

佛友資訊

FOR YOU INFORMATION LTD

《佛友资讯》是一份不附属于任何团体的独立佛教月刊，靠着各方的信任和支援，帮助我们应付所需的开销，延续出版至今，已走过 30 余年。期待大家的鼎力支持，让《佛友资讯》能够服务更多有缘人。



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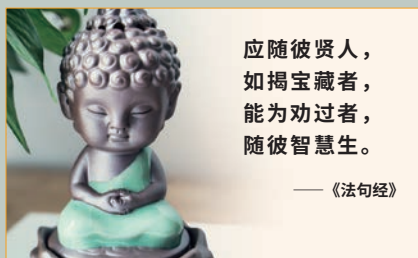
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出版 Publisher :

For You Information Ltd

印刷 Printed by :

Shotech Press Pte Ltd



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编者的话

成就一棵圆满大树

慈悲的索达吉堪布在《二规教言论》演讲中有一段关于“人与树”的精彩譬喻，令人难忘。堪布说，人就像一棵树一样，树要有树根，对应做人的根本是智慧和稳重，没有智慧很难做事，没有稳重很难成事。树有树茎，树茎对应人的德行就是有愧和不放逸，人的惭愧心要经常对应自己的正知正念，对治自己相续的烦恼。树枝对应的是正直和誓言坚定，树叶对应的是知恩和利他，树花对应的是信心和布施，树的果实对应的是自他众生暂时究竟的安乐和荣誉，果实就是结果，也是一种成就。

进而堪布指出，一棵树要有树根、树茎、树枝、枝叶、树花，所对应的就是十种功德，也是做人的十种功课，人们要时常检查自己是否具足十种功德，提醒自己在自相续当中做足功课，如果不做足功课，不具足功德，如何会有好的结果？

堪布也在另外时段的演讲中建议我们，可以在床头画一棵树，把树根、树茎、树枝、树叶、树花的功德一个一个标出来，每天早上起来时，看看自己是否具足正直、利他、誓言坚定等的功德，每种功德都是非常珍贵的如意宝，对今生来世有着不可思议的利益。

听堪布的演讲开示，眼前栩栩如生展现出一幅动人画面，那是一棵深深扎根于泥土的大树，树干结实挺拔，树枝舒展豁达，如欢呼、拥抱的手臂，伸向广袤辽阔的天空，枝繁叶茂，花树盛放，如季节的盛宴，如生命的庆典，那要有多么好的修行才能成就的一棵圆满大树啊！

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Founded in 1989 by Venerable Guang Chao, *For You Information* continues to promote Buddhism, related teachings and educational philosophy. Being a non-profit publication, we like to thank and appeal to all readers, contributors and benefactors for the continued support in the propagating the Dharma.

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ON THE COVER

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On our Buddha Dharma journey, while many of us understand the importance and significance of taking refuge in the Buddha, the Dharma and the Sangha, we need to constantly remind ourselves to be committed to uphold his teachings. This means undertaking certain responsibilities or duties required of our roles, be it as a monastic or laity. And may our journey be blessed by the Triple Gems, even in times of hardship where every challenge or obstacle can be turned into stepping stones.

Editor’s Note

Before we delve deeper into this issue’s highlights and features, we would like to express our gratitude and continue to pray for wisdom, courage, faith and strength to support us all along this Buddha Dharma journey.

Nine Bows

**Homage to all that is healing
in a person’s life,
in all Traditions,
and in the world.**

**Homage to all that is healing
in the lives of Saints and Sages,
in this prayer and all practices,
and in my own mind.**

**Homage to all that is healing
in the Stream of Ancestral Teachers,
in the immediate Community of support,
and in our positive motivations.**

**May immense bright blessings be on you and yours.
May all beings benefit!**



TAYATA, OM BEKADZE, BEKADZE
MAHA BEKADZE
RADZA SAMUNGATE
SOHA

This November, we continue to share ways to practise self-compassion and introspective reflection to investigate where our pain arises from. On a related note, we include a different perspective to consider – whether we are (mis)guided by our obsessions that distract us from our practice in “Riding an Elephant to Catch Grasshoppers”. And in our special feature, we explore how love, care, respect, honour and service towards our parents, elders and ancestors are viewed in Buddhism in the article, “Filial Piety – A Buddhist Perspective”.

Lastly, may the luminosity of the Buddha Dharma continue to shine and be a lamp upon all sentient beings!