

放下

揩上萬緣包袱的無奈
放下放下,執重的心懷
我執的心路,最狹隘
渺小的自我,最悲哀
慧命本是,自得自在
慧命本是,自重自愛
放下放下,放下多自在
放下放下,放下多開懷

Set Free

Bearing the weight of anguished fate
Set free, set free, the clasped burden
On a self persistent narrow minded path
The insignificant ego brims over with grief
An enlightened life is at ease and content
An enlightened life regards itself with love and respect
Set free, set free, set free, such is the ease
Set free, set free, set free, such is the contentment