

## INTER-RELATIONSHIP BETWEEN SIX PRECEPTS & HINDRANCES

### 六戒與蓋障的相互關係


When the hindrances arise, it is difficult to continue meditation. These arising formations may pull mind's attention away from the object of meditation. Keeping the precepts all the time leads to a successful meditation. Hindrances are the direct result of past kamma (action) during this lifetime or some previous lifetimes. Practising the 6Rs can help you learn to let them go.

If you break a precept, resulting hindrances arise. Reviewing this chart helps us understand the interwoven nature of the wholesome and unwholesome principles. Kamma can circle back within this lifetime. This is called immediate karma.

當五蓋生起時，很難保持連續的禪定狀態，其力量或許會使禪修的所緣心扁離。長期持戒清淨令禪修帶來成功。障礙是過去在這一生中或以前的一生中的業力 (行動) 的直接結果。練習 6R 可以讓它們轉化。

如果違反了戒律，就會產生障礙。查看這張圖表有助於我們瞭解善和惡的交織性質。業力在這一生中不斷回轉。這就是所謂的即時業力。

### The Six Precepts as Antidotes to Hindrances Chart 六戒對治蓋障圖表

1. DON'T kill or harm other living beings on purpose. 不殺生及不傷害任何眾生戒。	 Antidotes To 對治	<b><u>Ill Will, Aversion 嗔恚</u></b> 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。
2. DON't take what is not given. 不偷盜戒。		<b><u>Restlessness and Remorse 掉悔</u></b> Restlessness, guilt, remorse, anxiety. 躁動、罪惡感、悔惱、焦慮。
3. DON'T commit wrong sexual activities that cause harm to yourself or any other persons. 不淫戒。		<b><u>Sensual Craving 貪欲</u></b> Greed, lust, attachment, the "I" want It mind. 貪婪、物欲、執著、「我」執取佔有欲。
4. DON'T tell lies, use harsh speech, gossip, slander or promote nonsense talk. 不妄語，不惡口，不兩舌，不綺語戒。		<b><u>Doubt 疑</u></b> Doubt in the way doing the practice. 对修行有所質疑。
5. DON'T use social drugs or alcohol to cloud the mind and open the door to breaking other hindrances. 不飲酒及不沾染毒品戒。		<b><u>Sloth and Torpor 昏沈睡眠</u></b> Sleepiness and dullness. 昏沈及沈悶。
6. DO keep the precept to be loving and kind to myself and all beings. 遵守對自己和一切眾生給予仁愛戒。		Ill will, treat things indifferently. 對一切(眾生) 惡意、冷漠無情。

**Remember:** "What you do in this present moment, dictates what happens in the future."

請記住： " 您在當下所做的一切，決定了未來會發生什麼。 "