

<滿心菩提種，遍灑三千界；願度有緣人，同登無上覺。>

## *The Content and Process of Your Daily Practice* *: training of your inner mind*

### **【每日修持的內容與過程：心的訓練】**

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1. Understanding clearly your internal mind at every moment  
在每一刻，清楚地瞭解你自己內在的念頭。
2. Overcoming diligently your not proper personality and bad behavior  
努力地克服你自己不適當的個性，與壞的行為和習氣。
3. Purifying continuously your arising negative mind daily  
每天持續地，淨化你自己所生起的負面的念頭。
4. Discovering the true nature of your mindfulness and awareness anywhere and anytime.  
隨時隨地，覺察到你自己的正念與正知之本質。
5. Enhancing gradually your positive mindfulness into the stage of complete enlightenment every day.  
每天逐漸地，提昇你自己的明確的正念，並且安住於完全覺悟的境界中。

**【三種態度：學習(*Learning*)、關懷(*Consideration*)、奉獻(*Contribution*)】**