

# 道之宗旨

敬天地禮神明愛國忠事敦品崇禮孝父母重  
師尊信朋友和鄉鄰改惡向善講明五倫八德  
闡發五教聖人之奧旨恪遵四維綱常之古禮  
洗心滌慮借假修真恢復本性之自然啟發良  
知良能之至善己立立人己達達人挽世界為  
清平化人心為良善冀世界為大同

歲次戊辰中秋白水老人書

西元二零零二年歲次壬午 農曆五月十八、十九日  
陽曆六月廿八、廿九日  
發一崇德新加坡道場吉蘭丹州二天社會界華、英率性進修班

正心

正心

西元二零零二年六月廿八日歲次壬午五月十八日（第四屆）哥打峇魯 行德壇

藍采和大仙  
活佛師尊 慈訓

### 藍大仙慈訓

修道路上不停步 信心十足不退步  
辦道明理不止步 勇往直前不退步  
學道精進不懈怠 道心長存智慧現  
講道以理化大千 不偏不移道看齊

吾乃

八仙藍采和 奉

命 下凡塵 早把

皇 參 再問賢士們心安不安

活佛師尊慈訓

任負三曹普渡

重責救世易俗

道大理微貫穿

遠渡乾坤歸都

吾乃

道濟禪師 奉了

命 進入佛地 參叩

駕 再問傻徒兒們歡不歡喜

IKTCD S

心丹牖一拔不毅堅忠謹峻嚴雅淵潔高操吾養  
 安則能定神安則能明身安則能舒矣  
 寸守閉心自慎時刻塔下桃源契真經  
 民理常住和而不流無為當中坦然居  
 念差千理天心作主則魔消厥中允執  
 俗承聖志踐理達慧遏抑動機生萬智  
 器則德業進以誠信立即可同心共舉  
 盛焉可正其修韜光養晦而神清氣怡  
 忍行不輟齊匡世難無畏艱辛更積極  
 於職守當仁不讓只為立身立命奔馳  
 飾不苟崇品德之美朝夕惕克復禮  
 節頤養德修內斂懷仁抱義而念念在茲  
 律養自育培奉行正道德化黎民為善矣  
 雅性圓通謙謹只為聖賢事清淨寡慾  
 身渾厚有容勤修真妙盡悟其中之深益  
 理細思索自得真省斷私念秉心衡虛  
 切處事易入偏邪身常淨行止持得宜  
 慎於細微處聿遵聖之典拳拳守秉直  
 修在日常精進下功夫時刻操持提撕

活佛師尊慈訓      藍采和大仙慈訓

28-06-02 哥打峇魯 行德壇

牖取片  
 閉取門

【正心】冠頂訓

養吾操高潔 淵雅嚴峻謹忠 堅毅不拔 一片丹心

【正心】訓中訓

頤養自性渾圓 培內外之美  
 為立身立命 克己念 為淨心之持守  
 拳行仁德為修真 身之門心常住

天理以修齊 正德焉

### 活佛師尊慈訓

由命運的擺佈 渡過一生 浮浮沉沉  
幾度人事變更 浪跡天涯的異鄉旅人  
何時客途知回程 夕陽下晚霞殘紅  
聲聲催雁群 日落崦嵫速歸營  
乘著這清風展翅萬里行 莫待良辰過歸路難再尋  
美麗的人生耕耘栽種 力效古聖先賢蘊品德崇  
堅定篤實的體道樂行 雖是簞食瓢飲亦樂無窮  
千里鴻飛翔始終 莫忘使命從 全力抱志衝  
救渡塵紅 胸懷慈悲化世無條件犧牲  
堅定不放鬆 以毅力換取成功

### 《註釋》

【正心】本訓

- ❖ 提撕 *tí sī* ..使人警悟。
- ❖ 拳拳 *quán quán* ..懇摯忠誠的樣子。
- ❖ 渾厚 *hún hòu* ..光滑圓通
- ❖ 秉心衡虛 *bǐng xīn héng xū* : 秉持天心、無私偏。
- ❖ 內歛 *neì liǎn* : 自我要求。
- ❖ 念念在茲 *niàn niàn zài zī* : 比喻二六時中不離自性。
- ❖ 輟 *chuò* ..停止。
- ❖ 匡 *kuāng* ..救濟。
- ❖ 遏抑 *è yā* ..壓制。
- ❖ 厥中允執 *jué zhōng yǔn zhí* : 永保赤子之心。
- ❖ 牖民 *yǒu mǐn* ..開通民智；牖比喻開導，啟發。

❖ 丹寸 dan cun... 比喻自性所居之地。

❖ 韶光養晦 tao guang yang hui... 比喻有才學的人，不炫耀自己才華。

## 藍采和大仙慈悲囑語

▽ 世間沒有重來的，只有往前走。把握與珍惜，剎那間而已，不把握就沒了。如果告訴你，這是最後一張底片，拍不到就沒有了，你會很珍惜嗎？很慎重嗎？所以這就是人的心態、人的心啊！修道就是修你的那一顆心。那顆是甚麼心呢？指使你去做不好的、做很不理智的事，都是那顆心。

▽ 修道路上不停步，但是你們好像停了腳步，你們都不知道！沒有往前了，知道嗎？你們得到了好處、得到了寶貴的東西；給它溜走了，也許永遠都找不回了。修道其實很簡單，就是修你的心，你的種種不平的心，種種不好的心。想成佛、成仙嗎？想成為菩薩坐在那裡給人拜嗎？「道」就是路，若沒有道，你想去哪裡，去得了嗎？

▽ 你要自己行正路，行一條好的路回去天堂，所以沒有求道，不能回天，明白嗎？「道」跟我們惜惜相關。「道」告訴我們承上啟下、「道」告訴我們可以禮賢下士。不修道難以成仙佛，不修道不信道就很難做一個好人。

▽ 求道以後你要來佛堂研究道理。「明理」你才能夠悟道。信心是最重要的。修道辦道要活潑玲瓏，如口渴了喝水，口渴了而不喝水，是不是違背了自然？所以活潑玲瓏就是應做就做，不該做的事，就不要做，要率性而行。

▽ 修道路上就是自己犧牲奉獻。人做一件事要達到成功之前，必定要辛苦。不受辛苦、不受磨練，很難成功。人生下來是做什麼？吃飯、睡覺嗎？除了賺大錢外，有房子住有車子開，尋找了一輩子，就只有這樣嗎？求道以後來佛堂上課，嘻嘻哈哈、辦辦道、吃吃飯，那就好了嗎？人不是如此修道辦道！得了明師一指點，單單如此？人生有目標，各人有個人的大理想，要去開創。為什麼前人們那麼辛苦的付出？為甚麼不在家裡？千里迢迢為了誰？是為了你們！希望你們抽出時間，研究明白人生真諦、希望你們追隨一條人生真正的康莊大道；真正找尋一個目標、做人的宗旨、修道的宗旨，每天很充充實實。人生除了要吃飯，追求自己的目標之外，還需要為別人著想。

▽ 你們不想做快樂的事情？得到快樂之前，要自己先付出。世界上只有你好，不好的是別人，有意義嗎？人要十全十美，就要「謙恭有禮」。所以來佛堂學道，是學懂得怎樣把「快樂」付出、把「快樂」去教導人家、傳給人家；千萬不可以己所不欲勿施於人。有好的東西給人家那才是對的，有苦自己受，讓別人樂、方便；這就是人的本來。要學的東西還很多，一時半刻也講不完人生的大道理，只盼賢士要好好的去學習、虛心的去學習。每件事都要學習，沒有學習的心怎麼能夠有成就呢？盼賢士們要好好的珍惜！

## 活佛師尊慈悲囑語..

▽ 嘴巴是最甜的，最會講「心有餘，力不足」那就真的力不足。你沒有真正的把力量使出來，還沒真正發揮出來，你怎麼知道他沒有力量呢？萬事起頭難！頭人家也給你起了、路也給你找了、船也造好了；那你自己要找人來划嘛！自己都不出力，那要在這條船上做甚麼？以後你就看人家成功了、成就了，而你還是一無所



有啊！

你們在人世間追求的是甚麼？追求的是功名利祿！功名利祿可以帶給你們甚麼？可以帶給你們富貴、人世間的功名、也可以帶給你們地位、也可以讓你們受到人家的尊敬。有錢人是不是很好？有錢人是不是會生病啊？窮人會不會生病？那兩者生病的痛是否一樣？窮人跟有錢人在生病的時候差別在哪裡？有錢人給醫生多看兩眼，讓機器多摸一二下，痛苦能減低減輕嗎？那要錢來做甚麼？錢不能減低和分擔你的痛苦，那你要它來幫你做甚麼？錢能幫你脫離生老病死嗎？有錢人會死，沒錢人也要死，既然如此，追求它做甚麼？聰明人、有智慧的人追求的是永恆的、追求的是減輕痛苦和負擔。甚麼是永恆？甚麼才可以減輕痛苦和負擔、甚麼才可以解脫、甚麼才可以化解你的因緣？孔子你們認識嗎？孔子沒有錢，但是他的名字可以流傳到幾千年後，他的精神和品德也都流傳下來。所以人家仰仗他的精神跟品德。你們有沒有聽說過，這張錢是某某首富用過留到現在？錢可以留到永恆嗎？錢是會壞掉的，多人摸就會爛掉。所以聰明人應該知道自己要追求甚麼才是最值得。要下功夫、立品、立德。只有品德，可以讓你解脫，只有品德才可以永恆、只有品德才能讓你減輕痛苦負擔，可以讓人家尊敬。

你向上天要東西，上天只怕你「不要」，怕你「要」。所以你「要」好處就太多了！修道要秉著一顆誠心，還要明理【正心】來修道，這條路才走得直，走得順、走得正，才不會歪。

修道的人生是要靠自己挖掘、去實行、去走過；你才能體會其中的珍貴、其中的意義。路沒走過，你不知道這條路到底是直的、還是彎的、還是歧曲的、還是平坦的。所以人生的每一條路，你們都走過了，那修道這條路你走過了嗎？既然你們有勇氣走人生這條路，你也應該有勇氣來走修道這條路。走著走著，你會發覺，原來寶藏就在前面，你發現了寶藏，也要靠你自己去挖掘。所以寶藏是讓你慢慢的挖，才會越挖越多。自己得到了寶藏，還需要跟人家分享。快樂是要跟人家分享的。如果單獨的享有，那叫快樂嗎？只有分享，才會得到的更多，知道嗎？知道了就好好去走。天堂的路是靠你們走出來的。現在為師指的一條路，就是天堂的路。

你們常說，天堂好、天堂妙；這條路要怎樣走到天堂？已經知道這條路是直達天堂，那你們要不要走呀？這條路就要靠你們有始有終的走下去，如果半途而廢，也走不到哦！所以不能放棄，放棄了，就到了半空中，半空中再站不穩，就掉下去，打回原形，還等再輪回。

這一世可以得到回天堂的路，並不代表下一世也可以得到這條路哦！這條路，現在是大開，以後就關起來了。每一扇門，只要是門，它就有開和關。時間到，它就開；時間到，它就關了，再也進不去了。那時候，你再怎樣去挖，去敲開，它也開不了。你要知道這人生是有限的，這人生也是短暫的。總有一天，它會歸於零。要趁它還沒歸於零之前，趕快去創造你的未來的命運、趕快去創造未來的永恆、趕快去發揮你的寶藏，讓它發出光華。

每個人都會離開世間。這世間的一切都會完，所以不要坐以待斃。要趕快抬起你的腳，趕快去走。天下無不散的筵席，你走，師也走。為師也走了好幾百年了。可是現在還能現身在這裡，借的是別人的肉體，來跟

你們暫時的聚會。完了之後，還要歸還給人家！屬於為師的肉體已經沒有了，可是屬於你們的肉體有沒有？為師用屬於自己的肉體去創造了永恆，那你們也要用屬於你們的肉體去創造永恆啊！得人生不容易，要好好珍惜啊！好好保重、好好珍惜這緣份，然後我們再來製造下一次相聚的機緣，挖掘你這個因緣進入這（修道）緣，好好地修辦哦！下一回再見你們，好不好？

## 仙佛臨壇側記

正值大家瘋狂於四年一度的世界杯足球賽之際，有一群熱愛真理的修士們遠從台灣、新加坡、新山、吉隆坡等地來到哥打峇魯協助法會。分成華、英兩班進行，辦事人員和班員有一百多人。大約四點左右大家正興高采烈歡唱著善歌之際，仙佛已悄然臨壇。莊嚴法相中流露出瀟灑神情，要大家猜猜是哪位仙佛，有人猜是活佛老師。多次猜測之下，仙佛只得自報佛號。原來是八仙中的藍采和和大仙慈悲臨壇。

藍大仙慈悲慈示大家在人生過程中應即刻把握當下，若錯失良機悔之晚矣。訓勉大家珍惜修道路上勇往直前，精進不怠，有耐心、有毅力，則如滴水穿石必能有成，隨後活佛老師也以不改往常的灑脫法相，笑容可掬的步入佛殿。師徒父子情！大家似乎與師心靈相通，非常篤定的眼前這位仙佛必是活佛恩師，大家更是抖擻著精神聆聽恩師慈示。活佛老師慈悲要徒兒效法愚公移山之精神，年紀雖大但決不氣餒，子子孫孫仍可傳承下去，終有成功之日。

人世間的功名利祿，無法讓我們免於生老病死之苦。期勉大家應認清人生的方向與目標，修行路上絕不放棄。效法孔聖之德，方可美名標。恩師還賜予所有在場弟子們蘋果與糖果。臨別寄語更殷切呼喚應是倦鳥知返之際。於六點半時分退竅。

## Words of Wisdom by Immortal Lan Cai He

Never halt in the path of cultivating Tao, stride with full confidence and never retreat.

Never stop in understanding and propagating Tao, advance bravely and never give up.

Never slack in diligently learning Tao, maintain the Tao heart forever and reveal the Wisdom.

Using the Principle to manifest the boundless in delivering Tao, be impartial and adhere the Tao.

I am the Eight Immortal's Lan Cai He, received the Heavenly Decree from the Heavenly Mother, descend to the mortal world, already paid respect to the Heavenly Mother, asking all the virtuous cultivators are your mind in tranquility?

## Words of Wisdom by Master JiGong

Upholding the responsibility of populous saving of the three domains;  
Great task of salvaging and edifying the masses;  
The Tao is great and yet Its Principle is subtle, penetrates in all form;  
Reaching out afar to the lead mankind back to their Origin.

I am the Tao Ji the Zen Master (another Heavenly Title of Master JiGong), received the Heavenly Decree from the Heavenly Mother, enters the holy land, already paid respect to the Heavenly Mother, asking all my disciples are you happy?

### **Translation of the main oracle:**

1. Cultivation of Self in daily life, concentrate one's effort and progress diligently. Constantly uphold one's integrity and inspire one.
2. One is cautious in cultivating the subtle Nature, adhere closely to Sages' doctrines, and embrace it to heart in all reverence.
3. One may fall into erroneous deviation in dealing with matters. Purify one's body constantly, and conduct suitably.
4. Ponder deeply on the immense principles, one will naturally understand its marvels. Realize to the greatest extend its profound benefits.
5. Cleanse one's body with simple and honest conducts, diligently reflects upon one's behaviors and eradicate selfish thoughts. Maintain a modest thoughtfulness.
6. Perfect the Self to its fullest with caution and modesty, perform the doings of the virtuous Sages, have few desires and cleanse the heart.
7. Nurture an elegant goal in life, pursue the right path and influence the multitude towards goods through virtues.
8. Be strict with oneself to nurture the virtue, cultivate the inner conserve, embrace benevolence and righteousness. Be in constant awareness with the True Nature.
9. Preserve one's grandeur integrity constantly, unmoved by the lure of worldly delusions, establish oneself and refrain from indulges.
10. Carefully correcting oneself conscientiously, revere the beauty of a noble character, be vigilant in the day and night to discipline oneself to restore propriety.
11. Be devoted to one's duty, take upon the assigned task as an obligation, speed towards establishing one's destiny.
12. Perseverance in one's practice, unite in rectifying problems, fearless of hardship with a positive disposition.
13. Sheer determination results in right cultivation, reflect and conceal the wisdom inwards, leading to the mind's tranquility.
14. Progress in virtuous cultivation by not limiting oneself to the duties, establish with faith and sincerity, thus leading to unity towards common goal.
15. Eliminate the secular mannerism and undertake the goal of a Sage. Carry out the principle lead to wisdom. Restraint the wandering motive to develop unlimited wisdom.
16. A slight deviation in the thought is thousands of miles away from the Truth, choose the True Self as our guide to remove evil thoughts. Focus on the Middle Way and contemplate in this Oneness.
17. Edify the people with the constant Principle, though in the midst of secular people yet not tainted by the bad influences. Act in accordance with the Nature gives a calm disposition.
18. Focus on the dot of Consciousness (Heavenly Door), maintain the awareness at all times, below the pagoda and the peach garden is the true sutra.
19. Tranquility of mind leads to stability, stillness of the True Nature leads to illuminant and the relaxation of the body leads to ease.

### **Translation of the top oracle (Guan Ding Xun)**

Cultivate one's moral integrity in its pureness, like the elegant grandeur of the mountain that is stalwart and loyal, firm and indomitable, that is the heart of loyalty.



### Translation of the oracle within oracle:

Nurture the Original Nature to completeness, cultivate the beauty internally and

externally. Restraint one's thoughts to establish one's statue and destiny. Completely practice the virtue of benevolence is true cultivation in upholding the righteous mind. The door of the body (Heavenly Door) is where the Nature resides. Follow the virtue of Heaven and cultivate wholly, hence the righteous virtue prevails.

## Translation of song by Master JiGong

Under the control of destiny, slipping through one's prime, drifting uncertainly with the tides. In the midst of an ever changing human affairs, the wanderer that is in the foreign land, when will he know the way home? The setting sun kindled the sky, with voices of returning flocks reminding-the sun is setting...quickly return to the origin.

Riding on the gentle breeze, spread your wings in this journey of thousands miles. Never delay till the great opportunity is over, then the search for the way to be home will be futile. A beautiful life depends on sowing and cultivating diligently. Strive to follow the past Sages, nurture good character and revere virtues. With an unswerving determination and a truthful disposition, understanding the Tao and practice joyously. Though it may be a single meal and a meager drink, one can still obtain boundless blissfulness. Like a great bird that flies continuously from beginning till its destination, don't forget to follow the task. In our greatest strength, embrace our aspiration and speed towards the goal. Salvage the beings in the samsaric world, have a benevolence mind, influence the world towards goodness without expecting any returns in our sacrifices. Be persistent, never lose the grip, and give our determination in return for success.

## The Oracles of Immortal Lan Caihe

- You can only look ahead in this world. You have to cherish the moment. Tao cultivation is to cultivate your mind.
- There shouldn't be any halt in the path of Tao cultivation. You should cherish this good fortune of being able to acquire Tao. Tao is the path to Buddhahood.
- Tao teaches you to respect the elders & take care of your juniors; to be courteous & kind to the wise & be condescending to scholars.
- After you acquire Tao, you should come back to the Holy Temple more often to learn more about Tao. Most importantly, you need to have the confidence in Tao.
- You have to sacrifice & give when you cultivate yourselves. Hard work & sufferings are inevitable before you can have success. Your life is not only about daily routines & fulfilling your material life. You should have goals & aspirations in life. All your seniors have worked hard with the hope that you will spend more time to get to know about Tao & the true meaning of life.
- In order to gain happiness, you must put in effort. If you do not share your happiness with others, the joy that you have will be meaningless. With your able body, you do not lack anything, except modesty. Learn the basic principles of humanity,

which is to share & give goodness to others & sacrifice for the sake of others. You should not do unto others what you would not like to be done to you. You should always be humble & ready to learn.

### **The Oracles of Master JiGong**

- Everything is tough in the beginning but now, the tough part have been done, you only have to put in the effort to bring your friends and relatives here to receive the Great Tao.
- What are you trying to achieve in life? Is it fame, wealth, high positions, or the respect of others?
- There is no difference between a wealthy man and a poor man. The wealth you have will not be able to relieve reduce your sufferings when you are sick. It also will not be able to break the Karma cycle and change the principle of life & death. Wealth can only bring you short term comfort in our daily life.
- A wise person will try to pursue eternity in order to reduce sufferings and burden of life.
- Confucius was not wealthy but he is still known & remembered after so many centuries. Till now, people still look up to his spirit and virtues.
- You must put in effort to cultivate your morality. Only morality is eternal, it can help to reduce sufferings and gain respect from others.
- In the cultivation of Tao, we must have a sincere heart and righteous mind to learn and understand the doctrines. This will prevent us from straying from the right path.
- You have to experience this path of cultivation on your own before you can know the true meaning. Since you have the courage to choose this path, you should have the courage to complete it, and you would definitely gain a lot as you keep learning.
- You should share your gains & happiness with others. It's only through sharing that you will gain even more. The road that I have indicated you is the road to Heaven.
- Since you know that this path will lead to enlightenment, do not give up halfway, should persevere till the end.
- Although in this life you are able to acquire Tao & know this path to heaven, it doesn't mean that you will be able to find **道** this road again in your next life. Therefore do not give up your great affinity now.
- Everybody will leave this world. Nothing is everlasting, so do not waste your life. I have left this world few hundreds years ago, so can only use someone else's body to have a gathering with you all.
- Make full use of you human body to achieve eternity. It's not easy to be reincarnated to be a man/human being so you must treasure the affinity and & take good care of yourself.

### **Sermon Sidelights**

The 4<sup>th</sup> Chinese Sermon Assembly and the 1<sup>st</sup> English Sermon Assembly of the Kota Bharu Tao Community was commenced on 28 and 29 June 2002. In the holy and dignified premise of our Xing De Holy Temple, many Tao participants came early in the morning with a sincere intention of learning more about Tao. More than 50 over Tao seniors and volunteers from Taiwan, Singapore, Johor Bahru and Kulau Lumpur came to assist in this event, hoping to spread this Dharma joy to the Tao brothers and sisters in Kota Bharu. In fact most of the Tao volunteers only reached Kota Bharu on that very day and upon alighting from the train after 13hrs of journey, they rushed to the temple to carry out their assigned task. Such selfless conducts further reflect the precious value of Tao and the significance of the Sermon Assembly.

With the sincerity of the participants, Immortal Lan Cai He descend in person to grace the event. He urged all the participants to learn about Tao diligently and must have the faith in Tao. All of us will attain Buddhahood if we have the confidence in Tao. He also composed the first 8 lines of oracles to bless the participants. Our beloved Master JiGong also descend in person and all the participants, with the deep rooted affinity with our holy Masters, immediately feel the great compassion of our great Master. Our Master enlightened us on the transient nature of life and encouraged all of His disciples to detach from physical indulges and strive towards a spiritual and joyous life. Our Master also encouraged us to share our happiness with other, as true happiness will only comes when we share it with others. The main theme of the oracle is “Righteous Mind”, for it is only by having a righteous mind that we are able to cultivate in the right path. With so much words of wisdom in more than 2 hours, our Master JiGong and Immortal Lan left the body of the 3 Powers, leaving the participants even more determine

in the faith of Tao. With the blessings from the Heaven's Grace and the Holy Masters, the remaining of the sermon was carried out smoothly. The participants had understood the principles of Tao and cherished the opportunity to spend quality time in improving our spiritual cultivation, thus bringing a complete success in the sermon assembly.

