

盧軍宏台長
佛言佛語

Words of Wisdom
from Buddhist Master Jun Hong Lu

第九冊

Volume 9



盧軍宏台長佛言佛語（九）

Words of Wisdom from Buddhist Master Jun Hong Lu (Volume 9)

主 講:	盧軍宏台長
記錄、整理、編輯:	澳洲華人佛教協會出版社
美術編輯:	澳洲華人佛教協會出版社
策 劃:	澳洲華人佛教協會出版社
出 版:	澳洲華人佛教協會出版社
地 址:	Level 2, 54 Meagher St, Chippendale Sydney NSW 2008 Australia (+61-2) 9283 2758
電 話:	
盧軍宏台長的網站網址:	
繁體中文/英文	http://www.guanyincitta.com
簡體中文	http://lujunhong2or.com
版 次:	2020年10月第1版第1次印刷
國際刊號 ISBN:	978-1-925798-74-6
印 數:	10 000

序言

《佛言佛語》為盧軍宏台長佛法開示精選集結而成。台長所到之處，孜孜不倦給予有緣眾生慈悲開示，以佛法般若點亮眾生的心燈。

書中一言一語皆闡釋佛法真諦，微中見著，契合生活、修行、為人處世的方方面面，彰顯大乘佛教無我利他的義理。佛法即是生活，人成即佛成。

願以本書使佛教至高無上的智慧如同甘霖滋潤有緣眾生的心田，共霑法益。

Foreword

Words of Wisdom is a compilation of pithy excerpts from Buddhist Master Jun Hong Lu's Dharma talks. Master Lu gives Dharam talks whenever the chance arises, illuminating our hearts with the Buddha's *Prajna* wisdom.

Every sentence in this book explains the profound truth of Buddhism. One can discover from these wise snippets the wide applications of the Buddha's teachings to every aspect of their daily lives, from spiritual cultivation to maintaining healthy interpersonal relationships. Master Lu's words of wisdom resonate with the core value of altruism and selflessness embedded in Mahayana Buddhism, reinforcing the notion that perfection of humanity paves the way for Buddhahood.

We hope this book will help inspire and enlighten readers with the utmost wisdom of the Buddha and bring benefit to sentient beings.

盧軍宏台長簡介

盧軍宏先生現任澳洲東方傳媒弘揚佛法慈善機構董事局主席、澳洲東方傳媒報業廣播電視集團董事長、澳洲華人佛教協會會長，澳大利亞太平紳士、馬來西亞拿督、意大利錫耶納大學榮譽客座教授、受聘著名國際佛教大學榮譽客座教授、英國西蘇格蘭大學佛學與哲學講師。

盧軍宏台長三十年來孜孜不倦、全年無休致力於在澳洲及全世界弘揚佛教精髓，推動慈善事業與文化和平交流發展，至今已經在全世界五十多個國家與地區擁有近 1000 萬信眾。

盧軍宏台長因其為國際文化和平所做出的突出貢獻，在聯合國、美國國會、美國寬容博物館、澳洲議會、德國柏林等地舉辦的國際和平會議，以及英國倫敦世界宗教聯合大會上，多次獲得世界和平大使殊榮；2015 年，盧軍宏榮獲美國眾議院頒獎表彰其在世界範圍內推動文化和平交流所做的貢獻；2016 年美國國會為盧軍宏台長頒發獎

前言

狀，表彰盧台長多年來在國際社會傳播慈悲和諧、致力世界和平所做的突出貢獻。美國新澤西州 West Orange 市政府，授予盧軍宏台長 West Orange 市榮譽市民獎。斯里蘭卡總統為盧軍宏太平紳士頒發獎項，表彰其為澳洲與斯里蘭卡經濟文化交流做出傑出貢獻。在澳洲因其突出貢獻和公信力被澳洲政府授予“太平紳士”，在澳洲議會獲得頒獎認可；並獲得馬來西亞皇室賜封拿督終身榮譽爵位；成為意大利錫耶納大學榮譽客座教授；作為世界著名僑領及華人精英，中國政府特別表彰入選《2014 中國人物年鑒》；作為特邀嘉賓出席 2015 年第十二屆聯合國衛塞節慶典活動；2015 年 9 月、2016 年 9 月，應聯合國大會主席邀請出席在聯合國總部舉行的“2015 年聯合國大會和平文化高峰論壇”、“世界和平高峰論壇”並發言，與聯合國大會主席、秘書長潘基文及世界各國政要領袖共謀世界和平。2017 年至 2019 年應邀在聯合國教科文組織“衛塞節慶典”做主題發言。

About Jun Hong Lu JP

Master Jun Hong Lu currently serves as Chairman of both the Australia Oriental Media Buddhist Charity Association and the Australia Oriental Media Group. He is also President of the Australian Chinese Buddhist Research Centre. He has been awarded Honorary Visiting Professorship by the prestigious University of Siena, Italy, and the royal title of Dato' in Malaysia. Master Lu has also been appointed as Honorary Visiting Professor by an international Buddhist university, and a Justice of the Peace by the Australian Government. Meanwhile, he is a lecturer in the area of Buddhism and philosophy with the University of the West of Scotland in the UK.

For over thirty years, Master Lu has been devoted to the spread of Buddhism and charitable activities. He is also dedicated to the development of the culture of peace. Currently he has 10 million followers in over 50 countries and regions.

Due to his tireless efforts to promote the culture of peace, Master Lu has been invited to attend summits on world peace and awarded the title of “Ambassador for World

Preface

Peace” in several places such as the United Nations headquarters, the US Congress, the Museum of Tolerance in Los Angeles, the Australian Parliament, London, UK (at the Unity of Faiths Festival), and Berlin, Germany.

In 2015, Master Lu was awarded a “Certificate of Congressional Recognition” by the US House of Representatives for his role in building and promoting cultural exchanges at home and abroad. In 2016, Master Lu was presented with the “Certificate of Congressional Recognition” by US Congress in honour of his many years of efforts to spread the message of compassion, promote world peace, and help people around the world. Furthermore, he was awarded “Honorary Citizenship” by West Orange, New Jersey. Master Lu has also been presented with an award by Sri Lanka's President Maithripala Sirisena for his important contribution to promoting the economic and cultural relationship between Australia and Sri Lanka.

Because of his credibility and outstanding contribution, Master Lu is appointed as a Justice of Peace by the Australian Government. He has also been awarded acknowledgement at the Australian Parliament, the lifelong royal title of Dato’ by a Malaysian Sultan, and the status of Honorary Visiting Professor by University of Siena, Italy.

Master Lu is included in the “2014 Yearbook of Who’s Who of China” by the Chinese government.

In May 2015, he was invited as a special guest to attend the 12th International Buddhist Conference on the United Nations Day of Vesak in Bangkok, Thailand.

In September 2015 and September 2016, at the invitation of the President of the United Nations General Assembly, Master Lu attended and spoke at the “High Level Forum on the Culture of Peace” and “Culture of Peace summit”, respectively, held at the UN headquarters. The UN Secretary-General Ban Ki-moon, General Assembly President, senior UN officials and eminent world leaders and peace advocates from around the world gathered to deliberate on non-violence and world peace.

For three consecutive years (2017-2019), Master Lu has been invited to deliver keynote speeches at the Celebration of Vesak Day at the UNESCO headquarters.

人一生成長的過程，
就是戰勝自我、去除劣根性的一生。

*In the process of growing,
the main concern is how to overcome
egoism and dig up the roots of evil.*

知無常，才能離無常。

*Only by knowing what impermanence
is can you be free from it.*

遲到的懺悔，也是在改變中。

*Even belated repentance
is a sure sign of change.*

心不隨境轉，視為離相。

*If the mind remains unmoved by
circumstances, it will be detached from
the notion of form.*

學佛是給自己一個改變的機會。

*Practising Buddhism is to give yourself
a chance to change.*

珍惜的感恩，
可以滋潤你一輩子的修行之心。

*Being grateful and appreciative can
nourish the mind that you cultivate for
your whole life.*

深明大義，是正知正念。

*Right Understanding and Right Thoughts
arise from a deep appreciation of
righteousness.*

真心懺悔的力量，
可以化解任何煩惱。

*The power of sincere repentance
can resolve any affliction.*

嚴格自律是改變我相的前提。

*Strict self-discipline is the prerequisite
to changing one's notion of self.*

沒有太多愛的人，
他也一定不會太多付出感情去愛別人，
因為他的愛太自私。

*One who is bereft of love in their heart
will certainly give insufficient
affection and love to others,
for their kind of love is selfish.*

理論必須有實踐才能證悟！

*Enlightenment can only be realised
through putting theory into practice.*

倔強是一種業障，須除之而後快。

*Intransigence is a kind of negative karma,
which must be removed speedily.*

學佛中任何理由，
皆屬虛幻的顛倒夢想。

*In the process of learning Buddhism,
any excuse given is simply an illusory and
upside-down dream.*

學佛要想高境界，
必須尋找增上緣。

*One who aims to elevate their Buddhist
practice to a higher level of spirituality
must seek those elements
that contribute to their betterment.*

進步是必須的，
改變是必然的，
修心是必要的。

*To make progress is a must;
to change is inevitable;
to cultivate the mind is essential.*

一切相皆屬虛妄，把握好今天。

*All appearances are illusory,
so make the best of today.*

從別人身上理解自己，是智慧。

*Understanding oneself by observing others
is wisdom.*

一個人正在洗新革面的消業，
這是他的受報期也是懺悔期，
在這期間的時間都算在修心中，
不算浪費。

猶如爬樓梯，爬到樓頂的成功，
靠的是爬樓梯的力量與時間。

當你站在樓梯頂上的時候，
你能說爬樓梯的時間是浪費嗎？

*When a person is turning over a new leaf
to eliminate his negative karma,
this is his period of retribution
– and also his period of repentance.
The time spent on reforming oneself
counts as a period of cultivation,
so it is never a waste of time.*

*Like climbing stairs,
the success of reaching the top depends on
the strength and time
you have spent along the way.*

*When you stand at the top,
can you say that the time spent
climbing the stairs was ever wasted?*

感恩的人，才會進步；
知足的人，才會幸福。

*One who is grateful can make progress;
one who is contented can be happy.*

改變靠自己的恆心。

With perseverance, change is possible.

話說出口就是業，
是很可怕的業障。
慎之。

*Words, once spoken,
may produce terrifying karma.
Be cautious.*

早上三遍大悲咒，
心臟消業不憂愁。

*Recite the Great Compassion Mantra
three times in the morning,
as you can eliminate the karma of
your heart and be free of worries.*

人間的意念就是反思維。
因為地球本身有向心力，
地球之人和佛菩薩
不是在一個維次空間生存的。

*What humans think is the opposite of
what Buddhas think.
The earth itself has a centripetal force;
the people on the planet do not exist
in the same dimension as Buddhas and
Bodhisattvas.*

“珍惜”有個理解詞稱為“失去”。

不想失去就要學會珍惜。

*People will only truly appreciate
the meaning of cherishing
after they lose something.
If you do not want to lose,
you must learn to cherish what you have.*

空性是一種不變的永恆。

Emptiness is an unchanging eternity.

加強和開啟自身的管理模式
——那就是守戒。

*Observing the precepts is to enhance
and initiate self-management mode.*

人生真的無常，
後悔不能買來過去時光，
懺悔才能換回失去的年華。

*Life is indeed impermanent.
Regret cannot bring back the past.
It is only by repentance that
we may regain lost years.*

修心，
就是和自己業障作鬥爭的一個過程。

*Cultivating the mind is a process of
fighting against one's negative karma.*

境界是開悟的果。

*High spirituality is
the fruit of enlightenment.*

因果是一個非常可怕的東西。
因像導火線，果像是地雷。
一碰因，果就炸。

*Cause and effect
is something quite terrifying.
The cause is like a fuse,
and the effect is like a landmine.
As soon as you touch the cause,
you trigger the effect.*

意志很重要，意志是由願力而來！

*Willpower is of paramount importance.
It arises from the power of your vow.*

佛性，是本性的一種流露。

*Buddha-nature is a manifestation of
one's own nature.*

成長是必然的，開悟是必須的。

Growth is inevitable, whereas the attainment of enlightenment is essential.

理解人間就是修行的一個過程。

Understanding the human world is a process of spiritual practice.

人要學會堅強，學佛人心如金剛，
佛情似水，學會中庸，命運改變。

*One must learn to be steadfast.
As Buddhist practitioners,
our determination
is as strong and steady as a rock,
and our compassion
as gentle and meek as water.
Learn to walk the middle way,
as it is how our destiny can be changed.*

有形無形均在形中，
只有徹底破除我執，
才能使有形消失在無形中。

*Form or formlessness cannot be
separated from the notion of a form.
Only by completely eliminating
our attachment to self can the form
disappear amidst formlessness.*

學佛人講認真的道理，
其實就是誠信。

*Buddhist practitioners
take things seriously,
manifesting from sincerity and trust.*

堅持和恆心是理智的選擇。

*Persistence and perseverance
are a rational choice.*

永恆只能從內心擁有。

*One can only possess
eternity deep in the heart.*

人活著不應為生活而生活，
而應為著解脫自己而生活。

*People should live not to make a living,
but to liberate themselves.*

正思維必須影響你的行為，
這才是修心修行。

*Right thinking
must impact your behaviour.
This is what cultivating the mind
and reforming our behaviour is about.*

爭是萬惡的基礎，須戒之。

*Strife leads to all evil
and must be avoided.*

只有在空性中才能找回本性。

*Your own nature
can only be found in emptiness.*

快樂是人的本性，但欲望欺侮了它。
只有將本性保持，欲望才會離開它。

*Happiness is inherent in our nature,
but we often compromise it with desires.
Only by maintaining innate nature
can the desires be driven away.*

站在高處，才能放眼全球；
心中無礙，才能捨棄
小我的煩心、嫉妒心、貪心；
視一切眾生皆為兄弟姐妹，
你才能越過人間情、世間愛。

*Stand on high ground,
so you can look far over the world.
Let go of hindrances in your heart,
so you can overcome afflictions,
jealousy and greed,
which are characteristics of a lesser self.
Treat all beings as brothers and sisters,
so you can transcend the affection
and love of the human world.*

離欲梵行，放下人間無罣礙，
心中無我欲望空！

*Let go of worldly desires
and uphold pure practices.
The heart is free of worldly desires
when one lets go of ego.*

一個人破除不了我執，
永遠脫離不了人道。

*Those who cannot do away with their ego
will never transcend the Human Realm.*

智慧，從理解和悟性中來。

*Wisdom comes from understanding
and our potential for enlightenment.*

人生是一個修心的過程。
也是一個歷練精神的過程。
控制好自已的精神狀態，
才能成聖成佛，
創造自己的智慧去適應屬佛的境界。

Life is a process of cultivating the mind.

*It is also a process of
refining one's spirituality.*

*Take control of your mental state
so that you may become
a Saint or a Buddha.*

*Develop your wisdom to adapt to
the spiritual level of the Buddha.*

忘記別人的錯誤，
就是對自己的原諒與寬恕。

*To forget the mistakes of others
is to forgive yourself.*

受苦的孩子是正在成長的菩薩。

*A suffering child
is a growing Bodhisattva.*

人的一種自我管理意識，
就是“悟性”。
要嚴守戒律。

*One who has a good sense of
self-management possesses
the potential for realisation.
Hence, the precepts must be
strictly observed.*

人生無常，爭鬥是業。
生態環境的污染，
人心險惡的爭鬥，
都是五濁惡世的顯現啊！

*Life is impermanent,
and strife creates karma.
Severe environmental pollution
and the sinister fight among people
are all manifestations of the Evil World
of the Five Turbidities.*

學佛的圓融和包容，是慈悲的基礎。

*The harmony and tolerance of Buddhism
is the foundation of compassion.*

學佛人的境界是永恆。

*The highest state of a Buddhist
practitioner is the attainment of
eternality.*

實修是寶。
心態是改變自我的秤砣。

*True cultivation is as valuable as a gem.
A change in mentality
is the key to self-improvement.*

回憶可給人二種啟示：
一是痛苦，二是覺悟。

*There are two things a person
can learn from memories: one is suffering,
the other is awakening.*

認識錯誤，是覺悟的開始。

*Recognising one's mistakes
is the beginning of awakening.*

理解別人，才會改變自己。

*By understanding others,
you improve yourself.*

學會感恩，沒有瞋恨。

*One who learns to be grateful
will harbour no hostility.*

悟性是精進的基石。

*Potential for enlightenment
is the cornerstone of diligence.*

名利之心是毒液，
它會慢慢腐蝕你的本性。

*Fame and fortune are like types of venom,
which will slowly erode your own nature.*

超越自我是一種境界，
能讓你體驗到苦空無常。

*Surpassing your own self
to a higher spiritual state
allows you to see through the
characteristics of life:
suffering, emptiness and impermanence.*

心態的變化，
才會導致人的情緒波動。
控制好心態，才能圓滿人生。

*Changes in mentality
cause people's mood swings.
Only by controlling your mindset
can you live life to the fullest.*

慢慢脫離人情，進入梵情。
修心，是堅強地守衛自己的本性。

*Slowly break away from human affection
and transform it into Buddha-nature.*

*Cultivating the mind is the key
to firmly guarding one's own nature.*

有一種心，稱之為純。
純潔的心，沒有污染，
不妄語就如同孩童般的天真，
這是走向菩薩道的智慧基礎。

*A pure heart is untainted.
One who abstains from false speech
is as innocent as a child.
This is the foundation upon which one
must embark on the path of Bodhisattvas.*

平常心是學佛人的智慧。
能平常，境界才能偉大。

*Maintaining equanimity
is the wisdom of a Buddhist practitioner.
The better you can maintain equanimity,
the higher the spiritual state
you will attain.*

心情是一種調節內分泌系統
紊亂的重要因素。

控制好心情，會產生一種
熱愛現實生活的正常心態。

*Your state of mind is essential
in regulating the endocrine system.*

*Control your emotions
so that you will lead your life
with a positive mindset and enthusiasm.*

從靜到淨，從覺到悟，
都是一種修心的過程。
最重要的是一覺成悟，
然而很多人是誤覺成失。

*From quietness to purity,
from awakening to enlightenment,
it is all a process of spiritual cultivation.
Most important is to attain enlightenment
through an awakening thought;
but unfortunately, many people make
errors in their understanding due to
holding wrongful views.*

心態決定命運，
用定力消除心態的負能量。

*Your state of mind
determines your destiny.
Learn to use the power of concentration
to eliminate negative energy.*

脾氣的改變就是心態的改變，
精進應該是常態，
守戒應該是姿態，嫉恨就是在變態。

*By changing your temperament,
you are changing your state of mind.
Treat diligence as your normal mentality,
observe precepts as your daily practice,
and regard jealousy and hatred
as abnormal frames of mind.*

保護自己，愛護慧命，就是守戒。
學佛中有一些感悟，
是人生覺醒的開始。

*Observing the precepts is about
protecting yourself and
taking care of your wisdom-life.
When one attains insight
in the process of practising Buddhism,
this is the beginning of awakening.*

理解別人，就是慈悲心。
反省自己，是一種覺悟。

*Understanding others is compassion.
Reflecting on yourself
is a form of awakening.*

悟性是內心深處的感受，
覺悟是內在能量的確認。

*The potential for enlightenment is
a feeling deep within us,
whereas enlightenment is
the confirmation of internal energy.*

弘法是道，修心是德。
有道德的修心人，
已經在弘法中修德。

*Propagating the Dharma is the way;
cultivating the mind is a virtue.
Buddhist practitioners who uphold
moral values are cultivating virtues
in the process of propagating the Dharma.*

智者善於總結經驗，
愚者慣於掩飾是非。
慎之又慎。

*The wise people
always learn from their experience,
while the fools tend to
cover up their wrongdoings.
Be doubly cautious.*

一有我相，人就會執著。
去除我相，人會放下！

*One who clings to the notion of self
will have a strong attachment.
One who eliminates the notion of self
will be free from attachment.*

有些固執的習慣意識，
會影響正確的思維模式。

當心！

*Some stubborn habitual
states of consciousness
will affect one's mode of correct thinking.
Beware!*

一相法是一種智慧，
專一的人是永生的。

*'The unitary form method'
is a kind of wisdom.
A single-minded person
lives an eternal life.*

妄念是修心的雜草，
必須時刻清除之。

*Delusion, which is akin to a weed
that hinders the cultivation of the mind,
must always be removed forthwith.*

選擇佛法，就選擇了全新的人生。
每個人一生必須放下很多東西，
放不下就會痛苦；
放下的人會獲得解脫。

*Those who choose Buddhism
choose a new life.
We all have to let go of many things in life.
Those who cannot will suffer,
while those who can will be liberated.*

低調是一種美德。
在別人面前顯示自己的富有和智慧，
讓人臉紅或嫉妒，
也是對別人的一種傷害。
不炫耀自己，
不讓別人臉紅，
不傷害別人，
修心人必須學會考慮他人的感受，
這就是一種慈悲。

Keeping a low profile is a virtue.

*We hurt others
when we show off our wealth and wisdom
and make people blush with jealousy.*

*A Buddhist practitioner
must learn to consider
other people's feelings and thoughts.
Refrain from bragging about yourself,
making others
feel embarrassed or hurting others.*

This is compassion.

有人先說後做，有人先做後說，
有人說了不做，聖者做了不說。

*Some people do before they talk.
Others talk before they do.
There are still others
who talk but never do,
whereas the Saints do without talking.*

替天行道，道在心中，
實心是道場。

*As the saying goes:
we should carry out the Way
on behalf of Heaven.
The Way is in our heart;
learning to be sincere and honest
is itself a place of practice.*

講話看條件，談問題為對方著想，
在社會中入污泥而不染，
才能修成蓮花。

*Judge the conditions before speaking,
and be considerate about the other party
when discussing a problem.
To cultivate yourself in a corrupt society,
you must be like the lotus,
which remains untainted
by the mud from which it grows.*

要修成菩薩

必須付出比常人大得多的力量，
學會嚴於律己，才能守戒如剛。

*To become a Bodhisattva,
one must exert a great deal
more strength than ordinary people.
Learn to be strict with oneself
so your observation of the precepts
is solid and firm.*

真正的改變，
從內心深處開始。
九識田中是蓮花。

*Real change
starts from deep inside the heart,
like a lotus flower
lodged in one's Ninth Consciousness.*

心靈的進步和解脫，
是人類的必修課！

*It is compulsory for mankind
to make spiritual progress
and attain liberation from suffering.*

平安就是福，心安就是樂。

*Being safe and sound is a blessing;
having peace of mind is happiness.*

人是活在無常中的，萬物唯心造。

控制好自己的心念，

至少控制了自己的世界。

*Human beings live in impermanence,
and all things are created by the mind.*

*As such, by controlling your mind,
you control your world.*

浪費是一種消失，
它會麻痺你的思維，
讓你在不知不覺中消失。

*Squandering defines
a kind of disappearance.
It numbs your thoughts
and makes you disappear unconsciously.*

守住定，
才能遠離紅塵中的思維，
定力與涅槃做伴。

*Only by maintaining concentration
can you stay away from worldly thoughts.
Power of concentration and Nirvana
are companions.*

能理解活在人間的意義，
是自己走出困惑的動力。

*The ability to understand the purpose of
life can walk us out of bewilderment.*

一種智慧被人間稱為理智。

*In the Human Realm,
rationality is regarded as wisdom.*

只有在懺悔中才能看到光明，
只有在精進中才能找到般若。

*Light can only be seen in repentance;
Prajna wisdom
can only be found in diligence.*

每天能感知幸福的人，
是活在蓮花中的人。

*Appreciating happiness every day
is akin to living amongst lotus flowers.*

生命的真實性在於過程，
執著過程會帶來痛苦，
放下過程才能懂得苦空無常，
而離開過程才是真實生命的開始。

The reality of life is that it is a process.

*Being obsessed with the process
brings suffering.*

*Letting go of the process means
understanding the suffering, emptiness,
and the impermanent nature of life.*

*Only by departing from the process
can real life begin.*

人生如夢，瞬間消失。
看似內心可以堅持的“道理”，
其實就是執著偏執的“歪理”。

*Life is like a dream
which can disappear in a twinkling.
The 'reasons' that seem worth
defending in our heart are in fact
fallacies of obsession and paranoia.*

人生無常，一切隨緣。
放下萬緣，離苦得樂。

*Life is impermanent,
so learn to harmonise with conditions.
Let go of all affinities and you
will be free from suffering
while attaining happiness.*

後序

觀世音菩薩“心靈法門”

這是一個關於心的學問 — 因為世界萬物“皆由心生”，救人先救心。

這是一扇神奇的大門 — 因為它能開啓人生的智慧，引領眾生走上佛道，離苦得樂。

心靈是鎖，法門是鑰匙，用法門打開你的心靈即“心靈法門”。

心靈法門是一劑現代社會的良藥 — 因為它真正將傳統文化精粹用於指導現代人生，家庭和睦，社會和諧，世界和平！

悉尼著名愛國僑領盧軍宏太平紳士，自1997年始即在廣播電台中致力於弘揚中華文化與佛法。盧台長所弘揚的觀世音菩薩“心靈法門”，是末法時期觀世音菩薩賜給人間救度眾生的靈丹妙藥。

盧軍宏台長秉承觀世音菩薩慈悲救度大慈大悲的精神，覺海慈航，妙法度眾，以般若智慧點化夢中人。盧台長以現代化的電台和網路為媒介弘揚大乘佛法；親赴世界各地弘法演說，廣結善緣。短短五年內，“心靈法門”即被世人所廣為接受，在全世界掀起一股學佛修心的熱潮，信眾已達一千萬，盧台長網站點擊率更是達到5000萬。觀世音菩薩的“心靈法門”，正在將中華文化與佛法精髓迅速弘揚至全世界。盧台長因其三十年的無私付出和菩薩行，廣受在家居士及出家

法師的擁戴與尊敬。

心靈法門以“三大法寶”許願、念經和放生為基礎，透過“白話佛法”指引人們念經、修心、修行，啓迪智慧，破迷開悟，自度度人，並學習觀世音菩薩的“無緣大慈、同體大悲”而廣度眾生。

“心靈法門”，傳的是人間佛法，教導人們如何解決日常生活中的困難。讓大家透過在人間的修行，消除孽障，減少病痛，脫離六道輪迴，共同走向西方極樂及四聖道。

盧台長的“白話佛法”，闡釋的是心的學問，心的原理，心的義諦。佛經說“佛說種種法，為治種種心”，這心就是指我們心中的煩惱和無明。心靈法門能根治人們的種種妄心，破迷情妄執，立正法正信，洗滌心靈的污垢，引領人們認識自己的良心，找回自己的本性，回復本來的性德，開啓人生的智慧，從而脫離人間六塵之束縛，回歸本有的清淨的境界，實現生命的超越。

心靈法門，愛國愛民，遵紀守法。學習心靈法門，不僅對期盼平安吉祥，幸福快樂的普通百姓有著現實的指導意義，而且對促進社會和諧安定也有著深遠的社會意義。

願更多的有緣眾生能夠搭乘觀世音菩薩的救度之船：淨化心靈、離苦得樂、超脫煩惱、消除孽障、超度有緣、還清冤債、廣度眾生、同登極樂、共攀四聖！

Master Jun Hong Lu's Buddhist Practice – Guan Yin Citta Dharma Door

Guan Yin Citta Dharma Door is about the science of our minds. According to Buddhism, everything arises from our minds. Our minds create the world we live in. To transform our life for the better, Guan Yin Citta starts by transforming our minds.

Guan Yin Citta opens the door to happiness. It provides us with a practical way to learn the infinite wisdom of the Buddha, and elevates us above everyday life filled with sorrow and strife.

Our minds are like a locked door with boundless potential inside; Guan Yin Citta is the key that opens up the door.

Guan Yin Citta offers effective solutions to many issues we face in modern society. It instils into people the time-honoured wisdom and essence of traditional culture. Thus, millions of families have achieved harmony at home. This paves the way for a cohesive society and a peaceful world.

Master Jun Hong Lu JP is a renowned leader of the Chinese community in Sydney, Australia. He is also the founder of Guan Yin Citta Dharma Door. Master Lu has

been promoting traditional Chinese culture and Buddhism through his radio programmes since 1997. His Buddhist practice, Guan Yin Citta, is a precious gift transmitted directly from the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva. Guan Yin Citta is aimed at saving the hearts and souls of all sentient beings at this critical moment when our world is faced with various difficult challenges.

Guan Yin Bodhisattva is widely known for her infinite compassion, and her willingness to save all sentient beings from suffering. Deeply inspired by such spirit, Master Lu has for decades been carrying out Guan Yin Bodhisattva's mission in this world. Through his radio programmes and website, Master Lu uses plain language to explain the profound teachings of the Buddha; he also travels extensively around the world to spread words of wisdom and the message of compassion. In just five years since the founding of Guan Yin Citta, 10 million people have become Master Lu's followers and his website has already garnered 50 million hits. Guan Yin Citta has motivated people in every corner of the world to practise Buddhism under the guidance of Master Lu.

For the past three decades, Master Lu has devoted himself fully to transforming people's lives with the wisdom of Buddhism. His selfless devotion has won him love and

Postface

respect from Buddhist practitioners around the world: monastic and laypersons alike.

Guan Yin Citta Dharma Door is rooted in the three golden Buddhist practices - reciting sutras, performing life liberation, and making great vows. Moreover, Master Lu's way of explaining Buddhist teachings is clear and accessible, but never lacks in depth. His instructions help people advance along the path of practising Buddhism, increasing their wisdom, and becoming enlightened. Master Lu inspires people to think and act like Guan Yin Bodhisattva, to be kind and compassionate towards people regardless of who they are or where they are from, and help sentient beings far and wide.

Guan Yin Citta teaches us to apply Buddhist teachings to our everyday issues. By engaging in the study and practice of Buddhism, we can then reduce negative karma, regain our health, be free from the endless cycle of rebirth, and finally progress to the Western Pure Land of Amitabha Buddha and the Four Sagely Realms.

Master Lu's Buddhism in Plain Terms provides comprehensible and relatable guidelines to train our minds. According to Buddhism, "The Buddha spoke of various kinds of dharma in order to train the various kinds of our minds". The "mind" here is the affliction and ignorance within ourselves. Guan Yin Citta can eradicate

our various kinds of deluded minds, break through our delusion and confusion, strengthen our faith in Buddha-Dharma, and cleanse our minds of defilements. In this way, we reconnect with our conscience and our inherent nature. We reclaim our morality, grow our wisdom, and truly be free from the bondage of the mundane world. This is the return to our inherently pure state, the transcendence of mortality.

Guan Yin Citta encourages everyone to abide by the rules and regulations of their own country, and show love for fellow citizens, the community, and the country. Practising Guan Yin Citta not only helps us flourish individually but also provides us with the higher purpose of being something bigger than ourselves. In fact, Guan Yin Citta has been a powerful force in making our society more compassionate, equitable and harmonious.

We sincerely hope that more people can get to learn and practise such a wonderful Buddhist practice—embarking upon Guan Yin Bodhisattva’s vessel of compassion in order to purify the minds, be free from suffering and worries, reduce negative karma and karmic debt, help others go to a higher spiritual realm, spread the Dharma far and wide, and finally ascend to the Pure Land and the Four Sagely Realms.

後記（結善緣）

後記（結善緣）

如有想助印佛經和白話佛法系列書籍，請全部匯入政府合法註冊慈善機構帳戶，功德款帳號如下：

（一）澳洲東方傳媒弘揚佛法慈善機構（澳洲聖喬治銀行）

開戶銀行（中文）（FULL NAME OF BANK IN CHINESE）：聖喬治銀行

開戶銀行（英文）（FULL NAME OF BANK IN ENGLISH）：

ST GEORGE BANK

帳戶名（ACCOUNT NAME）：AUSTRALIA ORIENTAL MEDIA
BUDDHIST CHARITY ASSOCIATION

銀行地區號（BSB NUMBER）： 112 879

帳號（ACCOUNT NUMBER）： 432 033 033

SWIFT 號碼（SWIFT CODE）： SGBLAU2S

銀行地址（ADDRESS OF BANK）：

699 GEORGE ST HAYMARKET NSW 2000 AUSTRALIA

帳戶持有者地址（ADDRESS OF RECIPIENT）：

54 Meagher St, Chippendale Sydney NSW 2008 Australia

（二）澳洲東方傳媒弘揚佛法慈善機構（籌建觀音村專用帳號）

開戶銀行（中文）（FULL NAME OF BANK IN CHINESE）：聖喬治銀行

開戶銀行（英文）（FULL NAME OF BANK IN ENGLISH）：

ST GEORGE BANK

帳戶名（ACCOUNT NAME）：AUSTRALIA ORIENTAL MEDIA
BUDDHIST CHARITY ASSOCIATION

銀行地區號（BSB NUMBER）：112 879

帳號（ACCOUNT NUMBER）：432 919 934

SWIFT 號碼（SWIFT CODE）：SGBLAU2S

銀行地址（ADDRESS OF BANK）：

699 GEORGE ST HAYMARKET NSW 2000 AUSTRALIA

帳戶持有者地址（ADDRESS OF RECIPIENT）：

54 Meagher St, Chippendale Sydney NSW 2008 Australia

（以上銀行帳戶是東方台唯一認可的助印書款帳戶）

Generosity

If you would like to support the printing of books by Master Jun Hong Lu, you are welcome to make a donation through any of the following registered charities:

**(1) Australia Oriental Media Buddhist Charity
Association (St. George Bank)**

Bank Name: ST GEORGE BANK

Account Name:

AUSTRALIA ORIENTAL MEDIA BUDDHIST CHARITY
ASSOCIATION

BSB Number: 112 879

Account Number: 432 033 033

Swift Code: SGBLAU2S

Bank Address:

699 GEORGE ST. HAYMARKET NSW 2000 AUSTRALIA

Recipient's Address:

54 MEAGHER STREET, CHIPPENDALE, NSW 2008
AUSTRALIA

**(2) Australia Oriental Media Buddhist Charity
Association (Accepting donations to support the
Guan Yin Village project)**

Bank Name: ST GEORGE BANK

Account Name:

AUSTRALIA ORIENTAL MEDIA BUDDHIST CHARITY
ASSOCIATION

BSB Number: 112 879

Generosity

Account Number: 432 919 934

Swift Code: SGBLAU2S

Bank Address:

699 GEORGE ST. HAYMARKET NSW 2000 AUSTRALIA

Recipient's Address:

54 MEAGHER STREET, CHIPPENDALE, NSW 2008

AUSTRALIA

Note: The above accounts are the only ones recognised by the Australia Oriental Media Buddhist Charity Association for the purpose of supporting the printing of Master Lu's books.

免費結緣 法物流通 歡迎助印

澳洲華人佛教協會出版社

For Free Distribution Only Not for Sale