

慈濟基金會 2015 年靜思語英語朗讀選文

【國小低年級組】

3-1 : Excerpt from Article "**Love and Respect All Life**" from the book "*Three Ways to the Pure Land*"

"Benevolence" is love, and "love" is protecting life. However, we should not make a big display of benevolence in order to gain other people's praise, because that is not true benevolence.

Sakyamuni Buddha often encouraged us to protect life. This includes the idea of setting living beings free, because we cannot bear to see them suffer or die. When we can feel compassion towards suffering beings, offer our love to help them, and at the same time reveal the good side of human nature, that is the true way of protecting and freeing life.

Unfortunately, some people go about this the wrong way. One time, the husband of one of my disciples passed away. I knew their family was poor, so I told her repeatedly that it was enough to sincerely chant Amitabha Buddha's name so that her husband would be reborn in Amitabha's Pure Land, and that there was no need to spend a lot of money on a traditional Chinese funeral. She followed my advice, recited the Buddha's name continuously and arranged for a very simple funeral.

I do not know who told her to spend NT\$10,000 [about US\$300] to set some animals free into the wild for her late husband! [It is believed that setting animals free in the name of the deceased may gain merits for them in the afterlife. To cash in on this, there are people who trap wild birds and animals to sell to bereaved families. After the animals are set free, the trappers go out and catch them again!] She was poor, so the money could have been a great help for her children's tuition fees, the family living expenses, or even for other poor, sick people. Unfortunately, she spent the money to buy animals and set them free on behalf of her husband. This was not really the best thing to do!

We should not buy animals caught just for this purpose and then set them free, because this will only encourage these people to continue this unscrupulous practice, which actually torments these animals.

3-2 : Excerpt from Article, "**Persistency in saving life**" from *Tzu Chi Medical Care Journal*, Dec 2010 at <http://www.tzuchi.com.tw/file/tcmed/201012-11e/1.pdf>

The utility of a hospital is not maximized by its vast space and advance technology, the key is "human". It begins in the person's heart. Hence to every doctor in the hospital, I respectfully address them as "the Great Healers," with the connotation of possessing a compassionate heart.

Buddha is compassionate. He came to the world to relieve human suffering, poverty and illness. He warned us about the environment, the planet we live in. One can often see catastrophe due to climate change in recent years. Whenever disaster strikes, doctors and nurses from every Tzu Chi hospital are immediately ready for emergency relief. They travel great distances to remote places,

often under extreme difficulties, in order to help the people in such dire conditions. Isn't that the Buddha's heart - to relieve human sufferings?

The act of love is easily demonstrated in times of sorrow, therefore it is important to take good care of it during normal times. It is easy to get involved when our hearts are touched, or when we're praised for our good deeds; however, to keep that steadfastness and persistence over time is a challenge. Can we stand up to that challenge?

Our doctors and nurses, who vowed to save lives when they began their studies in medical schools, need to persevere and keep their promises. Even with the advance in modern technology, we can't always depend on it and keep pursuing the newest. Even with the state of the art equipment need someone to operate; operating properly can save lives, and operating improperly may cause losses. The heart of the person is the key after all. I hope that six Tzu Chi hospitals are as one family, with everyone sharing the same goal, exerting their perseverance, accomplishing the mission of saving lives; dedicate with genuine love, advocate Tzu Chi medical humanities, and let our medical mission thrive!

3-3 : Excerpt from Article "**Nurturing Humane Doctors**" from *Tzu Chi Medical Care Journal Vol. 10 Aug. 2010* at <http://www.tzuchi.com.tw/file/tcmed/201008-10e/1.pdf>

The most precious thing in this world is life itself. Yet, life will come to an end one day for all. This is the law of nature. What is most important, however, is how we make use of our body in the time in between.

I'm very grateful to the people who donated their bodies for the surgical simulations. All these people had either served as a Tzu Chi volunteer or had given Tzu Chi their support. When these body donors were alive, they had dedicated themselves to their family and made contributions to society. For those who had been Tzu Chi volunteers, they had furthermore given of themselves selflessly to serve the community. Now that they had passed away, they were donating their bodies so it could be used to train doctors and medical students. It was their last act of love for this world.

The doctors and students say that the body donors have provided them with an invaluable opportunity to learn and practice many surgical procedures hands-on. From the experience, they have learned a great deal about the human body and have improved their medical knowledge and skills. It is, however, not only medical knowledge and skills that they learn from the body donors. Because they meet the donors' family and learn about the donors' life and last wishes, through this interaction, they come to feel the selfless love that the donors had.

From this, they learn about reverence for life and treating patients with respect, dignity, and humanity. And so, the doctors and medical students call their body donors Silent Mentors. Though we've held surgical simulation programs for a few years now, through the newly established Medical Simulation Center, we hope to provide the best possible training to our medical students, and at the same time, provide opportunities for doctors in Taiwan and abroad to take part in our surgical simulations.

We hope that with such opportunities, doctors from abroad can help spread the concept of body donation and altruistic love in their countries.

3-4 : Excerpt from Article "**Witnessing the Power of Love**" from the Tzu Chi Medical Care Magazine Vol.12 Aug.2011 at <http://www.tzuchi.com.tw/file/tcmed/201108-12e/1.pdf>

In light of frequent disasters around the globe, we need to strengthen our resolve, to spread the seeds of love, and to encourage others to pay it forward, so the world can be filled with harmony and warmth.

It is encouraging that the Tzu Chi International Medical Association (TIMA) is being supported by the local Indonesian government as well as their medical community. An elderly doctor who volunteering at the free clinics commented that he cannot lose his right to do good deeds. We all have the spirit of never giving up on doing good deeds.

Starting from Hualien in eastern Taiwan, Tzu Chi's four major missions are steadily advancing, devoting to bring blessings to the needy in the entire world.

Several years ago, a pair of Philippine conjoined twin sisters Tzu-En and Tzu-Ai were successfully separated surgically in Hualien Tzu Chi Hospital. Tzu Chi volunteers accompany them along the way even until now. The twin sisters are now in elementary school, and follow their parents in recycling and charity work. Without modern medicine, the power of love would never be realized for the two lovely sisters.

In 2010, the Philippines volunteers reported another rare case of twins conjoined at the buttocks and their poor economic situation. Also, the two sisters had different personalities. One often smiled while the other cried; one slept while the other stayed awake. It would be unimaginable how they could live together for the rest of their life conjoined.

After careful assessment by Hualien Tzu Chi hospital, the twins were scheduled to have surgery in Taiwan. For two months of detailed preparation by the multi-discipline medical team while volunteers caring for the twins and comforting the worried mother. Smoothly, The operation went well.

The twin sisters regained their independent lives. We should thank all the medical personnel for their teamwork and safeguarding lives of the medical mission. Also, we are grateful that volunteers served as the bridge between patients and doctors.

Love does exist in this world and medicine knows no boundaries.

3-5 : Excerpt from Article "**The Love of All Living Beings**" from the book "The Master Tells Stories vol 2"

Whether a group of people can coexist in harmony depends on whether the individuals in the group can respect and accommodate each other.

In a zoological research institute in Europe, there was a researcher who concentrated his studies on chickens. He examined the behavior and living patterns of all kinds of chickens. One day, he found some eggs laid by a pheasant in the woods and took some of them back to the institute. At that time, a hen at the institute had just laid eggs too. The researcher replaced those with the

pheasant eggs. When the hen saw the pheasant eggs, she hesitated for a moment but then sat on them as tenderly as though they were her own.

In time, the eggs hatched and out came the baby pheasants. The mother hen led them to the woods, where she dug into the dirt with her claws and searched for worms. When she found worms, she would call for the baby pheasants to come over and eat.

Since the research institute had always given artificial feed to the hen's chicks, the researcher was very surprised when he observed that the hen knew the baby pheasants ate only natural food and took care of them accordingly.

The researcher brought in several duck eggs for the mother hen to hatch. The hen, like before, sat on the eggs patiently until they hatched. She then led the baby ducks to a lake for them to swim in. These two examples taught the researcher that feathered creatures are not senseless, unfeeling animals as he had previously imagined. They are actually loving and wise.

Different people have different personalities, habits and concepts. These differences are the major reasons that lead to conflicts and misunderstandings.

Whether a group of people can get along depends on whether the individuals who constitute that group can respect and accommodate each other. The group will be peaceful and harmonious only when its members can be broad-minded, help each other, and resolve disputes with wisdom, instead of complaining and fighting.