108 adages of wisdom (Ⅰ)

 сто в в о
108 自在语

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108 Adages of Wisdom (I)

Master Sheng Yen

108 自在语 성염 법사 108 자재어
Compassion has no enemies; wisdom, no vexations.

The four steps in dealing with any problem: face it, accept it, deal with it, let it go.
Becoming a Good Human Being

Enjoying Work

Living Peacefully and Calmly

Happiness in this World
Our needs are few; our wants many.

What is most important is to be grateful for what you've been given and repay in kind – to benefit others is to benefit ourselves.

必要なのはさほど多くはないが、人間の欲望は計り知れない。

恩を知りその恩に報いる。また、人に利益を施すことは己に利益をもたらすことなり。

必要なことは多くないが、欲するものは非常に多い。

은혜를 알고 은혜를 갚는 것이 우선이며,
남을 이롭게 하는 것이 곧 자기를 이롭게 하는 것이다.
尽心尽力第一，不争你我多少。

尽心尽力第一，不争你我多少。

Do your utmost – no matter who gains or loses.

損得勘定をせず、真心をもって全力で打ち込むことが大切である。

慈悲没有敌人，智慧不起烦恼。

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Compassion has no enemies; wisdom, no vexations.

 몸과 마음을 다하여 일을 하는 것이 우선이며, 누가 더 많이 하였는 가는 따지지 말아라.

慈悲心の前に敵はなく、智慧の前に煩悩は生じない。

慈悲心の前に敵はなく、智慧の前に煩悩は生じない。

자비에는 적이 없고, 지혜에는 번뇌가 일어나지 않는다.
Becoming a Good Human Being

忙人時間最多，勤勞健康最好。

布施的人有福，行善的人快樂。

The busiest have the most time;  
the diligent, the best health.

The charitable are blessed;  
the virtuous, happy.

懸命に働く者は有意義に時を費やす。  
健康で仕事に向かうことが最も優れ  
た事である。

喜捨するものは福が舞い込み、  
善をこころうものは喜びが訪れる。

바쁜 사람은 가장 많은 시간을,  
근면한 사람은 최상의 건강을 누린다.

보시를 베푸는 사람은 복을 받으며,  
선행을 하는 사람은 항상 즐겁다.
心量要大，自我要小。

要能放下，才能提起。
提放自如，是自在人。

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Let the measure of your heart be great; the size of your ego, small.

When you can let it go, then you can pick it up. At ease letting it go or picking it up – then you are truly free.

執着心なく捨てることが可能ならば、執着心なく拾うことも可能である。
取捨自在であれば、またその人も自在なり。

 마음 씀은 커야 하고,
자아는 작아야 한다.

OwnProperty  줄 알아야 잡을 수도 있다.
잡고 놓는 것이 자유로워야
비로소 자유자재한 사람이다.
Becoming a Good Human Being

知福惜福多培福，處處廣結善緣。

識人識己識進退，時時身心平安；
知福惜福多培福，處處廣結善緣。

Know yourself, know others; know when to advance, when to retreat; at all times maintain peace and equanimity in body and mind; know your blessings, use them wisely, strive to increase them; everywhere you go develop deep virtuous affinity with others.

Able to pick it up and let it go, every year good fortune will surely follow; sow a field of blessings with wisdom, then everyday is a good day!
Always keep your body and mind relaxed and meet everyone with a smile; relaxation makes your mind and body healthy, and a smile gathers friends and friendship.

話到口邊想一想，講話之前慢半拍。不是不說，而是要惜言慎語。

About to speak? Think for a moment. Slow your speech a bit. It's not that you should not speak, but rather that you should cherish what you say and choose your words with care.
In daily living it is better to think: "fine if I can have it, no matter if I can't"; thus transform suffering to joy and live a life of serenity.

The four contentments: mind at peace, body at rest, family in harmony, all enterprise at ease.
四要：需要、想要、能要、該要。

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When you wish for something, ask yourself these four questions: Is it needed? Is it wanted? Is it obtainable? Is it advisable?

四要：人間が生きていくうえで必要最低限の要素、TPOにそって需要に上乗せされる要素、能力にそって得られる要素、自己の行いの結果得られる要素。

四要：필요 한 것인가, 원하는 것인가, 원할 수 있는 것인가, 원하여도 마땅한 것인가의 마음 상태를 항상 점검 하여라.

The four attitudes to take towards others: grateful, thankful, transforming, inspiring.

四感：感謝、感謝、感化、感動。

四感：感謝、感謝、感化、感動。

四感： 항상 은혜를 마음에 품고, 감사하며, 자신을 감화하여, 타인의 마음을 감동 시켜야 한다.
四它：
面對它、接受它、處理它、放下它。

The four steps in dealing with any problem: face it, accept it, deal with it, let it go.

四福：自己が幸せであることを知り、幸せを分け与え、幸せを培い、幸せの種を植える。

四福: 知福、惜福、培福、種福。
If possible and permissible, seek after it; if impossible and forbidden, keep away from it.

With gratitude we grow; repayment of kindness leads to success.
Be thankful at every opportunity: good and bad fortune are both allies.

Rejoice when you encounter good, praise it, encourage it to spread, but take care to learn with an open mind.

遇到好事，要随喜、赞叹、鼓励，并且虚心学习。

遇到好事，要随喜、赞叹、鼓励，并且虚心学习。
More praise and less criticism!
Cut down the karma that comes from what you say.

An ordinary mind is a mind of utmost freedom, utmost joy.
Becoming a Good Human Being

A true step on the path merits more than a hundred shallow words adorned with tinsel.

The more you come to know your weaknesses, the faster you will grow, with your self-confidence unwavering.
多听多看少说话，快手快脚慢用钱。

Look more, listen more; speak less, act fast; spend slow.

よく聞き、よく見、よく動き、そして浪費をしてはいけない。

読み聴き、よく見、よく動き、そして浪費をしてはいけない。

많이 듣고, 많이 보고, 적게 말하고, 손발은 재빠르되 쓸쓸이는 느리게 하라.

오로지 고난을 겪어 본 자만이 정진하는 분발심을 얻을 수 있다.
Be solid and forthright; have a great open heart; be sure and steady in accomplishment, with vision penetrating and far-reaching.

心の器を大きく持ち、視野を広く保ち、何事も堅実に、そして確実にこなしなさい。

성실하게 살면서, 도량을 넓히고; 온당하게 일을 처리하면서, 시야를 깊고 넓게 가져라.
Enjoying Work

仕事をしての心構え / 일을 즐김
Busy but not in disarray; tired but not worn out.

Be happy being busy!
Even when you're tired, be joyful.

바쁘지만 항상 정돈되어 있으며, 피곤하지만 마음은 경쾌하여야 한다.

기쁘게 바쁘고, 즐겁게 지쳐라.
Busy? No matter. No vexation. 
All is well.

"바쁜 것" 은 편찮으나, 
"괴롭지" 않으면 된다.
Finish your work quickly, but in an orderly manner; don't become nervous trying to compete with time itself.

忙しいときこそ焦らずに、仕事に優先順位をつけ、効率よく時間を利用せよ。

富んでいようが、貧しかろうが、自他に利益をもたらすことに精一杯努めよ。

不要以富贵貧賤論成败得失，只要能盡心盡力來自利利人。

Don't measure success and failure by wealth or poverty; work only to benefit yourself and others with all your heart and strength.

부귀와 빈천으로 성공과 실패, 얻음과 잃음을 논하지 말고， 마음과 힘을 다하여 자신을 성장시키고 남을 이롭게 하여라.
Work hard and others may resent you, take up a task and risk criticism; compassion lies within harsh words, treasure buried deep within criticism.

Be at ease in all encounters; give of yourself, as conditions permit.
The three acts of success: accord with causes and conditions, act decisively when they arise, shape the future.

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Enjoying Work

Life's ups and downs are the stuff of growth and development.

Do what you have to do with wisdom; treat people with care and compassion.
When you are off balance, always right yourself with wisdom, everywhere you go, use compassion to make life easy for others.

慈悲をもって偏見をなくし、慈悲をもって他者を正しき道へと引入せよ。

 항상 지혜로움으로 오류를 수정하고, 곳곳에 자비심으로 사람들에게 편리를 베풀어라.
Face whatever is in front of you, act with wisdom, treat people with compassion; forget benefit, harm, gain, and loss, and vexations will diminish.

心随境转是凡夫；境随心转是圣贤。

An ordinary mind bends to circumstances; a sage mind transforms circumstances.

처한 여러 상황에서, 
지혜로움으로 일에 입하며, 
자비심으로 사람을 대하고, 
개인의 이득과 손실에 얽매이지 아니하면, 
괴로움도 없어진다.

중인형편에 따라 바뀌는 것은 
평범한 사람이며, 
형편이 마음에 따라 바뀌는 것은 
성인과 현인이다.
仕事に対しての心構え / 일에 중점을 두는 법

大鴨游出大路，小鴨游出小路，
不游就没有路。

Can't move the mountain? Build a road! Road blocked? Start climbing!
Can't climb? Shift your mind!

山不轉路轉，路不轉人轉，人不轉心轉。

人は個々の器により進む道が変わり、
また歩まなければその道へも辿り着けない。

Can't move the mountain? Build a road! Road blocked? Start climbing!
Can't climb? Shift your mind!

大きな鴨が大きな水路を泳ぎ、
小さな鴨が小さな水路を泳ぎ、
泳がない場合、水路も現れない。

山は転ぜず道転ずる。
道は転ぜず人転ずる。人転ぜず心転ずる。

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Can't climb? Shift your mind!
「精進」不等於拚命，而是努力不懈。

「精進」不等于拚命，而是努力不懈。

True diligence doesn't mean placing your life at risk. It is simply unwavering persistence.

"정진"
은 필사적인 으로 하자는것이 아니라, 끈임 없이 노력 하자는 것이다。

배가 지나간 물 위에는 흔적이 남지 않으며, 새가 날아간 허공에는 자취가 남지 않듯이, 성패득실이 마음에 파동을 일으키지 않는 것이 곧 자재해탈하는 대지혜이다.
甘願吃明虧，是仁者；受辱吃暗虧，是愚蠢。

The noble one suffers mistreatment willingly; the fool is humiliated by what he suffers.

愚者は隠れた損害に辱められ、賢者は明らかに損害に甘んじる。

기꺼이 뻔한 손해를 원하는 자는 어진사람이며,
모욕을받고 남 모르게 손해마저 보는 자는
어리석은 사람이다.
Pressure usually comes from too much concern with what we encounter around us as well as how people judge us.

External opinions to overhear or worry about are a cause of mental pressure. Serve others with a mind of gratitude and reciprocity and you will be neither tired nor weary.

悪態感は常に身の外の事物や他人に対する評価に起因している。

感謝の心や報恩の心をもって奉仕すれば、倦怠感や疲労などは感じない。
随时隨地心存感激，
以財力、體力、智慧、心力、
來做一切的奉獻。

隨時隨地心存感激，
以財力、體力、智慧、心力、
來做一切的奉獻。

Help others with the strength of your mind and body, with your wealth and wisdom – always and everywhere with a thankful mind.

常に感謝の気持ちを心に感じ、財力、体力、気力、そして智慧をもって奉仕する。

 언제 어디서나 감사하는 마음을 지니고, 재력, 체력, 지혜와 마음이 미치는 힘을 다하여 봉사하라.
Living Peacefully and Calmly
The meaning of life lies in serving; the value of life in giving.
人的價值，不在壽命的長短，
而在貢獻的大小。

The value of life is not in duration but in contribution.

過去已成虛幻，未來尚是夢想，
把握現在最重要。

過去はすでに過ぎ去り、未来は未だ来ず、ただ今を見つめ今を生きよ。

The past is an illusion; the future, a dream; the present, essential.

infinity
There is no need to dwell in the past, no necessity to worry about the future: the enduring present holds both past and future.

過去に囚われず、未来に縛られず、現実を踏まえ、過去未来と共存せよ。

過去에 연연할 것 없고
미래 역시 걱정할 필요가 없다.
바로 지금에서 성실하게 살면,
곧 과거와 미래와 함께 있는 것이다.

지혜는
知識이 아니고, 경험도 아니고, 사변도 아닌
지식이 아니고, 경험도 아니고, 사변도 아닌
자아를 초월한 태도이다.
Living Peacefully and Calmly

积极人生，谦虚满分；
自我愈大，不安愈多。

积极人生，谦虚满分；
自我愈大，不安愈多。

Great accomplishment – complete humility; big ego – great insecurity.

謙虚な人ほど良き人生を歩めるものである。自我が大きいほど、
不安も多くなる。

謙虚な人ほど良き人生を歩めるものである。自我が大きいほど、
不安も多くなる。

The superior settle their minds upon the Way; the average busy themselves with
day to day living; the small-minded pursue fame, fortune and desire.

上等人安心於道，中等人安心於事，
下等人安心於名利物欲。

上等人安心於道，中等人安心於事，
下等人安心於名利物欲。

상급인은 마음을 도에 안착하고있고，
중급인은 마음을 일에 안착하고있고，
하급인은 마음을 명리과 물욕에
안착하고있다.
你是有哪些身分的人，就應該做那些身分的事。

You have a particular role and responsibility in life; act accordingly.

在安定和諧中，把握精彩的今天，走出新鮮的明天。

In calmness and tranquility make good use of this wondrous day! Tomorrow will shine!

安泰の中でも今日の良き事を見つけ、明日の活力にせよ。

안정과 화목 속에서，
 mêtjin 오늘을 알차게 주관하고，
 새뜻한 내일로 나아가라．
Worry causes needless injury!
Mindfulness brings security.
面对生活，要有「最好的准备，最坏的打算」。

生歀に対しては「最良の準備、最悪の予測」が必要。

生活を含めあって、理想
"만반의 준비와 최악의 결과에 대한 대비"
를 하여야 한다。

只要还有一口呼吸在，
就有无限的希望，就是最大的财富。

只要还有一口呼吸在，
就有无限的希望，就是最大的财富。

唯、一息の呼吸が無限の希望に
つながり最大の財産を得る。

한숨만 간직하고 있으면，
곧 무한한 희망이 있는 것이고，
그것이 가장 큰 재산이다.

Even with a single breath remaining，
hope is unlimited，
and that is untold wealth.
A bodhisattva saves others from hardship and suffering; a great bodhisattva takes on hardship and suffering itself.

Three principles to transcend the suffering of birth, sickness and old age: a happy life, a healthy attitude towards sickness, hope in old age.

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A bodhisattva saves others from hardship and suffering; a great bodhisattva takes on hardship and suffering itself.

Three principles to transcend the suffering of birth, sickness and old age: a happy life, a healthy attitude towards sickness, hope in old age.
Three principles to transcend death: don't seek it, don't fear it, don't wait for it.

Death is neither a happy event nor a cause for mourning, but a call to practice our faith seriously.
Every child is a little bodhisattva that helps his or her parents grow.

If you address younger persons, pay attention, not worry; guide, not control; talk, not authority.

모든 자녀는 부모의 성장을 돕는 작은 보살이다.

청소년을 대할 때는 관심을 주며, 통제보다 유도를 하여 주며, 권위보다 상담을 하여 준다.
To truly love your children, give them your blessings rather than burden them with your worry!

A couple's relationship should be based on mutual respect, not argument.

子どもを可愛がるのであれば偏愛するよりも、幸せ多からんことを祈りなさい。

夫婦とは「倫理」の関係であって、「論理」の関係ではない。

자녀를 사랑한다면 걱정을 하느니 축복을 해 주는 게 낳다。

부부의 관계는 윤리의 관계이지 논리의 관계가 아니다.
Stop the litter, clutter and garbage! Always clean up and pick up what you can. These are virtuous acts.

智慧を持つものは目に異彩を放ち、福德円満のものは運気上昇す。
We love to grasp what we love and reject what we dislike; gain and loss, gain and loss – vexations are sure to come.

Having few desires bring riches without worry.
True suffering is a mind without peace or calm. Physical pain and illness are not necessarily suffering.

Know clearly that an unsettled mind is trouble. Right then and there – recite "Homage to Guan Yin, Bodhisattva Avalokitesavara" to calm your mind.
Living Peacefully and Calmly

現在擁有的，就是最好的。擁有再多也無法滿足，就等於是窮人。

現在擁有的，就是最好的。擁有再多也無法滿足，就等於是穷人。

A rich man is content with what he has; a poor man accumulates and is never satisfied.

今、持するもので満足を知る。ことさらに求めるは、己を貧しくする行為である。

현재 소유하고 있는 것이 제일 소중한 것이다.
아무리 소유하고 있는 것이 많아도 만족할 수 없는자는 가난한 사람이다.

不要用壓抑來控制情緒，最好用觀想、用佛號、用祈禱，來化解情緒。

不要用壓抑来控制情绪，最好用观想、用佛号、用祈祷，来化解情绪。

Don’t control emotions by suppressing them; calm them with contemplation, reciting Buddha’s name, or prayer.

心そのままに日々瞑想し、真言を唱え、そして御仏に祈り心を開放せよ。

역제를 통하여 정서를 제어하지 말고, 관상, 엄불과 기도로 정서를 폐어라.
Happiness in this World

幸せ

この世の幸福 / 행복한 세상
Kind words on everyone's lips!
Good deeds in everyone's heart!
Good fortune in everyone's life!

고운 말은 함께 쓰고,
좋은 일을 함께 행하며,
좋은 운을 함께 돌리자.
If everyday, everyone spoke another kind word, did another good deed, then all of these little beneficial acts would turn into a great, great good.

An urgent task needs immediate attention? Be ready now!
Happiness in this World

我和人和，心和口和，
歡歡喜喜有幸福。

我内外和，因和緣和，
平平安安真自在。

Harmony within and without,
harmony in mind and speech, and thus
all will be blessed with joy and happiness.

心の内も外も穏やかで因も縁も穏やかならば，
これこそ真の心の安らぎである。

내부와 외부나도 화목하고，
인연과 연분과도 화목하면，
평안하고 진정 자유롭다.
自求心安就有平安，
关怀他人就有幸福。

Seek a peaceful mind, and you will find a peaceful refuge; treasure others and you will find fortune and happiness.

自らを依り所とすることで心が安らぎ、他に尽くすことで幸福が生じる。

스스로의 마음 안정을 구하면 곧 평안이 있고, 남에게 관심을 베풀면 행복이 온다.

人格を形成するは富を得るに等しく、献身的行いはその富を貯蓄するに似たり。

人品等於財富，奉献等於積蓄。

Character creates wealth; giving creates savings.

인품은 재산이고, 봉사는 저축이다.
Happiness in this World

Offering yourself is cultivation;
calming your mind is success.

Great possessions don't necessarily bring satisfaction; few possessions don't necessarily lead to poverty.
現在所得的，是過去所造的；
未來所得的，是現在所做的。

現在所得的，是過去所造的；
未來所得的，是現在所做的。

Right now you gather what you have planted; what you harvest tomorrow, you plant at this moment.

現在得ているものは、
過去に造られたもの。
未来に得るものは、現在造るもの。

善を行うものは常に心満ちて空しからず。
自利利他を行うものは最も幸せである。

좋은 사람은 외롭지 않고,
어진 사람은 항상 즐겁다.
 언제 어디서나 남을 돕고
자기 자신도 이롭게 되어,
 언제 어디서든 행복을 누릴 수 있다.
若希望人际関係相處得好，
就要把心量放大，
多接纳人，多包容人。

若希望人际关系相处得好，
就要把心量放大，
多接纳人，多包容人。

もし、よき人間関係を望むのならば、
心をひらき、多くを受け入れよ。

원만한 대인관계를 희망하면，
마음을 크게 해야하고，
많은 것을 받아들이고 포용하여야.

When you wish to build good relationships
with others, develop a broad mind, and
become more tolerant and forgiving.

When you change your way of thinking,
what is around you will transform
correspondingly; nowhere in the world will
you find absolute good or bad.

자신의 마음 상태만 바꾸면，
환경도 따라 바뀌게 된다.
이 세상에는 절대적으로 좋고 나쁘게 없다.

もし、よき人間関係を望むのならば、
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이 세상에는 절대적으로 좋고 나쁘게 없다.
The way to get along with others is to communicate effectively. When communication fails, compromise, when compromise fails, tolerate and forgive.

The great must make allowance for the small; the small must be understanding toward the great.
Devote all your heart and strength to your family; commit your whole life to the enterprise at hand.

The best way to guard against greed is to give more, to extend yourself more, and to share more with others.

以全心全力关怀家庭，用整体生命投入事业。

以全心全力关怀家庭，用整体生命投入事业。

The best way to guard against greed is to give more, to extend yourself more, and to share more with others.

以全心全力关怀家庭，用整体生命投入事业。

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Disputes are best settled by tolerance.

学佛的人，有两大任务：
庄严国土，成熟众生。

Two great tasks lie before Buddhists:
to bring grace and beauty to the land
in which they live and to help sentient
beings grow spiritually.

包容别人时，
双方的问题就解决了。

互いを尊重することで、
双方の間の問題は解決する。

包容别人时，
双方的问题就解决了。

남을 아랑하고 너그럽게
감싸 받아들일 때，
서로간의 문제는
곧 해결된 것이다.

膽を広いとして
うけとると
相手の問題は
すぐに解決する。

學習佛的人，有兩大任務：
莊嚴國土，成熟眾生。

Two great tasks lie before Buddhists:
to bring grace and beauty to the land
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서로간의 문제는
곧 해결된 것이다.
幸福が消滅するという事は己に智慧があるということ。利益を他人に分け与える事は慈悲心があるということ。

번뇌를 자기의 마음속으로 해소하는 것은 지혜이고,
이득을 타인과 나누어 누릴 수 있는 것은 자비 이다。

Be a bottomless receptacle for the ills of the world; be a spotless mirror that reflects the world as it is.

Wisdom comes at the moment when vexations perish from the mind; compassion is nothing more than sharing benefits with others.
用齟齬心看自己，
用感恩心看世界。

淨化人心，少欲知足；
淨化社会，关怀他人。

Purify your mind by curbing desire;
refine your community with loving kindness for all.

Look at yourself with contrition;
at the world with gratitude.

欲少しく足ることを知り、
人の心を浄化せよ。幾多の人に施し、
この社会を浄化せよ。

 사람의 마음을 정화하려면
욕구를 줄이고 자족하고,
사회를 정화하려면
타인에게 관심을 가지고 보살펴라.
The Founder of Dharma Drum Mountain  
Master Sheng Yen (1930-2009)

Master Sheng Yen was one of the twentieth century's foremost Buddhist teachers, scholars and meditation masters, and was instrumental in the revival of Chinese Buddhism in modern times. Master Sheng Yen became a novice Buddhist monk at the age of 13. After 15 years of rigorous scriptural study and meditation he entered into a solitary six-year meditation retreat to deepen his realization. He later received formal lineage transmission in both the Linji (Rinzai) and Caodong (Soto) lines of Chan (Zen) Buddhism.

Master Sheng Yen understood that advanced formal education would be required to revive Chinese monasticism and in 1969 he went to Japan to pursue graduate studies. In six years he obtained master's and doctor's degrees in Buddhist Literature from Rissho University, becoming the first monk to earn a doctorate in the history of Chinese Buddhism.

For the last thirty years of his life, he tirelessly devoted all of his energy to advancing Buddhist education, reviving the tradition of rigorous education for monks and nuns, leading intensive Chan meditation retreats worldwide, engaging in interfaith outreach, and working on behalf of world peace, youth development and the environment.

Dharma Drum Mountain  
World Center for Buddhist Education

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## Purpose of Sheng Yen Education Foundation

The foundation promotes educational initiatives that help people to know, stabilize, and purify their minds so that they can improve society. The foundation's mission is based on Master Sheng Yen's vision of "Uplifting the individual character of humanity and building a Pure Land on earth." The foundation pursues the following objectives:

1. To assemble, organize, research, categorize, classify, translate, compile, print, produce, and publish Master Sheng Yen's works, including books, publications, and audio-visual information, as well as to promote, propagate, and provide free copies of such works to people throughout the world in order to improve and enrich the individual and society, and to bring about a pure land on earth.

2. To draw upon Master Sheng Yen's vision in reviving Buddhist education, the foundation funds academic research on Buddhism, publication of Buddhist works and educational undertakings that seek to improve the well-being of humanity and society.

Master Sheng Yen believed that the realization of a pure land on earth hinges upon purifying the human mind, and that education is critical to this endeavor. The foundation hopes to play a part in providing the education that contributes to purifying society, and spreading the message of Buddhism so that peace and harmony prevail and a pure land on earth emerges.
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