

電子檔下載

安汝心

聖嚴

108 自在語

108 adages of wisdom

Master Sheng Yen
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聖嚴教育基金會

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108 adages of wisdom

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108 adages of wisdom

108自在語

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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.*

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授
人
品

Becoming a Good
Human Being

1. 需要的不多，想要的太多。

Our needs are few; our wants many.

2. 知恩报恩为先，利人便是利己。

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.

3. 尽心尽力第一，不争你我多少。

Do your utmost – no matter who gains or loses.

4. 慈悲没有敌人，智慧不起烦恼。

Compassion has no enemies; wisdom, no vexations.

5. 忙人时间最多，勤劳健康最好。

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

6. 布施的人有福，行善的人快乐。

The charitable are blessed; the virtuous, happy.

7. 心量要大，自我要小。

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



8. 要能放下，才能提起。提放自如，是自在人。

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.

9. 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。

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.

10. 提得起放得下，年年吉祥如意；用智慧种福田，日日都是好日。

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!

11. 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。

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.



12. 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。

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.

13. 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。

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.

14. 四安：安心、安身、安家、安业。

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

15. 四要：需要、想要、能要、该要。

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



16. 四感：感恩、感谢、感化、感动。

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

17. 四它：面对它、接受它、处理它、放下它。

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

18. 四福：知福、惜福、培福、种福。

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

19. 能要、该要的才要；不能要、不该要的绝对不要。

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



20. 感恩能使我们成长，报恩能助我们成就。

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

21. 感谢给我们机会，顺境、逆境皆是恩人。

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

22. 遇到好事，要随喜、赞叹、鼓励，并且虚心学习。

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

23. 少批评、多赞美，是避免造口业的好方法。

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

24. 平常心就是最自在、最愉快的心。

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



25. 踏实地走一步路，胜过说一百句空洞的漂亮语。

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

26. 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。

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

27. 多听多看少说话，快手快脚慢用钱。

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

28. 唯有体验了艰苦的境遇，才会有精进奋发的心。

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

29. 踏踏实实做人，心胸要广大；稳稳当当做事，着眼宜深远。

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





享
受
工
作

Enjoying Work

30. 忙而不乱，累而不疲。

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

31. 忙得快乐，累得欢喜。

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

32. 「忙」没关系，不「烦」就好。

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

33. 工作要赶不要急，身心要松不要紧。

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

34. 应该忙中有序的赶工作，不要紧张兮兮的抢时间。

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

35. 不要以富贵贫贱论成败得失，只要能尽心尽力来自利利人。

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



36. 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。

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

37. 随遇而安，随缘奉献。

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

38. 成功的三部曲是：随顺因缘、把握因缘、创造因缘。

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

39. 见有机缘宜把握，没有机缘要营造，机缘未熟不强求。

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



40. 人生的起起落落，都是成长的经验。

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

41. 用智慧处理事，以慈悲关怀人。

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

42. 以智慧时时修正偏差，以慈悲处处给人方便。

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

43. 慈悲心愈重，智慧愈高，烦恼也就愈少。

Deep wisdom, great compassion: few vexations.

44. 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。

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



45. 心随境转是凡夫；境随心转是圣贤。

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

46. 大鸭游出大路，小鸭游出小路，不游就没有路。

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

47. 山不转路转，路不转人转，人不转心转。

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

48. 「精进」不等于拚命，而是努力不懈。

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



49. 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。

*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.*

50. 给人方便等于给自己方便。

*Making life easier for others is
making your life easier for yourself.*

51. 甘愿吃明亏，是仁者；受辱吃暗亏，是愚蠢。

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

52. 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。

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



53. 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。

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

54. 随时随地心存感激，以财力、体力、智慧、心力、来做一切的奉献。

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

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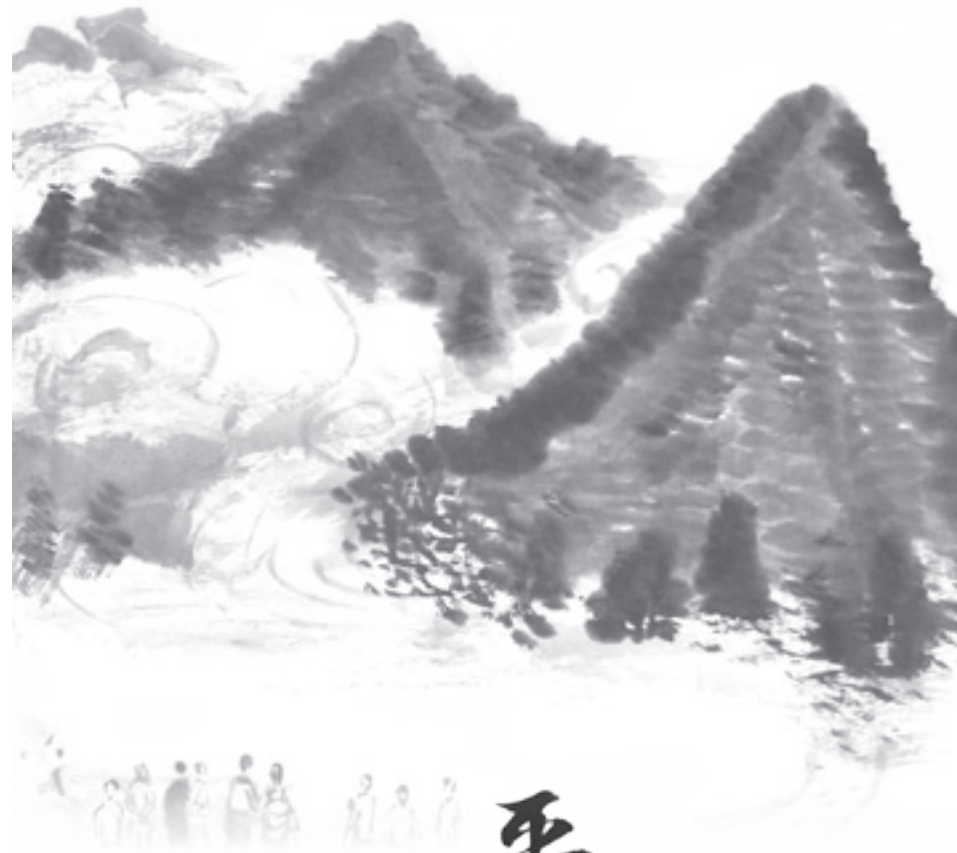
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平生

Living Peacefully
and Calmly

55. 生命的意义是为了服务，生活的价值是为了奉献。

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

56. 人生的目标，是来受报、还愿、发愿的。

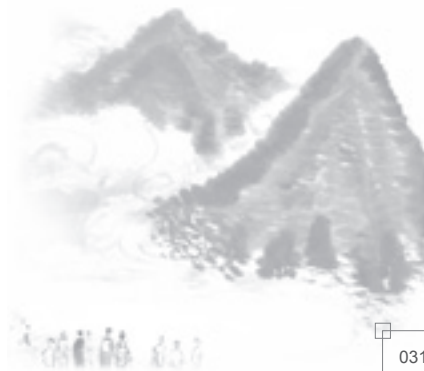
*The aim of life is to receive karmic
retribution, fulfill vows, and make
new ones.*

57. 人的价值，不在寿命的长短，而在贡献的大小。

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

58. 过去已成虚幻，未来尚是梦想，把握现在最重要。

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



59. 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。

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

60. 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。

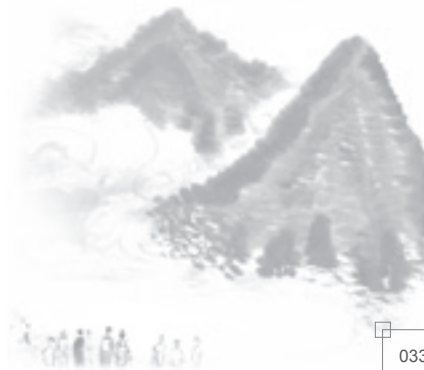
Wisdom is not simply knowledge, nor experience, nor idle speculation; it is an attitude that transcends self-centeredness.

61. 积极人生，谦虚满分；自我愈大，不安愈多。

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

62. 上等人安心于道，中等人安心于事，下等人安心于名利物欲。

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.



63. 你是有哪些身分的人，就应该做那些身分的事。

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

64. 在安定和谐中，把握精彩的今天，走出新鲜的明天。

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

65. 担心，是多余的折磨；用心，是安全的动力。

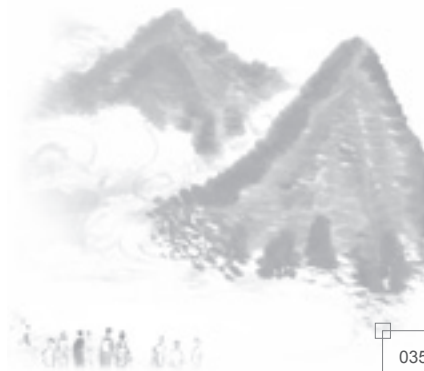
*Worry causes needless injury!
Mindfulness brings security.*

66. 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。

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.

67. 面对生活，要有「最好的准备，最坏的打算」。

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



68. 只要还有一口呼吸在，就有无限
的希望，就是最大的财富。

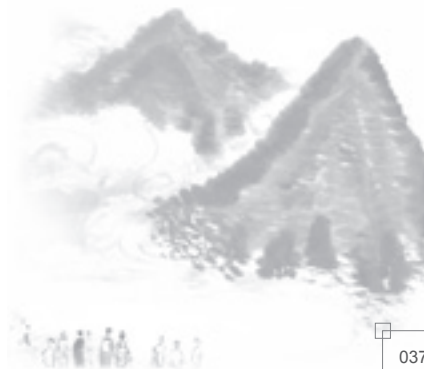
*Even with a single breath remaining,
hope is unlimited, and that is untold
wealth.*

69. 救苦救难的是菩萨，受苦受难的
是大菩萨。

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

70. 超越生老病苦三原则：活得快乐、
病得健康、老得有希望。

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



71. 超越死亡三原则：不要寻死、不要怕死、不要等死。

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

72. 死亡不是喜事，也不是丧事，而是一件庄严的佛事。

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

73. 每一个孩子，都是帮助父母成长的小菩萨。

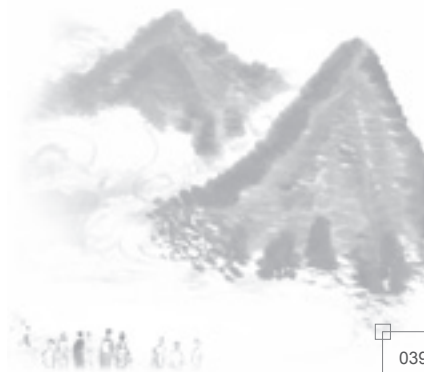
Every child is a little bodhisattva that helps his or her parents grow.

74. 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。

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

75. 爱你的孩子，与其担心，不如祝福吧！

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



76. 夫妻是伦理的关系，不是「论理」的关系。

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

77. 能不乱丢垃圾，随时清捡垃圾，都是做的功德。

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

78. 眼光，是你的智慧；运气，是你的福德。

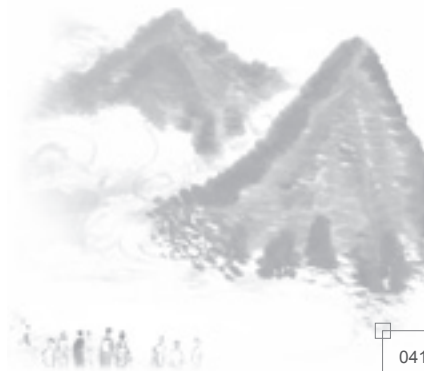
Insight comes from wisdom; good fortune, from merit.

79. 喜爱的就想占有，讨厌的就会排斥，患得患失，烦恼就来了。

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

80. 经常少欲知足的人，才是无虞匮乏的富人。

Having few desires bring riches without worry.



81. 心不平安是真正的苦，身体的病痛不一定是苦。

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

82. 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！

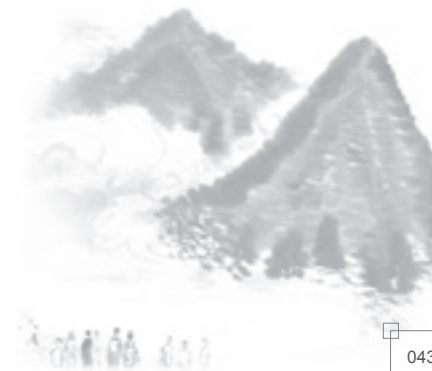
Know clearly that an unsettled mind is trouble. Right then and there – recite "Homage to Guan Yin, Bodhisattva Avalokitesavara" to calm your mind.

83. 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。

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

84. 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。

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





幸福人间

Happiness in this World

85. 好话大家说，好事大家做，好运大家转。

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

86. 大家说好话，大家做好事，大家转好运。

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

87. 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。

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.

88. 急须要做，正要人做的事，我来吧！

An urgent task needs immediate attention? Be ready now!



89. 我和人和，心和口和，欢欢喜喜有幸福。

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

90. 内和外和，因和缘和，平平安安真自在。

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

91. 自求心安就有平安，关怀他人就有幸福。

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

92. 人品等于财富，奉献等于积蓄。

Character creates wealth; giving creates savings.

93. 奉献即是修行，安心即是成就。

Offering yourself is cultivation; calming your mind is success.



94. 拥有的多，不一定让人满足；
拥有的少，不一定让人贫乏。

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

95. 现在所得的，是过去所造的；
未来所得的，是现在所做的。

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

96. 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。

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

97. 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。

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



98. 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。

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.

99. 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。

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

100. 大的要包容小的，小的要谅解大的。

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

101. 以全心全力关怀家庭，用整体生命投入事业。

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



102. 戒贪最好的方法，就是多布施、多奉献、多与人分享。

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

103. 包容别人时，双方的问题就解决了。

Disputes are best settled by tolerance.

104. 学佛的人，有两大任务：庄严国土，成熟众生。

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.

105. 要做无底的垃圾桶，要学无尘的反射镜。

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

106. 烦恼消归自心就有智慧，利益分享他人便是慈悲。

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



107. 用惭愧心看自己，用感恩心看世界。

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

108. 净化人心，少欲知足；净化社会，关怀他人。

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

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自在人生

Living a Life of Freedom

1. 谦下尊上，是菩萨行者的功课。

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

2. 用奉献代替争取，以惜福代替享福。

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

3. 自爱爱人，爱一切众生；自救救人，救一切众生。

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

4. 利他，是不求果报及回馈的清净心。

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

5. 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。

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.





6. 道理是拿来要求自己，不是用来苛求他人。

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

7. 要有当别人垫脚石的心量，要有成就他人的胸襟。

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.

8. 让人产生误解，就是自己的不是。

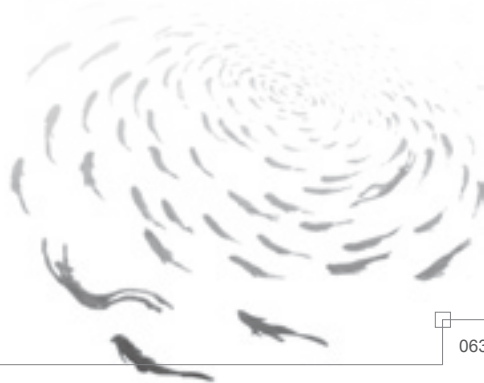
If you let other people misunderstand you, it's nobody's fault but your own.

9. 做事时多为别人想一想，犯错时多对自己看一看。

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

10. 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。

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



11. 放不下自己是没有智慧，放不下他人是没有慈悲。

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

12. 与人相遇，一声「我为你祝福！」就能赢得友谊，获得平安。

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

13. 对人付出友谊，伸出援手，就是在散发和乐平安的光芒。

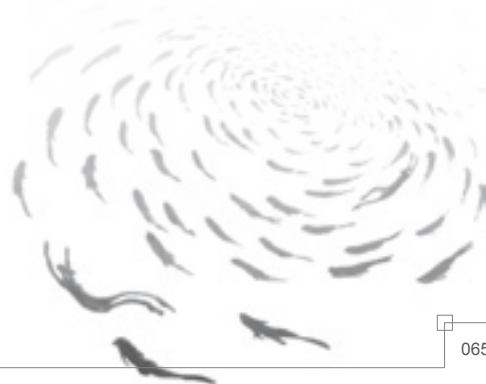
Offer friendship and a helping hand to others, and so be a beacon of harmony, happiness, peace and calm.

14. 少点口舌少是非，多点真诚多平安。

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

15. 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。

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





16. 要把众生的幸福提起，要把自我的成就放下。

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

17. 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。

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

18. 刚强者伤人不利己，柔忍者和众必自安。

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

19. 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。

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.





20. 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。

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

21. 有智慧作分寸的人，一定不会跟人家喋喋不休。

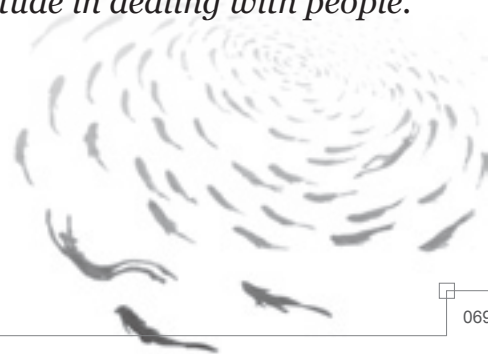
One with wisdom and restraint will never engage in frivolous chatter.

22. 和和气气与人相处，平平安安日子好过。

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

23. 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。

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.





24. 为他人减少烦恼是慈悲，为自己
减少烦恼是智慧。

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

25. 不要拿自己的鞋子叫别人穿，也
不要把别人的问题变成自己的问
题。

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

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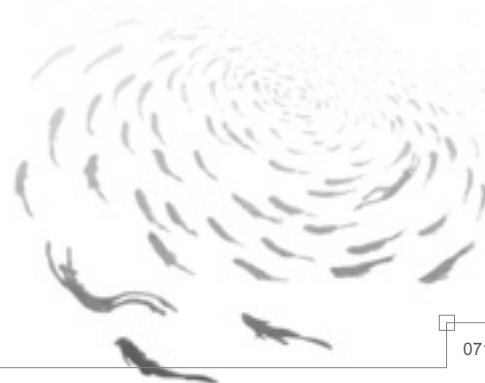
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简单生活

Living a Simple Life

26. 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。

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.

27. 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。

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

28. 逢人结恩不结怨，必能和谐相处、
生活愉快。

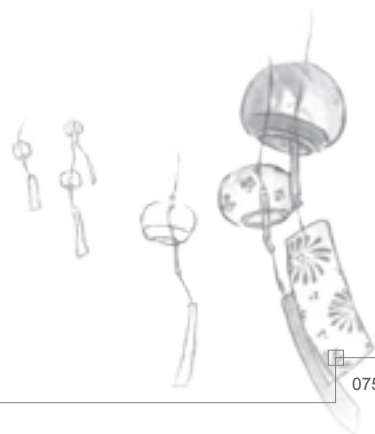
When you meet others, connect with kindness, not resentment, and you will enjoy relationships of harmony and a life of joy.

29. 一个笑容，一句好话，都是广结
善缘的大布施。

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

30. 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。

Reduce pointless emotions and avoid unnecessary trouble.



31. 奉献是为了报恩，忏悔是为了律己。

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

32. 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。

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

33. 做人处事要「内方」而「外圆」，「内方」就是原则，「外圆」就是通达。

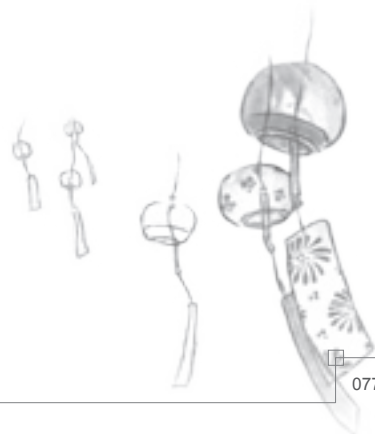
When you interact with other people, be "square" within and "round" without. "Square" means to adhere to principle. "Round" means to be accommodating and understanding.

34. 当我们无力帮助他人，至少可以停止伤害别人。

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

35. 多积一点口德，少造一点口过，就是培福求福的大功德。

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



36. 人生要在和谐中求发展，又在努力中见其希望。

Grow in harmony; strive in hope.

37. 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。

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

38. 家庭的温暖在于互敬互爱，家庭的可贵在于互助互谅。

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

39. 做老板，得失心要少一些，把诚心、信誉放在心上，便会有胜算。

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

40. 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。

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.



41. 内心的苦难，增长我们的智慧；
生活的苦难，增进我们的福报。

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

42. 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。

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

43. 清楚知道自己的「需要」，化解个人欲望的「想要」。

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

44. 凡事要正面解读，逆向思考。

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

45. 失败了再努力，成功了要更努力，便是安业乐业的准则。

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



46. 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。

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

47. 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。

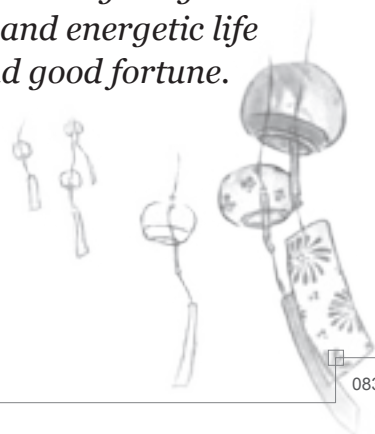
With maturity, there are no cares about the past; with intelligence, there are no doubts about the present; with an unobstructed mind, there is no worry about the future.

48. 顺逆两种境遇都是增上因缘，要
以平常心与感恩心相待。

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

49. 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。

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.



50. 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。

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.

51. 化解不愉快的方法，是要诚恳、主动、明快，不要犹豫、被动、等待。

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

52. 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。

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.

53. 活在当下，不悔恼过去，不担心未来。

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



54. 减轻压力的好办法，就是少存一些得失心，多用一点欣赏心。

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

55. 对于过去，无怨无悔；对于未来，积极准备；对于现在，步步踏实。

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

56. 不要光是口说感恩，必须化为报恩的行动。

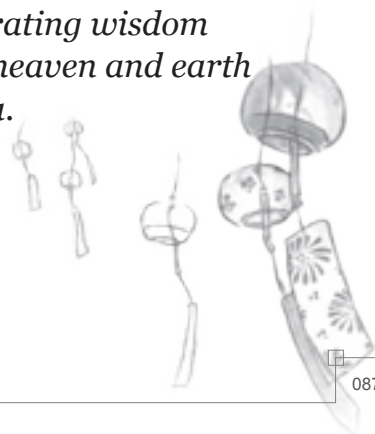
Don't just express gratitude. Make it a reality.

57. 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。

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.

58. 把自我的利害得失放下，才能有通达天地万物的智慧。

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.





如意
吉祥

May you have Good Luck
and Good Fortune

59. 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。

*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.*

60. 人往往因为没有认清自己，而给自己带来不必要的困扰。

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

61. 人生第一要务是学做人，那就是
尽心、尽力、尽责、尽份。

*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.*

62. 处理私人的事可以用「情」，
处理公共事务，就必须用「理」。

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



63. 与其争取不可能得到的东西，
不如善自珍惜运用所拥有的。

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

64. 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。

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

65. 若能真正放下一切，就能包容一
切，拥有一切。

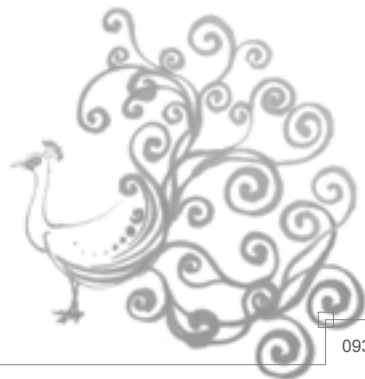
*If you truly let go of everything,
then you can encompass everything
and everything becomes yours.*

66. 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。

*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.*

67. 不要跟他人比高比低，只要自己
尽心尽力。

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



68. 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。

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

69. 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。

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

70. 只要无所贪求，无所执着，即能保有尊严，他人是奈何不得的。

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

71. 若能珍惜当下每一个因缘，每一个当下，都是独一无二的。

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

72. 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。

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.



73. 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。

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.

74. 说话算话，用真心讲实话，用好心讲好话，就是立言。

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

75. 虽然身为平常人，责任心要担起来，执着心应放下些。

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

76. 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。

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.



77. 一帆风顺时，不要得意忘形；
一波三折时，不必灰心丧志。

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.

78. 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。

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

79. 人生要在平淡中求进步，又在艰苦中见其光辉。

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

80. 人生要在安定中求富足，又在锻炼中见其庄严。

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

81. 拥有稳定的情绪，才是立于不败之地的基础。

Keeping your emotions steady is the foundation of unobstructed success.





心
靈 Spiritual Development
成長

82. 心不隨境，是禪定的工夫；心不離境，是智慧的作用。

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.

83. 以退為進、以默為辯、以奉獻他人為成就自己的最佳方法。

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

84. 佛在心中，佛在口中，佛在我们的日常生活中。

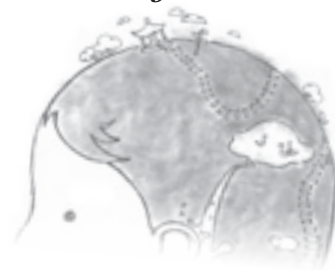
Buddha in mind, speech, and daily life.

85. 慈悲是具有理智的感情，智慧是富有彈性的理智。

Compassion is judicious affection. Wisdom is flexible intelligence.

86. 南北東西都很好，行住坐臥無非道；心中常抱真慚愧，懺悔報恩品最高。

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.



87. 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」。

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."

88. 当烦恼现前，不要对抗，要用惭愧心、忏悔心、感恩心来消融。

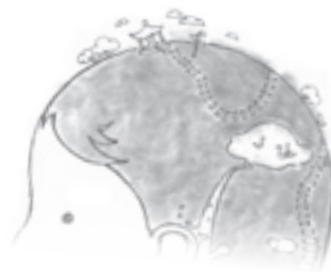
When vexations arise, do not contend with them, but extinguish them with a mind of humility, repentance, and gratitude.

89. 踏实的体验生命，就是禅修。

To wholly experience life is to practice Chan.

90. 拥有身心的健康，才是生命中最大的财富。

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



91. 呼吸即是财富，活着就有希望。

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

92. 心里如果「打结」了，最好能向内观看自己的起心动念处。

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

93. 被烦恼撞着了，此时最好享受自己呼吸的感觉。

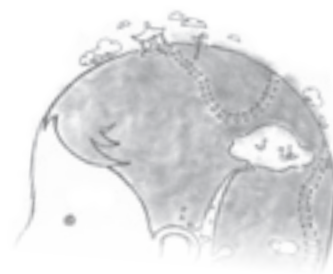
When vexations descend upon you, it is best to enjoy the sensation of breathing.

94. 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。

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

95. 心不开朗就是苦，心境豁达就能转苦为乐。

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



96. 生灭现象是世间常态，若能洞察生灭现象，便是智者。

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

97. 把心念转过来，命运也就好转过来了。

Transform your mind and transform your destiny.

98. 智慧并不只是通晓经典，而是要有转化烦恼的巧妙方便。

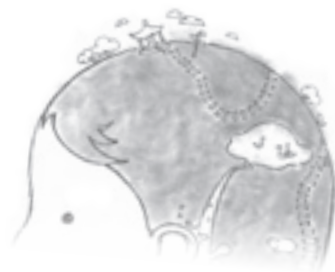
Wisdom is not merely understanding the sutras; it includes the skillful means to transform vexations.

99. 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。

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

100. 只要心平气和，生活便能快乐。

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



101. 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？

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

102. 操心就有事，放心便无事。

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

103. 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。

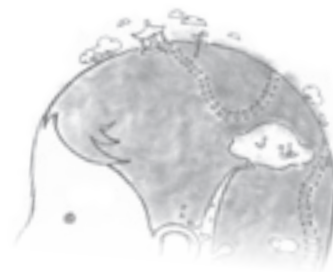
Self-affirmation, self-transformation, and self-dissolution are the three stages in the path from "self" to "no-self."

104. 要重视善因的培育，不要只期待美果的享受。

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

105. 当你体认到自己的智慧不足时，智慧已经在无形中增长了。

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



106. 心要如墙壁，虽然不动，确有作用。

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

107. 要做无尘的反射镜，明鉴一切物，不沾一切物。

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

108. 当大家都在盲目地争夺之时，你最好选择另外一条路走。

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

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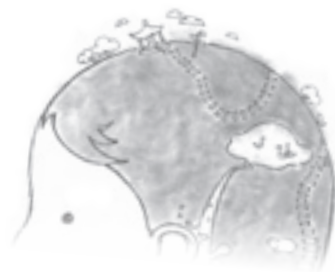
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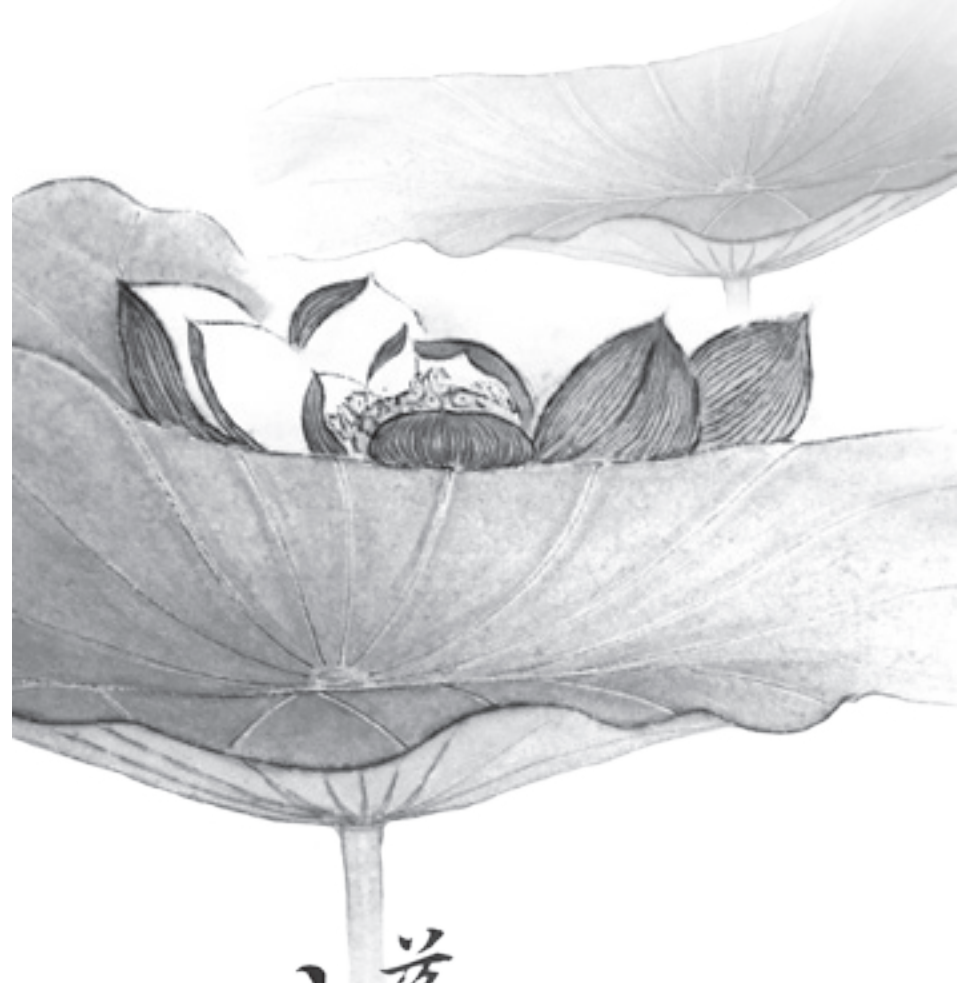
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慈
悲
行願

Kind Behavior and
Compassionate Vows

1. 为为善恶在一念间，修修福慧于方寸中。

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

2. 星星之火足以燎原，小小善愿能救世界。

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

3. 天地有作育大德，我岂无慈悲宏愿。

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

4. 救度众生是提起，不住着相是放下。

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

5. 漫天红尘心勿染，遍地荆棘杖竹行。

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



6. 慈悲必春风化雨，智慧当日光普照。

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

7. 悲善拔苦慈予乐，智火灭罪慧断惑。

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

8. 有大智慧有大愿，无量福德无量寿。

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

9. 若见心中如来藏，三界火宅化红莲。

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

10. 应无所住而生其心，是入慈悲门。

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



11. 道心之中有施无畏。

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

12. 放下万缘时，众生一肩挑。

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

13. 安宁身心灵，安定家与业。

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

14. 南山老松早已衰老，北斗寿星尚
甚年轻。

*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?*

15. 神龙潜藏深潭大泽，猛虎高卧危
崖险窟。

*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.*



16. 佛法无他，只有壹味，自利利人的解脱味也。

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

17. 常念观音菩萨，心安就有平安。

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

18. 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。

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.



19. 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。

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.

20. 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。

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.





人間
智慧

Wisdom of the World

21. 遇事正面解读逆向思考，成事确立方向锲而不舍。

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

22. 路遇悬崖峭壁走过去，巧过人间仙境莫逗留。

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

23. 权势财富属社会共享，祸福苦乐乃各人因缘。

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

24. 诱以名利权位不动心，陷于千军万马无所惧。

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

25. 天不错地不错是心错，他有理你有理我没理。

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



26. 莫怨孝子贤孙何其少，但问养育
儿女怎么教。

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

27. 学问的领域重在研究，经验的范
畴则为实践。

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

28. 漫漫长夜无梦春宵短，茫茫苦海
有船彼岸近。

*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.*

29. 倚般若杵碎万千障碍，运福德斧
建人间净土。

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

30. 驾行般若船苦海普渡，常登涅槃
山心性不动。

*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.*



31. 河山犹在，景物迁移；日月长运，人事全非。

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

32. 天上人间乐与苦，自心造作自身受。

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

33. 青山绿水广长舌，鸟语花香说妙法。

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.

34. 教育为千秋大业，贤能乃百代楷模。

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

35. 水深千丈终见底，山高万里海中升。

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



36. 云门日日是好日，行脚步步履芳草。

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

37. 世间本无垢与净，只缘自起分别心。

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

38. 夕阳西下明天见，旭日东升近黄昏。

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

39. 戏外看戏忘了戏，梦中作梦不知梦。

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

40. 雨露霜雪本无主，风云雷电应时现。

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



41. 危机化为转机时，绝路走出活路人。

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

42. 天堂地狱由心造，成佛作祖心外无。

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

43. 惊觉执迷已近悟，知迷不悟错中错。

*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.*

44. 人生若梦谁都会说，终生作梦怎么不醒。

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

45. 百千计画忙碌一生，万缘放下前程似锦。

*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.*



46. 临渴掘井缓不济急，即时学佛即时解惑。

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.

47. 勿因有事而忧，宁为无事而喜。

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

48. 禅法即是心法，万法由心生灭。

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

49. 大梦谁先觉，离梦想颠倒。

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

50. 人上有人，山高水长。

Always keep humility in mind and one can accomplish anything.



51. 走路健康炼身，更可修行炼心，
快走驱遣妄情，慢走发慧习定。

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

52. 月缺月圆日，若晦若明时；风雨
无月夜，月亮本常明。

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

53. 世俗境：身如玉树临风，心如平
湖秋月。

*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.*

54. 修行境：身是菩提树，心如明镜台。

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



55. 悟后境：菩提本无树，明镜亦非台。

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

56. 有相无相有无相，真空假空真假空。

*Existence and emptiness are one
and the same.*

57. 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。

*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.*





感恩
培福

Cultivating Gratitude
and Blessings

58. 多福少福当培福，知恩念恩必报恩。

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.

59. 慈悲心化解怨敌，智慧心驱除烦恼。

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

60. 恭敬心护持三宝，清净心弘法利生。

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

61. 感恩心体验生活，精进心善用生命。

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

62. 惭愧心增长福德，忏悔心消灭罪障。

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



63. 怀恩报恩恩相续，饮水思源源不绝。

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.

64. 坚韧心易度难关，长远心可成大事。

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

65. 你心我心同佛心，知福惜福多培福。

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

66. 涓滴之恩涌泉以馈，一饭之施粉身相报。

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

67. 取水饮水以水饮人，受恩谢恩用恩谢人。

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



68. 解开爱恨情仇心结，学习慈悲喜舍心量。

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

69. 父母之恩重于天地，三宝之德多过恒沙。

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.

70. 知恩报恩是饮水思源，恩情纠结会相互伤害。

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

71. 感恩是终生受用的福报，怀恨乃永世纠缠的魔障。

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



72. 若不善用财富利益世人，便像锦衣夜行暗自骄矜。

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.

73. 布施是经营财富的价值，种福乃过手财富的原因。

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

74. 家业百年不坠因为积福，富贵不过三代由于自私。

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

75. 随时服务他人，终生幸福；有力不结善缘，后悔莫及。

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



76. 看天播种时，耘草施肥日，丰收感恩月，祈求年年好年。

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

77. 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。

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.

78. 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。

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.

79. 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。

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



80. 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。

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.

81. 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。

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.

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積
德
脩
福

Cultivating Virtues
and Merits

82. 真诚必有应，精勤万事成。

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

83. 宁以勤勉补笨拙，勿仗聪明而懈怠。

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

84. 严以律己不亏损，宽以待人受益多。

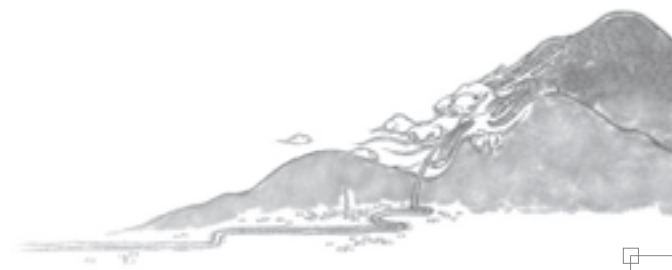
One will not suffer any loss by being disciplined with oneself, one has much to gain by being forgiving towards others.

85. 守贫望富当勤俭，处乱守安不动心。

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.

86. 菜根清香布衣暖，勤劳健康节俭富。

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



87. 及时行乐乃浪漫，随处修善积功德。

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.

88. 能中更有能中手，各自努力莫羡人。

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

89. 听谏言未必顺耳，尝苦味的是良药。

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

90. 枯旱祈降及时雨，隆冬愿作送暖人。

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

91. 凤凰好栖富贵宅，白鹤喜落福寿家。

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.



92. 心中不存得失想，常作世间无事人。

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

93. 才德兼备是贤良，有能无德害群马。

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

94. 知过即改不为耻，放下屠刀立成佛。

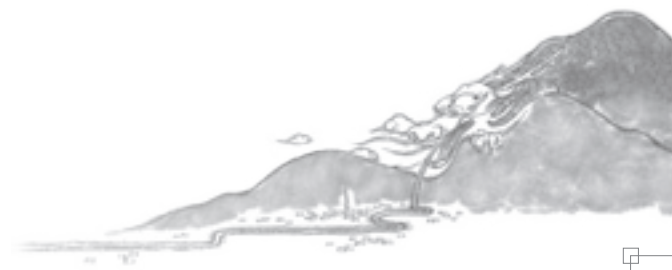
Recognize your wrongs and never repeat them. Even the butcher becomes a Buddha the instant he puts away his knife.

95. 警惕富贵不出三代，小心权势令人堕落。

Beware that wealth rarely lasts and power often corrupts.

96. 自古将相多出寒门，舍己为公天下太平。

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.



97. 少些人我是非的执着，多点成人之美的言行。

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

98. 若望常保富贵，培福要紧，富贵多从积福来。

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

99. 受持观世音菩萨名号，得无量无边福德之利。

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

100. 争夺他人饭碗莫如自家耕田，自家无田可耕帮人耕田也好。

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.



101. 常吃谦虚恭敬恕忍宽厚的饭，
多喝诚实礼让勤劳节俭之汤。

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

102. 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。

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

103. 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。

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.



104. 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。

*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.*

105. 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。

*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.*

106. 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。

*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.*

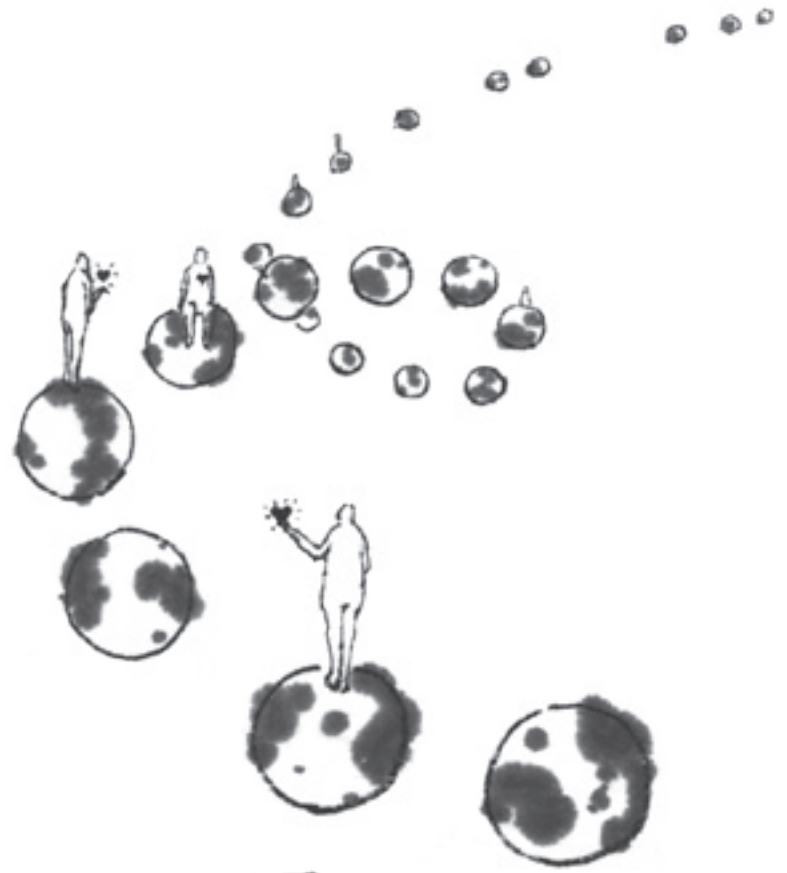
107. 行善没有条件。

Doing good is without condition.

108. 珍惜生命，为自己加油。

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





心
環
保

The Environmental
Protection of the Mind

1. 用平常心面对不平常之事。

Use ordinary mind to face unordinary circumstances.

2. 得理让三分，理直气要柔。

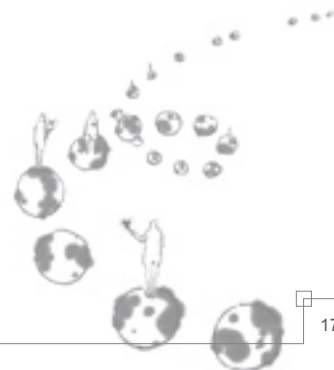
Even if you're right, don't be harsh to others. Express correct views gently.

3. 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。

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

4. 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。

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



5. 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。

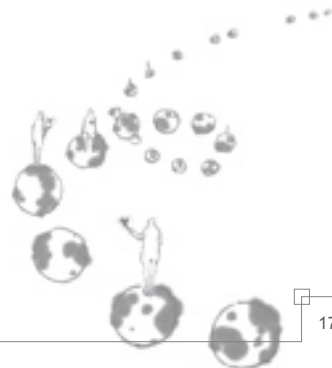
Let others be your mirror. If your words or actions discomfit, shock, or cause concern to others, immediately reflect on your behavior, express remorse, and improve.

6. 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。

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.

7. 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。

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.



8. 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。

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.

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

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.

10. 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。

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



11. 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
要心平气和地处理事、对待人，这
就是「是非要温柔」。

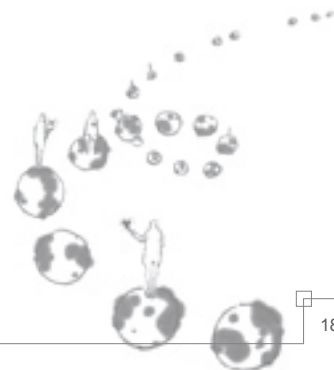
Someone we like or dislike, happy or difficult situation – treat everything with calmness and equanimity – this is "treating right and wrong with gentleness."

12. 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。

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

13. 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。

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



14. 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。

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.

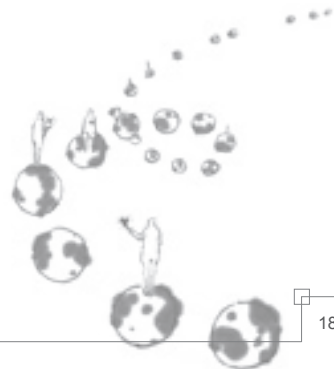
15. 「放下」不等于「放弃」。

「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。

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.

16. 有信心，有希望，就能有未来。

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



17. 后悔是烦恼，忏悔是修行。

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

18. 担心、忧心没有用，留心、用心却是需要的。

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

19. 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。

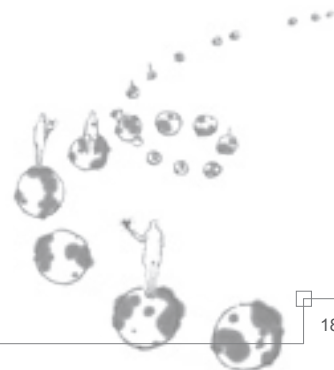
Relax when you are sick, carry on and do what you must do. This is a healthy way to handle sickness.

20. 病不一定苦，穷不一定苦，劳动不一定苦，心苦才是真正的苦。

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.

21. 把生病当成是一种体验，也就不苦。

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



22. 把不如意的事当成是有意思的体验，就会有不同的收获。

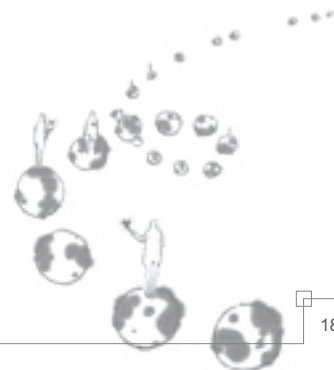
Take adversity as something interesting, you will harvest a very different crop.

23. 心理上准备受挫折，就不怕有挫折。

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

24. 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。

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.



25. 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。

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.

26. 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。

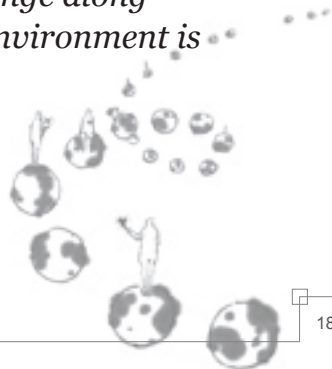
If our views are correct, then we know that birth, aging, sickness, and death are natural and we will not blame others.

27. 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。

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

28. 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。

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.



29. 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。

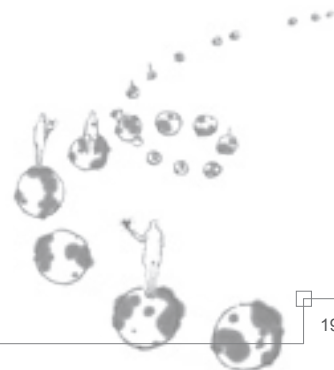
It does not matter how much the environment changes, as long as we face it with calm and composure, we will certainly find a solution.

30. 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。

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

31. 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。

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.



32. 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。

*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.*

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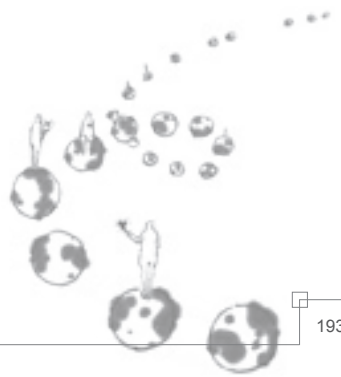
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盡責
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Fulfilling Responsibilities

33. 要和外在环境和谐相处，首先要跟内在的自我和平相处。

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

34. 放松身心、体验身心，才能够与自我和平相处。

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

35. 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。

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

36. 不要自以为是，也不必小看自己。

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

37. 不跟自己比，不跟他人比，只知努力于现在，随时准备着未来。

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.



38. 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。

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

39. 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。

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

40. 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。

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



41. 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。

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.

42. 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。

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.



43. 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。

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.

44. 自私自利，看起来是保障了自己，其实不然，损人者终将害己。

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.

45. 人之所以自私自利，贪得无厌，是因为缺乏安全感。

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

46. 冲突的产生，往往是因为过度强调自我中心。

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



47. 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。

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.

48. 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。

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.



49. 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。

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.

50. 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。

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.



51. 人生的价值在于奉献，在奉献之中成长，广结善缘。

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

52. 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。

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.

53. 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。

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.



54. 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。

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.

55. 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。

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.



56. 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」。

*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."*

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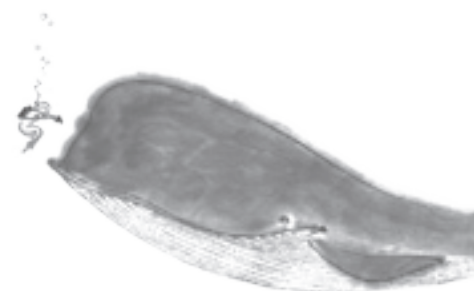
Wisdom and Compassion

57. 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。

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.

58. 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。

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.



59. 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。

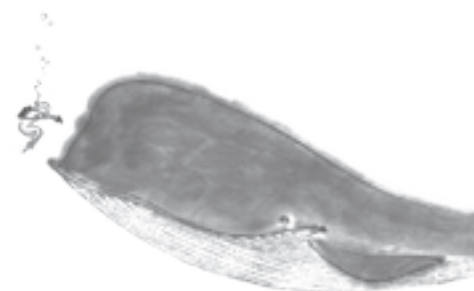
We will be a harmonious and peaceful person if we take the peace, joy, and fortunes of others as our own source of joy, peace, and fortune.

60. 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。

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

61. 开花结果是自然现象，开花而不结果也是正常，这就是因缘。

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.



62. 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。

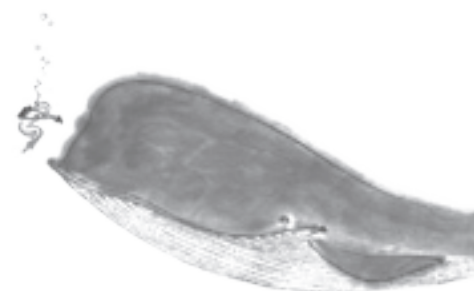
A "cause" can be understood as the main factor, our own subjective initiative; "conditions" are objective, auxiliary factors. We can control the "cause" but the "conditions" must be cultivated and fostered.

63. 能有因缘的认知，便能从忧苦烦恼得到解脱。

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

64. 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。

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.



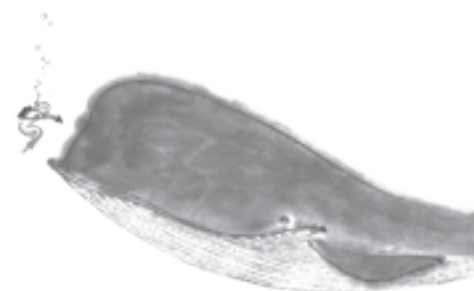
65. 因缘需要用心把握，假使因缘尚未成熟，不妨再等等吧！等待加上努力，才能在因缘成熟时好好把握。

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.

66. 「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。

"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.



67. 若能知命，便能坦然面对人生的际遇。

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

68. 任何状况下，对人要尊重，对事要负责，对自己要有智慧。

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

69. 慈悲，是对任何人不仅不去伤害他，还要去帮助他。

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

70. 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。

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



71. 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。

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.

72. 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。

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.

73. 慈悲，是以平等、无差别、非对立的态度，来看待一切人。

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



74. 智慧，是在任何状况下，心平气和地把自己归零，处理一切事。

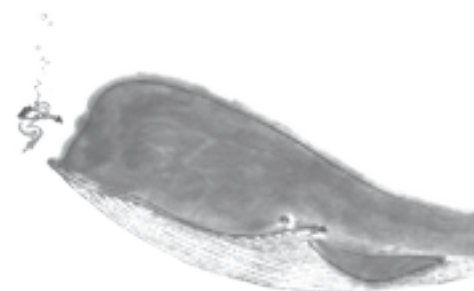
Wisdom is the ability to respond to every situation, under all circumstances, with clarity and stability, as if one's own self is reduced to zero.

75. 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。

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.

76. 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。

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.



77. 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。

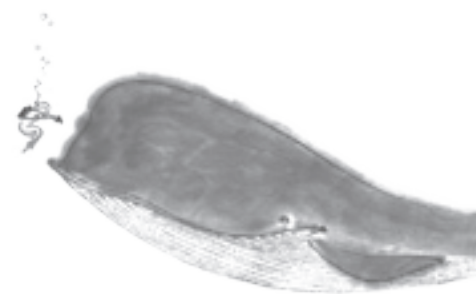
Compassionate love does not distinguish between friend and foe. The manifestation of wisdom is to appropriately resolve all problems.

78. 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。

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.

79. 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和情操。

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.





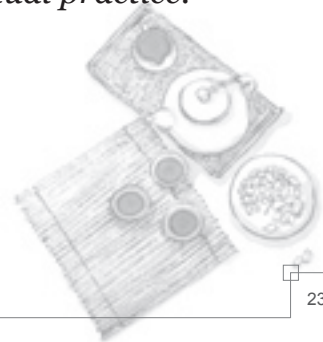
快樂
幸福
Happiness and Blessings

80. 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。

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.

81. 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。

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.



82. 菩薩行者，以出世的心做入世的工作：他們走入社會、關懷社會、救苦救難，却不戀棧世間榮華，不貪求名聞利養，這才是真正的解脫者。

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.

83. 認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。

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.



84. 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。

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.

85. 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。

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.

86. 与人相处，口不出恶言，就是保护他人，也保护自己。

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

87. 与人互动，给人空间就是给自己空间。

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



88. 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。

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

89. 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。

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

90. 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。

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



91. 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。

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

92. 多一分奉献心，少一点自私自利，就有平安，就会快乐。

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

93. 赚钱不自私，有钱大家赚；大家有钱赚，才是最可靠的财富。

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.



94. 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。

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.

95. 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。

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

96. 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。

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



97. 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。

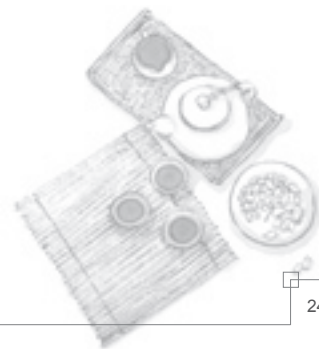
Monetary wealth is important, but if it is used to save lives and do philanthropic work, then you are truly a rich and honorable person.

98. 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。

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.

99. 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。

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.



100. 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。

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.

101. 人的一期生命虽然短暂，却要发无限的悲愿心。

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

102. 凡事尽心尽力，随顺因缘，缘熟事成。

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

103. 为了众生所做的一切事情，必能心想事成。

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



104. 行善没有大小之分，只要抱着一个善念，心就是平安的。

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

105. 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。

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.

106. 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。

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.



107. 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。

*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.*

108. 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。

*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.*



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