

THE FIVE MINDFULNESS TRAININGS

五項正念修習

五戒-我們對地球母親的五項承諾

revised in June 2009

五項正念修習代表了佛教對於靈性和道德的全球性視野，具體地表達了佛陀所教導的四聖諦、八正道、真愛以及正確的了解之道，為我們和世界帶來療癒、轉化和幸福。實踐五項正念修習，培養相即的智慧，即正確的見解，能夠消除分別心、固執、歧視、憤怒、恐懼和絕望。依據五項正念修習來生活，我們就是走在菩薩道上。走在這條道路上，我們不會迷失於現前的生活中，也不會對未來感到恐懼。

Sisters and brothers in the community, this is the moment when we enjoy reciting the Five Mindfulness Trainings together.

The Five Mindfulness Trainings represent the Buddhist vision for a global spirituality and ethic. They are a concrete expression of the Buddha's teachings on the Four Noble Truths and the Noble Eightfold Path, the path of right understanding and true love, leading to healing, transformation, and happiness for ourselves and for the world. To practice the Five Mindfulness Trainings is to cultivate the insight of interbeing, or Right View, which can remove all discrimination, intolerance, anger, fear, and despair. If we live according to the Five Mindfulness Trainings, we are already on the path of a bodhisattva. Knowing we are on that path, we are not lost in confusion about our life in the present or in fears about the future.

第一項正念修習：尊重生命

覺知到殺害生命所帶來的痛苦，我承諾培養相即的智慧和慈悲心，學習保護人、動物、植物和礦物的生命。我決不殺生，不讓他人殺生，也不會在思想或生活方式上，支持世上任何殺生的行為。我知道暴力行為是由恐懼、貪婪和缺乏包容所引起，源自於二元思

想和分別心。我願學習對於任何觀點、主張和見解，保持開放、不歧視和不執著的態度，藉以轉化我內心和世界上的暴力、盲從和對教條的執著。

REVERENCE FOR LIFE

Aware of the suffering caused by the destruction of life, I am committed to cultivating the insight of interbeing and compassion and learning ways to protect the lives of people, animals, plants, and minerals. I am determined not to kill, not to let others kill, and not to support any act of killing in the world, in my thinking, or in my way of life, Seeing that harmful actions arise from anger, fear, greed, and intolerance, which in turn come from dualistic and discriminative thinking, I will cultivate openness, non-discrimination, and non-attachment to views in order to transform violence, fanaticism, and dogmatism in myself and in the world.

第二項正念修習：真正的幸福

覺知到社會不公義、剝削、偷竊和壓迫所帶來的痛苦，我承諾在思想、說話和行為上，修習慷慨分享。我決不偷取或佔有任何屬於他人的東西。我會和有需要的人分享我的時間、能量和財物。我會深入觀察，以瞭解他人的幸福、痛苦和我的幸福、痛苦之間緊密相連；沒有了解和慈悲，不會有真正的幸福；追逐財富、名望、權力和感官上的快樂會帶來許多痛苦和絕望。我知道真正的幸福取決於我的心態和對事物的看法，而不是外在的條件。如果能夠回到當下此刻，我們會覺察到快樂的條件已然具足；懂得知足，就能幸福地生活於當下。我願修習正命，即正確的生活方式，藉以幫助減輕眾生的苦痛和逆轉地球暖化。

TRUE HAPPINESS

Aware of the suffering caused by exploitation, social injustice, stealing, and oppression, I am committed to practicing generosity in my thinking, speaking, and acting. I am determined not to steal and not to possess anything that should belong to others; and I will share my time, energy, and material resources with those who are in need. I will practice looking deeply to see that the happiness and suffering of others are not separate from my own happiness and suffering; that true happiness is not possible without understanding and compassion; and that running after wealth, fame, power and sensual pleasures can bring much suffering and despair. I am aware that happiness depends on my mental attitude and not on external conditions, and that I can live happily in the present moment simply by remembering that I already have

more than enough conditions to be happy. I am committed to practicing Right Livelihood so that I can help reduce the suffering of living beings on Earth and reverse the process of global warming.

第三項正念修習：真愛

覺知到不正當的性行為所帶來的痛苦，我承諾培養責任感，學習保護個人、家庭和社會的誠信和安全。我知道性欲並不等於愛，基於貪欲的性行為會為自己和他人帶來傷害。如果沒有真愛，沒有長久和公開的承諾，我不會和任何人發生性行為。我會盡力保護兒童免受性侵犯，同時防止伴侶和家庭因不正當的性行為而遭受傷害與破壞。認識到身心一體，我承諾學習用適當的方法照顧我的性能量，培養慈、悲、喜、捨這四個真愛的基本元素，藉以令自己和他人更加幸福。修習真愛，我知道生命將會快樂、美麗地延續到未來。

TRUE LOVE

Aware of the suffering caused by sexual misconduct, I am committed to cultivating responsibility and learning ways to protect the safety and integrity of individuals, couples, families, and society. Knowing that sexual desire is not love, and that sexual activity motivated by craving always harms myself as well as others, I am determined not to engage in sexual relations without true love and a deep, long-term commitment made known to my family and friends. I will do everything in my power to protect children from sexual abuse and to prevent couples and families from being broken by sexual misconduct. Seeing that body and mind are one, I am committed to learning appropriate ways to take care of my sexual energy and cultivating loving kindness, compassion, joy and inclusiveness — which are the four basic elements of true love — for my greater happiness and the greater happiness of others. Practicing true love, we know that we will continue beautifully into the future.

第四項正念修習：愛語和聆聽

覺知到說話缺少正念和不懂得細心聆聽所帶來的痛苦，我承諾學習使用愛語和慈悲聆聽，為自己和他人帶來快樂，減輕苦痛，以及為個人、種族、宗教和國家帶來平安，促進和解。我知道說話能帶來快樂，也能帶來痛苦。我承諾真誠地說話，使用能夠滋養信心、喜悅和希望的話語。當我感到憤怒時，我決不講話。我將修習正念呼吸和正念步行，

深觀憤怒的根源，覺察我的錯誤認知，設法了解自己和他人的痛苦。我願學習使用愛語和細心聆聽，幫助自己和他人轉化痛苦，找到走出困境的路。我決不散播不確實的消息，也不會說引起家庭和團體不和的話。我將修習正精進，滋養愛、了解、喜悅和包容，逐漸轉化深藏我心識之內的憤怒、暴力和恐懼。

LOVING SPEECH AND DEEP LISTENING

Aware of the suffering caused by unmindful speech and the inability to listen to others, I am committed to cultivating loving speech and compassionate listening in order to relieve suffering and to promote reconciliation and peace in myself and among other people, ethnic and religious groups, and nations. Knowing that words can create happiness or suffering, I am committed to speaking truthfully using words that inspire confidence, joy, and hope. When anger is manifesting in me, I am determined not to speak. I will practice mindful breathing and walking in order to recognize and to look deeply into my anger. I know that the roots of anger can be found in my wrong perceptions and lack of understanding of the suffering in myself and in the other person. I will speak and listen in a way that can help myself and the other person to transform suffering and see the way out of difficult situations. I am determined not to spread news that I do not know to be certain and not to utter words that can cause division or discord. I will practice Right Diligence to nourish my capacity for understanding, love, joy, and inclusiveness, and gradually transform anger, violence, and fear that lie deep in my consciousness.

第五項正念修習：滋養和療癒

覺知到沒有正念的消費所帶來的痛苦，我承諾修習正念飲食和消費，學習方法以轉化身心和保持身體健康。我將深入觀察包括飲食、感官、意志、和心識的四種食糧，避免攝取有毒的食糧。我決不投機或賭博、也不飲酒、使用麻醉品或其他含有毒素的產品，例如某些網站、電子遊戲、電視節目、電影、書刊和談話。我願學習回到當下此刻，接觸在我之內和周圍清新、療癒和滋養的元素。我不會讓後悔和悲傷把我帶回過去，也不會讓憂慮和恐懼把我從當下此刻拉走。我不會用消費來逃避孤單、憂慮或痛苦。我將修習觀照萬物相即的本性，學習正念消費，藉以保持自己、家庭、社會和地球上眾生的身心平安和喜悅。

NOURISHMENT AND HEALING

Aware of the suffering caused by unmindful consumption, I am committed to cultivating good health, both physical and mental, for myself, my family, and my society by practicing mindful eating, drinking, and consuming. I will practice looking deeply into how I consume the Four Kinds of Nutriments, namely edible foods, sense impressions, volition, and consciousness.

I am determined not to gamble, or to use alcohol, drugs, or any other products which contain toxins, such as certain websites, electronic games, TV programs, films, magazines, books, and conversations. I will practice coming back to the present moment to be in touch with the refreshing, healing and nourishing elements in me and around me, not letting regrets and sorrow drag me back into the past nor letting anxieties, fear, or craving pull me out of the present moment. I am determined not to try to cover up loneliness, anxiety, or other suffering by losing myself in consumption. I will contemplate interbeing and consume in a way that preserves peace, joy, and well — being in my body and consciousness, and in the collective body and consciousness of my family, my society and the Earth.