

電子檔下載

安汝心

王嚴

裝飾得齊光萬大 宿鳥破會

透過五色繽紛的晚霞 夕陽把
漫谷滿開 渲染得莊嚴無比

山間的傳聲



Android



iPhone

聖嚴教育基金會
Compliments of Sheng Yen Education Foundation
<http://www.shengyen.org.tw>
贈送結緣品 非賣品

唱 似見西方的彌院
物 化成了寶樹寶網 夕照照黃昏
們山中 帶來光明 和永恆的希望

時光得
於己於人
努力不足奉獻
歲歲威烈凡物
都是自己內增上助緣

108 自在語

108 adages of wisdom

Master Sheng Yen
聖嚴法師／著

108 adages of wisdom

108 自在語 聖嚴法師／著 Master Sheng Yen

108 adages of wisdom

108自在語

圣严法师／著 Master Sheng Yen



慈悲沒有敵人
智慧不起煩惱

聖嚴

面對它
接受它
處理它
放下它

聖嚴

*The four steps in dealing with any problem:
face it, accept it, deal with it, let it go.*

*Compassion has no enemies;
wisdom, no vexations.*

《 I 》

人 授 早 品 Becoming a Good Human Being _____Page
001~013

人 享 受 工 作 Enjoying Work _____Page
015~027

人 平 安 生 Living Peacefully and Calmly _____Page
029~043

人 幸 福 人 間 Happiness in this World _____Page
045~057

《 II 》

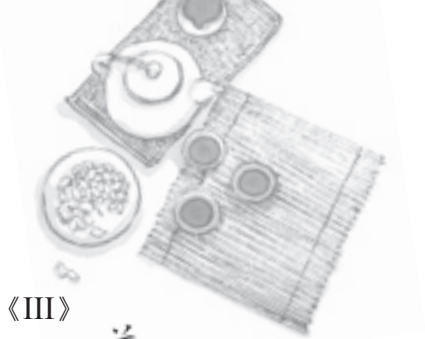
人 自 在 生 Living a Life of Freedom _____Page
059~071

人 簡 單 生 活 Living a Simple Life _____Page
073~089

人 如 意 吉 祥 May you have Good Luck and Good Fortune _____Page
091~101

人 心 成 長 Spiritual Development _____Page
103~117





《III》

慈
悲
行
願

Kind Behavior and
Compassionate Vows

Page
119~129

人
智
慧

Wisdom of the World

Page
131~147

感
恩
培
福

Cultivating Gratitude
and Blessings

Page
149~161

積
德
脩
福

Cultivating Virtues
and Merits

Page
163~177

《IV》

心
環
保

The Environmental
Protection of the Mind

Page
179~197

盡
責
分

Fulfilling Responsibilities

Page
199~219

慈
智
慧

Wisdom and Compassion

Page
221~237

快
樂
幸
福

Happiness and Blessings

Page
239~257





授
人
品

Becoming a Good
Human Being



1. *Our needs are few; our wants many.*

需要的不多，想要的太多。

2. *What is most important is to be grateful for what you've been given and repay in kind – to benefit others is to benefit ourselves.*

知恩报恩为先，利人便是利己。

3. *Do your utmost – no matter who gains or loses.*

尽心尽力第一，不争你我多少。

4. *Compassion has no enemies; wisdom, no vexations.*

慈悲没有敌人，智慧不起烦恼。

5. *The busiest have the most time; the diligent, the best health.*

忙人时间最多，勤劳健康最好。

6. *The charitable are blessed; the virtuous, happy.*

布施的人有福，行善的人快乐。

7. *Let the measure of your heart be great; the size of your ego, small.*

心量要大，自我要小。

8. *When you can let it go, then you can pick it up. At ease letting it go or picking it up – then you are truly free.*

要能放下，才能提起。提放自如，是自在人。

9. *Know yourself, know others; know when to advance, when to retreat; at all times maintain peace and equanimity in body and mind; know your blessings, use them wisely, strive to increase them; everywhere you go develop deep virtuous affinity with others.*

识人识己识进退，时时身心平安；知福惜福多培福，处处广结善缘。

10. *Able to pick it up and let it go, every year good fortune will surely follow; sow a field of blessings with wisdom, then everyday is a good day!*

提得起放得下，年年吉祥如意；用智慧种福田，日日都是好日。

11. *Always keep your body and mind relaxed and meet everyone with a smile; relaxation makes your mind and body healthy, and a smile gathers friends and friendship.*

身心常放松，逢人面带笑；放松能使我们身心健康，带笑容易增进彼此友谊。

12. *About to speak? Think for a moment. Slow your speech a bit. It's not that you should not speak, but rather that you should cherish what you say and choose your words with care.*

话到口边想一想，讲话之前慢半拍。不是不说，而是要惜言慎语。

13. *In daily living it is better to think: "fine if I can have it, no matter if I can't"; thus transform suffering to joy and live a life of serenity.*

在生活中，不妨养成「能有，很好；没有，也没关系」的想法，便能转苦为乐，便会比较自在了。

14. *The four contentments: mind at peace, body at rest, family in harmony, all enterprise at ease.*

四安：安心、安身、安家、安业。

15. *When you wish for something, ask yourself these four questions: Is it needed? Is it wanted? Is it obtainable? Is it advisable?*

四要：需要、想要、能要、该要。

16. *The four attitudes to take towards others: grateful, thankful, transforming, inspiring.*

四感：感恩、感谢、感化、感动。

17. *The four steps in dealing with any problem: face it, accept it, deal with it, let it go.*

四它：面对它、接受它、处理它、放下它。

18. *The four keys to good fortune: know what you are blessed with, cherish it, help it grow, and plant seeds for future blessings.*

四福：知福、惜福、培福、种福。

19. *If possible and permissible, seek after it; if impossible and forbidden, keep away from it.*

能要、该要的才要；不能要、不该要的绝对不要。



20. *With gratitude we grow; repayment of kindness leads to success.*

感恩能使我们成长，报恩能助我们成就。

21. *Be thankful at every opportunity: good and bad fortune are both allies.*

感谢给我们机会，顺境、逆境皆是恩人。

22. *Rejoice when you encounter good, praise it, encourage it to spread, but take care to learn with an open mind.*

遇到好事，要随喜、赞叹、鼓励，并且虚心学习。

23. *More praise and less criticism! Cut down the karma that comes from what you say.*

少批评、多赞美，是避免造口业的好方法。

24. *An ordinary mind is a mind of utmost freedom, utmost joy.*

平常心就是最自在、最愉快的心。

25. *A true step on the path merits
more than a hundred shallow
words adorned with tinsel.*

踏实地走一步路，胜过说一百句
空洞的漂亮语。

26. *The more you come to know your
weaknesses, the faster you will grow,
with your self-confidence unwavering.*

知道自己的缺点愈多，成长的速度
愈快，对自己的信心也就愈坚定。

27. *Look more, listen more; speak less,
act fast; spend slow.*

多听多看少说话，快手快脚慢用钱。

28. *Only after you encounter affliction
and adversity will you summon the
mind of diligence.*

唯有体验了艰苦的境遇，才会有
精进奋发的心。

29. *Be solid and forthright; have a
great open heart; be sure and steady
in accomplishment, with vision
penetrating and far-reaching.*

踏踏实实做人，心胸要广大；
稳稳当当做事，着眼宜深远。



享受工作
Enjoying Work

30. *Busy but not in disarray; tired but not worn out.*

忙而不乱，累而不疲。

31. *Be happy being busy! Even when you're tired, be joyful.*

忙得快乐，累得欢喜。

32. *Busy? No matter. No vexation. All is well.*

「忙」没关系，不「烦」就好。

33. *Work quickly, not anxiously; mind and body relaxed and unbound.*

工作要赶不要急，身心要松不要紧。

34. *Finish your work quickly, but in an orderly manner; don't become nervous trying to compete with time itself.*

应该忙中有序的赶工作，不要紧张兮兮的抢时间。

35. *Don't measure success and failure by wealth or poverty; work only to benefit yourself and others with all your heart and strength.*

不要以富贵贫贱论成败得失，只要能尽心尽力来自利利人。

36. *Work hard and others may resent you, take up a task and risk criticism; compassion lies within harsh words, treasure buried deep within criticism.*

任劳者必堪任怨，任事者必遭批评。怨言之下有慈忍，批评之中藏金玉。

37. *Be at ease in all encounters; give of yourself, as conditions permit.*

随遇而安，随缘奉献。

38. *The three acts of success: accord with causes and conditions, act decisively when they arise, shape the future.*

成功的三部曲是：随顺因缘、把握因缘、创造因缘。

39. *Seize opportunity when it arises, create it when it doesn't exist; but when the time is not ripe, don't take unnecessary action.*

见有机缘宜把握，没有机缘要营造，机缘未熟不强求。

40. *Life's ups and downs are the stuff of growth and development.*

人生的起起落落，都是成长的经验。

41. *Do what you have to do with wisdom; treat people with care and compassion.*

用智慧处理事，以慈悲关怀人。

42. *When you are off balance, always right yourself with wisdom, everywhere you go, use compassion to make life easy for others.*

以智慧时时修正偏差，以慈悲处处给人方便。

43. *Deep wisdom, great compassion: few vexations.*

慈悲心愈重，智慧愈高，烦恼也就愈少。

44. *Face whatever is in front of you, act with wisdom, treat people with compassion; forget benefit, harm, gain, and loss, and vexations will diminish.*

面对许多的情况，只管用智慧处理事，以慈悲对待人，而不担心自己的利害得失，就不会有烦恼了。

45. *An ordinary mind bends to circumstances; a sage mind transforms circumstances.*

心随境转是凡夫；境随心转是圣贤。

46. *Big duck swims, big wake; little duck swims, little wake. No duck in the water? No wake at all.*

大鸭游出大路，小鸭游出小路，不游就没有路。

47. *Can't move the mountain? Build a road! Road blocked? Start climbing! Can't climb? Shift your mind!*

山不转路转，路不转人转，人不转心转。

48. *True diligence doesn't mean placing your life at risk. It is simply unwavering persistence.*

「精进」不等于拚命，而是努力不懈。

49. *A boat passes, its wake disappears;
a bird flies, its shadow departs.
Whether you gain or lose, succeed
or fail – emotions do not stir: this
is the great wisdom of freedom and
liberation.*

船过水无痕，鸟飞不留影，成败得失都不会引起心情的波动，那就是自在解脱的大智慧。

50. *Making life easier for others is
making your life easier for yourself.*
给人方便等于给自己方便。

51. *The noble one suffers mistreatment
willingly; the fool is humiliated by
what he suffers.*

甘愿吃明亏，是仁者；受辱吃暗亏，是愚蠢。

52. *Pressure usually comes from too
much concern with what we
encounter around us as well as
how people judge us.*

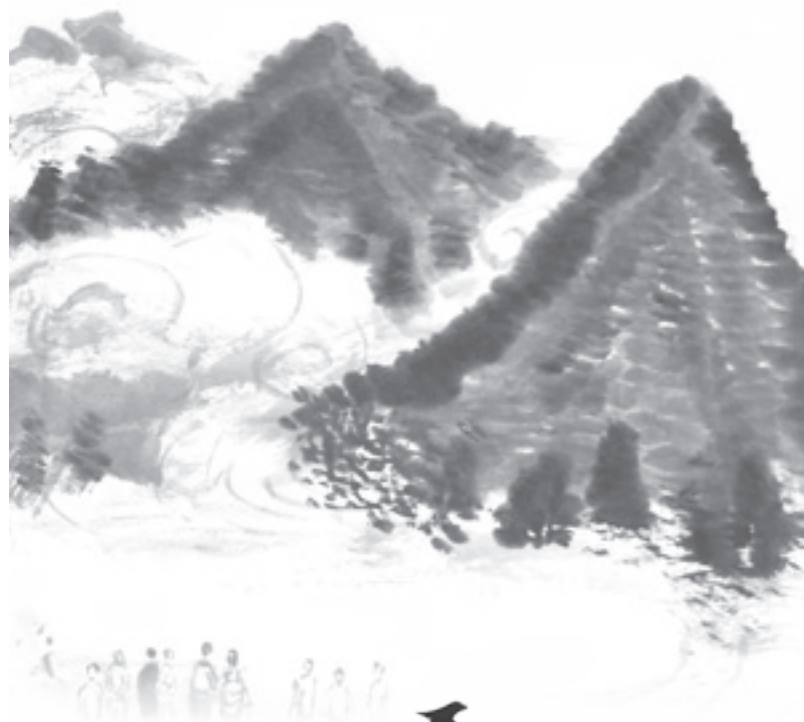
压力通常来自对身外事物过于在意，同时也过于在意他人的评断。

53. *Serve others with a mind of gratitude and reciprocity and you will be neither tired nor weary.*

用感恩的心、用报恩的心，来做服务的工作，便不会感到倦怠与疲累。

54. *Help others with the strength of your mind and body, with your wealth and wisdom – always and everywhere with a thankful mind.*

随时随地心存感激，以财力、体力、智慧、心力、来做一切的奉献。



平安
人生

Living Peacefully
and Calmly



55. *The meaning of life lies in serving;
the value of life in giving.*

生命的意义是为了服务，生活的
价值是为了奉献。

56. *The aim of life is to receive karmic
retribution, fulfill vows, and make
new ones.*

人生的目标，是来受报、还愿、
发愿的。

57. *The value of life is not in duration
but in contribution.*

人的价值，不在寿命的长短，而
在贡献的大小。

58. *The past is an illusion; the future,
a dream; the present, essential.*

过去已成虚幻，未来尚是梦想，
把握现在最重要。



59. *There is no need to dwell in the past, no necessity to worry about the future: the enduring present holds both past and future.*

不用牵挂过去，不必担心未来，踏实于现在，就与过去和未来同在。

60. *Wisdom is not simply knowledge, nor experience, nor idle speculation; it is an attitude that transcends self-centeredness.*

智慧，不是知识、不是经验、不是思辩，而是超越自我中心的态度。

61. *Great accomplishment – complete humility; big ego – great insecurity.*

积极人生，谦虚满分；自我愈大，不安愈多。

62. *The superior settle their minds upon the Way; the average busy themselves with day to day living; the small-minded pursue fame, fortune and desire.*

上等人安心于道，中等人安心于事，下等人安心于名利物欲。



63. *You have a particular role and responsibility in life; act accordingly.*

你是有哪些身分的人，就应该做那些身分的事。

64. *In calmness and tranquility make good use of this wondrous day! Tomorrow will shine!*

在安定和谐中，把握精彩的今天，走出新鲜的明天。

65. *Worry causes needless injury! Mindfulness brings security.*

担心，是多余的折磨；用心，是安全的动力。

66. *Wealth is like flowing water, and giving like the digging of a well. Dig deeper and more water flows in; give more and wealth multiplies.*

财富如流水，布施如挖井。井愈深，水愈多；布施的愈多，财富则愈大。

67. *Live life this way: the best plan anticipates the worst scenario.*

面对生活，要有「最好的准备，最坏的打算」。



68. *Even with a single breath remaining, hope is unlimited, and that is untold wealth.*

只要还有一口呼吸在，就有无限的希望，就是最大的财富。

69. *A bodhisattva saves others from hardship and suffering; a great bodhisattva takes on hardship and suffering itself.*

救苦救难的是菩萨，受苦受难的是大菩萨。

70. *Three principles to transcend the suffering of birth, sickness and old age: a happy life, a healthy attitude towards sickness, hope in old age.*

超越生老病苦三原则：活得快乐、病得健康、老得有希望。

71. *Three principles to transcend death: don't seek it, don't fear it, don't wait for it.*

超越死亡三原则：不要寻死、不要怕死、不要等死。



72. *Death is neither a happy event nor a cause for mourning, but a call to practice our faith seriously.*

死亡不是喜事，也不是丧事，而是一件庄严的佛事。

73. *Every child is a little bodhisattva that helps his or her parents grow.*

每一个孩子，都是帮助父母成长的小菩萨。

74. *With teenagers: use care, not worry; guidance, not control; communication, not authority.*

对青少年，要关心不要担心，要诱导不要控制，用商量不用权威。

75. *To truly love your children, give them your blessings rather than burden them with your worry!*

爱你的孩子，与其担心，不如祝福吧！



76. *A couple's relationship should be based on mutual respect, not argument.*

夫妻是伦理的关系，不是「论理」的关系。

77. *Stop the litter, clutter and garbage! Always clean up and pick up what you can. These are virtuous acts.*

能不乱丢垃圾，随时清捡垃圾，都是做的功德。

78. *Insight comes from wisdom; good fortune, from merit.*

眼光，是你的智慧；运气，是你的福德。

79. *We love to grasp what we love and reject what we dislike; gain and loss, gain and loss – vexations are sure to come.*

喜爱的就想占有，讨厌的就会排斥，患得患失，烦恼就来了。

80. *Having few desires bring riches without worry.*

经常少欲知足的人，才是无虞匮乏的富人。



81. *True suffering is a mind without peace or calm. Physical pain and illness are not necessarily suffering.*

心不平安是真正的苦，身体的病痛不一定是苦。

82. *Know clearly that an unsettled mind is trouble. Right then and there – recite "Homage to Guan Yin, Bodhisattva Avalokitesvara" to calm your mind.*

明知心不平安是苦事，就赶快以持念「南无观世音菩萨」来安心吧！

83. *A rich man is content with what he has; a poor man accumulates and is never satisfied.*

现在拥有的，就是最好的。拥有再多也无法满足，就等于是穷人。

84. *Don't control emotions by suppressing them; calm them with contemplation, reciting Buddha's name, or prayer.*

不要用压抑来控制情绪，最好用观想、用佛号、用祈祷，来化解情绪。



幸
人福間

Happiness in this World



85. *Kind words on everyone's lips!
Good deeds in everyone's heart!
Good fortune in everyone's life!*

好话大家说，好事大家做，好运
大家转。

86. *Let everyone speak kindly!
Let everyone do good deeds!
Let everyone's bad luck turn to good!*

大家说好话，大家做好事，大家
转好运。

87. *If everyday, everyone spoke another
kind word, did another good deed,
then all of these little beneficial acts
would turn into a great, great good.*

每人每天多说一句好话，多做一
件好事，所有小小的好，就会成
为一个大大的好。

88. *An urgent task needs immediate
attention? Be ready now!*

急须要做，正要人做的事，我来
吧！



89. *Harmony with myself and others, harmony in mind and speech, and thus all will be blessed with joy and happiness.*

我和人和，心和口和，欢欢喜喜有幸福。

90. *Harmony within and without, harmony in causes and conditions, and thus freedom, peace and tranquility will follow.*

内和外和，因和缘和，平平安安真自在。

91. *Seek a peaceful mind, and you will find a peaceful refuge; treasure others and you will find fortune and happiness.*

自求心安就有平安，关怀他人就有幸福。

92. *Character creates wealth; giving creates savings.*

人品等于财富，奉献等于积蓄。

93. *Offering yourself is cultivation; calming your mind is success.*

奉献即是修行，安心即是成就。



94. *Great possessions don't necessarily bring satisfaction; few possessions don't necessarily lead to poverty.*

拥有的多，不一定让人满足；
拥有的少，不一定让人贫乏。

95. *Right now you gather what you have planted; what you harvest tomorrow, you plant at this moment.*

现在所得的，是过去所造的；
未来所得的，是现在所做的。

96. *The good are not lonely; the benevolent, happiest; ever and always help others and thus achieve the utmost happiness for yourself.*

好人不寂寞，善人最快乐，时时处处助人利己，时时处处你最幸福。

97. *If you wish to build good relationships with others, develop a broad mind, and become more tolerant and forgiving.*

若希望人际关系相处得好，就要把心量放大，多接纳人，多包容人。



98. *When you change your way of thinking, what is around you will transform accordingly; nowhere in the world will you find absolute good or bad.*

只要自己的心态改变，环境也会跟着改变，世界上没有绝对的好与坏。

99. *The way to get along with others is to communicate effectively. When communication fails, compromise, when compromise fails, tolerate and forgive.*

人与人之间的相处之道，需要沟通，沟通不成则妥协，妥协不成时，你就原谅和容忍他吧。

100. *The great must make allowance for the small; the small must be understanding toward the great.*

大的要包容小的，小的要谅解大的。

101. *Devote all your heart and strength to your family; commit your whole life to the enterprise at hand.*

以全心全力关怀家庭，用整体生命投入事业。



102. *The best way to guard against greed is to give more, to extend yourself more, and to share more with others.*

戒贪最好的方法，就是多布施、多奉献、多与人分享。

103. *Disputes are best settled by tolerance.*

包容别人时，双方的问题就解决了。

104. *Two great tasks lie before Buddhists: to bring grace and beauty to the land in which they live and to help sentient beings grow spiritually.*

学佛的人，有两大任务：庄严国土，成熟众生。

105. *Be a bottomless receptacle for the ills of the world; be a spotless mirror that reflects the world as it is.*

要做无底的垃圾桶，要学无尘的反射镜。



106. *Wisdom comes at the moment
when vexations perish from the
mind; compassion is nothing
more than sharing benefits with
others.*

烦恼消归自心就有智慧，利益
分享他人便是慈悲。

107. *Look at yourself with contrition;
at the world with gratitude.*

用惭愧心看自己，用感恩心看
世界。

108. *Purify your mind by curbing desire;
refine your community with loving
kindness for all.*

净化人心，少欲知足；净化社会，
关怀他人。



自在人生

Living a Life of Freedom



1. *Be humble to those below and respectful to those above. Bodhisattva practitioners, study this well!*

谦下尊上，是菩萨行者的功课。

2. *Contribute rather than compete. Use what you have been given wisely, and don't squander your good fortune.*

用奉献代替争取，以惜福代替享福。

3. *Love yourself, love others, love all sentient beings; liberate yourself, liberate others, liberate all sentient beings.*

自爱爱人，爱一切众生；自救救人，救一切众生。

4. *Benefiting others takes a pure mind that seeks neither reward nor return.*

利他，是不求果报及回馈的清净心。

5. *Love is involved in what you own and what you give to others, but the difference between helping yourself and helping others is that one is a self-directed, possessive love; the other is a selfless, joyous, generous love.*

占有、奉献都是爱，但有自利和利人的差别；占有是自我贪取的私爱，奉献是无私喜舍的大爱。



6. *Demand right-minded conduct of yourself, do not use it as an excuse to harshly criticize others.*

道理是拿来要求自己，不是用来苛求他人。

7. *Have the breadth of mind to serve as the stepping stone for another; be the kind of person that truly helps others to be successful.*

要有当别人垫脚石的心量，要有成就他人的胸襟。

8. *If you let other people misunderstand you, it's nobody's fault but your own.*

让人产生误解，就是自己的不是。

9. *When you work with others, consider their needs. When you make a mistake, reflect upon your own conduct.*

做事时多为别人想一想，犯错时多对自己看一看。

10. *Set others before you to complete yourself, respect others to put an end to enmity, praise others to encourage harmony.*

以礼让对方来成就自我，以尊重对方来化解敌意，以称赞对方来增进和谐。



11. *Unable to let go of attachment to self? No wisdom. Unable to let go of attachment to others? No compassion.*

放不下自己是没有智慧，放不下他人是没有慈悲。

12. *Say "Blessings to you" when you meet another. This spreads good will and brings peace and calm.*

与人相遇，一声「我为你祝福！」就能赢得友谊，获得平安。

13. *Offer friendship and a helping hand to others, and so be a beacon of harmony, happiness, peace and calm.*

对人付出友谊，伸出援手，就是在散发和乐平安的光芒。

14. *Gossip less and you will have fewer disputes; be more truthful and sincere and you will have more peace and calm.*

少点口舌少是非，多点真诚多平安。



15. Self confidence is recognizing your strong points; growth is knowing your weaknesses; respect is understanding another's position.

肯定自己的优点是自信，了解自己的缺点是成长，善解他人的立场是尊重。

16. Concern yourself with the happiness of others; downplay your own achievements.

要把众生的幸福提起，要把自我的成就放下。

17. In dealing with those under you: show concern rather than reproach; give encouragement rather than direction; discuss rather than command.

与下属共事，当以关怀代替责备，以勉励代替辅导，以商量代替命令。

18. The obstinate afflict others and do themselves no good; the tolerant accord with others and bring peace to themselves.

刚强者伤人不利己，柔忍者和众必自安。



19. *If you want to bring peace to others, be in harmony with them. If you wish to sway others, be accommodating. To establish harmony is to unite people, as the soft can conquer the hard.*

安人者必然是和众者，服人者必然是柔忍者，因为和能合众，柔能克刚。

20. *The meaning of life lies in continuous learning and giving of oneself; help others to succeed and you will grow.*

生命的意义在不断的学习与奉献之中，成就了他人，也成长了自己。

21. *One with wisdom and restraint will never engage in frivolous chatter.*

有智慧作分寸的人，一定不会跟人家喋喋不休。

22. *Be polite and friendly when dealing with others, and you will pass all of your days in peace and tranquility.*

和和气气与人相处，平平安安日子好过。



23. *An intelligent person is not necessarily wise; a dull-witted person not necessarily foolish. Wisdom is not the same as knowledge; the difference lies in your attitude in dealing with people.*

聪明的人，不一定有智慧，愚鲁的人，不一定没有智慧；智慧不等于知识，而是对人处事的态度。

24. *Reduce others' vexations with compassion; reduce your own with wisdom.*

为他人减少烦恼是慈悲，为自己减少烦恼是智慧。

25. *Just as you would not ask others to wear your own shoes, don't make someone else's problems your own.*

不要拿自己的鞋子叫别人穿，也不要别人的问题变成自己的问题。



简单生活

Living a Simple Life

26. *It is a great blessing to care for other people when they suffer; it is great wisdom to delight in helping others deal with their own problems.*

勤于照顾众人的苦难是大福报，
乐于处理大家的问题是大智慧。

27. *Clearly see that everything in the world is impermanent, and you can realize the inner world of true peace.*

认清世间一切现象都是无常的事实，
就能完成内心世界的真正平安。

28. *When you meet others, connect with kindness, not resentment, and you will enjoy relationships of harmony and a life of joy.*

逢人结恩不结怨，必能和谐相处、
生活愉快。

29. *A smile and a good word are great gifts that create virtuous affinity with all.*

一个笑容，一句好话，都是广结
善缘的大布施。

30. *Reduce pointless emotions and avoid unnecessary trouble.*

只要少闹一些无意义的情绪，
便能少制造一些不必要的烦恼。

31. *What you offer repays what you have been given; when you repent, you strengthen your self-discipline.*

奉献是为了报恩，忏悔是为了律己。

32. *What is the best way to make progress? Devote yourself to the benefit of others. This is the true measure of success.*

凡是尽心尽力以利益他人来成长
自己的人，便是一位成功者。

33. *When you interact with other people, be "square" within and "round" without. "Square" means to adhere to principle. "Round" means to be accommodating and understanding.*

做人处事要「内方」而「外圆」，
「内方」就是原则，「外圆」就
是通达。

34. *If you can't be of help, at the very least, don't cause harm.*

当我们无力帮助他人，至少可以
停止伤害别人。

35. *In speech add a measure of virtue, take away a degree of vice. Act in this way and you cultivate great merit and blessing.*

多积一点口德，少造一点口过，
就是培福求福的大功德。

36. *Grow in harmony; strive in hope.*

人生要在和谐中求发展，又在努力中见其希望。

37. *Chances for success increase when you eliminate thoughts of gain, loss, success, or failure, and your thoughts turn to pure diligence.*

少点成败得失心，多点及时努力的
精进心，成功机率自然会增加。

38. *Warm is the family that lives in mutual love and respect. Cherish the family whose members help and understand one another.*

家庭的温暖在于互敬互爱，家庭的
可贵在于互助互谅。

39. *A boss should think less about profit and loss and more about honesty and reputation. This is the true strategy for success.*

做老板，得失心要少一些，把诚心、信誉放在心上，便会有胜算。

40. *If you hear gossip, be calm and reflect carefully. If it's true, it calls for change. If it's false, continue to do good work. A short temper can turn gossip into a deadly weapon.*

听到流言，先要静下心来反省自己，有则改之，无则勉之。如果心浮气躁，流言的杀伤力会更大。

41. *Enduring the suffering of the mind increases wisdom. Withstanding life's suffering increases virtuous retribution.*

内心的苦难，增长我们的智慧；生活的苦难，增进我们的福报。

42. *Look at life and be filled with limitless hope. Look at death and be prepared at any time.*

对于「生命」，要充满无限的希望；对于「死亡」，要随时做好往生的准备。

43. *Be clear about what is necessary for you to have. Untangle yourself from wants driven by passion.*

清楚知道自己的「需要」，化解个人欲望的「想要」。

44. *Decipher everything in a straightforward manner, but ponder the negative implications.*

凡事要正面解读，逆向思考。

45. *When you fail, work very hard. When you succeed, work even harder. This is the model for successful enterprise and happiness at work.*

失败了再努力，成功了要更努力，便是安业乐业的准则。

46. *The most important concept in protecting the environment is "simplicity." Simplify your life and that will protect the environment.*

环保最重要的观念就是「简朴」，简朴一点过生活，就是生活环保。

47. *With maturity, there are no cares about the past; with intelligence, there are no doubts about the present; with an unobstructed mind, there is no worry about the future.*

成熟的人不在乎过去，聪明的人不怀疑现在，豁达的人不担心未来。

48. *Both favorable and unfavorable causes and conditions help us grow; treat them with equanimity and gratitude.*

顺逆两种境遇都是增上因缘，要以平常心与感恩心相待。

49. *See that neither the past, the future, fame, or position have anything to do with you. A happy and energetic life is itself freedom and good fortune.*

过去、未来、名位、职称，都要看成与自己无关，但求过得积极、活得快乐，便是幸福自在的人生。

50. *Education does not determine identity; competence does not determine integrity; fame does not determine virtue. No occupation is in itself great or lowly. Everything is decided by what you think and how you act.*

学历不代表身分，能力不代表人格，名位不代表品德，工作没有贵贱，观念及行为却能决定一切。

51. *Here is a method to put an end to unhappiness: be sincere, active, and straightforward; don't be irresolute, passive, and dawdling.*

化解不愉快的方法，是要诚恳、主动、明快，不要犹豫、被动、等待。

52. *Doing everyday tasks will always be difficult, but if you carry on with faith and patience, at the very least you will meet some success.*

做世间事，没有一样没有困难，只要抱着信心和耐心去做，至少可以做出一些成绩。

53. *Live in this moment; don't regret the past; don't fear the future.*

活在当下，不悔恼过去，不担心未来。

54. *A good method to lighten strain and stress: lessen the mind of gain and loss; increase the mind of appreciation.*

减轻压力的好办法，就是少存一些得失心，多用一点欣赏心。

55. *Have no complaints or regrets about the past. Be ready and prepared for the future. In the present make every step sure and steady.*

对于过去，无怨无悔；对于未来，积极准备；对于现在，步步踏实。

56. *Don't just express gratitude. Make it a reality.*

不要光是口说感恩，必须化为报恩的行动。

57. *First, have no worries no matter what you do. Simply choose the right person, adopt the right approach, and when the time is right, you will overcome what is before you.*

凡事先不要着急，找对人，用对方法，在适当的时机，即可安然过关。

58. *Will I gain or lose, be helped or harmed? Put that down! Then you will develop penetrating wisdom that encompasses heaven and earth and all phenomena.*

把自我的利害得失放下，才能有通达天地万物的智慧。



如意
吉祥

May you have Good Luck
and Good Fortune

59. *Let the doctor care for your disease.
Let the bodhisattva care for your
life. Once you do this you will become
a healthy person with no worries.*

把病交给医生，把命交给菩萨，
如此一来，自己就是没有事的健
康人。

60. *People usually have no insight into
themselves and consequently cause
themselves unnecessary trouble.*

人往往因为没有认清自己，而给
自己带来不必要的困扰。

61. *The first important task in life is to
learn to be a good and useful person.
Work with all your heart and mind
to the best of your ability, according
to what is required of you.*

人生第一要务是学做人，那就是
尽心、尽力、尽责、尽份。

62. *It is alright to express feelings in
handling personal affairs, but you
must use a principled approach in
public matters.*

处理私人的事可以用「情」，
处理公共事务，就必须用「理」。

63. *Rather than fighting for something you cannot get, it is better to cherish and use what you already have.*

与其争取不可能得到的东西，
不如善自珍惜运用所拥有的。

64. *Do not care about what is past or in the future, good or bad. It is best to care only about what is present.*

不要管过去、未来，以及所有一切的好坏，最好只管你自己的现在。

65. *If you truly let go of everything, then you can encompass everything and everything becomes yours.*

若能真正放下一切，就能包容一切，拥有一切。

66. *In approaching a method of meditation, once you can pick it up, you can begin to exercise effort. With effort you can put down your thoughts. Progress lies within this picking up and putting down.*

提得起是方法、是着力的开始，
放得下是为了再提起；进步便在提起与放下之间，级级上升。

67. *Don't measure yourself as high or low in comparison to others. Just work with all your heart and mind.*

不要跟他人比高比低，只要自己
尽心尽力。

68. *Nothing around you is either good or bad, but seems so according to how you look at it.*

我们的环境从来没有好过，也没有那么坏过，就看自己怎么看待。

69. *Once the dust from a catastrophe has settled, you reach a critical point where positive thinking can begin and important lessons can be learned.*

灾难之后，是往正面思考的契机，人可以由灾难中得到很多教训。

70. *With no greed and no grasping, you can maintain your dignity and be unaffected by others.*

只要无所贪求，无所执着，即能保有尊严，他人是奈何不得的。

71. *If you can cherish causes and conditions as they transpire from moment to moment, then each moment is unique.*

若能珍惜当下每一个因缘，
每一个当下，都是独一无二的。

72. *If you put your "self" in everything, then you have problems and trouble. Remove "self" concern with gain and loss and you will achieve liberation.*

任何事如果把自己放进去，就有问题、有麻烦。除掉主观的自我得失，就得解脱了。

73. *Happiness does not derive from how famous you are or how much money you have; rather it is a measure of inner peace and contentment with few desires.*

快乐，并不是来自名利的大小多少，而是来自内心的知足少欲。

74. *Let words reflect deeds! Let a true mind speak true words. Let a good heart speak good words. This is true eloquence.*

说话算话，用真心讲实话，用好心讲好话，就是立言。

75. *We may be ordinary sentient beings, but we should shoulder our responsibilities and let go of our attachments as best we can.*

虽然身为平常人，责任心要担起来，执着心应放下些。

76. *When you are busy, don't feel overwhelmed. When there is nothing to do, don't feel bored. In this way you will not be swayed by every turn in life and be utterly lost.*

忙时不要觉得无奈，闲时不要觉得无聊，才不致随波逐流，茫然不知所以。

77. *Don't get carried away when the sailing is smooth; don't lose heart and give up when the boat starts to toss and turn.*

一帆风顺时，不要得意忘形；
一波三折时，不必灰心丧志。

78. *A narrow mind and insatiable greed will deprive even the wealthy of happiness.*

如果心量狭小又贪得无厌，纵然生活富裕，仍然不会快乐幸福。

79. *Advance your life in simplicity. Shine in difficulty.*

人生要在平淡中求进步，又在艰苦中见其光辉。

80. *Seek abundance in calm and stability; See dignity in adversity.*

人生要在安定中求富足，又在锻炼中见其庄严。

81. *Keeping your emotions steady is the foundation of unobstructed success.*

拥有稳定的情绪，才是立于不败之地的基础。



心
靈
成
長
Spiritual Development

82. *When the mind is undisturbed by circumstances, that is the result of meditative concentration. When the mind is not separate from circumstances, that is the function of wisdom.*

心不随境，是禅定的工夫；心不离境，是智慧的作用。

83. *Retreat to advance; be silent to debate. These are the best methods to foster self development and to help others.*

以退为进、以默为辩、以奉献他人为成就自己的最佳方法。

84. *Buddha in mind, speech, and daily life.*

佛在心中，佛在口中，佛在我们的日常生活中。

85. *Compassion is judicious affection. Wisdom is flexible intelligence.*

慈悲是具有理智的感情，智慧是富有弹性的理智。

86. *North, south, east, west – all directions are fine. Walking, resting, sitting, sleeping – these are not separate from the Way. Always maintain a mind of humility. Repentance and repayment of kindness are qualities that will keep you walking on the Way.*

南北东西都很好，行住坐卧无非道；心中常抱真惭愧，忏悔报恩品最高。

87. *A practitioner should be honest and sincere, and harbor no evil thoughts. This is the meaning of "a straightforward mind is the ground of the Way."*

修行人要开诚布公、真诚相待，不存邪念恶念，就是所谓的「直心是道场」。

88. *When vexations arise, do not contend with them, but extinguish them with a mind of humility, repentance, and gratitude.*

当烦恼现前，不要对抗，要用惭愧心、忏悔心、感恩心来消融。

89. *To wholly experience life is to practice Chan.*

踏实的体验生命，就是禅修。

90. *A healthy body and mind constitute life's greatest treasure.*

拥有身心的健康，才是生命中最大的财富。

91. *Breathing is wealth – as long as you are alive there is hope.*

呼吸即是财富，活着就有希望。

92. *When your mind is tied into a knot, it is best to reflect deeply into the place where the mind arises and thoughts move.*

心里如果「打结」了，最好能向内观看自己的起心动念处。

93. *When vexations descend upon you, it is best to enjoy the sensation of breathing.*

被烦恼撞着了，此时最好享受自己呼吸的感觉。

94. *An encumbered mind sees a world out of balance. An undisturbed mind sees a world of beauty.*

心中有阻碍时，眼中的世界皆不平；心中无困扰时，眼前的世界都美好。

95. *A closed and clouded mind is suffering. An open and clear mind can transform suffering into happiness.*

心不开朗就是苦，心境豁达就能转苦为乐。

96. *The arising and perishing of phenomena is the way of the world. The wise thoroughly penetrate this arising and perishing.*

生灭现象是世间常态，若能洞察生灭现象，便是智者。

97. *Transform your mind and transform your destiny.*

把心念转过来，命运也就好转过来了。

98. *Wisdom is not merely understanding the sutras; it includes the skillful means to transform vexations.*

智慧并不只是通晓经典，而是要有转化烦恼的巧妙方便。

99. *Vexation is bodhi, but that doesn't mean there is no vexation. Vexations exist, but don't see them as vexations.*

烦恼即菩提，并不是说没有烦恼，而是虽然有烦恼，但是你不以它为烦恼。

100. *With a peaceful mind and physical harmony you will live in happiness.*

只要心平气和，生活便能快乐。

101. *When angry, learn to contemplate and illuminate the mind. Consider your thoughts and ask yourself, "Why do I want to feel angry?"*

面对生气，要学会「反观自照」，照一照自己的心念，问一问为什么要生气？

102. *Mind engaged – things to do. Mind let go – nothing to do.*

操心就有事，放心便无事。

103. *Self-affirmation, self-transformation, and self-dissolution are the three stages in the path from "self" to "no-self."*

从自我肯定、自我提升，到自我消融，是从「自我」到「无我」的三个修行阶段。

104. *Emphasize the cultivation of virtuous karmic causes; do not simply expect delightful karmic effects.*

要重视善因的培育，不要只期待美果的享受。

105. *When you recognize that you lack wisdom, your wisdom has already increased imperceptibly.*

当你体认到自己的智慧不足时，智慧已经在无形中增长了。

106. *The mind should be like a wall, unmoving but functioning.*

心要如墙壁，虽然不动，确有作用。



107. *Be a spotless mirror – clearly and vividly reflecting everything and stained by nothing.*

要做无尘的反射镜，明鉴一切物，不沾一切物。

108. *When everyone is blindly battling each other, it is best to choose another path.*

当大家都在盲目地争夺之时，你最好选择另外一条路走。

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



慈
悲
行
願

Kind Behavior and
Compassionate Vows



1. *Doing good or doing bad is determined in one thought, blessings and wisdom are cultivated through one's mind.*

为为善恶在一念间，修修福慧于方寸中。

2. *A single spark can start a prairie fire, a tiny bit of good intention can save the world.*

星星之火足以燎原，小小善愿能救世界。

3. *Heaven and earth support all sentient beings without condition, should I not share the same compassionate vows?*

天地有作育大德，我岂无慈悲宏愿。

4. *Take on your responsibility by delivering all sentient beings, let go of your attachment by not abiding in any form.*

救度众生是提起，不住着相是放下。

5. *Do not be corrupted by worldly vexations that surround one like dust, do not be deterred by a path beset with difficulties.*

漫天红尘心勿染，遍地荆棘杖竹行。

6. *Compassion brings blessings like a spring breeze; wisdom shines like the warm summer sun.*

慈悲必春风化雨，智慧当日光普照。

7. *Kindness and compassion eliminate suffering and bring forth joy, wisdom eliminates wrongs and dispels false views.*

悲善拔苦慈予乐，智火灭罪慧断惑。

8. *Cultivate great wisdom and great vows and one shall gain infinite blessings and infinite life.*

有大智慧有大愿，无量福德无量寿。

9. *When one sees one's own Buddha nature, the burning house that is our world turns into blooming lotus flowers.*

若见心中如来藏，三界火宅化红莲。

10. *Let your mind function freely, without abiding anywhere or in anything – this is entering the gate of kindness and compassion.*

应无所住而生其心，是入慈悲门。

11. *In one's resolve to pursue the Path lies the giving of fearlessness.*

道心之中有施无畏。

12. *When one puts down all self-centered concerns, one can lift up the world.*

放下万缘时，众生一肩挑。

13. *As you settle your body and mind, you are well on your way to settle your family and career as well.*

安宁身心灵，安定家与业。

14. *The ancient pine tree may be hundreds of years old, yet what is hundreds of years compared to the age of the stars in the sky?*

南山老松早已衰老，北斗寿星尚甚年轻。

15. *The mighty dragon travels in deep seas and vast swamps, the vigorous tiger rests near high cliffs and perilous caves, the able thrive in adversities.*

神龙潜藏深潭大泽，猛虎高卧危崖险窟。

16. *The Buddhadharma is but one flavor -the flavor of liberation through benefiting oneself and others.*

佛法无他，只有壹味，自利利人的解脱味也。

17. *Recite often the name of Guan Yin, Bodhisattva Avalokitesavara, and you will find your way to a peaceful mind, a peaceful life.*

常念观音菩萨，心安就有平安。

18. *Go on a pilgrimage to improve your practice, prayers will be answered and vows will be fulfilled; be respectful, listen intently and sing wholeheartedly, prostrate yourself after every three steps; your body and mind will feel refreshed, karmic obstructions will be removed while blessings and wisdom increase.*

朝山礼拜来修行，祈福消灾愿易成；口唱耳听心恭敬，三步一拜向前行；身心舒畅好感应，业消障除福慧增。



19. *Carrying a bowl filled with alms from a thousand households, I am a lone monk with a bamboo cane who has travelled ten thousand miles; knowing that all comes and goes according to causes and conditions, when causes and conditions dissipate I let go of what's in both hands.*

一钵乞食千家饭，孤僧杖竹万里游；随缘应化莫拥有，缘毕放身撒两手。

20. *Letting go is not giving up, rather it helps one take on new challenges. One cannot take on anything without first letting go. One who can take on and let go of anything in peace is truly free.*

放下不等放弃，是为脱困，是为提起；要能放下才能提起，提放自如是自在人。



人間
智慧

Wisdom of the World

21. *Interprete everything positively, consider everything from a different angle, and do not falter in pursuing one's goals.*

遇事正面解读逆向思考，成事确立方向锲而不舍。

22. *Don't be deterred by life's trials and tribulations, don't be corrupted by worldly pleasures and indulgence.*

路遇悬崖峭壁走过去，巧过人间仙境莫逗留。

23. *Share your power and wealth with all, but treat your joys and suffering as causes and conditions of your own.*

权势财富属社会共享，祸福苦乐乃各人因缘。

24. *When one is not tempted by money, power and fame, one has nothing to fear even when facing an army.*

诱以名利权位不动心，陷于千军万马无所惧。

25. *When you are tempted to blame the enviroment, first look inward at your mind; when you are tempted to fault others, first reflect upon yourself.*

天不错地不错是心错，他有理你有理我没理。

26. *Ask not why one has so few good sons and filial grandsons, ask how one has brought up one's offsprings.*

莫怨孝子贤孙何其少，但问养育儿女怎么教。

27. *Research is key to scholarly pursuits; practice is key to genuine experience.*

学问的领域重在研究，经验的范畴则为实践。

28. *The dark and long nights are easy to pass with dreamless sleep, the other shore across the sea of suffering is easy to reach with the Dharma as your boat.*

漫漫长夜无梦春宵短，茫茫苦海有船彼岸近。



29. *Wisdom will help us overcome all obstacles, virtues will help us build a pure land on earth.*

倚般若杵碎万千障碍，运福德斧
建人间净土。

30. *Command the ship of prajna, wisdom, and help those on the sea of suffering; climb the mountain of nirvana and keep one's mind unperturbed.*

驾行般若船苦海普渡，常登涅槃
山心性不动。

31. *As time goes by, one sees that nothing escapes the law of impermanence.*

河山犹在，景物迁移；日月长运，
人事全非。

32. *Happiness and suffering are both created by one's own mind.*

天上人间乐与苦，自心造作自身受。

33. *The green mountains and bubbling streams, the chirping birds and fragrant flowers – everything around you can be an eloquent Dharma teacher if you know where to look.*

青山绿水广长舌，鸟语花香说妙法。

34. *Education is an undertaking that will have impact for a thousand years, morality is a lodestar that will shine for a hundred generations.*

教育为千秋大业，贤能乃百代楷模。

35. *Even the deepest ocean is not bottomless, even the tallest mountain has a base, everything great starts small.*

水深千丈终见底，山高万里海中升。

36. *For a Buddhist, every day is a good day, everywhere is a good place.*

云门日日是好日，行脚步步履芳草。

37. *The difference between "pure" and "impure" only exists in a discriminating mind.*

世间本无垢与净，只缘自起分别心。

38. *When the sun sets, remember that it will rise again tomorrow; when the sun rises, remember that the sunset is not far behind.*

夕阳西下明天见，旭日东升近黄昏。

39. *Those watching a play often forget it is only a play, those dreaming often forget they are in a dream.*

戏外看戏忘了戏，梦中作梦不知梦。

40. *As soon as thunder and lightning begin, one can expect a rain storm to follow. This is the workings of causes and conditions.*

雨露霜雪本无主，风云雷电应时现。

41. *Turn a crisis into an opportunity, turn a dead end into a new path.*

危机化为转机时，绝路走出活路人。

42. *Heaven and hell are both in one's mind, there is no attaining Buddhahood outside of one's mind.*

天堂地狱由心造，成佛作祖心外无。

43. *You are already near enlightenment if you are aware of your faults; you are near a disaster if you refuse to recognize and rectify them.*

惊觉执迷已近悟，知迷不悟错中错。

44. *Everybody says life is like a dream, so why does everybody refuse to wake from this dream?*

人生若梦谁都会说，终生作梦怎么不醒。

45. *You can plan and plot your life down to the smallest details, yet it is when you let go of all self-centered concerns that your life will finally flourish.*

百千计画忙碌一生，万缘放下前程似锦。

46. *As you do not wait till you are thirsty to start digging a well, do not wait till you are in trouble to start learning the Dharma.*

临渴掘井缓不济急，即时学佛即时解惑。

47. *When you can keep your mind unruffled by the ups and downs in life, you will experience true joy.*

勿因有事而忧，宁为无事而喜。

48. *The study of Ch'an is the study of mind. All phenomena are manifestations of one's mind.*

禅法即是心法，万法由心生灭。

49. *Whoever wakes from this never-ending dream of ours will be far removed from illusions and inverted views.*

大梦谁先觉，离梦想颠倒。



50. *Always keep humility in mind and one can accomplish anything.*

人上有人，山高水长。

51. *Walking is a great way to train one's body and mind. Walking fast helps dispel illusions, walking slowly helps nurture concentration and wisdom.*

走路健康炼身，更可修行炼心，
快走驱遣妄情，慢走发慧习定。

52. *While the moon waxes and wanes, it is always there. When all the obstructions are removed, it reveals itself.*

月缺月圆日，若晦若明时；风雨
无月夜，月亮本常明。

53. *What characterizes an ordinary person: The body is a tree swaying in the wind, the mind a placid lake with the reflection of the autumn moon.*

世俗境：身如玉树临风，心如平
湖秋月。

54. *What characterizes a practitioner:
The body is the Bodhi tree, the mind
a mirror bright.*

修行境：身是菩提树，心如明镜台。

55. *What characterizes one who is
enlightened: There is no Bodhi tree,
nor sign of a mirror bright.*

悟后境：菩提本无树，明镜亦非台。

56. *Existence and emptiness are one
and the same.*

有相无相有无相，真空假空真假空。

57. *Make friends with those who are
honest, sincere, and knowledgeable;
have faith in the Buddhas without
getting caught up by the occult;
learn the Dharma without dabbling
around; revere the Sangha without
blindly following any individual.*

交友应交直谅多闻，信佛当避怪力
乱神，学法幸勿到处摸门，敬僧切
忌盲从个人。



感恩
培福

Cultivating Gratitude
and Blessings



58. *Whether one finds oneself with or without blessings, continue to cultivate them; recognize and remember the kindness of others and never neglect to repay it.*

多福少福当培福，知恩念恩必报恩。

59. *A mind of kindness and compassion will resolve any rivalry; a mind of wisdom will dispel all vexations.*

慈悲心化解怨敌，智慧心驱除烦恼。

60. *Uphold the Three Jewels with a mind of reverence, spread the Dharma and benefit others with a mind of purity.*

恭敬心护持三宝，清净心弘法利生。

61. *View every experience in life with gratitude, make good use of one's life with diligence.*

感恩心体验生活，精进心善用生命。

62. *Virtues are cultivated through a sense of contrition, karmic obstructions are eliminated through a mind of repentance.*

惭愧心增长福德，忏悔心消灭罪障。



63. *As we conserve and cherish our water source so that water will never run dry, recognize and repay the kindness of others so that the chain of kindness will continue.*

怀恩报恩恩相续，饮水思源源不绝。

64. *Persistence will get you through everything, resilience will help you achieve anything.*

坚韧心易度难关，长远心可成大事。

65. *Your mind and my mind are exactly the same as the Buddha's mind; recognize, cherish, and nurture our blessings.*

你心我心同佛心，知福惜福多培福。

66. *Repay one drop of kindness with abundant generosity, return the favor of one meal with utmost devotion.*

涓滴之恩涌泉以馈，一饭之施粉身相报。



67. *When you have water to drink,
share it with others; when you
receive kindness from others,
repay it with gratitude.*

取水饮水以水饮人，受恩谢恩用
恩谢人。

68. *Untie the knot of love and hate, of
passions and enmity; instead, learn
the generosity of kindness and
compassion, of sympathetic joy
and equanimity.*

解开爱恨情仇心结，学习慈悲喜
舍心量。

69. *The kindness of one's parents is
greater than heaven and earth; the
virtues of the Three Jewels are
greater than the countless grains
of sand in the Ganges.*

父母之恩重于天地，三宝之德多
过恒沙。

70. *Be grateful to and repay the
kindness of others. Avoid emotional
entanglement that causes suffering.*

知恩报恩是饮水思源，恩情纠结
会相互伤害。



71. *Harboring gratitude will nurture blessings that you can use all your life, harboring hatred will create obstructions that follow you forever.*

感恩是终生受用的福报，怀恨乃永世纠缠的魔障。

72. *One who does not use his wealth to benefit others is analogous to one who is all dressed up in complete darkness where no one can see him – it is vain and foolish.*

若不善用财富利益世人，便像锦衣夜行暗自骄矜。

73. *The value of managing wealth lies in giving; the reason for possessing money is to cultivate blessings.*

布施是经营财富的价值，种福乃过手财富的原因。

74. *Cultivate blessings, and family wealth may last for a hundred years; be selfish, and family fortunes will not survive three generations.*

家业百年不坠因为积福，富贵不过三代由于自私。



75. *One shall find lifelong happiness by being of service to others. Sow favorable conditions whenever one is able or regrets will follow.*

随时服务他人，终生幸福；有力不结善缘，后悔莫及。

76. *Plant your seeds, weed and fertilize your field, be grateful when you have a full harvest and pray for more auspicious years to come.*

看天播种时，耘草施肥日，丰收感恩月，祈求年年好年。

77. *Those seeking blessings should first plant, cultivate, and cherish the seed of blessings; those seeking wealth should first create good causes and conditions; those seeking longevity should first take good care of one's body and mind; those seeking good luck should first be pleasant and kind to others.*

人生所求四大美事为：求福当先种福，培福，惜福；求禄当先广结善缘；求寿当常保健；求喜先应笑面迎人。



78. *Reflect upon oneself with a sense of contrition, and always be mindful that one has not done enough for and given enough to oneself and others.*

以惭愧心反观自己，时时觉得于己于人总是努力不足奉献不够。

79. *Always reflect upon oneself with a sense of contrition. Without self-reflection on one's behavior, one is in constant danger of going astray.*

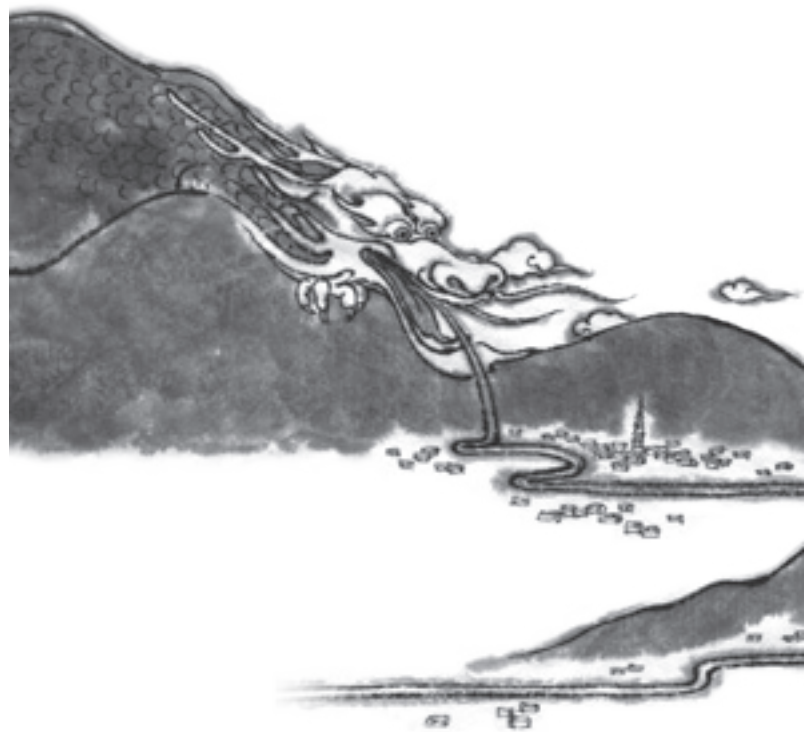
以惭愧心观照本身为人，做人若不自我省察检点邪正，随时有失足之危。

80. *View everything in the world with gratitude. If one is not grateful and does not repay the kindness of others, one will soon run out of good luck.*

用感恩心看待世界事物，做人若不感恩图报以奉献世界，活水便会枯竭。

81. *To live happily ever after, be grateful and respectful to one another, learn from one another, forgive one another, and love and support one another.*

百年相守，相互尊敬感恩，相互学习所长，相互原谅缺失，相互关爱扶持。



積
德
脩
福

Cultivating Virtues
and Merits

82. *Be sincere, and your prayer will be answered; be diligent, and anything can be accomplished.*

真诚必有应，精勤万事成。

83. *Do not slack off because you are smart enough; always compensate for a lack of intelligence with diligence.*

宁以勤勉补笨拙，勿仗聪明而懈怠。

84. *One will not suffer any loss by being disciplined with oneself, one has much to gain by being forgiving towards others.*

严以律己不亏损，宽以待人受益多。

85. *Be content with poverty, but hard work and thrift will lead you to wealth; stay calm in the face of turmoil and keep your mind from being perturbed.*

守贫望富当勤俭，处乱守安不动心。

86. *Simple meals and clothes are as good as fancy ones. Hard work leads to good health and thrift leads to wealth.*

菜根清香布衣暖，勤劳健康节俭富。

87. *While it may seem romantic to seize the moment and enjoy life's pleasure to the fullest, it is doing good deeds whenever and wherever you can that will truly bring you life's blessings and rewards.*

及时行乐乃浪漫，随处修善积功德。

88. *There is always competition. Just focus on your own endeavor without envy or jealousy.*

能中更有能中手，各自努力莫羡人。

89. *Good advice is usually hard to take, just as good medicine usually tastes bitter.*

听诤言未必顺耳，尝苦味的是良药。

90. *Be the heaven-sent rain when there is a draught, be the person who brings warmth and care in the dead of winter.*

枯旱祈降及时雨，隆冬愿作送暖人。

91. *The Phoenix, a symbol of luck, will only nest in an auspicious household, the white crane, a symbol of longevity, will only visit a blessed home.*

凤凰好栖富贵宅，白鹤喜落福寿家。

92. *Keep your mind free from thoughts of gain and loss, and you will be free and at ease at all times.*

心中不存得失想，常作世间无事人。

93. *Those with both talent and virtue will benefit all, those with talent but no virtue will only bring harm.*

才德兼备是贤良，有能无德害群马。

94. *Recognize your wrongs and never repeat them. Even the butcher becomes a Buddha the instant he puts away his knife.*

知过即改不为耻，放下屠刀立成佛。

95. *Beware that wealth rarely lasts and power often corrupts.*

警惕富贵不出三代，小心权势令人堕落。

96. *History teaches us that great men often emerge from difficult circumstances, and that those who sacrifice their own selfish desires for the common good lead society to peace and prosperity.*

自古将相多出寒门，舍己为公天下太平。

97. *Avoid the attachment to one's ego and be open minded, always behave in a way that is helpful to others.*

少些人我是非的执着，多点成人之美的言行。

98. *Cultivating one's blessings is crucial to maintain one's wealth. Where blessings abound, wealth usually follows.*

若望常保富贵，培福要紧，富贵多从积福来。

99. *Boundless blessings are found in upholding and reciting often the name of Guan Yin, Bodhisattva Avalokitesavara.*

受持观世音菩萨名号，得无量无边福德之利。

100. *Rather than plunder another's bowl of rice, plow your own rice field; if you do not have a rice field of your own, then help someone with his.*

争夺他人饭碗莫如自家耕田，自家无田可耕帮人耕田也好。

101. *Always keep in mind the spirit of humility, respect, tolerance, and generosity; always act with the principles of honesty, civility, thrift and diligence.*

常吃谦虚恭敬恕忍宽厚的饭，
多喝诚实礼让勤劳节俭之汤。

102. *Fame and wealth obtained overnight are difficult to keep. Be sensible and realistic.*

一夜致富是暴富，一夕成名乃
虚名，暴富暴发富难守，虚名
不实名累人。

103. *It is difficult to find a kindred soul, but don't let that stop you from befriending others. Minimize worries and vexations, and your blessings will grow while obstructions lessen.*

知音难遇正常事，勿因孤独不
理人；少烦少恼福德长，多思
多虑障碍增。

104. *One who is paranoid is prone to be deceived, one who is understanding is bound to find a helping hand. For richer or poorer, don't hesitate to give, for giving is the key to benefiting oneself, others, and all sentient beings.*

多心防人易遭鬼，知己知彼逢贵人，富贵贫贱皆布施，自利利人利众生。

105. *There are four conditions for a good life: born at the right place, blessed at old age, maintaining a healthy mind in sickness, and death at the right time. This would truly be a life of bliss.*

人生在世，当备四得：生得其所，老得其福，病得健康，死得其时，万千幸福在其中矣。

106. *The wealthy shall cultivate blessings; the poor shall be diligent. Any household that follows these principles will find itself blessed with great wealth and great characters.*

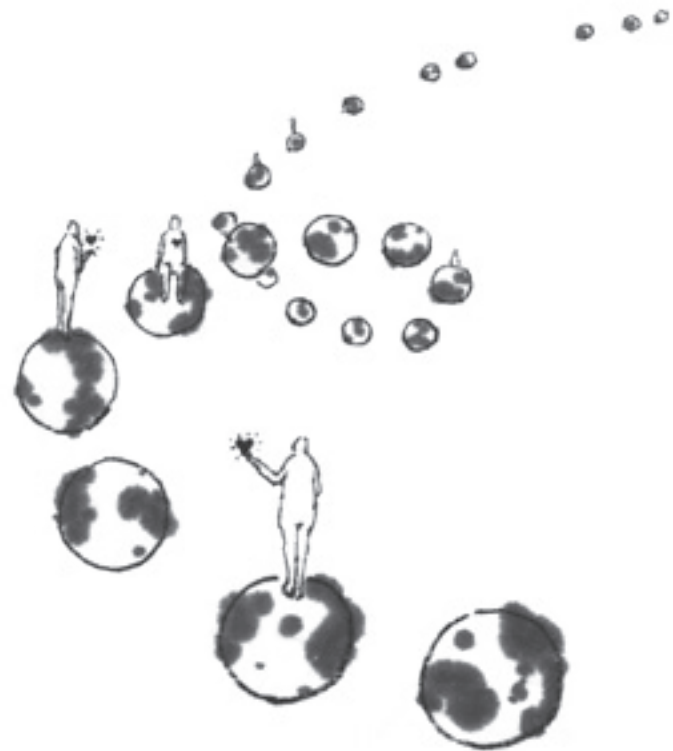
富贵未必只三代，贤哲未必生于寒门；富贵当积德，寒门须勤勉。

107. *Doing good is without condition.*

行善没有条件。

108. *Cherish one's life and always cheer oneself on.*

珍惜生命，为自己加油。



心
環
保

The Environmental
Protection of the Mind



1. *Use ordinary mind to face unordinary circumstances.*

用平常心面对不平常之事。

2. *Even if you're right, don't be harsh to others. Express correct views gently.*

得理让三分，理直气要柔。

3. *Become aware of your breathing the moment you feel agitated or emotional. Experience and feel your breath and you will soon become calm.*

察觉自己情绪起伏、不稳定时，要马上回到呼吸。体验呼吸、感觉呼吸，就能渐渐安稳下来。

4. *The mind is agitated by either the environment or the body. Be watchful of body and mind to maintain a peaceful and stable mind.*

心不安，主要是受到环境或者身体因素的影响。如果能够照顾自己的心，了解自己的身心状况，便能自在平安。



5. *Let others be your mirror. If your words or actions discomfit, shock, or cause concern to others, immediately reflect on your behavior, express remorse, and improve.*

环境是我们的镜子，发现自己的言行举止让他人不舒服、惊讶，或者不以为然，要马上反省、忏悔、改进。

6. *The mind is our teacher. We are in the Pure Land when our mind is unified with whatever we do, wherever we are, at all times, in all places.*

心是我们的老师，我们的心随时随地与当下所做之事、所处的环境合而为一，就是在净土之中。

7. *If other people's praise or criticism affects you – whether it makes you happy or sad – it means that you have neglected to take care of your mind and spirit.*

不管高兴或痛苦，只要是因为他人的评断，而使我们的心受牵动、被影响，就是没有好好保护我们的心，没有做好心灵环保。

8. *Anger may stem from the body, perception, or many other causes. It's not necessarily an indication of poor cultivation. If you can look within, dissolve your anger, you will harm neither yourself nor others.*

生气，可能是身体上、观念上或其他因素引起的烦恼，不一定代表修养不好。如果能够向内心观照，用智慧来化解烦恼，也就不会自害害人了。

9. *Take care of your mind, no matter the situation. Keep inner mind calm and peaceful. This is spiritual health; this is protecting the spiritual environment.*

任何状况下，都要照顾好自己的心，保持内心的平稳与安定，就是心灵的健康，就是心灵环保。

10. *Unpleasant encounters, unhappy situations – we must mend our own minds, not other people's minds.*

遇到不舒服、不愉快的事要调心，调心是调我们自己的心，不是调别人的心。

11. *Someone we like or dislike, happy or difficult situation – treat everything with calmness and equanimity – this is "treating right and wrong with gentleness."*

不论对方是喜欢的人或讨厌的人，
不管遇到任何开心或麻烦的事，
都要心平气和地处理、对待人，
这就是「是非要温柔」。

12. *Gentleness is a mild heart and a flexible attitude toward others and in dealing with situations. It is not a sign of weakness.*

温柔，是以柔和的心、柔顺的态度来对待人、处理事，但并不等于柔弱。

13. *Freedom is not life without obstacles; rather it is the ability to be calm and stable in body and mind when confronting obstacles.*

自在的人生，并不是没有挫折，
而是在有挫折的状况下，仍能保持身心平稳，从容以对。

14. People may seek satisfaction by exploiting the environment, they may seek social justice, they may seek social equality, and indeed they may enjoy some degree of success in these endeavors, but ultimately they will fail to truly bring conflict to an end.

如果人人向自然环境求满足，向社会环境求公正，向他人求平等，尽管会有若干程度的效果，但是终究无法真正化解冲突。

15. Letting go does not mean giving up. Letting go means not thinking of the past, not thinking of the future, a mind that lets go. Giving up means believing in nothing, abandoning all faith and courage.

「放下」不等于「放弃」。

「放下」是不想过去、不想未来，心不执着；「放弃」是什么都不相信，完全失去信心和勇气。

16. When we have faith and hope, we have a future.

有信心，有希望，就能有未来。

17. *Regret is a kind of emotional affliction. Repentance is a practice.*

后悔是烦恼，忏悔是修行。

18. *Being anxious and worrisome is useless. Being mindful and focused is a must.*

担心、忧心没有用，留心、用心却是需要的。

19. *Relax when you are sick, carry on and do what you must do. This is a healthy way to handle sickness.*

把心情放轻松，生病时还是一样地生活，一样地做该做的事，就能病得很健康。

20. *Sickness need not be a source of suffering; the same is true for poverty and physical labor. But when the mind is distressed, that is true suffering.*

病不一定苦，穷不一定苦，劳动不一定苦，心苦才是真正的苦。

21. *Take your illness as an experience.
Then it will not be suffering.*

把生病当成是一种体验，也就不苦。

22. *Take adversity as something
interesting, you will harvest a very
different crop.*

把不如意的事当成是有意思的体验，就会有不同的收获。

23. *If you are prepared for a setback,
then you will not fear setbacks.*

心理上准备受挫折，就不怕有挫折。

24. *It is impossible to have a carefree
life; our bodies may experience
sickness and pain, our work may
be troublesome, the environment
may be beset with calamity. But if
our mind is at peace, then we will
be at peace.*

人生不可能一帆风顺，身体难免有病痛，工作难免受阻碍，自然环境难免起灾害；只要心安，就有平安。

25. *The world can face great danger and calamity at any time. If we are mentally prepared for anything, then when misfortune strikes we reduce the potential injury to the bare minimum.*

这个世界随时可能发生灾难，平时做好预防工作和心理准备，就能在灾难发生时，把伤害减到最低。

26. *If our views are correct, then we know that birth, aging, sickness, and death are natural and we will not blame others.*

如果观念正确，知道生老病死都是自然现象，就不会怨天尤人。

27. *Ponder for two more minutes, and opportunities may reveal themselves; as long as we have one more breath, our potential is unlimited.*

多想两分钟，还有许多活路可走；只要还有一口呼吸在，就有无限的希望。

28. *As long as we have one breath left, when we alter our thinking the environment will change along with it, because the environment is impermanent.*

只要有一口呼吸在，心念一转，环境就会跟着转变，因为环境是无常的。

29. *It does not matter how much the environment changes, as long as we face it with calm and composure, we will certainly find a solution.*

不论外在环境如何改变，只要内心安稳、冷静面对，一定能找到解决问题的办法。

30. *The Chan practice of inner environmental protection is to maintain stability, harmony, clarity, whether we are busy or not, alone or with others.*

无论忙碌与否，独处或群居，内心经常保持着安定、祥和、清明，就是修禅，便是落实心灵环保。

31. *No need to fear the sound of opposition or obstacles. If we can face and accept them then these conditions become a force to help us to grow.*

反对、阻挠的声音并不可怕，能够面对、包容，反而是帮助自己成长的一种助力。

32. *We have to respond to problems with calm. If our minds are not equanimous and harmonious, then we will likely say the wrong things and make the situation worse.*

处理问题要心平气和，心不平、气不和，则容易说错话，让问题更复杂。



盡責
盡分

Fulfilling Responsibilities

33. *If you want to harmonize with the environment, first harmonize yourself.*

要和外在环境和谐相处，首先要跟内在的自我和平相处。

34. *Relax and experience body and mind, then you will be in harmony with yourself.*

放松身心、体验身心，才能够与自我和平相处。

35. *Harmonize yourself first to deeply understand the processes of the self, including your merits and weaknesses.*

能够与自我和谐相处，就能够深切地了解自我，包括自我的优点和缺点。

36. *Do not think you know it all; do not belittle yourself.*

不要自以为是，也不必小看自己。

37. *Do not compare yourself against some standard; do not compare yourself with others. Just be diligent in the present and be prepared at any time for the future.*

不跟自己比，不跟他人比，只知努力于现在，随时准备着未来。

38. *Ordinarily people like to boast about their strengths. Our strengths should be developed, but there is no need to exaggerate them.*

通常人都喜欢彰显自己的优点，优点要发挥、要成长，不必夸张。

39. *People usually hide their shortcomings and avoid confronting them. Face them with openness, and then these shortcomings and other problems will actually decrease.*

人往往会隐藏自己的缺点，不大愿意去面对或承认；若能坦然面对自己的缺点，缺点就会愈来愈少，问题也会愈来愈小。

40. *Know clearly your strengths and weaknesses, observe the meaning of life and existence. This is the beginning of self-affirmation.*

清楚知道自己的优缺点，了解生存与生命的意义，是肯定自我的开始。

41. *To affirm yourself and not attach to strengths or weaknesses, to not become arrogant or regretful and still be diligent in all endeavors – this is an attitude of selflessness.*

肯定自我而对自己的优缺点不执着，不因此骄傲、懊悔，而持续不断地精进努力，便是一种无我的态度。

42. *Each individual has his or her own disposition, wisdom, environment, physical makeup, and background. There is no need to compare. As long as the individual is solid, taking each step in life with certitude and stability, then he or she will be able to make something out of life.*

每个人的条件不同、智慧不同、环境不同、体能不同、背景也不同，不必相提并论；只要脚踏实地，步步稳健，就能走出一条路来。

43. *If you uphold clear principles of life's values and abide by them without being swayed, then as you pass through each stage of life, all experiences will add to the feast of your life.*

人的一生之中，如果能有一个明确的价值观并且坚定不变，则生命过程中的每个阶段，都将是相乘相加的人生飨宴。

44. *Being selfish and self-serving may seem to be a way to protect yourself, but this is not so. One who is self-serving actually harms others and ultimately, himself.*

自私自利，看起来是保障了自己，其实不然，损人者终将害己。

45. *Those who are selfish, self-serving, and insatiable act this way due to feelings of insecurity.*

人之所以自私自利，贪得无厌，是因为缺乏安全感。

46. *Conflicts usually come from an over-assertion of personal views.*

冲突的产生，往往是因为过度强调自我中心。

47. *Self-centeredness is a fundamental factor for survival; from this perspective, it is not necessarily bad. However, if a person's self-centeredness is too strong, always feeling that one is right, with an insatiable desire for gain, or feeling arrogant or self-disparaged, then it will be very difficult to be happy.*

自我中心原是一种生命的动力，不见得是坏事，但是如果自我中心太强，经常自以为是、贪得无厌、傲慢或自卑，自己是快乐不起来的。

48. *If you can transcend selfish and self-serving attitudes, along with thoughts of your own gain and loss, then your heart will truly be open and receptive. Concerns for your own gain and loss will also decrease.*

超越了自私自利、利害得失的自我中心，就能让心胸开阔、包容心增加，得失心也就减少了。

49. *Transcending individual concerns for gain and loss, you will be able to regard society's and humanity's gain and loss as your own concern.*

如果能超越个人的利害得失，便会把整体社会、全人类的利害得失，当成是自己的利害得失。

50. *We hope to have health, happiness, and harmony for ourselves, and we wish that others may have the same. Self-interest exists here, but it is very different from selfishness. Such an attitude of benefiting others is known as Bodhi-mind or bodhichitta.*

我们希望自己健康、快乐、平安，也希望他人健康、快乐、平安的这种愿心，其中也有自我中心，但与自私的自我中心不同，乃是利他的菩提心。

51. *The real value of life comes from offering ourselves to others; this is where we grow and form connections with others.*

人生的价值在于奉献，在奉献之中成长，广结善缘。

52. *There is usefulness in the talents we were born with. When each of us is born, we bring to this world our life purpose and capacities. Our "usefulness" is measured by our ability to contribute to humanity in the history of our times and to the whole of society.*

天生我材必有所用，每个人出生时，就已带着责任和价值来到世上。这份「用处」，是对人类历史负责，对全体社会尽责。

53. *Even though our individual lives are miniscule, as long as we can fully utilize our strengths and develop our capabilities with utmost effort, then we will fulfill our roles of inheriting the past and inspiring the future of civilization.*

个人生命虽然渺小，只要发挥所能所长，克尽一己之力，就是扮演了人类历史承先启后的角色。

54. *As long as gratitude fills our hearts, and we are diligent, then we can be like a tube for blood transfusion- we receive nourishment from our predecessors and we also transport the nourishment we have to future generations. To do this is to fulfill our duty.*

凡事心存感恩，努力当下，把自己当成是承先启后的「输血管」，一方面接受先人的养分，也把自己的养分往下传，就是善尽生命之责。

55. *One day in a monk's life is one day of work. No matter who we are or what status and role we play, as long as we are diligent and responsible, taking hold of the precious present moment, then we protect our spiritual environment.*

做一天和尚撞一日钟，在什么样的身分、职位和角色，就要尽心尽力、尽责尽分，便是把握当下，就是心灵环保。

56. *Offering ourselves, our knowledge, and everything to the benefit of our family, friends, and even all sentient beings without any reservation or complaint is to be someone who everyone needs – an "important person."*

心甘情愿奉献自己的所有、所知，利益家人、亲友，乃至一切众生，成为大众所需要的人，便是一个「要人」。



慈
悲
智
慧

Wisdom and Compassion

57. *The suffering and joy you feel comes from the mind's perception. If you take all of life's favorable and adverse experiences as a process to develop wisdom and compassion, then you are free.*

人生的苦与乐，往往来自心的体验。若能把人生的苦乐，当成是增长慈悲心和智慧心的过程，就是大自在人。

58. *If you do not entertain thoughts of gain and loss, then in Chan you are "one with nothing to do." Having nothing to do does not literally mean doing nothing. Rather, it means your mind is unobstructed when you engage in any task.*

心中不存得失想，便是世间无事人。无事不是没事做、不做事，而是做事、任事之间，心中没有罣碍。

59. *We will be a harmonious and peaceful person if we take the peace, joy, and fortunes of others as our own source of joy, peace, and fortune.*

只要常以众人的安乐为安乐，以众生的幸福为幸福，必然就是一个平安的人了。

60. *Everyone has the capacity to help others. We can help others through our sincere appreciation, encouragement, consolation, and guidance.*

人人都可助人，真心的赞美人、鼓励人、安慰人，给人勉励、疏导，就是在帮助人。

61. *Flowers blossoming and bearing fruit is a natural phenomenon. Flowers blossoming and not bearing fruit is also natural. Both accord with the workings of causes and conditions.*

开花结果是自然现象，开花而不结果也是正常，这就是因缘。

62. *A "cause" can be understood as the main factor, our own subjective initiative; "conditions" are objective, auxiliary factors. We can control the "cause" but the "conditions" must be cultivated and fostered.*

因是主观的条件，缘是客观的因素；主观的条件可以掌握，客观的因素则要经营。

63. *Someone who understands causes and conditions can be freed from the bondage of suffering and afflictions.*

能有因缘的认知，便能从忧苦烦恼得到解脱。

64. *We should not get caught up with success and failure. The diligence and thoughtfulness we put into our work, irrespective of its outcome, can be translated into favorable conditions for our own growth.*

事情的成功与否，虽然不去计较，然而一分努力、一份用心，都是增上缘。

65. *Take hold of the workings of causes and conditions; if they are not "ripe," then wait and continue with diligence. When causes and conditions are ripe then they can be put to good use.*

因缘需要用心把握，假使因缘尚未成熟，不妨再等等吧！等待加上努力，才能在因缘成熟时好好把握。

66. *"Understanding life" is different from merely "accepting life." Accepting life can mean being pessimistic, or giving up on life. Understanding life is to understand that all things exist through causes and conditions. Whatever is supposed to come, favorable or adverse, it will come.*

「知命」与「认命」不同。

「认命」是消极的态度，完全放弃生命的作为；「知命」则是认知万事万物有其因缘，该来的总是会来，顺逆皆然。



67. *Those who understand life will meet life's rewards and challenges with openness.*

若能知命，便能坦然面对人生的际遇。

68. *Under all situations, we have to be respectful to others, be responsible for our obligations, and resolve our own problems with wisdom.*

任何状况下，对人要尊重，对事要负责，对自己要有智慧。

69. *Compassion not only means not harming others but also actively helping others.*

慈悲，是对任何人不仅不去伤害他，还要去帮助他。

70. *Under all circumstances, if we do not harm and obstruct others, then this protects us and others.*

不论何时何地，不伤害人、不妨碍人，就是保护自己，也保护他人。

71. *Don't interact with others or handle situations from your own standpoint. Instead, be objective, or even act from a standpoint that is beyond subjective or objective, and you will be less prone to mistakes and more compassionate and understanding of others.*

不以自我中心的立场，而以客观甚至超越主观、客观的立场来对待人、处理事，自己犯的错误就会少一些，对人也会慈悲些。

72. *There are really no bad people in the world, only those who make mistakes. There are no evil people, only those whose thoughts have deviated from the norm.*

天底下没有真正的坏人，只有做了错事的人；没有真正恶心的人，只是观念出了差错。

73. *Compassion stems from an attitude of equanimity, non-discrimination, and non-opposition toward all people.*

慈悲，是以平等、无差别、非对立的态度，来看待一切人。

74. *Wisdom is the ability to respond to every situation, under all circumstances, with clarity and stability, as if one's own self is reduced to zero.*

智慧，是在任何状况下，心平气和地把自己归零，处理一切事。

75. *Resolution of a problem is good. If it cannot be resolved, or if there are negative repercussions, do not be hindered. As long as we have done our best there is no need for blame.*

问题若能解决，很好！如果不能解决或者留下后遗症，也不必罣碍，只要尽人事，就不必怨天尤人。

76. *Compassion means to help, forgive, accept, and positively influence others. Wisdom in responding to difficult situations means the ability to face, accept, respond, and let go.*

慈悲待人，是帮助他、宽恕他、包容他、感动他；智慧对事，是面对它、接受它、处理它、放下它。

77. *Compassionate love does not distinguish between friend and foe. The manifestation of wisdom is to appropriately resolve all problems.*

慈悲，是怨亲平等地爱护一切众生；智慧，是恰到好处地解决一切问题。



78. *Compassion must be accompanied by wisdom. The kind of compassion that lacks wisdom may very easily end up harming yourself and others. Even with good intentions, such "compassion" is still prone to mistakes and harming others.*

慈悲要有智慧同行，缺少智慧的慈悲，很可能自害害人，虽然存好心，却做了错事、害了人。

79. *Compassion does not mean allowing others to walk all over you or be a deferential phony. Rather, a compassionate person engages in benefiting others and elevating the spiritual environment of humanity.*

慈悲，并不是做烂好人、做乡愿，而是做对人有益有利的事，帮助他人一起提升心灵的品质 and 情操。



快樂
幸福

Happiness and Blessings

80. *In Buddhism, to "live in the world" does not mean to merely "be in the world" or to "attach to the world." To merely be in the world can mean to live without any purpose or to live in confusion, creating more problems for the world. To attach to the world can mean to depend on or be concerned with those things that are only relevant to you.*

人生处世，有人「混世」，有人「恋世」。混世，是浑浑噩噩度日，甚至造成世界的混乱；恋世，是对世间依恋不舍，执着与自己相关的一切。

81. *In Buddhism there are also such concepts as to "enter the world" and to "transcend the world." To enter the world means to participate in and help the world. It is an attitude that gives primacy to benefiting others. To transcend the world refers to those who prefer to dwell in the mountains and forests and not get involved with worldly affairs so as to focus on spiritual practice.*

人生处世，也有「入世」、「出世」两种态度。入世，是参与世间，救济世界，以助人为己任；出世，则是隐遁山林，不问世事，自顾自地修行。

82. *Bodhisattvas have the heart that transcends the world but actions that enter the world. They are involved with the society and help all those who need it, without concerns of worldly fame, recognition, or reward. These are the actions of a truly liberated practitioner.*

菩薩行者，以出世的心做入世的工作：他们走入社会、关怀社会、救苦救难，却不恋栈世间荣华，不贪求名闻利养，这才是真正的解脱者。

83. *We have to know that life is full of challenges. If we are mentally prepared for them, then we will not feel obstructed when they arise.*

认知人生不如意事十常八九，不如意乃意料中事，就不会觉得不自在了。

84. *If we recognize that the world is imperfect, that showers may bring life, but thunderstorms destroy, then we will not anticipate everything to be perfect.*

肯定这个世界是不完美的，有「及时雨」，也有「暴风雨」，便不会过份期待完美了。

85. *We should often ask ourselves, "Am I happy?" "Am I truly happy?" Happiness is not some external stimulus, but a genuine sense of wellbeing and serenity.*

我们应该常常问自己快乐吗？真的快乐吗？快乐，并不是来自物质条件的刺激，而是内心真正的安定与平静。

86. *To refrain from hurtful words is to extend care toward others and ourselves.*

与人相处，口不出恶言，就是保护他人，也保护自己。

87. *When we interact with others, giving them space is to give ourselves space.*

与人互动，给人空间就是给自己空间。

88. *We have to maintain an enthusiastic and positive attitude in whatever we do. When we are happy, those around us will also be happy.*

做任何事，一定要抱持积极乐观的态度，自己快乐，才能让他人也快乐。

89. *Pursuing happiness without taking responsibilities produces a happiness that is short-lived and burdensome.*

人如果只追求快乐，而不愿意负责任，这种快乐并不持久，而往往成为心理上的负担。

90. *When we offer ourselves to the benefit of others, we grow. We feel a sense of accomplishment. Such feelings bring joy and consolation.*

当我们为他人奉献时，自己就是在成长，会有一种成就感；这种成长与成就感交织的喜悦，乃是欣慰的快乐。

91. *When we look at the world with hatred, revenge, and insatiable desire, we drive happiness far away.*

以厌恶、仇恨心看世界，或让欲望无止尽地增长，都与快乐背道而驰。

92. *Benefiting others more and lessening selfishness brings peace, harmony, and happiness.*

多一分奉献心，少一点自私自利，就有平安，就会快乐。

93. *Earn money without selfishness and allow everyone to earn money. When everyone has the opportunity to earn wealth, this is the most reliable kind of wealth.*

赚钱不自私，有钱大家赚；大家有钱赚，才是最可靠的财富。

94. *There is a proper way to acquire wealth. In addition to our own good fortune accumulated from past lives, we have to be diligent this life and broadly establish affinities with others.*

财富要取之有道，除了与生俱来的福报，还要加上后天的努力，并且广结人缘。

95. *There is monetary wealth, wealth in wisdom, and wealth in blessings. Having all three assures peace, health, happiness and blessings.*

财富有世间财、智慧财和功德财，若能三者兼备，一定平安、健康、快乐、幸福。

96. *To do good deeds and help others leads to wealth in blessings. Correct views and the knowledge to alleviate vexations is wealth in wisdom.*

多做好事，多给人方便，是功德财；观念正确，懂得化解烦恼，是智慧财。

97. *Monetary wealth is important, but if it is used to save lives and do philanthropic work, then you are truly a rich and honorable person.*

世间财固然重要，若能把财富当成是工具，用来布施救济、公益行善，才是真正的大富贵者。

98. *To have a happy life, develop these three Qs: IQ to learn, EQ to manage oneself and others, and the MQ, moral intelligence, to cultivate, benefit, and care for others.*

幸福人生要有「三Q」：「IQ」学习能力、「EQ」情绪管理能力，以及「MQ」道德的品质，后者即帮助人、利益人、关怀人。

99. *The more challenges we face in the environment, the more we must take care of our body and mind to do more beneficial things for others.*

外在环境愈是不景气，个人愈是要保持身心健康，多做些有益于人的事。

100. *Those who benefit others do not worry about being taken care of. When we have altruistic vows, we will have the mental fortitude to take care of others and ourselves.*

有奉献心的人，就不会担心自己不受照顾；有了愿心，便有心力去照顾人。能够照顾人，也能够照顾自己。

101. *Our lifespan may be brief, but our compassionate vows must be unlimited.*

人的一期生命虽然短暂，却要发无限的悲愿心。

102. *Exert yourself in all your efforts and accord with the flow of causes and conditions. When conditions become ripe, our work will bear fruit.*

凡事尽心尽力，随顺因缘，缘熟事成。

103. *All the things we do for the benefit of sentient beings will eventually be completed if we have the heart to accomplish them.*

为了众生所做的一切事情，必能心想事成。

104. *It doesn't matter if a good deed is big or small. Always have good intentions and then your mind will be at peace.*

行善没有大小之分，只要抱着一个善念，心就是平安的。

105. *The best kind of vow brings
benefits to yourself and others.
But if a vow is only for your
benefit, make sure that it does no
harm to others.*

最好能够发利人利己的好愿，
至少要做到利己而不损人，对
他人没有伤害。

106. *There is an order to developing
aspirations. Begin small with
what's close at hand. Start with
good intentions, positive speech,
and good deeds. These are things
that everyone can do and vows
that everyone can make.*

发愿有其次第，从小处着手，
从近愿开始。存好心、说好话、
做好事，是人人可以做到，人
人可发的善愿。

107. Positive speech, good deeds, and the lessening of negative karma can change your lot in life. These are the conditions that can transform collective karma.

说好话、做好事，少造恶业，就能改变个人的命运，也能把人类的共业扭转过来。

108. We can let others know of our good deeds but we should not expect rewards. We can encourage everyone to do good deeds, so that doing good things becomes the norm. We will create positive influences and lasting effects.

为善要让人知，却不求回报。我们鼓励大家都来做好事，让好事更普及、更多响应、更长久。

The Founder of Dharma Drum Mountain Master Sheng Yen (1930-2009)

Master Sheng Yen was one of the twentieth century's foremost Buddhist teachers, scholars and meditation masters, and was instrumental in the revival of Chinese Buddhism in modern times.

Master Sheng Yen became a novice Buddhist monk at the age of 13. After 15 years of rigorous scriptural study and meditation he entered into a solitary six-year meditation retreat to deepen his realization. He later received formal lineage transmission in both the Linji (Rinzai) and Caodong (Soto) lines of Chan (Zen) Buddhism.

Master Sheng Yen understood that advanced formal education would be required to revive Chinese monasticism and in 1969 he went to Japan to pursue graduate studies. In six years he obtained master's and doctor's degrees in Buddhist Literature from Rissho University, becoming the first monk to earn a doctorate in the history of Chinese Buddhism.

For the last thirty years of his life, he tirelessly devoted all of his energy to advancing Buddhist education, reviving the tradition of rigorous education for monks and nuns, leading intensive Chan meditation retreats worldwide, engaging in interfaith outreach, and working on behalf of world peace, youth development and the environment.

Dharma Drum Mountain World Center for Buddhist Education

Tel: 886-2-2498-7171 Fax: 886-2-2498-9029

Address: No. 14-5, Lin 7, Sanjie Village, Jinshan,

Taipei County 20842, Taiwan

Website: www.ddm.org.tw

法鼓山创办人 / 圣严法师 (1930-2009)

「风雪中的行脚僧」圣严法师，被认为是「四百年来台湾最具影响力的五十位人士」之一；充满颠沛流离、考验与转折的人生，正是一场实践佛法的历程。

法师自幼体弱，十四岁狼山出家，历经沙弥、学僧、军旅生涯，于三十岁再度出家后，在山中闭关六年。而后为提高中国佛教地位，于不惑之龄留学日本。取得博士学位后，历任大学教授、研究所所长、美国佛教会副会长及译经院院长，并创办中华佛学研究所、僧伽大学与法鼓大学，积极培养佛教高等研究人才。

法师传承禅门临济宗及曹洞宗法脉，深入经藏，融通各派，化世无碍；1975年起旅美弘化，此后长年驻锡美台两地，并至世界各地指导禅修。1989年创建法鼓山，建立「世界佛教教育园区」，以「心灵环保」实践「提升人品，建设净土」的理念，逐步扩建成海内外弘法、禅修、文化、教育、关怀的组织体系，为当代汉传佛教开展辉煌的人间新貌。

法师擅长以现代语文和观点普传佛法，已有中英日文著作百余本，多种著作译为多国语言流布，曾获多项文艺、学术、文化奖及其它多种奖项。

法鼓山世界佛教教育园区

电话：886-2-2498-7171 传真：886-2-2498-9029

地址：20842台北县金山乡三界村七邻半岭14-5号

网址：www.ddm.org.tw

Purpose of Sheng Yen Education Foundation

The foundation promotes educational initiatives that help people to know, stabilize, and purify their minds so that they can improve society. The foundation's mission is based on Master Sheng Yen's vision of "Uplifting the individual character of humanity and building a Pure Land on earth." The foundation pursues the following objectives:

1. To assemble, organize, research, categorize, classify, translate, compile, print, produce, and publish Master Sheng Yen's works, including books, publications, and audio-visual information, as well as to promote, propagate, and provide free copies of such works to people throughout the world in order to improve and enrich the individual and society, and to bring about a pure land on earth.
2. To draw upon Master Sheng Yen's vision in reviving Buddhist education, the foundation funds academic research on Buddhism, publication of Buddhist works and educational undertakings that seek to improve the well-being of humanity and society.

Master Sheng Yen believed that the realization of a pure land on earth hinges upon purifying the human mind, and that education is critical to this endeavor. The foundation hopes to play a part in providing the education that contributes to purifying society, and spreading the message of Buddhism so that peace and harmony prevail and a pure land on earth emerges.

圣严教育基金会 / 简介

本基金会依循圣严法师「提升人的品质，建设人间净土」之思想理念，推展净化人心、净化社会的教育事业；主要工作有：

- 一、整编圣严法师之著作、影音资讯等各种文献文物，分门别类作研究、翻译、编印、制作、发行等；并推广、赠送至全球各社群，以期人类品质普遍提升，推进人间净土实现。
- 二、奖助、推动与圣严法师思想理念相契之佛教教育事业，如：佛教学术研究、佛教著作出版，以及与净化人心、净化社会等相关之教育工作。

圣严法师说，人间净土的实现，在于人心的净化；而人心的净化，首重思想及理念的传播与教育。本会自期透过有效的方法，让圣严法师的思想、理念融入现在及未来的人类社会，传达佛法平安的讯息，奉献净化的功能于纷扰的世界。

圣严教育基金会 汇款/邮政划拨帐号

1. 邮政划拨方式

邮政划拨帐号：19960123

户名：财团法人圣严教育基金会

2. 国内电汇方式

银行名称：台湾银行 / 仁爱分行

户名：财团法人圣严教育基金会

银行代码：004 分行代号：1229

帐号：122001009873

3. FOREIGN REMITTANCE

Bank Name: BANK OF TAIWAN, JEN AI BRANCH.

TAIPEI, TAIWAN

Swift Code: BKTWTP122

Account No.: 122001009873

Beneficiary: Sheng Yen Education Foundation

Bank Address: No.99, Sec. 2, Jen-Ai Road, Taipei, Taiwan

敬邀您来赞助「圣严教育基金会」
各项弘化推广工作

Title: 108 adages of wisdom (English. Chinese)-Paperback

Author: Master Sheng Yen

Editor: Fashin Association of Dharma Drum Mountain

Cover calligraphy art by: Master Sheng Yen

Ever the feeling-toward self, toward others-
of a lack of effort, an insufficient offering. In
all places a sense that-every situation, each
person-is a helpful condition for growth.

Cover calligraphy: Huang Dusheng

Inner inscription: Jorng Hung Nien

Inner illustration: Chen Yung-Mo, Li Ling Chen

Distributed & Promoted by: DDM General Association of
Dharma Upholders

Publisher: Sheng Yen Education Foundation

Address: 2F, No. 48-6, Section 2, Jen Ai Road, Taipei 10056, Taiwan

Telephone No. : 886-2-2397-9300

Fax No. : 886-2-2393-5610

Service lines for free distribution books: 886-2-2397-5156

E-mail: syf@shengyen.org.tw

Website: www.shengyen.org.tw

All rights reserved. This book is produced for free
distribution and not for sale. You are most welcome to copy,
reproduce and circulate this book. We ask that you do not
alter the content of this book as you do so.

First edition first print: November 2010

First edition fourth print: June 2013 (3,000 copies)

ISBN: 978-986-6443-33-6

书 名：圣严法师108自在语合辑
（英文、中文简体）－平装本

著 者：圣严法师

编 辑：法鼓山法行会

封面题字：圣严法师
时时觉得于己于人总是努力不足奉献不够
处处感到凡事凡物都是自己的增上助缘

书名题字：黄笃生

内页题字：锺弘年

内页插图：陈永模、陈俐陵

推广流通：法鼓山护法总会

出 版 者：财团法人圣严教育基金会

地 址：10056台北市中正区仁爱路二段48之6号2楼

电 话：886-2-2397-9300

传 真：886-2-2393-5610

结缘书服务专线：886-2-2397-5156

E - mail：syf@shengyen.org.tw

网 址：www.shengyen.org.tw

结缘用书·版权所有·108自在语欢迎流通翻印
～ 翻印请勿修改内容以尊重版权 ～

初版一刷：2010年11月
初版四刷：2013年06月(3,000本)
I S B N：978-986-6443-33-6



本书采用环保大豆油墨印制