

《百丈大智禪師叢林要則二十條》

Twenty Essential Guidelines for Monastics by Dhyana Master Bai-Zhang Da-Zhi

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叢林以無事為興盛
修行以念佛為穩當
精進以持戒為第一
疾病以減食為湯藥
煩惱以忍辱為菩提
是非以不辯為解脫
留眾以老成為真情
執事以盡心為有功
語言以減少為直截
長幼以慈和為進德
學問以勤習為入門
因果以明白為無過
老死以無常為警策
佛事以精嚴為切實
待客以至誠為供養
山門以耆舊為莊嚴
凡事以預立為不勞
處眾以謙恭為有禮
遇險以不亂為定力
濟物以慈悲為根本。

As to the flourishing of a monastery, not fighting is the key element to prosperity.
When cultivating the Way, Buddha-recitation is the safest method.
When practicing vigor, observing the precepts is the foremost.
When being sick, eating less is the prescription of treatment.
When having afflictions, being patient is the path to Bodhi.
When dealing with gossips, not defending oneself is the path to liberation.
In keeping residents, treat them genuinely with maturity and stability.
When serving the community, do the best one can with all one's heart is considered meritorious.
When speaking, use few words and be straightforward. Being around elders and juniors, being compassionate and harmonious advances one's virtue.
When learning and studying, diligence is the method for beginners.
Regarding the Law of Causes and Effects, understanding it totally helps one be free of offenses.
In the cycle of birth and death, impermanence is one's warning and advice.
When doing the Buddha's work, being rigorous is the most practical.
When receiving guests, sincere hospitality is the best offering.
As for a monastery, old and virtuous cultivators make the monastery majestic.
When doing anything, preparing ahead of time will save time and energy.
When being around people, humility is the practice of propriety.
When facing perilous situations, not being disturbed is having Samadhi.
When aiding others, kindness and compassion are the foundation of the minds.