

宣公上人智慧語錄
Dharma Words by Ven. Master Hua

過去心不可得

The mind of the past cannot be obtained

過去的已經過去了，你再想它也不能幫助你修道，只會幫助你快點白頭髮，幫著你打多一點妄想。《金剛經》上說：「過去心不可得，現在心不可得，未來心不可得。」三心了不可得，你為什麼要追憶過去？

What's passed has passed. No matter how much you think about the past, it would not help you cultivate the Way but only help you grow more white hair and more false thoughts. *The Vajra Sutra* said, "The past mind cannot be obtained. The present cannot be obtained. The future mind cannot be obtained." The three minds could not be gotten at. Why are you reminiscing about the past?