

那些子 / July 02, 2011 08:48AM

[\[佛曲分享\] 《行願無窮》佛法音樂會: Serenity 寧靜/歐陽瑤芝](#)

《行願無窮》佛法音樂會: Serenity 寧靜

主唱/ 鋼琴：歐陽瑤芝

[http://video.buddhistdoor.com/movie/play\\_movie\\_view/1165#](http://video.buddhistdoor.com/movie/play_movie_view/1165#)

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Serenity

Inner serenity comes from development, of love and compassion.

It is a heightened state of awareness, when the body and mind, become especially flexible and receptive.

Greed and anger, ignorance and arrogance, Doubt and wrong conceptions, can be restrained by a serene and compassionate heart.

A disciplined and calm mind is a serene mind. It is a mind free of mental unhappiness, dissatisfaction, hatred and anger. A serene mind is a virtuous mind.

When we free ourselves of desire, free ourselves of desire, we will know serenity and freedom, serenity and freedom.

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Serenity and freedom.

內心的寧靜，來自愛心與悲愍的開展，这是醒觉中最高的境域。

当身心達致 灵活及融洽

貪婪與憤怒，无知與狂傲，疑惑與邪见，皆被寧靜及大悲心所御制。

自制及平穩的心即是寧靜心，这是一顆擺脫心神不安、遠離不滿、仇恨及憤怒的心。寧靜的心即圣潔心。

当我们不受欲望的束縛，就能体会寧靜和自在，寧靜及自在

內心的寧靜，來自愛心與悲愍的開展，这是醒觉中最高的境域，当身心達致，灵活及融洽。

貪婪與憤怒，無知與狂傲，疑惑與邪見，皆被寧靜及大悲心所御制

當我們不受欲望的束縛，就能體會寧靜和自在

寧靜及自在，寧靜及自在

\*English 旁白

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