

博士後期課程

令和 8 年度

武蔵野大学大学院 仏教学研究科 仏教学専攻 博士後期課程 入学試験問題（12 月 14 日）

[英語]

次の英文をすべて日本語に訳しなさい。

英文

Habits are ingrained* in our daily physical behavior. There is nothing complicated about it; cleaning, cooking, having tea with someone, and consuming seasonal items are examples of life practices many can share. These lifestyle habits, which have essentially remained unchanged since ancient times, are the things that have fostered mutual trust between individuals and served as a foundation for maintaining genuine peace beyond confrontation.

In Buddhism, such life practices (habits) are called *Precepts* (*sīla*), and such practices conducted with peers have been at the root of all types of Buddhist teachings, which are based on three core teachings: *Precepts*, *Meditation* (*samādhi*), and *Wisdom* (*prajñā*). *Precepts* are commandments for acquiring good habits. *Meditation* stands for maintaining a calm mind, which we may call mindfulness. *Wisdom* is for achieving enlightenment to see the *self* and the world accurately. One spreads one's roots through *Precepts*, nurtures the stems with *Meditation*, and bears fruit with *Wisdom*. While strict precepts in a Monastic Buddhist way are said not to have fully taken root in Japanese Buddhism, characterized by its breadth and tolerance, their habits have continued to be embraced.

*ingrain:染み込ませる、根付かせる

出典：Shoukei Matsumoto. “Buddha Dharma embedded in the Ambience” *Buddha Dharma Works*, 2023 を一部改変