

Rotina Matinal

Versos e Preceitos Dhammapada, Refúgios das Manhãs

Ouçã o Bhante online e repita os refúgios:

Por favor, sente-se de costas eretas, e acalme sua mente, agora repita depois de mim.

Agora eu me refugio no Buda.

Agora eu me refugio no Dhamma.

Eu agora me refugio na Sanga.

Pela segunda vez, eu me refugio no Buda. Pela

segunda vez, eu me refugio no Dhamma. Pela

segunda vez, eu me refugio na Sanga.

Pela terceira vez, eu me refugio no Buda. Pela

terceira vez, eu me refugio no Dhamma. Pela

terceira vez, eu me refugio na Sanga.

Meus Preceitos Diários

Bhante: Por favor, clareie sua mente e preste muita atenção, então, **repita depois de mim:**

1. **Bhante diz e repete em grupo:** *Comprometo-me a manter o preceito de me abster de matar ou prejudicar os seres vivos, de propósito.*
2. *Comprometo-me a manter o preceito de abster-me de tomar o que não me é dado.*
3. *Comprometo-me a manter o preceito de abster-me de qualquer atividade sexual errada.*
4. *Comprometo-me a manter o preceito de abster-me de contar mentiras, discursos duros, fofocas ou calúnias.*
5. *Comprometo-me a manter o preceito de abster-me de usar drogas e álcool.*
6. *Comprometo-me a manter o preceito de ser amoroso e bondoso comigo mesmo e com todos os seres.*

Bhante diz:

*Agora você pegou os três refúgios e os preceitos e estes levam à Felicidade e à Paz. Sadhu! Sadhu!
Sadhu!*

Sayings from the Dhammapada

Bhante or Leader: *Now let us read the verses of the Dhammapada together.*

1] Mind is the forerunner of all evil states. Mind is chief; mind made are they. If one speaks or acts with an unwholesome mind, because of that, suffering follows one, even as the wheel follows the hoof of the draft-ox.

2] Mind is the forerunner of all good states. Mind is chief; mind-made are they. If one speaks or acts with a pure mind, because of that, happiness follows one, even as one's shadow that never leaves.

3] "He abused me, he beat me, he defeated me, he robbed me", in those who harbor such thoughts hatred is not appeased.

4] "He abused me, he beat me, he defeated me, he robbed me", in those who do not harbor such thoughts hatred is appeased.

5] Hatred is never overcome by hatred in this world. Hatred is only overcome by love. This is an eternal law.

11] In the unessential we imagine the essential, in the essential we see the unessential, anyone who entertains such wrong thoughts never will realize the truth.

12] What is essential we regard as essential, what is unessential we regard as unessential, anyone who entertains such right thoughts will realize the truth.

16] Here one develops a mind that rejoices now, and in the future one rejoices. In both states the well-doer rejoices. One who rejoices a lot will be able to see the purity of their own deeds, speech and thoughts.

18] When one is happy now, they will be happy in the future. In both states the well-doer is happy. Thinking "I have done good in the past" one becomes happy and will easily experience a blissful state of mind.

19] Though a person recites sacred texts, but doesn't act accordingly, that heedless person is like a cowherd who counts others' cows. They have no share in the fruits of the holy life.

20] Though a person recites the sacred texts very little, but acts in accordance with the teaching, they give up lust, hatred and delusion. They truly know what is good and this leads to a mind that is free from suffering. They cling to nothing here and in the future. In this way, one shares the fruits of the holy life.

"It is said that love comes through a window in the heart,
But if there are no walls,
there's no need to have a window." By Rumi