



Living in a Grateful World ---

Be grateful to those who have hurt or harmed you, for they have enforced your determination –

Be grateful to those who have deceived you, for they have deepened your insight.

Be grateful to those who have hit you, for they have reduced your karmic obstacles. –

Be grateful to those who have abandoned you, for they have taught you to be independent. –

Be grateful to those who have made you stumble, for they have strengthened your ability. –

Be grateful to those who have denounced you, for they have increased your wisdom and concentration. ---

Be grateful to those who have made you firm and resolute and helped in your achievement Living in a Grateful World ---

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From Ven. Prof. Chin Kung



生活在感恩的世界

感激伤害你的人，因为他磨练了你的心志；

感激欺骗你的人，因为他增长了你的见识；

感激鞭打你的人，因为他消除了你的业障；

感激遗弃你的人，因为他教导了你应自立；

感激绊倒你的人，因为他强化了你的能力；

感激斥责你的人，因为他助长了你的定慧；

感激所有使你坚定成就的人！

净空法师

法语