

## 【永不放棄】:(Never Give Up!!)

【勇敢的鼓勵，持續的耐性，各種的善巧方便】

*(Brave Encouragement, Continuous Patience, Various Skillful Means)*

2014-12

永不放棄地、透過自己晝夜的精進修持，才能利益一切的眾生。

Never give up in your life in anything that you can do for the benefits of yourself and other beings by your own practices daily.

2015-1

要改變自己的惡習，有三個步驟：

- A. 清淨地持守佛教的戒律
- B. 修習禪定和觀想（止觀）
- C. 修習般若空慧的教法

If you really wish to reduce your negative actions, there are 3 main steps to follow:

(A) keeping the Buddhist morality (*Sila*),

(B) practice on the meditation and insight (*Samatha & Vipasayana*),

And (C) finally practice on the doctrine of emptiness (*Prajna-paramita*).

2015-2

透過日常的修持，我們會逐漸產生調伏自心的能力，因而將擁有、改善一切內在及外在的力量。否則，只是嘴巴上、說說的"我知道"，而不以行動上的精進修持，那是無法改變任何事情的。

Through your daily practice, when you generate the power of controlling your internal thoughts, it means you are really having the power of transformation about anything both inside and outside. Otherwise, just by saying "I know it", it does not mean to have changed anything as it didn't work out without any further practice.

2015-3

不需要用華麗的謊言，來包裝自己，更要勇敢面對自己心中，好與壞的真實感受！在還沒有究竟成佛之前，我們的內心都一樣的醜陋、一樣的不完美。所以，誰都不要嘲笑誰。

There is no need to put up a façade to face the world. Face your feelings bravely as included good and bad sides. There is also no need to laugh at others. We are all 'ugly' (not in the physical sense) and not perfect until we gain enlightenment and become Buddha completely.

2015-4

在這娑婆世界中，我們已經夠苦了，為什麼仍然去擔憂，自己的明天未發生的事情？我們應該

學習：活在當下，以平靜的心去面對，明日自然的到來。

**In this samsara world, we already have enough of sufferings, so why do we still worry about tomorrow? We should try to learn for living in the present and let tomorrow comes naturally within the peaceful mind.**

2015-5

透過每天持續性的禪修，才能常常點亮自己心中的智慧之燈；進而，破除自己的無明，與面對黑暗、負面力量的挑戰。

**Through the continuous practice on the meditation daily, we could firstly light up the fire of your inner wisdom, then you will enable to reduce your own defilements as well as to face the challenges of the dark power.**

2015-6

在修持發起菩提心的道路上，光靠嘴巴上的發心是永遠不夠的；所以，我們必須透過真實的行動，去圓滿自己的菩提心願。

**Daily practice on the subject of generating *Bodhicitta*, generating alone only by mouth is always not enough, therefore we must take action to apply in our daily practice.**

2015-7

無論你每天所修持的任何法門，請永遠記得：「修行的過程中，品質比數量更為重要。」

**No matter what kind of practice you have done daily, please always remember that, quality is always more important than quantity.**

2015-8

障礙，對我們修持的提升來說，是最好的老師！當障礙來臨時，我們應該以感恩的心，去學習處理它；並且，藉此檢視自己修持的境界。

**Obstacles are indeed the best teacher for the improvement of your daily practice, we must be grateful and thankful to them, as they really help us to learn and do reflection of our practice.**

2015-9

無論遇到什麼境界，我們都應該以平靜，及清明智慧的心、接受它。

**Whatever situation happens, it is totally all right for us, just be peaceful and clear in our mind within the wisdom.**

2015-10

幸福的其中一種定義，不是我們擁有許多的外在的物質享受；相反地，而是我們在精神層面上，有能力去寬恕別人，並且減少嫌棄別人。

**One kind of definition in terms of the "Happiness" is not only having a lot of material things for the life enjoyment, but spiritually enabling to forgive and having less grudges against others.**

**2015-11**

依老師所傳的教法，如理如法的修持。不要總是、用自己的觀點，來揣測老師的想法；你或許會變得不對，因此更偏離了、老師所想真正教導你的道路。

**Just follow the instructions of your spiritual teacher and its practice accordingly. Do not always guess what your Guru is thinking by your own perspective. Your might not get it right and maybe will further become to be so far away from what your teacher's intention to teach you.**

**2015-12**

真正的修持，是提升自己內心的成長；相反地，而不是總是地、向別人炫耀自我內涵。

**True practice is to improve into the side of our inner self and not always to show off to others oppositely.**