

參禪的人，要把根本問題認識清楚。什麼問題？就是習氣毛病。我們打禪七，就是打掉惡習氣、壞毛病。

——宣公上人法語

Practitioners of meditation should clearly understand their most fundamental problems. What kind of problems? Bad habits. The Chan sessions are to rid ourselves of our bad habits.

—— By Venerable Master Hua

