

Morning Reflections 早晨省思文

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让我们大家一起唸一段早晨省思文  
Let us recite some Morning Reflections together.

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当下是珍贵的修法修心修因，转变与提升生命的新生机。

NOW is the precious and opportune moment to practise Dhamma, cultivate the mind and causes for the transformation and upliftment of my life.

让我超然于过去未来，是非恩怨，让心无牵无绊，轻快自在地再出发。

Let me be aloof from the worries about past and future, and be free from any obsession about people's right and wrong, good and evil. Let me begin each new day free of emotional drawbacks and inhibitions.

我将常常记得轮回的风险，生老病死的过患，生命无常的真相，不因短暂的好景而放逸懈怠，直到安稳的彼岸 ----- 涅槃。

I shall always remember the dangers in Saṃsāra, the faults of birth, old age, sickness and death, and the transiency of life. I shall not cease to be heedful and diligent due to short-lived pleasant experiences till I attain the security of the other shore ----- Nibbāna.

我将心怀慈悲，正念，四明觉，与如理作意，去把握与珍惜每一个当下。

I shall whole-heartedly cherish and utilize every present moment with loving-kindness, compassion, mindfulness, Four Clear Comprehensions and wise attention.

法 - - - 自然界的法则，诸佛教的法

- - - 是宇宙间一切众生及万事万物赖以存在，兴衰与延续的基础，

让我以最专注的心去学习承担。

Dhamma (Natural laws, and the Teachings of the Buddhas) is the basis for the existence, rise and fall, and sustenance of all beings, events and phenomena in the Universe. Let me learn and deserve Dhamma with the most focused mind.

愿我有柔软善听之心，谦恭受法受教，善记教诲，从善如流。

May I have a gentle attentive heart. May I be humble, respectful and rightly absorb Dhamma guidance and teachings. May I be swift to flow along with what is true and good.

愿我逢一切顺逆起落皆启智慧与慈悲。

May I enhance wisdom and compassion when I encounter ups and downs, pleasant and unpleasant experiences.

面对眼耳鼻舌身意中一切因缘和合所生的果报经历，我不强求，我将不执着地忍耐，承担，与善用它们来提升自己。我的身口意将依法如实地在因上下功夫。

I shall not crave any resultant conditioned experiences of eye, ear, nose, tongue, body and mind door. With detachment I shall endure, embrace and utilize all experiences for self-cultivation. I shall cultivate good causes through thought, speech and action according to Truths and conditions.

面对一切生活经历，我将常作因果因缘思维。

Facing all life experiences, I shall reflect upon causes, effects and conditionality.

不论外境如何，我若生起贪嗔痴苦因，我只有更苦。

No matter the externalities, I will suffer more if I increase causes of sufferings such as greed, anger and delusion.

我将把法用在净化自己身口意，而非衡量批判别人。

I shall apply Dhamma for the purification of my own thought, speech and action, and not for the measuring and judging of others.

放下空洞与自耗的埋怨，我将务实地在一动一静之中，让一切变得更好，或不更糟。

Giving up useless and energy-draining grumbling, let all my actions or in-actions be pragmatic, improve situations and at least not make them worse.

从此我将把注意力放在可能产生作用的相关的事，不去想或谈不可能产生作用的不相关的事。

From now onwards I shall pay attention to relevant things that can make a difference and do not think or speak about irrelevant things that can't make a difference.

我将珍惜感恩师长、人天护法、同修及一切善缘。我甚至将以勇气与力量去珍惜感恩避不开的恶缘磨考。让一切生命的际遇与经历带来磨炼与开启智见。

I shall cherish and be grateful to all Teachers, elders, heavenly guardians, earthly benefactors, spiritual companions and all wholesome conditions. With courage and strength, I shall cherish and be grateful for even unavoidable difficult conditions that train and test me. Let all life encounters and experiences make me a better person and develop my insight.

放下悔恨，让我宽容与体谅自己与众生因为无明烦恼而犯的过错。

Overcoming guilt, remorse and anger, I shall forgive and empathize with the faults of myself and all beings caused by ignorance and other defilements.

没有妒忌，我要随喜众生一点一滴的善与成就，让心与一切善法相印。

Guarding against jealousy, I rejoice in all the kindness, victories and achievements of all beings. Let my mind synchronize with all wholesome Dhamma.

愿所有看到，听到，接触到，想到我的众生，因为我的法，我的慈悲喜舍，我的戒定慧，我对法的真诚与信心，我的改过，进步，与蜕变，而对佛法僧生起信心，从而走上离苦得乐的大道。

May all beings who see, hear, contact and think of me grow in faith towards Buddha, Dhamma and Saṅgha. May they embark upon the great journey of liberation from sufferings and realization of true happiness being inspired by my Dhamma cultivation, loving-kindness, compassion, appreciative joy, equanimity, virtue, concentration, wisdom, sincerity and devotion towards Dhamma, and my change, progress and transformation.

愿一切众生的善心愿，皆能如法，皆能满愿！

May all wholesome wishes of all beings be fulfilled!