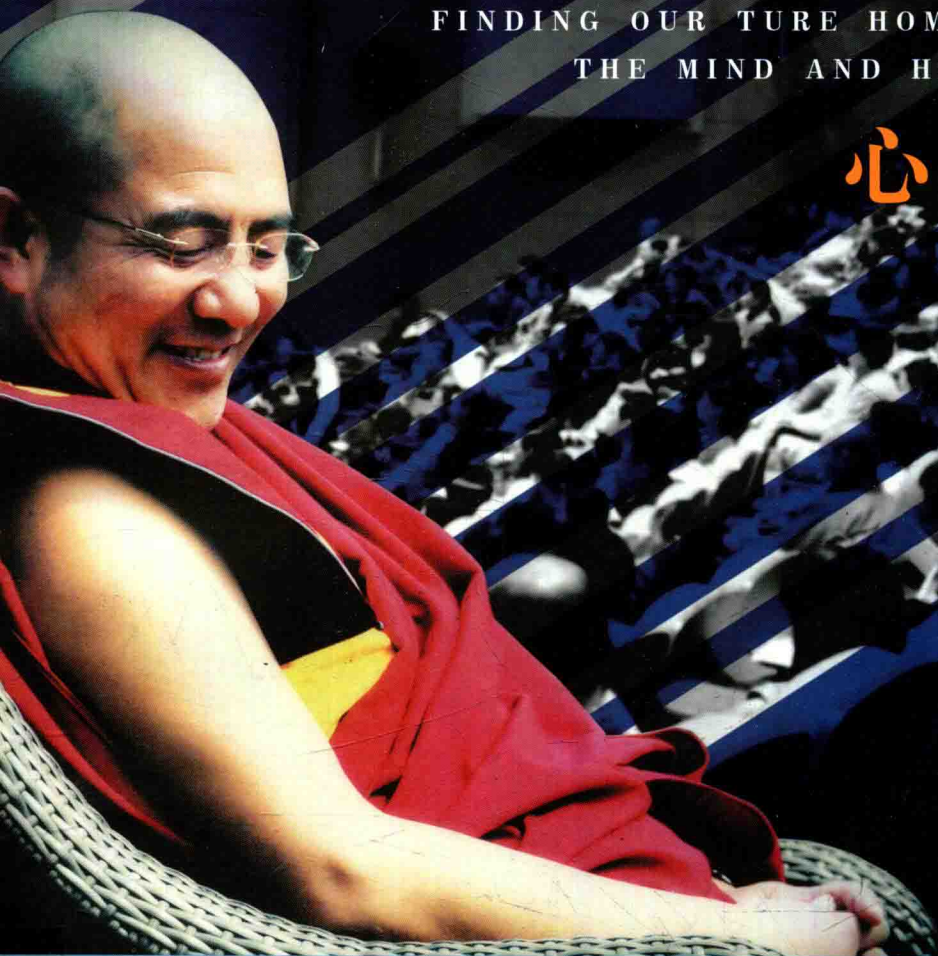


HAVEN OF PEACE

FINDING OUR TRUE HOME IN
THE MIND AND HEART

心灵的 诺亚方舟



HAVEN OF PEACE

FINDING OUR TRUE HOME IN THE MIND AND HEART

即使你拥有房屋、家庭、地位、财产，
也不一定非常快乐。

只有内心中有一分看破、自在、宁静，
快乐才会自然而然获得。

索达吉堪布
赴北大清华演讲

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关于慈善的思考

——第四届“国际公益慈善论坛”演讲

(2010年6月20日下午)

各位高僧大德、各位慈善家：

大家好！今天很荣幸与这么多人共同交流慈善的话题。

我个人而言，是一名佛教徒，而大乘佛教的所有理念，归根结底就是利益一切人类，乃至一切众生。因此，与



各位一起探讨这样的理念，对我来讲非常高兴。

慈善是心

所谓慈善，其实就是无条件关爱一切众生。在这方面，有钱的人可以作物质上的支持，而没有钱的人，则应发起一分爱心。我们虽不要求世界上所有人都变成比尔·盖茨、巴菲特，但至少也应效仿特蕾莎修女，先从身边的众生关心起。

特蕾莎，是天主教的一名普通修女，当她发现修道院外穷人的悲惨遭遇后，毅然决然舍弃了天堂般的舒适生活，用一生的时间，挑起了拯救贫民、麻风病患者等的重任。从表面上看，她不过是个平凡而普通的女人，但实际上，她所做的事远远超出我们想象。且不说别的，仅仅在6年时间里，她就收留了6万多个弃婴……这些可歌可泣的善举，赢得了全世界的认同。1979年，她获得了“诺贝尔和平奖”。去年，诺贝尔基金会一致认为，她是诺贝尔奖百余年历史上最受尊崇的3位获奖者之一。（其他两位是1921年物理学奖得主爱因斯坦、1964年和平奖得主马丁·路德·金）所以，不管是佛教徒，还是天主教等其他宗教徒，以慈善来帮助他人都非常有意义。

现在人生存的目标各不相同，但若是只一味追求外在的物质，内心充斥着自私自利，那就算生活条件再好、世界变

得再美丽，一切的一切也没有任何实义。所以，要想人生真正具有价值，就应该用佛教的利他理念来调整自心，若能做到付出一切而不求回报，这才是最有意义的。

然而，如今不少人认为，慈善只是有钱人的消遣，跟自己这种平民百姓没多大关系，故对这方面不闻不问、从不关注。这种观念是错误。对此，我常想起一个非常难忘的故事：2007年2月16日，刚刚卸任的联合国秘书长安南，在自己的庄园举行一场慈善晚宴，旨在为非洲贫困儿童募捐，应邀参加的都是富商和社会名流。晚宴将要开始时，一位老妇人领着一个小女孩来到庄园的入口处，小女孩手里捧着一个精致的瓷罐。保安见状，拦住了这一老一小，请她们出示请柬否则不能进去。

小女孩说，她从电视上知道这里要为非洲儿童举行慈善活动，很想为那些可怜的孩子做点事，就把自己储钱罐里的钱都拿来了，想全部捐给他们。保安却仍以没有请柬为由，拒绝她们入内，并说这种场合不太适合她们。

小女孩问道：“叔叔，慈善不是钱，是心，对吗？”她的话让保安愣住了。见自己实在无法进去，小女孩就将手中的储钱罐递给保安，请求道：“我知道受到邀请的人有很多

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钱，他们会拿出很多钱，我没有那么多，但这是我所有的钱。如果我真的不能进去，请帮我把这个带进去吧！”

正在此时，旁边突然有位老人说：“不用了，孩子，你说得对，慈善不是钱，是心。你可以进去，所有有爱心的人都可以进去。”他，就是美国大名鼎鼎的“股神”巴菲特。

后来，这场慈善晚宴的主题改为：“慈善不是钱，是心。”当天的主角并不是捐出 300 万美元的巴菲特，也不是捐出 800 万美元的比尔·盖茨，而是这仅仅捐出 30 多美元的小女孩，她赢得了最多、最热烈的掌声。

这个故事说明了什么？就是普普通通的人也可以参与慈善，这并非仅仅是有钱人的专利。在此问题上，李连杰的“壹基金”就做得非常好，他号召每人一个月捐一元钱，或者做一个小时的义工，如此一来，只要有颗善良的心，谁都可以参与到慈善中来。

当今慈善的现状与历史原因

——现在社会两极分化非常严重，有钱的人挥金如土、一掷千金；没钱的人却衣不蔽体、食不果腹，连基本生活都难以

保障。以前杜甫所描述的“朱门酒肉臭，路有冻死骨”，也是当今许多现状的真实写照。在这样的环境中，我们每个人应发起无私的爱心，尽量去帮助相关众生。若能人人都做到“老吾老，以及人之老；幼吾幼，以及人之幼”，构建和谐社会才会轻而易举、指日可待。

然遗憾的是，这样的理念，如今只留在文字上，很少人能真正做到。大部分人只关心身边的亲朋好友，而素昧平生的人，即使遇到了困难、痛苦，自己也袖手旁观、无动于衷。人们的慈善观念之所以这么差，究其原因，可以追溯至六七十年代。那时由于受极左思潮和“文革”的影响，慈善被视为“资产阶级的糖衣炮弹”、“地主阶级的伪善之举”，从而遭到了历史性的毁灭和打击，致使慈善事业一度陷入停滞，销声匿迹长达30年之久。直到20世纪80年代，慈善的概念才重新兴起，慈善机构纷纷建立，慈善活动频频开展，此时一部分人才纠正了对慈善事业的误解和偏见。

但尽管如此，慈善理念由于历史上的影响，在大众中仍未得到广泛认可。现有的《辞源》、《辞海》中都没有“慈善家”的词条，几年前出版的《中国大百科全书》中对“慈善事业”的解释是：“带有浓重的宗教和迷信，其目的是为了做好事求善报。慈善者通常把慈善事业看作是一种施舍……”

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它只是对少数人的一种暂时的、消极的救济。”相比之下，美国《百科全书》中“慈善事业”的释义则是：“最悠久的历史传统之一，它借由金钱的捐助和其他服务，来提升人类的福祉。”所以，为了推动慈善事业的发展，廓清遗留在人们头脑中的模糊认识和偏见，重新定义“慈善事业”等词语，从各方面加强人们的慈善意识很有必要。



未来对慈善的展望

作为佛教徒，帮助可怜众生，甚至舍己为他，是我们义

不容辞的责任。即便在座各位中有些不是佛教徒，但对于看不起病、读不起书、吃不饱、穿不暖的人伸出援手，也是一个具良知者的基本道德。那么，我们如何才能加快这种慈善公益的步伐，改变当前一些不足，以更大程度地利益众生呢？对此，我想提一下自己的看法：

第一，慈善的未来，离不开民间慈善力量，这与政府相关政策上的鼓励和支持，是分不开的。就拿这次玉树地震来说，我们佛学院当时去了一千多位出家人，大家都不顾生命危险、饥寒交迫，没日没夜地抢救，最终救出了一些埋在废墟中的人，也挖出了很多灾民的财物。可见，在一场大的灾难面前，单纯依靠政府的组织、领导，要解决许多问题有相当大的困难。因此，政府应积极调动各方面的力量，增强人们的慈善观念，并在此基础上，加快慈善的立法进程，健全慈善法律制度，以令更多的人承担起这种社会责任。

第二，全民应增强慈善意识，从根本上转变以往的观念。现在许多人在学校所受的教育、所读的书，长大后在社会几乎用不上，而且由于缺乏人格和道德的培养，到了工作岗位之后，成天为金钱而四处奔波、为地位而不断忙碌，结果给自己带来了什么？唯一就是痛苦折磨。因此，不管是什么样的学校，都应发挥它的教育作用，让青少年从小有一种仁爱

的观念，时时培养他们助人为乐的意识，以慈悲心来行持一切善举。

今天，公益慈善论坛的背景，就是一个大大的“善”字。假如人人小时候都能有颗善心，就不会做违法乱纪的事情了。因此，现在社会最需要的，不是外在的金钱和物质，而是内心的道德。

大家都清楚，在 20 世纪末、21 世纪初，整个人类的经济发展达到了前所未有的高度，可是由于人们不知足，以至于伦理道德日益下滑，内心的困惑不断增加，天灾人祸也频频出现。因此，心里没有善念的话，外在的物质再丰富，也无法得到真实的幸福安乐。所以，每个人应转变自己的理念，这一点相当重要。

第三，要完善慈善机构的管理机制。倘若这些机构资金使用的透明度不高，运作方式不完善，就会丧失公信力，得不到民众的支持和信任，这样一来，其时间也不会长久的。

总而言之，不管中国，还是其他东方国家，在慈善的理念、力度、管理上，与西方发达国家比起来，确实有天壤之别。因此，我们今后如何用心去推动慈善事业的发展，这值

得每一位有志之士三思。

好，非常感谢！最后祈愿我们能以菩提心或爱心，对待所有人类乃至一切众生。谢谢大家！

Thoughts on Charity

The Fourth “International Charity Forum” Speech

(June 20, 2010 PM)

Good afternoon to all great masters and philanthropists. I am very pleased to be here today with so many wonderful people, to talk about the topic of charity.

Just as the aim of *charity is to help others*, the fundamental basis of all the philosophies of Mahayana Buddhism is to benefit all human beings, and even all living beings. As a Buddhist, I am therefore honored to be here to discuss this important concept with everyone.

Charity Is Heart

Charity is actually the unconditional care of and love for all living beings. In this regard, the rich are able to offer economic support, while those who have no money can still generate a loving heart toward others. While it is impossible for everyone in the world to become Bill Gates or Warren Buffett, it is possible for us to imitate Mother

Teresa, beginning with the care of and love for living beings around us.

Mother Teresa was an ordinary Catholic nun. When she encountered the plight of the poor outside her convent, she resolutely abandoned the comfortable heavenly life, using her entire lifetime to undertake the important tasks of rescuing the poor, helping leprosy patients, and inspiring millions by her example. On the surface, she may have appeared to be just an ordinary woman, but, in fact, what she accomplished is far more than anything we can imagine. To mention only one of her achievements, in just six years she founded and established shelters for more than 60,000 abandoned babies. These heroic charities have received worldwide recognition. In 1979, she was awarded the Nobel Peace Prize. Last year, the Nobel Foundation acknowledged that, in the hundred-year history of the Nobel Prize, she was one of the three most respected winners. (The other two were Albert Einstein, who won the prize for physics in 1921, and Martin Luther King, the peace prize winner in 1964.) Therefore, we can see that, whether coming from Buddhist, Catholic, or other religious beliefs, acts of charity to help others and put others before ourselves are vital to the social well being of everyone and worthy of praise.

Nowadays, the objectives of human life are different for each individual. However, whatever we long for, without a proper motivation, is meaningless. If we seek solely external, material things, our heart fills with a selfish *motivation*, and no matter how good our living conditions are, and no matter how beautiful our personal lives seem, none of it will have true meaning. On the other hand, if we use the Buddhist concept of altruism to transform our mind, and set a proper motivation, whatever we do will become meaningful. Likewise, only by giving everything, without asking for anything in return, can charity reach its fullest potential.

Today, many people think that charity is simply something the rich do for leisure, and that it has little to do with the ordinary population. Therefore, in this respect, many people have no interest in and are never concerned about it. This thinking is completely wrong. There is a very memorable story I often think about in this regard. On February 16, 2007, the then departing UN Secretary-General Kofi Annan held a charity dinner in his own mansion to raise money for the poor children in Africa. Among those who participated were the very wealthy and celebrities. Before the banquet started, an old woman came to the entrance of the mansion leading a

little girl. The little girl was holding a delicate porcelain jar. Seeing this, the security guard stopped the old woman and the young girl, and asked them to show their invitation cards, failing which they would not be allowed to enter.

The little girl said that she had learnt from television that there was to be a charity event for the children of Africa, and that she would like to do something for those poor children. She had decided to take all the money that was in her savings jar and donate it to the cause. However, the security guard, seeing that they had not been invited, refused to let them enter, saying that the event was not suitable for them.

The little girl then asked, “Uncle, charity is not money, it’s the heart, right?” Her words shocked the security guard. Knowing that she was certainly not able to get in, the little girl then placed the savings jar in the hands of the man and said to him, “I know the people invited are all very rich, and they will donate a lot of money. I do not have so much, but it is all the money I have. If I really cannot go in, please help me take this in.”

Just then, an old man appeared and said, “No, child, you’re right. Charity is not money, it is the heart. You can

go in. All loving persons can go in.” The old man was the famous “Sage of Omaha,” Mr. Warren Buffett.

Later, the charity banquet slogan was changed to: “Charity is not money, it is the heart.” The protagonist of that day’s charity dinner was not Warren Buffett, who donated three million dollars, nor Bill Gates, who donated eight million dollars, but the little girl, who donated just thirty dollars. She was well received, and the crowd gave her the most enthusiastic applause.

What does this story tell us? That an ordinary person can participate in charity; that it is not just a privilege of the rich. In this matter, Jet Li’s “One Foundation” has set a very good example. He encourages each person to donate at least one dollar per month, or do an hour of voluntary charitable work. This way, as long as there is a kind heart, anyone can participate in a charitable event.

Charity’s Present Situation and Its Historical Causes

Social polarization is now very serious. Wealthy people spend money like water and are extravagant. In contrast, poor people do not have enough clothes to wear, do not

have enough food to eat, and even their basic needs are not guaranteed. The prominent Chinese poet of the Tang Dynasty, Du Fu, once wrote, “While the mansion of the rich has spoilt wines and rotten meats, the roadside has the frozen bones of the dead.” This is as true a picture of the current state of affairs as it was of his. In order to improve the situation in this environment, each of us should generate a non-discriminative love toward others, and, as much as we can, help living beings. If everyone can achieve the idea expressed in the saying “While taking care and honoring our own elder relatives, we should not forget about other elderly. While raising and educating our own children, we should not forget about other children,” then building a harmonious society will be very easy, and just around the corner.

Unfortunately, however, at present this idea just exists on paper, and very few people actually achieve it. Most people only care about their families and friends. As for strangers, even in times of difficulties and hardship, most people never help them. Instead, they remain hard-hearted and uncaring. The reasons why people have this rather negative concept of charity can be traced back to the 1960s and 1970s. At that time, due to the influence of the extreme left and the effects of the “Cultural