

金色蓮花



Golden Lotus

摩登修行
Modern Cultivation



傾力革新版！

New revolution issue

會上網的猩猩

Orangan that will surt the Net

返老還童大探索！

A Wide Exploration of Rejuvenation!

OCTOBER 2004 **10**月號 No.142

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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・修練成為一個完美的人。

座右銘：內外雙美 才德兼備 快速改進 全面成功

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

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

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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！……

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

～心靈的要素：

慈愛、智慧

需要時時砥礪、刻刻修煉

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mercy and wisdom

need cultivation often

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Beauty of love

～另類愛的故事

An alternative Love Story

小鳥救大火！

Little Bird Saves Big Fire



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■ 智慧之美——

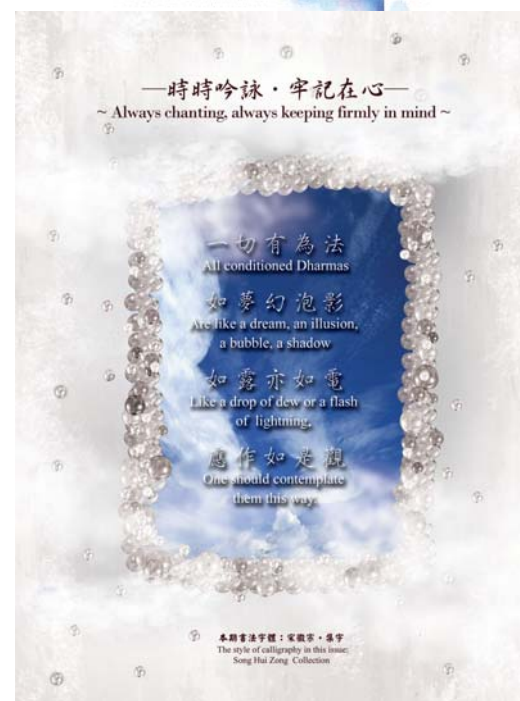
金剛經的晶鑽智慧！！

The Wisdom of the brilliant

Diamond for the Diamond Sutra

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輕盈降脂茶

Herbal Tea for Weight Reduction

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Modern Bodhisattvas promise to love all creatures with great enthusiasm.



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Call me No.1

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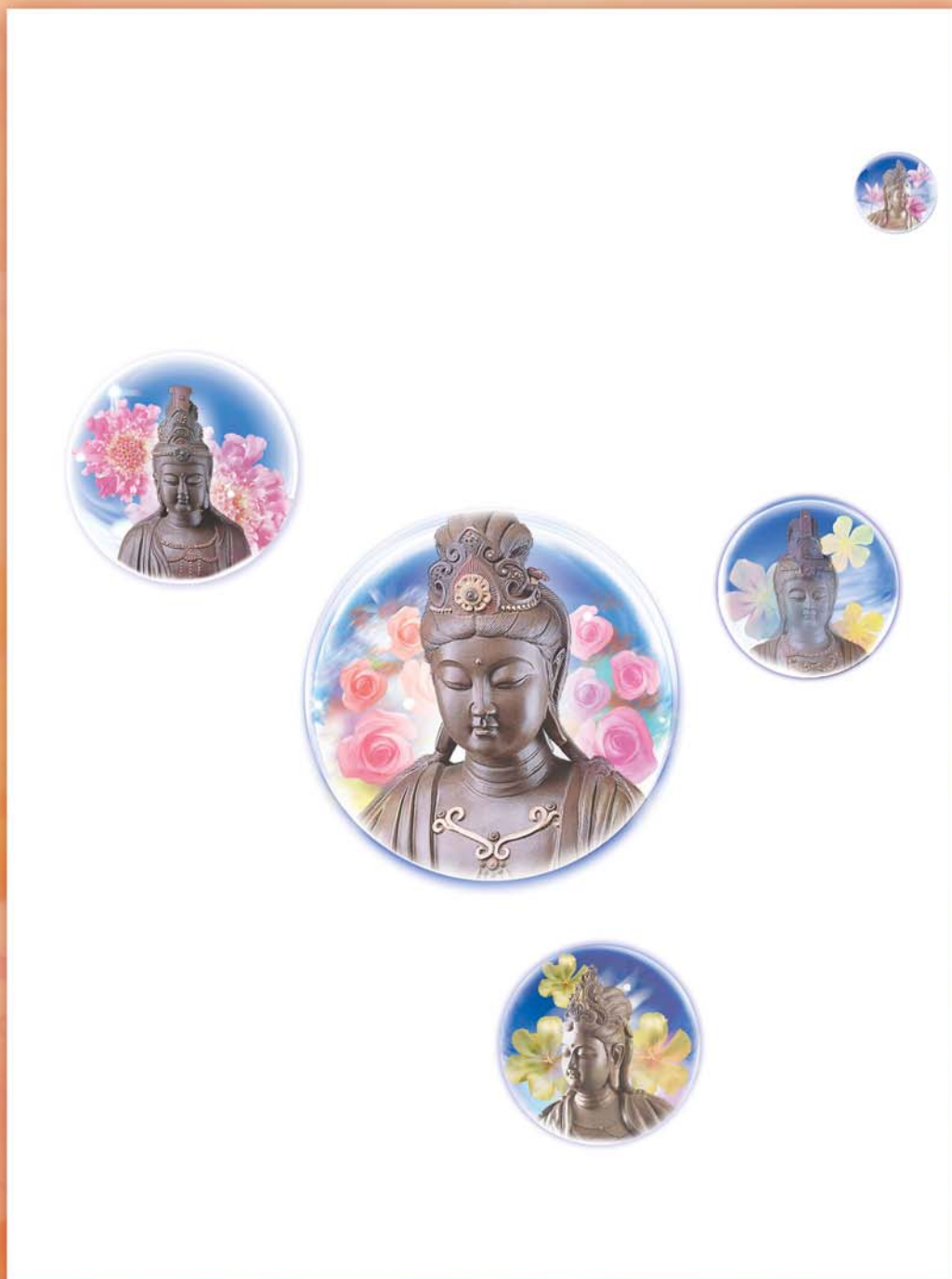
34 密宗煙供香

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封面意境

Artistic conception of the front cover



作品名稱／富貴慈悲花

設計者／鄭秉忠

設計理念／以五顆晶透之水晶

印落在虛無的空
藉由封面的邊界捕捉了此景之印象
唯美繁花飄落在晶圓之中
與菩薩的顯現相互交輝
同時地也象徵著富貴與慈悲
佛法是高格調又慈悲的曠世奇花
唯有一顆水晶般的澄澈的心
才能與之相印

意境詮釋／清澈晶瑩・飛花飄樂

富貴之花・富貴佛學
慈悲菩薩・常在我心
冰晶水影・心靜則明

Work / Wealth Mercy Flower

Design of front cover / Zheng Bing Zhong

Design Concept/

Five glittering and translucent crystals are imaged in an empty space.
Margins of the cover circumscribe the image.
In the crystals, beautiful falling flowers reflect portraits of Bodhisattvas.
The image indicates wealth and mercy.
Buddhism is a valuable flower of high class and mercy.
Only a clear and crystal-like mind can catch it.

Concept Interpretation /

Clear and sparkling crystals contain falling flowers and flying music.
The flower of wealth indicates the wealthy Buddhism.
Kindhearted Bodhisattvas are always on my mind.
Peaceful mind is as clear as the crystals.

在這座青翠的森林裡，蟲魚鳥獸等好鄰居們，
都過著幸福快樂的日子！
In the green forest, animals and birds
lived a happy life!



另類愛的故事

小鳥救大火

An alternative Love Story

Little Bird Saves Big Fire

編改潤筆／格林仙子 鳥獸繪圖／承訓小子 電腦背景製作／鄭博文 譯文／子帆 視覺設計／青蛙王子
Rewriter/angel green Paintings of animals and birds/game boy Computer paintrg/Zheng Bowen
Translator/Frank Art Design/ Prince Frog

很久很久以前……

在一個青翠茂盛的森林裡頭，住了很多很多的動物，有天上飛的，有水裡游的，還有地上爬的。

總之不論獅子、大象、老虎、猴子與鱷魚、鱒魚、小魚兒以及斑鳩、麻雀、貓頭鷹等等眾家森林中的兄弟姐妹好鄰居們，都過著幸福快樂的日子！

其中有一隻小鸚鵡，是最討人喜歡的；因為他見了任何的鄰居們，都會發出“歡喜、歡喜”的叫聲，來表達他對你的歡迎與喜愛；所以久而久之，大家都非常的喜歡他，並且為他取了一個叫作“歡喜首”的甜蜜外號！

Long time ago, many animals lived in a green and flourishing forest, flying in the sky, swimming in the water or crawling on the ground.

Animal brothers and sisters in the forest, the lion, the elephant, the tiger, the monkey and the crocodile, the trout, and the turtledove, the sparrow, the owl and so on, lived a happy life.

There is a little parrot that is most lovely, because he sounded “happy, happy” to show his passion when he saw everyone. Over a long period of time, everyone liked him very much and gave him a sweet nickname- happy head.

In the beautiful and peaceful forest, life of



有一隻小鸚鵡，是最討人喜愛的，他的外號叫作“歡喜首”！
There is a most lovely little parrot that has a nickname “happy head”！

所以呢，在這座美麗又和諧的大森林裡，小鸚鵡與大家都過得越來越美滿，沒事也會在陽光和暖的晴空白雲下，開個敦親睦鄰的聯誼會；其中壓軸的節目一定是由小鸚鵡“歡喜首”，唱他最拿手的“歡喜歌”；聽完後大家總是歡喜的爲他奮力鼓掌，讓快樂染紅了雙頰，讓幸福爬滿了臉上；每一個鄰居都充份的覺得，如果日子能夠一直都這樣的過下去，那就太美好了！

不過，這樣的夢想，卻在一個天乾氣燥的漫漫長夏之後破碎了！

森林突然起了大火，動物們驚惶失措、四處奔逃；眼看不但美麗溫馨的家園就要毀於一旦，連眾多的小命兒也快要不保了……

只見火勢一發不可收拾的飛速蔓延開來，一瞬間森林就變成了一片火海。

火勢兇猛又狂烈，鳥獸們都害怕驚嚇的十方逃竄！處處都充滿了驚嚇的尖叫聲與驚惶恐懼的哀嚎聲，讓原本安寧諧和的森林樂土，剎時已變成了人間煉獄！

目睹这一幕幕的慘狀，歡喜首當下生起了悲憫之心，他抹掉了驚愕痛惜的眼淚，決定努力積極的面對這個空前的大災。

他不顧一切勇敢的飛向臨近的大海去取水，而大海距離十分遙遠，森林被火燒的面積卻十分廣大；但歡喜首仍不捨林中的鳥獸同伴們，毅然決然地向大海飛去。

當歡喜首飛到海面時，在嘴裡銜了一口水，又將他的羽翼沾濕，再飛回森林中；用他口裡的水，與沾濕的羽翼，把微

the little parrot and all animals become more and more happy. They might have a party in the sunshine in leisure hours. The last and the best performance of the party must be the little parrot, happy head, singing his best song”happy song”. Everyone applauded him cordially when he finished his performance. Happiness was in everyone’s face, and they wished such a happy life may last forever.

However, the dream was broken after a long and dry summer.

The forest caught a fire. Animals ran everywhere with panic. The beautiful home was destroyed and they were probably going to be killed.

The fire spread rapidly, and the forest was suddenly fired everywhere.

The fire was so strong that animals ran everywhere and the air was full of screaming and crying. The peaceful forest had become a hell.

Seeing such a terrible thing, the happy head commiserated his fellows and stopped crying. He decided to face this unprecedented disaster.

He flew to a neighboring ocean for water. Although the ocean was very far and the forest was very wide, the happy head decided to save his fellows and flew to the ocean firmly.

When reached the ocean, the happy head held water in his mouth and wetted his wings. He returned to the forest and sprayed the water to the fire, the tiny water in his mouth and on his



小鸚鵡氣勢磅礴的說：我發願永不停止的滅火，直到大火全部熄滅為止！
The little parrot said firmly, "I will continue to distinguish the fire until it is completely distinguished."

量的水滴灑向那烈烈大火海之中，希望迅速的熄滅這場大火。就這樣他不斷的在火海與大海間往返奔波著……

轟！話說忉利天宮上突然產生了大震動，天王釋提桓因此深感驚訝的說：

到底是那來的力量，使得忉利天宮發生如此大的震動？

於是就用天眼觀看，當釋提桓因看到原來是一隻小鸚鵡正在奮勇的救森林大火，神情震驚的說：

這種事情，只有真正發心的菩薩才能得到啊！！

於是，釋提桓因運用神足通，快速的來到了歡喜首的面前，向歡喜首問道：

這一片森林有數千萬里的廣大遼闊；而你用嘴與羽翼所能載來的水，只不過是幾滴而已，所謂：杯水車薪，你如果想要熄滅這場大火根本是不可能的！

此時歡喜首卻露出堅定不移的眼神說道：

我相信，只要我堅持這個心願，精勤努力，一定可以滅掉這場大火；而且就算為此而犧牲性命，大火卻仍未熄滅；但爲了這森林中的一切生靈，我將發願來生再繼續滅火，直到大火全部熄滅爲止！

釋提桓因被歡喜首偉大的悲願與落實的行動所深深感動，決定用自己的福報與能力來幫助他達成弘願，於是立刻顯現廣大的神通降下了豐沛的大雨，快速的熄滅了這場森林大火！

wings. Thus, he traveled between the ocean and the forest and wished to extinguish the fire.

Hung!! Heaven palace was shaken. The heavenly king was so surprised and asked, "What's the power to make my palace shake? He began to search the power with his heavenly eyes and was shocked that the power was from a little parrot that was saving a forest fire with all his might.

"Only Bodhisattva can do this." thought the heavenly king.

The heavenly king rapidly came to the happy head with magic power and asked him, "The forest is so broad and the water brought with your mouth and wings is so little. It is impossible to extinguish the fire."

At this time, the happy head said firmly, "I believe that as long as I persist and never give up, the fire can certainly be distinguished. Even I am killed and the fire still continues, for all creatures in the forest, I promise to continue what I am willing to do in my next generation until the fire is distinguished."

The heavenly king was so touched by the parrot's will and what he did that he decided to help the happy head with his mighty power. He gave a heavy rain to the forest and distinguishes the fire immediately.

金剛經

的晶鑽智慧！

The Wisdom of the Brilliant Diamond for
THE DIAMOND SUTRA

— 連載第49回 —
— Chapter Forty-nine —



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

編撰解讀／郭韻玲

譯文／慧蓉

視覺設計／光之翼

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

Decode / Kuo, Yun-Ling Translator / Hui-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！

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 enlighten-
ing life.

It is worth striving to dig the “treasure” up and
practice it diligently!



第二顆晶鑽：經文之鑽！

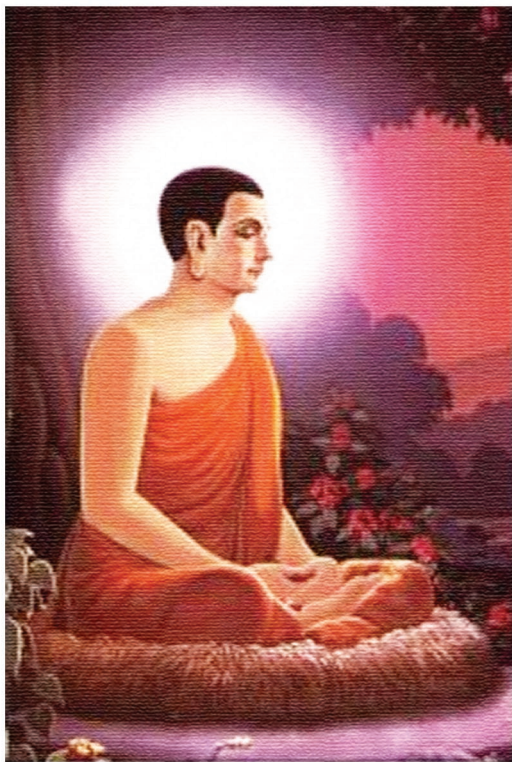
須菩提
若善男子善女人
以三千大千世界碎爲微塵
於意云何
是微塵眾寧爲多不
須菩提言甚多
世尊
何以故
若是微塵眾實有者
佛即不說是微塵眾
所以者何
佛說微塵眾即非微塵眾
是名微塵眾
世尊
如來所說
三千大千世界即非世界
是名世界
何以故
若世界實有者
即是一合相
如來說一合相即非一合相
是名一合相
須菩提
一合相者即是不可說
但凡夫之人
貪著其事

第三顆晶鑽：解讀之鑽！

什麼是一合相？
是指世界

The Second Brilliant Diamond: The Original Sutra

Subhuti,
what do you think?
If a virtuous man or woman
pulverizes a Buddha-land (*Tri-sahasra-maha-sahasra-loka-dhatu*) into dust,
would those particles of fine dust be many?
Subhuti says,
“Many, World Honored One.
Why?
Because if those fine particles of dust really exist,
the Buddha would not have called them fine particles of dust.
Why?
Because the fine particles of dust the Buddha says
are not the fine particles of dust,
they are just named the fine particles of dust.
World Honored One,
the Buddha-land the *Tathagata* says
is not a world,
it is just named a world.
Why?
Because if it is real,
then it is a conjuncture (*pinda-graha*).
The *Tathagata* says that conjuncture is not
conjuncture,
it is just named conjuncture.”
Subhuti,
conjuncture is unspeakable,
but common people are greedily attached to such
things.



由眾緣和合而成，
但此“一合相”
並非實有，幻如空花，
所以不可說；
能夠說的，只有假名而已，
但凡夫顛倒，
把名相執成實有。
也就是說，
我們總是執取於名相的種種，
忘記了實體真的不能與名相之間劃一個相等號。
這段是再度說明金剛經的主旨：
破名相、顯空義。
所以，
不論從那個角度來看，
都要去除一切的執著，
然而就是因為去除執著太困難，
才須煩勞佛陀不厭其煩的一而再、
再而三的舉例說明，
或從各種不同角度來告訴我們：
諸法實相，了不可得。

第四顆晶鑽、第五顆晶鑽．．．．．
無量晶鑽：都在金剛經中！

The Third Brilliant Diamond: Explanation

What is *pinda-graha*?

It means that the world consists of
concurrences of conditions (*pratyaya*).

Nevertheless, conjunctures are not real.

They are only illusions as flowers in the air.

Consequently, they are unspeakable.

All we can speak of is only their substitutive names.

However, common people often distort truths
and think that “names” are real.

That is to say,

we always be attached to kinds of names
and forget that a name is not equal to the substance.

This paragraph clarifies the gist of the Diamond Sutra
again:

to break through formalism and to reveal the *Emptiness*.

Therefore,

no matter from which angle,
we should not have any attachment.

Yet to root out attachments is truly hard.

That is why the Buddha gives examples from various
angles,

again and again with all patience

to tell us that

the essence of all *Dharmas* can not be attached to.

**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：宋徽宗・集字

The style of calligraphy in this issue:
Song Hui Zong Collection

健康之泉 Health

吃醋好處多 Vinegar is good !



撰文&報導／鄭秉忠 譯文／毓琪 視覺設計／湛藍天光

Article & Reporter/Zheng, Bing-zhong Translator/Crystal Vision Design/Blue Sky

願健康如影相隨

願喜悅如歌繚繞

May health like shadow following.

May joy like song spreading round.

醋在文明古國都有數千年的歷史，遠在周朝代前就有醋，周朝稱為醯、苦酒，漢朝之後才稱之為醋。醋的好處自古以來本草綱目便有記載，具有消毒、殺菌等功效，醋能促進新陳代謝、抗氧化作用，是有助於肌膚的美容聖品。醋能強化肝功能，而使容光紅潤煥發。還可以改善感冒、疲勞、高血壓、肩痛、神經痛、糖尿病等無菌性疾病；而且從多次實驗中，已證明病菌在醋裡10至30分鐘內，就會全部死亡；食後發生中毒的細菌也是如此，可見醋具有預防菜餚腐敗的作用。天然醋含有18種游離胺基酸、包括人體自身不能合成、須由食物補給的8種必要胺基酸，對人體細胞有新陳代謝的作用。醋的療效大部份的國家都歸類為民俗療法，這對一般民眾選購時是方便的；但西方有些國家認定高純度檸檬酸為藥品。常見關於醋的加工品有蜂蜜醋、伯蒙特飲料、醋豆等都是美味又健康的聖品，除了食用外又有消腫止癢、治香港腳、頭髮變黑、去頭皮屑、去茶垢等神奇妙效。



至於醋的種類按其使用原料可分為米醋、麥芽醋、蘋果醋、鳳梨醋等不一而足。按照製造程序則可分為三大類：

- (1)釀造醋：含有檸檬酸等數種身體所需的酸及 醇酯類，氣味芳香醇美。
- (2)合成醋：又稱化學醋，係以冰醋酸之稀釋液為原料。而搖一搖醋時產生的泡沫很快消失的，多半是合成醋。
- (3)混合醋：以釀造醋及合成醋依適當比例混合而成，品質介於兩者之間。

而合成醋是用冰醋酸去調的化學醋，可能會有雜質，所以對人不好；還是天然釀造醋為優。

古代醫書對於醋的功用有下列的真知灼見：

中醫醫書記載，醋性味酸苦溫，功用為解毒、殺蟲、散瘀、止血、解魚肉、菜毒。

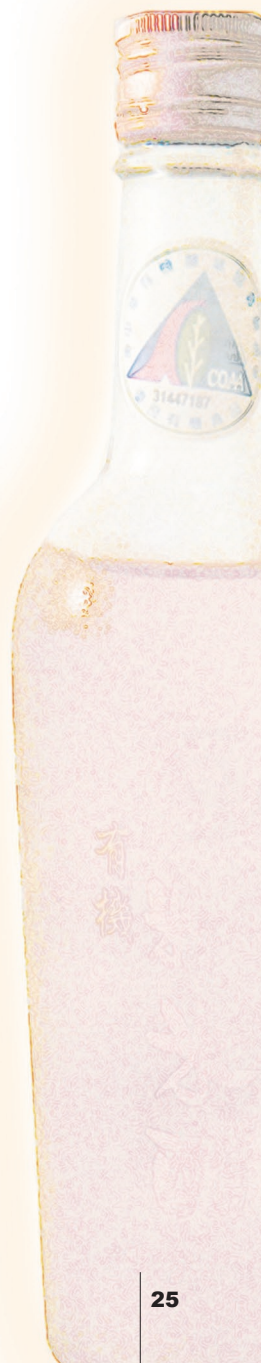
《本草綱目》：醋可消腫、去水氣、殺邪毒、理諸藥。

《隨息居飲食譜》：開胃、養肝、強筋、暖骨、醒酒、消食、下氣闢邪、解魚蟹鱗介諸毒。醋入肝胃經，中醫謂肝主筋。可知醋似乎對筋骨有所助益，且有散瘀作用。

《經曰》：酸走筋，筋病勿多食酸。凡筋攣偏痺，手足屈伸不便，皆忌之。

《千金·食治》：扁鵲云：多食酢，損人骨。醋於痿痺（註：筋脈拘攣）脾胃溼甚皮外感初起忌服。

Vinegar has been thousands of years in ancient cultural country. There was vinegar named bitter wines in the Zhou Dynasty, and named since the Han dynasty. The benefit of vinegar has recorded in Chinese herb book in ancient ages, with the function of disinfection and sterilization. Vinegar has the function of metabolism and anti-oxidation to beautify the face. Vinegar can strengthen the liver function and let face look ruddy and improve cold, fatigue, hypertension, shoulder-ache, nerve-ache, and diabetes. And many experiences can prove that all germs would die in vinegar within 10 to 30 minutes, so is the germ taken from food to cause poison. It is perceived that vinegar has the function to prevent cooked food decayed. Natural vinegar contains eighteen types of ionized amino-acid, including eight types of necessary amino-acid unable to be composed by human body but supplying from food to keep the function of metabolism for human cells. The therapy effect of vinegar is categorized as folk therapy, so it is convenient for people to purchase. But some western countries consider it as medicine for it high density of citric acid. The common





products of vinegar has honey vinegar, beverages and vinegar bean with magical effect of reducing swelling, relieving itching, curing athlete's foot, blackened hair, reducing dandruff and clearing tee filth.

According to material, the type of vinegar has rice vinegar, malt vinegar, apple vinegar, pineapple vinegar, etc. There are three kinds in term of manufacturing process,

- (1) Fermentative vinegar: containing several kinds of citric-acid needed by human body, with fragrant and good smell.
- (2) Compound vinegar: also named chemical vinegar, diluted from glacial acetic acid. And the bubbles produced from shaking vinegar would disappear soon later.
- (3) Mixed vinegar: mixing Fermentative vinegar with Compound vinegar by proper percentage. And its quality is between both.

Compound vinegar is chemical vinegar produced from glacial acetic acid, maybe with impurities, so not good for human. It has better use natural vinegar.

There are profound knowledge and penetrating insight for the function of vinegar in ancient medical book:

According to the recording of Chinese medical book, the flavor of vinegar is sour and a little bitter, its function is detoxification, killing insect, eliminating hematoma, stopping bleeding, and detoxifying the poison of fish, meat and vegetable.

Chinese herb book: Reducing swelling, eliminating mist, killing poison, and smoothing other medicine.

Diet Recipe: Appetizing, improving liver, strengthening tendon, warming bone, dispelling the effects of alcohol, digesting food, detoxifying the poison of fish, crab, and scale's fish. Vinegar enter liver and stomach vein, and liver master tendon per Chinese medicine. So vinegar is helpful for physique and

with the function of eliminating hematoma.

Sutra saying: Sour enter tendon, so don't eat sour for physique-disease patient, such as tendon contraction nearing paralysis, and hands and feet unable to act freely.

Ch'ien-chin Shih-chih:

Bian Che said, "too much vinegar can damage your bone.

Vinegar is prohibited for those who has convulsions."





輕盈降脂茶 – 山楂澤瀉決明子

Herbal Tea for Weight Reduction-

Hawthorn, Rhizoma Alismatis and Cassia Seed



資料搜集／愛美兒 編撰／王西施 攝影／瓊斯
 譯文／子帆 視覺設計／彭聖芬
 Information/May Article/Pretty Photo/Jones
 Translator/Frank Art design/Peng

喝的理由

降脂，不但有助於體態輕盈，增加美麗；以健身的觀點而言，減少體內含脂量，亦是有益於心血管、循環等。

配方

- (1) 生山楂：約 10g
- (2) 澤瀉：約 10g
- (3) 決明子：約 10g

來源

民間驗方

製作方法

- (1) 生山楂切碎
 - (2) 澤瀉切薄片
 - (3) 決明子炒一下
- 三味藥置杯中，沸水沖泡，加蓋悶 10 分鐘後即可飲用。

使用方法

每日一劑，代茶飲用。

功效

幫助降脂、減肥對於高血壓、肥胖症與動脈硬化等都有改善功能。

補充說明

- (1) 山楂、澤瀉、決明子在清代宮廷中，也常被御醫用來作輕身美容、延年益壽的藥材。
- (2) 在現代科技研究中，証明山楂、澤瀉、決明子都有不錯的降脂功能。
- (3) 如果飲用此茶沒有任何不舒適感，可以再

Purpose

Weight reduction: contribution to a nice figure.
Health: reduction of body fat and good for heart, blood vessel and blood circulation.

Prescription

- 1. Raw hawthorn 10g
- 2. Rhizoma alismatis 10g
- 3. Cassia seed 10g

Source

Folk prescription

Cooking

- 1. Mince the raw hawthorn.
 - 2. Cut the rhizoma alismatis into slices.
 - 3. Fry the cassia seeds.
- Put the three herbs into a cup and fill boiled water therein. Put a cover on the cup for 10 minutes. Open the cover and enjoy it!

How to use

Once everyday!

Effect

- 1. Reduction of your body fat and loss of your weight.
- 2. Reduction of hypertension, fatness and vascular sclerosis.

Remark

- 1. Hawthorn, rhizoma alismatis and cassia seed are often used by royal doctor in Chin dynasty as medicines for beauty treatment and life prolonging.
- 2. It is proved in modern science that hawthorn, rhizoma alismatis and cassia seed can reduce fat well.
- 3. If you get with the tea, 3g folium sennae can be added to enhance reduction of fat.

Dictionary of Chinese Medicine





■生山楂 raw hawthorn

加番瀉葉 3 g，會加強降脂作用。

中藥小辭典

名稱：山楂

藥用部分：薔薇科喬木山楂或野山楂的成熟果食。

小史：唐本草稱山楂為“赤瓜實”，古方很少使用；直至朱丹溪寫了“山楂之功”，才逐漸成為重要之藥。

性味：酸、甘、微溫。

歸經：歸脾、胃、肝經

功效：消食化積，活血散瘀。

一般用量與用法：三到五錢，煎服。

禁忌：朱震亨曰：山楂大能克化飲食。若胃中無食積，脾虛不能運化，不思食者，多服之則反克伐脾胃生發之氣也。另，牙齒不好者，宜減少山楂在口內時間或少服。

臨床實驗：

Name: Hawthorn

Part for medicine: Fruit of *Crataegus pinnatifida* or *C.cuneata*.

History: The Hawthorn, named “Chi Qua Shi” in herb dictionary of Tang dynasty, is seldom used in old prescriptions. It became an important medicine until Chu Dan Shi wrote “The function of Hawthorn”.

Characteristic: Sour, sweet and slightly warm.

Attribute of energy vessel: Spleen, stomach, liver.

Effects: Decomposing food, decomposing blood stasis.

Usage: 15 to 25 grams, boil and drink.

Prohibition: The hawthorn can decompose food. If no food in stomach, spleen cannot work. If a man who has no appetite eats too much hawthorn, gas will occur in the stomach. The man who has bad teeth had better eat less hawthorn or shorten the period of hawthorn staying in your mouth.

Experiment:

1. Hawthorn is used to decompose the food stay in stomach. It is often used in accompany with malt and medicated leaven. The abdominal pain due to food can be cured by fried hawthorn powder of 15 grams mixing with water.
2. Hawthorn is used to relieve stomach pain or stop bad secretions after postpartum. It is often use in accompany with the roots of Chinese angelica, chuan xiong and Leonurus Sibiricus.
3. Hawthorn has been often used in hypertension, coronary artery disease and Hyperlipidemia.

Pharmacology effects:

1. The hawthorn increases the contract of heart



**藥理作用：**

- (1) 心血管作用增加心肌收縮力，增加心輸出量，減慢心率，擴張冠狀動脈血管，降低心肌耗氧量，並可降低血壓和血脂。
- (2) 助消化作用，增加胃中消化，亦含脂肪，促進脂肪食積的消化。
- (3) 抗菌作用
- (4) 收縮子宮作用

毒副作用：

- (1) 臨床大量使用山楂粉劑、錠劑，可出現泛酸、胃痛、燒灼感等反應。
- (2) 山楂毒性較低，但其酒精提出物和水浸液大量服用後，會引起中毒反應，給大鼠小鼠服用大劑量，先呈現鎮靜，繼而臥倒，呼吸抑制，直至死亡。

方劑舉例：

保和丸《丹溪心法》山楂、六曲、茯苓、陳皮、萊菔子、連翹、半夏。治食積停滯，腹痛泄瀉。

按語：

張錫純曰：山楂若配以甘藥佐之，化淤血而不傷新血，開鬱氣而不傷正氣。

名稱：澤瀉

藥用部分：為澤瀉科植物澤瀉的塊莖。

muscle and cardiac output, slows down heart rate, expands coronary artery, reduces oxygen consumption of heart muscle and blood pressure.

2. It contributes to increase digestive enzyme and lipase to decompose food in stomach.
3. Anti- bacteria.
4. Contracting the uterus.

Side Effect:

1. When large quantity of hawthorn is used, a patient may have stomach pain, burning feeling.
2. Hawthorn is low poisonous. Large quantity of the abstract of hawthorn is, however, poisonous. Mice that have large quantity of the hawthorn will be calm first, then lay down, stop breath, and finally die.

Prescription:

Bao He pill: Hawthorn, medicated leaven, Poria cocos, chen pi, tsai fu seed, lian qiao, ban xia. It cures poor digestion and stomach pain.

Remark:

Chang Shi Chun said, "Hawthorn with gan yau can decompose blood stasis.

Name: Rhizoma Alismatis

Part for medicine: Tuber of alisma orientalis

Characteristic: Sweet, cold

Effects: Serving as a diuretic.

Usage: 5 to 10 grams boiled to drink.

Prohibition: Man who has spermatorrhea can not use it.

Chemical composition: Alisol A, B, C, epialisol A, and alismoxide.

Pharmacology effects:

1. It reduces blood lipid, blood cholesterol and trig-





性味：味甘、性寒。

功效：有利水滲溼、泄熱的功能。
用於小便不利、水腫、泄瀉、淋濁、帶下，
痰飲停留以及腎陰不足、虛火亢盛等。

用法：

內服入煎劑，常用量為5～10克，炒澤瀉
多用於利水止瀉。

禁忌：

腎虛精滑者忌服。

化學成分：含多種四環三酮醇衍生物澤
瀉醇A、B、C(alisol A, B, C)及其乙
酸酯，表澤瀉醇A(epialisol A)，環氧澤
瀉烯(alismoxide)以及卵磷脂、胆碱、糠
醛。

藥理：

- (1)降血脂，可使血清總膽固醇及甘油三
酯含量降低，能抑制主動脈粥樣硬化
斑的形成。
- (2)利尿
- (3)抗脂肪肝

名稱：決明子、亦稱為草決明。

藥用部分：為豆科植物決明Cassia tora
的成熟種子。

性味：甘、苦、鹹、微寒。

歸經：入肝、膽經。

功效：清肝火、去風熱。

一般用量與用法：三錢至五錢，煎服。



lyceride and suppresses Atherosclerotic plaques.

2.It can serve as diuretic.

3. It can prevent fatty liver.

Name: Cassia Seed

Part for medicine: Seed of Cassia tora

Characteristic: Sweet, bitter, soda taste and
slightly cold.

Attribute of energy vessel: Liver and gall.

Effects: Clean liver and get rid of fiber

Usage: 15 to 25 grams, boiled and drink

Medication:

1. Reduction in blood pressure.
2. Bacteria resistance.
3. Reduction in blood lipid, blood cholesterol and
triglyceride.
4. Contracting the uterus.

Clinic application:

1. It is used to cure inflamed eyes which is usually
caused by liver inflammation. It is often used
accompany with Long Dan straw, Scutellariae
Radix and Prunella vulgaris.
2. It can clean liver and clear eyes. It is often used
in accompany with Flastem Milkvetch Seed, Ripe
fruit of Ligustrum lucidum Ait, fruit of Chinese
wolfberry and sheng di huang.



藥理作用：

- (1) 降低血壓
- (2) 抗病原微生物
- (3) 降低血清膽固醇和三酸甘油脂
- (4) 泄下
- (5) 收縮子宮有催產作用

臨床實驗：

- (1) 用於目赤腫痛、羞明多淚、青盲內障等症。目赤腫痛，羞明多淚等症，係肝火上擾，或風熱，上壅頭目所致。決明子既能清泄肝膽鬱火，又能疏散風熱，為治目赤腫痛要藥。肝火常配龍膽草、黃芩、夏枯草等同用。
- (2) 青盲內障，多由肝腎不足所引起。決明子清肝而明目，常與補養肝腎藥如沙苑蒺藜、女貞子、枸杞子、生地等同用，以治青盲內障。
- (3) 有潤腸通便作用，能治大便燥結。
- (4) 近年來臨床上又用於高血壓病呈現肝陽上擾、頭暈目眩等症。

副作用狀況：

在營養完全的食物中加入不同比例的決明子，隨藥物比例增加大鼠體重會降低。臨床使用本品口服降血脂，服藥後有9%的病例，初期有腹脹、腹瀉噁心，但可自行消失，不影繼續服藥。

炮炙狀況：

本品滑腸作用稍強，炒後可減緩滑腸作用，且質較鬆脆，易於粉碎和煎出有效成分。

選購注意與預防混淆品：

- (1) 望江南子呈扁平狀，在台灣藥品市場混淆使用，其苯抽出物含有毒蛋白和柯亞素兩種有毒物質，對動物肝腎有損害。
- (2) 刺田菁，此是台灣民間常見綠肥，其外形更類似決明子，不過較小，呈短圓柱形且有腫擠，幸好不被市場混用。
- (3) 真品決明子，外觀棕褐色光澤的稜方形，兩端平行傾斜。

3. It can promote bowel movements.
4. It can cure dizziness caused by high blood pressure.

Side Effect:

When the Cassia Seed is added to a food of sufficient nutrition, the weight reduction of the mouse eating the food is proportional to the ratio of added Cassia Seed.

If the Cassia Seed is used to reduce blood lipid, 9% of the patients will have abdominal distention, diarrhea and vomiting feeling, however, it will disappear freely.

Fried cassia seed can be used to lubricate intestines. It is loose and crisp and easily smashed to take the effective coposition.

Notice:

1. Coffee Senna Seed is flat and similar to the cassia seed. In Taiwan herb market, coffee senna seed is mixed with cassia seed. The coffee senna seed is harmful to liver and kidney.
2. Spiny Sesbania is much more similar to cassia seed than coffee senna seed but smaller. The Spiny Sesbania is cylindrical and not mixed with cassia seed in market.
3. The true cassia seed is rectangular of brown color with two ends parallel inclined.



Herbal Tea for Weight Reduction



電影啟示錄

是娛樂 也是學習
在輕鬆的氛圍中 豐富了我們的人生

撰文/影舞者 資訊蒐集/鮑達聰 視覺設計/珊瑚礁

圖片提供/博偉. 華納. 環球

每一部電影
都是一個人 或一群人的生命片段
有的幸福、喜感或幽默
也有的崎嶇 不幸 甚至令人落淚
但無論什麼樣的剪影
只要我們用心 咀嚼回味一下
就會發現 燦爛的光影中
竟蘊涵無數的啟示.....

Apocalypse of Movie

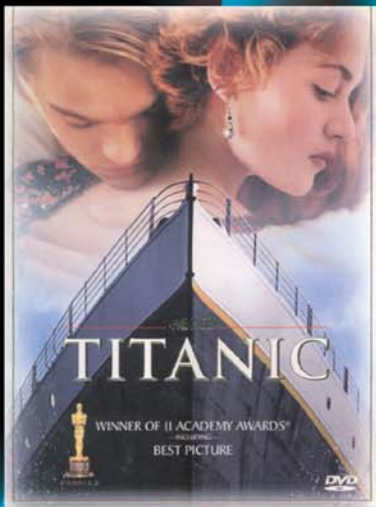
Movie is recreation as well as lessons.
The life is enriched in such a relaxed atmosphere

Author/ Shadow dancer Information/ Responsible for hearing Art Design/ Coral

Every movie shows life sections of a man or people.
Some of them are happy, comedic or humorous, and others
are frustrates, unfortunate, or sorrowful.

Whatever section it is, as long as we pay much attention
and carefully recall, we will find that countless inspirations
have already contained in the splendid images.







The village

NO.1

黑暗的啓示：惡如烈火

中文片名：陰森林

英文原片名：The Village （直譯：村子）

類型：驚悚

片長：105 分鐘

分級：未分級

導演：M. 奈沙馬蘭

演員：艾西頓庫奇、奧卓安布洛迪、克莉斯汀鄧斯特、雪歌妮薇佛

發行公司：博偉

上映日期：2004-08-13

電影故事：

也許，在某一個森林保護區裡，真的有這麼一個完全不被世人所知的村子，也說不一定。這個遺世而獨立的村子，人們都和樂、勤奮且道德高尚的活著，並且一切自給自足，完全不需仰仗外界任何的支援。

這似乎是一個完全沒有缺憾的理想國，人們可以無憂無慮的過著幸福快樂、不受干擾的日子——不！唯一的陰影是阻隔這村子與城鎮的森林裡，據說住著誰也沒有見過其真面目的怪物，嚇得誰也不敢越森林的雷池一步，而甘心情願的在村中終老一生。

直至有一天，有人因為情殺受了重傷，必須進步的醫藥才救得了他，於是一個為愛而生起無比勇氣的盲女，終於跨出了村子，穿越了森林，發現了秘密，原來……

電影的啓示：

這些人為什麼要離群索居？甚至不惜以恐怖怪物的謊言來嚇阻、尤其是不知情的下一代去到城鎮，原來這村中包括教授、醫生等的數位長老，在城中都曾有過痛苦慘慄的經驗，例如哥哥因好心救歹徒，反而被槍殺；丈夫出去買東西，就被搶劫殺害；姊姊莫名其妙被侵犯慘死……不一而足的各種都市獸行，讓這些人對所謂的“城市”徹底的失望，所以才攜家帶眷，離群隱居，建立了他們心中的一桃花源！

佛法的延伸：

佛法也是主張：要遠離惡緣，像遠離熾烈的火燄！但是佛法的觀察是更廣大徹底的，不只是人群聚居的都市是罪惡的淵藪；嚴格說起來，這整個人世都是讓人根本一刻不得安全與安寧的一大火宅！（法華經如是說）。例如電影中那個努力遠離罪惡的村子，最後還是發生了一件殺人未遂案件，所以光離開都市是不夠的，必須完全的離開這個五濁惡世的大火宅，去到那永世安樂的真正桃花源——淨土！





The village

NO. 1

What Darkness Teaches- The Evil is Like Strong Fire

Movie: The Village

Type: Thriller

Running Time: 105 Min

Director: M. Night Shamalan

Actor or Actress: Joaquin Phoenix, Adrien Brody, Sigourney Weaver

Category: None

Show Date: August 13, 2004

Story:

Maybe in a forest preserve, a village never known does exist over there. In this village, people live a happy and noble life. They are self-sufficient and independent.

It seems a perfect utopia. People over there live a happy life without any interference. Oh no! The only one thing is the forest. It is said that a monster never seen lives there. They would live in the village for the whole life rather than enter the forest.

One day, someone was hurt by his rival in love, he can be saved only by some progressive medicine. Therefore, a blind girl left the village and passed through the forest with great courage for her lover. She found the secret finally.

Teachings from the movie

Why these people live apart from other people? They even tell the lie about a monster to prevent their younger from stepping into a city. In the village live some old men who were a professor or a doctor. They all have some terrible experiences in the city. For example, someone's brother saving some bad guys was killed by them. Someone's husband was shot when he went out. Someone's sister was raped and killed. The city violence has disappointed these persons. For this reason, they brought their family far away the city to build their utopia.

View point of Buddhism

Buddhism teaches us to get away from bad things as to get away from burning fire. However, Buddhism has a broader view point. Not only the city is an evil place, the whole world is a big burning house where men cannot be peaceful (said in Fa-Hwa sutra). An attempted murder happens in the village in the movie, for example. Therefore, it's insufficient to only away from the city. We must get away from the big burning house forever and reach the real utopia- the pure land.





A Cinderella Story

NO.2

童話的啓示：美德灰姑娘

中文片名：灰姑娘的玻璃手機

英文原片名：A Cinderella Story （直譯：灰姑娘的故事）

分級：普遍級

導演：馬克羅斯曼

演員：希拉蕊德芙, 珍妮佛庫里吉, 查德麥可莫瑞

發行公司：華納

上映日期：2004-08-20

電影故事：

珊曼(希拉蕊德芙)是世界上最幸福的女孩，然而在父親去世後，她的生活便陷入了水深火熱。她那超級自戀的繼母費歐娜(珍妮佛庫里吉)與一對搞笑的雙胞胎繼妹，成天把她當僕傭使喚。珊曼最大的心願，就是希望自己能順利進入普林斯頓大學，並且離開這個沒有溫暖的家。在忙碌辛勤的生活中，珊曼剩下最大的寄託，就是與一名無話不聊、心靈相通的網友(即查德，同校中的人氣王子)上網聊天和傳簡訊。

萬聖節舞會當晚，兩人相約見面，王子與灰姑娘在舞池正中央相遇了。學校裡人氣第一的足球隊長奧斯汀安姆斯(查德麥可莫瑞)，並沒有認出她眼中美麗公主的真面目。午夜來臨，灰姑娘匆匆離去，只留下一支來不及撿起的手機。然而當奧斯汀終於發現了灰姑娘的真實身分，錯愕的表情傷透了珊曼的心，此時費歐娜又送來她所造假普林斯頓大學的拒絕信。無法離開家裡，又失去王子的拯救，萬念俱灰的珊曼，只好繼續為繼母繼妹做牛做馬，當一輩子的灰姑娘。

然而在這時，奇蹟出現了，珊曼在一本父親留給她的童話書中。發現了真相—原來繼母賴以過好日子的快餐店及住的房子，原本父親是指定由珊曼繼承；於是珊曼取回了本來就歸屬於她的華屋與快餐店，而繼妹也在道歉的心情下，還給她普林斯頓大學的入學通知，並且王子般的男友，也在珊曼的表露真心誠意後與她交往，並準備一起入大學；一切的一切，果然就像童話中的灰姑娘一樣，變得幸福又美滿了。

電影的啓示：

一個人要努力不懈的追求自己的理想；則電影中餐廳小妹變大學生以及不起眼的女孩成了帥哥的女友，都是有可能美夢成真的！而童話或電影中，都不約而同的傳遞的一個共同的啓示—因為灰姑娘是勤奮而且善良的，所以她最後就超越了一切的困頓，過著幸福又美滿的日子。

佛法的延伸：

成就是不易的，尤其是要出世間的成就更是不易的，但是多少古今的高僧大德已經用其生命中的血淚來証實成就過程努力的重要，亦如灰姑娘身上的美德，即使身處貧窮與卑下，亦不灰心喪志，一樣非常的努力與善良純潔；一個修行人也是一樣，即在努力過後，依然遭到凌厲的考驗，還是要不忘初衷的繼續努力下去，因為一不著世間如蓮花，能令眾生大歡喜！而那如蓮般的純淨善良，其實不但能令眾生歡喜，一樣能令自身清芬自喜啊！





A Cinderella Story

NO. 2

Movie name: A Cinderella Story

Director: Mark Rossman

Actor and Actress: Hilary Duff, Jennifer Coolidge, Chad Michael Murray

Story

Sam Montgomery (Hilary Duff) is the happiest girl in the world. However, she has a distress life after her father dies. Her self-obsessed step-mother Fiona (JENNIFER COOLIDGE) and her sinfully wicked step-sisters, who treat her more like a servant than a member of the family. Sam wishes to attend Princeton University and leave the cool family. The only wonderful thing in her busy life is to chat and send message to a friend (CHAD über-popular quarterback) in cyber who keeps no secret with Sam.

In the Halloween night, Sam makes appointment with him, the prince meets Cinderella in dance floor. The über-popular quarterback Austin Ames (CHAD MICHAEL MURRAY) doesn't recognize the beautiful princess. When the clock strike midnight, the Cinderella leaves in a hurry and leaves a cell phone which is almost picked up by Sam. When Austin finds who the Cinderella is, his astonished expression hurts Sam deeply. At this time Fiona sends a fake reject letter from Princeton. Unable to leave home and lost her prince, Sam is completely discouraged and continues to be the servant of her stepmother and stepsisters, the Cinderella.

At this time, a miracle happens. Sam finds the truth in a fairy tale book which her father gave her. The snack bar and the house which her stepmother depends should be inherited by her. Thus, Sam takes back the house and the snack bar which originally belongs to her. Her stepsisters return the real attendance permit of Princeton. Her princes will continue to be her friend after her sincerely words and attends university with her. Everything is like the Cinderella in the fairy tale.

Teachings from the movie

A man has to pursue his goal very hard. The waitress in a snack bar becomes a university student, and a Cinderella becomes a girl friend of a prince. In the fairy tale or the movie, there is a common point that because the Cinderella is so kind and industrious that she overcome all difficulties and has a happy life.

View point of Buddhism

Achievement is difficult. The enlightenment is more difficult. The great cultivators have proved that effort is important in the process of enlightenment like the Cinderella. Although she is poor and humble, she still makes effort to be a kind girl. A cultivator is the same. Even he has made effort but still experiences some suffering, he will stand on, because he isn't influenced by the world like a lotus. He can make everyone happy. The kindness as a pure lotus can make everyone happy as well as make himself happy.





The Terminal

NO.3.....

盒子的啓示：心中有愛

中文片名：航站情緣

英文原片名：Terminal（直譯：航站）

類型：浪漫／劇情

片長：128 分鐘

分級：普遍級

導演：史蒂芬史匹柏

演員：湯姆漢克，凱薩琳麗塔瓊斯

發行公司：環球影業

上映日期：2004-09-03

電影故事：

由奧斯卡金像獎最佳男主角得主湯姆漢克（曾演出“費城”、“阿甘正傳”）及凱薩琳麗塔瓊斯（曾演出“芝加哥”）領銜主演，導演則是金獎大導演史蒂芬史匹柏（著名作品有“辛德勒的名單”、“搶救雷恩大兵”）。描述從東歐小國搭機前往紐約的威特賴瓦斯基，因為祖國發生政變，他的護照失效，因此抵達紐約後便滯留在甘迺迪國際機場，不得進入美國國土，也無法回國，於是他只好暫時棲身在機場航站的過境大廳，等待祖國的戰爭結束。但是國內的戰亂不斷，返國之日遙遙無期，威特只好把機場航站當作自己的家；這裡就像是世界的縮影，每天有成千上萬的旅客來自世界各地，抱著不同的心情匆匆忙忙地在機場往來；而他也在這裡看盡了人生百態，甚至和一名美麗的女空服員愛蜜莉發生了一段戀情，不過正當他漸漸適應這種生活時，機場官員法蘭克狄克森卻把他視為眼中釘，急欲把他這個被迫滯留在機場的不速之客趕走……

電影的啓示：

片中最感人的一段，就是威特向艾蜜莉以感性的口吻娓娓道出，他來紐約的真正目的——就是為了滿足已去世父親的願望，裝在他隨身不離的小鐵罐中的秘密，就是裡面有他父親心儀的美國爵士樂演奏大師的簽名，就差一位了；而在他父親臨終前，他承諾要圓滿這樣的心願，讓所有的簽名都齊聚在這個小鐵罐中。

這一剎那，不止是艾蜜莉感動了，所有的觀眾都感動了，甚至有人噙著淚水。在網站上，本片獲得大部份的讚賞與肯定，這個溫馨動人的片段，應是加分的關鍵！

所以我們被啓示到——人最會被感動的還是那人性溫暖柔軟的部份。

佛法的延伸：

觀音菩薩是最受人愛戴的菩薩，也是因為她最彰顯出柔軟慈悲的母性特質；事實上在這世上，每一位眾生都需要被溫柔敦厚的對待，不止是萬物之靈的人類，應該是說每一個動物甚至蟲動含生亦然，所以讓我們所有人愛動物不再吃他們的肉了吧！好嗎？





NO.3.....

Box Apocalypse: Love at Heart

Film title: The Terminal

Type: Comedy and Drama

Length: 2 hrs. 08 min

MPAA Rating: PG-13 for brief language and drug references.

Directed by: Steven Spielberg

Starring: Tom Hanks, Catherine Zeta-Jones

Distributor: DreamWorks Pictures

Release Date: September 3, 2004

Synopsis:

'The Terminal,' starring Tom Hanks, won Oscar for Best Actor (starring in 'Philadelphia', 'Forrest Gump', etc.) and Catherine Zeta-Jones (stunned audiences with 'Chicago'), was directed by the Award director Steven Spielberg (his famous films are 'Schindler's List', 'Saving Private Ryan', etc.). It is about a man, Viktor Navorski, arrives at New York's JFK airport from his tiny Eastern European homeland. His passport and paperwork are no longer valid for a coup d'état exploded in his homeland and his nation of origin no longer exist. He cannot enter the United States but he cannot go back, either. He is stuck in the terminal of Kennedy Airport and forced to live in the transit lounge of the airport until the war in his homeland can be terminated. There just likes an epitome of world, thousands of travelers from all over the world with different mood hastily come and go at the airport. He experiences all kind of humanities and even he falls in love with a beautiful airline flight attendant, Amelia. He gradually accommodates such life, but the airport official Frank Dixon takes him as an eyesore and hopes the Navorski problem will just go away — literally...

Apocalypse:

One of the most enduring themes is when Viktor talks Amelia perceptually why he comes New York. He wants to fulfill his deceased father's wish. In a small can with him, there are all the signatures of great American jazz players except one. At the point of his father's death, he commits to satisfy his wish to have all signatures in this can.

At that moment, not only Amelia is touching, all audiences are moved. Some audiences even hold tears in the eyes. It is so moving that it blooms within you as you watch.

In website, the key factor that makes this film admired and confirmed by audience is this theme of great warmth and depth.

Extension of Buddha dharma

Guanyin Bodhisattva is the most popular and respected Bodhisattva for her tender and kind maternal characteristics. Actually, every creature in the world should be treated sincerely and tenderly, not only human needs to be treat that way. Let us love all creatures and not eat them any longer!



The Terminal

禪舞台劇 Zen Drama

連載第20折／心靈討論區：關於恐懼、痛苦、與完美

**Serial issue 20 / spirit forum: concerning fear, pain
and perfect**

編劇／韻玲

Writer／Yun-Ling

譯文／陳子帆

Translator／Frank

視覺設計／夢中水廊～憶

Art design／Water corridor in the dream



討論區之1. 恐懼

大家圍坐

逸竹首先說：

今天討論的主題是——

恐懼！

讓我們深刻的揣摩一下眾生的恐懼

現在

就讓我們進入各種恐懼的內心看一看

甲：

我總是有一種莫名的恐懼

總是在害怕著什麼

乙：

我也是

我是無可救藥的完美主義者

我老是在害怕犯錯

丙：

我恐懼我的恐懼

丁：

我害怕失去

即使一丁點的失去

我都害怕

戊：

我恐懼改變現狀

一女子喃喃自語道：

恐懼

是恐懼被別人傷害

所以

我們就錯誤的選擇了——

先傷害別人

以免被別人傷害

逸竹：

20.1 Having a Discussion on Fear

The pupils of monk Wuxiang sit in a circle.

Yizhu says first,

“The subject we want to discuss today is “fear”!

Try hard to imagine and feel the fears of sentient beings!

Now, let us get into the hearts, which have various fears, to look and see.

The first one says,

“I always have a indescribable fear of something.”

The second one says,

“So have I.

I am an incurable perfectionist.

I am always fearful of making a mistake.”

The third one says,

“I am fearful of my fears.”

The fourth one says,

“I am fearful of losing something, even just a little bit.”

The fifth one says,

“I am fearful of changing the status quo.”

A woman mutters,

“We are fearful of being hurt by others and therefore make a wrong choice, that is, to hurt others before being hurt.”

Yizhu says,

“I think that the way to save ourselves is to stay away from all our thoughts.

我想
我們的得救之路
是——
遠離一切的念頭
當我們遠離了一切的念頭
那麼包含恐懼在內的念頭
也就自然而然遠離了
大家點頭
老和尚經過，也點頭

討論區之2：痛苦

逸竹：
關於痛苦這個課題，
也值得我們深入你我與眾生的心
再深刻的探視一番
甲：
不快樂與痛苦
就是我生命的基調
逸竹：
一切的痛苦
來自於妄念——
想太多了！
就是我們的致命傷！！
乙：
我與人交往時
老是反應錯誤
令我好痛苦
逸竹：
不在意
只有努力作到不在意
才能解脫這樣的痛苦

When we stay away from all our thoughts,
naturally, we will stay away from the thoughts of
fears.
Everyone nods.
Monk Wuxiang is passing by and nodding, too.

20.2 Having a Discussion on Pain

Yizhu says,
“It is also worth of going deep into your, mine
and all sentient beings’ hearts to have a good
look at the topic ‘pain’.”
The first one says,
“Unhappiness and pain are the basic elements of
my life.”
Yizhu says,
“All pains come from improper thoughts.
Thinking too much is our mortal wound!”
The second one says,
“I always wrongly react to others while getting
along with them.
That makes me feel pain.”
Yizhu says,
“Don’t take that thing to heart.
Try hard not to take that thing to heart.
That is the only way to free yourself from the
pain.”
The third one hits himself while saying,
“The reason why I feel pain is that there is the I.
If there is no the I, then I would no longer feel

丙一邊說，一邊打自己

因為有了我

才有了痛苦的感覺

如果沒有了我

豈不就沒有了痛苦的感覺？

逸竹：

我

不是痛苦的原因

對於我的執著

才是痛苦的原因

丁：

青春歲月的無情流逝

令我苦痛莫名

逸竹：

沒有時間

沒有空間

戊：

生命中一切大大小小的打擊

都令我感到痛苦

逸竹：

對於打擊是——

越逃避越痛苦

越面對越甘甜

己：

我好痛苦

我見了人

總是不由自主的想

我與他交往

會有什麼好處

我不喜歡這樣功利

的交往心態

可是 我的心

pain.”

Yizhu says,

“The I is not the source of pains.

Having attachment to the I is the source of pains.”

The fourth one says,

“Time and youth glide past heartlessly.

That gives me a great deal of pain.”

Yizhu says,

“There is no time.

There is no space.”

The fifth one says,

“All of the blows in life make me feel pain.”

Yizhu says,

“The harder you try to get away from those blows,
the more painful you will be.

The braver you face them, the more sweets you
will taste.”

The sixth one says,

“I feel so painful!

Every time when I meet someone,

I cannot help thinking that

what advantages I will get from associating with
him.

I don't like my utilitarian attitude of mind.

But my heart always judges everything involun-
tarily.”

Yizhu says,

“It will be possible for you to be free from pains
only when you completely accept the real you.”

The seventh one says tearfully,

“I once said a few merciless words and thus hurt

就是會不由自主的品評、品評……

逸竹：

只有完全的接納

自己的真相

才有可能

離開痛苦

庚流下了眼淚說：

我曾經說了一句殘忍的話

傷了我最好的朋友

從此他離我而去

至今午夜夢迴時

想到還會心痛

我常常為這件事懺悔

可是還是痛苦不已

逸竹：

只有徹底的原諒

原諒他人也原諒自己

才能讓我們在真誠的懺悔後

得到真正的復原

辛：

活著本身

就是一種痛苦

逸竹：

只有空性與利他

能讓我們解除一切的痛苦

大家點頭。

老和尚經過也點頭。

討論區之3：完美

甲：

我渴望完美

my best friend.

From then on, he left me.

Until now, it still pains me to think about that at midnight hours.

I often say repentant words about that thing.

But I still feel extremely painful.”

Yizhu says,

“Only when you forgive from the bottom of your heart — forgive others and yourself — can you truly recover after repenting sincerely and honestly.”

The eighth one says,

“To live is a pain itself.”

Yizhu says,

“The Emptiness and unselfishness is the only way to relieve us from all pains.”

Everyone nods.

Monk Wuxiang passes by and nods, too.

20.3 Having a Discussion on Perfection

The first man says,

“I yearn for perfection.”

The second man says,

“So do I.”

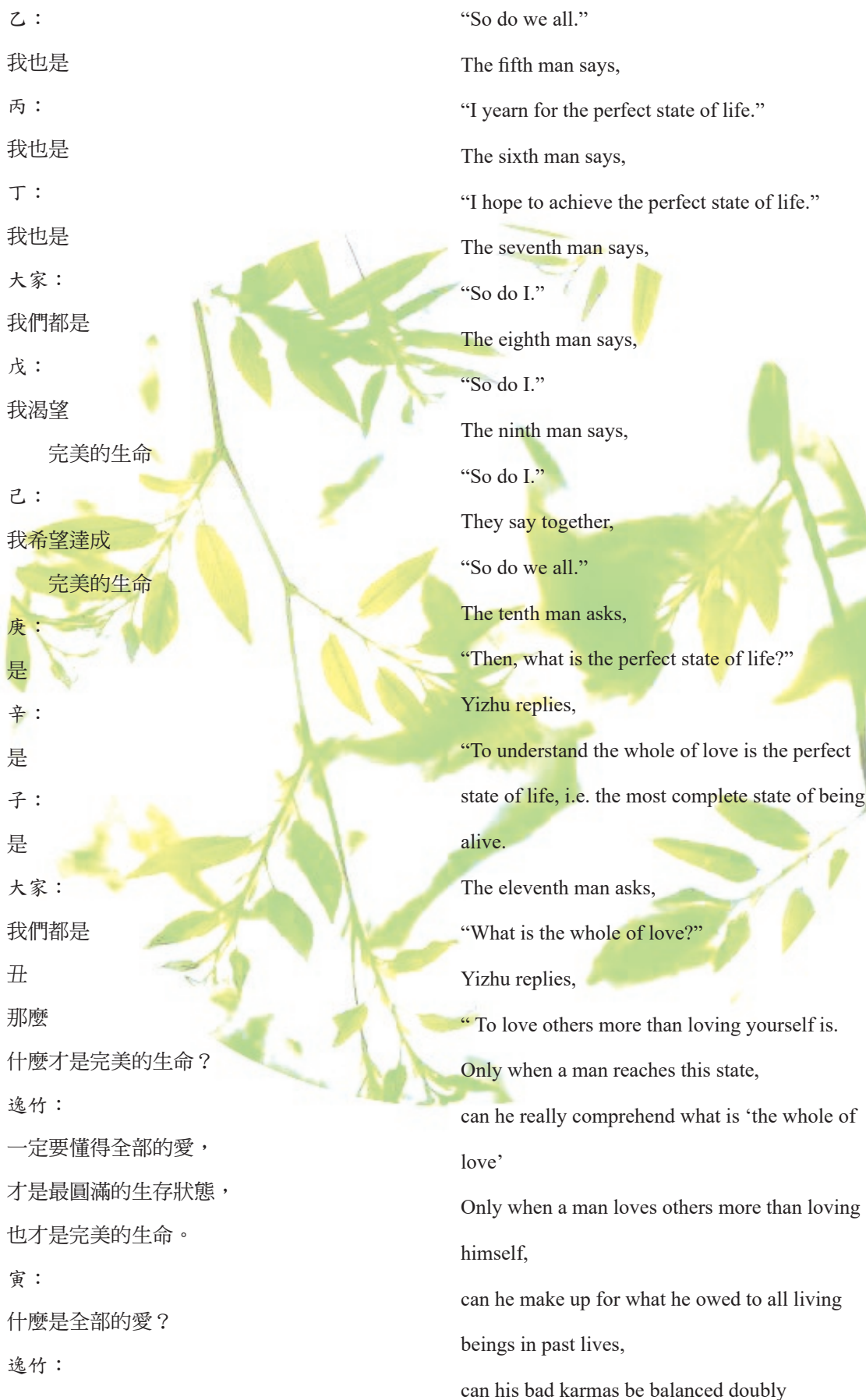
The third man says,

“So do I.”

The fourth man says,

“So do I.”

They say together,



乙：
我也是
丙：
我也是
丁：
我也是
大家：
我們都是
戊：
我渴望
 完美的生命
己：
我希望達成
 完美的生命
庚：
是
辛：
是
子：
是
大家：
我們都是
丑
那麼
什麼才是完美的生命？
逸竹：
一定要懂得全部的愛，
才是最圓滿的生存狀態，
也才是完美的生命。
寅：
什麼是全部的愛？
逸竹：

“So do we all.”
The fifth man says,
“I yearn for the perfect state of life.”
The sixth man says,
“I hope to achieve the perfect state of life.”
The seventh man says,
“So do I.”
The eighth man says,
“So do I.”
The ninth man says,
“So do I.”
They say together,
“So do we all.”
The tenth man asks,
“Then, what is the perfect state of life?”
Yizhu replies,
“To understand the whole of love is the perfect
state of life, i.e. the most complete state of being
alive.”
The eleventh man asks,
“What is the whole of love?”
Yizhu replies,
“To love others more than loving yourself is.
Only when a man reaches this state,
can he really comprehend what is ‘the whole of
love’
Only when a man loves others more than loving
himself,
can he make up for what he owed to all living
beings in past lives,
can his bad karmas be balanced doubly

就是愛人超過愛自己，
只有這樣的境界，
才能真正懂得什麼是全部的愛，
因為唯有愛人過己，
才能彌補過去生對於所有眾生的欠缺，
才能加倍的償還因果，
這樣才能遠離業力之催逼，
故一定要做到愛人過己，
才能到達生命的完美境界。
卯：
也就是擁有犧牲奉獻的精神
逸竹：
服務的人生
是完美的生命

and can he be far away from the urgent and
repeated revenge of bad karmas.
Therefore, it is necessary for one to love others
more than loving himself.
He can thus reach the perfect state of life this
way.”
The twelfth man says,
“That is to say, one should have the spirit of
sacrifice and dedication.”
Yizhu says,
“The life of service is the perfect state of life.”





摩登菩薩 服務形象大速寫！ ——延續篇

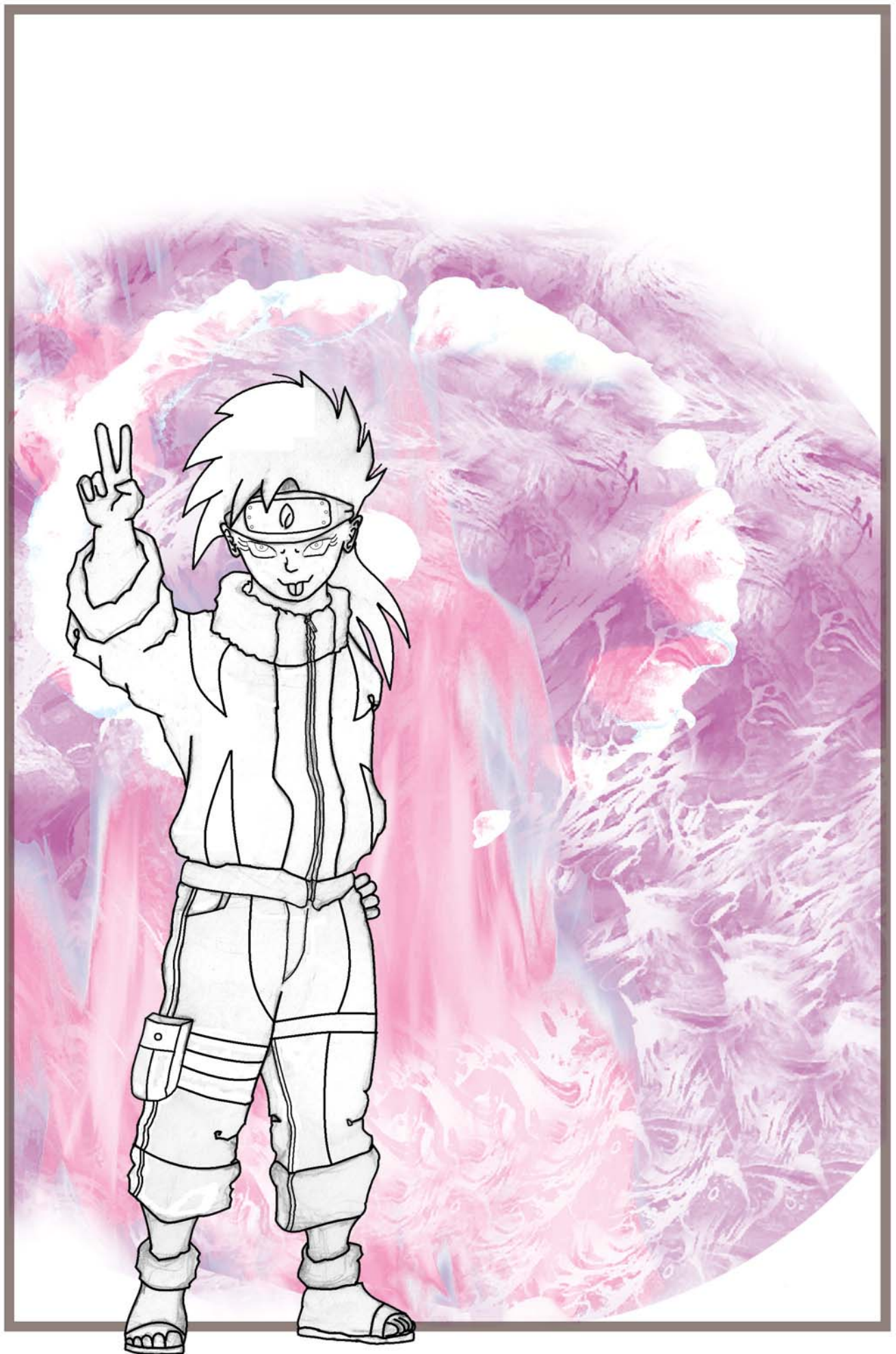
*Modern Bodhisattva
Sketches of service images
- continued*

漫畫人物／蔡承訓 電腦背景設計／鄭博文 譯文／陳子帆 視覺設計／天人集

Illustrator/Tsai Chan Hsun Computer background design/Cheng Buo Wen
Translator/Frank Art design/Angels

摩登菩薩
遍學一切法門
摩登菩薩
探觸時代的潮流與脈動
而且熱情無比 鬥志高昂
發願愛盡一切蒼生！

Modern Bodhisattvas
learn everything.
Modern Bodhisattvas
contact trend of times,
and promise to love all creatures
with great enthusiasm.



姓名：天響櫻

生日：9.01

出生地：地居天

身高：153cm

體重：41kg

職業：學生見習護法

武門流派：自創烈影流+神足術

愛好：看人間卡通

重要的人、事、物：爸、母

喜歡的人、事、物：卡通的一切

討厭的：臭

擅長的：變裝秀

個性：頑皮

發願：用忍術救人



Name : Thunder Sakura

Birth day : September 01

Birth place : Bhumy Avacara heaven

Height : 153cm

Weight : 41Kg

Occupation : Student, Probational guardian of Buddhism

Kung Fu faction: Violent Shadow and Space Transferring Art

Hobby : Cartoon

The most important men : Parents

The favorite things : everything about cartoon

The dislike things : smelly things

Skillful things : face changing

Personality: naughty

Wishes : saving people like a ninja



姓名：勁流轟

生日：3. 29

出生地：紅蓮境

身高：162cm

體重：51kg

職業：下級護法，守護境內和平

武門流派：紅蓮流武忍術

愛好：靜觀自然界

重要的人、事、物：紅蓮境

喜歡的人、事、物：人→親人 事→聽自然界的聲音 物→蓮花

討厭的：噪音、殺生

擅長的：有關速度的一切運動

個性：少話

發願：成為大護法



Name : Strong Flow

Birth day : March 29

Birth place : Red Lotus Realm

Height : 162cm

Weight : 51Kg

Occupation : Low rank guardian of Buddhism, Safeguard the realm

Kung Fu faction: red lotus ninja martial art

Hobby : Nature observation

The most important men : The Red Lotus Realm

The favorite things : relatives, voice from the nature, lotus

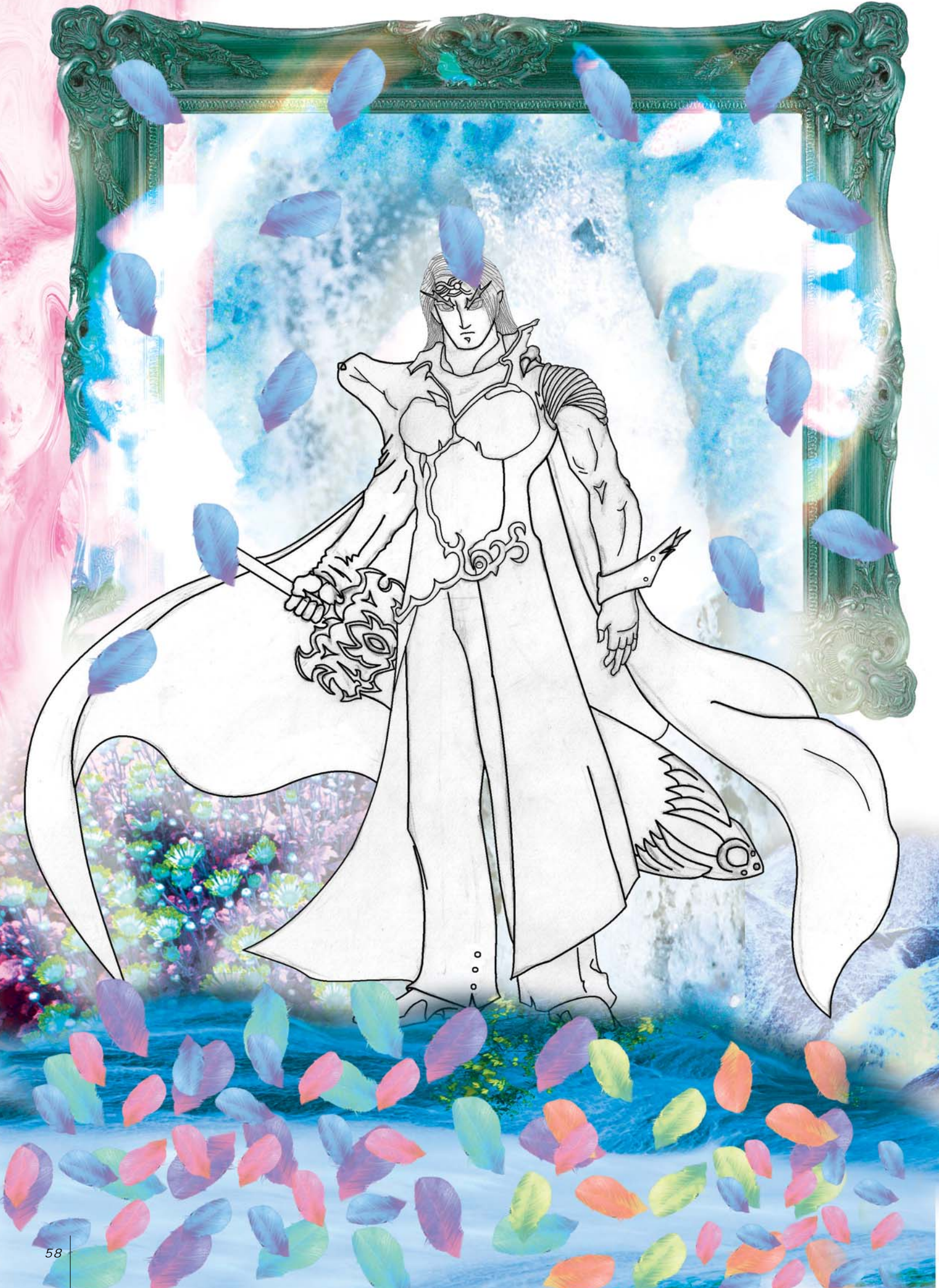
The dislike things : noise, killing

Skillful things : racing sport

Personality: quiet

Wishes : becoming a maha guardian of Buddhism





姓名：無天流雲

生日：7.06

出生地：智炎劍顛

身高：181cm

體重：69kg

職業：上級護法、殿前護法

武門流派：天戰劍術+智炎心法

愛好：聽有關智慧的事物

重要的人、事、物：守護智慧之炎

喜歡的人、事、物：人→秘密 事→看書 物→家傳神劍

討厭的：戰爭

擅長的：有關劍的一切

個性：正直

發願：斬盡一切妄念



Name : Flying cloud

Birth day : July 06

Birth place : Wisdom Sword Peak

Height : 181cm

Weight : 69Kg

Occupation : High rank guardian of Buddhism, Palace guardian

Kung Fu faction: Heaven sword art and wisdom

Hobby : everything about wisdom

The most important men : guarding the wisdom torch

The favorite things : secret, reading and family heritage sword

The dislike things : war

Skillful things : everything about sword art

Personality: honesty

Wishes : stop all wild fancies



姓名：追星天

生日：5.12

出生地：星弓天境

身高：172cm

體重：65kg

職業：中級護法，護城先鋒

武門流派：星天流射術＋舞月流身法

愛好：動物

重要的人、事、物：守護光の城

喜歡的人、事、物：人→無 事→無 物→無

討厭的：哭、讓人痛苦的事

擅長的：觀天象

個性：樂天

發願：讓有緣的人喜樂



Name : Star Chaser

Birth day : May 12

Birth place : The Star Arrow heaven

Height : 172cm

Weight : 65Kg

Occupation : Medium rank guardian of Buddhism, Vanguard of palace

Kung Fu faction: star arrow art and dancing-moon motion

Hobby : animals

The most important things : guarding the light castle

The favorite things : none

The dislike things : crying, painful things

Skillful things : observation of astronomical phenomena

Personality: happy

Wishes : making people happy





姓名：武虛

生日：1.20

出生地：地居天

身高：189cm

體重：89kg

職業：下級護法、重戰士

武門流派：泰山力術+自創

愛好：吃素

重要的人、事、物：力氣

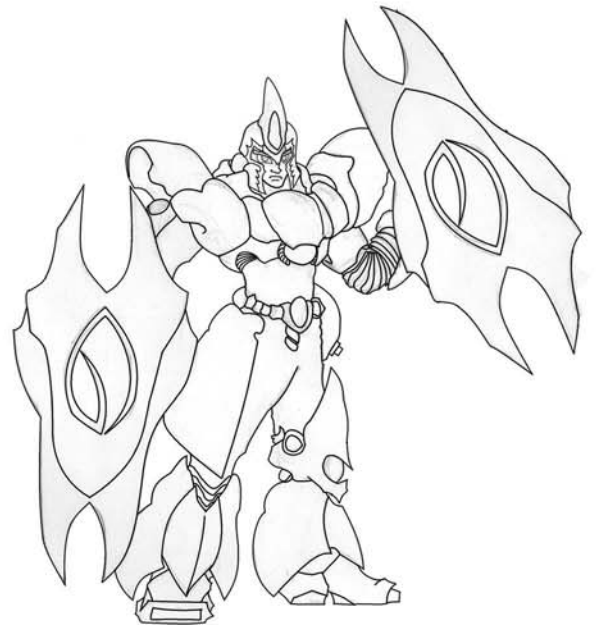
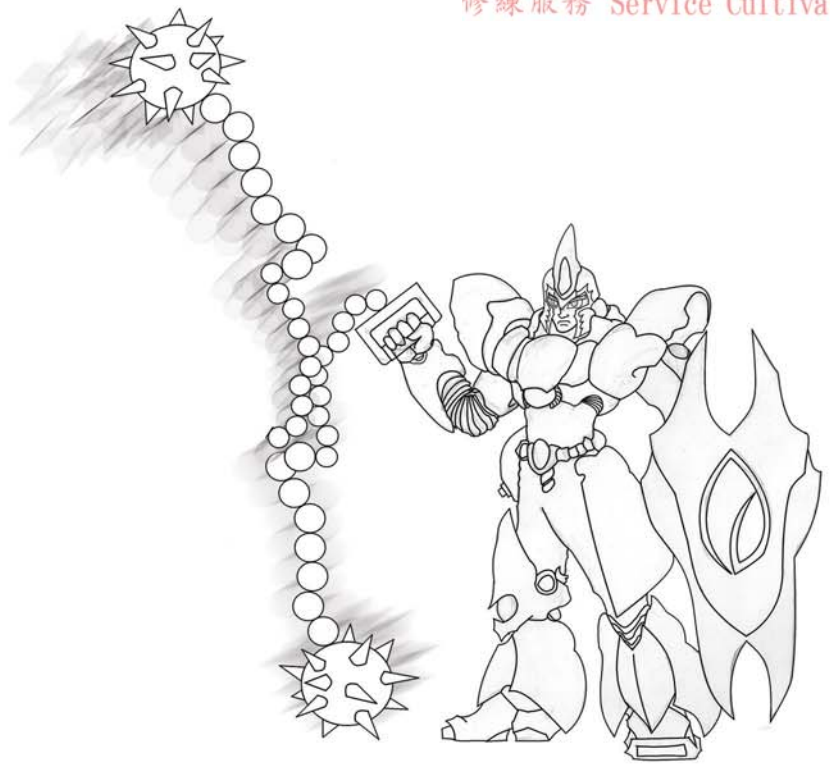
喜歡的人、事、物：力氣

討厭的：生病

擅長的：有關力的一切運動

個性：呆、直

發願：用力氣救世界



Name : Martial Man

Birth day : January 20

Birth place : Bhummy Avacara heaven

Height : 189cm

Weight : 89Kg

Occupation : Low rank guardian of Buddhism, heavily armed soldier

Kung Fu faction: Taishen Force Art

Hobby : Vegetarian Food

The most important things : might

The favorite things : might

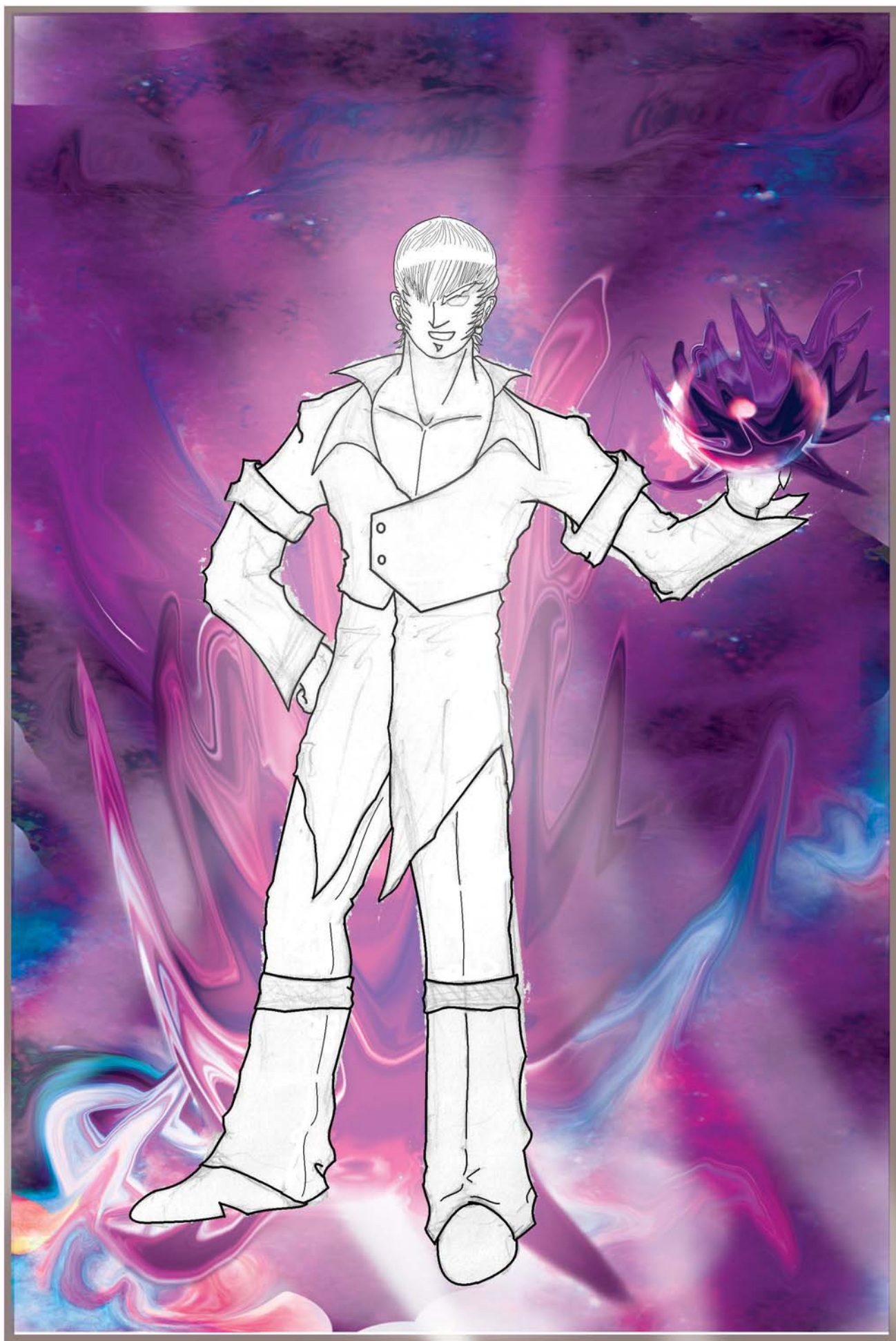
The dislike things : sickness

Skillful things : everything about might

Personality: frank

Wishes : saving the world with might





姓名：烈牙月

生日：12. 21

出生地：地居天

身高：182cm

體重：70kg

職業：下級護法

武門流派：蒼月古武術+紫月心定法

愛好：玩樂

重要的人、事、物：月牙泉

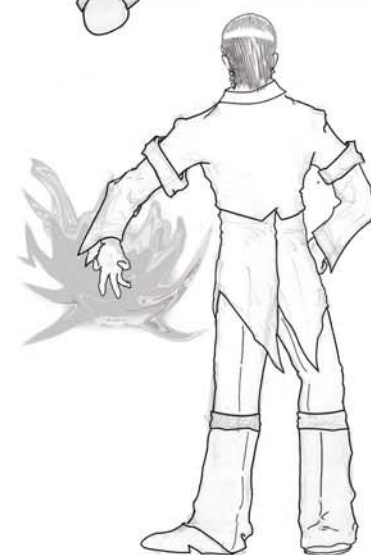
喜歡的人、事、物：秘密

討厭的：悶

擅長的：玩樂耍帥

個性：開朗

發願：與眾生一起快樂過日子



Name : Violent Moon

Birth day : December 21

Birth place : Bhummy Avacara heaven

Height : 182cm

Weight : 70Kg

Occupation : Low rank guardian of Buddhism

Kung Fu faction: Green Moon ancient martial art and Pink Moon Martial Art

Hobby : Playing

The most important things : The Moon Spring

The favorite things : secrets

The dislike things : boring things

Skillful things : playing

Personality: open-minded

Wishes : live a happy life with everyone.





叫我第一名

Call me No.1

撰文 & 貓狗攝影 / 周玉卿

譯文 / 自由

視覺設計 / 周玉卿

Article/Chou, Yu-ching Translator/Free Art Design/Chou, Yu-ching

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」

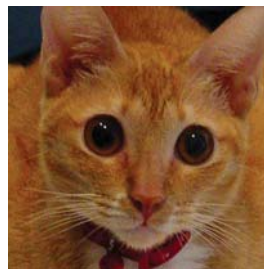
A **dog** always in door but knows the whole world

In this world, nothing is too strange.

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



我是 HAPPY
I'm HAPPY



我是咪咪，現在開講了……
*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

識字的大猩猩

咪咪！你猜猜偶們今天要介紹誰呀？喔...
喔...偶是金剛...，咪咪：金剛？！電影上大鬧
紐約那一隻？！？



Happy：哎呀！不是啦！偶現在要講的是一隻天才猩猩！會用手語與人溝通喔！你知道那隻天才猩猩是誰呢？就是美國舊金山動物園的可可了，牠可是全球知名「人」士喔！因為牠是全世界第一隻會用人的手語與人類溝通的猩猩，牠大約懂得一千多單字。最近牠因為牙痛，而會用手語向義工求助，才找來牙醫幫牠治療。

大猩猩可可因為最近不斷抱怨牙痛，所以照顧牠的大猩猩基金會於是做了一張一到十的疼痛指數表，讓可可表達自己牙痛的指數，結果可可給自己打了九分，這下還得了，義工連忙向專家求救。

經診斷的結果，可可必須拔牙，基金會認為繼既然要拔牙，而拔牙又必須麻醉，乾脆來個全身大檢查。果然衝著大猩猩可可的超人氣，一下來了十二名專家自願組成醫療小組，陣仗除了三名牙醫、兩名獸醫和三名麻醉專家，還有來自史丹佛大學的心臟、胃腸和婦科醫師。手術歷時數小時，醫師們幫可可拔掉一顆爛牙。

麻醉之前，可可還用手語要求與醫師先見個面，牠對一名穿紅衣服的女士特別感興趣，不過

A gorilla knows how to read

Mew! Guess what, who will be on the show for today? Wo...Wo... I'm Kongo.....

Mew: Kongo?! The one who harass the New York City?!.....

Happy: Hey! Not that one! I'm talking about another smart gorilla who can communicate with a man by sign language. Do you know who the gorilla is? It is a gorilla called CoCo lived in the zoo of San Francisco, USA. It is a "celebrity" of the world! It is the first gorilla who can communicate with human by sign language. It knows about one thousand words. Recently, it asked for help by sign language as it had a toothache. Then, the volunteer worker fined a dentist for it.

However, CoCo complained again and again. Therefore, the CoCo Foundation made an index chart that identifies the pain by 1 to 10 points. They let CoCo said about its pain index and it replied that the toothache should grade as 9 points. It's a big deal. Therefore, the volunteer worker asked the specialist to come to the rescue.

After a diagnosis, CoCo needs to extract a tooth. As CoCo also needs an anesthesia for the tooth extracting, therefore, the Foundation decided to a general health check-up for CoCo too. As CoCo is a world celebrity, there were twelve volunteer specialists come for this medical treatment team. They were three dentist, two veterinarian and three anesthesia specialists included. Besides, a gynecologist as well as a heart and stomach specialist from the Stanford University also joined the team. The surgical operation was hours. The team extracted a tooth for CoCo finally.

Before the anesthesia, CoCo used sign language asked to interview the doctors. It was interesting to a female doctor who dressed a red cloth. When the female doctor handed in her business card, CoCo ate it.



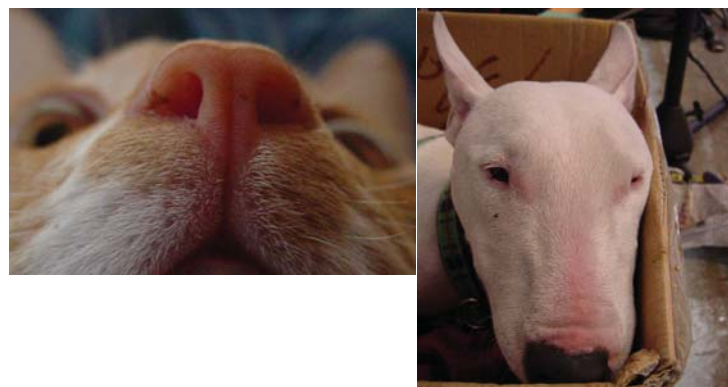
卻把對方遞給她名片一口吃進肚子裡。

經過這次大檢查顯示可可健康相當良好，生殖系統也沒有問題。

可可上個月才過三十三歲的生日，牠除了能與用手語和人類溝通，還出過 CD，喔！對了！牠特別喜歡跟貓咪玩哦！

1998 年美?大猩猩可可進入互聯網

大猩猩可可 26 歲時，已能進入互聯網，牠能聽懂約 2000 個英文單詞，並靠敲擊鍵盤在網上與人交談。之前接受了 25 年的辨音符號語言訓練。



咪咪：偶們來比誰比較像豬...，好吃素偶們的本能... 胡鬧素偶們的本事...，嘿嘿！可可...，來吧！偶們喝杯可可！！

Mew: Let's compete with CoCo. We are vegetarians. We can monkey about. Hey! CoCo! Come to us to drink a cup of cocoa!!

After the general health examination, it showed that CoCo was in good health condition. Besides, its breeding function was well too.

Last month, CoCo had its 33rd birthday. Besides its communicating capability, CoCo once sang a CD. By the way, CoCo loved to play look-and-fine too!



■ **1998 年美國大猩猩可可進入互聯網**
大猩猩可可 26 歲時，已能進入互聯網，牠能聽懂約 2000 個英文單詞，並靠敲擊鍵盤在網上與人交談。之前接受了 25 年的辨音符號語言訓練。」

■ *A gorilla, CoCo, login internet in 1998*
When CoCo was 26 years old, it login internet system. It can verify about 2000 English words. CoCo key in on keyboard and talk with others in web world. Before that, CoCo had been trained about 25 years for symbol and language.





HAPPY：可可！你讓偶五體投地崇拜一下！你簡直就不素動物嘛！阿彌陀佛！

HAPPY: CoCo! Let me prostrate myself before you in admiration for a moment! You are not an animal! Amitabha Buddha!

「馬殺雞」的阿貓師

HAPPY：接下來這則發生在國內的新聞（東森新聞提供），就跟妳們貓類有關囉！

有一對夫婦去峇里島渡假回來後，大概在那裡做SPA很舒服，回來看到他們家的貓咪，就一時興起也教牠按摩，不料這隻貓居然天生好手，一學就會，現在不但會幫女主人SPA，還會幫男主人馬殺雞哦！

這隻叫Cash的貓，是3歲的英國短毛貓，只要將牠的貓手放在要按摩的位置，無論是女主人



■ **怎麼樣，要不要給偶阿貓師馬一節呀？！**（圖片提供 / 東森新聞）

■ *How about it, do you want me to do the message for you?! (Pictured by - ET News)*

HAPPY: CoCo! Let me prostrate myself before you in admiration for a moment! You are not an animal! Amitabha Buddha!

A massage master, cat

HAPPY: The next news is from Taiwan (according to the ETtoday news). The news is related with “cat”!

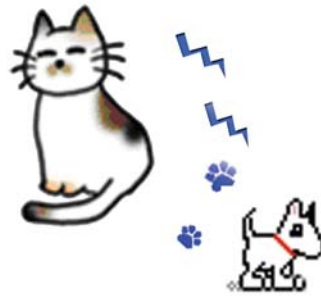
There was a couple who had a vacation in Bali Island. They had wonderful SPA experience over there. After they came back from the vacation, they taught their pet cat to do the massage. Amazingly, the cat was an innate massage master. Now, the cat can do massage for the couple!

The cat called “Cash”. It is a 3 years short-hair England cat. As long as you place the foot of the cat on the spot of body, it can massage the belly as well as the



咪咪：偶說嘛，偶們貓類多厲害！嘿嘿…這項才藝偶就禮讓Cash好了！偶學佛，偶吃素…照樣呱呱叫！對了，偶還會跳舞！

Mew: Look! I, as a cat, am a wonderful animal! Hey! “Cash” can do the message! I can preach Buddhism. I am a vegetarian. Sometimes, I dance!



HAPPY：咪咪！幫偶馬一節吧！

HAPPY: Mew! Massage for me, well you!

腹部指壓，或男主人工作一天勞累背部，只要輕輕一放，就來電五十喔！至於被貓按摩時會不會擔心被貓爪抓傷？主人說沒問題，因為Cash「很有經驗」，很會控制力道。

咪咪！偶好像也看過妳幫人按摩過，不過是蠻閃電式，嘴裡還會唸唸有詞～？



back if you want. Just feel free and relax and enjoy the service of the cat! You may have a little worry about been scratched by the cat claw. However, “Cash” is a well experienced one, it control the strength and its claw nicely.

HAPPY: Mew! It seemed to me that you can do the flash-massage too. Besides, you will mutter incantations when do the messages.....

結論

看倌哪！別看偶

們動物平常玩起來瘋瘋的，偶們可是人類最佳的良伴，你看偶長的多「卡哇伊」！別忘了要長壽的條件之一呢？就是要有寵物陪伴。

當你需要歡樂的時候，偶們就會逗你笑！

當你需要有人陪你說話的時候，偶們就是最佳的聽眾！

當你需要安慰的時候，偶們就會陪伴在你身旁！

當你需要保護的時候，偶們就是侍衛！

當你需要？？

Summary

We, animals are the best friends of human. We look so nice. If you want to have a long life, I would like to suggest you to have a pet animal.

When you need joy, animals can make you laugh!

When you need a companion, animals are the best listeners!

When you need comfort, we will stand next to you!

When you need protection, we will protect you!

When you need.....

堅果沙拉

Nuts Salad

流行素食，吃什麼素，正流行？

一個慈愛又健康的素食時代，正悄悄的漸漸風靡了地球村

Popular vegetable foods, What is the most popular vegetarian diet? A friendly and healthy vegetarian time quietly overwhelm the global village.

廚師／賴秀旻 拍攝／麗麗 譯文／上善 視覺設計／李秀英
Cooker/Sho-Min Photo/Li-Lin Translator/Sky Art Design/Shiow-Ying



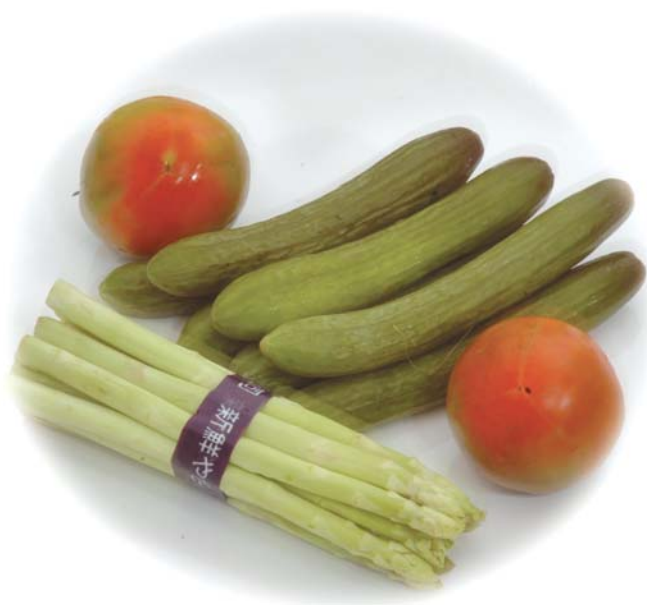
材料：

杏仁果 10-12 顆
蕃茄 1 顆
生菜 4-5 片
蘆筍 5 根
小黃瓜 1 條



Material:

Apricot kernel, 10-12 grains
Tomato, 1 grain
Lettuce, 4-5 slices
Asparagus, 5 roots
Cucumber, 1 tube



調味料：

橄欖油 1 大匙
檸檬汁 1 大匙
胡椒粉 適量
鹽 1 小匙
糖 適量

Seasoning:

Olive oil 1 table spoon
Lemon juice 1 table spoon
Pepper some
Salt 1 tea spoon
Sugar some





作法：

1. 將所有蔬菜洗淨，充份瀝乾水份。
2. 生菜撕成適量大小，蕃茄切塊，小黃瓜切片，蘆筍切段並川燙。
3. 將所有材料整齊排列在碗內，淋上調味料即可。

小秘方：

1. 胡椒粉可改為白芝麻粉。
2. 冰涼過後，吃起來更爽口。

副線：

1. 生菜：又稱萵苣、萵筍，有生拌、炒菜、曬乾鹽漬、醬漬等多種食用法，美味可口。萵苣的營養價值較高，除含鐵外，還有很豐富的鈣、脂肪和葉酸。兒童常吃萵苣，對長牙、換牙很有幫助。

Procedure:

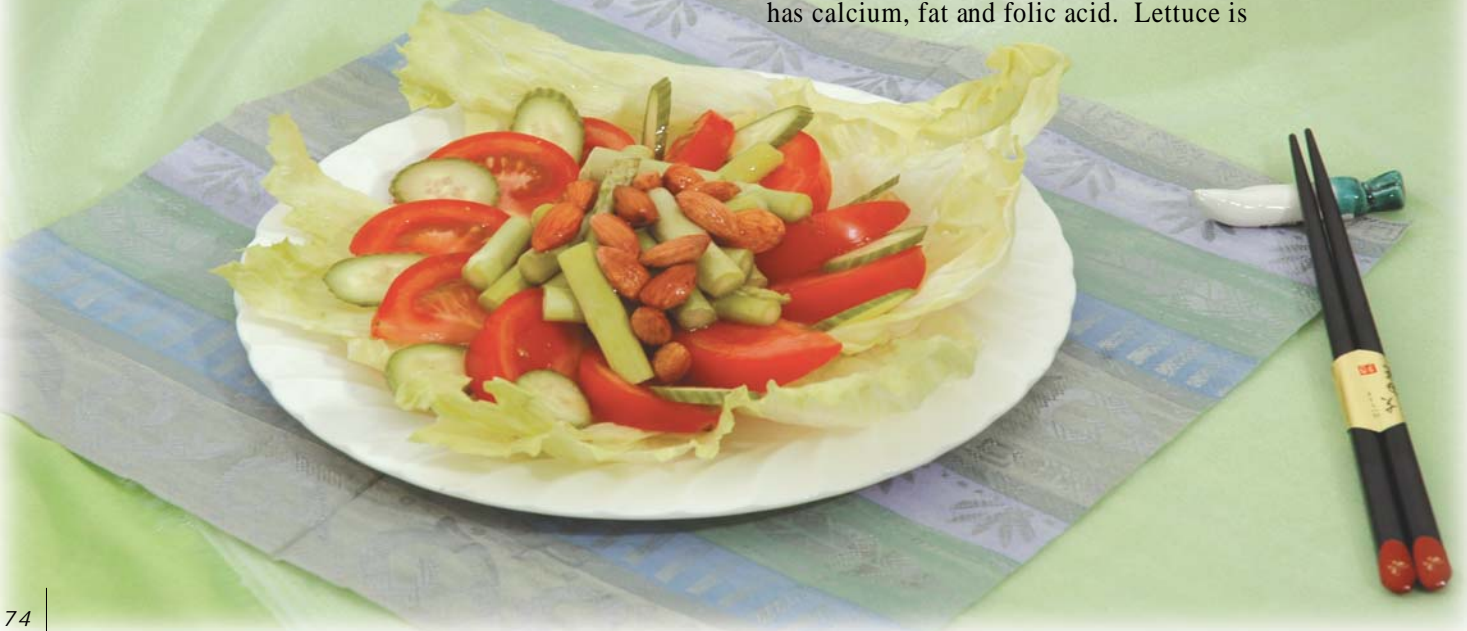
1. Wash all vegetables, and dry the water by drops
2. Tear the lettuce; slice the tomato; slice the cucumber; cut the asparagus; lastly, boil the vegetables with boiling water.
3. Place the vegetables neat and tidy and then drench the seasoning on it.

Secrets:

1. You may replace white sesame power with pepper.
2. You may cool the vegetables to taste more delicious.

Secondary matter:

1. Lettuce: you may use simple-mix, stir-fried, sun-dried with salt or sauce-pasted. They are all delicious way to eat it. Lettuce has high nutritive value. Besides iron, it also has calcium, fat and folic acid. Lettuce is





莴苣中含有天然葉酸，孕婦多食，對胎兒神經系統發育有良好作用。

2. 蕃茄：多吃蕃茄，好處多多，鮮紅的蕃茄除了是各種植物色素與抗氧化劑，如維他命 C 的良好來源，其中有一種植物色素，稱之為”茄紅素”，經過烹煮後，吸收效果更佳。
3. 杏仁果：有某些重要的維生素與礦物質，如維生素 E、鈣、鎂、鉀、銅。
4. 蘆筍：營養豐富，味甘柔嫩，來盤



good for children to grow permanent teeth. Lettuce also has natural folic acid and it's good for an expectant mother and the embryo. It helps the nervous system to develop.

2. Tomato: it is good to health to eat tomato. Tomato has many plant-pigment/phytonutrient and anti-oxidant such as vitamin C. There is a plant-pigment called tomato-red. After cooked, it's easy to absorb.
3. Apricot kernel: it has some important vitamins and mineral such as vitamin E, calcium, magnesium, potassium and copper.
4. Asparagus: it has abundant nutrition and tastes sweet and soft. A plate of cool as-





冰涼青翠的蘆筍料理，消消暑氣吧！蘆筍所含的 β -胡蘿蔔素比菠菜多，也含有豐富的鐵、維他命C、維他命E及葉酸，依照流行說法，蘆筍是很好的抗氧化食物，中醫醫書裡提及它性味甘寒無毒，有清熱氣，利小便的功效也是防癌聖品。

5. 小黃瓜：瓜類在中醫學理上，是「味甘寒滑無毒，去渴，多食會陰下癢濕生瘡，發黃疸」的食物，對於時常感到口乾舌躁、尿液偏黃者，小黃瓜能清熱解毒、加速腸胃蠕動，預防便秘。但要特別注意的是，小黃瓜對虛寒體質的人，特別是老人和小孩，並不適合。

paragus can help you release the summer heat! Asparagus has carotene more than spinach. It also has iron, vitamin C, vitamin E and folic acid. There is a popular saying: asparagus is a good anti-oxidant food. According Chinese medical books, it tastes sweet, cold and no-poison. It help you release inner heat; make you easy to urinate; a cancer-proofed food.

5. Cucumber: according to Chinese medical books, cucumber taste sweet, cool, soft, no-poison and no-thirst. However, if eating too much, the perineum will itch, wet, to grow a boil and to have jaundice. If you feel thirsty, your urine turn yellow in color, the cucumber can release the inner heat and to detoxify. It help your intestines wriggle and to prevent constipation. However, be carefully, cucumber is not good to whom weak-physique especially old men and children.



“素食新時代” 鍋墊應用設計

“VEGAN NEW AGE”
DESIGN FOR POT PAD

撰文／琉璃月 譯文／凡 設計者／風之翼 & 風痕
Article/Moon Translator/Frank Art design/Wind Wing & Wind mark





素鍋物語：
敞開的心胸，容納得更多。

Vegetarian pot saying:
Broad mind contains more things.

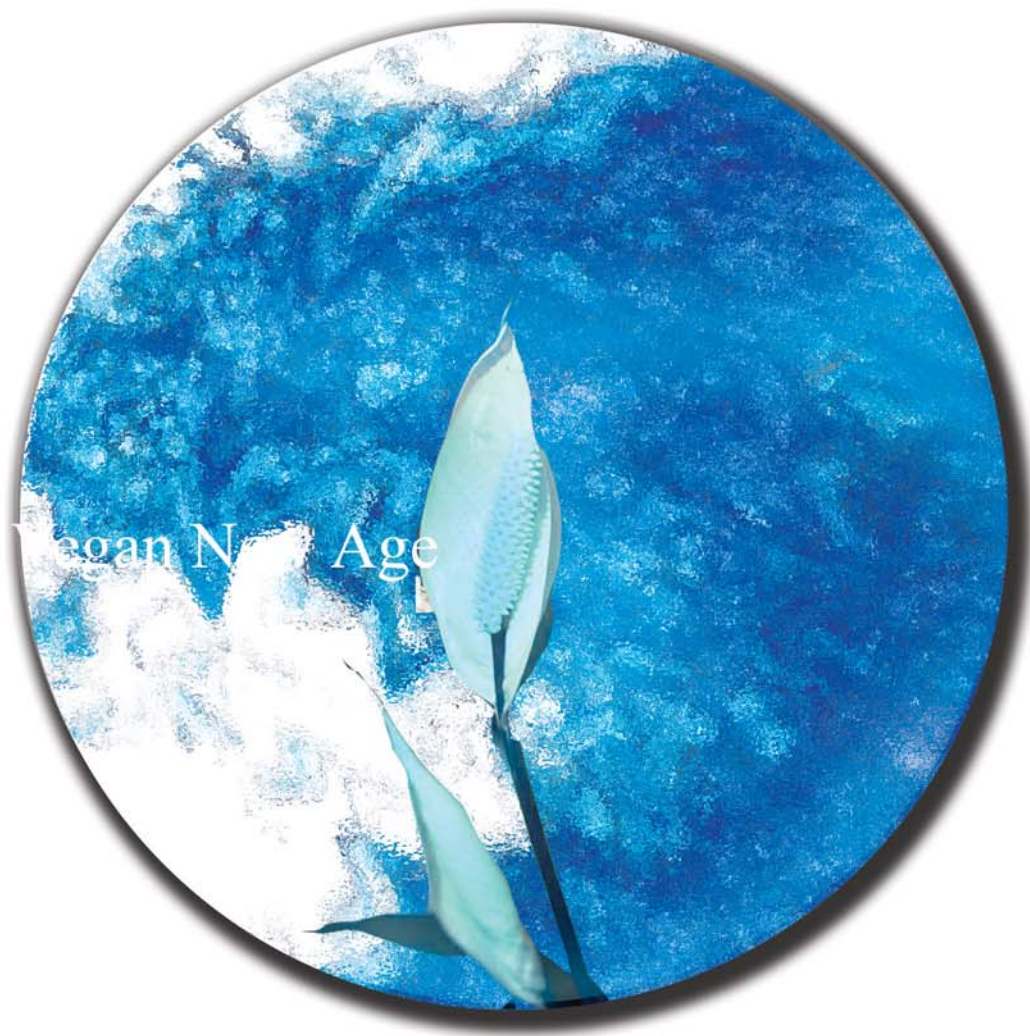


素鍋物語：

堅忍的修練，接受爐火熾烈火焰的千錘百煉。

Vegetarian pot saying:

Steadfast cultivation can undergo severe training and
hammering by stove fire.



素鍋物語：

承接燙熱的食物，熱情的供養眾生。

Vegetarian pot saying:

I receive hot food and serve all creatures with passion.



素鍋物語：

如果人類都茹素，每一個鍋子都清淨了。

Vegetarian pot saying:

If all people are vegetarian, each pot becomes clean.



素鍋物語：
素料最好吃，吃素最安心。

Vegetarian pot saying:
Vegetarian food is most delicious,
and each vegetarian has a peaceful mind.



素鍋物語：

清淨的湯、清淨的料、清淨的心。

Vegetarian pot saying:

Clean soup, clean food and clean mind



素鍋物語：
清淨之美，難描難繪。

Vegetarian pot saying:
It's hard to describe the beauty of cleanness.



素鍋物語：
最鮮美的滋味，來自最慈悲的心腸。

Vegetarian pot saying:
The most delicious taste is made by the kindest mind.



素鍋物語：

不沾葷腥的鍋，真是慈悲又快樂！

Vegetarian pot saying:

A pot cooking only vegetables is a kind and happy pot.



素鍋物語：

素鍋素料，無二無別；眾生平等，萬物一體

Vegetarian pot saying:

Vegetarian food and vegetarian pot are the same in nature;
all creatures are equal, they have the same nature.



素鍋物語：

不需大魚大肉，只需青菜水果。

Vegetarian pot saying:

I need only vegetables and fruits rather than meat and fish.

本月專題企劃
返老還童大探索

——楔子——

重陽節的逆向思考

農曆九月九日
即十月二十二日 是重陽節
在這敬老尊賢的節日裡
我們特別作了逆向思考的專題企劃
——返老還童大探索！

因為其實這世界上沒有一個人
喜歡自己變老
都是無可奈何的被歲月牽引
從青絲變鶴髮
由粉膚變橘皮

但是年老有一個大禮物
就是——成熟的智慧

所以
其實這是每一個人的生命課題：
就是如何只讓內在年齡增加
而讓外在年齡永保青春
現在
就讓我們一起來努力的探索一番吧！

Special Topic

A Wide Exploration for Rejuvenation

Beginning

Reverse thinking over Double Ninth Festival

It is Double Ninth Festival on the 9th day of the 9th month in Chinese calendar, i.e. 22th, October .

The day is for old men.

We provide a special issue of reverse thinking
- a wide exploration for rejuvenation.

Nobody in the world likes to be old, just cannot help!

The black hairs turn white.

The skin turns winzened.

The age, however, brings a big gift
-the ripe wisdom.

Therefore,

Age is everybody's lesson.

That is to increase the age inside,

But keep the age outside.

Let's find the way!



本月專題企劃
返老還童大探索
—— 結構 ——

楔子篇／重陽節的逆向思考

前言篇／重陽佳節話重陽

探索篇／逆時間之流而上

探索之一～
傳說之章／青春之泉

探索之二～
歷史之章／長壽耄耄

探索之三～
西方醫學之章／文明的躍進

探索之四～
中草藥之章／東方的智慧

探索之五……
修行之章／永恆的青春

結語篇／青春之鑰





Special Topic

A Wide Exploration for Rejuvenation

—— Structure ——

Beginning/Reverse thinking over Double Ninth Festival

Preface article/ Talk about return young in double ninth festival

Explore/ Reverse the time

～ Explore 1

Tale/ The spring of youth

～ Explore 2

History/ Man with Long Life

～ Explore 3

Western Medicine/ Great progress in civilization

～ Explore 4

Chinese Herb/ Eastern Wisdom

～ Explore 5

Cultivation/ Forever Young

The End/The key of youth





身心皆重陽—— 返老還童大探索！

編撰／文華智慧

譯文／陳子帆

視覺設計／風痕

前言篇／重陽佳節話重陽

農曆九月九日為重陽節。

重陽節又名重九節、茱萸節以及菊花節。

曹丕曾在《九日與鍾繇書》中說到：歲往月來，忽復九月九日。九為陽數，而日月並應，俗嘉其名，以為宜於長久，故以享宴高會。

此段佳文充份說明為何雙九名為重陽節或重九節了；至於茱萸節，是因當日有插茱萸的習俗，可由唐代大詩人王維的著名詩篇《九月九日憶山東兄弟》中略見一斑：

獨在異鄉為異客，
每逢佳節倍思親。
遙知兄弟登高處，
偏插茱萸少一人。

至於為何要佩插茱萸，則是古人養生概念的細緻表現。因為茱萸是可以入藥的藥材，春天開美麗的白花，秋天結深紫色的果實；茱萸果有溫中、止痛、理氣等功效；茱萸葉可以治霍亂；茱萸根可以殺蟲；佩戴茱萸則可以避蚊蟲叮咬。《風土記》中說：「折茱萸以插頭上，辟除惡氣而禦初寒」。由於這些種種功效，讓茱萸得到了“辟邪翁”的雅號。

至於菊花，則有“延壽客”之美稱，因為菊花素有清肝、明目、輕身、利氣的卓越功效。而當秋高氣爽的重陽節之時，正是菊花盛開的時候，於是賞菊便成為文人雅士最喜愛的重陽風尚。菊花雖不及牡丹的富麗或玫瑰的嬌豔，但在秋風習習中，更見其獨特而淡雅之風姿；無怪乎愛菊成癡的陶淵明，為菊花寫下了膾炙千古的名句——

採菊東籬下
悠然見南山



唐
茱萸





Both Body and Mind Return Young A Wide Exploration of Rejuvenation!

Article / Wisdom Translator / Frank Art design / Wind mark

Preface article/ Talk about return young in double ninth festival

The ninth day of ninth month in Chinese calendar is the double ninth festival.

The double ninth festival is also named cornel festival or chrysanthemum festival.

Tsau Pi wrote, in the article “a letter to Chung Yo on 9th day”, “Time flies. It comes suddenly the 9th day in the 9th month. Nine is a bright number, and the sun and moon shine in this day. The name “double nine” means “long life”, therefore we have a party to celebrate in this day.” (The word “nine” and the word “long” have the same pronunciation in Chinese language.)

This is the reason why people name the day “double ninth festival”. The day is also named “cornel day”, because people arrange and wear cornel in this day. The great poet Wang Wei wrote, in the poem “remember brothers in Shan Don on the 9th day in the 9th month”, “I am alone in a foreign land. Whenever a festival comes, I will remember my parents and brothers. Except me, all of you climb a high mountain and have cornels.”

People have cornel in body for health in ancient times. The cornel can be used as a medicine. It has beautiful flowers in spring and purple fruits in autumn. The fruits of cornel warm body, cure pain and adjust energy. The leaves of cornel cure cholera. The root of cornel can kill bugs. To wear a cornel flower can avoid mosquitoes. The “Nature record” writes, “people wear cornels on head to avoid evil and keep warm.” As it has these effects, people call it “the evil repellent.”

Chrysanthemum has a good name, “the life prolonger”. The chrysanthemum is able to clean liver, clear eyes and improve energy. In double ninth festival, the chrysanthemum blooms. The favorite fashion in the double ninth festival is enjoy the blooming chrysanthemum. Although the chrysanthemum is less bright-colored and beautiful, it is elegant and quiet in the autumn wind. No wonder the poet Tau Yan Min, who like the chrysanthemum most, wrote the famous poem for the chrysanthemum, “picking a chrysanthemum in the fence at east, watching the mountain at south peacefully.”



秋
葉
黃



所以古代的時人，不但文采風流，而且氣質高雅；至於當時的菊花品種，光聽到那詩情畫意的花名，就不禁令人悠然神往了——

粉紅色者 曰 桃花菊
白而檀心 曰 木香菊
黃色而圓 曰 金鈴菊
純白而大 曰 喜容菊

重陽當日，許多商家還會以菊花紮成花門廊，以裝點門面、招徠顧客。富貴人家則動輒買進數百盆的菊花，運用巧思，層層堆綴成花山或花塔，蔚為繽紛美麗。至於富麗堂皇的宮廷中，更是紛呈了“分列萬菊，燦然炫眼”的壯麗太平盛世昇平景象。

總之，重陽佳節可以說從漢代以降的兩千多年以來，已經為一個快樂而養生的節日；所以《西京雜記》這樣描述著重陽節：

佩茱萸
食蓮餌
喝菊花飲
令人長壽

因此重陽節也可以說是一個歡慶與希冀長壽的節日，而九九重陽——兩個重複的陽九，更象徵了生命的生生不息與無窮無盡的生機盎然……



秋
茱
萸

Poets in ancient times have literature talent as well as have elegant quality. The chrysanthemum in the times has various species which are so admired when the flower name is heard. A pink chrysanthemum is called a peach blossom chrysanthemum. A white chrysanthemum with brown core is called a wood chrysanthemum. A yellow and round chrysanthemum is called a golden bell chrysanthemum. A white and big chrysanthemum is called a smile chrysanthemum.

In the double ninth festival, many shopkeepers make a chrysanthemum door for decoration and soliciting customers. The rich men buy hundreds of chrysanthemum to make a chrysanthemum mountain or a chrysanthemum tower. In the splendid palace, thousands of chrysanthemums are exhibited to display the times of peace and prosperity.

The double ninth festival has become a happy health festival from the Han Dynasty in two thousands years ago. The “west capital note” writes, “wearing cornel, eating lotus seed and drinking chrysanthemums tea make people long life.”

The double ninth festival is a happy day for long life, and the double nine means the life will continue forever.



唐菜萸

探索篇 / 逆時間之流而上

探索之一～

傳說之章／青春之泉

返老還童——

這對多少已經年華老去、高堂明鏡悲白髮的人們而言，是多麼具有強大吸引力的一件事！
全人類沒有一個人不希望自己能夠青春永駐！
所以，傳說中的青春之泉，便成為人人嚮往的聖地。
那麼，青春之泉的傳說，到底是從那兒開始的呢？

流傳已久的一則神話，是這麼說的：

有一泓澄冽的清泉，生病的人喝了，疾病能夠痊癒；年輕的人喝了，能夠健康長壽；年老的人喝了，能夠神奇的返老還童，於是人們就把這美妙的泉水，稱之為——青春之泉！

在童話“安樂國”裡，則這麼描述著：

青春之泉，具有巨大的魔力！老婦人只需在泉水中洗三天澡、最多四天；她就可以變成一個十七、八歲的漂亮姑娘！

甚至墨西哥也有這樣的美麗傳說：

青春之泉，是從天堂的一條河裡流出來的，而到處都可看到會唱歌的泉水和漂流著金塊的小溪……

看了這些關於青春之泉的傳說，人人都心嚮往之；但是人們心中亦都明白，傳說歸傳說，就像童話故事，只能聽一聽、作一作美夢罷了。若想要在現實生活中真的覓得這一口泉水，還真的是比登天還要難哪！

那麼，就此放棄了嗎？不！不！不！不！不！那當然是不能放棄的了，因為不是不要青春之泉，而是要找對了方向，那麼，“青春之泉”將以不同的面貌，出現在我們的眼前！



Explore / Reverse the time

Explore 1 ~

Tale/ The spring of youth

Rejuvenation, it is so attractive for old men.

Everyone wishes forever young.

The said spring of youth becomes the place where everyone wishes to find.

The tale of the spring of youth says:

There is a clean spring. The sick men drink it to healing their illness. The young men drink it for youth and health. The old men drink it for rejuvenation. The magic spring is called the spring of youth.

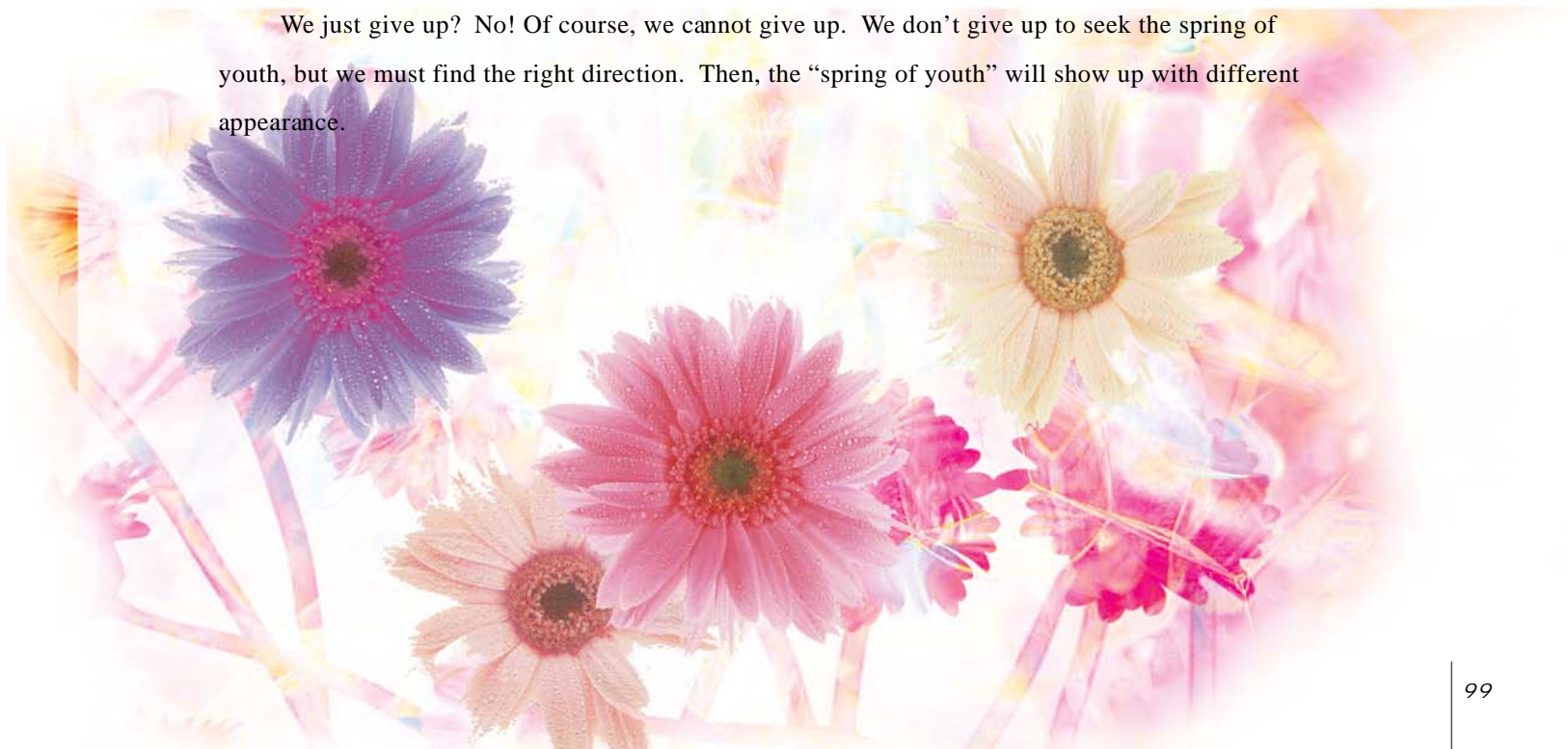
In the fairy tale “happy land”, it says, “the spring of youth has magic power. A old woman watches herself in the spring for three days, not more than four days, she become a pretty young girl aged 17 or 18 years old.

There is also a beautiful tale in Maxico:

The spring of youth is from a river in the heaven, where the singing springs and streams with gold are found everywhere.

The tales of youth spring is so attractive for everyone. It is, however, aware that such tales are just beautiful dreams. In the real life, such a spring is extremely difficult to find.

We just give up? No! Of course, we cannot give up. We don't give up to seek the spring of youth, but we must find the right direction. Then, the “spring of youth” will show up with different appearance.



探索之二～

歷史之章／長壽耄耋

歷史的巨流滔滔流去，留下了多少英雄美事、壯志豪情！

那麼，在歷史的記載中，誰是最長壽的人呢？

《呂氏春秋》：天子，至貴也；天下，至富也；彭祖，至壽也。

彭祖為什麼在歷史上這麼有名？而且被尊為“至壽”呢？

因為他的高壽實在太創記錄了！

史上第一長壽奇人！

他到底活了多少歲呢？

莊子《逍遙遊》：上古有大椿者，以八千歲為春，以八千歲為秋，而彭祖乃今以久特聞。

《世本》：彭祖長年八百，綿壽永世。

天哪！八百歲？！實在太令人驚嘆了！

正因彭祖是如此的令人驚異的長壽，所以從古至今，提及此翁的典籍已多如過江之鯽，不可勝數。

而彭祖確有其人，所以連中國最著名的史書《史記》都描述過他：彭祖姓?名鏗，封于大彭。

這個人在長壽養生史上是如此的非凡與重要，所以值得針對其人，探索一番！

彭祖雖然如此高壽，但其實他的童年是坎坷的。

《神仙傳》：彭祖三歲失母

而且彭祖與他六胞胎的兄弟都是“遺腹子”，也就是說事實上他從未見過自己親生父親的面，並且在三歲時就成了孤兒。

更不止於此，過沒多久，中原的炎黃族群與西域的犬戎族爆發了戰爭。

彭祖曾自述：遇犬戎之亂，流離西域。



Explore 2 ~

History/ Man with Long Life

In the history, so many events left. Who has the longest life in history?

A history book “Lu’s History” says, “the king is the noblest , the country is the richest and the Pang Zu is the most long lived.

Why is Pang-Zu (Chinese Methuselah) so famous and named the most long-lived man?

The answer is he indeed has the longest life in history.

The man has the longest life in history

How long did he live al all?

Chuang Tzu “free fly” says,” there is a big tree in ancient time aged eight thousand years, and the Pang Zu is famous for his long life. “Shi-Ben” says, “Pang-Zu is aged eight hundred years old,”

My god! Eight hundred years old! It’s amazing.

As Pang Zu has such a long life, countless books have mentioned about this man.

Pang Zu is real. Even the most famous history book “Shi Ji” has description, “Pang Zu has a first name “Kang” and a last name “Chein”. He was conferred in Da Pang.”

As this man is so important in the field of long life, it is worthy talking about this man.

In spite of long life, Pang Zu has a miserable childhood.

“Fairy legend” tells, “Pang zu’s mother die when he was three years old.”

Pang Zu and his six brothers are all posthumous children, they didn’t have chance to meet their father. Pang Zu became an infant in three years old.

Moreover, a war between the Yen Huang race in China and Chuen Rong race from western region began.

Pang Zu said, “I met the war of Chuen Rong and live in the western.

Pang Zu lived in the western region were the climate and material condition are worse than China. He lived a hard life as a little prisoner of war.

Therefore, the young Pang Zu was certainly weak.

The destination was so marvelous. He was so luck to meet a priest Mr. Chin Gin. Mr. Chin Gin has baby face and can walk five hundred kilometers in one day. He can live without food for one year and can eat nine times in one day. He is a real master to keep good health.

Because Pang Zu was weak and did some effort to study health, he become the most long-lived man in the Chinese history.

所以彭祖的童年，是在一切天候、物質條件皆落後於中原的西域度過，而且是以小戰俘的身份過著艱辛的日子。

因此少年的彭祖有著柔弱多病的體質，是不令人意外的。

但人的命運是奇妙的，這反而成為彭祖因禍得福、特別關心養生的一個生命轉折——他遇到了一位得道高人青精先生；先生面色如兒童，日行五百里，能一年不吃飯，也能一天吃九餐，是一位真正的養生大師！

彭祖由於身體羸弱的實際需求，再加上天資聰穎以及拼命鑽研，後來果然就展現了斐聲歷史、流傳千古的耀眼成績！

彭祖的長壽之道

如此八百歲的超級佳績，當然讓所有人的眼睛都亮了的好奇問道：爲什麼呢？

是的，太多人想知道究竟了！

根據記載，彭祖的族人與弟子將其學說整理成了一部《彭祖經》，此經魏晉時尚在，葛洪等人都看過，不過後來失傳了。

還好其養生之道還是口耳相傳、或散落各處；例如葛洪所著的《抱樸子》中就記載，彭祖弟子有青烏公、黑穴公、秀眉公、白兔公子、離婁公、太足君、高丘子、不肯來等，這些人都活到數百歲以上；而直至今日，彭祖之道尚存人間，例如後來有一位黃山君，由於精修彭祖的養生術，活到幾百歲都依然面色光潤。

所以彭祖的長壽養生之道，根據後人的整理，可以得到要訣如下：

（一）食 養

屈原《天問》：錢鏗斟羹帝何饗？受壽永多夫何久。

《列仙傳》：彭祖善和滋味。

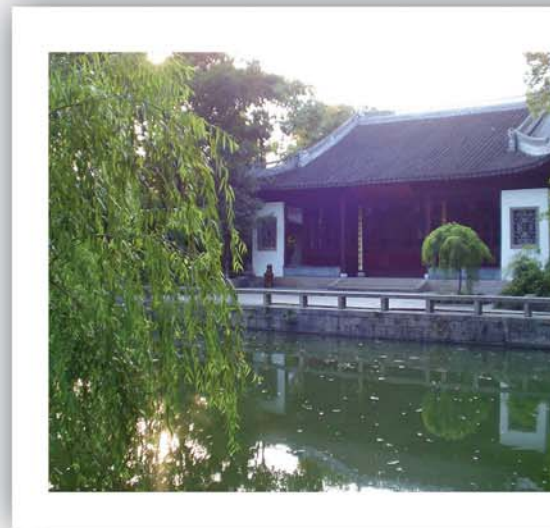
彭祖善於烹調，而且巧妙的與養生結合，開創了食養的先河；曾以羹湯救治了堯帝的重病，至今受到廚師們奉爲祖師。

（二）藥 養

《搜神記》：彭祖常食桂芝

《列仙傳》：彭祖好恬靜，惟以養神，治生爲事，並服水晶、雲母粉，常有少客。

故彭祖常用以養生的藥材如下：



The way for long life of Pang Zu

People would be curious about why he has such a long life, eight hundred years old.

According to history, Pang Zu and his disciples wrote a book “Pang Zu Book” which describes his theory. The book was still seen in Wei and Jin dynasty, Ger Hung had read it. But it is lost.

It's lucky that Pang Zu 's theory is handed down by speaking and spread into many regions. For example Ger Hung wrote a book “Bao Pu Tzu” describing that his disciples all have more than one hundred years old. His theory still exists up to now. For example, a man named Huang Shan who study Pang Zu theory had hundreds years old.

The theory of long life from Pang Zu can be summarized as follows:

1. Food

Chu Yuan's article “heaven” says, “Pang Zu cook soup for king and save his life.”

“fairy legend” says, “Pang Zu is skillful in cooking.”

Pang Zu was good at cooking and combined it with health-keeping. He established the foundation for food healing. He saved king's life with a soup and becomes the founder of cookers.

2. Medicine

“Shou Shen Ji” says, “Pang Zu often eats cassia.”

“fairy legend” says, “Pang Zu is quiet and keep health. He ate crystal and mica powder and has less visitors.

The medicine Pang Zu used is as follows:

1) Cassia

It is named “god straw”, Shou Shen Ji considers the cassia as a god medicine. Shou Wen Jiey Ji says the Cassia is the leader of all herbs. “Ben Tsau Gang Mo” says that Cassia can cure all diseases and adjust body condition. Taking it for long period can keep young.

2) Crystal

“Ben Tsau Gang Mo” says that crystal is cold and not poisonous. It can clean eyes, reduce swelling and benefit hairs. Taking it for long period can keep young.

3) Mica

Mica is sweet and plain. It is produced in a valley. “Ben Tsau Gang Mo” says that mica can cure dead skin and clean eyes. Taking it for long period can keep young.

3. Chi Kung master

Pang Zu was considered the first Chi-Kung master in the world. He always rubs his eyes and massages his body, licks his lip and swallow his spit. He studied some special breath method and



（1）桂枝

古人把“芝”稱為“神草”，《搜神記》中把醫家和民間均列為上藥的桂，視為仙藥、靈藥，神化桂的藥性而且稱其為“桂芝”。

至於《說文解字》解釋桂是百藥之長。《本草綱目》引用《本經》的說法，認為桂的藥用價值為：治百病，養精神，和顏色，為諸藥先聘通使；久服輕身不老，面生光華，媚好常如童子。桂花則具有生津、辟臭、化痰、治風蟲牙痛、潤發等功效。

（2）水晶

明代著名醫學家李時珍在他的名作《本草綱目》中記述：水晶辛寒無毒，治驚悸心熱、肺癰吐膿、咳逆上氣，安心明目、去赤眼、熨熱腫、益毛髮、悅顏色；久用輕身延年。

（3）雲母

雲母又叫作雲珠、雲華、雲英、雲液、雲沙、磷石；味甘平，產於山谷中。據《本草綱目》記載：雲母治身皮死肌、中風寒熱、除邪氣、安五臟、益子精、明目，久服輕身延年。下氣堅肌，續絕補中，永五勞七傷、虛損少氣、止痢；久服悅澤不老，耐寒暑、顏色益少、長生神仙。

（三）導引行氣

莊子《刻意篇》：吹噓呼吸，吐故納新，熊經鳥申，為壽命已矣。此導此之士，養形之人，彭祖壽考者之所好也。

《神仙傳》：彭祖善導引行氣；拭目、摩搦身體、舐唇咽唾、服氣數千。

彭祖曾被譽為史上最早的氣功大師，實是當之無愧；他經常揉拭雙目、按摩身體、用舌舔唇、咽下津液並修練特殊的呼吸方法，而且持之以恆。可見要長生，可真得下足了工夫，絲毫馬虎不得，才能真正如願以償！

（四）靜坐

《太平廣記》：彭祖冬保暖，夏納涼，安康適身，勞逸結合，娛樂通神。車馬衣物，不求其華，唯使心地純真一志。

《神仙傳》：彭祖常閉氣內息，從旦至中乃危坐。



practice all the time. Therefore, it's not easy to obtain such a long life.

4. Meditation

“Tai Ping Guan Ji” says, “Pang Zu keep warm in winter and relax in a cool place in summer. He made himself comfortable and made some entertainment. His cloth is so economical to make his mind simple.

“Fairy Legend” says, “Pang Zu often closes his breath and meditates from morning to noon.”

In addition to Buddhism, meditation is also important in Taoism, Yoga, even Christianity and Catholicism. It is known that meditation can benefit us so much. Pang Zu meditated for several hours and use some method to stop his breath. It is good for body and mind.

5. Service for all people

Pang Zu stay in the Western Regions until he was more than 100years old. He came back to China because homesick and the good king Yau being in power. He thought it's time to serve his people and land and came back to Cheng city.

Accidentally, Cheng city was suffered by flood. He devoted himself into stopping the flood. The king Yau was exhausted and sick, and he cure the king's sickness.

King Yau therefore knew about Pang Zu and granted him an officer for his ability and virtue. Pang Zu help king Yau and had the feud Peng.

As for why is he can successively been appointed?

Because he got along with common people harmoniously for long time, and the extraordinary one is diligent in government affairs and love the people; He reclaimed wasteland to plough agriculture, built water conservancy projects in Pengheng, had done a lot of good things for the people. He is granted the virtuous man laterr; because he has deep love for the common people, is loved and respect deeply by people, also got the elegant name of the old grandfather in Peng City!

In addition, he combines it for the passing on of culture, has put the precious historical ancient books and records over 800 years in order from the Huang Ti era. In a word, Pang Zu is not a man who care about health of himself, but one has kindhearted and merciful, considerate and warmhearted virtuous officer, good officer who has deep love for all living creature!

No wonder the Confucius praised him so much.

So, Pang Zu really not only knows how to keep health , he is gentle and honest , quiet and simple and unadorned; And have deep love for all living creature , serve the masses of crowds with the real action. This is the Buddhists say "with fortune and wisdom". This is the major reason he have such a long life.

Therefore, this famous Pang Zu was respected as a virtuous man. Historian wrote him, poet wrote him and scholar wrote him, too. Confucian respect him as a saint man, Taoist respect him as a founder. He is always remembered by people.



如果仔細留意一下，除了佛家講求靜坐以外，許多的派別，如道教、瑜珈，甚至一些基督教、天主教都以靜坐為重要的修行，足見靜坐所能帶來利益之深遠與廣大。而彭祖這種一坐就是好幾小時的功夫，又採取不染濁氣的龜息大法，功夫真是了得；對於身心皆有莫大的助益！

（五）熱愛、服務眾生

彭祖在西域待了一百多歲後，因為思鄉情切以及已是聖明英君堯帝在位之時；他認為替自己的國家人名服務機緣已至，於是他回到了中原，首先到了鄭地。

不巧正逢當地洪澇之災，他義不容辭的投身治水修堤的隊伍中；後來堯帝因為積勞成疾而病倒，治好堯帝的便是彭祖。

堯帝因而認識了彭祖，考察了他的才能和品德後，封彭祖為官，任守藏史，輔助堯帝治理國家，並封地大彭。

《史記·五帝本紀》：夏禹、皋陶、契、後稷、伯夷、夔、龍、倕，彭祖自堯時而皆舉用。

至於他為何能夠歷任多朝而一直被任用呢？

是因為他長期與百姓相處融洽，而且非常的勤政愛民；他在彭城墾荒耕農、興修水利，為人民作了許多好事；後來還因此被加封為賢大夫；由於他熱愛黎民百姓，所以也深受人們所敬愛，還得到了“彭城老祖”的雅號！

另外，他並為了文化的傳承，親自整理修訂了自黃帝到商初以來，八百多年間的珍貴歷史典籍。總之，彭祖並非一個只顧自己養生長壽的自了漢；而是一個擁有菩薩心腸、古道熱腸、熱愛眾生的賢官、好官！

無怪乎後來春秋末期的孔子就十分羨慕彭祖，在《論語·過而篇》中說道：述而不作，信而好古，竊比于老彭！

孔聖人都如是說了，足見彭祖的為人如何了。

所以，彭祖實在不只是會外養肉身而已，他內在人格溫柔敦厚、恬靜素樸；並且熱愛眾生，更以實際的行動來服務廣大的人群；與佛家所言的“福慧雙修”不謀而合，這也許才是他得享高壽的主要原因吧！

所以，這位長壽史上赫赫有名的彭祖，先秦視他為大賢，漢代稱他為碩仙，史家為他入史，詩人為他寫詩，文人為他撰文；儒家尊他為賢達，道家奉之為老子的師尊；可謂照亮青史，後人永思！

探索之三～

西方醫學之章／文明的大躍進



西方醫學最大的特質在於著重實驗。

這也是西方文明進化中最重要的科學精神，是一脈相承的。

也就是實証意義。

也就是的一切都交給科學實驗來交代真相；當然，如果被實驗的條件具足，這個科學實相當然是值得信賴與值得實踐的。

西方醫學就在這強大的科學精神支撐下，走到今日橫掃全世界醫學生態的面貌。

那麼，西方醫學對於返老還童這科學，有什麼樣的研究與貢獻呢？

那當然是多如瀚海，不可勝數，不過其中有幾項確實堪稱是全人類的重大突破！

就以人類的平均壽命大大的提高，不可諱言的確實是西方醫學的一大功勳！

就以美國為例，在一九〇〇年時，美國人的平均壽命是 47 歲，但在過了 100 年後的今天，這個數值已經提高了 50 % 以上，而到了 76 歲！

請注意：76 歲－47 歲＝29 歲，而這 29 歲是平均值；平心而論，這個成就確實是驚人的！

而這項偉大的成就，主要得歸功於西方醫學中所強調的衛生進步，而且疫苗的注射，使很多致命的兒童疾病都消聲匿跡。再來就是抗生素的發展等；如今，產婦在生產過程因遭到感染而喪命已鮮少發生；而就在本世紀前，這是造成婦女大量死亡的主要原因！另外，還有盤尼西林及其衍生物，使得細菌性感染，例如肺炎或鏈球菌疾病等等，再也不容易對人類生命構成威脅。

此外，在許多國家，心臟病是造成死亡的首要原因；但本來心臟病所導致的高死亡率，已經因為較佳的預防措施以及更積極的醫療方式，有了顯著的遞減。至於癌症雖然仍為名列前茅的死亡原因；但在上個世紀中，在某些癌症的預測診斷及治癒上均已有許多進步……

至於返老還童方面，西方醫學承接以往的成就，也不斷的向前跨進！

例如抗氧化劑、維他命（A、C、E）、超氧化歧化酶（SOD）、胎盤素、褪黑激素、綠胚、活細胞、赫爾蒙、HGH（人體生長激素）療法等……

其中較引人注目的為 HGH（Human Growth Hormone），其源自一個著名的實驗，即 1990 年，服務於威斯康辛醫學院（The Medical College of Wisconsin）及 Milwaukee VA 醫學中心的 Daniel Rudman 博士聚集了 21 位健康的男性，年齡介於 61～81 歲，但有一個共通點，就是他們體內的生長激素含量都比平常人低。他讓 12 位接受成長激素注射，為期超過 6 個月；另 9 位則未注射成長激素，結果那些接受注射者體內的脂肪含量都降低了 14 %；而肌肉質量則增加了 9 %。接受注射的人有很多宣稱他們感覺到身體狀況比前些年好。這項實驗公佈之後，生長激素馬上就被稱美為“青春之泉”！

不論服任何藥，都應仔細注意自己身心的一切反應；如果不適，即應停用，或請教醫療專業，這應為不錯的因應之道。

欲知前世因 今生受者是 欲知來世果 今生作者是

佛家也是非常精密的生命科學家，對一切的生命現象都提出精準而深入的看法——認為壽命的長短或青春與否是受業力所操控的！

《有部毘奈耶》說：不思議業力，雖遠必相牽。果報成熟時，求避終難脫。

《大乘義章》說：業力如風；善業風故，吹諸眾生好處受樂；惡業風故，吹諸眾生惡處受苦。

所以，是業力決定了人們的一切貧富、壽夭與命運等等——萬般皆是業，半點不由人！

但切莫誤認佛家是一切已註定的宿命論者，而是當一切已成“果”時，例如已生病了，那當然很難回到不生病，只能縮短病期或減輕病況；這果是不能改變；但未來只要多行善、多懂得養生，則可以現在化解未來生病的因，也就不會結未來生病的果。

所以佛家絕非消極，反而是積極的創造命運者，而一切的好運；包括永保青春的好運，也是背後有了善因，才能結這樣的善果！



Explore 3 ~

Western Medicine/ Great progress in civilization

The main feature of western medicine is experiment.

This is also the most important scientific spirit tradition of the western civilization.

This is the meaning of evidence.

That means the truth is told by scientific experiments. If conditions are sufficient, the result is reliable and can be verified.

Western medicine has become the guiding ideology in the world under such strong scientific spirit tradition.

However, does the western medicine contribute to rejuvenation?

Of course, it contributes so much. Several things can be the most important progress in human's history.

It goes without saying that one of them is obtaining a much longer life.

In the U.S.A., the average life of Americans is 47 years old in 1900. One hundred years later, the average life of Americans is 76 years old today, 50% higher than in 1900.

Please note $76-47=29$. The number 29 is an average value. Frankly speaking, it is indeed an amazing achievement.

The great achievement is attributed to sanitation emphasized in western medicine. Many fatal diseases of children have disappeared due to bacterin. The antibiotics also have contribution. Women are seldom killed due to infection during childbirth. Prior to this century, this is a major cause of woman's death. In addition, some fatal infection from bacteria such as pneumonia and disease caused by streptococcus is not a treat for human any more due to the penicillin and its by-product.

In many countries, heart attack is a major cause of death. The high death rate is remarkably reduced by better prophylaxis and more active cure method. In spite that cancer is still the major cause of death today, in the last century, the prediction and healing of cancer have much progress.

As for the respect of rejuvenation, western medicine also made a great progress.

For example antioxidant, vitamin (A, C, E), exceed and oxidize Qi (SOD), placental hormone, melatonin, green embryo, living cell, hull are covered with, HGH (Human growth hormone) Treatment, etc.

Among them the more noticeable one is HGH (Human Growth Hormone), it stems from



experiment in 1990, Dr. Daniel Rudman who served in (The Medical College of Wisconsin) of and Milwaukee VA medical center has gathered 21 healthy man, between 61- 8 years old every year, who have lower growth hormone in their body than ordinary people. He lets 12 of them being injected the grow up hormone for 6 months, Another 9 persons is not injected with grow up hormone, those finally those who were injected has reduction in internal fat content by 14%, and their muscle quality has increased by 9%. The persons who are injected declared that they feel healthier and better than a few years ago. After this experiment is announced, the growth hormone will be called the spring of the youth in the U.S.A.!

No matter take any medicine, all responses of body and mind should be noticed; If uncomfortable, usage of the medicine should be stopped, or ask medical experts.

If you would like to know what you have done in the previous generation, you just take a look at what you have suffered. If you would like to know what you will be in next generation, you just take a look at what you have done.

The Buddhists are a very accurate life scientist too. They have precise and deep viewpoints about life phenomena. The life is influenced by karma.

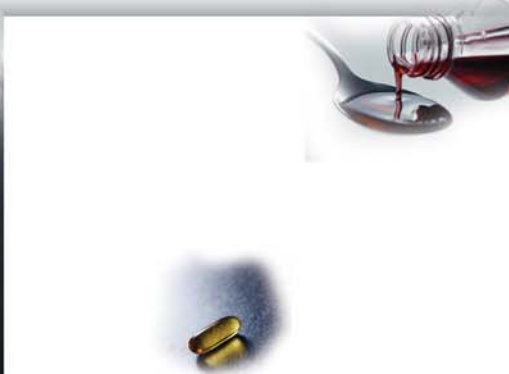
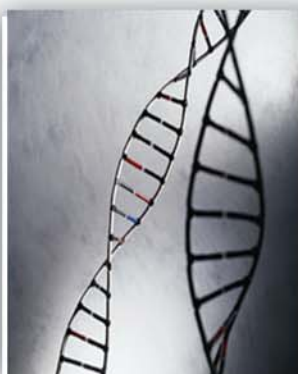
“You Bu Pi Nai Ye” says, “the unbelievable karma is related and difficult to escape.”

“Da Shen Yi Cjang” says, “karma is like wind. Good karma blows all creatures to good places and bad karma blows all creatures to bad places.”

Karma determines the wealth, life and destination of all creatures. Nobody can help.

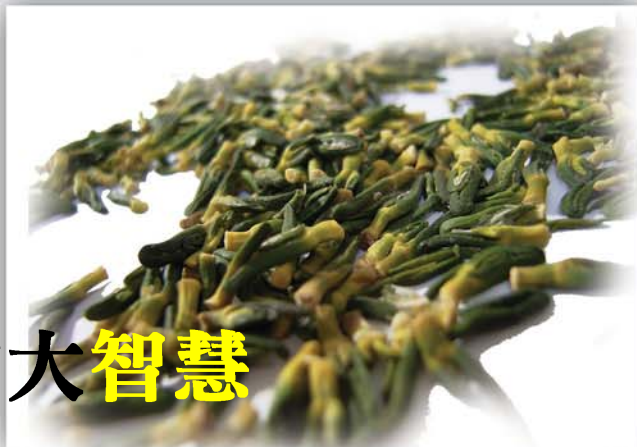
However, the Buddhist is not fatalist. The result is unchangeable. For example, when you are sick, it's difficult for you to return to that you haven't been sick. You can only shorten the period of sickness or ease off the sickness, but the result, sickness, is unchangeable. As long as you do more good things and keep your health, you can remove what causes your sickness and won't get the sickness in the future.

Buddhists are not passive, they are active to create destination. Every fortune including youth forever is formed by good cause.



探索之四～

中草藥之章／東方的大智慧



舉凡接觸過中醫或草藥的人，莫不嘆服，因為實在太博大精深了！

這也就是為何西方醫學以強大的姿態席捲全世界之後，中醫藥仍能屹立不搖的原因，因為其確實有另成一套系統的卓越方式——這是療癒身體的真理！

就以今日西方也紛紛開始有系統的研究中醫，即可見一般；例如法國對於針灸的尊重與科學研究，在在證明了五千年文化的紮實豐厚；現今的美國，也可以很輕易的買到銀杏、大豆、當歸、綠茶、紅麴等保健藥丸；而近鄰的東洋日本國，雖然戰後以經濟雄姿崛起，但一樣舉國熟悉、尊崇並風靡各式漢方，並且樂此不疲；而日本平均壽命冠居全球，除了飲食清淡、講求衛生之民族優良傳統外，養生漢方的普遍流行，亦應功不可沒！

故西方的科學實証精神，拿到東方來，其實一樣是適用的，只是檢擇方式與標準稍有不同；西方是用儀器與實驗，東方較用經驗與口碑……

故當東方遇到西方，尤其觸及健康、醫療、保健、甚至返老還童這些切乎人們身體實際需求的課題時；大可以不必再分東與西，而可以邁向攜手合作的康莊大道！這將是全人類的福祉與佳音……

現在，就讓我們帶著開放的心胸與虛懷若谷的心情，傾聽一下東方老古人的大智慧吧！

返老還童的中草藥材

據統計在中醫典籍中記載的有助於返老還童的中藥超過一百種以上，由於篇幅有限，僅介紹幾種常用的中藥以供參考……

首烏

益肝腎、筋骨。可改善老年人的衰老徵象，如白髮、齒落、老年斑等，能促進人體免疫力的提高。

首烏每日一般用量為 10 ～ 15 克。

人參

補元氣，可輕身延年。現代醫學證明人參能延長培養細胞的生命期，能改善大腦功能，提高免疫抗病能力，保護心肌不受損害，抗輻射，降血糖，降膽固醇，增進食欲，消除疲勞等。

長期服用人參，小量為宜，每 1 ～ 2 天含服人參片 1 克。若大量服用，反而會血壓升高、煩躁失眠、心慌胸悶、頭痛、鼻出血等。冠心病也不宜長期服用，因會加重動脈硬化病情。





黃精

補脾養肺、益氣養陰。可延長生命；能明顯增加人體免疫功能，保護肝細胞，張冠狀動脈。

黃精的每日一般用量為 10 ~ 30 克。

靈芝

養心安神、益氣補血、健腦強身、延年益壽。還可強身、止咳喘，增加冠狀動脈的血流量，減少心肌的耗氧量而保護心臟，並有保肝解毒、促進肝細胞再生等作用，所以用來防治高脂血症、慢性支氣管炎，以及防止腦力衰退。

靈芝的每日一般用量為 5 ~ 10 克。



黃耆

補益五臟，歷代養生者多用之單味熬膏以延壽。可以延長培養細胞的生命期、提高免疫能力、誘生干擾素；還有改善心、腦、腎等重要臟器的血液迴圈，保護肝臟，抑菌抗病毒的作用，所以用以防治上呼吸道感染、肝炎、慢性腎炎、消化道潰瘍、白細胞減少、消化不良、腦中風後遺症等。簡易用法為每日將黃耆 10 克、甘草 2 克，沖滾水泡茶飲。

薏苡仁

《本草綱目》：薏苡仁陽明藥也，能健脾，益胃。虛則補其母，故肺痿肺癰用之。筋骨之病，以治陽明為本，故拘攣筋急，風痺者用之。土能生水除濕，故泄痢水腫用之。每日一般用量為 15 ~ 30 克。



淮山藥

淮山藥性味甘平，補氣健脾，不寒不燥，是脾胃虛弱的常用補品，《神農本草經》：補中、益氣、長肌肉，久服耳目聰明。《本草綱目》：又謂其能益腎氣、健脾胃、止泄痢、化痰涎、潤皮毛。每日一般用量為 15 ~ 30 克。

茯苓

《本草綱目》稱茯苓有定魂定魄益壽之功，並譽之“補擊不峻，利而不猛”，既可健脾補中安神等扶正，又可利水滲濕而祛邪，故將其列為“益壽上品”。



地黃

《本草綱目》：用熟地調蜜為丸，百日面如桃花，三年輕身不老。地黃能護肝、降血壓、降血脂、強心、抗炎及調節免疫功能。每日一般用量為 15 ~ 30 克。

白朮

益氣健脾燥濕，延年不饑。能提高免疫力、升高白細胞、有抗凝抗血栓形成、護肝等作用。每日一般用量為 5 ~ 10 克。

紫河車

紫河車養血益精補氣，可提高免疫力，改善新陳代謝而抗衰老。每天服用 5 ～ 10 克。

返老還童的中藥複方

比較有名的返老還童中藥複方有還少丹以及延年回春丹等……

■ 還少丹

出處：楊氏方。

藥方：山藥、巴戟天、熟地黃、小茴香、大棗、肉從蓉、茯苓、山茱萸、牛膝、楮實子、杜仲、石菖蒲、遠志、五味子、枸杞子。

功效：補腎養心，益陰壯陽。

主治：虛損勞傷，心腎不足，腰膝酸軟，失眠健忘，眩暈倦怠，小便混濁，未老先衰。

說明：用於中年後之身體虛弱、腰酸體倦、神經衰弱、更年期障礙、畏寒肢冷、夜尿多、便溏、神疲乏力、白髮、健忘等腎陽虛及衰老症狀。

■ 延年回春丹……

出處：萬病回春。

藥方：天冬、川椒、人蔘、澤瀉、麥冬、肉芙蓉、茯苓、山茱萸、生地、五味子、熟地、柏子仁、木香、覆盆子、山藥、車前子、牛膝、地骨皮、杜仲、石菖蒲、巴戟、菟絲子、遠志、枸杞子。

功效：補益五臟，固本延年，強身抗衰。

主治：諸虛百損，鬚髮早白，神疲乏力，腰腳酸軟、早衰等症。

說明：《萬病回春》說：服至半月，身體雄壯；至一月，顏如童子，目視十里，小便清滑；服至三月、白髮返黑。久服，神氣不衰，身輕體健；常用於虛損諸不足、未老先衰等。

靜坐養生最究竟

在東方蔚為最大宗教的佛教，整個修持重心在於靜坐；而靜生法門不但上通出三界法，下還能強身健體、延年益壽、甚且返老還童！

君不見高僧傳中，得道高僧們壽考者比比皆是；而且更別忘了最長壽的彭祖，便是以長時靜坐養生著稱，典籍中所描述他“從旦至中乃危坐”如果從清晨五點起床至中午十二點，那麼他一坐就是七個小時，七個小時已經快佔去一天 24 小時的 1/3，足見靜坐在養生領域中亦是重要得不得了！

所以，如果想延年益壽、返老還童，靜坐是最必要、也是最究竟的良方了！



Explore 4 ~

The Chapter of Chinese Herb Medicine/The Great Wisdom from the Eastern

For those who knew about the traditional Chinese medical science as well as herb medicine, they would praise and admire because it is so broad and profound!

That also explains to us at least one thing that the traditional Chinese medical science can stand towering like a giant when the western medical science overwhelms the world. There is another package of systematic manner besides the western manner and this is the truth of physical remedy.

Today, the western began to learn from the eastern. For example, the French studied acupuncture and moxibustion and proofed that this ancient manner for over five thousand years works still very well at present. In American, you can easily get health care pills such as ginkgo, soybean, Chinese angelica root, green tea, red yeast and so forth. Our neighbor country Japan rose sharply after the World War II. However, they still respect and applied all kinds of Chinese medicine. Besides, Japanese has the longest average life-span in the whole world. Japanese used to eat light. They have a nice ethnic tradition and that is good hygiene and love to use Chinese medicine. All of these count!

The western people look serious on science and proof. However, the eastern is the same. But, their manners and standards are different one way or the other. The western use instruments and does experiments while the eastern hire personal experience and public praise.....

When the eastern meet the western, we should work together on topics such as health, medical treatment and renewing of one's youth. If this is the case, that will be a great news for all living beings!

Now, let's review the great wisdom of the ancient eastern with an opened mind!

The Chinese herb medicine that helps to renew one's youth

According traditional Chinese medical books and records, there are over one hundred kinds of Chinese medicine. However, we can introduce only small parts of them. They are.....

Shou-wu/*Polygonum multiflorum*

Shou-wu is good for liver, kidney, semen and the physique. There are two famous anti-aged prescriptions called Shou-wu prolonged-longevity pill and Seven-treasure beautiful whiskers pill. These two prescriptions use Shou-wu as the major element. Shou-wu can help to save the aged problems such as gray-headed, lose-teeth, aged-spots and so on. It can raise the immunity and stop lipofuscin. Shou-wu can help to stretch the coronary artery, lower the blood fat and grow the red cell. Therefore, it is good for coronary heart disease, high blood fat disease, aged anemia, cerebrum declined, progeria and so forth.

The amount applied of Shou-wu is 10 to 15 grams per day.

Ginseng

Ginseng is good for life-blood. It was said that it can prolong one's life. Modern medical technique proofed that it can prolong the life cycle of cell as well as improve the function of cerebrum. It can raise immunity and against disease. It protects heart muscles, against radiation, lowering cholesterol, having good appetite and removing tired.

If there is a middle-aged or old-aged man want to eat ginseng for a long time, he had better have one gram of it on the basis of 1 to 2 days. If having too much of ginseng, it might raise the blood pressure, making you annoyed and insomnia, discomposed, chest-melancholy, headache, a nosebleed and so on. A coronary heart disease patient should not eat ginseng because it may make the situation becomes worse.

Rhizoma polygonati

Rhizoma polygonati is good for spleen, lung and the physique. It can prolong the life span as well as raise the immunity. It also protects liver cells, lowering blood fat and sugar, expanding the coronary artery.

The daily amount of Rhizoma polygonati is 10 to 30 grams.

Glossy ganoderma

Glossy ganoderma can soothe the nerves, enriching the blood, good for brain and prolong the life span. According modern medical science, it can make the physique strong, stopping coughing, increasing the blood flow rate in the coronary artery. It can protect the heart by decreasing the oxygen-consuming. It takes care of liver and detoxicating for it. It can grow the cell of liver. Therefore, it is used to prevent the high-lipemia, chronic bronchitis and brain-decay problem.

The daily amount of Glossy ganoderma is 5 to 10 grams.



Radix Astragali

Radix Astragali is good for the internal organs. Therefore, it was applied in ancient people to prolong the life span. It was proofed that Radix Astragali can prolong the life span of cells. It raises immunocompetence for you. It produces interferon. It is also good for the heart, the brain, the kidney and the blood circulation. It protects liver and works against fungus. Therefore, it can be used to prevent diseases such as the respiratory tract infection, hepatitis, chronic nephritis, the alimentary canal cancer, leucopenia, dyspepsia, apoplexy and so on. The daily simple formula is 10 grams of Radix Astragali and 2 grams of licorice root to make a tea.

Job's tears

The Chinese Herbal Outlines said that Job's tears are a good medicine. It cures spleen and stomach. It can take care of lung as well as the physique contraction. It cures diarrhea too. The daily amount is 15 to 30 grams.



Chinese yam

Chinese yam is sweet and good for spleen. The essence of it is neither cold nor hot. It is a nice tonic. The Shen-nong Herbal Outlines said that it repairs the body, increasing the inner power, growing muscle and clearing the sees and hears. The Chinese Herbal Outlines said that it is good for kidney, taste, stopping dysentery, reducing phlegm and having moist skins. The famous anti-aged formulas called the Eight-immortal Pastry and Birthroot-pill are made by Chinese yam. The daily amount is 15 to 30 grams.

Poria cocos

In the Chinese Herbal Outlines, it said that Poria cocos can peace the soul and prolong the life span. It also said that Poria cocos are a smooth herbal which is good for spleen and to soothe the nerves. It can dispel the evil. Therefore, it is the most wonderful herbal for life prolonging. According researching, Poria cocos can raise immunity, protecting liver, re-producing cells and lowering the blood ALT or GPT.

You may make the white color Poria cocos into powder. Cook 20 grams of Poria cocos and 100 grams of polished round-grained rice together into porridge. It is good for weak body of an aged man.

Foxglove

Foxglove is good for liver and kidney. It is frequently used in the formula of an anti-aged medicine such as the Six-flavor Foxglove Pill and the Golden Cabinet Kidney Pill. The foxglove is the major element in these formulas. According the Chinese Herbal Outlines, foxglove can be made into pills by honey. Taking it for one hundred days, your face turned into pink color as a peach blossom. Taking it for over three years, you can prolong the life span. The modern medicine science said that it can protect liver, lowing blood pressure as well as blood fat, strong the heart, against the inflammation and adjusting immunity. The daily amount of foxglove is 15 to 30 grams.

Bai-zhu

Bai-zhu is good for spleen. It can also prolong the life span. It was proffed that it improves the immunity, raising the white cells, against thrombosis, protecting liver and so on. The daily amount is 5 to 10 grams.

Ziheche Jiaonang

Ziheche Jiaonang is good for internal power. The famous anti-aged medicine called Zihche Jiaonang Pill is made by it in major. It was proofed that Zihche Jiaonang can raising the immunity. It improved the metabolism and anti-aging. The daily amount of power is 5 to 10 grams.

A Chinese compound prescription of anti-aged medicine

There are two famous formulas below:

* Return-youth Pill

Source: Mr. Yang

Formula: Chinese yam, *Morinda officinalis*, Foxglove, Fennel, Jujube, Roucongrong, *Poria cocos*, Cornel, *Achyranthes bidentata*, *Fructus Broussonetiae*, *Eucommia ulmoides* Oliver, Calamus, *Polygala tenuifolia* Willd, the fruit of Chinese magnolia vine and wolfberry.

Function: Good for kidney and the heart as well as inner power

Curing: Wound weak heart and kidney, weak waist and knee, insomnia, absent-minded, vertigo, tired, urine turbid and prematurely senile.

Explanation: After the middle age, the physical body becomes weak, having pains in the loins and back, nervous breaking down, the climacteric problems coming, fearing cold, having bed wetting, tired, gray-headed, forgetful, weakening kidney and aging symptom.

* Return-spring Pill

Source: All Sickness was Cured

Formula: *Asparagus cochinchinensis* Merr, *Zanthoxylum bungeanum*, Ginseng, *Aster orientalis* Juzep, *Ophiopogon japonicus* Ker-Gawl, Hibiscus, *Poria cocos*, Cornel, Sheng-di, the fruit of Chinese magnolia vine, *Rehmanniae Radix*, *Platycladus orientalis*, *Rose banksiae*, Raspberry, Chinese yam, Plantain seed, *Achyranthes bidentata*, *Lycii Radicis Cortex*, *Eucommia ulmoides* Oliver, Calamus, *Schisandra propinqua* Wall Baill var *sinensis* Oliv, the seed of Chinese dodder, *Polygala tenuifolia* Willd and the fruit of Chinese wolfberry.

Function: Good for the internal organs. Prolong the life span. Make the body strong and against aging.

Curing: Weakness is losing. The beard and hair turned white early. You become tired and listless. Pain the waist and feet. Have a prematurely senile.

Explanation: The All Sickness was Cured said that taking it for 15 days, the body becomes strong. For one month, an old man looks like a young man. For three months, the white-headed turned black again. For a longer time, becomes younger and healthier. Having for common usage, it can prevent aging as well as weakness.

Meditation is the ultimate

In the eastern world, Buddhism is the biggest religion. The core of Buddhism is meditation. Meditation can bring you liberate from the limitation of the three-realms. It can help you gain strength for body. It also can prolong the life span. Besides, it may rejuvenate for you!

There are more than enough monks who have a longer life span. The most longevity man called Master Peng who was used to sit into meditation. Some books said that Master Peng sat meditation from morning to noon. If he sat from AM 5:00 to AM 12:00, it is 7 hours. 7 hours is about 1/3 of a day. You may find the importance of meditation now!

Therefore, if you want to live longer as well as rejuvenate, sit into meditation is necessary for you. This is the ultimate formula of all!

探索之五～

修行之章／永恆的青春

返老還童的努力有三階：

| 減緩老化→| 停止老化→| 回春(返老還童)|

那麼，任何方法，只要能符合這三階中的任何一階，都是良方；不過當然以第三階難度最高，第一階最易達成；但面對一切的問題，都必須非常的務實，例如生死這種大事！如果以務實的角度而言，我們每一個人有一天都會離開這個世界，因為從秦始皇到目前為止沒有一個凡人曾經達成長生不死的夢想；但是活得較長一些，則是我們可以努力達成的目標；因為即使多活一天、多活一秒，也是好的！不過我們為什麼要青春長壽的目的，可要弄得很清楚；就是一一更有時間利益自己、造福他人！所以，一切都是為了把生命推向最高服務意義的偉大人生，而這樣的青春長壽、甚且返老還童才是最有意義的一件事！

也許有人會對於全人類古往今來傾盡一切智慧研究的結果，並不能讓誰真正永生不死的活在這個世界上，感到有些兒失望；不過返老還童這個大夢倒是有些兒越來越靠近了；這也許還是可以令人高興的佳音！

不過，由於我們對於這個生命的本身其實太欠缺了解，所以我們一味去追求的——肉身永生！也許並不是我們這個生命體最幸福的狀態，也很可能並不是我們誕生於世的最終極的目的。

怎麼說呢？因為按照偉大智慧的佛典教導，事實上，我們的身體不是只有這個肉身，而是非常複雜的綜合組合狀態，最起碼我們常聽到的就有夢幻中陰身、死亡中陰身、禪定中陰身以及法身等等……

光是法身，就十分的奧妙深密。

法身又叫作法佛、理佛、法身佛、自性身、法性身、如來佛、實佛、第一身。

大乘各家對於法身的看法，可以整理成下表：



序	宗派等	主張
1	唯識宗	分法身為(1)總相：三身總稱＝一大功德法身(以五法事理為體) (2)別相：三身中的自性身(以清淨法界之真如為體)
2	三論宗	法身：真如實相不可得之真空
3	大乘起信論	核心思想在於闡釋自性清淨、妄法無體 ↓ 進而論及萬法時，以三大：體大、相大、用大 來判釋眾生心、甚至宇宙法界…… ↓ 例如針對法身，以真如之用大凸顯法身意義 ↓↑ 《大乘起信論》說：除滅無明，見本法身，自然而有不思議業種種之用，即與真如等遍一切處，又亦無有用相可得。何以故？謂諸佛如來唯是法身智相之身，第一義諦，無有世諦境界，離於施作，但隨眾生見聞得益，故說為用。 ↓ 成為華嚴宗、天台宗等一乘家立說之根基
4	天台宗	法身：除了指遍一切處的如來，亦指法身＝報身＝應身。
5	華嚴宗	以十身具足的毘盧遮那法身佛為教主 (十身：①菩提身②願身③化身④力持身⑤意生身⑥相好身⑦威勢身⑧福德身⑨法身⑩智身) 主張此十身相融相攝於法、報、化三身
6	真言宗	五種法身： <div style="display: inline-block; vertical-align: middle;"> <div style="display: inline-block; vertical-align: middle;"> (1)自性身 (2)受用身 (3)變化身 (4)等流身 </div> <div style="font-size: 3em; vertical-align: middle; margin: 0 10px;">}</div> <div style="vertical-align: middle;">四身</div> </div> (5)六大法身：以地、水、火、風、空、識六大 為大日如來之法身(＝法界身)



看完上表，即知法身有多麼的複雜深奧；但由經典的種種記載中，我們可以清楚得知，在所有身當中，法身是最重要的（故名“第一身”）。因為，只要法身成就，其他的身都跟著上升與進化；所以，整個得道的過程，言簡義賅而言，就是——讓法身修行証果！

至於法身到底証得了什麼？

這不但決定了法身成就與否，一樣影響了肉身的強健與青春！

是什麼呢？

是老生常談，也是石破天驚！

老生常談的是，在佛典中，不論眼光走到那，都會看到它；石破天驚的是，只要証得，必定驚天地、泣鬼神；從此脫離凡胎，進入不可思議的身心聖境！

到底是什麼呢？

當然不會例外，也可以驚喜——空！

空就是法身証得的內涵與境界，可以說証量越高，空的境界越鞏固；也可以說身心狀況亦皆會隨之更佳。故可知法身才是肉身之主導，法身成就了，肉身才會跟著成就！

例如藏密的祖師蓮花生上師，由於証量高超圓滿，得到無死瑜珈虹光身的終極成就！所以他住世九百多年，而且外貌永遠維持如十八歲的少年一般！

而無死瑜珈之“瑜珈”二字，即相應之意。那麼是與什麼相應呢？即與最圓滿究極的空性大智慧相應！亦即最圓滿最卓越的——真如空性之法身！

所以，在作任何努力之前，都必須正知見具足，追求肉體的返老還童也是一樣的，我們一定要明白此世的虛幻，如果沒有卓越的努力，獲致法身卓越的成就；那麼，肉身畢竟是會成住壞空，只有彼世——亦即超越肉身的高層次精神境界，才是永生不滅的，故尋找青春之泉是可以的；但一定要明白，此非究竟之追尋，在我們這個有形有相的肉身之背後，蘊含著最珍貴的法身奧秘，亦即永恆不死的存有，而且是無憂無懼、極樂解脫的境界。

所以，我們要努力修練成不能對肉身有太過份的執著，因為終究會灰飛煙滅，回歸四大；因此，所謂的返老還童，在肉身的層次，適可而止；然而在心靈的層次，亦即法身的層次，則要不屈不撓、百折不悔的努力奮鬥，因為那樣的返老還童，才是真正的返老還童！

更何況在法身的層次，如果連年老都沒了，又何需還童呢？

心經云：是故空中無色、無受想行識、無眼耳鼻舌身意、無色聲香味觸法、無眼界、乃至無意識界、無無明、亦無無明盡、乃至無老死、亦無老死盡、無苦集滅道、無智亦無得，以無所得故，菩提薩埵，依般若波羅蜜多故，心無罣礙，無罣礙故，無有恐怖，遠離顛倒夢想，究竟涅槃……



所以，修行証果，那是永生的不死、永遠的快樂以及——永恆的青春！



Explore 5 ~

Cultivation/ Forever Young

Three Steps for rejuvenation: slowing down ageing, stopping ageing and rejuvenation

A method in one of the three steps is a good method. The third step is most difficult, and the first step is the easiest. We must be very realistic about every problem, especially about the death. In the real world, every one will pass away. From the First Qin Emperor up to now, nobody can be immortal. A longer life is, however, what we may achieve. Because it's a good thing for us to live one more day, even one more second. However, we have to understand why we need a long life. That is we can benefit ourselves and others for a longer time. What we have to do is to devote our life to serve all creatures. This is the noblest meaning of long life. Thereby, long life and rejuvenation are meaningful.

Maybe, someone can be discouraged that even though human has made so much effort, nobody can be immortal. However, we are probably approaching the dream, rejuvenation. After all, this is good news for us.

Nevertheless, because what we have known about our life is so insufficient, maybe the immortal life that we desire is not the optimal condition for us, and it is maybe not the reason why we come to this world.

According to some great Buddhism sutras, our body is more than the substance body. Our Body is a very complicated composition which includes dream soul body, death soul body, meditation transient body and wisdom body and so on.

The wisdom body is very mysterious and magic.

Wisdom body is also named wisdom buddha, nature body, the first body, etc.

The ideals of Dharma-kaya in Maha-yana Buddhism as the following:





Order	Sect	Ideal
1	Consciousness-only	Dharma-kaya (1) Universal appearance: Tri-kayas = The great-merit-and-virtues dharma-kaya (use five-dharma-reasons as the essence) (2) Individual appearance: the self-nature-kaya of the tri-kayas (use the true peace-and-quiet-dharma-realm as the essence)
2	Tri-sastra	Dharma-kaya: the un-reachable true-emptiness of suchness
3	Believing-mahayana	The core ideal interprets the peace-and-quiet self-nature as well as the emptiness without illusion ↓ When discuss about all-dharmas, use the tri-maha such as maha-essence, maha-appearance and maha-application to judge the mind of all-beings as well as the realm of universe..... ↓ Aimed at dharma-kaya as example, use the maha-application of suchness to explain the meaning of dharma-kaya ↓ ↑ The Believing-mahayana Sutra said: terminate the ignorance to realize the dharma-kaya. Then, all kinds of incredible karma would come naturally. The suchness is in all places however it still matches the ideal of emptiness. Why? All Buddhas have the dharma-kaya of wisdom-appearance. It is the first righteousness, no-earthly-limits and without any action. In order to benefit all beings, explain as the above. ↓ This is the basement of Huayan and Tiantai sects.
4	Tiantai	Dharma-kaya: Buddha in all-places. Dharma-kaya = Sambhoga-kaya = nirmana
5	Huayan	The Vairocana-dharma-kaya Buddha who has ten-perfect-kayas as the founder of Buddhism (Ten-kayas: Bodhi-kaya, Wish-kaya, Incarnation-kaya, Power-kaya, Mind-kaya, Appearance-kaya, Potential-kaya, Merit-kaya, dharma-kaya and Wisdom-kaya) The ten-kayas can be melted into the tri-kayas.
6	Mantra	Five Dharma-kayas: { (1)Self-nature-kaya (2)Feeling-kaya (3)Changing-kaya (4)Equal-kaya } Four-kayas (5)Six-maha-kayas: Earth, Water, Fire, Wind, Emptiness and Consciousness become the dharma-kaya of Mahaavairocana (=dharma-realm-kaya)



We can understand how complicated the wisdom body is from the table above. In various sutras, the wisdom is considered the most important (it is named the first body) body. When the wisdom body is enlightened, all other bodies will be promoted. Therefore, in a sentence, cultivation is for enlightenment of the wisdom body.

What is the enlightenment of the wisdom body?

The answer determines the enlightenment of the wisdom body as well as the health of the substance body.

The answer is so ordinary but so amazing.

It's ordinary because it can be seen in almost every sutra. It's amazing because as long as you catch it, your body and mind will get into an unbelievable condition.

What is the answer on earth?

Of course, without exception, you can be amazing about it. It is the **emptiness**.

Emptiness is what the wisdom body verifies. The more the wisdom body verifies, the emptiness is proved much more. The body and mind will be better. Thus, the wisdom body is the leader of the substance body. When the wisdom body enlightens, the substance body will enlighten.

For example, the founder of the Tibetan Buddhism, the Lotus Born Buddha, has a complete verification and obtains the immortal yoga rainbow body. He lives in our world for nine hundred years and always looks like a young boy aged 18 years old.

Yoga means correspondence. What should we correspond to? We have to correspond to the perfect great wisdom of emptiness which is the ultimate and perfect wisdom body.

Prior to the effort we make, some correct concepts must be established. The same is for the rejuvenation. We must understand the world is illusional. Without extreme effort, the wisdom body cannot be enlightened. The substance body will pass away after all. Only the spirit is immortal. It's a good thing to look for spring of youth, but we must understand that it is not the target. Behind the substance body, it's the secret of the mysterious wisdom body which is immortal. It's a condition without any fear and with ultimate happiness.

Therefore, we cannot persist on our substance body too much, because it is finally gone. The appropriate rejuvenation in the substance body is enough. However, in the spirit, in the level of the wisdom body, we must be unyielding, because such rejuvenation is real rejuvenation.

As the wisdom body is immortal, no rejuvenation is needed.

Heart sutra says:

Therefore, in emptiness: there is no matter,

no sensation, recognition, volition or consciousness,

no eye, ear, nose, tongue, body, or mind,



no sight, sound, scent, taste, tangibles, or dharma,
no field of the eye up to no field of mental consciousness,
no ignorance or the ending of ignorance up to
no ageing and death of the ending of ageing and death,
no suffering, no cause of suffering,
no ending of suffering, and no path,
no wisdom and also no attainment.

Because there is nothing obtainable,

Bodhisattvas through the reliance on Prajna-paramita
have no attachment and hindrance in their minds.

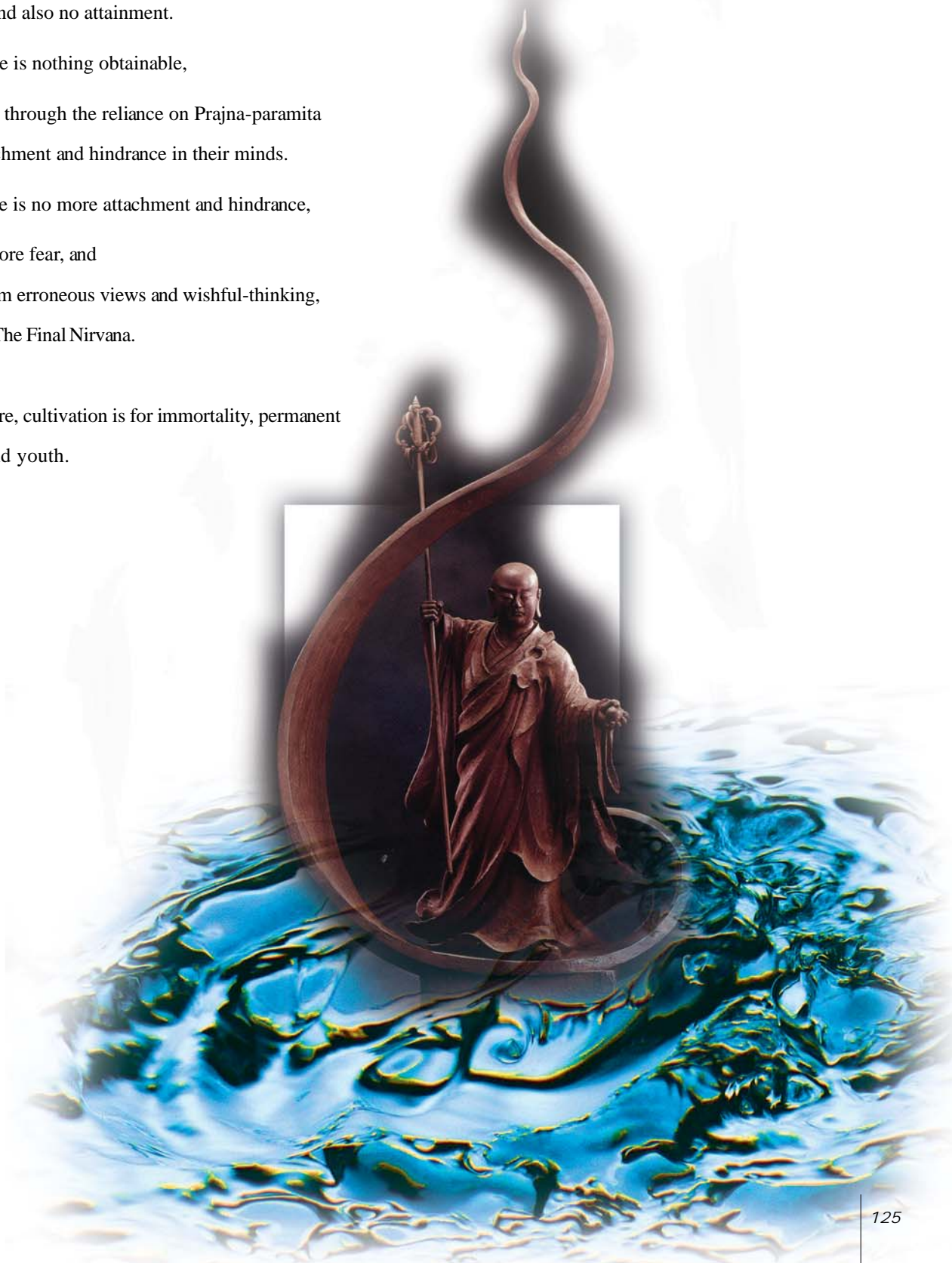
Because there is no more attachment and hindrance,

there is no more fear, and

Far away from erroneous views and wishful-thinking,

Ultimately : The Final Nirvana.

Therefore, cultivation is for immortality, permanent
happiness and youth.



結語篇／青春之鑰

青春之泉的真正所在，既不在一個山明水秀的地方，也不在西洋的傳說之中；它就在我們每一個人的心中，那就是——愛！愛就是青春之泉，只要我們擁有強大的愛，我們就等於擁有一座四季噴湧的——青春之泉！

愛才是真正返老還童的關鍵，當一個人心中充滿了愛，而且以行動證明愛盡天下蒼生，那麼，他的身體一定是健康的，而且如果要以修行的角度來說，真正能夠返老還童的修練是——拙火；而啟動拙火的關鍵在於海底輪，但沉睡的靈蛇要如何才能甦醒呢？只有當正確的體內咒音——Hom 如雷聲般的隆隆響起時，靈蛇才會睜開眼睛，鬆開 $3 \text{ 又 } 1/2$ 的盤旋，釋放出不可思議的巨大能量！

當巨大的能量佈滿全身後，每一個細胞自然青春、健康又充滿能量，當強大到一個程度，肉身自然就產生了不可思議的變化——返老還童。

所以，我們真的不必捨近求遠，真的不用跋山涉水的去尋找那渺不可得的青春泉水，而只要在自己的心中不斷的注入愛、注入愛、注入愛……總有一天，我們的心，就像源源不絕的湧泉，愛就像取之不盡用之不竭的泉之寶藏，不斷的湧出、不斷的湧出；那麼，心田的蓮花就會盛開，並且湧出甘露——就在頂輪的甘露池，會在愛的澆灌下打開，這甘露池就在松果體，這松果體就會分泌大量的精華液體，甘甜而美妙的瓊漿玉液，順著脊椎流下，流向全身每一個細胞，當每一個細胞都浸在這樣充滿能量的甘露之中，便自然而然的會變得越來越健康、越來越年輕，最終達成人類的大夢想——返老還童！

所以

青春之鑰

就是——愛

而且是無量無邊

愛盡一切蒼生的 大愛！



The End/The key of youth

The real spring of youth is neither at a beautiful place, nor in a western legend. It exists in everyone's mind, which is love. Love is the spring of youth. As long as we love, we will have a live spring of youth.

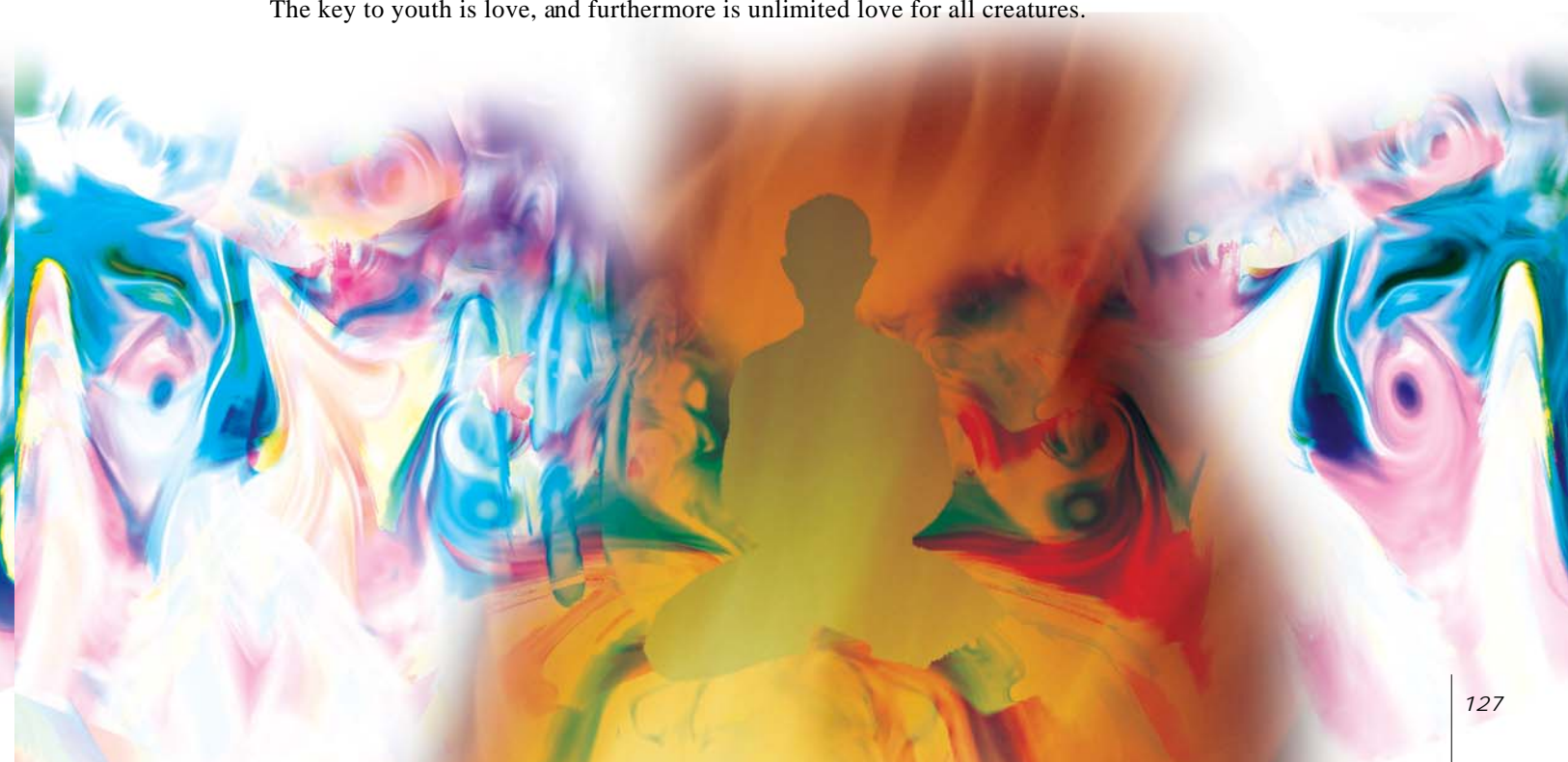
Love is the key to rejuvenation. When a man is full of love and does many things for love, he must be healthy. In the view point of cultivation, the real cultivation for rejuvenation is kundalini. The muladhara (base) chakra is the key to start kundalini. How does the sleeping kundalini(spirit snake) be awakend? Only when a correct internal mantra, HOM, is chanted like a thunder, the spirit snake opens its eyes and releases the 3 and 1/2 circles to give off magic mighty energy.

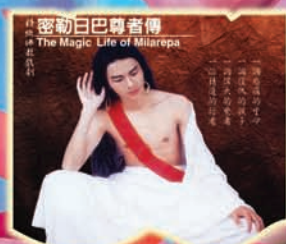
When the strong energy distributes in the entire body, every cell is naturally young and powerful. When the energy is strong enough, the body will experience the magic transformation, i.e. rejuvenation.

We don't have to seek the spring of youth in a remote place. All we have to do is to fill love in ourselves continuously. One day, our mind will acts as a spring of love, the treasure of spirit springs up continuously. Thus the lotus in our mind will bloom and spring up sweet dew. The pool of sweet dew in the sahasrara (crown) chakra will be opened by love, the sweet dew pool is at epiphycerebri. The epiphycerebri can ooze large amount of essential liquid. The wonderful essential liquid flows along the spine to every cell. When every sell is immersed in such a liquid full of energy, the body becomes younger and younger, healthier and healthier, and the dream, rejuvenation, comes true.

Therefore,

The key to youth is love, and furthermore is unlimited love for all creatures.





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