



Cherishing the Springtime of Our Life

珍惜生命中的春天



宣化上人
對小學生的開示
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我們人有六種知覺性：眼能見、耳能聽、鼻能嗅、舌能嚐、身能觸、意能思想。因為人是萬物之靈，故具有此六種官能，其他的動物組織就沒有那麼複雜。

我們吃飯、穿衣、睡覺就像汽車要加汽油。汽車走多了路便要加油，我們人將能源消耗多了，亦要補充。故人要吃飯，就是幫助身體的新陳代謝。食物在人體內發生一股熱力、一股能源，能幫助我們一切的活動。但實際上，食物的精華很少，故要不斷的補充。譬如，早上吃了到午間又餓；午間吃了到晚上又要再吃。睡時也不停地消耗能源，故睡醒了又要吃早餐。

我們是如何消耗這個能源的？我們眼見色，那是在消耗能源；耳聽聲，也在消耗能源；鼻聞香、也在消耗能源；乃至舌嚐味、身覺觸、意念在思想，都在消耗能源哩！故我們一舉一動、一言一行，無不是在消耗能源。若你不是消費太多，適可而止，身體就會保持健康。但若是消耗太多，身體便會發生故障。譬如吃的太多、太豐富營養，或者吃了有毒的東西，這都是會令身體發生毛病。所以我們無論行住坐臥，一舉一動，都要非常小心，不要無緣無故的浪費能源以致

We humans have six senses: the eyes can see, the ears can hear, the nose can smell, the tongue can taste, the body can feel, and the mind can think. We humans are the most spiritually efficacious beings among all creatures. Therefore, we have these six senses; other animals don't have this complexity.

People need to eat, wear clothing, and sleep just as automobiles need gasoline. Automobiles need gas to run on the road. We people also need to replenish our energy when we use it up; therefore, we need to eat so our body can metabolize the food and convert it into new energy. Food gives our body a blast of heat or a blast of energy so we can perform various activities. But in reality, the essence in food is very little, so we have to continuously intake food. For example, we eat in the morning, but in the afternoon we are hungry again. After eating in the afternoon, we eat again at night. Even when we sleep we use up energy, and then the next morning we have to eat breakfast again.

How do we use up our bodily energy? When our eyes see something, they use energy; when our ears hear, they also use energy; when our nose smells, it uses energy. Even our tongue that tastes, our body that feels, and our mind that thinks use energy. Every move that we make talking and walking uses energy. If you do not consume too much energy and know when to stop, your body can keep up well. But if you use too much energy, your body will have problems. For example, you eat too much, or too much rich and nutritious food, or eat something poisonous, these factors can cause your body to



傷害自己的身體及精神。這一點是很重要的！

小朋友！現在是你們的黃金時代，也是你們生命中的春天。春天時萬物欣欣向榮，朝氣蓬勃。但是我們要順其自然去生長，合乎生理的程序，切不要亂吃亂喝，或亂講話，或者飲酒食毒藥，乃至亂看、亂聽、亂嚐、亂嗅、亂觸、亂想，這樣就會損害你的身體及靈性。

你會運用這六種官能，身體就健康。不會用，身體就會隨時罷工，與你分家。分家了，便沒得吃，沒得穿、沒有房子睡了。因此，大家要好好愛護珍惜這個身體，不要醉生夢死，走到極危險的歧路上。在孝經上說：「身體髮膚，受之父母。不敢毀傷，孝之始也。」不要隨隨便便把自己的身體弄壞，要好好地珍惜它，否則便無顏見父母了。父母生我、育我，我們不好好珍惜身體，那是對父母最不孝的行為。

become sick. You have to be very careful with your every movement: walking, reclining, sitting, and sleeping. Unnecessary waste of energy will harm your body and mind. This is a very important point!

Students! Now is the time of prosperity for you: it is the springtime of your life. Everything in nature flourishes in the spring; it moves vigorously. But we should allow it to grow naturally, corresponding with the order of physiology. Remember not to randomly eat and drink, randomly talk, drink alcohol, or take drugs. Avoid recklessly looking, listening, tasting, smelling, touching, and thinking. If you indulge in any of these, you will destroy your body and soul.

If you know how to use your six senses, your body will be healthy. If you don't, your body may stop working at anytime and quit on you. After the body quits working for you, you will not be able to eat and will have no clothes to wear and no house to sleep in. For this reason, you need to treasure and take good care of your body. Don't walk on a dangerous path. The *Classic of Filial Piety* says: "Our body, hair and skin are given to us by our parents. Do not harm them; this is the beginning of filial piety." Don't destroy your body. You must cherish it; otherwise, you will have to face your parents. Parents gave birth to and nourished us; if we do not take good care of our body, we are not being filial to our parents.