



若人靜坐一須臾，
勝造恆沙七寶塔。

若能靜坐片刻的時間，就有永不磨滅的功德。有人說：「那外邊的功德我不做了，我來修內邊的功德。」這種思想也是不對的。我們兩種都要做，既要修功，又要修德，到功德圓滿的時候，福慧具足，就是兩足尊了。

——宣公上人開示

If a person can sit in stillness for even an instant,
His merit surpasses that of someone who builds as many stupas
of the seven treasures as there are sand grains in the Ganges.

If a person can sit in stillness for the briefest time, he creates merit and virtue which will never disappear. At this, someone may say, "I won't create any more external merit and virtue; I'm going to have only inner merit and virtue from now on." It's also wrong to think that way. In fact, you must cultivate both kinds of merit and virtue. When your merit and virtue are perfected and your blessings and wisdom are complete, you will be known as the Doubly-Perfected Honored One.

—By Venerable Master Hsuan Hua