

濟公活佛慈悲囑語

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

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Han-De Temple, Taipei, Fa-Yi Chong-De

（恩師對班員慈勉）(Holy Teacher's merciful encouragements for the Seminar participants)  
聽得如何啊？有沒有佛啊？在這世間，你有沒有感受到有佛呢？有沒有？所以，我們說：「一個人行得端、立得正，什麼都不用怕。」對不對？但是，你可不可以確定你真的行得端、立得正？你們有沒有坐得正啊？我告訴你，在更高的地方，看下去是一目瞭然。所以，你們說：「我沒有看到，就表示沒有。」但是，你感覺到沒有的，那裡更多。還是看不到，也不相信，對不對？那我問你，一般的人在家裡都會拜什麼？（拜祖先）那你有看到你的祖先嗎？那你為什麼拜祂？因為你有感應。但是你有沒有看過祂？你心裡面還是感覺祂一定存在，對不對？祂有可能還會保護你，對不對？就一個牌子，你就那麼相信祂了。對不對？祂有沒有存在？那我問你，這麼大個佛像坐在這裡，有沒有存在？但是，當你沒有感受到的時候，再大的佛坐在那裡，就表示沒有。對不對？

How do you feel about the class? Does it make you believe in the existence of Buddhas? Can you feel the Buddhas' presence in your life? Do you? Well goes a Chinese saying, 'There is nothing to be afraid if you are upright and just.' But how can you be sure that you are really upright and just? Just like now, are you sitting upright with your back straight? I am your Holy Teacher so I can see you very clearly from above. Some people may say, "Buddhas don't exist because I never see them with my eyes." So you don't believe in their existence since you cannot see or feel the Buddhas, right? Let me ask you, "What do you generally worship at home?" (Facilitator: We worship ancestors.) But can you see your ancestors with your eyes? (No.) Then why do you worship them? It is because you can somehow feel their presence, right? Though you cannot see them with your eyes, you still can feel it in your heart. You even believe that they can protect you. What you see is only an ancestral tablet in your home but you have faith in their existence. Now with such a big Buddha statue sitting right here in front of you, don't you believe in his existence? Well, no matter how big and conspicuous the Buddha statue is, if you don't put in your heart and mind, still he doesn't seem to exist to you.

當你在這裡聽課的時候、打瞌睡的時候、心不在這裡的時候，他再帥，站在這裡，你也沒有看到。所以，心可以怎麼樣？（操持：心可以感應。所以，我們心在的時候，心清靜的時候，心誠，誠則靈，就可以感受到仙佛的這一團靈光；要是我們心不清靜了，可能視而不見、聽而不聞，好像周遭的事跟我都沒有關係了。）還有，你的心可以去感受，可以去

改變這世間一切。對不對？你的心很漂亮、很善、很美，當然你周遭的任何事都很棒。對不對？包括你坐在這裡，有沒有覺得這裡很不一樣啊？有沒有？唯一一點不一樣，當你去到廟裡，去到佛堂的時候，都是你跟佛說話。對不對？哪輪得到佛跟你說話。對不對？平常你們說得太多了，今天也讓我來說一說，你說這樣好不好？平常你們說好多，我都懂了，點了香，獻了水果，就隨便你說，沒有時間限制讓你說。對不對？

While following the lessons here, if you doze off – or if your mind has wandered off – you wouldn't be mindful for the speaker right in front of you, even if he is very handsome, right? So, what can one's mind do? (Facilitator: The mind can sense. When our mind is present, clear, calm, and sincere, miracles can happen. We can even feel the Buddhas' light. But when our mind is perturbed, which means we turn a blind eye or a deaf ear, it would feel like as though we have nothing to do with things around us). Your heart makes you feel and even change anything in the world. When your heart is beautiful and kind, everything around you would be great. Didn't you find that this place is very different from other places? You used to do all the talking in your prayers to the Buddhas at the altar in temples, whereas the Buddhas didn't get a chance to say anything. But now, since you have already said too much, let Holy Teacher talk to you for a change. Isn't it a good idea? Previously you could say anything without time restraint after lighting up the incense and offering fruits. Indeed, for what you have said, I did hear you and understand you perfectly.

佛有沒有寬容？佛有沒有慈悲？佛有沒有愛眾生？那我今天來，是不是更愛眾生？因為，平常你們說的，我今天一概來說個明白。好嗎？那要有精神，好不好？雖然椅子硬了一點，雖然身體會累了一點，但是當你提起精神的時候，你將會是法喜充滿。對不對？你說，這麼多的佛坐在這裡，倆倆相望，真的是很殊勝的緣分。對不對？但是，早上坐到現在，有沒有感受到佛一直在注視著你？有沒有覺得佛真的很關愛、很慈悲對你？有沒有？還是坐了坐，想回家了，怎麼這一天這麼難熬，明天還要不要再繼續呢？千載難逢，你不好好把握這個時間，你又把它錯失掉了，不是很可惜嗎？

Aren't Buddhas forgiving? Aren't Buddhas merciful? Don't Buddhas love sentient beings? My being here proves that I love you even more. With so much you have said previously in your prayers, now I'd like to clarify everything to make you better understand it. Pay attention now! Maybe you don't feel comfortable with the chairs, or maybe you feel a little tired, by lifting your spirits you would feel heavenly joy, especially in this unusual occasion where so many Buddhas are here watching over you. What an enormous, wonderful and glorious affinity it is! Ever since you came here this morning, didn't you feel that Buddhas have been taking care of you? Do feel and appreciate their loving care and compassion. Unfortunately, some of you still think of going home. As your Holy Teacher, I want you to sit through the Tao Seminar, for this once-in-a-blue-moon opportunity would slip away if you don't cherish it. And that would be a big pity to you.

你平常都會求佛什麼？保佑啦！賺錢啦！家裡好啦！事業好啦！青春啦！美麗啦！保平安啦！能求的都求，不能求的也要盡量求。對不對？因為呢～反正求又不用付出什麼，只是

一點水果就 OK 了。對不對？但是，靈不靈啊？有一句話說「心誠則靈」。那為何不靈？為什麼人家拜都靈，我們拜都不靈？平時不燒香，臨時抱佛腳。對不對？還有一點，你到處去拜佛，但是你真正感受到真正讓你最尊敬、最慈悲的，是哪一尊佛啊？當你走遍千山萬水，走遍全世界，看到這麼多的佛，拜過這麼多的廟，哪一尊佛讓你最刻骨銘心？（濟公活佛）

When praying to the Buddhas, what do you usually pray for? Didn't you pray for protection, money, good family, career, youth, beauty or safety? You pray for anything you can get, even for the things you do not deserve to own, right? What you have to do is only make a little endeavor by offering some plates of fruits. Maybe you would argue, 'Miracles will happen to those who are sincere.' But how come miracles still don't happen? How come good things only happen to other people but not to you? A saying gives a good explanation, 'People just don't worship the Buddhas in good times but they would desperately seek for the Buddhas' help when in distress.' Isn't that true to you? So, among so many Buddhas, which Buddha do you think is the most merciful and deserving of your respect? After traveling to so many different places, having seen countless Buddha statues and been to so many temples, which Buddha leaves the most lasting impression on you? (Ji-Gong Living Buddha)

人家說：要行善，要送人家東西，要及時，要當時。好的花、漂亮的花，該要插的時候就要插，人走了，你插，就沒有用了。就像你坐在這裡，這麼好的兩天，你不好好把握，改天大家都忙各人的事，你坐在這裡，誰跟你講課？誰跟你結緣？對不對？所以，你們凡間常講一句話「有緣千里」（來相會），對不對？何況我們是天上人間，是不是更不一樣啊？所以，既然不一樣，我要你們打起精神。好不好？你看我，也是一樣坐得端端正正，因為在你們前面，不可以亂動；那你們在我前面，也不可以亂動。對不對？

People often say that if you want to do a good deed, don't hesitate. Just do it. If you want to give something to someone, you must do it at a proper time. For example, if you want to arrange a beautiful bouquet of flowers, you have to do it at a proper time. It would be of no avail if you arrange it after your guests have all left, for no one would be there to appreciate your art work. So if you don't grasp and appreciate the opportunity of these two days in the seminar, no one would then be here to do the sharing of teachings and to connect with you if you choose to come at another time. Well goes a saying, 'With affinity, people will meet with each other despite being thousands of miles apart.' This is very true, especially when we, Teacher and disciples, are of heavenly and earthly worlds apart, doesn't that make our meeting now significantly different? Therefore, you must pay special attention. Like the Buddha statues sitting upright in front of you, you must sit upright in front of me, OK?

心有沒有動？（操持：心要動，要感應仙佛）你有沒有動？（操持：後學很專注聽仙佛慈悲）有沒有動？（操持：有）所以，你會講，什麼時候叫「有」，什麼叫「沒有」？你坐在這裡，就很靜了嗎？身體很像很靜，因為有班規，不可以走來走去，但是你的心卻是沒有休息過，你的心還是很操煩的，還是很煩惱的。回去要做什麼？改天要做什麼？對不

對？所以，既然來到這裡，暫時把一切放一邊，好好的學，像仙一樣，讓自己快樂一下。人生的日子這麼的長，為什麼不把握時間呢？是不是？你要忙的，改天還很多好忙啊！及時什麼？（及時行樂）及時行樂，樂道不疲。

Do you really pay attention now? (Facilitator: We need to pay attention in order to commune with holy spirits.) Do you pay attention? (Facilitator: I'm listening to the Buddha's teachings very attentively.) So you are. (Facilitator: Yes, I am.) What is the true meaning of paying attention and not paying attention? While sitting here, however, do you have peace of mind? Maybe you are physically here, abiding by the class rules and regulations and following class etiquette, but meanwhile you are full of anxiety and worries, distracted by what you need to do when you get back home or thinking of the tasks you have to get done later another day; your heart is not rested at all! Then how can you be carefree? Do you understand? Why not put everything aside so you can focus your attention here? Why not make some time here right now? Anyway, you still have so much time future in your life. Like a holy spirit you will be happy. If you really want to be busy, you have a lot to be busy with later in your days. Do you understand? What can you do here and now? (Facilitator: Seize the moment.) Yes, seize the moment to find delight in Tao. Never will you feel tired of doing so.

平常你在家裡罵家人的時候，毫不鬆口，毫不軟手，有罵即回嘴，會不會這樣？因為人在爭一口氣，對不對？古時候有一句話：「良言一句三冬暖，惡言一句六月寒。」很熱的天，一句罵人的話，都會讓人家很心寒、很難過。對不對？所以，「道」在哪裡？「道」在你日常生活裡面，「道」就在你的嘴巴說出來的時候，讓人家感覺很溫暖、很快樂，那個就對了。當你批評人家一句話的時候，打擊他的信心時，明明他很積極、很想做，但是你的句話傷他最重，這樣對他不好，對咱們自己也不好，因為話說出來，傷了別人，也傷了自己。對不對？

When at home you want to scold someone, or when you want to fight with or talk back to your family members, it doesn't seem to be very difficult to you so it becomes very common. It happens very often because you want to insist on your right, don't you? However, 'Kind words can keep one warm for three winters. Abusive words can make one feel cold in the summer.' Hot as it is in summer, an offensive remark can cause a chill in your heart and hence be upsetting. So where is Tao? Tao is in your daily life. It is manifested in the kind and warm words uttered that delight all the people around you. So when your criticisms become destructive to someone's confidence, especially when he really wants to do something, you are only hurting him. Not only would these destructive words hurt others, they also hurt you in return.

跟你們常常相處在一起的人，有沒有很完美、一點缺點都沒有的人？在你生活當中，你的家人、你的朋友、你的親人、你公司的人、你的小孩，有沒有這麼完美的呢？如果你要找完美的人，先找自己夠不夠完美；當自己不完美的時候，相信在你左右的人一定不完美，因為你的眼睛就不完美，看的東西當然不完美。所以，你今天來聽道，聽什麼？一定是要讓你的心更開，接受更多，包容更多。對不對？這樣你就不白費花了兩天，花了這麼多時

間把凡間俗事挪開，讓你的身體坐在這裡。

Is there anyone around you who is perfect without any shortcomings at all? Are your family members, friends, relatives, co-workers, or children perfect? If you wish to seek out perfection in someone, you need to seek it in yourself first. When you are imperfect, then the people around you would appear just as imperfect as well. The things you see through them cannot be perfect because your eyes are clouded. What have you learned from the Tao teachings today? They have made you more open-minded and more accommodating. Your two days would not be spent in vain, for you have learned something very rewarding. At least you have taken up the time to stay away from the mundane things by putting your heart and mind in here.

你自己回去好好靜靜地想一想，當你在罵人的時候，口不擇言，罵得越兇、越狠、越毒，表示自己越厲害。罵人的時候不能輸，打人的時候也不能手軟。對不對？但是，聖賢仙佛爭千秋，凡間的人爭一時啊！當你來聽道裡的時候，來學聖賢仙佛的道理，更接近仙佛的時候，告訴自己：器量大一點，包容大一點，不要爭。爭幾十年，爭一口氣，人家的垃圾丟在你家，丟了十次，會不會生氣呢？慢慢學，因為不足，所以要學。今天來到佛堂聽道理，不一定要跟外面的廟宇一樣漂亮莊嚴，但是真正的道理、含義，不在於外表，而是在於你內心的感受。

After you go back home, think carefully about the times when you scolded someone with such intensity, using the fiercest, most vicious and most virulent language in order to exert your superiority. You feel that you can't afford to lose in any argument or to go soft in a fight, right? While saints and sages vie for the everlasting future, mortals only fight for contemporary things. If you emulate the saints and sages and be more magnanimous and accommodating, then you would never want to fight, especially when you have already been fighting over such a long time just to be vindicated. Wouldn't you get mad when your neighbors dumped their garbage in front of your house? Maybe one or two times is OK, but what about ten times? Therefore, we must take our time to learn because we are not quite adequate; that is why we have to learn. The temple where you learn need not be extraordinarily beautiful and imposing, but the real truth lies within, not on the exterior. The great truth can only be perceived through the heart when you are calm and carefree.

「道」在哪裡？（道在心裡）你本身就有了，那你今天來做什麼呢？（來學習）你有沒有謙虛的心、願意學習的心？裝得更多啊！「道」不只在你的心裡，在你的身體，在你的家裡，在這個社會，在這個國家。對不對？唯有「道」才能移風易俗，以道援溺。所以，你們現在學道，更要加緊腳步。

Where is Tao? (Facilitator: Tao is in our heart.) Tao is in yourself. Then, what is the purpose of your being here? (To learn.) So do you have the humility and will to learn? Only when you are humble and willing will you be able to learn more. Tao is not only in your heart but it is also in your body, family, society and nation. Only Tao can change the prevailing habits and customs for the better. Only Tao can rescue the uninitiated. Now that you are willing to learn Tao, you must

step up the pace to catch up.

當彼此的距離更拉近的時候，就能體諒更多；當你跟家人忽略了一些問候、噓寒問暖，雖然住得這麼近，但是距離也很遙遠，說話也「話不投機半句多」。有時你會跟朋友比較有話講，跟家裡的人反而越來越陌生，但是當你受傷的時候，當你心裡不舒服的時候，可以避風的地方，卻是在你的家裡面。所以，不要忽略了，當你聽了道理以後，應該把這份感受、這個「道」，帶到你的家裡面，這樣你的家才會更和諧，才會更溫暖。

When the gap between you and others is narrowed, you will be able to understand more of each other. If you don't show concern for your loved ones, the distance between you will grow apart, even with your family members living closely under the same roof. You share nothing in common to start up a conversation. You will find it easier to talk to your friends and your family will become more like strangers to you. But in fact, the best haven you can seek is right at home, especially when you are hurt or upset, so don't neglect your family. Share what you have learned over here and spread Tao to your family. This is how you can bring harmony and warmth to your family.

如果你是因為外在而相信一個人，或是覺得這個人的外在不稱頭，而否定一個人，那可能你的智慧就稍嫌不足了。真正的真理在裡頭，不是在外在，不是在包裝。當你看到電視上的演員裝扮得很光鮮，襯托得很逼真，你就說他是很棒的演員；但是老師今天借的不是演員，不領薪水，也不是故意請來表演的。希望老師的話能印在你的心裡，能夠感動你，能夠在日常生活中，當你的心遇到任何事情時，你覺得還有一個佛，還有一個關心你的佛，在你的生命裡面，你不孤單，因為你拜了濟公活佛。

If you trust someone only for his appearance – or if you reject someone simply because he doesn't look presentable – then you are not wise enough. The real truth is to be found within, not on the outside or on the packaging. When you see an actor on TV who dresses glamorously to portray his role, you would think of him as a great actor. Today, however, Holy Teacher did not borrow a dashing actor, but an ordinary little girl as holy medium. She does not get paid for doing her job, nor was she purposely invited to perform here. Through channeling, Holy Teacher is using the holy medium to teach you, hoping the words can be etched in your heart and touch you. No matter what you encounter in the future, you'll realize that there is still a Buddha, a Buddha in your life that cares for you. You'll never be alone, all because you are a disciple of Ji-Gong Living Buddha.

如果你在門縫裡看我，我就會扁扁扁；但是你提升你的心境、提升你的智慧來看我，我就會變圓圓圓，圓到最圓通。

If you try to see something through the crack of the door, you will only see a part of it. Only when you open the door, elevate your mind, and become wiser will you be able to see the whole picture. You will see the ultimate truth.

「真心若不退轉，荒漠亦可現甘泉。」我從來都沒有看不起任何一個地方，每一個地方都很重要，都有它的因緣，一定會開蓮花。

‘When true heart fades not, even spring water could flow in the desert.’ As your Teacher, I never underestimate any region. Each region is equally important. The lotus will definitely bloom according to its different affinity in different places.

不要對周圍的人失望、覺得家人不好，其實真心可以感動人。當你的家人、朋友對你不好，可能我們也對人家不好，可能話語行為之間有所傷人，趁這時候把握因緣。

Don’t lose your faith in others or in your family. You can touch them with your true heart. If they mistreat you, it might be because you didn’t treat them well either. You might have hurt them with your speech or action. Take every possible opportunity and cherish every affinity to mend the relationships.

你們學道是為什麼？有人拜佛是為求身體健康，有些人求家裡，有些人求事業；但是，當你求道的時候，希望的是你的靈性能超脫輪迴，讓你自己更能提升、更能超脫。想想你這輩子的生活，每天從吃飯、工作、努力賺錢到老，沒有做好事，沒有對人家好，將來會怎樣呢？有些人不努力讀書就考得很好，有些人不努力賺錢就財源滾滾，有些人一出生就很聰明、很漂亮，很不公平。為什麼呢？若以眼前來看，會覺得很不公平，但是如果沒有過去，怎麼會有眼前呢？所以，我們要調整、歸位，過去不管如何，現在要把定位定好、方向定好、目標定好，肯定的是將來的命運、將來的未來一定更光明。

What is the purpose of learning Tao? Some people pray to Buddhas for health while others pray for their family or career. When you receive Tao, you hope that your spirit can transcend the cycle of birth, death and rebirth (transmigration) and hence, be elevated and be freely detached. Think about how you have been living your life. All you are doing so far is to eat and work, diligently making money till old age without doing any good deeds or treating others kindly. What then will the future hold for you? Some people don’t study hard but get good grades. Some don’t have to work very hard but their wealth keeps rolling in. Some people are born very smart and beautiful. Life is so unfair, so it seems. Why is that? It may seem unfair if you look only at the present. But how can there be a present if there is no past? So we need to reassess and reset. Regardless of what you have done in the past, you must have a clear idea of your position; reset your direction and your goal. You can then be ensured that your destiny and pending future would certainly be brighter.

你的心就交給上天，成果會怎麼樣，將來會怎麼樣，上天一定暗中撥轉。「人有善愿，天必從之。」你學道、修道，記得這句話就好了，只要你的心很誠，一定會有感應的！一定會！比如說，我學道學了五年，我修道這麼多年，每次都沒有感應；當要感應的時候，你放棄了，你不能說「這個人沒救了」。你都不好好用心，沒有到最後一刻，你怎麼知道這個「道」好不好？沒有到最後一刻，你怎麼知道這個「道」對你有沒有幫助？你沒有把心

靜下來，你怎麼知道對「道」的感應有沒有呢？

If you give your heart to Heaven, what will the result be? Whatever happens in the future, Heaven will secretly make the best arrangement. 'If one has a kind vow, Heaven will help him to fulfill it.' Be sure to keep it in mind on your journey of Tao cultivation. As long as you are sincere, you will definitely feel the help from Heaven! This is very true. Some people may complain that they have already learned Tao for five years and cultivated for a long time, but they don't feel any difference at all. They didn't know that they just gave up when miracles were about to happen. You can't just give up on someone by saying, "This person is beyond help." If you don't persist in your effort till the very end, how could you claim that Tao could not save that person? How could you claim that Tao didn't come to your assistance? How do you know that Tao cannot give you special feelings if you don't calm your mind?

當你更瞭解道理的時候，把你知道的、兩天聽的，去告訴你的親戚朋友，去告訴他你的感受，告訴他你現在覺得人生應該怎麼走，這樣就是「代天宣化」，雖然身體累了一點，但是一定收穫很多的。一定的！肯定的！

After you understand more about Tao after these two days in the Tao seminar, share what you have learned with your family and friends. Tell them how you feel about Tao, and how you would continue with the path of your life. That way, you will be speaking on behalf of Heaven. Although you may feel a bit of fatigue, you will have gained a whole lot in return. This is for sure! Absolutely true!

我們不用對話就心通，最好！但是還沒有到這個程度，一定要藉著形象、藉著語言。  
The best way is to communicate heart-to-heart without having to use the languages. But since you have not cultivated to that level yet, you still need the aid of forms and languages.

當你肯定這裡，你的心放在這裡的時候，把這裡當成你的家一樣，有事，大家一起來；不管你付出了多少，不管你會多少、用心了多少，當你付出的時候，那一剎那，你心無旁鶩，你沒有想別的事情，你只專一做一件事的時候，你的煩惱就少了，你那個時候就更接近上天。當你坐在這裡的時候，心也是一樣。奇怪！煩惱為什麼不見了？為什麼？轉移呀！

When you are affirmative of the temple and rest your heart in here, you will treat this place like your own home, where everyone would try to help out if something should crop up. Regardless of how much effort you make, how much you know, or how diligent you are, everyone would put in their heart and soul into helping the temple. By doing so, your worries will decrease and you will attain full concentration at this moment in time. You find yourself closer to Heaven. This is how you feel while sitting here in the Holy Temple now. Your worries are gone. And how come they disappear? It is because you have diverted your attention to somewhere else!

其實凡間的人很可愛，對不對？如果今天他們拿石頭來丟你，你會不會很高興？（不會）

但是你被糖果打到，還是很高興。為什麼？因為是老師送的，因為是糖果。對不對？但是，當別人用石頭丟你的時候，為什麼會生氣？因為石頭會傷害你。但是，如果一顆石頭能夠把你打醒的話，好不好？如果這個糖果，你沒有感受、沒有感恩，沒有對「道」更有信心，而吃了這個糖果，這個糖果也是一樣？為什麼我丟的比較靈、吃了比較好？但是，在我丟之前，他已經拿過了，怎麼辦呢？所以，在我拿之前，如果我不拿，是他拿給你的，要不要？（多多益善）如果是我丟給你的話，你會覺得什麼？（那因緣非常殊勝）所以，那是你們的「心」。你家裡那麼多的糖果，一不一樣？有沒有一樣？應該是一樣的。但是，那一份感受很難言語的，就是不一樣。對不對？家裡是丟在那裡，這裡是丟給你。對不對？在這裡吃的時候雖然很少，但是心裡面很快樂。對不對？所以人啊！所以，什麼時候要有這樣的氣氛？這個就是「道」的寶貴，這就是為什麼你們在這裡聽道理，把「道」帶回家，家庭會變成什麼？家裡更和諧、更幸福。對不對？所以，這些糖果，不要自己吃，好不好？跟你的家人一起來分享，跟你的家人一起來學道，讓你的家裡面更好。好不好？

People are actually inexplicable. If someone throws a stone at you, will you be happy? (No.) Why then are you so happy when I'm throwing candies to you? You are happy because they are gifts from Holy Teacher, right? Why are you angry when someone throws a stone at you? You become angry because the stone will hurt you. Think differently. Wouldn't it be wonderful if you can be awakened by the stone thrown at you? Think about it, the candies will only remain ordinary if you are not grateful, if you don't appreciate their preciousness, or you don't have enough confidence in Tao. You have faith that the candies I'm throwing to you can create miracles and taste better. But what if someone has already touched the candies? Do you still want them? Do you still want the candies if they are handed to you by someone else and not by Holy Teacher? (The more, the merrier.) How do you feel about the candies I throw at you? (We are very thankful because it's a very precious affinity.) All the candies are the same, but it's your mind that creates the difference. So many candies in your home lie around unnoticed, but the candies here being thrown to you have become heavenly gifts. You think the number is limited, so you feel very happy when tasting them, right? Therefore, you should all create this kind of atmosphere, like everyone feels and appreciates the preciousness of Tao. This is also why I want you to learn Tao, bring Tao to your family, and build the same atmosphere in your home. Your family will be blessed and become very harmonious. Don't eat up all the candies given to you, OK? Share the candies with your family. If all of your family can learn Tao together, the relationships between you will become very good.

我們要動中取靜，是一種功夫，所以在瞬息萬變的社會裡面，我們要保持一顆清靜的心，就像此時此刻內心那麼清靜，日積月累，我們修行就有一種功夫。

We have to maintain stillness in motion. Calm down when there is too much activity. It is an art! In our life, our minds need to stay pure and tranquil amidst this ever-changing world. Keep your mind in the state you are in now. It takes time and effort to achieve and maintain in this state.

With diligent cultivation of Tao, however, you would be able to master this art.

這本來是很普通的糖果，但是因緣聚會來到這裡。對不對？你們也是啊！這樣的因緣，大家湊在一起，容不容易啊？不容易！

This is just an ordinary candy, but it becomes very special because it is here in the Holy Temple. The special affinity has made this happen. It is true of you too. It seems very easy for you to come here, but is it easy to gather all of you here today? Not easy at all!

班員還沒有的，請舉手一下。我告訴你為什麼不夠，我也覺得不夠，我告訴你，因為渡的還不夠。對不對？還有很多人還沒有上法船，對不對？所以，當你回去的時候，告訴他們你的心得，讓他們也一起來分享。好不好？這個糖果再怎麼丟，都要多一點。對不對？這樣才覺得「道」真好，坐得也好，聽得也好。

Please raise your hand if you haven't received any candy yet. The candies prepared for the Tao seminar do not seem to be enough. Indeed, the people you have inducted to receive Tao are not enough either. There are still so many people who have not boarded the Dharma boat yet. Therefore, after you return home, be sure to share this experience with your family so they can enjoy the blessing of Tao too, OK? No matter how many candies I throw, it would never be enough. When more people come to receive the Tao blessings, everyone will be sitting here patiently and listening more joyfully.

我問你們，你們常常說，你們「命不好、運不好」，「為什麼別人對我不好？」對不對？為什麼家裡的人對我不好？為什麼？你知道嗎？你們只想知道為什麼命不好、運不好，你們忘記了，忘記什麼？當你的個性、思想、行為，你沒有好好把它抓住，沒有原則的、隨便的，你的情緒讓他隨便的放縱，或者是讓你想要怎麼做就怎麼做的時候，無形中，久而久之，會影響你的命運，就會讓人家對你的態度不一樣。對不對？譬如說他的個性不好，他的個性有些方面的缺點，他的為人很懶散，那請問什麼時候會成功？譬如說脾氣不好，那誰要跟他好？大家都拒他千里之外，而離他很遠很遠。那請問你，既然人生路上，孤立無援，當他需要幫助的時候，沒有人幫他的時候，他的命運、他未來的路就可想而知。對不對？

A question for you: You often complain that your life and luck are not good enough, grumble about people mistreating you, and question why your family treats you badly. Do you know the reason why it is so? You only think of how bad your life and luck are, but you've forgotten something important. What have you forgotten? When your character, thoughts and behavior are not well controlled, you act unprincipled, being reckless, rashly venting your emotions or impetuously acting at your own whims and fancies, inevitably, over time the fate of your life would be affected and the attitude of others towards you would be altered. For instance, if one's personality is not good, the character leaves much to be desired with weakness that includes laziness, just when can he be successful? Who would want to be friends with someone with a bad

temper? Everyone would stay a thousand miles far, far away from him. Being a loner in life, when in need whom can he turn to? Anyone can imagine just how this person's destiny and future would end up, right?

那你想看看，當你的習慣，當你的個性，從小的時候就養成這個樣子。起床的時候要不要摺被子？但是很忙，就不用摺了。有客人來的時候，就把衣服堆一堆，堆到哪裡？堆到人家看不到的地方。對不對？那也是習慣的養成。對不對？但是你的習慣變成很自然，然後就會讓你處事的態度就不積極，不積極，機會來了，也會損失掉，也會沒有。對不對？那你說人家得了很好很好的未來，我們都錯失良機，我們不能把握機會，我們不能改造命運。那你想看看，好的時候是別人好，我們要緊追在後的時候，好的都被別人拿走了。對不對？所以呀！人都會在想「問神好了」。為什麼我的命運不好？為什麼家裡不好？為什麼？我說你的脾氣壞，你的思想、你的行為影響家裡、影響你的未來，這個看法對不對？你說讀書讀書，讀了好多書，但是書對你有沒有影響？有沒有好的影響？有沒有對這個社會、對人生更有積極正面的想法？有嗎？如果有的話，你現在更應該要「助人為快樂之本」。當你瞭解「道」的時候，當你自己越來越法喜充滿、越來越快樂的時候，你更應該幫助別人，這樣他就不必盲目地去問「為什麼」，他就不用讓別人操控他的命運。其實命運應該是自己掌握住，在自己的手裡，因為人如果不改變，全部就不會有好的結果。

Your habits and personality have gradually taken shape since you were little. Let's think about it. Do you make your bed after you wake up in the morning? Didn't you recklessly skip it when you think you're in a hurry to get up? When unscheduled visitors came, didn't you put away the clothes that you had gathered and hide in somewhere no one can see? This is an example of how habits are developed. This habit would eventually become second nature. And this would affect the way you deal with matters at hand in a less than positive attitude, causing you to miss out on opportunities that might come your way. While admiring others for a very promising future, you in turn fail to seize your opportunities time and time again, even missing out on the chance to change the fate of your life. And yet you keep complaining that your opportunities are being snatched away! This is why people would resort to fortune-tellers complaining, "Why is my life so hard? Why does harmony seem to be eluding us in the family?" Think about it, if your temper is bad, it would influence the way you think and act at home, thereby ultimately impacting your future. You may have read a lot but does reading have any effect on you? Is it a positive impact? Does it make you look at the society and life from a more positive perspective? Does it? If so, you should do more for others. 'True happiness is derived from helping others.' Once you understand Tao, you will be full of heavenly joy and become happier and happier. You would extend your help to others so they need not have to keep asking 'why' and learn how not to allow others to dictate their lives. Actually, everyone should be in control of their destiny. It is in his or her own hands. But if you don't make changes yourself, you will not stand to enjoy the positive outcome in life.

你說人世間，哪裡找一個快樂的天堂？哪裡找一個美麗的世外桃源？在哪裡？在你的家裡

有沒有？家裡的人，因為熟了，就露出馬腳。因為熟了就怎樣？毫無保留。因為熟了，就不用客氣。對不對？但是你想看看，就是因為這樣不用客氣，露出馬腳，久了以後就傷痕累累。對不對？然後就是層出不窮的問題就越來越多，對不對？你想看看，當別人家裡面吵吵鬧鬧的時候，自己要有前車之鑑，要好好地調整自己心態，因為你周圍的人沒有一個是聖人，你周圍的人沒有一個真的很標準、很棒的人，因為長久以來的，很難很難改的。所以，藉著修道，藉著學聖賢仙佛，去好好地轉一轉。

Where on earth can you find heaven? Where can you find a really beautiful and secluded place? Where? Can you find it at home? Because in your family, familiarity breeds contempt, you inevitably reveal the unfeigned raw side of you. Because of familiarity, you never bother to hide any of your faults. You dispense with courtesy, right? Think about it, due to the lack of courtesy, over time, the relationship is hurt along the way. Conflicts between you and your family would be on the rise. Take some time to think about this. When you see argument in other people's family, take it as a cautionary lesson and attune your attitude towards your own family. Remember, you are not surrounded by saints and sages. The people around you may not serve as good role models for you. Bad habits and ill temper have been developed over a long period of time so it is extremely difficult to get rid of them. However, through the process of Tao cultivation, you can learn to follow the examples set by saints and sages and improve day by day.

我們先把功夫紮好，可以「寧靜致遠」。什麼叫「寧靜致遠」？心寧靜，就可以走很遠。因為現在你們所接收的訊息太多太多了，心繁雜了很多，心不安了好多，心恐懼了好多，徬徨了好多；此時在風雨中，有寧靜的港口，在別人不知道的地方，你有你自己最好的朋友，你可以跟你自己成為最好的朋友，可以把仙佛當作最好的朋友，你也可以把他們（班員）當作是很好的朋友。

You need to establish a firm foundation when it comes to Tao cultivation until you can níng-jìng zhì-yuǎn. What does this Chinese phrase mean? It means that 'with inner peace you can travel even farther.' Nowadays, you are being bombarded with too much information, so cluttered that your mind is encumbered with a sense of insecurity, fear, and anxiety. Amidst this turbulent storm, there is a quiet harbor tucked away somewhere in this world where you are accompanied by your best friends. You can become your own best friend or become best friends with Buddhas. You can even become good friends with all the class members here.

現代的人都要享受，都要過著很充實、很快樂的生活，天天吃著一樣的飯菜，會怎麼樣？會膩。對不對？但是你在家裡過了幾十年，你膩了沒有？（沒有）為什麼不膩呢？你不吃，要吃什么嘛！對不對？所以，「淡」裡面，雖然是一樣的生活，但是裡面的學問、裡面的禪機還是很多。懂不懂？

People nowadays love to indulge in material comfort with the desire of living a gratifying and happy life. How do you feel if you eat the same dish every day? You would be bored, right? Are you tired of living in your home for decades? (No.) Why not? If you don't eat the same dish,

what else can you eat, right? Although you are living the same lifestyle, you can still take great pleasure and find the great life philosophy in the simplicity, right?

「怡情養性涵容」，有些人說「在家裡泡茶、唱歌，可以怡情養性」，對不對？煮菜可以怡情養性？（可以）當你心平氣和煮的時候，好不好吃？（好吃）當你心平氣和去開車，遇到了塞車，遇到了紅綠燈，會不會生氣？（不會）所以，在生活任何一個時刻，也就在修心煉性。

Yí-qíng yang-xìng hán-róng means to cultivate one's mind, temper one's nature, and expand the capacity of one's heart. According to some people, one can cultivate their mind and temper their nature by drinking a nice cup of tea or through singing. Isn't that true to you? Can you also do that through cooking as well? (Yes,) Will the food taste delicious when you cook in peace? (Yes.) When you drive with the calmness of mind, would you be frustrated when stuck in the traffic jam or having to drive through a lot of red lights? (No.) Therefore, you can cultivate your mind and temper your nature anytime, anywhere in your daily life.

一個很簡單的事物，一個很平常的東西，它可能是在你危急的時候，就是幫你幫得最多的。你看這樣的一個佛堂，或許有一天，當你有急難的時候，心裡很惶恐的時候，在這一個地方，可以讓你找到最平靜、心靈最寧靜的地方，就在這裡。因為你走出去看看外面，不是喧嚷聲，就是嘈雜聲，在這裡，難得有這樣的一個地方。歡迎你們常常來！好不好？（好）

Some principles – or some things – may sound too simple and ordinary, but if you follow them through or make good use of them, they might be most helpful to you one day when you are in dire need. Just like a Tao Temple you see now. When you are in distress or feel anxiety, this is the place that can help you to attain the ultimate peace and tranquility. Step out of this temple, everywhere else in this world is filled with chatters and noise. This is why the Tao Temple is such a unique place. We welcome you to come back often, OK? (Yes.)

當你遇到你不喜歡的人，當你遇到一個很討厭的人，看到人家，哎呀！面目可憎的時候，是不是在修心煉性？（是）你看到別人的時候呀！長這樣喔！就討厭他。那你想看看，人家看到你，也是？（討厭）因為這是相對的世界，你討厭人家，人家或許更討厭你。對不對？當你心中有討厭的時候，你的心量越窄，你的眼界越短，看得不遠。你想看看，今天你不要討厭他哦！或許有一天，你有事要求到他，他就拔刀相助。對不對？但是，如果你今天得罪了他，改天或許他就報仇，三年不晚，對不對？當你不瞭解他們內在的時候，以禮相待，這叫「知己知彼」。所以，雖然不瞭解他，千萬不要瞪白眼，千萬也不要看扁了，或許人家滿肚子都是墨水哦！對不對？所以人啊！要久了才知個性，久了才夠互相更瞭解對方。對不對？就像你來學道，來學聖賢仙佛，聽道聽了兩天，就夠了嗎？難道聽了兩天，你就瞭解「道」？有沒有可能？（不可能）跟你家裡的人，嫁給他的人，嫁了這麼久，或許還不瞭解。對不對？為什麼？人就在你隔壁，為什麼不瞭解？「道」就在你心

裡，為什麼不瞭解？對不對？所以，不要小看這樣的地方，不要小看你自己，當你有感悟、有體悟的時候，或許從現在的你，可以跳脫你的煩惱，可以超越你的心境，可以包容更多的人。好不好？

Aren't you cultivating your mind and tempering your nature when you encounter someone you don't like or even despise? When you see someone, you might not like him/her because of his/her appearance. But do you have any idea of what other people might think of you when they see you? (Also with dislike.) That is due to the relative nature of mirroring in this world. If you dislike someone, that person may dislike you even more, right? When you have detestation in your heart, the capacity of your heart would be downsized and your vision narrowed. You wouldn't be able to see far into the future. If you stop disliking someone, then that person might help you when you are in need someday. Think about it, if you offend him/her today, then s/he might take a revenge on you one day. As the saying goes, 'Three years is never too late for revenge.' Isn't that right? If you don't really understand someone, you may well treat him or her with respect. Follow proprieties. This is how you can get to know yourself and others. You may not understand others so don't look down on them. They may probably be very knowledgeable. So you all need some time to get to know each other and understand each other's character, right? You are here to learn Tao and emulate the saints and sages. That is why you are here to follow the Tao lessons for two days. But is it enough? Is it possible for you to truly realize Tao within just two days? (No, it's impossible.) You might not even completely understand your husband with whom you are married to for such a long time. Why not? Think about it, he is right next to you but how come you still don't understand him completely? Tao is in yourself but how come you just don't understand Tao? Don't underestimate this place. Affirm yourself. Be it now or upon your attaining of awareness and realization, from here, you will be able to let go of your worries, elevate your mind, and be more accommodating of others. Understand?