

電子檔下載

安汝心

王嚴

裝飾得齊光萬大

宿鳥破會歸來忙

夢鄉

山間的傳夢

整在

唱

似見西方的彌院

這村

的建築

化成了浮空的宮殿

物

化成了寶樹寶網

夕照的黃昏

竹山中

帶來光明

和永恆的希望



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108 自在語

108 adages of wisdom

Master Sheng Yen
聖嚴法師／著

時常覺得
努力不足奉獻
歲歲威烈凡多凡物
都是自己納增上助緣

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.*

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授
人
品

Becoming a Good
Human Being

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

xū yào de bù duō , xiǎng yào de tài duō .

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.*

zhī ēn bào ēn wéi xiān , lì rén biàn shì lì jǐ .

知恩报恩为先，利人便是利己。

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

jìn xīn jìn lì dì yī , bù zhēng nǐ wǒ duō shǎo .

尽心尽力第一，不争你我多少。

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

cí bēi méi yǒu dí rén , zhì huì bù qǐ fán nǎo .

慈悲没有敌人，智慧不起烦恼。

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

máng rén shí jiān zuì duō , qín láo jiàn kāng zuì hǎo .

忙人时间最多，勤劳健康最好。

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

bù shī de rén yǒu fú , xíng shàn de rén kuài lè .

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.*

xīn liàng yào dà , zì wǒ yào xiǎo .

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.*

yào néng fàng xià , cái néng tí qǐ . tí fàng zì rú ,
要能放下，才能提起。提放自如，
shì zì zài rén .
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.*

shí rén shí jǐ shí jìn tuì , shí shí shēn xīn píng ān ;
识人识己识进退，时时身心平安；
zhī fú xī fú duō péi fú , chù chù guǎng jié shàn yuán .
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!*

tí dé qǐ fàng dé xià , nián nián jí xiáng rú yì ;
提得起放得下，年年吉祥如意；
yòng zhì huì zhòng fú tián , rì rì dōu shì hǎo rì .
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.*

shēn xīn cháng fàng sōng , féng rén miàn dài xiào ; fàng sōng
身心常放松，逢人面带笑；放松
néng shǐ wǒ men shēn xīn jiàn kāng , dài xiào róng yì zēng
能使我们身心健康，带笑容易增
jìn bǐ cǐ yǒu yì .
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.*

huà dào kǒu biān xiǎng yī xiǎng , jiǎng huà zhī qián màn bàn pāi . bú shì bù shuō , ér shì yào xī yán shèn yǔ .
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.*

zài shēng huó zhōng , bù fáng yǎng chéng " néng yǒu , hěn hǎo ; méi yǒu , yě méi guān xi " de xiǎng fǎ ,
在生活中，不妨养成「能有，很好；没有，也没关系」的想法，
biàn néng zhuǎn kǔ wéi lè , biàn huì bǐ jiào zì zài le .
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.*

sì ān : ān xīn , ān shēn , ān jiā , ān yè .
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?*

sì yào : xū yào , xiǎng yào , néng yào , gāi yào .
四要：需要、想要、能要、该要。

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

sì gǎn : gǎn ēn , gǎn xiè , gǎn huà , gǎn dòng .
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.*

sì tā : miàn duì tā , jiē shòu tā , chù lǐ tā ,
四它：面对它、接受它、处理它、
fàng xià tā .
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.*

sì fú : zhī fú , xī fú , péi fú , zhòng fú .
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.*

néng yào , gāi yào de cái yào ; bù néng yào , bù
能要、该要的才要；不能要、不
gāi yào de jué duì bú yào .
该要的绝对不要。

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

gǎn ēn néng shǐ wǒ men chéng zhǎng , bào ēn néng zhù wǒ
感恩能使我们成长，报恩能助我
men chéng jiù .
们成就。

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

gǎn xiè gěi wǒ men jī huì , shùn jìng , nì jìng jiē
感谢给我们机会，顺境、逆境皆
shì ēn rén .
是恩人。

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

yù dào hǎo shì , yào suí xǐ , zàn tàn , gǔ lì ,
遇到好事，要随喜、赞叹、鼓励，
bìng qiě xū xīn xué xí .
并且虚心学习。

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

shǎo pī píng , duō zàn měi , shì bì miǎn zào kǒu yè
少批评、多赞美，是避免造口业
de hǎo fāng fǎ .
的好方法。

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

píng cháng xīn jiù shì zuì zì zài , zuì yú kuài de xīn .
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.**

tà shí dì zǒu yī bù lù , shèng guò shuō yī bǎi jù
踏实地走一步路，胜过说一百句
kōng dòng de piāo liàng yǔ .
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.*

zhī dào zì jǐ de quē diǎn yù duō , chéng zhǎng de sù dù
知道 自己的缺点愈多，成长的速度
yù kuài , duì zì jǐ de xìn xīn yě jiù yù jiān dìng .
愈快，对自己的信心也就愈坚定。

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

duō tīng duō kàn shǎo shuō huà , kuài shǒu kuài jiǎo màn yòng qián .
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.*

wéi yǒu tǐ yàn le jiān kǔ de jìng yù , cái huì yǒu
唯有体验了艰苦的境遇，才会有
jīng jìn fèn fā de xīn .
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.*

tà tà shí shí zuò rén , xīn xiōng yào guǎng dà ;
踏踏实实做人，心胸要广大；
wěn wěn dāng dāng zuò shì , zhāo yǎn yí shēn yuǎn .
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.*

máng ér bù luàn , lèi ér bù pí .

忙而不乱，累而不疲。

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

máng dé kuài lè , lèi dé huān xǐ .

忙得快乐，累得欢喜。

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

" máng " méi guān xi , bù " fán " jiù hǎo .

「忙」没关系，不「烦」就好。

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

gōng zuò yào gǎn bú yào jí , shēn xīn yào sōng bú yào jǐn .

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.*

yīng gāi máng zhōng yǒu xù de gǎn gōng zuò , bú yào

应该忙中有序的赶工作，不要

jīn zhāng xī xī de qiǎng shí jiān .

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.*

bú yào yǐ fù guì pín jiàn lùn chéng bài dé shī ,

不要以富贵贫贱论成败得失，

zhǐ yào néng jìn xīn jìn lì lái zì lì rén .

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.*

rèn láo zhě bì kān rèn yuàn , rèn shì zhě bì zāo
任劳者必堪任怨，任事者必遭
pī píng . yuàn yán zhī xià yǒu cí rěn , pī píng
批评。怨言之下有慈忍，批评
zhī zhōng cáng jīn yù .
之中藏金玉。

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

suí yù ér ān , suí yuán fèng xiàn .
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.*

chéng gōng de sān bù qǔ shì : suí shùn yīn yuán ,
成功的三部曲是：随顺因缘、
bǎ wò yīn yuán , chuàng zào yīn yuán .
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.*

jiàn yǒu jī yuán yí bǎ wò , méi yǒu jī yuán yào
见有机缘宜把握，没有机缘要
yíng zào , jī yuán wèi shú bú qiáng qiú .
营造，机缘未熟不强求。

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

rén shēng de qǐ qǐ luò luò , dōu shì chéng zhǎng de jīng yàn .

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.*

yòng zhì huì chù lǐ shì , yǐ cí bēi guān huái rén .

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.*

yǐ zhì huì shí shí xiū zhèng piān chà , yǐ cí bēi chù

以智慧时时修正偏差，以慈悲处

chù gěi rén fāng biàn .

处给人方便。

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

cí bēi xīn yù zhòng , zhì huì yù gāo , fán nǎo

慈悲心愈重，智慧愈高，烦恼

yě jiù yù shǎo .

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.*

miàn duì xǔ duō de qíng kuàng , zhǐ guǎn yòng zhì huì

面对许多的情况，只管用智慧

chù lǐ shì , yǐ cí bēi duì dài rén , ér bú

处理事，以慈悲对待人，而不

dān xīn zì jǐ de lì hài dé shī , jiù bú huì

担心自己的利害得失，就不会

yǒu fán nǎo le .

有烦恼了。

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

xīn suí jìng zhuǎn shì fán fū ; jìng suí xīn zhuǎn shì
心随境转是凡夫；境随心转是
shèng xián .
圣贤。

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

dà yā yóu chū dà lù , xiǎo yā yóu chū xiǎo lù ,
大鸭游出大路，小鸭游出小路，
bù yóu jiù méi yǒu lù .
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!*

shān bù zhuǎn lù zhuǎn , lù bù zhuǎn rén zhuǎn , rén bù
山不转路转，路不转人转，人不
zhuǎn xīn zhuǎn .
转心转。

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

" jīng jìn " bù děng yú pīn mìng , ér shì nǚ lì
「精进」不等于拚命，而是努力
bú xiè .
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.*

chuán guò shuǐ wú hén , niǎo fēi bù liú yǐng , chéng bài
船过水无痕，鸟飞不留影，成败
dé shī dōu bú huì yǐn qǐ xīn qíng de bō dòng , nà
得失都不会引起心情的波动，那
jiù shì zì zài jiě tuō de dà zhì huì .
就是自在解脱的大智慧。

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

gěi rén fāng biàn děng yú gěi zì jǐ fāng biàn .
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.*

gān yuàn chī míng kuī , shì rén zhě ; shòu rǔ chī àn kuī ,
甘愿吃明亏，是仁者；受辱吃暗亏，
shì yú chǒn .
是愚蠢。

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

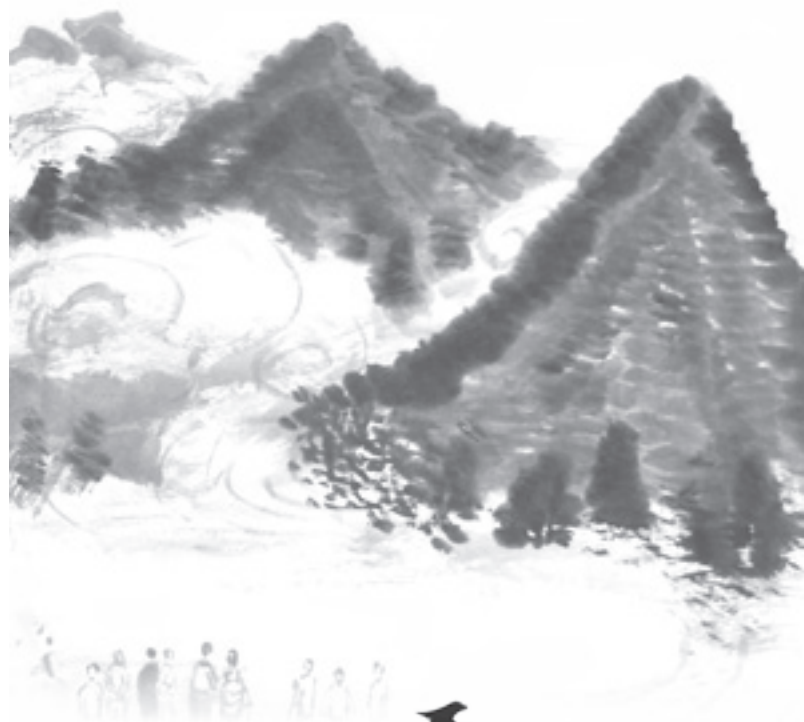
yā lì tōng cháng lái zì duì shēn wài shì wù guò yú zài yì ,
压力通常来自对身外事物过于在意，
tóng shí yě guò yú zài yì tā rén de píng duàn .
同时也过于在意他人的评断。

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

yòng gǎn ēn de xīn , yòng bào ēn de xīn , lái zuò fú wù
用感恩的心、用报恩的心，来做服务
de gōng zuò , biàn bú huì gǎn dào juàn dài yǔ pí lèi .
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.*

suí shí suí dì xīn cún gǎn jī , yǐ cái lì , tǐ lì ,
随时随地心存感激，以财力、体力、
zhì huì , xīn lì , lái zuò yī qiè de fèng xiàn .
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.**

shēng mìng de yì yì shì wéi le fú wù , shēng huó de
生命的意义是为了服务，生活的
jià zhí shì wéi le fèng xiàn .
价值是为了奉献。

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

rén shēng de mù biāo , shì lái shòu bào , hái yuàn ,
人生的目标，是来受报、还愿、
fā yuàn de .
发愿的。

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

rén de jià zhí , bú zài shòu mìng de cháng duǎn , ér
人的价值，不在寿命的长短，而
zài gòng xiàn de dà xiǎo .
在贡献的大小。

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

guò qù yǐ chéng xū huàn , wèi lái shàng shì mèng xiǎng ,
过去已成虚幻，未来尚是梦想，
bǎ wò xiàn zài zuì zhòng yào .
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.*

bú yòng qiān guà guò qù , bú bì dān xīn wèi lái ,
不用牵挂过去，不必担心未来，
tà shí yú xiàn zài , jiù yǔ guò qù hé wèi lái
踏实于现在，就与过去和未来
tóng zài .
同在。

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

zhì néng , bú shì zhī shí , bú shì jīng yàn ,
智慧，不是知识、不是经验、
bú shì sī biàn , ér shì chāo yuè zì wǒ zhōng xīn
不是思辩，而是超越自我中心
de tài dù .
的态度。

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

jī jí rén shēng , qiān xū mǎn fēn ; zì wǒ yù
积极人生，谦虚满分；自我愈
dà , bù ān yù duō .
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.*

shàng děng rén ān xīn yú dào , zhōng děng rén ān xīn yú
上等人安心于道，中等人安心于
shì , xià děng rén ān xīn yú míng lì wù yù .
事，下等人安心于名利物欲。



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

nǐ shì yǒu nǎ xiē shēn fèn de rén , jiù yīng gāi zuò
你是有哪些身分的人，就应该做
nà xiē shēn fèn de shì .
那些身分的事。

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

zài ān dìng hé xié zhōng , bǎ wò jīng cǎi de jīn tiān ,
在安定和谐中，把握精彩的今天，
zǒu chū xīn xiān de míng tiān .
走出新鲜的明天。

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

dān xīn , shì duō yú de zhé mó ; yòng xīn , shì
担心，是多余的折磨；用心，是
ān quán de dòng lì .
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.**

cái fù rú liú shuǐ , bù shī rú wā jǐng . jǐng yù
财富如流水，布施如挖井。井愈
shēn , shuǐ yù duō ; bù shī de yù duō , cái fù
深，水愈多；布施的愈多，财富
zé yù dà .
则愈大。

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

miàn duì shēng huó , yào yǒu " zuì hǎo de zhǔn bèi ,
面对生活，要有「最好的准备，
zuì huài de dǎ suàn " .
最坏的打算」。



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

zhǐ yào hái yǒu yī kǒu hū xī zài , jiù yǒu wú xiàn
只要还有一口呼吸在，就有无限
de xī wàng , jiù shì zuì dà de cái fù .
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.*

jiù kǔ jiù nàn de shì pú sà , shòu kǔ shòu nàn de
救苦救难的是菩萨，受苦受难的
shì dà pú sà .
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.*

chāo yuè shēng lǎo bìng kǔ sān yuán zé : huó dé kuài lè ,
超越生老病苦三原则：活得快乐、
bìng dé jiàn kāng , lǎo dé yǒu xī wàng .
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.*

chāo yuè sǐ wáng sān yuán zé : bú yào xún sǐ , bú
超越死亡三原则：不要寻死、不
yào pà sǐ , bú yào děng sǐ .
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.*

sǐ wáng bú shì xǐ shì , yě bú shì sàng shì , ér
死亡不是喜事，也不是丧事，而
shì yī jiàn zhuāng yán de fó shì .
是一件庄严的佛事。

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

měi yī gè hái zǐ , dōu shì bāng zhù fù mǔ chéng zhǎng
每一个孩子，都是帮助父母成长
de xiǎo pú sà .
的小菩萨。

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

duì qīng shàonián , yào guān xīn bú yào dān xīn , yào
对青少年，要关心不要担心，要
yòu dǎo bú yào kòng zhì , yòng shāng liang bú yòng quán wēi .
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!*

ài nǐ de hái zǐ , yǔ qí dān xīn , bù rú zhù
爱你的孩子，与其担心，不如祝
fú ba !
福吧！



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

fū qī shì lún lǐ de guān xì , bú shì " lùn lǐ " de guān xì .
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.*

néng bú luàn diū lā jī , suí shí qīng jiǎn lā jī ,
能不乱丢垃圾，随时清捡垃圾，
dōu shì zuò de gōng dé .
都是做的功德。

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

yǎn guāng , shì nǐ de zhì huì ; yùn qì , shì nǐ de fú dé .
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.*

xǐ ài de jiù xiǎng zhàn yǒu , tǎo yàn de jiù huì pái chī , huàn dé huàn shī , fán nǎo jiù lái le .
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.*

jīng cháng shǎo yù zhī zú de rén , cái shì wú yú kuì fá de fù rén .
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.*

xīn bú píng ān shì zhēn zhèng de kǔ , shēn tǐ de bìng
心不平安是真正的苦，身体的病
tòng bú yī dìng shì kǔ .
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 Avalokitesavara" to calm your mind.*

míng zhī xīn bú píng ān shì kǔ shì , jiù gǎn kuài yǐ
明知心不平安是苦事，就赶快以
chí niàn " nán mó guān shì yīn pú sà " lái ān xīn
持念「南无观世音菩萨」来安心
ba !
吧！

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

xiàn zài yōng yǒu de , jiù shì zuì hǎo de . yōng yǒu
现在拥有的，就是最好的。拥有
zài duō yě wú fǎ mǎn zú , jiù děng yú shì qióng rén .
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.*

bú yào yòng yā yì lái kòng zhì qíng xù , zuì hǎo yòng
不要用压抑来控制情绪，最好用
guān xiǎng , yòng fó hào , yòng qí dǎo , lái huà jiě
观想、用佛号、用祈祷，来化解
qíng xù .
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!*

hǎo huà dà jiā shuō , hǎo shì dà jiā zuò , hǎo yùn
好话大家说，好事大家做，好运
dà jiā zhuǎn .
大家转。

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

dà jiā shuō hǎo huà , dà jiā zuò hǎo shì , dà jiā
大家说好话，大家做好事，大家
zhuǎn hǎo yùn .
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.*

měi rén měi tiān duō shuō yī jù hǎo huà , duō zuò yī
每人每天多说一句好话，多做一
jiàn hǎo shì , suǒ yǒu xiǎo xiǎo de hǎo , jiù huì chéng
件好事，所有小小的好，就会成
wéi yī gè dà dà de hǎo .
为一个大大的好。

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

jí xū yào zuò , zhèng yào rén zuò de shì , wǒ lái
急须要做，正要人做的事，我来
ba !
吧！

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

wǒ hé rén hé , xīn hé kǒu hé , huān huān xǐ xǐ
我和人和，心和口和，欢欢喜喜
yǒu xìng fú .
有幸福。

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

nèi hé wài hé , yīn hé yuán hé , píng píng ān ān
内和外和，因和缘和，平平安安
zhēn zì zài .
真自在。

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

zì qiú xīn ān jiù yǒu píng ān , guān huái tā rén jiù
自求心安就有平安，关怀他人就
yǒu xìng fú .
有幸福。

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

rén pǐn děng yú cái fù , fèng xiàn děng yú jī xù .
人品等于财富，奉献等于积蓄。

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

fèng xiàn jí shì xiū xíng , ān xīn jí shì chéng jiù .
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.*

yōng yǒu de duō , bù yī dìng ràng rén mǎn zú ;

拥有的多，不一定让人满足；

yōng yǒu de shǎo , bù yī dìng ràng rén pín fá .

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.*

xiàn zài suǒ dé de , shì guò qù suǒ zào de ;

现在所得的，是过去所造的；

wèi lái suǒ dé de , shì xiàn zài suǒ zuò de .

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.*

hǎo rén bú jì mò , shàn rén zuì kuài lè , shí shí chù

好人不寂寞，善人最快乐，时时处

chù zhù rén lì jǐ , shí shí chù chù nǐ zuì xìng fú .

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.*

ruò xī wàng rén jì guān xì xiāng chù dé hǎo , jiù yào bǎ

若希望人际关系相处得好，就要把

xīn liàng fàng dà , duō jiē nà rén , duō bāo róng rén .

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.*

zhǐ yào zì jǐ de xīn tài gǎi biàn , huán jìng yě huì
只要自己的心态改变，环境也会
gēn zhe gǎi biàn , shì jiè shàng méi yǒu jué duì de hǎo
跟着改变，世界上没有绝对的好
yǔ huài .
与坏。

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

rén yǔ rén zhī jiān de xiāng chù zhī dào , xū yào gōu
人与人之间的相处之道，需要沟
tōng , gōu tōng bù chéng zé tuǒ xié , tuǒ xié bù chéng
通，沟通不成则妥协，妥协不成
shí , nǐ jiù yuán liàng hé róng rěn tā ba .
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.*

dà de yào bāo róng xiǎo de , xiǎo de yào liàng jiě dà
大的要包容小的，小的要谅解大
de .
的。

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

yǐ quán xīn quán lì guān huái jiā tíng , yòng zhěng tǐ shēng
以全心全力关怀家庭，用整体生
mìng tóu rù shì yè .
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.

jiè tān zuì hǎo de fāng fǎ , jiù shì duō bù shī ,
戒贪最好的方法，就是多布施、
duō fèng xiàn , duō yǔ rén fèn xiǎng .
多奉献、多与人分享。

103. Disputes are best settled by tolerance.

bāo róng bié rén shí , shuāng fāng de wèn tí jiù jiě
包容别人时，双方的问题就解
jué le .
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.

xué fó de rén , yǒu liǎng dà rèn wù : zhuāng yán
学佛的人，有两大任务：庄严
guó tǔ , chéng shú zhòng shēng .
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.

yào zuò wú dǐ de lā jī tǒng , yào xué wú chén
要做无底的垃圾桶，要学无尘
de fǎn shè jìng .
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.

fán nǎo xiāo guī zì xīn jiù yǒu zhì huì , lì yì
烦恼消归自心就有智慧，利益
fēn xiǎng tā rén biàn shì cí bēi .
分享他人便是慈悲。

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

yòng cán kuì xīn kàn zì jǐ , yòng gǎn ēn xīn kàn
用惭愧心看自己，用感恩心看
shì jiè .
世界。

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

jìng huà rén xīn , shǎo yù zhī zú ; jìng huà shè huì ,
净化人心，少欲知足；净化社会，
guān huái tā rén .
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!*

qiān xià zūn shàng , shì pú sà xíng zhě de zhòng yào gōng kè .

谦下尊上，是菩萨行者的重要功课。

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

yòng fèng xiàn dài tì zhēng qǔ , yǐ xī fú dài tì xiǎng fú .

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.*

zì ài ài rén , ài yī qiē zhòng shēng ; zì jiù jiù rén ,

自爱爱人，爱一切众生；自救救人，

jiù yī qiē zhòng shēng .

救一切众生。

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

lì tā , shì bù qiú guǒ bào jí huí kuì de qīng jìng xīn .

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.*

zhàn yǒu , fèng xiàn dōu shì ài , dàn yǒu zì lì hé lì

占有、奉献都是爱，但有自利和利

rén de chà bié ; zhàn yǒu shì zì wǒ tān qǔ de sī ài ,

人的差别；占有是自我贪取的私爱，

fèng xiàn shì wú sī xǐ shě de dà ài .

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.*

dào lǐ shì ná lái yào qiú zì jǐ , bú shì yòng lái kē
道理是拿来要求自己，不是用来苛
qiú tā rén .
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.*

yào yǒu dāng bié rén diàn jiǎo shí de xīn liang , yào yǒu chéng
要有当别人垫脚石的心量，要有成
jiù tā rén de xiōng jīn .
就他人的胸襟。

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

ràng rén chǎn shēng wù jiě , jiù shì zì jǐ de bú shì .
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.*

zuò shì shí duō wéi bié rén xiǎng yī xiǎng , fàn cuò shí
做事时多为别人想一想，犯错时
duō duì zì jǐ kàn yī kàn .
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.*

yǐ lǐ ràng duì fāng lái chéng jiù zì wǒ , yǐ zūn zhòng
以礼让对方来成就自我，以尊重
duì fāng lái huà jiě dí yì , yǐ chēng zàn duì fāng lái
对方来化解敌意，以称赞对方来
zēng jìn hé xié .
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.*

fàng bú xià zì jǐ shì méi yǒu zhì huì , fàng bú xià
放不下自己是没有智慧，放不下
tā rén shì méi yǒu cí bēi .
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.*

yǔ rén xiāng yù , yī shēng " wǒ wéi nǐ zhù fú ! "
与人相遇，一声「我为你祝福！」
jiù néng yíng dé yǒu yì , huò dé píng ān .
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.*

duì rén fù chū yǒu yì , shēn chū yuán shǒu , jiù shì
对人付出友谊，伸出援手，就是
zài sǎn fā hé lè píng ān de guāng máng .
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.*

shǎo diǎn kǒu shé shǎo shì fēi , duō diǎn zhēn chéng duō píng
少点口舌少是非，多点真诚多平
ān .
安。



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

kěn dìng zì jǐ de yōu diǎn shì zì xìn , liáo jiě zì jǐ de quē diǎn shì chéng zhǎng , shàn jiě tā rén de lì chǎng shì zūn zhòng .
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.*

yào bǎ zhòng shēng de xìng fú tí qǐ , yào bǎ zì wǒ de chéng jiù fàng xià .
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.*

yǔ xià shǔ gòng shì , dāng yǐ guān huái dài tì zé bèi , yǐ miǎn lì dài tì fǔ dǎo , yǐ shāng liàng dài tì mìng lìng .
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.*

gāng qiáng zhě shāng rén bù lì jǐ , róu rěn zhě hé zhòng bì zì ān .
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.*

ān rén zhě bì rán shì hé zhòng zhě , fú rén zhě bì
安人者必然是和众者，服人者必
rán shì róu rěn zhě , yīn wéi hé néng hé zhòng , róu
然是柔忍者，因为和能合众，柔
néng kè gāng .
能克刚。

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

shēng mìng de yì yì zài bù duàn de xué xí yǔ fèng xiàn
生命的意义在不断的学习与奉献
zhī zhōng , chéng jiù le tā rén , yě chéng zhǎng le zì
之中，成就了他人，也成长了自
jǐ .
己。

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

yǒu zhì huì zuò fēn cùn de rén , yī dìng bú huì gēn
有智慧作分寸的人，一定不会跟
rén jiā dié dié bú xiū .
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.*

hé hé qì qì yǔ rén xiāng chù , píng píng ān ān rì
和和气气与人相处，平平安安日
zǐ hǎo guò .
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.*

cōng míng de rén , bù yī dìng yǒu zhì huì , yú lǚ
聪明的人，不一定有智慧，愚鲁
de rén , bú yī dìng méi yǒu zhì huì ; zhì néng bú
的人，不一定没有智慧；智慧不
děng yú zhī shí , ér shì duì rén chù shì de tài dù .
等于知识，而是对人处事的态度。

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

wéi tā rén jiǎn shǎo fán nǎo shì cí bēi , wéi zì jǐ
为他人减少烦恼是慈悲，为自己
jiǎn shǎo fán nǎo shì zhì huì .
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.*

bú yào ná zì jǐ de xié zǐ jiào bié rén chuān , yě
不要拿自己的鞋子叫别人穿，也
bú yào bǎ bié rén de wèn tí biàn chéng zì jǐ de wèn
不要把别人的问题变成自己的问
tí .
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.*

qín yú zhào gù zhòng rén de kǔ nàn shì dà fú bào ,
勤于照顾众人的苦难是大福报，
lè yú chù lǐ dà jiā de wèn tí shì dà zhì huì .
乐于处理大家的问题是智慧。

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

rèn qīng shì jiān yī qiē xiàn xiàng dōu shì wú cháng de shì shí ,
认清世间一切现象都是无常的事实，
jiù néng wán chéng nèi xīn shì jiè de zhēn zhèng píng ān .
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.*

féng rén jié ēn bú jié yuàn , bì néng hé xié xiāng chù ,
逢人结恩不结怨，必能和谐相处、
shēng huó yú kuài .
生活愉快。

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

yī gè xiào róng , yī jù hǎo huà , dōu shì guǎng jié
一个笑容，一句好话，都是广结
shàn yuán de dà bù shī .
善缘的大布施。

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

zhǐ yào shǎo nào yī xiē wú yì de qíng xù ,
只要少闹一些无意义的情绪，
biàn néng shǎo zhì zào yī xiē bù bì yào de fán nǎo .
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.*

fèng xiàn shì wéi le bào ēn , chàn huǐ shì wéi le lǜ jǐ .
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.*

fán shì jìn xīn jìn lì yǐ lì yì tā rén lái chéng zhǎng
凡是尽心尽力以利益他人来成长
zì jǐ de rén , biàn shì yī wèi chéng gōng zhě .
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.*

zuò rén chù shì yào " nèi fāng " ér " wài yuán " ,
做人处事要「内方」而「外圆」，
" nèi fāng " jiù shì yuán zé , " wài yuán " jiù
「内方」就是原则，「外圆」就
shì tōng dá .
是通达。

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

dāng wǒ men wú lì bāng zhù tā rén , zhì shǎo kě yǐ
当我们无力帮助他人，至少可以
tíng zhǐ shāng hài bié rén .
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.*

duō jī yī diǎn kǒu dé , shǎo zào yī diǎn kǒu guò ,
多积一点口德，少造一点口过，
jiù shì péi fú qiú fú de dà gōng dé .
就是培福求福的大功德。

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

rén shēng yào zài hé xié zhōng qiú fā zhǎn , yòu zài nǚ
人生要在和谐中求发展，又在努
lì zhōng jiàn qí xī wàng .
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.*

shǎo diǎn chéng bài dé shī xīn , duō diǎn jí shí nǚ lì
少点成败得失心，多点及时努力
de jīng jìn xīn , chéng gōng jī lǜ zì rán huì zēng jiā .
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.*

jiā tíng de wēn nuǎn zài yú hù jìng hù ài , jiā tíng
家庭的温暖在于互敬互爱，家庭
de kě guì zài yú hù zhù hù liáng .
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.*

zuò lǎo bǎn , dé shī xīn yào shǎo yī xiē , bǎ chéng
做老板，得失心要少一些，把诚
xīn , xìn yù fàng zài xīn shàng , biàn huì yǒu shèng suàn .
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.*

tīng dào liú yán , xiān yào jìng xià xīn lái fǎn xǐng zì
听到流言，先要静下心来反省自
jǐ , yǒu zé gǎi zhī , wú zé miǎn zhī . rú guǒ
己，有则改之，无则勉之。如果
xīn fú qì zào , liú yán de shā shāng lì huì gèng dà .
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.*

nèi xīn de kǔ nàn , zēng zhǎng wǒ men de zhì huì ;
内心的苦难，增长我们的智慧；
shēng huó de kǔ nàn , zēng jìn wǒ men de fú bào .
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.*

duì yú " shēng mìng " , yào chōng mǎn wú xiàn de xī
对于「生命」，要充满无限的希
wàng ; duì yú " sǐ wáng " , yào suí shí zuò hǎo
望；对于「死亡」，要随时做好
wǎng shēng de zhǔn bèi .
往生的准备。

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

qīng chǔ zhī dào zì jǐ de "xū yào", huà jiě
清楚知道自己的「需要」，化解
gè rén yù wàng de "xiǎng yào".
个人欲望的「想要」。

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

fán shì yào zhèng miàn jiě dú, nì xiàng sī kǎo.
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.*

shī bài le zài nǔ lì, chéng gōng le yào gèng nǔ lì,
失败了再努力，成功了要更努力，
biàn shì ān yè lè yè de zhǔn zé.
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.*

huán bǎo zuì zhòng yào de guān niàn jiù shì "jiǎn pǔ",
环保最重要的观念就是「简朴」，
jiǎn pǔ yī diǎn guò shēng huó, jiù shì shēng huó huán bǎo.
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.*

chéng shú de rén bù zài hū guò qù, cōng míng de rén bù
成熟的人不在乎过去，聪明的人不
huái yí xiàn zài, huō dá de rén bù dān xīn wèi lái.
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.*

shùn nǐ liǎng zhǒng jìng yù dōu shì zēng shàng yīn yuán , yào
 顺逆两种境遇都是增上因缘，要
 yǐ píng cháng xīn yǔ gǎn ēn xīn xiāng dài .
 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.*

guò qù , wèi lái , míng wèi , zhí chēng , dōu yào
 过去、未来、名位、职称，都要
 kàn chéng yǔ zì jǐ wú guān , dàn qiú guò dé jī jí ,
 看成与自己无关，但求过得积极、
 huó dé kuài lè , biàn shì xìng fú zì zài de rén shēng .
 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.*

xué lì bù dài biǎo shēn fèn , néng lì bù dài biǎo rén
 学历不代表身分，能力不代表人
 gé , míng wèi bù dài biǎo pǐn dé , gōng zuò méi yǒu g
 格，名位不代表品德，工作没有
 uì jiàn , guān niàn jí xíng wéi què néng jué dìng yī qiè .
 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.*

huà jiě bù yú kuài de fāng fǎ , shì yào chéng kěn ,
化解不愉快的方法，是要诚恳、
zhǔ dòng , míng kuài , bú yào yóu yù , bèi dòng ,
主动、明快，不要犹豫、被动、
děng dài .
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.*

zuò shì jiān shì , méi yǒu yī yàng méi yǒu kùn nán ,
做世间事，没有一样没有困难，
zhǐ yào bào zhe xìn xīn hé nài xīn qù zuò , zhì shǎo
只要抱着信心和耐心去做，至少
kě yǐ zuò chū yī xiē chéng jì .
可以做出一些成绩。

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

huó zài dāng xià , bù huǐ nǎo guò qù , bù dān xīn
活在当下，不悔恼过去，不担心
wèi lái .
未来。

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

jiǎn qīng yā lì de hǎo bàn fǎ , jiù shì shǎo cún yī
减轻压力的好办法，就是少存一
xiē dé shī xīn , duō yòng yī diǎn xīn shǎng xīn .
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.*

duì yú guò qù , wú yuàn wú huǐ ; duì yú wèi lái ,
对于过去，无怨无悔；对于未来，
jī jí zhǔn bèi ; duì yú xiàn zài , bù bù tà shí .
积极准备；对于现在，步步踏实。

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

bú yào guāng shì kǒu shuō gǎn ēn , bì xū huà wéi bào
不要光是口说感恩，必须化为报
ēn de xíng dòng .
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.*

fán shì xiān bú yào zhāo jí , zhǎo duì rén , yòng duì
凡事先不要着急，找对人，用对
fāng fǎ , zài shì dāng de shí jī , jí kě ān rán
方法，在适当的时机，即可安然
guò guān .
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.*

bǎ zì wǒ de lì hài dé shī fàng xià , cái néng yǒu
把自我的利害得失放下，才能有
tōng dá tiān dì wàn wù de zhì huì .
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.*

bǎ bìng jiāo gěi yī shēng , bǎ mìng jiāo gěi pú sà ,
把病交给医生，把命交给菩萨，
rú cǐ yī lái , zì jǐ jiù shì méi yǒu shì de jiàn
如此一来，自己就是没有事的健
kāng rén .
康人。

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

rén wǎng wǎng yīn wéi méi yǒu rèn qīng zì jǐ , ér gěi
人往往因为没有认清自己，而给
zì jǐ dài lái bù bì yào de kùn rǎo .
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.*

rén shēng dì yī yào wù shì xué zuò rén , nà jiù shì
人生第一要务是学做人，那就是
jìn xīn , jìn lì , jìn zé , jìn fèn .
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.*

chù lǐ sī rén de shì kě yǐ yòng " qíng " ,
处理私人的事可以用「情」，
chù lǐ gōng gòng shì wù , jiù bì xū yòng " lǐ " .
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.*

yǔ qí zhēng qǔ bù kě néng dé dào de dōng xī ,
与其争取不可能得到的东西，
bú rú shàn zì zhēn xī yùn yòng suǒ yōng yǒu de .
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.*

bú yào guǎn guò qù , wèi lái , yǐ jí suǒ yǒu yī
不要管过去、未来，以及所有一
qiē de hǎo huài , zuì hǎo zhǐ guǎn nǐ zì jǐ de xiàn
切的好坏，最好只管你自己的现
zài .
在。

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

ruò néng zhēn zhèng fàng xià yī qiē , jiù néng bāo róng yī
若能真正放下一切，就能包容一
qiē , yōng yǒu yī qiē .
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.*

tí dé qǐ shì fāng fǎ , shì zhuó lì de kāi shǐ ,
提得起是方法、是着力的开始，
fàng dé xià shì wéi le zài tí qǐ ; jìn bù biàn zài
放得下是为了再提起；进步便在
tí qǐ yǔ fàng xià zhī jiān , jí jí shàng shēng .
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.*

bú yào gēn tā rén bǐ gāo bǐ dī , zhǐ yào zì jǐ
不要跟他人比高比低，只要自己
jìn xīn jìn lì .
尽心尽力。

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

wǒ men de huán jìng cóng lái méi yǒu hǎo guò , yě méi
我们的环境从来没有好过，也没
yǒu nà me huài guò , jiù kàn zì jǐ zěn me kàn dài .
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.*

zāi nàn zhī hòu , shì wǎng zhèng miàn sī kǎo de qì jī ,
灾难之后，是往正面思考的契机，
rén kě yǐ yóu nàn zhōng dé dào hěn duō jiào xùn .
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.*

zhǐ yào wú suǒ tān qiú , wú suǒ zhí zhuó , jí néng
只要无所贪求，无所执着，即能
bǎo yǒu zūn yán , tā rén shì nài hé bú dé de .
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.*

ruò néng zhēn xī dāng xià měi yī gè yīn yuán ,
若能珍惜当下每一个因缘，
měi yī gè dāng xià , dōu shì dú yī wú èr de .
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.*

rèn hé shì rú guǒ bǎ zì jǐ fàng jìn qù , jiù yǒu
任何事如果把自己放进去，就有
wèn tí , yǒu má fan . chú diào zhǔ guān de zì wǒ
问题、有麻烦。除掉主观的自我
dé shī , jiù dé jiě tuō le .
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.*

kuài lè , bìng bú shì lái zì míng lì de dà xiǎo duō
快乐，并不是来自名利的大小多
shǎo , ér shì lái zì nèi xīn de zhī zú shǎo yù .
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.*

shuō huà suàn huà , yòng zhēn xīn jiǎng shí huà , yòng hǎo
说话算话，用真心讲实话，用好
xīn jiǎng hǎo huà , jiù shì lì yán .
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.*

sūi rán shēn wéi píng cháng rén , zé rèn xīn yào dān qǐ
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.*

máng shí bú yào jué dé wú nài , xián shí bú yào jué
忙时不要觉得无奈，闲时不要觉
得无聊，才不致随波逐流，茫茫
然不知所。

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.*

yī fān fēng shùn shí , bú yào dé yì wàng xíng ;
一帆风顺时，不要得意忘形；
yī bō sān shé shí , bú bì huī xīn sàng zhì .
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.*

rú guǒ xīn liang xiá xiǎo yòu tān dé wú yàn , zòng rán
如果心量狭小又贪得无厌，纵然
shēng huó fù yù , réng rán bú huì kuài lè xìng fú .
生活富裕，仍然不会快乐幸福。

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

rén shēng yào zài píng dàn zhōng qiú jìn bù , yòu zài jiān
人生要在平淡中求进步，又在艰
kǔ zhōng jiàn qí guāng huī .
苦中见其光辉。

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

rén shēng yào zài ān dìng zhōng qiú fù zú , yòu zài duàn
人生要在安定中求富足，又在锻
liàn zhōng jiàn qí zhuāng yán .
炼中见其庄严。

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

yōng yǒu wěn dìng de qíng xù , cái shì lì yú bú bài
拥有稳定的情绪，才是立于不败
zhī dì de jī chǔ .
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.*

xīn bù suí jìng , shì chán dìng de gōng fū ; xīn bù
心不随境，是禅定的工夫；心不
lí jìng , shì zhì huì de zuò yòng .
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.*

yǐ tuì wéi jìn , yǐ mò wéi biàn , yǐ fèng xiàn tā
以退为进、以默为辩、以奉献他
rén wéi chéng jiù zì jǐ de zuì jiā fāng fǎ .
人为成就自己的最佳方法。

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

fó zài xīn zhōng , fó zài kǒu zhōng , fó zài wǒ men
佛在心中，佛在口中，佛在我们
de rì cháng shēng huó zhōng .
的日常生活中。

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

cí bēi shì jù yǒu lǐ zhì de gǎn qíng , zhì néng shì
慈悲是具有理智的感情，智慧是
fù yǒu tán xìng de lǐ zhì .
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.*

nán běi dōng xī dōu hěn hǎo , xíng zhù zuò wò wú fēi
南北东西都很好，行住坐卧无非
dào ; xīn zhōng cháng bào zhēn cán kuì , chàn huǐ bào ēn
道；心中常抱真惭愧，忏悔报恩
pǐn zuì gāo .
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."*

xiū xíng rén yào kāi chéng bù gōng , zhēn chéng xiāng dài ,
修行人要开诚布公、真诚相待，
bù cún xié niàn è niàn , jiù shì suǒ wèi de
不存邪念恶念，就是所谓的
" zhí xīn shì dào chǎng " .
「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.*

dāng fán nǎo xiàn qián , bú yào duì kàng , yào yòng cán
当烦恼现前，不要对抗，要用惭
kuì xīn , chàn huǐ xīn , gǎn ēn xīn lái xiāo róng .
愧心、忏悔心、感恩心来消融。

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

tā shí de tǐ yàn shēng mìng , jiù shì chán xiū .

踏实的体验生命，就是禅修。

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

yōng yǒu shēn xīn de jiàn kāng , cái shì shēng mìng zhōng zuì

拥有身心的健康，才是生命中最

dà de cái fù .

大的财富。

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

hū xī jì shì cái fù , huó zhe jiù yǒu xī wàng .

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.*

xīn lǐ rú guǒ " dǎ jié " le , zuì hǎo néng xiàng

心里如果「打结」了，最好能向

nèi guān kàn zì jǐ de qǐ xīn dòng niàn chù .

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.*

bèi fán nǎo zhuàng zhuó le , cǐ shí zuì hǎo xiǎng shòu zì

被烦恼撞着了，此时最好享受自

jǐ hū xī de gǎn jué .

己呼吸的感觉。

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

xīn zhōng yǒu zǔ ài shí , yǎn zhōng de shì jiè jiē bù
心中有阻碍时，眼中的世界皆不
píng ; xīn zhōng wú kùn rǎo shí , yǎn qián de shì jiè
平；心中无困扰时，眼前的世界
dōu měi hǎo .
都美好。

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

xīn bú kāi lǎng jiù shì kǔ , xīn jìng huò dá jiù néng
心不开朗就是苦，心境豁达就能
zhuǎn kǔ wéi lè .
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.*

shēng miè xiàn xiàng shì shì jiān cháng tài , ruò néng dòng chá
生灭现象是世间常态，若能洞察
shēng miè xiàn xiàng , biàn shì zhì zhě .
生灭现象，便是智者。

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

bǎ xīn niàn zhuǎn guò lái , mìng yùn yě jiù hǎo zhuǎn guò lái .
把心念转过来，命运也就好转过来。

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

zhì huì bìng bù zhǐ shì tōng xiǎo jīng diǎn , ér shì yào
智慧并不只是通晓经典，而是要
yǒu zhuǎn huà fán nǎo de qiǎo miào fāng biàn .
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.*

fán nǎo jí pú tí , bìng bú shì shuō méi yǒu fán nǎo ,
烦恼即菩提，并不是说没有烦恼，
ér shì suī rán yǒu fán nǎo , dàn shì nǐ bù yǐ tā
而是虽然有烦恼，但是你不以它
wéi fán nǎo .
为烦恼。

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

zhǐ yào xīn píng qì hé , shēng huó biàn néng kuài lè .
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?"*

miàn duì shēng qì , yào xué huì " fǎn guān zì zhào "
面对生气，要学会「反观自照」，
zhào yī zhào zì jǐ de xīn niàn , wèn yī wèn wèi shén
照一照自己的心念，问一问为什
me yào shēng qì ?
么要生气？

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

cāo xīn jiù yǒu shì , fàng xīn biàn wú shì .
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."

cóng zì wǒ kěn dìng , zì wǒ tí shēng , dào zì wǒ
从自我肯定、自我提升，到自我
xiāo róng , shì cóng " zì wǒ " dào " wú wǒ "
消融，是从「自我」到「无我」
de sān gè xiū xíng jiē duàn .
的三个修行阶段。

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

yào zhòng shì shàn yīn de péi yù , bú yào zhǐ qī dài
要重视善因的培育，不要只期待
měi guǒ de xiǎng shòu .
美果的享受。

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

dāng nǐ tǐ rèn dào zì jǐ de zhì huì bù zú shí ,
当你体认到自己的智慧不足时，
zhì huì yǐ jīng zài wú xíng zhōng zēng zhǎng le .
智慧已经在无形中增长了。

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

xīn yào rú qiáng bì , suī rán bú dòng , què yǒu
心要如墙壁，虽然不动，确有
zuò yòng .
作用。

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

yào zuò wú chén de fǎn shè jìng , míng jiàn yī qiē
要做无尘的反射镜，明鉴一切
wù , bù zhān yī qiē wù .
物，不沾一切物。

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

dāng dà jiā dōu zài máng mù dì zhēng duó zhī shí ,
当大家都在盲目地争夺之时，
nǐ zuì hǎo xuǎn zé lìng wài yī tiáo lù zǒu .
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.*

wéi wéi shàn è zài yī niàn jiān , xiū xiū fú huì yú fāng
为为善恶在一念间，修修福慧于方
cùn zhōng .
寸中。

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

xīng xīng zhī huǒ zú yǐ liáo yuán , xiǎo xiǎo shàn yuàn néng jiù
星星之火足以燎原，小小善愿能救
shì jiè .
世界。

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

tiān dì yǒu zuò yù dà dé , wǒ qǐ wú cí bēi hóng yuàn .
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.*

jiù dù zhòng shēng shì tí qǐ , bú zhù zhuó xiàng shì fàng xià .
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.*

màn tiān hóng chén xīn wù rǎn , biàn dì jīng jí zhàng zhú xíng .
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.*

cí bēi bì chūn fēng huà yǔ , zhì huì dāng rì guāng pǔ zhào .

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.*

bēi shàn bá kǔ cí yǔ lè , zhì huǒ miè zuì huì duàn huò .

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.*

yǒu dà zhì huì yǒu dà yuàn , wú liàng fú dé wú liàng shòu .

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.*

ruò jiàn xīn zhōng rú lái zàng , sān jiè huǒ zhái huà hóng lián .

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.*

yīng wú suǒ zhù ér shēng qí xīn , shì rù cí bēi mén .

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.*

dào xīn zhī zhōng yǒu shī wú wèi .

道心之中有施无畏。

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

fàng xià wàn yuán shí , zhòng shēng yī jiān tiāo .

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.*

ān níng shēn xīn líng , ān dìng jiā yǔ yè .

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?*

nán shān lǎo sōng zǎo yǐ shuāi lǎo , běi dòu shòu xīng shàng

南山老松早已衰老，北斗寿星尚

shèn nián qīng .

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.*

shén lóng qián zàng shēn tán dà zé , měng hǔ gāo wò wēi

神龙潜藏深潭大泽，猛虎高卧危

yá xiǎn kū .

崖险窟。

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

fó fǎ wú tā , zhǐ yǒu yī wèi , zì lì lì rén
佛法无他，只有壹味，自利利人
de jiě tuō wèi yě .
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.*

cháng niàn guān yīn pú sà , xīn ān jiù yǒu píng ān .
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.*

cháo shān lǐ bài lái xiū xíng , qí fú xiāo zāi yuàn yì
朝山礼拜来修行，祈福消灾愿易
chéng ; kǒu chàng ěr tīng xīn gōng jìng , sān bù yī bài
成；口唱耳听心恭敬，三步一拜
xiàng qián xíng ; shēn xīn shū chàng hǎo gǎn yīng , yè xiāo
向前行；身心舒畅好感应，业消
zhàng chú fú huì zēng .
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.*

yī bō qǐ shí qiān jiā fàn , gū sēng zhàng zhú wàn lǐ
一钵乞食千家饭，孤僧杖竹万里
yóu ; suí yuán yīng huà mò yōng yǒu , yuán bì fàng shēn
游；随缘应化莫拥有，缘毕放身
sā liǎng shǒu .
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.*

fàng xià bù děng fàng qì , shì wèi tuō kùn , shì wèi
放下不等放弃，是为脱困，是为
tí qǐ ; yào néng fàng xià cái néng tí qǐ , tí fàng
提起；要能放下才能提起，提放
zì rú shì zì zài rén .
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.*

yù shì zhèng miàn jiě dú nì xiàng sī kǎo , chéng shì què
遇事正面解读逆向思考，成事确
li fāng xiàng qiè ér bù shě .
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.*

lù yù xuán yá qiào bì zǒu guò qù , qiǎo guò rén jiān
路遇悬崖峭壁走过去，巧过人间
xiān jìng mò dòu liú .
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.*

quán shì cái fù shǔ shè huì gòng xiǎng , huò fú kǔ lè
权势财富属社会共享，祸福苦乐
nǎi gè rén yīn yuán .
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.*

yòu yǐ míng lì quán wèi bú dòng xīn , xiàn yú qiān jun
诱以名利权位不动心，陷于千军
wàn mǎ wú suǒ jù .
万马无所惧。

25. *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.*

tiān bú cuò dì bú cuò shì xīn cuò , tā yǒu lǐ nǐ
天不错地不错是心错，他有理你
yǒu lǐ wǒ méi lǐ .
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.*

mò yuàn xiào zǐ xián sūn hé qí shǎo , dàn wèn yǎng yù
莫怨孝子贤孙何其少，但问养育
ér nǚ zěn me jiāo .
儿女怎么教。

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

xué wèn de lǐng yù zhòng zài yán jiū , jīng yàn de fàn
学问的领域重在研究，经验的范
chóu zé wéi shí jiàn .
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.*

màn màn cháng yè wú mèng chūn xiāo duǎn , máng máng kǔ hǎi
漫漫长夜无梦春宵短，茫茫苦海
yǒu chuán bǐ àn jìn .
有船彼岸近。

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

yǐ bān ruò chǔ suì wàn qiān zhàng ài , yùn fú dé fǔ
倚般若杵碎万千障碍，运福德斧
jiàn rén jiān jìng tǔ .
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.*

jià háng bān ruò chuán kǔ hǎi pǔ dù , cháng dēng niè pán
驾行般若船苦海普渡，常登涅槃
shān xīn xíng bú dòng .
山心性不动。

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

hé shān yóu zài , jǐng wù qiān yí ; rì yuè cháng yùn ,
河山犹在，景物迁移；日月长运，
rén shì quán fēi .
人事全非。

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

tiān shàng rén jiān lè yǔ kǔ , zì xīn zào zuò zì shēn shòu .
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.*

qīng shān lǜ shuǐ guǎng cháng shé , niǎo yǔ huā xiāng shuō miào fǎ .
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.*

jiāo yù wèi qiān qiū dà yè , xián néng nǎi bǎi dài kǎi mó .
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.*

shuǐ shēn qiān zhàng zhōng jiàn dǐ , shān gāo wàn lǐ hǎi zhōng shēng .
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.*

yún mén rì rì shì hǎo rì , xíng jiǎo bù bù lǚ fāng cǎo .

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.*

shì jiān běn wú gòu yǔ jìng , qí yuán zì qǐ fēn bié xīn .

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.*

xī yáng xī xià míng tiān jiàn , xù rì dōng shēng jìn huáng hūn .

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.*

xì wài kàn xì wàng le xì , mèng zhōng zuò mèng bù zhī mèng .

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.*

yǔ lù shuāng xuě běn wú zhǔ , fēng yún léi diàn yīng shí xiàn .

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.*

wēi jī huà wéi zhuǎn jī shí , jué lù zǒu chū huó lù rén .

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.*

tiān táng dì yù yóu xīn zào , chéng fó zuò zǔ xīn wài wú .

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.*

jīng jué zhí mí yǐ jìn wù , zhī mí bú wù cuò zhōng cuò .

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?*

rén shēng ruò mèng shuí dōu huì shuō , zhōng shēng zuò mèng zěn me

bù xǐng .

不醒。

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.*

bǎi qiān jì huà máng lù yī shēng , wàn yuán fàng xià qián

百千计画忙碌一生，万缘放下前

程似锦。

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.*

lín kě jué jǐng huǎn bù jì jí , shí shí xué fó shí

临渴掘井缓不济急，即时学佛即

时解惑。

时解惑。



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

wù yīn yǒu shì ér yōu , níng wéi wú shì ér xǐ .
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.*

chán fǎ jí shì xīn fǎ , wàn fǎ yóu xīn shēng miè .
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.*

dà mèng shuí xiān jué , lí mèng xiǎng diān dǎo .
大梦谁先觉，离梦想颠倒。

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

rén shàng yǒu rén , shān gāo shuǐ cháng .
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.*

zǒu lù jiàn kāng liàn shēn , gèng kě xiū xíng liàn xīn ,
走路健康炼身，更可修行炼心，
kuài zǒu qū qiǎn wàng qíng , màn zǒu fā huì xí dìng .
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.*

yuè quē yuè yuán rì , ruò huī ruò míng shí ; fēng yǔ
月缺月圆日，若晦若明时；风雨
wú yuè yè , yuè liàng běn cháng míng .
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.*

shì sù jìng : shēn rú yù shù lín fēng , xīn rú píng
世俗境：身如玉树临风，心如平
hú qiū yuè .
湖秋月。

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

xiū xíng jìng : shēn shì pú tí shù , xīn rú míng jìng tái .
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.*

wù hòu jìng : pú tí běn wú shù , míng jìng yì fēi tái .
悟后境：菩提本无树，明镜亦非台。

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

yǒu xiàng wú xiàng yǒu wú xiàng , zhēn kōng jiǎ kōng zhēn jiǎ kōng .
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.*

jiāo yǒu yīng jiāo zhí liàng duō wén , xìn fó dāng bì guài lì
交友应交直谅多闻，信佛当避怪力
luàn shén , xué fǎ xìng wù dào chù mō mén , jìng sēng qiē
乱神，学法幸勿到处摸门，敬僧切
jì máng cóng gè rén .
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.*

duō fú shǎo fú dāng péi fú , zhī ēn niàn ēn bì bào ēn .
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.*

cí bēi xīn huà jiě yuàn dí , zhì huì xīn qū chú fán nǎo .
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.*

gōng jìng xīn hù chí sān bǎo , qīng jìng xīn hóng fǎ lì shēng .
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.*

gǎn ēn xīn tǐ yàn shēng huó , jīng jìn xīn shàn yòng shēng mìng .
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.*

cán kuì xīn zēng zhǎng fú dé , chàn huǐ xīn xiāo miè zuì zhàng .
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.*

huái ēn bào ēn ēn xiāng xù , yǐn shuǐ sī yuán yuán bù jué .
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.*

jiān rèn xīn yì dù nán guān , cháng yuǎn xīn kě chéng dà shì .

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.*

nǐ xīn wǒ xīn tóng fó xīn , zhī fú xī fú duō péi fú .

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.*

juān dī zhī ēn yǒng quán yǐ kuì , yī fàn zhī shī fěn shēn

涓滴之恩涌泉以馈，一饭之施粉身

xiāng bào .

相报。

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

qǔ shuǐ yǐn shuǐ yǐ shuǐ yǐn rén , shòu ēn xiè ēn yòng

取水饮水以水饮人，受恩谢恩用

ēn xiè rén .

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.*

jiě kāi ài hèn qíng chóu xīn jié , xué xí cí bēi xǐ

解开爱恨情仇心结，学习慈悲喜

shě xīn liàng .

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.*

fù mǔ zhī ēn zhòng yú tiān dì , sān bǎo zhī dé duō
父母之恩重于天地，三宝之德多
guò héng shā .
过恒沙。

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

zhī ēn bào ēn shì yǐn shuǐ sī yuán , ēn qíng jiū jié
知恩报恩是饮水思源，恩情纠结
huì xiāng hù shāng hài .
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.*

gǎn ēn shì zhōng shēng shòu yòng de fú bào , huái hèn nǎi
感恩是终生受用的福报，怀恨乃
yǒng shì jiū chán de mó zhàng .
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.*

ruò bù shàn yòng cái fù lì yì shì rén , biàn xiàng jīn
若不善用财富利益世人，便像锦
yī yè xíng àn zì jiāo jīn .
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.*

bù shī shì jīng yíng cái fù de jià zhí , zhòng fú nǎi
布施是经营财富的价值，种福乃
guò shǒu cái fù de yuán yīn .
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.*

jiā yè bǎi nián bù zhù yīn wéi jī fú , fù guì bù
家业百年不坚因为积福，富贵不
guò sān dài yóu yú zì sī .
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.*

suí shí fú wù tā rén , zhōng shēng xìng fú ; yǒu lì
随时服务他人，终生幸福；有力
bù jié shàn yuán , hòu huǐ mò jí .
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.*

kàn tiān bō zhǒng shí , yún cǎo shī féi rì , fēng shōu
看天播种时，耘草施肥日，丰收
gǎn ēn yuè , qí qiú nián nián hǎo nián .
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.*

rén shēng suǒ qiú sì dà měi shì wéi : qiú fú dāng xiān
人生所求四大美事为：求福当先
zhǒng fú , péi fú , xī fú ; qiú lù dāng xiān guǎng
种福，培福，惜福；求禄当先广
jié shàn yuán ; qiú shòu dāng cháng bǎo jiàn ; qiú xǐ xiān
结善缘；求寿当常保健；求喜先
yīng xiào miàn yíng rén .
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.*

yǐ cán kuì xīn fǎn guān zì jǐ , shí shí jué dé yú
以惭愧心反观自己，时时觉得于
jǐ yú rén zǒng shì nǚ lì bù zú fèng xiàn bù gòu .
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.*

yǐ cán kuì xīn guān zhào běn shēn wéi rén , zuò rén ruò
以惭愧心观照本身为人，做人若
bú zì wǒ xǐng chá jiǎn diǎn xié zhèng , suí shí yǒu shī
不自我省察检点邪正，随时有失
zú zhī wēi .
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.*

yòng gǎn ēn xīn kàn dài shì jiè shì wù , zuò rén ruò
用感恩心看待世界事物，做人若
bù gǎn ēn tú bào yǐ fèng xiàn shì jiè , huó shuǐ biàn
不感恩图报以奉献世界，活水便
huì kū jié .
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.*

bǎi nián xiāng shǒu , xiāng hù zūn jìng gǎn ēn , xiāng hù
百年相守，相互尊敬感恩，相互
xué xí suǒ cháng , xiāng hù yuán liàng quē shī , xiāng hù
学习所长，相互原谅缺失，相互
guān ài fú chí .
关爱扶持。

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積
德
備
福

Cultivating Virtues
and Merits

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

zhēn chéng bì yǒu yīng , jīng qín wàn shì chéng .

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.*

níng yǐ qín miǎn bǔ bèn zhuō , wù zhàng cōng míng ér xiè dài .

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.*

yán yǐ lǜ jǐ bù kuī sǔn , kuān yǐ dài rén shòu yì duō .

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.*

shǒu pín wàng fù dāng qín jiǎn , chù luàn shǒu ān bú dòng xīn .

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.*

cài gēn qīng xiāng bù yī nuǎn , qín láo jiàn kāng jié jiǎn fù .

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.*

jí shí xíng lè nǎi làng màn , suí chù xiū shàn jī gōng dé .
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.*

néng zhōng gèng yǒu néng zhōng shǒu , gè zì nǚ lì mò xiàn rén .
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.*

tīng zhèng yán wèi bì shùn ěr , cháng kǔ wèi de shì liáng yào .
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.*

kū hàn qí jiàng jí shí yǔ , lóng dōng yuàn zuò sòng nuǎn rén .
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.*

fèng huáng hǎo qī fù guì zhái , bái hè xǐ luò fú shòu jiā .
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.*

xīn zhōng bù cún dé shī xiǎng , cháng zuò shì jiān wú shì rén .
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.*

cái dé jiān bèi shì xián liáng , yǒu néng wú dé hài qún mǎ .

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.*

zhī guò jí gǎi bù wéi chǐ , fàng xià tú dāo lì chéng fó .

知过即改不为耻，放下屠刀立成佛。

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

jǐng tì fù guì bù chū sān dài , xiǎo xīn quán shì lìng rén

警惕富贵不出三代，小心权势令人

duò luò .

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.*

zì gǔ jiāng xiàng duō chū hán mén , shě jǐ wéi gōng tiān xià

自古将相多出寒门，舍己为公天下
tài píng .

太平。

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

shǎo xiē rén wǒ shì fēi de zhí zhuó , duō diǎn chéng rén

少些人我是非的执着，多点成人

zhī měi de yán xíng .

之美的言行。

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

ruò wàng cháng bǎo fù guì , péi fú yào jǐn , fù guì
若望常保富贵，培福要紧，富贵
duō cóng jī fú lái .
多从积福来。

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

shòu chí guān shì yīn pú sà míng hào , dé wú liàng wú
受持观世音菩萨名号，得无量无
biān fú dé zhī lì .
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.*

zhēng duó tā rén fàn wǎn mò rú zì jiā gēng tián ,
争夺他人饭碗莫如自家耕田，
zì jiā wú tián kě gēng bāng rén gēng tián yě hǎo .
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.*

cháng chī qiān xū gōng jìng shù rěn kuān hòu de fàn ,
常吃谦虚恭敬忍宽厚的饭，
duō hē chéng shí lǐ ràng qín láo jiē jiǎn zhī tāng .
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.*

yī yè zhì fù shì bào fù , yī xī chéng míng nǎi
一夜致富是暴富，一夕成名乃
xū míng , bào fù bào fā fù nán shǒu , xū míng
虚名，暴富暴发富难守，虚名
bù shí míng lèi rén .
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.*

zhī yīn nán yù zhèng cháng shì , wù yīn gū dú bù
知音难遇正常事，勿因孤独不
lǐ rén ; shǎo fán shǎo nǎo fú dé zhǎng , duō sī
理人；少烦少恼福德长，多思
duō lǜ zhàng ài zēng .
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.*

duō xīn fáng rén yì zāo guǐ , zhī jǐ zhī bǐ féng
多心防人易遭鬼，知己知彼逢
guì rén , fù guì pín jiàn jiē bù shī , zì lì
贵人，富贵贫贱皆布施，自利
lì rén lì zhòng shēng .
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.*

rén shēng zài shì , dāng bèi sì dé : shēng dé qí
人生在世，当备四得：生得其
suǒ , lǎo dé qí fú , bìng dé jiàn kāng , sǐ
所，老得其福，病得健康，死
dé qí shí , wàn qiān xìng fú zài qí zhōng yǐ .
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.*

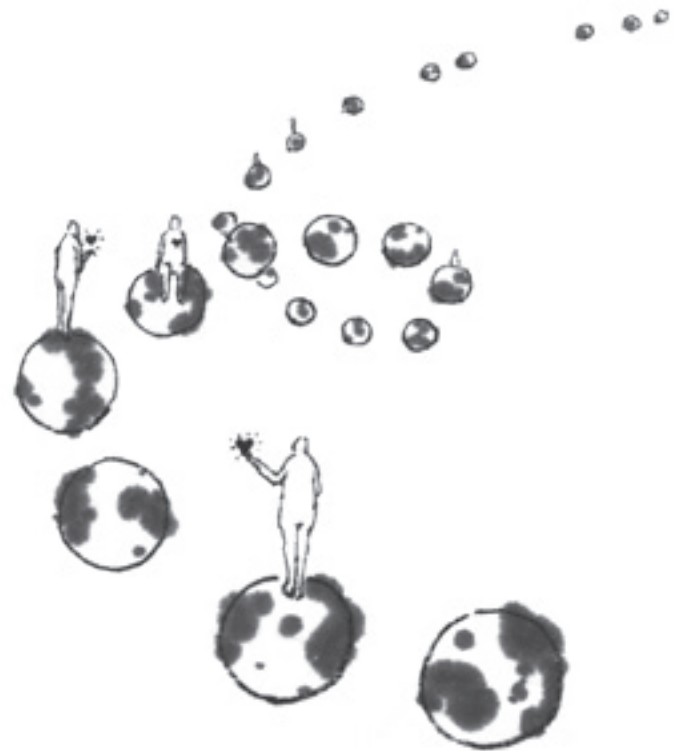
fù guì wèi bì zhǐ sān dài , xián zhé wèi bì shēng yú
富贵未必只三代，贤哲未必生于
hán mén ; fù guì dāng jī dé , hán mén xū qín miǎn .
寒门；富贵当积德，寒门须勤勉。

107. *Doing good is without condition.*

xíng shàn méi yǒu tiáo jiàn .
行善没有条件。

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

zhēn xī shēng mìng , wéi zì jǐ jiā yóu .
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.

yòng píng cháng xīn miàn duì bù píng cháng zhī shì .

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.

dé lǐ ràng sān fēn , lǐ zhí qì yào róu .

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.

chá jué zì jǐ qíng xù qǐ fú , bù wěn dìng shí ,

察觉自己情绪起伏、不稳定时，

yào mǎ shàng huí dào hū xī . tǐ yàn hū xī , gǎn

要马上回到呼吸。体验呼吸、感

jué hū xī , jiù néng jiàn jiàn ān wěn xià lái .

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.

xīn bù ān , zhǔ yào shì shòu dào huán jìng huò zhě shēn

心不安，主要是受到环境或者身

tǐ yīn sù de yǐng xiǎng . rú guǒ néng gòu zhào gù zì

体因素的影响。如果能够照顾自

jǐ de xīn , liáo jiě zì jǐ de shēn xīn zhuàng kuàng ,

己的心，了解自己的身心状况，

biàn néng zì zài píng ān .

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.*

huán jìng shì wǒ men de jìng zǐ , fā xiàn zì jǐ de
环境是我们的镜子，发现自己的
yán xíng jǔ zhǐ ràng tā rén bù shū fú , jīng yà ,
言行举止让他人不舒服、惊讶，
huò zhě bú yǐ wéi rán , yào mǎ shàng fǎn xǐng , chàn
或者不以为然，要马上反省、忏
huǐ , gǎi jìn .
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.*

xīn shì wǒ men de lǎo shī , wǒ men de xīn suí shí
心是我们的老师，我们的心随时
suí dì yǔ dāng xià suǒ zuò de shì , suǒ chù de huán
随地与当下所做的事、所处的环
jìng hé ér wéi yī , jiù shì zài jìng tǔ zhī zhōng .
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.*

bù guǎn gāo xìng huò tòng kǔ , zhǐ yào shì yīn wéi tā
不管高兴或痛苦，只要是因为他
rén de píng duàn , ér shǐ wǒ men de xīn shòu qiān dòng ,
人的评断，而使我们的心的受牵动、
bèi yǐng xiǎng , jiù shì méi yǒu hǎo hǎo bǎo hù wǒ men
被影响，就是没有好好保护我们
de xīn , méi yǒu zuò hǎo xīn líng huán bǎo .
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.*

shēng qì , kě néng shì shēn tǐ shàng , guān niàn shàng huò
生气，可能是身体上、观念上或
qí tā yīn sù yīn qǐ de fán nǎo , bù yī dìng dài
其他因素引起的烦恼，不一定代
biǎo xiū yǎng bù hǎo . rú guǒ néng gòu xiàng nèi xīn guān
表修养不好。如果能够向内心观
zhào , yòng zhì huì lái huà jiě fán nǎo , yě jiù bù
照，用智慧来化解烦恼，也就不
huì zì hài hài rén le .
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.*

rèn hé zhuàng kuàng xià , dōu yào zhào gù hǎo zì jǐ de
任何状况下，都要照顾好自己
xīn , bǎo chí nèi xīn de píng wěn yǔ ān dìng , jiù
心，保持内心的平稳与安定，就
shì xīn líng de jiàn kāng , jiù shì xīn líng huán bǎo .
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.*

yù dào bù shū fú , bù yú kuài de shì yào tiáo xīn ,
遇到不舒服、不愉快的事要调心，
tiáo xīn shì tiáo wǒ men zì jǐ de xīn , bù shì tiáo
调心是调我们自己的心，不是调
bié rén de xīn .
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."*

bú lùn duì fāng shì xǐ huān de rén huò tǎo yàn de rén ,
不论对方是喜欢的人或讨厌的人，
bù guǎn yù dào rèn hé kāi xīn huò má fan de shì ,
不管遇到任何开心或麻烦的事，
dōu yào xīn píng qì hé dì chù lǐ shì , duì dài rén ,
都要心平气和地处理事、对待人，
zhè jiù shì " shì fēi yào wēn róu " .
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.*

wēn róu , shì yǐ róu hé de xīn , róu shùn de tài
 温柔，是以柔和的心、柔顺的态
 dù lái duì dài rén , chù lǐ shì , dàn bìng bù děng
 度来对待人、处理事，但并不等
 yú róu ruò .
 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.*

zì zài de rén shēng , bìng bù shì méi yǒu cuò zhé ,
 自在的人生，并不是没有挫折，
 ér shì zài yǒu cuò zhé de zhuàng kuàng xià , réng néng bǎo
 而是在有挫折的状况下，仍能保
 chí shēn xīn píng wěn , cóng róng yǐ duì .
 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.*

rú guǒ rén rén xiàng zì rán huán jìng qiú mǎn zú , xiàng
 如果人人向自然环境求满足，向
 shè huì huán jìng qiú gōng zhèng , xiàng tā rén qiú píng děng ,
 社会环境求公正，向他人求平等，
 jìn guǎn huì yǒu ruò gān chéng dù de xiào guǒ , dàn shì
 尽管会有若干程度的效果，但是
 zhōng jiū wú fǎ zhēn zhèng huà jiě chōng tū .
 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.*

" fàng xià " bù děng yú " fàng qì " .

「放下」不等于「放弃」。

" fàng xià " shì bù xiǎng guò qù , bù xiǎng wèi lái ,

「放下」是不想过去、不想未来，

xīn bù zhí zhuó ; " fàng qì " shì shén me dōu bù

心不执着；「放弃」是什么都不

xiāng xìn , wán quán shī qù xìn xīn hé yǒng qì .

相信，完全失去信心和勇气。

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

yǒu xìn xīn , yǒu xī wàng , jiù néng yǒu wèi lái .

有信心，有希望，就能有未来。

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

hòu huǐ shì fán nǎo , chàn huǐ shì xiū xíng .

后悔是烦恼，忏悔是修行。

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

dān xīn , yōu xīn méi yǒu yòng , liú xīn , yòng xīn

担心、忧心没有用，留心、用心

què shì xū yào de .

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.

bǎ xīn qīng fàng qīng sōng , shēng bìng shí hái shì yī yàng
把心情放轻松，生病时还是一样的
dì shēng huó , yī yàng dì zuò gāi zuò de shì , jiù
地生活，一样地做该做的事，就
néng bìng dé hěn jiàn kāng .
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.

bìng bú yī dìng kǔ , qióng bú yī dìng kǔ , láo dòng
病不一定苦，穷不一定苦，劳动
bù yī dìng kǔ , xīn kǔ cái shì zhēn zhèng de kǔ .
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.

bǎ shēng bìng dāng chéng shì yī zhǒng tǐ yàn , yě jiù bù
把生病当成是一种体验，也就不
kǔ .
苦。

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

bǎ bù rú yì de shì dāng chéng shì yǒu yì sī de tǐ
把不如意的事当成是有点意思的体
yàn , jiù huì yǒu bù tóng de shōu huò .
验，就会有不同的收获。

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

xīn lǐ shàng zhǔn bèi shòu cuò zhé , jiù bù pà yǒu cuò
心理上准备受挫折，就不怕有挫
zhé .
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.*

rén shēng bù kě néng yī fān fēng shùn , shēn tǐ nán miǎn
人生不可能一帆风顺，身体难免
yǒu bìng tòng , gōng zuò nán miǎn shòu zǔ ài , zì rán
有病痛，工作难免受阻碍，自然
huán jìng nán miǎn qǐ zāi hài ; zhǐ yào xīn ān , jiù
环境难免起灾害；只要心安，就
yǒu píng ān .
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.*

zhè gè shì jiè suí shí kě néng fā shēng zāi nàn , píng
这个世界随时可能发生灾难，平
shí zuò hǎo yù fáng gōng zuò hé xīn lǐ zhǔn bèi , jiù
时做好预防工作和心理准备，就
néng zài zāi nàn fā shēng shí , bǎ shāng hài jiǎn dào zuì
能在灾难发生时，把伤害减到最
dī .
低。

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

rú guǒ guān niàn zhèng què , zhī dào shēng lǎo bìng sǐ dōu
如果观念正确，知道生老病死都
shì zì rán xiàn xiàng , jiù bù huì yuàn tiān yóu rén .
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.*

duō xiǎng liǎng fēn zhōng , hái yǒu xǔ duō huó lù kě zǒu ;
多想两分钟，还有许多活路可走；
zhǐ yào hái yǒu yī kǒu hū xī zài , jiù yǒu wú xiàn
只要还有一口呼吸在，就有无限
de xī wàng .
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.*

zhǐ yào yǒu yī kǒu hū xī zài , xīn niàn yī zhuǎn ,
只要有一口呼吸在，心念一转，
huán jìng jiù huì gēn zhe zhuǎn biàn , yīn wéi huán jìng shì
环境就会跟着转变，因为环境是
wú cháng de .
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.*

bú lùn wài zài huán jìng rú hé gǎi biàn , zhǐ yào nèi
不论外在环境如何改变，只要内
xīn ān wěn , lěng jìng miàn duì , yī dìng néng zhǎo dào
心安稳、冷静面对，一定能找到
jiě jué wèn tí de bàn fǎ .
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.*

wú lùn máng lù yǔ fǒu , dú chù huò qún jū , nèi
无论忙碌与否，独处或群居，内
xīn jīng cháng bǎo chí zhe ān dìng , xiáng hé , qīng míng ,
心经常保持着安定、祥和、清明，
jiù shì xiū chán , biàn shì luò shí xīn líng huán bǎo .
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.*

fǎn duì , zǔ náo de shēng yīn bìng bù kě pà , néng
反对、阻挠的声音并不可怕，能
gòu miàn duì , bāo róng , fǎn ér shì bāng zhù zì jǐ
够面对、包容，反而是帮助自己
chéng zhǎng de yī zhǒng zhù lì .
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.*

chù lǐ wèn tí yào xīn píng qì hé , xīn bù píng ,
处理问题要心平气和，心不平、
qì bù hé , zé róng yì shuō cuò huà , ràng wèn tí
气不和，则容易说错话，让问题
gèng fù zá .
更复杂。



盡責
盡分

Fulfilling Responsibilities

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

yào hé wài zài huán jìng hé xié xiāng chù , shǒu xiān yào
要和外在环境和谐相处，首先要
gēn nèi zài de zì wǒ hé píng xiāng chù .
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.*

fàng sōng shēn xīn , tǐ yàn shēn xīn , cái néng gòu yǔ
放松身心、体验身心，才能够与
zì wǒ hé píng xiāng chù .
自我和平相处。

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

néng gòu yǔ zì wǒ hé xié xiāng chù , jiù néng gòu shēn
能够与自我和谐相处，就能够深
qiē dì liǎo jiě zì wǒ , bāo kuò zì wǒ de yōu diǎn
切地了解自我，包括自我的优点
hé quē diǎn .
和缺点。

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

bú yào zì yǐ wéi shì , yě bù bì xiǎo kàn zì jǐ .
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.*

bù gēn zì jǐ bǐ , bù gēn tā rén bǐ , zhǐ zhī
不跟自己比，不跟他人比，只知
nǔ lì yú xiàn zài , suí shí zhǔn bèi zhe wèi lái .
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.*

tōng cháng rén dōu xǐ huān zhāng xiǎn zì jǐ de yōu diǎn ,
通常人都喜欢彰显自己的优点，
yōu diǎn yào fā huī , yào chéng zhǎng , bù bì kuā zhāng .
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.*

rén wǎng wǎng huì yǐn cáng zì jǐ de quē diǎn , bú dà
人往往会隐藏自己的缺点，不大
yuàn yì qù miàn duì huò chéng rèn ; ruò néng tǎn rán miàn
愿意去面对或承认；若能坦然面
duì zì jǐ de quē diǎn , quē diǎn jiù huì yù lái yù
对自己的缺点，缺点就会愈来愈
shǎo , wèn tí yě huì yù lái yù xiǎo .
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.*

qīng chǔ zhī dào zì jǐ de yōu quē diǎn , liǎo jiě shēng
清楚知道自己的优缺点，了解生
cún yǔ shēng mìng de yì yì , shì kěn dìng zì wǒ de
存与生命的意义，是肯定自我的
kāi shǐ .
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.*

kěn dìng zì wǒ ér duì zì jǐ de yōu quē diǎn bù zhí
肯定自我而对自己的优缺点不执
zhuó , bù yīn cǐ jiāo ào , ào huǐ , ér chí xù
着，不因此骄傲、懊悔，而持续
bú duàn dì jīng jìn nǚ lì , biàn shì yī zhǒng wú wǒ
不断地精进努力，便是一种无我
de tài dù .
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.*

měi gè rén de tiáo jiàn bù tóng , zhì huì bù tóng ,
每个人的条件不同、智慧不同、
huán jìng bù tóng , tǐ néng bù tóng , bèi jǐng yě bù
环境不同、体能不同、背景也不
tóng , bù bì xiāng tí bìng lùn ; zhǐ yào jiǎo tà shí
同，不必相提并论；只要脚踏实
dì , bù bù wěn jiàn , jiù néng zǒu chū yī tiáo lù
地，步步稳健，就能走出一条路
lái .
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.*

rén de yī shēng zhī zhōng , rú guǒ néng yǒu yī gè míng
人的一生之中，如果能有一个明
què de jià zhí guān bìng qiě jiān dìng bù biàn , zé shēng
确的价值观并且坚定不变，则生
mìng guò chéng zhōng de měi gè jiē duàn , dōu jiāng shì xiāng
命过程中的每个阶段，都将是相
chéng xiāng jiā de rén shēng xiǎng yàn .
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.*

zì sī zì lì , kàn qǐ lái shì bǎo zhàng le zì jǐ ,
自私自利，看起来是保障了自己，
qí shí bù rán , sǔn rén zhě zhōng jiāng hài jǐ .
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.*

rén zhī suǒ yǐ zì sī zì lì , tān dé wú yàn ,
人之所以自私自利，贪得无厌，
shì yīn wéi quē fá ān quán gǎn .
是因为缺乏安全感。

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

chōng tū de chǎn shēng , wǎng wǎng shì yīn wéi guò dù qiáng
冲突的产生，往往是因为过度强
diào zì wǒ zhōng xīn .
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.*

zì wǒ zhōng xīn yuán shì yī zhǒng shēng mìng de dòng lì ,
自我中心原是一种生命的动力，
bú jiàn dé shì huài shì , dàn shì rú guǒ zì wǒ zhōng
不见得是坏事，但是如果自我中
xīn tài qiáng , jīng cháng zì yǐ wéi shì , tān dé wú
心太强，经常自以为是、贪得无
yàn , ào màn huò zì bēi , zì jǐ shì kuài lè bú
厌、傲慢或自卑，自己是快乐不
qǐ lái de .
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.*

chāo yuè le zì sī zì lì , lì hài dé shī de zì
超越了自私自利、利害得失的自
wǒ zhōng xīn , jiù néng ràng xīn xiōng kāi kuò , bāo róng
我中心，就能让心胸开阔、包容
xīn zēng jiā , dé shī xīn yě jiù jiǎn shǎo le .
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.*

rú guǒ néng chāo yuè gè rén de lì hài dé shī , biàn
如果能超越个人的利害得失，便
huì bǎ zhěng tǐ shè huì , quán rén lèi de lì hài dé
会把整体社会、全人类的利害得
shī , dāng chéng shì zì jǐ de lì hài dé shī .
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.*

wǒ men xī wàng zì jǐ jiàn kāng , kuài lè , píng ān ,
我们希望自己健康、快乐、平安，
yě xī wàng tā rén jiàn kāng , kuài lè , píng ān de
也希望他人健康、快乐、平安的
zhè zhǒng yuàn xīn , qí zhōng yě yǒu zì wǒ zhōng xīn ,
这种愿心，其中也有自我中心，
dàn yǔ zì sī de zì wǒ zhōng xīn bù tóng , nǎi shì
但与自私的自我中心不同，乃是
lì tā de pú tí xīn .
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.*

rén shēng de jià zhí zài yú fèng xiàn , zài fèng xiàn zhī
 人生的价值在于奉献，在奉献之
 zhōng chéng zhǎng , guǎng jié shàn yuán .
 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.*

tiān shēng wǒ cái bì yǒu suǒ yòng , měi gè rén chū shēng
 天生我材必有所用，每个人出生
 shí , jiù yǐ dài zhe zé rèn hé jià zhí lái dào shì
 时，就已带着责任和价值来到世
 shàng . zhè fèn " yòng chù " , shì duì rén lèi lì
 上。这份「用处」，是对人类历
 shǐ fù zé , duì quán tǐ shè huì jìn zé .
 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.*

gè rén shēng mìng suī rán miǎo xiǎo , zhǐ yào fā huī suǒ
个人生命虽然渺小，只要发挥所
néng suǒ cháng , kè jìn yī jǐ zhī lì , jiù shì bàn
能所长，克尽一己之力，就是扮
yǎn le rén lèi lì shǐ chéng xiān qǐ hòu de jiǎo sè .
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.*

fán shì xīn cún gǎn ēn , nǚ lì dāng xià , bǎ zì
凡事心存感恩，努力当下，把自
jǐ dāng chéng shì chéng xiān qǐ hòu de " shū xuè guǎn " ,
己当成是承先启后的「输血管」，
yī fāng miàn jiē shòu xiān rén de yǎng fèn , yě bǎ zì
一方面接受先人的养分，也把自
jǐ de yǎng fèn wǎng xià chuán , jiù shì shàn jìn shēng mìng
己的养分往下传，就是善尽生命
zhī zé .
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.*

zuò yī tiān hé shàng zhuàng yī rì zhōng , zài shén me yàng
 做一天和尚撞一日钟，在什么样
 de shēn fèn , zhí wèi hé jiǎo sè , jiù yào jìn xīn
 的身分、职位和角色，就要尽心
 jìn lì , jìn zé jìn fèn , biàn shì bǎ wò dāng xià ,
 尽力、尽责尽分，便是把握当下，
 jiù shì xīn líng huán bǎo .
 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."*

xīn gān qíng yuàn fèng xiàn zì jǐ de suǒ yǒu , suǒ zhī ,
 心甘情愿奉献自己的所有、所知，
 lì yì jiā rén , qīn yǒu , nǎi zhì yī qiē zhòng shēng ,
 利益家人、亲友，乃至一切众生，
 chéng wéi dà zhòng suǒ xū yào de rén , biàn shì yī gè
 成为大众所需要的人，便是一个
 " yào rén " .
 「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.*

rén shēng de kǔ yǔ lè , wǎng wǎng lái zì xīn de tǐ
人生的苦与乐，往往来自心的体
yàn . ruò néng bǎ rén shēng de kǔ lè , dāng chéng shì
验。若能把人生的苦乐，当成是
zēng zhǎng cí bēi xīn hé zhì huì xīn de guò chéng , jiù
增长慈悲心和智慧心的过程，就
shì dà zì zài rén .
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.*

xīn zhōng bù cún dé shī xiǎng , biàn shì shì jiān wú shì
心中不存得失想，便是世间无事
rén . wú shì bú shì méi shì zuò , bú zuò shì ,
人。无事不是没事做、不做事，
ér shì zuò shì , rèn shì zhī jiān , xīn zhōng méi yǒu
而是做事、任事之间，心中没有
guà ài .
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.*

zhǐ yào cháng yǐ zhòng rén de ān lè wéi ān lè , yǐ
只要常以众人的安乐为安乐，以
zhòng shēng de xìng fú wéi xìng fú , bì rán jiù shì yī
众生的幸福为幸福，必然就是一
gè píng ān de rén le .
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.*

rén rén dōu kě zhù rén , zhēn xīn de zàn měi rén ,
人人都可助人，真心的赞美人、
gǔ lì rén , ān wèi rén , gěi rén miǎn lì , shū
鼓励人、安慰人，给人勉励、疏
dǎo , jiù shì zài bāng zhù rén .
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.*

kāi huā jié guǒ shì zì rán xiàn xiàng , kāi huā ér bù
开花结果是自然现象，开花而不
jié guǒ yě shì zhèng cháng , zhè jiù shì yīn yuán .
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.

yīn shì zhǔ guān de tiáo jiàn , yuán shì kè guān de yīn
因是主观的条件，缘是客观的因
sù ; zhǔ guān de tiáo jiàn kě yǐ zhǎng wò , kè guān
素；主观的条件可以掌握，客观
de yīn sù zé yào jīng yíng .
的因素则要经营。

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

néng yǒu yīn yuán de rèn zhī , biàn néng cóng yōu kǔ fán
能有因缘的认知，便能从忧苦烦
nǎo dé dào jiě tuō .
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.

shì qíng de chéng gōng yǔ fǎi , suī rán bú qù jì jiào ,
事情的成功与否，虽然不去计较，
rán ér yī fèn nǔ lì , yī fèn yòng xīn , dōu shì
然而一分努力、一份用心，都是
zēng shàng yuán .
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.*

yīn yuán xū yào yòng xīn bǎ wò , jiǎ shǐ yīn yuán shàng
 因缘需要用心把握，假使因缘尚
 wèi chéng shú , bù fāng zài děng děng ba ! děng dài jiā
 未成熟，不妨再等等吧！等待加
 shàng nǚ lì , cái néng zài yīn yuán chéng shú shí hǎo hǎo
 上努力，才能在因缘成熟时好好
 bǎ wò .
 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.*

"zhī mìng" yǔ "rèn mìng" bù tóng .

「知命」与「认命」不同。

"rèn mìng" shì xiāo jí de tài dù , wán quán fàng

「认命」是消极的态度，完全放
 qì shēng mìng de zuò wéi ; "zhī mìng" zé shì rèn
 弃生命的作为；「知命」则是认
 zhī wàn shì wàn wù yǒu qí yīn yuán , gāi lái de zǒng
 知万事万物有其因缘，该来的总
 shì huì lái , shùn nǐ jiē rán .
 是会来，顺逆皆然。



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

ruò néng zhī mìng , biàn néng tǎn rán miàn duì rén shēng de
若能知命，便能坦然面对人生的
jì yù .
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.*

rèn hé zhuàng kuàng xià , duì rén yào zūn zhòng , duì shì
任何状况下，对人要尊重，对事
yào fù zé , duì zì jǐ yào yǒu zhì huì .
要负责，对自己要有智慧。

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

cí bēi , shì duì rèn hé rén bù jǐn bú qù shāng hài
慈悲，是对任何人不仅不去伤害
tā , hái yào qù bāng zhù tā .
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.*

bú lùn hé shí hé dì , bù shāng hài rén , bù fáng
不论何时何地，不伤害人、不妨
ài rén , jiù shì bǎo hù zì jǐ , yě bǎo hù tā
碍人，就是保护自己，也保护他
rén .
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.*

bù yǐ zì wǒ zhōng xīn de lì chǎng , ér yǐ kè guān
不以自我中心的立场，而以客观
shèn zhì chāo yuè zhǔ guān , kè guān de lì chǎng lái duì
甚至超越主观、客观的立场来对
dài rén , chù lǐ shì , zì jǐ fàn de cuò wù jiù
待人、处理事，自己犯的错误就
huì shǎo yī xiē , duì rén yě huì cí bēi xiē .
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.*

tiān dǐ xià méi yǒu zhēn zhèng de huài rén , zhǐ yǒu zuò
天底下没有真正的坏人，只有做
le cuò shì de rén ; méi yǒu zhēn zhèng è xīn de rén ,
了错事的人；没有真正恶心的人，
zhī shì guān niàn chū le chà cuò .
只是观念出了差错。

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

cí bēi , shì yǐ píng děng , wú chà bié , fēi duì
慈悲，是以平等、无差别、非对
lì de tài dù , lái kàn dài yī qiē rén .
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.*

zhì huì , shì zài rèn hé zhuàng kuàng xià , xīn píng qì
智慧，是在任何状况下，心平气
hé dì bǎ zì jǐ guī líng , chù lǐ yī qiè shì .
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.*

wèn tí ruò néng jiě jué , hěn hǎo ! rú guǒ bù néng
问题若能解决，很好！如果不能
jiě jué huò zhě liú xià hòu yí zhèng , yě bù bì guà
解决或者留下后遗症，也不必罣
ài , zhǐ yào jìn rén shì , jiù bù bì yuàn tiān yóu
碍，只要尽人事，就不必怨天尤
rén .
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.*

cí bēi dài rén , shì bāng zhù tā , kuān shù tā ,
慈悲待人，是帮助他、宽恕他、
bāo róng tā , gǎn dòng tā ; zhì huì duì shì , shì
包容他、感动他；智慧对事，是
miàn duì tā , jiē shòu tā , chù lǐ tā , fàng xià tā .
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.*

cí bēi , shì yuàn qīn píng děng dì ài hù yī qiè zhòng
慈悲，是怨亲平等地爱护一切众
shēng ; zhì huì , shì qià dào hǎo chù dì jiě jué yī
生；智慧，是恰到好处地解决一
qiè wèn tí .
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.*

cí bēi yào yǒu zhì huì tóng xíng , quē shǎo zhì huì de
慈悲要有智慧同行，缺少智慧的
cí bēi , hěn kě néng zì hài hài rén , suī rán cún
慈悲，很可能自害害人，虽然存
hǎo xīn , què zuò le cuò shì , hài le rén .
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.*

cí bēi , bìng bú shì zuò làn hǎo rén , zuò xiāng yuàn ,
慈悲，并不是做烂好人、做乡愿，
ér shì zuò duì rén yǒu yì yǒu lì de shì , bāng zhù tā
而是做对人有益有利的事，帮助他
rén yì qǐ tí shēng xīn líng de zhì liàng hé qíng cāo .
人一起提升心灵的品质和情操。



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.*

rén shēng chù shì , yǒu rén " hùn shì " , yǒu rén
人生处世，有人「混世」，有人
" liàn shì " . hùn shì , shì hún hún è è dù
「恋世」。混世，是浑浑噩噩度
rì , shèn zhì zào chéng shì jiè de hùn luàn ; liàn shì ,
日，甚至造成世界的混乱；恋世，
shì duì shì jiān yī liàn bù shě , zhí zhuó yǔ zì jǐ
是对世间依恋不舍，执着与自己
xiāng guān de yī qiē .
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.*

rén shēng chù shì , yě yǒu " rù shì " ,
人生处世，也有「入世」、
" chū shì " liǎng zhǒng tài dù . rù shì , shì cān
「出世」两种态度。入世，是参
yǔ shì jiān , jiù jì shì jiè , yǐ zhù rén wéi jǐ
与世间，救济世界，以助人为己
rèn ; chū shì , zé shì yǐn dùn shān lín , bú wèn
任；出世，则是隐遁山林，不问
shì shì , zì gù zì dì xiū xíng .
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.*

pú sà xíng zhě , yǐ chū shì de xīn zuò rù shì de
 菩薩行者，以出世的心做入世的
 gōng zuò : tā men zǒu rù shè huì , guān huái shè huì ,
 工作：他们走入社会、关怀社会、
 jiù kǔ jiù nán , què bù liàn zhàn shì jiān róng huá ,
 救苦救难，却不恋栈世间荣华，
 bù tān qiú míng wén lì yǎng , zhè cái shì zhēn zhèng de
 不贪求名闻利养，这才是真正的
 jiě tuō zhě .
 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.*

rèn zhī rén shēng bù rú yì shì shí cháng bā jiǔ , bù
 认知人生不如意事十常八九，不
 rú yì nǎi yì liào zhōng shì , jiù bú huì jué dé bú
 如意乃意料中事，就不会觉得不
 zì zài le .
 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.*

kěn dìng zhè gè shì jiè shì bú wán měi de , yǒu
 肯定这个世界是不完美的，有
 " jí shí yǔ " , yě yǒu " bào fēng yǔ " ,
 「及时雨」，也有「暴风雨」，
 biàn bú huì guò fèn qī dài wán měi le .
 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.*

wǒ men yīng gāi cháng cháng wèn zì jǐ kuài lè ma ? zhēn
我们应该常常问自己快乐吗？真
de kuài lè ma ? kuài lè , bìng bú shì lái zì wù
的快乐吗？快乐，并不是来自物
zhì tiáo jiàn de cì jī , ér shì nèi xīn zhēn zhèng de
质条件的刺激，而是内心真正的
ān dìng yǔ píng jìng .
安定与平静。

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

yǔ rén xiāng chù , kǒu bù chū è yán , jiù shì bǎo
与人相处，口不出恶言，就是保
hù tā rén , yě bǎo hù zì jǐ .
护他人，也保护自己。

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

yǔ rén hù dòng , gěi rén kōng jiān jiù shì gěi zì jǐ
与人互动，给人空间就是给自己
kōng jiān .
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.*

zuò rèn hé shì , yī dìng yào bào chí jī jí lè guān
做任何事，一定要抱持积极乐观
de tài dù , zì jǐ kuài lè , cái néng ràng tā rén
的态度，自己快乐，才能让他人
yě kuài lè .
也快乐。

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

rén rú guǒ zhī zhuī qiú kuài lè , ér bù yuàn yì fù
人如果只追求快乐，而不愿意负
zé rèn , zhè zhǒng kuài lè bìng bù chí jiǔ , ér wǎng
责任，这种快乐并不持久，而往
wǎng chéng wéi xīn lǐ shàng de fù dān .
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.*

dāng wǒ men wéi tā rén fèng xiàn shí , zì jǐ jiù shì
当我们为他人奉献时，自己就是
zài chéng zhǎng , huì yǒu yī zhǒng chéng jiù gǎn ; zhè zhǒng
在成长，会有一种成就感；这种
chéng zhǎng yǔ chéng jiù gǎn jiāo wǎng de xǐ yuè , nǎi shì
成长与成就感交织的喜悦，乃是
xīn wèi de kuài lè .
欣慰的快乐。

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

yǐ yàn è , chóu hèn xīn kàn shì jiè , huò ràng yù
以厌恶、仇恨心看世界，或让欲
wàng wú zhǐ jìn dì zēng zhǎng , dōu yǔ kuài lè bèi dào
望无止尽地增长，都与快乐背道
ér chí .
而驰。

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

duō yī fēn fèng xiàn xīn , shǎo yī diǎn zì sī zì lì ,
多一分奉献心，少一点自私自利，
jiù yǒu píng ān , jiù huì kuài lè .
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.*

zuàn qián bú zì sī , yǒu qián dà jiā zuàn ; dà jiā
赚钱不自私，有钱大家赚；大家
yǒu qián zuàn , cái shì zuì kě kào de cái fù .
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.*

cái fù yào qǔ zhī yǒu dào , chú le yǔ shēng jù lái
财富要取之有道，除了与生俱来
de fú bào , hái yào jiā shàng hòu tiān de nǚ lì ,
的福报，还要加上后天的努力，
bìng qiě guǎng jié rén yuán .
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.*

cái fù yǒu shì jiān cái , zhì huì cái hé gōng dé cái ,
财富有世间财、智慧财和功德财，
ruò néng sān zhě jiān bèi , yī dìng píng ān , jiàn kāng ,
若能三者兼备，一定平安、健康、
kuài lè , xìng fú .
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.*

duō zuò hǎo shì , duō gěi rén fāng biàn , shì gōng dé
多做好事，多给人方便，是功德
cái ; guān niàn zhèng què , dǒng dé huà jiě fán nǎo ,
财；观念正确，懂得化解烦恼，
shì zhì huì cái .
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.*

shì jiān cái gù rán zhòng yào , ruò néng bǎ cái fù dāng
 世间财固然重要，若能把财富当
 chéng shì gōng jù , yòng lái bù shī jiù jì , gōng yì
 成是工具，用来布施救济、公益
 xíng shàn , cái shì zhēn zhèng de dà fù guì zhě .
 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.*

xìng fú rén shēng yào yǒu " sān Q " : " IQ "
 幸福人生要有「三Q」：「IQ」
 xué xí néng lì , " EQ " qíng xù guǎn lǐ néng lì ,
 学习能力、「EQ」情绪管理能力，
 yǐ jí " MQ " dào dé de zhì liàng , hòu zhě jí
 以及「MQ」道德的品质，后者即
 bāng zhù rén , lì yì rén , guān huái rén .
 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.*

wài zài huán jìng yù shì bú jǐng qì , gè rén yù shì
 外在环境愈是不景气，个人愈是
 yào bǎo chí shēn xīn jiàn kāng , duō zuò xiē yǒu yì yú
 要保持身心健康，多做些有益于
 rén de shì .
 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.*

yǒu fèng xiàn xīn de rén , jiù bú huì dān xīn zì jǐ
有奉献心的人，就不会担心自己
bú shòu zhào gù ; yǒu le yuàn xīn , biàn yǒu xīn lì
不受照顾；有了愿心，便有心力
qù zhào gù rén . néng gòu zhào gù rén , yě jiù néng
去照顾人。能够照顾人，也就能
gòu zhào gù zì jǐ .
够照顾自己。

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

rén de yī qī shēng mìng suī rán duǎn zàn , què yào fā
人的一期生命虽然短暂，却要发
wú xiàn de bēi yuàn xīn .
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.*

fán shì jìn xīn jìn lì , suí shùn yīn yuán , yuán shú
凡事尽心尽力，随顺因缘，缘熟
shì chéng .
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.*

wéi le zhòng shēng suǒ zuò de yī qiē shì qíng , bì néng
为了众生所做的一切事情，必能
xīn xiǎng shì chéng .
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.*

xíng shàn méi yǒu dà xiǎo zhī fēn , zhǐ yào bào zhe yī
行善没有大小之分，只要抱着一个
gè shàn niàn , xīn jiù shì píng ān de .
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.*

zuì hǎo néng gòu fā lì rén lì jǐ de hǎo yuàn ,
最好能够发利人利己的好愿，
zhì shǎo yào zuò dào lì jǐ ér bù sǔn rén , duì
至少要做到利己而不损人，对
tā rén méi yǒu shāng hài .
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.*

fā yuàn yǒu qí cì dì , cóng xiǎo chù zhuó shǒu ,
发愿有其次第，从小处着手，
cóng jìn yuàn kāi shǐ . cún hǎo xīn , shuō hǎo huà ,
从近愿开始。存好心、说好话、
zuò hǎo shì , shì rén rén kě yǐ zuò dào , rén
做好事，是人人可以做到，人
rén kě fā de shàn yuàn .
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.*

shuō hǎo huà , zuò hǎo shì , shǎo zào è yè ,
说好话、做好事，少造恶业，
jiù néng gǎi biàn gè rén de mìng yùn , yě néng bǎ
就能改变个人的命运，也能把
rén lèi de gòng yè niǔ zhuǎn guò lái .
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.*

wéi shàn yào ràng rén zhī , què bù qiú huí bào .
为善要让人知，却不求回报。
wǒ men gǔ lì dà jiā dōu lái zuò hǎo shì , ràng
我们鼓励大家都来做好事，让
hǎo shì gèng pǔ jí , gèng duō xiǎng yīng , gèng cháng
好事更普及、更多响应、更长
jiǔ .
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.

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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。

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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.

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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：

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- 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。

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of a lack of effort, an insufficient offering. In
all places a sense that-every situation, each
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