

十善業道的精簡介紹

The Ten Good Actions A Brief Introduction

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十善業道法，是人生根本，若能如實行，一不失人身，
二能生天上，三家庭和睦，四社會安寧，五國泰民安，
六世界和平，人人皆快樂。

The Ten Actions that lead to Good Karma

Are the foundation for Human Life

If one practices them sincerely

First, one will not lose the Human Body

Second, one will be reborn in the Heavens

Third, one's family is harmonious

Fourth, peace and tranquility prevail in society

Fifth, the country is prosperous; the people secured

Sixth, World Peace can be attained

Ultimately, everyone is happy

第一不殺生，不多病短命；不殺不結怨，有貴人有福。

Number 1: No Killing

By adhering to this, one will not be sick all the time,
and die young

Not killing means not tangling with others in mutual
hatred

Instead, one meets up with benefactors, and has many
blessings

第二不偷盜，不墮惡鬼道；今生不欠債，來世多富樂。

Number 2: No Stealing

Adhering to this, one never falls into the realm of the
Hungry Ghosts

In this life, one does not incur debts

In future lives, one is bestowed with much wealth and
happiness

第三不邪淫，道德人品高；人見生歡喜，不墮畜生道。

Number 3: No Sexual Misconduct

One is moral, and has lofty personal character

Everyone is happy to meet this person

Who will not fall into the realm of the Animals

第四不妄語，妄語欺誑人；作人無信用，良朋皆遠離。

Number 4: No False Speech

False speech deceives people

Resulting in lack of credibility

And good friends stay far away

第五不綺語，綺語不正語；難得人尊重，人格品行低。

Number 5: No Idle Chatter

Idle and frivolous speech is not proper speech

People hardly respect this person

A person's character and conduct become corrupted

第六不兩舌，兩舌無正義；令好友離間，雙方遺棄你。

Number 6: No Double Talk

Slanders lead to lack of Propriety and Righteousness

They cause good friends to leave you

Both sides harmed by such speech eventually abandon you

第七不惡口，惡口無口德；易傷好親友，自亦不安樂。

Number 7: No Harsh Speech

It causes one to lose Speech Virtue

It harms good relatives and friends

And the person is also never in comfort

第八不貪心，貪心如暗鬼；不貪心滿足，知足則安樂。

Number 8: No Greed

Greed is like a ghost in the dark

This greedy mind is never fulfilled

If one knows contentment, one attains true comfort

第九不瞋心，瞋能墮地獄；現生如焚心，後世苦難忍。

Number 9: No Anger

Anger and temper cause a person to fall into the Hells

In this life, this person suffers like a fire is torching the heart

In future lives, the sufferings are truly excruciating

第十不愚痴，愚痴無智慧；讀書不及格，朋友也棄捨。

Number 10: No Stupidity

Delusion leads to lack of wisdom

One fails at study

And is discarded by friends

能行十善道，不犯如上過；今生人品高，來世生天道。

If one can walk the Way of the Ten Good Actions

And do not create offenses mentioned above

One possesses lofty character in this life

And will be reborn in the Heavenly Realms