

金聖寺

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「幼吾幼，以及人之幼」，  
我們不單慈愛自己的子女，  
也要慈愛他人的子女。

*Love not only your own children,  
but the children of others as well. It is said,  
“Look after your own children and  
extend the same concern to the children of others.”*



不爭、不貪、不求、不自私、不自利、不妄語

No fighting, no greed, no seeking, no selfishness, no pursuing personal advantage, and no lying.



# 何謂敦品，何謂立德

## On Developing Good Character and Virtue

宣化上人開示 / A talk by the Venerable Master Hua

**小**朋友！你們想盡救世救人的責任嗎？首先要「敦品立德」。

何謂敦品？「敦」是敦厚；「品」是品格，就是要學識豐富，品格高尚，不吸煙、不飲酒、更不吸毒、不賭錢，完全沒有不良的嗜好。不要學過去那些無知識的人，對國家不負責任，對社會不盡義務，隨隨便便不守規矩，成爲害羣之馬，人間的阿修羅，只知鬥爭，不知和平，這種惡人只會成爲國家的大包袱。

你們現在正像欣欣向榮的小樹，要時時將不正的枝椏砍去，令其向上發展，將來成爲大樹，可做有用的大材料。所謂「十年樹木，百年樹人。」你們現在正是學習的時期，不

要沾染種種的不良習氣。切記！養成高尚的品格，保持廉潔的操守。若能這樣，將來能作世界人類的領袖。

何謂立德？「立」是建立，「德」是德行。建立好的德行，也就是孝順父母，所謂「百善孝爲先」。不孝順父母的人，就是天天拜佛，也沒有用處。關於這一點，小朋友！要特別注意。

你們的德行，一天比一天多起來；做人的基礎，一天比一天堅固。該說話的時候，要說正當如理的話，不說不合理的話。總而言之，你們要努力學習，將來成爲世界上有用的人，不可做世上的壞人。這是我對你們的期望。

**Y**oung friends! Do you want to fulfill the responsibility of saving the people and the world? Then first of all, you should develop good character and virtue.

What does it mean to develop good character? If you want to be a person of learning and integrity, then don't smoke, drink, take drugs, or gamble; be free of all bad habits. Don't learn from ignorant people who aren't responsible to their country, who don't observe the rules. They are the black sheep of



the flock and asuras in the human realm. They know only about fighting, not about peace. Those kinds of unwholesome people will merely become a great burden for the nation.

Now you are just like young, flourishing trees. Your crooked branches must constantly be trimmed so that the trunks can grow upright. Then you can become great trees, providing useful lumber in the future. It is said, "It takes ten person." You are now in the learning phase. Don't get defiled by bad habits, Remember to cultivate an honorable character and maintain honest conduct. Then you can be leaders in the world.

How do you build virtue? Be filial to your parents. It is said, "Among the hundred good deeds, filiality is the foremost." People who aren't filial to their parents will be useless even if they bow to the Buddha every day. You should pay close attention to this, young friends!

Your virtue is increasing day by day, and your foundation for being a person is getting more solid day by day. When it's time to talk, you should say proper and decent things, not improper things. You should always study hard and become a productive person in the future, not a bad person. That is my expectation for you.



## 中國美德之旅

*A tour through Chinese Virtue*

### —五月七日懷少節—

On Sunday, May 7, 2006 for the Cherishing Youth Day

**金聖寺與金山寺**將於五月七日(星期日),早上八時三十分至下午二時,在金聖寺舉行一年一度的懷少節,邀請小朋友們共度歡樂的一天。除了舉行各種的文藝表演,有趣的遊戲活動,豐富的獎品外,更準備了BBQ園遊會,各式各樣的攤位,免費招待大家共度佳節。

這個令人期待的日子,歡迎邀請你的好朋友一起來參加!

**Gold Sage Monastery and Gold Mountain Monastery** will hold the Cherishing Youth Day on May 7, 2006 from 8:30am to 2 pm at Gold Sage Monastery.

We welcome all children to come this festive occasion. There will be performances, fun games, and great prizes! There will also be a BBQ feast. There will be different stands with FREE food! This is a free festival for everyone to enjoy!

We hope everyone will come. Please invite your friends Come and join us!



# 40 Suggestions for Educating Your Kids

by Louis Davi

1. Answer your kids' questions with honesty and patience.
2. Treat your kids' opinions seriously.
3. Provide a venue for your kids to display their exhibits.
4. Don't discipline your kids for making a mess while doing their artwork.
5. Provide a space for your kids to play.
6. Often let your kids know that they are lovely as they are, they do not need to show off.
7. Let your kids do what they can achieve.
8. Help your kids set up their own plans and ways to accomplish them.
9. Go along with your kids to where they like to play.
10. Help your kids correct their home work.
11. Help your kids befriend kids from different societies, cultures and social classes.
12. Learn the proper behavior and habits yourself, and provide opportunities for your kids to learn from you.
13. Never tell your kids that they are not as good as others.
13. Never tell your kids that they are not as good as others.
14. Encourage your kids to participate in making plans for housework, trips and travels.
15. Encourage your kids to be creative, and provide books and materials for them.
16. Guide your kids on how to get along with adults of different age groups.
17. Periodically read some good articles and stories to our kids.
18. Let your kids take up the reading habit at an early age.
19. Encourage your kids to be imaginative and create stories.
20. Take your kids' requests seriously.
21. Provide some time for you to communicate with your kids each day.
22. Don't punish your kids by scolding them.
23. Don't make fun of your kids when they make mistakes.
24. Openly praise your kids' abilities in reciting poems, telling stories and singing.
25. Let your kids learn how to think independently.
26. Make plans for your kids to work on different experiments so as to learn more about other things.
27. Let your kids play with all kinds of non-toxic recyclables.
28. Encourage your kids to discover problems and solve them.
29. Always look for opportunities to praise your kids for their proper acts.
30. Don't praise your kids with empty words and do so in a casual way.
31. Honestly evaluate your feelings toward the kids.
32. Know that there is no problem in the world that parents and kids can't discuss.
33. Always let your kids have the opportunities to make their decisions.
34. Help your kids develop their personal characters.
35. Provide guidance on meaningful TV programs for your kids.
36. Help your kids understand their own skills and abilities.
37. Don't look down on your kids for their failures, and tell them, "I won't necessarily be able to do any better than you."
38. Encourage your kids not to rely on adults.
39. Trust your kids intelligence and trust them.
40. Let your kids independently finish what they set out to do, even if the results are poor.

# 孩子教育的四十條建議

美 戴維 路易斯

1. 耐心且誠實地回答孩子提出的問題。
2. 認真對待孩子的看法。
3. 提供孩子一個展示作品的地方。
4. 孩子在做美勞活動時，將房間或桌面弄亂不要責備他。
5. 提供孩子一個遊戲的空間。
6. 經常對孩子說他本身已經很可愛，用不著刻意表現。
7. 讓孩子做他能力所及的事情。
8. 協助孩子制定各人計劃及完成的方法。
9. 陪孩子到他感興趣的地方遊玩。
10. 協助孩子修改作業。
11. 協助孩子與來自不同社會、文化、階層的孩子們正常交往。
12. 培養自身正確的行爲習慣，並製造機會讓孩子學習。
13. 絕不對孩子說他比別人差。
14. 鼓勵孩子參與家務、外出、旅行等方面的計劃。
15. 鼓勵孩子創作，並提供書籍和材料。
16. 指導孩子如何與各年齡層的成人交往。
17. 定期讀一些好文章、好故事給孩子聽。
18. 讓孩子從小養成閱讀的習慣。
19. 鼓勵孩子幻想和編故事。
20. 認真對待孩子的個人要求。
21. 每天安排一些時間和孩子相處。
22. 不以辱罵來懲治孩子。
23. 不因孩子犯的錯誤取笑他。
24. 表揚孩子背詩、講故事和唱歌的能力。
25. 讓孩子學習獨立思考問題。
26. 為孩子制定各種實驗計劃，幫助他了解更多事物。
27. 允許孩子玩各種無毒廢棄物。
28. 鼓勵孩子發現問題並解決問題。
29. 不斷尋找孩子所作的事情中值得稱讚的地方，並加以讚美。
30. 讚美孩子時不要用空洞的言辭和不認真的態度。
31. 誠實的評價自己對孩子的感情。
32. 相信世上沒有家長與孩子不能討論的問題。
33. 時常給予孩子自己作決定的機會。
34. 幫助孩子成為有個性的人。
35. 輔導孩子欣賞有意義的電視節目。
36. 幫助孩子認識自己的才幹和能力。
37. 不對孩子的失敗表示瞧不起，並對他說：「我不見得做得比你好。」
38. 鼓勵孩子盡量不依賴大人。
39. 相信孩子的理智，並且信任他。
40. 讓孩子獨立完成所做的工作，哪怕不會有很好的成果。

## 宣公上人說：

有憂愁才有恐懼，  
沒有憂愁，就沒有什麼恐懼。  
沒有自私心，也就沒有恐懼心，  
不爭、不貪、不求、不自私、  
不自利、不打妄語，  
這樣就不需要怕了。



### *The Venerable Master Hua said:*

*Worry gives rise to fear.  
If you gave no worries, you won't fear anything.  
If you are unselfish, then you gave nothing to fear.  
Indeed, there is nothing to be afraid of if you avoid contending, are not greedy,  
Do not seek, are not selfish, do not pursue personal advantages, and do not lie.*

福不可以享盡，享盡就沒有福了；  
苦可以受盡，受盡就沒有苦了。

*Don't become attached to your blessings,  
because once they're exhausted, you'll have none.  
Take all the suffering that comes to you,  
because once you've endured it all, you'll suffer no more.*

## 宣公上人涅槃十一週年紀念法會

### The 11<sup>th</sup> Anniversary of Venerable Master Hua's Entering Nirvana

萬佛聖城法會時間 (CTTB)  
2006年6月4日(星期日)

金聖寺將安排巴士前往聖城參加法會，請於即日起至6月1日以前報名。

**Gold Sage Monastery will arrange bus tour for same-day travel.  
Please sign up before June 1.**

# DRBA 2006 Delegation to Asia – Reflections on Visiting Prisons in Taiwan

## 法界佛教總會2006年亞洲訪問團— 探訪台灣花蓮監獄有感

By Laura Lin / 林青青 中譯/ Shinger Lee



**編按：**法界佛教總會所舉辦的2006年亞洲訪問團，於二月十九日由恆實法師率領近百人由前往，第一站抵達臺灣，然後香港，馬來西亞，行程共二十一天。

**Editor's :** DRBA 2006 Delegation Group to Asia's . On Feb. 19th, 2006 Dharma Master Heng Sure along with about 100 people visited Taiwan, Hong Kong, Malaysia, for 21 days.

I was fortunate enough to join a portion of the 2006 Delegation to Asia. Out of the myriad of wonderful experiences, the most memorable and powerful one was accompanying the Dharma Masters to visit three prisons in Hualien, Taiwan. Over two days, we went to a

detention center, a minimum security prison, and a maximum security prison.

The relationship between DRBA and Hualien prisons started more than over 20 years ago when one of our Dharma brothers, Lee Zhi Hong, consulted the Venerable Master

Hua about bringing the Proper Dharma into the prisons to help the classmates there. The Venerable Master replied, "Wherever there is suffering, it is the place we should go."

This reply planted the seed for promulgating the Buddhadharma in

prisons by DRBA's Dharma Masters. Since then, Mr. Lee has been working tirelessly with the classmates in the prisons, bringing them hope and encouragement through the Venerable Master's wise and compassionate teachings. (Note: the inmates are referred to as "classmates" because they are encouraged to learn a new way of life and acquire new skills so they can be productive members of the society).

Due to the logistics of visiting a prison, only twenty-five members of the Delegation could go. When a Dharma Master said that I could go, I was apprehensive. On the one hand, I wanted to be a good Dharma protector and support the Dharma Masters as they turn the Dharma Wheel for the classmates in jail. On the other hand, I grew up in a greenhouse, constantly sheltered from the evils of the world by my parents. The only jail I had ever seen was on T.V. I was scared, because I had no reference point for what going inside a jail would be like.

However, when I was repenting that evening, all of a sudden I saw Earth Store Bodhisattva in my mind's eyes. Instantly, I was deeply ashamed. I thought, "There is Earth Store Bodhisattva who goes into the deepest of hells to relieve inconceivable suffering, and vowed not to be a Buddha until the hells are empty. Here I am, being afraid to accompany the Dharma



Masters to visit the jails. What kind of disciple of the Buddha am I?" After realizing this and praying to Gwan Yin Bodhisattva for courage, amazingly my fear turned into Dharma joy, for I learned to open my mind to the lessons that I was about to receive.

The first prison we visited was a Detention Center. After going through the reception area, armed prison guards unlocked the first iron gate. We then squeezed into the space between the first and second iron gates. The first iron gate had to be relocked behind us before the second iron gate was unlocked. Meanwhile, we were assailed by strong odors of unwashed body and human waste. As we went from one locked gate to the next, verses from Earth Store Bodhisattva Sutra kept on popping into my head. Finally we reached the sixth gate, and when that solid iron gate was opened, we walked into a courtyard and were greeted by the totally unexpected

sound of the classmates chanting the Earth Store Bodhisattva's name. Their voices were strong, earnest and majestic; I felt the chants resonating around the stone courtyard and somehow opened some locked doors in my heart, and tears started to roll down my face. At that instant, I had a glimpse of how reciting a Buddha's name even once can relieve the suffering in hell; and how the infinite light of Buddhas and Bodhisattvas, a light of hope and compassion, can break the darkness of living beings' endless nights.

I also realized how lucky we are that we can study the Buddhadharma in nice environments with Good Knowing Advisors to guide us and supportive Dharma friends to help us, instead of having to wait until we take so many wrong turns that we end up in jail before we can open our hearts to the Buddha's teaching.

As we entered the small Buddha Hall in the Detention Center, I had my second surprise of the day. I was

amazed to see that the classmates look just like you and me, talk just like you and me, and walk just like you and me. The only distinguishing feature was that the classmates had to wear uniforms. Before I started to study the Buddhadharmā, I was very opinionated and judgmental. Now I am a little bit better, because I have learned from the Venerable Master Hua to return the light and examine my own mind. Instead of blaming and judging the classmates for the crimes they had committed, I now wondered what their causes and conditions were that they ended up in jail. If my dad was a drug addict and my mom was an alcoholic, and if I never knew where my next meal was coming from, would I end up in jail, too? In sharp contrast to some of the classmates' experiences, my parents gave up everything they had in their homeland, Taiwan, and immigrated to the States so their two young daughters could have better opportunities. So how can I possibly use my arrogance based on ignorance to judge the classmates?

My gratitude toward my parents increased manifold as I observed how the classmates were reacting to the kind and encouraging words by the Dharma Masters. It didn't matter whether we were in a Detention Center, a minimum security prison, or a maximum security prison, I felt that some of the classmates were looking at the Dharma Masters as if they were looking at incredibly caring and

kind parents. Sometimes all it takes to turn towards goodness is knowing that somebody truly cares and believes in you. As I listened to the Dharma talks, I was so grateful that my parents drew me near the Triple Jewel. Without them, I would still be struggling blindly in the sea of suffering. Thanks to the lessons I was learning by being with the classmates, I resolved to do all I can to help my parents from all my incarnations to be reborn in the Western Land of Ultimate Bliss, as a way to repay all their kindness. It is amazing what visiting a prison can inspire a person to do!

On the second day of our visit, we went to a maximum security prison because seventy-three of the classmates there wished to take refuge with the Triple Jewel. Shortly before the Dharma Assembly started, a small group of classmates from the audience also decided to take refuge with the Triple Jewel. According to one of the Delegation members, there were over ninety people who took refuge. We lay Delegation members were full of Dharma joy as we watched the classmates participated in the ceremony. At that time, I remembered in one Dharma talk, a Dharma Master pointed out how if we do one good deed, we can influence the people around us to also do good deeds. Similarly, if we do one bad deed, we can also influence the people around us to do bad deeds. On that day, we surely

were experiencing how the good deed of a group of people can inspire others to do the same.

As the taking-refuge ceremony reached the repentance section, I saw many classmates crying as they recited the repentance verses. As I cried along with them, the Venerable Master's teaching of "everything is created by the mind alone" popped into my head. I thought the classmates' tears were like the Dharma rain that was washing away the layers of dirt covering their self-nature, their Buddha nature. Although physically these classmates are still in prison, I believe that their minds have been freed. I also reminded myself that just because I am not physically in jail, I should not imprison my own mind with all my afflictions.

Several days after our visit, my belief in the life-changing ability of the Dharma was confirmed once more when I was told that in the maximum security prison that we visited, the female classmates had changed the name of their wing to "Lotus Vihara," and the male classmates had changed the name of their wing to "Aware of Past Mistakes." This good news brought another of the Venerable Master's teachings to mind, "Whatever your past mistakes, if you are able to change, your future can still be bright." May the radiant light of the Dharma guide all of us back to our self-nature!

# 我

很幸運的能參加2006年法界台灣弘法團。此行最令我難忘的是有機會能和法師們一起到花蓮的三所監獄，兩天中，我們到了一個看守所，一個重刑犯監獄和一個輕刑犯監獄。

法界和花蓮監獄的結緣始於二十年前。李志宏居士請示上人是否該將正法傳到監獄幫助那兒的受刑人，上人回答說“只要有苦的地方，我們都應該去。”

這回答開始了法界法師們到監獄弘揚佛法的因緣。從那時起，李先生不遺餘力的在監獄中傳播上人慈悲智慧的教導，給獄中的同學們帶來希望與鼓勵。(註：稱受刑人爲同學是鼓勵他們能學習新的生活方式及技能，以便將來能對社會有所貢獻。)

根據監獄的規章，弘法團一次只能有二十五個人進去。當法師說我可以去時，我一方面覺得很榮幸，一方面覺得很惶恐。因爲，當法

師們到監獄對同學們轉法輪時，我真心希望自己能是個好護法。可是我從小生長在備受父母保護的溫室中，對社會的黑暗面一無所知，除了在電視上，我從沒到過真正的監獄，也不知道真的監獄會是什麼樣子，所以，我的心中充滿了恐懼。

當晚，在懺悔時，我忽然想到地藏菩薩。在那一瞬間，我覺得非常的慚愧；“地藏菩薩發願到幽冥地獄中解救眾生，地獄不空誓不成佛。而我居然害怕跟法師到監獄去弘法，我算什麼佛弟子？”於是，我請求觀音菩薩給我勇氣，奇妙地，恐懼變成了法喜，我終於能打開心門學習我該學會的課題。

我們首先到看守所。在經過接待室之後，警衛打開了第一道鐵門，等大家都進了第一道鐵門之後，警衛要先關上第一道鐵門，然後才能開第二道鐵門，我們便擠在兩道鐵門間，空氣中充滿著

穢氣與便溺的味道。在一道道鐵門中，地藏經的經文不時的浮現在我的惱海中。最後，我們經過了第六道的鐵門，到了中庭。出乎預料的，我們聽到了同學們正在念著地藏菩薩的聖號，那聲音是那樣的強烈，充滿了渴望與虔誠。回音撞擊著石牆，也衝擊著我的心門，淚，不由自主的流了下來。就在那剎那間，我忽然了解到一聲的佛號真的能解脫地獄的痛苦，佛菩薩的智慧慈光，真的能照破眾生無明的黑暗。

同時，我也了解到自己是多麼的幸運，能在良好的環境中，有善知識的教導，法親的支持來學佛，不用等到走了那麼多冤枉的錯路，到了監獄才有機緣遇到佛法。

當我們走進了看守所的小佛堂，我驚訝的發現，那些同學，看起來和我們沒有什麼不同，講話和我們沒有什麼不同，走路的樣子也和我們沒有什麼不同。唯一的不

同只是他們都穿著制服。學佛前，我是個很偏執的人。現在，因為上人教我們要迴光返照，我才好了些。我想到的不是那些人犯了什麼滔天大罪，而是什麼樣不好的因緣使他們到了監獄？如果我的父親吸毒，母親酗酒，如果我三餐不繼，我是不是也有可能會在監獄裡受苦？我只是幸運的跟他們有著迥然不同的遭遇。我的父母為兩個女兒放棄了臺灣的生活，移民到美國，使我們能有較好的機會。我怎麼能用自己無知的狂傲來看輕那些同學。

看著同學們對法師們的關懷的反應，我對父母的感激之心更是油然而生。不論到什麼樣的監獄，看守所，重刑犯，輕刑犯，那些同學們看到法師就有如看到和藹可親的父母一樣。有時，只要一點真誠的關懷和信任，就能使人改過自新的。聽著法師的開示，我由衷的感激父母從小給了我親近三寶的機

會，不然，我可能尚在苦海沉淪。從與同學們相處的經驗中，我發願要努力使累劫父母都能往生淨土，因為我覺得這是報答他們恩情最好的方式。一趟監獄探訪真的給了我很多的啓示。

第二天，我們去重刑犯監獄，因為有73位的受刑人想皈依三寶。而法會開始前，又有一些其他的同學想皈依。據同行的團員說，當天有超過90人受三皈。看著皈依的儀式，我們這些在家人都覺得法喜充滿。記得有位法師曾說，當我們行善時，我們會影響周圍的人也一起行善，同樣的，當我們作惡時，我們也可能影響周圍的人作惡。這一天，我們真的見證了一群人的善行是如何的影響了其他人行善。

當皈依的儀式進行到懺悔的部份時，我看到很多的同學一邊哭一邊唸懺悔文。我忍不住的跟著流淚，這時，我忽然想到上人的教誨“一切唯心造”。我想，同學們



的眼淚就有如法雨般的洗淨了那些障蔽住他們自性的塵垢。他們雖然身陷囹圄，但我相信他們的心靈已經自由了。同時，我也提醒自己，雖然我的身體是自由的，但心靈可千萬別被妄想執著給禁錮了。

數日後，我再一次的體認到佛陀的教誨是真的能改變人的生命。有人告訴我，重刑犯監獄的女同學將她們的囚室改名為“蓮華精舍”，而男同學的囚室則改名為“覺非精舍”。這令我想到上人所說的“不論你有什麼樣的過錯，你若能改這個過錯，那前途還是有光明的。”衷心的希望，法的光明能引導我們回歸清淨的自性。



# 金聖寺 法會通告

## GOLD SAGE MONASTERY ANNOUNCEMENT OF DHARMA ASSEMBLIES

週日 Sunday	5 / 7	懷少節 (8:30AM ~ 2:00 PM) Cherishing Youth Day
	5 / 14	金光明經講座 (9:00 AM~11:00 AM) Lecture on The Sutra of Golden Light
	5 / 21	念佛共修法會 (8:15AM ~ 3:30 PM) Dharma Assembly of Buddha Recitation
	5 / 28	金光明經講座 (9:00 AM~11:00 AM) Lecture on The Sutra of Golden Light

五月份活動 Buddhist Events in May, 2006	日期 Date	地點 Place
慶祝文殊師利菩薩聖誕法會 Celebration of Manjushri Bodhisattva's Birthday	5 / 1 週一 8:30 AM~10:30 AM	金聖寺 Gold Sage Monastery
慶祝釋迦牟尼佛聖誕法會 Celebration of Shakyamuni Buddha's Birthday	5 / 5 週五 8:30 AM~10:30 AM	
大悲懺法會 Great Compassion Repentance	每日 1:00 PM ~2:30 PM	

六月份活動 Buddhist Events in June, 2006	日期 Date	地點 Place
宣公上人涅槃十一週年紀念法會 Eleventh Anniversary of Venerable Master Hua's Entering Nirvana	6 / 4 週日	萬佛聖城 (CTTB)
金聖寺將安排巴士前往聖城參加法會，請於即日起至6月1日以前報名。 Gold Sage Monastery will arrange bus tour for same-day travel. Please sign up before June 1.		
長青學佛班 Elders' Dharma Study Group	6 / 3 週六 2:00 PM ~ 4:30 PM	金聖寺 Gold Sage Monastery
金光明經講座 Lecture on The Sutra of Golden Light	6 / 11 週日 9:00 AM~11:00 AM	
念佛共修法會 Dharma Assembly of Buddha Recitation	6 / 18 週日 8:15AM ~ 3:30 PM	
金光明經講座 Lecture on The Sutra of Golden Light	6 / 25 週日 9:00 AM~11:00 AM	