

盧軍宏台長  
佛言佛語

*Words of Wisdom*

*from Buddhist Master Jun Hong Lu*

第五冊

*Volume 5*



## 盧軍宏台長佛言佛語（五）

Words of Wisdom from Buddhist Master Jun Hong Lu (Volume 5)

主 講： 盧軍宏台長  
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地 址： Level 2, 54 Meagher St, Chippendale  
Sydney NSW 2008 Australia  
電 話： (+61-2) 9283 2758  
盧軍宏台長的網站網址：  
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## 序 言

《佛言佛語》為盧軍宏台長佛法開示精選集結而成。台長所到之處，孜孜不倦給予有緣眾生慈悲開示，以佛法般若點亮眾生的心燈。

書中一言一語皆闡釋佛法真諦，微中見著，契合生活、修行、為人處世的方方面面，彰顯大乘佛教無我利他的義理。佛法即是生活，人成即佛成。

願以本書使佛教至高無上的智慧如同甘霖滋潤有緣眾生的心田，共霑法益。

## **Foreword**

*Words of Wisdom* is a compilation of pithy excerpts from Buddhist Master Jun Hong Lu's Dharma talks. Master Lu gives Dharma talks whenever the chance arises, illuminating our hearts with the Buddha's *Prajna* wisdom.

Every sentence in this book explains the profound truth of Buddhism. One can discover from these wise snippets the wide applications of the Buddha's teachings to every aspect of their daily lives, from spiritual cultivation to maintaining healthy interpersonal relationships. Master Lu's words of wisdom resonate with the core value of altruism and selflessness embedded in Mahayana Buddhism, reinforcing the notion that perfection of humanity paves the way for Buddhahood.

We hope this book will help inspire and enlighten readers with the utmost wisdom of the Buddha and bring benefit to sentient beings.

## 盧軍宏台長簡介

盧軍宏先生現任澳洲東方傳媒報業廣播電視集團董事長、澳洲東方傳媒弘揚佛法慈善機構董事局主席、澳洲華人佛教協會會長，澳大利亞太平紳士、馬來西亞拿督、意大利錫耶納大學榮譽客座教授、受聘著名國際佛教大學榮譽客座教授、英國西蘇格蘭大學佛學與哲學講師。

盧軍宏台長三十年來孜孜不倦、全年無休致力於在澳洲及全世界弘揚佛教精髓，推動慈善事業與文化和平交流發展，至今已經在全世界五十多個國家與地區擁有近 1000 萬信眾。

盧軍宏台長因其為國際文化和平所做出的突出貢獻，在聯合國、美國國會、美國寬容博物館、澳洲議會、德國柏林等地舉辦的國際和平會議，以及英國倫敦世界宗教聯合大會上，多次獲得世界和平大使殊榮；2015 年，盧軍宏榮獲美國眾議院頒獎表彰其在世界範圍內推動文化和平交流所做的貢獻；2016 年美國國會為盧軍宏台長頒發獎狀，表彰盧台長多年來在國際社會傳播慈悲和諧、致力世界和平所做的突出貢獻。美國新澤西州 West Orange 市政府，授予盧軍宏台長 West Orange 市榮譽市民獎。斯里蘭卡總統為盧軍宏太平紳士頒發獎項，表彰其為澳洲與斯里蘭卡經濟文化交流做出傑出貢獻。在澳洲因其突出貢獻和公信力被澳洲政府授予“太平紳士”，在澳洲議會獲得頒獎認可；並獲得馬來西亞皇室賜封拿督終身榮譽爵位；成為意

## 前言

大利錫耶納大學榮譽客座教授；作為世界著名僑領及華人精英，中國政府特別表彰入選《2014 中國人物年鑑》；作為特邀嘉賓出席 2015 年第十二屆聯合國衛塞節慶典活動；2015 年 9 月、2016 年 9 月，應聯合國大會主席邀請出席在聯合國總部舉行的“2015 年聯合國大會和平文化高峰論壇”、“世界和平高峰論壇”並發言，與聯合國大會主席、秘書長潘基文及世界各國政要領袖共謀世界和平。2017 年、2018 年應邀在聯合國教科文組織“衛塞節慶典”做主題發言。

## **About Jun Hong Lu JP**

Master Jun Hong Lu currently serves as Chairman of both the Australia Oriental Media Group and the Australia Oriental Media Buddhist Charity Association. He is also President of the Australian Chinese Buddhist Research Centre. He has been awarded Honorary Visiting Professorship by the prestigious University of Siena, Italy, and the royal title of Dato' in Malaysia. Master Lu has also been appointed as Honorary Visiting Professor by an international Buddhist university, and a Justice of the Peace by the Australian Government. Meanwhile, he is a lecturer in the area of Buddhism and philosophy with the University of the West of Scotland in the UK.

For over thirty years, Master Lu has been devoted to the spread of Buddhism and charitable activities. He is also dedicated to the development of the culture of peace. Currently he has 10 million followers in over 50 countries and regions.

Due to his tireless efforts to promote the culture of peace, Master Lu has been invited to attend summits on world peace and awarded the title of “Ambassador for World Peace” in several places such as the United Nations headquarters, the US Congress, the Museum of Tolerance

## *Preface*

in Los Angeles, the Australian Parliament, London, UK (at the Unity of Faiths Festival), and Berlin, Germany.

In 2015, Master Lu was awarded a “Certificate of Congressional Recognition” by the US House of Representatives for his role in building and promoting cultural exchanges at home and abroad. In 2016, Master Lu was presented with the “Certificate of Congressional Recognition” by US Congress in honour of his many years of efforts to spread the message of compassion, promote world peace, and help people around the world. Furthermore, he was awarded “Honorary Citizenship” by West Orange, New Jersey. Master Lu has also been presented with an award by Sri Lanka's President Maithripala Sirisena for his important contribution to promoting the economic and cultural relationship between Australia and Sri Lanka.

Because of his credibility and outstanding contribution, Master Lu is appointed as a Justice of Peace by the Australian Government. He has also been awarded acknowledgement at the Australian Parliament, the lifelong royal title of Dato' by a Malaysian Sultan, and the status of Honorary Visiting Professor by University of Siena, Italy.

Master Lu is included in the “2014 Yearbook of Who's Who of China” by the Chinese government.



In May 2015, he was invited as a special guest to attend the 12th International Buddhist Conference on the United Nations Day of Vesak in Bangkok, Thailand.

In September 2015 and September 2016, at the invitation of the President of the United Nations General Assembly, Master Lu attended and spoke at the “High Level Forum on the Culture of Peace” and “Culture of Peace summit”, respectively, held at the UN headquarters. The UN Secretary-General Ban Ki-moon, General Assembly President, senior UN officials and eminent world leaders and peace advocates from around the world gathered to deliberate on non-violence and world peace.

In both 2017 and 2018, Master Lu was invited to deliver keynote speeches at the Celebration of Vesak Day at the UNESCO headquarters.



學佛修心，要以開悟為宗旨，  
用善心消除內心的惡念，  
用善緣消除自己的惡緣，  
用善念讓自己放下萬緣。

*Enlightenment should be the objective of  
practising Buddhism and  
cultivating the mind.  
We must practise kindness and remove evil  
thoughts from our minds, replace negative  
relationships with positive ones,  
and use wholesome thoughts  
to let go of all karmic affinities.*

學佛人有了成績要馬上忘掉，  
這樣才不會有煩惱；  
有了錯誤要馬上記住，  
這樣才不會重蹈覆轍；  
有了困難要尋找智慧，才能迎刃而解。  
我們做人可以不聰明，但不能糊塗；  
可以不偉大，但不能懈怠；  
可以跌倒，但不能不爬起來。

*As Buddhist practitioners, we must forget  
about our accomplishments once we have  
achieved them so we will have no worries.  
We must bear in mind our mistakes so we  
will not repeat them.*

*We must seek wisdom when we encounter  
problems so we can resolve them.*

*We may not be clever,  
but we must not be confused.*

*We may not be great,  
but we must not slacken.*

*We may fall,  
but we must be able to pick ourselves up.*

一個人有清醒的頭腦  
要比有聰明的頭腦更重要，  
一個良好的習慣  
比你掌握一項技巧更充滿活力。

*It is more important to have  
mental clarity than to be clever.  
Having good habits brings more energy  
than the mastering of skills.*

學佛人不能把任何一點一滴  
不好的心態放在心中，去傷害自己。  
你把對別人的恨放在心中一個月沒關係，  
放一年、兩年、三年之後，  
你就會嚴重傷害到自己。

*Buddhists must not harm themselves by  
harbouring the slightest negative thought.*

*It may be fine if you bear  
a grudge against others for a month.  
However, if you bear it for a year,  
two years or even three years,  
it will only cause you serious harm.*

人的一生，生不帶來、死不帶去，  
自然放下，自然解脫，自然成佛。

*We come into and leave this world  
empty-handed.*

*We should let go naturally, liberate ourselves  
naturally, and become a Buddha naturally.*



珍惜是美德。

珍惜別人的感情，你會得到別人的真情；

珍惜友情，你會得到別人的愛情；

珍惜一草一木，你是一個慈悲善良的人；

珍惜佛法，你是一個擁有智慧的人。

*The act of cherishing is a virtue.*

*By cherishing your relationships with others,  
you will be rewarded with sincerity.*

*By cherishing friendship,  
you will be rewarded with affection.*

*Cherishing every tree and blade of grass  
shows you are a compassionate and  
kind-hearted person.*

*Cherishing the Dharma shows you  
are a person of great wisdom.*

在大大小小的緣生緣滅中，  
緣分在人間相互轉變、延續不斷，  
所以一個人的一生  
就是從緣分的相互轉變，  
到緣分的盡頭，產生滅度。

*We are all caught up in the arising  
and ceasing of karmic conditions,  
both large and small,  
that change constantly and unceasingly.  
Our lives start from the transformation of  
karmic conditions until their end,  
resulting in extinction.*

學佛人要懂得，  
如果一個學佛人不能利他、幫助眾生，  
就永遠不會“我空”。  
如果思維不能空，也就無法達到“法空”。

*As Buddhist practitioners,  
we must understand that if we are unable to  
practise altruism and help sentient beings,  
we will never attain the state of  
‘emptiness of the self’.  
If we cannot empty our thoughts,  
we will not realise the state of  
‘emptiness of the Dharma’.*

要心中無事無非無心，  
心中沒有什麼事情是對的、錯的，  
那麼就會產生出無心無非。

*Our minds should not become entangled in  
the concept of right and wrong.  
If our minds do not make judgments  
of right and wrong, there will also be no  
conflicts and contradictions.*

要明心見性，就是要看破生死。

當你知道人的靈魂不滅，  
你才能了悟修行的重要性。

*Understanding your mind and realising  
your true nature is about seeing through  
the nature of birth and death.*

*Once you know that the human soul  
will not become extinct,  
you will realise the importance of  
spiritual cultivation.*

要懺悔自己的業障，  
雖然念經可以去除很多的業障，  
但是懺悔後不能再造新業，  
福慧才能增長。

*We need to repent our negative karma.  
Though we can eliminate many karmic  
obstacles by reciting Buddhist scriptures,  
we must not create new negative karma  
after repenting.  
Only then can our blessings and wisdom  
grow.*

實修就是實實在在地修，  
一切修為在實修中一定會相應；  
一旦相應之後，就會消除一切災難。

*True cultivation is about cultivating  
ourselves without seeking shortcuts.  
True cultivation yields the result that  
corresponds to the Buddha nature.  
Once the corresponding result appears,  
all calamities can be eliminated.*

我們要用智慧讓幻化的人間變得  
“無中生有、有中化無”。  
在空性的世界，生出假我，借假修真；  
在有色世界，修出虛幻，找到真我。



*We should use our wisdom  
to turn the illusory world into a state  
where something arises out of nothing,  
and where within nothing,  
there is something.*

*In the world of emptiness,  
the illusory self arises.*

*We should cultivate the spiritual existence,  
which can remain in this  
illusory world forever.*

*In the meantime, in the physical world,  
we should cultivate to transcend illusion and  
discover our true Buddha nature.*

以善心處世為人，你會大愛無疆，  
善會在你的生命和事業中蔓延，  
所以，你的事業就會順利，  
你的身體才會健康。

*When you conduct yourself with kindness,  
you will nurture boundless love.  
Kindness should permeate every aspect of  
your life and career.  
Hence, you will enjoy good health  
and smooth sailing in your career.*

心寬的人會有智慧的安靜，  
心正的人會擁有浩然正氣。

*People who are generous will have peace of  
mind brought by wisdom.  
People who are morally upright will possess  
integrity and a noble character.*

我們學佛做人，讓別人快樂，那是慈悲；  
讓自己快樂，那叫智慧。

*In practising Buddhism, delighting others is  
called compassion, and delighting yourself is  
called wisdom.*

人知道了，就應該馬上去做，  
而不是找理由來阻礙自己，  
人的成功在於行。

你聽到了，相信了，  
你就要有願力，才会有行動，  
這就是佛法界講的“信願行”。

*Once you know what to do, you should  
immediately follow through instead of  
finding excuses to hinder yourself.  
Success is achieved by those who act.  
Once you hear and have faith in Buddhism,  
exercise strong faith to put it into action.  
This is what Buddhists call  
'faith, commitment and action'.*

人活在世界上，  
只有努力地去實踐，才會得到真知；  
要想學佛，只有努力地去度眾生，  
佛將永遠長留在你的心中。

*As we live in the world,  
it is only by diligently taking action  
that we can gain real knowledge.*

*When we practise Buddhism,  
it is only by making every effort to help  
sentient beings to awaken spiritually that  
the Buddha can stay in our hearts forever.*

在人間，每個人都有過創傷，  
家庭和孩子，或自己生意上的，  
其實這也代表著你的一種成熟。  
每一種創傷就是讓你知道，  
在這個世界上，  
沒有一件事情是可以圓滿和長久的。

*Everyone has, at one time or another,  
experienced trauma related to family,  
children or business.  
This, in fact, represents a kind of maturity.  
Every trauma that you have experienced  
reminds you that nothing in this world is  
perfect or permanent.*

當你改變不了別人的時候，  
最好的方法就是改變自己。只有改變自  
己，慢慢地你才會改變別人；只有徹底改  
變自己，最終才可以改變你自己的世界。  
山如果移不過來，那你就自己過去吧。

*When you can't change others,  
it is best to change yourself.  
Only by changing yourself can you gradually  
change others.  
Only by completely changing yourself can  
you eventually change your world.  
You can't move a mountain towards you, but  
you can move towards the mountain.*

學佛人要以孝心為重，以慈悲心為本。

所以，看待比我們年長的，

要把他們看成是自己的長輩；

比我們小的，要看成是我們的孩子；

跟我們一樣年齡的，要看成是我們的兄弟

姐妹，這樣你才會擁有真正的無緣大慈。



*Buddhist practitioners must place filial  
piety above everything else and regard  
compassion as a foundation.*

*Thus, we should regard those who  
are older than us as our elders,  
those who are younger as our children,  
and those who are of the same age  
as our siblings.*

*Then we can truly have  
boundless compassion.*

明白生命在轉換，是無常的，  
才會珍惜有限的生命，  
才能放下無謂的執著，  
才能坦然面對人生的痛苦煩惱。

*Only through understanding that life is  
impermanent and perpetually changing will  
we cherish our limited lifetime.  
Let go of meaningless attachments, and face  
life's afflictions and vexations with  
equanimity.*

學佛人要懂得，  
傲慢代表著失望，謙虛代表著清醒，  
要讓自己的頭垂得低低的，  
才能攀上人生的高峰。

*Buddhist practitioners must be aware that  
arrogance represents disappointment  
whereas humility represents clarity.  
Lower your head and you will reach the  
pinnacle of life.*

只愛自己，不愛眾生，  
就會活得非常孤獨，  
只有把眾生放在自己的心上，  
才會知道為什麼我沒有迷茫。

*Those who love only themselves and not  
other sentient beings will have an extremely  
lonely existence.*

*Only when you have sentient beings in your  
heart will you know why you have not  
become lost.*

內心的淒涼，就是沒有眾生和智慧。  
人只有明白自己，才能信任別人，  
理解眾生，擁有智慧。

*Inner misery is due to not having wisdom  
and sentient beings in your heart.  
Only when we truly understand ourselves  
can we trust others, understand sentient  
beings and possess wisdom.*

人與人的交往，人和人的緣分，  
第一是靠緣，第二是靠誠。

*The friendships and relationships between  
individuals all depend on firstly,  
affinities, and secondly, sincerity.*

學佛之人永遠要知道，  
真正藏於內心深處的是一種無緣的  
愛和無聲的慈悲。

*Buddhist practitioners must always  
remember that what truly lies in the depths  
of our heart is unconditional love and  
unreserved, unspoken compassion.*

學佛能夠讓你學會做人，  
佛法能夠讓你懂因果。  
學會給自己的內心留一塊淨土，  
心中有淨土，  
就會給眾生留一個陶冶的心靈。

*Practising Buddhism teaches you  
how to conduct yourself.  
The Dharma helps you understand  
the law of cause and effect.  
Learn to make room for  
a pure land in your heart.  
Having a pure land in your heart  
will leave you with a mind that is  
well-adjusted to sentient beings.*

在人間要珍惜時間、珍惜生命，  
要熱愛生活，過好它、熱愛它、珍惜它。  
活著就是成功，掙錢只是遊戲，  
健康才是目的，解脫才是真諦！

*We must value time and cherish life.  
Be passionate about life, live life to the  
fullest, cherish it and value it.  
To survive is to succeed,  
to earn money is only a game,  
to be healthy is our aim,  
and to be liberated is the truth.*



擁有一顆赤誠的心，就擁有了朋友；  
擁有一顆善良的心，就擁有了慈悲；  
擁有慈悲的時候，就擁有了佛性。

*One who has a sincere heart  
will have friends;  
one who has a kind heart  
will have compassion.  
When one has compassion,  
one has the Buddha nature.*

平凡才是偉大的，堅強才是長久的，  
人的慈悲才是永恆的。

*Being ordinary is great,  
being strong is long lasting,  
but only being compassionate is eternal.*

多念經，少煩心，  
清淨心和慈悲心才會出來。

*Only when you frequently recite Buddhist  
scriptures and become less troubled by  
worries will your pure mind and compassion  
emerge.*

即使自己不快樂，  
也不要打擾別人的幸福；  
即使自己再失敗，也不要懈怠。  
世事無常，懂得堅持，  
即使失敗了，相信經過努力，也會改變。

*Even if you are unhappy,  
do not disrupt the happiness of others.  
Even if you experience failure, do not slacken.  
Everything in the world is impermanent and  
even though you have failed,  
things would change if you are persistent  
and make relentless effort.*

未來少預想，儘量別假設，  
看到當下最重要。

《金剛經》說“過去不可得，  
現在不可得，未來不可得”，  
過去的讓它過去，未來的還在修行當中，  
現在把握住，就擁有當下的法喜。

*Do not attempt to predict or make  
assumptions about the future;  
it is most important to look at the present.*

*The Diamond Sutra states that  
‘The past is unattainable, the present is  
unattainable, the future is unattainable’.*

*Let bygones be bygones.  
The future is still in the process of cultivation.  
Take good hold of the present and you will  
enjoy Dharma bliss now.*

很多人的心永遠自閉，它像一扇門，  
經常把自己的心門關上，  
不願意跟人交談，不願意和別人接觸，  
就會自閉。

當知道心門關上的時候，要學會打開；  
當自閉的時候，要學會解脫。

*Many people's hearts are forever closed,  
like rooms with locked doors.  
Unwilling to engage with others,  
they become withdrawn.  
When you know the door to your heart is  
closed, learn to open it and liberate yourself.*

一切都是因果，  
這個世界沒有無緣無故的愛，  
也沒有無緣無故的恨。  
學佛之後才會付出，  
學佛之後才會無緣大慈。

*Everything is a result of karma.  
In this world, love and hate do not arise  
without reason.  
Having learnt Buddhism, we learn to give  
and to be compassionate to all.*

學佛做人，孝養父母，不去埋怨，  
隨心隨緣，慈悲行善。  
只要有慈悲心的人，註定一生會改變。

*As Buddhist practitioners,  
we should care for and repay the kindness of  
our parents without complaint.  
Practise kindness and compassion in  
accordance with karmic conditions.  
If we have compassion, our lives will  
certainly be transformed for the better.*



佛法能解決現代人生的困難，  
佛法不是過去的歷史，  
而是解決我們現在人生煩惱的金鑰匙。

*The Dharma is capable of solving the  
problems of modern life.  
The Dharma is not history, but the key to  
solving life's issues and worries.*

學佛要懂得什麼叫善。  
能夠用心去幫助別人，那就叫善。

*As we practise Buddhism, it is essential that  
we know what kindness is.  
Kindness is about helping others with  
all of your heart.*

按照因果法則，因緣成熟是一定的。

怎樣能夠讓自己在這個

因緣果報當中不受牽連？

最好就是在“因”上多下功夫。

*According to the law of cause and effect,  
karmic retribution is certain when it ripens.  
How then do we extricate ourselves from this  
karmic cycle? The best solution is to exert  
effort on the 'cause'.*

因果就是捨錢財得錢財，  
捨煩惱得智慧，捨自我得快樂。

*This is how karma works:  
When you give wealth, you receive wealth.  
When you let go of worries,  
you gain wisdom.  
When you let go of the self,  
you gain happiness.*

學歷代表擁有過，智力代表正在過。

*Your academic qualifications are in the past,  
your intellect is in the present.*

不要讓自己的心作怪，  
不要動小腦筋，不要做壞事；  
經常想好事，想幫助別人，想做菩薩，  
你的心就會像菩薩一樣，  
不斷地去想菩薩的境界，  
你會給後人留下很多  
慈善的、積福積德的美談。

*Do not let the mind engage in mischief and  
conceive of calculating thoughts.*

*Refrain from doing evil.*

*Instead, think good thoughts and help  
others often.*

*Think always of being a Bodhisattva and  
your mind will become like that of a  
Bodhisattva.*

*Constantly think of and learn from the  
Bodhisattva's noble qualities.*

*Future generations will praise your  
compassion, your kindness and your  
charitable and meritorious deeds.*

修心人要學菩薩的道理，運用在平時，  
要應變自如——惡來了隨緣，  
善來了感恩，一切自然來自自然去。

*Those who cultivate their minds  
must learn the ways of the Bodhisattva  
and use them at all times.*

*We need to handle change with ease.  
Act in accord with karmic conditions when  
misfortunes arise and be grateful when  
blessed with good fortunes.  
Let nature take its course.*

一個學佛人，如果佛法的道理都懂，  
但是碰到煩惱依然顯現凡夫相，  
碰到麻煩瞋心馬上出來，這就是沒修好。

*If a Buddhist practitioner is well-versed in  
Dharma but still behaves like an ordinary  
person when faced with worries and lets  
anger get the better of them when matters  
arise, then it indicates that they have not  
been cultivating well.*

心態不好的人容易積存業障。  
恨別人、想不通，業障馬上就在身上了。

*Having an unwholesome state of mind  
may easily result in the accumulation of  
negative karma.  
When you hate others and always look at  
the dark side of things,  
you will be caught up in karmic obstacles.*



如果你非常執著地  
去處理人間發生的問題，  
你一定會後悔，而且在煩惱中增加業障；  
如果你以佛法的智慧  
把事情處理的非常恰當，  
你的心會流露出法喜。

*If you become excessively fixated on  
dealing with worldly issues,  
regrets will await you and your karmic  
obstacles will increase in vexation.  
If you handle things appropriately with  
Dharma wisdom, your heart will be filled  
with Dharma joy.*

不為未經努力的未來擔憂，  
只為當下留存的現在努力。

*Worry not about the future toward which  
you are yet to exert effort.  
Instead, work hard at what is left  
to be done in the present.*

想改變人生的境界，先改變自己的態度。

*If you wish to attain the right intention of  
Bodhisattvas, you have to change your  
attitude first.*

事業靠興，改變靠興，學佛也是靠興。

*Success in your career depends on effort;  
Change depends on effort;  
Buddhist practice depends on effort.*

現實和理想之間，  
永遠在艱苦、失敗與成功之間，  
但永恆不變的是忍耐與精進。

*Reality and your ideals always alternate  
between pain, suffering, failure and success.  
What remains unchanged is patience and  
diligence.*

享受，不要讓它在年輕時接受；  
學佛，不要在靈驗後才去學，  
堅持修心後才會靈驗。

*Do not indulge in pleasures  
when you are young.  
Do not wait till you experience its efficacy  
before practising Buddhism.  
You must be persistent.  
Only then will your prayers be answered.*

人有壓力，是別人比你努力；  
人大壓力，是成功的人依然在努力。

*You feel pressure because others are working  
harder than you.*

*You experience even greater pressure  
because those successful people never stop  
working.*

嫉妒別人的人，是最不成功的人。

*Those who are jealous of others  
are the least successful.*

每個人的努力不一定馬上成功，  
不成功並不是不會成功，  
而是正在種植成功的種子。

*Hard work doesn't necessarily pay off  
immediately. When you fail, that doesn't  
mean you will never succeed. It is just that  
you are still sowing the seeds of success.*

抱怨自己不受別人尊敬，  
不如讓自己先要變得高尚。

*Instead of complaining about not being  
respected, change yourself to be  
noble-minded.*

知足常樂，快樂常存。

*Happy are those who are contented;  
their happiness will endure.*

相信菩薩，一切都是最好的安排。

要記住，這個不是最終的安排，  
而是最好的安排。

*Have faith in Bodhisattvas that everything  
will be arranged for the best.*

*Bear in mind that this is not the final  
arrangement but the best arrangement.*

念經就是在與菩薩溝通，  
經常念經菩薩才會瞭解你，保佑你！

*To recite Buddhist sutras and mantras is to  
communicate with Bodhisattvas.*

*Frequently performing recitations allows  
Bodhisattvas to understand and bless you.*

學佛人守戒，最重要的是戒財、色。

*It is essential for Buddhist practitioners to  
observe the precepts, and most importantly,  
to guard against greed for monetary gain  
and sensual lust.*



廟不在大小，人不分高低，  
修心在於心誠，心誠則靈。

*The size of a temple and the social status of  
a person are immaterial.  
So long as you are sincere in cultivating your  
mind, prayers will be answered.*

隨著修學境界的提高，  
護法神會對你越來越嚴格。

*As you attain a higher level in your spiritual  
cultivation, the Dharma Protectors will be  
stricter with you.*

一日無禪，一日無智。

*A day without Zen (meditative  
concentration) is a day without wisdom.*

行菩薩之道，思菩薩之念，言菩薩之語，  
你就是人間菩薩。

*Walk the path of the Bodhisattva;  
Think the thoughts of the Bodhisattva;  
Speak the words of the Bodhisattva,  
You will then become a Bodhisattva  
in the human realm.*

因自己的緣故，讓別人有邪思邪見，  
自己就會有業障；  
讓別人對你有想法，你自己就會替人背業。

*If you cause others to conceive of  
evil or wrongful thoughts,  
you will beget karmic obstacles.  
If you cause others to conceive thoughts  
about you, you have to bear the burden of  
their negative karma.*

人生像玩足球，稍不留神就被罰下場了。

*Life is like playing a game of football;  
a brief lapse of mindfulness will cause you  
to be sent off the field.*

慈悲是一種理念，是一種心態，  
是本性散發出來的光芒。

*Compassion is an ideal, a state of mind; it is  
light that radiates from one's innate nature.*



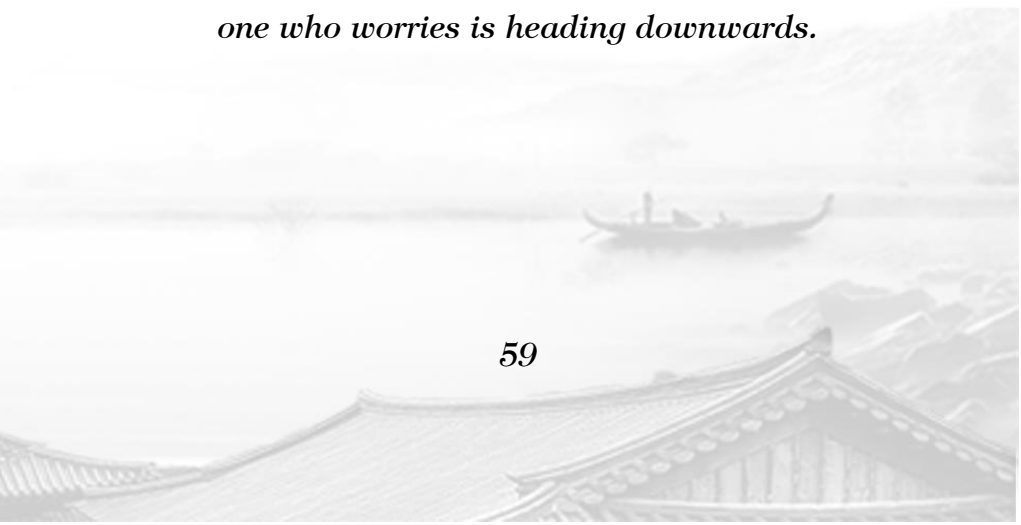
菩薩的智慧在人間，  
給世間帶來了無限的慈悲。

*The Bodhisattva's wisdom embraces the  
human realm, bringing infinite compassion  
to humanity.*



開心是上天，煩惱是入地。

*One who is happy is in heaven;  
one who worries is heading downwards.*



回憶過去，  
能笑得出來的人，  
就是放下。

*One who can still have a hearty laugh while  
recalling the past is one who has let go of  
things.*

莊嚴不在於外表形狀，  
而在於一個人的內涵。

*Dignity is not found in one's external  
appearance, but rather in one's inner  
cultivation*



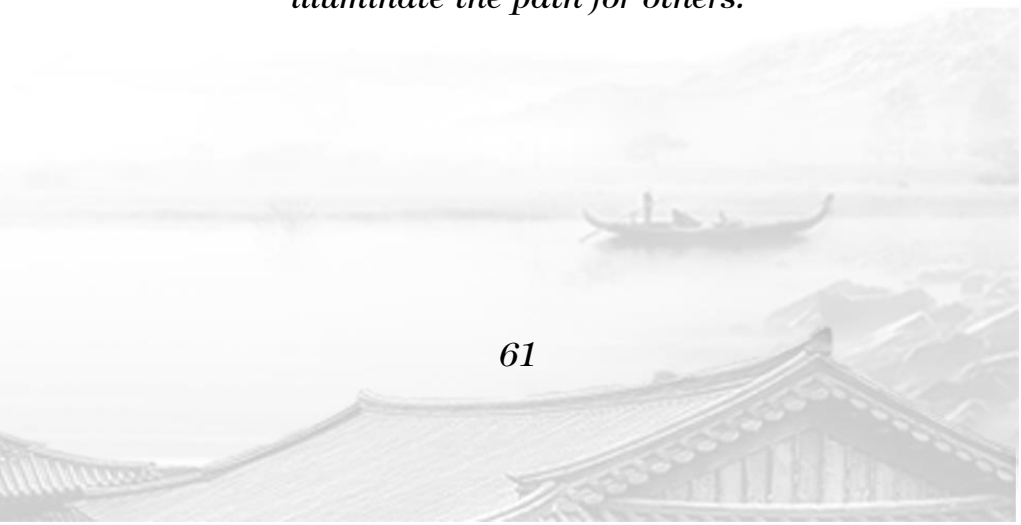
讓別人想得通，就是智慧。

*Being able to make others think straight  
is wisdom.*



弘法就是成全了自己，照亮了別人的路。

*Through propagating the Dharma,  
we not only achieve our goal but also  
illuminate the path for others.*



大慈大悲，  
就是對別人的愛超過對自己的愛。

*Being greatly merciful and greatly  
compassionate means loving other people  
more than yourself.*

低調的人擁有不執著。  
學會低頭的人就擁有智慧與勇氣。

*People who keep a low profile are attached to  
nothing. Those who learn to lower their  
heads possess wisdom and courage.*



知道眾生吃過的苦，才能喚起眾生的本性。

*Being aware of the suffering experienced by  
sentient beings enables us to rouse their  
inherent nature.*

有時大愛看似比較“自私”，  
放下了小家，  
實際上才是真正的大愛，成全了大家。

*Universal love can sometimes appear selfish  
because those who pursue it leave their  
families. But this love is, in fact, truly  
universal because it achieves a greater good.*

以集體的智慧，戰勝自己的意念。

*Use collective wisdom to conquer  
your own thoughts.*

大善似無情，小善如大惡。

行善要看果的。

*Great acts of kindness may seem to be  
merciless whereas minor acts of kindness  
may seem to be great evil.*

*When doing good, one needs to take the  
effect into consideration.*

小人看菩薩還是小人，  
菩薩看菩薩永遠是菩薩。

*A petty person will look upon a Bodhisattva  
as yet another petty person,  
whereas a Bodhisattva will look upon  
another Bodhisattva always as a  
Bodhisattva.*

意念就是生命，好意念會讓自己幸福，  
擁有幸福，錯誤的意念會讓自己走錯路，  
甚至送命！

*Our thoughts can shape our lives.*

*Good thoughts will make us  
cheerful and bring us happiness.*

*Erroneous thoughts will lead us  
astray and even cost us our lives!*

起一切善行，得一切智慧。

滅一切惡念，得一切善果。

*Do all kinds of good and you will attain  
all-embracing wisdom.*

*Eliminate all evil thoughts and you will reap  
good karma.*

人生一切都在自覺中，  
一切都在於自己的選擇。

*Everything in life is due to self-awareness;  
it all depends on our choices.*

人在生住異滅無常中，  
一切都是成住壞空。

*Life is impermanent and everything is  
subject to formation, existence, decay and  
emptiness.*

執迷不悟就是苦海無邊；  
精進修行才是回頭是岸。

*Refusing to budge from delusion will only  
land you in the sea of suffering.  
Cultivate diligently and the shore of  
Enlightenment will be in sight.*

經常記掛自己的人是小人，  
為大家付出的才是君子。

*Those who constantly think of themselves  
are petty. Those who are devoted to serving  
others have a noble character.*

人活著就是意念，  
如果沒控制好意念就在生死輪迴中。

*Thoughts arise unceasingly as long as we  
live. Failing to control our thoughts will land  
us in the cycle of birth and death.*

有功德的人，有佛性；  
用佛性做善事，就是功德。

*People who have accrued merits and virtues  
have Buddha nature.*

*When they apply their Buddha nature to  
perform good deeds,  
they accrue merits and virtues.*





一個人要看到光明和前途，  
要破除煩惱障。  
否則會找不到回天的路。

*One must be able to see the light and future  
and break free from their afflictive  
obstructions or else they will be unable to  
find the path back to heaven.*



珍惜才會擁有，失去是因為你沒有珍惜，  
每個人都懂得在這個世界上  
都要學會跨越自我。

*In cherishing, we possess.  
It's because we fail to cherish something  
that we lose it.  
Everyone must know that, in this world,  
we must learn to transcend the 'self'.*

遇到困難有的人總是說我沒辦法，  
在這個世界上，什麼都是有辦法的，  
只是你想不勞而獲，不去爭取。  
學佛人要對得起自己的良心，  
這才是對得起自己的本性。

*When faced with difficulties, many will say  
that there is nothing they can do.  
In this world, there is always a solution.  
It is just that you wish to reap without  
sowing and you don't want to work for it.  
Buddhist practitioners must have a clear  
conscience, only then will you live up to your  
true nature.*

迷人執物，守我為己；  
悟人般若，應用現前。

*Deluded people are attached to materialism,  
holding onto their own interests and acting  
only for their own benefit.*

*Enlightened people have *Prajna* wisdom;  
they apply their wisdom to solve problems  
that they encounter in everyday life.*

人心的妄念是苦的根源，  
得不到的非要得到。  
一旦得不到即苦。

*The deluded mind is the source of suffering.  
When you are intent on getting what is  
beyond your reach, failing to do so causes  
you to suffer.*

人活著，要開心，要想得通，  
要感覺到幸福。

*As we live, we must always be cheerful and  
think of the positive side of things and be  
happy.*

無我才有境界，有我就沒有境界了。

*One who has no self has attained a high  
level of spirituality.*

*One who clings to the self cannot make  
spiritual progress.*

一個人想通了之後，整個世界為你運作，  
看整個世界都是如此美好。

*Once you are able to think straight,  
the whole world goes your way  
and the world seems beautiful to you.*

批評一個人後，要對他更好。  
越想對他好，就越要指出他的缺點。

*Once you have criticised someone, you  
should treat them better.  
The more you want them to be good, the  
more you must point out their shortcomings.*

照見五蘊皆空，  
就是排除人間一切障礙。

*When you are able to illuminate the  
emptiness of the Five Aggregates, you are  
able to eliminate all hindrances in life.*

一個人沒有雜念，記憶中，  
就會留存正念的知識。

*When a person has no wandering thoughts,  
what remains in their memory is the  
knowledge of right thoughts.*

種下善良才能得到慈悲，  
幫助別人才能成就自己。

*When you sow kindness,  
you gain compassion.  
Only by helping others  
can you achieve your aims.*



佛法的基礎：善良、慈悲、不妄語。

*The basis of Buddhism is kindness,  
compassion and abstinence from false  
speech.*

別人可以原諒你的缺點，  
但自己不能原諒自己，  
否則你不會改正缺點。

*Others may forgive your shortcomings, but  
you must not forgive yourself, otherwise you  
will not correct your mistakes.*

禪就是剛中的柔，柔中有剛，剛柔相濟；  
需要剛時剛強，需要柔時則柔軟。  
剛太硬會折斷，太過於柔軟又不能成事。

*Zen is about gentleness within strength,  
and strength within gentleness.  
Strength and gentleness complement each other.  
We should be strong when the situation  
warrants it and be gentle when the need arises.  
If 'strength' is stretched to its limit, it will break.  
On the other hand,  
we cannot get things done if we are too gentle.*

學佛，最重要的是解決思維問題。

思維想通，一切皆通；

思維想不通，一切皆不通。

*In practising Buddhism, what is most  
important is to correct erroneous thinking.*

*If you think clearly,  
you can make headway in all matters.*

*On the other hand,  
if you can't think clearly,  
everything will stand in your way.*

學習是種子，撒在地上，  
靠天時、地利、人和長出悟性出來，  
般若智慧就有了，  
任何事情成功都是先要好好學習。

*The process of learning is like sowing seeds;  
it all depends on the right timing, favourable  
conditions and interpersonal harmony for  
the seed of enlightenment to grow.  
Only then will *Prajna* wisdom develop.  
We must first learn well  
if we wish to achieve success.*

學佛修心，不守戒律就是不慈悲。

*When practising Buddhism and spiritual  
cultivation, one who doesn't observe the  
precepts is not compassionate.*

人要有信仰，  
沒有信仰就如同沒有靈魂一樣。

*A person must have faith.  
A person without faith  
is like a person without a soul.*

一個人沒有壓力就不會改掉  
自己身上的毛病。

*A person who experiences no pressure  
will not correct their shortcomings.*

修行是一條艱苦的爬山路，  
只有爬到山頂才会有喜悅，  
在這個過程中會吃很多苦，所以要堅持。

*Practising Buddhism is a tough climb,  
but joy awaits at the summit.  
As there are many difficulties on the way,  
perseverance is a must.*

學佛人不虛度年華，要靠悟性與智慧。

*Buddhist practitioners must rely on their potential for enlightenment and wisdom in order not to waste away their time.*

一個人徹底了斷人間的情感，  
才能得到菩薩的境界。

*We can only attain the Bodhisattva's level of spirituality when we thoroughly break off human emotional ties.*

學佛修心就是好，中庸之道太重要。

*Practising Buddhism and spiritual  
cultivation is truly good; taking the middle  
way is of utmost importance.*

敢於承擔的人，是一個高尚的人；  
總想迴避的人，就是愚癡的開始。

*One who has the courage to assume  
responsibility is noble-minded; one who  
always wants to evade responsibilities will  
see the beginning of foolishness.*



人到無求品自高。

什麼都不求的人，會受到別人的尊重。

無求則心平靜。

*People who desire nothing  
are noble in character.*

*People who have no desires will be respected,  
and their minds remain calm.*

學佛人的心態如鐘，要靠自己不斷地調整。

*Buddhist practitioners must act like a clock  
to constantly regulate their frame of mind.*

做錯事情一定講，  
一個人的信用度非常重要，  
講出來叫覺悟，隱瞞不說就會失誤。

*We must confess when we have done  
something wrong because  
trustworthiness is of great importance.  
Confessing our mistakes indicates  
our awakening.  
Concealing our mistakes will lead to  
more blunders.*

學佛人要認真：

不要和菩薩動雜念，

不要和護法神打妄語，

不要和自己的慧命開玩笑。

*Buddhist practitioners must be serious.*

*Do not conceive unwholesome thoughts with*

*Bodhisattvas.*

*Do not lie to Dharma Protectors.*

*Do not joke with your own spiritual life.*

學佛修心，每天在修，每天都要進步，  
每天都在接近天上的境界。

*While practising Buddhism and spiritual  
cultivation every day,  
we must make progress every day,  
and get closer to the noble level  
of heaven every day.*

任何事有危機時，預示著有轉機。

*Every crisis precedes a turning point.*

人生不開悟，就是失誤。

*Those who are not awakened will live a life  
riddled with blunders.*

人的形象早晚會衰退，  
人的智慧卻是永遠長流的，  
所以要去除我相。

*Sooner or later our image will decline  
but our wisdom remains forever.  
Hence, we should get rid of our attachment  
to the self.*

別人不好，我們不能落井下石；  
別人好，我們要隨喜讚歎。  
別人說你不好，我們要忍辱精進；  
別人說你好，我們不能貢高我慢。

*When someone is down and out,  
we mustn't rub salt into their wounds.*

*We need to rejoice when  
seeing others in good times.*

*When someone says something bad about us,  
we must exercise forbearance and diligence.*

*When someone speaks well of us,  
we must avoid becoming arrogant.*

在人間把心修成慈悲心，才能回到天上；  
如果有貪瞋癡，一生什麼境界也沒有。

*While in the human realm,  
train your heart to be compassionate  
so that you can return to heaven.  
If you still harbour greed, hatred and  
delusion, you will not achieve any level of  
spirituality in this life.*

感恩就是珍惜，珍惜就是感恩。

*To be grateful is to cherish;  
to cherish is to be grateful.*

一個懺悔才能改變，不懺悔哪有機會改變。

*We can only change ourselves by repenting.  
There is no chance for us to change without  
repentance.*

道德可以填補智慧的缺陷，  
但智慧不可以填補道德的缺陷。

*Morality can be used to make up for the  
inadequacy of our wisdom,  
but wisdom cannot be used to  
make up for the inadequacy of our morality.*



雖然我們是有情眾生，  
但我們必須把有情眾生看淡，  
我們要看穿這個世界，  
因為這個世界什麼都帶不走，  
人跟人之間的感情根本不能永隨。

*Though we are human beings with emotions,  
we must treat feelings with equanimity.  
As we can't take with us anything from the  
mortal world, we must look beyond it.  
Human relationships are not eternal.*

有一個父親跟自己的孩子說：

“我很愛你，但我要把你送得遠遠的，  
這樣等到我死的時候你才不會太傷心。”

這就是父親的慈愛。

*A father said to his son,  
“I love you very much but I’m going to send  
you to a place far away so that you won’t be  
too sad when I die.”  
Such is the compassion and love of a father.*

任何一個好的船長，都是在調整航向的。

一個人的成功是在不停地調節中。

天氣、溫度都是調節，  
你的生活為什麼不調節呢？

*A good captain is always ready to correct  
the course of navigation.*

*Success of an individual lies in constantly  
correcting oneself.*

*If weather and temperature can be adjusted,  
why can't you adjust your life?*

不要把每一件事情看得太重，  
你就不會傷害你自己。

你把人間的一切看得淡一點，  
你就會很快地走過人生挫折的道路。

把每一件事情都看得太重了，  
最後你就會陷在污泥濁水當中，不能自拔。

*Don't take things too seriously,  
then you won't hurt yourself.*

*If you take things lightly, you will be able to  
quickly get through the hurdles in life.*

*By taking things too seriously,  
you will get stuck in a quagmire with no way  
of extricating yourself.*

學佛要自己堅定信心，堅持不懈，  
不是靠聽人家講就能修出來的。

*In practising Buddhism, one must maintain  
strong faith and persist without slackening.  
Spiritual progress cannot be made by merely  
listening to others.*

心的常態與變態

都是由心的智慧德能而來。

*The mental states of normality and  
abnormality are measured by one's level of  
wisdom and morality.*

法執包括對法門，  
或者對佛法的執著。比如抽菸的人，  
執著於說五戒之中沒有說不讓抽菸啊！  
修行斷除無明後，才會知道有法執。  
要靠不斷的修，不斷地去除我執和妄執，  
才能慢慢去除法執。

*Attachment to dharmas includes  
attachment to the methods  
and teachings of Buddhism.*

*For instance, a smoker would argue that  
the five precepts make no mention of  
abstinence from smoking!*

*It is only when you eliminate your ignorance  
through cultivation that you will discover  
your previous attachment to dharmas.*

*It takes relentless cultivation to eliminate  
the attachment to the self and delusion,  
only then can you eradicate attachment to  
dharmas.*

感恩就是知因懂果，以心去理解因，  
就會產生感恩。

*Being grateful means understanding the law  
of cause and effect.*

*Gratitude will arise when one makes an  
effort to understand the cause.*

成全眾生的善根、善緣、善德，就是菩薩。

*A Bodhisattva is one who helps sentient  
beings to develop their good spiritual  
foundations, positive affinities and moral  
conduct.*



緣分之奇，是無常的產物，  
緣聚緣散，成住壞空皆是緣，  
有物質就會有滅亡，而精神是永恆的。  
修心學佛就是要保持精神上的愉悅。

*The unfathomable connection of affinities is  
a by-product of impermanence.*

*The arising and ceasing of karmic conditions  
as well as the phases of formation, existence,  
decay, and emptiness are all associated with  
karmic conditions.*

*Where there is matter, there is extinction,  
but the spirituality is eternal.*

*Practising Buddhism and cultivating the  
mind is all about maintaining the spiritual  
joy within.*

擁有現在，忘記過去，展望未來。

脫離地獄苦，享受淨土樂。

修心讓心越來越純潔，越來越真誠。

*Live in the present, forget the past and look  
forward to the future.*

*Break away from the suffering of hell and  
enjoy the Dharma bliss of the Pure Land.*

*Through cultivation, our minds become  
increasingly pure and sincere.*

遇事想通就是善緣，想不通就是惡緣，  
善緣惡緣都是緣，看人怎樣去對待。

*If you can think straight when faced with an  
issue, this is regarded as good affinity.  
On the other hand, it is regarded as negative  
affinity if you can't think straight.  
Both are considered to be karmic affinities,  
be it good or bad.  
It all depends on how you deal with it.*

做任何事情，都要懂得放下自己。

學佛人不會放棄精神的快樂，  
而人間凡人的欲望快樂不是真正的快樂。

*In whatever we do, we must know how to let  
go of the 'self'.*

*Buddhist practitioners will not give up  
spiritual happiness.*

*The worldly pleasures enjoyed by mortals are  
not true happiness.*

菩薩根據人願力的大小而成就其果位。

人因放低自己，成就無我，  
而稱為“菩薩”。

*Bodhisattvas help people to achieve  
spiritual attainment according to the level of  
their aspirations.*

*“Bodhisattvas” are those who can let go of  
themselves to accomplish the state of  
‘no-self’.*

人界都有上、中、下品。

幫助別人是上品，隨順因緣是中品，

守住戒律是下品。

*Human beings are divided into three grades according to their spiritual attainment. Those who help people readily are in the upper grade; those who act in accordance with karmic conditions are in the middle grade, while those who observe the precepts are in the lower grade.*

要幡然夢醒，不能迷惑於五欲六塵。

若不覺悟，怎知哪裡是你的家。

*Awaken immediately and do not be confused  
by worldly desires.*

*If you fail to become awakened, how will you  
know where your true home is?*

將五陰轉化為陽，將八苦轉化為樂。

*Transform the Five Aggregates into  
‘positivity’, and the ‘eight types of suffering’  
into real happiness.*

沒有我，哪來的法執。  
因此人是最重要的，  
如果脫離不了人間的煩惱，  
就不能脫離法執，就會擁有無明。  
想成佛，要斷除一念無明，破除我執。



*If there is no 'self', the attachment to  
dharma will not arise.*

*Hence, the human factor is important.*

*If we fail to free ourselves of worldly concerns,  
we cannot end our attachment to dharma,  
and we will remain in an ignorant state.*

*If we wish to become a Buddha,  
we must eliminate ignorance  
(even a thought of it),  
and extinguish our attachment to the 'self'.*

要智慧人生，佛法人生，脫離此岸，  
才能到達彼岸。

*When we integrate wisdom and the Dharma  
into our life, we can transcend the vexations  
of the human realm and reach the shore of  
liberation.*

要以動的眼光去看待事物，才是懂無常，  
因為一切都在變化當中。

*We must view everything as changeable,  
only then will we understand impermanence.  
Everything is perpetually changing.*



以禪定來達到妙心。

*Let meditative concentration lead us to  
perfect wisdom.*



靜則能善觀因緣，鬧則無法隨順因緣。

*Those who practise equanimity  
are able to contemplate karmic conditions  
in a positive way.*

*Those who are easily agitated are unable to  
act in accordance with karmic conditions.*

人間菩薩，講的是一種悟性。

*Being a Bodhisattva in the human realm is  
all about a kind of potential for  
enlightenment.*

遇到事情就要感覺到很正常的，  
慢慢就會習以為常，這才是隨遇而安。

*When we regard an issue we encounter as  
something normal, we will slowly adjust and  
remain calm no matter what happens.*



要念念如一，心境如一，生活如一，  
人活著都是活在一種概念中。

*Every thought that we conceive, our state of  
mind, and how we conduct ourselves in daily  
life, should all remain the same no matter  
what we encounter, because humans all live  
within a concept of reality.*



遇事能解決，就會有般若；

遇事生煩惱，就是沒智慧。

*Those who are able to solve any issue have  
Prajna wisdom; those who have worries  
when faced with an issue are devoid of  
wisdom.*

守戒則不傲慢，相信眾生則不疑惑。

*Those who observe the precepts will not be  
arrogant; those who believe in sentient  
beings will have no doubt.*



觀自在，常觀自己在佛界，  
精神解離出世間。

*Contemplate the spiritual state  
your inner mind is in.  
If you constantly contemplate yourself as  
within the Buddha realm,  
you will transcend the human realm  
spiritually.*

## 後序

### 觀世音菩薩“心靈法門”

這是一個關於心的學問——因為世界萬物“皆由心生”，救人先救心。

這是一扇神奇的大門——因為它能開啓人生的智慧，引領眾生走上佛道，離苦得樂。

心靈是鎖，法門是鑰匙，用法門打開你的心靈即“心靈法門”。

心靈法門是一劑現代社會的良藥——因為它真正將傳統文化精粹用於指導現代人生，家庭和睦，社會和諧，世界和平！

悉尼著名愛國僑領盧軍宏太平紳士，自1997年始即在廣播電台中致力於弘揚中華文化與佛法。盧台長所弘揚的觀世音菩薩“心靈法門”，是末法時期觀世音菩薩賜給人間救度眾生的靈丹妙藥。

盧軍宏台長秉承觀世音菩薩慈悲救度大慈大悲的精神，覺海慈航，妙法度眾，以般若智慧點化夢中人。盧台長以現代化的電台和網路為媒介弘揚大乘佛法；親赴世界各地弘法演說，廣結善緣。短短五年內，“心靈法門”即被世人所廣為接受，在全世界掀起一股學佛修心的熱潮，信眾已達一千萬，盧台長網站點擊率更是達到5000萬。觀世音菩薩的“心靈法門”，正在將中華文化與佛法精髓迅速弘揚至全世界。盧台長因其三十年的無私付出和菩薩行，廣受在家居士及出家法師的擁戴與尊敬。



心靈法門以“三大法寶”許願、念經和放生為基礎，透過“白話佛法”指引人們念經、修心、修行，啓迪智慧，破迷開悟，自度度人，並學習觀世音菩薩的“無緣大慈、同體大悲”而廣度眾生。

“心靈法門”，傳的是人間佛法，教導人們如何解決日常生活中的困難。讓大家透過在人間的修行，消除孽障，減少病痛，脫離六道輪迴，共同走向西方極樂及四聖道。

盧台長的“白話佛法”，闡釋的是心的學問，心的原理，心的義諦。佛經說“佛說種種法，為治種種心”，這心就是指我們心中的煩惱和無明。心靈法門能根治人們的種種妄心，破迷情妄執，立正法正信，洗滌心靈的污垢，引領人們認識自己的良心，找回自己的本性，回復本來的性德，開啓人生的智慧，從而脫離人間六塵之束縛，回歸本有的清淨的境界，實現生命的超越。

心靈法門，愛國愛民，遵紀守法。學習心靈法門，不僅對期盼平安吉祥，幸福快樂的普通百姓有著現實的指導意義，而且對促進社會和諧安定也有著深遠的社會意義。

願更多的有緣眾生能夠搭乘觀世音菩薩的救度之船：  
**淨化心靈、離苦得樂、超脫煩惱、消除孽障、超度有緣、還清冤債、廣度眾生、同登極樂、共攀四聖！**

## **Master Jun Hong Lu's Buddhist Practice – Guan Yin Citta Dharma Door**

Guan Yin Citta Dharma Door is about the science of our minds. According to Buddhism, everything arises from our minds. Our minds create the world we live in. To transform our life for the better, Guan Yin Citta starts by transforming our minds.

Guan Yin Citta opens the door to happiness. It provides us with a practical way to learn the infinite wisdom of the Buddha, and elevates us above everyday life filled with sorrow and strife.

Our minds are like a locked door with boundless potential inside; Guan Yin Citta is the key that opens up the door.

Guan Yin Citta offers effective solutions to many issues we face in modern society. It instils into people the time-honoured wisdom and essence of traditional culture. Thus, millions of families have achieved harmony at home. This paves the way for a cohesive society and a peaceful world.

Master Jun Hong Lu JP is a renowned leader of the Chinese community in Sydney, Australia. He is also the founder of Guan Yin Citta Dharma Door. Master Lu has

been promoting traditional Chinese culture and Buddhism through his radio programmes since 1997. His Buddhist practice, Guan Yin Citta, is a precious gift transmitted directly from the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva. Guan Yin Citta is aimed at saving the hearts and souls of all sentient beings at this critical moment when our world is faced with various difficult challenges.

Guan Yin Bodhisattva is widely known for her infinite compassion, and her willingness to save all sentient beings from suffering. Deeply inspired by such spirit, Master Lu has for decades been carrying out Guan Yin Bodhisattva's mission in this world. Through his radio programmes and website, Master Lu uses plain language to explain the profound teachings of the Buddha; he also travels extensively around the world to spread words of wisdom and the message of compassion. In just five years since the founding of Guan Yin Citta, 10 million people have become Master Lu's followers and his website has already garnered 50 million hits. Guan Yin Citta has motivated people in every corner of the world to practise Buddhism under the guidance of Master Lu.

For the past three decades, Master Lu has devoted himself fully to transforming people's lives with the wisdom of Buddhism. His selfless devotion has won him love and

## *Postface*

respect from Buddhist practitioners around the world: monastic and laypersons alike.

Guan Yin Citta Dharma Door is rooted in the three golden Buddhist practices - reciting sutras, performing life liberation, and making great vows. Moreover, Master Lu's way of explaining Buddhist teachings is clear and accessible, but never lacks in depth. His instructions help people advance along the path of practising Buddhism, increasing their wisdom, and becoming enlightened. Master Lu inspires people to think and act like Guan Yin Bodhisattva, to be kind and compassionate towards people regardless of who they are or where they are from, and help sentient beings far and wide.

Guan Yin Citta teaches us to apply Buddhist teachings to our everyday issues. By engaging in the study and practice of Buddhism, we can then reduce negative karma, regain our health, be free from the endless cycle of rebirth, and finally progress to the Western Pure Land of Amitabha Buddha and the Four Sagely Realms.

Master Lu's *Buddhism in Plain Terms* provides comprehensible and relatable guidelines to train our minds. According to Buddhism, "The Buddha spoke of various kinds of dharma in order to train the various kinds of our minds". The "mind" here is the affliction and

ignorance within ourselves. Guan Yin Citta can eradicate our various kinds of deluded minds, break through our delusion and confusion, strengthen our faith in Buddha-Dharma, and cleanse our minds of defilements. In this way, we reconnect with our conscience and our inherent nature. We reclaim our morality, grow our wisdom, and truly be free from the bondage of the mundane world. This is the return to our inherently pure state, the transcendence of mortality.

Guan Yin Citta encourages everyone to abide by the rules and regulations of their own country, and show love for fellow citizens, the community, and the country. Practising Guan Yin Citta not only helps us flourish individually but also provides us with the higher purpose of being something bigger than ourselves. In fact, Guan Yin Citta has been a powerful force in making our society more compassionate, equitable and harmonious.

We sincerely hope that more people can get to learn and practise such a wonderful Buddhist practice—embarking upon Guan Yin Bodhisattva’s vessel of compassion in order to purify the minds, be free from suffering and worries, reduce negative karma and karmic debt, help others go to a higher spiritual realm, spread the Dharma far and wide, and finally ascend to the Pure Land and the Four Sagely Realms.

## 後記（結善緣）

# 後記（結善緣）

如有想助印佛經和白話佛法系列書籍，請全部匯入政府合法註冊慈善機構帳戶，功德款帳號如下：

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