

勤有功，戲無益

Vigor brings merit. Playing brings no benefit

勤有功 戲無益 戒之哉 勉勵 定化

English Translation by Lotus Lee

李海昱 英譯

精進有身精進、心精進。身精進就是晝夜六時，或者拜佛、或者念佛、或者誦經、或者持咒，總是要在佛法上求進步，不貪安逸。

心精進是念茲在茲，常常為著佛法把自己的生命都忘了，只有一個修行求法的心，總是把法放在心裏頭，不打其他的妄想。再說清楚一點，你不妒嫉，不障礙其他人修行，這也是精進；你隨喜其他人的修行，這也是精進；你讚歎其他人修行，這也是精進。你讚歎其他人，自己也要修行，也要向前去進步，天天都要有進無退。要聽善知識的開示，不要任自己的性，不要隨自己那個愚癡的思想去做去，這都是精進。你不自私、不自利，這也都是精進，隨時隨地都可以精進。

—宣公上人開示

There are two kinds of vigor: vigor of the body and vigor of the mind. To be diligent with the body is to bow to the Buddhas, recite the Buddha's name, or to recite mantras and sutras during the six periods of time throughout the day and night. One constantly seeks to progress in Buddhadharma, never looking for leisure.

To practice vigor with the mind is to be mindful in thought after thought, and to forget one's own life for the sake of the Buddhadharma. One should always keep the Dharma in mind, and without any false thoughts or other purposes, have only the aspiration to cultivate and seek the Dharma. To be specific, if you are not envious of others' cultivation and do not obstruct them, you are being vigorous. If you rejoice in the cultivation of others, you are being vigorous. If you praise the cultivation of others, you are being vigorous. However, when you praise others, you must cultivate as well. You should also progress forward. Every day, you should only move forward and not fall back. To listen to the teachings of good and wise advisers, and to refrain from indulging yourself or doing whatever your deluded thoughts desire is also being vigorous. If you refrain from being selfish and seeking self-benefit, you are also being vigorous. You can be vigorous in any time and any place.

by The Venerable Master Hsuan Hua