



Gentle stories that inspire & uplift little hearts...

Awaken
Children's Series



月光王后 以及其他
王室的故事
Queen Moonlight
& Other Royal Stories



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This lovely book belongs to

I'm just a book, please be gentle with me.

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月光王后的故事

The Story of Queen Moonlight

从前，当佛陀住在迦毗罗卫的时候，有一对夫妻生下了一个儿子和女儿。女儿名叫月光。孩子们长大后，他们的父亲去世了，月光成了国王的一个伺仆。月光喜欢在花园里用餐，她经常采集花朵来编织花环。

Once, when the Buddha was staying in Kapilavastu, a couple gave birth to a son and daughter. The daughter was named Moonlight. When the children grew up, the father passed away and the daughter became a servant of the king. As Moonlight liked to take her meals in the garden, she would often collect flowers and weave them into garlands.





有一天，月光看到了正在托钵的佛陀。她立刻对佛产生出强烈的赞叹敬仰。

“我是这样一个不幸的人。如此伟大的修行者就在我的眼前，然而我却没有机会供养他。如果可以的话，我一定会供养他的。”

佛陀看到了她的心思，慈悲地对她说：“如果你有任何的东西想要供养，请放到我的碗中來。”

One day, she caught sight of the Buddha as he was going on an almsround. Immediately, she developed strong devotion for him.

“I’m such an unfortunate person. A noble being of refuge is right here before my very eyes. Yet I don’t have an opportunity to make offerings. If only I could, I would surely make offerings.”

The Buddha read her mind and with great compassion, approached her and said, “If you have any offerings, place them in my bowl.”

月光激动地在碗中装满花环。她恭敬地跪在佛陀脚下祈祷：“希望我因为这次供养的功德，不再继续做奴仆。”

过了些日子，月光先父的朋友，一个擅长解读面相的婆罗门遇到了她。

婆罗门问：“你的家人呢？”

月光回答：“我父亲已经去世了。我母亲和兄弟都离开了家，四处流浪。我现在是国王的一名伺仆。”

婆罗门感知到月光脸上、身体和手掌上的美丽征兆，告知月光：“不要担心，你以后不会再做奴仆了。你将会成为一个王后！”

Thrilled, Moonlight filled the bowl completely with garlands. She then respectfully prostrated at the Buddha's feet and prayed, "Due to the virtue I have created from this offering, may I never be a servant again."

Some time later, a Brahmin who was a friend of Moonlight's late father and versed in reading signs, saw her.

"Where is your family?" he asked.

"My father has passed away. My mother and brother have left and are wandering around. I'm now a servant of the king," she replied.

Perceiving beautiful signs on her face, body and palms, he exclaimed, "Don't worry, you won't be a servant much longer. You will become a queen instead!"





不久以后，拘萨罗国的国王来打猎，在花园遇到了月光。他注意到她的温柔和与众不同的气质。

国王问：“你是谁？”

月光回答：“我名叫月光，是萨迦国王的伺仆。”

“你不可能是一个奴仆，你一定是国王的女儿！”

不久，萨迦国王邀请拘萨罗国王到他的王宫中参加豪华宴会。拘萨罗国王又问起了月光。听说月光真的只是萨迦国王的一个伺仆后，拘萨罗国王抗议说：“她不应是一个奴仆，而是你的女儿。请把她嫁给我。”

Not long after, a king of Kosala came to hunt and saw Moonlight at the garden. He noticed her gentleness and all the significant signs.

“Who are you?” he asked.

“I’m Moonlight, a servant of the Shakyam king.” She replied.

“You can’t be a servant, you must be his daughter!”

Shortly after, the Shakyam king invited the king from Kosala to a luxurious banquet in his palace. Again the latter queried about Moonlight. Upon hearing that she was a servant of the Shakyam king, the king of Kosala protested, “This is no servant, but your daughter. Please give her hand to me in marriage.”





萨迦国王问：“你可以娶我任何一个美丽的女儿。为什么你想要娶她呢？”

拘萨罗国王坚持说：“我只想要娶她。”于是月光嫁给了拘萨罗国王，成为王后。从此，他们幸福美满地生活在一起。

“You can have any of my many beautiful daughters. Why do you want her?” asked the Shakyan king.

“I want only her,” insisted the king of Kosala. So the two wedded and Moonlight became his queen. The couple lived happily and peacefully for the rest of their lives.



故事的寓意 The Moral is:

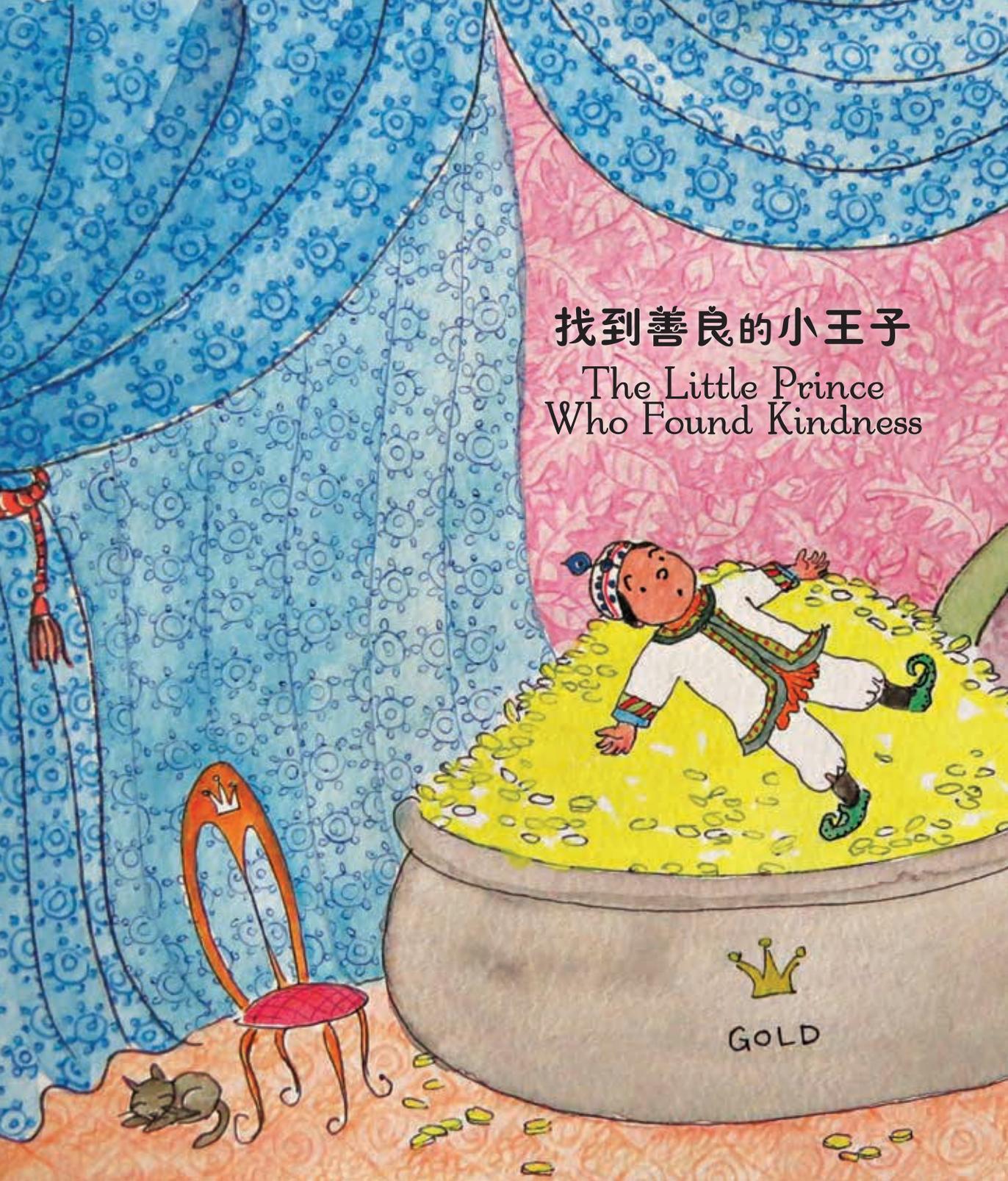
我们种下一颗苹果的种子，会收获上百颗苹果。我们的行为也一样。我们所想的、说的和做的，不管是好或坏，或自己认为微不足道的，都会造成重大的后果。就像是一颗小火苗也能引起一场森林大火那样。如果我们想要享受幸福的果实，就必须先在心中为所有众生种下爱和慈悲的种子。

When we plant a single apple seed, it produces hundreds of apples. It is the same with our actions. What we think, say or do - positive or negative - no matter how small, has its impact and can ripen into a large result, just like a tiny spark can cause a forest fire. If we want to enjoy the fruit of happiness, we have to first plant the seeds of love and compassion for all beings in our mind.



找到善良的小王子

The Little Prince
Who Found Kindness





在遥远的地方，住着一位小王子，每天在皇宫的庭院里玩耍。他会玩玩弹珠，荡荡最喜欢的秋千，逗逗毛茸茸可爱的宠物兔子。然后数数皇家金库中的金子。然而每一次当他数完金子之后，都会抱怨说：“我拥有每一样能让我过舒适生活的东西，然而我还是不开心，觉得很无聊！”

In a faraway place lived a little prince who played in his royal courtyard everyday. He would have a game of marbles, then spin around on his favourite swing, before teasing his soft and cuddly pet rabbits. After that, he would count the gold in the royal treasury! But each time, before he could finish counting, he would exclaim, "I have everything in my life to make me comfortable, but I am still unhappy and bored!"

王子的皇家侍从们窃窃私语道：“王子为什么觉得无聊又不开心呢？”他们为讨王子欢心准备了最好的一切。

侍从们困惑地挠头，感叹道：“王子为什么还是觉得无聊又不开心呢？”他们找不到答案，只好向智者求教。

王子抱怨道：“我拥有一切，却还是觉得又无聊又不开心！”智者用平静温柔的声音回答说：“小王子，你觉得无聊又不开心，是因为你把善良弄丢了。”

小王子自言自语地说：“那我要到哪里去寻找善良呢？”

他找遍了每一个地方。

他搜遍了装满玩具的游乐室，那里没有善良。

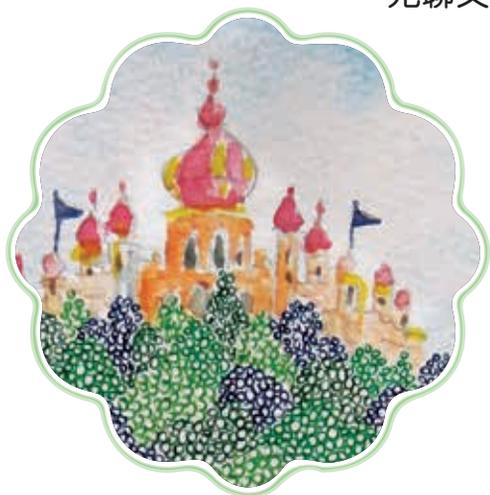
他搜遍了装满美食的宫廷厨房，那里也没有善良。

小王子思索着：“哦，善良到底在哪里呀？”

他搜遍了每一个角落。

他搜遍了结满成熟多汁的果实的皇家果园，可那里没有善良。

他搜索了挂满名画的皇家画廊，可那里没有善良。



“Why is the prince unhappy and bored?” his loyal servants whispered to one another. They tried to cheer the prince up by preparing the best of everything for him.

“Why is the prince still unhappy and bored?” they sighed and scratched their heads in bafflement. Since they did not have the answers, the prince and his servants consulted the wise man.

“I have everything in my life, but I am still unhappy and bored!” the prince complained. In a calm and gentle voice, the wise man replied, “Little prince, you are unhappy and bored because you have lost Kindness.”

“Where do I find Kindness?” the young prince thought aloud.

He searched everywhere for Kindness.

He searched his playroom crammed full with toys, but Kindness wasn't there.

He searched the palace kitchen well-stocked with delicious food, but Kindness wasn't there either.

“Oh no, where is Kindness?” wondered the little prince.

He searched high and low, in every nook and cranny.

He searched the royal orchard laden with ripe, juicy fruits, but Kindness wasn't there.

He searched the palace galleries bursting with prized paintings, but Kindness wasn't there.



小王子再次沉思道：“哦，善良到底在哪里呀？”

困惑的小王子请求智者带他离开富丽堂皇的王宫去寻找善良。

在宫外，小王子看到一个衣衫褴褛的学童帮助老太太穿过繁忙的街道。他看见一个强壮的年轻男子帮助陌生人提起沉重的果篮。他看到妇女们供奉食物给僧侣。他还看到一位善良的老年人在给学校里的穷孩子们讲故事。他看到一位衣着华丽的绅士让受伤的男人坐他的车。他看到孩童们快乐地分享着糖果与玩具。

小王子打从心底开心的笑了。他感受到幸福！

“Oh no, where is Kindness?” wondered the little prince again.

Confused, he asked the wise man to take him out of his shiny, opulent palace to search for Kindness.

Outside the palace, he saw a scruffy schoolboy helping an old lady to cross the busy street. He saw a sturdy-looking young man helping a stranger to carry his heavy fruit basket. He saw some women offering food to the monks. He also saw a kindly old man reading stories to poor children in a school. He saw a well-dressed rich man offering an injured man a ride. He saw happy children delightfully sharing their sweets and toys.

The prince felt his heart smiling. He was happy!





智者留意到小王子脸上的微笑，他对他说：“小王子，你已经找到了善良。当你看到人们互助的时候，你就找到了善良。”

小王子从眼角看到一群小狗。它们看起来又饿又冷。他打开自己的牛奶瓶，把牛奶倒进一个盘子里。他取下自己的披肩，盖住小狗给它们取暖。小王子感受到内心的微笑，他觉得很幸福！

The wise man noticed the prince's smile, "Young prince, you have found Kindness. When you saw the people helping one another, you found Kindness."

Then the prince saw a litter of pups from the corner of his eye. They looked hungry and cold. He opened his bottle of milk and poured it into a saucer. He took off his shawl and covered the pups to keep them warm. The prince felt his heart smiling. He was happy!

小王子转身对智者说：“我已经找到了善良。善良一直都在那里，就在我的心里。”

小王子长大后成为一位明君。他是一位用真心善良对待每个国民的国王。

He turned to the wise man and said, "I have found Kindness. Kindness has always been here. It sits within my heart."

The prince grew up into a wise king. He was a king who treated everyone with the Kindness that dwelt within his heart.



故事的寓意 The Moral is:

让人平安喜乐的是一颗对他人充满爱与善良的心。

A heart filled with love and kindness for others makes one happy and gives peace.





国王与难提耶

The King and Nandiya

这是关于一位喜爱在野外打猎的国王的故事。这位国王非常喜欢打猎，每天都和随从到外面去打猎。国王的这个嗜好影响到人民的生计，让老百姓没法好好地种植、打猎和采矿。

This story is about a king who enjoyed hunting in the vast wilderness. He enjoyed hunting so much that he would spend long hours each day to hunt with his attendants. But this hobby of his affected the livelihood of his people, as they were unable to farm, hunt or mine properly.





有一天，人民决定召开会议，讨论摆脱现状的办法。经过反复的讨论，最后找到解决的办法，那就是修建一个鹿园，把野鹿关在围栏中，但又可以到处跑来跑去。

带着武器和坚定的决心，他们走进森林为建立鹿园寻找野鹿。

难提耶是一只美丽的野鹿。当那些人到来时，他正与父母亲在一起吃草。

“爸爸妈妈，这些人很快地就会发现我们。你们还是逃跑吧！让我自己一个人留下来。爸爸妈妈，这是我回报你们抚养我的恩情的机会。”

难提耶的父母亲不情愿地遵照儿子的指示逃跑了。而难提耶，则被抓住并被关进国王的鹿园。

在鹿园里，难提耶从水槽中喝着清凉干净的水，吃着新鲜的草和果实。难提耶也与鹿园里的其他动物交上了朋友。所有的动物们都知道每天都会有一只鹿会被国王射死，于是自行抽签决定当天轮到谁会被射杀。

One day, the townspeople decided to hold a meeting to discuss a way out of their current plight. Finally, after much brainstorming and discussion, they decided that the best solution was to construct a deer park where wild deer could roam free and yet be confined behind gates and fences.

Armed with weapons and a determined will, they entered the forest seeking deer for the park.

Nandiya was a beautiful deer that was grazing with its parents when the town folks approached.

“Dad, mum, these men will soon spot the three of us. You can only escape if we deceive them into thinking that there is only one deer. This is my chance to repay your kindness for bringing me up. Here’s my plan.”

With great reluctance, Nandiya’s parents followed their son’s instructions and avoided being caught. Nandiya, on the other hand, was taken away to the king’s park.

In the park, Nandiya drank cool, clear water from the tanks, and grazed on fresh grass and fruits. Nandiya also made friends with fellow animals in the park. As the animals knew one deer would be shot down by the king on his daily hunt, they drew lots and arranged amongst themselves.



难提耶年迈的父母很思念儿子，希望能再见到他。这对年迈的野鹿走到森林的边缘，对一位懂得鹿语的祭司说：

“哦，亲爱的祭司，可以请您去趟国王的鹿园，向我们的儿子难提耶传个话吗？”

“请告诉他，我们已经年迈，非常想念他。他是鹿中之王，就像大象一样强壮。只要他愿意，他就能够跳过围栏逃出鹿园。”

祭司忠实地传达了老野鹿的口信。

难提耶回答道：“虽然我具有逃离鹿园的力量和灵巧，我却不能离开这里。我从国王那里定时的享受到食物和水。我还没有机会回报国王的恩情，也还没有回报其他在我之前被射杀以让我活到今天的同伴的恩情，所以我不能离开。”

祭司离开了，不久就轮到了难提耶被射杀的日子。国王举起了弓，在弓弦上放上一支锋利的箭，对准了难提耶。

Missing their son and longing to see Nandiya again, the pair of aged deer trod to the outskirts of the forest and spoke to a priest who could understand deer talk.

“Oh dear priest, could you please visit the king’s park and convey our message to our son, Nandiya?”

“Please tell him that we are old and we miss him greatly. He is the king of deer and as strong as an elephant. He would be able to escape the park by leaping across the fence, as long as he wants to.”

The priest dutifully conveyed the message.

In reply, Nandiya said, “Although I have the strength and agility to leave this park, I cannot go. I have enjoyed regular food and drink from the king. I cannot leave as I have to repay his kindness, and the kindness of the other deer who were slaughtered before me, allowing me to live till this very day.”

The priest left, and soon after it was Nandiya’s turn to be hunted.

The king lifted his bow, fitted a sharp arrow to the string and took aim at Nandiya.



Hayden '14

当其他动物恐慌地逃窜时，这只美丽的鹿反而平静地站在那里，毫不畏惧。

国王被难提耶的爱和牺牲精神震慑住了，他放下弓箭感叹道：“这支没有感觉的弓箭都知道你的德行。而我，这个有感觉的人，难道不懂得你伟大的爱和善心吗？请宽恕我。我将放你自由。”

难提耶问道：“那鹿园中的其他的鹿呢？天空中的鸟儿和大海里的鱼呢？”

国王发誓：“我将释放所有的动物，包括天空中的鸟儿和大海里的鱼儿，让他们都平平安安，不再饱受被猎杀的恐惧。”

The beautiful deer was fearless and stood calmly, exposing its body, when other animals would have stampeded in panic and terror.

Awed by the greatness of Nandiya's love and spirit of sacrifice, the king dropped his bow and exclaimed, "This senseless piece of bow does not know your virtue. Do I, who have sense, not understand your great love and kindness? Please forgive me. I shall release you."

"What about the deer in the park, the birds in the sky and the fish in the sea?" asked Nandiya.

"I shall release all other animals to safety, including the birds in the sky and the fish in the sea. They will no longer experience the horror of being hunted," pledged the king.

难提耶感激地说：“伟大的国王啊，你能放弃自私的欲望，用德行和善心来统治国家，真是个明君。”后来难提耶回到了父母身边，被后人称作“无畏的鹿”。

In gratitude, Nandiya said, "Great king, it is wise to rule a kingdom by forsaking selfish desires and acting with virtue and kindness." With that, the noble deer returned to its parents and was known later as the "Fearless Deer".



故事的寓意 The Moral is:

佛陀说，懂得感恩的人很少见。感恩能让人变得崇高伟大。

One who is grateful is rare to find, said Lord Buddha.

It is gratitude that makes one noble and great.



慈悲的王子

The Compassionate Prince

很久以前，有一位与众不同的年轻王子。他不在皇宫中享受荣华富贵，他离开皇宫向山里走去。

A long time ago, there lived a young prince who was unlike any other. Instead of enjoying all the luxuries he was provided with, he left the comforts of his palace for the mountains.



May 14 '14

在路上，王子听到一阵乱了阵脚的动物们的脚步声。一大群山羊和绵羊就像一大片白云般靠近。动物们无助地向前走，因为牧羊人正催赶着他们。

羊群的最后是一只跛脚的小羊，它痛苦地跟在队伍后面。它的母亲走在前面，一直不停地回头用关心的眼神望着小羊。年轻的王子看到小羊受伤的腿正流着血，十分可怜它，就跑上前去用强壮的双臂抱起了小羊。

牧羊人看到了这一幕，对王子说：“请不要阻挡我们。我们也不想这样对待这些动物，但因为要举行一场盛大的典礼，我们接到命令要在正午前带上百只羊去城里祭祀。”

On his way, the pounding sounds of animals' hooves approached him. A large flock of sheep and goats trudged along like a bank of puffy, white clouds. The animals moved helplessly as their shepherds hurried them along.

Last in the flock was a little lamb that limped along painfully. Its mother who was ahead, constantly looked back in deep concern for the little one. The young prince saw that one of the lamb's legs was wounded and bleeding. His heart was filled with pity. He ran forward and scooped up the little lamb into his warm arms.

The shepherds who witnessed this said, "Please don't stop us. We don't wish to do this to the animals too. But there is a big ceremony to pray for rain, and we have been ordered to bring a hundred of them into the city for sacrifice by noon!"

年轻的王子并没有跟在烈日下艰难执行任务的牧羊人争辩。他温柔地抚摸着受伤的小羊，轻声说：“我会带你去城里。”

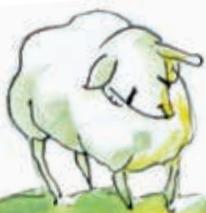
当王子和羊群到达城里时，人们已经准备好烹煮动物的篝火，并聚集在篝火周围。人群中首领举起闪闪发亮的屠刀，准备砍下第一只绵羊的头。

年轻的王子勇敢地走到首领面前，用坚定的语气说：“请不要夺走这些可怜的动物的生命。”王子看着人群说：“生命是宝贵的，所有生物都珍惜自己的生命。我们大家都会经历自然的生老病死的轮回，然而我们都希望有福气可以活得更长久一些，免受痛苦的折磨。这些动物也有同样的愿望！”

The young prince didn't argue with the shepherds who were toiling under the hot sun, carrying out their work. He gently caressed the wounded lamb and said softly, "I will carry you all the way back into the city."

When they arrived at the city, people were already gathering around a fire that was set up for cooking the animals. The leader of the crowd raised his shiny cleaver, preparing to sever the head of the first sheep.

The young prince bravely moved up to him and said in a firm voice, "Please don't destroy the lives of these





poor animals.” Looking at the crowd, he explained, “All of us cherish our life, viewing it as more precious than anything else. Old age, sickness and death will take away all our lives eventually. Yet we ask for mercy to live longer and be free from pain and suffering. These animals too have the very same desire!”



王子虽然年轻，但语气却很平和坚定。他的智慧和勇气赢得了人们的尊重。人们明白，如果他们希望他人慈悲善良地对待自己，首先自己也必须那样。他们如果希望得到幸福，就不应该伤害任何生物。

那一天，上百只动物被平安地放回山林。小羊跛着脚跟母亲身后，回头看了看年轻的王子，仿佛在说：“谢谢你的慈悲和勇气。”



The prince, despite his young age, spoke in a peaceful and assertive manner. He won the people's respect with his wisdom and courage. The crowd understood that if they expect kindness and compassion from others, they have to first demonstrate kindness and compassion. If they expect happiness, they must not harm any living beings.

That day, one hundred animals were released safely back into the mountains. As the little lamb hobbled along beside its mother, it turned back to look at the young prince, as if to say, "Thank you for your compassion and courage."



故事的寓意 The Moral is:

所有众生都恐惧暴力和死亡。所有众生都希望能平静地生活，不遭受任何痛苦。将心比心，我们不应该以任何方式去威胁或伤害他人。一个人如能以纯净的心灵说话做事，幸福就如影子般永不分离。

All living creatures tremble at violence. All beings fear death. Everyone wishes to live in peace and not to suffer pain. Putting oneself in the shoes of another, one should not threaten, harm or cause others to be harmed in any way. If one acts or speaks with a pure mind, happiness follows like a shadow that never departs.

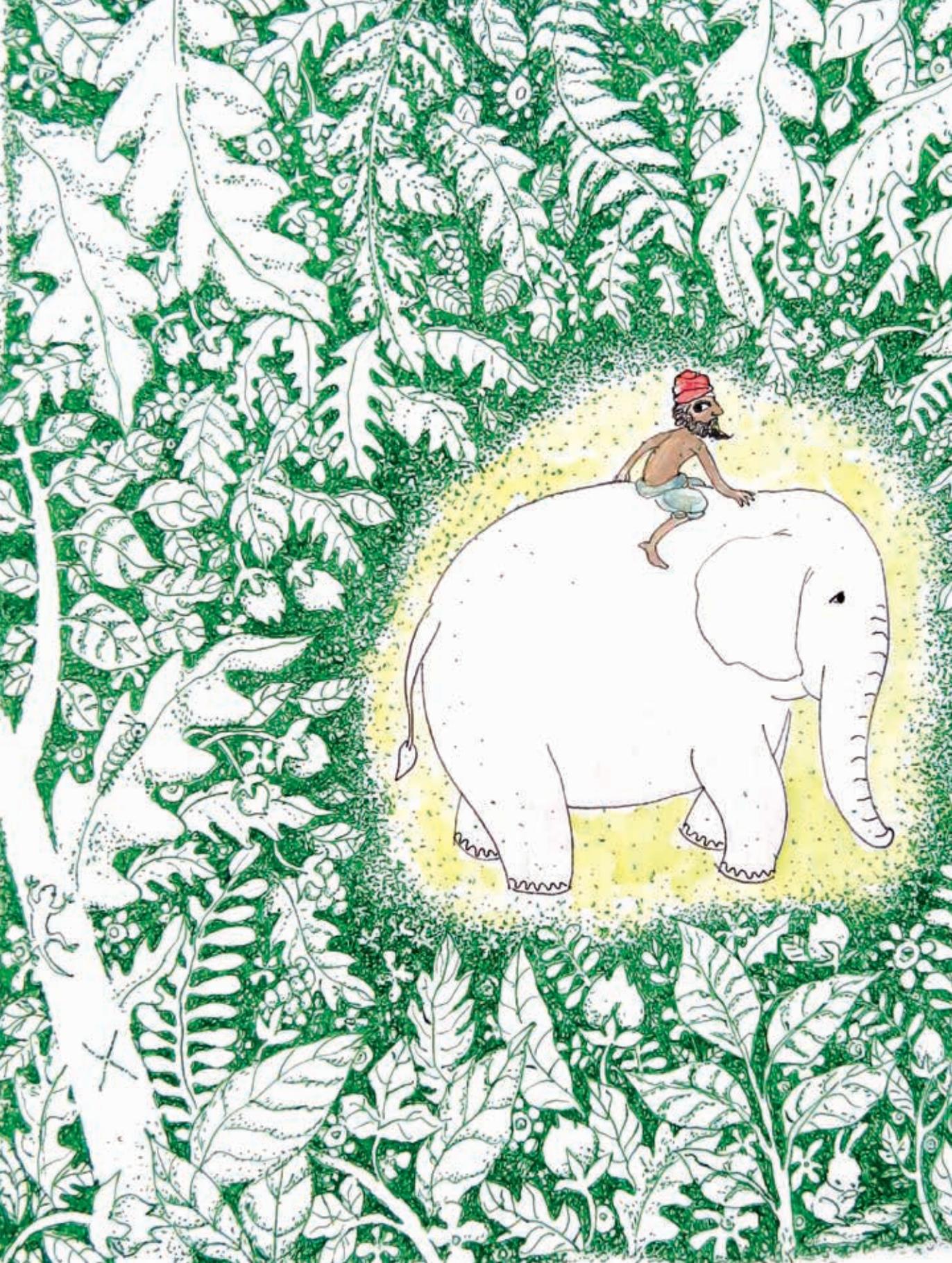


国王与名叫 火花的大象

The King and Sparkle the Elephant

从前，在喜马拉雅山里住着一只华美的大象，它牛奶般洁白的皮肤在朝阳和月光下闪闪发光。这只大象是如此美丽，被大家叫做“火花”。火花不仅长得漂亮，还很善良孝顺。

Once, there lived a magnificent elephant in the Himalayas. Its milky white skin glowed in the morning sun and shimmered in the moonlight. The elephant was so beautiful, it was called "Sparkle". Apart from being attractive, Sparkle the Elephant was also kind and filial.





火花认真尽责地照顾失明的母亲，每天送香蕉和净水到母亲休息的山洞里。

一天，火花正在森林里采集果实，突然听到一个男人的呻吟声。火花走近声音，发现那个男人正在哭泣。

男人抽泣着说：“我迷路了，我想要回到城里去。”

火花毫不犹豫、温柔地回答：“我会带你走出森林。”火花把男人驼在背上，走出了森林。

Sparkle was dedicated to caring for its blind mother. The elephant would send bananas and fresh water everyday to its mother's cave dutifully.

One day, Sparkle was picking fruits in the forest when it heard the loud groans of a human. Lumbering closer to the moans, Sparkle realised that a man was weeping.

"I am lost and I want to return to the city," he sobbed.

"I shall bring you out of the forest," replied the elephant softly without much hesitation. Sparkle allowed the man to sit on its back and began trudging out of the forest.

男人在回城的路上，意识到这只大象是如此可爱，将会是送给国王的最好礼物。他的贪婪和欲望战胜了他，一路在树上做下了记号。他想象着国王坐上这样一只优美的大象将会多么高兴。

过了几天，男人带着一队士兵回到了森林。跟着那些树上的记号，他们终于找到了火花和母亲所住的山洞。

火花被士兵们强行抓住，带到城里送给国王。

国王马上爱上了这只华美的动物，准备很多珍稀的水果给火花吃，还给火花戴上美丽的花环，但是火花还是很不开心。

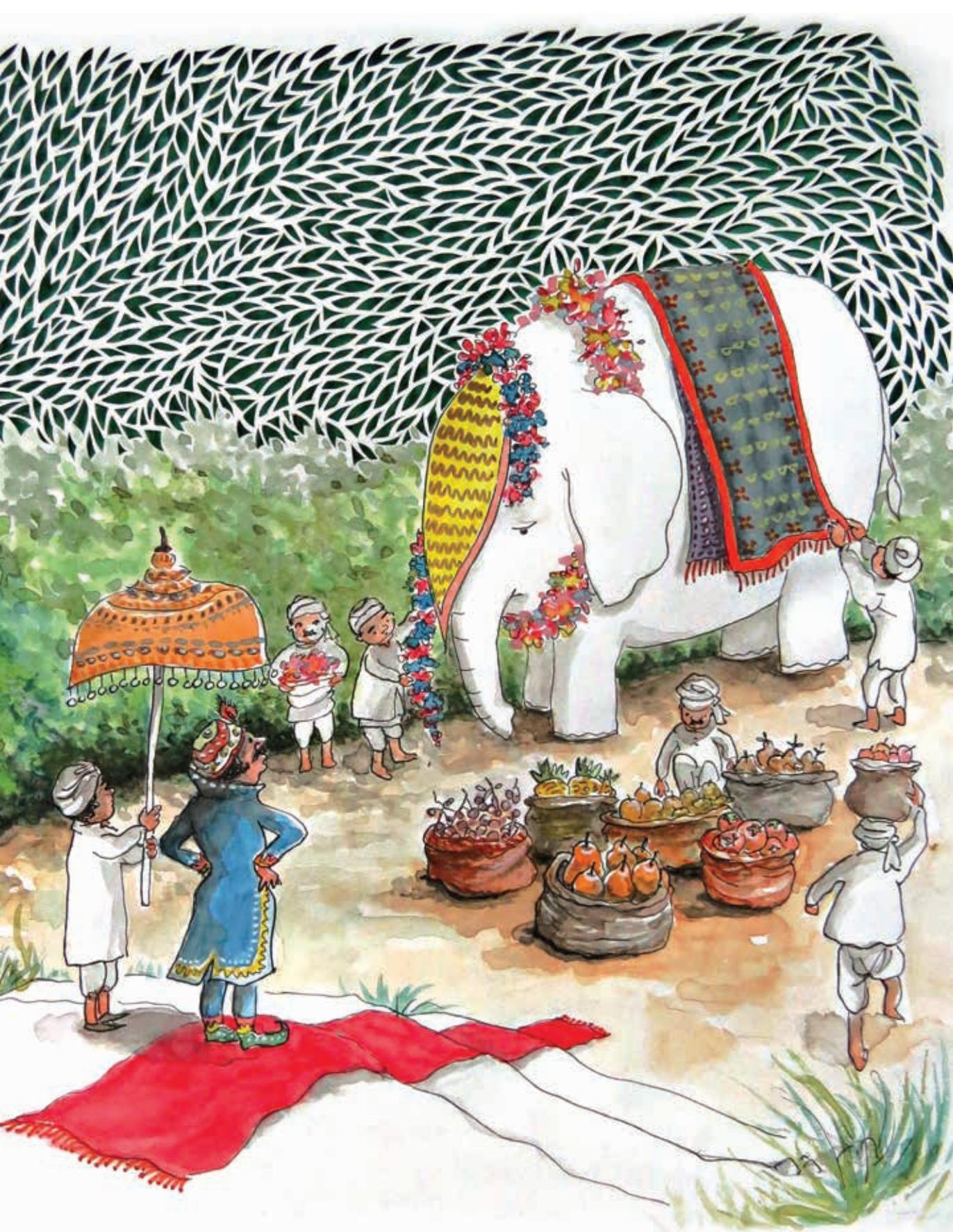
As the man rode back, he realised that the lovely elephant would make an excellent gift for the King. His greed and desires overwhelmed him and he started to mark the trees that they passed. "The King loves white elephants. If I bring this beautiful elephant back to the palace, the King would surely reward me!" He thought about how delighted the King would be if he had such an exquisite elephant to ride upon.

A few days later, the man returned to the forest with an army of soldiers. Following the markings on the trees, they eventually found their way to Sparkle's cave where mother and son were resting.

Sparkle was forcibly seized by the trunk and led to the city to be presented to the King.

The King fell in love with the gorgeous animal instantly. He offered Sparkle rare fruits to eat and beautiful garlands to wear. But the elephant was unhappy.





国王关心地问火花：“你为什么看起来这么不开心？”

火花告诉国王，如果他不在身边，他年迈失明的母亲可能会饿死。



国王被火花的孝心感动，并因自己的疏忽造成大象的痛苦深感抱歉。国王明白，给他人带来不幸是不明智的。

国王发出命令，仁慈地把火花送回森林。当他做出这样的决定时，内心感到十分轻松。

The concerned King asked, "Why do you look so sad?"

"My blind mother would starve because there is nobody to bring food and fresh water to her," the elephant replied.

The King was moved by Sparkle's filial piety and felt sorry for causing the elephant misery. He pondered and thought it was unwise to bring unhappiness to another. He said with regret, "We have caused you unhappiness. I would be sad if my children were taken away from me. You shall return to the forest to be with your mother."



The King gave an order and graciously returned Sparkle to the forest with rare fruits and beautiful garlands. The King felt a sweet song in his heart. It was a song of joy. The wise and good-hearted King knew that he had made the right decision.





故事的寓意 The Moral is:

一个人，如果能缓解他人的痛苦，不为了自己的利益而带给他人痛苦，就是善良、英明和正直的。

One who relieves another's suffering, and who does not bring pain to another in seeking one's gain is indeed good, wise and upright.



帝释天王与不仁慈的国王

Lord Sakka and the Unkind King

这是一个鄙视老弱病残的国王的故事。你想知道故事的内容吗？读下去吧。

This story which we are about to read is about a king who despised the aged and feeble. Would you like to know how the story unfolds? Read on.

在很久以前，有一位国王，他讨厌任何老旧的东西。无论是大象、马、牛，或是任何的东西，凡老了或残旧了，他都不能忍受。

他一看到老旧的东西，就会命令道：“把这老旧的东西干掉。”

国王会无视主人的恳求，命令侍卫摧毁破旧的推车。国王会用卑劣的手段吓死老妇人。他还会嘲弄老人，命令他们像马戏团小丑一样在地上打滚。

In a faraway time, there lived a king who detested all things old. He could not stand looking at anything that was less than perfect, be it an elephant, horse, ox or any other living being or thing.

“Off with this old thing,” he would say if he spotted any within his sight.

He would send his guards to destroy run-down carts, regardless of the owners' pleas, and scare old ladies to death with nasty tricks. He would also taunt old men by ordering them to roll about on the ground like circus performers.

国王只要发现哪里住着老人，就会把那个可怜的人儿叫来取笑嘲弄。

国王的朋友们也像国王一样害怕衰老。由于国王的残忍刻薄，王国里的人们最后都把年迈的父母亲送出国，不再照顾他们。

当这些不贤德的人们过世后，都转生到地狱、恶鬼和阿修罗道。

最后连天道的国王帝释天王都注意到了这件事。

帝释天王思索：“因为这国王的残忍刻薄行为，都没有新人转生到天道来了。应该做点什么来改变形势呢？”

And if the king caught wind of an elderly living in a particular town, he would send for that poor fellow to mock and poke fun at.

The king's friends were as terrible as him. Due to the king's mean ways, the people in the kingdom eventually sent their elderly parents out of the kingdom, and no longer attended to them.

When these non-virtuous people passed away, they were reborn as hell beings, animals, hungry ghosts and warring demi-gods.

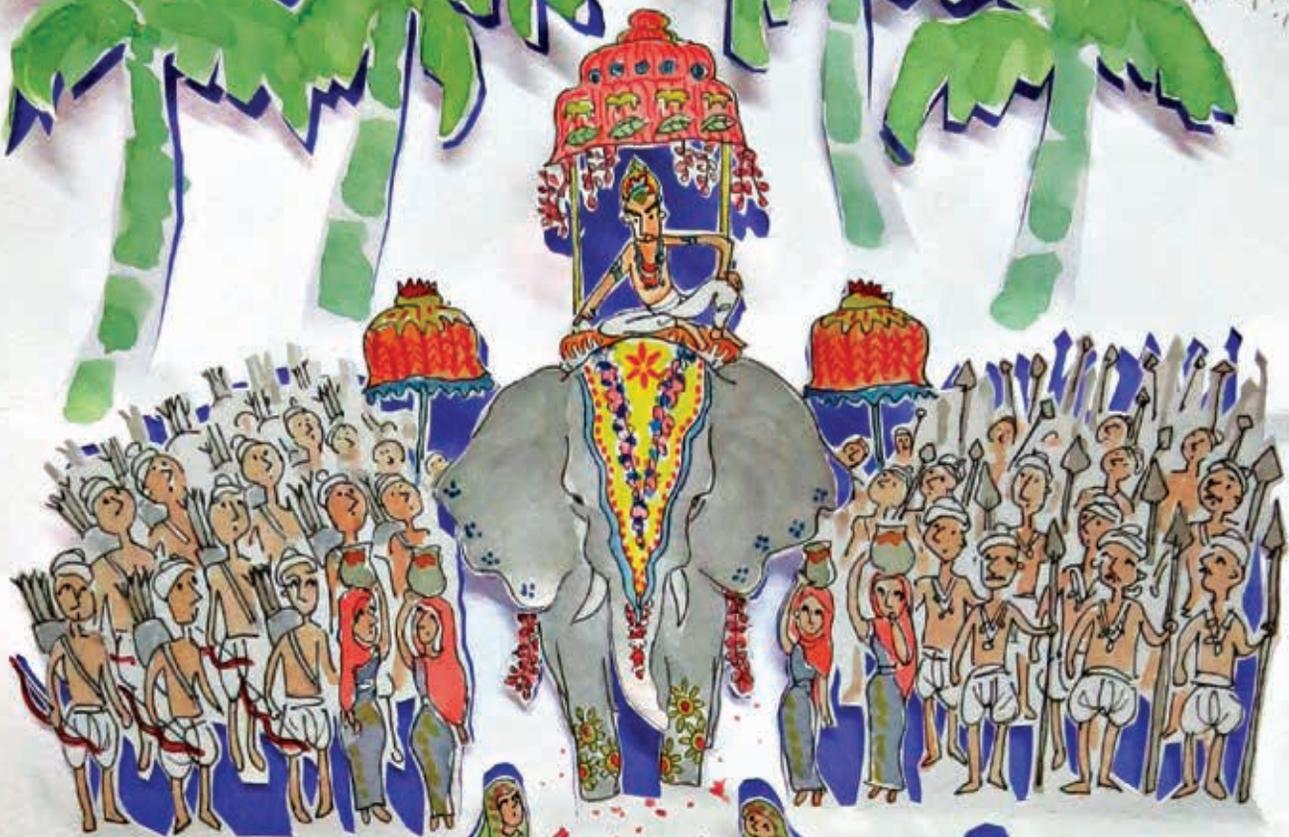
Eventually, even Lord Sakka, the king of the realm of gods, noticed this phenomenon.

"There are no newcomers among the gods due to the actions of the mean king. What should be done to rectify the situation?" wondered Lord Sakka.



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“我知道了。我要给这个刻薄的国王一个教训！”

说完，帝释天王来到人间，化身成一个老人的模样，他衣衫褴褛，驾着一对老牛拉着的快散架的旧四轮车。他驾着车，载着两罐牛奶向城里驶去。

在城里，刻薄的国王正坐在装饰华丽的动物上进行游行。

当看到破旧的四轮车时，国王大叫：“侍卫，把那边的那个破四轮车弄掉！”

侍卫们回答：“我的国王，破四轮车在哪里呢？我们都没有看到。”

“I know. I shall teach the unkind king a lesson!”

Saying that, Lord Sakka transported himself to the human world and took the form of an old man dressed in rags and driving a rickety wagon harnessed to a pair of aged oxen. He drove the wagon that was carrying two jars of buttermilk towards the city.

In the city, the mean king was in the middle of a procession riding on a richly decorated animal.

When he saw the old cart, the king shouted, “Guards, off with that old cart! Over there.”

“Where is it, my king? We do not see such a cart around,” answered the guards.

帝释天王使用法力，让除了国王以外的每个人都看不到四轮车。他把车驾到国王面前，把牛奶罐一个接一个摔到国王头上。国王头上狼狈地淌满了牛奶。

看到国王悲惨可怜的样子，帝释天王恢复了神身，拿着闪电飘在空中说：“哦，你这个可恶的不仁慈的国王！你自己都不会变成老人吗？这些年来你都没有变老吗？你为什么鄙视那些老年人，用最残忍的方式来嘲弄他们。”

“因为你的恶行和影响，王国里的人民都不关心自己父母亲的幸福，最后都转生恶道了。如果你再不停止这样的恶行，我就用闪电砍下你的头！现在走吧，不要再做恶了！”

Lord Sakka had used his powers and made the cart invisible to everyone except the king. Driving up, he smashed the jars, one after the other on the king's head. Buttermilk trickled messily down the king's head.

Seeing that the king was in a distressed and miserable state, Lord Sakka reappeared in his divine form, floating in mid-air, thunderbolt in hand and said,

“Oh you dreadful, unkind king! Will you never become old yourself? Don't you age with the years? Yet you despise those who are old and mock them in the cruellest manner.

“It is through your actions and influence that people in your kingdom do not care for their parents' welfare, thus ending up in a bad rebirth. If you do not stop your ways, I will sever your head with my thunderbolt! Now go and be wicked no more!”







说完，帝释天王对人民讲说了父母亲的伟大恩德和尊敬老人的功德，就回到天上的家去了。

从那天起，国王再也不敢有不仁慈的行为了。

Saying this, Lord Sakka talked to the people of the great kindness of parents and the virtues of respecting the old. Then he left for his home in the heavens.

From that day onwards, the unkind king was unkind no more.



故事的寓意 The Moral is:

不论你是王子或乞丐，每个人都会生病、变老和死亡。当你老了的时候，你希望人们依旧爱你敬你？还是鄙视你嫌恶你？

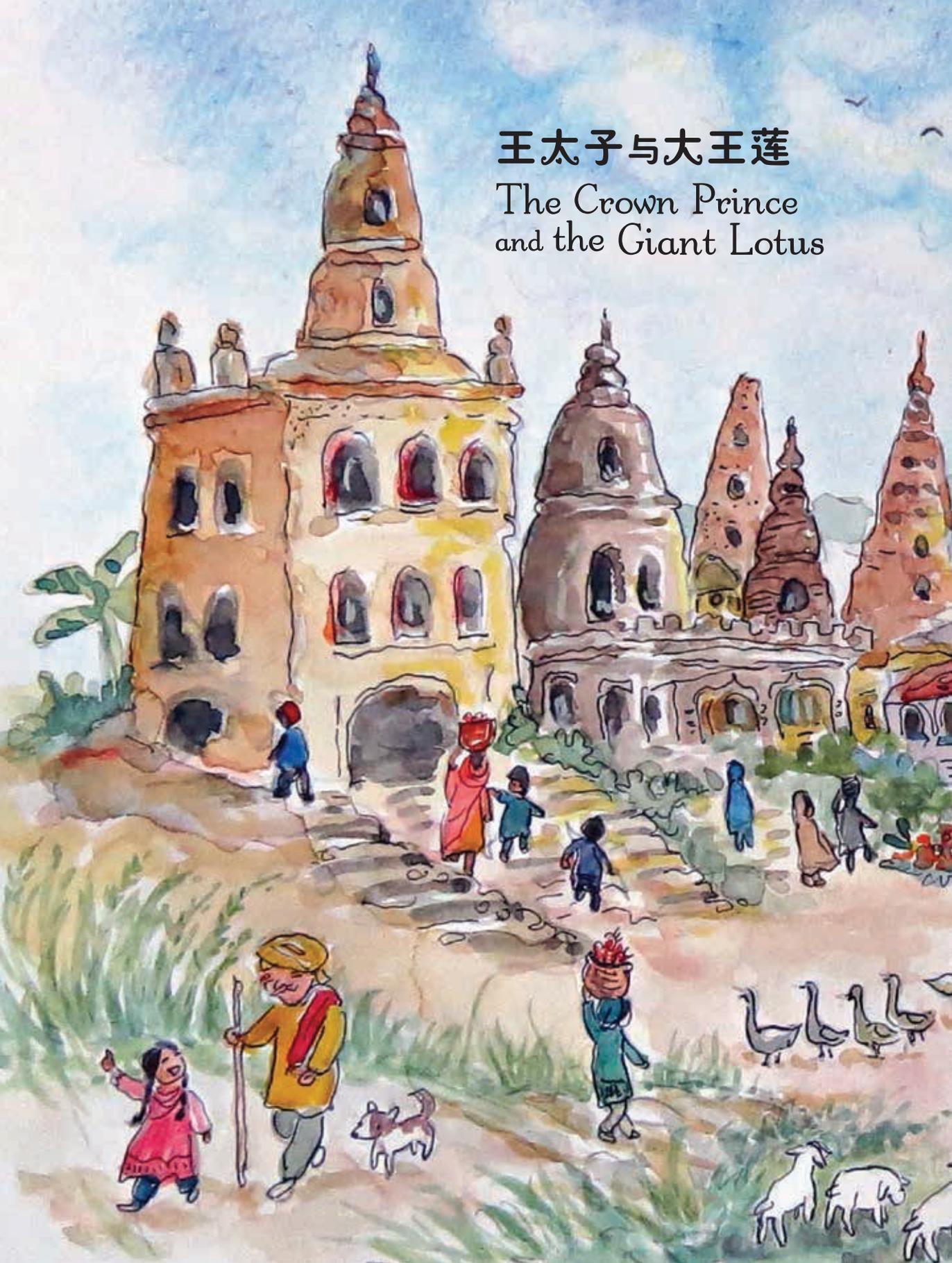
就算是国王的马车那样美丽耀眼的东西也会变得老旧，何况是更脆弱的人的身体呢？这个年轻的身体并不是永恒不变的，人都会变老，所以永远不要鄙视老年人。保持觉察，培养能让你过上有意义的人生的优秀品格。

Everyone, whether prince or pauper, falls sick, grows old and dies. When you are old, would you prefer people to treat you with love and kindness or show you irritation and disrespect?

Even beautiful, shiny objects like kings' carriages crumble. What more the fragile human body? This youthful body is not permanent, and one will grow old. So never despise the elderly. Be mindful and cultivate positive qualities that will help you to lead a meaningful life.

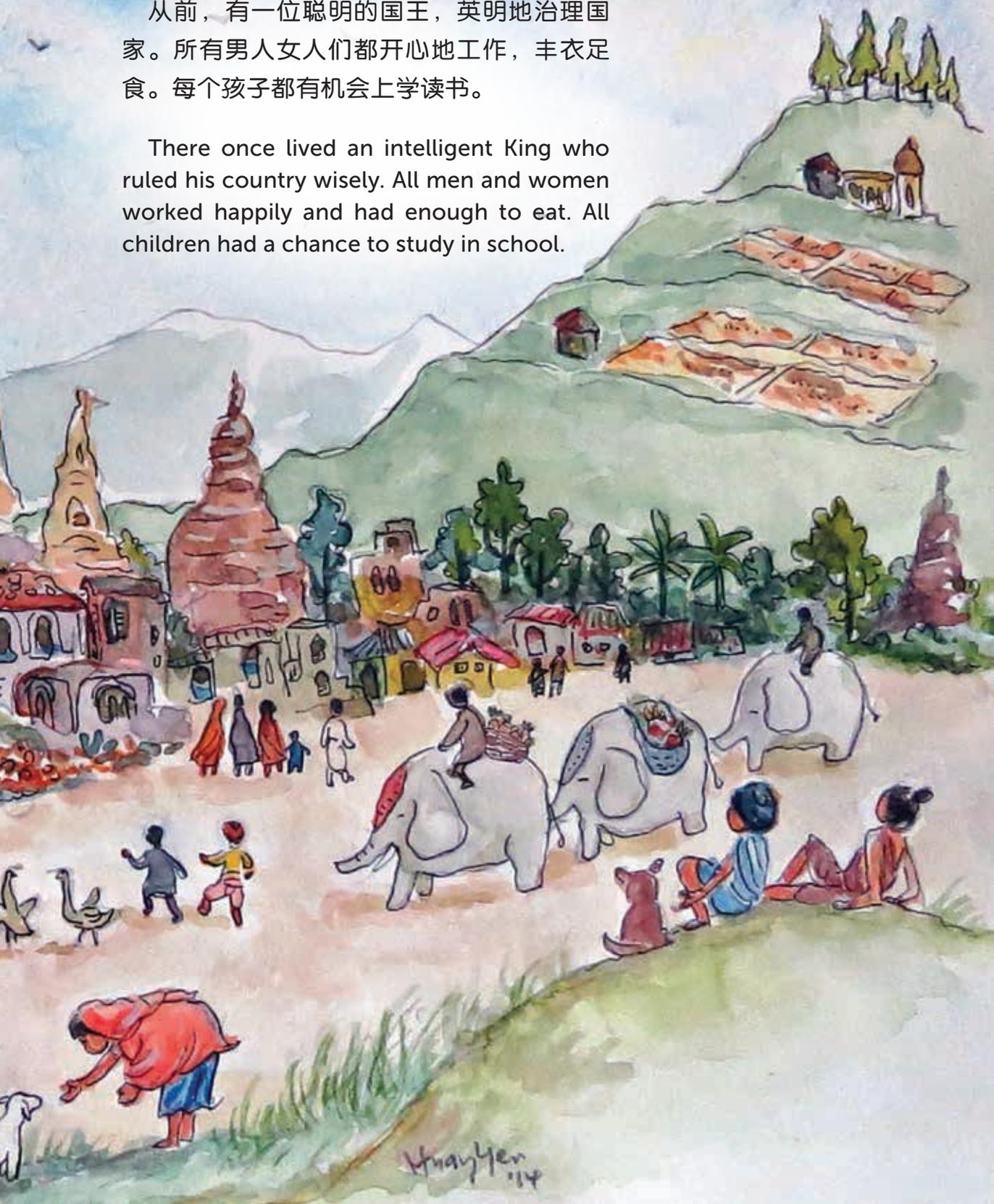
王太子与大王莲

The Crown Prince
and the Giant Lotus



从前，有一位聪明的国王，英明地治理国家。所有男人女人们都开心地工作，丰衣足食。每个孩子都有机会上学读书。

There once lived an intelligent King who ruled his country wisely. All men and women worked happily and had enough to eat. All children had a chance to study in school.





现在，国王生了一个儿子。他虽贵为王太子，但却是一个善良谦逊的男孩。

一条大河隔开了这个国王的土地和另一个国家。这两个国家人民的生活截然不同，那个邻国的人民很贫困，经常得饿着肚子上床睡觉。男孩女孩们都不会读书写字。

一天，王太子问国王：“爸爸，我们那么富有，而邻国却那么穷困，如果邻国的每个人也都能分享到我们的财富，那不是更好吗？”

国王对儿子的慈悲感到很欣慰。

国王仁慈地回答他说：“那就让我们与河对面又饿又病的人民分享食物和衣服吧。”国王雇用了很多船夫，把大盒子装满的救济品送到河对面去。人人都因为王室的慷慨捐助而雀跃万分。

可是当船夫们把救济品运送到河对岸时，他们都吓了一跳。因为河水上漂浮着动物的尸体，散发出难闻的恶臭。人们都在打包逃亡，间中甚至听到有人大叫：“瘟疫爆发了！一直有人死于不知名的神秘疾病。我们最好还是远远地躲开吧！”国王知道消息后，立即把王太子带回皇宫。

晚上，王太子担心住在河对岸的人们，伤心地想：“他们会不会很害怕？他们会不会觉得很饿？”

Now, this King had a son. The crown prince was a kind and humble boy, even though he could have anything he wanted in the country.

A vast river separated the King's lands from another country. The lives of the people in these two countries could not be more different! The men and women in this neighbouring country were poor and often went to bed hungry. The boys and girls could not read or write.

One day, the prince asked his father, "Papa, why should we keep these riches to our country? Wouldn't it be wonderful if everyone in our neighbouring country get to enjoy these riches too?"

The King was pleased that his son was compassionate.

"Let us share our food and clothes with the hungry and sick across the river," answered the King kindly. They packed alms into big boxes and hired many boatmen to send them across the river. Everyone cheered at the generosity of the royal family.

As the boatmen brought them over to the other bank, they were shocked. The remains of dead animals were floating in the water. The stench was terrible. People were packing their bags and running away. Someone screamed, "An epidemic has plagued us! People have been dying from a mysterious disease. It is better to go to a faraway place!" The King quickly brought his son home.

At night, the prince wondered about the people living across the river. "Wouldn't they be scared? Wouldn't they be hungry?" he thought sadly.

王太子睡不着觉，独自带着一些救济品来到河边。河边荒芜一人，所有的船夫都走了。王太子闭上眼睛，静静地为那些贫病交迫的人们祈祷。

突然间，王太子感觉自己被抬了起来，就像是被温暖的手臂怀抱着。他感觉像又变成了婴儿。

“发生了什么事？”

王太子睁开眼睛，发现自己正坐在一片大王莲的叶子上！大王莲长长的茎越过水流湍急的大河，来到河的对岸。王太子站起来，把救济品倒进病苦饥民的碗中。人们喜出望外，到处充满欢呼和赞叹声，驱散了沉默和恐惧的阴影。

Unable to sleep that night, the prince carried some alms and went to the riverbank alone. It was deserted. All the boatmen had left. He closed his eyes and silently prayed for the hungry and sick.

Suddenly, he felt himself being lifted, as if he were embraced by warm arms. He felt like a baby again.

“What is happening?”

He opened his eyes and realised that he was sitting in the middle of a giant lotus! The long stem of the flower bent over across the turbulent river onto the other side of the bank. The prince stood up and poured alms into the bowls of the hungry and sick. They were overjoyed. Everywhere, the gloom of silence and fear was broken by jubilant praises.



王太子回到王宫，把这个奇迹告诉每个人。大家都很惊讶，却不太相信，只有英明的国王相信王太子。国王说：“你是如此慈悲又坚定地想要帮助有需要的人，是佛陀把大王莲送来帮助你的。”

王太子长大后，继承了王位，他就像贤德的父亲一样照顾好每一个子民。

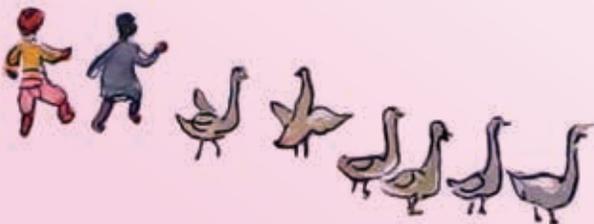
但还不止这些哩！他还教会人民做贸易，帮助邻国也成为繁荣幸福的国家。



The prince returned to the palace and told everyone about the miracle. They were surprised but doubtful. Only the wise King believed him. He said, "You were compassionate and determined to help the needy. The Buddha sent the giant lotus to help you."

The crown prince grew up and eventually ascended the throne. He took good care of everyone just like his virtuous father.

But that is not all! He taught the people how to trade and helped their neighbour to become a prosperous and happy country too.





故事的寓意 The Moral is:

心地纯洁贤良的人，为利益他人而做事，自然会得到帮助。

Help will come to one who is pure and virtuous at heart, whose action is carried out with the intention to benefit other beings.



两个公主

The Two Princesses



很久以前有两位公主，一个体贴善良，另一个却粗心无礼。

然而她们的母亲——王后，同样地爱着她们两个。

A long time ago, there lived a princess who was thoughtful and kind. Her sister, on the other hand, was careless and rude.

But their mother, the queen, loved both of them equally.







当使者从遥远的北方带回珍稀的水果时，王后把水果都给了两位公主。

当使者从遥远的南方带回好玩的玩具时，王后把玩具都给了两位公主。

当使者从遥远的东方带回有趣的书籍时，王后把书本都给了两位公主。

当使者从遥远的西方带回缤纷的织锦时，王后把织锦都给了两位公主。

When envoys from the far north brought the queen mother rare fruits, she gave them to her princesses.

When envoys from the far south brought the queen mother fanciful toys, she gave them to her princesses.

When envoys from the far east brought the queen mother interesting books, she gave them to her princesses.

When envoys from the far west brought the queen mother colourful brocades, she gave them to her princesses.



当两位公主长大成为聪明美丽的少女时，她们的母后也因为年老变得衰弱。

王后的手指变得如此虚弱，以至于都不能系好衣服的蕾丝。那位顽皮的公主叹了口气。

但那位善良的公主说道：“可是许多年前，当我们的手都还很幼小时，是母后一步步慢慢教会我们系鞋带。”

As the princesses grew into beautiful and intelligent young ladies, their queen mother grew old and weak.

The queen mother's fingers became so weak that she could not tie the laces of her dress properly. The naughty princess sighed.

The kind princess said, "But many years ago, when we had small hands, queen mother taught us to tie our shoelaces step by step."



王后的记忆力变得很差，以至于别人不得不断重复所说的话。那位顽皮的公主叹了口气。

但那位善良的公主说道：“可是许多年前，当我们睡不着觉时，是母后不断重复地讲睡前故事给我们听，让我们能带着美梦睡去。”

王后的腿瘸了，现在只能慢慢地走路。那位顽皮的公主叹了口气。

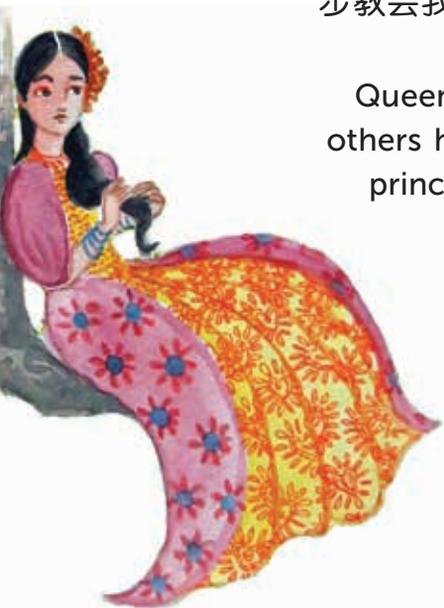
但那位善良的公主说道：“可是许多年前，当我们还不会走路的时候，是母后扶着我们的手臂一步步教会我们走路。”

Queen mother's memory was getting so poor that others had to repeat what they said. The naughty princess sighed.

The kind princess said, "But many years ago, when we couldn't sleep, queen mother repeated our bedtime stories so many times that we fell asleep with good dreams."

The queen mother had a limp and walked slowly now. The naughty princess sighed.

The kind princess said, "But many years ago, when we couldn't walk, queen mother held our arms as we learnt to walk step-by-step."



王后不再像从前一样坚定果断。那位顽皮的公主叹了口气了。

但那位善良的公主说道：“可是许多年前，当我们追问无数个‘为什么’时，是母后耐心地一个个解答。”

终于有一天，王后不能说话了。两位公主都很震惊害怕。那位善良的公主叹气说道：“可是许多年前，当我们都还不会说话的时候 … ”

The queen mother was not as decisive as before.
The naughty princess sighed.

The kind princess said, "But many years ago, when we asked numerous "whys", queen mother answered them patiently one by one."

Finally, one day, the queen mother was not able to speak. The two princesses were shocked and scared. The kind princess sighed and said, "But many years ago, when we couldn't speak..."



另一位公主接着说：“母后一个个猜出了我们的需要。”

两位公主抱着王后说道：“亲爱的母后，我们会照顾您，就像多年前您照顾我们一样。”

The other princess continued, “Queen mother guessed our needs one by one.”

The princesses hugged their queen mother and said, “We will take care of you just like how you took care of us many years ago, dear mother.”





故事的寓意 The Moral is:

佛陀常说，父母亲的恩情之重，是我们难以回报的。佛鼓励我们有意地常常思维父母师长朋友和他人的恩情，以此来培养感恩的心，而不是偶尔随兴为之。只有懂得感恩的人，才能过上幸福宁静的生活。

The Buddha often said that it is not easy to repay our parents' kindness. He encouraged us to think of the good deeds done for us by our parents, by our teachers, friends and anyone else. We should do this intentionally to cultivate gratitude, rather than let it happen accidentally. Only by cultivating gratitude can one lead a joyful and peaceful life.



祝福阅读这本图书的小朋友，愿这些良好品德与爱，永远伴随着你！
Much blessings to the precious little ones who read this book.
May all good qualities and love always accompany you!



月光王后的故事

The Story of Queen Moonlight

我们种下一颗苹果的种子，会收获上百颗苹果。我们的行为也一样。我们所想的、说的和做的，不管是好或坏，或自己认为微不足道的，都会造成重大的后果，就像是一颗小火苗也能引起一场森林大火那样。如果我们想要享受幸福的果实，就必须先在心中为所有众生种下爱和慈悲的种子。

When we plant a single apple seed, it produces hundreds of apples. It is the same with our actions. What we think, say or do - positive or negative - no matter how small, has its impact and can ripen into a large result. Just like a tiny spark can cause a forest fire. If we want to enjoy the fruit of happiness, we have to first plant the seeds of love and compassion for all beings in our mind.

找到善良的小王子

The Little Prince Who Found Kindness

让人平安喜乐的是一颗对他人充满爱与善良的心。

A heart filled with love and kindness for others makes one happy and gives peace.

国王与难提耶

The King and Nandiya

佛陀说，懂得感恩的人很少见。感恩能让人变得崇高伟大。

One who is grateful is rare to find, said Lord Buddha.

It is gratitude that makes one noble and great.

慈悲的王子

The Compassionate Prince

所有众生都恐惧暴力和死亡。所有众生都希望能平静地生活，不遭受任何痛苦。将心比心，我们不应该以任何方式去威胁或伤害他人。一个人如能以纯净的心灵说话做事，幸福就如影子般永不分离。

All living creatures tremble at violence. All beings fear death. Everyone wishes to live in peace and not to suffer pain. Putting oneself in the shoes of another, one should not threaten, harm or cause others to be harmed in any way. If one acts or speaks with a pure mind, happiness follows like a shadow that never departs.

国王与名叫火花的大象

The King and Sparkle the Elephant

一个人，如果能缓解他人的痛苦，不为了自己的利益而带给他人痛苦，就是善良英明和正直的。

One who relieves another's suffering, and who does not bring pain to another in seeking one's gain is indeed good, wise and upright.



帝释天王与不仁慈的国王

Lord Sakka and the Unkind King

不论你是王子或乞丐，每个人都会生病、变老和死亡。当你老了的时候，你希望人们依旧爱你敬你？还是鄙视你嫌恶你？

就算是国王的马车那样美丽耀眼的东西也会变得老旧，何况是更脆弱的人的身体呢？这个年轻的身体并不是永恒不变的，人都会变老。所以永远不要鄙视老年人。保持觉照，培养能让你过上有意义的人生的优秀品格。

Everyone, whether prince or pauper, falls sick, grows old and dies. When you are old, would you prefer people to treat you with love and kindness or show you irritation and disrespect?

Even beautiful, shiny objects like kings' carriages crumble. What more the fragile human body? This youthful body is not permanent, and one will grow old. So never despise the elderly. Be mindful and cultivate positive qualities that will help you to lead a meaningful life.

王太子与大王莲

The Crown Prince and the Giant Lotus

心地纯洁贤良的人，为利益他人而做事，自然会得到帮助。

Help will come to one who is pure and virtuous at heart, whose action is carried out with the intention to benefit other beings.



两个公主

The Two Princesses

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王室的故事
Queen Moonlight
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