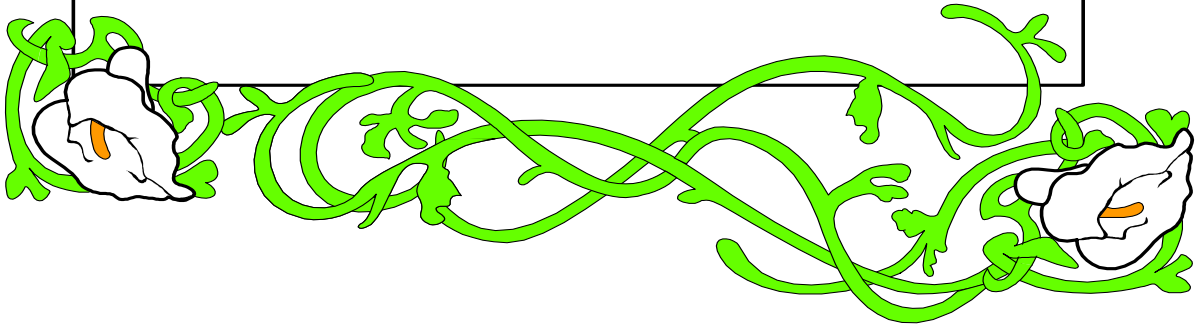


DEVĀSIKA PACCAVEKKHANA

每日省思

*DAILY REFLECTIONS*



Attānañ·ce piyaṃ jaññā — rakkheyya naṃ surakkhitam,

Tiṇṇam·aññataram yāmaṃ — paṭijaggeyya paṇḍito.

若人知自爱，须善自保护。

三时中一时，智者应醒觉。

*If one holds oneself dear, one should diligently watch oneself.*

*Let the wise man keep vigil during any of the three watches of the night.*

Attā hi attano nātho — kōhi nātho paro siyā,

Attanā'va sudantena — nātham labhati dullabham.

自为自依怙，他人何可依？

自己善调御，证难得所依。

*One truly is the protector of oneself; who else could the protector be?*

*With oneself fully controlled, one gains a mastery that is hard to gain.*

Ye jhāna-pasutā dhīrā — nekkhammūpasame ratā,

Devā'pi tesam pihayanti — Sambuddhānaṃ satīmataṃ.

智者修禅定，喜出家·寂静，

正念·正觉者，天人所敬爱。

*Those wise ones who are devoted to meditation and who delight in the calm of renunciation —*

*such mindful ones, Supreme Buddhas, even the gods hold dear.*

Na kahāpaṇa-vassena — titti kāmesu vijjati, Appassādā dukhā kāmā — iti viññāya paṇḍito.

Api dibbesu kāmesu — ratim so nādhigacchati, Taṇhakkhaya-rato hoti — Sammā-sambuddha-sāvako.

即使雨金钱，欲心不满足。智者知淫欲，乐少而苦多！

故彼于天欲，亦不起希求。正觉者弟子，希灭于爱欲。

*There is no satisfying sensual desires, even with the rain of gold coins. For sensual pleasures give*

*little satisfaction and much pain. Having understood this, the wise man finds no delight even in*

*heavenly pleasures. The disciple of the Supreme Buddha delights in the destruction of craving.*