

人生的目的

The Purpose of Life

宣化上人於1974-1975年亞洲弘法時對青年人開示

From a talk the Venerable Master gave to youth during a visit to Asia 1974-1975

國際譯經學院翻譯 Translated by the International Translation Institute

究竟是吃飯是為著活著？或者活著是為吃飯？每一個人都沒有把它認識清楚。因為沒有認識清楚，所以做出很多顛顛倒倒不正常的事情；如果把這個問題認識清楚了，你所做的事情都不會顛倒了，不會那麼愚癡了。這個問題很容易解答的，是什麼呢？就是人吃飯是為活著，你若不吃飯就不會活；但活著絕不是單單為著吃飯。

那麼活著單單為吃飯，方才這位法師說是卑鄙下流，一般人都這樣看法；這又是一種錯誤，活著也是為活著，但是還有另外的工作需要做的。另外什麼工作呢？另外有一種神聖的工作，有一種偉大的工作，有一種為整個世界謀幸福的工作。我們人吃飯是為活著而吃飯，那麼活著要為世界謀幸福，為人民謀幸福，為一般青年人謀幸福，找出路。要有功於世，有德於民，有利益於天下和整個世界；這是我們人生的目的，這才是我們人活著的真正意義。所以這一點我先要來告訴各位，各位在青年的時候，把這一個目標認清楚了，然後才會有功於世，有德於民，有益於天下和整個世界，這是我一個很膚淺的見解。

在中國有這樣一句話說：「天下興亡，匹夫有責。」我現在把它改了，我們說：「世界興亡，青年有責。佛教興亡，青年有責。」我們這個世界，好和不好，都寄託在你們各位青年人的身上；所以你們青年人先要把這個目標看清楚了，知道人生不是單單為吃飯。吃飯只是人生的一部份，只是人生應有的一個問題；不要完全把這個希望都寄託在這吃飯上。若單單為了吃飯，那就真是一般人對出家人的看法了；變成了一個蛀米的大蟲，這樣沒有意思！那麼你要能為世界謀幸福，為世界人類來謀幸福，為世界一切的青年人來謀幸福；這樣這個人生真正是有意義，真正是有價值的。那麼青年把這個目標認清楚了，以後為這個世界人來謀幸福，不會做一些顛倒的事情，不會太自私了，不會盡為自己，能以為大眾來服務，這是應該有的目標。

Do we eat to live? Or do we live to eat? No one understands very clearly the issue of whether we eat to live or live to eat. Due to a lack of clear understanding, people engage in many deluded activities. If we clearly recognize this issue, we will no longer be confused and deluded in anything we do. This question can be answered easily: people eat to live. If you don't eat, you will not live. The purpose of living is not simply to eat.

The view that we live only in order to eat - which a Dharma Master previously described as a vulgar attitude - is wrong. It is true that we live to eat; but we also have other work to do. What work is that? We have a great and holy assignment, which is to benefit the entire world. We people eat to live and at the same time, we live to bring benefit to others in the world. We seek to benefit our youth so that they have good jobs and goals. We must create merit for the world, be virtuous towards people, and benefit the entire world and universe. This is the goal for our lives; it is the genuine meaning of our lives. I must tell each of you about this point first. Every one of you young people should clearly recognize your own goal, and then you can create merit, be virtuous towards people, and benefit the whole world and universe. This is my shallow opinion.

We have a saying in Chinese that goes, "The rise and decline of a country is every man's responsibility." I would like to change it to say, "The rise and decline of the world is every youth's responsibility; and the flourishing and decay of Buddhism is the obligation and responsibility of every young person." Every young person here is entrusted with the responsibility for everything good and bad in this world. All of you young people should see your goals clearly so that we do not just live to eat. Eating is only one part of life and one issue we ought to deal with. However, we ought not to project all of our hopes in life onto eating only. If you can really benefit the world, the human race and all the youth in the world, then life contains genuine meaning and value. Young people should recognize this goal very clearly so that they will not do deluded things or be selfish or self-absorbed. Instead, you will see it as your obligation to serve the public.