

給生活的忠告

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「萬法唯心」，「行無所事」，「盡力而為」。上人的教誨中，這三句金玉良言讓我受益匪淺。

當我的思緒失控，我記得是自己的心在作祟。當我開始自尋煩惱，我停止並自忖一煩惱的是「誰」？

當我覺得工作壓力難以承受時，我提醒自己要「行無所事」，工作帶來的緊張會散去，時間不再是壓力，我也能處之泰然。

「盡力而為」是善意的鼓勵。對我而言，這意味著即使指派的工作自己不勝其任，縱使技不如人，也要全力以赴。

Words to Live By

Jacqueline Farley

“Everything is created by the mind alone,”
“Do it like it’s nothing,” “Do your best.”
These are three phrases that stand out for me
among the Venerable Master’s teachings.

When my mind takes off down a blind alley.



By Jacqueline Farley

I remember it's my mind that is responsible. When I begin to create suffering for myself. I stop and consider "who" is really suffering?

When I feel overwhelmed with work or things that need to be done. I remember "Do it like it's nothing" then all the tension around the task melts away, and time is no longer a pressure. I can proceed with ease.

"Do your best" is kindly encouragement. To me it means that even if I have very little ability for the task in hand, doing my best is enough, even if it doesn't measure up to what others may be able to do.