

新年

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A Talk by the Venerable Master Hua

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快樂

Happy New Year!

各位善知識，我也學祖教授，給你們各位早祝一個新年快樂，Happy New Year! 我們新年快樂了，要是舊年快樂不快樂呢？我們要年年都快樂，月月都要快樂，日日都要快樂，時時刻刻都要快樂。

為什麼要快樂呢？快樂並不是吃一點好東西就快樂了；也不是穿一件好衣服，我們就快樂了；也不是買一輛最漂亮的車，我們就快樂了；也不是住一棟好房子就快樂了。

我們應該如何快樂？應該自性常常地知足，所謂「知足常樂，能忍自安」。知足就快樂，沒有煩惱。所以不是過年才要快樂，而是時時刻刻都要happy（快樂），不要煩惱，這樣才能「栽培心上地，涵養性中天」。

你能心地光明了，性天也光明了，這個光明就是佛的光明。我們為什麼沒有現出這光明？就因為沒能真正「栽培心上地，涵養性中天」。所以在佛教裡頭，你若能常常快樂，這就是修行。

All Good and wise advisors, Happy New Year! Like Professor Tsu, I would like to wish all of you a Happy Chinese New Year in advance! We are happy in this New Year, but should we be happy in the old year too? We ought to be happy year after year, month after month, day after day, and moment after moment.

Why should we be happy? It is not that we become happy simply after eating some delicious food, wearing nice clothes, buying a fancy car, or living in a luxurious house.

How should we be happy? We should always be content. It is said, "Knowing contentment, one is always happy. Being patient, one is naturally at peace." If we are content, we will be happy and not have afflictions. That is why we should be happy and free of afflictions all the time, not just during the New Year. Only then will we be able to cultivate and nourish our minds.

If you can fill your mind with light, this light will be the same as that of the Buddha. Why isn't this light present in our minds right now? Because we have neither cultivated nor nourished our minds. Therefore, in Buddhism, if you can always be happy, that is a kind of cultivation.