



# 愛我在心 ~ 夫妻相處之道

## The Tao of Husband and Wife



A silhouette of two hands holding a banner that says "HAPPY" against a bright, cloudy sky. The hands are positioned on either side of the word, with fingers gripping the banner. The background is a soft, glowing light, suggesting a sunrise or sunset.

HAPPY

在你一生當中，什麼時候最快樂？  
When is our happiest moment in life



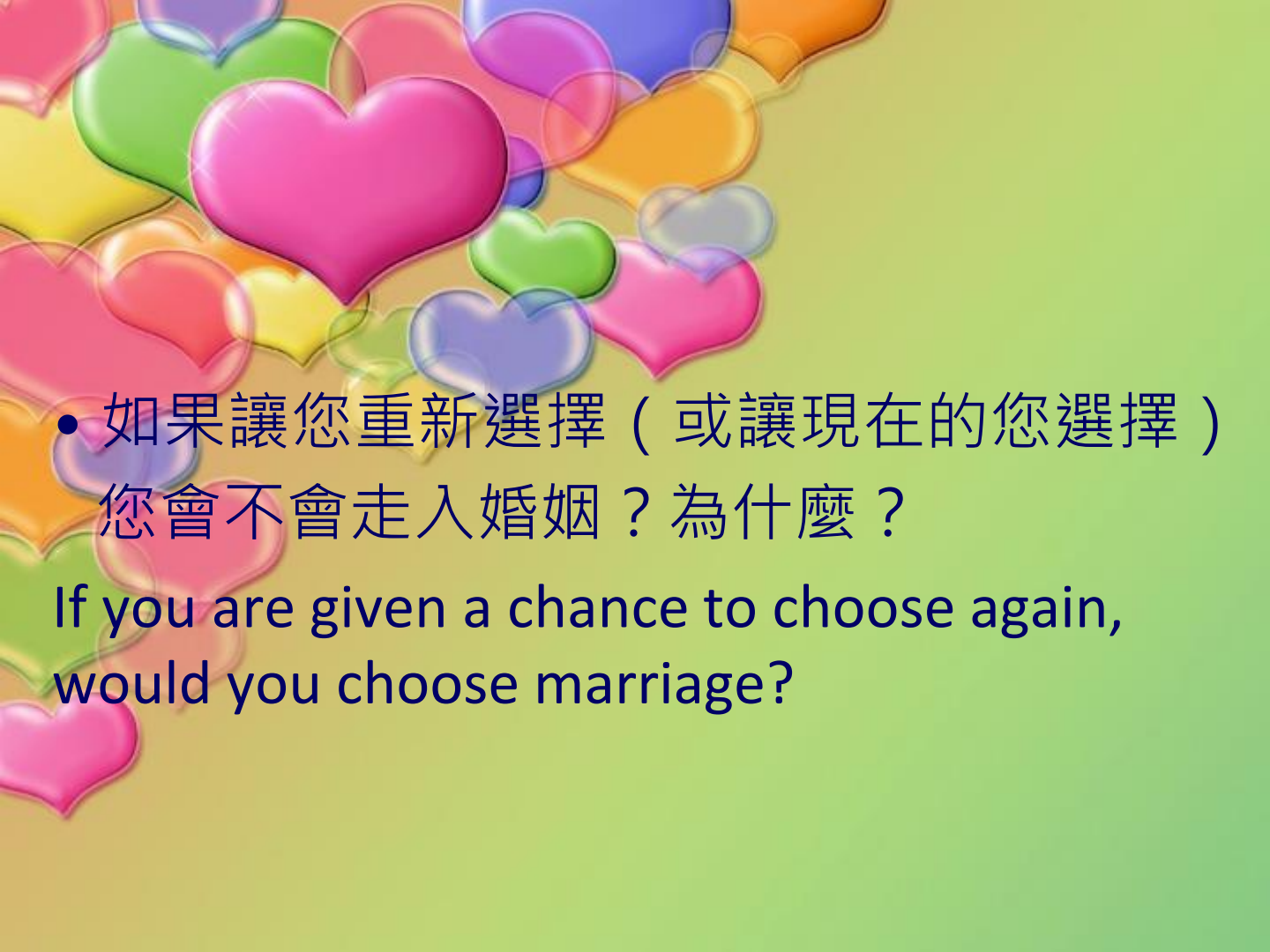


婚姻是戀愛的墳墓？

Marriage is the grave of love?





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- 如果讓您重新選擇（或讓現在的您選擇）您會不會走入婚姻？為什麼？

If you are given a chance to choose again,  
would you choose marriage?



壹、家庭的重要  
Importance of a family

夫婦的結合是生命的延續  
人倫的開始

Marriage is the continuation of life  
beginning of humanity





濟公活佛慈悲：

要創造一個幸福的家庭，不是靠外在求佛、拜佛而來的，是靠著你們明理修行，而互相去體諒，去了解人生的大道、宇宙的真理，對自己的自我要求、自我教育、自我約束，這樣建立起來的。

Holy Teacher:

To create a harmonious family takes ones effort to understand and cultivate Tao, be considerate of each other, and self-discipline.

濟公活佛慈悲：

問題孩子來自於問題家庭，  
問題家庭來自於夫妻之間沒  
有責任感，彼此自私自利，  
不能容忍，不能守住自己的  
崗位，自我放縱呀！

Holy Teacher:

Problem child came from problem family.  
Problem family came from problem  
couples who did not uphold  
responsibilities and tolerance for one  
another.

# 結婚70年 老夫妻天天牽手散步 2011/11/7 70 Years of Marriage

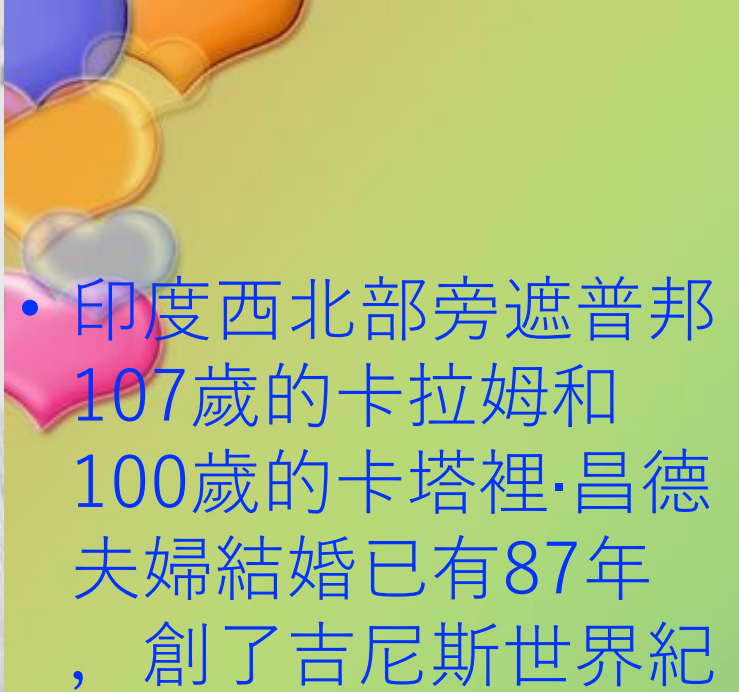


桃園縣楊梅市93歲的鍾近來、86歲的鍾李銀妹結婚70年，從未吵過架，至今每天外出散步還會手牽手，見證「愛情不是年輕人的專利」，老夫老妻還是可以大方曬恩愛。

夫婦已攜手80年 從沒爭吵一次2007/12/08  
80 Years of Marriage



美國羅斯科特夫婦  
100歲夫婦結婚80年  
住同一幢房78年  
80年沒吵過一次



- 印度西北部旁遮普邦107歲的卡拉姆和100歲的卡塔裡·昌德夫婦結婚已有87年，創了吉尼斯世界紀錄新高。這對高齡夫婦透露，笑口常開和互相照顧是他們婚姻甜蜜綿長的奧秘。

世界最長婚齡夫婦  
相守87年  
87 Years of Marriage

# 貳、夫婦相處之道

## Tao of getting along

婚前



婚後



一、真愛為基礎，彼此互關懷

Foundation of love, caring for one another



## 天生個性含蓄

Gaur Gopal Das

真愛是沒有條件的 對對方全然的接受與支持  
Love without conditions, with full acceptance and support





二、夫婦皆能行道、相互體諒包容


**Mutual understanding and tolerance**



**三、家是講愛的地方，不是講理的地方，  
當彼此惜緣感恩，互切互磋互勉**

**Home is a place to talk about love, not a  
place to be reasonable.**

**Treasure each other, learn from one  
another.**



[中文翻譯：B.C.]

家是講愛的地方，不是講理的地方

更多精彩翻譯影片，臉書搜尋 " B.C. & Lowy "

## 【行有不得，反求諸己】

- ◆ 今生約定要相互學習的功課
- ◆ 知命不怨、識透不苦
- ◆ Agreement made in Heaven to learn from one another
- ◆ Understanding instead of complaint. Realization dissolves bitterness

恩師慈訓：「改變」 「你不改，他不會變，只有你改，他才會變，這才叫『改變』，所以修道人最後還是一切要求自己」。

Holy Teacher: “Change” requires two parts: “First you change, then others will transform.” Cultivators must first do self-transformation.

第一：幸福是歡喜心，感謝心

第二：幸福是屏除惡言，離諸對待

第三：幸福是站在自己的崗位上盡責任

第四：幸福就是包容意見跟你不同的人

第五：幸福是不要去改變對方，要改變自己

**1. Happiness is joyful heart, thankful heart**

**2. Happiness is to remove evil words and detach from contending**

**3. Happiness is fulfilling the responsibilities in your roles**

**4. Happiness is accepting someone who has a different opinion than you**

**5. Happiness is not to change others but to change yourself**

第六：幸福的第二把鑰匙就是接納自己的命運

第七：幸福是不與人結惡緣

第八：幸福是佔有欲不要太強

第九：幸福就是有感覺之美

第十：幸福就是改脾氣

**6. The second key to happiness is to accept your self and your own destiny**

**7. Happiness is not having a bad relationship with people**

**8. Happiness is not being possessive**

**9. Happiness is to bring beautiful feelings to others**

**10. Happiness is to rid of your temper**

**德蕾莎修女：愛就是一種果實，它不分季節，隨時都在結果，而且果實都長在大家伸手可及的範圍裡。**

**Mother Teresa : Love is a kind of fruit. It will bloom and bear fruit no matter the seasons. Fruit of love is within everyone's reach**



參、三界輪迴淫為本，六道往返愛為基—  
愛不重，不生娑婆

Affections are sources of reincarnation  
Lighten the attachments, lighten the chance  
of reincarnate into the sentient world

一、夫妻因緣乃一時，超凡入聖方永恆

二、戒色戒欲戒此心，守身守道守此心

Affinity of husband and wife is time  
bound, transcend to sage-like is eternal.

Lighten the attachments, safe-guard body,  
mind and soul.





南極仙翁慈訓  
Longevity Buddha

我時時自我要求，邪淫不生於心，是非不出於口。  
念念清靜純善，言言誠懇無欺。  
多為別人付出，福慧就在其中增添。  
少為自己爭奪，牽纏定於此處消滅。  
熱心助人不嫌棄貧賤，仔細觀照，塵世中的缺欠。  
安分守己不強求富貴，用心體驗，生命中的具足。

**I continuously strive to improve and get rid of ignorance and impure thoughts**

**Not utter wrong words to cause conflicts**

**Purify every thoughts and speak with honesty and sincerity**

**Give more to others, unseen fortune and blessing ever increasing**

**Less contention with others, make entanglement disappears**

**Help others with no discrimination, carefully observe others' needs**

**Contentment without excessive pursue of wealth, carefully learn through practice, life is already full of abundance**

不念舊惡知足感恩，寧靜的心靈

散發溫馨的氣息。

不但做自己的貴人，更做父母、  
子女、先生、太太、親戚、朋友，  
以及眾生的貴人。

為自己造福，也造福人群，  
造福這個世界。

**Forgiveness, gratification, and thankfulness, peaceful heart**

**Radiant warmth to others**

**Bring benefits to self as well as to parents, children, husband, wife, relatives, friends and everyone else**

**Bring blessing to self as well as to others**

**Bring blessing to the world**