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我与少林的故事

黑明◎摄影

李阳泉◎撰文



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明◎摄影 李阳泉◎撰文

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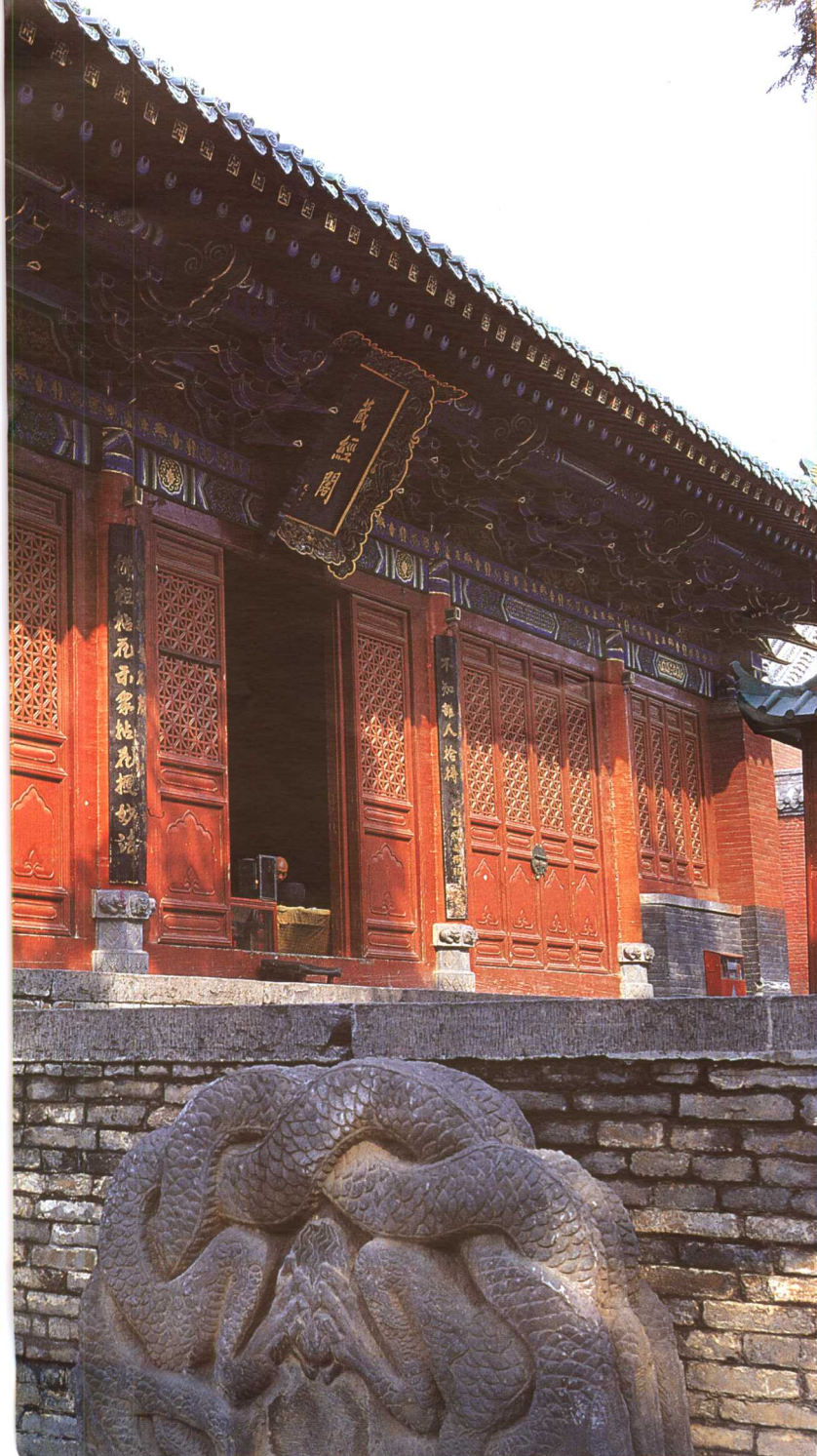
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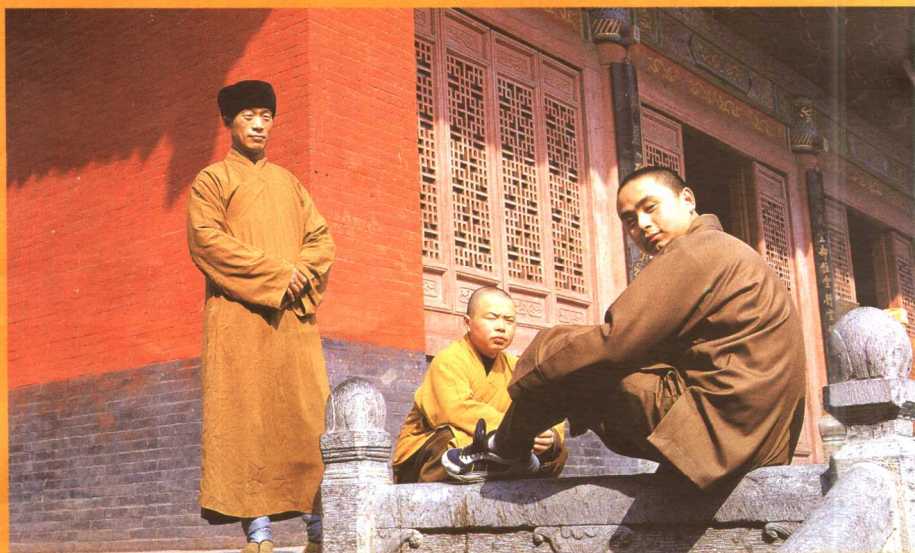


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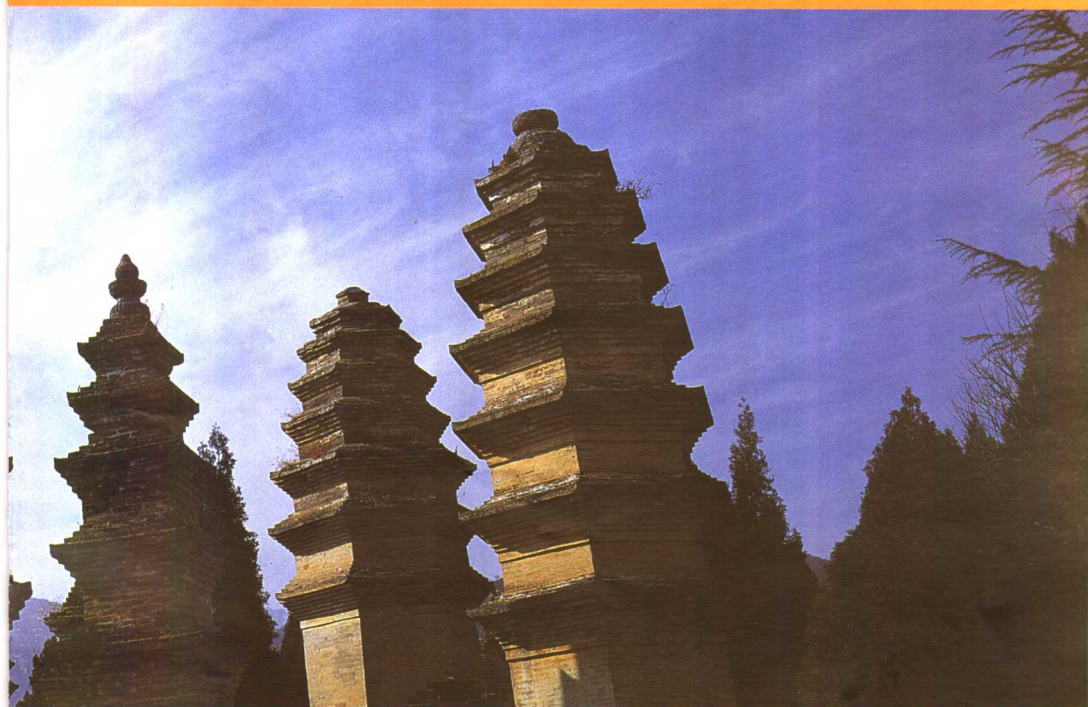
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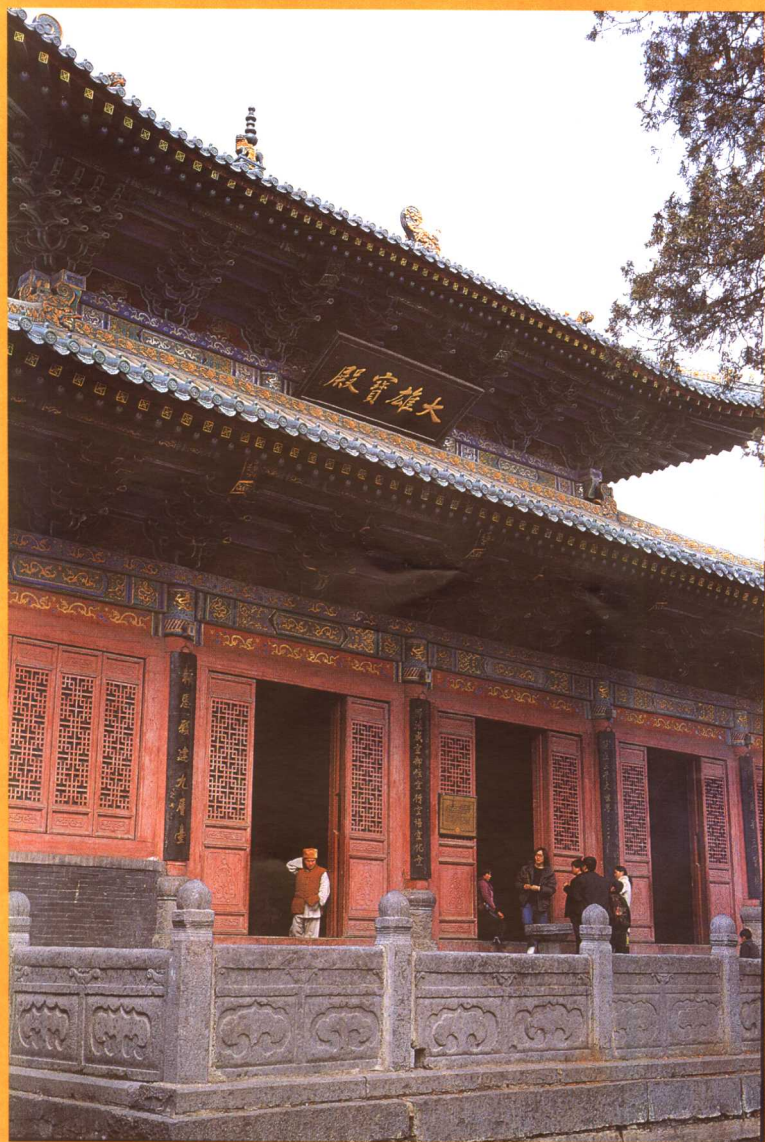
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一个人人品正，一心一意做人，就自然而然昌盛成佛了。做什么事情，在哪个行业都是一种修行，都是对人生和社会尽责任和义务，从而达到众人满意，这就是向善向上的境界。

Anyone who has a good moral character and is determined to be an upright person will naturally become a Buddha. Whatever you do, or whatever profession you take up, is a way of practicing Buddhism, of performing your duty and obligation to life and society so that everyone will be satisfied with you. And this is exactly the state of doing good turns and aspiring after nobility.

释印松(Shi Yinsong) 14

这么多年的出家生活，让我感觉到生命的真正意义，生老病死这些事情的出现都是自然之道，了解了这一点，心态反倒平静多了。

After so many years of being a monk, I have come to understand the true meaning of life. Birth, old age, illness, and death—all of them are in the course of nature. With this knowledge, I feel more placid than ever.

释永乾(Shi Yongqian) 20

他们都是具有大智慧的人，一生向善，我觉得能为他们做事是一种缘分。

They have great wisdom and do good turns all life long. I think I am lucky to work for them.

释圣智(Shi Shengzhi) 26

我是修行的人，修行的人也在滚滚红尘中，只是我们想的问题不同，做的事业也有别。

I am a Buddhist. Buddhists live in the same human society as everyone else. The differences lie just in the problems that we think about and the causes that we work for.

释永福(Shi Yongfu) 32

佛经浩瀚，岂是随便可以学到大修为的？

How could it be easy to attain to Buddha Dharma as there is such an immense amount of Buddhist Scripture?

释行修(Shi Xingxiu) 38

功德二字，不思则有，一言即灭。

Merits and virtues appear when you give little thought to them and disappear once you try to put them into words.

释印海(Shi Yin Hai) 42

当你亲近了他那颗一尘不染的充满童趣的心，你会觉得他身上那些外在的东西都毫无意义。

When you get close to his pure and childlike heart, you will feel that everything outside of it counts for nothing.

释延王(Shi Yanwang) 48

如果你修行到了最高境界，你就是佛了。

You will become a Buddha when you reach the highest level in practicing Buddhism.

释延教(Shi Yanjiao) 56

佛法不离世间法，生活也是佛。

Buddha Dharma cannot be separated from secular norms and to live is to practice Buddhism.

释延藏(Shi Yanzang) 62

你的心有多大，你的世界就有多大；你的愿力有多大，你的成就就有多大。

Your world will be as big as you can imagine and your achievement will be as great as you may wish.

释延鲁(Shi Yanlu) 70

能够保持一颗平常心，就能拥有佛一样的智慧。

If you can maintain your equilibrium under any circumstances, you can become a person of great wisdom like Buddha.

释延虎 释延豹(Shi Yanhu and Shi Yanbao) 76

出家人本就无名，何必在乎呢？

What is the point of caring about your fame since monks, to begin with, are nameless?

释行舟(Shi Xingzhou) 88

出家人是不求福报的。

A reward of good fortune is not what monks seek after.

释行慈(Shi Xingci) 92

来拜佛的人很多，真正用心来拜佛的却不是很多。

Many people come to worship Buddha, but few of them do so with their heart and soul.

释延净(Shi Yanjing) 98

身体的苦行并不能完成和替代心路历程的修行。

Ascetic practices of the body cannot bring to success and replace the cultivation of the soul.

释延颖(Shi Yanying) 104

我离不动心还远着呢，但是我正在路上，总有一天会到达。

There is a long way to go before I successfully cultivate an unperturbed mind, but I am on the way and will some day reach my destination.

释延江(Shi Yanjiang) 110

师父之所以接受自己不是因为自己的学识高，而是为自己执着的精神。

The master has accepted him not because of his great learning but because of his perseverance.

释永成(Shi Yongcheng) 116

生命是一种瞬间形成的存在，也可以在瞬间消失。

Life, which comes into being in the twinkling of an eye, can fade away within a split second.

释永水(Shi Yongshui) 122

根基有大小，信心有深浅。

One's self-confidence is directly proportional to one's intellectual ability.

释永传(Shi Yongchuan) 126

有那么一天把中国的好东西传出去，把人家的好东西引进来。

Someday we will spread abroad everything good in China and introduce foreign good things into our country.

释宏正(Shi Hongzheng) 132

书法练得再好也仅仅是“技”。作为佛家弟子，书法只是修行过程中的一个方便法门而已。

Calligraphy can only be counted a "skill" no matter how good at it you are. For Buddhists, calligraphy is just a convenient way of self-cultivation.

释永持(Shi Yongchi) 138

我和少林真是无意中的有缘。

As luck would have it, I came to the Shaolin Temple.

释永坡(Shi Yongpo) 144

干什么事情都要干好，一定要对得起自己，同时为别人，为这个社会多留下点什么。

We should try to do well in everything in order to live up to our own expectations and to give more to others and our society.

释圣和(Shi Shenghe) 148

该吃则吃，该睡则睡，以最平常事练就不动心。

Eat when it is time to eat and sleep when it is time to sleep. Do daily routines to cultivate an unperturbed mind.

释果松(Shi Guosong) 154

练武不光可以强身健体，还可以把自己的人生练就一个很高的境界。

Practicing martial arts will not only build up my body but also lead my life to a higher realm.

释延良(Shi Yanliang)

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一切病均由心起，想开了就好了，也就没有烦恼了。

The root of every illness lies in the heart. You will be free from worry if you try to look at the bright side of things.

释延印(Shi Yanyin)

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少林文化是以华夏文化为底蕴的，我在这里直接吸收到了禅的真意。

I have absorbed the true meaning of Zen directly from the Shaolin culture, which is deeply rooted in Chinese culture.

释延可(Shi Yanke)

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知识和信仰是同等重要的。

Knowledge is as important as faith.

释果强(Shi Guoqiang)

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无因便无果，今天的果强是过去的陶强，不认识陶强怎么知果强？

No cause will lead to no effect. The present Guoqiang is the past Tao Qiang. How could you understand Guoqiang if you do not know Tao Qiang?

释延传(Shi Yanchuan)

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武术固然重要，只是修行的一个方便法门，切不可因此忽略了学习文化知识。

Wushu, important as it is, can only serve as a convenient way of self-cultivation and you must not ignore the learning of culture and knowledge for its sake.

释延修(Shi Yanxiu)

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我在阅读佛经的时候，它的博大理论深深地打动了，我更加坚定了自己的决心。

Buddhist Scripture, while I am reading it, strikes a cord of sympathy deep in my heart and strengthens my determination to practice Buddhism.

释延宏(Shi Yanhong)

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佛讲究缘，碰上了，当然要管，大慈大悲，惩恶扬善，是佛法要旨，但不能刻意去做，那样就没意思了。

Buddhism places great emphasis on fate. You must not let pass what confronts you since the kernel of Buddha Dharma is to be infinitely merciful and to punish evildoers and encourage well-doers. But once you painstakingly intend to do so, it will become meaningless.

释延化(Shi Yanhua)

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此身不向今身度，更向何身度此身？

How could you deliver other people from sufferings if you cannot release your own soul from purgatory?

释延超(Shi Yanchao)

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过去的已经过去，你没必要停留在过去的快乐与不快乐中，未来的还没来，想它干什么？

Let bygones be bygones and it is unnecessary to get entangled in past happiness and unhappiness. And the future is yet to come, so why do you worry about it now?

释延慈(Shi Yanci)

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在师父的引导下，深入经藏后，自己的世界一下子打开了，无比美丽。

Under the guidance of the master, he has probed deep into Buddhist Scripture and as a result, he feels that the world suddenly opens up before him and looks incomparably beautiful.

释果林(Shi Guolin)

224

武术水平再高都是外在的，修为是内在的。

No matter how extraordinarily you have mastered marital arts, it remains a superficial glory, which cannot yet compare with the cultivation of the mind.

释延裕(Shi Yanyu)

232

如果我们对这个一日千里的世界没什么反应和了解，那我们该如何去救度众生？

How can we deliver all living creatures from torment if we have no response to and understanding of this fast-changing world?

释延方(Shi Yanfang)

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放下厨刀，立地成佛，了脱生死。

Drop your kitchen knife, become a Buddha, and release yourself from the con-

fines of life and death.

释恒智(Shi Hengzhi) 244

经历过生与死，恒智觉得自己已经不是以前的恒智了。
Having experienced life and death, Hengzhi feels that he is not the same person as before.

释恒福(Shi Hengfu) 252

关键是你有没有一颗虔诚的心，你的信仰是不是很坚定。
The key problem is whether you have a pious heart and a staunch faith.

释延斌(Shi Yanbin) 258

我虽然现在文化课不好，可是一样可以弘扬祖国武学，一样为国家出力。

I am not good at learning general knowledge, but I can carry forward the tradition of Chinese martial arts and make contribution to our country as everyone else does.

释延杰(Shi Yanjie) 264

少林功夫有种艺术性，这是我最深的体会，一般的长拳短打哪有这种感觉？

I feel most deeply the artistic quality of the Shaolin Wushu. How could it be found in ordinary boxing?

释延进(Shi Yanjin) 270

尽管在少林寺呆了很长时间，可是这里依然有很多无法理解的东西。

Although I have stayed in the Shaolin Temple for quite a long time, there are still a number of things beyond my understanding.

释延华(Shi Yanhua) 274

武术也是一种艺术，一种修炼，不是狭隘的英雄主义。

Wushu is not an expression of extreme heroism but an art and a way of practicing Buddhism.

山 力(Shi Hengjin) 278

能学习中国功夫是一件非常了不起的事情。