

nán jí xiān wēng cí xùn  
南極仙翁慈訓

wǒ shí shí kè kè zì wǒ yāo qiú  
我時時刻刻自我要求

xié yín bú shēng yú xīn  
邪淫不生於心

shì fēi bú chū yú kǒu  
是非不出於口

niàn niàn qīng jìng chún shàn  
念念清靜純善

yán yán chéng kěn wú qī  
言言誠懇無欺

duō wèi bié rén fù chū  
多為別人付出

fú huì jiù zài qí zhōng zēng tiān  
福慧就在其中增添

shǎo wèi zì jǐ zhēng duó  
少為自己爭奪

qiān chán dìng yú cǐ chǔ xiāo jiǎn  
牽纏定於此處消滅

rè xīn zhù rén bú xián qì pín jiàn  
熱心助人不嫌棄貧賤

zǐ xì guān zhào chén shì zhōng de que qiàn  
仔細觀照塵世中的缺欠

ān fèn shǒu jǐ bù qiáng qiú fù guì  
安份守己不強求富貴

yòng xīn tǐ yàn shēng mìng zhōng de jù zú  
用心體驗生命中的俱足

bú niàn jiù è zhī zú gǎn ēn  
不念舊惡知足感恩

níng jìng de xīn líng sàn fā wēn xīn de qì xī  
寧靜的心靈散發溫馨的氣息

bú dàn zuò zì jǐ de guì rén  
不但做自己的貴人

gèng yào zuò fù mǔ  
更要做父母

zǐ nǚ xiān shēng tài tài qīn qī péng yǒu  
子女先生太太親戚朋友

yǐ jí zhòngshēng de guì rén  
以及眾生的貴人

wéi zì jǐ zào fú  
為自己造福

yě zào fú rén qún  
也造福人群

zào fú zhè ge shì jiè  
造福這個世界

South Pole Longevity Buddha  
Merciful Scripture

I constantly ask of myself:

May licentious thoughts not arise in my mind;

May I neither spread rumors, gossip nor quarrel;

May my mind constantly dwell upon stillness and purity  
(true benevolent nature);

May I speak sincerely and without false pretenses;

May I give and do more for others...

thereby, enhancing good fortune and wisdom;

May I avoid selfishness, envy, and discord with others...

thereby, eliminating or reducing the consequences of such  
karma;

May I enthusiastically help people without disliking or  
avoiding the poor and downtrodden;

May I attentively observe and reveal life's imperfections;

May I guard against overstepping my bounds of wealth and  
status;

May I diligently learn, through practice and experience,  
life's true meaning;

May I forgive and forget, be content, and be grateful for  
what we have...

thereby, having a tranquil spirit which radiates warmth.

Not only should we help ourselves,

but we also must be benefactors to our parents,

our children, our husbands, our wives, our relatives, our  
friends,

as well as to all living beings—

for the benefit of ourselves,

for the benefit of everyone,

and for the benefit of a harmonious world.