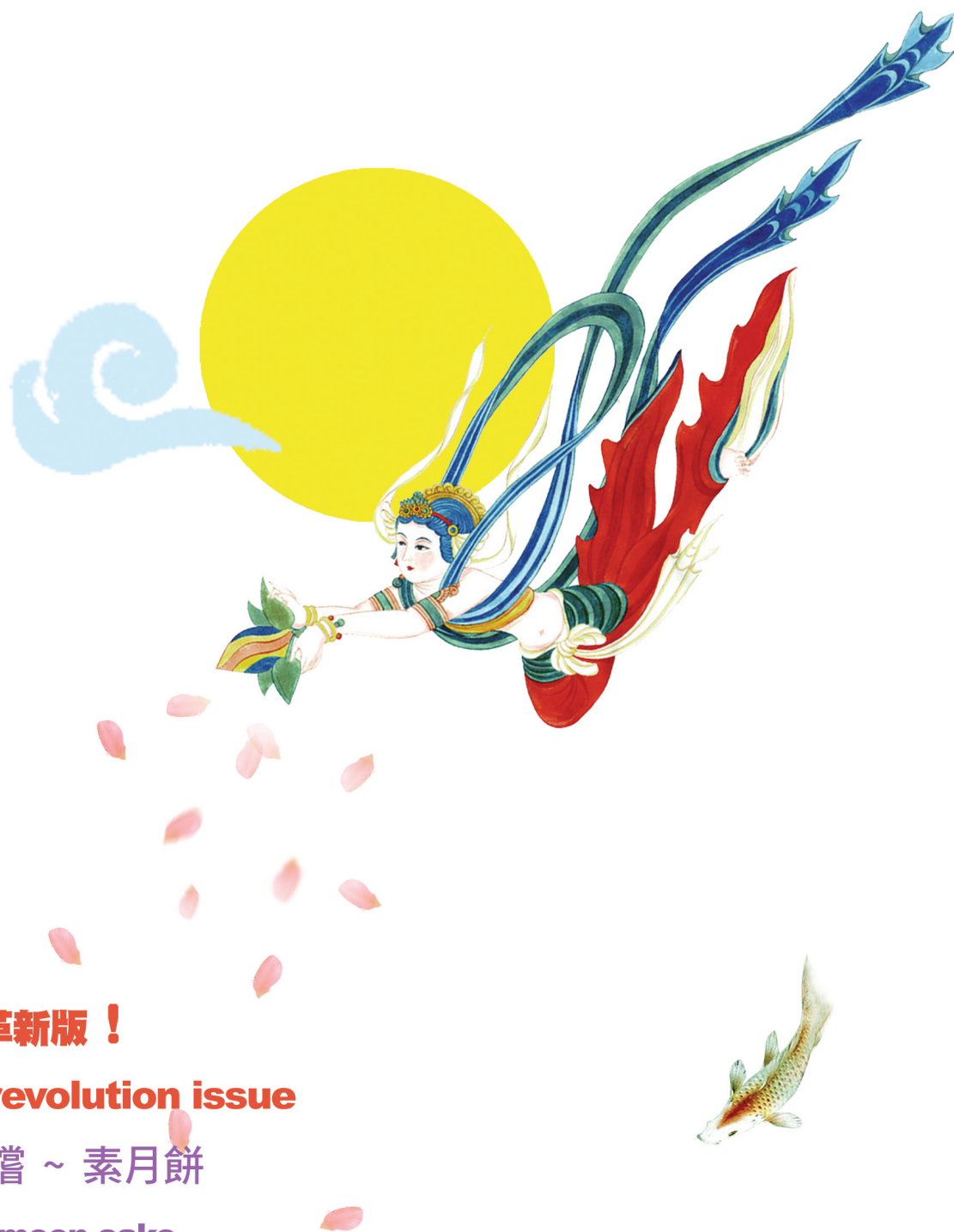


金色蓮花



Golden Lotus

摩登修行
Modern Cultivation



傾力革新版！

New revolution issue

中秋鮮嚐 ~ 素月餅

Vegan moon cake

佛是好老師

Buddha is a good teacher

SEPTEMBER 2004 9月號 No.141

ISSN 10230319



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清麗脫俗・人間仙品

Beautiful mind & celestial creature



金色蓮花第123期封面畫作

(創作者 / 周玉卿 導演)

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生命之歌

這麼珍貴的生命
我們當然應該
好好的珍惜
也應好好的過
並且為了實現—
珍貴生命的崇高意義
透過不斷的學習與淬煉
讓我們的生命
精緻、有意義、無怨無悔
甚至在人類精神文明的
慈愛史中
永垂不朽！

Song of life

The precious life
We should surely
well cherish
as well as live,
and unceasingly learn and practice
for achieving sublime meaning of precious life.
Let our life
be refined, meaningful, no grudge and regret,
even be remembered forever
in the loving history
of spiritual civilization.

Golden Lotus

1 9 9 3 年 創 刊

2 0 0 4 年 革 新 號

本刊名稱出自：

大般若經 緣起品

執此千莖 金色蓮花
以寄世尊 而為佛事
還散上方殑伽沙等諸佛世界
佛神力故，令此蓮花遍諸佛土
諸花臺中各有化佛，結跏趺坐
為諸菩薩說大般若波羅蜜多相應之法
有情聞者必得無上正等菩提



The Magazine was named after the Sutra :

Chapter of Origin on Maha-Prajna-Sutra

Offering the Golden Lotus of thousand stems to the Buddha for spreading the Buddha-Dharma. And then spreading the Golden Lotus to the worlds of other Buddha that is in the upper direction and far away from the world we live. Because of the power of the Buddha, this Golden Lotus is spreading to the worlds of all Buddha, and there is a Buddha born and sit in each of the platform of the Golden Lotus. These Buddha are addressing the Dharma of the Maha Prajna. All the beings that hear the address will definitely become a Buddha.

金

色

蓮

花

■製作：金色蓮花編輯小組

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目錄

結構：六項重要的生命修練

標語：逐步的・耐心的・穩定的・修練成爲一個完美的人。

座右銘：內外雙美 才德兼備 快速改進 全面成功

雜誌結構分為兩大區

即：一. 修練區

有四項人生重要的修練

即：（一）心靈（二）身體（三）涵養（四）服務

二. 專題區

還有兩項經過特別規劃的專題

即：（一）“素食新時代”長期特別專題

由於素食對我們的身體
甚至這整個地球的萬物
都是最健康、最溫柔的對待
故值得長期大力推廣之！

（二）“本月專題企劃”

每月精心規劃、執筆與視覺設計
的思考、精萃、革新生命的佳作！

現在，就請進入我們金色蓮花編輯群
傾力革新打造的心之美善世界吧！……

contents

Structure: six important cultivation in life

Slogan: Become a perfect man stepwise, patiently and stably

Motto: Match inner and outer beauty: combine talent and morality;

Improve everything in speed; have the complete success

The structure of the magazine is divided into two major districts

1: First. Cultivating area

Four important cultivating items in life

Namely: (1) Spirit (2) Body (3) Virtue (4) Service

2. Thematic district

There are two special topics through special planning

Namely:

(1) “Vegan New Age” long period special edition

Because of the health to us of vegetarian diet

Even everything of this whole of earth

All healthily, most gentle treating the most

So worth popularizing it for a long time!

(2) “Monthly special topic”

Plan, write and design with the vision meticulously every month

Thinking, cream, improve life fine piece of writing!

Now, it is edited that please enter our golden lotus flower group

Incline strength improve kind world of heart that make!

(一)修練心靈

Mind Cultivation

～ 心靈的三大要素：
寧靜、慈愛、智慧
需要時時砥礪、刻刻修練
Three items of spirit
calm, mercy, and wisdom
need cultivating often

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■ 寧・靜・的・力・量
Power of silence
靜坐之美
The beauty of meditation

P.18

■ 慈愛雙鳴曲
Song of love
愛心女人最美麗！
Kind woman are most beautiful！

P.28

■ 金剛經的晶鑽智慧！！
The Wisdom of the brilliant
Diamond for the Diamond Sutra
——連載第48回
Chapter forty-eight

(二)修練身體

Body Cultivation

～ 心靈以身體為居住之殿堂
Spirit reside on body as own palace

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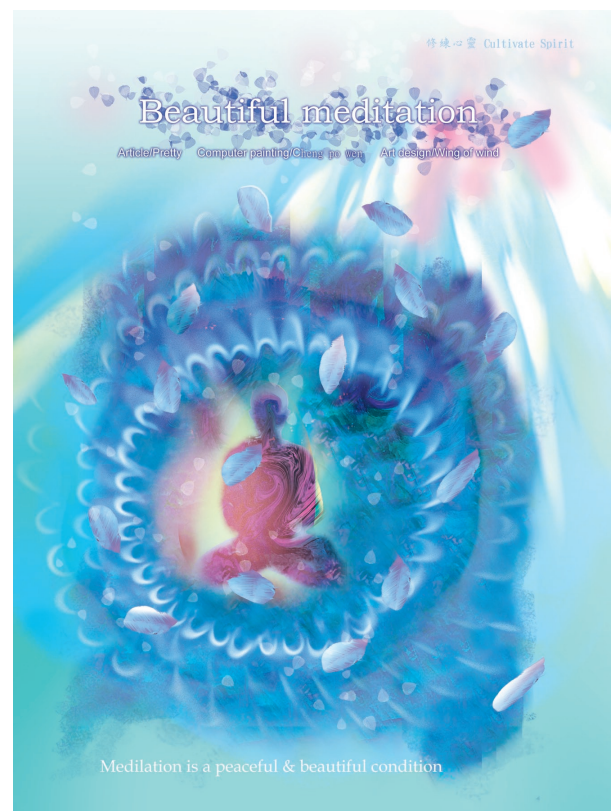
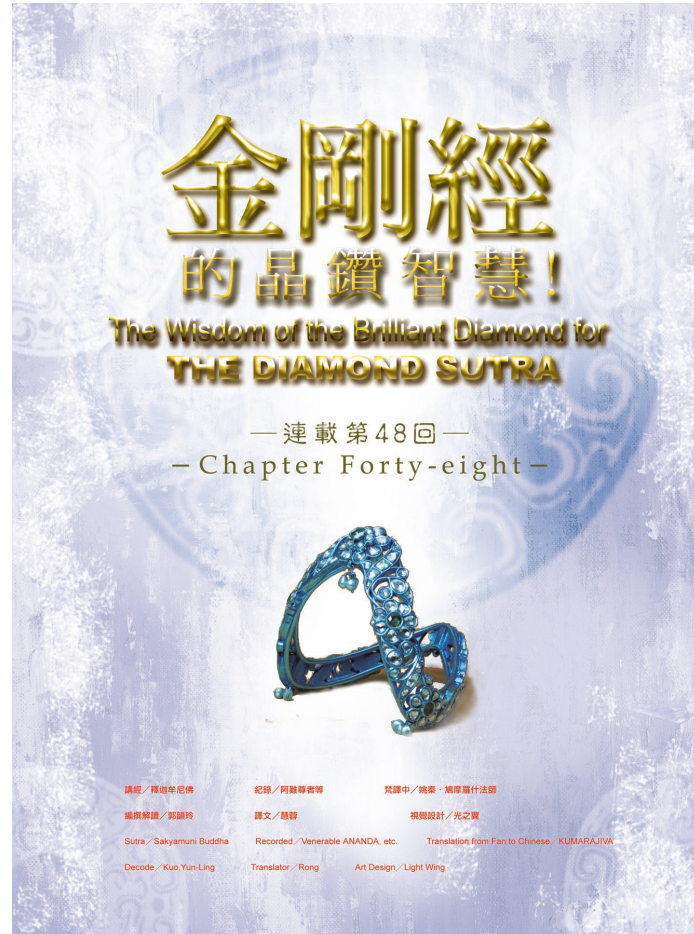
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Spring of health
正確的飲食習慣
成就了健康身體
Healthy body comes from
the habit of correct diet

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心美人更美
Beautiful heart let face more beautiful

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Spring of youth
心情愉快保青春
Happy mood keep you youth



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Virtue Cultivation

～ 涵養的深度與廣度

是在為服務作精緻的準備

The depth & breadth of virtue is
preparing for the service

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Love the animals - Match pet shows!

愛改變了生命密碼

Love change the life code

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Fashion class

GAME中的角色學習

Play a role in the Game

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■ 情緒教室 ～

Mood classroom

好心情奮鬥營

Striving camp for good mood

(四)修練服務

Service Cultivation

～ 服務的人生是最幸福的人生

The life of service is the happiest life

P.76

■ 摩登菩薩

服務形象大速寫！

Modern Bodhisattva

Sketches of service images !

像無敵金剛一樣，生命力強大無比！

An unconquerable man having a strong life !

像功夫高手一樣，鬥志高昂！

An Kung-Fu Master having a high morale !

像小偵探一樣，細心靈活！

A little detective that is careful and smart !

像機械人一樣，耐操又耐勞！

A robot that is lasting and durable !

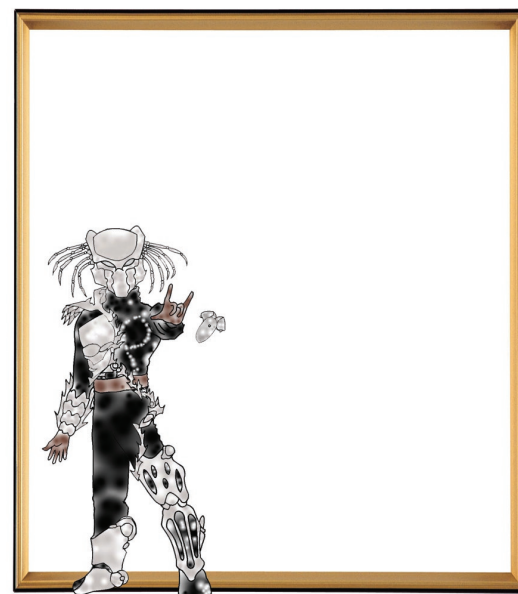
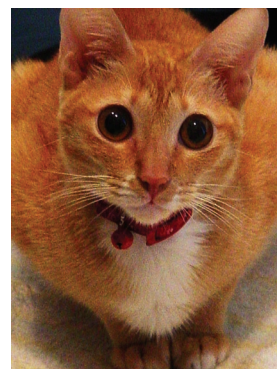
像科技辣妹一樣，美麗又帶勁！

A technology spicy girl that is

pretty and powerful !

像外星戰士一樣，勇往直前！

An extraterrestrial warrior that marches
forward courageously !



(五)素食新時代 長期特別專題

Vegan New Age – specially extended report

～ 學佛，是一種摩登！

吃素，是一種流行！

Buddha & Vegetarian are fashion

中秋節特別推出 ～

The Mid-Autumn Festival

中秋嘗鮮～素月餅特輯

Special edition for vegetarian moon cake



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Various dies of the moon cakes



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The Vegetarian Moon Cake is coming now

——團圓夜下願眾生親眷團聚

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Monthly special topic

教師節特別推出～佛是好老師

Special edition of the Teacher's Day

– Buddha is a good teacher

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Structure of planning

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Buddha is a respected king of doctor,
and a good teacher even more !



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～ 授一切眾生正業、白業、善業！

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Imparking the good and right things !

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Explainning the great puzzle – transmigration, life and death, happiness and pain !

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～ 四生的慈父，三界的導師！

The mercy father of fourfold assembly, the master of three realms !

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～ 創意教師卡

Teacher's card of originality



廣告

27滿寧

33善福

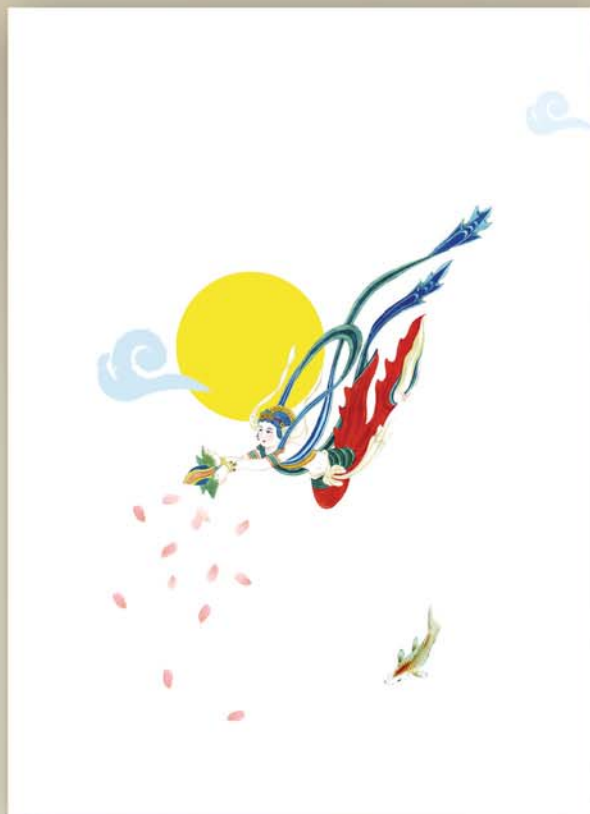
51 法界香雲

59天華

72 密宗煙供香

128 果曦堂 紫金閣 胡秀英





封面意境

水中月

Artistic conception of the front cover

Moon in water

封面設計／鄭秉忠

Design of front cover / Zheng Bing Zhong

飛天臨摹／王秀珍

The flying Apsaras painting / Wang Xiu Zhen

封面小詩／一切都如 空中的花

水中的月

鏡中的影 虛幻不實

Little poem of front cover / All capital like Flower in the sky

Moon in water

Shadow in the mirror unreal and unreal

詮 釋／畫中的柔黃滿月與美麗飛天

原以為是在浩瀚的藍天上
直至看到悠遊的魚兒
才恍悟原來是水中倒影
而我們的人世
又何嘗不是如此如夢似幻

所謂 真真幻幻真亦幻
幻幻真真幻亦真

真個是“只緣身在此山中
不識廬山真面目”啊！

Annotate / Gentle yellow full moon and beautiful flying Apsaras in the picture

Thought it was on the vast blue sky
Until seeing the leisure fish
It is the inverted image from water to just realize originally all of a sudden
And our this world
It is also like this if the dream is like unreal

So-called Really very unreal and unreal and really also unreal
Unreal and unreal and really very also really unreal

Really Only reason is in this mountain
Fail to see truth!

修練心靈

雲淡風輕

詩篇／韻玲

譯文／花朵

視覺設計／風之翼

寧靜的心

像淡淡的雲 輕輕的風
是一種無言的美麗

慈愛的溫柔

是生命中最大的倚靠
讓人通往 幸福口岸

皎潔的智慧

是黑暗中的燈火
照亮了
崎嶇人生路



Mind Cultivation

Thin cloud and little wind

Poem / Yun-ling

Translator / Flower

Art design / Wing of wind

Peaceful heart

Like thin cloud and little wind

Is an wordless beauty

Tender mercy

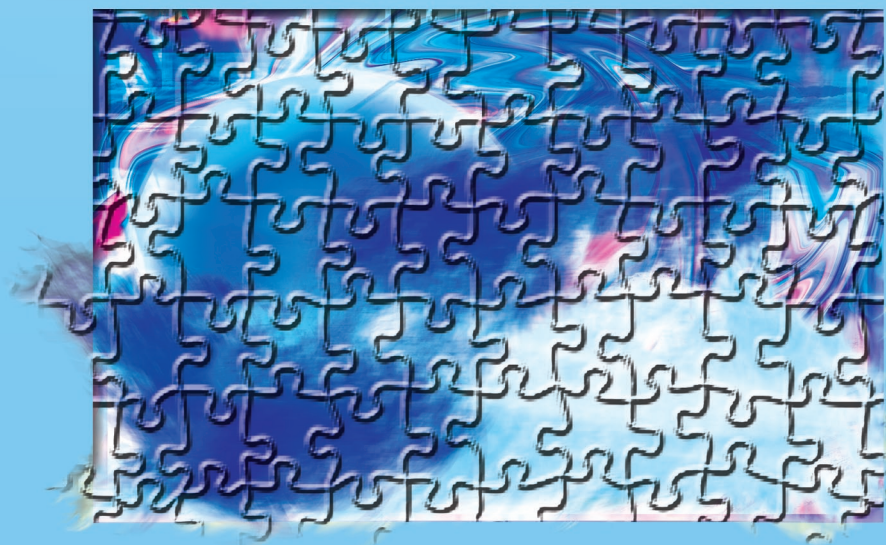
Is the largest dependence of life

Brightly clean wisdom

Is the lamp of darkness

To shine

Curved road of life



靜坐之美

文案/清涼月 電腦拼畫/鄭博文 視覺設計/風之翼



靜坐 是一種 寧美的 生存狀態

The beauty of meditation

Article/Pretty Computer painting/Cheng po wen Art design/Wing of wind

Meditation is a peaceful & beautiful condition

心靈的三大要素：寧靜、慈愛、智慧 --- 需要時時砥礪、刻刻訓練

The Three Elements of Soul : Peace, Mercy and Wisdom

We need training and practicing all the time



慈愛雙鳴曲

Couple-songs of Mercy

(慈悲與愛心，是一體的兩面，雙樂奏鳴曲)

* 愛心女人最美麗！

* 慈悲男人最魅惑！

“Mercy and Love are two sides of a whole. It is couple-songs of life”

* A woman with love is the most beautiful one!

* A man with mercy is the most charming one!

撰文／陳子軒

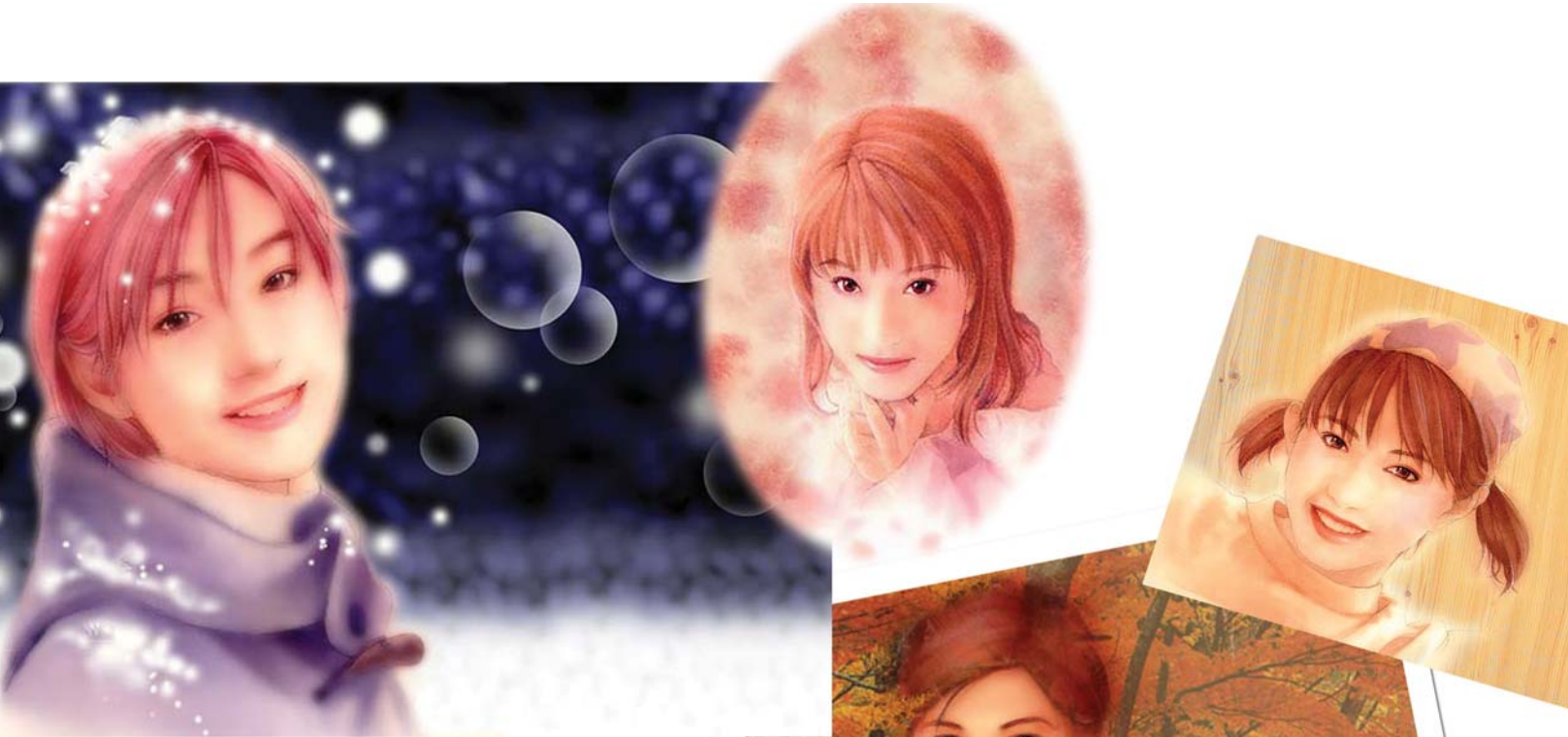
譯文／陳守強

視覺設計／許瓊丹

Article/Daniel

Translator/Freeman

Art Design/Mellisa



序曲

「魔鏡啊！誰是世上最美麗的女人？」，這傳說已久的神話，多少年來不斷的述說著白雪公主的美麗，巫婆的不美麗，然而大家都知道，真正讓白雪公主美麗的是她的愛心，而讓巫婆永遠只能呈現醜陋一面的是她失去了愛心。

年輕人直接說

什麼是人見人愛的重要特質呢？我們來聽聽青少年怎麼說：

1. 你認為心目中最美麗的女人必須具有什麼特質？

海狗：不可以太安靜...可以出去玩...但不失隨便...其他像長相那些就看對眼就對啦！

小黃：溫柔...可愛...開朗...活潑...有自信。

小砂：自然甜美笑容...有自己勿調調...不做作。

BOSS：氣質...看起來舒服...活潑...乾淨...有自信...親切。

玉立：長相乾乾淨淨的，要給人親切的感覺...沒有距離或高傲，不一定要真的長的很漂亮但心地要好...不做作；但是雖然會打

The magic Mirror! Who is the most beautiful woman in the world? This is the oldest legend. For numerous years, the Snow-white is still beautiful while the witch is ugly. However, we should know that it is the mercy heart makes the Snow-white beautiful. The witch is ugly because she lost her ability to love.

Some straight-forward words from young men

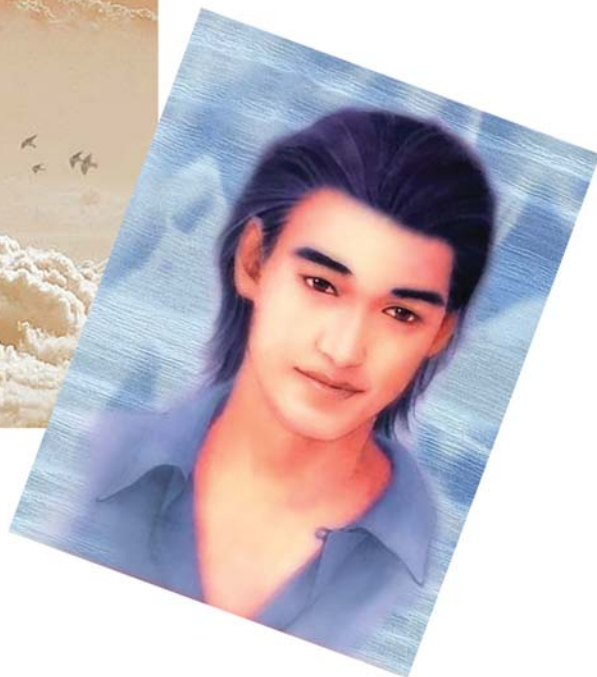
What is the most important characteristic of a person to be love by all? Let's hear some opinions.

1.What characteristic should the most beautiful woman have?

Hau-gou: Don't be too quiet. She may have fun all the time but never too wild. About the appearance, love is blind.

Xiao-huang: Gentle, cute, open and clear, vigorous and self-confident.

Xiao-sha: A natural and sweet smile, have style, never



扮的是很好但不是絕對的。

岱君：要有智慧；對於世界上任何事務都有求知勿慾望。

小多：長的好看身材好心腸好。

阿枝：該聰明時要聰明，該笨時要笨。

秋蓉：我覺得要有自己的原則；要能勇往直前，不優柔寡斷。

捲令：美麗勿女人．．．要有善良勿心（非常重要），要有常常上揚勿微笑，時常帶給別人 happiness。

鈺音：要有氣質，講話得體，懂事。

2. 你認為心目中最有魅力和吸引力的男人需要具有什麼特質？

小黃：溫柔．．．體貼．．．陽光．．．活潑．．．樂觀．．．幽默．．．健康的感覺。

小砂：眼睛要．．．然後要好相處．．．會主動找你聊天．．．但不搞曖昧．．．很隨性但不隨便而且要有自己勿調調。

BOSS：有自己的個性．．．不能太矮．．．談吐得體但不失幽默．．．活潑．．．健談。

岱君：體貼阿，就是在別人心情不好或是忙碌，更或者是焦慮時，能給對方安慰．．．幫助對方恢復忐忑不安吧！

玉立：不會太不好看，不會太死氣沉沉或死板，體貼且也要心地好，和善親切也懂得怎樣

artificial.

BOSS: Quality, looks comfortable, lively, clean, self-confident and kind.

Yu-li: Looks neat and tidy, kind, never proud, don't have to be pretty but must have a good hear, never artificial, good at makes up but never insist.

Dai-jun: Must be wise; be curious all the time to new matters.

Xiao-duo: Good looking, nice figure, a good heart.

A-zhi: Be wise in time and be foolish in time too.

Qiu-rong: Keep principle all the time. Advance bravely and never irresolute and hesitant.

Juan-ling: A beautiful woman must have a good heart. It is very important. Smile all the time. Always bring happiness to all.

Yu-yin: Be elegant, to express oneself felicitously, sensible.

2.What characteristic should the most charming man have?

Xiao-huang: Gentle, to show every consideration, sunshine, lively, optimistic, humor and healthy.

進退應對，願意了解並聽人分享事情。

阿枝：神秘一點會比較好。

秋蓉：我喜歡笑容可掬的，個性很隨和，自然不做作，對誰都很溫柔，男生就算帥也不能自以為是愛耍帥，有責任感上進心。

捲令：要有風度，愛幫助別人，脾氣要好，會給女生安全感，不准說髒話或太粗俗勿話，不准抽煙...吃檳榔。

鈺音：開朗幽默，理性，不隨口說髒話...責任感。

青少年的想法很可愛吧，也很直接。但從他們的回答中也透露出了一個訊息是心地好、溫柔、體貼最受歡迎。

社會人的說法

出社會以後呢？隨著慢慢長大，也有了不同的體會：

1. 你認為心目中最美麗的女人必須具有什麼特質？

小弼：不要太難看，心地善良，對我家人很好。

阿祥：要關懷社會，要會保養，個性很有耐心和愛心。

慈慈：端莊，有禮貌，對人很好，不驕傲。

2. 你認為心目中最有魅力和吸引力的男人需要具有什麼特質？

小弼：要很會保護人，有正義感，要很溫柔，有同情心。

阿祥：很酷，但會行俠仗義，關懷社會，服務人群。

慈慈：對所有人都慈愛，使命感，有內涵，在人有困難時能挺身而出或給人建議。

比較含蓄的表達方式，是年紀和社會經驗的產物。什麼樣的女人最美麗，什麼樣的男人最魅

Xiao-sha: Lovely eyes, easy to get along with, talk nicely, never ambiguous, never informal, have style.

BOSS: Have style, don't too short, talk nicely, humor, lively, good at conversation.



Dai-jun: Show every consideration, good at comfort every person when he or she feels bad. Help others recover from unease.

Yu-li: Not too ugly, not too dumb or rigid, be nice, good-natured, kind-hearted, wise to take care of things, willing to hear opinion from others, love to share ideals.

A-zhi: Secret is nicer.

Qui-rong: I like smiles. Easy to get along with, natural, never artificial, tender to everyone, never proud, responsible, always making efforts.

Juan-ling: Have manner, love to help others, good temper, sense of security, never say bad language, never barbarous, don't smoke, and never eat betel nut.

Yu-yin: Open and clear, humor, reasonable, never say



惑呢？其實每個人心中都有不同的標準，可是喔，我們也不難發現，在他們的回答中透露出的訊息是會愛人的女人最美麗，而對社會人群有同情心的男人最有魅力。

慈悲和愛心是幸福的不二法門

很奇怪喔！一般的觀念裡應該是臉蛋、身材長得好的女人最美麗，而高俊挺拔又耍酷的男人最有魅力，像從前的日劇影星，最近風靡一時的韓劇影星來台，歡迎的程度，可說是盛況空前，超高的人氣指數，頓時成為許多人的偶像。

然而，心靈潛藏的東西，看不到也摸不到，但卻真真實實影響著我們每一個人，在在許多魅力旋風的背後，或許看到的是盲從、趕流行，但當物換星移，時空變化後，剩下的卻只有心靈的產物，就是必須面對自己，尋找自我的價值。

面對我們的人生，人生中什麼東西最重要呢？有人說：我要做個成功的人；也有人說：我要賺大錢；也有人說：我要過無憂無慮的生活，成功是為了什麼？得到大家的景仰，快樂的生活；賺大錢呢？也是為了讓自己及後代資源充足，而成就享受快樂的生活，或進而回饋社會。儘管每個人對生涯的規劃不同，但都希望有社會認同感，心滿意足的走在人生的旅途上。得到他

bad language, responsible.

Young boys and girls are lovable. Their think is direct. From their sayings, we know that the most popular characteristics are a good-natured, gentle and soft and to show every consideration.

Sayings from social people

After you join into the society for some times, you may think different.

1. What characteristic should the most beautiful woman have?

Xiao-bi: Not too ugly, kind-hearted, be nice to my family members.

A-xiang: Care about others and the society; know how to take care of self; have patience and love in mind.

Ci-ci: Elegant, polite, nice to others, never proud.

2. What characteristic should the most charming man have?

Xiao-bi: Know how to protect others; have a sense of justice; be gentle and soft; have sympathy.

A-xiang: Be cool, to speak out and act from a sense of justice, to care about others and the society, love to serve others.

Ci-ci: Be mercy to all people; love a mission; have inner quality; thrust oneself out to face a challenge to help others and give them a hand.



人和自己的肯定，這個人當然會快樂，會對社會有正向的作用，會願意服務社會，熱心助人，這是個幸福的人。

因此，面對人生，真正屬於我們能掌握的心靈特質是慈愛，慈悲和愛心的鍛鍊，將會引導我們走上幸福之路。

慈愛雙鳴曲奏出幸福的樂章

有愛心的女人是世上最美麗的女人，因為她用全部生命的暖流，滋潤著每一個需要幫助的人。當我們生命陷入苦難時，其實已經不會去在意外表的美或醜，需要的是幫助。人是情感的動物，美麗就在善良的情感交流間不斷的產生了。

慈悲的男人最魅惑，因為他關心每一個人的生命，慈悲的人會給人安全感，會給人幸福，因此也最吸引人。當世間的災難和不幸降臨時，人需要的是悲憫，不是英俊，需要的是關懷，不是風流倜儻，而慈悲也就會適時的撫平傷口，重新出發。

如何做一個慈愛的人呢？首先要愛自己，如果連每個人視為最重要的自己，都不能用慈愛去對待的話，就遑論用慈愛對待別人了。

其次，要善於處理自己的情緒，情緒常像突如其來的大浪般，把原先好不容易建立的城堡，全部沖走，「一念嗔心起，火燒功德林」，看到自己或別人的不好，就要練習同時也看到自己或別人的好，就不會輕易對別人或自己發脾氣。

再來要多反省自己，做個謙卑的人：人都有缺點，問題是用什麼心態去看待缺點？台積電董事長張忠謀有一篇文章是「給有福氣的人看」中說『若沒有苦難，我們會驕傲，沒有滄桑，我們不會以同理心去安慰不幸的人，每個生命都有欠缺，我也不會再予人做無謂的比較，反而能更珍惜自己所擁有的一切。』懂得謙卑的人，才會懂

An implicit manner is the product of the times and experience. What characteristic should the most beautiful woman have? What characteristic should the most charming man have? Everyone has his or her special answer for that. However, we still find something in common and that are mercy and love. A woman with love is the most beautiful one! A man with mercy is the most charming one!

Mercy-and-love is the one and only way to happiness

It's strange! In general, the most beautiful woman should have nice face and figure and the most charming man should be tall and handsome. Just as days ago, a Japanese movie star and a Korean movie star once came



得慈愛。

敏銳的觀察力也是需要的，觀察的對象要先從自己著手，不但對於一切的作為要常反省，甚至對自己的想法、心念，都很客觀的掌握。



慈愛的心是人間最美的一顆心，觀世音菩薩的名號家喻戶曉就是最好的鐵証，願人人都有一顆慈愛的心，少羨慕，少計較，多愛別人，讓慈愛滿人間。

to Taiwan. They were greatly welcomed by people. All of a sudden, they become idols in Chinese society.

However, nobody can see into the heart and soul of a man or a woman. The inner always would affect the outer. Behind the charming hurricane of these foreign movie stars, we see people follow blindly. When things

change with the passing of years, only the inner, the heart and soul, can be left for us to cherish. We have to face our inside. We need to find the self-value.

Face the life, what is the most important thing? Someone said I want to be success. Another said I want to make a lot of money. Another said I want to have a life free from care. What is success? It is to be respected by all and have a happy life. What is making money? It is to earn numerous resources for self and





off springs. Then, enjoy the life as well. Finally, feed back the society. Everybody has a different plan in mind. All men want to win respect from others. All want to walk nicely on the road of life. If all of these happened, the man is surely happy. A man has a positive affect to the society, willing to serve others as well as the society, he is a happy man.

Thus, we have to face the life directly. The gist is the heart and soul. The gist is mercy and love. Mercy and love would bring you walk to the path of happiness.

Couple-songs of mercy and love play the happy movement

A woman who has love in mind is the most beautiful woman. She would make her love as a warm current of life and irrigate every being that needs help. When life is trapped by sufferings, nobody would care about external beauty or ugly. What they really need is love and help. Human is beings of feelings. The real beauty is to exchange the kindness continuously.

The most charming man is a man with endless mercy. He would care all beings. Mercy would comfort all men and give safety and happiness to others. Mercy is the most attractive matter. When disasters and misfortunes come, all men need mercy instead of

handsome. What we need would be love instead of a nice looking. Mercy would heal the wound and make a man start all over again.

How can be a man of mercy-and-love? First of all, start with loving self. If you can't love yourself, how can you love others?

The second, be good at taking care of your emotion. Emotion like surges and waves and it may come and go all of a sudden. When you build up a sand-castle, the waves of emotion may wash it away completely. "The fire of anger would burn down everything in the forest." You have to watch the dark side of self as well as others. If you can see all darkness of self and others, you would not lose your temper.

Be sure to make self-examination and be humble. All men have defect but what is the manner you look into it? The board chairman of tsmc Company, Chang Zhong-mou once said in the paper "Words for men of merits and virtues" that "If there is no sufferings, men would be proud. If there is no trouble, men would never have the capability to comfort others. Every life has something in deficiency. Don't make any meaningless comparing between men. On the contrary, all men should cherish what he has right now." Only a humble man know how to be a mercy and love being.

A keen observing power is necessary for a man. Observe from self and then to others. Do the self-examination all the times. Even, observe all thinking in mind and be justice and objective.

A heart of mercy and love is the most beautiful soul. Avalokiteshvara is well known in Buddhist and that is a good proof of that. Wish all men have soul of mercy and love. No envy, no selfishness, always love others, and finally, let the mercy and love overwhelm the world.

金剛經

的晶鑽智慧！

The Wisdom of the Brilliant Diamond for
THE DIAMOND SUTRA

— 連載第48回 —

— Chapter Forty-eight —



講經／釋迦牟尼佛 紀錄／阿難尊者等 梵譯中／姚秦・鳩摩羅什法師

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Sutra／Sakyamuni Buddha Recorded／Venerable ANANDA, etc. Translation from Fan to Chinese／KUMARAJIVA

Decode／Kuo, Yun-Ling Translator／Rong Art Design／Light Wing

第一顆晶鑽：前言之鑽！

金剛經—
這部震爍古今的重要經典！
透過此經
我們可以學到生命的大智慧！

光是那膾炙人口、燦爛如太陽的著名經偈—

一切有爲法
如夢幻泡影
如露亦如電
應作如是觀

就以充滿晶瑩美感的譬喻
夢・幻・泡・影・露・電

慈悲的充份傳授我們—

對一切
不執著
以及
對萬事萬物的本質
了悟豁達
的大智慧！

因爲
人生在世
不如意事十常八九
如果我們很在意、很執著

就會活成一個很痛苦
遠離快樂與幸福的生命
而這樣的生命
對利己已有困難

The First Brilliant Diamond : Preface

Through the Diamond Sutra,
an unprecedented,
significant Buddhist sutra of all times,
we can learn the great wisdom of life!

Just look at the well-known verse,
which is greatly eulogized and is as radiant as the sun,

*All conditioned Dharmas
Are like a dream, an illusion, a bubble, a shadow
Like a drop of dew or a flash of lightning.
One should contemplate them this way.*

We can see that it uses beautiful crystal-like simile
dream, illusion, bubble, shadow, drop of dew and flash
of lightning

Compassionately and exhaustively teaches us

The great wisdom:
not being attached to anything,
realizing the essence of everything and being open-
minded.

As worse things happen at sea,
if we are very attached to something and take it to heart,
we will live painfully, unhappily
and we will be far away from all the happiness.
It is difficult for a man, who is in such a state of life,
to benefit himself,
to say nothing of creating a great benefit
to others for the public.
Therefore,

就難以再爲眾人
創造利他的大利益了

所以
爲了利己 也爲了益人
我們宜學會
不在意、不執著、洞悉本質
金剛鑽般、無堅不摧、無難不克的
超級生命大智慧！

才能真正自利利他
完成生命的莊嚴使命

因此
金剛經是智慧的大寶藏
取之不盡 用之不竭
字字句句 都 晶瑩燦美
閃耀出啓迪生命的光輝
值得我們努力的挖掘
勤奮的修煉！

第二顆晶鑽：經文之鑽！

何以故
須菩提
以諸菩薩不受福德故
須菩提白佛言
世尊
云何菩薩不受福德
須菩提
菩薩所作福德
不應貪著
是故說不受福德
須菩提

in order to benefit ourselves and others,
we should learn the diamond-like, all-conquering,
supreme wisdom of life:
the wisdom of not taking something to heart,
not being attached to anything
and having insight into everything's essence.

Thus we can really benefit ourselves and others
and accomplish the sublime mission in our lives.

Consequently,
the Diamond Sutra is an inexhaustible great treasury
of wisdom.
Its every word is crystal-clear, radiant,
beautiful and shines brightly with the brilliance
of enlightening life.
It is worth striving to dig the “treasure” up and
practice it diligently!

The Second Brilliant Diamond: The Original Sutra

Why?
Subhuti,
because Bodhisattvas do not receive blessings and
merits.
Subhuti asks the Buddha,
“World Honored One,
why do Bodhisattvas not receive blessings and merits?”
“Subhuti,
Bodhisattvas should have no greed and attachment
for the blessings and merits which they achieve.
That is why I say they do not receive blessings and
merits.”

若有人言
如來若來若去
若坐若臥
是人不解我所說義
何以故
如來者
無所從來
亦無所去
故名如來

第三顆晶鑽：解讀之鑽！

如來，
是完全安住於空性的
圓滿成就者，
以空性來看，
根本沒有來去的問題，
故經文說：
“無所從來，亦無所去”
因為能所雙泯，
那來“從來”或“所去”
的相對與二分呢？
故此句
不僅再度解釋
“如來”二字的意義，
更說明“如來”所代表的空義。

第四顆晶鑽、第五顆晶鑽．．．．．

無量晶鑽：都在金剛經中！

“Subhuti,
if someone says that the *Tathagata* comes or goes,
sits or lies down,
he does not understand the meaning of my teaching.
Why?
Because the *Tathagata* does not come
from anywhere nor does he go anywhere.
Therefore he is called the *Tathagata*.”

The Third Brilliant Diamond: Explanation

The *Tathagata* is a perfect success
as a spiritual cultivator,
who is always and completely fitting
in *Emptiness*.
From the angle of *Emptiness*,
no coming or going ever existed.
That is why the sutra says,
“the *Tathagata* does not come from
anywhere nor does he go anywhere”
Since he is able to be absolutely detached,
he won’t have the views of relativity and
dichotomy,
such as “whence” and “whither”.
Therefore, this sentence not only defines
the significance of *Tathagata* again
but also clearly shows the *Emptiness* that
the *Tathagata* stands for.

The fourth brilliant diamond, the fifth
brilliant diamond.....
and innumerable brilliant diamonds
are all in the Diamond Sutra

—時時吟詠・牢記在心—

~ Always chanting, always keeping firmly in mind ~

一切有為法

All conditioned Dharms

如夢幻泡影

Are like a dream, an illusion,
a bubble, a shadow

如露亦如電

Like a drop of dew or a flash
of lightning.

應作如是觀

One should contemplate
them this way.

本期書法字體：文徵明・集字

The style of calligraphy in this issue:
Wen Zheng-Ming Collection

修練身體

青鳥引路・三泉映月

詩篇／韻玲

譯文／盈君

視覺設計／風之翼

健康涼泉

美麗流泉

青春活泉

青鳥翩翩

飛翔引路

清澈月光中

三泉晶瑩現身



Body Cultivation

Blue bird lead road,
moon shine in three springs

Peem / Yun-Ling

Translator / Sunny

Art Design / Wind Wing

Cool springs of health
Flowing springs of beauty
Vivid springs of youth

Blue birds fly lightly
to lead the road
In crystal-clear moonlight
Three springs sparkly appear



正確飲食習慣成就了健康身體

Healthy body comes from the habit of correct diet

撰文／林至勇 譯文／楊淑妃 視覺設計／陳子帆
Article/Papago Translator/Winnie Art Design/Frank





人身難得，佛法難聞。健全莊嚴的人身寶，是十善業圓滿才能擁有的，這真是千載難逢的福德感召。佛經也常說，我們的色身是修行的寶筏。可以說，身體為心靈居住的殿堂。所以，保養此生命殿堂可要用心呵護，細心關愛，方能成就自己，利益他人。

如何擁有健康

所謂“種正確的因，就會得到正確的果，符合健康原則，就會得到健康的身體。”這個觀念很清楚易懂，可是實行起來卻還有許多細節需要注意。首先，必須對正確的飲食觀念有所釐清，如此，才能收事半功倍之效。

大致而言，正確的飲食觀可以分成食物原料、調理方式、進食時間、和份量等幾個方面來探討。最理想的食物，就是穀類、新鮮蔬果、豆類、牛奶等容易消化又營養豐富的天然食材。而調理方式強調：越少的料理越能保持食物養分，水煮或水蒸就是很好的方式。已經有好的食物並且正確料理，但若不能在適當的時間進食，仍舊會對健康打折扣。由於人體腺體活躍的時間並不恆常，選擇在中午吃主餐，才能讓身體有最少的負擔，最多的休息。最後一個觀念，大家一定不陌生，就是適量。再怎麼好的食物，還是適量最好。

It's hard to come by the body of human beings; it's hard to hear Buddhist dharma. Healthy and solemn body owns perfect ten righteous karma due to a good fortune and virtue which occurs only once in a thousand years. The sutra said, our body was a precious raft in cultivation; that means our body is a palace where mind lives. Therefore, maintaining the living palace has to be careful and attentive care; then it could benefit our selves and advantage other beings.

How to own health

It's saying, "To plant correct cause gains correct effect, and conform to healthy principle gains well body." This outlook is quite clear and easy to understand, but many details should be noticed as carrying out. First, we have to clarify the viewpoint of correct diet; then it could yield twice the result with half the effort.

In substance, the viewpoint of correct diet could be studied in a few points, such as ingredients, the method of cooking, eating time, and proper quantity. The perfect food is easy to digest including grains, fresh fruits and vegetables, legumes, and milk, that these are natural ingredients with rich nutrition. According to the method of cooking, it emphasizes what less cooking could keep more nutrients; the best method is boiling or steaming food. With good ingredients and right cooking, if eating time is not appropriate, health will be affected more or less. Owing to that active time of body's gland is not permanent, choosing noon to eat main meal could make body possess the least load and the most rest. The last viewpoint what everybody knows is proper quantity. Therefore, the best food should have proper quantity.

輕食主義

目前，大街小巷正悄悄地吹起輕食風。坊間的便利商店或購物頻道，經常可以看到輕食沙拉，輕食套餐等字眼。所謂的輕食主義，是個很健康的概念，相對於大餐、吃到飽、高鹽、重油、甜品，重精緻的飲食習慣，輕食主義強調低熱量、少油、少鹽，口味清淡簡單。輕食的好處不少，例如避免肥胖、減輕心臟和腎臟的負擔，還有可減少化學添加劑的攝取，最後還能因為攝取新鮮蔬果而加強抗氧化能力。

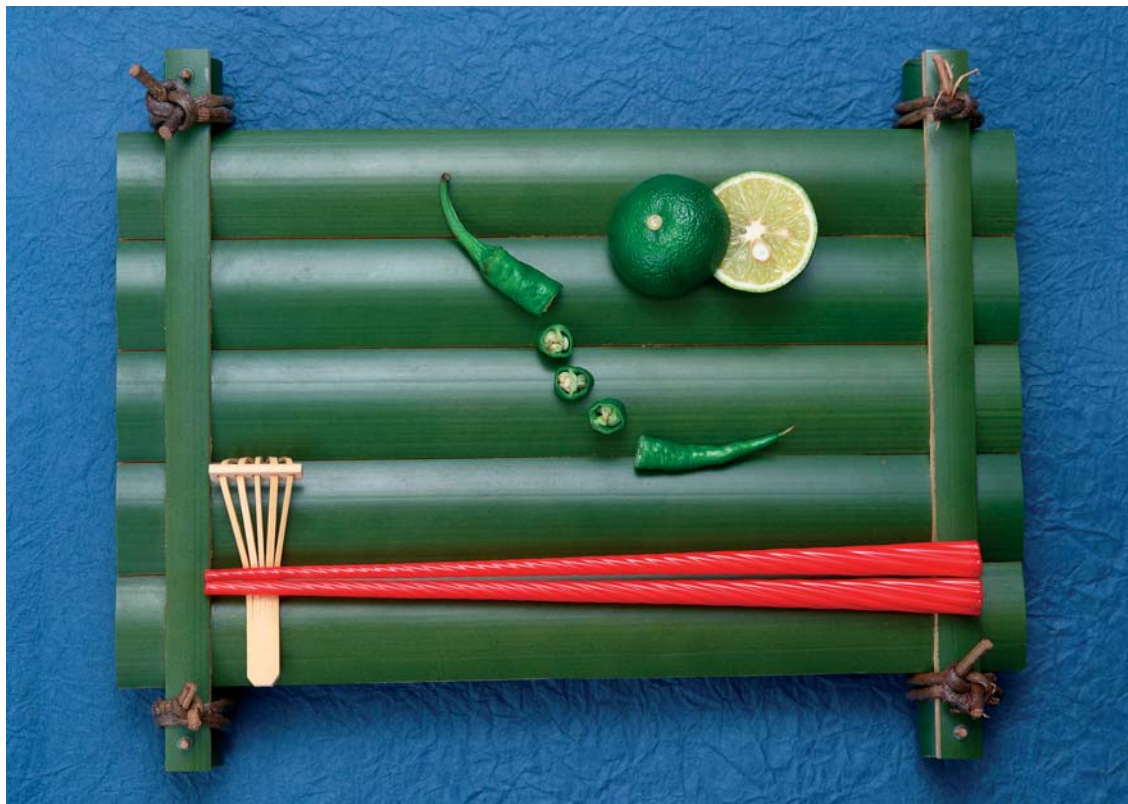
「清淡、均衡、自然、健康、無負擔」，看到這些字眼就讓人感到舒服，讓我們一起來輕食吧！來盤水煮高麗、清蒸芥藍、無油花椰，外加一碟苦瓜炒蕃茄，佐以一小碗青菜豆腐湯，在古樸的木製食器中，沈醉在清新的口感裡……

The principle of light diet

At present, the light diet is more and more popular quietly in our street. We could see few words “light salad” or “light meal” frequently in convenient stores or shopping channels. What is called “light diet” is a healthy outlook, and emphasizes low calories, less oil, less salt, light and simple taste instead of big meal that emphasizes habit of delicate diet with satisfied eating, high salt, more oil, and sweet. Light diet has more benefits, like avoiding fat, decreasing load for heart and kidney, reducing to absorb chemical additive, and strengthening the ability of anti-oxidation after assimilating fresh fruits and vegetables.

“Light, balance, natural, health, no load”, these words make people comfortable, so let us eat light diet. A dish of boiled cabbage, steamed Chinese kale, no oil cauliflower, and addition of frying bitter melon with tomato and a bowl of vegetable tofu soup in simple and unsophisticated woodenware; then we could be easy to intoxicated by fresh taste.





身心健康，幸福人生

養生是從古至今歷久不衰的熱門話題。吃的健康，擁有活力，一直為人們所嚮往。其實，我們的身體受心靈所左右，也左右著心靈。調適好情緒，培養好飲食習慣，同時照顧好身體和心靈，讓身心以一個良性的循環互相影響，我們自然就會擁有健康的身體、幸福的人生。

With healthy body and mind, life could be in happiness

To preserve own health is hot topic from time immemorial. People always look forward to eating health and having vitality. In fact, our body is controlled by our mind, and controls our mind as well. Adjusting good emotion and cultivating dieted habit, besides, taking care our body and mind to have mutual influence in good circulating; thus, we will own healthy body and happy life certainly.



心美人更美

Beautiful heart let face more beautiful

修練身體～心靈以身體為居住之殿堂

Body Cultivation - Spirit reside on body as own palace

撰文／姚曉鈺 譯文／瑋怡 視覺設計／毓琪
Article／Shine Translator／Cindy Art Design／Crystal



什麼是美？

常常在媒體中我們看到了美白、瘦身…等名詞。但是怎麼樣的美材是適用於自己的呢？關於這個眾說紛紜的話題，隨著時空的不同呈現出不同的答案。

關係著女性美的各大國際化妝品，近年來也持續地強調反璞歸真的浪潮；這股流行的走向，不外乎以自然美為主幹，在造型上強調以素材本身為質感。因而保養素肌的風潮深深的影響著各年齡層，也讓人們詮釋出許多改善的方法，以符合美的條件。

保養新趨勢

在最新的時尚界中吹起的東方熱，不僅時裝界受影響，以自然療法，結合中國草藥精髓與生物醫學的尖端科技，將傳統、天然而養生的漢方保養概念延續，形成一種時髦而健康的美容新趨勢。

例如：知名品牌植村秀 Shu Uemura 在本季所推出的 3D 淨透美白系列，就添加許多漢方藥草，例如甘草與龍膽草精華等，提昇肌膚代謝功能，進而使其散發自然白皙光澤。

另外有許多大家熟知的暢銷品牌 Paul & Joe、Kose、以及 AYURA 等，也同樣以添加極致優質的中國藥材保養品著稱，可以看出漢方保養，已成為一股銳不可擋的美容保養風潮！

中國老祖宗的保養之道可終於出頭了，而日益流行的生機飲食等觀念，與以上國際美容趨勢是不謀而合，其實要好氣色就需擁有好的身體，天然純淨的食物就是最好的保養聖品了！素食加上適當的瑜珈，若能配合靜坐按摩，包準您省下保養品的錢，能保持健康青春的容貌。

不過相由心生，絕對不可小看內在的影響力。

What is beauty?

We always saw the words of white-beautified, thinned body...etc. But what kind of cosmetic material fit you? There are many opinions about this topic, and different answers following different space-time.

Each international cosmetic relating beautifying woman highlights the tide of original purity and simplicity recently. The prevailing direction is based on natural beauty, and its molding stress quality feeling of material itself. Therefore, the tide of beautifying skin deeply affect each age of people. And let people explain more improving methods to fit beautiful condition.

New beautifying trend

The eastern tide blew in latest vogue, not only affecting fashionable dress circle, but also combining the essence of Chinese herb medicine with the top technology of biology medicine on natural therapy. Lasting the Chinese concept of traditional and natural beautifying method forms the new tendency of one fashionable and healthy cosmetology.

For example, famous brand, Shu Uemura, sale 3D clean white-beautifying series this season, to add many Chinese medicinal herbs in it, including liquorice, gentian, etc. for enforcing metabolism function of skin to make skin natural white luster.

Additionally, many well-known selling brands, Paul & Joe, Kose, YURA, etc. add similar very high quality Chinese medicinal herbs. So it becomes a strong tide to beautify face.

The maintenance of Chinese ancestors finally emerges. And the concept of popular vital diet is in coincidence with international beautifying trend. In fact, good complexion stem from healthy body, and purely natural foods are the best maintenance! Vegetable food



整體風格

一向強調自然真樸的世界品牌 Aveda，主張以結合純香、髮型及妝容的整體風貌，使女性經由髮型與彩妝的整體搭配，再加上屬於自己的品味，讓人不僅從視覺觀看整體

造型……。

一個人予人整體的美感，那種流動在空氣中的優雅，絕對比精心雕刻的妝容更予人印象深刻。換言之，美感是源於個人的氣質，髮型及妝扮則有加分的效果。

回想一下周遭的經驗，有些人外表雖然不錯，可惜開口閉口都是談論著那一家的衣服特價，或者是自己妝扮的好看否…等話題，聽久後只感到此人宜避而遠之，容貌的美感漸漸褪色。反之則不同，有些人談吐得宜、善體人意，相處在一起真是益發芬芳美麗。

as well as Yoga, if adding meditation and massage, give you the promise to save your maintaining money and keep the healthy and young looks.

The whole style

The world brand, Aveda, always emphasizing nature and purity, contend the whole looks based on pure fragrant, hair style and cosmetic, which dress up woman from hair style and cosmetic in addition to personal favor in order to be viewed from the whole modeling.....

The whole beauty of one person, the floating elegance in the air, has more impression than elaborately dressing up. In other words, beauty feeling come from personal temperament, and hair style as well as dressing-up has the effect to get more scores.

Thinking back around experiences, some have good appearance, but always discuss which garment store has discount, or talk about whether her dressing-up is good or not, which would let people go away from



而氣質就是來自內在的涵養了，常常害怕別人超過自己的人，會有一對游移不定的眼眸及煩惱的抬頭紋；一個脾氣暴躁的心，常會有不悅的臉色及雙眉深鎖。一顆不看自己內在只注重外表虛華的心，會出現流行卻不適宜的粗糙感，開口即破功的窘境。

但一切的不完美是因為我們把注意力放錯方向，如果我們回歸本源去調整就可以發現正確的答案。外在的顯現絕對和內在的靈魂有直接的關連！

內外雙美

其實許多人誤會了佛法的真義，佛法強調的生命觀一向以心為主體，並非刻意避開外在的，只是莊嚴的打扮不易引起自己及他人妄念；不然您看端麗的菩薩們讓眾生看得歡喜滿足，正是符合了大乘以眾生利益為出發點的廣大慈愛。

故當我們的內在確立了，也別忘記了好好照顧我們的色身。用正確的生活作息保養是根本之計；飲食清淡些，多多靜坐，起心動念與善念相應。在這日理萬機的現代社會，您將可以運用佛法的智慧，輕鬆保任身心在最好的狀態，擁有內外雙美的理想生活。相信這樣的生命，人人看了也會生起幸福感，而這正是佛法的真意呢！

her after listening for a long time, and feel her beauty fading away. Contrarily, some have appropriate speech and consideration, and would become more beautiful if getting along. The temperament comes from inner self-cultivation. If one always fear that others exceed herself, she must have a couple of floating eyes and wrinkles on the forehead; one with short-tempered heart, would always have a unhappy expression and a couple of closely brows. One unable to see her inner but pay attention to her appearance, would emerge fashionable but improperly rough feeling, and present plight when speaking.

All the imperfect stem from the wrong direction we do, if we transfer to the fountainhead where is the correct answer. Outside looks absolutely has the direct relation with inner spirit!

Inner and outside beauty

Factually, many people mistake the meaning of Buddha. The life view Buddha dharma focus on is always based on heart, not intentionally give up outside, but solemnly dress-up to avoid from self and other improper thought. Otherwise, you see graceful Bodhisattvas making all beings joy and satisfaction, which is the great kindness of the Great Vehicle based on all being's benefit.

Don't forget to take care of our body when our inner are defined. Maintenance by correct life habit is the root; food with little seasonings, more meditation, initial thought complying with good thinking. In modern society, for handling many things, you would apply Buddhist wisdom to easily keep your body and mind in the best condition, and possess the perfect life with inner and outer beauty. It is believed that this kind of life will be with happiness as the real meaning of Buddha dharma!



副線

美麗泉語：

- 心先美麗了
外貌更易美麗
- 美麗的容顏
確實令人賞心悅目 滋生好感
但美麗的心腸
更令人難忘
- 美麗的貌
加上美麗的心
才是完全的美麗

Auxiliary

Beautiful words:

- First beautify the heart
Then appearance is more beautiful
- Beautiful face
Indeed is good to hear or see, and breed good feeling.
But beautiful heart is more unforgettable
- Beautiful face
Plus beautiful heart
Is just the perfect beauty.

心情愉快保青春

Happy mood keep you youth

撰文／陳子軒 譯文／楊淑妃 視覺設計／晨曦
Article／Eric Translator／Winnie Art Design／ Frank



青春—生命力的象徵

提到青春，一般都會和年輕扯上關係。如最近暢銷的小說「烈火青春」，描述一群高智商的十七、八歲的孩子做的一些超凡駭俗之事；又如熱門偶像劇「急速青春」也是描述一群青少年冒險、勵志與奮鬥的故事。給人一種有活力、有朝氣的印象。青春，也是健康的象徵，更是快樂的一種指標。假日的公園裡，不論是活蹦亂跳的小孩，或是三五成群打球的青少年，甚至自動幫忙打掃社區、資源回收的義工，都賦予了這個空間裡的活水源頭，為這脆弱的無情社會中，注入了一股凝聚的生命力。簡單的說，青春就是生命力的象徵。



Youth --- the symbol of vitality

As we mention about youth, it usually has something to do with young. For instance, a selling-well novel, "Raging-flames youth" described a group of seventeen and eighteen year-old children who did strange and shocked matters; a popular idol drama, "Rush-youth" described a group of teenagers how to venture on something, that is an encouraging people and striving story with an impression of vitality and vigor. "Youth" is a symbol of health, and an indication of happiness as well. On holiday, no matter what healthy-looking and vivacious children or groups of teenagers playing balls; even volunteers help to clean community and do resources recycling; those have given a source of flowing water in this space, and also pour into a concentrated life force. Simply, youth is a symbol of vitality.

生物學的觀點

人能不能不老？傳說中的青春之神居住的地方，有一口青春之泉。只可惜幾千幾萬年過去了，沒人可以被青春之泉洗滌，而脫胎換骨，永生不死。早從秦始皇開始，人類就有夢想要尋找那長生不老之藥，人不但希望長壽，還希望不要老化，青春永駐。就人體為生物體的觀點來看，細胞或組織之所以老化的原因是本來維持整個系統機能的運作，產生衰竭現象，而這種衰竭現象在人的各個層面基本上有同步退化的趨勢，所以有人說：「哇，他老得很快！」至於要如何維持機能的正常運作使不退化，則還在研究中。不過

A viewpoint of biology

Can human beings always be young? In legend, a place where lived a god of youth had a spring of youth, it is too bad over thousands of years nobody could be washed by the spring of youth to be reborn and immortal deathless. From early Gin Shi Huang dynasty in China, human beings are dreaming to search the elixir of life. People not only wish longevity but also wish to be young forever and not ageing. As seeing the outlook of that human beings is an organism, the reason of cell and organization ageing is that keeping function of whole

大體上，減少身體各器官或組織的負擔，可以避免加速老化，倒是不爭的事實。

生活的建議

因此在飲食方面，經燒、烤、油炸的食物盡量不要吃，不易消化的、太多調味料的也都盡量

system to work normally has collapsed; basically, this kind of degenerating symbol has caused a trend to made people retrograde in every function. That's why people always say: Wow, he is getting old quickly! How to keep normal working in physical function instead of ageing is still in research. However, the truth with no



少吃。而進食時最好細嚼慢嚥，養成定時定量的良好進食習慣；另外要時常運動，可做瑜珈等對臟腑有調節功能的運動；睡眠也是很重要，現代很多人睡不好，可在睡前做一下靜坐或放鬆練習，會比較容易入睡。另外，可以常常靜坐，會刺激內分泌腺，而使人年輕起來。

快樂以對

青春也常跟快樂連在一起，因此除了上述對身體的照顧外，要常保持愉快的心情，不論遇到任何事，都要練習以樂觀、快樂的心情去面對。有時候，保持愉悅的心情，反而能讓我們產生靈

conflict is that decreasing the load of every organ or organization in body could avoid speeding up ageing.

Life's suggestion

Therefore, in diet, don't eat to be burned and roasted and deep-fried food as much as possible. Don't eat food which is not easy to digest, and don't eat food with too many seasonings as much as possible. It's better to chew carefully and swallow slowly as eating, and form a good eating habit with stable time and quantity. Besides, do exercise frequently, like yoga

感，而輕鬆的解決複雜的事情，人常常不快樂的原因是由於自己想太多，反而把事情複雜化。因此保持對事情的客觀性，竟然也成為青春的必要條件了。

此外，常用愛心及包容心來面對一切的人事物，隨時滿懷著希望，遠離對一切事物的貪著，常懷服務的人生觀，這樣的人離青春之泉就不遠了。無論如何，想要青春，不快樂是不行的，這是你我都可以掌握住的喔！總而言之，常懷赤子之心，面對自己的人生，不論處在任何逆境下，都能滿懷信心的去接受考驗，希望有一天能找到青春之泉，讓那充滿生命力的喜悅之泉洗滌我們燦爛的笑容。



exercise, etc. that could adjust function for internal organs of body. Sleeping is also quite important; in present age, so many people cannot sleep well, so to do sitting meditation and practice relaxing before sleeping would be easier to fall asleep. In addition, sitting meditation frequently could excite endocrine to let people get young.

To face everything by happiness

Youth has something to do with happiness, so that except above taking care body, to keep in joyful mind frequently no matter what happen, and to practice to face everything with optimistic and happy mind. Sometimes, keeping in joyful mind could let us produce inspiration to solve complicated matters easily. People usually are unhappy, and the reason is that it's to think so much by self to complicate matter. Accordingly, it's an essential condition of youth to keep objectivity for matters.

Besides, people should often use love and mercy to treat people and matters, and be imbued with hope all the time, and be distant from greed for everything, and have an outlook on life of giving service. Then, these people are close to the spring of youth. Anyway, if you want youth, happiness is necessary; it is what we could hold. In a word, we should have heart filled with mind of child to face own life; whatever we stay in any adverse circumstances, we can be imbued with confidence to accept trial. Wishes to find the spring of youth in one day, and let the joyful spring with vitality clean our resplendent smile.

青春泉語：

青春
人人嚮往
但也許
那傳說中的青春之泉
就在 每一個人的愛心之中

用最大的歡喜
去享受青春
用最大的愛心
去營造青春

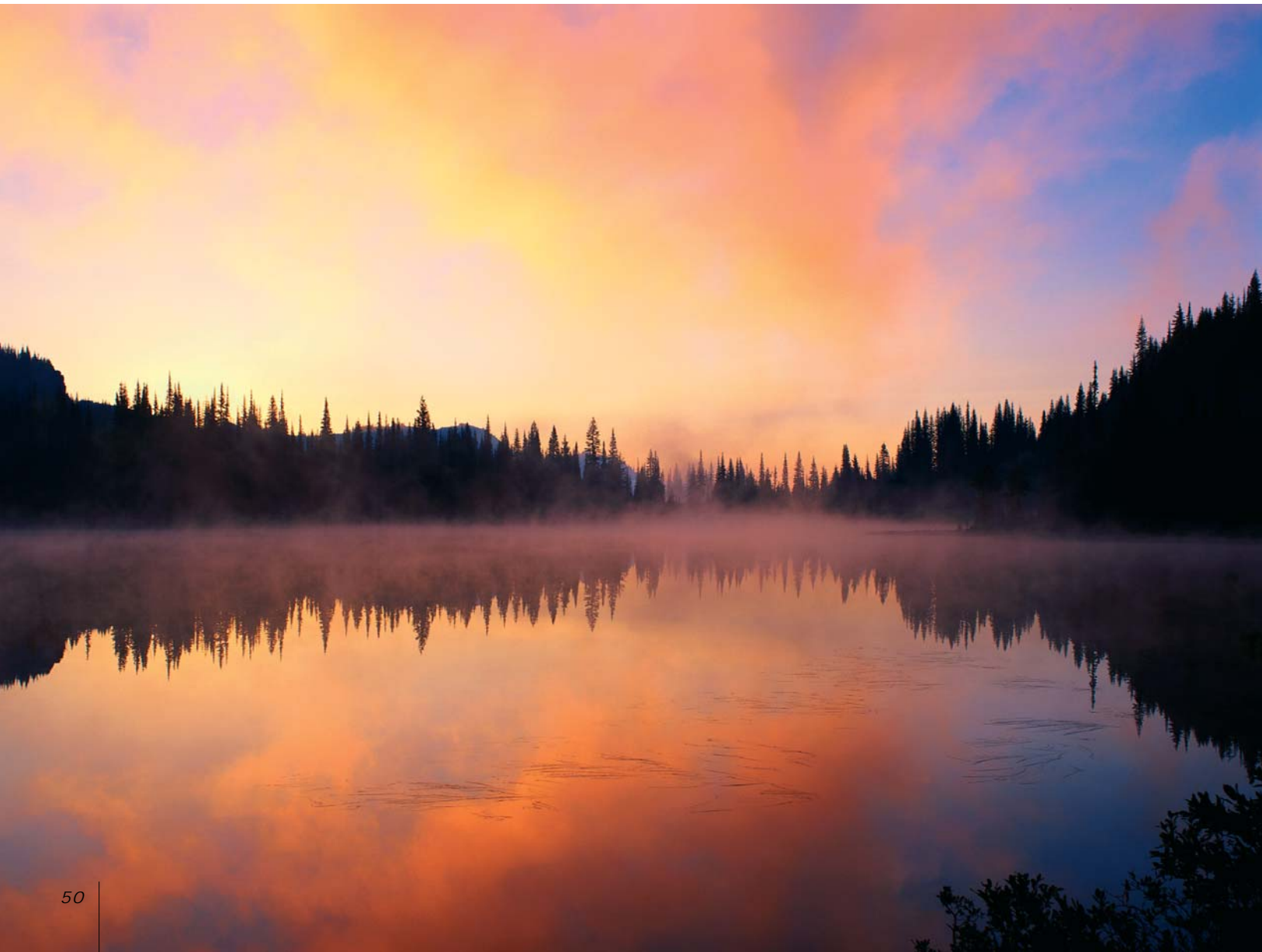
在斑剝的銅鏡中
老人的青春
已一去不復返
但心中的青春
仍可以 春去春又來

Youth Words:

Young-spring words:
Youth
Everybody yearn for
But maybe
The spring of youth in that legend
Is just in the loving heart of everyone

Use the most joy
to enjoy youth
Use the most loving heart
To build youth

In eroded bronze mirror
The youth of old people
Has gone away forever
But the youth of heart
Can still go and come as spring



修練涵養



深耕氣質

詩篇／韻玲

譯文／毓琪

視覺設計／風之翼

一種深度

一種廣度

一種厚度

在生命的底層

紮實的構築

唯有春天的深深耕耘
才能有秋天的五穀豐登

讓我們——

用深刻的涵養

禮敬生命！



Virtue Cultivation

Deeply cultivating temperament

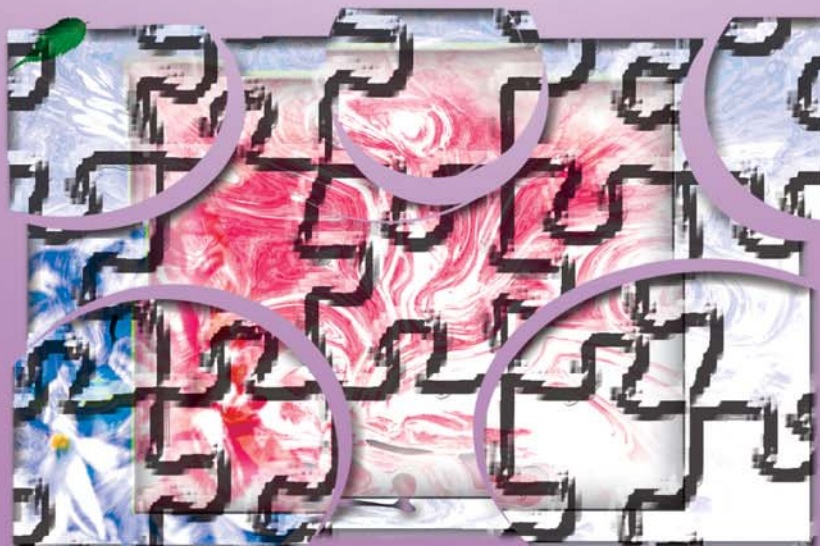
Poem / Yun-Ling
Translator / Crystal
Art Design / Wing of Wind

Depth,
Breadth,
Thickness,

In the bottom of life
Is solidly constructed.

Only deeply cultivation in spring,
Result in bumper grain harvest in autumn.

Let us—
Use deeply cultivation
To respect life.



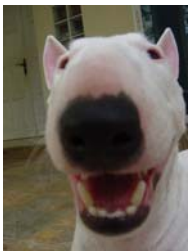
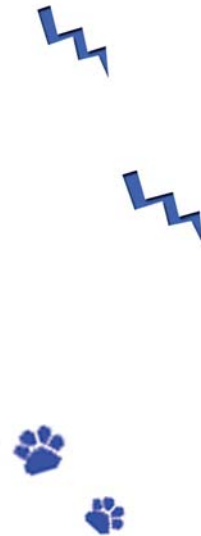
愛改變了生命密碼

Love change the life code



話說狗才不出門
能知天下事
天下事 無奇不有
就讓我用我的狗眼睛

狗腿子，帶你來看「狗眼看天下」



我是 HAPPY



我是咪咪，現在開講了……

*A dog always in door but knows the whole world
In this world, nothing is too strange.*

*Let the **dog's** eyes and legs lead you to discover the world.*

I'm HAPPY

I'm MEW. Now, let's talk about it...

主持「人」男狗女貓 Take charge by a male-dog and a female-cat /HAPPY & MEW

圖片提供 / 許應威 • 東森新聞

Pictured by Xu Ying-wei, ET News

通常拿老鼠做實驗，給人家的感覺都滿血淋淋的，可是在這篇來自亞洲華爾街日報報導中，就顯的很特殊喔！咪咪：老鼠就老鼠，在偶的眼裡還會有什麼特殊的，牠只會讓偶神經錯亂…。

><……NO！偶們還是先看看這則新聞吧！加拿大蒙特婁的麥基爾大學神經學家密內，他在1990年就開始進行了一項實驗。所謂生物體能是將本身的性狀一代代傳遞下去，是須要遺傳訊息，而遺傳因子（基因）是位於染色體上，且基因是由DNA組成的。爲了更了解生物體如何將遺傳因子傳遞於下一代，進而掌握、控制我們子代的性狀，運用於醫學（ex. 優生），所以對於DNA的構造，外形即引起許多科學家去研究、探討；迄今科學界仍有人相信DNA決定命運，譬如父母如何對待子女，會不會對子女的個性、理念、行爲或價值觀產生影響。然而神經學家密內和他的伙伴們就進行了鼠媽媽和鼠子女的一項實驗，母親對子女的關愛和照顧，可永久改變子女的DNA，沒想到這項實驗竟然徹底推翻遺傳決定命運的理論。

鼠媽媽和鼠寶寶的互動關係

他們記錄了鼠媽媽如何影響鼠子女，結果發現鼠媽媽的行爲會改變子女的DNA。

密內在十年前實驗當中，就發現有一些鼠媽媽很少照顧鼠寶寶，也很少去舔鼠寶寶，然而這些鼠寶寶長大以後，性格就變得神經質，而且很容易緊張，而比較會照顧和關注鼠寶寶的鼠媽媽相對之下，鼠



In general, the experiments of white mice make people feel bloody, but this report from Wall Street Daily is a particular one. Mimi: a mouse is a mouse, there is nothing special. Sometimes it just makes me crazy.

X....No! Let's take a look on the news first. A neurologist Minet, McGill University Canada Montreal, began an experiment in 1990. A creature transmits his properties from generation to generation by the genetic code. The gene composed of DNA is in the chromosome. To understand how the gene is transmitted to next generation and to control the properties our children, many scientists study the structure and shape of DNA. The scientists believe that DNA can determine our destiny, for example, how parents get along with their children will affect children's behavior, characteristics or values. Minet and his partners do an experiment of mouse mother and mouse child to show the love and care of the mouse mother can change DNA of the mouse child. This experiment overthrows the theory, heredity determines the destiny.

Interactivity of the mouse mother and mouse child

They record how mouse mother affects her children. The result shows that the behavior of the mouse mother changes her children's DNA.

In the experiment of ten years, they found that some mouse mothers take little care of their children and seldom lick their children. When the mouse babies

寶寶長大之後，好奇心強、膽子較大、也比較快樂。

他們再用交叉的方式實驗，把較關愛子女的鼠媽媽所生下的鼠寶寶，交給較冷漠的鼠媽媽去養育，結果長大的鼠寶寶便顯得很緊張，一有壓力就嚇得半死，然而再把冷漠的鼠媽媽的子女，交給較關愛子女的鼠媽媽去養育，結果剛好是相反，鼠寶寶長大以後較不緊張和放鬆。

實驗的結果顯示，後天的養育方式會影響承受壓力荷爾蒙的腦內分子，舔的動作和照顧使這類受體增加，腦內海馬區這類受體愈多，釋出的壓力荷爾蒙愈少。愈少壓力荷爾蒙流經體內，老鼠就愈快樂。



鼠就愈快樂。

所有出生的鼠寶寶壓力受體基因都附有使壓力受體

無法發揮作用的壓制體；然而被較冷漠的鼠媽媽養大的鼠寶寶，壓制體仍附著在上面，因此腦部壓力受體較少，碰到壓力很容易驚嚇。而在較關愛的鼠媽媽養大的鼠寶寶，因為腦內的壓制體脫落，牠們的壓力受體較多，壓力荷爾蒙較少，好奇心較強，並能應付壓力。

密內說，科學家在先天與後天的辯論中，就懷疑環境究竟會影響到基因活動的多少，而如何影響？如今這項實驗證實了因為鼠媽媽的愛改變了基因的化學變化。



grows up, they become very nervous. The well-cared mouse babies, however, are more curious and happy.

They

further did a cross experiment, the well-cared mouse babies is grown up by the unconcerned mouse mother, the mouse babies become nervous, and they will scare very much when they feel pressure. The poor-cared mouse babies are, however, grown up by the concerned mouse mother, on the contrary, the mouse babies become relaxed and not so nervous.

The result of experiment indicates that the way of growing will affect the brain molecular sustain the pressure. Lick and care can increase such molecular. The more molecular in the brain, the less pressure hormone is given out. The less pressure hormone in their body, they are happier.

All mouse babies have restrainers in their genes to restrain such molecular. Therese restrainers in the brains of the poor-cared mouse babies remains on genes so that the number of molecular sustaining pressure is small and they are easily scared. However, as the restrainers of the well-cared mouse babies fall off, they has more molecular sustaining pressure so that they are more curious and sustain more pressure.

Minet said that scientists suspect that the environment affects and how affect the gene. The experiment indicates that the love of mouse mother affects chemical change in gene.



HAPPY : 嘿！咪咪，妳小時候妳媽媽是怎麼對妳的？

HAPPY: Hey! Mimi how did your mother treat you when you was a child?



咪咪：這是偶小時候的樣子，可愛吧！在偶還在吃奶時，偶媽媽沒什麼意見就把偶送給人，因為偶媽媽是流浪貓，沒辦法好好照顧偶。偶現在長大可沒什麼大問題，只要不剪指甲一切都好談，還有你不要對偶太熱情就可以，因為偶小時候你的見面禮，就是把偶舔得全身溼淋淋，就這樣被你嚇呆了，偶現在學佛也吃素，而且人們也很愛偶，所以偶很幸福囉！

Mimi: This is me when I was a child. It's so cute. When I was a baby, my mother gives me to others because my mother was a stray cat and cannot take care of me. I grow up now, everything is OK except cutting my nail. Don't give much compassion to me, otherwise I will lick you. I am a Buddhist and a vegetarian, people also love me, I am very happy now.



HAPPY：難怪妳有一張幸福的臉臉，偶們順便也在這裡做個比較，這項實驗也試用於家犬和流浪狗的幸福與否。

HAPPY: No wonder you have a happy face. We can compare the stray dog and domestic dog to find who is happier.



有人養的寵愛的家犬－幸福的模樣

The well-cared domestic dog is so happy.



被人遺棄沒人關愛的流浪狗－歲月
滄桑的痕跡

The poor-treated stray dog is so sad and goes through all the vicissitudes of life.

結 論

不關形體的大小，只要是生命的形態，都需要愛才能活的很好，是不是命中注定（DNA）只要有愛一切都可以改變。

這世界為什麼越變越糟，全球氣溫效應－各地氣候異常，森林的大火，處處大水患，動物不斷的在減少瀕臨絕種，這樣的警訊一直在昇高，人們似乎無法再逃避必須所面臨的問題，而且現在就被迫面對。其實問題很簡單－因為人類不愛大自然也不愛動物，既使都已是個地球村，人類還是愚蠢在暗處中準備互相撕殺的武器。

大自然病了，是人類對待大自然的態度；動物活的好憂鬱，是人類對待動物的態度；無緣大慈同體大悲，佛菩薩早就明白這個道理，而且告訴了偶們這個道理，所以活在這地球這宇宙，如果要共生共存，恐怕只有「愛」才解決一切的問題，只有「愛」才是最後的答案。

Sumarry

Whatever creature needs love. The destiny can be changed by love.

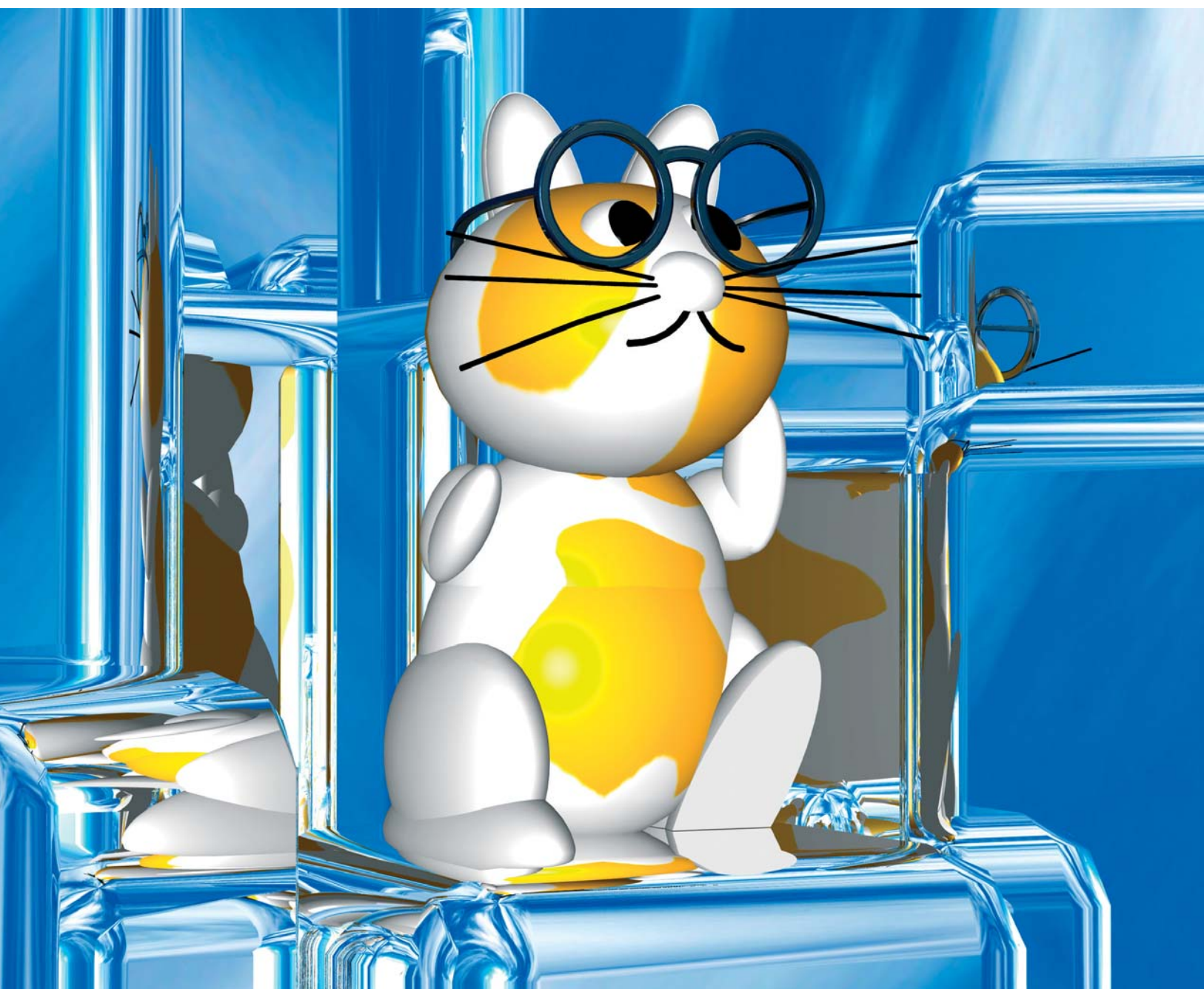
Why the world become worse to worse? The climate is so strange. Fire disaster in forest, floods everywhere, reduction f animals and the like, such warning has been increased. Human has to face the problem that they do not love nature and animals. Even the earth has been a village, human still prepare weapons to kill each other.

The sickness of nature is the result that human treat nature. Animals live so blue. It is the result that human treats them. We should love all beings. Buddha knew that and told us to solve the problem with love and love is the only answer.

GAME 中的角色學習

Play a role in the GAME

撰文／林至勇 譯文／陳守強 視覺設計／許瓊丹
Article/Shine Translator/Freeman Art Design/Smile



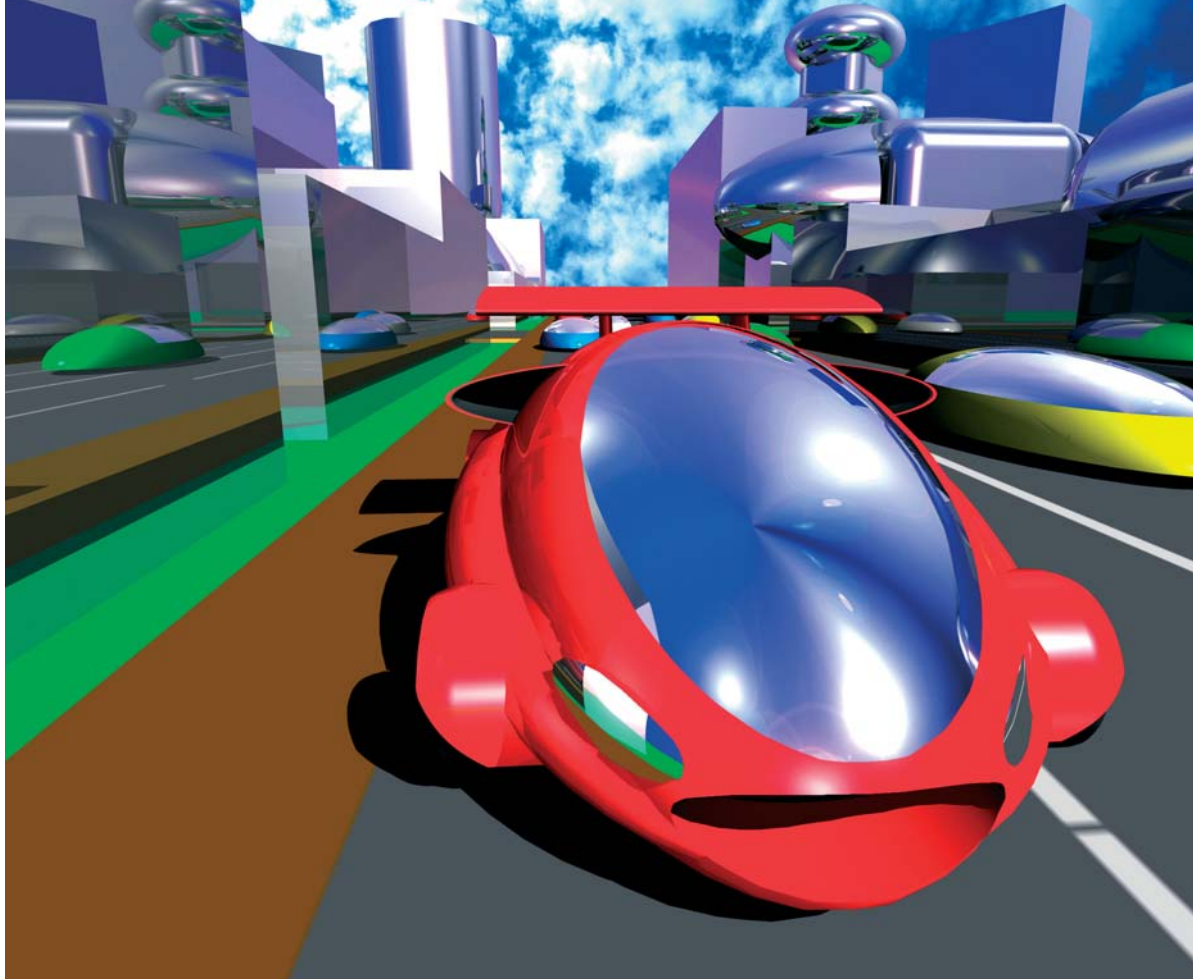
打怪、練功、出任務

天堂、天外、仙境傳說……這些都是現在正流行的網路線上遊戲，這些角色扮演的online game 實在扣人心弦，也難怪許多玩家都流連網咖，精進不已。

在眾多線上角色扮演遊戲中，大多會有法師、戰士、騎士等類似的角色、職業，各自特性不同，有的善於攻擊，有的長於防禦。當各個玩家分處於天南地北的網咖中，在線上的虛擬世界卻能比鄰一同遊戲。有經驗的玩家都知道，練功絕不能單打獨鬥，一定要團練才能迅速升級，就是一群人組成一個小團體，一起打怪、練功、出任務。由於角色特性不同，冒險團最好是多元化組成，這樣才能有互補的作用。

真正的玩家—團練

遊戲是真實的濃縮。遊戲要打怪、練功、出任務，真實的世界就有降伏魔軍、修福增慧、行菩薩道等與之相應。不僅種類多樣，且複雜度高。在真實世界的修練，也是不能單打獨鬥，一樣要“團練”。各方性格迥異、才能特殊的菩薩們齊聚一團，雖然千差萬別，但由於目標一致，於是今生來世相約一起行菩薩道，而最好的菩薩兵團也是多元的團體，千手千眼才能克服萬難。



Fight, Test and Mission

Web games such as LINEAGE, Mystyna, RO... and so forth are popular these days. To play a role in these online games is exciting. No wonder, there are many players are enjoy themselves in the web-coffee-shop so much as to forget to go home.

In most games, they have roles such as a master, a fighting man, a knight and so on. Each role has his or her special characteristics such as good at attacking and good at defense. When a player sits into a web-coffee-shop, he can login any online game with other players around the world. An experienced player should know that he had better not play the game alone. Instead, only team works can makes you upgrade easily. Only team up, you can win monsters, practice good skill and complete the mission. As each role has different characteristics, a team needs a multiple integration of roles to do the complementary works.

這樣的團體也如同遊戲中一般，會發揮一加一大於二的效果，一起積功累德，各自升等進位。

娑婆 ONLINE

其實，我們在娑婆世界中流轉生死，就是一場最生動的角色扮演。如同遊戲中玩家們總希望能迅速升級、打更高強的怪、出更艱鉅的任務。真實世界中的玩家們也是如此，當個人修為越高，就會面臨更大的挑戰，肩負更多的責任。另一方面，若這樣艱鉅的情境都能圓滿克服，那麼修為就會更上層樓。

在線上遊戲中總會有某些地點特別適合練功，那兒有足夠的怪，容易積分，但若怪物太多太強，目前等級負荷不了，那麼也不適合練功。

你知道嗎？在生死流轉的角色扮演中，人間可是最好的練功房呢！苦樂參半、堪忍堪忍，就在不斷的克服艱難中，累積功德資糧，福慧雙修。大家千萬要珍惜在人間這個練功學校的因緣，努力狂修苦修，如同在網咖中夙夜匪懈一般，若能再善加利用團練，必能迅速升等，早證菩提。

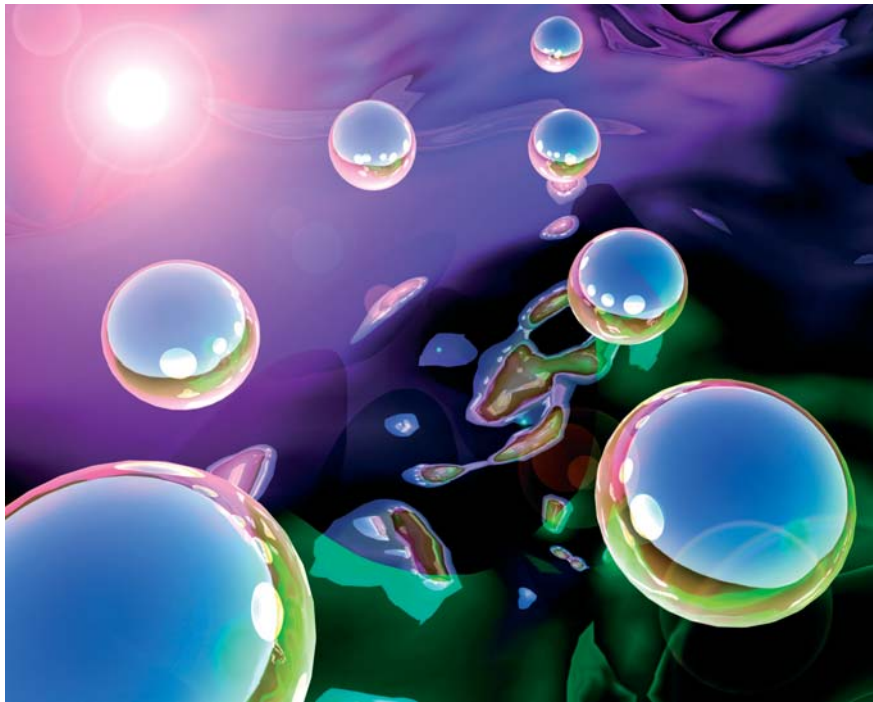
娑婆 ONLINE 快速升級鐵則

鐵則一：盲修瞎練是不成的，真正的玩家請

The real players ~ Team work

A game is a condensing of the reality. In games, a player needs to fight, to pass tests and to complete missions. In the reality, a Buddhist needs to conquer spiritual evils, to accumulate merits and virtues and to make efforts within bodhisattva path. The missions are various, complicated and difficult. To cultivate yourself in the reality, you had better not to cultivate alone. You need a team too. As every man has different

characteristics, therefore, integrate every capability of each man can build up a wonderful team that can win the same goal. You are bodhisattvas who have the same appointment



within this life. The best team is a team of diverse entrance. Only a team with diverse entrance can overcome all tests. Just as in the game, one plus one is larger than two. Let's upgrade together.

ONLINE in the mortal world

In fact, when we lived and died in the world again and again, we play roles in different game just as play games in web. We love to upgrade fast, to win a stronger monster and to accomplish more difficult mission. We

參考以下鐵則。

鐵則二：時時刻刻都在練功，有任務出任務，能幫人就幫人，獨處時至少保持在正念。

鐵則三：團練是很好的，遇到志同道合者要把握同修或師生的機緣。

鐵則四：不要在意一切外相，“心”才是重點。

鐵則五：菩薩團以多元化為主軸，有互補的作用，千手千眼練功才迅速。

鐵則六：自私是不可取的，高等的玩家都是心懷大眾的。

鐵則七：記得看攻略本喔！目前市面

are players in real world. When you upgraded, the challenge would become bigger. The load of duty becomes greater too. On the other hand, if you can pass these tests, your achievement would be scaled new heights.

Within a game, you may find some nice places to cultivate yourself. You should look forward to fight monsters to accumulate credits. However, when the monster is too strong or too many, you had better hide yourself.

Do you know that this mortal world is the best game? Happiness and sufferings are 50% to 50%. You



上最好的就是佛法三藏十二部。

鐵則八：知己知彼，百戰百勝。（瞭解磨羅的伎倆，看清自己習性的弱點）

have to endure all. Within tests, you would be able to accumulate merits and virtues. Cultivate the mercy as well as the wisdom. Make sure to treasure every opportunity of test. Make efforts just as what you do in the web games. Never slacken morning or night. Wish you have a good team, to upgrade as soon as possible and to achieve the Bodhi.

Fast upgrade rules

Rule 1: Don't practice blindly. A good player should follow the rules below.

Rule 2: Practice all the time. Don't skip any test. Always help others. Keep good thoughts when alone.

Rule 3: A team work is nice. Keep the chance when you meet good friends as well as teachers.

Rule 4: Don't worry too much on external matters. The heart and soul are the gist.

Rule 5: A bodhisattva team needs a diverse entrance in order to do the complementary works. Then, the upgrade can be done fast.

Rule 6: You shouldn't be selfish. A good player always takes care of others.

Rule 7: Don't forget to read the sutras! The best knowledge is within Buddhism.

Rule 8: Know self as well as others in order to win always. You must clearly know your weakness as well as monsters' skill.



好心情奮鬥營

Striving Camp for Good Mood

撰文／黃連盛 譯文／鄭素琴 視覺設計／晨曦
Article／Amelja Translator／Endless Art Design／Frank



好心情 v.s. 壞心情

每個人都有心情欠佳的時候，原因真是百版種。有時候是工作的不順遂或是工作負荷過重，有時候是龍體欠安、鳳體違和，有時候是親人、朋友、情人之間的誤解，有時候則是對自己的表現感到不滿意，而更多時候是莫名來由的沉悶、疏離、不確定感與不安全感。一個人心情不好，還找不到理由，真是…有夠不爽！不管是什麼原因心情不好，反正該發生的都發生了（想不到會



發生的，說不定…，嘿嘿！）無論如何，沒有人願意拖著壞心情過日子吧！但是你知道嗎？我們怎麼去面對壞心情（嗯…有時候也不是壞心情啦，只不過…不是「好心情」就是了！夠挑三揀四吧！）將會決定我們發生壞心情的頻率多寡與密度的高低。

睜大眼看仔細啦！（老娘明明是眯眯眼，為何叫我睜「大眼」，你瞧不起我！）根據最新的腦神經科學研究顯示，憂鬱與煩惱是學習之後變

Good mood v.s. bad mood

Everyone has the time of bad mood by hundred type of causes. It is sometimes not smooth, or overloading work, or unhealthy, or misunderstanding among relatives, friends, and lover, or unsatisfied for own behavior, but more often stemmed from inexplicable unexplained depression, strange, uncertainty, and insecurity sense. It is not well if one is unable to find the reason for bad mood. Whatever the bad mood you have,

everything should be has happened. (unexpected thing maybe...) Anyway, nobody is willing to live with bad mood. But, do you know how to face bad mood? (Sometimes, not in bad mood, but just not in good mood, fastidiously) That would determine the frequency and density of our bad moods.

Open your eyes to look carefully! (I only have little eyes, why do you call me to open eyes? You are contemptuous of me!) According to the study of



的熟練的不快樂。「憂鬱是學來的無助，消沉則是從放棄而來的產物」，原因是只要開始以負面的或黑暗的心態來面對這個世界，那麼我們的腦子就會自動記憶這樣的學習，並在下一次的歷緣對境當中，優先自動出現這個反應，而這樣的反應如果持續太久，會形成惡性循環，導致腦的核心被侵蝕，造成萎縮。憂鬱症患者的腦「像冬天的植物般變得僵硬」。負面情緒真的是一種慢性自殺。（例如括號中的反應…）

對治沮喪和憂鬱的策略有很多種，例如轉移注意力到其他目標，多忙碌於其他的人事物，不要把焦點放在自己身上，多運動以及改變對情境的看法。如果事情已經發生了，那麼不如乾脆改變自己的看法與感受。這絕對不是欺騙自己，按照腦神經科學的研究，幸與不幸兩面都會是真的，問題是你要站在哪一邊。

綁起你的必勝頭帶！

當然！少有人能夠立刻轉換心情，哭臉變笑

neurology

science, it showed

that melancholy and
vexation is practiced

unhappiness from learning. Melancholy is learned from helplessness, and depression is the products from giving up. The reason is stemmed from facing the world by negative or dark mood in the beginning, then our brains will automatically remember this kind of learning, and echo first this type of response in the next similar experience. And if this type of response last too long, it will forms the bad cycle to invade the brain's core and cause atrophy. The brain of melancholia people become as rigid as a plant in winter. Negative mood really is a kind of chronic suicide.

There are a lot of tactic to cure depression and melancholy, such as transferring attention to other aims, busying in other matters, not highlighting on self, more



臉。但是有許多媒介可以運用，幫助自己轉換心情。當然，還是要選擇以符合自己個性喜歡的方式。音樂療法就是其中一種，南韓政府就曾經為了解決居高不下的自殺率，而下令在捷運沿線各站播放輕音樂，前紐約市長在中央車站播放莫札特的音樂，竟使得中央車站犯罪率降低下降百分之三十三。此外現在心理治療正吹起藝術治療風，舉凡寫作治療、舞蹈治療、繪畫治療等等，此外，登山、看電影、洗SPA、按摩、做香療等也都有人嘗試，閱讀也是一條不錯的路徑。聽說以看電視作為生活重心的人，70%都不快樂，所以不建議看電視。此外，好好的佈置居家生活，改變空間感，也小有作用。還有一種方式，就是比慘的！這個世界上總有人比你還要淒慘的，看看別人，想想自己，該千恩萬謝了。抗癌小英雄陳子衿最近將她與癌症奮鬥的故事出版，她七歲罹患罕見「右腸骨纖維化」，醫生說她活不過三十歲，十三歲父親過世，大學畢業那年，失去右骨盆，並罹患第一個癌症，然後肝左葉割除，並罹患第二個癌症，接二連三的打擊，沒有奪走她的熱情，甚至發願「我決定要盡力找出生活中的趣味，做我所能做的事情，而且要盡力幫助更多需要幫助的人」。她說「化療這回事確實很可怕…但是可沒剝奪我微笑的力量」。好一個身體被癌症極度摧殘，心靈卻散發出熾熱光芒的人間鬥士。

要幸福喔

「不斷幸福論」的作者柯萊恩認為「人類幾乎在每一種狀況下都能快樂，環境並不如我們以為的那樣嚴重決定了我們的幸福」，作者最後歸納出八項好心情的妙方。「要幸福喔！」且讓我們共勉。對了，不要忘了要重複練習，因為神經元被刺激的頻率越高，就越是

exercises, and changing the notion. This is not to cheat yourself, both fortune and misfortune fate are real per neurology science study, and which side do you stand?

Tie your won headed-belt

Of course, there a few people who can instantly change mood from crying to laughing. But many medium can be used to help you to transfer mood. Naturally, the method chosen need to fit your personality. Music therapy is one of methods. South Korea administration had order each rapid transit station to play light music for resolving high suicide rate. The previous New York mayor played Mozart music in center station, and unexpectedly let crime rate in center station





會產生持續性的連結：

1. 身體和精神上的幸福感是密不可分的。
2. 積極比遊手好閒更能讓人幸福。
3. 一顆清醒的心靈會提高幸福感，即使他只是在觀察。
4. 憤怒或悲傷等負面情緒，不會因為我們把他發洩出來就消失，反而會變得更強烈。應該要有意識的控制負面情緒。
5. 追求多樣性與豐富。
6. 擁有做決定的自由，比實現了願望更有價值。
7. 對身邊的人所付出的關注，可以讓自己擁有好心情。
8. 認識自己—每一個人會有自己通往幸福的答案。

go down 33%. Besides, art therapy currently prevail for psychology therapy, including writing therapy, dancing therapy, and painting therapy, etc. In addition, there are some people try climbing mountain, seeing movie, SPA, massage, and fragrance healing etc. Reading is also one of right methods. It is heard that 70% of people living on seeing TV are not happy, so seeing TV is not advised. Furthermore, well laying out living residence and changing space have a little function. Comparing who is more tragic is another method. There are some persons who are more tragic than you. Looking others and thinking yourself, you should with much gratitude. Little anticancer hero, Chen Zi-jin, recently issued a book relating her struggle for anticancer. She got a disaster, right intestines bone becoming fiber at his 7 years old, and doctor told her that she can't alive over 30 years

old. His father passed away at his thirteen years old, she lost her right pelvis and got the first cancer when she graduated from university. Then her left liver was cut off, and got the second cancer. One by one strike didn't take away her enthusiasm, and she even vow, "I decide to try my best to find out life's interest, do what I can do, and help more needed people". She said, "Chemotherapy indeed is very terrible, but doesn't deprive my power of laugh." How a human fighter, her body is extremely devastated by cancer, and her spirit radiate blazing light.

Happiness needed

Theory of unceasing happiness, written by the author, Stephan Klein, considered, human would almost be happy in every condition, environment is not so serious to decide our happiness as we consider. The author finally concluded eight methods for good mood.

"Happiness needed!" Let us mutually encourage. Don't forget to repeat training, because neurons are stimulated more frequently, it will produce more continuous joins.

1. Happy feeling in both body and spirit is too tight to separate.
2. The active is happier than the idle.
3. One clear-headed spirit can promote happy feeling, even he is just in observation.
4. The negative mood as anger or sadness would not disappear for our release instead become stronger.
5. Seek multiplicity and abundance.
6. Possessing decisive freedom is more valuable than attaining wish.
7. Paying attention to people around you would let you get good mood.
8. Understand yourself – Everyone has the answer to head to happiness.



修練服務

幸福的美感

詩篇／韻玲
譯文／瑋怡
視覺設計／風之翼

如果我們愛夠
我們就油然而生意念
想服務他人
——更多的他人

輪迳的親眷或不識
陌生與熟悉
一律 都 可 愛
服務的心
最美 最幸福



Service Cultivation

Happy feeling

Poem / Yun-Ling

Translator / Cindy

Art Design / Wing of Wind

If we have enough love
We will well upraise the thought
To service other person
—— or more other people

Repeatedly transmigrating relatives
maybe don't recognize each other,
Regardless unknown or familiar,
They are all lovable.

Serving heart
Is the most beautiful as well as happy



摩登菩薩服務形象大速寫！

Modern Bodhisattva
Sketches of service images

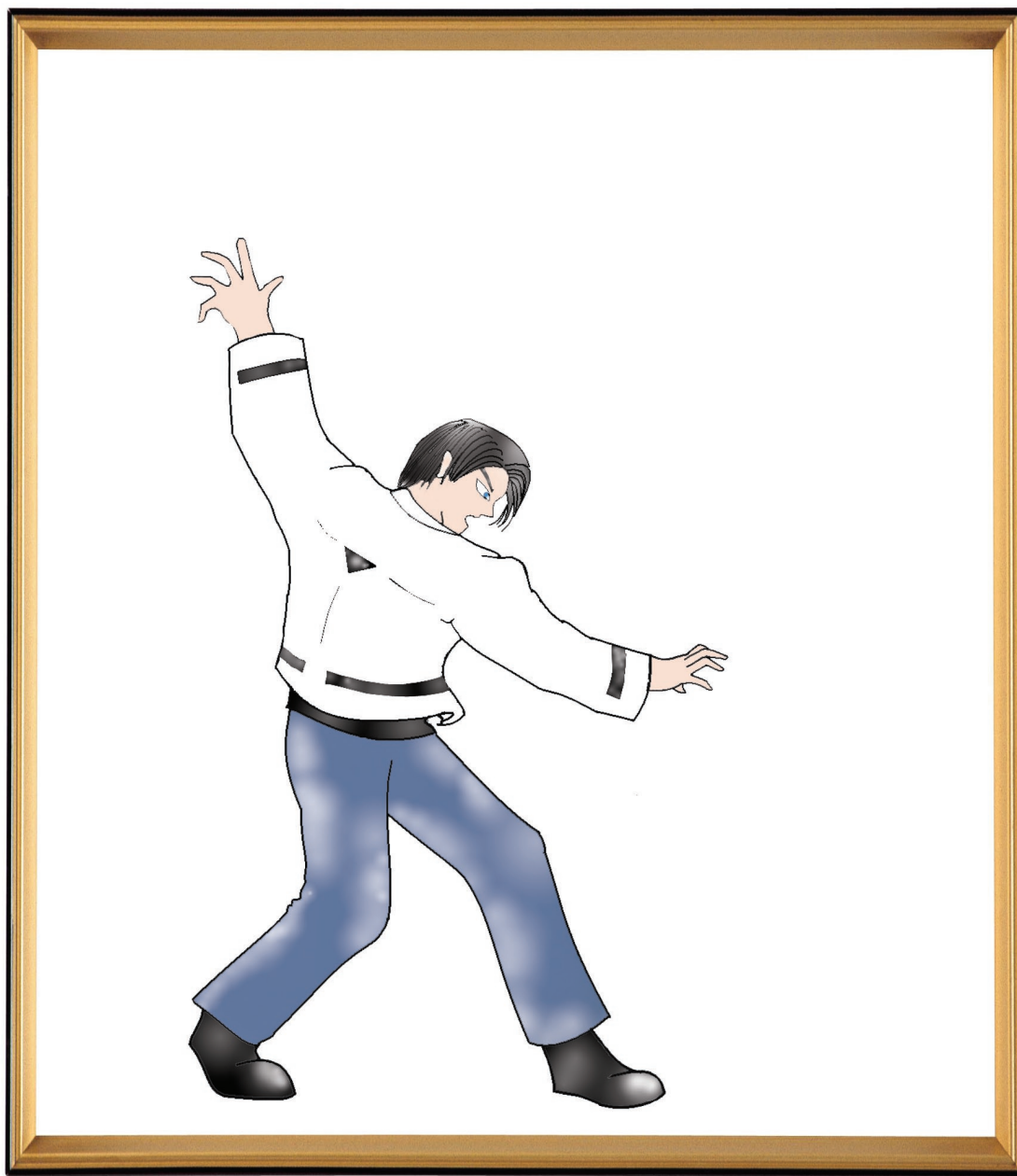


摩登菩薩服務形象速寫之一：
像無敵金剛一樣，生命力強大無比！

Sketch 1
An unconquerable man having a strong life!

漫畫/蔡承訓 文案/宋美兒 視覺設計/風痕

Comic/TSAI CHENG HSUN Article/Mary Art design/Wind mark



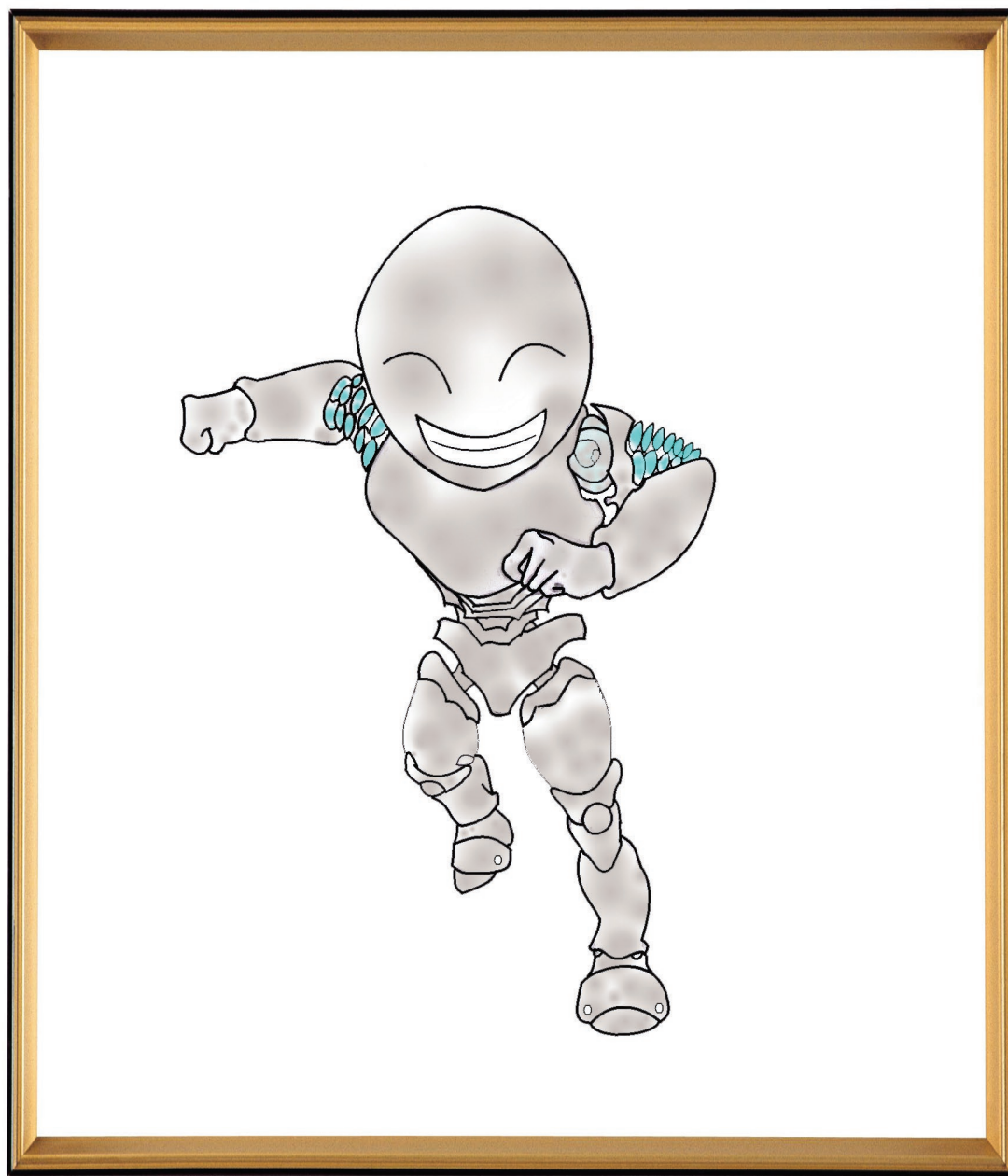
摩登菩薩服務形象之二：
像功夫高手一樣，鬥志高昂！

Sketch 2
An Kung-Fu master having a high morale!



摩登菩薩服務形象速寫之三：
像小偵探一樣，細心靈活！

Sketch 3
A little detective that is careful and smart!



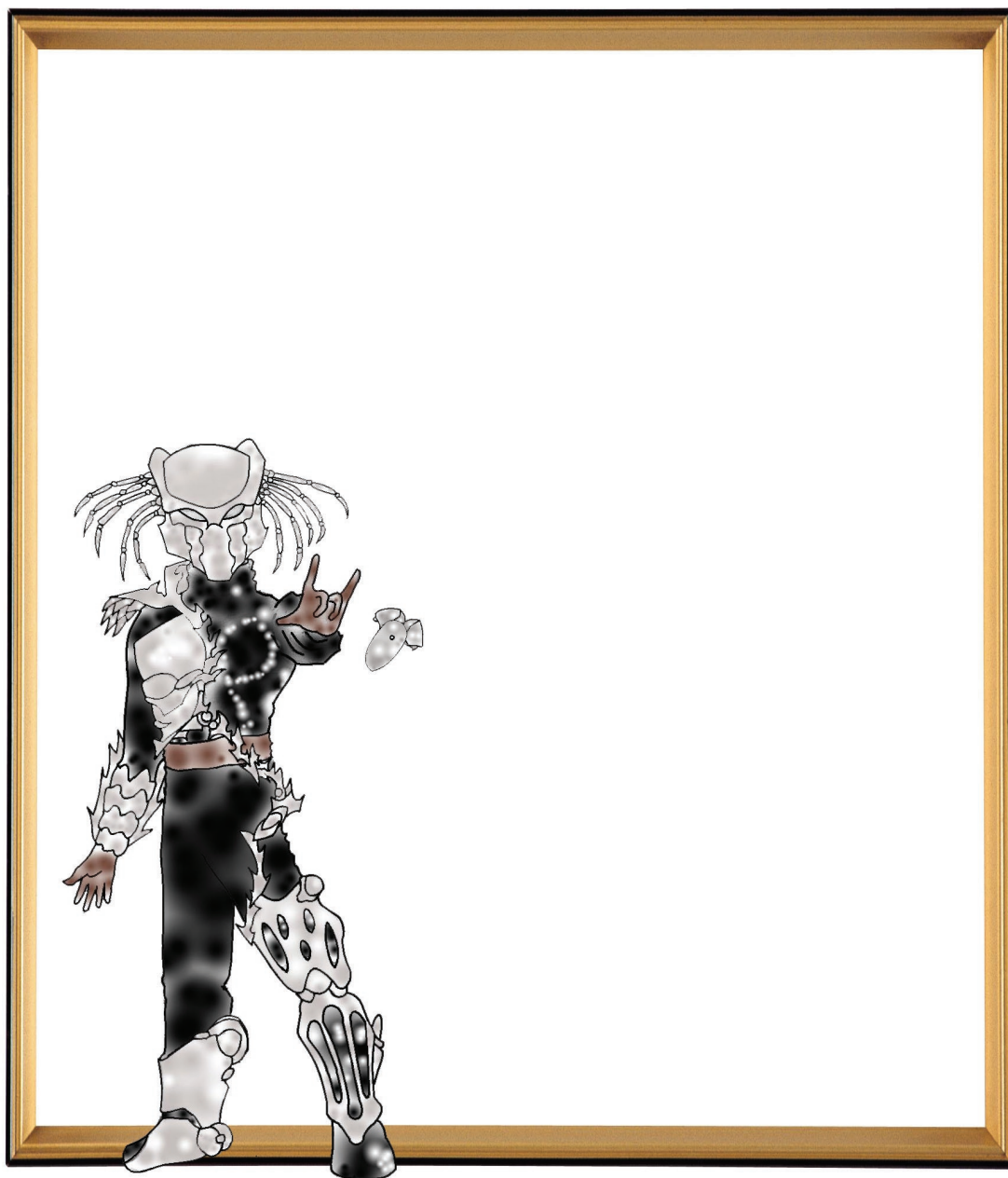
摩登菩薩服務形象之四：
像機器人一樣，耐操又耐勞！

Sketch 4
A robot that is lasting and durable!



摩登菩薩服務形象之五：
像科技辣妹一樣，美麗又帶勁！

Sketch 5
A technology spicy girl that is pretty and powerful!



摩登菩薩服務形象之六：
像外星戰士一樣，勇往直前！

Sketch 6
An extraterrestrial warrior that marches forward courageously!

長期特別專題
素食新時代

吃素・是一種美德

詩篇／韻玲

譯文／盈君

視覺設計／風之翼

口中的清芬

來自菜根

心中的芳馥

來自慈悲

慈悲一切的物種

慈悲蠢動含靈

吃素

是一種清香的 美德



Long Period Special Edition
Vegan New Age

Eating Vegetable food is a Virtue

Poem/Mun-Ling

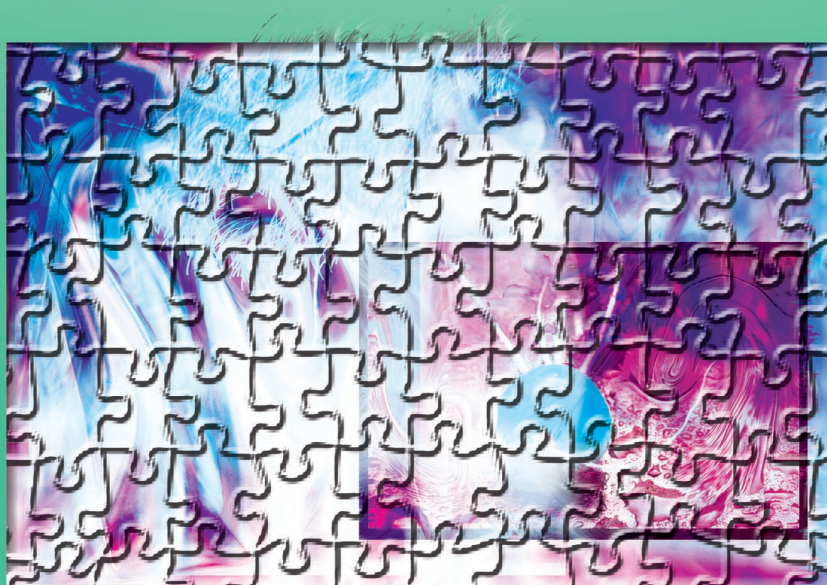
Translator/Sunny

Art Design/Wing of Wind

Fragrance in the mouth
Come from vegetables
Fragrance in the heart
Come from mercy and compassion

Treat all beings by mercy and compassion
Treat all animals by mercy and compassion

Eating vegetables
Is one fragrant virtue



中秋嘗鮮～素月餅特輯

The Mid-Autumn Festival
Vegetarian moon cake

特輯結構：

Structure of special topic:

一．仙境傳說

～ 站在歷史的洪流中，看嫦娥奔月

Fairy tales of a paradise

Chang-Er flies to the moon

– the view point form history

二．美麗的印記

～ 各式月餅印模

The beautiful stamps

various dies of the moon cake

三．各家素月餅粉墨登場！

～ 團圓月下願眾生親眷皆團聚

The Vegetarian Moon Cake is Coming Now

～ May all Family by together in the Mid-Autumn Festival !

仙境傳說

～站在歷史的洪流中，看嫦娥奔月

Fairy Tales of a Paradise

～ Chang-Er Flies to the Moon-
the view point from history

撰文 / 陳子軒 譯文 / 陳子帆 視覺設計 / 彭聖芬
Article/Samuel Translator/Frank Art Design/Peng Sheng-Fen



太陽和月亮長久以來一直陪伴著人們度過無限的歲月。日出而作、日落而息的規律生活，成了農耕時代人們生活的寫照。太陽的個性陽剛，代表男性；而月亮的個性陰柔，代表女性。母親節時，大家不是常唱「母親像月亮一樣，照耀我家門窗，聖潔多慈祥，發出愛的光芒。…」月亮不知不覺已經成了人們抒發情感的對象了。當孤獨的時候，古人會有「舉杯邀明月，對影成三人。」「江漢思歸客，乾坤一腐儒。片雲天共遠，永夜月同孤。…」

現代人呢？談戀愛總選擇在月光下，「月兒，你可知道我對她的情意嗎？」有情意應該對佳人說，怎麼對月兒說呢？是平衡作用啊！跟古人有異曲同工之妙啊！月下老人也就因此誕生，開始服務人們的終身大事。

柔和而神秘的月光，千古以來聆聽著許多人的心聲，安慰了許多人的心靈，人們對待日月也

The Sun and the moon have accompanied people for a very long time. Working from sunrise to sunset is the life in agriculture era. The sun is strong like a man and the moon is tender like a woman. In mother's day, people often sing, "my mother is like the moon shining my family, so holy and so tender, she gives off light of love." The moon has gradually become an object for people expressing their emotion. When we are lonely, the moon is our best fellow. An old poem says, "Inviting the moon for drinking, the moon, with my shadow, there are three persons here", "missing my friend beside the river, I am just a bookish intellectual. The cloud in the sky is so far, only the moon as me is alone all the night."

People in modern times always fall in love in the

就像對待自己最心愛的寶貝一樣，賦予生生不息的生命，因此跟月亮有關的傳說就這樣產生了。

在眾多月亮的傳說中，當然是嫦娥奔月的故事家喻戶曉了。山海經中記載著，古時候有12個月亮，常羲是帝俊的妻子，她生了12個孩子，就是這12個月亮，她常幫月亮

洗澡，也間接說明了一年有12個月，輪流出現。所以常羲被稱為月神。娥與羲在古音中又有類似的發音，所以我們大概可以推斷常羲就是嫦娥。

月仙是嫦娥，月亮就成了神仙住的地方，當然這一方面也是由於月亮的神秘感所致，另一方面可能是長期以來人們慣於寄託情感給月亮，自然月亮在人心中就是仙境，一個完美及神聖的

地方，用以平衡現實的不圓滿。你遇到滿腹苦水時，可以對誰說呢？無人傾吐時，月兒是不錯的選擇。

原本嫦娥是后羿的妻子，

moon light, “Hey moon, do you know how much I love her?”. You should say love to girls, why do you say it to the moon? It's for mind balance, just as the poet in

old times. A moon older (matchmaker) is created in imagination for people's marriage.

The tender and mystic moon listens to people and comforts people for a long time. People also give the moon

immortal life and treat her as their lovely baby, a lots of fairy tales about the moon is thus created.

In the fairy tales of moon, the most famous one is “Chang-Er flying to the moon”. In the shanhai jing, there are 12 moons in ancient times; Chan-shi is the queen of the emperor Chun, she borne 12 children, the 12 moons. She often washes her children in turn, and this indicates implicitly the 12 months in a year. Queen Chan-shi is therefore called goodness of the moon. “Er” and “Shi” has the similar pronunciation in old Chinese, we guess queen Chan-Shi is the Chang-Er.

The goodness of the moon is Chang-Er, and the moon is the place where she lives. This is because the moon is mystic for people and the moon is also like a heaven in people's mind to balance discontent in the real world. When you are distressed, it's a good choice to say something to the moon.

There is another tale about Chang-Er. Originally,





后羿是誰呢？就是傳說中設下九個太陽的后羿，他性情粗暴，一次他上到崑崙山，在西天王母娘娘那兒取得長生不老之藥，但不料被嫦娥偷吃了，也許這長生不老之藥有他的特效吧，嫦娥竟然能飛上天空，而且一飛就到月球上去了，住在月宮裡。就現代科學觀點而言，也許是不可思議之事，但是月亮的生生不息以及人類追求長生不死的夢想，卻在在的存在於許多傳說與神話中。就這樣嫦娥奔月了，和后羿分開了。或許有人說，分開的好，這樣嫦娥就不用受脾氣不好的后羿的氣了。是不是受氣？我們不知道，但是人們心中渴望團聚的思念之情卻形成了中秋佳節「月圓人團圓」的氛圍，成為除農曆過年外，第二大團圓的日子了。

當我們逢中秋佳節，能一面吃著月餅和賞月，一面與家人團聚，共享天倫之樂的同時，我想嫦娥在月宮裡如果有知，應該會很高興吧！因為有她，促成了多少骨肉相聚的機會。圓圓的月餅，圓圓的月亮，多少真情長存人心啊！

Chang-Er is Hou Yi's wife. Who is Hou Yi? Hou Yi is the skillful archer and shot 9 suns down. He is a bad-tempered man. Chang-Er stole his elixir of immortality which he brings from Queen western Wong-Mu in the Kunlun Mountains and ate them. The elixir of immortality made her fly, and she fled to the moon and live there. It is impossible from scientific view, the dream of immortality, however, exists in lots of fairy tales. The Chang-Er fled to the moon and separated from Hou Yi. It might say, "it's good for Chang-Er that she won't be bullied by Hou Yi any more." We cannot know whether she is bullied, the emotion desiring family reunion contribute the Mid-Autumn Festival, the secondary important festival of family reunion for Chinese.

In the Mid-Autumn Festival, when we enjoy moon cakes and moon light and stay with our family, Chang-Er will be happy for us in the moon. Because of her, we have more time for family reunion. Round moon cakes and round moon, family is always in our mind.

美麗的印記

~各式月餅印模

The beautiful stamps

~ various dies of the moon cakes



資料來源／洪春梅西點器具店

白鐵號有限公司

飛訊企業有限公司

Source / Hung Chung-Mei Baking Equipments Shop

Stainless Co., Ltd.

Fashion Enterprise Co., Ltd.

撰文／林至勇

譯文／晏殊沙

視覺設計／彭聖芬

Article / Petzl

Translator / Petzl

Art Design / Peng Sheng-Fen

**Thousands of hills with the same moon,
A great many of homes all being spring;
Thousands of moons in the thousands rivers,
Endless sky on the infinitely cloudless**

千山同一月，萬戶盡皆春；
千江有水千江月，萬里無雲萬里天。

中秋，最美麗的傳說，最詩意的節日。這一夜，天上皎潔圓滿，人間戶戶團圓。月亮的美，人心的善，在這晚，展現了完美的交融。除了秋月的舒爽，中國也發展出相當豐富的美食文化——月餅。不僅在月餅的餡兒上包羅萬象，連月餅的皮兒也是變化萬千。

The Mid-Autumn Festival is the most poetic fate with the most beautiful tale. In the night, the moon on the sky is brightly clear and consummate; the homes on the earth have reunions. The beauty of the moon and the good in the human minds exhibits a perfect blending in the night. In addition to the comfortable autumn moonlight, Chinese also develop a quite rich fine food culture--the moon cakes. Not only the stuffing of the moon cakes is embrative, also the surfaces are varied.



月餅的印模其實和其他糕餅稞印很接近，但是由於是特別製作給中秋的團圓時刻，也因而透著一股特別的風味。或許，在銀白月光的洗禮，和團圓氣氛的感染下，月餅印模也因而渲染了一分柔和，一種純淨。

月餅印模約有木質、金屬、陶瓷、塑膠等幾種材質，其中木質印模由於輕便、耐摔且有自然的樹木紋理，最為大家喜用。另外，鋁製印模由於耐敲打，也有很多愛用者。至於陶瓷印模，已經相當少見。另外一種塑膠印模，由於西方烘焙的引入，也有不少種類。

The dies of the moon cakes are vary similar to the other dies of confectionaries. The dies of the moon cakes are with special flavors as a result of they are particularly made for the Mid-Autumn Festival. Perhaps because the silvery white moonlight and the reunion atmosphere, the dies of the moon cakes are added in some mild feeling and the purity.

The materials of the dies of the moon cakes can be divided into four kinds: wood, metal, porcelain, and plastic. The wood dies are most popular because they are portable, beat proof, and have nature textures. The aluminum dies also have many users as a result of their beat proof. As the porcelain dies, they are seldom seen. With the west baking trend, the plastic dies also has many sorts.

As the portion of the decorative patterns, it is really varied. There are numerous dies with flowers and plants decorative designs. The careful craftsmen carve many petals and leaves in the small space. Besides, some dies, which are with the moon cakes Chinese characters, are never been confused for the Mid-Autumn Festival special purpose. There are some deco-





在印模花紋的部分，那可是百花爭妍，種類萬千。其中花草、貝紋、樹葉等為大宗，匠師們心細手巧，就在不過方寸之間，刻下了朵朵花瓣，片片樹葉。另外，名晃晃打著中秋月餅名號的印模也不少，讓你一眼兒就知道，這餅模，就是中秋專用的。還有一些取的是傳說故事的圖騰，嫦娥奔月、月兔搗藥、吳剛伐桂等都被刻入印模。至於動物昆蟲等圖樣，也有一些被匠師們收入了印模的行列。近年來，由於西風東漸，連星座、卡通人物等，和中秋沾不上一點邊的，也來湊熱鬧了，我想，可能他們也受不了月餅的誘惑吧！十二星座，史奴比、米老鼠都紛紛跳上了我們的月餅，品嚐各種口味。

人心善，器物美 模印餅，佛傳心

其實，中秋的餅模能夠這樣豐富優美，可以說是反映了月圓人團圓的圓滿祥和。由於月亮是那麼的純淨，中秋夜人心又是那樣的良善，在這樣善美的氣氛和動機下，所發展出來的器具、文

rative patterns about the tales, the goddess of the moon, the rabbit on the moon making the medicine, Wu-Gang cutting the cinnamon, etc. There are also some dies with animal and insects decorative patterns. In the few years, because the spread of Western influences to the East, the star sign and the cartoon roles all become the decorative patterns.

Good of the human mind, beauty of world's implements.

A die imprints the cakes, Buddha spreads the awareness.

In fact, the richness and beauty of the dies of the moon cakes reflect the consummate of the moon and the reunion of the homes. Under the moon's purity and the human's good, the developed culture and implements are naturally excellent and attractive.

Elaborate dies imprint beautiful stamps on every



化，自然就美不勝收，引人入勝。

精緻的印模，為各個可口的月餅烙下了美麗的印記。佛陀應世，說法傳心，其實就像印模一般，要將佛陀親證的圓滿覺性，示悟同有佛性的一切眾生，讓眾生在慈悲智慧的印模下，同登人我雙泯、悲智雙運的不可思議圓滿境地。

delicious moon cake. The Buddha, similar to the dies, wanted to demonstrate to all living creatures the complete awareness that the Buddha had evidenced by himself. Under the molding of mercy and wisdom dies, all living creatures step onto the inconceivable status, no individuals and egos, manipulating both mercy and wisdom.



各家素月餅粉墨登場

~團圓月下願眾生親眷皆團聚

The Vegetarian Moon Cake is Coming Now

~ May all family be together in the Mid-Autumn

冰皮0餅



撰文／姚曉鈺 譯文／陳子帆，鄭素琴 視覺設計／彭聖芬
Article／Amelja Translator／Frank, Endless Art Design／Peng Sheng-Fen



有機茶月餅 / 耕讀園提供



月圓 人團圓

在這雲淡風清

的初秋，中秋節的氣息愈來愈濃厚了；天上的明月更顯清朗，地上的人間傳來陣陣香甜的柚子香及月餅香。彷彿都在提醒著我們，記得要抽空和家人好好的聚一聚，彼此共敘家常。

中秋賞月當然少不了月餅，透過僅在方寸間的月餅，傳遞了人們濃濃的情意。餅兒雖隨著時空有了不同的風貌，可是滿滿的心意總是令人吃來有份溫暖的滋味；這份濃濃的情誼，結合了豐富多樣內餡，使得中秋更令人“回味無窮”，無論是傳統的綿密口感或者是創意的輕盈享受，多樣化的選擇可以滿足全家人不同的需求。在這大團圓的節日，人們莫不希望永久的團聚及永久的富足，而這也是每一個眾生的心願，因此選擇素月餅可說是最好的選擇了！

The round moon and the united family

In the early Autumn of light cloud and wind, the feeling of the Mid-Autumn Festival is gradually thick, the bright moon on the sky is clear. The human world on earth spread pomelo aroma and moon cake aroma, as if reminding us to remember taking time for gathering with family and talking about family affair.

In the Mid-Autumn Festival, the moon cake is indispensable. The little moon cake represents people's mind. In spite of different moon cake, it gives people kindness and comfort. The friendship accompany with various stuffing make Mid-Autumn Festival unforgettable. No matter the traditional tastes or some creative tastes, so many choices can satisfy the requirement of all family. In the reunion festival, people wish reunion forever and wealthy forever. The vegetarian moon cake is the best choice.

According to the result of visiting bakery, no matter in complete vegetarian or egg-milk vegetarian, there are many choices. 80% of the moon cake in market is egg-milk vegetarian. If you have any questions the salesman will explain for you. The moon cake can be divided into the following five categories:

1. Traditional moon cake

Some traditional tastes last so long, such as green



卡帛咖啡素食烘焙坊提供

根據本次走訪餅店的結果，發現不論全素或者是蛋奶素都有許多令人驚喜的多樣選擇！一般市面上的月餅約有80%左右是蛋奶素，若在購買上有這方面的疑問，一般店員都會細心的為您介紹；而在選材上及風格上皆趨向有機健康的概念，

並可以略區分為以下5大類：

（一）傳統風味素月餅

傳統口味歷久彌新，酥鬆的綠豆凸、細滑的棗泥餡……仍然擄獲了大家的胃，香濃的口感如同媽媽的口味般，吃慣了就是最香的。而傳統口感很有家的感覺，中秋佳節可真是少不了他們呢！

一般常見的傳

beam, jujube paste. They catch people's stomach. The nice taste is similarly made from our mother. The traditional tastes make us at home, and they are indispensable in Mid-Autumn Festival.

The general traditional tastes include: jujube paste, black bean paste, green

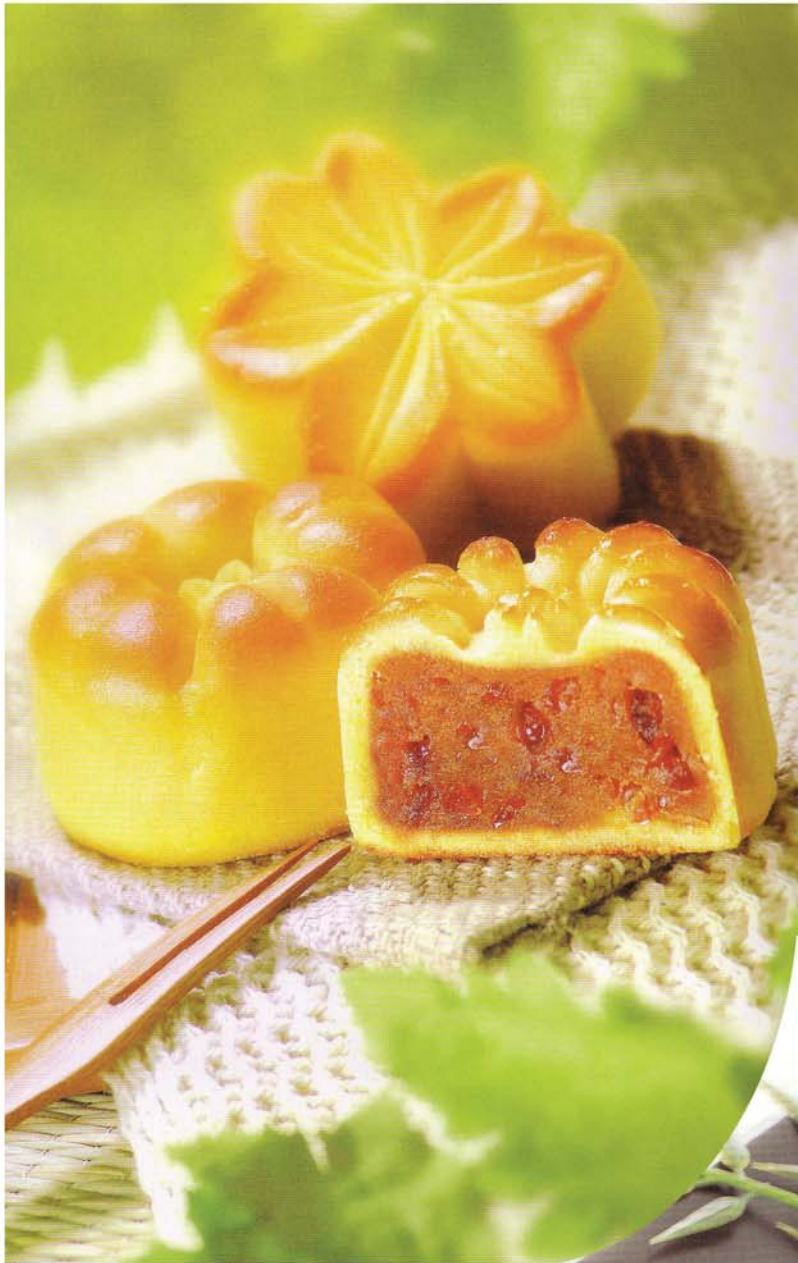
bean paste, pineapple, mushroom, curry and lotus seed. Another traditional tastes include: pineapple coconut, fruit, red bean paste.

2. Healthy moon cake

The new healthy moon cake makes people surprise. The moon cake has become another choice for health. The various stuffing is meticulously selected. It is emphasized on health, low caloric. Every manufacture does



卡帛咖啡素食烘焙坊提供



機能月餅

和菓子



統口味有：棗泥、烏豆沙松子、香蘭、綠豆凸、鳳梨、棗泥核桃、香菇、素鬆、咖哩、素肉、素香菇滷肉、素蛋黃酥、蓮蓉。

另外有：鳳梨椰果、水果酥、紅豆……等口味。

（二）健康養生素月餅

新起之秀的「養生月餅」令許多人眼睛為之一亮，月餅成為吃出健康的另類選擇。內餡選材皆精心搭配，豐富而多樣化。強調自然健康、低熱量並有益養生的新取向，難怪各家餅店莫不使出混身解數，希望能做出令人意猶未盡的健康月餅。

目前有機素月餅大約有以下口味：健康多穀、桂圓、山藥、白桃蒟蒻、果仁蕎麥、五穀黑豆、五穀芝麻、有機茶月餅、養身麻糬、有機月餅、客家擂茶。

以及結合養生中藥的風味：人蔘山藥枸杞、藥膳枸杞、黨蔘枸杞…等。

（三）花草西洋風素月餅

西洋風素月餅的種類可真是洋洋灑灑、口味繁多如芬馥的花草般。隨著花草茶及花草

their best to make healthy moon cake.

The healthy moon cakes have the following tastes: grain, Chinese yam, fruit and nuts, black bean, sesame.

The tastes accompany with Chinese herbs include: Eleurhero, Yam and Matrimony vine etc.

3. Herbal westernized vegetarian moon cake

The choices and flavors of westernized vegetarian moon cake are manifold as the fragrant herbs. Since the herbal tea and herbal curative effect have been explored, the Chinese moon cake conforms to no conventional pattern with western flavor. Each moon cake with delicate fragrance really pleases man's romantic taste.

Common herbal stuffing in the moon cake is:



Jasmine, lavender, rosemary, lemongrass, rose geranium, sweet osmanthus and composite flavor...

Stuffing with Vegetable fragrance is:

Blue berry, Ugli, cranberry, grape apple, green apple,

茶月餅



咖啡月餅



雪餅

的療效一再被開發，中國的月餅也中西合璧了，一個個悠悠清香的月餅討好許多人的浪漫口感，清淡不膩的確是很對胃呢。

一般常見以花香為餡的月餅有以下主角：茉莉花、薰衣草、迷迭香、檸檬香茅、玫瑰天竺葵、清心桂花，以及結合以上花香的綜合口味。

而以蔬果香為主角的有：藍莓、金桔香柚、蔓越莓、荔枝、葡萄蘋果、青蘋果、芒果、荔枝、南瓜、百果、蕃茄蔓越莓、覆盆子。

另外今年有新式的提拉米蘇及咖啡月餅（摩卡 / 卡布奇諾 / 拿鐵 / 焦糖瑪奇朵），皆是西式月餅的新秀唷！

（四）淡雅和風素月餅

日式月餅中的綠茶口味一直深受大眾喜愛，近來流行的日式點心——雪莓娘在今年的素月餅中加入了行列，不論是銅鑼燒系列、雪餅、和果子系列，這些淡雅的滋味加上精美的包裝，聰明地抓住了大眾的目光和口感。

帶日式風味的素月餅（大多為蛋奶素）常見有：抹茶松子（小月餅）、雪莓娘、雪御捲（蛋糕捲為外皮）、綠茶香柚、和風洋果子、綠茶麻糬、黃金栗、雪餅（草莓多多，香橙牛奶，覆盆子，小紅莓優滋，檸檬……）、黑糖銅鑼燒……等繽紛登場。

（五）多元異國風素月餅

除了以上的口味，還有一種不同的選擇——異國風味“異”軍突起，吃起來不同於熟悉的味覺，很適合勇於嚐新的您。歐洲西點的細緻及甜度或者南洋香濃的風味，都是素月餅中深受大眾青睞的內餡。

mango, litchi, pumpkin, ginkgo, tomato berry, raspberry...

In addition, the moon cakes with tiramisu and coffee (Mocha/Cappuccino/ Latte /Caramel Macchiato) all are the new western style.

4. Elegant Japanese vegetarian moon cake

Japanese moon cake with green tea flavor is always popular. Recently, fashionable Japanese dessert Xue-mei-niang is made as vegetarian moon cake this year, too. No matter Dolayak-Alale-Wakasi, these elegant flavors with delicate packing cleverly grab popular taste.

Popular Japanese vegetarian moon cakes (mostly with egg and milk) are:

Maja Pine nut, Xue-mei-niang, Kasitela (with cake roll), greentea pomelo, wakasi, maja omagi, chestnut, alalei (strawberry acidophilus milk, fragrant citrus milk, raspberry, crowberry yoghurt, lemon...), brown sugar dolayaki...

5. Diverse foreign vegetarian moon cake

Except the above flavor, a new moon cake is suddenly coming to the fore – foreign flavor. It differs from familiar sense of taste, and suit to the people who love new flavor. No matter the delicate European style or Malay special flavor, all are favor stuffing in the moon cake.

Popular foreign vegetarian moon cakes are: Thailand coconut, French chestnut hibiscus, French pumpkin pie, European cheese, Persian date, Malay flavor, etc. The sorts of vegetarian moon cake are really plentiful this year.

喜憨兒微笑月亮



喜憨兒溫柔月亮



市面上常見的異國素月餅有：泰國椰奶、法國栗蓉、法式南瓜派、歐洲乳酪、波斯椰棗、南洋風味……等，使得今年素月餅更顯豐富。

在這難得的中秋佳節，真要感恩這不易得到的幸福，連日來的風災讓許多的家庭破碎，一夕之間失去了最親的家人。明月依舊人事已非，在這皎潔慈愛的明月下，讓我們一起祈願——願自己的家人平安！也願眾生親眷皆團聚！永遠永遠平安快樂……

In this rare Mid -Autumn Festival, we should have gratitude for hardly obtain well-being. For days on end, the disaster caused by typhoons made some family disruption. Some people lost their closest family in a moment. The moon is still bright as before, but personnel matters all changed. Under this bright and kind moon, let's pray – wish our own family in peace; Wish all the relatives of all living being reunion and in peace forever...

酥點





和風月餅



和風小月餅

本月專題企劃 ~

佛是好老師

作生命的功課

詩篇／韻玲

譯文／美麗

視覺設計／風之翼

修行

就是作功課

作什麼功課？

就是努力的

尋求生命的 答案

我們每分每秒

都需要在生存的無明之苦中

努力的作功課

才能在終點時

得到離苦得樂的 輝煌

與自利利他的 極樂！



Monthly special topic

Buddha is a good teacher

Do life's homework

Poem / Yun-fing

Translator / Pretty

Art design / Wing of wind

Cultivation

Is to do homework

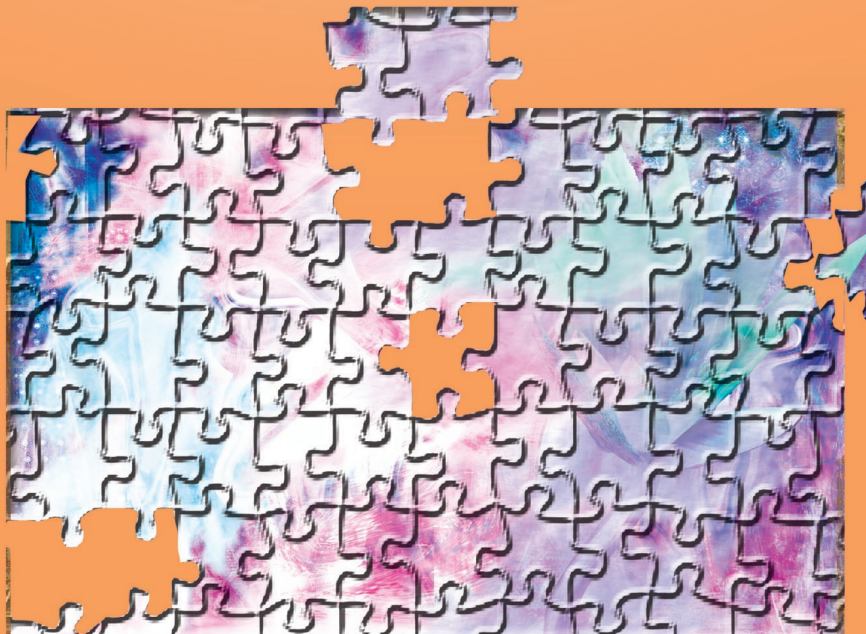
What is homework?

That is to strive to
seek for life's answer

Our each second and each minute
need strive to do homework
in innocent living pain

In the end

Obtain the brilliance of getting happiness from leaving pain,
And the ultimate happiness of benefit self as well as others.



佛是好老師

本月專題企劃之架構 ~

九月的廿八日是教師節

故本月專題特別企劃了

和這個充滿書卷氣息

富含人生意義的佳節

有所豐碩關連的一

佛是好老師！

唐朝古文八大家之一的韓愈

素有“文起八代之衰，道濟天下之溺”之美譽

他曾在其著名的文章“師說”中

寫下了膾炙千古的名句—

師者，所以傳道、授業、解惑也。

本專題企劃架構即依此而立：

前言

～佛是大醫王，更是好老師！

一、傳道

～萬世師表傳萬世眾生宇宙究極真理之道！

二、授業

～授一切眾生正業、白業、善業！

三、解惑

～解開苦樂、輪迴、生死一切大惑！

結語

～四生的慈父，三界的導師！



Buddha is a good teacher

Structure of monthly special topic ~

The twenty eighth in September is the Teacher's Day

The special enterprise planning of the special topic of this month is thus full of intelligence for this festival rich in meanings of life.

What is closely related

Buddha is a good teacher!

Han Yu , one of eight famous author of ancient Chinese prose in the Tang Dynasty

Has a good reputation- declining of a eight generations of document and drowning of helping world.

He wrote a famous article, “The teacher”, which has well-known phrase, “Teacher is a man who preaches , imparts knowledge and explains the puzzle .”

Accordingly, the thematic enterprise planning structure of this special topic is established

Preface

-Buddha is a king of medicine, and a good teacher even more!

I. Preaching

The greatest teacher preaches the truth of the universe.

II. Imparking knowledge

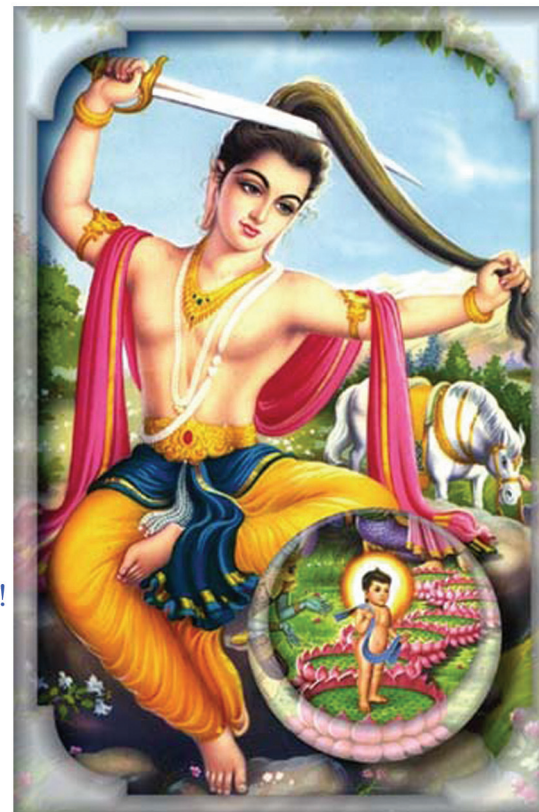
Buddha teaches us how to do the right things!

III. Explaining the puzzle

Buddha teaches us to escape from the puzzle of transmigration!

Conclusion

Buddha is a kind father & great teacher of all creatures!



全人類
都需要這樣的導師—
The whole mankind
Need such a master -

佛是好老師

Buddha is a good teacher

無私的慈愛一切眾生
智慧的引領千千萬萬的心靈

The unselfish love cares all living creature
His wisdom leads thousands of minds



撰文／文華智慧 譯文／子帆 視覺設計／光之翼

Article/Wisdom Flower Translator/Frank Art Design/Light Wing

前言

～佛是大醫王，更是好老師！

大智度論說：

佛如醫王

法如良藥

是的

眾生皆有病

所以需要佛這樣的大醫王

來醫治眾生病

眾生有什麼病呢？

光是煩惱

就已罄竹難書、無量無邊

更別說還有生死輪迴等種種重病了

所以

一切眾生皆有病

還真的需要

佛這樣的大醫王

才能治癒了

Preface

**Buddha is a respected king
of doctor, and a good teacher
even more!**

It is big degree is expounded intelligently:

Buddha is a king of medicine.

Dharma is the best medicine.

Yes

All living creature are sick

Therefore, they need a king of medicine
like Buddha

To cure their sickness.

What diseases do all living creature have?

The tremendous and endless worry and
vexation are difficultly described, it goes
without saying that the transmigration is so
painful.

Therefore

All all living creature are sick

They really need

Such a king of medicine like Buddha to
cure them



佛為什麼叫作大醫王呢？

醫喻經中作了生動的譬喻

即所謂的四法成就：

善知病癥

善知病因

善知治病方法

善知預防

這還真是所謂進步的

全方位療法

所以難怪佛有大醫王之美稱了

這是以醫學的角度

來看待佛

如果從教育的角度呢？

佛是好老師

亦是當之無愧了！

Why is Buddha called the king of medicine?

“Medicine sutra” said: the so-called four dharma of achievements are

Good at knowing the disease,

Good at knowing the cause of disease,

Good at knowing the method curing the disease,

Good at knowing to prevent the disease.

This really the so-called progressive one

Omni-directional treatment

So no wonder Buddha has the holy name- the king of medicine.

This is from the viewpoint of medical science

To look Buddha.

If we look him from the viewpoint of education?

Buddha is a good teacher

He deserves the honor!





一、傳道

～萬世師表傳萬世眾生宇宙究竟真理之道

釋迦牟尼佛是最好的老師
因為他傳了最好的真理
——佛道！

什麼是佛道？

即成佛之道
也就是到達佛果的無上菩提之道

法華經說：
諸佛世尊

唯以一大事因緣故

出現於世．．．．．

欲令眾生

入佛知見道故

出現於世

由此經可以清晰得知
佛是爲了教導眾生成佛
才來到這個世界的

看在佛這麼悲憫我們的份上
可不要辜負了這殊勝的“一大事因緣”啊！

而且
想當然耳
只有佛能夠教導成佛之道
怎能不好好的向佛學習呢！？

1. Preaching

The greatest teacher preaches the truth of the universe.

Sakyamuni Buddha is the best teacher.
Because he gave the real truth - Buddhism

What is Buddhism?

It is the way to be a Buddha.

That is, it can help us enlighten.

Fa Hwa Sutra says,

The reason why Buddha appears in the world is
that he would like to teach all creatures Buddhism.

Therefore, we are aware very clearly that Buddha
appears in the world to teach all creatures.

As Buddha pity us so much, we must cherish such a
wonderful thing.

And naturally, only Buddha can teach Buddhism.
We should learn it from him.

The úâstra ascribed to Nâgârjuna on the greater
Prajna-paramita sutra said:

Human and angels acquire the happiness by performing
Ten Commandments and charity.

Srâvakas and Pratyekabuddha acquire Nirvanas by
performing the thirty-seven conditions leading to
bodhi.

Bodhisattva become a Buddha by performing the



大智度論說：

人、天以十善、布施爲道

求世間福樂

聲聞、緣覺二乘以三十七道品爲道

而求涅槃

菩薩則以三十七道品、六波羅蜜爲道

而求佛果

三十七道品是：

(一)四念住

身念住、受念住、心念住、法念住

(二)四正勤

已生惡令永斷、未生惡令不生

未生善令生、已生善令增長

(三)四如意足

欲如意足、精進如意足、念如意足、

思惟如意足

(四)五根

信根、精進根、念根、定根、慧根

(五)五力

信力、精進力、念力、定力、慧力

(六)七覺分

擇法覺分、精進覺分

喜覺分、除覺分、捨覺分、定覺分、念覺分

(七)八正道

正見、正思維、正語、正業

正命、正精進、正念、正定

六波羅蜜是：

布施、持戒、忍辱、精進、禪定、般若

只要依循這樣的康莊大道來走

一定會到達彼岸、成就佛道！

thirty-seven conditions leading to bodhi and six paramita.

The thirty-seven conditions leading to bodhi are

1. Four states of memory.
2. Four proper lines of exertion.
3. Four steps towards supernatural power.
4. Five spiritual faculties.
5. Five powers of the five spiritual faculties.
6. Seven degrees of enlightenment.
7. The eightfold noble path.

Six paramita are charity, moral, patience, devotion, contemplation and wisdom.

As long as we follow such a broad way, we can indeed enlighten.

2. Imparking knowledge

Imparking the good and right things!

Sakyamuni Buddha is the best teacher.

He teaches us the method to good fortune and away from bad things, accumulating good deeds.

Everything in the world is formed by what we have done-karma.

If we did many bad things, we will be unfortunate.

If we did many good things, we will be happy.

The karma of a man is accumulated for so many generations that it's hard to change.



二、授業

～授一切眾生正業、白業、善業！

釋迦牟尼佛是最好的老師
因為他傳授了趨吉避凶的究竟方法
——累積善業！

這個世間的一切
都是業力所形成的
可以說
惡業多就不幸多
善業多就幸福多

而一個人的業力
是多生多劫以來所造下的
所以很難有所改變

例如一個人的
高矮胖瘦、賢頑智愚
其實都是業力所感召而來
而且是精密到分毫不差的
如實顯現一切的業力

例如曾經笑人矮
某一世一定會綜合其他業緣
生成一個矮子
諸如此類，不一而足．．．．．

總之
業力的精準
超乎我們的想像

這樣的事實

For example, the figure and intelligence of a man is the result of karma.

It appears in a man so completely and precisely as what it is.

For example, if we have laugh at someone's shortness, we will be a short man in one generation.

Anyway, you couldn't imagine how precise the karma appears in our body.

The truth can give us the lesson-

Everything is according to karma, and we are not free.

Maybe it seems that we cannot help it, but it just applied to the situation that the karma has appeared. If only the karma doesn't appear, we still have chance to do something.

Therefore, Buddhism is not fatalism.

On the contrary, Buddhism is, however, a destiny creator.

That is to believe and follow the rule of universe- the cause and effect rule.

You made a good cause, and you get a good result.

You made a bad cause, and you get a bad result.

Good deeds bring good effect, and bad deeds bring bad effect.



理應帶給我們深刻的學習就是

——萬般皆是業

半點不由人！



這看來也許有些無奈

但這其實是說明業力已形成的狀態

而事實上

只要業力尚未形成

我們都還是能夠改變一切的事物

所以佛教其實

絕非宿命論者

相反的

是非常積極的

創造命運論者！

也就是積極的相信、實踐宇宙的公約

——因果法則！

亦即～

種善因得善果

種惡因得惡果



善有善報

惡有惡報

因果循環

絲毫不爽

這是佛所發現的真理

所以如果我們想避凶趨吉、百祥千福

那麼就必須不斷的、努力的、積極的、拼命的



everything follows the cause and effect rule.

This is the truth discovered by Buddha.

If we would like get good fortune, we must always do good things.

Therefore, everything has to follow the rule, the cause and effect rule.

That is, plant melons and you get melons, sow beans and you get beans.

Finally, the cherish lives, self or others, can approach the perfect and welfare condition.



3. Explaining the puzzle

Explaining the great puzzle- transmigration, life and death, happiness and pain.

Sakyamuni Buddha is the best teacher.

He can explain the greatest puzzle of life and death to enlighten.

The so-called enlightenment is the success of our cultivation.

Why must we cultivate?

The reason is that life is too painful.

Why must we enlighten?

The enlightenment is so wonderful!





——種善因、累積善業！

因此

一切都只有按照規矩

按照遊戲規則

亦即因果法則來

也就是：

種瓜得瓜、種豆得豆



最終便能讓自他的——

如此珍貴的生命

邁向完美、幸福的燦爛成就！



三、解惑

～解開苦樂、輪迴、
生死一切大惑！

釋迦牟尼佛是最好老師

因為他能夠究竟解決生死等一切大惑

——最終圓滿成就！



所謂的最終圓滿成就

也就是修道獲得了最後的成功！

至於為什麼要修道？

實在是因為

人生太苦了！

至於為什麼要成就

實在是因為

成就太好了！

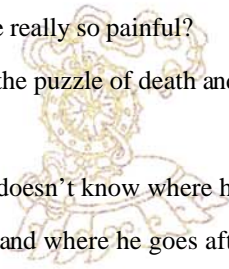


Is life really so painful?

Yes, the puzzle of death and life is very painful for us.

Man doesn't know where he comes from before he is
born and where he goes after he dies

We live as a wanderer in the universe, wandering and
wandering alone.



The way of transmigration is so long and so far.

It may be said,

Wandering in the three realms,

I undergo every pain,

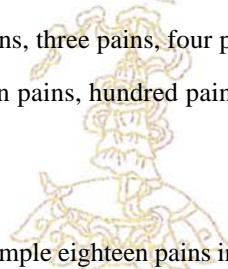
The way of transmigration is so dangerous and so
rugged.



Buddha is great because he knows the pain of every
creatures in the three realms, and clearly describes
two pains, three pains, four pains, eight pains,
eighteen pains, hundred pains and even tremendous
pains.

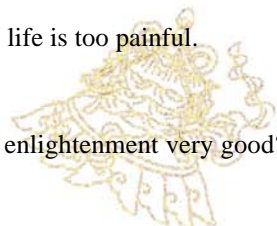
For example eighteen pains includes

the seven pains: oldness, death, worry, sorrow, pain,
vexation, heavy pain, and the six feeling pains: touch
pain, feel pain, desire pain, possession pain, birth
pain.



It goes without saying, life is too painful.

On the contrary, is the enlightenment very good?





人生真的很苦嗎？

就以生死大惑而言
就夠苦了！



人們不知生為何來
亦不知死向何去
像個宇宙的浪子
孤獨的流浪天地之間
行行復行行
々々又于于

而且輪迴的路
是如此的迢遙與漫長．．．．．

真可謂：
三界流浪
辛苦備嚐
輪迴路險
此路崎嶇



而佛之所以偉大
就是深諳三界之眾苦
清晰的說出了
二苦、三苦、四苦、八苦、十八苦、百十苦
甚至無量百千苦．．．．．



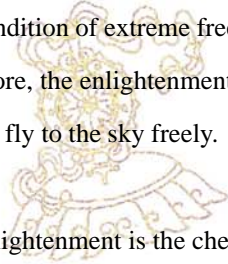
例如十八苦：
老苦、死苦、憂苦、悲苦
苦苦、惱苦、大苦聚等七苦
再加上無明苦、行苦、識苦、名色苦、六入苦
觸苦、受苦、愛苦、取苦、有苦、生苦等十一苦

所以無庸置疑



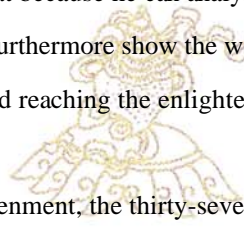
Of course, it is.

The condition of extreme freedom is so good.
Therefore, the enlightenment is to open the cage of
life and fly to the sky freely.



The enlightenment is the cherish flower blooms and
joy flows everywhere like a spring.

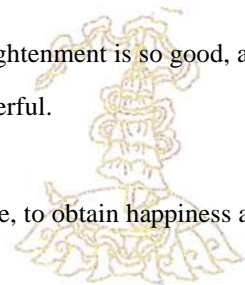
The Buddha is great because he can analyze the
factor of pain and furthermore show the way of
ceasing the pain and reaching the enlightenment.



The way to enlightenment, the thirty-seven condi-
tions leading to bodhi and the six pāramitās, can be
summarized in two words, mercy and wisdom.

mercy =kindness=love
wisdom=emptiness

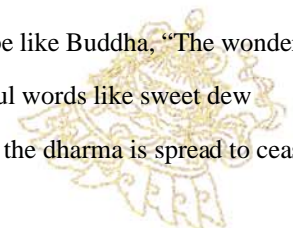
The enlightenment is so good, and the joy of love is
so wonderful.

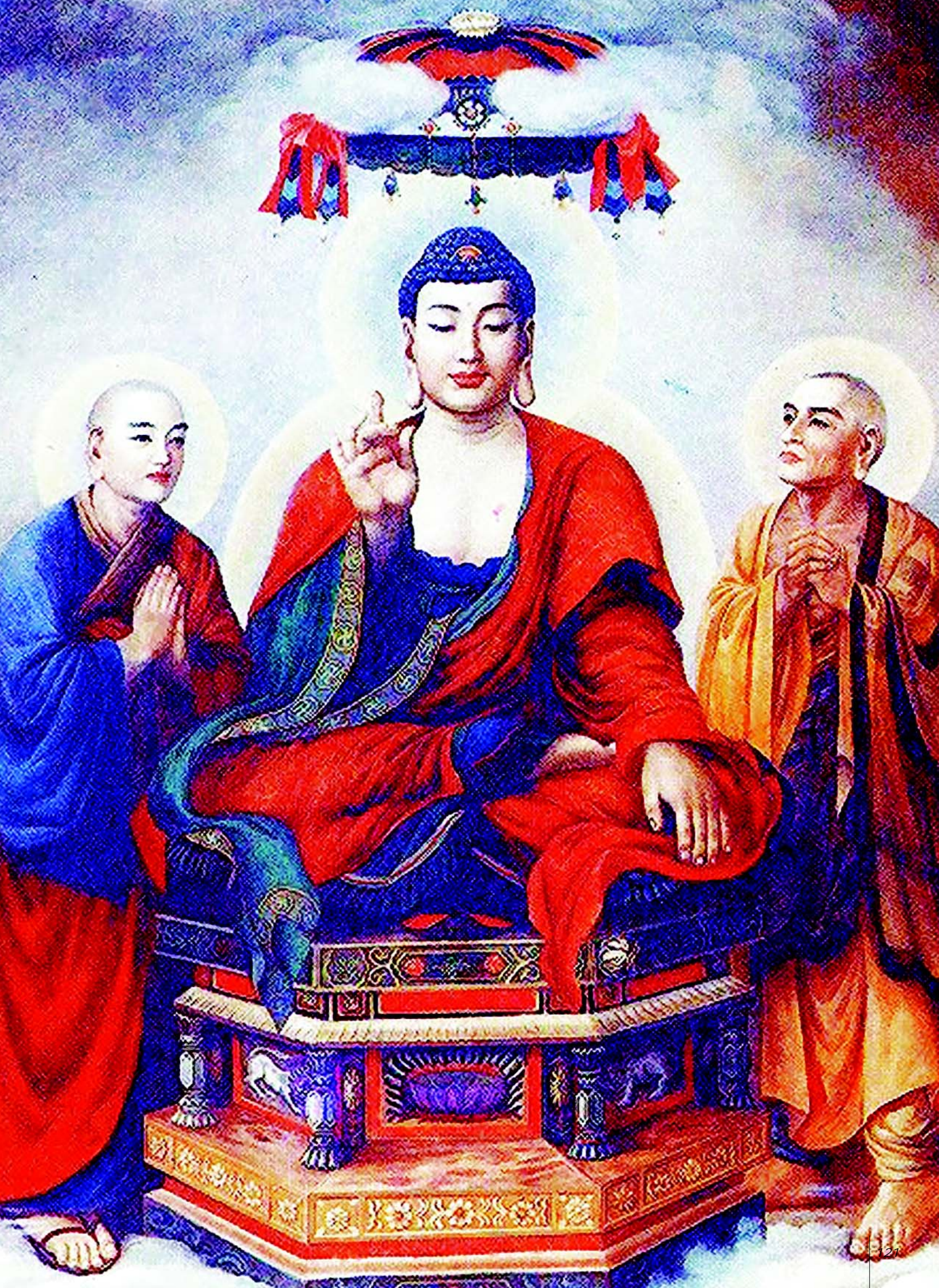


Therefore, to obtain happiness and be away from
pain,
to benefit yourself and benefit others,

We must trust Buddha completely and obey his
teachings of mercy and wisdom.

Thus, one day, we will be like Buddha, "The wonder-
ful face speaks wonderful words like sweet dew
flowing from the moon; the dharma is spread to cease
the desire."





人生實在是太苦了！

那麼 相反的
成就真的很好嗎？

試問

一切圓滿 一切具足

的極度解脫

與極度喜樂的狀態

會不好嗎？

所以

成就是——

打開牢籠 得到自由

展翅翱翔 一飛沖天

亦是一

曠世奇花 燦爛盛放

大喜悅泉 澄澈湧流

所以

佛的偉大之所以圓滿無憾

就是不但能夠清晰的

解析一切的苦因

更能明確的指引

一切滅苦之道

亦即成就之路

至於通往成就佛果的道路～

三十七道品與六度波羅蜜

如果要濃縮成心要

可以濃縮成二個字

即——悲智

悲＝慈愛＝愛

智＝智慧＝空

而成就的好

就以愛的喜樂境界而言

便已難描難繪、美若繁星．．．．．

所以

爲了離苦得樂

爲了爲自己造福

也爲別人造福

我們應完全的信任佛

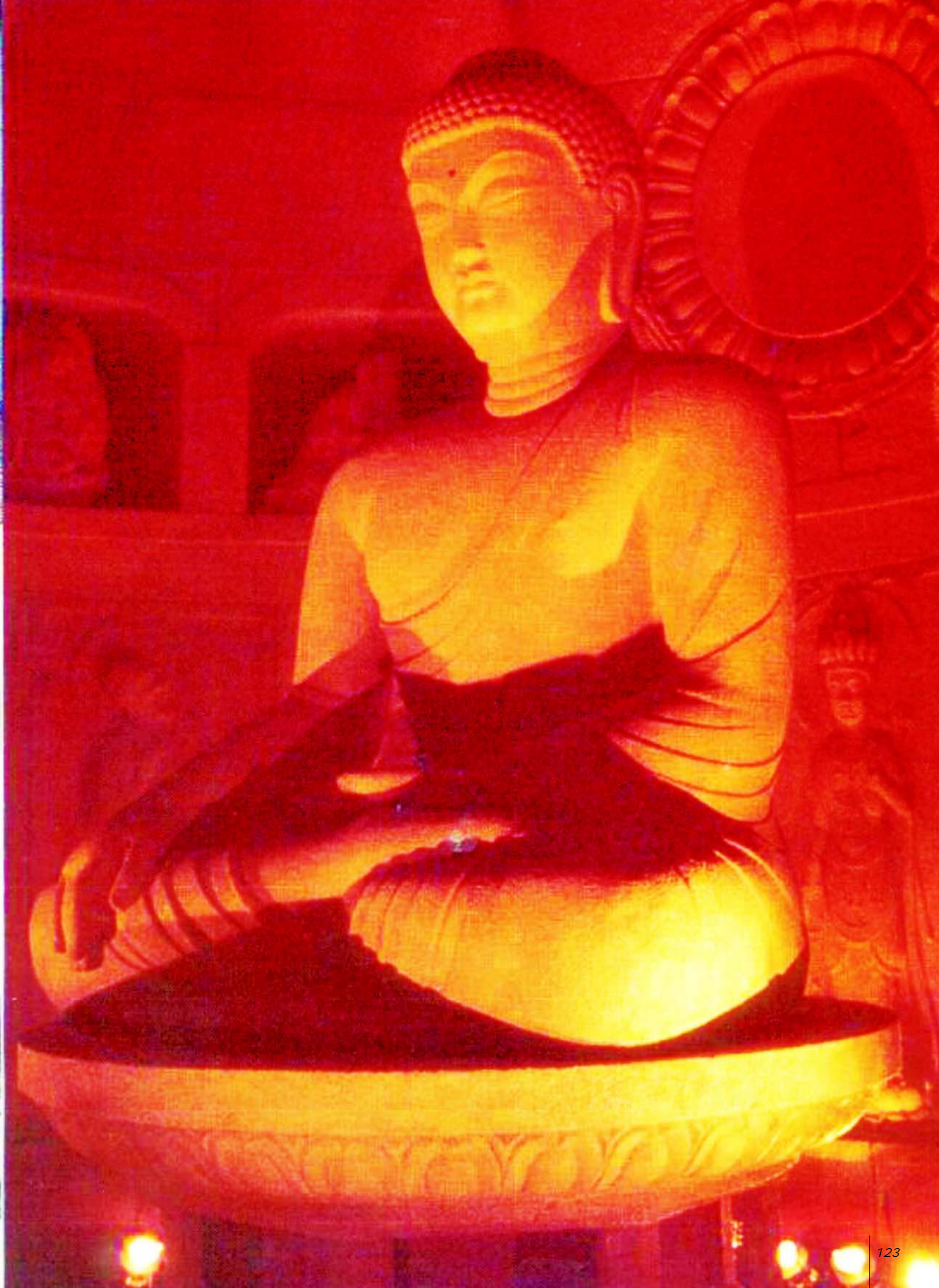
並且聽從那美善音聲的悲智指引

這樣 總有一天

我們也會變得

像佛一樣～

“美顏宣妙詞，如月流甘露；慈雲灑法語，能清
染欲塵”



結語

～四生的慈父，三界的導師！

“讚佛頌”中這樣寫著：

一毫一相充法界
一行一德遍心源
清淨廣大喻芳池
能療眾生煩惱渴
我讚牟尼功德海
憑斯善業趣菩提
普願含生發勝心
永離凡愚虛妄識

是的

如同另一首

“釋迦佛讚”中所寫：

慈海於有情
親疏無不均
爲利眾生故

Conclusion -

**The mercy father of fourfold
assembly, the masters of three
realms!**

It is so written in Buddha Praise:

Your face is everywhere in the realm,
Your virtue is everywhere in my mind,
Clean and wide like an odorous pool,
which cures desires and vexation of all
creatures,

I praise your broad virtue,
and thereby reaching the bohdi.

I wish all creatures have such great
thought,

Leave the illusory world forever.

Yes,

Like another one, The Sakyamuni Buddha

Praise, writes:

Kind to all creatures,

close or remote,



絲毫無倦時

佛是如此廣大無邊的愛著我們
每一位眾生
就像我們最慈愛的父親

而且是一位悲智圓滿的大導師
能帶領我們超越生死的險灘
到達永樂無憂的美麗境界！

可以說
從當初佛陀座下的十大弟子
多位比丘、比丘尼
居士及菩薩們
到現在全世界多億的佛子們

每一個人 乃至全人類
甚至一切含生
都需要釋迦牟尼佛這樣的
精神導師啊！

to benefit all creatures,
he is never tired.

Buddha love all living creature,
just as our kindest father.

And he is a master with complete intelligence and wisdom.

He can lead us to surmount the dangerous shoal of life and death.

To reach the beautiful realm of complete happiness!

We can say

From the ten disciples of Buddha,
many Bhiksuses , Bhiksunes , lay Buddhists and Bodhisattvas

to tremendous Buddhists in the world now,

everyone, the whole mankind and even every creature needs such a spiritual master, Sakyamuni Buddha!



番外篇 Special page

創意教師卡

Teacher's card of the intention

文案／小孩兒 卡片設計／御風空行者 視覺美學／風痕
Article / cute Card design / Wind man Art design / Wind mark

第一張～給敬愛的佛陀 First card - Give to Buddha

敬愛的佛陀：

我雖然未能親聆您的教誨
但卻蒙受了足以
改變我生命一切的巨大法益
謹於此教師佳節
我對著全世界
大聲的呼喊——

謝謝您！

願一切眾生都圓滿幸福

～佛子 敬上

Dear Buddha:

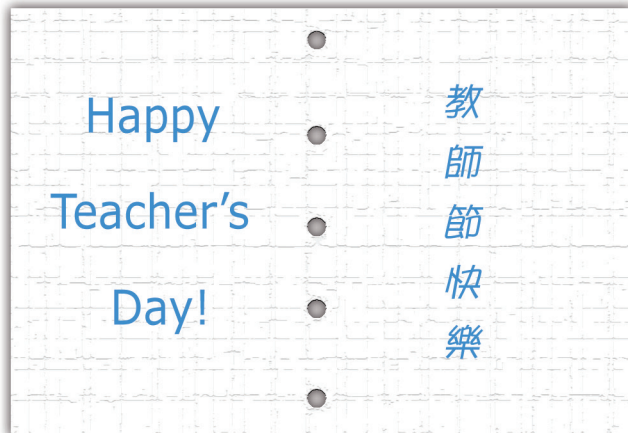
*Though I fail to hear the teaching from you
But it is enough to
Change all enormous benefit of my life
Sincerely on the Teacher's Day
I am facing toward the whole world
Speak loudly-*

Thank you very much!

All living creature's satisfactory happiness that wish

-Buddha's son Truly yours

第二張 Second card



第三張 Third card



第四張 Fourth card



第五張 Fifth card



第六張 Sixth card

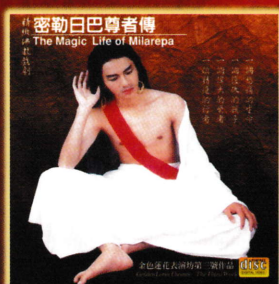
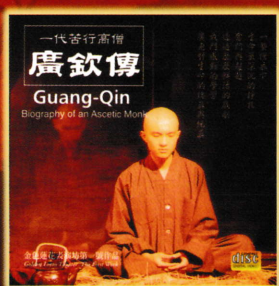


第七張 Seventh card



第八張 Eighth card.....





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