



The Twelve Days of Session

By Reverend Heng Sure

On the first day of session, the Buddha taught to me: Delusion is suffering.
On the second day of session, the Buddha taught to me: Birth leads to death.
On the third day of session, the Buddha taught to me: Being leads to birth.
On the fourth day of session, the Buddha taught to me: Love leads to being.
On the fifth day of session, the Buddha taught to me: Craving leads to love.
On the sixth day of session, the Buddha taught to me: Feeling leads to craving.
On the seventh day of session, the Buddha taught to me: Contact leads to feeling.
On the eighth day of session, the Buddha taught to me: Senses lead to contact.
On the ninth day of session, the Buddha taught to me: Body leads to senses.
On the tenth day of session, the Buddha taught to me: Rebirth leads to body.
On the eleventh day of session, the Buddha taught to me: Karma leads to rebirth.
On the twelfth day of session, the Buddha taught to me: Delusion leads to karma.

Editor's Note:

This is a Buddhist adaptation of a well-known Christmas carol “The Twelve Days of Christmas,” and is a helpful way for mediators to remember the twelve conditioned links of dependent origination, which is very useful when reading into the winter Chan session.

十二因緣之歌

第一天，佛陀教導我：無明是苦
第二天，佛陀教導我：生緣死
第三天，佛陀教導我：有緣生
第四天，佛陀教導我：愛緣有
第五天，佛陀教導我：取緣愛
第六天，佛陀教導我：受緣取
第七天，佛陀教導我：觸緣受
第八天，佛陀教導我：入緣觸
第九天，佛陀教導我：名色緣入
第十天，佛陀教導我：識緣名色
第十一天，佛陀教導我：行緣識
第十二天，佛陀教導我：無明緣行



編按：根據著名的聖誕歌曲—《聖誕節的十二天》改編的《十二因緣之歌》，歌詞由恒實法師創作。