

慈济静思语 中英对照 全集
(证严法师)

Tzu-Chi's Aphorisms In Chinese and English
(Master Cheng Yen)

1. 善于利用时间的人，无时无刻不是修持参禅的好机缘。

For someone who , makes good use of time , every moment , is good for meditation.

2. 心平静，当下就是净土。

When the mind is pure and tranquil, we have arrived in Pureland.

3. 真正的心好，应该是非常自然、没有一丝一毫地考虑，马上伸出援手去扶助别人。

True goodness , is to reach out naturally , without , the slightest hesitation.

4.忘功不忘过，忘怨不忘恩。

Forget , our achievements, but not our mistakes.

Forget , the trespasses of others , but not the kindness, they have shown us.

5.转一个角度来看世界，世界无限宽大；换一种立场待人处事，人事无不轻安。

When you view the world, from a different perspective, the world becomes, vast and wide. Try shifting your perspective, in everything you do,,and all will be, light and easy.

6.布施若不是真正心存喜舍，则非但没有功德，反增烦恼。

To give without joy,, not only carries no merit, but engenders afflictions.

7.起心动念无不是业，开口动舌、举手投足无不是罪。

Every thought, every word, every action is , the origin of karma and misfortune.

8.不要小看自己，因为人有无限的可能。

Do not underestimate yourself; , everyone has unlimited potential.

9.人人本具菩萨心，也具有和菩萨同等的精神与力量。

Everyone has a Buddha nature, , and a Bodhisattva's strength and spirit.

10.一个人面临绝境时，还能心存感恩很是难得。永保感恩心付出的人，比较不会陷入绝境。

It is difficult to, remain grateful , in destitution, but a person, who does good, with a grateful heart is, less likely to, fall into destitution.

11.「戒」是不起心动念；「定」是临危不乱；「慧」能运心转境。

(Buddhism speaks of , developing discipline , , meditative concentration, , and wisdom.), Discipline is to, not give rise to , unwholesome thoughts., Meditative concentration is to , be calm under adversity., Wisdom is to , take control of our mind , and change our destiny.

12.一个人的快乐，不是因为他拥有得多，而是因为他计较得少。

Happiness, is not about, how much we possess, but how little we, bicker over trivial.

13.心无邪思，意无邪念，即常自在；心正则邪不侵。

If our thoughts are, upright and wholesome,, we can, always be at ease and, evil cannot come near.

14.理想要放在远方，脚步要落实现在。

Though we aim high,, we must take solid and, concrete steps, hereand now.

15.理直要气和，得理要饶人。

Remain soft-spoken and forgiving,, even when reason is on yoursides.

16.心迷就会苦，心悟就自在。

A confused mind suffers agony;,, an enlightened mind feels at ease.

17.陪伴父母要欢喜，而不是应付责任。

Giving time , to our parents, is about , spending time with them,with joy,, not merely out of, a sense of duty.

18.人的心地就像一亩田，若没有播下好的种子，也长不出好的果实来。

Our mind is like a garden; , if no good seeds are sown, , nothing good will grow from it.

19.好事要提得起，是非要放得下，成就别人即是成就自己。

Take up good deeds and, let go of hard feelings., In helping others to, fulfill their goal, we too gain.

20.人生为人群付出多少，就得多少踏实感。

The more we give,, the more grounded, we will feel.

21.千里之路，必须从第一步开始；圣人的境域，也是自凡夫起步。

The journey, of a thousand miles, begins with one first step., Even the saint was once, an ordinary human being.

22.生气，就是拿别人的过错来惩罚自己。

Getting angry is actually, to punish yourself, with other people' s mistakes.

23.每天都是生命中的一张白纸，每一个人、每一件事都是一篇生动的文章。

Every single day is like a blank page of our life.,
Every person we meet, every event we participate in is a lively essay.

24.遭受别人批评时，先问自心是否无愧？无愧则心安。

In the face of criticism, , ask if your conscience is clear. , With a clear conscience, , you will have peace of mind.

25.口说好话，心想好意，身行好事，脚走好路。
Speak kind words, think good thoughts, , do good deeds, and walk the right path.

26.感恩他人就是美化自己。

In showing gratitude,, we become , a more beautiful person.

27.有知足心，才懂感恩；有感恩，才会善解；有善解，才能凡事包容。

Being content helps us, to be appreciative., Having gratitude helps us, to see things, in their positive light., Being this way, we will, become a more, tolerant and, understanding person.

28.学佛，就是要学会及时改正错误的观念。

Practicing Buddhism , is about learning to, promptly correct, our wrong views.

29.不要争面子，争来的是假的，培养来的才是真的。

It is meaningless , to demand others' respect., Only the respect , inspired by the goodness , of our character , is real and true.

30.人生几十年的成就，都是由每一天的言行累积而成。所以，要照顾好每一天的言行。

Our accomplishments in life, are built on, the words and actions, we make every day —, thus we must be discreet in our, daily speech and behavior.

31.人生如高空走索，应专心一意往前看、向前走，不要回头空懊恼。

Life is like , walking on a tightrope., Walk straight ahead and, concentrate on , what' s in front of us;, to keep looking back, does us no good.

32.听话、说话要完整，不要只拣前一句、后一句，合起来刚好尖尖的刺进人心。

Be clear and complete when you talk and listen., Do not pick one sentence here, and one sentence there;, or you may by accident intensely hurt someone.

33.人生若精神文化充足富有，纵使物质生活平淡，也会感到乐在其中。

If we are, spiritually rich , and fulfilled,, we will be happy,, even if materialistically, our life is, basic and simple.

34.什么都没做，就是空过的人生；若能不断付出利益人群，就是大好的人生。

If we don' t do something meaningful,, our life will pass by in vain., But if we work unceasingly for the betterment of mankind,, ours will be a beautiful life.

35.发心容易，恒心难持；光说不练，无法体悟真理、实践道法。

To begin is easy,, to persist, difficult., Talking about truth, without practicing it, leads neither to enlightenment, nor realizing the Dharma.

36.感恩可以打开我们的心结，并且启发我们的悲心。

Having gratitude , can help us dissolve , our inner afflictions, and waken , our compassion.

37.以欢喜心做事，即使忙碌却不感到辛苦，反而觉得甘甜。

If we work , with a joyful heart,, no matter how tiring and, demanding the task is,, we will be rewarded, with a sense of , bliss and joy.

38.好事，需要你、我、他共同来成就。所以，不要有你、我、他的成见。

Good actions require, everyone' s cooperation,, so let' s not cling to, personal biases.

39.能付出爱心就是福，能消除烦恼就是慧。

The ability to love, is a blessing. , The ability to ,
eliminate afflictions , is wisdom.

40.要拥有很可爱的人生，就要自己先去爱人。

We must first love others, to have a beautiful life.

41.以亲切的爱心去关怀别人，这份爱心便是造福的种子。

When we care for others with deep sincerity,, our
heart of love is the noble seed, that brings great
blessings.

42.要作个受欢迎的人，作个被爱的人，就必须先照顾好自我的声和色。

To win the hearts of others and always be welcomed,, we must be cautious of our tone of voice , and facial expression.

43.行善是本分 付出无所求 不执着「善有善报」，自然轻安自在。

It is our duty, as a human being, to do good., Expecting nothing in , return,, our heart will naturally, enjoy peace and ease.

44.退让一步以成全别人，即是修养，即是修行。

Taking a step back , to accommodate others , refines our character , and nurtures , spiritual growth.

45.心中有信，愿力无穷；
心中无私，其福无量。

With faith, , we will have, unlimited strength., With
selfless intentions,, we will be , showered with
blessings.

46.一般人常言：要争这一口气。其实真正有功夫
的人，是把这口气咽下去。

Most people fight, for the sake of pride, but the wise
can let go.

47.把贪念转为满足，把满足化作慈悲。

Transform greed into contentment,, and contentment
into compassion.

48.我们要接受天下人、事、物的磨练，方能成为一个坚强的人。

Only by undergoing , the trials and challenges, of human affairs , do we become , strong and resilient.

49.处理事情，感情要蕴藏在理智中；与人相处，则要把感情表现在理智上。

In handling matters, let your mind influence your heart., In dealing with people, let your heart influence your mind.

50.有一分心，就有一分力量。

When we have the will,, we will have strength.

51.人人本有清净纯真的佛性，只因烦恼无明而遮蔽了。

We all have, a pure and clear, Buddha nature,,
obscured by, afflictions and delusion.

52. 菩萨不是土塑木刻的形象，真正的菩萨能做事、能说话、能吃饭，能寻声救苦随处现身。

Bodhisattvas are not idols made of wood; , real
Bodhisattvas are people who eat, talk, , work, and
relieve suffering in times of need.

53. 谎言像一朵盛开的鲜花，外表美丽，生命短暂。

Lies are like , flowers in full bloom;; they look
beautiful , but do not last long.

54. 最平淡的日子，心里最安定。

The most , simple and ordinary life , brings the most ,
inner peace.

55.发脾气是短暂的发疯。

Getting mad is, like a bout of temporary insanity.

56.以爱待人、以慈对人，则不惹人怨，亦能结好缘。

When we treat others with loving-kindness, , we will not stir up ill feelings,, and we will be able to , form good relationships with others.

57.人既然生在世间，就不能离开众缘，修行也不能离群隐世。

Born into this world,, we are always with people;; hence spiritual cultivation, cannot be achieved in isolation.

58.做人固然不应将自我看得太重，但也不要自轻己灵。

Do not think too highly of yourself, , and yet, never underestimate your ability.

59.时时感恩，处处感恩，人人感恩，事事感恩。

Be grateful always,, for everything and everyone,, at every moment.

60.平安就是福，助人就是慧。

Being safe and well, is a real blessing, and helping others , willingly, is a mark of wisdom.

61.爱不是要求对方，而是要由自身付出，无条件地奉献，做到事事圆满。

Love is not about , asking of the other person, but about , giving of ourselves , unconditionally, so that we can, help things become, perfect and complete.

62.「不断地付出就是在造福，面对人事就是在修慧」，若能福慧双具，就是慧命增长。

Through continuous giving,, we create blessings.,
Through the handling of, human affairs,, we cultivate wisdom., By cultivating, blessings and wisdom,, we grow spiritually.

63.合心为善，和气付出，互爱赞叹，伸手协力。

Let us work together , for the common good, in harmony , and with mutual love, for one another.

64.一个缺口的杯子，如果换一个角度看它，它仍然是圆的。

Chipped though the cup , may be,, if you look at the cup, from a different angle,, you' ll see that, the rest of it, is still perfect.

65.珍惜每一分 每一秒 踏踏实实为社会付出爱。

Treasure each , and every moment, to share one' s love and , serve society , through concrete action.

66.一个人不怕错，就怕不改过，改过并不难。

Fear not , the making of mistakes,, but rather, the reluctance , to correct ourselves., It is in fact, not that difficult, for us to change.

67.人生若能减低欲望，生活上便没有什么值得计较！

If we can reduce our desires,, there is nothing really worth , getting upset about.

68.人最难看得见的，就是自己

The hardest thing, for people to see, is themselves.

69.烦恼就像一条毒蛇睡在人的心中，一触动它，蛇就会咬人。

Worry is a poisonous snake , that sleeps in the mind;; the moment you disturb it , the snake will bite you.

70.双手健全却不肯做事的人，等于是没有手的人。

To have two good hands , and refuse to work, is no different than , having no hands at all.

71.做事踏实，心就稳；心稳，路就稳。

When we are, honest and grounded, in what we do,, our mind will be stable;, then we can walk, steadily on life' s path, and our path will be, less bumpy.

72.凡事对机即是好。

The best medicine is, that which can treat, the conditions at hand.

73.人生的价值在于功能而不是形象，形象没有价值。

The value of our life, lies in what we offer , and contribute, rather than , having a good image., Image itself, has little lasting value.

74.做好事 ,不在于一定做多少 ,应该做的就要做 。

The key to doing good, is not the amount done, but doing , whatever should be done.

75.增一分感恩心 , 即减一分猜疑心 。

With more gratitude,, we will have , fewer misgivings.

76.对别人不要计较 , 对自己要好好检讨 。

Be forgiving, and less critical of others,, but be strict, and objective, in examining ourselves.

77.人生最踏实的事，是今日此时有多少力量就尽快付出。

Our life , is most grounded, when we are contributing, whatever we can, at each , and every opportunity.

78.不能低头的人，是因为一再回顾过去的成就。
People who are preoccupied , with past achievements , cannot humble themselves.

79.每天都是一本书，所遇到的每个人，都是一篇文章。

Every day is like the unfolding of a book,, each person, a lively essay.

80.勇气不可失，信心不可无，世间没有不能与无能的事，只怕——不肯。

Never lose courage. Never lose faith. , Nothing in this world is impossible when you are determined.

81.多做好事，才能开阔心灵的天地。

Nurture the habit , of giving, and our world , will become vast.

82.解除人间的灾难，一定要从改善人心做起。

To end the disasters, of the world,, we must begin by, transforming, human hearts and minds.

83.面对业力不要埋怨，要用宽谅和乐的心来代替埋怨。

Do not complain , in the face of bad karmic retribution. , Be forgiving and accommodating , instead of complaining.

84.对人有疑心，就无法爱人；对人有疑念，就无法原谅人；对人有疑惑，就无法相信人。

We cannot love when filled with suspicion., We cannot forgive when unwilling to believe., We cannot trust when filled with doubts.

85.美满的人生，不在物质、权势、名利及地位，而在人与人之间的关爱与情谊。

A fulfilling life, is not preoccupied with, material objects, , prestige, or power., It is a life, that is filled with, true friendships, sharing,, and caring for each other.

86.凡夫追求财物，圣人追求真理。

Ordinary people seek , material wealth., A saintly person, seeks Truth.

87.地上种了菜，就不易长草；心中有善，就不易生恶。

Weeds do not easily grow, in a field, planted with vegetables., Evil does not easily arise, in a heart , filled with goodness.

88.要有过程，不要有手段；要有目标，不要有目的。

In doing tasks,, there should be procedures , without maneuvers;, and goals , without hidden agendas.

89.心量大福报就大。

The greater our generosity,, the greater our blessings.

90.有所求的爱，是无法永久存在的。能够永久存在的，是那分无形、无染且无求的爱。

A love with conditions attached would never last. ,
Only pure, unconditional love will last forever.

91.欣赏别人即是庄严自己。

Because seeing virtue in others, is in itself a virtue, in
appreciating others,, we in fact dignify ourselves.

92.布施就好比汲取井水，唯有不断地布施，才能造福、增福。

Giving is like , drawing water from a well;, as water is
drawn,, more flows in., It is by giving , that blessings ,
continue to flow in.

93.智慧是从生活、人事的磨练而得来。

It is through learning , from the trials , of everyday life, and human affairs, that wisdom is attained.

94.不是什么都不理就叫无争，而是要与人合心、和气、互爱、协力。

Being non-contentious, is not about sitting back , and just letting things be, but about working toward, the same goal, with mutual love , and harmony.

95.把自己的本分事做好，欢喜接受所面临的一切，过一分钟即消一分灾。

When we faithfully, fulfill our duties , and face all challenges , with acceptance and joy,, we dissolve a measure of , our negative karma, with every passing moment.

96.社会的进步不是用喊出来的，是做出来的。

Progress in society comes through action,, not through loud protest.

97.听到别人批评，要自我反省；有错就改，没错则欢喜包容。

For the compassionate, there is no such thing , as an enemy;, for the wise, there is no arising , of affliction.

98.福人居福地，不是福地福人居。

Blessed is a land, inhabited by , people who do good,, for it is the people , who make the , land blessed.

99.想要家庭吉祥、和睦，就应该常常起欢喜心，天天为自己的家庭祝福。

To have a warm and happy family,, we should nurture a heart of joy, and shower our family with blessings.

100.真正的禅，是在日常生活中不起烦恼妄想。
True meditation , is to calm , the restless mind, in everyday living.

101.生命无常，慧命永存；爱心无涯，精神常在。
Transient though life may be,, one' s contributions will live on;; as love knows no boundaries,, its spirit will always remain.

102.遭受别人批评时，先问自心是否无愧？无愧则心安。

In the face of criticism, , ask if your conscience is clear. , With a clear conscience, , you will have peace of mind.

103.若有人扯后腿，要心存感恩。没有人「扯」，就练不出腿劲。

Be grateful when people, try to hold you back, , for without them,, you would not develop, the strength, that enables you, to move forward.

104.即使已达智慧圆融，更应含蓄谦虚，像稻穗一样，米粒愈饱满垂得愈低。

Those who have great wisdom, must all the more be humble and unassuming,, just like the rice stalk that bows , under the weight of ripe grain.

105.心如镜。虽外在景物不断转变，镜面却不会转动，此即境转而心不转。

Let our mind, be like a mirror—, while the images reflected, are constantly changing,, the mirror itself , remains unchanged.

106.为人处事要『小心』，不要『小心眼』。

Be careful and mindful , when dealing with others, , but do not be narrow-minded.

107.无量功德是在日积月累中，分毫累积聚集而成。

All merits and virtues, are in fact, accrued , bit by bit over time.

108.听到好话要感恩，听到坏话要善解。

Appreciate a compliment , and face unkind words ,
with understanding.

109.天上最美是星星，人间最美是温情。

Most beautiful in the sky, are the stars., Most beautiful
on Earth, is human warmth and love.

110.话多不如话少，话少不如话好。

It is better to speak less, , and best to speak kindly.

111.作人要有踏实感，不要只有成就感。踏踏实实地做人，心中多舒服。

Be down-to-earth , and well-grounded in life,, instead
of seeking only, a sense of accomplishment., We feel
such peace, when we lead , a well-grounded life.



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