

# “佛法与自然法则”课程

## “DHAMMA AND NATURAL LAWS” LESSON

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### 第二堂课：布施与自然法则

#### 2<sup>nd</sup> Lesson: Giving and Natural Laws

#### 04.10.2015-布施与放下带来的自在 The Freedom From Giving And Letting Go

1. 为何众生之苦事在妙智尊者来说是乐事？为何众生放不下的东西妙智尊者能放下？  
是什么心的元素在起作用？  
Why certain unpleasant experience became pleasant experience for Hermit Sumedha? Why things that people could hardly let go could be let go by Hermit Sumedha? What mental elements functioned for such effects?
2. 妙智尊者修行有什么特殊的“原材料”？  
What are the "raw materials" of Hermit Sumedha's practice?
3. 举一个自己的一个因解除束缚而得到自在的经历。对比自己的自在与妙智尊者的自在。  
Quote an experience of yourself gaining freedom due to letting go bondage. Compare your freedom with Hermit Sumedha's freedom
4. 你打算如何在自己的生活与修禅中运用这节课所学到的法，以便给自己与他人带来真惠？  
How do you intend to apply the Dhamma you learn in this lesson in Daily life and meditation in order to bring true welfare for yourself and others?
5. 其它感想分享。  
Other sharing of thoughts.