

整理 • 编辑部 翻译 • Yeo Hwee Tiong 画 • Steve Wan

## TO LOVE OURSELVES THROUGH MINDFULNESS 善自为之爱自己

(Extracted from Fo Guang Publication 8704, compiled by Ven Ci Zhuang  
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波斯匿王问王妃末利夫人：“夫人！你有比爱自己更爱的人吗？”

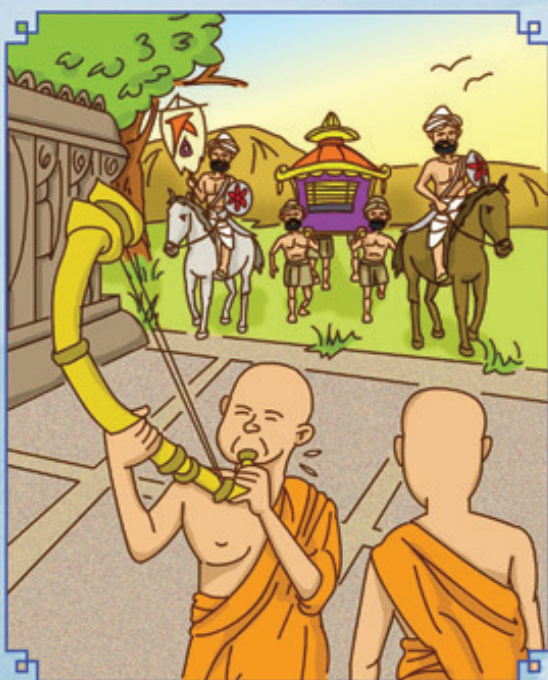
The King of Kosala, Pasenadi asks his queen Mallika: "Is there anyone that you love more than yourself?"

“大王，没有。大王你呢？”

"There is none. What about you?"

“我也是一样。”

"There is none too."



国王与末利夫人一同来到祇树给孤独园，把这些话告诉佛陀。佛陀教示说：“你们夫妇修学佛道，讲的话都真实不虚，世间每一个人都爱自己，夫妇也不例外。不过，若真是爱自己的话，即不能害人，不能做损人不利己的事，一定要谨慎的爱护自己。真爱自己的人，在二六时中，常要自我反省，寻求得救之道。不然，还不算是爱自己。”

The King and his queen visited the Buddha at Jetavana to seek

his advise. The Buddha replied: "Being a practicing Buddhist, you are being truthful. Everyone love themselves. There is no exception even for loving couples. But to truly love oneself, we should not harm others or commit acts which does not benefit oneself or others. This can only be achieved through constant reflection on the path leading to the cessation of suffering. Otherwise, we are not truly loving ourselves.

所以，每个人如果爱自己的话，都应该善自为之。

As such, if we truly love ourselves, we should always be mindful.

