

素食生活 (九)

Lunch contemplation

Five Contemplations Verse (cont.)

Of the poisons of the mind,
The most destructive one is greed,
As a medicine cures illness,
I take only what I need.

To sustain my cultivation
and to realize the Way,
So we contemplate with gratitude
On this offering today.

Chan Recitation Book



午餐觀想之一

防心離過 貪等為宗

正事良藥 為療形枯

為成道業 應受此食

禪門日誦

