






「菩薩行」攝影展導賞內容






“Bodhisattva Actions”

Contents of Photo Exhibition Guided Tour




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	<p>00 生命中的菩薩，助我們自利、利他，慈悲、智慧、無求。過程即是結果，隨處輕安、自在</p> <p>The Bodhisattvas we encounter in this very life are the people who help us to benefit oneself and others, to develop compassion and wisdom, and to be free from craving. Knowing that processes and results are one, the Bodhisattvas' minds are light, peaceful, and at ease wherever they are.</p>
	<p>01 擁有再多也無法滿足，就等於是窮人</p> <p>Possessing so much but never being satisfied is same as being the poor.</p>
	<p>02 滿足現在擁有的，是最富有的人</p> <p>Being satisfied with what we have is being the richest person on earth.</p>
	<p>03 不要只看欠缺的，要看已經擁有的</p> <p>Instead of just focusing on what we lack, look at what we already have.</p>
	<p>04 自由即是再無所失，自在即是再無所求</p> <p>Being free is having nothing to lose. Being at ease is having no more craving.</p>
	<p>05 貪得無厭就是貧窮，安份知足就是富有</p> <p>Greed is poverty. Contentment is wealth.</p>
	<p>06 不要埋怨缺少什麼，而要珍惜擁有什麼</p> <p>Instead of nagging about what we lack, let's treasure what we have.</p>

	<p>07 左_修禪不須山水地，滅卻心頭火自涼</p> <p>Left: Meditation practice is not about confining oneself to remote places with mountains and rivers. When the fires of the mind have extinguished, one becomes naturally cool and refreshed.</p> <p>右_心生惡時難行善，心生善時作惡難</p> <p>Right: It is hard to do wholesome deeds when the mind is unwholesome. Likewise, it is hard to cultivate unwholesome deeds when the mind is wholesome.</p>
	<p>08 左_學習一花一草，生活自然自在</p> <p>Left: Learn from nature itself – to live naturally and with ease.</p> <p>右_大部份人所追求，都不是最值得擁有的</p> <p>Whatever the majority crave for are not the most worthwhile of possession.</p>
	<p>09 左_今天的大事，明天變小事；今年的大事，明年是故事</p> <p>Left: A big deal today will become trivial tomorrow. Big news this year is history next year.</p> <p>右_大自然有療癒能力</p> <p>Right: There is healing power in nature.</p>
	<p>10 左_太努力活給別人看，會活得很辛苦</p> <p>Left: Life becomes so hard if one lives to impress others.</p> <p>右_生命質素勝於生活質素</p> <p>Right: The quality of life is more important than the quality of material comfort.</p>
	<p>11 快樂不是從心外求</p> <p>Happiness is not outside our mind.</p>

	<p>12 不要把快樂的鎖匙，交在別人手上</p> <p>Never pass the key of happiness to others.</p>
	<p>13 貧窮家庭，父母感染愛滋病的孩子，備受歧視，失去自信，變得自卑，甚至自閉，不容易跟其他人溝通，更不要說升學了，因此智行基金會的幫助，就可以讓他們有機會走出困境</p> <p>Living in poor families, these children born with HIV due to their parents' sale of blood are still facing discrimination from others. Despite their young age, they have lost their self-confidence, but are carrying a deep sense of shame and inferiority. Some even become autistic, finding it difficult to communicate with others, let alone go to school. Chi Heng Foundation is now offering help to support these children to find their way out.</p>
	<p>14 參加過智行基金會舉辦各項活動的孩子，會表現得判若兩人，甚至感染到連家人都開心起來</p> <p>The children who joined the programmes of Chi Heng Foundation have become different people. Their regain of happiness has helped their families to become happy again.</p>
	<p>15 讀書不是唯一出路，智行基金會開設 Village 法國麵包學校，讓不能升讀高中和大學的孩子，有機會學習一門專業技能</p> <p>Pursuit of academic studies at university is not the only way of life. Chi Heng Foundation has established the “Village” French Bakery School that offers opportunities to the less academically inclined high school students to acquire vocational skills.</p>
	<p>16 受助的孩子大學畢業後，有些回到智行基金會工作，以自身經驗引導孩子們看到出路，是最有說服力的。現時智行基金會的員工之中，有70%都是曾經幫助的大學生</p> <p>Some of the sponsored university students are now staff of Chi Heng Foundation after their graduation. With their life experiences, they are guiding the younger generations to see a bright future. Currently, 70% of Chi Heng Foundation staff members are the university graduates who received the Foundation's support.</p>

	<p>17 孩子們接受智行基金會的幫助後，心境變得開朗，從心出發的藝術創作，隨處可見</p> <p>Children who received the support from Chi Heng Foundation have become happy again. Their creative works are seen everywhere in where they live.</p>
	<p>18 好和不好都只是心的投射</p> <p>Good and bad are just projections from the mind.</p>
	<p>19 常懷感恩心帶來正能量，對身心都有好處</p> <p>Being grateful brings about positive energy. It is beneficial to both body and mind.</p>