

聖潔生命會 (香港分會) 瑜伽中心

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Song of Divine Life	聖潔生命之歌
Hare Rama Hare Rama Rama Rama Hare Hare Hare Krishna Hare Krishna Krishna Krishna Hare Hare	Hare Rama Hare Rama Rama Rama Hare Hare Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Serve, love, give, purify, meditate, realise.	服務，慈愛，布施，淨化，冥想，開悟
Be good, do good, be kind, be compassionate.	成善，為善，仁愛，慈悲
Seva, Bhaki, Dhyana, Dvara Sakshatkar Pavo;	服務，慈愛，冥想，通過自我內省
Bhale Bano, Bhala Karo, Dayalu Bano.	成善，為善，懷著慈愛
Practise Ahimsa (non-injury), Satyam (truthfulness) and Brahmacharya (purity).	修習不傷害、真誠、梵行（貞潔）
This is the foundation of Yoga and Vedanta.	這是瑜伽與偉壇多的基礎
Practise Non-injury Truth and Purity.	修習不傷害、真誠與梵淨
This is the essence of religion and spirituality.	這是宗教與靈性的要義
Enquire, 'Who am I?' Know thyself and be free.	反省“我是誰？” 悟證自性而得到解脫
Enquire, 'Who am I?' Know thyself and be free'	反省“我是誰？” 悟證自性而得到解脫
You are not this body, not this mind, Immortal Self you are.	你不是這個身體，不是這個內心，你是永恆不 朽的自性
You are not this body, not this mind, Immortal Atman! Radiant Atman!	你不是這個身體，不是這個內心，你是永恆不 朽的自性，光輝的自性
Realise this and be free!	悟證這真理而解脫
This is your duty, foremost duty.	這是你的責任，最重要的責任
Therefore do it now, do not postpone.	坐言起行，不要拖延
Lead the Divine Life.	過聖潔的生命
So says Gurudev.	祖師（施化難陀大師）如是教導
Hare Rama Hare Rama Rama Rama Hare Hare Hare Krishna Hare Krishna Krishna Krishna Hare Hare.	Hare Rama Hare Rama Rama Rama Hare Hare Hare Krishna Hare Krishna Krishna Krishna Hare Hare.

服務
Serve

愛心
Love

施予
Give

淨化
Purify

冥想
Meditate

開悟
Realize