

濟公活佛慈悲囑語

Holy Teacher Ji-Gong Living Buddha's merciful oracles:

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雲林道場 彰興區 玉皇宮
學界國語兩天率性進修班

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Yu-Huang Temple, Zhanghua District, Yunlin Tao Society

心在這裡，煩惱就沒有，你的不高興、不愉快暫時拋一邊，來這裡沉澱一下，裡面該清一清，變回不一樣的你。心念可以影響你、改變你，一個人的個性、想法、思想、態度、行為可以影響一個人的命運。書讀得多、口才好、長得英俊瀟灑，就可以爬上青天、上九重天嗎？這些都不可靠。運命要好，要從你的心念、思想、行為開始著手，包括在這裡一點一滴的心念都影響著未來。

If you settle your heart here in the Temple, you will have no worry. You are able to take a break, and set aside your grief and unhappiness. You are able to purify yourself and revert back to your original true self. Your thoughts can influence and change you. Your personality, your thoughts and way of thinking, your attitude, as well as your behavior, can all determine your destiny. But, can a person's education level, eloquence, or beautiful looks bring him to heaven? No; these things are just totems in secular society. They are fashions that can change every day! So if you want to change your destiny for the better, you have to start by changing your mindset, your way of thinking, and behavior. Each and every thing you do makes a difference.

你有從小到大最討厭、最喜歡的人嗎？是因為他傷你最多、最深，愛你最多、最深，使你生命中對他的印象最深刻。但學道以後，要把討厭的人變成喜歡，這就是進步。所以，「道」在你心中，在你身上，「道」可以影響生活中每一天，讓你過得更好。「道」很容易說，在日常生活中，在你心念，在你待人處事中表現出來就是「道」。如果不瞭解，就要去求道；再不瞭解，就去學道；如再不瞭解，就去行道、辦道。不怕自己不會，只怕自己沒有精進。

Is there someone in your life that you hate most deeply, or someone you love the most? They hold these places in your life because, of all people, they have hurt you most, or they have loved you the most. They have made a strong impression on you. But as you continue to learn and perfect your knowledge and understanding of Tao, you will learn to turn your hated ones into friends; that will be a milestone marking your progress in learning and practicing Tao. Bear Tao in your mind and let it shine through all your actions. Let it influence your day-to-day lifestyle and make your every day better than your yesterday. It is actually very easy. Just bear Tao in mind and practice it in every interaction with people and every transaction in business. If you don't understand this, then come to receive Tao. Then, keep learning Tao. And then start to practice and propagate Tao. If you persist in your effort, over time you will come to understand this truth and wisdom about enemies and friends.

人世間，做人最難。但是就要從最難處著手，不能專挑容易簡單的來做。睡覺也有學問，睡得神要安，性要定；吃得了一輩子的飯不容易，囫圇吞棗就沒辦法體會到味道；聽道的心不在這裡，也就沒辦法體會到真正的「道」。

Life is sometimes hard and cruel. But we must face it and manage the adversities. We cannot just deal with the easy parts. For many people, sleeping is not easy. They have a hard time falling asleep; even if they sleep, they don't sleep well. Eating is not easy either. Many people never really catch and appreciate the true flavors of foods. Likewise, some people become the Tao lectures but can't quite catch the point and never quite know what Tao really is.

我是誰？你們看到不一樣的人就懷疑，懷疑就不相信，因為人重外表，就忽略內在。一個人長得好看，就喜歡；長得邋遢、不好看，就討厭。一般人因為外貌會影響感覺，產生錯誤的判斷。在這裡沒有很好的享受，但是，真正的內涵是一點一滴去感受的。

Who am I? When you see someone that is not the one you have expected, you may have doubts or even suspicion and disbelief about who this person really is. Many people put too much emphasis on external looks, which causes them to neglect the more important inner virtues. They will like anyone who presents a stylish appearance, and will detest anyone who does not. They never know that external forms are often deceiving. Here in the Temple, we are not offering you any kind of stylishness or luxury. But the real essence of beauty is here for you to see and learn and practice. It requires a calm and sober mind to discover this quality of Tao society. But the discovery is definitely worth your attention and effort.

以人生長度來看，你們佔天時、地利，更逢人和。第一次聽道理，不覺得如何，但細嚼慢嚥，就能夠漸入佳境。聽道理是要解脫你的煩惱、心裡的問題，不是要增加心的束縛。

Over the years of your life, you have been lucky enough to meet with the right time, right place, and right people. You seem to have all the best advantages. Now you listen to the Tao lectures for the first time. I don't know how you feel. But I'm sure that if you listen carefully and think deeply, you will gain a good understanding. Keep in mind that all the Tao lectures aim to show you the way to release your troubles and resolve your problems, never to add any new burden on your heart and mind.

天下無難事，只怕有心人。坐在這裡難不難？（不難）只怕你不坐，坐了就不難。為師在上面也坐很久，比你們都坐得久，我的徒兒也一定要比我行。

The world would be a peaceful and calm place, but for the trouble caused by troubled people. Do you think it's easy to come and sit here in the Temple? (Yes.) Only when you come to the Temple and assimilate the wisdom of the sages and Tao propagation masters and lecturers, will your cultivation of Tao become easier. As your Holy Teacher, I've been sitting in the Temple for such a very long time, much longer than any one of you. So as my disciples, you must be doing very well, even better than I.

在這裡，心是被勉強定下來的。平常你們雜務、俗事太多，難得這兩天靜下來學做仙佛。人都說這張椅子是仙椅，坐的人是仙人。你現在的一顆心忐忑不安，來來去去的，不像仙人。雖然不一定現在就像，但是學著做做看，年輕人的耐力更要比別人多三倍才可以。

Here, your heart seems to settle down under the mind's forceful control, not naturally and willingly. But here in the Temple you have a rare chance to set aside your everyday troubles and travails. You have been told that your chair is a heavenly chair, so the one who is seated on it should be a great sage. But you are still uneasy and agitated, not like a great sage at all. Maybe you are not like a great sage now, but you are learning to be a great sage. You are still young, so your endurance should be three times better than others.

從古到現在，能有哪位仙佛下來跟你們講話？這是很殊勝的，會使你們覺得自己很不一樣。你們不懂，我一定教到你們懂，如果沒有感受，也沒關係。

From ancient times until now, what Buddha would come down to this dusty world to talk to us in person? So here in the Temple you have a very rare and precious occasion; it sets you apart from anyone else. Maybe you don't yet really understand that. That is why I'm here now trying to make you understand. It does not matter if you still don't understand it now. In the fullness of time you will understand.

你身邊的人、看過的事物和現實問題，跟自己的理想差得越來越遠；當初想要環遊世界，也想過得快樂幸福，可是時運不濟，未必能夠成就自己的夢想。來到這裡，聽些什麼？不是憤世嫉俗，也不是討厭這社會，而是要你們去瞭解現在這狀態，先去改變自己的心境接受它，用寬容、包容，讓雅量、心量、肚量越來越大，接受身邊任何的事物。

Look at the people around you, the world you see, and the problems you face. Sometimes you feel that you are mired down in troubles beyond your control, and that you are getting more and more distant from your ideals. You used to dream of traveling around the world and living very happily. But you missed the opportunity and failed to fulfill your dream. So you adopted the cynical view that only the rich can fulfill their dreams. What did you hear about that here in the Temple? Here there is no such cynicism. No one hates the Tao society. Everything here is to help you see and understand the truth and to help you to think positively and acquire tolerance and magnanimity. You will broaden your horizons and have a big heart. You will learn to accept what is given to you.

人世間的圓滿、人世間的天堂，在哪裡？在你們的心裡。這社會、國家總有不圓滿的地方，但是要往好的地方看，看人心善的一面，還是有歡樂、有快樂。

Where is the Perfect World, or the Heavenly World? It's actually in your heart. There is always imperfection in this world, but if you look on the bright side and see the beauty of human kindness, you will find happiness and joy.

道理要越聽讓你們法喜越充滿，不能因年輕就要趁現在去玩，而道理卻要等老了再說。越年輕聽道理，越能夠幫助你更多，去瞭解做人處事要有禮貌，待人接物、孝順父母、友愛兄弟姊妹，這就是「道」。

The more Tao lectures you listen to, the more joy and bliss you will feel. Don't squander your youthful years on empty materialism and postpone Tao study until your old age. The truth in Tao lectures benefits you most when you are exposed to it in your youth or early adult years, because a young person will easily learn new ways and ideas. You will learn how to deal with people and attend to business. You will be courteous and filial to your parents. You will love your brothers and sisters too. This is the preciousness of Tao.

如果照鏡子，是什麼時候最漂亮？（微笑的時候）會有人覺得罵人時、佔人便宜，還很得意的說「這時最好看」？但這個好看，會隨著心境、心情，而有高低起伏。有時會很鬱卒、很煩惱，對著鏡子一照，鏡子裡面不一定會跟平常的你一樣。想看看，從小到大，讀的、聽的書，知識、常識、見識和電視也看了許多，真的瞭解你自己嗎？瞭解自己為什麼會生氣、煩惱、難過？是理所當然的嗎？那別人生氣罵你也是理所當然的哦！比如在家不高興，給人臉色看，別人會怎樣？（生氣）當別人給你臉色看，你也會不高興，這叫作「同理」。道理就是當你設身處地為人家著想，就可以減輕別人的負擔，也減輕自己的煩惱，書本沒寫這些。

Look in the mirror and ask yourself when are you best-looking? (We look best when we smile.) True, there are some people who feel they look the best when scolding or taking advantage of others, but this kind of look will fluctuate up and down with your emotions. When you feel gloomy or depressed, you have yet a different image. Think about it, since your childhood years, you have received a lot of education and accumulated a lot of knowledge. But do you really understand yourself? Do you understand why you often feel angry, worried or sad? Is it natural? Is it natural when people scold you? At home when you pull a long face, what will others feel? (Anger.) You will likewise feel anger when others make an ugly face at you, right? Empathize with others. If you often step into others' shoes, you will alleviate your burdens and reduce your worries. That is a lesson you cannot learn from school.

你拼命找朋友瞭解你的煩惱、解開你的心結，解開了嗎？這叫「心有千千結」，心結不解開，反而更打結，因為你們不懂得竅門，就越拉越扯，也越緊了。有的人從年輕到現在，心裡的恨、心裡的怨、心裡的疑問越來越多，對人的懷疑也越來越多，這是別人的錯，還是自己要調適？其實很容易，就像看海裡的水一樣。當心中有很多煩惱時，看到的是表面上的水；當心靜下來時，更應該知道「靜水而流深」，雖然看它沒有流動，其實它的意義更深。比如說，人坐在這裡，表面上是坐在這裡，但心有沒有動？心動得可厲害，不斷地在動。是誰主導心在動？是你自己。你可以抑制你的心情，脾氣不亂發，並帶給人更多更積極的想法，這叫「事在人為」，你一定可以做得到，使自己更快樂。

Have you ever desperately sought help from others to resolve your worries or problems? And did they help out? No, because you have “thousands of dead knots in your heart.” Not knowing their cause makes the knots tighter and tenser. From your youth up to the present, hatred and complaint have accumulated over the years, resulting in your suspicion and disbelief against humanity. Such is the cause of your problems. But who is to blame, others or yourself? Actually it is not difficult to change. Take the water in the oceans for example. When you are troubled, the water is just water. But when you have learned enough, the water will teach you another lesson – “Still waters run deep” – something that carries more meaning than the water itself. Another example, as you are sitting here, maybe you are seen to be still and calm, but what about your mind? Is it still and calm? No, it is actually buzzing constantly with many thoughts. Who allows the mind to buzz buzz buzz out of control? It’s yourself. So it is you who can control your emotions, or you will fail and just throw a temper fit. But you can nonetheless help others with positive thinking. Yes, “you can make it.” At the same time you will find that by encouraging others, you will also change your own mood for the better.

不管你怎麼笑，發自內心的微笑，會讓自己跟別人都受到影響。所以，平安就是福，無事一身輕；當你的心少了貪念、妄想的時候，你就是全世界、全天下最幸福的人。

No matter how you smile, the smile from your heart will have the most salutary effect on you and others. Peace is bliss. Stay calm and you will feel light. When there is less greed and delusion in your heart, you will be the happiest person in the world.

想想，別人為了三餐很忙碌辛苦；想想，別人為了身體疾病而鬱卒、不快樂；你們是不是應該要知足？這叫「知足才能常樂」。在這裡兩天的時間，雖然沒有沙發，沒有山珍海味，但知足也會快樂。

When you see others hustle and struggle to get enough for meals, or when you see people depressed over their diseases, should you not feel lucky for yourself? “Happiness results from contentment.” You can find contentment in staying here for two days, even though there is not a comfortable bed and you have to find your own meals

人生的道理不難，因為不難，反而會遇到很重要的問題。當你對比你還小的小孩或父母說「你不懂」，卻得不到他們的瞭解。以後不要講別人不懂，要從你自己開始去瞭解別人、懂別人，別人就會開始懂你。人家心情不好，你開始關心他、注意他，噓寒問暖瞭解他，他慢慢也懂得你。這個距離，溝通就愈來愈近，不是問題。

The truth of life is not difficult; because you think it is not difficult, you come to encounter many important problems. It is paradoxical. When you say “You don’t understand” to a youngster or to your parents, then it is equally true that you don’t understand them. So don’t say that. Take the initiative and identify with them. Only when you understand them, will they come to understand you. When you see someone who is in a bad mood, you start to care about him, pay attention to him, be attentive to him. Slowly he will also understand you. The distance between you will become shorter and

communication easier. The problem will no longer be a problem.

口說溝通，心不通；心不通，則行不通，行不通，跟仙佛更難通。所以，心通，行就通了。如果心不通，跟你家人心也不通，所有的行為、話語，都會變成彼此的障礙。為了要心通，你們要把心量打開，去接受別人，不可說「你不好，缺點太大，我不要」。你要記得，你是跟凡人生活在一起，不是跟聖人生活在一起，凡人就有凡人的缺點。有些人喜歡喝酒、抽煙、賭博，或許是他的習慣、他的煩惱、他的壓力，借這樣壓力而減除。一味的壓抑別人，這不可以，會引起更大的反彈。喝酒、摸幾圈是不可以的！凡人有凡人的習性，凡人有凡人的環境，今天就改變，是不容易；等到有一天，真的感覺到抽煙、喝酒真的會影響生活、身體的時候，你們一定真的會去改過。

Verbal communication is less effective than heart-to-heart communication. The lack of verbal communication and gesture makes it difficult to communicate with Buddhas. But when you reach heart-to-heart communication with others, all your actions will become natural. If not, even your speech and behavior become obstacles to mutual understanding. So, open your mind and accept your family. Don't always say, "You are wrong. You have so many faults. I don't want to be with you." Remember that you live with mortals, not with saints. Mortals have their faults; no one is perfect. Some like to drink and others like to smoke and gamble, through which they think can reduce their tension. If you forcibly suppress those behaviors, it will cause a bigger rebound. True, it is not right to drink or gamble, but mortals have mortal habits in mortal environments. Maybe now is not easy to change, but when these habits like smoking or drinking really affect their life and destroy their health, some will quickly come around to change.

有感而發，才能改過；無感而發，硬逼的，是強人所難哦！坐在這裡，心一定要專注這裡、放在這裡，叫做「誠於中，形於外」，這道理很平常，不會枯燥。

Only when you understand, will you agree to really make a lifestyle change. If you are forced to make a change in lifestyle, it definitely becomes very difficult. Sitting here, you must try to concentrate your attention. Your true sincerity will show on your expression and behavior. The truth of Tao is actually very easy, not boring at all.

一個人的脾氣毛病很多，要改，很不容易改，這叫根深蒂固。人啊！讓你自己常常保持平衡，就不容易有錯，太過或不及都不對。

When someone has too many bad habits and ill temper, it is not easy for him to make a change, especially when these habits are deep-rooted. Interacting with such a person is not easy. Most important is that you maintain your own calm and moderation.

生命走到結束的時候，要劃下完美的句點；不是半路就半途而廢，走到一半就急急下註腳，隨便草率了事。

When life is over, we should end it perfectly, not giving up halfway or falling by the wayside. Nor should we end it carelessly, hastily, or even hatefully.

年輕人年輕不年輕？（年輕）年輕就要學得多、做得多。

As young people, do you have youthful vigor? (Yes.) Then you should make greater efforts to learn much and do more.

仙佛來到人間，時間是很珍貴的，每一分、每一秒都不能浪費，也不能讓它隨便流逝；你們也一樣，到這裡，要皆大歡喜。最快樂的事，就是要去瞭解仙佛的心意。

Time is precious when Buddhas come to the secular world. Not a minute, nor even a second should be wasted. It can't be treated carelessly. While you are here in the presence of the Buddhas, enjoy, and promote the satisfaction of all present. The happiest thing is to understand and identify with the Buddhas.

糖果吃了，精神要好一點，專心聽老師的話。想想為師借一位女孩的身體，在這裡喊啊！喊啊！這位女孩的父母看到會心疼。你們要認真一點，心要放在這裡，人家的身體不能亂揮霍，為師真有點捨不得。你們要跟為師一樣，愛惜自己，也愛惜身體。

Eating the candy I have given you should lift your spirits and enable you to listen more attentively. Teacher is now using the Holy Medium's body, and trying to speak loudly so that everybody can hear. The Holy Medium is just a little girl, whose parents will feel distressed to see their daughter speaking so loudly. So you should listen more attentively and really settle your heart and mind here. As your Holy Teacher, I also want to take good care of the Holy Medium, like you all should take good care of yourself. I'm actually cherishing the Holy Medium very much.

為師有沒有教你們不好的？聽的道理，有沒有教你們不愛國、不愛家人？愛是要推己及人，去給周圍有需要的人，讓社會、地方更好；同樣，也讓每個人的家庭更溫馨、更祥和。

As your Holy Teacher, did I teach you the wrong things? Did I tell you not to love your nation or your family? To love is to empathize with people who are needy, so that the world will become a better place, and your family will be warmer and more peaceful.

當兩個人、兩兄弟姐妹或兩夫妻吵架的時候，最難過的是父母。當你們做任何一件事，不只是關係著自己，也關係著最愛你、最疼你的人。

Who will be the most troubled when brothers and sisters, or husband and wife are fighting? It's their parents, isn't it? You always have to think twice when you do something. It can involve those who love and care about you the most.

當你們坐在這裡，感覺是為你們自己，實際上同時影響著許多人，何樂而不為呢？如果坐不好，心不在焉，坐姿又不端正，學習是沒效果，收穫也不多，是很可惜的。身體現在雖然累一點，如果能讓心裡過得更充實、更踏實，未來不再有許多的空虛，就有價值。

As you sit here listening to the Tao lectures, not only are you benefiting yourself, but at the same time you are actually making a difference in the lives of many people. Isn't it therefore a good thing to do? So if you do not sit properly, or if you reap no good result on account of your absent-mindedness, then it would be a big shame. Maybe you feel a little fatigue right now, but if you can just put in a little bit of effort now, your future will be enriched. It will be meaningful and invaluable.

班員不一定做得很好，但是每個人都在學習。看一個人，就好比不能因為臉上這顆痣而否定他的臉一樣。你們父母親辛苦工作、打理家務，為你做任何的事，不可以因為你心情不好，就討厭他們。

The seminar members may not be doing well, but everyone is still learning. Don't detest the face simply because of a mole on it. Your parents work so hard for you, earning money, doing housework, and everything just for you. So you shouldn't detest them simply because of your bad mood.

做人的道理與基本原則，第一就是要感恩。感恩愛你的父母，把你養這麼大。人都不要忘記，當你站著的時候，影子是跟著你的。意思是：當你今天這樣做，改天你也會接受到同樣的問題。一個人可以不理會任何的批評，流言蜚語，卻難逃過自己良心的譴責。面對自己的良心，

你會覺得不安，好比影子隨時隨地都跟著你，所以，身正則影正。就像一隻鳥，不管飛到哪裡，都會有影子投射在地面上，但是只要它飛得夠高，就不會有影子產生。正如你現在的分別、計較、煩惱，是因為你還沒有超脫、提昇自己。學道、修道時，你的心境及境界如果提昇了，周圍的人都會看得很順眼，不會因為本身的醜或缺點就討厭。

The basic principle of life in the first place is thanksgiving. Give thanks to your parents for raising you. Like the shadow that always follows you, what you do to others today will return to you in future. You may well ignore any criticism or gossip against you, but it is difficult to escape the condemnation of your clear conscience, which is always like a shadow making you feel uneasy for your wrongdoings. But when you stand upright, the shadow is upright too. Like a bird, no matter where it flies, there will be a shadow projected on the ground, but when it soars high enough, there will be no shadow produced. Now you are still calculating, comparing, and prone to worry, because you are not soaring high enough. You are yet to liberate and transcend yourself. When you learn and cultivate Tao, your state of mind is elevated and you will find others pleasing to the eye, not detesting them due to their ugliness or outward shortcomings.

學聖賢仙佛，是為了要學解脫，不是要身體上的解脫。既然是人，就有責任，每個人都有他的責任，把你們的責任做好，就能得到心境解脫。

The purpose of following the way of the sages is to seek liberation, not physically shunning your responsibility. As a human being, everyone has his or her duties to fulfill. Just try your best, and you will find liberation.

現在講的「道」是要入世，要走進家裡，讓家裡變成一個天堂，這個就是「道」。來聽道理，不要惶恐害怕，這「道」不是要你的什麼，只是要你變得更好，善待你自己。

Now it's time to cultivate Tao by being with the people, especially with the close ones like your family members. Make your home a heaven for your family. This is Tao. Don't say it's impossible. Just cast away your doubt. You can make it. Keep learning Tao; Tao only wants you to grow and improve day by day. Tao tells you how to take good care of yourself.

坐了一天，你的心是否變得心平氣和，看到人都覺得很順眼，不管他長得如何都會覺得滿好看的？佛就是這樣，任何時候看到的眾生都一律平等，這個叫佛性。只要你有心去瞭解道理，讓你自己、家人生活的每一天過得更好，那佛就在你心裡，你就是佛。

Sitting here for a day, don't you feel peace and calm? Don't you find others pleasing to your eye? Maybe someone's clothes do not look nice; it is still pleasing to you. This is how Buddhas see the world of sentient beings. Everyone is equal in their Buddha Nature. As long as you have the intention to understand the truth, let yourself as well as your family live every day better than the day before, the Buddha will reside in your heart. You will be the Buddha.

如果你覺得自己現在不好看，肯定修道 越修會越好看，尤其是濟公的徒兒更是那樣。只要你好好下功夫，從氣質開始改變，經過二年、三年、五年、十年，一定會變得更不一樣。If you feel that you are not good-looking now, I assure you that your cultivation will make you look better in future. This is especially true of Ji-Gong Living Buddha's disciples. As long as you put in your effort, start from changing your temperament, after two, three, or maybe five or ten years, you will certainly look very different.