

Other Buddhist websites / organizations where you can learn about the Buddha's teachings:

其他佛教 / 团体网站与联络:

1. Amitabha Buddhist Society 净宗学会网站:

www.amtb.org

Tel: (+65) 67447444 / (+60) 6 - 2839830

2. Buddhist Compassion Relief Tzu Chi Foundation

佛教慈济慈善事业基金会网站:

www.tzuchi.org

Tel: (+65) 65829958 / (+60) 6 - 2810818

3. Buddha's Light International Association

佛光山网站: **www.bliahq.org**

Tel: (+65) 64110590 / 64110591

(+60) 3 - 31911533 / 3 - 31914304

4. His Holiness the Dalai Lama of Tibet

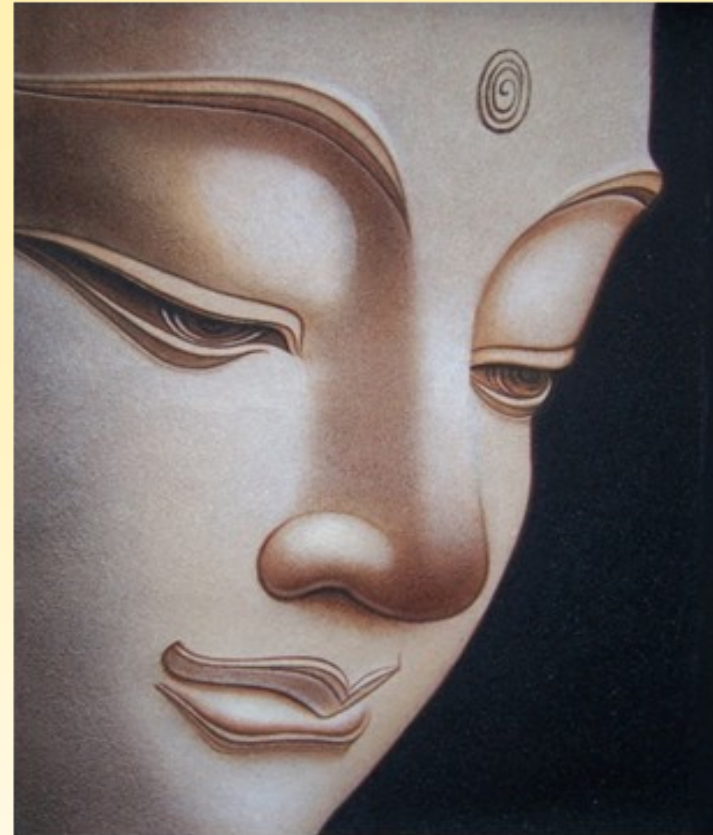
达赖喇嘛尊者网站: **www.dalailama.com**

5. Buddhist Life Mission

佛教生命协会网站:

www.lifetv.org.tw/master_E.htm

(In Malaysia, for non-Muslims only)



THE BUDDHA'S MESSAGE

佛陀的启示

*"I am never far from those without faith,
much less those with faith in me." Lord Buddha*

“我从不舍弃于我无信者，何况于我具信者？” 佛陀



Natural disasters, economic uncertainty are amongst the many serious problems plaguing our world today.

天灾人祸，金融风暴等不断地袭击着我们的这个世界。



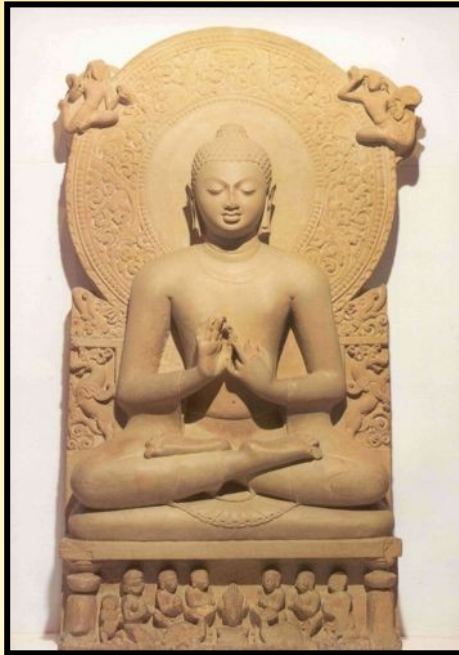
圆满法林佛教中心（CAS）

本学会在1995年成立于新加坡，而在马六甲的第一所分会则成立于2011年。本会所秉持的宗旨是为大众提供弘法、福利和志愿服务。到目前为止，本会已经在世界各地，包括缅甸，斯里兰卡，泰国和印度等不同国家进行义诊和施药，并赞助数百位学生及僧众学习的经费。本学会也时常邀请世界各地杰出的佛学老师教授佛学，其中包括达赖喇嘛尊者，噶举佛学院院长等著名导师。本会网站www.casotac.com 也提供全天不间断的弘法视频随时与全球各地信众共沾法悦。

Phuntsok Cho Ling Buddhist Centre (CAS)

CAS is established in 1995 in Singapore. In 2011, CAS established its first Dharma centre in Malacca with the main objective of propagating the Dharma. We conduct mission-welfare trips to Myanmar, Sri Lanka, Laos, India and other countries and support more than a hundred ordained and lay students in their studies. CAS has hosted eminent teachers including the Dalai Lama, Principal of Kagyu College amongst others. To further share the joy of Dharma, our website www.casotac.com broadcasts Dharma videos 24 hours daily.





To learn more about the Dharma, visit website

想多认识佛教，请上网：

www.casotac.com

Befriend us at

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Our Dharma centre: 我们的佛教中心:

Phuntsok Cho Ling (CAS) - 圆满法林佛教中心
11A (2nd floor) Jalan MP 16, Taman Merdeka
Permai, Batu Berendam, 75350 Melaka,
(Malim Jaya Baru), Malaysia.

Our affiliated education center is at

我们的教育中心位于一康鼎教育中心
Camden Education Center,
Bukit Timah Shopping Centre, 170 Upper Bukit
Timah Road, #B1-27, Singapore 588179.
Tel: (+65) 64686835 / (+60) 6-3338536

“Why do these happen?”

不幸，痛苦为什么会发生？

Why yes, the world does revolve around me



“世界以我为中心！”

The Buddha told us that the cause of all suffering is due to our self-grasping and self-cherishing. From these, come DEFILEMENTS like Greed, Hatred and Ignorance. From DEFILEMENTS come wars, scams, work issues, divorce and all.

佛陀告诉我们一切苦痛来自我们的“我执”及“爱我执”。从“爱我执”生“贪，瞋，痴”。战争，骗局，工作上的纠纷，离婚等都是因此而生。

“What then can we do?” 我们能做什么呢?

The Buddha tells us to cultivate the BODHICITTA attitude of cherishing others.

佛陀教我们要生起爱众生的“菩提心”。



Instead of Greed-Anger-Ignorance, we cultivate GIVING-LOVE-WISDOM.

舍弃“贪，瞋，痴”，并且生起“布施，慈爱，智慧”。

“To do no evil; to cultivate good; to purify one’s mind - these are the teachings of the Buddhas”
Lord Buddha

“诸恶莫作，众善奉行，自净其意，是诸佛教”
佛陀

佛教徒相信什么？

佛陀是我们觉悟的老师。他已经找到了脱离痛苦的道路。他看到你 and 世界的痛苦。为了使你战胜一切苦难，他教了神圣佛法。

什么是佛法呢？

佛法教导我们要以“戒”或“道德”引导我们的一生。在日常生活的压力和困难之中，要保持“定”及“正念”。

佛陀如何能够帮助我呢？

佛教是三个世界宗教中最古老的。在这几千年内，无数的佛教徒对佛陀的加持，导引及威神力做了最大的见证。

我怎样才能得到佛陀的帮助？

以最虔诚的心，说，“我皈依您，佛陀，您的教法和您神圣，证悟了的弟子。佛陀，您知道我所做过的一切及发生在我身上的一切。请引导我，加持我，另我战胜我的困难和担忧。你是我的老师，我真诚地打开我的心，跟随您！”之后，你可以做其他的祈祷，如无上慈爱，观世音菩萨的咒语，“唵 嘛呢 贝美 哄”，随心念诵，让你接受观音菩萨的加持及护佑。毫无疑问的，佛菩萨对我们具有无边的爱。他们的威神力将必然护佑我们，另所有的邪恶不能侵犯我们，远离我们。



The all-merciful Guan Yin Bodhisattva who hears every cries of the world
救度一切苦厄-大慈大悲观世音菩萨

What Buddhists believe?

The Buddha is an enlightened Teacher who has found the way out of suffering. He sees your suffering and the suffering of the world. To free you from suffering, He taught the holy Dharma.

What is the Dharma?

The Dharma teaches us to lead an ethical life, to be calm and mindful amidst the stress and problems of daily living.

How can the Buddha help me?

Buddhism is the oldest of the 3 world religions. Hundreds of millions of followers throughout the centuries attest to the Buddha's blessings, guidance and power.

How can I receive help from the Buddha?

From your heart, say, "I take refuge in You, Lord Buddha, Your teachings and Your saintly, enlightened disciples. Lord Buddha, you know everything I have done and what is happening to me. Please guide me, bless me that I will triumph over my problems and worries. You are my Teacher and I sincerely open my heart and follow You!"

You can then do other prayers like the mantra of the Bodhisattva of Supreme Compassion, Guan Yin Pu Sa, "Om Mani Pey May Hung" as many times as you like to harmonize your mind to Guan Yin's guidance, blessings and protection.

Have no doubt. The Buddhas and the Bodhisattvas have total love and compassion for us and their power ensures that no harm shall befall us.

Holy Tara is green in colour, representing spring, growth and divine activities. Her mantra: "Om Ta-Rey Tu-Ta-Rey Tu-Rey So-Ha"

圣渡母，身绿色，代表春天的朝气，生长和神圣的事业。圣渡母心咒：“嗡 达瑞 度达瑞 度瑞 唵哈”



The practice of BODHICITTA spans the oceans of Dharma like Ethics / Meditation / Zen / Recitation of "Amitufo" / Vajrayana practices and others. Buddhists practise hard to attain Buddhahood for the benefit of all living creatures !

“菩提心”也包括了似海般无量法门如守戒，行禅，念佛，金刚乘修法等。佛陀的弟子所有的修学不是为了自己，而是为了利他：愿早日成佛，能像佛陀一样，令众生离苦得乐。

A Bodhisattva's prayer:

“入菩萨行论”的祈愿：

*" May I be protector for those without one;
a guide for all travelers on the way;
May I be a bridge; a boat and a ship,
for all who wish to cross the water. "*

“愿我成无主者的慈护，
所有行者的慈导；
愿我成一座桥，一只独舟，一艘船，
带领众生跃过苦海！”



Buddhism does not believe that merely believing in the “Saving Grace” of ANYONE will grant eternal life and free the world of sufferings. Buddhists also do not believe in a creator God because if God created the world, then who created God? For Buddhists, “proofs” quoted from “holy books” are inadequate.

佛教不接受任何“神”或“人”能赎罪，赐给永生。佛教也不相信宇宙有创世者因为如果“神”创造宇宙，又是谁创造“神”呢？对佛教徒而言，试图用不同宗教圣典中的偈子，勉强当作所谓的“见证”等，不能足够的反映事实。



Due to the Buddha’s emphasis on rational thinking and compassion, Buddhism is experiencing world-wide appeal, especially in the West, where it has been the fastest growing religion for the past two decades.

由于佛教理性，慈悲及宽容的风范，佛教在世界各地受到广泛的欢迎，敬仰，尤其佛教，在西方国家，在过去二十多年内，更成为了发展最迅速的宗教。



The Dalai Lama draws audience of tens of thousands when teaching in Europe and America.

达赖喇嘛尊者在欧美洲弘法都常吸引成千上万信众。

Time Magazine calls the Dalai Lama, “The most influential person in the world”; while The Times commented, “He draws crowds that no other spiritual leader or politician could hope to match...”.

时代周刊形容他为“世界最具影响力的人”。泰晤士报这样地评语，“达赖喇嘛所吸引的信众是其他宗教领袖或政治家所不能及的...”