

盧軍宏台長  
佛言佛語

*Words of Wisdom*

*from Buddhist Master Jun Hong Lu*

第二冊

*Volume 2*



## 盧軍宏台長佛言佛語（二）

Words of Wisdom from Buddhist Master Jun Hong Lu (Volume 2)

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策	劃：	澳洲東方華語電台秘書處
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版	次：	2018 年 4 月第 1 版第 1 次印刷
國際刊號	ISBN：	978-1-925798-34-0
印	數：	10 000

## 觀世音菩薩“心靈法門”

心靈是鎖，法門是鑰匙，用法門打開你的心靈即“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。

這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台長，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。短短兩三年內，“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。盧台長因其二十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。

## 前言

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

## 盧軍宏台長簡介

盧軍宏先生現任澳洲東方傳媒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。

盧軍宏台長二十年來孜孜不倦、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、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。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 中國人物年鑒》；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。

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

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

Guan Yin Citta 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.

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 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 a few 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 two 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

## Preface

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.

## **About Jun Hong Lu JP**

Spiritual leader 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 the status of Honorary Visiting Professor by the prestigious University of Siena, Italy, the royal title of *Dato'* in Malaysia, and appointed as a Justice of the Peace by the Australian Government.

For over twenty 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 in Los Angeles, London, UK, and Berlin, Germany.

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 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 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.

Master Lu's efforts have caught the eye of several international peace organisations. 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, 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" 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.

## 編 者 按

盧軍宏太平紳士二十多年如一日弘法度眾，所到之處每時每刻皆隨緣說法，普度眾生，踐行生活佛法化的大乘佛教宗旨，以白話佛法的智慧精髓，慈悲點化為五欲六塵所染的眾生，明心見性，離苦得樂。

本書是弟子記錄整理了師父平時為法師和佛友們隨緣開示和指導的點點滴滴，從師父的隨緣開示中，索取智慧養分。現特此編輯出版，以饗廣大佛友，同沐佛光。

## **A Message from the Editor**

For well over 20 years, Master Jun Hong Lu JP has been helping people become spiritually awakened by giving Dharma talks wherever he goes. He has pursued the objective of the Mahayana School of Buddhism by bringing Buddhist practice into our everyday lives. Because of his compassion, Master Lu makes every effort to deliver sentient beings from sensual desires and worldly defilements. He inspires us to understand our minds and see our true nature through his plain and simple exposition of the profound teachings of the Buddha.

This book is a compilation of excerpts from Master Lu's talks given to Buddhist monks and nuns, and to Buddhist practitioners. With these words of wisdom, we are able to nourish our minds and souls, and immerse ourselves in the light of Buddha.



你要知道河水深不深，  
丟個石子進去，看看河水深不深。  
喜歡賣弄的人，  
就像石子丟在淺水處，會激起浪花；  
謙虛的人，  
就像石子丟在深水中，是沒有聲音的。

*To test how deep the water is,  
simply throw in a stone.  
People who brag about themselves  
are like a stone hitting shallow water;  
they make a big splash.  
Modest people are always silent,  
just like a stone thrown into deep water.*

學佛人要有自性，  
否則就像一面牆，一推就倒。

*As Buddhists, we have to constantly  
maintain our “self-nature”,  
or else we will be knocked down easily,  
like a wall with no support.*



就算師父幫你撥苗助長，  
你也要有根基啊！  
每天都要感恩菩薩，  
學佛初始心很重要。

*Only those with a solid foundation for  
Buddhahood will, with the Master's help,  
make rapid progress toward that end.  
It is important to keep in mind  
why we began our journey,  
and to extend our gratitude towards  
Bodhisattvas on a daily basis.*

在懺悔中是有願力的。

*The power of a vow emerges when we repent.*

人一生要謹慎，精進，出家就是守戒，  
學佛就是精進，精進才能走向光明。


*We have to be cautious in all of our actions  
and be diligent in our practice.  
Being a monk or nun requires observation of  
precepts, whereas practising Buddhism  
requires diligence, which eventually leads to  
the light.*

一個人的眼睛，是心裡唯一的展現。

*Our minds reveal themselves only through  
our eyes.*

人不忘初始心，不能忘本啊！  
沒有激動之心，沒有感動的心，  
就會沒有感恩心。

*We should never forget our original  
aspiration or our roots.  
If we lose our ability to become emotional  
or feel touched, we also lose our ability  
to be grateful.*



學會調節心態，孝敬父母，  
不能跟父母講太多有壓力的事，  
要讓父母放心，自己業自己背，  
必須學會自己承擔。

*Learn to adjust your mentality  
and avoid worrying your parents by sharing  
your stress with them.*

*Practise filial piety by easing their minds  
and taking responsibility  
for your own karma and your lives.*

法師沒有自己的財，  
通過眾生的供養，  
培養自己感恩眾生的心。

*Buddhist monks and nuns  
have no wealth of their own.  
They cultivate gratitude towards  
sentient beings by accepting their offerings.*

人生的高高低低都是正常的，  
越是好的時候，越要低頭，  
好的時候要謙卑；  
把苦留給自己，把快樂留給別人。

*Ups and downs are inevitable in life.  
The more favourable the situation,  
the humbler we need to be.  
Keep bitterness to ourselves  
and leave happiness to others.*



人的一生，多做一些讓人感動的事，  
要以身作則，自己才會堅強。

*We should do good deeds that touch  
people's hearts throughout our lives.  
Only by setting a good example for others  
will we become strong.*

人與人之間，平淡中見真情，  
做人是心與心的交流，  
人和人之間一旦離開，心就疏遠。

*True and profound love can often be found in  
the simplest of moments.*

*Interpersonal relationships are all about  
heart to heart interactions.*

*However, once separated,  
our hearts will become estranged.*

教育小孩，  
必須把他們當成君子，  
不能把他們當成小人，  
要尊重他們。

*A key to educating your children  
is to respect them as exemplary people,  
rather than see them as inferior individuals.*

開心步步高升，感覺、感情全是正能量。

*All happy, optimistic and uplifting feelings  
and emotions are positive energy.*

一個人在做壞事時，  
他不知道自己在做壞事，  
只有當做好事時，  
才知道自己在做壞事。

*Those performing evil deeds  
are usually unaware of their misconduct.  
Only when they begin to do good deeds  
can they appreciate the severity of  
their past wrongdoings.*

要學會理解別人。

每一個人都不會想到去瞭解別人，

都想讓別人瞭解自己，

這就是一切以“我”為出發點。

活在世界上，

少想自己，多想別人，多瞭解別人。

*Learn to understand others.*

*Most people do not want to understand  
others, instead wanting others  
to understand them. This is egotism.*

*We should try to think  
less of ourselves and more of others.*

*Try to understand others better.*

教育孩子，做錯了既要懲罰，  
又要助他們彌補心靈，  
能夠動之以情，曉之以理。

*When it comes to educating children,  
it is important to enlighten them with  
affection and motivate them with reason.  
Punish them when they make mistakes  
while also helping them restore a balanced  
state of mind.*

懂得一個道理，  
要以德服人，不是以理服人。  
不要給自己找麻煩，  
因為自己就是煩惱的製造者。

*Convince others with virtues, not reason.  
Do not ask for troubles as,  
more often than not,  
we make our own trouble.*



有一顆感恩的心，  
會永遠得到別人的尊敬和愛戴。

*A person with gratitude will always be  
respected and loved.*

管住你們的第七意識末那識，  
末那識管不好，全部會進入第八意識。

*Take control of your  
Seventh Consciousness (Manas-vijnana).*

*If you fail to do so, all of your  
unwholesome thoughts will enter your  
Eighth Consciousness (Alaya-vijnana).*

人和人之間都是緣分，不攀緣，惜緣，  
對善緣、惡緣都要包容，要隨緣。

*It is predetermined affinity that brings  
people together.*

*Instead of clinging to these affinities,  
we should cherish them.*

*Embrace all affinities—good and bad—  
and let nature take its course.*

宇宙空間有黑洞，  
人的心靈中也有黑洞，就是想不通。

*Black holes exist in the universe;  
they also come to exist in our hearts if we  
cling to our own thoughts and judgements.*

習慣都是在平時一點一滴養成的，  
平時不注意，關鍵時就會失去智慧。

*Habit is formed bit by bit.  
If we fail to pay attention to the formation  
of our habits, we may act unwisely in  
critical moments.*

人的毛病就是變，無常是苦。

*The problem is that people change.  
Impermanence is the cause of suffering.*

自尊是靠謙虛謹慎，而得到別人的尊重，  
而不是死要面子。

*Respect is earned by being modest and  
cautious, not by puffing yourself up.*

黑白無常並不是指一個人，  
而是一個官位。

黑無常管你在人間所做的  
不為人知的壞事；  
白無常管你在人間所做的  
為人所知的壞事。

黑白無常一對，  
你的善惡累積，惡貫滿盈就拉走。



*'The Black or White Enforcement Officer of the Underworld' does not refer to a particular individual.*

*It is an official position in the underworld.*

*The Black Enforcement Officer of the Underworld monitors and records a person's wrongdoings that are performed without the knowledge of others in the human realm.*

*The White Enforcement Officer of the Underworld monitors and records a person's wrongdoings that are known to others in the human realm.*

*Once the Enforcement Officers consolidate their records, the good and bad deeds done by an individual will be verified.*

*If you have done too many evil acts, you will be taken away by them.*

師父天天講你們，  
就是要把你們的虛偽面子拿光，  
自尊、自負，全部消掉，  
講到你沒有自我，沒有虛偽的自尊，  
講到你無我相，無我了，就不講了。

多少人為了面子失掉了生命，  
並失掉了自己的慧命。

*To help us get rid of our false sense of pride,  
ego and arrogance,  
the Master will keep pointing out our  
shortcomings until we eventually  
let go of our inflated egos,  
pretentious self-esteem and the 'self'  
that we have been clinging to.*

*Many people have lost their physical lives,  
along with their spiritual lives,  
for the sake of their pride.*

一個人知道糊塗就是不糊塗，  
不知道糊塗才是真糊塗。

*Admitting your ignorance  
is not itself an act of ignorance.*

*Real ignorance emerges  
when one fails to realise its presence.*

三藏法師：能說，會寫，會研究。

*The Tripitaka Dharma Master has three  
main characteristics.*

*He can give convincing speeches,  
write articles of substance,  
and is capable of researching.*

不把護法神當真，不把人當假，  
就會有現世報。

*If you do not take Dharma Protectors  
seriously and so not regard the human realm  
as an illusion, karmic retribution will be  
right on your heels.*

這個世界就是要看破，放下，  
因無明才生智慧。

*We must see through the true nature of  
everything and let go. It is ignorance that  
motivates us to unearth wisdom.*

在人間智慧中，尋找佛菩薩的般若。

*Seek the ultimate and perfect **Prajna**  
wisdom of Buddhas and Bodhisattvas in the  
ordinary wisdom of humanity.*



眼睛裡要不停地看出自己的問題，  
學佛要不停地和菩薩對照。

*Practising Buddhism  
is an ongoing process of self-correction.  
Look up to Bodhisattvas as your role model.*

心中要明白，  
要開悟，才會有求必應。

*Our prayers will be answered  
only if we have clarity of mind  
and are spiritually awakened.*

誠實，真修，  
才會感動別人，感動觀世音菩薩。  
菩薩母親永遠是在微笑，  
但菩薩心中很著急，急眾生的不覺悟。

*Guan Yin Bodhisattva will be touched by  
our sincerity and diligence.  
Guan Yin Bodhisattva always smiles at us  
like a mother, but deep in Her heart,  
She is worried about the ignorance of  
sentient beings.*

觀世音菩薩說，慈悲度眾生，  
學會原諒別人，自己才會過得好，  
常得菩薩佛光普照，靠自己的身心乾淨。

就像一個杯子，杯子乾淨，  
淨瓶水倒進去才會乾淨，煩惱才會去除。

*Guan Yin Bodhisattva tells us that  
compassion is the key to spiritually  
awakening sentient beings.*

*We will live a better life and be immersed in  
the Buddha light of the Bodhisattva  
when we learn to forgive others  
and purify our minds.*

*It is impossible to keep the Bodhisattva's  
pure water clean if it is poured into  
a contaminated cup.*

*Only by having a pure mind  
can we be rid of all vexations.*

真的永遠是真的，假的永遠是假的。

真心修，不為別人而修。

骯髒的心靈，菩薩也救不了。

*What is true is forever true  
and what is false is forever false.  
We cultivate sincerely for the benefit of  
ourselves, not for others.  
Even the Bodhisattva is unable to  
save a person with a defiled heart.*

師父的愛就像父親愛，大愛，  
既嚴格，又溫和，  
真情流露，真愛，非常深。

*The Master regards himself as a father who  
can be strict but gentle.  
His love to all of us stems  
from the bottom of his heart.  
It is genuine and deep.*

你去讓別人造口業，你說你有沒有業？

你讓別人愛你了，你也有罪業。

*You will be held responsible if others  
create karma of speech because of you.  
When you make others emotionally attached  
to you, it is also considered to be your fault.*



心裡沒有安全感，  
背後的原因是對菩薩的不相信。

*Your sense of insecurity is attributed to  
your lack of faith in Bodhisattvas.*

我們在人道，不必刻意做人，  
一定要做菩薩，人前、人後一個樣。

*Though we are in the human realm,  
we do not have to settle for being ordinary.  
We must aspire to be Bodhisattvas;  
act consistently no matter  
if we are in public or in private.*

不要生氣，人家講你，總有道理，  
要麼別人有私心，要麼自己有毛病。

*Do not get angry over  
other people's criticisms.  
Think of the reason behind them instead.  
Either the other party has  
a personal motive or you are at fault.*

懺悔的時間越快，  
八識田中留存的時間越短。

*The earlier you repent of your wrongdoing,  
the quicker it is removed from your  
Eighth Consciousness.*

任何一個人找理由，就是不想改，  
找理由就是在破壞自己的本性，  
傷害自己，讓良心找不到地方。

*Looking for excuses to cover up your  
mistakes is an indication that  
you do not want to change.  
The process of looking for excuses  
is detrimental to your true nature.  
It harms you and leaves your conscience  
with no place to stay.*

緣分都是自己找來的，  
你在找佛，佛性就來了。

*We create affinities ourselves.  
When you look for Buddha,  
your Buddha nature develops.*

對別人，好的功德給予肯定，  
對不好的，要給予批評。

*Affirm merits and virtues  
where they are due,  
while also censuring flaws and mistakes.*

佛法是戒律，悟性，  
是內心佛性的自然流露。

*Buddhism is about observing precepts  
and cultivating our potential for awakening.*

*This is the manifestation of  
our Buddha nature from within.*



人的缺點就像腐爛的菜，要倒掉；  
學佛要有恆心、決心、才會成功。

*A shortcoming is like putrid food;  
it must be thrown away.  
It requires perseverance and determination  
to be successful in practising Buddhism.*

別人的缺點，如果你記住，  
就猶如人家給你一碗爛菜，  
你放在心中，心能不臭嗎？

*Keeping other people's flaws in mind is  
like keeping a bowl of foul-smelling food  
they have given you;  
it contaminates your heart,  
leaving no room for positive thoughts.*

恭敬心是從內心出來的，要平易近人。

*Respect comes from  
the bottom of our hearts.  
We should be approachable.*

律：佛法的法律。

每個法師就像一個律師一樣，

你是一個弘法人。

心裡要明白，外表以身示法，

最主要的是心，你要給人看到菩薩的存在。

懂法才不會犯法，

法師，表的是佛陀的精神。

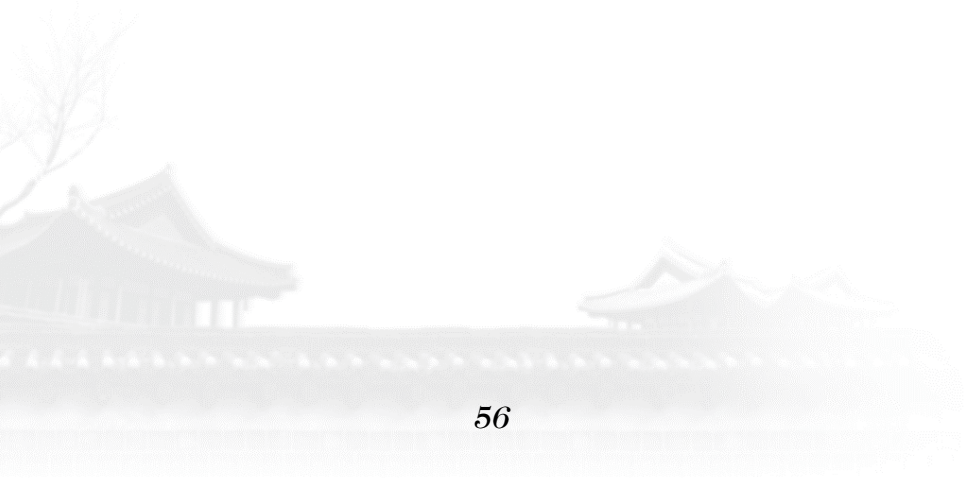
要阻擋任何讓自己犯錯的方法。

*Precepts are the 'laws' of Buddhism and  
Buddhist monks are like lawyers.  
Being propagators of the Buddha's  
teachings, you know deep down that  
you should set a good example.  
It's the heart that matters.  
Let people see the existence of Bodhisattvas  
through you.*

*Someone who is well-versed in laws  
will not violate them.  
The Sangha is the embodiment of  
the spirit of the Buddha.  
You have to ward off any possibility of  
making mistakes.*

不要輕視任何人，  
每個人有每個人的能力，  
用心做每一件事，  
經常校正自己的思維，調整自己方向。

*Never look down upon anyone;  
each individual has their own strengths.  
Put your heart into everything that you do.  
Adjust your mindset and direction  
to make sure you are on the right track.*



小房子（經典經文組合）  
代表一個人的修心境界，  
心很亂時，念不出來的。

*The quality of Little Houses (a combination of Buddhist Scriptures) is a manifestation of the reciter's level of spiritual development. When the mind is distracted, the quality of Little Houses is compromised.*

承認缺點，人品第一，不准撒謊，  
世間技術問題是次要。

*Good character is of utmost importance.  
Admit your shortcomings  
and refrain from lying.  
Character is more important than skill.*



不要挑戰自己的底限  
（財、色、名、食、睡）。

*Do not test your control over  
the five sensual desires  
– Wealth, Sex, Fame, Food and Sleep.*

修行就是要真修，  
只有真修才修得出境界，  
否則損傷你的慧命。

*Only true cultivation will advance  
your spiritual development, failing which,  
your spiritual life would be at stake.*

要以救度眾生為己任，  
以幫助別人為責任。  
慈悲為懷。

*Treat spiritually awakening sentient beings  
as your mission and helping others  
as your responsibility.  
Fill your hearts with  
loving-kindness and compassion.*

我們應該像根柱子，佛友是水泥，  
水泥需要柱子才能堅強挺拔，  
師父需要你們擁有的是心靈的鋼筋。

*We should be like a pillar while our  
Buddhist friends are like the concrete which  
relies on the pillar to stay firm and strong.  
The Master wants us to possess  
the spiritual willpower of steel.*

師父到人間，有時就是護法神，  
打不了魔，成不了佛，  
一定要把你們身上的毛病改掉，  
腦子、身體骯髒的東西全部洗乾淨，  
一點點都不能留。

*The Master's mission in this human  
realm is to act as a Dharma Protector at  
times and to fight evil.*

*We cannot attain Buddhahood  
without overcoming evil.*

*This is why the Master never hesitates to  
point out our shortcomings and to purify the  
contamination in our minds and bodies, not  
a single shred of which should be left.*

修得上去的人越來越少，就像寶塔一樣，  
越高越難，修到塔頂就成功了。

*The spiritual path to enlightenment  
is like climbing a pagoda;  
the higher it gets, the steeper it becomes.  
This is why fewer and fewer practitioners are  
able to transcend beyond the human realm.  
Once we reach the top of the pagoda,  
however, we will have succeeded.*

你是菩薩就要救人，  
你是醫生就要治病。

*Curing patients is a doctor's duty,  
just like spiritually awakening sentient  
beings is a Bodhisattva's mission.*

吃過苦的，才能生起精進心，  
沒有精進心怎麼修。

*Hardships make us diligent.  
How can one expect to make progress  
along the path of spiritual practice  
without diligence?*



修心全靠自己，靠不了別人，  
要有堅強的心，堅定的心。

*Training our minds is  
a self-motivated endeavour,  
we cannot count on others to do this for us.  
To succeed, we have to be  
strong and determined.*

只有全心全意，潛心修學，你才能成功。

*It takes wholeheartedness and dedication  
to succeed in practising Buddhism.*

學師父做人，乾乾淨淨。

*Learn to be like the Master,  
who is clean at all times.*

大家都在做功德，你沒去做，  
有差別就有業障。

*If you do not perform meritorious deeds  
while others are doing so,  
the discrimination will be  
a cause of karmic obstacles.*

人心都是互換的，  
心中要有眾生，  
師父心中都是眾生。

*Our minds need to achieve mutual  
understanding.  
We must have sentient beings in our hearts,  
which is what the Master always does.*

一個人講妄語，  
沒有心裡底蘊，沒有慈悲心。

*When someone tells a lie,  
deep down they know this is wrong.  
They have no compassion.*

一支香代表一心一意，  
全心全意，一門精進。  
三支香代表供養佛、法、僧三寶。

*Offering one stick of incense  
symbolises wholeheartedness,  
faith and devotion to one Buddhist practice,  
while three sticks symbolise  
the respect to the Triple Gems  
– the Buddha, the Dharma and the Sangha.*

功德。功是做出來的；  
德，德性，本性裡的道德。

現在的人做功很多。

外相在做是功，  
要有道德的做出來才叫功德。  
做善事並不難，難的是一輩子做善事，  
而且做善事要用心。



*On merit and virtue:  
Merit is a result of effort,  
whereas virtue exists in our true nature.  
Many people perform  
acts of merit superficially,  
but they will not be able to gain merit and  
virtue unless their actions are virtuous.  
It is not difficult to do good deeds.  
What is difficult is to do good all your life  
and with all your heart.*

師父是用全部的生命和心血在愛你們，  
師父從來不輕易放棄任何一個人。

師父一直在呵護你們慧命。

*The Master never gives up on anyone easily.*

*He has always loved us  
with his heart and soul.*

*The Master has been  
nurturing and protecting our spiritual lives.*

學佛不是講理論的，而是要講真心的。

*Buddhist practice is not about rhetoric  
but sincerity.*

福報是怎麼來的？

尊重別人，思誠師父，思誠菩薩，

懂得“仁義禮智信”，

懂得不能生輕慢心，

這個人就會慢慢地好。

*Good fortune and blessings  
come from respecting others;  
holding the Master and the Bodhisattvas  
in high esteem;  
performing the Five Constant Virtues  
(Benevolence, Righteousness,  
Propriety, Wisdom and Fidelity);  
and guarding against arrogance.  
One who upholds these values will see  
gradual improvement in themselves.*

珍惜生命，勇於喜捨，  
懂得慈悲喜捨的人，  
就是在珍惜自己的生命啊！

*Cherish your life.  
Those who enjoy giving without reluctance  
and applying the Four Immeasurables  
– Loving-kindness, Compassion,  
Sympathetic Joy and Equanimity—  
are those who make the most of their lives.*

一個人不好好念經，就被唾棄。

不再貪、瞋、癡。

*One who fails to perform serious recitation  
of Buddhist scriptures will be left alone.*

*We should free ourselves from greed,  
hatred and delusion.*

靈性在你身上，菩薩會遠離你而去，  
靈性會糟蹋你的慧命，  
失去慧命，護法神就會來懲罰你。

*Bodhisattvas will leave those  
who are possessed by spirits which are  
intent on ruining their spiritual lives.  
Once they have lost their spiritual lives,  
they are subject to punishment  
by Dharma Protectors.*


做功德也要給一個有功德的人，  
幫壞人，幫邪思邪念的人，就有業障，  
你會助長了他缺點的延續。

*If you are to transfer merits and virtues  
to someone else, choose someone  
who is a virtuous individual.  
Helping an evil person not only  
creates karmic obstacles,  
but also amounts to aiding and abetting  
their wrongdoings.*



學佛人應像海綿吸水一樣，  
必須先把海綿的水擠完了，  
才能容納、吸納更多的佛法知識。

*A sponge can only absorb more water  
when it is squeezed dry.  
Likewise, we as Buddhist practitioners  
should be open-minded in order to  
assimilate more Buddhism-related  
knowledge.*



人的成功在“信”字，要有願力，  
佛法講，一門精進，  
相信明白的師父很重要，  
不能有絲毫懷疑。

*Our success lies in faith and commitment.  
According to Buddhism, we should devote  
ourselves to one Buddhist practice.  
It is of vital importance to have faith in  
an enlightened Master,  
without the slightest doubt.*

一個人在世界上，改變是唯一的方法，  
一個人的道德是誠信，  
像母親一樣，那是根本。  
如果一個師父沒有道德，別跟他學，  
依法不依人。

*Change is the only way of  
perfecting yourself.  
Honesty and trustworthiness  
is the mother of morality.  
It is its foundation.  
Never follow a teacher who lacks virtue.  
It is the Dharma, not some individual,  
that we should rely on.*

要改變自己多麼難，  
學佛人不能有雜念，因為它會繁殖。  
任何業障都會繁殖，一點惡業都不能有。

*To change oneself is no easy task.  
As Buddhists, we must avoid  
harbouring distracting thoughts,  
as they will grow and multiply.  
Any karmic obstacles will multiply.  
Therefore, avoid creating even  
the slightest bit of negative karma.*

要許願尊師重道，隨眾生緣，  
不要讓人覺得你很討厭，  
眾生怎麼做，一切隨緣。


*All disciples should vow  
to respect their teachers and  
the Buddhist teachings they impart.  
Act in accordance with the karmic  
conditions of sentient beings.  
Do not be annoying and insist  
on going your own way:  
follow the opinion of the majority first.*

做人要做一個高尚的人，  
脫離低級趣味的人。

*Be a noble-minded person,  
a person who is above vulgar interests.*

不要沉迷在自己得不到的物質上。

*Do not become obsessed with  
material possessions that are unattainable.*



讓自己忙起來，  
給自己一個阻斷其他想法的理由。  
人一忙，心就不會狹隘，  
正業上多花點時間，  
私事上少花一點時間。

*Staying busy keeps you away from  
unwholesome thoughts.  
A busy schedule leaves no room for you  
to become narrow-minded.  
Spend more time on a good cause  
and less on personal matters.*



能上能下，成為一個全方位的賢人。

*Be a well-rounded and virtuous person  
who knows when to lie low and  
when to walk tall.*

複雜的事簡單做，簡單的事認真做。

*Make complex things simple;  
take simple things seriously.*

一個人怎麼會成功：

1. 堅定的意志；
2. 堅強的信念；
3. 戰無不勝的信心。

*The keys to success are:*

1. *Unwavering determination;*
2. *Strong conviction; and*
3. *Invincible spirit.*

隨時隨地要懺悔，  
才會讓自己圓滿。

*To perfect yourself,  
be ready to repent anytime and anywhere.*

人生就是一個圓滿自身的過程，  
要藉這個命為眾生做更多的事。

*Life is a process of perfecting ourselves.  
We should make the most of our lives,  
doing service for the benefit of  
other sentient beings.*

做人要廉潔，沒有所求。

*You should be honest and clean,  
and desire nothing.*

這個世界，有為和無為都是“為”字，  
一切有為法是建立在無為法的基礎上。

*In this world, there are two approaches  
to an issue: action and inaction.  
Out of nothing comes something.  
After taking no action towards anyone or  
anything, a thought of taking action  
will emerge.*

一個人要吃得起苦，要忍耐，  
像一塊海綿，髒水、污水都能吸進去。

*One must be able to endure hardship  
and be tolerant,  
like a sponge that can  
absorb even dirty and polluted water.*



修心如果沒有修出善相，沒有莊嚴相，  
就一定心不像菩薩。

*If, after cultivating your mind, you still do  
not have a kind and dignified appearance,  
then your heart is definitely not like  
that of a Bodhisattva.*

“執著”在心理學上講，  
就是內心深處和潛意識  
錯誤意識的存在感；  
佛法講，執著就是內心思維錯誤的  
表現行為和理念，  
讓自己不能改變舊思維。

所以學佛人不管誰講你，  
只要別人講得對，你都要聽。  
從人家身上學到自己想學的東西。  
這就是理智。

*From a psychological point of view,  
attachment is an unwholesome type of  
consciousness deep in the heart  
and unconscious mind.*

*From a Buddhist point of view,  
attachment is the behaviour and values  
wrongly expressed by our thinking from deep  
within our hearts, preventing us from  
changing our existing thinking.*

*No matter where the criticism comes from,  
we as Buddhists shall accept it as long as  
it hits the nail on the head.*

*There is always something that  
we can learn from someone.*

*This is rationality.*

不瞭解別人而說的話，是別人聽不懂的。

不瞭解就要不開口。

*The words that you say are  
incomprehensible if you do not understand  
the words of others first.*

*Do not make comments if you do not  
understand what others say.*

一個人活著為別人想，就會很開心。

*Be thoughtful of others all your life and  
you will be very happy.*


因果是定律，不怕做錯，要學會改變。

*Karma is the law of cause and effect.*

*Do not be afraid to make mistakes;  
learn from them and change yourself.*

自己種下的因，果報還自受，  
每一個眼神都在造因。

*We reap what we sow.  
We sow the seed of karma with every glance.*



人可以犯錯，但不可以經常犯錯，  
人可以對不起別人，  
但不能經常對不起別人，  
做錯事情最重要的是改正。

*To err is human, but we must refrain from  
doing wrong too often.*

*We may inadvertently do wrong to other  
people, but we must not do it too often.*

*What matters most is correcting  
our mistakes.*



佛法界講，自己心中要有悟性，  
如果通過別人讓你開悟，那是假悟；  
要自己悟出來，才是真悟。

*In Buddhist terms, we need to have the  
potential for awakening within our hearts.  
If you attain awakening through the help of  
others, it is not a true awakening.  
True awakening has to be attained  
through our own effort.*

學佛就是去除自己的負能量，去掉我相。

“我”在心裡最大的，  
因為有“我”了，就沒有別人了。

*Learning Buddhism is a way to  
eradicate your own negative energy  
and your attachment to self.  
If your 'self' looms large in your heart,  
there will be no place for others  
in your heart.*

一件襯衫上不要沾染灰塵，  
沾上了就擦不掉了，  
時刻提醒自己不要走錯路。

*Do not let a shirt be stained as  
there is no way to remove the stain.  
Likewise, always caution yourself  
against taking the wrong path.*

戰勝人間的煩惱就是智慧，  
今天你想通了就成功了。

*Overcoming worldly afflictions is wisdom.  
If you can come to terms with reality today,  
you are successful.*

不停地拿起，不停地放下，  
用自己的本初來覺醒自己。

*As our lives repeatedly alternate between  
gain and loss, we need to awaken ourselves  
through our inherent nature.*

改掉自己的毛病，就是尊重自己。

*To correct our shortcomings  
is to respect ourselves.*

末法時期，累世的緣分再現，  
怎樣合理平衡自己的心態，  
好好的克制自己，走自己的路，  
不要去管別人怎麼說，  
不要活在人家眼睛裡和嘴巴裡。

*In this Age of Dharma Decline,  
it is very important to restore our balanced  
state of mind when the affinities  
accumulated over our past lives reappear.  
We need to exercise restraint over ourselves  
and walk our own path.  
Ignore what others may say about you;  
do not let their words or  
how they look at you affect you.*

心空包括淨空、靜空、虛空；  
心包太虛，心中有宇宙，什麼都裝得下。

*Emptiness of the mind  
encompasses pure emptiness,  
tranquil emptiness and the empty space.  
When the mind encompasses all of space,  
we can hold anything in our hearts.*



人品再小，都是大事；  
事情再大，都是小事。

*Any issue with one's moral character,  
however minor, is a serious one;  
Any issue with other matters,  
however serious, is a minor one.*

禪：是一種超脫的學問，  
是以一種大空明的心境  
體會著世界的本真的心態，  
從而達到一種絕對的超脫和通透。

*Zen is a kind of transcendental knowledge.  
By creating a true understanding of the  
fundamental nature of the world by way of  
an empty and clear state of mind,  
we are able to achieve absolute  
transcendence and true insight.*

人生就像陷阱，要不斷修正自己的理念，  
修正自己的心態來越過它。

*Life is like a trap.  
We have to constantly adjust our perception  
and mindset to avoid being caught.*

管好我們的心，管好我們的意。

*It is important that we keep a tight rein on  
our minds and thoughts.*

脫離人間虛偽的東西——那就是面子。

因境界不同，對師父理解不一樣。

*Refrain from hypocrisy – that is our pride.*


*People of different levels of spiritual  
development will have a different  
understanding of the Master.*

在開心時離開煩惱是最圓滿的。

*We attain a perfect state if we can put our  
worries behind us when we are happy.*

隨時保持一顆清淨的心，不能撒謊，  
就是做錯了也心無罣礙。

*Always maintain a pure heart  
and refrain from telling lies,  
then you will have a clear conscience  
even if you have done something wrong.*



真正成佛的人都是有寬廣的境界，  
平衡的心態，寬容的智慧。  
沒有無量心和包容心的人，  
情緒起伏就很大。

*A truly enlightened Buddhist has attained  
an expanding state of spiritual development,  
a balanced state of mind and infinite  
wisdom. People who lack tolerance  
and immeasurable minds will be  
emotionally unstable.*



在你的一個行動要做出來之前，  
在你的一句話要出口之前，  
在你的一個思維要形成之前，  
多想五秒鐘，你就不會後悔了。

*If you pause and think for five seconds  
before you take an action, utter any word,  
or conceive any thought,  
you will have no regrets.*

讓自己內心慈悲的獨白擋掉心裡的魔障，  
細菌進來，要用正能量擋掉。

*Fend off an inner demon  
using the internal monologue derived from  
your inherent compassion.*

*When bacteria make their way into your  
body, ward them off with positive energy.*

時光就是生命，  
能讓每一分鐘沐浴在佛光中，  
那你的生命會延長。  
時間像海綿中的水，是擠出來的。  
無謂的犧牲只會浪費自己的生命，  
人不能常作自我傷害。

*Time is life.  
If we immerse ourselves  
in the Buddha's light for every minute of our  
lives, then our lives will be prolonged.  
Time is like a sponge that can be squeezed.  
We must not harm ourselves, as unnecessary  
sacrifice is a mere waste of life.*

學高僧大德的優秀品質，  
境界是自我提升的。  
師父不在，要自己訂一個時間表，  
保持自己的正念，少攀緣。  
沒有抓住自己的綱，  
不知道自己來幹什麼的，  
失去的時間怎麼補回來？

*Emulate the noble qualities of esteemed,  
knowledgeable and greatly virtuous  
Buddhist monastics or lay practitioners.*

*Endeavour to elevate  
your level of spiritual development.*

*When the Master is not around,  
draw up a timetable for yourself,  
maintain the right frame of mind and  
refrain from clinging to karmic conditions.*

*If we fail to see what truly matters and  
do not understand the purpose of our coming  
to this world, time that is lost is lost forever.*

*How can we turn back the clock?*

心裡不能容納一點點骯髒的東西，  
大仲馬曾經講過，難的是理解別人，  
但最難的是理解自己，  
千萬不要讓自己掉進任何的漩渦。  
不能有一絲一毫的業障，  
思維上一點雜念都不能有。

*There is no place for even the minutest  
amount of dirt in our hearts.*

*Alexandre Dumas once said that it is  
difficult to understand others, but the most  
difficult thing is to understand yourself.  
Never allow yourself to fall into any trap.*

*Never allow the least karmic obstacle  
to take form, nor harbour any unwholesome  
thoughts in your mind.*

想修成菩薩身，要記住幾個基本要點：

1. 菩薩不見人過，

菩薩永遠看不見人家的過失和過錯。

2. 只管耕耘，不問收穫。

3. 無心。無心就是說你不瞋恨，

沒有煩惱，無障礙。

菩薩並不是真的無心，

而是以眾生之心為己心，

眾生的心就是菩薩的心。



*Those who aspire to be a Bodhisattva must bear the following key points in mind:*

*1. Bodhisattvas are oblivious to the flaws and faults of others.*

*2. Remain steadfast in cultivating without expecting anything in return.*

*3. Have no mind. That is, have no anger, no afflictions and no obstructions.*

*It is not that Bodhisattvas have no minds, but that they take the minds of other sentient beings as their own.*


*The minds of sentient beings are the minds of Bodhisattvas.*

郭子儀的故事：對自己的下屬好，  
禮賢下士，只要心術正，  
不管發生什麼，菩薩都會來管。

*This is the advice of Guo Ziyi  
(one of the most powerful generals in  
China's Tang Dynasty):  
Treat your subordinates well.  
Respect virtuous and knowledgeable  
people even if they hold lower positions.  
As long as you are morally upright,  
the Bodhisattva will take care of  
you no matter what happens.*

把菩薩放在心中，可以消災解難。

*When there is a place in your heart for  
the Bodhisattva, you are able to ward off  
calamities and surmount difficulties.*



腦子裡要乾淨，把觀世音菩薩看在心裡，  
進入腦海裡，雜念就沒有了。

如果有雜念，  
觀世音菩薩法相進不了你的心。  
一看菩薩，什麼雜念都沒有了。

檢驗心裡有沒有雜念、乾不乾淨，  
如果拉不住自己的思維，  
你就會有修不正的心。

磕頭不要去想任何人，  
否則一磕頭，就會有雜念。

學會坐下，靜下來，  
腦子裡可能殘存 10% 的私念，  
但菩薩應佔據 80% 的空間。

磕頭時，腦子裡只有觀世音菩薩，  
看不到前面磕頭的人，想不到後面的人，  
跪下去，整個宇宙都只有自己，  
這才叫心靜。

*When you keep a clean mind and look at a  
statue of Guan Yin Bodhisattva mindfully,  
there will be no distracting thoughts  
in your mind.*

*If your mind is full of distracting thoughts,  
there is no way for Guan Yin Bodhisattva to  
enter your heart.*

*The moment you look at  
the statue of the Bodhisattva,  
all the distracting thoughts will be gone.*

*Examine your mind to see if  
it is distracted and unclean.*

*If you are unable to rein in your  
wandering thoughts, there is no way  
you can cultivate your mind well.*

*When you bow in prayer, do not think of anyone. Otherwise, distracting thoughts will emerge.*

*Learn to sit down and calm your mind. Then your mind should be left with only ten per cent selfish thoughts while eighty per cent of the room in your mind is occupied by the Bodhisattva. When you bow, you should only have Guan Yin Bodhisattva in your mind, becoming oblivious to the people bowing in front of you or behind you.*

*When you kneel down, there is no one else except you in the universe. This is what we call quietness of the mind.*

把菩薩放在心中，可以消災解難。

*When there is a place in your heart  
for the Bodhisattva,  
you are able to ward off calamities  
and surmount difficulties.*



成佛之道在於精進，在於開悟，  
在於忍辱。開開心心，同樣做一件事情，  
境界不一樣，心態就會不一樣。

*The prerequisites for attaining Buddhahood  
are diligence, awakening and forbearance.  
Adopt a positive attitude no matter what  
you do. The frame of mind is different  
because the level of spiritual development  
differs.*

感恩菩薩，一切都感恩當中，  
心中就不會有恨；  
一切活在感恩中，會特別幸福。

*Be grateful to the Bodhisattva.  
When one's heart is filled with gratitude,  
there is no room for hatred.  
When we live our lives  
with feelings of gratitude,  
we will be blessed with happiness and joy.*

狠鬥私心一閃念，做什麼事要全心全意，  
人在做，天在看，菩薩知道。  
要主動承認錯誤，才會得到別人的尊重。

*Combat the thought of selfishness the very  
moment it crosses your mind.  
Be wholehearted in whatever you do.  
Heaven is watching, and the Bodhisattva  
knows what we are doing.  
Proactively own up to your mistakes  
and you will earn the respect of others.*


有時一對別人評論，就有因果。

知因懂果，每天不懈的努力；

學佛後稍不留神就退步了。

要控制好自己的心態，像不像菩薩，  
煩惱多不多，精進不精進，菩薩靠自覺。

對人家的事要像自己一樣，  
對人要有公心，不能有私心，  
有私心就有雜念，雜念不除，越想越煩，  
想多了就會難過。



*Karma is created the moment we comment  
on someone. We must understand the  
workings of karma and be untiring in our  
efforts towards Buddhahood every day.  
While practising Buddhism, one is likely to  
slacken when one is not alert.*

*It is important that we have control over our  
state of mind in order to examine whether  
we behave like a Bodhisattva,  
to see whether we have many worries,  
and whether we are diligent.*

*When we attain the fruition of a  
Bodhisattva, we can control ourselves and  
exist in such a way that all our behaviours  
possess noble qualities.*

*Regard other people's problems as our own.  
Always have the interests of others at heart  
and refrain from harbouring selfish  
thoughts.*

*Selfishness leads to distracting thoughts,  
which, if left unchecked, will make us more  
disturbed and miserable.*

越有本事越要謙虛，要有慈悲心，  
就會和觀世音菩薩接上氣場了。

人是能克制的，  
人就是靠毅力戰勝自己的錯誤。

心時時刻刻提在弦上，  
如果想到只要一個念頭就會讓自己輪迴，  
就不要再起心動念。



*The more able we are,  
the humbler we should be.*

*Be compassionate,  
then you will be connected to  
the energy field of Guan Yin Bodhisattva.*

*People should be able to  
have control over themselves.  
Humans require an indomitable willpower  
to win the war against their follies.*

*Be alert at all times, as though you are  
being kept on your toes;*

*If you are wary that a single thought  
is likely to land you in the cycle of rebirth,  
then you will be on guard against conceiving  
any thought.*

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