

慧语莲灯

堪布慈诚罗珠四季语录



慈诚罗珠 著

浙江古籍出版社

慧語蓮燈

堪布慈誠羅珠四季語錄

An Illuminating Insight Into Mind
Seasons Quotations of Khenpo Tsultrin Lodro

慈誠羅珠 著
Tsultrin Lodro

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慈诚罗珠 一九六二年出生于四川省甘孜藏族自治州炉霍县。一九八四年于色达喇荣五明佛学院出家，并依止当代最伟大的心灵导师之一——法王如意宝晋美彭措，经过多年努力，精通了显宗五部大论及密宗之续部，并获得堪布学位。

二十多年来，慈诚罗珠于学院担任教学重任，培育出为数众多的僧才。他宣导戒杀护生、护生救生、素食、环保的理念，同时讲授基础佛学正见，深化信教群众对佛法的认知。为了弘扬民族文化，他又积极于藏区建立图书馆、创办学校。负责主编了《汉藏英常用新词语图解词典》和《汉藏英常用新词语词典》。

弘法之余，仍勤写不辍。著有《慧灯之光》(西藏人民出版社)系列丛书。

***Tsultrin Lodro** was born in Garze Tibetan Autonomous Prefecture's Luhuo County in Sichuan, China in 1962. He became a fully ordained monk in 1984 at Larong Five-Science Buddhist Institute in Serta County of the same prefecture and a disciple of H.H. Khenchen Jigme Phuntsok Rinpoche, one of the greatest spiritual teachers in modern times.*

Khenpo has been teaching at this institute for the past twenty years. His focus has been on promoting the idea of environmental preservation, vegetarianism, protecting and releasing living beings and education for the poor and the needed as well as teaching Buddhists the fundamental doctrines and correct view to enhance their understanding of Buddhism. His concern for the preservation of Tibetan culture has urged him to build libraries and schools in the Tibetan region. Khenpo was the editor-in-chief and published two dictionaries: Chinese-Tibetan-English Illustrated Dictionary of Commonly Used New Vocabularies and Chinese-Tibetan-English Dictionary of Commonly Used New Vocabularies.

His publications include Wisdom Light series in Chinese (The People's Publishing House in Tibetan).

序言

堪布慈诚罗珠是当今世上最重要的佛学大师之一。他不仅在传统藏传佛学领域中多有建树，在当代科学、西方哲学以及现代文明方面的学识也极为渊博，这从他丰富的著作中即可窥见一斑。

这本集子中一段段的慧语，多出自堪布近年来的微博开示。堪布提醒并鼓励大家，要谨记佛陀对生命真义和修行目的最根本的教导，也就是对真实智慧与无伪悲心的追求和修持。

我对堪布慈诚罗珠十分钦佩，对他的事业也衷心支持。

索甲仁波切

（《西藏生死书》作者）

Foreword

Khenpo Tsultrin Lodro is one of the most important Tibetan Buddhist masters alive today. As demonstrated by his many writings, he is not only exceptionally learned in the traditional Buddhist teachings, but also deeply familiar with science, western philosophy and the modern world.

Here in this short text, drawn from a series of lectures, he encourages us to remember the Buddha's fundamental message on the real meaning and purpose of life: the cultivation of genuine wisdom and compassion.

I am a deep admirer of Khenpo Tsultrin Lodro and supporter of his work.

•
Sogyal Rinpoche

(The Writer of The Tibetan Book of Living and Dying)

译者手记

堪布慈诚罗珠自二〇一一年三月五日起发布微博 (www.weibo.com/cichengluozhu)。那时，我们非常欣喜能够通过新的渠道与他沟通。当时未曾想到，伴随着时光，堪布的微博竟成为我们生活中非常重要和珍贵的一部分。

这些微文不仅传达了堪布的建议，更罕见地展现了他的私人生活。感恩堪布的慷慨与慈悲，让我们有幸分享了他的思想、回忆、经验和洞见。堪布慈诚罗珠是智慧和慈悲的集合，因为他每一天都遵循菩萨的境界生活，这只需阅读他每天的微文便可了知。

我们知道，堪布的著作几乎都是用藏语或汉语完成的，目前只有一本有英文译本（《从信徒到菩提萨埵》）。上师在微文里提过的书籍，例如《慧灯之光》系列，基本都没有英文译本。由于这些微文原先是面向华语读者的，堪布用来阐述道理的一些案例和事件可能也更具有本土特色，但其中传递的信息同为世人受用。愿我们都能受到启迪，早日踏上这条菩提萨埵的道路并能获得长久的幸福和自由。

Dekyi Drolma

于香港

Translator's Note

Khenpo Tsultrin Lodro started releasing microblog daily (www.weibo.com/cichengluozhu) on March 5, 2011. At the time we were just thrilled about having this new channel of communication with him. What we didn't know then was what communication with him. What we didn't know then was what over time.

These posts are more than just advices from him; they literally provide us a rare glimpse into his life on a more personal level. Thanks to his generosity and deep compassion, we have been privileged to have shared his thoughts, memories, experiences and insights. Khenpo Tsultrim Lodro is truly the embodiment of bodhicitta and wisdom as he lives every day the bodhisattva's way of life. One only needs to read his daily words to know it for a fact.

We know that almost all of Khenpo's books have been written in either Tibetan or Chinese with only one English translation (From Believers to Bodhisattvas) so far. Books that he mentioned in the posts, such as Wisdom Light series , are basically not available in English. Although the posts were originally intended for Chinese readers, some of the examples and events that Khenpo used to illustrate his points might be more of local nature, the messages are nevertheless universally relevant and refreshing. May we all be inspired to embark on the path of the bodhisattva and attain lasting happiness and freedom.

*Dekyi Drolma
Hong Kong*

缘起

《慧语莲灯》原本是作为本社计划中“财智莲花”系列丛书的一本，在之后的编辑和翻译过程中发现其更适合单独成书。

感恩微博平台上智者们的传播与分享，他们的微文滋润着每一个人的心灵。佛教这一传统的学问在现代科技的映衬下彰显出更加蓬勃的生命力，浓缩在短短140个字中的箴言可谓字字珠玑。堪布慈诚罗珠作为当今世上最受尊敬的佛学大师之一，他的微博是如此真挚，如此贴切，这些散发着光芒的菩提智慧总能帮助人们在困扰时寻找到宁静与希望。

实现中华民族伟大复兴的梦想正鼓舞着每一位中华儿女，我们需要一个历经风霜后依然勇往直前的方向，需要一片在尘世纷扰中能够让心灵升华的净土。“人民共享人生出彩机会”的中国梦首先从共享智慧与慈悲开始。我们应当共同守护并践行这一美好的愿景。

在成书过程中，我们得到了很多人的帮助。他们当中既有始终推动社会进步的工作者，也有澄净的传统文化的爱好者，更有虔诚的佛教徒。我们感恩于他们的光明心性和辛勤付出，感恩所有的缘分！

浙江古籍出版社

Preface

An Illuminating Insight Into Mind was originally planned for another series Lotus of Wealth and Wisdom of our publishing house. During the process of edition and translation, we find this book more suitable for independent publishing.

Thanks to their spreading and sharing, short texts written by the wise men on the micro-blog have enlightened everyone's heart. Buddhism, as a traditional subject, demonstrates more vitality under the background of modern science and technology. Proverbs concentrated in just 140 characters could be described as every phrase a gem. Khenpo Tsultrin Lodro is one of the most admired Tibetan Buddhist masters alive today. His micro-blog is so sincere and apropos that the glowing Bodhi music can always help people find wisdom and peace in adverse situations.

The dream of realizing the great rejuvenation of the Chinese nation has inspired every Chinese. We need a direction which encourages us to march forward despite the wind and rain. We need a pure land which can sublimate our souls from the anxiety and confusion of our lives. The Chinese dream of everyone enjoys equal opportunity to shine in their lives starts from sharing wisdom and compassion. We should join efforts to defend and realize such beautiful vision.

In the process of editing, we get a lot of help from many people. Among them, there are workers devoted to promoting social progress all the time. lovers of pure traditional culture, and pious Buddhists. We are grateful for their bright mind and hard work and we are grateful for all destinies arranged for us!

Zhejiang Ancient Books Publishing House

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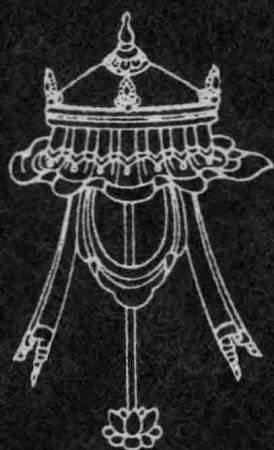
Translator's Note

缘起

Preface

四季语录

Seasons Quotations



宝伞 古印度贵族、皇室成员出行时，以伞遮阳，后演化为仪仗器具，寓意为至上权威。佛教以伞象征遮蔽魔障，守护佛法。藏传佛教亦认为，宝伞象征着佛陀教海的权威。

***Umbrella** In ancient India, when travelling outside, nobles and royal members used umbrellas to take shade from the sun. The umbrella later evolved into ceremonial device which symbolized supreme authority. Buddhism takes umbrella as the symbol of the shield from devil and protection of Buddhism. Tibetan Buddhism believes that the umbrella is the symbol of the authority of the teaching of Buddha.*



黄金鱼 鱼行水中，畅通无碍。佛教以其喻示超越世间，自由豁达得解脱的修行者。藏传佛教中，常以一对金鱼象征解脱的境地，又象征着复苏、永生、再生等意。

Goldfish The fish swims through in the water with no obstacles. Buddhism takes it as a metaphor of gymnosophists transcending the world and freedom from any restraints. In Tibetan Buddhism, a pair of golden fish is a symbol of liberation, resurrection, eternity, regeneration and so on.



大乘佛教徒不崇拜鬼神，而崇拜彻底觉悟的人；
不追求神通，而追求智慧和慈悲；不向往天堂，
而希望利他；不脱离世间，而超越轮回。

*Mahayana Buddhists do not worship ghosts
or spirits but revere those who are completely
enlightened; do not seek supernatural power but
pursue wisdom and compassion; do not aspire to
go to heaven but to benefit others; do not forsake
but transcend samsara.*

004

觀

在任何时候、任何环境里，我们能否活得幸福，
都取决于自己的内心，而并非受制于环境是否舒
适。既然如此，为什么我们不训练内心，却拼命
地想改变环境呢？

*Whether we can live a happy life at any time, any
place all depends on our minds, not the condition
of external environment. If so, why don't we train
our minds instead of trying so hard to change the
environment we are in?*

人类历史上最伟大的发现和成就，不是艺术和科技，而是正确地认识到自身的无知和疯狂，以及解决这些问题的原理和方法。因为只有它们，才能给我们带来最终极的自由和幸福。

The greatest discovery and achievement in the human history is not arts or science but to properly recognize our own ignorance and irrationality as well as the basics and the methods for solving these problem. Because only through such knowledge can we attain the ultimate freedom and happiness.

白

005

未来，是一个无边的未知区域，在这个区域里，什么都有可能发生。因为一切会随着因缘而变化，而因缘又是不可预知且变化多端的，谁也无法知道它的轨迹。但若能把握住当下，就能主宰未来。

The future is an unknown territory where anything can happen. All phenomena will change with the causes and conditions. As the causes and conditions are unpredictable and constantly changing, no one knows what courses they will take. However, if one can keep the moment of now in hand, one has the future in control as well.

能否解开内心的奥秘，涉及我们的整个前途。
所有的幸福与痛苦，都来自于两个字，那就是
“迷”与“悟”。

006

在

*Our future depends on whether we are able to
resolve the profound mystery of mind. All happiness
and suffering originate from two sources, wisdom
and ignorance, respectively.*