

佛教是啟發慈悲和智慧

BUDDHISM INSPIRES COMPASSION AND WISDOM

四聖諦

THE 4 NOBLE TRUTHS

苦諦 - 瞭解苦是無常可以熄滅

The Truth of Suffering - Understanding that suffering is impermanent; it can be eliminated

集諦 - 苦非單一而是眾緣和合而成

The Truth of the Cause of Suffering - Suffering does not stem from one root cause; it is caused by many

滅諦 - 緣生即緣滅，最終要證悟大覺

The Truth of the Cessation of Suffering - To eliminate suffering from its source promptly; ultimately, there must be realisation and great awakening

道諦 - 為了滅苦集證空性進入正確的道路

The Truth of the Path Leading to the Cessation of Suffering - To remove suffering and realise emptiness, begin on the right path

佛教五戒

The 5 BUDDHIST PRECEPTS (VIRTUES)

不殺生、尊重生命

Do not kill; respect all life

不偷盜、尊重財產

Do not steal; respect the right of property

不邪淫、尊重人權

Do not indulge in debauchery; respect all human rights

不妄語、尊重真理

Do not lie; respect the truth

不飲酒、尊重清規

Do not become intoxicated; respect the precepts

六和敬

THE 6 POINTS OF REVERENT HARMONY

佛教僧團共住、菩薩道的修行者生活中遵循的六種生活態度、方法：

The six attitudes towards life and ways in which monastics and those taking the path of a bodhisattva should adopt and follow are:

見和同解（在思想上，建立共識）

A Harmony of Views – that there should be an accord of views

戒和同修（在法制上，人人平等）

A Harmony of Precepts – that all shall be equal before the law

身和同住（在行為上，不侵犯人）

A Harmony of Existence – that one's actions shall never harm nor offend any other

口和無諍（在言語上，和諧無諍）

A Harmony of Speech – that one shall speak carefully and not offend

意和同悅（在精神上，志同道合）

A Harmony of Intention – that there shall be like-mindedness in spirit

利和同均（在經濟上，均衡分配）

A Harmony of Community – that resources shall be distributed and shared equitably

寶上師仁珍千寶法語：

WORDS OF THE DHARMA BY THE PRECIOUS GURU, THE RIGZIN CHENPO

四觀

THE 4 MINDFULNESS

佛子日常不忘《四觀》，入行論云：

「若身欲移動，或口欲出言，
應先觀自心，安穩如理行。」

Buddhists should always be mindful of the four aspects below.

Quoting The Way of the Bodhisattva: "Before you act or speak, first be mindful of your thoughts, then act with steadiness and reasonableness."

不忘觀心

Be mindful

應存定解

Have the Right Understanding

確定安穩

Be sure and steady

隨時保持

Always practise the foregoing

食存五觀

THE 5 REFLECTIONS

BEFORE EACH MEAL

佛子量思 *Buddhists should contemplate the following:*

計功多少，量彼來處。

Reflect on your labours, for they are from whence your food came

忖己德行，全缺應供。

Reflect on your virtues and actions, for your worthiness of the offerings is weighed thus

防心離過，貪等為宗。

Guard your mind against transgressions, especially greed

正事良藥，為療形枯。

Treat food as the medicine for the body and mind

為成道業，應受此食。

Be thankful for all and eat with gratitude

寶上師仁珍千寶法語

WORDS OF THE DHARMA BY THE PRECIOUS GURU, THE RIGZIN CHENPO

三不忘

不忘三寶、不忘眾生、不忘觀心！

THE 3 FORGET-NOTS

Do not forget :

- The Three Jewels
- Sentient Beings
- To be Mindful

用齋前，「感恩三寶、感恩眾生」

Before each meal, give thanks to the Three Jewels and Sentient Beings