

# 靈妙仙丹 Elixir of Life

prescribed by Holy Teacher (Ji-Gong Living Buddha)

仙丹一帖十二粒 送給有緣福加被

不必花錢費力氣 取之用之任由你

按時服用莫忘記 百日自然可築基

二六謹慎勿大意 功夫精湛返無極

Take the following 12 "tablets" as often as needed

for your physical and spiritual health.

Do not skip a dose. Perfect your effort.

You will see positive results in three months.

1) 父母要孝順 心性要柔順

待人要和順 因緣要隨順

Be filial to our parents; soften our hearts;

be courteous to others; follow affinity naturally.

2) 觀念沒有偏頗 心中沒有怒火

責任沒有閃躲 公正沒有私我

Refrain from biased/skewed thoughts;

harbor no anger in the heart;

don't shun responsibilities;

be fair and just without ego (be impartial and selfless).

3) 冷眼旁觀紛紛擾擾 醒醒覺覺

不爭不吵歲月無情人生易老

常清常靜珍惜分秒

Look on world's chaos with a calm mind;

be aware and do not be involved in arguments;

life passes on, waiting for no one;

maintain constant quietude and cherish every second.

4) 身體要照顧 心念要守住

道德要維護 眾生要廣渡

Take good care of our health;

hold onto our proper mind;

maintain a high moral standard;

widely bring people to Tao/truth.

5) 耐得住寂寞 禁得起誘惑

看得開起落 學得會沉默

Be able to endure solitude/loneliness;

be able to resist temptation;

take life's ups and downs easy (see through life's ups and downs);

learn to be quiet/silent.

6) 忘了總比記著好 放下也比拿著好

感恩真比抱怨好 起行是比坐言好

It is always better to forget than to remember;

it is also better to let go of things than to hold fast to them;

gratitude is better than complaints;

getting up to practice what we preach is better than just sitting and preaching it.

7) 對立放一邊 互助功德添

和諧存心間 團結為上天

Put aside antagonism;

helping each other increases merit and virtue;

nurture harmony at heart;

unite for the sake of heaven.

8) 惜緣又惜福 知止又知足

抱道又抱樸 去假又去毒

Cherish affinity as well as blessings;

know where the limits are and be content;

hold onto the Tao and maintain innocence/purity;

purge falsehood as well as poisons.

9) 錢財不貪不義 革除言不及義

做人有情有義 遵守公理正義

Do not ogle at unaccountable/unjustifiable wealth;

eradicate unjust/unrighteous speech;

be a caring and righteous person;

obey universal truth and principles.

10) 學習看人好處 改正自己錯處

戒慎恐懼小處 潔淨內心深處

Learn to look for good in others;

resolve to correct our faults;

be extra vigilant with trivial matters;

purify ourselves in the depth of our heart.

11) 找到修行的樂趣 培養人格如美玉

面對考驗心無懼 了愿精神當永續

Derive pleasure from cultivating Tao;

develop a character like flawless jade;

be fearless in the face of trials;

have an undying aspiration in fulfilling vows.

12) 飲食要能漸清淡 生活要有好習慣

笑容要再更燦爛 眼睛要常向內看

Develop an appetite for light-flavored food;

establish good habits in life;

make our smiles brighter;

look inward often in introspection.