

今天是農曆正月初一，大家又增加了一歲。活著增加一歲，就越活越老了，由少而壯，由壯而老。過去的事情已經過去，沒有來的東西還沒有來。在新年期間我們應該自己回顧一下，過去所行所做如果是對的話，我們就繼續照著去做；如果不是對的話，我們就要趕快改善。所謂「改惡向善，除舊換新」。

Today is the first day of Chinese New Year, and everyone is now one year older. As our age increases, we grow older, from youth to adulthood, and from adulthood to old age. What happened in the past is already gone and what is to occur in the future has not arrived yet. During the New Year, we should reflect upon ourselves: if what we did in the past was right, we should continue; if it was wrong, we should quickly change it. It is said, "Overcome your shortcomings and go towards the good; replace the old with the new."

# 新年新希望

## New Hopes for the New Year

宣化上人1978年開示  
Spoken by the Venerable Master Hsuan Hua in 1978

佛教裡有一句話說：「彌天大罪，一懺便消。」又說：「過而不改是為過，過錯不肯改，還自己遮蓋著它，不要叫人知道，這是罪上加罪。所以我們無論哪一個人都要回光返照，不要貢高我慢，不要自須彌山那麼高。那要怎麼樣呢？我們要用忍耐心克服一切的困難，面對著現實，向前勇猛精進。這是我對各位的希望。」

袁華麗 英譯

English Translation by Huali Yuan

In Buddhism, there is a saying: "Even offenses that are as vast as the sky are immediately eradicated upon repentance." Another says, "Refusing to correct one's mistakes is a fault, but they will be eliminated when one corrects them. If one covers them up instead, then one has doubled the fault. If one has fault and is unwilling to correct it, but instead covers it up, one is adding fault upon fault. No matter who we are, we should reflect the light to illuminate within. We should not be arrogant or complacent; neither should we see ourselves as an emperor and inflate our egos to the size of Mount Sumeru. Then what should we do? We should use patience to overcome all difficulties. We should face the reality and charge forward with courage and vigor. These are my hopes for all of you."