



Meditation 冥想 #7
Dharma Jewel 法宝:
books vs. understandings
书籍 vs. 理解

The real protection and what causes it
 真正的保护及其成因

Meditation 冥想 #8
The Diamond Sutra, for us
为我们而设的《能断金刚经》

Assume that the Buddha
designed it for you, now
 假设,
 那是佛陀专门为现在的你而设计的。





Meditation 冥想 #9
Those of the last 500,
who understand
最后 500 年中
能理解其中真义的人
It's time; and you're here
时间已到，而你就在这里



Meditation 冥想 #10
Sangha Jewel: Robes &
emptiness
僧宝：僧宝&空性
The friends you should
really hang out with
那些你真正该交的朋友

Meditation 冥想 #11
Am I nice, fine, & wise?
我是否长相良好，
身心安好且拥有智慧？
What's important, by elimination
减法之后，何为重要



Meditation 冥想 #12
Gratitude, the only way out
感恩，唯一出路
The best thing to try,
in the days of dark
黑暗（末法）时期的最好尝试