菩薩摩訶薩使令一切衆生和一切的菩薩,都不捨棄他所發的大願,常常地觀察出離三界這個道路,增廣清淨的境界,成就十波羅蜜法——就是布施度慳貪,持戒就度毀犯,忍辱就度瞋恚,精進度懈怠,禪定度散亂,般若度愚癡,再加上「方便、願、力、智」,這是菩薩所修的十度。

## 一摘自宣公上人《華嚴經淺釋》十定品第二十七

The Bodhisattva Mahasattva also vows to enable all Bodhhisattvas and all the rest of living beings to never give up on their great vows, and to enable them to diligently and constantly contemplate the path of transcendence — how to transcend the Three Realms. He enables them to increase and broaden the states of purity. He accomplishes all of the Ten Paramitas: charitable giving, which transforms greed and stinginess; upholding precepts, which transforms violation of the precepts; patience, which transforms anger; vigor, which transforms sloth or laziness; dhyana concentration, which transforms scatteredness; prajna, which transforms ignorance. These are the Six Paramitas. If another set of four is added: skillful means, vows, powers, and omniscience (jñāna-wisdom), then it becomes the Ten Paramitas that a Bodhisattva cultivates.

