

宣化上人開示於1988年11月18日
馬來西亞

Instructional Talk
by Venerable Master Hsuan Hua
on November 18th 1988 in Malaysia

黃藍 英譯

English Translation by Lan Huang

世界和平

宣化題

要和平，
先要從我們內心做
起。我們內心煩煩惱惱，爭爭吵
吵，多多少少，總是沒有和平，那你想
要世界和平，是無有是處。人人都想要和平，
可是人人的心裡不和平，你想要叫世界和平，是捨
本逐末的。有的人心裡頭是「和而不平」，外表上你
和人家有和，但是內心裡總是覺得不滿意，這是「和而
不平」。有的是「平而不和」，說我自己就管我自己，我
把自己管得不和人鬥爭，也不發脾氣，我做一個自了漢，自
己管我自己；我不需要和人有什麼來往，不需要和人有什麼
關係，和人人都合不來，這就叫「平而不和」。

所以，我們既要和又要平，既和且平，既平且和。總而言
之，我們外邊和平，裡邊也要和平；裡邊和平，外邊也要
和平，內外如一。

If we want peace, we should start from our minds. If there are many afflictions and conflicts in our minds, so that no peace can be found, then it will be impossible to realize our wish for world peace. Everyone wants peace, but everyone's mind is not at peace. To aim for world peace in such circumstances is to pursue the superficial while overlooking the fundamental.

Some have harmony but no peace; they appear to be harmonious with others, but never feel content in their hearts. Some have peace but no harmony; they say, "Okay, I will just regulate myself so I don't fight with others or get angry. I will just take care of my own liberation. I will only worry about myself, so I need not interact with or relate to anyone else." This person doesn't get along well with others. This is called having peace but no harmony.

Therefore, we need to have both peace and harmony by being harmonious yet peaceful, peaceful and also harmonious. We need to be peaceful and harmonious on the outside, and also inside ourselves, so that our inner state and outer expression are consistent.