

斯里蘭卡. 善. 禪修者僧寺教團

The Daily Routine of a Yogi Monk

(*Yogāvacara Dinacariyāva*)

禪修僧侶的日常作息

& 與

Regulations for the Yogi-Hermitages

(*Yogāshramīya Katikāvata*)

禪修者僧團規約



Atthikehi upaññato maggo.

The path is known only to those who seek.

(Vin.i,p.40.)

只有諸希求者了知「道」。

《律藏》第一冊，第四〇頁。