

# 什麼叫「佛法」？

## *What is Buddhadharma?*

宣公上人開示

Instructional talk given by Venerable Master Hua



什麼叫「佛法」？就是把一切人的情形、每一個人的境界都要知道。你若知道了，你就能想法子幫助人；你若不知道，你就給他添了麻煩還不知道呢！

好像今天那個老年人在那兒跪拜，那麼笨，你們只看他笑話，不招呼不管，這就是自私的地方，完全不照顧其他的人。要照顧所有的人，老年人也要照顧，小孩子也要照顧；中年人只需你用精神來照顧他就可以了，不需要用手腳來幫助他。這是每一個人要知道的。

What is Buddhadharma? It is understanding everyone's situation and circumstances and knowing their state of mind. If we understand, we can think of ways to help them. Otherwise, without being aware, we are adding to their problems.

For example, today we had this elder who is so advanced in age and bowed in such a clumsy way, you feel indifferent and not greet them, or even just ignore them -- this is a selfish aspect, lacking in care for others. Everyone of us needs to take care of others especially the elderly and the children; as for the middle aged, you may not need to help them physically but just be considerate and mindful of their presence. Everyone ought to know this.