



云何名懺?云何名悔?懺者,懺其前愆,從前所有惡業,愚迷憍誑嫉妬等罪,悉皆盡懺, 永不復起,是名爲懺。悔者,悔其後過,從今以後,所有惡業,愚迷憍誑嫉妬等罪,今已 覺悟,悉皆永斷,更不復作,是名爲悔。故稱懺悔。——《六祖壇經》懺悔第六



Why is it called "to repent?" Why is it called "to renew?" "Repent" means to regret so thoroughly of all unwholesome karma done previously and motivated by stupidity, confusion, arrogance, deceit, jealousy, envy, and other unwholesome tendencies, that they never recure. This is "to repent."

"To renew" means to turn back from such wrong; it means from now on you have awakened to the stupidity, confusion, arrogance, deceit, jealousy, envy and other unwholesome tendencies, have reversed course and will never revert to them again. This is "renew." Together, it is called "to repent and renew." — From Chapter Six, "To Repent and Renew" of the Sixth Patriarch's Platform Sutra

