

(四) 改往并修来

(4) gǎi wǎng bìng xiū lái

改往修来存一念 我今忏悔并发愿

gǎi wǎng xiū lái cún yī niàn wǒ jīn chàn huǐ bìng fā yuàn

愿竭贪婪欲望水 善布种子去悭贪

yuàn tān jié lán yù wàng shuǐ sànbù zhōng zǐ qūn qiān tān

愿消嗔恚躁动火 爱润大地洒人间

yuàn xiāo chēn huì zào dòng huǒ ài rùn dà dì sǎ rén jiān

愿破愚痴诸迷闇 多闻正法行众善

yuàn pò yú chī zhū mí àn duō wén zhèng fǎ xíng zhòng shàn

愿折贡高骄慢幢 持戒忍辱恭自谦

yuàn zhé gòng gāo jiāo mān chuáng chí jiè rěn rǔ gōng zì qiān

愿拔猜疑不信根 坚信因果不欺人

yuàn bá cāi yí bù xìn gēn jiān xìn yīn guō bù qī rén

愿断邪知邪见网 勤修慈悲喜舍心

yuàn duàn xié zhī xié jiàn wǎng qín xiū cí bēi xǐ shě xīn

愿除量小嫉妒心 见贤思齐种善因

yuàn chú liàng xiǎo jí dù xīn jiàn xián sī qí zhōng shàn yīn

愿了人生本无常 勇猛精进分秒间

yuàn liào rén shēng běn wú cháng yǒng měng jīng jìn fēn miǎo jiān

愿耕三十七品田 自净其意修正念

yuàn gēng sān shí qī pǐn tián zì jìng qí yì xiū zhèng niàn

愿发慈悲菩提心 成就悲智济苍生

yuàn fā cí bēi pú tí xīn chéng jiù bēi zhì jì cāng shēng



(4) Correct the Past and Cultivate the Future



*Changing my mind, I change my life
Today I repent and make these vows:*

*I vow to rid myself of greed and desires,
And sow seeds of goodness to eliminate stinginess
I vow to eliminate anger and impatience
And nourish the world with love
I vow to destroy ignorance and delusions,
And always listen to Right Dharma and do good deeds
I vow to break with pride and arrogance,
And Uphold precepts, forbear, and be humble*

*I vow to uproot my doubt and disbelief,
And to have faith in the Law of Cause and Effect
I vow to remove evil views and knowledge,
And Cultivate loving-kindness, compassion, joy, equanimity
I vow to eliminate narrow-mindedness and jealousy,
And to align my mind with sages to sow good seeds
I vow to understand that life is impermanent,
Then bravely and diligently live each second
I vow to cultivate the 37 Practices of Enlightenment,
And Purify my mind and practice Right Mindfulness*

*I vow to develop compassion and Bodhicitta,
And perfect compassion and wisdom to help all beings*

