

“佛法与自然法则”课程

“DHAMMA AND NATURAL LAWS” LESSON

第五堂课：布施与自然法则

5th Lesson: Giving and Natural Laws

25.10.2015- 布施心法与禅修 Giving Mental Qualities and Meditation

1. 布施究竟该为我还是为他？
Giving is meant to serve me or others ?
2. 艰难的布施是否更殊胜？为什么？
Is difficult giving greater ? Why?
3. 如何让布施之心惠益你的禅修？
How to let the mind of giving serve your meditation ?
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.