

Seven (7) FACTORS OF ENLIGHTENMENT 七覺支

(1) **Mindfulness (Sati) 念覺支**

Mindfulness is the continuity that runs through an action, maintain the mind attention, remember to observe mind movement such that the mind continuously stays in the presence with the object of meditation.

貫穿一個動作的連續性，維持這個「念」，精神和注意力，要放在如何使力、用功，使身心連貫性地貫注在禪修對象及當下。

(2) **Investigation (Dhammavicaya) 擇法覺支**

Using wisdom to choose the wholesome and abandon the unwholesome.

依智慧能選擇善法，捨棄惡法。

(3) **Energy (Viriya) 精進覺支**

Diligently using right effort (6Rs) to replace unwholesome thoughts with wholesome thoughts.

精進勤奮學習正法而不懈怠，努力運用 6R 提起善念。

(4) **Joy (Pīti) 喜覺支**

The arising joy when Dhammā is attained.

得正法而產生的喜悅。

(5) **Tranquillity (Passaddhi) 輕安覺支**

The feeling of lightness and stability in the body and mind.

指身心感到輕快安穩。

(6) **Collectedness (Samādhi) 定覺支**

A collected mind that is not restless.

進入禪定而心不散亂。

(7) **Equanimity (Upekkhā) 捨覺支**

A mind that is unbiased, not attached to anything, balanced. A mind that observes things as they are.

心無偏頗，不執著而保持平衡，如是觀察。

If we also bring Mindfulness (Sati), Joy (Pīti) and Equanimity (Upekkhā) into our daily lives, it will be easier for us to balance the 7 Factors of Enlightenment in meditation

當我們把 Sati (正念)、Pīti (喜悅) 和 Upekkhā (等持、平衡) 帶入在我們的日常生活中，那麼當我們坐下來禪修時，更容易平衡 7 覺支。

If we are sleepy/bored, we need to adjust and add the Energy and have more interest in observing the meditation object. It is timely to develop the enlightenment factors of Mindfulness (Sati), Investigation (Dhammavicaya), Energy (Viriya) and Joy (Pīti).

如果我們困倦/無聊，我們需要調整和加強念覺支、擇法覺支、精進覺支及喜覺支，對觀察所緣及觀照自心生起更大的動力及興趣。

If we are restless, we need to adjust and reduce the Energy by backing off a little. It is timely to develop the enlightenment factors of Mindfulness (Sati), Tranquillity (Passaddhi), Collectedness (Samādhi) and Equanimity (Upekkhā).


如果我們散亂，我們需要調整過剩的精進力和過大的期待。我們需要及時調整和加強念覺支、輕安覺支、定覺支及捨覺支。

INTER-RELATIONSHIP BETWEEN SEVEN (7) FACTORS OF ENLIGHTENMENT & 6Rs CHART

七覺支和 6R 相互關係圖表

<p>6Rs</p>	<p>Seven (7) Factors of Enlightenment 七覺支</p>
<p>RECOGNISE 覺知</p>	<p>Sati (Mindfulness) 念覺支 Dhammavicaya (Investigation) 擇法覺支</p>
<p>RELEASE 放下</p>	<p>Vīriya (Energy) 精進覺支</p>
<p>RELAX 放鬆</p>	<p>Passaddhi (Tranquillity) 輕安覺支</p>
<p>RE-SMILE 重新 4 笑</p>	<p>Pīti (Joy) 喜覺支</p>
<p>RETURN 返回</p>	<p>Samādhi (Collectedness) Upekkhā (Equanimity) 定覺支 舍覺支</p>
<p>REPEAT 重複</p>	<p>Brahmavihārās 慈悲喜捨</p>

**SEVEN (7) FACTORS OF ENLIGHTENMENT AS ANTIDOTES TO
HINDRANCES CHART**
七覺支對治蓋障圖表

Seven (7) Factors of Enlightenment 七覺支		Hindrances 蓋障
Pīti (Joy) 喜覺支 Samādhi (Collectedness) 定覺支	 <p>Antidotes To 對治</p>	<u>Sensual Craving 貪欲</u> Greed, lust, attachment, the “I” want it Mind. 貪婪、物欲、執著、「我」執取佔有欲。
Mettā (Lovingkindness) 慈愛		<u>Ill Will, Aversion 嗔恚</u> Anger, hatred, resentment, aversion, irritability, the “I” don't want it mind, ill-will/evil thoughts. 憤怒、仇恨、不滿/憎惡、厭惡、煩躁、「我」不想要它的心、惡意/邪念。
Sati (Mindfulness) 念覺支 Dhammavicaya (Investigation) 擇法覺支 Vīriya (Energy) 精進覺支 Pīti (Joy) 喜覺支		<u>Sloth and Torpor 昏沈睡眠</u> Sleepiness and Dullness. 昏沈及沈悶。
Sati (Mindfulness) 念覺支 Passaddhi (Tranquillity) 輕安覺支 Samādhi (Collectedness) 定覺支 Upekkhā (Equanimity) 舍覺支		<u>Restlessness and Remorse 掉悔</u> Restlessness, guilt, remorse, anxiety. 躁動、罪惡感、悔惱、焦慮。
Dhammavicaya (Investigation) 擇法覺支		<u>Doubt 疑</u> Doubt in the way doing the practice. 對修行有所質疑。