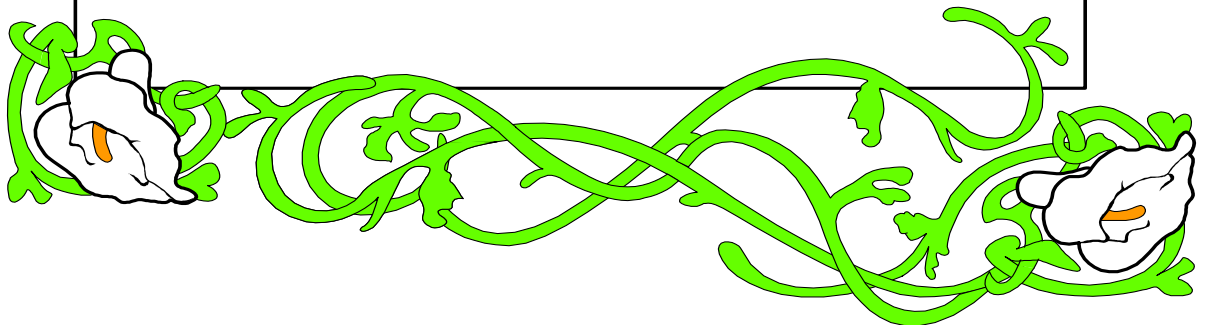


BUDDHA PŪJĀ

供佛

*OFFERING TO THE
BUDDHA*



Maggān'atthaṅgiko seṭṭho — saccānaṃ caturo padā,
Virāgo seṭṭho Dhammānaṃ — dvipadānaṃ ca cakkhumā.
Eso'va maggo n'atthañño — dassanassa visuddhiyā,
Etaṃ hi tumhe paṭipajjatha — māraṣṣ'etaṃ pamohanāṃ.
Etaṃ hi tumhe paṭipannā — dukkhass'antaṃ karissatha,
Akkhāto ve mayā maggo — aññāya sallasatthanāṃ.
Tumhehi kiccaṃ ātappaṃ — akkhātāro Tathāgatā,
Paṭipannā pamokkhanti — jhāyino Māra-bandhanā.
Uṭṭhāna-kālamhi anuṭṭhahāno, Yuvā balī ālasiyaṃ upeto,
Sāmsanna-saṅkappa-mano kusīto, Paññāya maggaṃ alaso na vindati.

八支·道中胜，四句·谛中胜，
离欲·法中胜，具眼·两足胜。
实唯此一道，无余知见净，
汝等顺此行，魔为之惑乱。
汝顺此道行，使汝苦灭尽。
知我所说道，得除去荆棘。
汝当自努力！如来唯说者。
随禅定行者，解脱魔系缚。
当努力时不努力，年虽少壮陷怠惰，
意志消沈又懒弱，怠者不以智得道。

*Of all the paths the Eightfold Path is the best; of all the truths the Four Noble Truths are the best;
of all things passionlessness is the best: of men the Seeing One (the Buddha) is the best.*

This is the only path; there is none other for the purification of insight.

Tread this path, and you will bewilder Māra.

Walking upon this path you will make an end of suffering.

Having discovered how to pull out the thorn of lust, I make known the path.

You yourselves must strive; the Buddhas only point the way.

Those meditative ones who tread the path are released from the bonds of Māra.

*The idler who does not exert himself when he should,
who though young and strong is full of sloth, with a mind full of vain thoughts —
such an indolent man does not find the path to wisdom.*