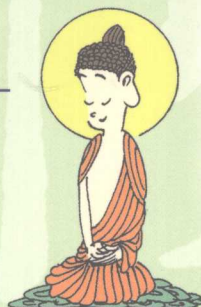


中国传统文化系列
Traditional Chinese Culture Series

SAYINGS OF BUDDHA

译者/EE Ho, Ph.D & W.L. Rathje, Ph.D.



佛陀说

觉·者·的·法·音



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SAYINGS OF BUDDHA



過去、若未來、若現在
比丘！諦觀思惟分別：無所有、
無常、苦、空、非我。所以者何？
「諸比丘！譬如大雨水泡，一起一滅，
有、無牢、無實、無有堅固。所以
若過去、若未來、若現在，若
！諦觀思惟分別。諦觀思

即時觀其音聲皆得解脫
是觀世音菩薩名者。設入大火火
能燒由是菩薩威神力故。若為大水所
稱其名號。即得淺處。若有百千萬億
王。為求金銀琉璃。寶珠。摩訶寶。入於大海。假使黑風吹
爭入於大海。假使黑風吹

神及神龍王。神母。
常隨擁護。誦持大悲神咒。
獨宿孤眠。是諸善神。善代宿。
迷失道路。誦此咒故。善神龍王。
若在山林曠野。乏少水火。龍王。
菩薩復為誦持者。說消除。
於山澤中。逢值。



BUDDHA

The saint who awakened to the wisdom of life



According to the *Second Treatise on the Philosophy of the Measurement of Wisdom*:

"Buddha means awakened. Among all who sleep in delusion, a Buddha is the first one to be awakened to the Essential Universal Truths. This is why the Buddha is defined as being awakened."

All living beings
who can eliminate
worries arising from all
realms of manifestations
and end the cycle of
reincarnation are
named Buddha.



The wise one who has
awakened to Truth.





Millions of years ago, our human ancestors walked out of the forests to make a living on the grasslands. Facing harsh environments, humans gathered group force by living in communities and forming the tribal lifestyle.

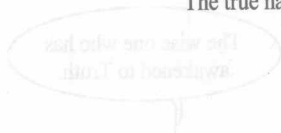


From living on the grasslands, humans slowly evolved into permanent residence in caves and valleys, and eventually on the plains where they formed the social structure of villages and cities. Their lifestyles also evolved from hunter-gatherers to herding animals and agriculture.

Both animal herding and agricultural societies involved a lot of both hard work and leisure time. Therefore, intelligent humans started developing arts and philosophies.

Buddha means the one who is awakened and wise. What did these wise ones awaken to? They were awakened to the following Truths:

The relationship among humans, time and space;
The meaning of life;
The true nature of time, space and the universe.



SAKYAMUNI BUDDHA

One of the ten titles of "Ultimate Essence Arriving"

According to the *Second Treatise on the Philosophy of the Measurement of Wisdom*:

"Buddha means 'the wise one'. Sitting under the Bodhi tree, Sakyamuni became completely awakened to all kinds of Essential Universal Truths, including what is permanent and what is transient. Therefore, he was named Buddha."

About 565 years before Christ, in what is today Nepal, Kapilavastu's King Suddhodana had a son by the name of Gautama Siddhārtha. Seven days after the prince was born, his mother passed away. Prince Siddhārtha was a sentimental child who received a traditional Brāhman education. He often felt that things were transient and adopted the homeless style of a mendicant at the age of 29.

He first learned meditation from two Sramana gurus, Arada Kalama and Uddaka Ramaputra. Then he spent six years cultivating himself through self-mortification. Eventually, he became enlightened to the Path to Truths under a Bodhi tree.



More than twenty-five hundred years ago, the wisdom of humans took a great leap forward on a global level. Many philosophers all over the world erupted with sparks of wisdom at the same time.

In China, there were the philosophies about humans and the universe by Lao Zi, Zhuang Zi, etc.; the philosophies on the principles of humanity to guide inter-relations among humans and social groups by Confucius and Meng Zi; and, in addition, numerous and glorious fruits of thought by Sun zi, Mo Zi, Xun Zi, Han Fei Zi, and close to one hundred schools of thought.

In ancient Greece, there were the ancestors of philosophy, such as Telis, Heraclitus and Democritus (the Theory of Atoms), as well as subsequent wise ones, such as Socrates, Plato and Aristotle, whose theories have been influencing the development of philosophy and science in the Western World for more than two thousand years.

While in ancient India, there was also a flourishing of many schools of thought which bloomed at the same time, including the philosophy of Srmana, as well as the seeds for various religions which developed in India later—Hinduism, Jainism, Yoga, etc. Among these, the most influential for the Eastern World was definitely Sakyamuni Buddha born in Nepal.

Sakyamuni Buddha is regarded by people of later generations as one of the four greatest saintly philosophers of the world. He was a spiritual leader of the same status as Confucius, Socrates and Jesus. For more than two thousand years, he deeply influenced the thinking of people in the Eastern World. Later on, followers of the Buddha even worshipped him as a deity.



BUDDHISM

The Teaching of the Essential Universal Truths by the Buddha Sakyamuni

The Buddha taught all living beings to cultivate themselves:

By distancing themselves from greed, resentment and delusion;

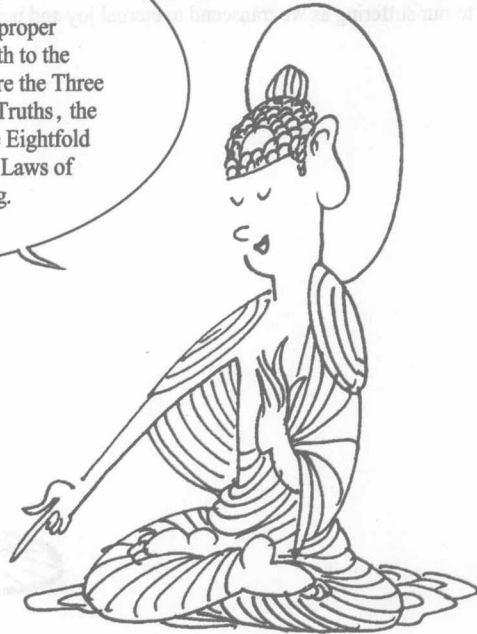
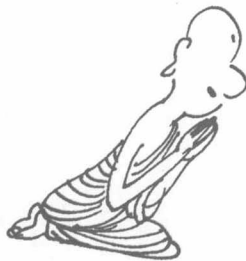
By distancing themselves from all seductive objects and events that pollute the minds;

By centring their minds and severing their thoughts of the material world.

This is how they will reach the state of tranquillity;

This is how they will achieve superb wisdom and ultimate relief.

Would you all please
follow me in practising the proper
methods to move onto the path to the
"Other Shore". These methods are the Three
Imprints of Essential Universal Truths, the
Four Phases of Cultivation, the Eightfold
Proper Path, and the Twelve Laws of
Causal Preconditioning.

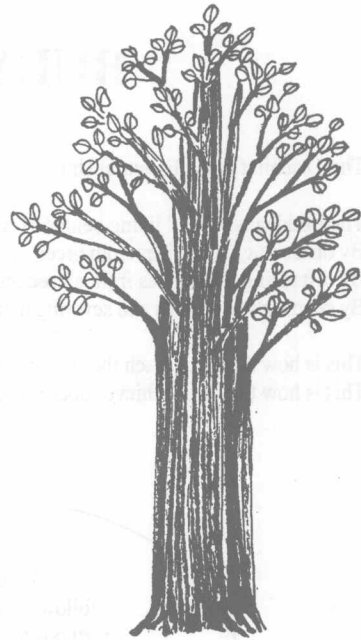


Buddhism is the teaching of Sakyamuni Buddha on Essential Universal Truths. Of course, if you wish, you may refer to it as a religious group or sect or denomination led by the Buddha.

In the past one hundred years, scholars such as Sigmund Freud and Carl Gustav Jung popularized research into human psychology...

But more than 2500 years ago, the thinkers of the Eastern World had already gained great accomplishments in studying the psychology of human nature. These accomplishments were not recognized because they were hidden in philosophy, strategies of war, or precepts of religions.

The Buddha happened to be the wise one who most thoroughly researched psychology. He was also a teacher in applied psychology. By following his methods of practice and cultivation in everyday life, we will be able to walk towards proper concepts and avoid erroneous identification. This is how we can put an end to our suffering as we transcend to eternal joy and peace.



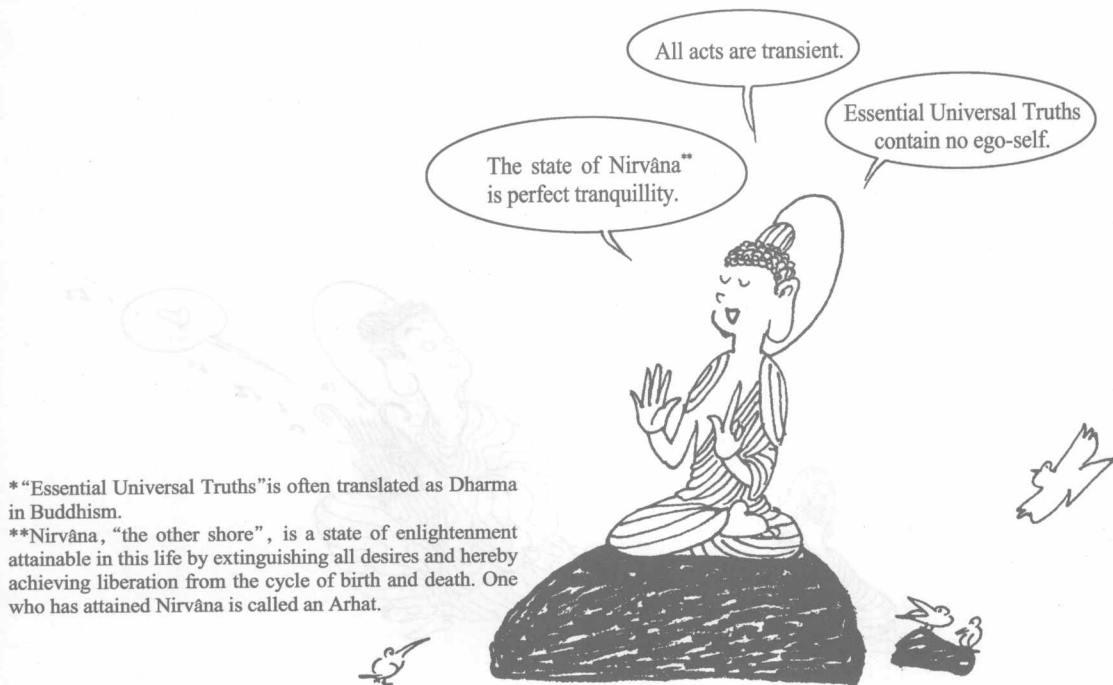
BUDDHA'S TEACHING ON SPIRITUAL CULTIVATION

From the beginning, this was the way I taught...



THE THREE IMPRINTS OF TRUTH

The Three Imprints of Truth are the universal laws that the Buddha personally verified. The Buddha spent his whole life seeking the essence of living. Eventually, he was enlightened to the Essential Universal Truths ...



*"Essential Universal Truths" is often translated as Dharma in Buddhism.

**Nirvāna, "the other shore", is a state of enlightenment attainable in this life by extinguishing all desires and hereby achieving liberation from the cycle of birth and death. One who has attained Nirvāna is called an Arhat.