divasāni** (10 天) **atikkantāni** (已经过去)**. ... ek'ūna-vīsati-divasāni** (19 days) **avasiṭṭhāni** (剩余).

Table IV - *Days of the Lunar Phases* - *Tithi*
表 4：月相之日期

Buddhist days of a lunar phase, which popularly are called *tithi*, begin a day after a full moon ☺ or a day after a new moon ☻ and are counted from 1st to 15th or from 1st to 14th depending on whether the new moon ☻ occurs on the 15th or 14th day.

佛历的月相日期，通常称为“*tithi*”，开始于月圆日或新月日的后一日。计数范围为 1-15 或 1-14，其选择取决于新月日是该月的第 15 日还是第 14 日。

Question: How to tell in Pāḷi, 'this is the 6th day in the full moon phase'?

问题：如何用巴利语表示“这时是上弦月第 6 日”？

☺	*Present Day* Adding 当前日期 **0(月圆日)**
Kāla-Pakkha New Moon Phase 下弦月	**1st** *paṭhamaŋ*
	2nd *dutiyaŋ*
	3rd *tatiyaŋ*
	4th *catutthaŋ*
	5th *pañcamaŋ*
	6th *chaṭṭhamaŋ*
	7th *sattamaŋ*

	8th *aṭṭhamaŋ*
	9th *navamaŋ*
	10th *dasamaŋ*
	11th *ekā-dasamaŋ*
	12th *dvā-dasamaŋ*
	13th *te-rasamaŋ*
	14th *cu-ddasamaŋ*
☻	**15th** *paṇṇa-rasamaŋ*
	1st *paṭhamaŋ*
	2nd *dutiyaŋ*
	3rd *tatiyaŋ*
Sukka-	**4th** *catutthaŋ*
Pakkha	**5th** *pañcamaŋ*
	6th *chaṭṭhamaŋ*
Full	**7th** *sattamaŋ*
Moon	**8th** *aṭṭhamaŋ*
Phase	**9th** *navamaŋ*
上弦月	**10th** *dasamaŋ*
	11th *ekā-dasamaŋ*
	12th *dvā-dasamaŋ*
	13th *te-rasamaŋ*
	14th *cu-ddasamaŋ*
☺	**15th** *paṇṇa-rasamaŋ*

Answer(答案): **Sukka-pakkhe chaṭṭhamaŋ.**

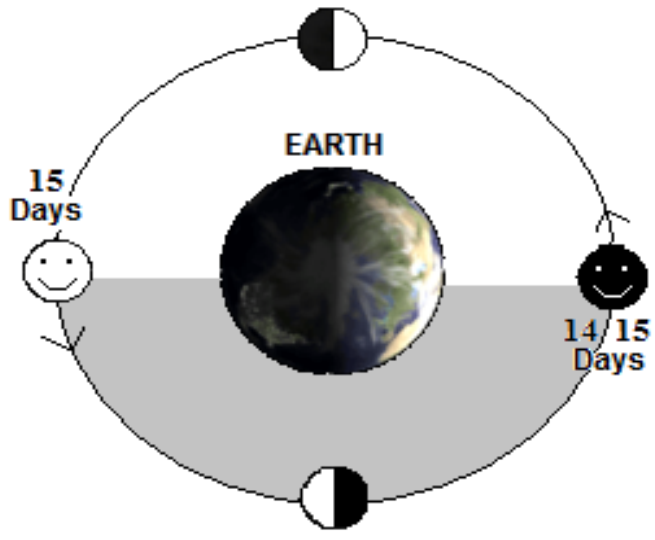
GENERAL EXPLANATIONS
总义释

LUNAR YEAR, PHASES, DAYS, MONTHS, SEASONS & UPOSATHAS
阴历年、月相、日、月、季节和布萨

A *lunar year,* which usually is a period of 12 lunar months, is calculated by the number of phases of the moon around the earth, instead of the passage of the earth around the sun, as in the solar year.

一阴历年通常长为 12 个阴历月。这是由月亮绕地球运行的周数计算出来的。不同于阳历的通过地球绕太阳运行的周数计算。

***Full Phase*: Waxing Moon Passing from New to Full**
上弦月：从新月到满月



***New Phase*: Waning Moon Passing from Full to New**
下弦月：从满月到新月

The Moon's regular circles or phases around the Earth used as a means of calculating days, months, and years.
月亮绕地球的规律性运转被用作计算年月日的手段。

Lunar Phases (*pakkha*)
月相(*pakkha* ，异译作半月)

Each month is divided into two phases:

每个阴历月分两个月相：

❍ The full (bright) phase (*sukka-pakkha*), which corresponds to the period of 'waxing' moon, during which the visible surface of the moon gradually increases in magnitude and brightness. It begins from the first day after the new moon ☻ and ends on the full moon day ☺, always completing a period of 15 lunar days.

上弦月（*sukka-pakkha*）期间，月球的可见表面的面积和亮度持续增加。上弦月始于新月日后第一日，终于月圆日。其长度恒为 15 日。

● The new (dark) phase (*kāla-pakkha*), which corresponds to the period of 'waning' moon, during which the visible surface of the moon gradually decreases in magnitude and brightness. It begins from the first day after the full moon ☺ and ends on the new moon day ☻, sometimes completing a period of 15 lunar days and sometimes of 14.

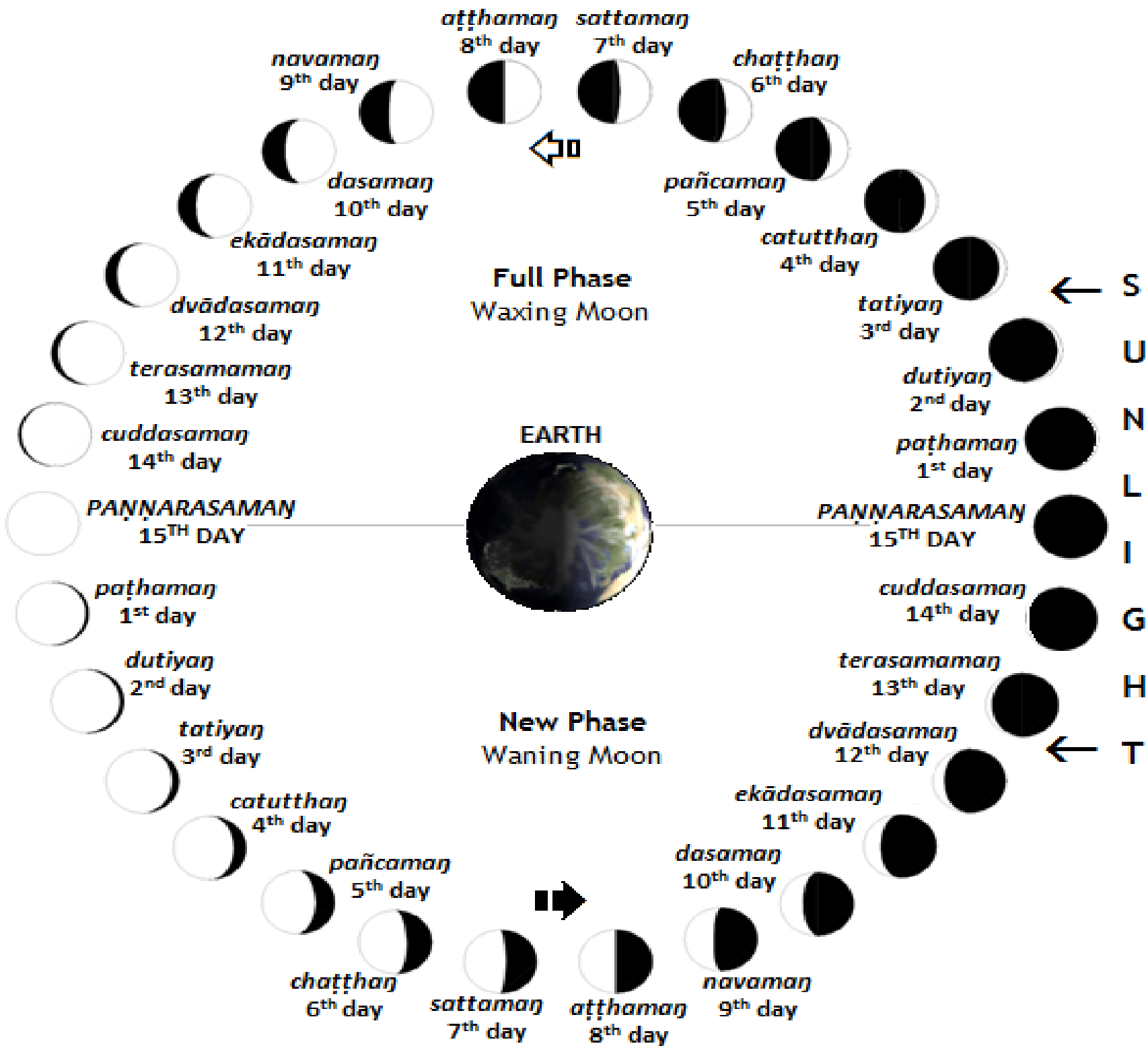
下弦月(*kāla-pakkha*)，月球的可见表面的面积和亮度持续减少。上弦月始于月圆日后第一日，终于新月日。其长度有时为 15 日，有时为 14 日。

Lunar Days
阴历日

The two phases constitute one full orbit of the moon around the earth, which is a cycle of about 360º, completing a period of 30 or 29 lunar days (*divasa*), i.e. a lunar month. Thus a lunar day (*divasa*) is nearly $^{1}/_{30}$ of the time required for the moon to orbit the earth. Hence it is the time during which the longitude of the moon increases by 12º, that is, 360º divided by 30. Likewise, because the moon reflects light from the sun, different degrees of moonlight are visible from earth which appear to change its shape as it travels in the sky. The chart below illustrates the light or shadow that increases by 12º longitude each lunar day and also the lunar days of each phase, called *tithis*, that are serially numbered from 1st, *paṭhamaŋ,* to 15th, *paṇṇarasamaŋ*.

两个月相组成了月亮绕地球一周（360º）的完整周期，时长为 30 或 29 日(*divasa*)，这即是一个阴历月。因此一个阴历日的长度约为月亮绕地球一周耗时的三十分之一，也就是月亮绕地球旋转 12º（360º /30）所耗的时长。由于月光源自对阳光的反射，在月球绕地球运转期间，可见月光强度会发生改变使得月亮的外形看起来出现了变化。下表列出了所有阴历日的巴利文名称，从 1 日（*paṭhamaŋ*）到 15 日（*paṇṇarasamaŋ*）；并给出了月球绕地球每转 12º所造成的月亮形状变化的图解。

Lunar Days of Each Phase
每个月相中的阴历日



In Pāḷi, the reckoning of the lunar days during the full phase is recited as: ***Sukka-pakkhe*** *paṭhamaṇ ... tatiyaṇ ... paṇṇarasamaṇ* (the first ... third ... fifteenth day in the full lunar phase). During the new phase it is recited as: ***Kāla-pakkhe*** *paṭhamaṇ ... tatiyaṇ ... paṇṇarasamaṇ* (the first ... third ... fifteenth day in the new lunar phase).

在巴利语中，上弦月的诸阴历日被诵作：***Sukka-pakkhe*** *paṭhamaṇ ... tatiyaṇ ... paṇṇarasamaṇ* (上弦月的第一…三…十五日)。下弦月的诸阴历日被诵作：***Kāla-pakkhe*** *paṭhamaṇ ... tatiyaṇ ... paṇṇarasamaṇ* (下弦月的第一…三…十五日).

Solar Weekdays (*vāra*)
阳历的一周七日

For more precision, however, the seven solar weekdays called *vāra* are also added to define the day. Thus Ravi-vāro (Sunday) is the weekday of *Ravi* (Sun); Canda-vāro (Monday) of *Canda* (Moon); Bhumma-vāro (Tuesday) of *Bhumma* (Earth or Mars); Budha-vāro (Wednesday) of *Budha* (Mercury); Guru-vāro (Thursday) of *Guru* (Jupiter); Sukka-vāro (Friday) of *Sukka* (Venus); and Sora-vāro (Saturday) of *Sora* (Saturn). (Please see above: NAMES OF THE SEVEN WEEKDAYS)

为了增加准确度，一周中的七日（*vāra*）也被用来描述阴历日。因此周日(Ravi-vāro)即是太阳（*Ravi*）之日，周一(Canda-vāro)对应月亮（Canda），周二（Bhumma-vāro）对应地球(Bhumma)或火星，周三（Budha-vāro）对应水星（*Budha*），周四(Guru-vāro)对应木星（Guru），周五（Sukka-vāro）对应金星（Sukka），周六（Sora-vāro）对应土星（Sora）。(参见上文：一周七日的名称)

Vāra begin with sunrise and end with sunrise the next day, based on the rotation of the Earth on its axis, and bear striking similarities with the weekdays in many western cultures. A main difference, however, is that the western weekdays begin at midnight 00:00 hrs.

佛历一周七日中的每一日基于地球的自转，始于日出，终于下一次日出，与很多西方文明的一周七日分法有惊人的相似性。然而二者之间也有一个主要的差异，就是西方文明中的一周七日通常都始于子夜零时零分。

Lunar Months (*māsa*)
阴历月

The two lunar phases explained above make up a *lunar month* which is the duration of one orbit of the moon around the Earth. The month has 29 or 30 days (according to the phase of the moon), which comes to approximately 29.53 days. This is calculated with two methods:

上文解释的两个月相共同组成了一个阴历月，其长度为月亮绕地球一周的时间。根据月相的差异，一个阴历月可以有 30 或 29 日，其约数为 29.53 日。关于这个数字有两种算法：

1. *The Amānta Method*
1. “终于新月”方法

This method counts the period from one new moon ☻ until the next ☻ and is known as *amānta* (new-moon-ending) method. It is a quite popular and according to it the lunar month begins on the first day after the new moon ☻ and ends on the next new moon day ☻. The lunar year usually starts with the month *Citta* (Apr ☻ - May ☻) marking the beginning of the hot season (*gimhāna-utu*), and also the New Year mainly in South Asia, which is celebrated in mid-April. It ends with the month *Phagguna* (Mar ☻ - Apr ☻) marking the end of the cold season (*hemanta-utu*). (Please see above: NAMES OF THE 12 LUNAR MONTHS AND THE THREE SEASONS).

这个方法将阴历月的长度计为从一个新月日到下一个新月日的长度，故被称作“*amānta*”（终于新月）方法。这种方法相当流行。根据这种方法，阴历月始于新月日后的第一日，终于下一新月日；阴历年（不是本书所采之佛历年）通常始于质多罗月（*Citta*,公历四月新月日-五月新月日），此月为热季(*gimhāna-utu*)第一月，其初始日是南亚地区主要采用的新年，通常于公历四月中旬庆祝。阴历年终于颇勒窶那月（*Phagguṇa*,公历三月新月日-四月新月日），此月为冷季(*hemanta-utu*)最后一月。（参见上文：12 个阴历月和 3 个季节的名称）

2. *The Puṇṇamānta Method*
2. “终于月圆”方法

This method counts the period from one full moon ☺ until the next ☺, and is known as *puṇṇamānta* or *purnimānta* (full-moon-ending) method. It is used in the Buddhist calendar, which counts the months and the years from the Buddha’s *parinibbāna* that took place on the full moon day of Vesākha (May ☺). It is also used in other calendars, such as the Vedic or north Indian calendars, although for different reasons. The lunar month in this case begins on the first day after the full moon ☺ and ends on the next full moon day ☺. As for the lunar year, it starts with the month Vesākha (Apr ☺ - May ☺) and ends with *Citta* (Mar ☺ - Apr ☺).

这个方法将阴历月的长度计为从一个月圆日到下一个月圆日的长度，故被称作“*puṇṇamānta/purnimānta*”（终于月圆）方法。此方法用于佛历的计算。它自佛陀入灭的毗舍佉月的月圆日（公历五月的月圆日）开始计算年月。由于种种原因，此方法也用于吠陀历（北印度历）等其他历法的计算。根据这种方法，阴历月始于

月圆日后的第一日，终于下一月圆日。阴历年始于毗舍佉月（公历四月月圆日-五月月圆日），终于质多罗月（公历三月月圆日-四月月圆日）[75]。

Thus the main difference between the two methods is that the *puṇṇamānta* months and years start about 14-15 days earlier than the *amānta* ones. This can be illustrated with an example of the year C.E. 2016 when according to the *puṇṇamānta* method the month *Citta* begins a day after the March 7 full moon ☺, that is, 15 days earlier than the *amānta* method (April 6 new moon ☻).

因此两种方法的主要区别在于“终于满月”方法较“终于新月”方法早开始 14–15 天。以下以公历 2016 年举例说明。根据“终于满月”方法，质多罗月在公历 3 月 7 日的月圆日后开始，这就比“终于新月”方法的起始日期（公历 4 月 6 日的新月日）早了 15 天。

Puṇṇamānta Months Beginning Earlier
“终于满月”方法的月份起始较早（表解）

2016 CE　　2559-2560 BE 公历 2016 年（佛历 2559-2560 年）

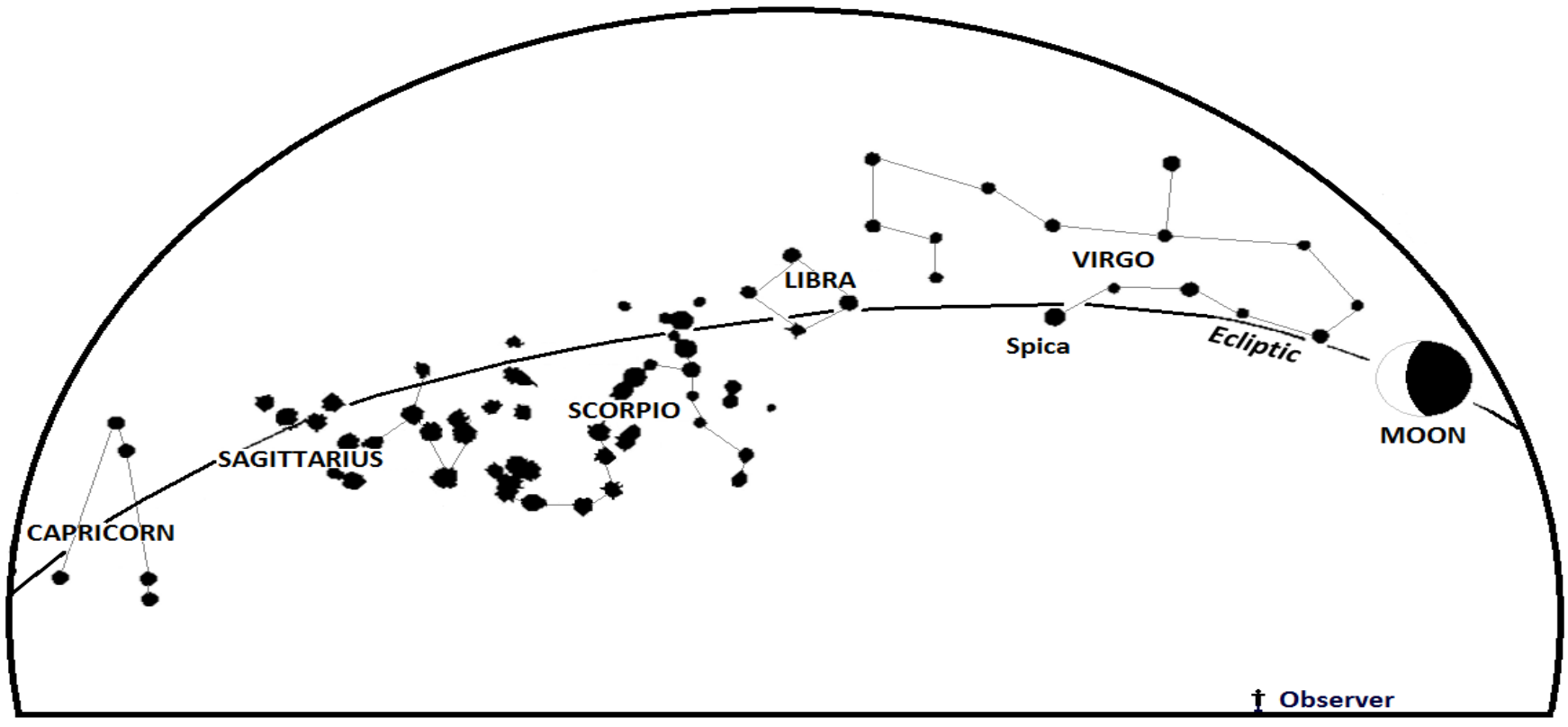
Season 季节	Month 月	Date 日	*Amānta Method* “终于新月”法 新月日	Phase 月相	*Puṇṇamānta Method* “终于满月”法 新月日
Cold 冷季	March 三月	07		☻	
Hot 热季	March 三月	22		☺	*Citta* 质多罗月
Hot 热季	April 四月	06		☻	
Hot 热季	April 四月	21	*Citta* 质多罗月	☺	*Vesākha* 毗舍佉月
Hot 热季	May 五月	05		☻	
Hot 热季	May 五月	20	*Vesākha* 毗舍佉月	☺	
Hot 热季	June 六月	04		☻	

Regarding the names of the months *Citta*, *Vesākha*, *Jeṭṭha*, etc., these are derived from the constellation, asterism, or cluster of stars (*nakkhatta*) the moon is aligned or conjoined with while travelling in the night

sky for a period of about 30 days as seen from the Earth. Thus, for example, *Citta* corresponds to the constellation Virgo with Spica, the binary and brightest star in it, when the moon conjoins with once a year around the time of the spring equinox in March. The month *Vesākha* corresponds to the constellation Libra, the month *Jeṭṭha* to the constellation Scorpio, and so on. Hence, this natural and regular conjunction of the moon with a different constellation each month makes it easier to calculate the time of its motion across the night sky, which can be clearly charted against the background of those fixed cluster of stars. The chart below illustrates this phenomenon with an example of the constellation Virgo, etc. after the spring equinox, March 21.

质多罗、毗舍佉、逝瑟吒等月份的名称源于星座(*nakkhatta*)的名称。自地球看去，30 天中月亮在夜空中分别经过这些星座。例如质多罗月对应处女座（其中最亮的双子星为角宿一），月亮每年三月春分时经过这里一次。毗舍佉月对应天秤座，逝瑟吒月对应天蝎座，依此类推。月亮每个月自然而有规律地经过一个不同的星座这一事实使得计算月亮的运动耗时更加容易。人们可以轻易地根据夜空背景中固定的星座用图表列出其运动规律。下图以 3 月 21 日春分时经过处女座的月亮为例解释了这一现象。

The Moon's Conjunction with Constellations
月亮与诸星座的相遇



The Moon moving in the ecliptic (in the same apparent path of the sun in the sky) and conjuncting with Virgo or Spica (*Citta*), Libra (*Vesākha*), Scorpio (*Jeṭṭha*), and so on. For clarity, other surrounding constellations and stars are not depicted in this chart.

月亮与太阳同在黄道中运行，并依次经过处女、天秤、天蝎等诸星座。为了图示的清晰，周围的其他星座及恒星未予表示。

It is good at this juncture to remember the Buddha's injunction:

> "Monks, a monk who is a forest-dweller should ... learn the positions of the constellations (*nakkhatta-padāni*), wholly (*sakala*) or partly (*ekadesa*), and should become skilled in the quarters (*disā-kusala*)."

此处我们应当回顾佛陀的教诫：

> "诸比丘，林居比丘应当...部分或完全地了解星座的位置，应当善巧了知方位[76]。"

Seasons (*utu*) and Observance Days (*Uposatha*)
季节(*utu*)和布萨日(*Uposatha*)

The *puṇṇamānta* method is used in the Buddhist Calendar to also calculate the seasons and the Uposathas. Accordingly, each season—hot, rainy or cold—has eight Uposathas, and two of them, the 3rd and the 7th Uposatha, fall on the 14th day (*cātuddasī*), which is a new moon day ☻ within a new (dark) lunar phase (*kāla-pakkha*). The other six Uposathas fall on the 15th day (*paṇṇarasī*), which can be a new moon ☻ or a full moon day ☺. Thus a month that has both Uposathas on the 15th day has 15 + 15 = 30 days, but a month that has an Uposatha on the 14th day has 14 + 15 = 29 days only. This can be illustrated as follows by an example with the rainy season in C.E. 2016:

佛历中使用"终于月圆"方法计算季节和布萨日。无论热季、冷季或是雨季，每个季节有 8 个布萨日，其中两个，即第三和第七个，发生于阴历月第 14 日(*cātuddasī*)，这是下弦月的新月日。其余六个布萨日发生于阴历月第 15 日(*paṇṇarasī*),它们既可能是新月日也可能是月圆日。因此如果一个月的两次布萨都是"十五日"布萨，则该月共有 15+15=30 日；但若其中一次是"十四日"布萨，则该月仅有 14+15=29 日。以下以公历 2016 年雨季为例作出表解：

4 Months and 8 Uposathas in the Rainy Season
雨季的 4 个月和 8 个布萨日

C.E. 2016 B.E. 2559-2560
公历 2016 年 佛历 2559-2660 年

Season 季节	Month 月	Date 日期	Phase 月相	Uposatha 布萨日	*Puṇṇamānta Month* 月份名及日数（依“终于月圆法”）
Rainy 雨季	Jul 七月	18	☺	0 *paṇṇarasī* on 15th 十五日	Sāvana 30 days 萨瓦那月（30 日）
☁	Aug 八月	02	☻	1st *paṇṇarasī* on 15th 十五日	
☁	Aug 八月	17	☺	2nd *paṇṇarasī* on 15th 十五日	Poṭṭhapāda 29 布吒波陀月（29 日）
☁	Aug 八月	31	☻	3rd *cātuddasī* on 14th 十四日	
☁	Sep 九月	15	☺	4th *paṇṇarasī* on 15th 十五日	Assayuja 30 頞湿缚庾阇月（30 日）
☁	Sep 九月	30	☻	5th *paṇṇarasī* on 15th 十五日	
☁	Oct 十月	15	☺	6th *paṇṇarasī* on 15th 十五日	Kattika 29 days 迦剌底迦月 (29 日)
☁	Oct 十月	29	☻	7th *cātuddasī* on 14th 十四日	
☁	Nov 十一月	13	☺	8th *paṇṇarasī* on 15th 十五日	

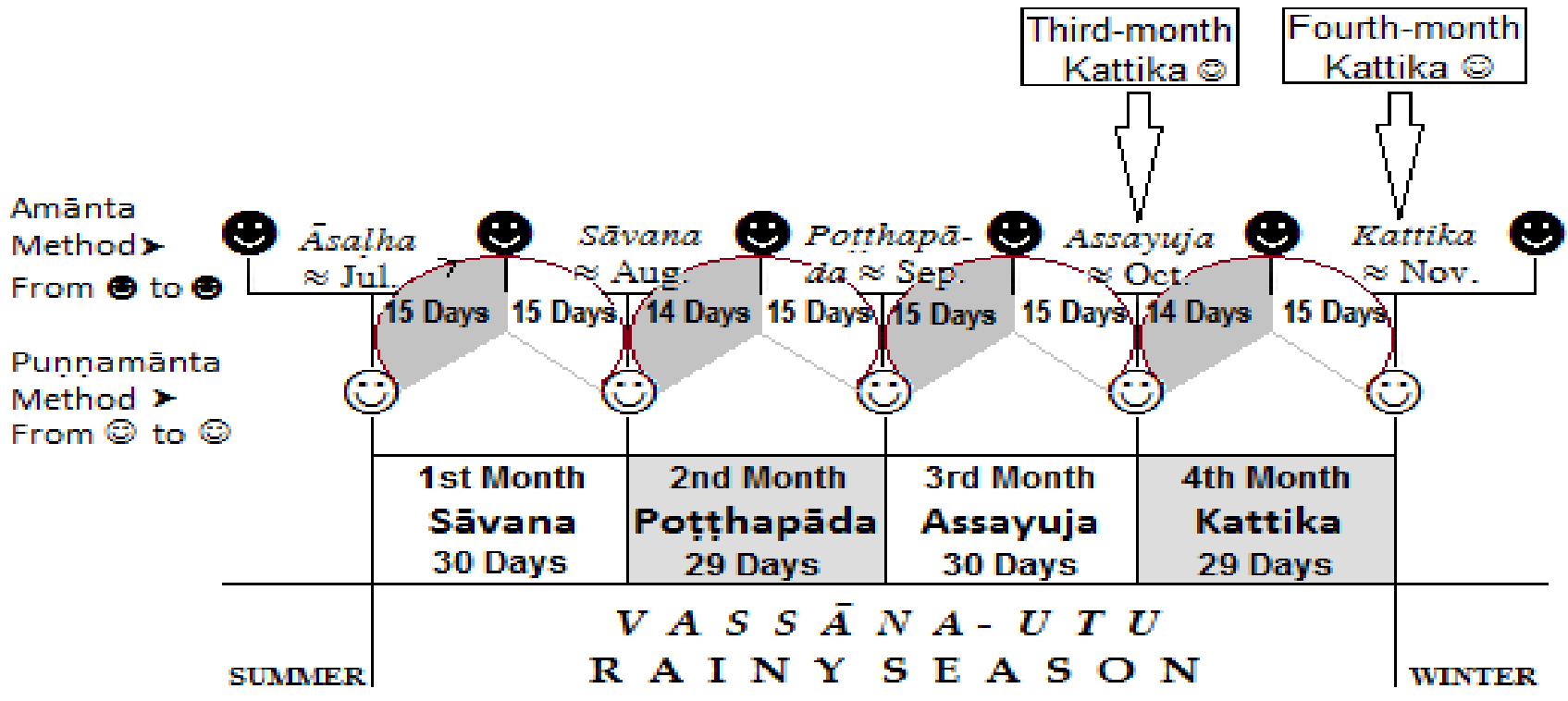
In Vinaya-piṭaka the months of the seasons are sometimes numbered as “first”, “second”, etc. as for example, *vassānassa paṭhamo māso* “first month of the rainy season’’ [i.e. *Sāvana*]. They too are counted from one full moon ☺ until the next ☺, as for example in the phrasing *Kattika-te-māsika-puṇṇama* (third-month *Kattika* full moon ☺), which denotes the first full moon ☺ in the month *Kattika* after the three months (*te-māsa,* i.e. *Sāvana, Poṭṭhapāda and Assayuja*) of the rainy season have passed. (Please see next chart below). It is defined as the full moon ☺ of *pavāraṇā kattikā,* when the monks conclude the first three months rains retreat and conduct the *pavāraṇā* ceremony. It usually corresponds to the October ☺ and the commentaries call it *paṭhama-Kattika-puṇṇama* (first full moon ☺ of *Kattika*). Then again, the complete rainy season ends with the *Kattika-puṇṇama* (full moon ☺ of *Kattika*), which is defined as *Kattika-cātu-māsinī* (fourth-month *Kattika* full moon ☺). It

usually corresponds to the November ☺ and the commentaries call it *pacchima-Kattika-puṇṇama* (last full moon ☺ of *Kattika*). In this way the *puṇṇamānta* method is used in the Vinaya-piṭaka as well. It is also used in the Sutta-piṭaka as in the expression: *cātu-māsiniyā puṇṇāya puṇṇamāya rattiyā* (when the full moon ☺ night has been concluded on the fourth-month [of the rainy season].) Here the commentary explains that in the word *puṇṇamā* the *mā* is a name for *canda* (moon). Thus because it makes a month (*māsa*), a season (*utu*), or a year (*saŋvacchara*) full, complete or concluded (*puṇṇa*), therefore it is called *puṇṇā puṇṇamā* (concluding full moon).

律藏中季节的月份常有数字标号如“第一”“第二”等，例如“*vassānassa paṭhamo māso*[77]”（雨季第一月，亦即萨瓦那月）。这些月份也被算作从一个月圆日到下一个月圆日的日期，例如“*Kattika-te-māsika-puṇṇama*”（三月迦刺底迦月圆日）表示在雨季的前三个月（萨瓦那、布吒波陀和頞湿缚庾阇月）过后的迦刺底迦月的第一个月圆日。该日被认定为“迦刺底迦月自恣日[78]”（*pavāraṇā kattikā*），此时僧团结束三月的雨安居并举行自恣仪式。这通常是公历十月的月圆日，注疏中称之为“第一迦刺底迦月圆日”（*paṭhama-Kattika-puṇṇama*）。此后整个雨季于迦刺底迦月的月圆日（*Kattika-puṇṇama*）结束，此日被称为“四月迦刺底迦月圆日[79]”。这通常是公历十一月的月圆日，注疏中称之为“最后迦刺底迦月圆日”（*pacchima-Kattika-puṇṇama*）。“终于月圆”方法以此种方式在律藏中使用。它也在经藏中使用，如“*cātu-māsiniyā puṇṇāya puṇṇamāya rattiyā*[80]”，意为“当（雨季）第四月的满月夜结束时”。注疏中解释说在“*puṇṇamā*”一词中“*mā*”代指月亮(*canda*)。因为该日标志着月份（*māsa*）、季节（*utu*）或年份（*saŋvacchara*）的终结或圆满（*puṇṇa*），故而被称作“圆满月圆日”（*puṇṇā puṇṇamā*）。

The chart below illustrates the *puṇṇamānta* method used in Vinaya- and Sutta-piṭaka taking here as an example the third-month and fourth-month *Kattika* full moon ☺.

下图以“三月迦刺底迦月圆日”和“四月迦刺底迦月圆日”为例解释了经藏和律藏中使用的“终于月圆”方法。



It is worth noting also that the English word 'month' comes from 'moon' (moon + -th) and obviously refers to the ancient way of measuring time according to the moon's phases.

值得指出的是，英语单词“month”（月）源自“moon”（月亮）一词（moon + -th），这显然代表了古代参照月相变化的计时方式。

LEAP MONTH
(*ADHIKA-MĀSA*)
闰月

A leap month (*adhika-māsa*) is an extra month added to the usual 12 lunar months so as to conform with the solar calendar in which a solar year is slightly longer than the lunar year. It is usually added once in three lunar years at the end of the hot season (summer) and the Uposathas become 10 instead of the usual 8. Consequently, the rainy season starts one month later, and the year has 13 months instead of 12, becoming thus a leap year. This happened also with the year 2015 CE, 2559 BE, which was a leap year and the next leap year is expected to be in 2018 CE. This combination of a lunar and solar calendar is called "luni-solar calendar", which is based on both lunar and solar cycles.

闰月(*adhika-māsa*)为了调整阴历年与阳历年之间的日差，在通常的 12 个阴历月外增加的月份，因为阳历年略长于阴历年。闰月每三个阴历年出现一次，它被置于热季的末尾，使得布萨日由通常的 8 个增加到 10 个。因此雨季也将晚一个月开始。这一年将有 13 个月而不是 12 个，成为闰年。公历 2015 年（佛历 2559 年）就是一

个闰年，下一个闰年将是公历 2018 年。这种阴历和阳历的组合被称为“阴阳合历”，它基于月亮和太阳两者的运行周期。

This is how an extra month occurs:
According to the Buddhist or lunar Calendar, there are about 354 days a year, which are calculated according to the seasons and the Uposathas. As was mentioned above, there are 3 seasons in a lunar year and each season has 8 Uposathas. Thus throughout a lunar year there are 3 x 8 = 24 Uposathas. Out of them, 18 Uposathas occur on the 15th day (*paṇṇarasī*), and 6 Uposathas occur on the 14th day (*cātuddasī*). Hence we have:

18 *paṇṇarasī* Uposathas x **15** days each (18 x 15) = 270 days
6 *cātuddasī* Uposathas x **14** days each (6 x 14) = 84 days
total = **354** days

下面解释闰月如何产生：
根据佛历或阴历，一年有 354 日，依季节和布萨日算出。如上所述，一个阴历年有三个季节，每个季节有 8 个布萨日。因此一个阴历年共有 3 x 8 = 24 个布萨日。其中 18 个布萨日出现于阴历月第 15 日（*paṇṇarasī*），6 个布萨日出现于阴历月第 14 日。因此有，

18 个十五日布萨 x **15** 日(18 x 15) = 270 日
6 个十四日布萨 x **14** 日 (6 x 14) = 84 日
合计 = **354** 日

According to the current Gregorian solar Calendar, however, there are about **365$^{1/4}$** days a year, and the difference between the solar and lunar year is this:

Current solar year	= 365$^{1/4}$ days
Buddhist lunar year	= 354 days
Difference for 1 year	= **11$^{1/4}$** days
Difference for 3 years	= **33$^{3/4}$** days

根据现行的格列高利公历，一年共有 **365$^{1/4}$** 日，因此阳历年和阴历年之间的日差为：

现行公历年	= 365$^{1/4}$ 日
佛历年	= 354 日
1 年的日差	= **11$^{1/4}$** 日
3 年的日差	= **33$^{3/4}$** 日

In this way, for 1 year the Buddhist lunar year has **$11^{1/4}$** days less than the current solar year, and for 3 years it has **$33^{3/4}$** days less, i.e. about a month. Therefore, in order to conform with the solar year, a month is added to the usual 12 lunar months every 3 years. This is called an extra or leap month (*adhika-māsa*).

这样，每个佛历年较现行公历年少 **$11^{1/4}$** 日，每过三年则少 **$33^{3/4}$** 日，这大约是一个月的长度。因此为与阳历一致，（佛历）每三年于通常的 12 个阴历月外增加一个月。这就是闰月(*adhika-māsa*)。

Nevertheless, since a lunar month cannot have more than 30 days, there is a remainder of **$3^{3/4}$** days every 3 years or so. If these **$3^{3/4}$** days are added up, then on the 19th year an additional leap month follows.

尽管如此，由于一个阴历月不能有超过 30 日，每三年仍会有 **$3^{3/4}$** 日的剩余日差，这样到了第 19 年又要因此增加一个闰月。

There are, however, nowadays various methods in calculating leap years, and since these are beyond the scope of this book to explain them, the reader is advised to refer to the Uposatha Calendar circulated in the monasteries of the Shrī Kalyāṇī Yogāshrama Association, including Nāuyana monastery, in order to see whether there is a leap month on a particular year. As told, this leap month is usually added at the end of the hot season (summer), hence the rainy season starts one month later.

然而当今计算闰年有多种方法，由于对这些方法的解释已经超出了本书的范围，建议读者参考流通在吉祥卡尔亚尼森林派各寺院（包括龙树林僧院）的布萨历以确定特定年份是否有闰月。如前所说，闰月通常加在热季的末尾，因而雨季将比正常年份晚一个月开始。

HOW TO FIND THE FIGURE OF A BUDDHIST YEAR
如何查询佛历年的数据

An easy way of finding the figure of the Buddhist year is to add the number 544 to the Christian year. Thus, for example, by adding **544** to the Christian year **2015** it gives the figure **2559**, which is the Buddhist year for 2015.

查询佛历年数据的一个简单方法是在公历年的数字上加上 544。比如在公历 2015 年上添加 544，即得出此公历年对应的佛历年为 2559 年。

One should, however, consider the following points. The Christian year begins on January 1st, but the Buddhist year begins on the day after the full moon of Vesākha (May). Hence, if the Christian year is 2015 but the month is before the full moon of May one has to subtract one Buddhist year: 2015 + 544 = 2559, minus 1 year = **2558**. If, however, the month is after the full moon of May there is no need to subtract it. This subtraction and non-subtraction can be illustrated with the year 2015 thus:

然而我们应当考虑下述问题。公历年始于 1 月 1 日，但佛历年始于毗舍佉月月圆日后第一日(约出现于公历五月)。因此，对于公历 2015 年 5 月月圆日之前的日期，其年份应为：2015 + 544 = 2559, 2559−1 = **2558**。对于 5 月月圆日以后的日期则无须减去一年[81]。以下是关于这种增减的表解：

Christian Year 2015
公历 2015 年

Month before May 五月之前的月份		*Month after May* 五月之后的月份
Jan., Feb., Mar., Apr., 1-4 月	May ☺ 5 月月圆日	Jun., Jul., ... 6-12 月
Previous Buddhist Year 前一佛历年 2015 + 544= 2559 *subtraction* – **1** year **减去** **2558**		Beginning of the Buddhist New Year 新佛历年的开始 2015 + 544 = **2559** *no subtraction* 不减

HOW TO FIND THE NAME OF A BUDDHIST YEAR
如何查询佛历年的名称

An easy way of finding the name of a Buddhist year is to divide the figure of the pertinent year by 12. Thus, for example, the year **2559** divided by **12** gives the number 213 and the balance **3**. Here the balance **3** indicates the name of the present year, which is **Kapi**, Monkey.

查询佛历年名称的简单方法是将其年份数字除以 12。例如将佛历 2559 年除以 12，得商 213 余 3。此处之余数 3 就表示当前年份的名称是猴年（**Kapi**）

The table below shows the correspondence between the balance and the year.

下表为年份名称与余数之间的对应关系。

Balance 余数	Year 年份
0	= **Sappa** Serpent 蛇
1	= **Assa** Horse 马
2	= **Aja** Ram 羊
3	= **Kapi** Monkey 猴
4	= **Kukkuṭa** Cock 鸡
5	= **Soṇa** Dog 狗
6	= **Sūkara** Pig 猪
7	= **Mūsika** Mouse 鼠
8	= **Vasabha** Bull 牛
9	= **Vyaggha** Tiger 虎
10	= **Sasa** Hare 兔
11	= **Nāga** Dragon 龙

For the year 2560 the calculation is: **2560** ÷ 12 = 213 and the balance **4**. The balance **4** indicates the name of the corresponding year **Kukkuṭa**, Cock.

对于公历 2560 年的计算为 **2560** ÷ 12 = 213 余 **4**。这里的余数 4 表示其对应的年份名称为鸡。

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佛陀的遗嘱：以法和律为师
“我所教导和宣说的法与律，
在我涅盘后，
将是你们的导师。”
《长部●大品●第16经 般涅槃经》

迎春接福福

人人平安

聯誼慶祥

吉祥如意

平安快乐

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让我们致力于创造一个更加安全和
友善的世界，共同努力的更高升。

May all Sentient Beings be
Well, Happy & Harmonious.

愿一切有情众生
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