

靈妙仙丹 (發一同義 毓佛宮 澳門樂道佛院安座)

Elixir of Life prescribed by Holy Teacher (Ji-Gong Living Buddha) for everybody with affinity.

仙丹一帖十二粒 送給有緣福加被 不必花錢費力氣 取之用之任由你
按時服用莫忘記 百日自然可築基 二六謹慎勿大意 功夫精湛返無極

Take the following 12 "tablets" as often as needed for your physical and spiritual health. Do not skip a dose. Perfect your effort. You will see positive results in three months.

- 1) 父母要孝順 心性要柔順
待人要和順 因緣要隨順
Be filial to our parents; soften our hearts;
Be courteous to others; follow affinity naturally.
- 2) 觀念沒有偏頗 心中沒有怒火
責任沒有閃躲 公正沒有私我
Refrain from biased/skewed thoughts; harbor no anger in the heart;
Don't shun responsibilities; be fair and just without ego (be impartial and selfless).
- 3) 冷眼旁觀紛紛擾擾 醒醒覺覺不爭不吵
歲月無情人生易老 常清常靜珍惜分秒
Look on world's chaos with a calm mind; be aware and do not be involved in arguments;
Life passes on, waiting for no one; maintain constant quietude and cherish every second.
- 4) 身體要照顧 心念要守住
道德要維護 眾生要廣渡
Take good care of our health; hold onto our proper mind;
Maintain a high standard of moral; broadly ferry sentient beings to Dao/truth.
- 5) 耐得住寂寞 禁得起誘惑
看得開起落 學得會沈默
Be able to endure solitude/loneliness; be able to resist temptation;
Take life's ups and downs easy (see through life's ups and downs); Learn to be quiet/silent.
- 6) 忘了總比記著好 放下也比拿著好
感恩真比抱怨好 起行是比坐言好
It is always better to forget than to remember; it is also better to let go of things than to hold fast to them;
Gratitude is better than complaints; getting up to practice what we preach is better than just sitting and preaching it.
- 7) 對立放一邊 互助功德添
和諧存心間 團結為上天
Put aside antagonism; helping each other increases merit and virtue;
Nurture harmony at heart; unite for the sake of heaven.
- 8) 惜緣又惜福 知止又知足
抱道又抱樸 去假又去毒
Cherish affinity as well as blessings; know where the limits are and be content;
Hold onto the Dao and maintain innocence/purity; purge falsehood as well as poisons.
- 9) 錢財不貪不義 革除言不及義
做人有情有義 遵守公理正義
Do not ogle at unaccountable/unjustifiable wealth; eradicate unjust/unrighteous speech;
Be a caring and righteous person; obey universal truth and principles.
- 10) 學習看人好處 改正自己錯處
戒慎恐懼小處 潔淨內心深處
Learn to look for good in others; resolve to correct our faults;
Be extra vigilant with trivial matters; purify ourselves in the depth of our heart.
- 11) 找到修行的樂趣 培養人格如美玉
面對考驗心無懼 了愿精神當永續
Derive pleasure from cultivating Dao; develop a character like flawless jade;
Be fearless in the face of trials; have an undying aspiration in fulfilling vows.
- 12) 飲食要能漸清淡 生活要有好習慣
笑容要再更燦爛 眼睛要常向內看
Develop an appetite for light-flavored food; establish good habits in life;
Make our smiles brighter; look inward often in introspection.