

4歲以上	親子共讀
8歲以上	自己閱讀

電子檔下載

聖嚴法師 108 自在語——心靈繪本

自在生活 Y·米·力 1

聖嚴法師 108 自在語 [心靈繪本]
108 Adages of Wisdom Master Sheng Yen — Picture book for mind

提升人的品質 建設人間淨土
To uplift the character of humanity and build a pure land on earth.



聖嚴教育基金會 敬贈
Compliments of Sheng Yen Education Foundation





* 自在語 1-1 * Adages of Wisdom1-1

擁有的多，不一定讓人滿足；擁有的少，不一定讓人貧乏。
Possessing much won't necessarily make one satisfied; possessing little won't necessarily make one want.

* 自在語 1-2 * Adages of Wisdom1-2

慈悲沒有敵人，智慧不起煩惱。
Kindness and compassion have no enemies; wisdom engenders no vexations.

* 自在語 1-3 * Adages of Wisdom1-3

用智慧處理事，以慈悲關懷人。
Deal with matters with wisdom, and care for people with compassion.



來自「卡拉」星球的外星人「亞力」
無意間從外太空掉落在
地球的一棵大樹上，
在樹叢裡度過了一個孤單的夜晚...

From an outer space planet called Kara, an alien named Alex,
accidentally falls into the tree on earth.
He hides himself in the bushes,
anticipating a lonely and scary night.





天_{ㄊㄞˊ}一_一亮_{ㄌㄩㄥˋ}， Y 力_{ㄌㄞˊ}伸_{ㄕㄨㄥ}出_ㄩ天_{ㄊㄞˊ}線_{ㄒㄩㄢˊ}探_{ㄊㄞˊ}索_{ㄙㄨㄛˋ}著_{ㄓㄨ}從_{ㄘㄨㄥˊ}沒_{ㄇㄟˊ}看_{ㄎㄨㄥ}過_{ㄍㄨㄛˋ}的_{ㄉㄜˊ}世_{ㄕㄞˊ}界_ㄟ，
張_{ㄓㄞˊ}開_{ㄎㄞˊ}綠_{ㄌㄩˊ}色_{ㄘㄜˋ}大_{ㄉㄚˊ}眼_{ㄢㄩㄢˊ}睛_{ㄑㄩㄥ}嚇_{ㄒㄚˊ}一_一跳_{ㄊㄞˊ}；
怎_{ㄗㄞˊ}麼_{ㄇㄛˊ}會_{ㄘㄨㄟˊ}有_ㄩ個_{ㄍㄜˊ}小_{ㄒㄩㄢˊ}怪_{ㄍㄨㄞˋ}物_{ㄨˋ}也_ㄝ正_{ㄓㄥˊ}看_{ㄎㄨㄥ}著_{ㄓㄨ}自_{ㄘㄞˊ}己_ㄟ。
小_{ㄒㄩㄢˊ}女_{ㄣㄩˊ}孩_{ㄎㄞˊ}米_{ㄇㄟˊ}粒_{ㄌㄩˊ}也_ㄝ發_{ㄈㄚˊ}出_ㄩ一_一聲_{ㄕㄨㄥ}： 「 噁_{ㄣˊ} — ！ 」
這_{ㄓㄞˊ}是_{ㄕㄞˊ}米_{ㄇㄟˊ}粒_{ㄌㄩˊ}與_ㄩY 力_{ㄌㄞˊ}的_{ㄉㄜˊ}第_{ㄉㄞˊ}一_一次_{ㄘㄞˊ}接_{ㄗㄞˊ}觸_{ㄘㄨˊ}，
「 Y 米_{ㄇㄟˊ}力_{ㄌㄞˊ} 」 的_{ㄉㄜˊ}故_{ㄍㄨˊ}事_{ㄕㄞˊ}就_{ㄕㄞˊ}從_{ㄘㄨㄥˊ}這_{ㄓㄞˊ}裡_{ㄌㄩˊ}開_{ㄎㄞˊ}始_{ㄕㄞˊ}…

When dawn arrives, Alex stretches out his antenna
and opens his big green eyes to explore world
he has never seen, He's shocked and is full of wonder
when he soon discovers another creature
who look at him, a young alien girl called Millie.
Millie hums "Mum!"
This is the first encounter of Alex and Millie,
and there the story begins...



◎ 小_ミ女_メ孩_ガ「米_コ粒_リ」：

五_イ歲_サ， 善_サ良_カ， 善_サ解_セ人_タ意_ハ，
在_ニ家_カ中_ニ是_ハ爸_ヤ爸_ヤ媽_ハ媽_ハ的_カ好_シ幫_タ手_サ，
在_ニ同_チ伴_ダ中_ニ不_ズ與_ニ人_タ爭_ム鬥_カ，
常_ニ能_ク調_ス適_ス自_カ己_ニ、 調_ス和_ス別_タ人_タ，
順_ニ利_ク解_セ決_セ問_タ題_カ， 獲_テ得_セ好_シ人_タ緣_ハ。

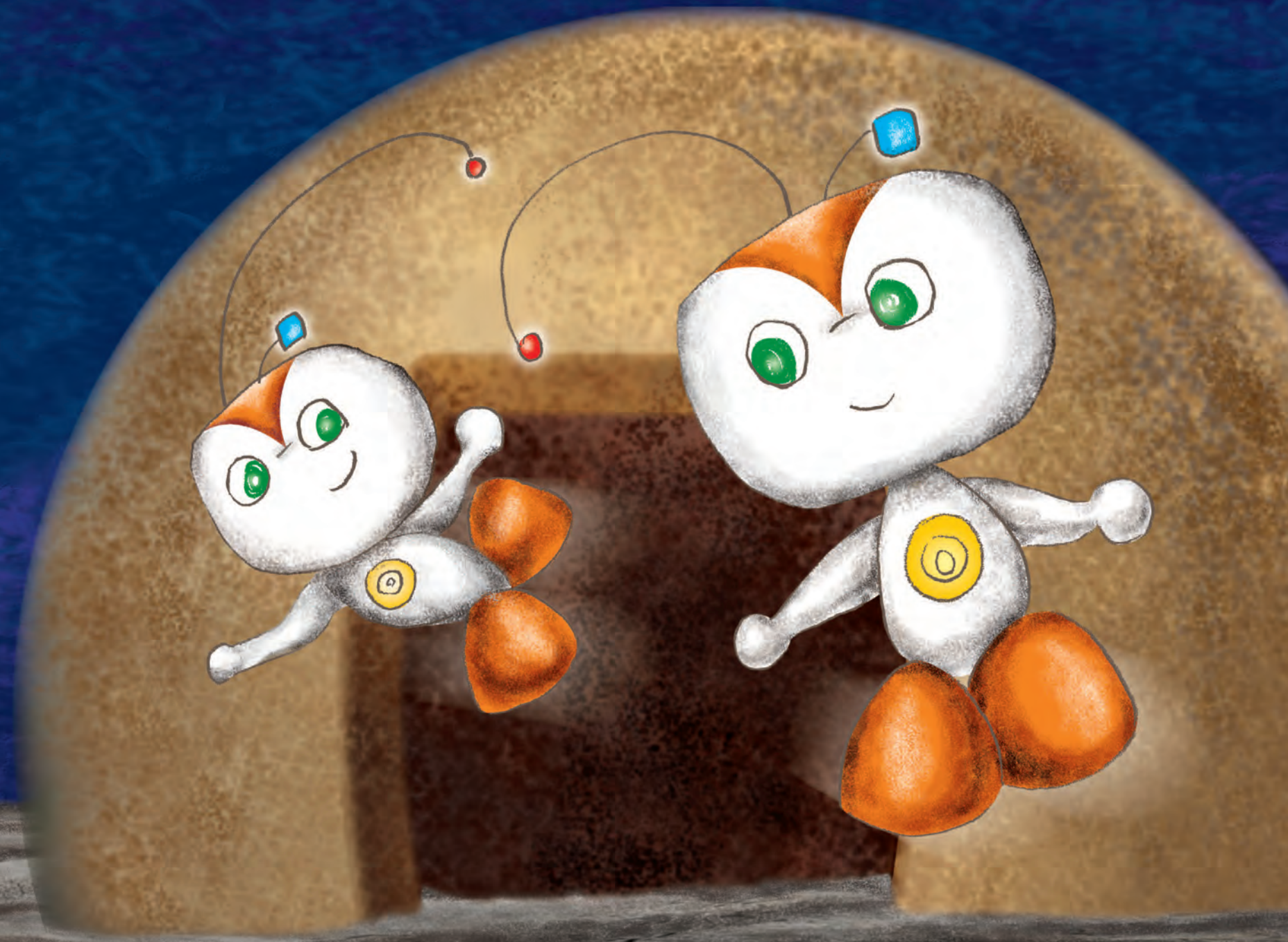
Mille, who is five,
is understanding and has a good heart.
She's good little helper to her parents
and never fights with others.
She balances herself well, so as to others
and helps others solve their problems.
Everybody loves Millie.



◎ 外星人丫力：

遠比人類聰明的外星人生物，
原本存在距離地球五百萬光年
的「卡拉」星球，
大頭內裝有很多先進的資訊，
頭頂上有兩支天線與胸前一個圓心，
來到地球後成為接收人類思考
與行為模式的感應反射器。
當丫力接收到人類的情緒或訊息，
就會發出「卡拉卡拉」的聲音。

Alex, lives on Kara, which is 5-million-light-years from Earth.
He is far more intelligent than a human being,
with a lot of information in his brain.
Alex has two antennas on the top of his head
and a round heart in his chest, which also acts
as a receiver connected to Earth; His heart also acts
as a reflector for thoughts of the human beings and behavior pattern.
Alex emits sounds like "clah clah"
when he receives emotions or messages from humans.



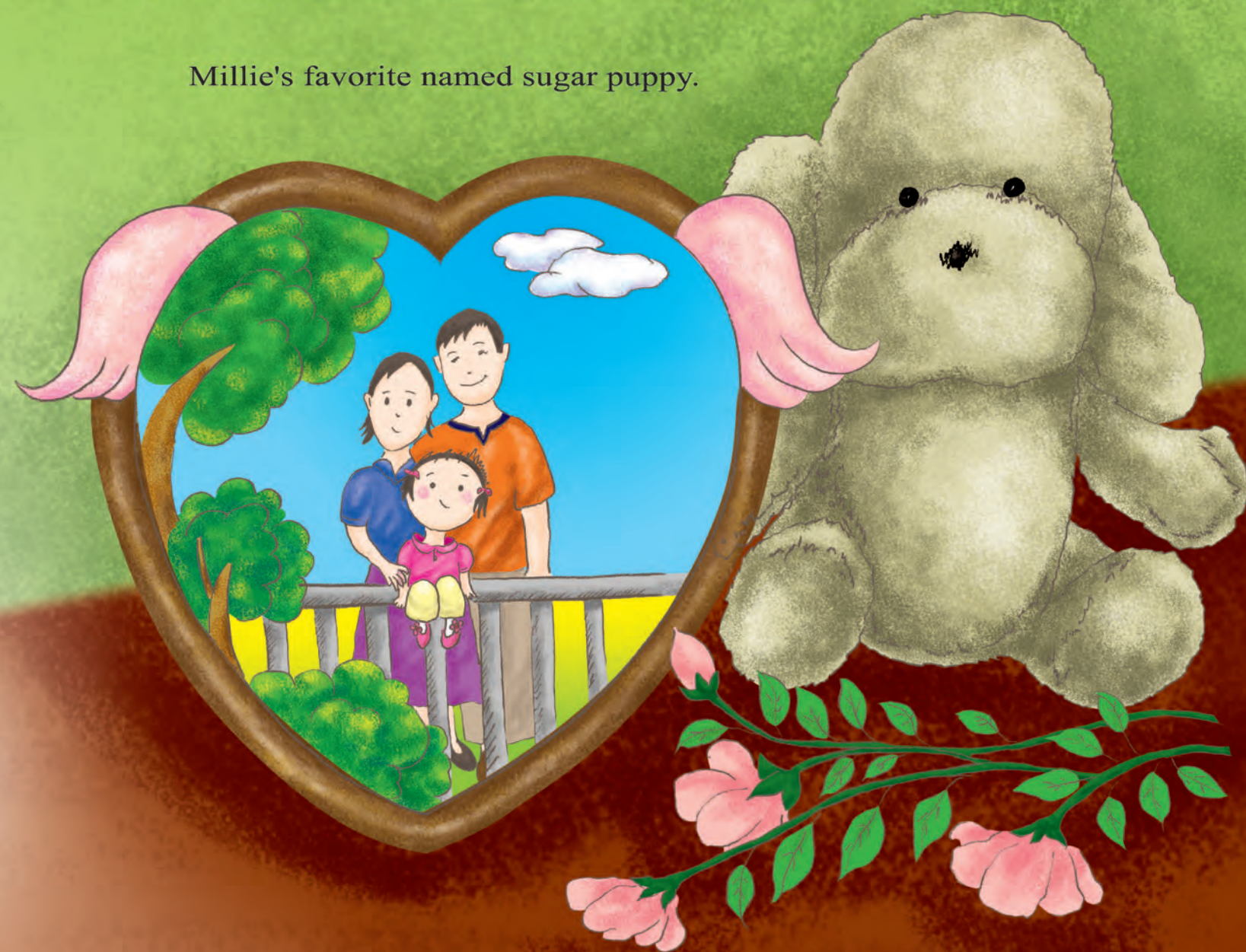
「快樂」米爸和「幸福」米媽，
結婚後生下「善良」的小米粒。

Millie's dad and mom gave birth to goodhearted little Millie
after they got married.



◎ 米粒的最愛叫做「小乖」。

Millie's favorite named sugar puppy.



* 自在語 1-1 *

擁有_レ的_二多_一，不_レ一_レ定_二讓_二人_一滿_レ足_二；
擁有_レ的_二少_一，不_レ一_レ定_二讓_二人_一貧_レ乏_二。

Adages of Wisdom 1-1

Possessing much won't necessarily make one satisfied;
possessing little won't necessarily make one want.



● 丫 力_カ跟_レ著_二米_一粒_カ到_二同_二學_一強_二森_一家_二玩_二， 卻_レ發_二現_二...

Alex goes out with Millie's classmates to Johnson's but he finds out that...

「米_ㄇ粒_ㄌ，歡_ㄏ迎_ㄩ來_ㄌ到_ㄌ我_ㄇ的_ㄌ玩_ㄇ具_ㄌ王_ㄇ國_ㄌ…」 — 強_ㄑ森_ㄇ。

"Welcome to my kingdom of toys, Millie" says Johnson.



「趕快進來啦！」

"Come on in!" says Johnson.





米粒^カ：「哇^ス— 塞^ム爆^ク了^カ！ 」
「卡^カ啦^ラ卡^カ啦^ラ… 塞^ム爆^ク！ 」— 丫^カ

"Oh my god, there are so many..." Millie whines.

"Clah clah... so many..." Alex repeats.



「米粒，妳看！」

"Look! Millie."





「我們先找一個最好的玩具來玩。」——強森。

"Let me get you my favorite toy!" Johnson says.

「等_ㄉ一_ㄟ下_{ㄣˊ}，再_ㄆ等_ㄉ我_ㄨ一_ㄟ下_{ㄣˊ}喔_ㄛ！」
強_ㄑ森_ㄙ東_ㄉ翻_ㄉ西_ㄒ翻_ㄉ，就_ㄕ是_ㄆ找_ㄘ不_ㄟ到_ㄉ
覺_ㄐ得_ㄉ最_ㄆ好_ㄉ玩_ㄨ的_ㄉ玩_ㄨ具_ㄘ，
時_ㄕ間_ㄘ一_ㄟ小_{ㄣˊ}時_ㄕ、一_ㄟ小_{ㄣˊ}時_ㄕ的_ㄉ過_ㄉ去_ㄟ。

"Wait, I need one more second." Hours have passed,
he looks over and over and over
but he still can't find the toy he wants.





強^ク森^ム翻^フ找^ソ玩^マ具^グ的^ノ動^ウ作^ズ愈^ユ來^ク愈^ユ大^キ，
米^コ粒^リ和^ヘ丫^ヤ 力^カ等^ド候^{コト}的^ノ耐^タ心^{シン}卻^シ是^ハ愈^ユ來^ク愈^ユ小^チ了^セ。

While his action of rummaging the toys keeps on going,
Millie and Alex get bored of waiting.



米粒和丫力就要回家了...

And now it's time for Millie and Alex to go...

強森：「好累喔！」

"I am tired!" said Johnson.



米粒：「都沒玩到！」

丫力：「卡啦、好累！」

卡啦... 沒玩到！」

"That's no fun!" said Millie.

"Clah, tired, clah, no fun!" said Alex.

米_ㄇ粒_ㄌ：「丫_ㄩ力_ㄌ，其_ㄘ實_ㄆ沒_ㄇ有_ㄩ玩_ㄌ具_ㄣ，
還_ㄟ是_ㄆ能_ㄌ玩_ㄌ得_ㄌ很_ㄟ快_ㄌ樂_ㄌ，對_ㄌ不_ㄌ對_ㄌ？！」
丫_ㄩ力_ㄌ：「卡_ㄘ啦_ㄌ卡_ㄘ啦_ㄌ；丫_ㄩ力_ㄌ米_ㄇ粒_ㄌ快_ㄌ樂_ㄌ，
卡_ㄘ啦_ㄌ卡_ㄘ啦_ㄌ；丫_ㄩ・米_ㄇ・力_ㄌ，快_ㄌ樂_ㄌ快_ㄌ樂_ㄌ。」

"Alex, we still have a good time
even without toys, right?!" said Millie.
"Clah clah, Alex, Millie good time,
Clah clah, A-Mi-lie good time" said Alex.





卡_{ㄎㄚ}啦_{ㄌㄚ} 卡_{ㄎㄚ}啦_{ㄌㄚ}； 我_{ㄨㄛ}懂_{ㄉㄨㄥˇ}了_{ㄌㄚˊ} # * >

「 只_ㄓ要_{ㄧㄠˋ}心_{ㄒㄧㄣ}裡_{ㄌㄧ}快_{ㄎㄞˋ}樂_{ㄌㄜˊ}，
不_ㄅ用_ㄩ玩_{ㄨㄢˊ}具_{ㄐㄩ}， 也_ㄝ能_ㄋ快_{ㄎㄞˋ}樂_{ㄌㄜˊ} 」
「 卡_{ㄎㄚ}啦_{ㄌㄚ} 卡_{ㄎㄚ}啦_{ㄌㄚ}； 自_ㄗ由_ㄩ自_ㄗ在_{ㄗㄞˋ}，
就_ㄐ是_ㄕ快_{ㄎㄞˋ}樂_{ㄌㄜˊ}。 」

Clah Clah, I got it !

"The true happiness is from oneself, not toys"

"Clah clah, free is what we called happiness"

擁有的多，不一定讓人滿足；擁有的少，不一定讓人貧乏。

—故事分享導讀

再多的玩具往往也無法滿足孩子對更多玩具的需求，

強森再怎麼找也找不出自認滿意的玩具；

這則小故事讓爸爸媽媽與孩子分享，

如果孩子的力量是來自於內心的自主與自在，

而非全然藉助於外物的依賴，

那麼，擁有多或少就不再是那麼重要了。

Possessing much won't necessarily make one satisfied;
possessing little won't necessarily make one want

-Introductory

No matter how hard Jason tried, he still couldn't find a toy to satisfy himself with.

This tale is meant for parents to share with their children the idea of possession,
for it doesn't matter how much or little children have.

Happiness and strength come from inner independence and ease.

* 自在語 1-2 *

慈^カ悲^ク沒^ク有^ク敵^ク人^ク，
智^カ慧^ク不^ク起^ク煩^ク惱^ク。

Adages of Wisdom 1-2

Kindness and compassion have no enemies;
wisdom engenders no vexations.



● 20號^カ在^カ班^カ上^カ老^カ是^カ喜^ク愛^カ捉^ク弄^ク米^ク粒^カ， 沒^ク想^ク到^ク...

No. 20 loves to make fun of Millie in class, however...

「我又不沒惹她，為什麼20號要這樣？」——米粒

"I do not tease her, why is she doing this to me?" Millie thinks.





20號： 「 這 是 什 麼 怪 東 西 呀 ？ 」
 「 卡 啦 卡 啦 ； 那 是 米 粒 的 ！ 」 — Y 力

"What's this crippy stuff?" asked No. 20.

"Clah clah, that's Millie's !" said Alex.



米粒：「哎呀！又來了」

"Oh! There she comes again!" said Millie.

20號_ㄟ：「 怎_ㄗ麼_ㄛ這_ㄓ麼_ㄛ難_ㄢ穿_ㄘ！ 」

這_ㄓ時_ㄇ候_ㄟ米_ㄇ粒_ㄟ已_ㄣ悄_ㄣ悄_ㄣ地_ㄟ幫_ㄛ20號_ㄟ拉_ㄎ下_ㄣ了_ㄛ雨_ㄇ衣_ㄣ。

"It's so difficult to put this on" said No. 20.

In the meantime Millie slightly helps her putting on the raincoat.



20號ㄟ： 「 是ㄞ米ㄟ粒ㄟ！ 」

"It's Millie!" No. 20 thinks.





20號^ㄟ：「 怎^ㄗ麼^ㄞ會^ㄟ？ 」

"Why?" No. 20 thinks.



「我老是欺负她！为什么她都不生气？」

"Isn't she mad at me? I make fun of her all the time!" No. 20 thinks.

「不管了啦！」

米粒都不生我的氣了，我還想那麼多？」

"Well, whatever, why would I care if Millie doesn't mind?!" No. 20 thinks.



「米_ミ粒_リ，你_ニ看_ミ！」

「米_ミ粒_リ，我_{ボク}們_{たち}一_っ起_っ玩_ミ好_ミ嗎_？」—— 20號_ハ

"Look! Millie"

"Let's play, okay?!" said No. 20.



從那次以後，

米粒和20號反而成為班上最好的朋友。

Millie and No. 20 became best friends ever since that time.





卡_{ㄎㄚ}啦_{ㄌㄚ} 卡_{ㄎㄚ}啦_{ㄌㄚ}； 我_{ㄨㄛ}懂_{ㄉㄨㄥ}了_{ㄌㄚ} # * >

「 不_{ㄅㄨ}要_{ㄩㄠ}只_ㄓ想_{ㄒㄩㄥ}著_ㄓ捉_ㄓ弄_{ㄋㄨㄥ}別_ㄇ人_ㄇ，
就_ㄓ會_ㄓ快_{ㄎㄨㄞ}樂_{ㄌㄚ} 」

「 卡_{ㄎㄚ}啦_{ㄌㄚ} 卡_{ㄎㄚ}啦_{ㄌㄚ}； 米_ㄇ粒_ㄌ好_ㄓ心_{ㄒㄩㄥ}，
所_ㄓ以_ㄓ自_ㄓ在_ㄓ快_{ㄎㄨㄞ}樂_{ㄌㄚ}。 」

Clah Clah, I got it !

"Making fun of others won't bring any happiness"

"Clah clah, goodhearted Millie feels free and happy"

慈悲沒有敵人，智慧不起煩惱。

—故事分享導讀

許多孩子因為不會適當的人際互動，反而常常以負面的方式呈現自己的存在價值，
作弄人的20號並沒有因她的舉動而快樂或滿足，而是陷入另一種更大的煩惱和人際恐慌，
人緣自然也不會太好，小故事分享給爸爸媽媽，孩子能夠用慈悲的同理心去對待別人，
內心就能夠自由自在，智慧也就由然而生，不起煩惱了。

**Kindness and compassion have no enemies;
wisdom engenders no vexations.**

-Introductory

Due to the inappropriate interactions, sometimes kids led to exaggerate their existence in negative way,
No. 20 wasn't really satisfied by gaming others, but set herself into a bigger frictions
and social anxiety which gave herself a bad name in the end.

This story is meant to share with the parents that if kids could treat the others with compassion,
and then they could be freely inside and grow with wisdom.

* 自在語 1-3 *

用智慧處理事，
以慈悲關懷人。

Adages of Wisdom 1-3

Deal with matters with wisdom,
and care for people with compassion.



● 「米粒媽媽媽；妳們家好好玩喔！」
— 強森、佑佑、吉米...

"Millie's mom, there's so much fun in your place!"
said Johnson, Yuyu and Jimmy...



「我的糖不乖不见了！」——米粒突然大叫。

"My sugar puppy is gone!" Millie shout suddenly.





停_ち了_せ一_一會_會兒_ル，
強_ク森_ム突_タ然_然指_指著_著佑_佑佑_佑說_ア：
「一_一定_定是_是他_他！」

Johnson pointed at Yuyu
all of sudden after a pause.
"It must be him!"

「對_對，就_就是_是佑_佑佑_佑；
平_平常_常他_他最_最愛_愛亂_亂拿_拿
別_別人_人的_的東_東西_西了_了。」

"Right! it's Yuyu.
He always loves to
take others' stuff."



佑_ユ佑_ユ： 「 為_ナ什_{ナニ}麼_モ找_{サシ}不_レ到_ク就_ハ說_{ハナ}我_ガ？ 」

"Why is it always me when there's something missing?" said Yuyu.



「怎麼啦！大家有話慢慢說！」
米粒媽媽聽到吵鬧聲趕緊跑出來。

瞭解了事情的經過，米粒媽媽說：
「不要急，大家再仔細找找看。」

"What's going on? Everyone just calm down and talk slowly!"
Millie's mom came out immediately when hearing the noise.

After knowing what had happened, "Don't panic, everybody,"
said Millie's mom, "keep looking again carefully."



「找到_ミ了_レ！ 」米_ミ粒_リ媽_マ媽_マ才_チ說_セ完_ワ，
米_ミ粒_リ突_タ然_タ興_イ奮_ヒ地_チ喊_セ著_セ。

"I found it!" Millie screamed with excitement
right after her mom finished the words.





現在不是找到嗎？」
米粒媽媽摟著受委屈的佑佑說：
「當事情沒弄清楚前，
先不要急著指責別人。」

"Now you found it?" holding wrongly treated yuyu,
Millie's mom look at everybody and said
"don't point finger at others when thing stays unclear."



米_ミ粒_リ媽_マ媽_マ說_ス完_ワ，
大_タ家_カ都_ド擠_ミ過_グ來_キ拉_カ拉_カ佑_ユ佑_ユ的_ノ衣-服_フ、
拍_パ拍_パ佑_ユ佑_ユ，大_タ家_カ又_マ玩_マ成_シ一_{ヒト}團_{ダン}。

Everyone came toward Yuyu,
having fun together again after the words of Millie's mom.

卡_{ㄎㄚˊ}啦_{ㄌㄚˊ} 卡_{ㄎㄚˊ}啦_{ㄌㄚˊ}：我_{ㄉㄨ}懂_{ㄉㄨㄥˇ}了_{ㄌㄚˊ} # * >

「要_ㄩ用_ㄩ智_ㄓ慧_ㄩ先_ㄒ想_ㄒ想_ㄒ，
不_ㄉ要_ㄩ馬_{ㄇㄚˊ}上_ㄕ說_ㄕ別_ㄇ人_ㄇ不_ㄉ對_ㄉ。」

「卡_{ㄎㄚˊ}啦_{ㄌㄚˊ} 卡_{ㄎㄚˊ}啦_{ㄌㄚˊ}；
就_ㄉ能_ㄉ交_ㄐ到_ㄉ很_ㄏ多_ㄉ好_ㄏ朋_ㄆ友_ㄆ。」

Clah Clah, I got it !

"Think wisely first, don't criticize people right away"

"Clah clah, and will make a lot of friends"



用智慧處理事，以慈悲關懷人。

—故事分享導讀

由於越來越多的孩子缺乏冷靜思考而習慣用直覺性的反射動作處理事情，以致於常在不知不覺中傷害了同儕間的關係，佑佑或許以前犯過錯，才遭到其他孩子們的交相指責；故事希望爸爸媽媽能夠多啟發孩子對別人的慈悲善念與對事情的智慧判斷，來處理在平日所遇到的一切。

**Deal with matters with wisdom,
and care for people with compassion.**

-Introductory

By the lack of intensive thinking, more and more kids often damage their relationship unconsciously with conditioned reflex, that kid Yuyu is blamed for the mistake he had made before. We wish the parents could inspire children a wise judgment and compassion to the others of all the daily matters.

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戶名：財團法人聖嚴教育基金會

2. 國內電匯方式

銀行名稱：台灣銀行/仁愛分行

戶名：財團法人聖嚴教育基金會

銀行代碼：004 分行代號：1229

帳 號：122001009873

3. FOREIGN REMITTANCE

Bank Name : BANK OF TAIWAN, JEN AI BRANCH, TAIPEI, TAIWAN

Swift Code : BKTWTP122 Account No. : 122001009873

Beneficiary : Sheng Yen Education Foundation

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

◎ 聖嚴教育基金會簡介

財團法人聖嚴教育基金會（以下簡稱本會）

於2006年1月18日，由教育部核准成立。

本會以推廣聖嚴法師所倡「提昇人的品質，

建設人間淨土」之思想理念來淨化人心、

淨化社會的教育事業為宗旨。

所以本會是以推廣、弘傳聖嚴法師的思想與理念。

聖嚴法師的思想理念，著眼於人間淨土的闡揚實現，

其一生均致力於將佛法融入現代人的生活，

以佛法來提昇現代人的生活與品質。

希望宗教界、學術界及有興趣、有願心的人士

均能加入此方面的探討、研究及實踐。

● 本會依此宗旨，推動下列相關工作：

- 一、主要是對聖嚴法師之平面書刊、影音資訊等各種之著作文獻文物，蒐集、整理、研究、分層次、分類別、翻譯、編印、製作、發行、推廣、弘揚，贈送至全球各個社會層面，以期人類品質普遍提昇，處處可見人間淨土之實現。
- 二、次要則為獎助與聖嚴法師思想理念相契相同的佛教教育之推動、佛教學術之研究、佛教著作之出版，以及與淨化人心、淨化社會等相關之教育項目工作。

敬請協助推廣

敬邀您來贊助各項弘化推廣工作

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