

# 惜陰速念佛

## Cherish your Time—Hurry and Recite the Buddha's Name

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英譯

English Translation by  
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閒談雜話損精神 有限光陰貴勝珍  
不念彌陀真可惜 閻羅催亡靠誰人  
痛想光陰沒幾何 通身放下念彌陀  
一心懇禱慈悲父 伸手牽予出愛河

—宣公上人作

This chattering and jabbering drains  
your energy away,

Your limited time is more precious  
than the rarest gems.

What a pity not to recite Amitabha!

When King Yama comes for you, who  
can you depend on?

How painful to think of just how little  
time remains,

So put down everything and be mindful  
of Amitabha.

Sincerely and wholeheartedly, we pray  
for our benevolent caring father,

To lend a hand and pull us out of the  
river of desires.

—by Venerable Master Hsuan Hua

