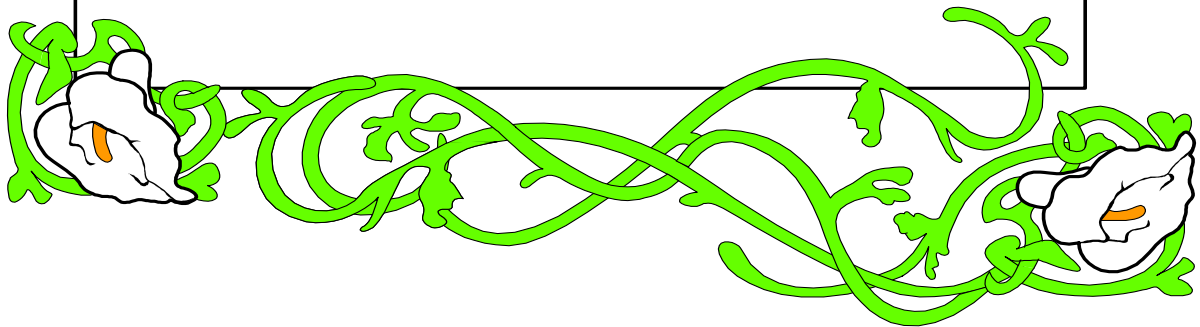


ĀRĀDHANĀ

邀请

*INVITING*



Mano-pubbaṅgamā dhammā —mano-setṭhā mano-mayā,

Manasā ce paduṭṭhena —bhāsati vā karoti vā,

Tato naṃ dukkhamanveti —cakkam'va vahato padaṃ.

诸法意先导，意主•意造作。

若以染污意，或语•或行业，

是则苦随彼，如轮随兽足。

*Mind precedes all mental states. Mind is their chief; they are all mind-wrought.*

*If with an impure mind a person speaks or acts*

*suffering follows him like the wheel that follows the foot of the ox.*

Mano-pubbaṅgamā dhammā — mano-setṭhā mano-mayā,

Manasā ce pasannena — bhāsati vā karoti vā,

Tato naṃ sukhamanveti — chāyā'va anapāyinī.

诸法意先导，意主•意造作。

若以清净意，或语•或行业，

是则乐随彼，如影不离形。

*Mind precedes all mental states. Mind is their chief; they are all mind-wrought.*

*If with a pure mind a person speaks or acts*

*happiness follows him like his never-departing shadow.*