

21. 出家要顧常住，一針一草勿棄，隨心恣意侵損，伽藍與你算計。

21) Having entered the monastery, we take good care of the monastery, and never casually discard a needle or even a blade of grass. If we carelessly damage or ruin monastic property, the Sangarama-guardian spirits will hold us accountable for all that we have done.

22. 出家要趁少年，諸般要去向前，當此膂力強健，耕轉祖業田園。

22) It is best that we enter the monastic life when we are young, striving forward in everything we do. While strong and healthy, we cultivate the fields and gardens that we have inherited from the Patriarchs.

23. 出家要起得早，遲了修行不了，明朝又有明朝，明朝壽命難保。

23) Having entered the monastery, we rise early. When we rise late, we cannot cultivate. We might think that there will always be a tomorrow, but that is not guaranteed.

24. 出家要口謹默，不可多嘴饒舌，若然惹是招非，地獄少你不得。

24) Having entered the monastery, we should be cautious in what we say. We do not indulge in loose and casual talk. Otherwise, we invite trouble and will be destined for the hells.

25. 出家要立主意，務使頓明心地，妄為顛倒攀緣，阿鼻誰人可替。

25) Having entered the monastery, we should set principles and aspire to Sudden Awakening. If we are upside-down and scheme for personal advantage, no one can take our place in the Avici Hells.

26. 出家要忍人辱，忍辱天下和睦，此章佛祖真傳，忍辱少罪多福。

26) Having entered the monastery, we should be patient and practice humility, thus bringing peace and harmony to the world. This reduces offenses and increases blessings and is the true Dharma-transmission of the Buddhas and the Patriarchs.

27. 出家要遠俗家，俗家人事如麻，杜絕塵緣煩擾，自然別有生涯。

27) Having entered the monastery, we should stay away from the secular world, which brings about trivial matters as entangled as skein. By guarding against worldly disturbances, we will naturally assume another life.

28. 出家要斷妄心，妄心好事難成，若依妄心行事，必有禍患臨身。

28) Having entered the monastery, we should resolve to cut off false thoughts; otherwise, good deeds are difficult to accomplish. If we follow the impulses of our false thoughts, we are inviting calamities upon ourselves.

29. 出家要達道理，切切只盡自己，謙和每讓三分，相見人人歡喜。

29) Having entered the monastery, we should understand the principles, earnestly fulfill our duties, always be humble and yielding, then people will naturally be delighted to see us.

30. 出家要信佛法，三藏一口吞卻，方知源遠流長，可接佛祖一脈。

30) Having entered the monastery, we should believe in the Dharma. Only when we are able to swallow the Tripitaka in one mouthful, can we know that the source is far and the lineage is long, and thus can we carry on the “single-lineage” of Buddha and Patriarchs.

祖 師 訓 誨 出 家 三 十 要 則

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The Patriarchs' Thirty Essentials of Training for Monastics

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English translation by Jung Ren

