

4歲以上	親子共讀
8歲以上	自己閱讀

電子檔下載

提昇人的品質 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

聖嚴法師108自在語

兒童繪本(一)

聖嚴教育基金會

聖嚴法師 108 自在語

兒童繪本(一)

108 Adages of Wisdom Master Sheng Yen
Children's Illustrated Book (Vol.1)



主^主角^角們^們



活潑的小熊

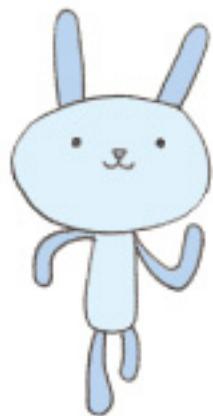


聰明的小兔



溫柔的小羊

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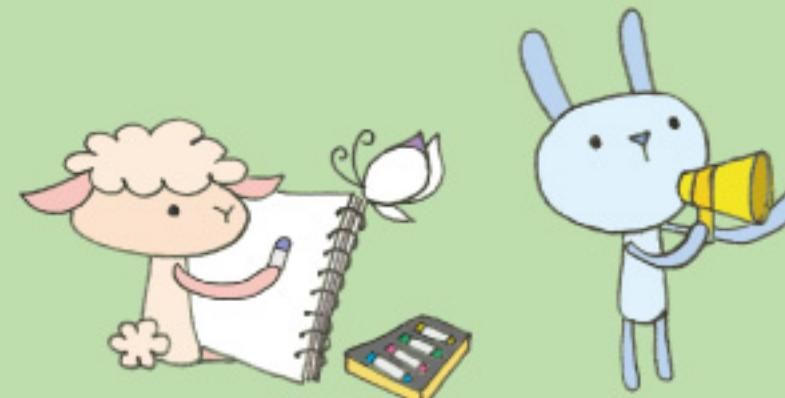
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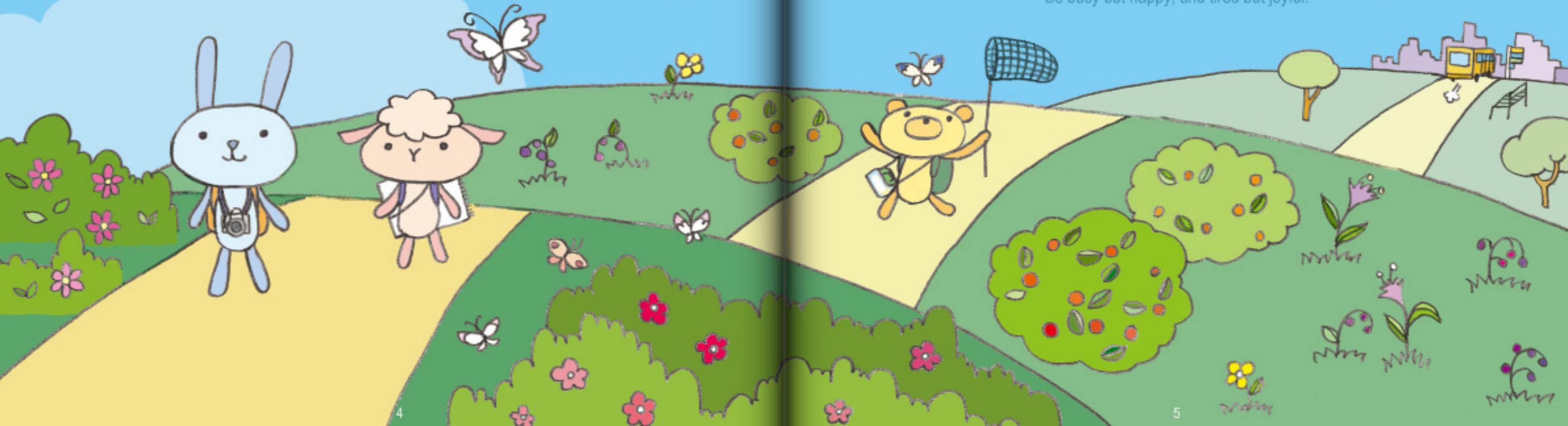
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忙得快樂，累得歡喜。

Be busy but happy, and tired but joyful.





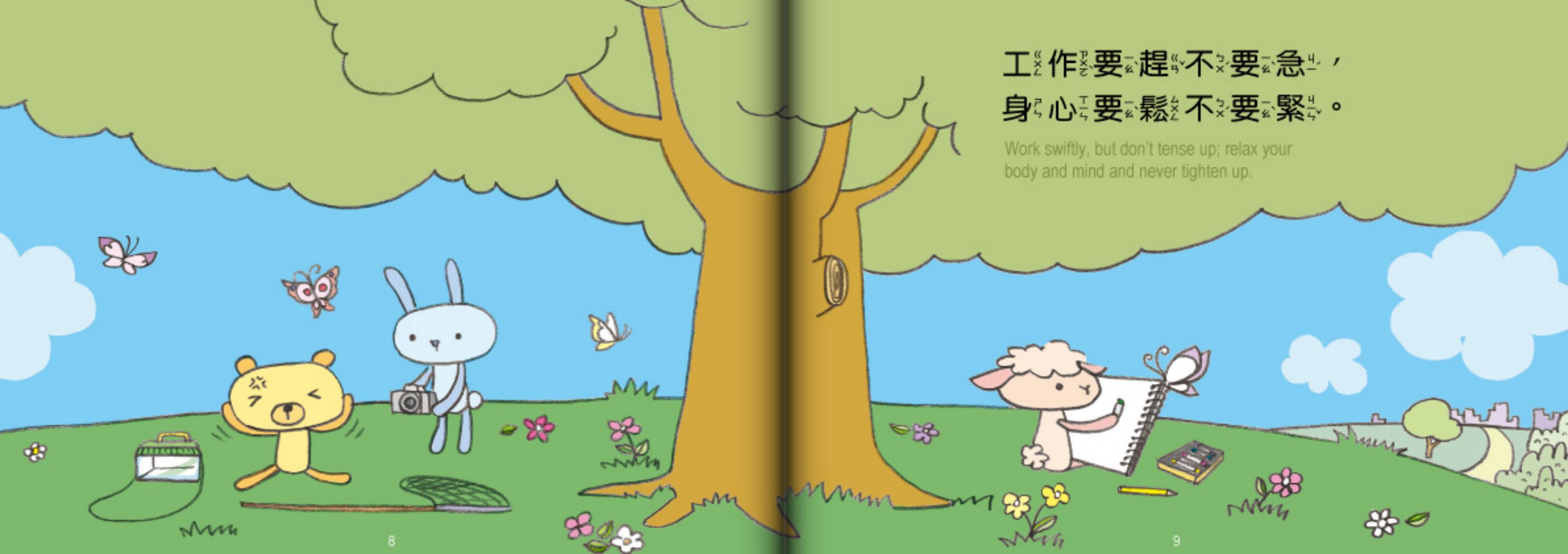
「忙𠂇」沒關係，不「煩𠂇」就好。

It's fine to be busy: just don't let it get on your nerves.



工作要趕不要急，
身心要鬆不要緊。

Work swiftly, but don't tense up; relax your
body and mind and never tighten up.





應該忙中有序的趕工作，
不要緊張兮兮的搶時間。

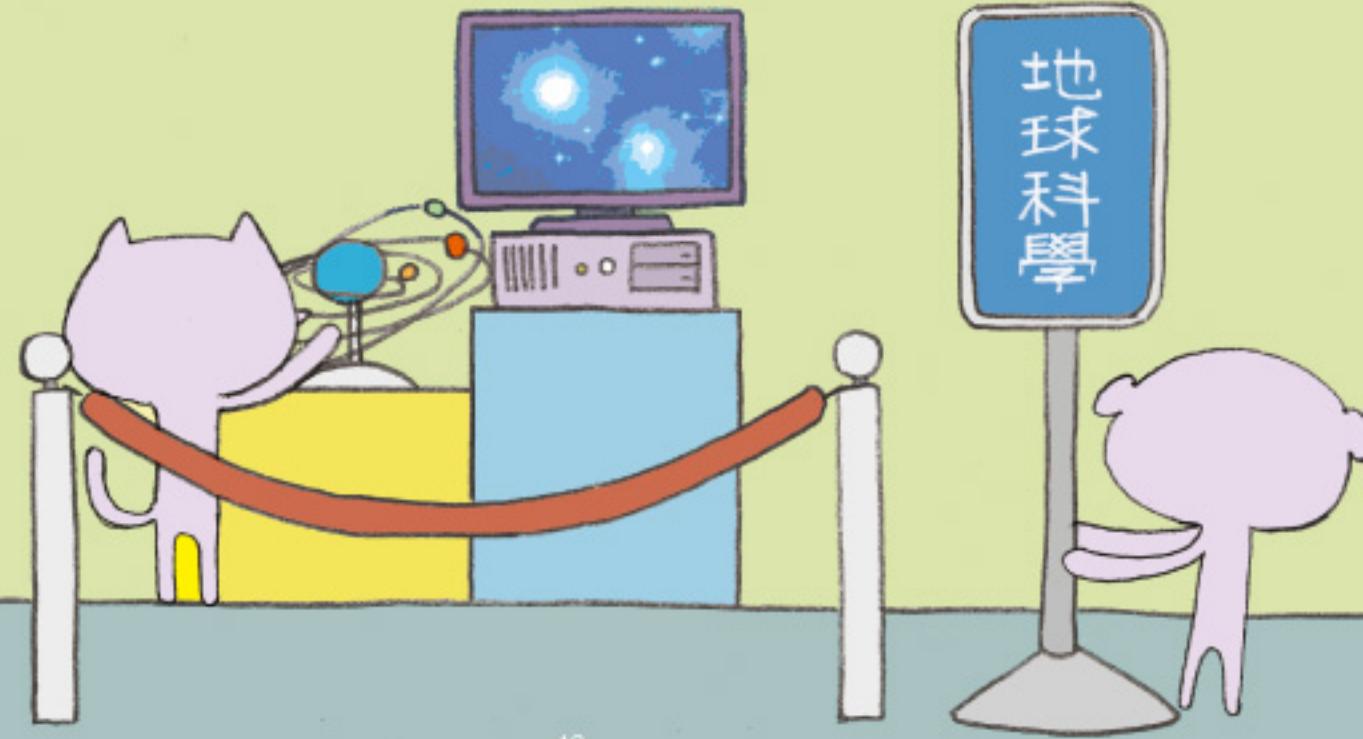
Work swiftly in an orderly fashion;
never compete with time in a nervous flurry.





不要以富貴貧賤論成敗得失，
只要能盡心盡力來自利利人。

Don't measure success and gain by wealth and rank;
to benefit ourselves and others as best we can is all that matters.

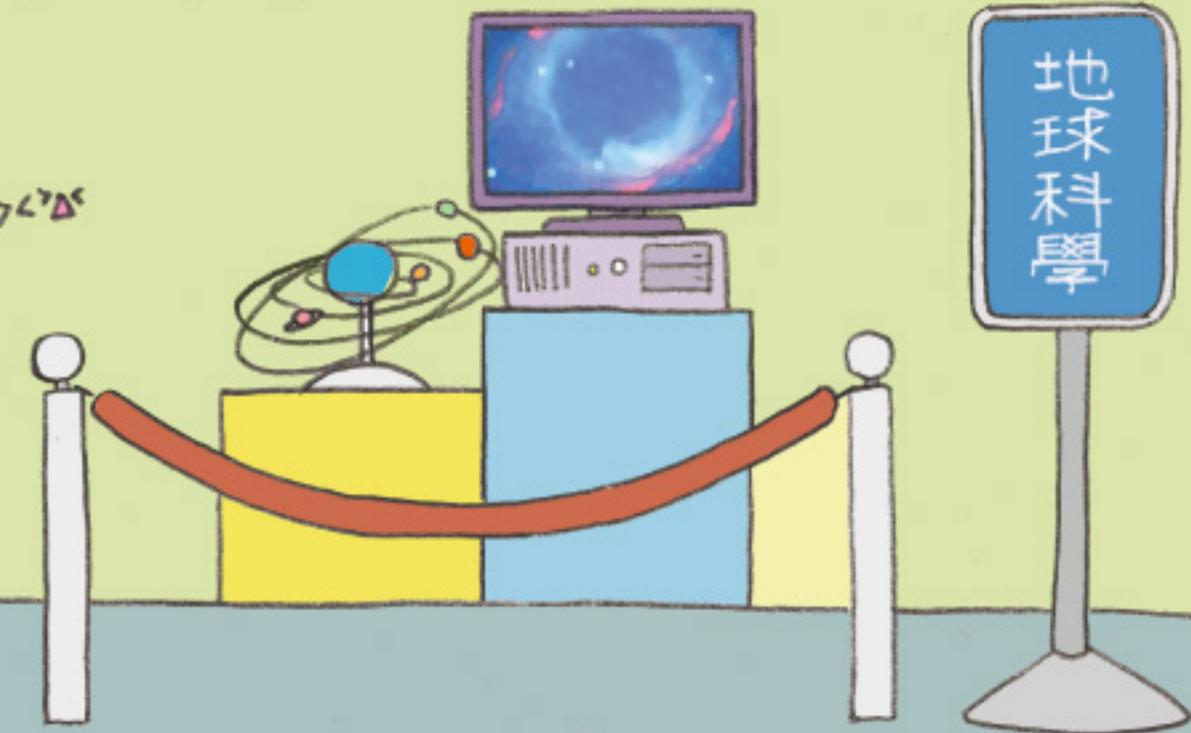




任勞者必堪任怨，任事者必遭批評。

怨言之下有慈忍，批評之中藏金玉。

To take on tough tasks, one must prepare to tough out complaints, and to be in charge is to be in for criticism. Yet complaints help foster compassion and patience, and criticism often holds golden advice.





隨遇而安，隨緣奉獻。

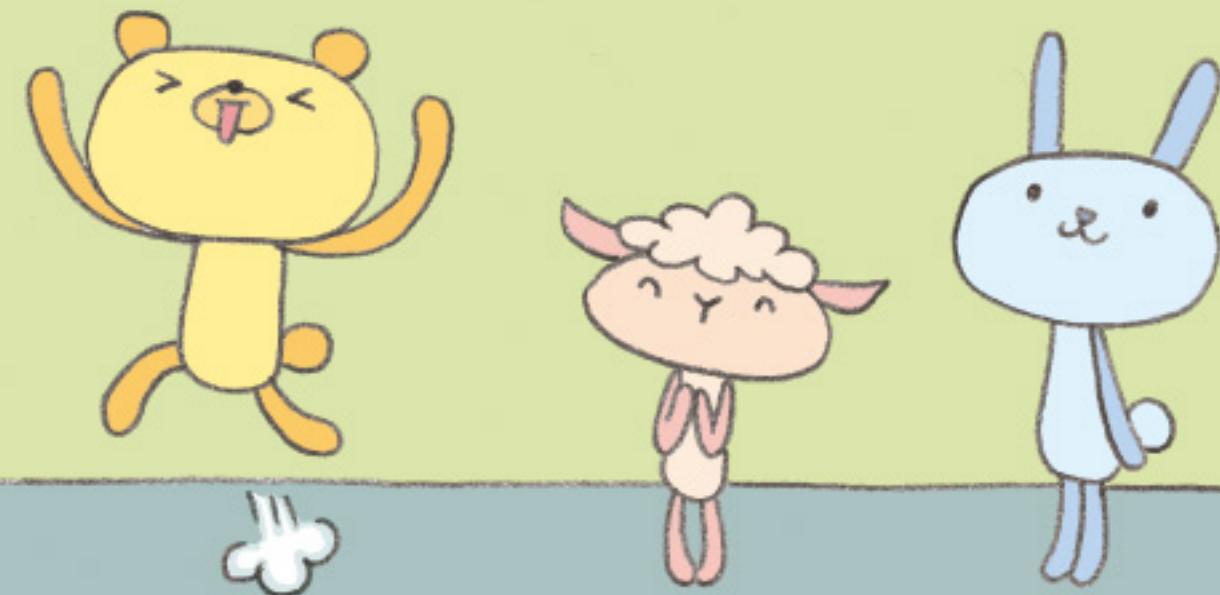
Stay at ease under all circumstances, and give whenever conditions allow.





成功的三部曲是：
隨順因緣、把握因緣、創造因緣。

The tripartite formula for success is: go with the causes and conditions, seize them as they come, and create them when they don't.



畫 看



運動 會

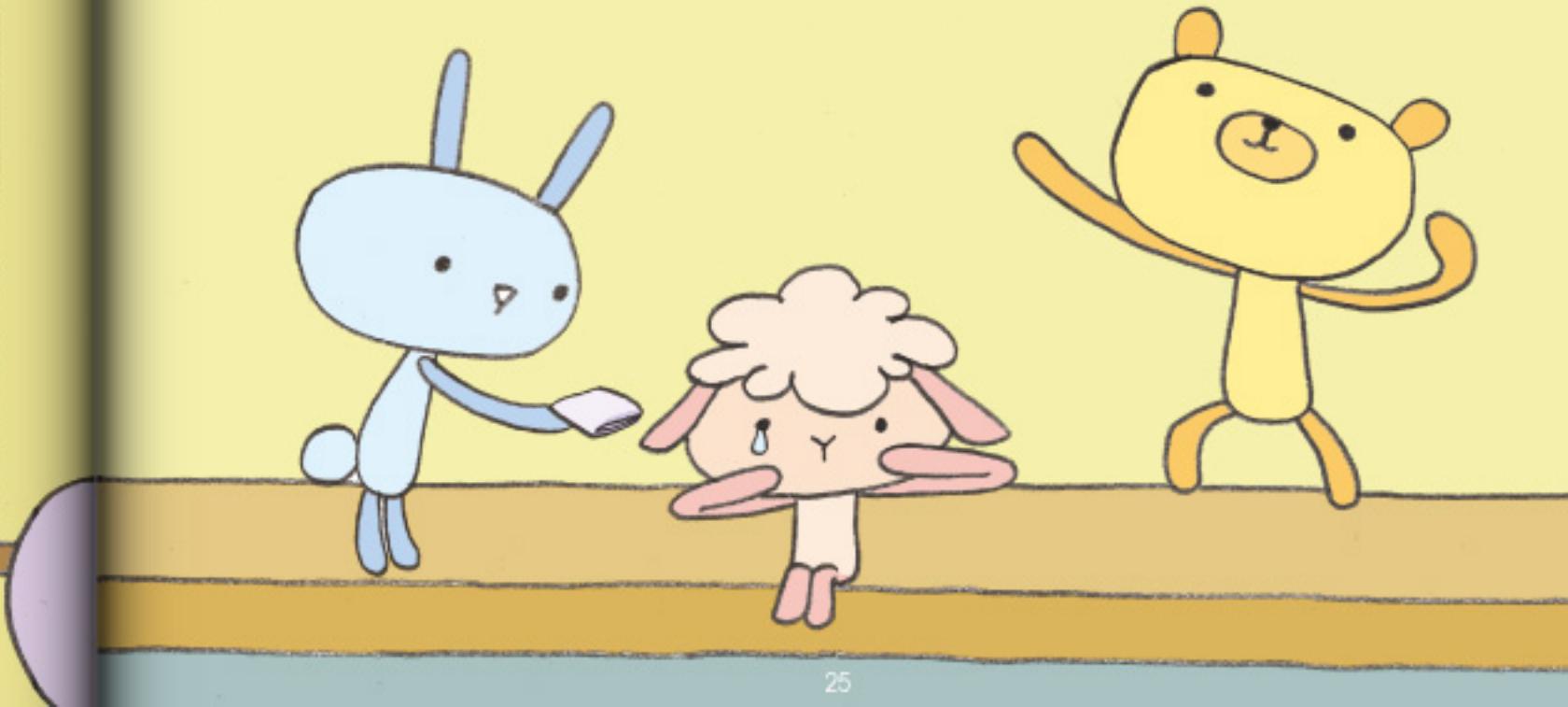


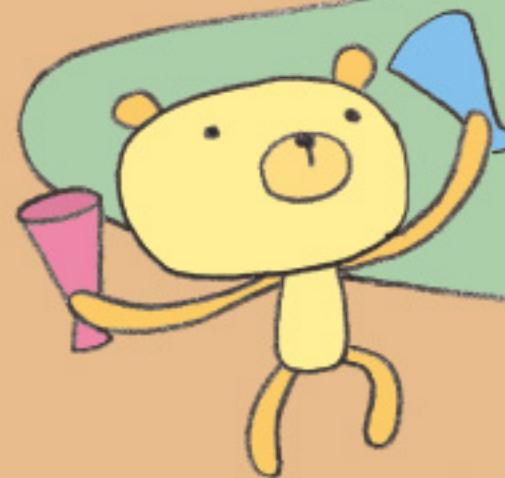




人生的起起落落，
都是成長的經驗。

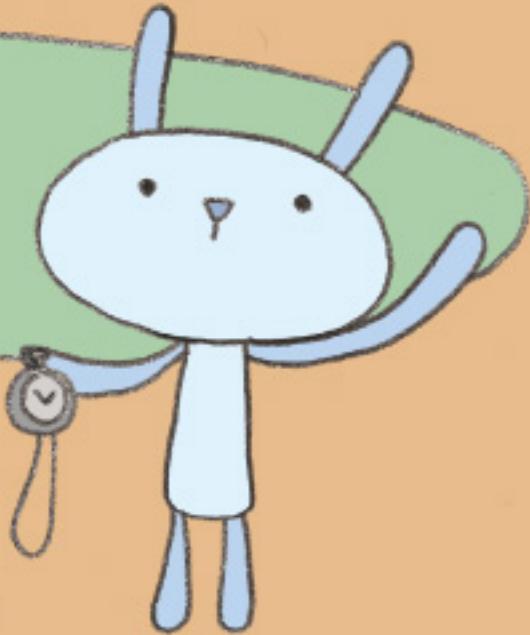
All the ups and downs of life are nourishing experiences for our growth.





用智慧處理事
以慈悲關懷人。

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







慈悲心越重，智慧越高，
煩惱也就愈少。

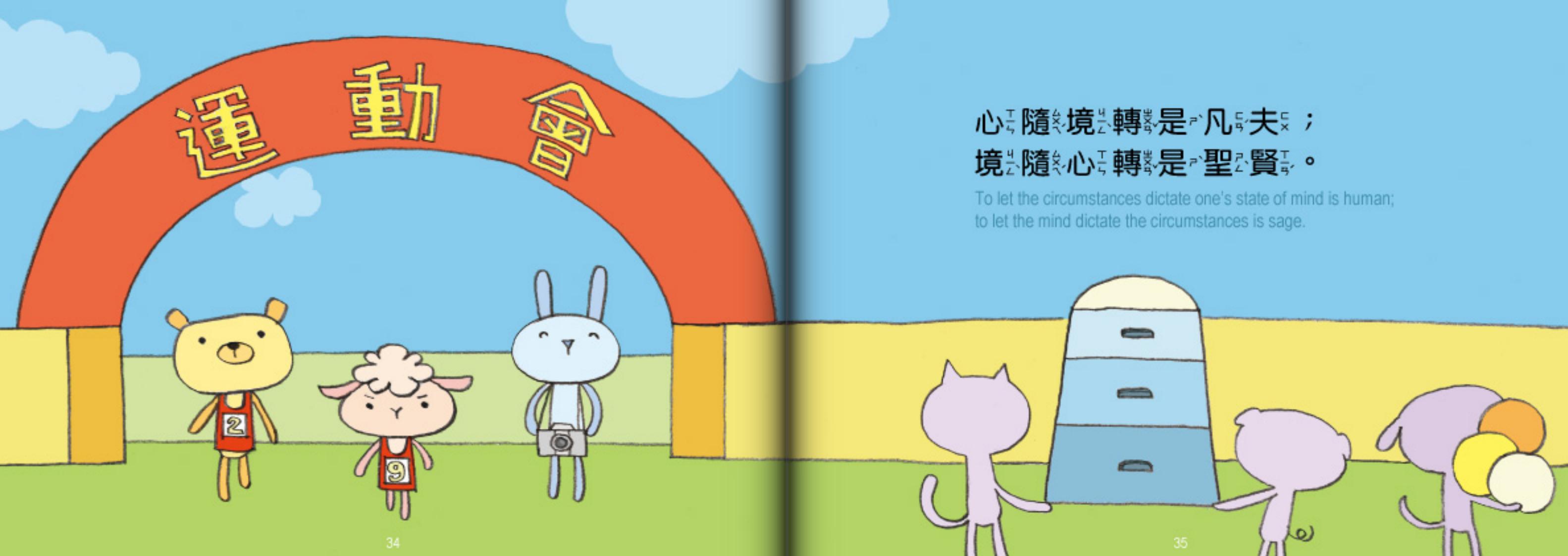
The deeper our compassion, the greater our
wisdom and the fewer our vexations.



面對許多情況，
只管用智慧處理事，
以慈悲對待人，
而不擔心自己的利害得失，
就不會有煩惱了。

Simply deal with matters with wisdom and treat people with compassion, without worrying about personal gain or loss. Then we'll never be plagued by vexations.

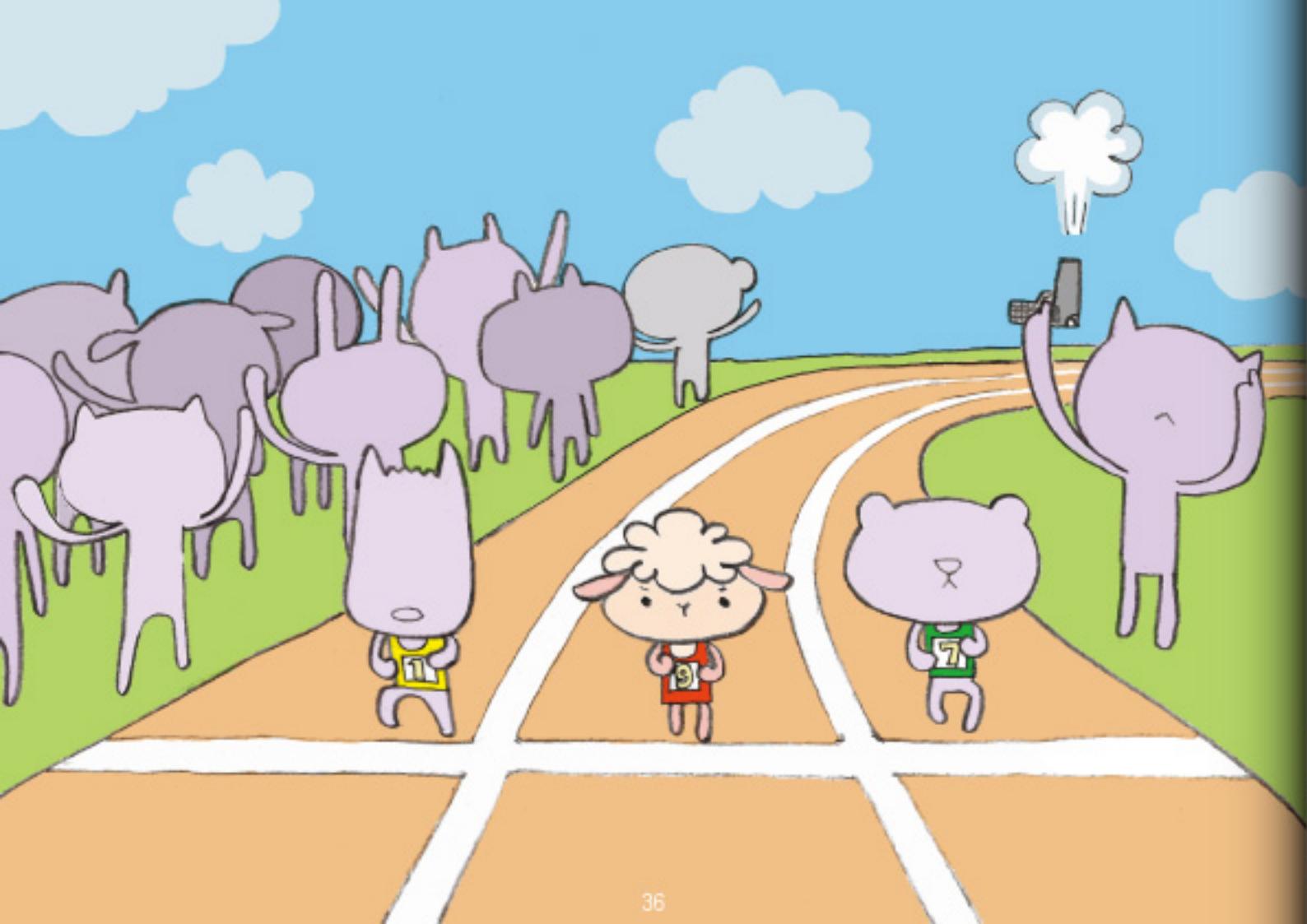




心^T隨境^境轉是^是凡夫^夫；
境^境隨心^T轉是^是聖賢^聖。

To let the circumstances dictate one's state of mind is human;
to let the mind dictate the circumstances is sage.





大鴨游出大路，小鴨游出小路。
不游就沒有路。

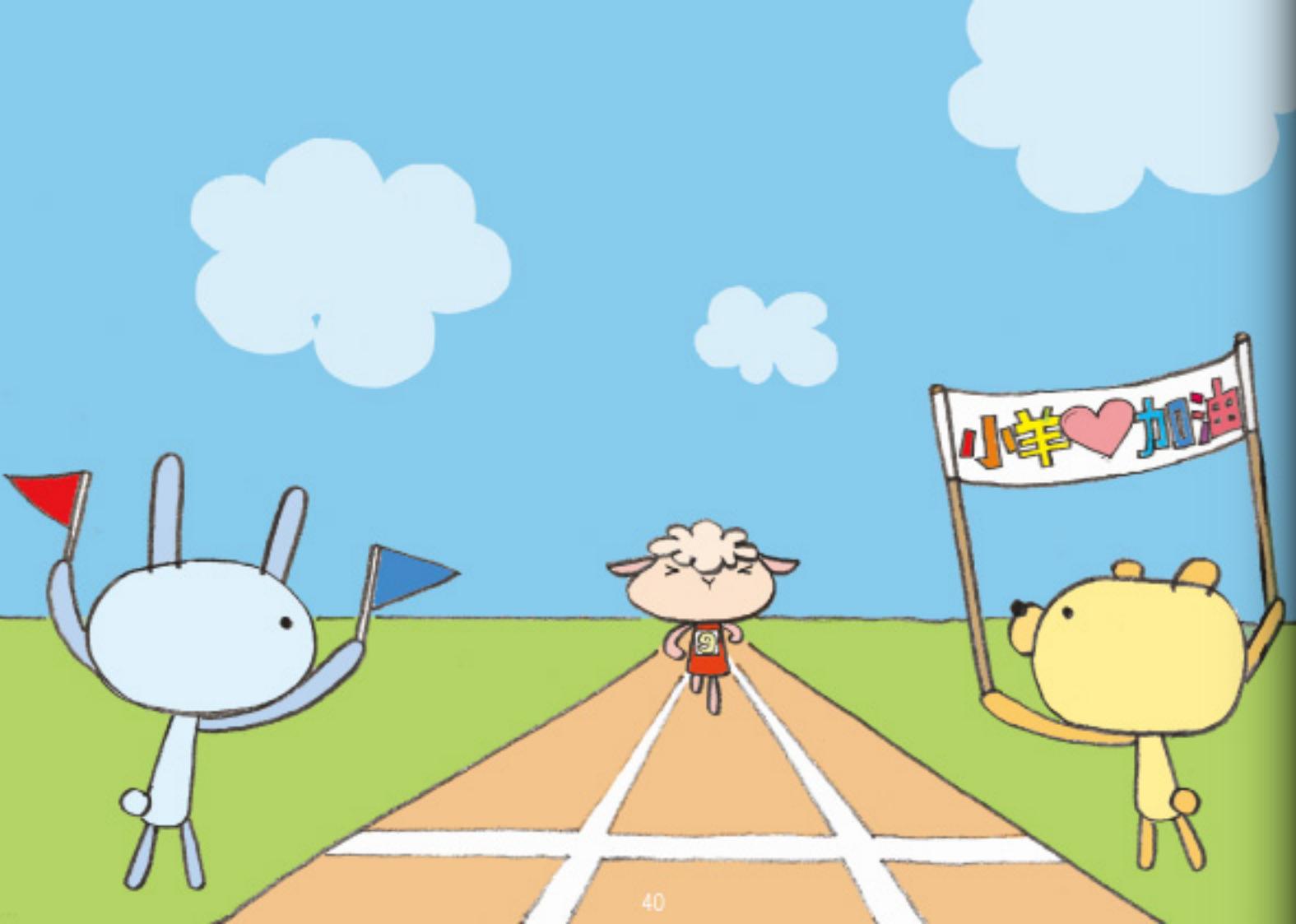
A big duck cuts a big wake; a small duck cuts a small wake. Big or small, each duck will paddle its own way to the other shore—but only if it paddles.



山不轉路轉，路不轉人轉，
人不轉心轉。

If the mountain won't move, build a road around it.
If the road won't turn, change your path.
If you are unable to even change your path,
just transform your mind.





「精進」不等於拼命，
而是努力不懈。

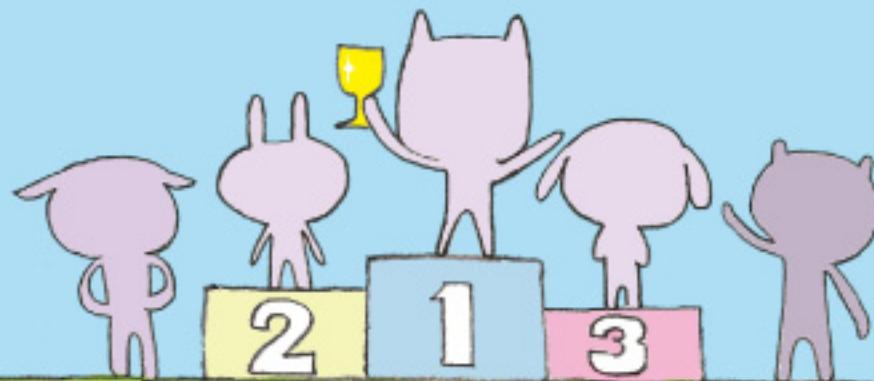
Diligence doesn't mean stretching beyond our limits.
It means displaying unremitting persistence.





船過水無痕，鳥飛不留影。
成敗得失都不會引起心情的波動，
那就是自在解脫的大智慧。

A passing boat leaves no trace upon the waters; a bird's flight leaves no trace in the sky.
When fleeting success, failure, gain, or loss leaves no trace upon the heart,
the great wisdom of liberation has been achieved.

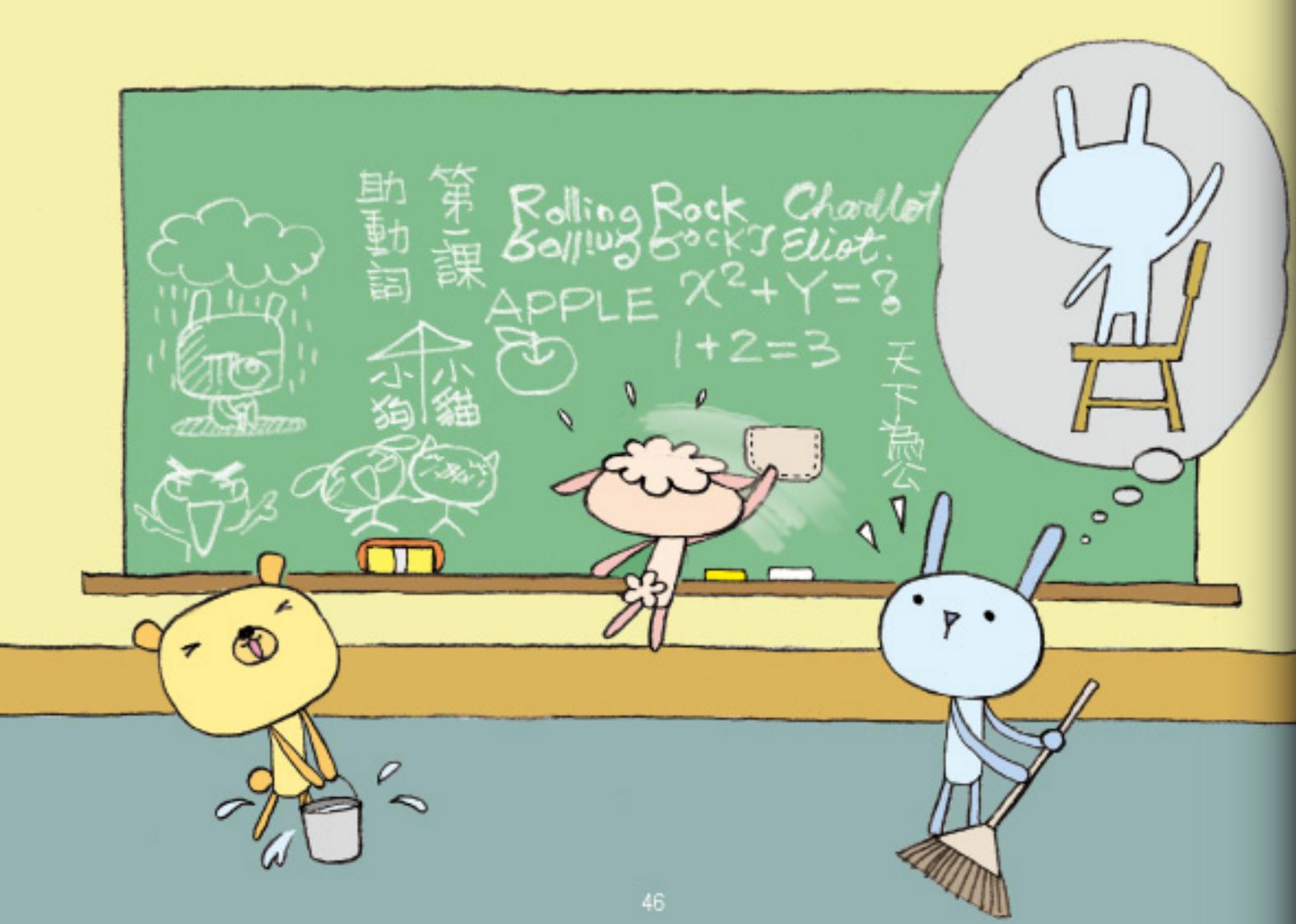


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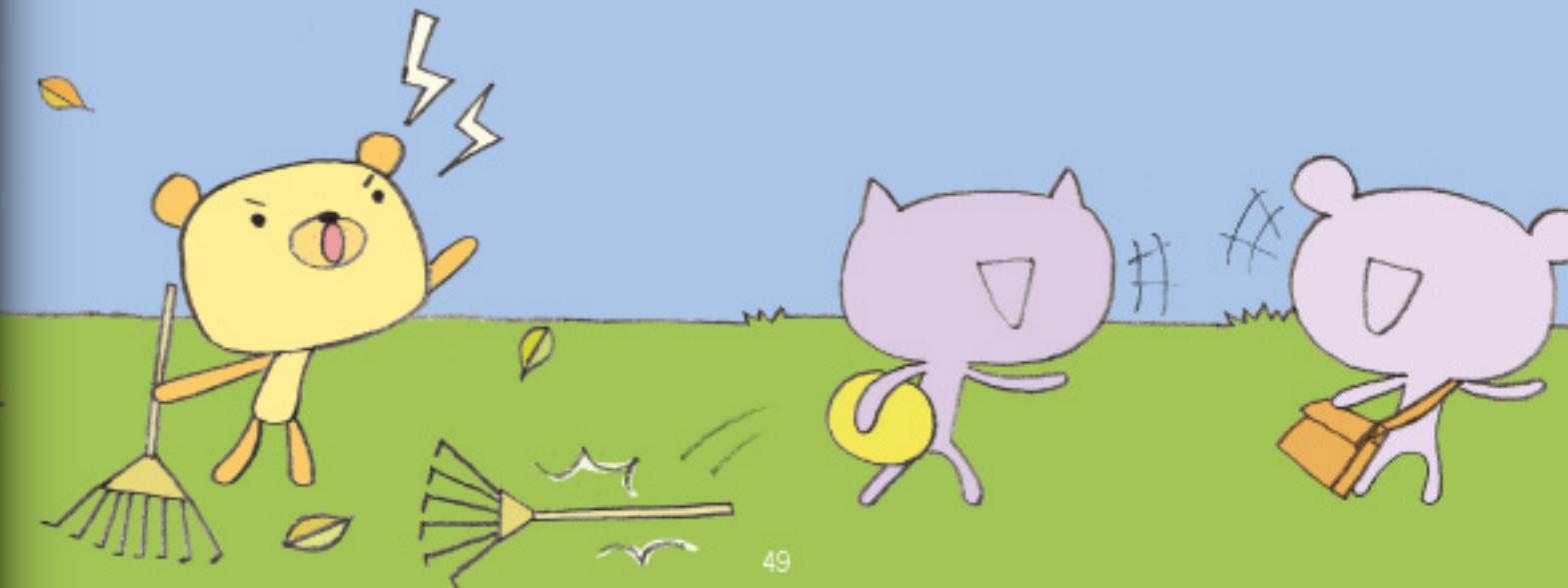






甘願吃明虧，是仁者；
受辱吃暗虧，是愚蠢。

Who is willing to be openly exploited is noble-minded;
who is insulted and insidiously exploited is dim-witted.



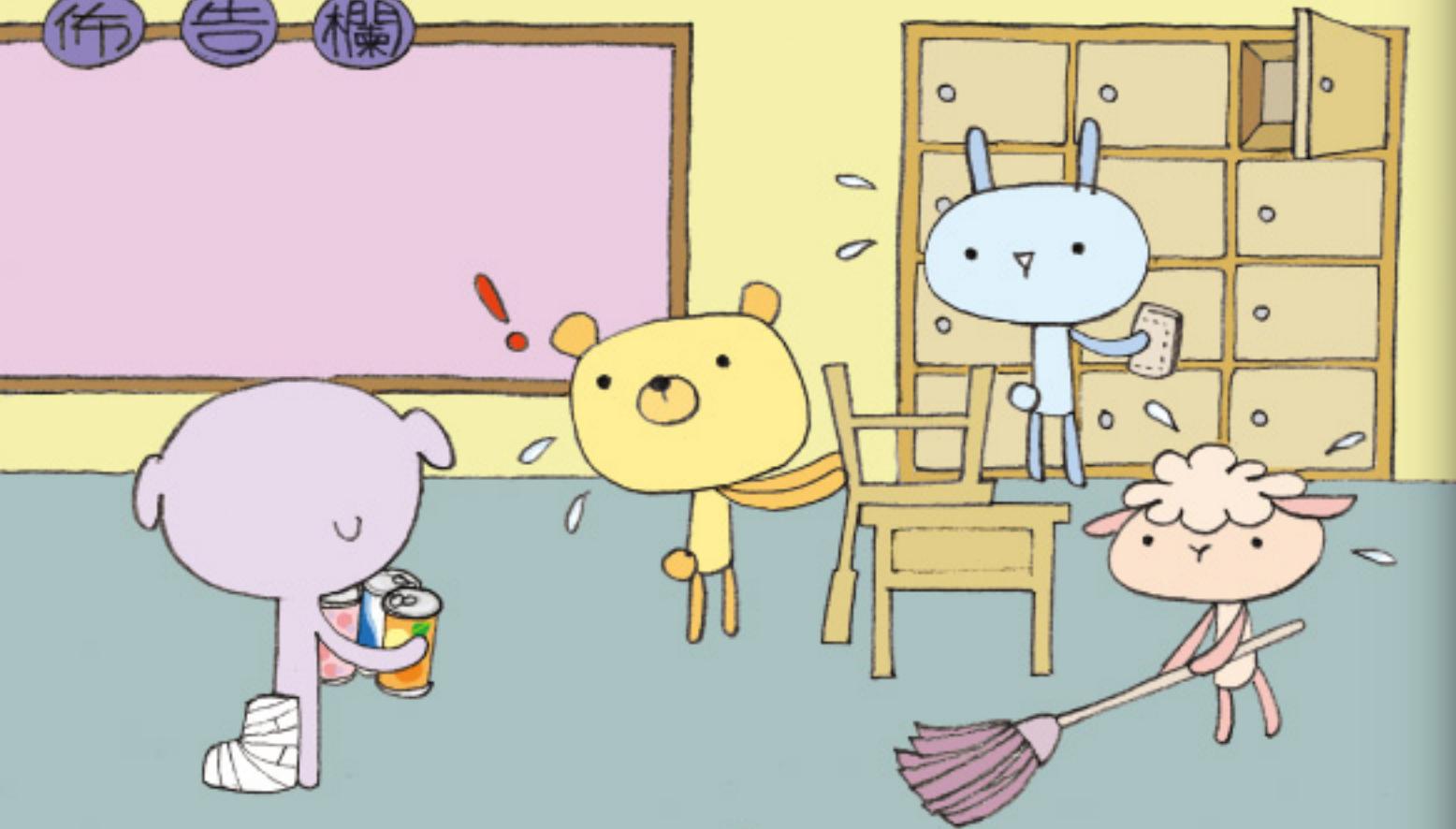


壓力通常來自對身外事物過於在意，
同時也過於在意他人的評斷。

Pressure usually stems from caring too much about externals and other people's opinion.



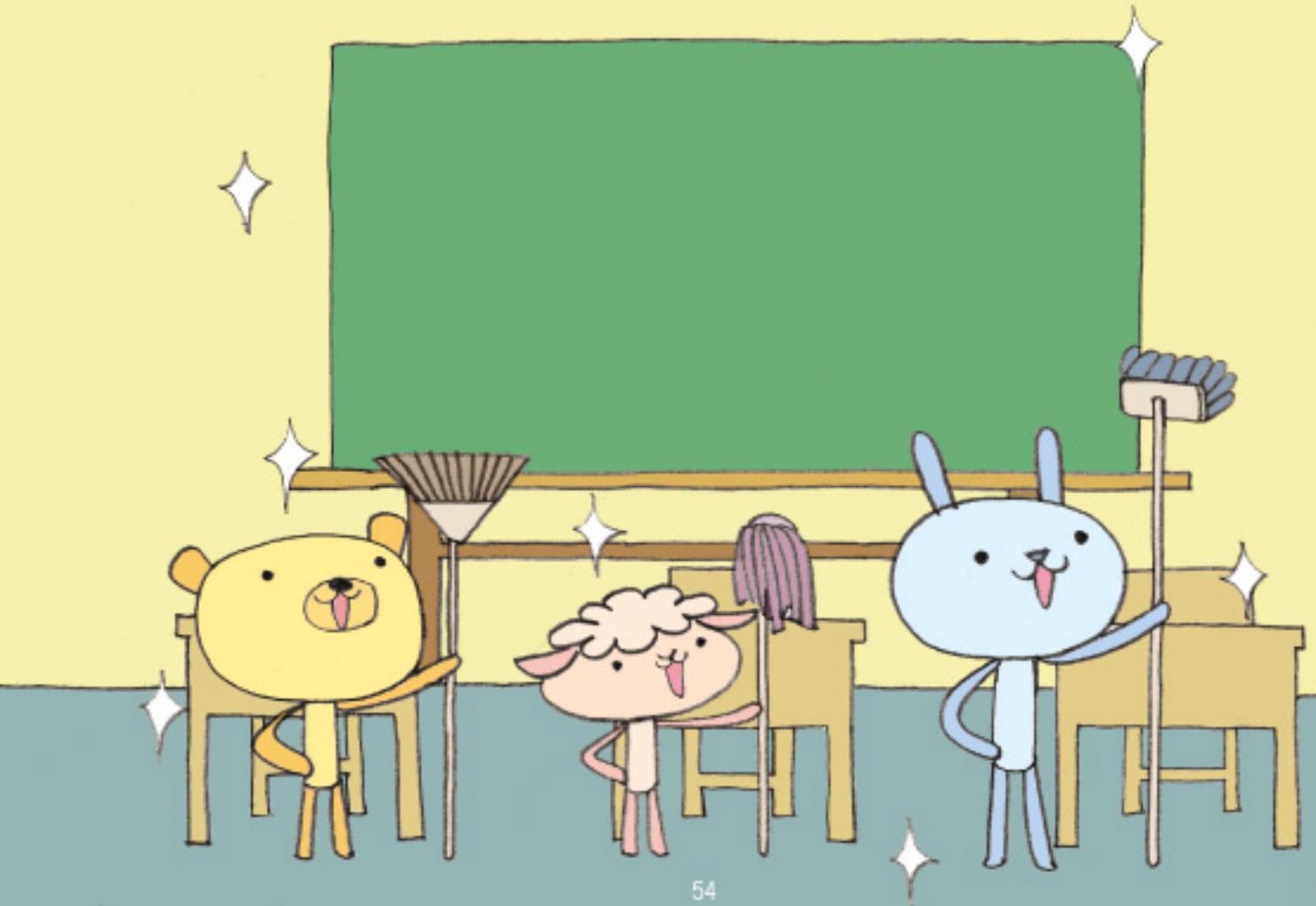
佈告欄



用感恩的心、用報恩的心，
來做服務的工作，
便不會感到倦怠與疲累。

Offer your service with a heart of gratitude, as if repaying a kindness,
then you won't feel weary or tired.



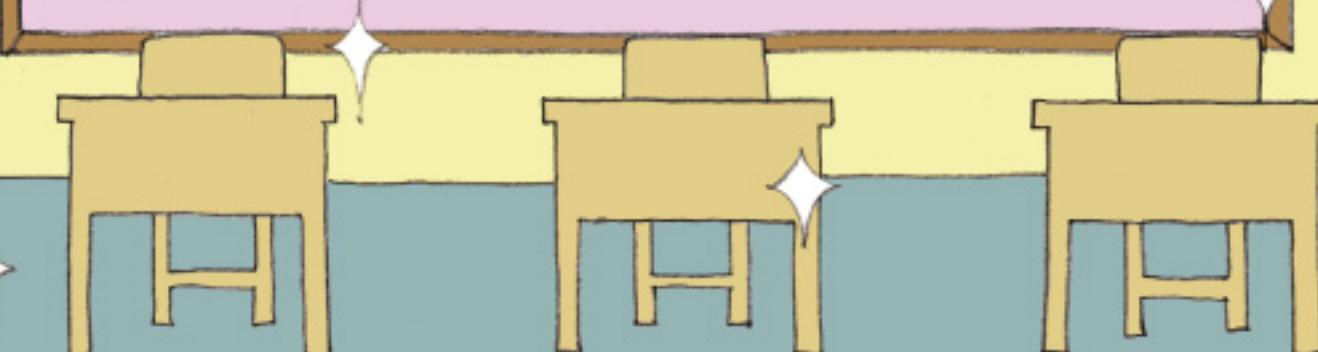


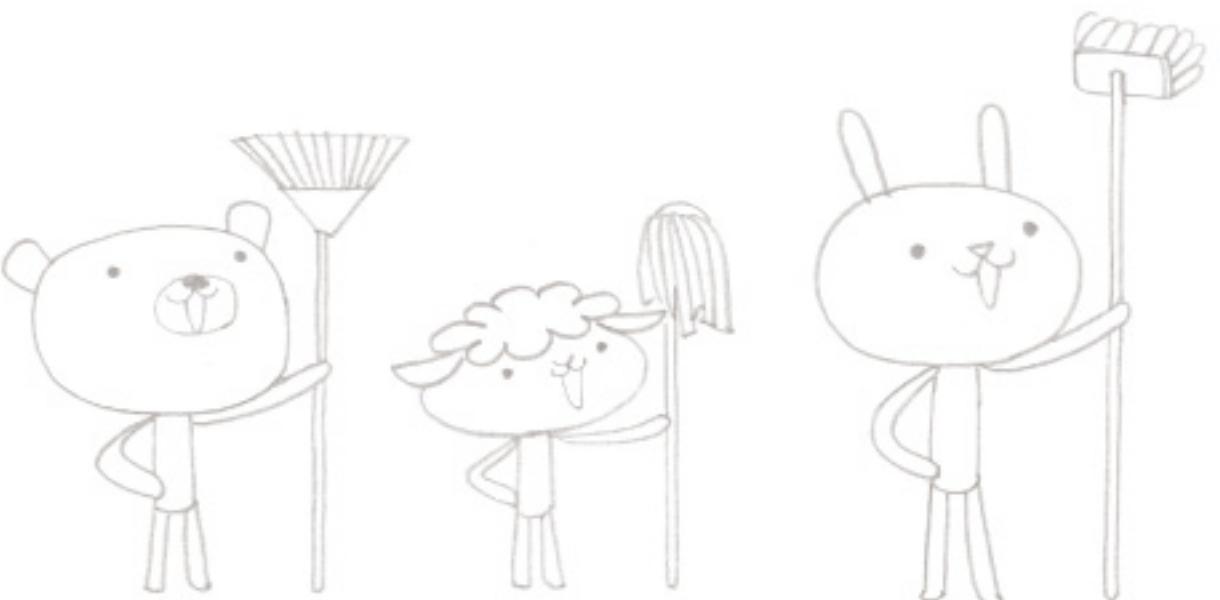
佈告欄

隨時隨地心存感激，

以財力、體力、智慧、心力、
來做一切的奉獻。

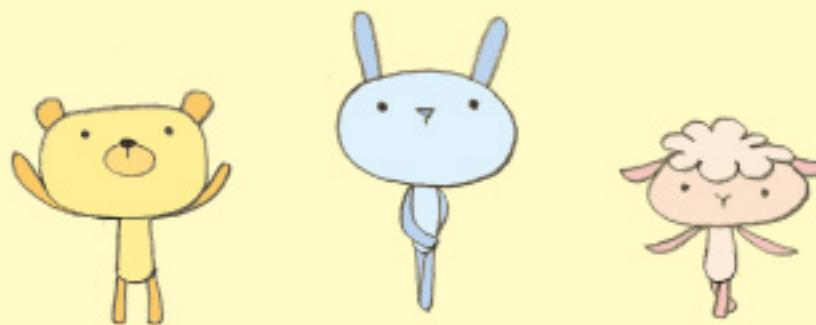
Always feel gratitude in your heart, and give unstintingly of your wealth,
physical strength, mental effort, and wisdom.





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。



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