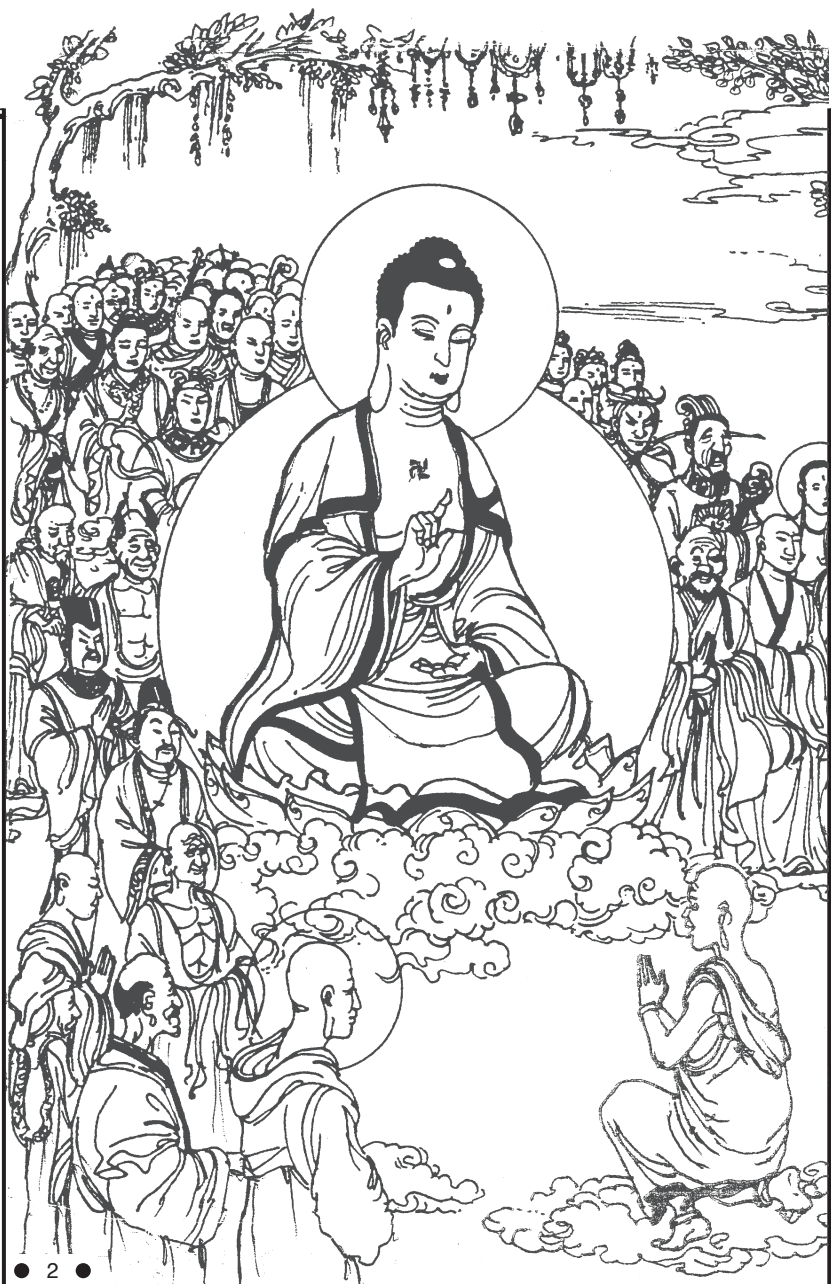




佛教短讯

The **BUDDHIST**
SMS

● 孙果森 居士 ● Soon Guo-Sen ●



□ 佛教短讯启事 □

如果你要将佛教短讯
寄给你的佛友之前，
请你先寄以下这第一首。

★ 佛教千秋大业 ★

当他收到你寄给他这
第一首佛教短讯之后，
他会按照你的指示，
将这第一首短讯寄给
他的佛教朋友。

阿弥陀佛！

□ Buddhist Smses' Notice □

If you want to send Buddhist smses
to your friend, please start by sending the
following first SMS.

★ Everlasting Years of Great Buddhist Work ★

When he receives this first Buddhist SMS
from you, he will follow your instruction and
send this sms to his Buddhist friends.

Amitabha Buddha!



★ Everlasting Years Of Great Buddhist Work ★

Buddhist work
is Everlasting years of
great work.

Following that you
will be able to receive:

Many more
“Buddhist smses”.

After that,
please send to your friend
to ask him to forward it
to other people.

This action is a good deed
which has measureless
merits and virtues!

Amitabha Buddha!



★ 佛教千秋大业 ★

佛教事业是千秋大业。

接下来您将会收到：

“佛教短讯”多首。

之后请您寄给佛友
叫他再转传他人。

此举即是善行，
功德无量！

阿弥陀佛！



& Two Trustworthy Persons &

**In this world,
we absolutely must have
faith in these two persons:**

**One is the founder of our Buddhism,
Shakyamuni Buddha.**

**One is the founder of the Land of Ultimate
Bliss, Amitabha Buddha.**

**Buddhas are truthful ones,
not dishonest ones.**

**If we do not have faith in the Buddhas,
then in whom do we want to believe?**



❧ 两人可信 ❧

这个世界上，
我们绝对要相信这两个人：

一个是我们的佛教教主：

释迦牟尼佛。

一个是极乐世界教主：

阿弥陀佛。

佛是真实者、
不妄语者。

若不相信佛，
哪要相信谁呢？



■ Benevolent Teacher, Guide And Master ■

We pay respect to Shakyamuni Buddha
as our Benevolent Teacher because
Shakymuni Buddha knows about
Amitabha Buddha's Great Vows and
personally asked us to recite Amitabha
Buddha's name so that we can be
reborn in the Pure Land of
Amitabha Buddha's
Buddha-Country.

We pay respect to Amitabha Buddha as
our Guide and Master, because among the
48 Great Vows of Amitabha Buddha
every vow is to guide us to get reborn in the
Pure Land of his Buddha-country,
to get reborn in his Land of Ultimate Bliss!

Let us recite:
"Namo Amitabha Buddha,"
which is the most auspicious,
most inconceivable
great merit and virtue.



∞ 恩师、接引师 ∞

我们拜释迦牟尼佛为我们的恩师。

因为释迦牟尼佛知道
阿弥陀佛发的伟大宏愿，
亲口叫我们念阿弥陀佛佛号，
往生到阿弥陀佛的佛国净土。

我们拜阿弥陀佛为我们的接引导师。

因为阿弥陀佛发的48个大愿中，
愿愿都是为了接引我们
往生到他的佛国净土，
往生到他的极乐世界！

我们念：

“南摩弥陀佛”佛号，
那是一句最殊胜、
最不可思议的大功德呀！

● 佛教短讯 ● BUDDHIST SMS ●



● So, The Great Buddha-Name ●

Amitabha Buddha went through many lives and many kalpas to successfully cultivate 48 Great Vows.

Now, he has become the King of Buddhas,
King of Great Vows, Great Dharma-King,
Great Medicine-King,
and Great King of Merits and Virtues.

Shakyamuni Buddha spoke the Dharma for 49 years, and mentioned that in the unsurpassed Pure Land Great Dharma, the most profound and greatest name is "Namo Amitabha Buddha".

Reciting this one Buddha-name is the great mudra of ending birth and death, as it is complete with all blessings and virtues, all profound wisdom, and all the great seas of the Buddha-Dharma.

Reciting the Buddha's name once, can eliminate 80 billion kalpas of the heavy karma of birth and death. Of all the 84,000 Dharma doors of the Buddha Dharma, the name "Amitabha Buddha" ranks first.

摩 南 阿 弥 陀 佛



⑩ 伟大的佛号 ⑩

阿弥陀佛经历多生多劫修成了48大愿。

现已成了佛王、大愿王、
大法王、大医生、功德王。

释迦牟尼佛说法49年，说净土无上大法
最精髓的一句伟大的称号是：

“南摩阿弥陀佛”。

念一句佛号，是了生脱死的大手印，
具足一切福德，一切深妙智慧，
一切佛法大海。

念一句佛号，能消除80亿劫生死重罪。
佛法8万4千法门，
以“阿弥陀佛”为第一。

一句佛号，它包含一切功德果实，
是3藏12部的总藏心、6度万行、
禅宗1千7百则公案、一切戒律、
8万4千恒河沙数、千千万万的修行法门，
都为这一句佛号所摄。

念佛一法，乃佛教总持法门。
上至文殊、普贤、下至5逆10恶，
地狱众生……。甚至10念1念，皆得往生，
是方便中之方便，万修万人去！



■ How Much Do You Know About Amitabha Buddha? ■

One quarter of the world's population know about Amitabha Buddha.

Nearly one tenth of the people are reciting Amitabha Buddha's name.

Also, in the eastern part of the world, Amitabha Buddha's name has been recited for more than 2,500 years.

The founder of Buddhism,
Shakyamuni Buddha,
knows about Amitabha Buddha's ideal
Buddha-country's Pure-Land,
and also about Amitabha Buddha's
great vows.

Following that, Shakyamuni Buddha
proposed to let billions and millions
of living beings make the vow
to set their mind to go to
Amitabha Buddha's Land
of Ultimate Bliss!



★ 你知道阿弥陀佛多少? ★

全世界超过4份之1的人知道
“阿弥陀佛”。

近10份之一的人在念
“阿弥陀佛”的名号。
而在世界的东方，
“阿弥陀佛”的名号在
世界上已经传诵了
2,500多年。

佛教教主释迦牟尼佛知道
“阿弥陀佛”的理想佛国净土，
也知道“阿弥陀佛”的
伟大誓愿。

接着，释迦牟尼佛建议
要让亿亿万万的众生发愿，
归心到“阿弥陀佛”的
极乐世界去！



● Amitabha Buddha's World ●

When Amitabha Buddha was cultivating on the causal ground, he brought out the utmost great compassionate mind for the sake of living beings.

After going through extreme hardship in cultivation, he succeeded in creating his world, known as "the World of Ultimate bliss".

At the beginning, Amitabha Buddha's name was Dharma Treasury Bhikshu, who made Forty Eight Great Vows and used thirty five Great kalpas to cultivate. Until he attained Buddhahood. (One Great Kalpa is equal to 13 billion and 44 million years).

Since Amitabha Buddha created the World of Ultimate Bliss until now, 10 Great Kalpas have gone by.

Amitabha Buddha embodied his cultivation in one word which is his Buddha-name.

Now, only if we maintain the recitation of Amitabha Buddha's name until we die, we will definitely be reborn in Amitabha Buddha's World of Ultimate Bliss.



⑩ 阿弥陀佛的世界 ⑩

阿弥陀佛在因地修行的时候，
为了众生，他发了极大的慈悲心。

经过千辛万苦的修行，
他成功创立了他的世界，
叫着“极乐世界”。

佛创立了极乐世界，
到现在已经是10个大劫了。

当初，阿弥陀佛的法名是：
法藏比丘。他发了48个大愿，
用了5个大劫的时间修成佛。
(一个大劫等于13亿4千4百万年)。

阿弥陀佛
将他的修行灌入一句佛号内。

现在，我们只要终身持念佛号，
我们绝对往生到
阿弥陀佛的极乐世界去呢！



✱ Amitabha Buddha's Merits And Virtues ✱

The founder of Buddhism,
Shakyamuni Buddha,
knows about the perfect merits
and virtues of Amitabha Buddha.

He also knows that Amitabha Buddha
infused all of his inconceivable merits
and virtues into a simple name of the Buddha,
and then transfer the Buddha's name to us.

The Tripitaka (Three stores of the
Buddha's teaching) in twelve sections
as well as all the sutras are embodied
in this one name of Amitabha Buddha.

Every day, we only need to maintain our
mindfulness of the Buddha's name
and rely on Amitabha Buddha's great vows
for him to come and welcome us to
his Pure Land of Ultimate Bliss.

Amitabha Buddha is the Buddha-king,
the great Dharma-king,
the great Medicine-king,
the great Vow-king and
the great king of Merits and Virtues.



❧ 阿弥陀佛的功德 ❧

佛教教主释迦牟尼佛知道
阿弥陀佛的圆满功德。

也知道阿弥陀佛，
灌入一句简单的佛号内，
然后将佛号回向给我们。

三藏十二部以及一切的经典，
都包含在这一句佛号里面了。

我们每天只要持念佛的名号，
仗佛的大愿力来引度
我们到阿弥陀佛的极乐净土。

阿弥陀佛是佛王、
大法王、
大医王、
大愿王、
大功德王呀！



■ Use The Buddha's Name To Lead And Save Us ■

The founder of the Western Land of Ultimate Bliss, Amitabha Buddha, had really given much thought to the salvation of all living beings. He had already made extremely kind and compassionate vows, using one simplest name of the Buddha to lead and save us to his pure land of ultimate bliss.

Now, billions and millions of living beings only have to maintain the chanting of one word:
"Namo Amitabha Buddha,"
a simple Buddha-name,
and that's enough condition for him to lead and save us to his pure land of ultimate bliss.



卐 用佛号引度我们 卐

西方极乐世界教主阿弥陀佛，
他真的用心良苦。
他发了非常慈悲的愿，
用一句最简单的佛号
来引度我们到他的
极乐净土。

现在亿亿万万的众生，
只要持念一句：
“南摩阿弥陀佛”
简单的佛号，
就足够我们往生到
极乐世界的条件了。



■ The Buddha Transfers His Merits And Virtues To Us ■

Amitabha Buddha
channelled all of the merits and virtues
which he had cultivated into one word:

“Amitabha Buddha”

Then he transferred to us
all of his magnificent
merits and virtues.

We always do just
a tiny bit of work and
transfer our merit and
virtue to Amitabha Buddha.

Amitabha Buddha
has already realized Buddhahood
for ten great kalpas.

Does he still need us to transfer
our merits and virtues to him?

But we must still transfer
our merits and virtues
and vow to be reborn
in his Pure Land.



㊦ 佛将功德回向给我们 ㊦

阿弥陀佛将他所修的功德
灌入一句：“佛号”内，
然后将他的宏伟功德
回向给我们。

我们往往做了一些毛皮小事，
就回向功德给阿弥陀佛。

阿弥陀佛成佛已经10个大劫了。
他还要我们回向功德给他吗？



■ Amitabha Buddha's First Great Vow ■

Amitabha Buddha's first Great Vow
is specially to save the living beings
of the Three Evil Realms of Hell,
Hungry Ghosts and Animals
who have very heavy karmic obstruction.

Therefore, the present living beings
in the Land of Ultimate Bliss
can be said to be mostly evil people
who have gone there.

Then only the Buddha will save
the Bodhisattvas and sagely people.

It appears that Amitabha Buddha
is also taking a fancy to
the "you" and "me"
who have the very heavy karma of anger,
stupidity, arrogance,
the five deadly offences
and the ten evil deeds.



3 阿弥陀佛第一个大愿 &

阿弥陀佛的第一个大愿，
就是专门要度三恶道：
地狱、饿鬼、畜生……
业障深重的众生。

因此，
现在极乐世界的众生，
可以说大部份都是恶人去的。
然后，佛才度菩萨及圣人。

看来，
阿弥陀佛也看中了贪嗔痴慢，
五逆十恶，
业障深重的
“你”
和
“我”了。



✱ "Uphold And Recite My Name" ✱

Bodhisattvas use great psychic power to
go to the Western Land Of Ultimate Bliss
and asked Amitabha Buddha:

"If living beings want to be born
in this country,
how should they cultivate?"

Amitabha Buddha's golden mouth said:

"To be born in my country,
Uphold and recite my name."

It is very simple,
just one Buddha's name:
"Namo Amitabha Buddha."



∞ 持念我名 ∞

菩 萨以大神通力到西方
极乐世界国土，
问阿弥陀佛说：

“众 生欲生此国，
如何修行”？

阿 弥陀佛金口说：

“欲 生我国，
持念我名”。

很 简单，
就是一句佛号：

“南 摩阿弥陀佛”。



▣ Mind ▣

The Buddha spoke the Dharma for 49 years,
and did say any more than
the one word "mind".

All the things in the world
are manifested from
our mind-consciousness.

The Ten Dharma-Realms
are also created by our mind.

The so called "Mind-Only Pure Land" is
manifested from our pure-mind.
Self-nature Amitabha is also
manifested from our pure-mind.

The important point of
cultivation is "cultivate mind",
and not other Dharma door.



心

佛说法49年，
没有说第二个字，
只说了一个“心”字。

世界上一切事事物物，
都是由我们的心
识所变现出来的。

十法界也是由我们的心
所造出来的。

所说的“唯心净土”是我们的
清净心所变现出来的。
自性弥陀也是由我们的
清净心所变现出来的。

修行的主要重点，
就是“修心”，
并没有其他法门。



& Mind Thus Thus Unmoving &

**The mirror reflects all the images in it:
all the good and bad images are there;
but the mirror is not defiled by them.**

**It is not impure nor pure,
not increased not decreased,
not defiled by even a speak of dust.**

**Our mind is like the mirror:
When good states appear,
our mind does not give rise to happiness.**

**When adverse come,
our mind also does not give rise to disgust.**

**Thus, our mind is thus, thus, unmoving.
Thus is concentration power.
This then is cultivation!**



& 心如如不动 &

镜子里所现的相：
好的相恶的相全都有；
但镜子
不沾不染，
不垢不净，
不增不减，
一点一尘都不染着。

我们的心好比镜子一样：
好的境界现前，
心亦莫生欢喜心。
受到逆境污染，
心亦莫生厌恶想。

这样，
我们的心就如如不动了。
这就是定力，
这就是修行啊！

● Where Is The Mind? ●

"Mind" does not come nor go,
is not long nor short,
is not on the left nor the right,
not above nor below,
not in the middle,
not in the body nor outside the body.

Since the "mind" is not inside
nor outside the body,
where can it be?

"Mind" is not here and yet is here,
no where it is not existing,
it is everything,
but it cannot be seen because
the mind has no mark that can be seen.
It is mysterious like the empty space,
and it is not possible to use
anything to certify or represent it.

When you are enlightened,
only you yourself know and understand it.
You have no way to make
it clear to anybody.
This "mind" is the "Buddha."

□ “心” 在哪？ □

“心” 不来不去，
不长不短，不在左右，
不在上下，不在中间，
不在身内， 也不在身外。

“心” 既然不在身内也不在身外，
那 “心” 到底在哪呢？

“心” 不在也在，
无所不在，
哪里都有，
但又见不到。
因为心无相可见。
它有如虚空那样玄妙，
无法拿出任何东西证明或代表它。

当你开悟的时候，
只有自己知道，只有自己明白。
你没有办法向任何人说清楚的。
这个 “心” ，
就是 “佛” 啊！

∞ The Mind Has No Discrimination ∞

In cultivation, what is there to cultivate?

First, we want to cultivate our body's six sense-organs, namely :

eyes, ears, nose, tongue, body and mind.

When the eyes see virtues and evil, good and bad things, the mind has no discrimination.

When the ears hear pleasant or unpleasant sounds, the mind has no discrimination.

When the nose smells fragrant or stinking odour the mind has no discrimination.

When the tongue tastes sweet or bitter flavor the mind has no discrimination.

When the body is in contact with a cold or hot weather, the mind has no discrimination. In short, do not use the mind consciousness to direct them.

The Buddhas in the three periods of time, all of them teach about this mind; the lineage of Patriarchs teach about this mind.

The Buddha transmits the teaching about this mind because the pure mind is the Buddha mind!

@ 心没有分别 @

修行，要修什么？

首先，我们要修自己身上的六个器官，
就是：眼、耳、鼻、舌、身、意。

当眼睛看见到善恶好坏的东西，
心没有分别。

当耳朵听到好听不好听的声音，
心没有分别。

当鼻子嗅到是香是臭的气味，
心没有分别。

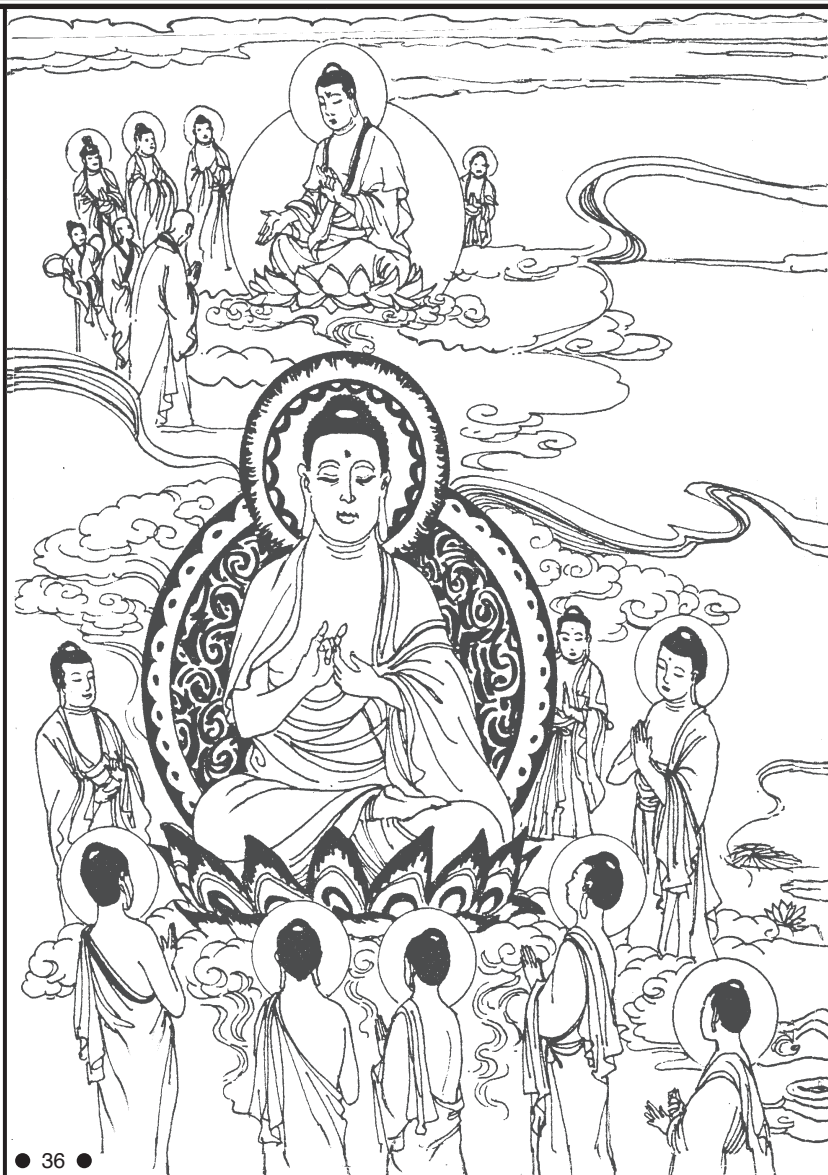
当舌头舐到甜或苦的味道，
心没有分别。

当身体接触到又冷又热的气候，
心没有分别。

总之，不要用意识来指挥它们。

三世诸佛，佛佛相授此心。
历代祖师，祖祖相授此心。
佛祖之所以传授此心，
因为，清净心就是佛心啊！

●佛教短讯●BUDDHIST SMS●



◎ 心、佛、众生 ◎

经云：

“心、佛、众生”三无差别。
清净心与佛心是没有差别的。

我们成佛是这个心，
堕恶造罪也是这个心。

无论修什么法，
还是修这个心。

明白这个道理，
十方诸佛常现在你面前了。

Mind, Buddha, Living Beings

The Sutra says :

"Mind, Buddha and living beings"
all three are not different.

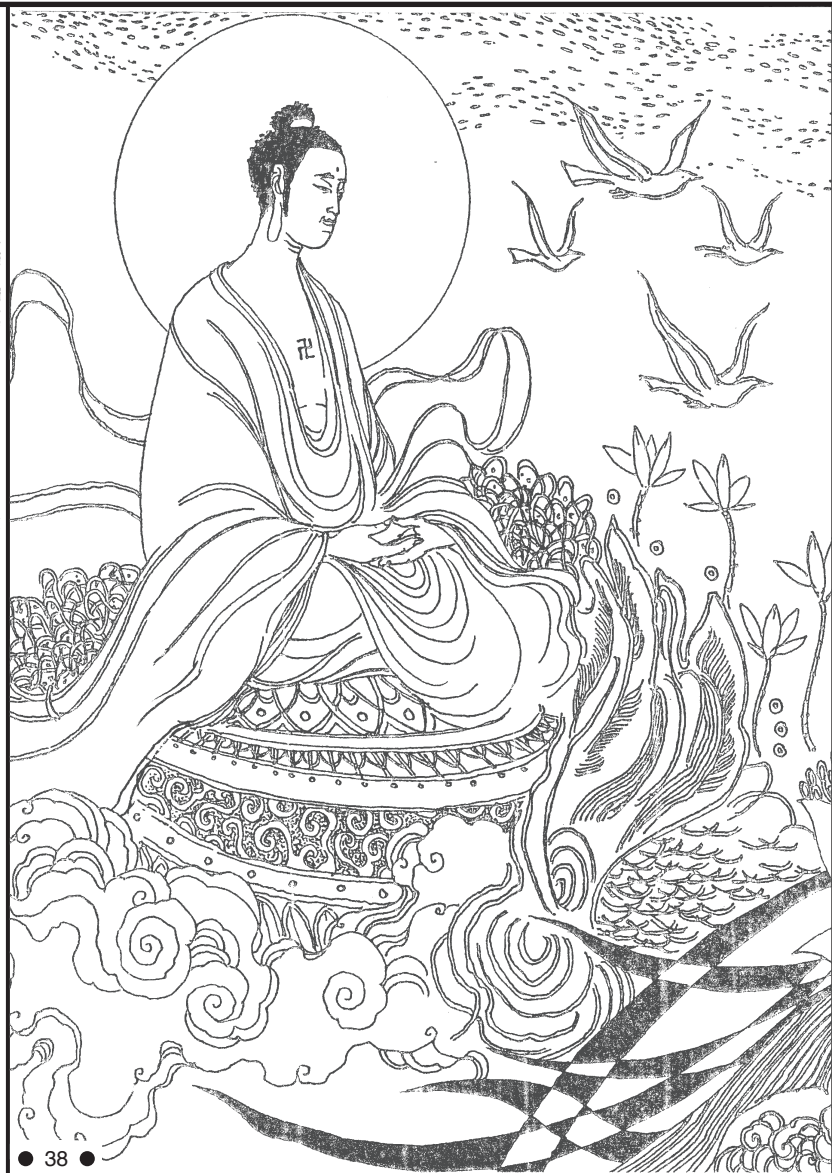
The pure mind and the Buddha's mind
are not different.

We become a Buddha with this mind;
descend into evil and commit crimes
also with this mind.

No matter what Dharma is cultivated,
it is still cultivating this mind.

When you understand this principle,
all the Buddhas in the Ten Directions
frequently appear in front of you.

● 佛教短讯 ● BUDDHIST SMS ●



□ 佛心、魔心 □

这个世间最困难的战争，
是在于内心当中的
“佛心”
与
“魔心”
之间的战争了。

一个人的日常生活中，
每天的行为，
或所做的一切事物物，
若不是善事（佛），
就是恶事（魔）了。

Buddha's Mind Demon's Mind

The most difficult war
in this world
is the war in the mind
between the "Buddha's Mind"
and the "Demon's Mind."

In a person's daily life,
every day,
his behaviour or all the things he does
are either good deeds (Buddha)
or evil deeds. (Demon).



❧ Purifying The Defiled Mind ❧

**Be grateful to the founder of Buddhism,
Shakyamuni Buddha,
for teaching us the Dharma,
so that we know that from the
beginningless kalpas, our mentality is evil,
defiled, crafty, dishonest, hypocritical, filled
with greed, anger, delusion
and every possible evil deeds committed.**

**Now, we have gradually, little by little,
entered the Buddha's teaching and practised
the Bodhisattva Way.....**

**In the future, life after life,
we will make great vows and
save completely all living being.**



修污染的心

感恩佛教教主释迦牟尼佛，
教我们学了佛之后，
知道我们从无始劫以来，
我们的心态是
秽恶、污染、
奸诈、欺骗、
虚伪、贪嗔痴，
无恶不作……。

现在我们已逐步地，
渐渐地，
精进学佛了，
行菩萨道了……。

以后我们生生世世，
发大愿，
度尽一切众生啊！



● Own Mind Unmoving ●

No matter what good or evil state is seen,
it's only seen by the eyes,
but we must look at our own thus,
thus, unmoving mind.

Since the state has been seen,
do not keep the state in the mind,
and do not let the mind be turned
by the state.

The Sutra says :
"If oneself knows and understands
and the mind does not abide in any place,
this is known as knowing
and understanding the inherent nature."

Mind is no mind.
This is the way to cultivate
to become a Buddha.

This mind which does not abide
anywhere is the Self-Nature Buddha
which you see.



▣ 自心不动 ▣

无论看到什么善什么恶，
只准眼见，
但要看着自己如如不动的心。
既然见到了，
心不留境界，
心亦不随境界转。

经云：

“若自了了知，心不住一切处，
即名了了知本性”。
心就是无心，
佛就是这样修成的。

这不住一切处的心，
就是你见到你的自性佛了。

★ Mind Pure, Buddha Land Pure ★

**The pillar of the Pure Land Buddha
recitation Dharma door is :**

"Mind Pure, Buddha Land Pure."

**When the mind is pure,
the Land of Ultimate Bliss will appear.**

**Then, we will live in the
Land of Ultimate Bliss. It is said :
The self-nature Amitabha Buddha
is only the mind's pure Land.**

**The true pure land,
the true Western Land
of Ultimate Bliss' door of entry
is through our own true mind.**

**If our mind is always going outside
to seek and pursue, then,
forever we will not find the pure land.**

**Therefore, Buddha-recitation
is reciting from the present-mind,
which does not go outside
to seek and pursue.**



∞ 心净佛土净 ∞

净土念佛法门的核心，
就是：
“心净佛土净”。

心清净，极乐世界就现前。
我们就活在极乐世界里了。
所谓：自性弥陀，唯心净土。

真正的净土，
真正的西方极乐世界的入口处，
是由我们自己的真心切入的。

如果我们的心的心一直向外求。
心一直向外寻寻觅觅，
那么我们永远是找不到净土的。

因此，
念佛是从今心（念）
的心念起的呀！



● Mind's manifestation ●

When there is Name(Form) and mind,
There is Mark.

E.g. a cup is said to be Name(Form).

Then, in the mind there exists
the mark of a cup.

Every state in front of the eyes
is manifested by the mind.

Seeing good and bad people is also
manifested by one's own mind.

Only after studying the Buddha's
teaching, one will know that

"mind is the state,
and the state is mind."

Most important of all,
is to remember that

Upon meeting the bad and evil,
one must be able to change
one's mental state.



子 心的变现 子

有名（色）必有相。
如说茶杯为名（色），
心里就有这个“茶杯”的
“相”存在了。

眼前一切的境界，
都是自己的心变现出来的。
看到好人恶人，
亦是自己的心变现出来的。

学佛之后，
才知道“心即是境，
境即是心”了。

最要紧记的是：
若遇到不好的、
恶的……这时候，
要懂得转自己的心境啊！

■ Our Buddha-Nature ■

Our "Buddha-nature"
is our own pure mind-ground.
Every day, we are together with
the "Buddha-nature",
every day living within
the "Buddha-nature's" circle,
but we are not aware and do not know.
We still go outside ceaselessly looking
for our "Buddha-nature"
in the east and the west.

Our self-nature is our original face
and the Buddha-nature.

People who are enlightened
to the "Buddha-nature" live in the life
of enlightenment every day,
and understand that their original nature
is empty and still,
without the mind-mark,
and contains limitless merits and virtues.
Any belief, activity, and habitual
action is the "Buddha-nature's" function.

& 我们的“佛性”&

我们的“佛性”

就是自己的清净心地。

我们每天和“佛性”在一起，
天天生活在“佛性”的圈子里，
自己却不觉，也不知道。

自己还不断的在外面，
到处去东找西找自己的
“佛性”。

我们的自性就是

我们的本来面目，
也就是佛性了。

了悟“佛性”的人，

天天活在觉悟的生活中，
明白自己的本性是空寂无心相的，
藏有无量性功德。
任何言、行、举止
的动作皆是
“佛性”的运作。

□ 两尊活佛 □





▣ 两尊活佛 ▣

做人儿女的，
一定要孝顺父母。

你知道为什么吗？

因为：

“父母”

是我们家里的：

“两尊活佛”啊！

Two Live Buddhas

All children must be filial to their parents.

Do you know why?

Because!

"Parents"

are the two live Buddhas in our house!

世间万法，父母恩大



□ 以孝为本 □

佛教以孝为本。

父母是我们一生中最大的福田。

孝养父母与孝养佛的功德是一样的。

此外，劝父母信佛念佛，才是最圆满的孝道！

Take filiality As Basic

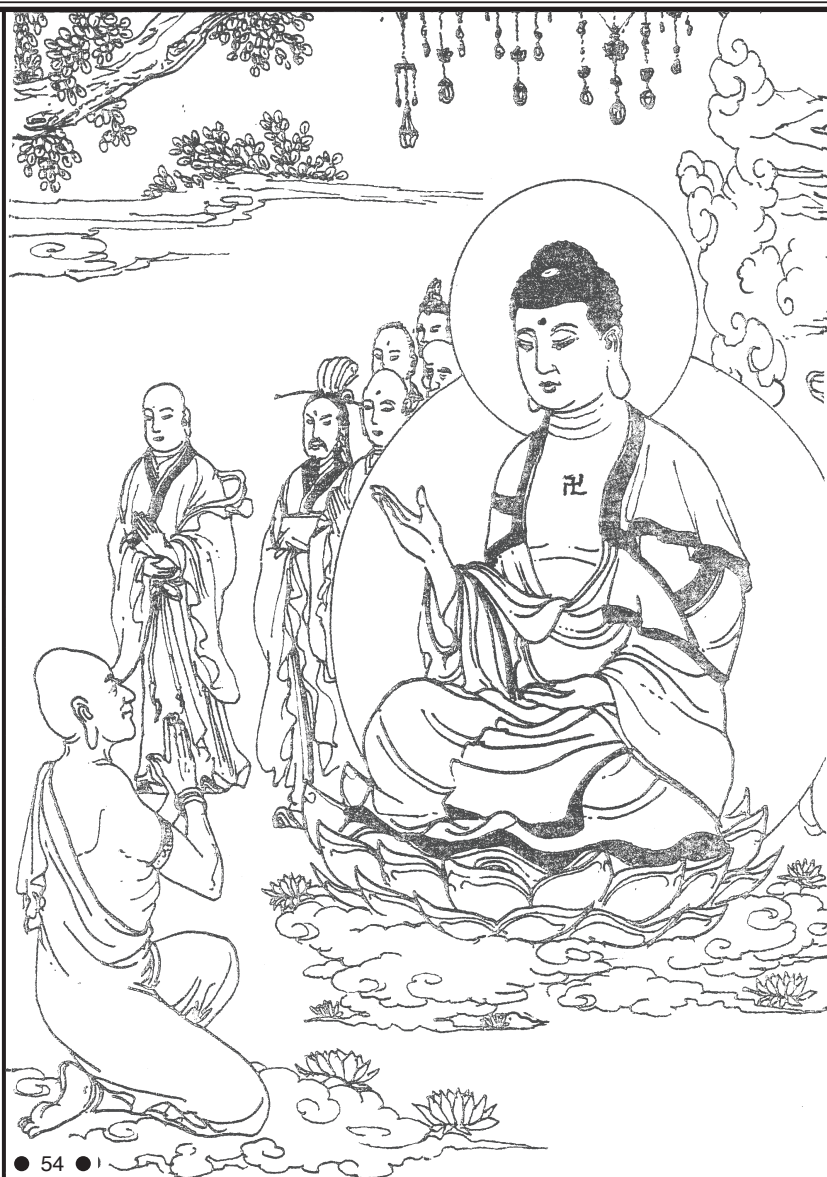
**Buddhism takes Filiality
as the basic principle.**

**Our parents are the greatest field
of blessings in our whole life.**

**Filiality to and supporting our parents
have the same merit and virtue
as filiality to and supporting the Buddha.**

**Besides that, getting our parents
to believe in the Buddha
and be mindful of the Buddha
is truly the most perfect
practice of filiality.**

●佛教短讯●BUDDHIST SMS●





★ 报父母恩 ★

欲报父母恩，
自己得先往生到极乐世界。
到时就有天眼通，
可以看到过去世父母
现在在那一道中……。

所以，
现在就要死心蹋地的
老实念佛了！

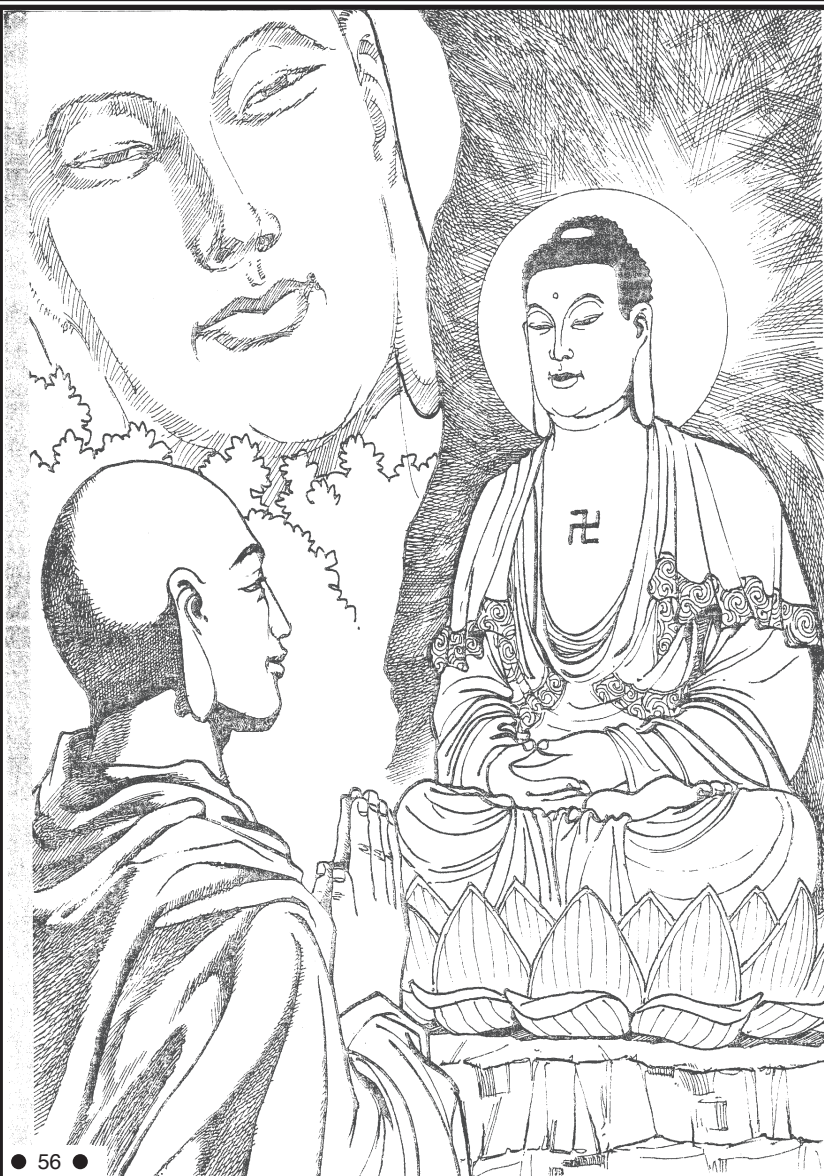
Repaying Our Parents' Kindness

If we desire to repay our parents' kindness,
we must first be able to get rebirth to the
Land of Ultimate Bliss.

After that, we will have the heavenly eye
penetration and can see in which realm our
past parents are abiding now.

Therefore, we must be determined now to
sincerely be mindful of the Buddha!

● 佛教短讯 ● BUDDHIST SMS ●





£ 怎能不孝呢? £

我们接受不认识的人
捐给我们的
眼角膜、肾脏，
让我们重见光明，
我们就感激不尽了。

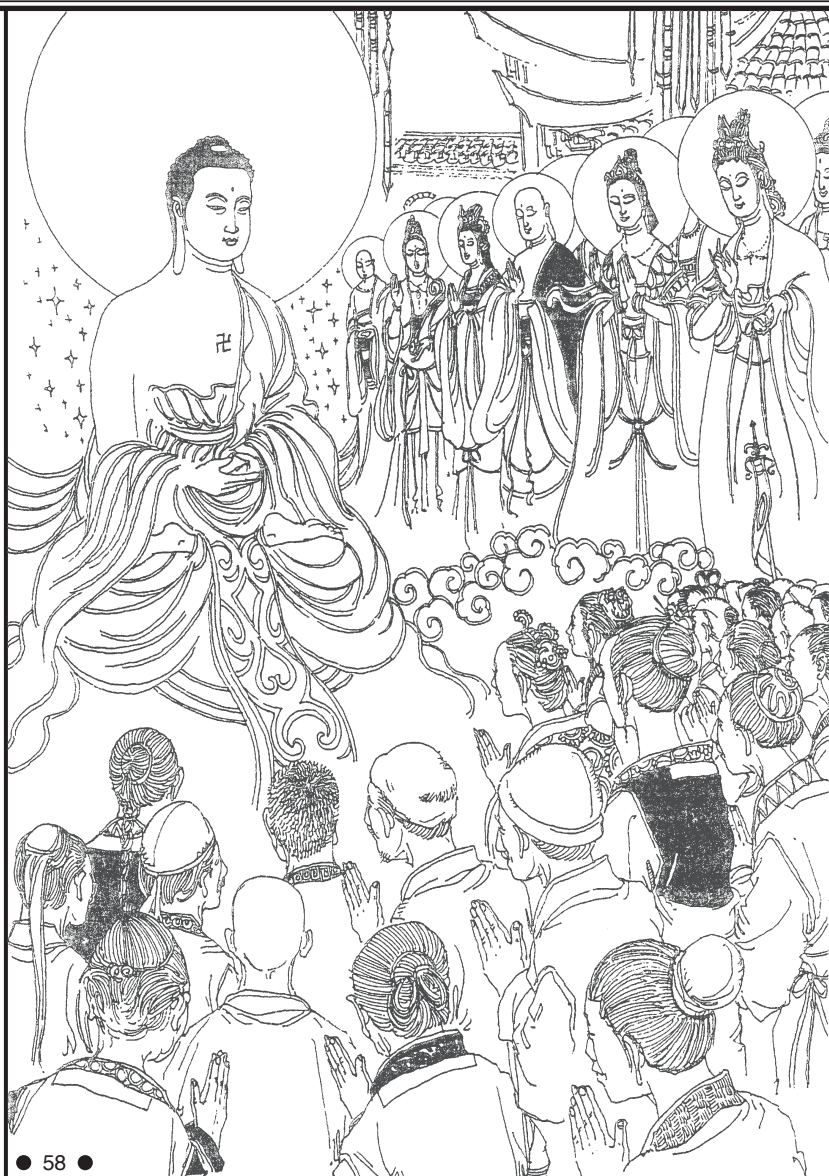
父母赐给我们一个完整的身体，
我们怎能不孝顺父母呢？

How Can We Be Unfilial?

When we receive from unknown people
who donate to us
their cornea, or kidney,
which enables us to see light again
we are boundlessly grateful.

Our parents give us
a complete whole body.
How can we be
unfilial to our parents?

● 佛教短讯 ● BUDDHIST SMS ●



＊ 杀生吃肉 ＊

杀生吃肉的人，罪业最严重。
你现在杀它吃它，怨仇结得最深。

来世杀债杀报，血债血还。
恶果最为惨烈。

怨怨相报，轮回不息，
永无了期……。

悲也！

Killing And Eating Meat

People who kill animals
and eat their meat commit the most
serious evil karma. Now you kill the animal
and eat it and you have
created the deepest enmity.

In future lives you have to repay for the
killing debt and the blood debt.
The fruits of evil deeds
are most tragic and violent.

Enmity begets
enmity in ceaseless rebirths,
forever without an end. That's pitiful.

● 佛教短讯 ● BUDDHIST SMS ●



❧ 放生吃素 ❧

“戒杀、放生、吃素”
是三善业。

但还不能了断生死。

现今时代，众生业重难断。
唯有“念佛”一法，
不但能断罪业，
还可以带业往生。

Liberating Lives And Eating Vegetarian Food

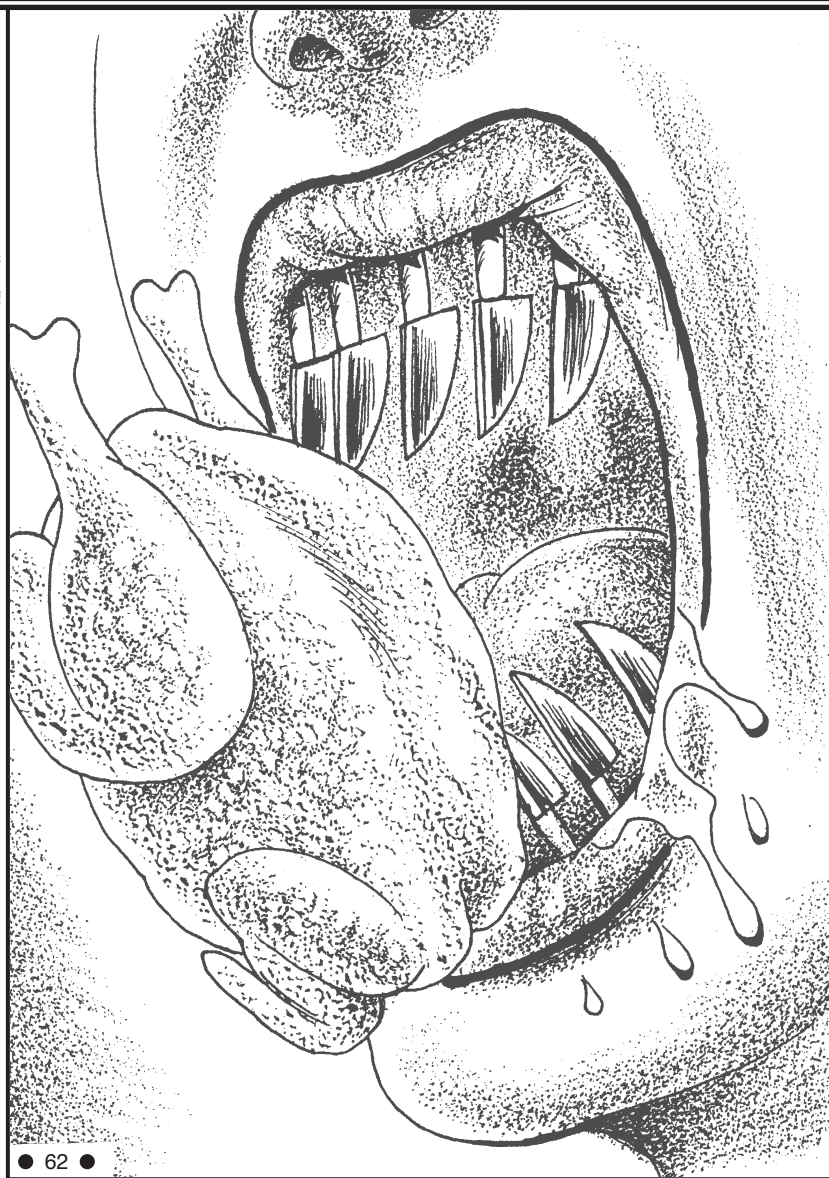
“Observing the No-killing Precept,
Liberating lives and eating vegetarian food”
are three virtuous deeds.

However, that is still not able to
end birth and death.

In the Dharma Ending Age,
the karma of living beings is heavy and
difficult to cut off.

Only the dharma of reciting
the Buddha's name,
not only can cut off evil karma but also
can cause the person to take along
the karma and be reborn in
the Pure Land.

● 佛教短讯 ● BUDDHIST SMS ●



吃肉与杀生

楞伽经云：

“食肉与杀生同罪”。

因为肉是从有生命的
众生遭受屠杀而来。

天天吃肉就等于天天造杀业。

三餐吃肉就等于三餐欠杀债！

Eating Meat And Taking Lives

The Lankavatara Sutra says:

“Eating meat and taking lives
are the same evil.”

This is because meat comes
from living beings
which have been slaughtered.

Eating meat daily is equal to
committing the killing karma daily.

Eating meat three meals a day,
therefore, is equal to incurring
the debt of killing in the three meals!

● 佛教短讯 ● BUDDHIST SMS ●





● 杀生伤己 ●

杀生等于伤害自己的慈悲心，
折损自己的福报，
折损自己的寿命。

报应随时近在自身，
远在儿孙。

Taking Lives Injures Self

Taking lives tantamounts to
harming one's loving
kindness and compassion,
decreasing one's blessings,
and shortening one's
life-span.

The retribution is
anytime as close as
to one's own body,
and as far as to one's
own children and grandchildren.

● 佛教短讯 ● BUDDHIST SMS ●



杀生的罪

经云：

杀生的罪能令我们堕落三恶道，即：
地狱道、畜生道、饿鬼道受苦。

受苦完毕转生人道时，得二种果报：

一者短命。

二者多病。

The Crime Of Taking Lives

The Sutras say:

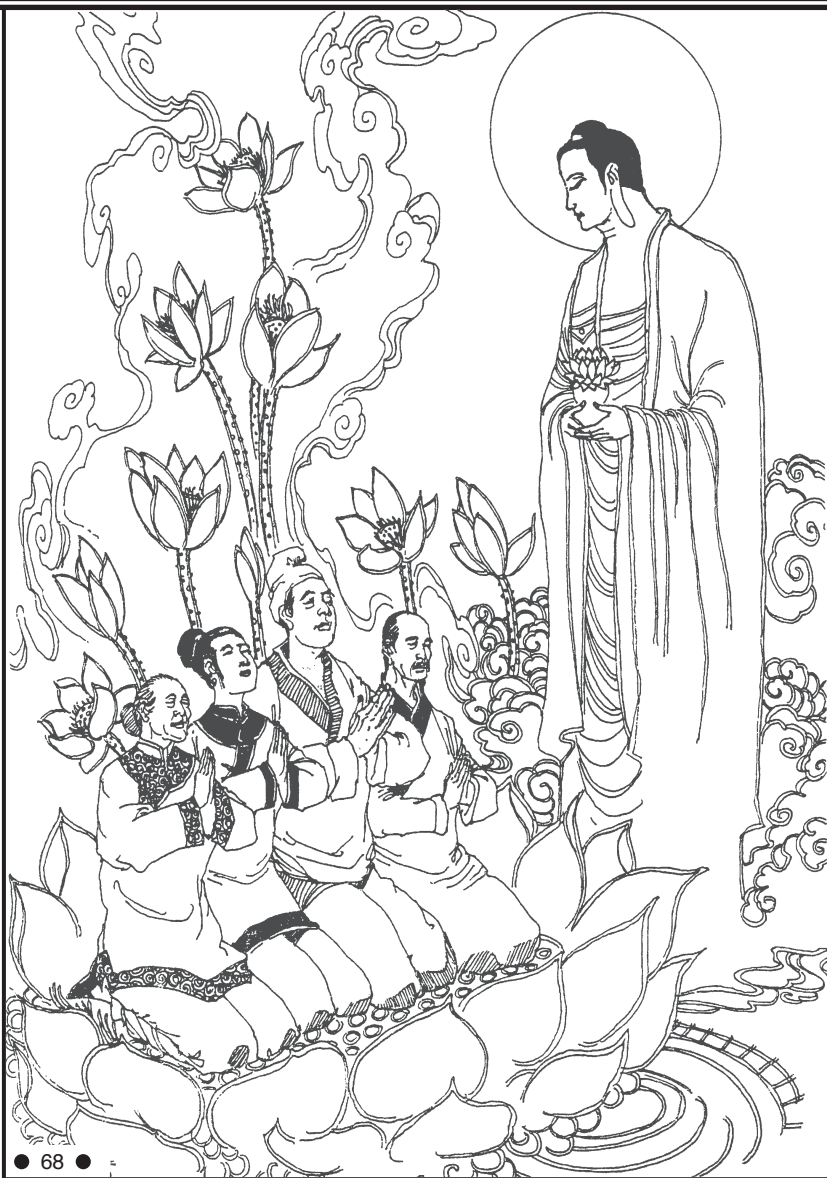
The crime of taking lives can cause
our fall into the Three Evil Realms,
namely, the Hell Realm,
the Animal Realm,
and the Hungry Ghost Realm to suffer.

When the retribution of
suffering is over and we are reborn into
the human realm, we will reap
two kinds of retribution:

1. Short life-span.

2. Many illnesses.

● 佛教短讯 ● BUDDHIST SMS ●



∞ 不杀生 ∞

人若不杀生，
就可以避免：

天杀。

鬼神杀。

盗贼杀。

未来怨亲，
怨怨相报杀！

Not Killing

If people can abstain from killing,
then they can avoid:

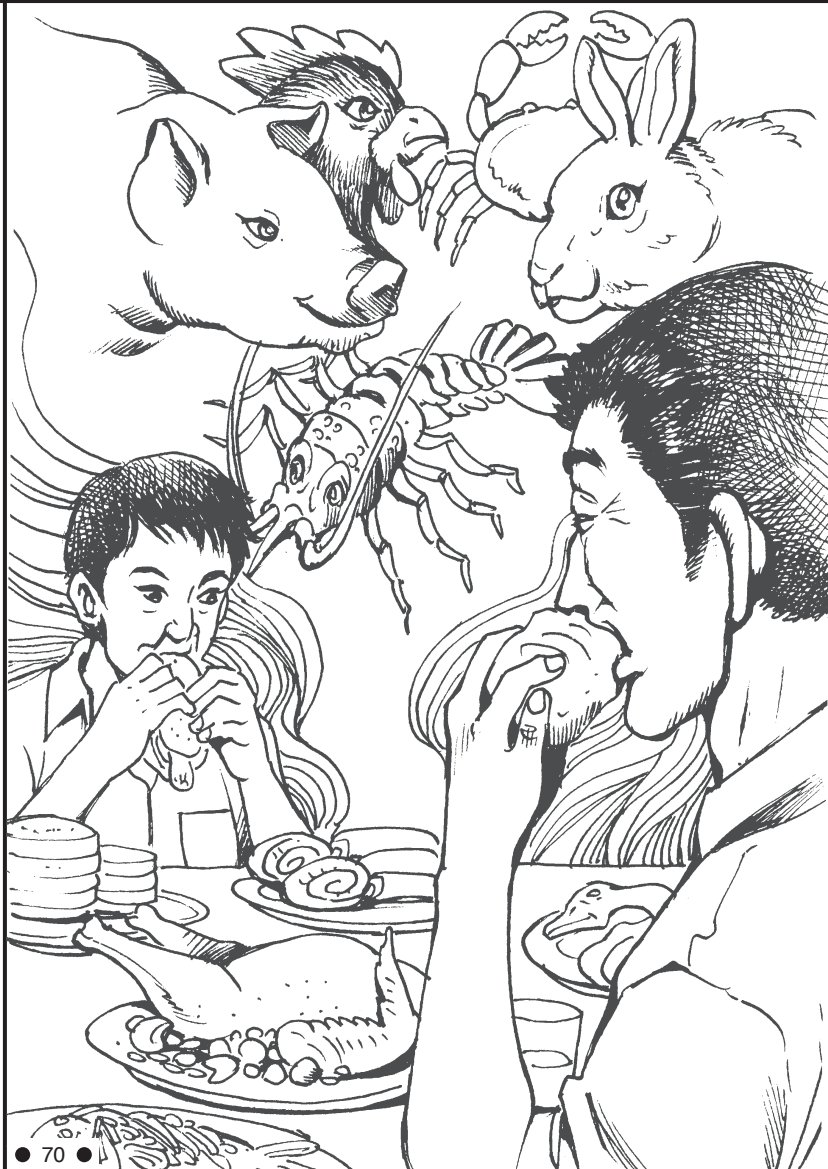
Being killed by natural disasters,

Being killed by spirits,

Being killed by thieves and robbers,

Being killed by enemies and
relatives in future mutual
revenge killing due to hatred.

□ 杀生最重 □



千佛欢喜

一人吃素，千佛欢喜。

一人杀生，冤解不开。

一个修行人，如果杀生，
就断了自己的大慈悲心。

来日你证道成佛，
他不给你度他！

A Thousand Buddhas Are Happy

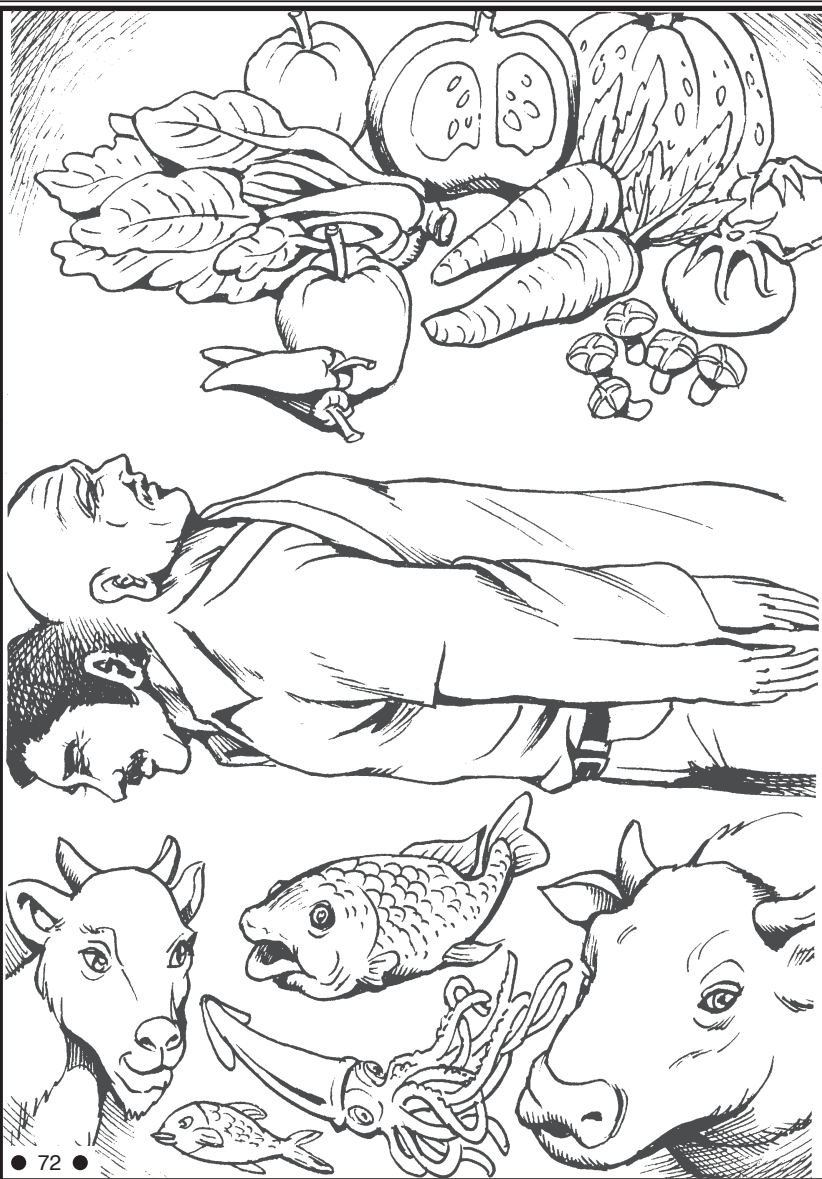
When one person eats vegetarian food,
a thousand Buddhas are happy.

When one person takes lives,
the enmity cannot be undone.

When a cultivator takes lives,
he cuts off his own great mind
of loving kindness and compassion.

In the future,
when you certify to the Way and become a
Buddha, he will not let you save him!

ॐ 杀生最重 ॐ



□ 杀生最重 □

诸恶业中，杀生最重！

普天之下，天天吃肉，等于天天杀生！

要健康、长寿、安乐……
当以戒杀吃素最好。

挽回天灾人祸的第一妙法！

Taking Lives Is The Heaviest Karma

Of all the evil karmas,
taking lives is the heaviest.

In the whole world,
eating meat daily is equal to
taking lives daily.

In order to have good health, long life,
peace and happiness —
the best thing to do is to observe
the precept of not killing,
and to take vegetarian food.
This is the number one dharma for
preventing natural disasters
and human calamities.



■ Anger Begets Anger ■

**When an animal is about to be killed,
it does not want its life to end,
and to die so quickly like that.
So, it delivers its hateful thought and
revengeful energy to its body as a poison.**

**When we eat its meat,
we may not get poisoned immediately
but the poison accumulates over a long time
in our body and
thus causes a disease.**

**This is a disease of the karma of
hatred which is incurable.**

**In future life-times it will again
ask for repayment of debt,
one payment for every debt,
one life for every life.**



∞ 怨怨相报 ∞

当动物要被杀时，
它不想它的寿命这样快就死去。
所以它把嗔恨心和仇恨怨气，
运到体内成为毒素。

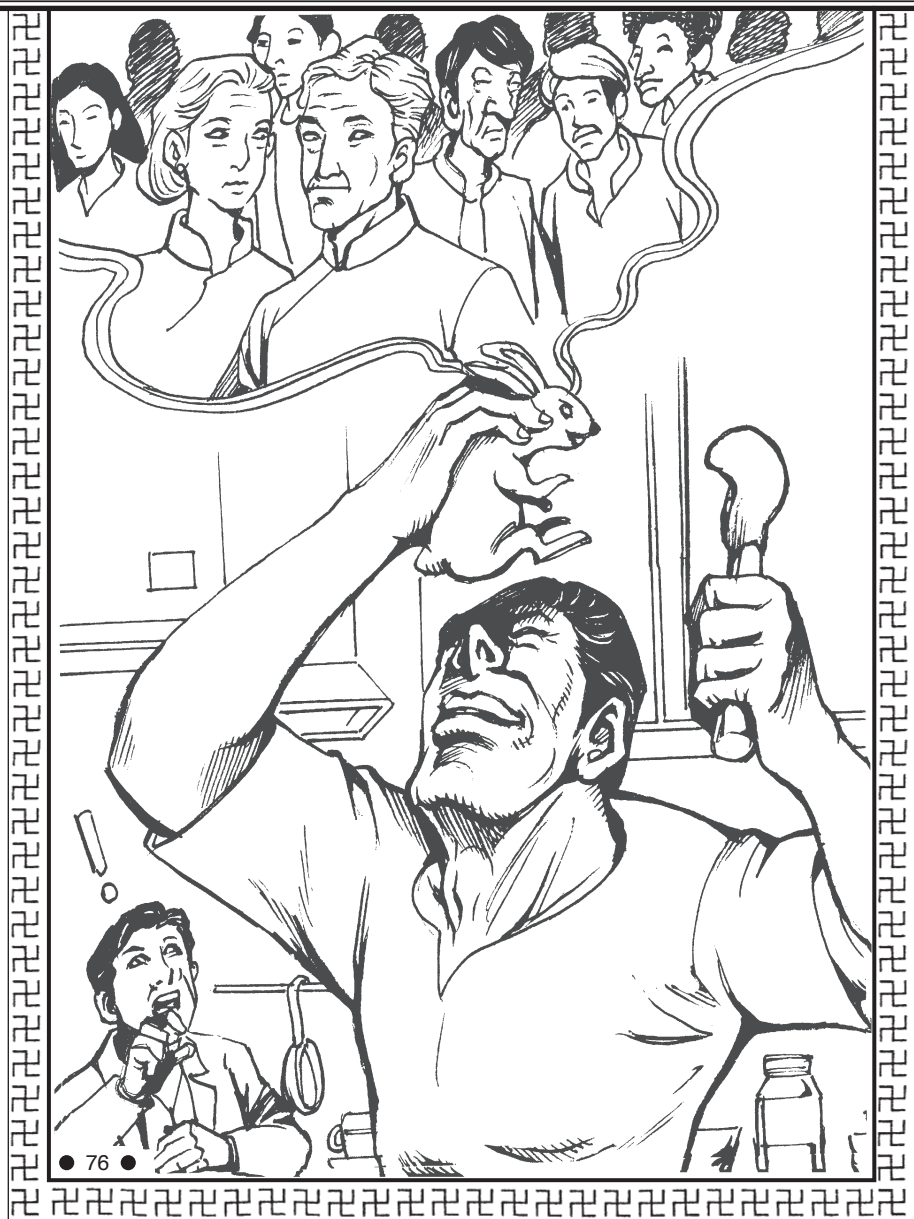
我们吃它的肉时，
虽然不会即刻中毒死亡。

但是，
毒素以长时间累积在我们的身体内，
积久了则成为疾病。

这是“怨业病”
是无法治好的疾病。

来世再向你讨债，
一报还一报，
一命偿一命。

●佛教短讯●BUDDHIST SMS●





☸ My Birthday ☸

I do not celebrate my birthday
because the "day of my birth"
was my mother's "day of suffering".

On the day I was born,
my mother bled, felt pain, groaned,
and lay on the bed without any movement.

On my birthday today
I want to be filial to my mother
because she suffered pain
at the time of delivering me.

I want to accumulate
blessing for my mother
by extensively practising good deeds
and by not killing living beings
so that my mother's blessings
and lifespan are increased.

Now I want to diligently follow the Buddha.
In the future when I have attainment,
I want to save both of my parents.

● 佛教短讯 ● BUDDHIST SMS ●





▣ 我的生日 ▣

我不为自己庆祝生日。
因为，我“生日”的那一天，
是我母亲的“受难日”。

我出世这一天，
母亲下体流血、痛苦、呻吟，
躺在床上一动不动。

我今天的生日，
我要孝顺我母亲当时生我的痛苦。
我要为母亲积福，
广行善事，
不杀生，
增进母亲的福寿。

我现在要精进学佛。
来日有成，
我要度我父母双亲成佛！



❧ Open Up Our Range Of Vision ❧

**In learning from the Buddha,
do our best to use the mind of equality
in our range of vision
to renew our treatment of all people,
affairs and things.**

**In learning from the Buddha
we also increase our generosity
and break through our habitual view
and concept of permanence.**

**Thus, our wonderful wisdom
will grow endlessly
and be raised higher,
endlessly.**



★ 打开视野 ★

学佛，
我们尽量把我们的视野，
用平等心从新看待
一切的人、事、物。

学佛也要打开我们的心量，
突破我们习以为常的
思想、判断。

这样，
我们的妙智慧就不断成长，
而且亦不断的提升。

● 佛教短讯 ● BUDDHIST SMS ●





¥ 念佛是正业 ¥

念佛是因，
成佛是果。

念到心中莲花开，
阿弥陀佛
自然现！

Being Mindful Of The Buddha

Being mindful of
the Buddha is the cause.
Becoming the Buddha
is the effect.

Being mindful until the lotus flower
opens in the mind,
Amitabha Buddha
naturally manifests.



● Greed, Anger And Delusion Are The Most Poisonous ●

People have worry
because of "greed".

People have contention
because of "anger".

People lose their reason
because of "delusion".

The three poisons,
"greed, anger, and delusion"
cover our "mind-nature".

The three poisons,
greed, anger, and delusion
prevent us from liberating ourselves
in hundreds of million years.



□ 贪嗔痴最毒 □

人心因“贪”生忧怒。

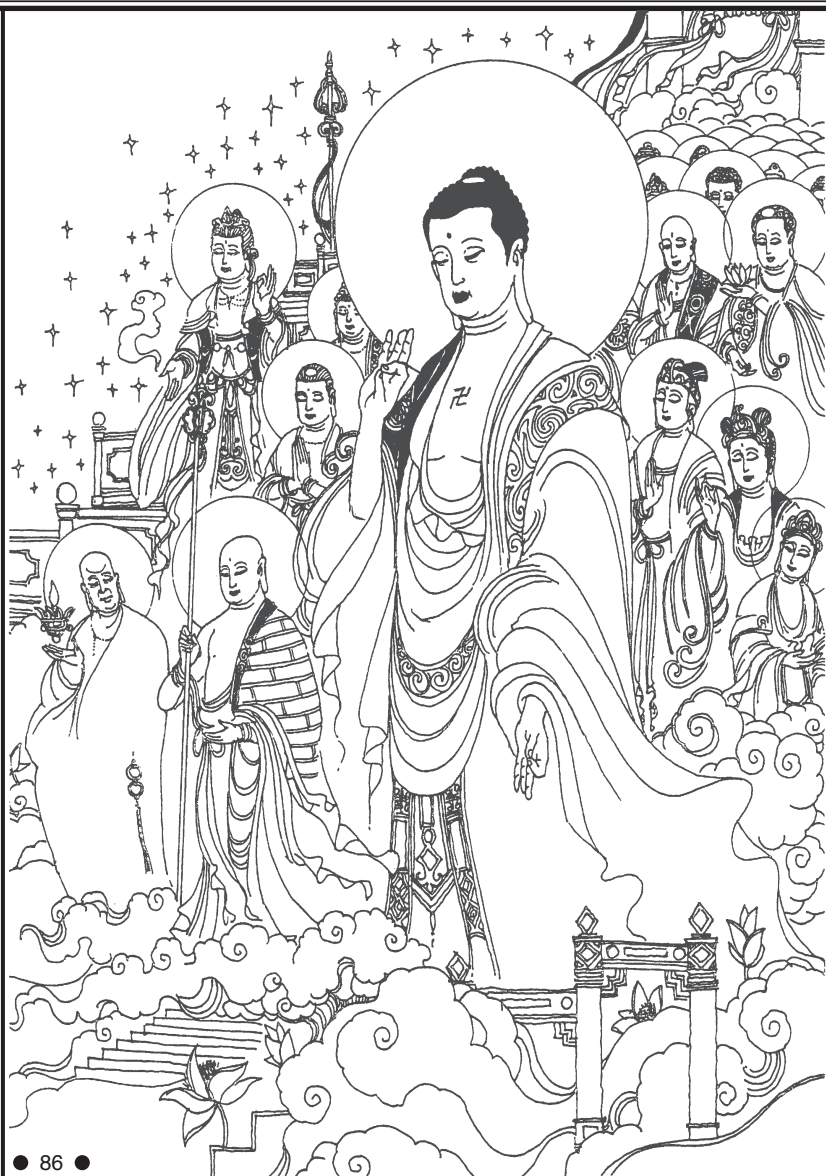
人心因“嗔”起争端。

人心因“痴”失理智。

“贪、嗔、痴”三毒，
它杀死我们的“心性”。

贪嗔痴三毒，
它使我们百千万年不得翻身！

●佛教短讯●BUDDHIST SMS●



☯ 助人助己 ☯

帮助人是最不亏本的买卖。

因为帮助人就等于

把自己的福田

耕种得更美好。

无形中等于自己

帮助自己了。

因为，

福田是由自己的

“心”

耕耘出来的啊！

Helping People Is Helping Ownself

Helping others is the
most profitable business,
because helping others is equal to
cultivating one's own field
of blessings even more.

Imperceptibly,
it is equal to helping oneself.

This is because
the field of blessings
is cultivated from the mind of oneself!



**From beginningless time,
every person's habit of
"the mark of I" is very strong.**

**If "the mark of I"
remains then the god of death
will follow behind the person.
If "the mark of I" is eliminated,
then the god of death will be gone.
Consequently, in cultivation,
the first thing to do is to
eliminate "the mark of I".**



卐 我相 卐

自无始以来，
每个人的
“我相”
习气很重。

“我相”
如果存在，
死神就跟在后面。

如果
“我相”
消失了，
死神也就消失了。

因此，
修行首先要除掉
“我相”。

● 佛教短讯 ● BUDDHIST SMS ●



劝人念佛

劝二人念佛，
比自己念佛的功德大！

劝百人念佛，
你就是大菩萨！

劝万人念佛，
你就是
阿弥陀佛
的化身了！

Advise People To Chant The Buddha's Name

Advising two persons
to chant the Buddha's name
has more merit and virtue than
to chant the Buddha's name ourselves!

Advising a hundred persons
to chant the Buddha's name,
and you are a great Bodhisattva!

Advising a thousand persons
to chant the Buddha's name,
and you are the transformation
body of Amitabha Buddha!



✱ One Day And One Night ✱

In the "Great Store Sutras", it is said:
The false thoughts which a person has
in a day and a night are as much as
5 billion and 84,000 thoughts.

Even the Bodhisattvas
have a little false thoughts.

KeeP having false thoughts,
keep reciting the Buddha's name,
keep going to the World of Ultimate Bliss.

We rely on Amitabha Buddha
and depend on Amitabha Buddha's
"Great Vows" to go there,
because Amitabha Buddha is the
King of Great Vows!



一天一夜

在《大藏经》里说：

人一天一夜打的妄想，
有5亿8万4千个念头这样多。
连菩萨本身还有小小的妄想。

妄想照打，佛号照念，
极乐世界照样去。

我们是依靠阿弥陀佛，
仗阿弥陀佛的
“大愿力”去的。

因为，
阿弥陀佛是
大愿王啊！

● 佛教短讯 ● BUDDHIST SMS ●



㊦ 第一等聪明人 ㊦

人 人能接受佛的教诲，
是多生多劫的
福慧善报所致。

印 光大师说：

“能死心蹋地的念
“阿弥陀佛”
的人，
是第一等的
聪明人”！

The Top Category Of Intelligent People

The reason why a person is able to accept the Buddha's teaching is because of his rewards of blessings and wisdom accumulated in many life-times and kalpas.

The Great Master Yin Guang said:
"People who can be hell-bent on reciting the Boddha's name are the top category of intelligent people!"



❧ Human Faults ❧

**The faults that are very easily
committed by human beings:**

**Always use their own subjective position
and personal angle
to observe other people
and judge them.**

**After that they regard themselves as first
and you as second.**

I am big and you are small.

I am good and you are bad.

I am intelligent and you are stupid.....

Thus, they expose their self-importance.

**I am, I can, I am arrogant.....
all originated from an "I",
and are centered on an "I".**



◎ 人的毛病 ◎

人很容易犯的毛病：

常常以自己主观的立场，
自己的角度去看别人，
去审判别人。

然后把自己捧为第一，
你第二。

我大你小。

我好你坏。

我聪明你笨……。

显现出自己的重要。

我是、我能、我慢……
都以“我”作为出发点。
都以“我”作为中心点。

● 佛教短讯 ● BUDDHIST SMS ●



∞ 护法神降临 ∞

念佛时护法神，
天人会降临。
一般凡人是看不见的，
但能闻到异香（天人有香气）。

念佛可使居住的周围环境
吉祥，
平安。

念佛最殊胜！

Dharma Protecting Spirits Arrive

When we recite the Buddha's name,
the Dharma protecting spirits
and heavenly beings will arrive.
Generally, the ordinary people
cannot see them,
but may be able to smell some fragrance
(Heavenly beings have fragrance).

Reciting the Buddha's name
can make the surroundings' environment
auspicious and peaceful,
very special and wonderful.

■ Healthy, Priceless Treasure! ■

If you are wealthy and honored by people, being endowed with money, valuables and properties, so what?

Could it be said that those riches are more important than a healthy body?

When sickness hits you, and your whole body feels pain, you will wish for life and death.....

It is said: When sickness comes, it is like a mountain collapsing.

At this time, the sickness-demon is the host, and you are the outsider and everything depends on the sickness-demon.

When death happens finally, what if you are rich? What if you are in the prime of life? What if you have less cars?

When the time comes, everything must be relinquished. Nothing can be retained. This is a fixed principle, alas!

Therefore, it is said, even if you have an amazing wealth you cannot escape "Impermanence."

In order to understand how to be a human, we must, first of all, learn from the Buddha, to cultivate, to cultivate our mind.

When you are certified to the state of not coming and not going, then you will not have the problem of whether you are healthy or not, any more.

★ 健康，无价宝！ ★

你 富贵、有财宝、有千百万家产又怎样？
难道你这些钱财，
会比一个健康的身体更重要吗？

当 病来的时候，全身痛苦了，
欲生欲死了……。

所谓：病来如山倒。

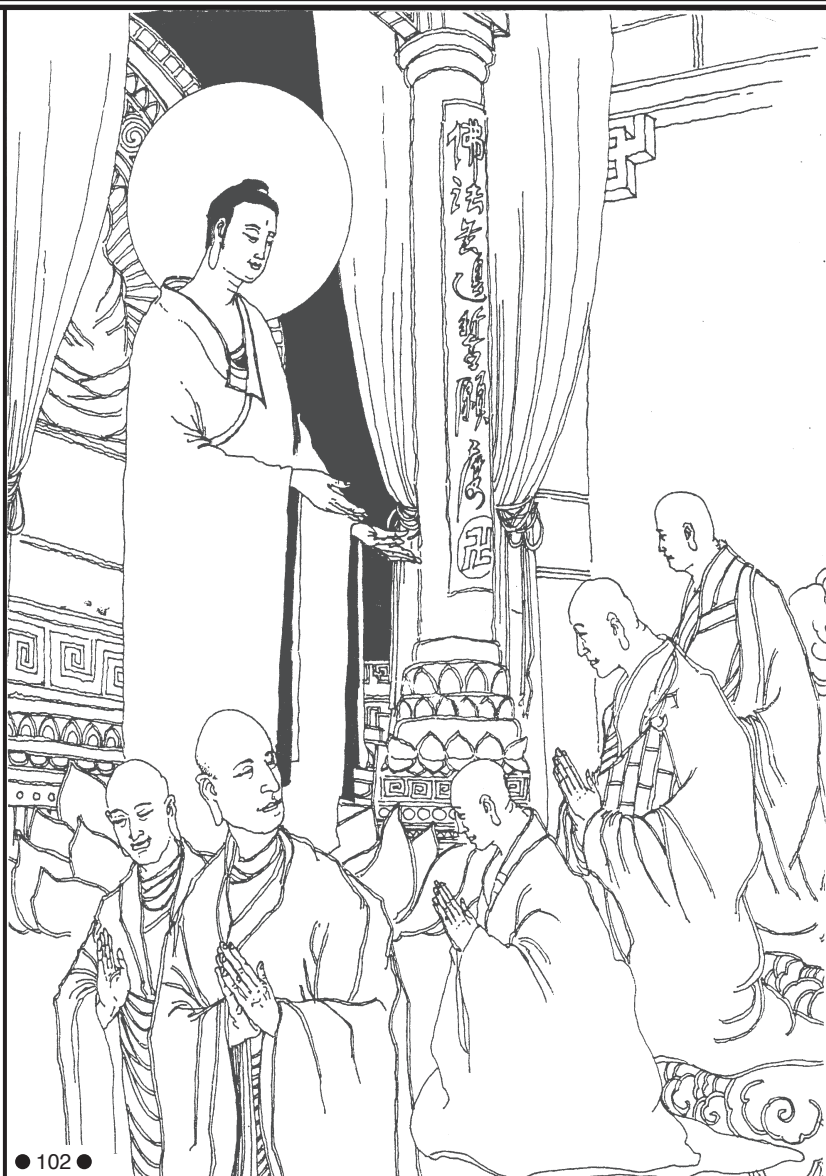
这时候，病魔是主人，
你是仆人，一切由病魔作主了。

死 到了尽头，富贵又怎样？
壮年又怎样？少年又怎样？
时辰一到，通通都要归去，
没有一个能够活着留下来。
这是定律呀。

所 以说，你有惊人的财富，
也逃不过“无常”两个字呀！

要 明白做人的道理，
就先要学佛、修行、修心。
当你证悟不来不去，不生不灭，
你就没有健不健康的问题了。

● 佛教短讯 ● BUDDHIST SMS ●



¥ 装疯作傻 ¥

人生在世莫非是要让人笑笑自己，
而不是自己嘲笑别人。

做人要装疯作傻就好了。
任何苦乐的事
可以把它当作是耳边风。

可不是吗？

Pretend To Be Mad, Act Like Silly

Living on earth is
for other people to laugh at us,
and not for us to laugh
at other people.

Being human beings,
it is good enough to pretend
to be mad and act like silly.
Then, it is possible to regard
any suffering and happiness
as the wind that blows past the ears.

Is'nt it so?



● Ask Ourself ●

When people praise,
I should ask myself :

What do I have to deserve the praise?

Compared to the Arahants I am inferior.

Compared to the eminent monks
and the greatly virtuous,
I am inferior.

Compared to the
Buddhas and Bodhisattvas,
I am even worse;
I am shameful and remorseful.

Thus, my mind becomes vigilant,
shameful and remorseful,
and will not be greedily.....

Following that our six sense organs
and six sense objects will not be defiled.



@ 问问自己 @

当被人赞叹时，
我要问问自己：
我有什么值得被你赞叹？

比阿罗汉，我比不上。
比高僧大德，我比不上。
比佛菩萨，我更比不上，
受不起，惭愧！

这样，我们的心就戒了，
惭愧了，不起贪了……。

再下去，
我们的六根六尘
就不会被污染了……。

● 佛教短讯 ● BUDDHIST SMS ●



& 24小时保护 &

根据《十往生经》云：

一心专持念：
“南摩阿弥陀佛”
佛号的人，
有25位菩萨日夜
24小时守护着，
保护念佛的人。

一直到他往生到
极乐世界
为止！

24-hour Protection

The "Sutra of Ten Rebirths" says :

People who single-mindedly recite only
"Namo Amitabha Buddha,"
the Buddha's name,
will get the protection of 25 Bodhisattvas,
day and night,
for 24 hours per day.
Until they are reborn
in the Land of Ultimate Bliss.



★ No Merit And Virtue ★

The Sutra says :

Building temples, making buddha images,
giving, donating money, liberating lives,
bowing for repentance, etc.....
all do not have merit and virtue,
but only plant blessing
for future life-times.

**Even if all the temples in the world are
built by a person with his money.....;
all the Dharma masters are given
donations and offerings by a person.....;
this is just a small virtue,
planting future lives' blessings only,
without merit and virtue.**

**If the mind and thought
do not have right faith and right cause,
it is not possible to be reborn in
the Pure Land of Ultimate Bliss.**



& 没有功德 &

经云：

建佛寺、造佛像、布施、
捐钱、放生、拜忏等等……。
这些都没有功德，
只种来世福而已。

就算全世界的佛寺、庙宇、
由一个人出钱建造……。
全世界的法师
也由一个人布施、供养……。
这只是小善，
种来世福报而已没有功德。

心念没有正信正因，
不能往生极乐净土。

●佛教短讯●BUDDHIST SMS●



＊ 黑洞 ＊

棺材，又叫黑洞。这样东西每个人都知道，也曾经见过。而这个世界上用过的人已有亿亿万万之多呢！它的设计很特别，很高贵。它的身价也要上千上万一副。

不管你是大人物还是小人物，男女老少，贩夫走卒……只要时间一到，每个都要进入黑洞，没有一个能够幸免。只是你用的时候不知道而已。

当你进入黑洞的时候，它对你说：

“你一生中，日争夜夺，挣得百千万财产、金银珠宝、汽车洋楼、样样都要拥有。难道你现在想把这些东西都带进去黑洞吗？”

盖棺论定了。你的知识，你的才华，就算你拥有整个世界吧！这时候，什么都完蛋了……。

释迦牟尼佛早在2,500年前，苦口婆心的教我们修行。但是到了2,500年后的今天，我们没有听取佛的教诲。我们依旧没有资格称他为我们的教主。因为，释迦牟尼佛没有不听话的弟子呀！



& The Black Hole &

**The coffin is also called the black hole.
Every one knows about it
and also has seen it before.**

**The number of people who have used it has
reached billions of millions.**

It is very special and very valuable.

**Its price exceeds thousands and
tens of thousands per set.**

**No matter whether you are a person
of high or low social status,
male or female, old or young,
a hawker or messenger.....**

**once the time arrives,
every one must enter the black hole;
none can avoid it.**

**It is just that you do not
know when you will use it.**

**When you are entering the black hole,
it will tell you :
In your life-time,
you have struggled and strived day
and night, and got tens of millions
of properties, gold and silver, jewelleries,
motor cars, condominiums,
all of which you wanted to own.
Surely it doesn't mean that now you want
to take all of them with you
into the black hole?**

**It is determined that
the coffin will be closed.
Your knowledge, your talent
and even the whole world
which you own, are all gone at this time!**

**2,500 years ago,
Shakyamuni Buddha had already taken
great pains to teach us to cultivate.
However, after 2,500 years to the date,
we will still not listen to the Buddha's advice.
Thus, we are not qualified to call him
our teacher,
because Shakyamuni Buddha
does not have disobedient disciples!**



■ What Is The Greatest Suffering? ■

There is this question :
What is the greatest suffering?

According to Buddhist understanding,
having a "life" is the greatest suffering.

This is because having a "life",
one has to face the suffering of old age,
sickness and death.

If there is no "life",
where can there be the suffering of old age,
sickness and death ?

Therefore, we must study Buddhism,
must cultivate, and must be enlightened to a
body that is not born and not destroyed.



& 什么最苦？ &

有问：

什么最“苦”呢？

以佛教的理解来说：

有“生命”最苦。

因为有了“生命”

就要面对

老、病、死苦了。

如果没有“生命”

哪何来

老、病、死苦呢？

所以要学佛，

要修行，

要证悟到一个

不生不灭的身体啊！

● 佛教短讯 ● BUDDHIST SMS ●





▣ 过去的福报 ▣

今生有吃有穿，
是过去世所种下来的
福报。

每当吃饭的时候，
在饭碗里留下
过剩的饭菜不吃，
那是消福呀！

Blessings From The Past

In this life we have food to eat
and clothes to wear
because of the blessings
we planted in the past.

Every time when we take our meal,
if we leave behind uneaten food,
that is wasting our blessings.



*** The Best Investment ***

**If you invest this life-time on studying
the Buddha Dharma intensively,
then you have made
the best investment in the world.**

**In the early period when you study
the Buddha Dharma intensively,
you have imperceptibly increased
vastly your knowledge.**

**Following that,
when you and living beings mutually
exchange the Buddha's teaching,
you have already advanced
one step further to increase
your blessings and wisdom.**

**It can be said that the measures
of your investment in the
Buddha Dharma have reached
the qualification for going to
the Land of Ultimate Bliss.**



€ 最好的投资 €

你若把这一生中的生命，
投资在钻研佛法方面，
哪你已经做了世界上最好的投资了。

当你钻研佛法的初期时，
你无形中增添了自己广范的知识。
接下来，
你与众生互相的分享佛理，
哪你已经更进一步增长自己的福慧了。

可以说，
你投资佛法的资量，
已达到去极乐世界的资格了。

南
摩
阿
彌
陀
佛



£ 怨业病 £

若有婴儿生痼疾，
中西医无法治好，
多必是前世杀生之怨业病。

必须戒杀放生，
至诚念佛，
病即可速愈。
因怨鬼蒙受佛恩，
得生善道而离去。

The Sickness Of Karmic Enmity

If a baby has a chronic illness,
Which cannot be cured by both
the Chinese and Western medicines,
Most likely it is a sickness of karmic enmity
caused by killing in past lives.

It is necessary to stop killing,
to liberate lives,
and to utmost sincerely
recite the Buddha's name
in order to cure the sickness quickly.
This is because the enemy-ghosts
get rebirth in a good realm and
go away due to getting
the Buddha's grace.



● The Mind Of Greed And Anger ●

The cause of greed is that our six roots
(six sense organs) are always in contact with
too many, too many things.

For instance, people and people are
endlessly in contact with one another
and climbing on conditions.

Therefore, the greedy mind comes from
these various kinds of relations.

The cause of the angry mind is that the
six roots come into contact with adverse
conditions or states; and adverse states are
situations which we do not want. Therefore,
the mind gives rise to anger and hatred.

Again, we use anger and hatred to look
at people's troubles. Again we use our
mind which is angry and hateful towards
unpleasant sights to get angry and hateful
about other people's short-comings
which we do not agree with.

Again we use anger and hatred
to look at others' good side.



卐 贪、嗔的心 卐

贪的起因是因为
我们的六根一直在外面有太多太多的接触。
如人与人之间又不断的接触和攀缘。
所以贪心就因此由这种种关系而来的。

嗔心的起因是
当六根里接触到逆境的时候，
而逆境是我们不想要的境界。
因此，心即起嗔恨了。

再用嗔恨心一直去看别人的患处。
又用种种自己看不顺眼的
嗔心去嗔恨别人不合意自己的缺点；
再用嗔恨的眼光去看他们好的一面。

● 佛教短讯 ● BUDDHIST SMS ●





€ 盖世的功名 ☺

以下两句用来针对自己、
提醒自己、
反省自己、
是最好的警惕了。

“盖世的功名，
无非是大梦一场”。

“惊人的富贵，
难逃‘无常’两字”。

你的名利、很了不起吗？
你有千万财产又怎样？
到时候两脚一伸，
进入黑洞。
这时候，
什么都完蛋了……。

● 佛教短讯 ● BUDDHIST SMS ●





* The Honor That Hangs Over The World *

The best way to be vigilant is to
use the following two sentences
to confront ourselves,
to remind ourselves and
to reflect about ourselves.

"The honor that hangs over the world
Is nothing but a big dream."

"The wealth and ranks that startle people
Are difficult to escape the word
'Impermanent'."

Are your fame and wealth terrific?

So what if you have
many millions of property?
When the time comes
for you to lie down lifeless,
with outstretched legs,
and then enter the black hole,
at that time, everything will be gone.



*** Be Liberated And At Ease ***

**The giving of wealth,
Dharma, and fearlessness.....**

**What is the thing
that is given away?**

It is "self"!

**After giving away the "self"
what is obtained?**

What is regained?

It is the "true mind"!

**When the true mind is regained,
you will have everything,
and be liberated and at ease.**



● 了脱自在 ●

财布施、法布施、
无畏布施……。

布施掉的是什么？

是“自己”啊！

布施掉自己，
后来又得到什么？
又恢复什么呢？

是“真心”啊！

真心恢复了，
你什么都有了。
了脱自在了。

●佛教短讯●BUDDHIST SMS●





& 冤家恶人 &

冤家恶人陷害于我，
不能起怨恨心。

我现在行菩萨道，
还能有报复之心吗？

Enemies And Evil People

When enemies and evil people harm me,
I must not give rise to
resentment and hatred.

Now that I am practising
the Bodhisattva Path,
can I still have a revengeful mind?



■ Talking-Condition ■

Talking is also an important
Dharma door of cultivation.

Many people talk in order to
anxiously show that they are number one.

Some people are very quick
to speak non-stop.

Thus, it is impossible to hear clearly
what they say.

This is because it is not easy for us
to detect that our talking
contains a mixture of twists and turns,
defilements, greed, anger and stupidity.

Only when there is the skill of mature
talking we can turn the false to the true.

If the time and condition
are not ripe for talking,
then it is best to maintain silence.
However, we should not deceive
ourselves and others.



& 话缘 &

讲话也是一个
重要的修行法门。

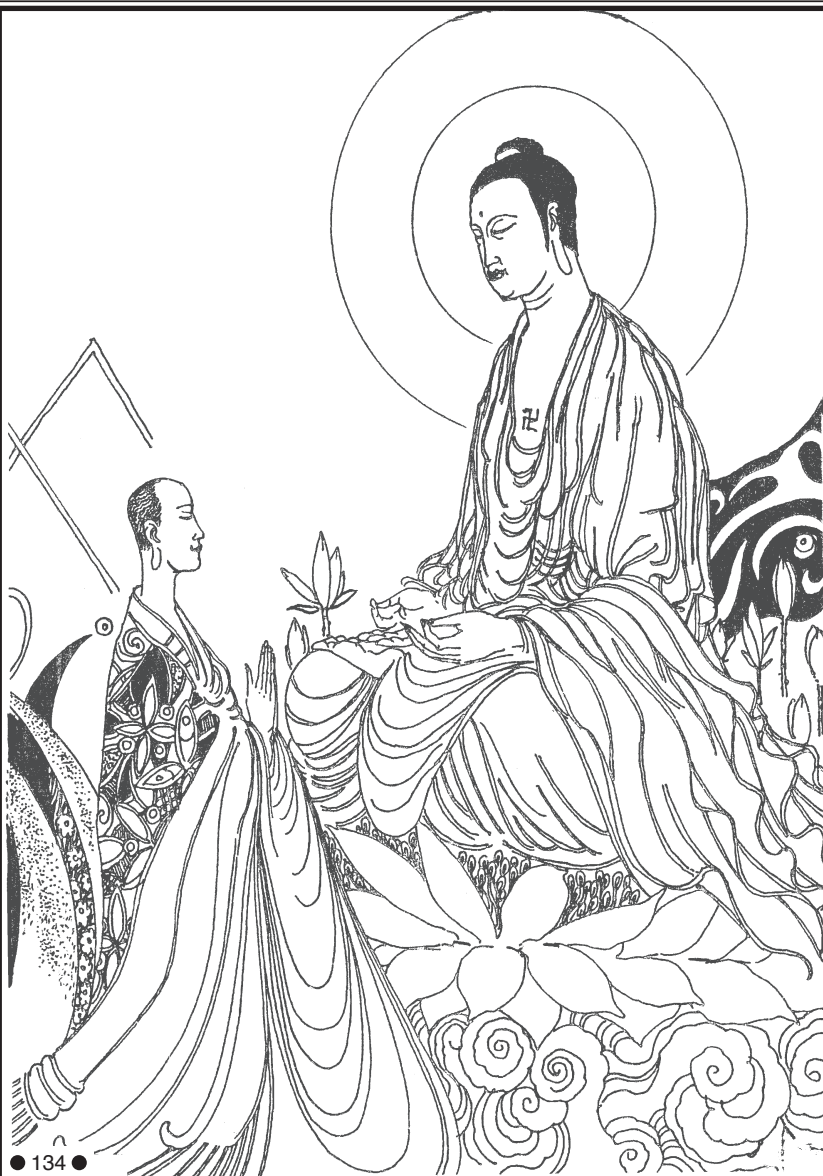
很多人讲话，
都是急着要表现自己第一。

有些人讲话的话头很快，
往往把讲话的冲动，
咀里叽哩咕噜的讲个不停。
一点也听不清楚他讲话的内容。

因为，
我们不容易觉察到
自己讲话有扭曲，有染污，
有贪嗔痴夹杂在里面。

有成熟讲话的功夫才能反璞归真。
如果讲话机缘不成熟，
最好保持沉默。
但是，我们不要自欺欺人。

● 佛教短讯 ● BUDDHIST SMS ●



¢ 一切众生皆是父母 ¢

梵纲经云：

一切男子是我父，
一切女人是我母。

我生生无从不从之受生，
故六道众生皆是我父母。



All Living Beings Have Parents

The Brahma Net Sutra states :

Every man is my father.
Every woman is my mother.

In every life-time
I am born from them, and so,
all the living beings in
the six realms are my parents.



❧ Cultivating The Bodhisattva Way ❧

**To cultivate the Bodhisattva Way,
the inner mind must not keep
a thought of seeking the benefits of
becoming a Buddha fast.**

**To cultivate the Bodhisattva Way is for the
purpose of saving living beings,
is to wish that living beings
will become Buddhas first.**

**Bodhisattvas are for the sake of the Buddha
Dharma and benefitting the world,
and they cultivate the Bodhisattva Way
not to become Buddhas themselves only.**

**This, then, is the great spirit and
achievement of cultivating the Bodhisattva
Way, and also demonstrates the truly
unsurpassed principle of no-self
in the myriad dharmas.**



卐 行菩萨道 卐

行菩萨道，
内心必须不存有一个
企求成佛的功利观念存在。

行菩萨道是为了救度众生，
是希望众生个个都先成佛道。

菩萨是为了佛法而利益世间的，
而不是为了自己成佛才行菩萨道的。

这就是行菩萨道无我的
伟大精神和成就，
也证实了万法无我的无上真理。

●佛教短讯●BUDDHIST SMS●



⑩ 没有冤家 ⑩

清净心的人不易污染：
亲爱的人要放下，
冤家对头也要放下。

度一切众生，
不能起怨恨心，
冤家对头也在内。
菩萨没有报复心，
没有冤家。
冤家平等是
大无畏精神。

No Enemy

Tranquil people do not get defiled easily :
are not attached to both
the loved ones and the enemies.

To save all living beings,
one must not give rise
to resentment toward them,
including the enemies.

Bodhisattvas do not have
a revengeful mind and enemies.
Regarding enemies with an equal mind
is a great, fearless mind.

■ Mother's Milk ■

Before we want to scold our mothers
at the time when we are angry,
first think about the past when we were
babies. How did our mothers bring us up?

Still remember?

We grew up by drinking our mothers' milk!

In Chinese medical studies,
mother's milk is called red milk,
and also blood milk.

Milk is produced from mother's blood.

Do we know how much milk we had taken
from our mothers since we are born?

We had taken a total amount of more than
3,500 katies! Moreover, some babies still
drink milk up to three or four years old.

So, now that we are grown up,
how can we be unfilial to our parents?

How can we not repay the kindness
of our mothers?

That is big disobedience and unfiliality!

妈妈的乳汁

当生气要骂我们的妈妈之前，
先想想以前我们婴儿的时候，
妈妈是怎样把我们养育长大的呢？

还记得吗？我们是喝妈妈的
奶水、乳汁长大的呀！

妈妈的奶水，
在中医学叫着红乳，也叫血乳。
乳汁是从妈妈的血液变化出来的。

我们从婴儿开始，
一共喝妈妈的奶汁共有多少
斤两呢？知道吗？

共喝了500多斤呀！
甚至有些婴儿还喝到三四岁呢！

那么，我们现在长大了，
怎能不孝顺父母？
不感恩报恩自己的妈妈呢？
那是大逆不孝呀！

● 佛教短讯 ● BUDDHIST SMS ●



自己管管自己

学佛是自己学佛。
不必管人家精进的
程度如何。

因为人家的事与
自己毫无关系。

天天批评人家，
对自己毫无好处，
只有自己造口业而已。

不如自己好好的
管管自己。

Manage Oneself

Learning from the Buddha is a person's own learning. There is no need to bother about how diligent other people are, because there is no connection at all between others' matters and own matters.

To criticize other people daily is not good at all for oneself, but only creates one's mouth karma.

It is better to manage oneself.



୯ Every Day Eat, Eat And Eat ୯

Why do people have hunger?

Also, every day they have to eat,
eat and eat, non-stop.

At times,
in a day they still have
to eat a few meals.

Some people are not satisfied
and insist on taking supper at night.

So, why did the Buddha
endure eating
just one sesame seed or
one wheat grain a day for 6 years?

That is because the Buddha is pure.
That is the difference between him and us.

The Buddha attained Buddhahood
after cultivation.

Now, we still do not hasten to cultivate;
what are we waiting for?



● 每天吃吃吃 ●

人为什么会饥饿呢？

而且每天需要吃、吃、吃，
不停的吃。

有时候一天还需要
吃上好几餐。

有些人吃得不够，
晚上非吃宵夜不可。
这是因过去所种下
深重业障之故。

那么，为什么佛陀能以一麻一麦
就能耐多年呢？

因为佛陀本身清净。
这就是与我们不同之处。

佛陀是因为“修行”而成佛的。
哪，我们还不赶快修行，
还在等什么呢？

● 佛教短讯 ● BUDDHIST SMS ●



¢ 自己救度 ¢

世人千千万万，
灾难处处频生。

观世音菩萨仅是一个，
何能一时各随其人而去救度呢？

殊不知，
并非是观世音菩萨
处处去救度，
而是众生心中有
一尊观世音菩萨自救度之！

Save Ourselves

Thousands and millions of people
everywhere experience disasters
that frequently happen.

Guan Shi Yin is only one person.
How can he follow all of these people
to save them?

Who would have known that
it isn't Guan Shi Yin who goes everywhere
to save those people
but it is that in
the heart of each living being
there is a Guan Shi Yin
who saves that being himself.



卐 Character, Morality, Merits And Virtue 卐

Before talking about
"Merits and Virtues,"
we must first have an
excellent "character."

Secondly, it is our "moral conduct."

Finally, only then we can talk about
the two words, "merits and virtues."

Some people,
after doing a little good deeds,
always claim that to be
"great merits and virtues."
However, they don't know that
before merits and virtues,
first, they must have good character
and then morality.

Finally, only then they can talk about
merits and virtues.

The great earth is praised as
having "moral excellence."
We cannot simply spit or throw
rubbish on the ground.



¥ 品德、道德、功德 ¥

在谈“功德”两个字之前，
我们必须先要有
自己优秀的“品德”。

第二就是自己的
“道德”行为了。
最后才谈得上
“功德”两个字！

有些人做了一点善事，
往往自称是“大功德”。
但他并不知道在功德的前面
先要有自己的品德，
然后是道德。
最后才谈得上功德呀！

大地有“美德”之称。
不可以随便吐痰，
或把污秽的东西乱扔在地上。



★ Good And Evil's Addition, Subtraction, Multiplication And Division ★

We can make use of Addition,
Subtraction, Multiplication
and Division to calculate
the good and evil of human nature.

Small good is addition (+)
and small evil is subtraction (-).

Big good is multiplication (\times)
and big evil is division (\div).

Before any person wants to do $+ - \times \div$,
he must be very careful,
so that he will not calculate wrongly,
or add wrongly again.



& 善恶加减乘除 &

我们可以用
加、减、乘、除
来算算人性的善恶。

小善是加（+）法。

小恶减（-）法。

大善是乘（ \times ）法。

大恶是除（ \div ）法。

人要做 $+-\times\div$ 之前，
就要非常的小心，
千万不要再
“算”错，
“加”错了。

●佛教短讯●BUDDHIST SMS●



@ 不责人非 @

专求己过，
不责人非。

把世情看淡一分，
佛法有一分得力。
娑婆世界计轻一分，
生西方便有一分稳当。

此事只问心，
不必问知识也！

Do Not Condemn Others' Mistakes

Just look for own faults,
and do not condemn others' mistakes.
Look at the worldly matters a bit lightly,
and naturally gain
a portion of Dharma benefit.

Be a little less calculating
for the Saha World,
and gain a portion more of certainty
for rebirth in the Western Pure Land.
Just ask the heart about this matter,
and do not need to ask
the knowing advisors.



& Are You Happy? &

More money, more afflictions. Happy?

No money, life is difficult. Happy?

Male loves female and vice versa,

Lust is born and dies. Happy?

Cheating, stealing and robbery,

Committing every evil. Happy?

Alcohol-drinking and meat-eating friends,

Drunken living and dreamy death. Happy?

Producing and bringing up children,

Slogging day and night. Happy?

White, yellow and black people,

All must enter the black hole when

their time is up. Happy?

In this world,

where can you find people

who are always happy?

Please cultivate!

In future, get enlightened,

have no coming and no going.

Most happy!



★ 你快乐吗？ ★

钱多烦恼多。快乐吗？
没钱难活命。快乐吗？

男欢女爱，欲生欲死。快乐吗？
欺盗抢骗，无恶不作。快乐吗？
酒肉朋友，醉生梦死。快乐吗？
生儿育女，日作夜作。快乐吗？

白种人、黄种人、黑种人，
时间一到，两脚一伸，
个个都要进入黑洞。快乐吗？

这个世界，
哪有永恒快乐的人呢？

哪，什么最快乐呢？
修行吧！以后证悟了，
不来不去，最快乐！



★ Give Rise To Too Many Thoughts ★

The universe is still.

The Buddha's mind is still.

Every thing is thus,
thus unmoving.

The mind is not affected
by any person,
matter and thing.

However, we are often led away
by moving thoughts.

Often, one moving thought
leads us to a shopping company.

One moving thought
causes us to fall......

The Earth Store Sutra States :
One moving thought is a
birth and death.

Isn't it really pitiful
to be a human being?



@ 动念太多 @

宇宙是寂静的。

佛心是寂静的。

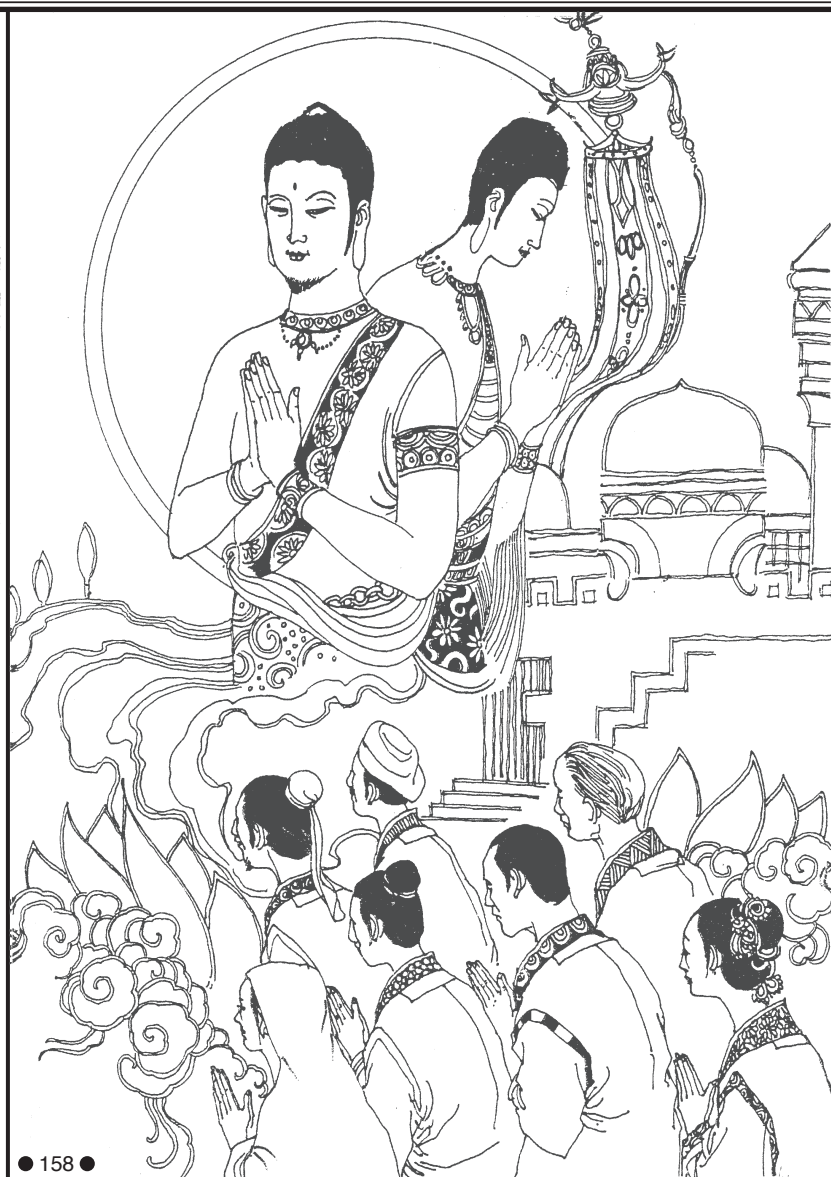
一切如如不动。

心不受任何
人、事、物
所影响。

但是，
我们常常被动念牵着走。
往往一个动念，
就把自己带到百货公司去了。
一个动念，
把自己堕落了……。

地藏经云
“一个动念
一个生死呀！
做人不真可怜吗？”

● 佛教短讯 ● BUDDHIST SMS ●



€ 苦不会消失 €

在任何时候，
只要你有贪爱、执着……。
只要你有迎，有拒……。
只要你有喜、有乐……。
只要你抱着我是、我能……。
只要你抱着我要、我不要……。
只要你心还在牵挂……。
当心分秒无法寂静时……。

哪 “苦” 就不会消失！

Suffering Cannot Disappear

At any time,
if you have greed,
love and attachment.....;
if you have requesting and resistance.....; if
you have happiness and sorrow.....;
if you hold on to I am, I can.....;
if you hold on to I want, I don't want.....; if
you still have worry.....;
when the mind cannot be
still in a split second.....
then "suffering" cannot disappear!



*** First, Take A Look At Ownself ***

**In cultivation, first of all,
one truly needs to see
the impulsiveness of one's body-action,
mouth action and mind-action.**

**When the body, mouth and mind can slowly
mellow down, again turn inward and
observe oneself, transform oneself and
gradually uplift oneself.**

**This is a very important
turning point in cultivation.**

**After that, make one's body, mouth and mind
unfold gentleness and serenity.**

**Thus, we will be different from
some people in behaviour.**

**Imperceptibly,
we uplift ourselves to a thus,
thus unmoving,
auspicious and peaceful,
unspeakable state.**



¢ 先看看自己 ¢

修行，先要真正的看到自己的
身行、口行、
意行的冲动。
这样才当下见法。

当身、口、意
能慢慢的柔软下来，
再反观自己，净化自己，
渐渐的把自己提升。
这是修行上的一个很重要的转捩点。

然后将自己的
身、口、意展现出
柔和、安祥。
这样，我们就跟一班的人
有所不同的表现了。

无形中，我们提升自己
如如不动、祥和的，
不可言说的一种境界了。



*** Rebirth Is Not Dependent On Assistant Recitation**

**Rebirth to the Pure Land of Ultimate Bliss,
the World of Ultimate Bliss,
does not depend on assistant recitation.**

**It depends on the great vows
we make when alive.**

**Also it relies on Amitabha Buddha's
great vows.**

**This is because Amitabha Buddha
is the Buddha King,
the Great Vow King,
the Great Medicine King,
the Great Dharma King
and the Great King of
Merits and Virtues.**

**Amitabha Buddha
did not make any false speech
and also
did not make any false vow.**



⑩ 往生不靠助念 ⑩

往生到极乐净土，
极乐世界，不靠助念。
靠自己的信心去。
靠生前发的大愿去。
也同时是仗助阿弥陀佛
所发的大愿去的。

因为，
阿弥陀佛是佛王、
大愿王、大医王、
大法王、大功德王。

阿弥陀佛不打妄语，
也不发虚愿的呀！

● 佛教短讯 ● BUDDHIST SMS ●





□ 不明白心 □

一个修行人如果不明白
“心”
的话，
他就没有资格
自称是一个修行人了。

问：要对自己怎样忏悔呢？

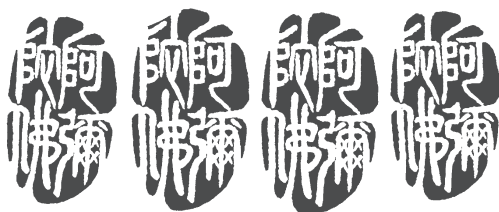
答：要对自己的
“心”
忏悔！

Not Understanding Mind

If a cultivator does not understand
what is "mind",
he is not qualified to call
himself a cultivator.

Question : How to repent to oneself?

Answer : Must repent to one's mind!



☸ Save Oneself ☸

Heavens, hells, and
the Land of Ultimate Bliss
are not apart from our "mind".

The Buddha cannot save us.
We have to depend on ourselves
to save ourselves.

So, how can we save ourselves?

We only have to use our mind
to yearn for the Buddha
and use our mouth
to recite the Buddha's name :
Namo Amitabha Buddha.

Using our own effort
plus relying on
Amitabha Buddha's great vows,
that will do.



¥ 自己度自己 ¥

天堂、
地狱、
极乐世界，
离不开我们的“心”。

佛不能度我们。
我们要靠自己度自己。

哪，
自己怎样度自己呢？

只要心忆佛，
口念：
南摩阿弥陀佛佛号。

依靠我们的自力，
加仗阿弥陀佛的大愿力，
就可以了。



∞ Feel Grateful Or Not To Them ∞

We drink water to quench thirst,
and do not feel grateful to water.

We enjoy sunlight,
and do not feel grateful to sunlight.

We savagely step on the earth,
and do not feel grateful to the earth.

Our parents give us birth and education
and we too do not feel
grateful to them!

There are also many
beautiful mountains, rivers,
flowers, grass and trees,
and we also do not feel grateful to them.

As we are cut off from air,
within 5 minutes we will die.

Without water,
we also cannot live on.....

You say : Being a person
with feelings and affection,
should we or should we not nicely
feel grateful to them?



感不感恩它们

我们喝水止渴，我们没有感恩水。

我们呼吸空气，我们没有感恩空气。

我们享受阳光，我们没有感恩阳光。

我们残踏大地，我们没有感恩大地。

父母生我育我，我们更没有感恩父母！

还有很多美丽山河鲜花草木，

我们也都没有感恩它们。

我们离开了空气，

在5分钟之内就死了。

我们离开了水，

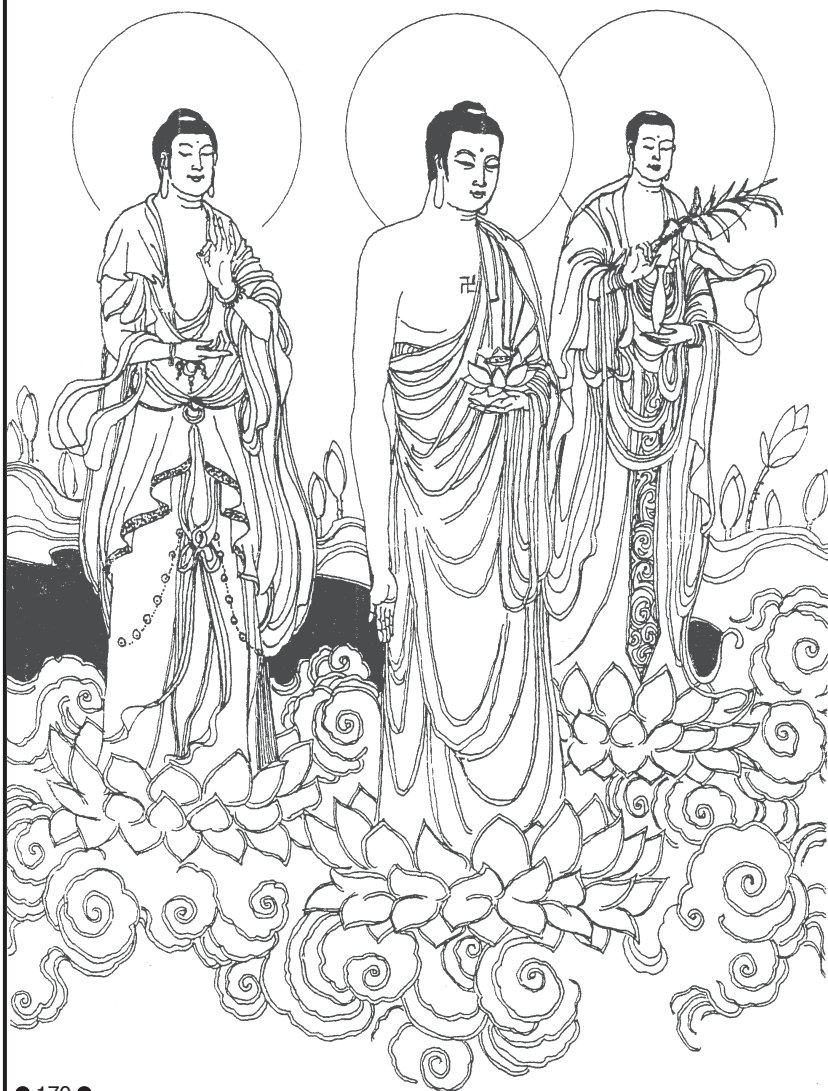
我们也活不下去了……。

你说：

作为一个有情有义的人，

我们应不应该好好的去感恩它们呢？

● 佛教短讯 ● BUDDHIST SMS ●



㊦ 念佛灭罪 ㊧

《大智度论经》说：
念“阿弥陀佛”
才能灭罪。

慈云禅师也说：
拜什么忏也没有用。
只有念：
“阿弥陀佛”
才能灭罪。

能够做到就是戒，
亲见自己的自性了。

Reciting The Buddha's Name Eliminates Offences

The "Da Zi Du Lun Sutra" says :
By reciting
"Amitabha Buddha"
we can eliminate offences.

Chi Yun Chan Master
also said so.

If we can do it,
it is precept,
and we can personally see
our self-nature.



* Practising Good, Doing Good Deeds *

By just practising good and doing good deeds alone one still cannot get reborn in the Land of Ultimate Bliss, but can only get the blessing of future lives. Just doing a lot of good deeds has no connection at all with rebirth in the Land of Ultimate Bliss.

Apart from doing good deeds and practising goodness, the most important thing is to sincerely recite: "Namo Amitabha Buddha."

Reciting the Buddha's name is the goodness of all goodness, the blessing of all blessings and is the greatest merits and virtues. Reciting the Buddha's name is not only a great root of goodness but also the most auspicious one and a inconceivable great merit and virtue.

Every day, while walking, standing, sitting or lying down, one must not forget to recite the Buddha's name.

What is mentioned above was words spoken by the Great Dharma Master Shan Dao. After him, the Great Dharma Master Ou-I also continued to say the same kind of words.



卍 行善做善事 卍

行善做善事还不能往生极乐世界，
只求来世的福报而已。

做了很多善事，
这与往生极乐世界毫无关系。

除了做善事行善之外，
最重要的就是要诚心的念：
“南摩阿弥陀佛”。

念佛是善中之善，
福中之福，
也是最大的功德了。
念佛不但是大善根，
也是最殊胜的，
不可思议的大功德。

以上是善导大师所说的话。
之后，
藕益大师也继接说同样的话。



❧ Faith, Vows And Practice ❧

**The Dharma door of Buddha Recitation
depends on Faith, Vow and Practice.**

**Faith is the root of
Buddhist Merits and Virtues.**

**Cultivation requires
one to make Great Vows.**

**Every day, while walking, standing,
sitting or lying down, one must not forget
to recite the Buddha's name.**

**Faith, Vows and Practice are the Cause.
Rebirth in the Land of Ultimate Bliss
is the Fruit!**



★ 信、愿、行 ★

念佛法门不讲：
戒、定、慧。

念佛法门要依：
信、愿、行。
信为佛教功德本。

修行要发大愿！

每天行、住、
坐、卧，
都不忘念佛。
信、愿、行是因。

往生极乐世界是果！

● 佛教短讯 ● BUDDHIST SMS ●





£ 少管闲事 £

修行人对世间的事尽量少管。
不要有是、非、人、我。
只管自己一心念佛。

有空的时间就看经书，
与佛菩萨交往谈天，
岂不是更好吗？

Be Less Bothered About Worldly Affairs

Cultivators have to bother as little as possible about worldly affairs.

They must not have the notion of right and wrong, others and self.

Just be concerned about their own single-minded mindfulness of the Buddha.

When there is free-time,
read the sutras and be in touch with the
Buddhas and Bodhisattvas.

Isn't that better?



● Five Groups Of People Share Your Wealth ●

1. **N**ot knowing how to bring up children, your wealth belongs to rebellious children.
2. **D**amaging the body, your wealth belongs to the hospital.
3. **A**tracting evil people and harmful friends, your wealth belongs to thieves and robbers.
4. **V**iolating the country's laws, your wealth belongs to the government.
5. **A**cting recklessly, doing wrong and being wicked, your wealth belongs to disasters.

Think about that :
To be a human being,
it is necessary to take care of
five groups of people.
Isn't it pitiful?



& 5家共有你的钱财 &

- 1： 不懂教养子女，
财归逆子了。
- 2： 遭蹋自己身体，
财归医院了。
- 3： 撼招恶人损友，
财归盗贼了。
- 4： 触犯国家法律，
财归官府了。
- 5： 胡乱为非作歹，
财归灾祸了。

你想想看：
做人要经过5家照顾，
是不是很可怜呢？



✱ The Dharma Door Of Reciting The Buddha's Name ✱

To cultivate the Pure Land's
Dharma door of reciting
the Buddha's name,
there is a word in Buddhism :
"Self-nature Amitabha."

Our "mind-nature" itself is
Amitabha Buddha.
It is not that apart from
the mind-nature there is
a Amitabha Buddha.

Our "mind-nature" itself is
the Western Land of Ultimate bliss,
and it is not that apart from
the mind-nature there is
a Land of Ultimate Bliss.



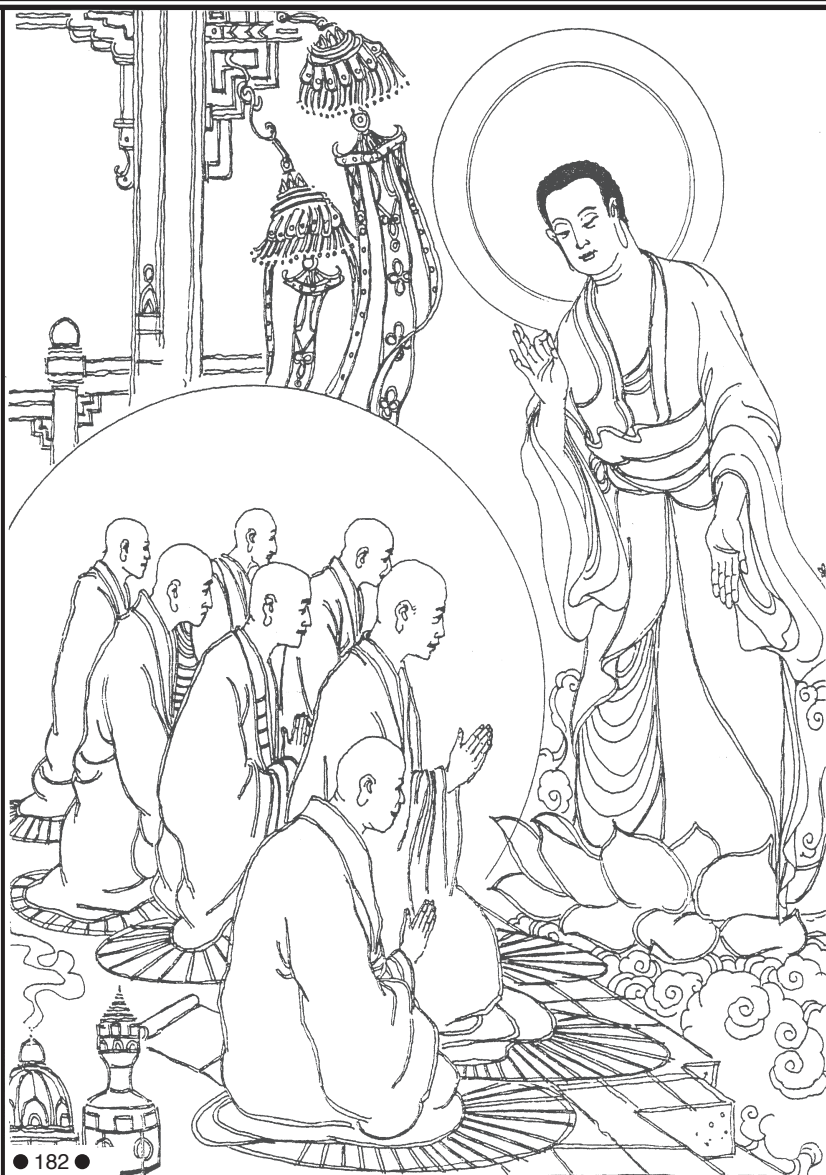
& 念佛法门 &

修净土念佛法门，
佛教有一句话：

我们的“心”，
就是阿弥陀佛。
而不是心性以外另有
阿弥陀佛。

我们的“心”就是西方
极乐世界。
而不是心性以外另有
极乐世界。

● 佛教短讯 ● BUDDHIST SMS ●



@ 念佛往生 @

印光大師（大勢至菩薩化生）說：

禪宗以開悟為事。

淨宗以往生為事。

開悟而不能往生者百有99。

念佛往生而不能開悟者，
萬無一有。

Reciting The Buddha's Name And Rebirth

The Great Master Yin Guang
(the transformation of
Great Strength Bodhisattva) said:

The Chan School's work
is to get enlightened.

The Pure Land School's work
is to get rebirth.

99 out of 100 enlightened people
cannot get rebirth.

None out of 10,000 people
who get rebirth
cannot get enlightened.



✱ The Mark Of Self ✱

The goal of cultivation
is to realize
the truth of impermanence.

After realizing it,
how? Can do it?

The goal of cultivation
is to understand
the true mark of impermanence.

After that, how?
Can do it?

The goal of cultivation
is to walk out of
the world of dream-illusion.

If we cannot walk out,
then it is just empty talk.

If we only can say it but cannot do it,
what is the reason?

That is because
the "mark of self" is still there!



□ 我相 □

修行是要了悟无常的法印。

了悟了，
又怎样？做到吗？

修行是要明白无常的实相。

明白了，
又怎样？做到吗？

修行是要从梦幻的
世界里面走出来！

如果走不出来，
那只是空谈而已。

只说而做不到。
为什么？

因为“我相”还在呀！



★ Emptiness ★

**The Buddha is the
fundamental body of the universe.**

**The Buddha is the
whole space's Dharma realm.**

**It is also the "Emptiness" that is spoken
of by our teacher, Shakyamuni Buddha.**

**What we talk about as limitless light,
limitless life, is just "emptiness."**

**In the world, all the mountains,
rivers, land, and all living things
are existing because there is "Emptiness"
which gives rise to "Wonderful Existence."**

**The meaning of "Emptiness"
is very subtle and also very profound.**

"Emptiness" is the mother of all Buddhas.



＊ 空 ＊

佛是宇宙的本体。

佛是整个虚空法果。

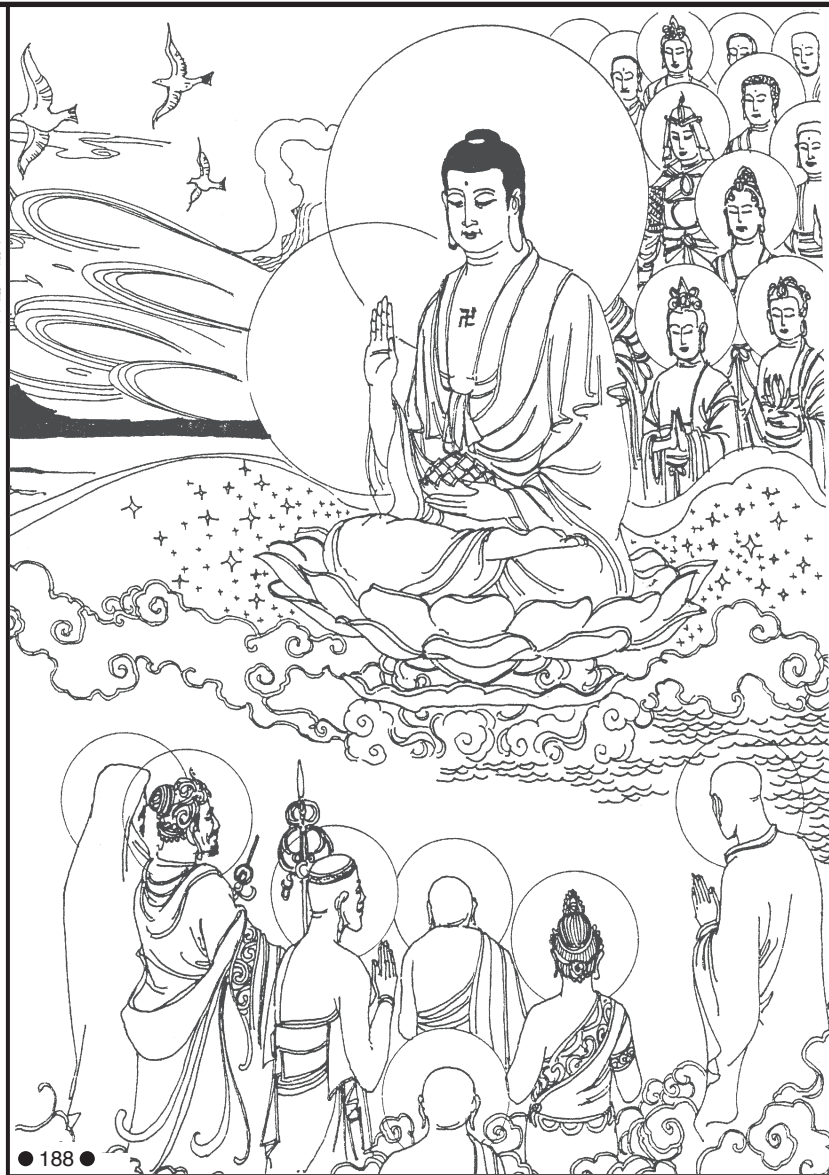
也是我们的教主释迦牟尼佛
所讲的“空”。

我们所讲的无量光、
无量寿，就是“空”。

世上之所有山河大地，
一切的事事物物，
也就是因为有
“空”而能生妙有的。

“空”的含义
很奥妙，
也很深。
“空”为诸佛之母。

●佛教短讯●BUDDHIST SMS●



▣ 家里的老鼠 ▣

家里的
老鼠、
蚊虫、
蚂蚁等，
皆有佛性。

用虔诚心
念经
念咒
敬请它们搬走。

这些小动物，
一定会遵从修行人去做的。

The Rats In The House

All the rats, mosquitos, ants and other
aminals in the house
have the Buddha nature.

Use a sincere mind to recite sutras
and mantras and then respectfully
request them to shift to other places.

These small animals
will surely comply with
the cultivators and do it.



✱ Study Buddhism, Become A Buddha ✱

The meaning of the words "study Buddhism" is to devotedly learn from Shakyamuni Buddha, the founder of our Buddhist, the founder of our Buddhist religion, how to cultivate to become a Buddha. This is because when the Buddha attained the Way, he said, Wonderful, all living beings have the Buddha nature, and can become Buddhas!

First, we must learn the Buddha's conduct, the Buddha's knowledge and understanding, and the Buddha's wisdom. We must model the Buddha to cultivate our conduct and our character. Most important of all is to practise our own actions of the body, mouth and mind, to cultivate and purify our greed, anger, ignorance, arrogance and doubt, which are the fire poisons. This is the first most important condition.

At the ultimate point of studying the Buddha, we have to completely purify and transform our own body and mind; that is, we must first cultivate well our false self.



学佛、成佛

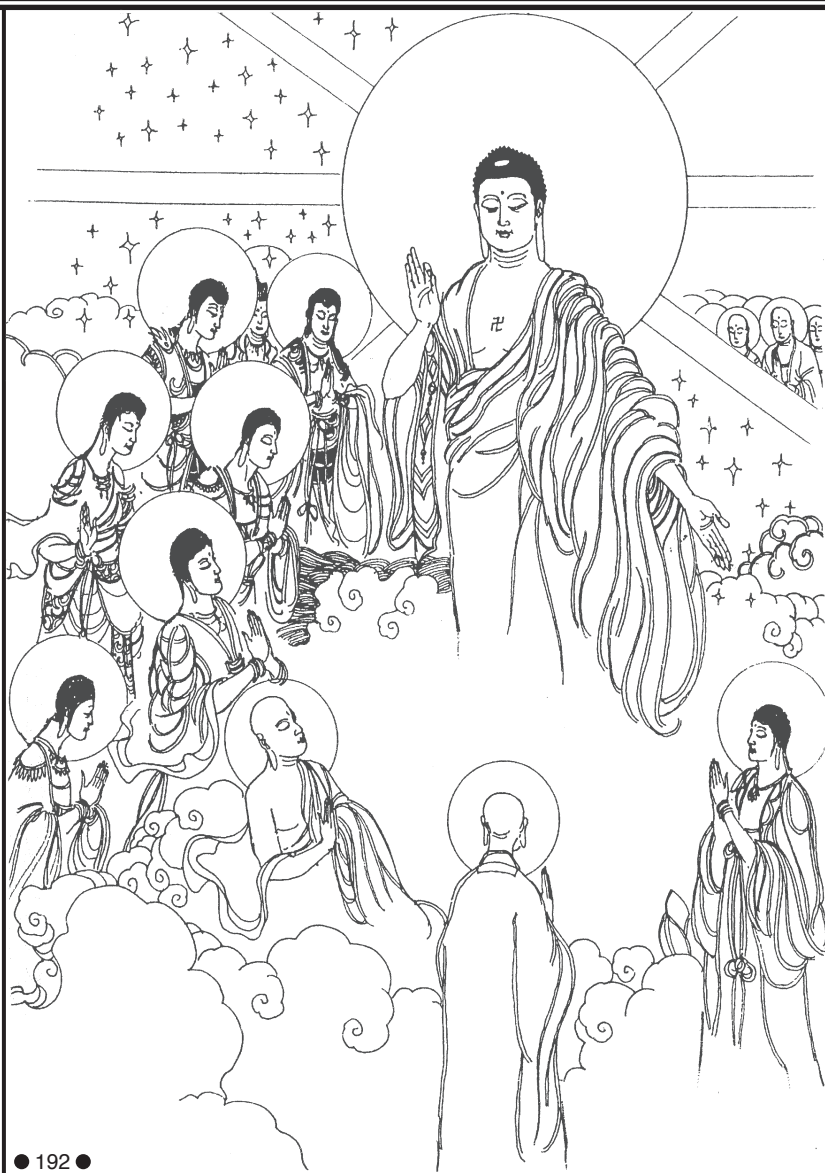
“学佛”两字的解释，
就是虔诚的向我们的佛教教主
释迦牟尼佛学习怎样修成佛的方法。

因为佛陀证道后说，
奇哉一切众生皆有佛性，
皆能成佛！

首先，我们要学习佛的行为，
学习佛的知见，
学习佛的智慧。
我们要以佛陀的榜样来修自己的行为，
修习自己的品德。
更重要的是学习自己的
身、口、意业，修自己的
贪、嗔、痴、慢、疑，
五毒清清楚楚。
这是主要的先决条件。

学佛到了最终点，
就是完全要净化自己的身心；
也就是要先将自己这个“假我”修好！

●佛教短讯●BUDDHIST SMS●



◎ 缘生、缘灭 ◎

在这世界上的一切事事物物，
都是缘生缘灭的。
有哪一样东西是永恒不变的呢？
即使是现在我们眼睛所见到的
一切一切的东西，
一切一切的事事物物，
也不过是虚幻假相吧了。

因为我们现在的心
是一颗幻觉的心呀！

Conditionally Borned, Conditionally Destroyed

In the world,
all affairs and things
are conditionally borned
and conditionally destroyed.
Is there anything that is
eternal and unchanging?
Even what we see now with our eyes,
that is,
all the things and all the matters,
are nothing but illusory,
unreal appearances only.
This is because our present mind
is a deluded mind.



✱ There Is Nothing Obtained, But There Is Seeking ✱

There was an enlightened eminent monk.
After attaining enlightenedment,
he know that originally there is a treasure
store in his body, which is not
increasing nor decreasing.
That is what Buddhism describes as
"Not obtained is obtained."

Deluded living beings' mind seeks
everything, wants everything :
it wants money, wants motor cars
and big buildings.....

At the end,
the two legs stretch out straight
in a closed coffin, that is certain.
It is a pity that this kind of people do not
understand this truth even until they die.



大 无所得、有所求 大

有一位证悟了的高僧。
他证悟了之后，
知道原来在自己身上的宝藏，
是不增也不减的。
也就是佛教所讲的
无所得就是有所得了。

迷时的众生，
心无所不求，
样样都要：
要钱、要汽车、
要大洋楼……。

到了最后两脚一伸，
盖棺论定了。
可怜，
这种人直到死了
也不明白其中道理。

● 佛教短讯 ● BUDDHIST SMS ●





¥ 出卖贫穷 ¥

我们的贫穷可以卖掉。
你相信吗？

布施可以卖贫穷！

放生可以卖短命！

参学可以卖愚痴！

礼佛可以卖贱苦！

Selling Poverty

Our poverty can be sold off.
Do you believe that?

Giving and making offerings
can sell poverty.

Liberating lives can sell short life.

Studying can sell ignorance.

Bowing to the Buddha
can sell abject suffering.





赞颂
阿弥陀佛
The Verses Of Praise To
AMITABHA BUDDHA

● 孙果森 居士 ● Soon Guo-Sen ●



■ Worshipping The Buddhist Five Great Mountains ■

Worshipping the Putuo Mountain —
We bring forth our wholesome thought!

Worshipping the Jiuhua Mountain —
We manifest our vow power !

Worshipping the Emei Mountain —
We deliver our action !

Worshipping the Wutai Mountain —
We develop our wisdom !

Worshipping the Xuedou Mountain —
We manifest our kindness and compassion !



＊ 拜佛教五大名山 ＊

拜普陀山——

萌动出我们的善念！

拜九华山——

显现出我们的愿力！

拜峨眉山——

付诸出我们的行动！

拜五台山——

开发出我们的智慧！

拜雪窦山——

发露出我们的慈悲！

● Ah Buddha ! We Praise Your Greatness ●

Ah Buddha!

You illuminate and see the worlds of the ten directions!

The lakes' water of Putuo Mountain — flows down with your merits and virtues!

The lotus peaks of Jiuhua Mountain — surround your name!

The accumulated snow of Wutai Mountain — tells about your story!

The moon at the Emei Mountain — shines upon your world!

The adornment of the Xuedou Monastery — vastly spreads your kindness and compassion!

Ah Buddha!

You are so pure and sagely, without even one dust of defilement!

Filth and turbidity already recede in front of you.

Noise and hustle already stop in front of you.

Afflictions already melt in front of you.

Deviant views already are defeated in front of you.

Ah Buddha!

I praise your Great Vows!

I praise your Greatness!

@ 佛啊！ 赞您伟大 @

佛啊！

您照见十方世界

普陀山的湖水——

流淌着您的功德！

九华山的莲蓬——

回荡着您的名字！

五台山的积雪——

诉说着您的故事！

峨嵋山的山月——

映照着您的世界！

雪窦寺的庄严——

广扬着您的慈悲！

佛啊！

您圣洁得一尘不染！

秽浊在您面前退潮了。

喧闹在您面前息鼓了。

烦恼在您面前融化了。

佛啊！

我赞美您的大愿！

我赞美您的伟大！

❧ Love Amitabha Buddha ❧

I love "Amitabha Buddha"!

More than loving my own parents.

I love "Guan Shi Yin Bodhisattva"!

More than loving my own wife.

I love "Great strength Bodhisattva"!

More than loving my own children.

I love "all the superior people of the Western Pure Land"!

More than my own relatives and family members.

I love "the lotus flowers of the Pure land"!

More than my own properties.

I love "Amitabha Buddha's name"!

More than my own fame.

I love "The Pure Land"!

More than my own occupation.

I love "the Merit and Virtue Water"!

More than my own food and drinks.

I love "the Buddha's light"!

More than my own clothes.

● 爱阿弥陀佛 ●

我爱“阿弥陀佛”！
过于爱自己的父母。

我爱“观世音菩萨”！
过于爱自己的妻子。

我爱“大势至菩萨”！
过于爱自己的儿女。

我爱“西方诸上人”！
过于爱自己的亲戚眷属。

我爱“净土之楼阁”！
过于爱自己的房子。

我爱“净土之莲花”！
过于爱自己的财产。

我爱“阿弥陀佛号”！
过于爱自己的名誉。

我爱“净业”！
过于爱自己的职业。

我爱“功德水”！
过于爱自己的饮食。

我爱“光明”！
过于爱自己的衣服。

● Every Sound Of The Buddha's Name That I Chant ●

Ah, Amitabha Buddha!

I want to go to your land —

**Because from the time I begin to chant the
Buddha's name:**

Ah Amitabha Buddha!

Every sound of the Buddha's name that I chant —

Is a respectful sound from my heart!

Ah, Amitabha Buddha!

Every sound of the Buddha's name that I chant —

Is the revelation of my true mind!

Ah, Amitabha Buddha!

Every sound of the buddha's name that I chant —

Is my bringing forth of the great Bodhi Mind!

Ah Amitabha Buddha!

**Every sound of the Buddha's name that I
chant —**

Is my frequent practice of the bodhisattva Way!

Ah, Amitabha Buddha!

Every sound of the Buddha's name that I chant —

Is my boundless making of vows!

♪ 我每一声佛号 ♪

阿弥陀佛啊！

我要去您的国度——
因为我念佛开始：

阿弥陀佛啊！

我每念一声佛号——
是我恭敬的心声！

阿弥陀佛啊！

我每念一声佛号——
是我真心的流露！

阿弥陀佛啊！

我每念一声佛号——
是我发大菩提心！

阿弥陀佛啊！

我每念一声佛号——
是我常行菩萨道！

阿弥陀佛啊！

我每念一声佛号——
是我无量的发愿！

■ Ah, Buddha! We Sing and Praise You ■

Ah, Amitabha Buddha!

We have faith in you!

We always remember you!

We follow you!

Ah, Amitabha Buddha!

We are not crazy for money!

We are not crazy for power!

We are not fond of lingering here!

Ah, Amitabha Buddha!

You are the Enlightened One in the Three
Thousand Great thousand Worlds!

You are, in the mind of every living
being, its saviour!

Ah, Amitabha Buddha!

We want to sing praises for your
magnificent Merits and Virtues!

Ah, Amitabha Buddha!

We want to sing praises for your
magnificent Merits and Virtues!

▣ 佛啊！ 为您唱诵 ▣

阿弥陀佛啊！

我们相信您！

我们响往您

我们追随您！

阿弥陀佛啊！

我们不留恋金钱！

我们不留恋权势！

我们不留恋缠绵！

阿弥陀佛啊！

您是三千大千世界的觉悟者！

您是每个众生心中的救度者！

阿弥陀佛啊！

我们要唱诵您的宏伟功德！

阿弥陀佛啊！

我们要为您宏伟功德唱诵！

■ I Am A Karmic Offender ■

Ah Amitabha Buddha!

I am a karmic offender; in the measureless and countless kalpas, I have harmed and killed measureless and countless lives!

Ah Amitabha Buddha!

I am a poisoned person; in the measureless and countless kalpas, I have been poisoned by greed, hatred, ignorance, arrogance and doubt.

Now:

I am already defiled by the evil world of the five turbidities.....

Now:

I am already harmed by the present days' culture.....

Ah Amitabha Buddha!

In your land, my wholly bruised body will recover!

I implore you to purify me!

May you banish all my stubborn heavy karmic offences of millions of Kalpas!

我是一个罪人

阿弥陀佛啊！

我是一个罪人，在无量数劫以来，我伤害和杀害无量数的生命！

阿弥陀佛啊！

我是一个毒人，在无量数劫以来，我被贪、嗔、痴、慢、疑五毒所毒害！

如今：

我已经被五浊的恶世所污染了……。

如今：

我已经被现代的文明所陷害了……。

阿弥陀佛啊！

在您的世界里，我遍体鳞伤的生命将会得到康复！

阿弥陀佛啊！

您净化我吧！我万劫不复的深重罪业将被您放逐！

❧ Ah Buddha! Receive And Welcome Me ❧

Ah, Amitabha Buddha!

I pray that you receive and welcome me
away from the world of suffering!

Ah, Amitabha Buddha!

I pray that you receive and welcome me
away from the rotten form-body!

Ah, Amitabha Buddha!

I pray that you receive and welcome me
away from my boundless sea of karma!

Ah, Amitabha Buddha!

I pray that you receive and welcome me
away from the intensely burning house!

Ah, Amitabha Buddha!

Your name is the life-saving drift-wood!
Your name is the life-saving spring
water!

Ah, Amitabha Buddha!

I want to go to the Ultimate Bliss while
alive!

I want to go to the Pure Land while alive!

Ah, Buddha!

I still want to return to this world in the
Evil Time of the Five Turbidities to save
living beings!

& 佛啊！您接引我 &

阿弥陀佛啊！

我祈求您把我从苦难的地
球上接引出去吧！

阿弥陀佛啊！

我祈求您把我从腐烂的色身
中接引出去吧！

阿弥陀佛啊！

我祈求您把我从无边的业海
中接引出去吧！

阿弥陀佛啊！

我祈求您把我从熊熊的火宅
中接引出去吧！

阿弥陀佛啊！

您的佛号是救生的浮木！

您的佛号是救命的泉水！

阿弥陀佛啊！

我要活着去极乐！

我要活着去净土！

佛啊！

我还要回到这五浊恶世的
娑婆世界度众生啊！



* Ah Buddha! I Think Of You *

Ah Buddha! Ah, Amitabha Buddha!

Every day I think of you, every moment I call you!

Ah, Buddha!

Make me speak one word less, and chant one word more of the buddha's name!

Ah Buddha!

Make me reduce one portion of laxity and increase one portion of respect!

Ah, Buddha!

Cause the Buddha's name to issue forth from my inner heart all the time!

Ah Buddha!

Cause the Buddha's name to come out from my mouth in all moments!

Ah Buddha!

Cause the Buddha's name to enter my ears in every one of my chants!



□ 佛啊！我思念您 □

佛啊！我日日思念、时时呼唤，阿弥陀佛您啊！

佛啊！让我少说一句话，多念一句佛吧！

佛啊！让我少一份放逸，多一份恭敬吧！

佛啊！让佛号时时从我的内心发出！

佛啊！让佛号念念从我的耳边而入！

■ Ah You! Amitabha Buddha ■

Ah Amitabha Buddha!

The most popular word in the world is :

Amitabha Buddha!

The most auspicious word in the world is :

Amitabha Buddha!

The most sincere word in the world is :

Amitabha Buddha!

The most blessed word in the world is :

Amitabha Buddha!

The most comforting word in the world is :

Amitabha Buddha!

The most living word in the world is :

Amitabha Buddha!

The most liked word by all people in the world is :

Amitabha Buddha!

The most touching word that can move people
to tears is :

Amitabha Buddha!

Ah! "Amitabha Buddha" is the word that can
save limitless and boundless living beings!

∞ 您啊！ 阿弥陀佛 ∞

阿弥陀佛啊！

世界上最流行的话是：

阿弥陀佛！

世界上最吉祥的话是：

阿弥陀佛！

世界上最真诚的话是：

阿弥陀佛！

世界上最祝福的话是：

阿弥陀佛！

世界上最安慰的话是：

阿弥陀佛！

世界上最最有生命的话是：

阿弥陀佛！

世界上最满人喜欢的的话是：

阿弥陀佛！

世界上最感动的话是：

阿弥陀佛！

★ Please Strike the Sound Of My Heart ★

Ah, Buddha!

Please strike the bell of my mind!

Please light up the lamp of my mind!

Please deliver the words of my mind!

Please awaken the wisdom of my mind!

Ah, Buddha!

Your purity is spread to the Four Directions!

Your blessings and wisdom are spread to the
Four Directions!

Your name is spread to the Four Directions!

Ah, Buddha!

When I recite the Buddha's name each time, I
see the Pure Land each time!

Ah, Buddha!

When I recite the Buddha's name time after time,
I see the Pure Land time and time!

Ah, That is Amitabha Pure Land!

Ah, That is the Land of Ultimate Bliss!

Ah, Amitabha Buddha!

I want to go to the Ultimate Bliss while alive!

I want to go to the Pure Land while alive!

Ah, Buddha!

I still want to return to this world in the Evil
Time of the Five Turbidities to save / cross
over living beings!

＊ 敲响我心吧 ＊

佛啊！

您敲响我心的钟吧！

您点燃我心的灯吧！

您传递我心的话吧！

您启开我心智慧吧！

佛啊！

您的清凉传达四方！

您的福慧传达四方！

您的大愿传达四方！

您的佛号传达四方！

佛啊！

我一念念佛时，

一念见净土！

佛啊！

我念念念佛时，

念念见净土！

这是弥陀的净土啊！



ॐ Ah, Buddha! I Am Unborn And Undestroyed ॐ

Ah, Great

Amitabha Buddha!

**You have caused the blind to see the
adorned Buddha Image!**

Ah, Amitabha Buddha!

**You have caused the deaf to hear the
subtle Dharma Sound!**

Ah, Amitabha Buddha!

**You have caused the dumb to say out the
Unsurpassed Buddha Dharma!**

Ah, Amitabha Buddha!

**You have caused afflictions to become
the Sea of Wisdom!**

Ah, Amitabha Buddha!

**You have transformed greed, desire,
anger and hatred into the mind of
Kindness and compassion!**



佛啊！我不生不灭

伟大的——

阿弥陀佛啊！

您使盲者看到了庄严的佛像！

阿弥陀佛啊！

您使聋者听到了微妙的法音！

阿弥陀佛啊！

您使哑巴说出了无上的佛法！

阿弥陀佛啊！

您使无明烦恼成为智慧之海！

阿弥陀佛啊！

您化贪欲嗔恨成为慈悲之怀！

● I Bow In Worship To All Living Beings ●

Ah, The Great Amitabha Buddha!

I bow in worship to all the people who have shown kindness to me, and may we have mutual affinity.

I bow in worship to all the people who have enmity toward me, and may we mutually look at each other smilingly.

I bow in worship to all the people who have been jealous of me, and may our past misunderstanding vanish like melted ice.

I bow in worship to every person who has seen or met me before.

I bow in worship to every person whom I know or do not know.

I bow in worship to the ants under my feet, and may they cause me to tread carefully.

I bow in worship to the birds above my head, and may they cause me to be full of gratitude.

Ah, Buddha!

I bow in worship to all the living beings in the Six Realms.

● 我顶礼一切众生 ●

伟大的阿弥陀佛啊！

我顶礼有恩于我的人！
让我们心心相印。

我顶礼有仇于我的人！
让我们相视一笑。

我顶礼妒嫉过我的人！
让我们冰释前嫌。

我顶礼陷害过我的人！
让我们云开见日。

我顶礼见过我或曾遇
到的每一个人！

我顶礼脚下的蚂蚁，
它们让我小心翼翼！

我顶礼头上的飞鸟，
它们让我充满感激！

佛啊！

我顶礼六道中所有的一切众生
啊……！



ॐ Ah, Buddha! I have Faith In You &

Ah, Buddha!

I rely on you, I call out to you, and I follow you!

Ah, Buddha!

I am ready to go to the Pure Land of Ultimate Bliss at any time!

I am ready to go to the World of Ultimate Bliss at any time!

Ah, Buddha!

I am not fond of money, wealth and honor, and a life of pleasure!

These things can bring to me everlasting suffering and downfall!

Ah, Buddha!

Your Dharma Body, Reward Body and Transformation Body have awakened my Self-nature!



卐 佛啊！ 我相信您 卐

佛啊！

我相信您、我向往您、我追随您！

佛啊！

我随时准备去极乐净土！

我随时准备去极乐世界！

佛啊！

我不留恋金钱、富贵、享乐！

这些会带给我永远痛苦、堕落！

佛啊！

您的法身、报身、化身、唤醒了我的自性啊！

佛啊！

您让我出三界、成佛道啊！

■ I Repent ■

Ah, Amitabha Buddha!

I repent for the uneasiness in my mind.

I repent for the guilt in my mind.

I repent for the regret in my mind.

I repent for betraying my own spirit when I am in difficulties.

Ah, Amitabha Buddha!

I repent for not offering my kindness and compassion when I meet the beggars.

I repent for my jealous heart which causes me to lose many friends and their understanding.

I repent for my lust which is like a huge hand that tears me to pieces.

Ah, Amitabha Buddha!

I want to rely on the assistance of your great kindness and compassion and great vows!

May you cause me to bring forth the Bodhi Mind.

Ah, Buddha!

Your Dharma Body, Reward Body and Transformation Body have awakened my Self-nature!

▣ 我忏悔 ▣

阿弥陀佛啊！

我忏悔心中的不安！

我忏悔心中的内疚！

我忏悔心中的后悔！

我忏悔我困境时出卖自己的
灵魂！

阿弥陀佛啊！

我忏悔我面对乞丐时，没有
献出我的慈悲心！

我忏悔我的妒嫉心，使我失
去很多朋友和谅解！

我忏悔我的欲望，像一只大
手撕碎了我自己！

阿弥陀佛啊！

我要仗助您的大慈悲大愿力！

让我发出无上的菩提心吧！



★ Ah, Buddha! You Have Helped Me ★

Ah, Buddha!

When my body is racked by illnesses,
it is Amitabha Buddha's light that
softens my hardened body and mind!

Ah, Buddha!

When I am sorrowful and in pain, it is
Amitabha Buddha's light that expels
my darkness, afflictions and delusion!

Ah, Buddha!

When I hesitate and stop stepping
forward it is Amitabha Buddha's light
that eliminates my laziness and laxity.

Ah, Buddha!

When I am upside down, it is Amitabha
Buddha's light that helps me to firmly
enter the non-dualistic mind-nature!

★ 佛啊！您帮了我 ★

佛啊！

在我疾病缠身的时候，是弥陀的光明柔软了我僵硬的身心！

佛啊！

在我悲哀痛苦的时候，是弥陀的光明驱走了我的黑暗烦惑！

佛啊！

在我犹豫不前的时候，是弥陀的光明消除了我的懈怠放逸！

佛啊！

在我颠三倒四的时候，是弥陀的光明帮我契入不二的心性！

✱ Ah Buddha! I Make Great Vows ✱

Ah, Buddha!

**The days of my intoxication and
dreaming are over!**

**The days of my sense organs' pleasures
and indulgences are over!**

**The days of my heart's stimulation are
over!**

Ah, Buddha!

**The three messengers in the human
world: Old age, Sickness, and Death!**

Ah, they

Push me forward!

Remind me!

Whip me!

Ah, Buddha!

They want me to do great virtuous deeds!

**They want me to bring forth great
aspirations!**

They want me to save living beings!

Ah, Buddha!

**I want to eliminate their suffering life
after life!**

I want to give them everlasting happiness!

＊ 佛啊！ 我发大愿 ＊

佛啊！

我醉生梦死的日子已经过去了！

我感官上享乐的日子已过去了！

我心灵上刺激的日子已过去了！

佛啊！

在人间的三位使者：

老者、病者、死者！

他们啊！

督促我！

提醒我！

鞭打我！

佛啊！

他们要我行大善！

他们要我发大愿！

他们要我度众生啊！

佛啊！

我要拨除他们生生世世的痛苦！

我要给予他们永恒的快快乐乐！

3 May You Transform The Saha World Into Pure Land **&**

Ah, Amitabha Buddha!

I have obtained this body which is difficult to obtain!

I have faith in the Pure Land which is difficult to believe in!

Ah, Amitabha Buddha!

I vow that all my friends be transformed into "lotus friends".

I vow that all calamities be transformed into peace!

Ah, Amitabha Buddha!

I vow that all crimes be transformed into goodness!

I vow that all hunger be transformed into adequate feeding!

Ah, Amitabha Buddha!

I vow that all pestilence be transformed into good health!

I vow that all suffering be transformed into happiness.

Ah, Amitabha Buddha!

I vow that all enmity be transformed into good friendship!

I vow that all ugliness be transformed into beauty!

Ah, Amitabha Buddha!

I vow that all happiness be transformed into ultimate bliss!

I vow that all living beings be certified to Bodhi!

□ 您化娑婆为净土 □

阿弥陀佛啊！

我难得的人身今已得了！

我难信的净土今已信了！

阿弥陀佛啊！

愿朋友都化为莲友吧！

愿灾难都化为和平吧！

阿弥陀佛啊！

愿罪恶都化为善良吧！

愿饥饿都化为足食吧！

阿弥陀佛啊！

愿瘟疫都化为健康吧！

愿痛苦都化为快乐吧！

阿弥陀佛啊！

愿仇恨都化为好友吧！

愿丑陋都化为美丽吧！

阿弥陀佛啊！

愿快乐都化为极乐吧！

愿众生都证菩提果吧！

● Ah, Buddha! I Offer To You ●

Ah, Amitabha Buddha!

I offer to you the most beautiful poem in my heart!

Ah, Amitabha Buddha!

I offer to you every day and every moment!

Amitabha Buddha!

For the sake of my brothers and sisters in the Six Realms.....

Amitabha Buddha!

For the sake of my fellow country folks and elders in the Six Realms.....

Amitabha Buddha!

I offer the Ten Great Vows of Pu Xian to all the Buddhas in the Ten Directions and Three Periods of Time!

I offer the Great Vows of Amitabha to all the Buddhas in the Ten Directions and Three Periods of Time!

Ah, Amitabha Buddha!

May you bestow your boundless blessings and virtues on the boundless living beings!

Ah, Amitabha Buddha!

May you bestow your boundless wisdom on the boundless living beings!

& 佛啊！我献给您 &

阿弥陀佛啊！

我把心中最美丽的诗篇献给您！

阿弥陀佛啊！

我把每一天每一时刻都献给您！

阿弥陀佛啊！

为了六道中的兄弟姐妹们……。

阿弥陀佛啊！

为了六道中的乡亲父老们……。

阿弥陀佛啊！

我以普贤大愿供养十方三世诸佛吧！

我以弥陀大愿供养十方三世诸佛吧！

阿弥陀佛啊！

您把无边的福德赐给无边的众生吧！

您把无边的智慧赐给无边的众生吧！

B I Will Make Great Vows Life After Life &

Ah, Buddha!

I am a very self-pitying person.

I have this charater because of my
ugliness and defilements.

Ah, Buddha!

I am a very jealous person.

I have this depraved mind because of my
ugliness and defilements.

Ah, Buddha!

Let me vow to begin to recite the
Buddha's name: and

Every sound of the Buddha's name that
is recited —

Is the revelation of my sincere mind!

Every sound of the Buddha's name that
is recited —

Is the solidification of my kind and
compassionate mind!

Every sound of the Buddha's name that
is recited —

Is the flourishing of my true goodness!

Every sound of the buddha's name that
is recited —

Is my great vow life after life!

@ 我生生世世发大愿 @

佛啊！

我是个很自卑的人！
因为我的丑陋和污秽塑
造了我的性格！

佛啊！

我是个很妒嫉的人！
因为我的丑陋和污秽腐
蚀了我的心灵！

佛啊！

让我现在念佛开始：
每念一声佛号——
是我真诚心的流露！

每念一声佛号——
是我慈悲心的凝固！

每念一声佛号——
是我真善美的升华！

每念一声佛号——
是我生生世世的大愿！

● I Agree To Repay Your Kindness ●

Ah, Buddha!

My angry mind has opened the door of the hells.

My greedy mind has pushed open the door
of the hungry ghosts' realm.

My stupid mind has knocked open the door
of the animals' realm.

I am sent by the three evil paths into the
dark sea of suffering.

Ah, Buddha!

Only the living beings of Ultimate Bliss do
not have the angry mind.

Only the living beings of Ultimate Bliss do
not have the greedy mind.

Ah, Buddha!

Ah, this is all due to your compassionate vows!

Ah, Buddha!

Please help me to transform and liberate my evil mind!

Ah, Buddha!

Please help me to break and eliminate my ignorance!

Ah, Buddha!

I agree to repay your kindness!

I vow to cross over (save) boundless living beings!

● 我答应您的恩情 ●

佛啊！

我 慎恨的心打开了地狱的门！

我 贪婪的心推开了饿鬼的门！

我 愚痴的心撞开了畜生的门！

我 被三种恶道送入了黑暗的苦海！

佛啊！

只有极乐的众生没有嗔恨心！

只有极乐的众生没有贪婪心！

佛啊！

这都是您的悲愿啊！

佛啊！

您 帮我化解恶心吧！

佛啊！

您 帮我开如来藏吧！

佛啊！

我 答应报答您的恩情！

我 愿度无际无边众生！

■ Let Me Know The Cause And Effect Of The Periods Of Time ■

Ah, Buddha!

I repent for my disquiet mind!

I repent for my inner suffering mind!

I repent for my remorseful mind!

Ah, Buddha!

In how many lifetimes have I been ignorant!

In how many lifetimes have I been confused!

In how many lifetimes have I lost my way!

Ah, Buddha!

I am grateful to you!

Please let me cultivate until I go to the
Pure Land of Ultimate Bliss!

Please let me understand my future
journey and past events!

Please let me know clearly the cause and
effect of the three periods of time!

Please let me know that evil can guard
against evil!

Please let me know that kindness must
be repaid!

▣ 让我知道三世因果 ▣

佛啊！

我忏悔不安的心！

我忏悔内疚的心！

我忏悔后悔的心！

佛啊！

多少生我迷茫！

多少生我迷惑！

多少生我迷途！

佛啊！

我感恩您！

您让我修到极乐净土吧！

您让我明白前程往事吧！

您让我明知三世因果吧！

您让我知道恶可防恶吧！

您让我知道恩要报恩吧！

● Ah, Buddha! I Want To Depend On Your Help ●

Ah, Amitabha Buddha!

I

Do not know how many of hundred years, thousand years and ten thousand years, have passed......

Ah, Amitabha Buddha!

Now, my life —

Has not yet jumped out of the sphere of greed, anger and stupidity!

Has not yet jumped out of the pull of the karmic force of millions of kalpas!

I cannot hear the voice of my inner heart!

Ah, Amitabha Buddha!

Now, I want to depend on your great vows!

Ah, Amitabha Buddha!

**Now, I want to rely on your —
power of merits and virtues!**

Ah, Amitabha Buddha!

**Now, I want to seek refuge in your —
power of kindness and compassion!**

ॐ 佛啊！我借助您 ॐ

阿弥陀佛啊！

我——

不知经历了多少个百年、千年、万年……。

阿弥陀佛啊！

如今，我的生命——

跳不出贪嗔痴的范围啊！

逃不出万劫业力的牵引啊！

我听不到内心的呼声啊！

阿弥陀佛啊！

我现在要借助于您的——
大愿力！

阿弥陀佛啊！

我现在要仰仗于您的——
功德力！

阿弥陀佛啊！

我现在要投靠于您的——
慈悲力！

& Ah, Buddha! I Recite One 'Sound' Of The Buddha's Name &

Ah, Amitabha Buddha!

**What I want is one sound of:
Amitabha Buddha!**

**What I recite is one sound of:
Amitabha Buddha!**

**What I think of is one sound of:
Amitabha Buddha!**

**What I dream about is one sound of:
Amitabha Buddha!**

**What I depend on is one sound of:
Amitabha Buddha!**

Ah, Buddha!

**I listen to the sound of mind and rain as
—the sound of Amitabha Buddha!**

**I listen to the sound of cicadas and frogs
as — the sound of Amitabha Buddha!**

Ah, Buddha!

**Please use your golden colored arms to
receive me into the Way!**

**Please use your vows' power which
pervades the whole universe, to help
me get enlightened.**

佛啊！我念一声佛号

阿弥陀佛啊！

我要的就是一声：
阿弥陀佛！

我念的就是一声：
阿弥陀佛！

我想的就是一声：
阿弥陀佛！

我梦的就是一声：
阿弥陀佛！

我靠的就是一声：
阿弥陀佛！

佛啊！

我把风声雨声听成——
阿弥陀佛之声！

我把蝉声蛙声听成——
阿弥陀佛之声！

佛啊！

您用金色的手臂接引我
入道吧！

您用遍虚空的愿力助我
开悟吧！

& The Buddha's Greatly Kind Vow Power ॐ

Ah, Buddha!

**Please use your greatly kind vow power
to set free the living beings in the
animal realm! let them stop their cries
for help!**

Because — Alas,

They are my own brothers!

Because — Alas,

They are my own sisters!

Because — Alas,

They are my past friends!

Because — Alas,

They are my relatives!

Because — Alas,

They are my fathers!

Because — Alas,

They are my mothers!

Ah, Amitabha Buddha! Ah,

**You are the Buddha King, the Great
Doctor King, the Great Dharma King,
the Great Vow King and the Great King
of Merits and Virtues!**

口 佛的大慈愿力 口

佛啊！

您以大慈愿力——

释放畜生道的众生吧！

让它们停止哀求呼救！

因为——

它们是我的亲兄弟啊！

因为——

它们是我的亲姐妹啊！

因为——

它们是我宿世朋友啊！

因为——

它们是我的好亲戚啊！

因为——

它们都是我的父亲啊！

因为——

它们都是我的母亲啊！

阿弥陀佛啊！

您是佛王、大医王、大法王、大愿王、功德王啊！

& Ah, Buddha! We Offer To You &

Ah, Amitabha Buddha!

Let us offer water to you —

May you let our mind be like water's
purity and stillness!

Ah, Amitabha Buddha!

Let us offer incense to you —

May you let our mind be like the body
and mind of the incense of faith, vow
and practice!

Ah, Amitabha Buddha!

Let us offer flowers to you —

May you let us cultivate the
Bodhisattvas' myriad practices to
adorn the fruit of Buddhahood!

Ah, Amitabha Buddha!

Let us offer fruits to you —

May you bless our practice of wholesome
causes to obtain wholesome fruits!

Ah, Amitabha Buddha!

Let us offer everything to you —

May you let the world and us have the
same long lasting and vast blessings
and virtues as yours!

◎ 佛啊！向您供养 ◎

阿弥陀佛啊！

让我们向您供养水——

您让我们的心像水一样清洁平静！

阿弥陀佛啊！

让我们向您供养香——

您让我们的心像信愿行香的身心！

阿弥陀佛啊！

让我们向您供养花——

您让我们修菩萨万行来庄严佛果！

阿弥陀佛啊！

让我们向您供养果——

您让我们修行善因得到善的果报！

阿弥陀佛啊！

让我们向您供养一切——

您让世界和我们同宽福德共长久！

● Ah, Buddha You Illuminate Brightly On Me ●

Ah, Amitabha Buddha!

Please help me to eradicate the stingy mind!

Please help me to eradicate the greedy mind!

Ah, Amitabha Buddha!

Please help me to eradicate the hateful mind!

Please help me to eradicate the evil action mind!

Ah, Amitabha Buddha!

Please illuminate brightly my pure mind!

Please illuminate brightly my altruistic mind!

Ah, Amitabha Buddha!

**Please illuminate brightly my kind and
compassionate mind!**

Please illuminate my bodhi mind!

Ah, Amitabha Buddha!

**Please let me — Go to the Land/World of
Ultimate Bliss to certify to Bodhisattvahood
and in that very life attain Buddhahood.**

Ah, Amitabha Buddha!

**Please let me — See the Buddha as the lotus
flower blooms and then return to the Saha
World to cross over living beings!**

◎ 佛啊！您照亮我 ◎

阿弥陀佛啊！

您帮我铲除吝啬心吧！

您帮我铲除贪婪心吧！

阿弥陀佛啊！

您帮我铲除嗔恨心吧！

您帮我铲除恶行心吧！

阿弥陀佛啊！

您照亮我的清净心吧！

您照亮我的利他心吧！

阿弥陀佛啊！

您照亮我的慈悲心吧！

您照亮我的菩提心吧！

阿弥陀佛啊！

您让我——

到极乐世界去证菩萨一生辅出吧！

阿弥陀佛啊！

您让我——

花开见佛再返回娑婆世界度
众生吧！

& Ah, Buddha! I Take The Western Land &

Ah, Buddha!

I take the Western Pure Land as my spirit's abode!

I take Faith, Vows and Reciting the Buddha's name as my expedient Dharma door!

Ah, Buddha!

I take the Nine Grades of Lotus Flowers as my parents!

I take Concentration in Sitting Meditation as my health maintenance medicine!

Ah, Buddha!

I take Dharma bliss in Making offerings as my daily three meals!

I take the ending of evil and the practice of goodness as my daily work!

Ah, Buddha!

I take the living beings in the Six Realms as the target of my service!

I take ignorance and hatred as the starting point of my wisdom!

I take darkness and death as the starting point of my new life!

& 佛啊！我以西方 &

佛啊！

我以西方净土作为我的精神住宅！

我以信愿念佛作为我的方便法门！

佛啊！

我以九品莲花作为我的亲生父母！

我以打坐禅定作为我的保健用药！

佛啊！

我以布施法喜作为我的一日三餐！

我以断恶行善作为我的日常工作！

佛啊！

我以六道众生作为我的服务对象！

我以苦恼悲哀作为我的快乐起点！

佛啊！

我以愚痴嗔恨作为我的智慧起点！

我以黑暗死亡作为我的新生起点！



✠ Ah, Buddha! You Are Everlasting ✠

Ah, Buddha!

All of the world are alarmed —

Only you are serene!

Ah, Buddha!

All of the world are confused —

Only you are clear headed!

Ah, Buddha!

All of the world are incomplete —

Only you are complete!

Ah, Buddha!

All of the world are false —

Only you are real!

Ah, Buddha!

**All of the world are short-term and
temporary —**

Only you are everlasting!

佛啊！您是永恒

佛啊！

世间一切都是惊慌的——
只有您是安祥的！

佛啊！

世间一切都是迷惘的——
只有您是清醒的！

佛啊！

世间一切都是残缺的——
只有您是圆满的！

佛啊！

世间一切都是虚幻的——
只有您是真实的！

佛啊！

世间一切都是短暂的——
只有您是永恒的！

● Ah, Buddha! Your Great Vows ●

Ah, Buddha!

Your Dharma Vows —

Wipe out our upside-down false views!

Penetrate our greed, hatred and ignorance!

Ah, Buddha!

Your Kind Vows —

Resolve our obstruction of afflictions!

Open up our narrow heart/mind!

Ah, Buddha!

Your Compassionate Vows —

**Cause the living beings in the Six Realms
to have no more fright!**

**Cause all the living beings to have
obtained peace and ease of mind!**

Ah, Buddha!

Your Meritorious Vows —

**Are greatly bright lamps that illuminate
faraway and vastly!**

**Are greatly bright lamps that illuminate
vastly and faraway!**

● 佛啊！您的大愿 ●

佛啊！

您的法恩——

治愈我们的颠倒妄见！

穿透我们的贪嗔痴！

佛啊！

您的慈愿——

分解了我们的烦恼障！

宽拓了我们狭窄心脑！

佛啊！

您的悲愿——

六道众生不会恐惧了！

一切众生得到安逸了！

佛啊！

您的功愿——

大光明灯辽远而广阔！

大光明灯广阔而辽远！



● Ah Buddha! The Land/World of Ultimate Bliss ●

Ah, Buddha!

We will return from the Land/World of Ultimate Bliss to the Saha World to cross over all living beings!

Ah, Buddha!

Because in the Six Paths of Rebirth there are my brothers and sisters!

Ah, Buddha!

Because in the Three Realms there are my fellow elders and country folks!

Ah, Buddha!

We will bring back the sweet dew to moisten the desert fields!

Ah, Buddha!

We will bring back the bright lamp to light up the vast darkness!

Ah, Buddha!

We will surely fulfil, —
Amitabha, your original vows!

＊ 佛啊！ 极乐世界 ＊

佛啊！

我们会从极乐世界回来娑婆
世界普度众生！

佛啊！

因为六道之中有我们的兄弟
姐妹！

佛啊！

因为三界之中有我们的父老乡
亲！

佛啊！

我们会带回甘露水，
去滋润沙漠的园田。

佛啊！

我们一定会满足——
阿弥陀佛您的本愿！



■ Ah, Buddha! Your Name ■

Ah, Buddha!

Please let us use your name —

To smash the confused and dim stupidity!

To open up the truth of the universe!

Ah, Buddha!

Please let us use your name —

To dispel the world's darkness!

To explore the truth of human life!

Ah, Buddha!

Please let us use your name —

So that the world's human beings can be saved!

So that the heavenly beings can be saved!

So that the asuras can be saved!

So that the hell beings can be saved!

So that the hungry ghosts can be saved!

So that the animals can be saved!

◎ 佛啊！您的佛号 ◎

佛啊！

让我们用您的佛号——

粉碎昏暗浑沌吧！

开启宇宙真理吧！

佛啊！

让我们用您的佛号——

去劈开世间的黑暗吧！

去探索人生的真谛吧！

佛啊！

让我们用您的佛号——

使世界人类得救吧！

使天上仙人得救吧！

使阿修罗界得救吧！

使地狱道界得救吧！

使饿鬼道界得救吧！

使畜生道界得救吧！

✱ Ah, Buddha! Your Merits And Virtues ✱

Ah, Amitabha Buddha!

My mind cannot contain myself

Alas, Because I do not have wisdom!

Ah, Amitabha Buddha!

My mind cannot contain others

Alas, Because I do not have kindness and compassion!

Ah, Amitabha Buddha!

My mind cannot contain the Pure Land

Alas, Because I do not have the blessings!

Ah, Amitabha Buddha!

Your great name of six words is the life saving sanctuary!

Your great name of six words is the boat of Prajna!/Prajna boat!

Ah, Amitabha Buddha!

I utilize the rivers to broadcast your merits and virtues!

I make use of the sun and moon to broadcast your merits and virtues!

I make use of the ten directions to broadcast your merits and virtues

Ah, Amitabha Buddha!

Please let the living beings in the worlds of the ten directions know

That there is no suffering in the World of Ultimate Bliss!

That there is no deficiency in the world of Ultimate Bless!

▣ 佛啊！您的功德 ▣

阿弥陀佛啊！

我 心中装不下自己——
因 为我没有智慧呀！

阿弥陀佛啊！

我 心中装不下别人——
因 为我没有慈悲呀！

阿弥陀佛啊！

我 心中装不下净土——
因 为我没有福报呀！

阿弥陀佛啊！

您 六字洪名是救生圈！
您 六字洪名是般若船！

阿弥陀佛啊！

我 借江河播您的功德！
我 借日月播您的功德！
我 借十方播您的功德！

阿弥陀佛啊！

让 十方世界众生知道！
极 乐世界没有众苦啊！
极 乐世界没有恶缘啊！

★ You Have Been Fondly Remembered By Me ★

Ah, The Great Amitabha Buddha!

You have been fondly remembered by
how many people?

You have been gazed at by how many
people?

You have been worshipped by how many
people?

Ah, Buddha!

You have already helped saved how
many people?

You have already crossed over how many
people?

Ah, Buddha!

In times of disasters, the one that living
beings think of is you!

In times of dying, the one that living
beings think of is you too!

Ah, living beings!

When can you introspect yourselves?

Ah, living beings!

When can you enlighten yourselves?

Please wake up! Please wake up!

ㄅ 您被我思念过 ㄅ

伟大的阿弥陀佛啊！

您已被多少人思念过？

您已被多少人注视过？

您已被多少人跪拜过？

佛啊！

您已助救过多少的人？

您已超度过多少的人？

佛啊！

危难的时候，众生想的是您啊！

命终的时候，众生念的又是您啊！

众生啊！

您何时才能反省自己呢？

众生啊！

您何时才能觉悟自己呢？

众生啊！

您醒醒吧！你醒醒醒醒吧！



● Ah, Buddha! You Are The Greatest ●

Ah, Amitabha Buddha!

Of Your Forty Eight Great Vows:

Every Vow is —

A bright lamp in the dark night!

Every Vow is —

A good medicine to end birth and death!

Every Vow is —

A boat to leave the sea of suffering!

Ah, Amitabha Buddha!

In the ten directions of the world.....

Ah, you are the most kind-hearted!

Ah, you are the most compassionate!

Ah, you are the brightest!

Ah, you are the greatest!

＊ 佛啊！ 您最伟大 ＊

阿弥陀佛啊！

您发的四十八大愿：

愿愿都是——

黑夜里的明灯！

愿愿都是——

了生死的良药！

愿愿都是——

脱苦海的舟船！

阿弥陀佛啊！

在十方世界里……。

只有您是永恒的！

您啊，最善良！

您啊，最慈悲！

您啊，最光明！

您啊，最伟大！

★ Ah, Buddha! You Give Me Happiness ★

Ah, Buddha!

What is oppressing my spirit?

What is twisting and bending my spirit?

What is agonising my spirit?

Ah, Buddha!

How many people have ever struggled with birth and death?

How many people have ever undergone rebirth in the Six Realms?

Ah, Buddha!

Your Pure Land is the happiness of leaving suffering and happiness!

Your Pure Land is the happiness of leaving the happiness of desire!

Ah, Buddha!

You give me the happiness of the Emptiness of the Four Elements and the No-Self of the Five Aggregates!

You give me the happiness of the pure Six Roots which do not enter the Six Dusts.

Ah, Buddha!

You give me the happiness of the thought of feeling happy yet not feeling happy!

You give me the happiness of the Prajna of the true Dharma Nature!

★ 佛啊！您赐给我快乐 ★

佛啊！

是什么压抑了我的心灵？

是什么扭曲了我的心灵？

是什么痛苦了我的心灵？

佛啊！

有多少人为生死挣扎过？

有多少人在六道轮迴过？

佛啊！

您的净土是脱离苦乐的快乐！

您的世界是脱离欲乐的快乐！

佛啊！

您赐给我四大皆空五蕴无我的快乐！

您赐给我六根清净不入六尘的快乐！

佛啊！

您赐给我受乐而无受乐之想的快乐！

您赐给我是真实法性的般若的快乐！

● Ah, Buddha! You Are Greatly Kind And Compassionate ●

Ah, the greatly kind and compassionate
buddha —

May you change ugliness to beauty!

Ah, the greatly kind and compassionate
Buddha —

May you change the disabled to the
adorned!

Ah, the greatly kind and compassionate
Buddha —

May you change ignorance to wisdom!

Ah the greatly kind and compassionate
Buddha —

May you change the transient to the
everlasting!

Ah, the greatly kind and compassionate
buddha —

We let you transform us too!

Make us become the eyes of the blind!

Make us become the voice of the deaf!

Make us become the hands and legs of
the disabled!

Ah, the greatly kind and compassionate
buddha!

Let us become like you:

Life after life vowing to save boundless
number of living beings!

★ 佛啊！您大慈大悲 ★

大慈大悲的佛啊——
您把丑陋变成美丽吧！
大慈大悲的佛啊——
您把残疾变成庄严吧！
大慈大悲的佛啊——
您把贫贱变成富贵吧！
大慈大悲的佛啊——
您把愚痴变成智慧吧！
大慈大悲的佛啊——
您把短暂变成永恒吧！
大慈大悲的佛啊——
让您也转变我们吧！
让我们去做盲者的眼睛！
让我们去做哑者的声音！
让我们去做残者的手足！
大慈大悲的佛啊——
您让我们也和您一样：
生生世世愿度无边无际
的众生啊！



■ Ah, Woman! You are Kind-Hearted ■

Ah, Woman!

Your emotional attachment of many lives
in many kalpas is already eradicated!

Ah, Woman!

Your body, which is the obstruction of
turbidity and evil karma is already
changed!

Ah, Woman!

You have already purified your narrow
and suspicious feelings!

Ah, Woman!

When you do not give rise to a lustful
mind, that is already ultimate attainment.

Ah, Woman!

When you practise filiality to your
parents -in-law, that is already pure
land!



女人啊！

妳多生多劫的情执已破除了！

女人啊！

妳浊恶罪障的身体已转变了！

女人啊！

妳已清静狭窄多疑的心性了！

女人啊！

妳心温顺贤慧善良的女性了！

女人啊！

妳不起淫欲心已就是极乐了！

女人啊！

妳行孝顺公婆已就是净土了！



& Ah Buddha! You Are Everlasting &

Ah, Buddha!

Tens of millions of years of history is just
a fleeting moment in front of you!

Great many past events are just passing
mist in front of you!

Ah, Buddha!

You have witnessed everything already!

You have eternal life!

You are everlasting!

You are long-lived!

Ah, Buddha!

I wish to land on your bosom!

I wish to land on your world!

Ah, Buddha!

For the sake of this moment, I have
already made the preparations.....

Please let my life be free from birth and
destruction!

★ 佛啊！您是天长地久 ★

佛啊！

千 万年的历史在您面前稍纵即逝！

多 少往事在您面前只是过眼云烟！

佛啊！

您 见证一切了！

您 是永生的啊！

您 是天长地久的啊！

您 是万寿无疆的啊！

佛啊！

我 希望落入您的怀抱！

我 希望落入您的世界！

佛啊！

我 现在为了这一刻已作好准备了……。

您 让我的生命不生不灭啊！



迴向偈



VERSE
OF
TRANSFERENCE

願以此功德，
May the merit and virtue accrued from this work,

莊嚴佛淨土，
Adorn the Buddhas' Pure Lands,

上報四重恩，
Repaying four kinds of kindness above,

下濟三塗苦。
And aiding those suffering in the paths below.

若有見聞者，
May those who see and hear of this,

悉發菩提心，
All bring forth the resolve for Bodhi,

盡此一報身，
And when this retribution body is over,

同生極樂國。
Be born together in the Land of Ultimate Bliss.

● 出资印经者回向给法界众生 ●

● 佛教短讯 ● BUDDHIST SMS ●





▣ 助印芳名 ▣

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The Dharma Protector:
VAJRAPANI BODHISATTVA

▣ 护法：韦驮菩萨 ▣

