

【上人規矩集要】

五夏以前專精戒律

A COLLECTION OF THE VENERABLE MASTER'S RULES

CONCENTRATE ON STUDYING THE PRECEPTS FOR FIVE YEARS AFTER LEAVING THE HOME-LIFE

宣公上人開示 TALKS BY THE VENERABLE MASTER HUA 沙彌尼親毅 英譯 ENGLISH TRANSLATION BY SHRAMANERIKA CHIN YI

……那麼你能日中一食,在五夏以前專 精戒律,五夏以後方來聽教、參禪。出家受 了戒,在新受戒五年之內是專精戒律的,是 研究戒律。因爲你把戒律讀明白了

,好知道什麼是我們應該戒的,就不要去犯 它;什麼是不在戒律之內,我們要是知道它 是不對的,就不列在戒律之內,我們也應該 遵守它。

譬如罵人,戒律上沒有說你罵人是什麼不對的,因爲知道已經出家修行的人,他不會再講粗口了。你雖然出家了,還是講粗口,還是常常口裡不乾不淨地罵人,這就雖然戒律上沒說,我們也都不要犯的

... If you can take one meal a day and concentrate on studying the precepts for five years after leaving the home-life, then you may start to listen to the lectures and investigate Chan meditation. For the first five years after you have left the home-life and taken the Ten Precepts, you should study and investigate the precepts. When you understand them, you will know which precepts you shouldn't break. Even though some actions aren't specifically mentioned in the precepts, if you know they are wrong, you should refrain from doing them.

For instance, the precepts don't state explicitly that it is wrong to scold people, because the Buddha knew that people who had left the home-life to cultivate the Way wouldn't use foul language. If you have already left the home-life, how can you still swear or use foul language to scold others? Even though this is not specifically prohibited in the precepts, we shouldn't do it.

海头 新体域Leisens Pany <u>Vajra Bodin Sta</u>

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