

11. 出家要學定力，直把私心盡絕，單單提個話頭，自然萬緣俱息。

11) Having entered the monastery, we should practice samadhi until we put an end to our selfishness once and for all. Simply keep bringing up the meditation topic, and all the myriad distractions will naturally cease.

12. 出家要近善人，死心塌地相親，學些好樣在肚，自然脫俗離塵。

12) Having entered the monastery, we seek out the company of good people, and are utterly loyal to them. By learning from their good example, we naturally transcend the mundane.

13. 出家要離惡友，一惡般般出醜，王法不怕惡人，惡人披枷帶鎖。

13) Having entered the monastery, we distance ourselves from people who are bad influences. One rotten apple spoils the whole barrel. Heaven is not afraid of villains, who will eventually be punished.

14. 出家要輕財物，不可千方百計，一口氣若不來，一文拿他不去。

14) Having entered the monastery, we treat material possessions as unimportant. We should not scheme or resort to trickery. Once our last breath expires, we cannot take a single penny with us.

15. 出家要甘淡泊，自古三常不足，莫嫌淡飯黃齏，古人瓔珞炊粥。

15) Having entered the monastery, we are content with a simple life. The ancient ones constantly ran short of the three necessities of life, sometimes even cooking gruel mixed with wild vegetables, therefore, we should not mind eating plain food.

16. 出家要斷煩惱，一了千百俱了，終朝煩惱惱，驢年哪得悟道。

16) Having entered the monastery, we resolve to end afflictions—once ended, forever ended. If instead we are constantly afflicted, then who knows when we will become awakened?

17. 出家要明因果，粒粒施主辛苦，吃了若不修行，做牛做馬還補。

17) Having entered the monastery, we understand the law of cause and effect. Every grain that donors give us is hard earned. If we eat it and do not cultivate, we will have to repay by being cows or horses in the future.

18. 出家要和大眾，慎勿互相爭哄，聚頭說是說非，空把光陰來送。

18) Having entered the monastery, we act in harmony with the assembly. Be careful not to fight or stir up trouble. It is a waste of time to gossip about rights or wrongs.

19. 出家要吃些虧，又要帶三分呆，心似寒灰枯木，是非從何處來。

19) Having entered the monastery, we should take some losses and act as if simpletons. When our thoughts are as cool as cold ashes or as dead as withered wood, then what is there to gossip about?

20. 出家要常知足，莫管衣衫淡泊，若想他人財物，不顧自己福薄。

20) Having entered the monastery, we are always content. We don't care about wearing plain clothes. By coveting others' belongings, we unknowingly thin our blessings.

# 祖師訓誨出家三十要則

(續)

## The Patriarchs' Thirty Essentials of Training for Monastics

(Continued)

鐘仁英譯

English translation by Jung Ren



▶(續)

▶(Continued)