

Sayadaw Edki Bala's Birthday Wishes

Topic: What are you going to bring along or leave behind?

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S/No	LEAVE BEHIND	BRING ALONG
1	Hatred	Non Hatred
2	Greed	Loving Kindness
3	Grudge	Forgiveness
4	Lie	Truth
5	Ingratitude	Gratitude
6	Bad Habit	Good Habit
7	Deluded Mind	Pure Mind
8	Blaming	Non Blaming
9	Negative Mind	Positive Mind
10	Bad Thought	Good Thought
11	Ego	Non Ego
12	Not Thoughtful for Others	Thoughtfulness for Others

师父的生日新年礼物

*“在新的一年里，你将会带走什么，会留下什么
已经想好了吗，你将怎样迎接新的一年”*

把憎恨留下，而把宽恕带走
把爱的事物留下，而把慈爱带走
把厌恶留下，而把容忍带走
把谎言留下，而把诚实的话带走
把恩惠带走，而把忘恩负义留下
把好的习惯带走，而把坏的习惯留下
把谴责的习惯留下，而把选择看‘好方面’的习惯带走
把喜欢行恶的心留下，而把喜欢行善的心带走
把自私自利的心留下，而把为其他人着想的习惯带走