

十二個放下 12 Relinquishments

活佛恩師慈悲教導 Merciful Teaching by Holy Teacher

2018.06.10 美國加州淨化佛堂 (Jing Hua Temple, California, USA)

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放下對立 學習親愛 創造和諧的人生

Let go of *confrontation*, learn to *love* and create a *harmonious* life.

放下猜疑 學習信任 創造美好的人生

Let go of *suspicious*, learn to *trust* and create a *beautiful* life.

放下冷漠 學習關懷 創造幸福的人生

Let go of *indifference*, learn to *be caring* and create a *blessed* life.

放下批評 學習讚美 創造快樂的人生

Let go of *criticism*, learn to *compliment* and create a *happy* life.

放下計較 學習大量 創造寬廣的人生

Let go of *bickering*, learn to *be magnanimous* and create an *expansive* life.

放下嫉妒 學習隨喜 創造祥和的人生

Let go of *envy*, learn to *rejoice with others* and create a *peaceful and auspicious* life.

放下貪求 學習佈施 創造富饒的人生

Let go of *greedy pursuits*, learn to *give* and create a *content and bountiful* life.

放下瞋恨 學習柔和 創造輕鬆的人生

Let go of *anger and hatred*, learn to *be gentle* and create a *relaxed* life.

放下是非 學習清靜 創造安定的人生

Let go of *rights and wrongs*, learn to *be dispassionate* and create a *tranquil* life.

放下爭辯 學習自省 創造智慧的人生

Let go of *disputes*, learn to *introspect* and create a life of *wisdom*.

放下繁雜 學習精簡 創造單純的人生

Let go of *complexity*, learn to *simplify* and create a *straightforward* life.

放下放下 學習性空 創造真實的人生

Let go of *letting go*, learn to *be thus* (tathata) and create a life of *suchness* (tattva).

