

## 聖嚴法師108自在語(第一集)

聖嚴法師108自在語(第一集)		108 Adages of Wisdom, Part I
提昇人品		Becoming a Good Human Being
1	需要的不多，想要的太多。	Our needs are few; our wants many.
2	知恩報恩為先，利人便是利己。	What is most important is to be grateful for what you've been given and repay in kind — to benefit others is to benefit ourselves.
3	盡心盡力第一，不爭你我多少。	Do your utmost - no matter who gains or loses.
4	慈悲沒有敵人，智慧不起煩惱。	Compassion has no enemies; wisdom, no vexations.
5	忙人時間最多，勤勞健康最好。	The busiest have the most time; the diligent, the best health.
6	布施的人有福，行善的人快樂。	The charitable are blessed; the virtuous, happy.
7	心量要大，自我要小。	Let the measure of your heart be great; the size of your ego, small.
8	要能放下，才能提起。提放自如，是自在人。	When you can let it go, then you can pick it up. At ease letting it go or picking it up - then you are truly free.
9	識人識己識進退，時時身心平安；知福惜福多培福，處處廣結善緣。	Know yourself, know others; know when to advance, when to retreat; at all times maintain peace and equanimity in body and mind; know your blessings, use them wisely, strive to increase them; everywhere you go develop deep virtuous affinity with others.
10	提得起放得下，年年吉祥如意；用智慧種福田，日日都是好日。	Able to pick it up, able to let it go - year after year good fortune will surely follow; sow a field of blessings with wisdom! Everyday, all days - are good days.
11	身心常放鬆，逢人面帶笑；放鬆能使我們身心健康，帶笑容易增進彼此友誼。	Always keep your body and mind always relaxed and meet everyone with a smile; relaxation makes your mind and body healthy, and a smile gathers friends and friendship.
12	話到口邊想一想，講話之前慢半拍。不是不說，而是要惜言慎語。	About to speak? Think a moment. Slow your speech a bit. It's not that you should not speak, but rather that you should cherish what you say and choose your words with care.
13	在生活中，不妨養成「能有，很好；沒有，也沒關係」的想法，便能轉苦為樂，便會比較自在了。	In daily living it is better to think: "fine if I can have it, no matter if I can't"; thus transform suffering to joy and live a life of serenity.
14	四安：安心、安身、安家、安業。	The four contentments: mind at peace, body at rest, family in harmony, all enterprise at ease.
15	四要：需要、想要、能要、該要。	When you wish for something - as yourself these four questions: Is it needed? Is it wanted? Is it obtainable? It is advisable?
16	四感：感恩、感謝、感化、感動。	The four attitudes to take towards others: grateful, thankful, transforming, inspiring.
17	四它：面對它、接受它、處理它、放下它。	The four steps in dealing with any problem: face it, accept it, deal with it, let it go.
18	四福：知福、惜福、培福、種福。	The four keys to good fortune: know what you are blessed with, cherish it, help it grow, and plant seeds for future blessings.
19	能要、該要的才要；不能要、不該要的絕對不要。	If possible and permissible, seek after it; if impossible and forbidden, keep away from it.
20	感恩能使我們成長，報恩能助我們成就。	With gratitude we grow; repayment of kindness leads to success.
21	感謝給我們機會，順境、逆境皆是恩人。	Be thankful at every opportunity: good and bad fortunes are both allies.
22	遇到好事，要隨喜、讚歎、鼓勵，並且虛心學習。	Rejoice when you encounter good, praise it, encourage it to spread, but take care to learn with an open mind.
23	少批評、多讚美，是避免造口業的好方法。	More praise and less criticism! Cut down the karma that comes from what you say.
24	平常心就是最自在、最愉快的心。	An ordinary mind is a mind of utmost freedom, utmost joy.
25	踏實地走一步路，勝過說一百句空洞的漂亮語。	A true step on the path merits more than a hundred shallow words adorned with tinsel.
26	知道自己的缺點愈多，成長的速度愈快，對自己的信心也就愈堅定。	The more you come to know your weaknesses, the faster you will grow - your self confidence unwavering.
27	多聽多看少說話，快手快腳慢用錢。	Look more, listen more; speak less, act fast; spend slow.
28	唯有體驗了艱苦的境遇，才會有精進奮	Only after you encounter affliction and adversity will you summon the

	發的心。	mind of diligence.
29	踏踏實實做人，心胸要廣大；穩穩當當做事，著眼宜深遠。	Be solid and forthright; have a great open heart; be sure and steady in accomplishment, with vision penetrating and far-reaching.
	<b>享受工作</b>	<b>Enjoying Work</b>
30	忙而不亂，累而不疲。	Busy but not in disarray; tired but not worn out.
31	忙得快樂，累得歡喜。	Be happy being busy! Even when you're tired, be joyful.
32	「忙」沒關係，不「煩」就好。	Busy? No matter. No vexation. All is well.
33	工作要趕不要急，身心要鬆不要緊。	Work quickly, not anxiously; mind and body relaxed and unbound.
34	應該忙中有序的趕工作，不要緊張兮兮的搶時間。	Finish your work quickly, but in an orderly manner; don't become nervous trying to compete with time itself.
35	不要以富貴貧賤論成敗得失，只要能盡心盡力來自利利人。	Don't measure success and failure by wealth or poverty; work only to benefit yourself and others with all your heart and strength.
36	任勞者必堪任怨，任事者必遭批評。怨言之下有慈忍，批評之中藏金玉。	Work hard and others may resent you, take up a task and risk criticism; compassion lies within harsh words, treasure buried deep within criticism.
37	隨遇而安，隨緣奉獻。	Be at ease in all encounters; give of yourself, as conditions permit.
38	成功的三部曲是：隨順因緣、把握因緣、創造因緣。	The three acts of success: accord with causes and conditions, act decisively when they arise, shape the future.
39	見有機緣宜把握，沒有機緣要營造，機緣未熟不強求。	Seize opportunity when it arises, create it when it doesn't exist; but when the time is not ripe, don't take unnecessary action.
40	人生的起起落落，都是成長的經驗。	Life's ups and downs are the stuff of growth and development.
41	用智慧處理事，以慈悲關懷人。	Do what you have to do with wisdom; treat people with care and compassion.
42	以智慧時時修正偏差，以慈悲處處給人方便。	When you are off balance, always right yourself with wisdom, everywhere you go, use compassion to make life easy for others.
43	慈悲心愈重，智慧愈高，煩惱也就愈少。	Deep wisdom, great compassion: few vexations.
44	面對許多的情況，只管用智慧處理事，以慈悲對待人，而不擔心自己的利害得失，就不會有煩惱了。	Face whatever is in front of you, act with wisdom, treat people with compassion; forget benefit, harm, gain, and loss, and vexations will diminish.
45	心隨境轉是凡夫；境隨心轉是聖賢。	An ordinary mind bends to circumstances; a sage mind transforms circumstances.
46	大鴨游出大路，小鴨游出小路，不游就沒有路。	Big duck swims, big wake; little duck swims, little wake. No duck in the water? No wake at all.
47	山不轉路轉，路不轉人轉，人不轉心轉。	Can't move the mountain? Build a road! Road blocked? Start climbing! Can't climb? Shift mind!
48	「精進」不等於拼命，而是努力不懈。	True diligence doesn't mean placing your life at risk. It is simply unwavering persistence.
49	船過水無痕，鳥飛不留影，成敗得失都不會引起心情的波動，那就是自在解脫的大智慧。	Boat passes, wake disappears; bird flies, shadow departs. Gain or lose, succeed or fail - emotions do not stir: this is the great wisdom of freedom and liberation.
50	給人方便等於給自己方便。	Making life easier for others is making your life easier for yourself.
51	甘願吃明虧，是仁者；受辱吃暗虧，是愚蠢。	The noble one suffers mistreatment willingly; the fool is humiliated by what he suffers.
52	壓力通常來自對身外事物過於在意，同時也過於在意他人的評斷。	Pressure usually comes from too much concern with what we encounter around us as well as how people judge us.
53	用感恩的心、用報恩的心，來做服務的工作，便不會感到倦怠與疲累。	Serve others with a mind of gratitude and reciprocity and you will be neither tired nor weary.
54	隨時隨地心存感激，以財力、體力、智慧、心力、來做一切的奉獻。	Help others with strength of mind and body, with wealth and wisdom - always and everywhere with a thankful mind.
	<b>平安人生</b>	<b>Living Peacefully and Calmly</b>
55	生命的意義是為了服務，生活的價值是為了奉獻。	The meaning of life lies in serving; the value of life in giving.
56	人生的目標，是來受報、還願、發願的。	The aim of life is to receive karmic retribution, fulfill vows, and make new ones.

57	人的價值，不在壽命的長短，而在貢獻的大小。	The value of life is not in duration but in contribution.
58	過去已成虛幻，未來尚是夢想，把握現在最重要。	The past is an illusion; the future, a dream; the present, essential.
59	不用牽掛過去，不必擔心未來，踏實於現在，就與過去和未來同在。	There is no need to dwell in the past, no necessity to worry about the future: the enduring present holds both past and future.
60	智慧，不是知識、不是經驗、不是思辯，而是超越自我中心的態度。	Wisdom is not simply knowledge, nor experience, nor idle speculation; it is an attitude that transcends self-centeredness.
61	積極人生，謙虛滿分；自我愈大，不安愈多。	Great accomplishment - complete humility; big ego - great insecurity.
62	上等人安心於道，中等人安心於事，下等人安心於名利物欲。	The superior settle their minds upon the Way; the average busy themselves with day to day living; the small-minded pursue fame, fortune and desire.
63	你是有哪些身分的人，就應該做那些身分的事。	You have a particular role and responsibility in life; act accordingly.
64	在安定和諧中，把握精彩的今天，走出新鮮的明天。	In calmness and tranquility make good use of this wondrous day! Tomorrow will shine!
65	擔心，是多餘的折磨；用心，是安全的動力。	Worry causes needless injury! Mindfulness brings security
66	財富如流水，布施如挖井。井愈深，水愈多；布施的愈多，財富則愈大。	Wealth is like flowing water, and giving like the digging of a well. Dig deeper and more water flows in; give more and wealth multiplies.
67	面對生活，要有「最好的準備，最壞的打算」。	Live life this way: the best plan anticipates the worst scenario.
68	只要還有一口呼吸在，就有無限的希望，就是最大的財富。	Even with a single breath remaining, hope is unlimited, and that is untold wealth.
69	救苦救難的是菩薩，受苦受難的是大菩薩。	A bodhisattva saves others from hardship and suffering; a great bodhisattva takes on hardship and suffering itself.
70	超越生老病苦三原則：活得快樂、病得健康、老得有希望。	Three principles to transcend the suffering of birth, sickness and old age: a happy life, a healthy attitude towards sickness, hope in old age.
71	超越死亡三原則：不要尋死、不要怕死、不要等死。	Three principles to transcend death: don't seek it, don't fear it, don't wait for it.
72	死亡不是喜事，也不是喪事，而是一件莊嚴的佛事。	Death is neither a happy event nor a cause for mourning, but a call to practice our faith seriously.
73	每一個孩子，都是幫助父母成長的小菩薩。	Every child is a little bodhisattva that helps his or her parents grow.
74	對青少年，要關心不要擔心，要誘導不要控制，用商量不用權威。	With teenagers: use care, not worry; guidance, not control; communication, not authority.
75	愛你的孩子，與其擔心，不如祝福吧！	To truly love your children, give them your blessings rather than burden them with your worry!
76	夫妻是倫理的關係，不是「論理」的關係。	A couple's relationship should be based on mutual respect, not argument.
77	能不亂丟垃圾，隨時清撿垃圾，都是做的功德。	Stop the litter, clutter and garbage! Always clean up and pick up what you can. These are virtuous acts.
78	眼光，是你的智慧；運氣，是你的福德。	Insight comes from wisdom; good fortune, from merit.
79	喜愛的就想佔有，討厭的就會排斥，患得患失，煩惱就來了。	We love to grasp what we love and reject what we dislike; gain and loss, gain and loss - vexations are sure to come.
80	經常少欲知足的人，才是無虞匱乏的富人。	Having few desires bring riches without worry.
81	心不平安是真正的苦，身體的病痛不一定是苦。	True suffering is a mind without peace or calm. Physical pain and illness are not necessarily suffering.
82	明知心不平安是苦事，就趕快以持念「南無觀世音菩薩」來安心吧！	Know clearly that an unsettled mind is trouble. Right then and there – recite "Homage to Guan Yin, Bodhisattva Avalokitesavara" to calm your mind.
83	現在擁有的，就是最好的。擁有再多也	A rich man is content with what he has; a poor man accumulates and is

	無法滿足，就等於是窮人。	never satisfied.
84	不要用壓抑來控制情緒，最好用觀想、用佛號、用祈禱，來化解情緒。	Don't control emotions by suppressing them; calm them with contemplation, reciting Buddha's name, or prayer.
	<b>幸福人間</b>	<b>Happiness in this World</b>
85	好話大家說，好事大家做，好運大家轉。	Kind words on everyone's lips! Good deeds in everyone's heart! Good fortune in everyone's life!
86	大家說好話，大家做好事，大家轉好運。	Let everyone speak kindly! Let everyone do good deeds! Let everyone's bad luck turn to good!
87	每人每天多說一句好話，多做一件好事，所有小小的好，就會成為一個大大的好。	If everyday, everyone spoke another kind word, did another good deed, then all of these little beneficial acts would turn into a great, great good.
88	急須要做，正要人做的事，我來吧！	An urgent task needs immediate attention? Be ready now!
89	我和人和，心和口和，歡歡喜喜有幸福。	Harmony with myself and others, harmony in mind and speech, and thus blessed with joy and happiness.
90	內和外和，因和緣和，平平安安真自在。	Harmony within and without, harmony in causes and conditions, and thus freedom, peace and tranquility will follow.
91	自求心安就有平安，關懷他人就有幸福。	Seek a peaceful mind, and you will find a peaceful refuge; treasure others and you will find fortune and happiness.
92	人品等於財富，奉獻等於積蓄。	Character creates wealth; giving creates savings.
93	奉獻即是修行，安心即是成就。	Offering yourself is cultivation; calming your mind is success
94	擁有的多，不一定讓人滿足；擁有的少，不一定讓人貧乏。	Great possessions don't necessarily bring satisfaction; few possessions don't necessarily lead to poverty.
95	現在所得的，是過去所造的；未來所得的，是現在所做的。	Right now you gather what you have planted; what you harvest tomorrow, you plant at this moment.
96	好人不寂寞，善人最快樂，時時處處助人利己，時時處處你最幸福。	The good are not lonely; the benevolent, happiest; ever and always help others and thus achieve the utmost happiness for yourself.
97	若希望人際關係相處得好，就要把心量放大，多接納人，多包容人。	If you wish to build good relationships with others, develop a broad mind, and become more tolerant and forgiving.
98	只要自己的心態改變，環境也會跟著改變，世界上沒有絕對的好與壞。	When you change your way of thinking, what is around you will transform accordingly; nowhere in the world will you find absolute good or bad.
99	人與人之間的相處之道，需要溝通，溝通不成則妥協，妥協不成時，你就原諒和容忍他吧。	The way to get along with others is to communicate effectively. When communication fails, compromise, when compromise fails, tolerate and forgive.
100	大的要包容小的，小的要諒解大的。	The great must make allowance for the small; the small must reflect upon the great.
101	以全心全力關懷家庭，用整體生命投入事業。	Devote all heart and strength to your family; commit your whole life to the enterprise at hand.
102	戒貪最好的方法，就是多布施、多奉獻、多與人分享。	The best way to guard against greed is to give more, to extend yourself more, and to share more with others.
103	包容別人時，雙方的問題就解決了。	Disputes are best settled by tolerance.
104	學佛的人，有兩大任務：莊嚴國土，成熟眾生。	Two great tasks lie before Buddhists: to bring grace and beauty to the land in which they live and to help sentient beings grow spiritually.
105	要做無底的垃圾桶，要學無塵的反射鏡。	Be a bottomless receptacle for the ills of the world; study to be a spotless mirror that reflects the world as it is.
106	煩惱消歸自心就有智慧，利益分享他人便是慈悲。	Wisdom comes at the moment when vexations perish from the mind; compassion is nothing more than sharing benefits with others.
107	用慚愧心看自己，用感恩心看世界。	Look at yourself with contrition; at the world with gratitude.
108	淨化人心，少欲知足；淨化社會，關懷他人。	Purify your mind by curbing desire; refine your community with loving kindness for all.