

Venerable Master's Dharma Words

上人語錄

●學好，好像登天那麼難；學不好，就好像下山那麼容易。為什麼呢？就是習氣太重了，貪欲太多了。

Learning to be good is as difficult as ascending to the heavens. Learning to be bad is as easy as sliding downhill. Why? The habits of living beings are very strong, and they have too much greed and desire.

●我們若能沒有貪欲了，什麼麻煩也沒有了；你有貪欲，什麼事情都發生了。

If we had no greed or desires, then we would have no trouble. If you have greed and desire, then all sorts of things will happen.

●人修道，無論什麼也不要貪。好的也不貪，壞的也不貪。平常心是道，要平平常常的，不要生一種貪心，你貪什麼都是不對的。

In cultivation, people should not be greedy. Don't be greedy for good things, and don't be greedy for bad things. The ordinary mind is the Way. Just act ordinary, and don't be greedy. No matter what you may be greedy for, it's not right.

●你若能沒有貪、瞋、癡，也就把這陰魔都降伏了。沒有自私、自利、有所求、有貪、有爭這五種的毛病，什麼魔也沒有辦法你。

If you are without greed, anger, and delusion, then you will subdue these *skandha*-demons. If you do not have the faults of being selfish, wanting personal profit, seeking, being greedy, or contending, then no demon will be able to do anything to you.

●我們一定要養氣，不要生氣，要修養你這個氣，所謂「栽培心上地，涵養性中天」，這都是養氣。你若想養氣，就不要講那麼多的話。

It is essential that we nurture our energy; we should not lose our temper. You should cultivate your energy, as in the saying, "Foster the ground of your mind, and nurture the sky of your nature." If you want to nurture your energy, then don't talk so much.

