

## 【心宏師父法語：SBA 2009 年月曆】

### *Dharma words shown in the SBA new coming 2009 Calendar*

( from Ven. Shinhoeg Shih's Dharma lectures )

#### 2009 年 01 月

◎ **【愛與慈悲】**：愛並不完全等於慈悲，愛是慈悲的一種顯現之方式，愛要經過精進的修持之轉化，才能提升為清淨、與廣大的慈悲。

**【Love and Compassion】**：Love does not totally equate to compassion, but rather it is another manifested element from compassion. We should expand love into pure and universal compassion transformed by the diligent practices in advance.

#### 2009 年 02 月

◎ **【做事的三心】**：做任何一件事情，都要用三心來圓滿它。即是：對人要用心，對事要有耐心，和對物更要有細心；此三心，要常常和禪定與般若相結合。

**【Three important keys to our daily activities】**：For any small matter, the three important keys to our daily activities are included and completed: *concentration towards people, patience towards matters and carefulness towards any item*. These three keys should always be corresponded with both meditative practice and ultimate wisdom.

#### 2009 年 03 月

◎ **【清淨心】**：清淨心，是於世間法中修行時，將它轉化為出世間法之主要關鍵。有自然的清淨心，才會跟《華嚴經》所說的佛性相應。

**【Unfiled mind】**：Unfiled mind is the major key of transforming the practice within *samsara* into one related to the *nirvana*. It also naturally corresponds to the Buddha-nature as described in the *Avatamsaka Sutra*.

#### 2009 年 04 月

◎ **【正面的溝通】**：與人相處時，要常常有正面的溝通；凡事互動時，要有彈性與韌性，這樣才能圓滿地解決事情。在過程中，態度與方法的運用，自己心裡要非常清楚，這樣才能在不斷的正面溝通中，得到更多有意義的經驗、與啟示。

**【Positive Communication】**：While connecting with people, to resolve problems requires positive communication frequently. At the same time, flexibility and durability are necessary to keep the continuous discussion anytime as completely resulting in the achievement for the resolution of any problem.

Through the process, one would attain more meaningful experience and inspiration, if someone can be always aware of the right attitude and methodology related to one's own clear mindfulness and the positive communication continuously.

#### 2009 年 05 月

◎ **【洞悉無常】**：從下列的方法中，學習到洞悉無常法的啟示：

- (1) 深信「因緣果報」的真理。(2) 常觀生命如戲，人生如夢。
- (3) 為無量眾生，常發廣大悲願心。(4) 隨時隨地，每分每秒，把握當下。
- (5) 每日盡心盡力地廣度眾生；但心中，卻不執著度眾生的概念。

**【Awareness of impermanence】**: The inspiration comes from the awareness of impermanence by learning these below methods :

- (1) Truly believe in the law of “cause and effect”.
- (2) Always be aware of impermanence for this life which looks like a dream in essence.
- (3) Make the universal and boundless compassionate vows for countless suffering sentient beings.
- (4) Seize this at every present moment at all times and all places.
- (5) Do your best to benefit all beings completely, without having any concept of all beings by any attachment in your clear own mind.

#### 2009年06月

◎ **【以智慧心作導引】**: 每一刻，展現悲心之前，先要有智慧心作它的導引。

**【Guidance with wisdom in advance】**: At every moment, the showing of compassion in advance is always guided with its wisdom as the great leader.

#### 2009年07月

◎ **【當下一念心】**: 「把握當下」的深義是，叫你落實現前的一念心；無論每天工作如何忙碌，我們也要經常保有一顆平靜的心。

**【Present mind】**: “Focusing on the present mind” means the mind is clearly watching out the very present moment; we should always maintain calmness and peacefulness in our mind, no matter how busy we are daily.

#### 2009年08月

◎ **【感動人的心】**: 我們要常常訓練自己的心，特別地不要受兩邊（希望和失望）的干擾。擁有真誠心和正直心，我們才可能會感動別人的內心深處。

**【A mind that touches others】**: We should train our own minds and keep them as being of freedom from any disturbance, especially like two extremes: hope and disappointment. With sincerity and integrity, we would enable to reach out and touch others' internal mindfulness.

#### 2009年09月

◎ **【修持的三種因緣】**: 修持成功的主要因緣，是包括下列的條件：擁有無障礙的健康身心，保持正念與正知，和晝夜不斷的精進波羅蜜。

**【Three major conditions for practice】**: Three main conditions for the success of practices are shown as followings: having healthy body and mindfulness without any obstacle, keeping the right view and strongly holding diligence day and night, which all of them are particularly related to the wisdom .

◎ < 『飼雞婦森弗那』，建築滿願大塔的惠施，而證得佛位，名為參斯哈母潘沙

(*Chamsi Lhamo Pramsha*)；尼泊爾、蓮師滿願大佛塔>

**Nepal - Boudhanatha Stupa:** Through generous donation for the construction of Great Stupa, the poor poultry-woman, Shamvara attained Buddhahood and was called *Chamsi Lhamo Pramsha*.

### 2009年10月

◎【**修行的轉變**】：真正有效的修行是，你要很勇敢地、轉變以下的內容：例如，你不正確的心態，負面的心念，不圓滿的見解，長久的不好的習氣，與固執的自私觀念。

【Transformation from practices】 The true and effective practice helps yourself to transform these following matters with bravery into positive sides, such as incorrect attitude, negative mind, not proper views, bad habits for a long time and the selfish concepts with stability.

### 2009年11月

◎【**佈施的深義**】：佈施時，從我們的內心深處，要真誠地生起以下心的內涵：(1) 真誠心。(2) 大願心。(3) 深信心。(4) 施捨心。(5) 感恩心。

【Profound meanings in terms of “offering”】：While offering to other beings, we must sincerely generate these following elements from the bottom of our hearts: (1) *Sincere attitude* (2) *Universal vows* (3) *Devotional Faith* (4) *Continuous Generosity* (5) *Grateful mind*.

### 2009年12月

◎【**永恆願力**】：普天之下，沒有永恆不變的誓言；但是，卻有永恆不變的願力（它是由善法欲，而產生利他的廣大願心）。

【Eternal vows】：In this universe, there is no eternal promise forever, but only eternal vows, which indeed come from the positive intention to benefit all sentient beings universally.