

## 一心戒文

- 一、於自性靈妙常住法中，不生斷滅之見，名不殺生。
- 二、於自性靈妙不可得法中，不生可得之念，名不偷盜。
- 三、於自性靈妙無著法中，不生愛著之念，名不淫欲。
- 四、於自性靈妙不可說法中，不說一字，名不妄語。
- 五、於自性靈妙本來清淨法中，不生無明，名不飲酒。
- 六、於自性靈妙無過患法中，不說過罪，名不說過。
- 七、於自性靈妙平等法中，不說自他，名不自讚毀他。
- 八、於自性靈妙真如週遍法中，不生一相慳執，名不慳貪。
- 九、於自性靈妙無我法中，不計實我，名不瞋恚。
- 十、於自性靈妙一如法中，不起生佛二見，名不謗三寶。

### Ten Precepts for the Mind

1. From the profound and wondrous original nature which is eternal, never give rise to views of death or extinction. This is the precept of No Killing.
2. From the profound and wondrous original nature which is ungraspable, know that one can possess nothing. This is the precept of No Stealing.
3. From the profound and wondrous original nature which is without attachment, desire nothing. This is the precept of No Sexual Conduct.

4. From the profound and wondrous original nature which is indescribable, utter no words. This is the precept of No Lying.

5. From the profound and wondrous original nature which is pure and clear, never give rise to ignorance. This is the precept of No Intoxicants.

6. From the profound and wondrous original nature which is flawless, speak of no faults. This is the precept of No Publicizing People's Faults.

7. From the profound and wondrous original nature which is impartial, make no distinction between self and others. This is the precept of No Bragging And Slandering.

8. From the profound and wondrous original nature which is universal, raise no selfish thought. This is the precept of No Greed.

9. From the profound and wondrous original nature which has no self, do not mistake the ego as real. This is the precept of No Anger.

10. From the profound and wondrous original nature that is one-suchness, have no dualistic view of buddha vs. sentient beings. This is the precept of Not Defaming the Three Jewels.