

斯里兰卡·善·瑜珈者僧寺教团

The Daily Routine of a Yogi Monk

(*Yogāvacara Dinacariyāva*)

瑜珈僧侶的日常作息

& 与

Regulations for the Yogi-Hermitages

(*Yogāshramīya Katikāvata*)

瑜珈者僧寺规约



Atthikehi upaññato maggo.

The path is known only to those who seek.

(Vin.i,p.40.)

只有诸希求者了知「道」。

《律藏》第一册，第四〇页。