

素食生活 (+)

經行

通體自是還原氣，
一念無非壽方世，
白晝經行提勁氣，
通宵禪坐定心香

上虛下雲老和尚禪詩



Walking Meditation

The whole body is filled with primal energy.
The recipe for long life is to rid your mind of
wrong thoughts.

Walk in meditation during the day,
to raise your energy,
Sit in meditation all night long and enjoy
the sweetness of a concentrated mind.

(a poem by Master Xuyun who lived to age 120)