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We Are Good Children





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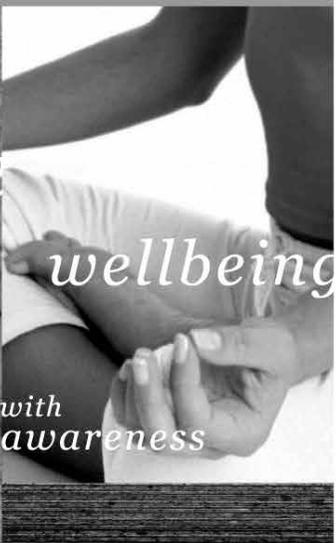
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我们都是好孩子

We Are Good Children



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“There is no better virtue than a heart of grand compassion; there is no higher religion than the development of moral wisdom.”

- The Buddha



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小花猫，很可爱。
喵喵叫，叫什么？
孤零零，惹人怜。
是不是肚子饿？
我来帮帮它，给它喝牛奶。

Meow ~ ~
喵 ~ ~



Little cat, little cat,
You are so cute.
Little cat, little cat,
Why are you crying so piteously?

Is it because you're hungry?
Come, let me give you some milk
To help fill up your belly.



在家里我不爬高，
马路边我不玩耍。
如果身体受了伤，
爸爸妈妈会担心，
我要好好保护身体，
健康又快乐，
爸爸妈妈真开心！



Not climbing around at home,
Not playing rowdily near roads,
For if I injure myself,
My parents' hearts will be broken.

Taking good care of myself,
Keeping myself
Healthy and happy
Make my parents happy.

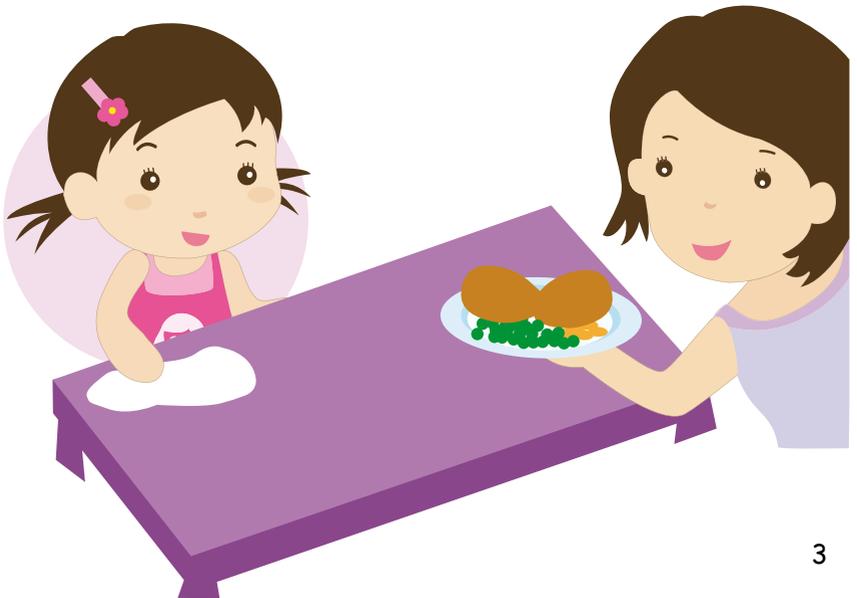


功课做完了，我和娃娃一起玩。
妈妈炒了菜，叫我抹桌子。
我立刻去帮忙，我是小小好帮手。



Done with my homework, I play with my doll.
When mummy comes a calling
After she is done with frying.
"Help me clear the table, please."

I quickly rush to Mummy's aid,
For I am Mummy's good little helper.





Cooking up a storm one Sunday
Was my Grandma.

Dishevelled hair, oily face
Grandma cooked delicious foods

Washed and washed
Scrubbed and scrubbed
Grandma kept the kitchen clean

We had a hearty meal
Grandma, grandma
I love you!

星期天，婆婆下厨忙。
脸儿油，发蓬松，
煮出美味佳肴让我尝。
洗呀洗，刷呀刷。
厨房干净又光亮。
我们吃得好舒服，
婆婆婆婆我爱你。



婆婆
我爱你~~

Grandma ~
I love you

~~婆婆
我爱你

~~ Grandma
I love you



Early in the morning,
Mr Cleaner
Is hard at work

Clearing the rubbish
Sweeping the ground
Not afraid of the stink
Past caring the filth
He works hard
To keep our city
Clean and beautiful.

For people to admire
For people to enjoy.
Everyone praises
Our lovely garden city

Thank you, Mr Cleaner!
For your contribution
To our society.

一大早，工人叔叔开始忙。
不怕臭，不怕脏，倒垃圾，扫地板。
我们环境清洁又美观，
花园城市人人夸。
工人叔叔功劳大，我们向他敬个礼。





老师送我小蜡笔，
妹妹看了真欢喜。
可我不让她碰一下，
妹妹生气和我争。
妈妈看了好难过，
我答应要改过。
我的东西不私藏，
要和妹妹一起用。
我是个好哥哥。

Teacher gave me some crayons
Which sister saw and liked.
But I refused to share them
With her.
And so she was angry with me.
Mummy saw what had happened
And was very unhappy.

I promised Mummy
I will change
And won't be a selfish boy.
I will share my things
With my sister
And be her good
Older brother.



弟弟不小心，
踩了我一脚。
我生气地大骂，
变成一条大火龙，
火龙烧伤我们俩，
我和弟弟都难过。
爸爸说不应该，
我答应要改过。

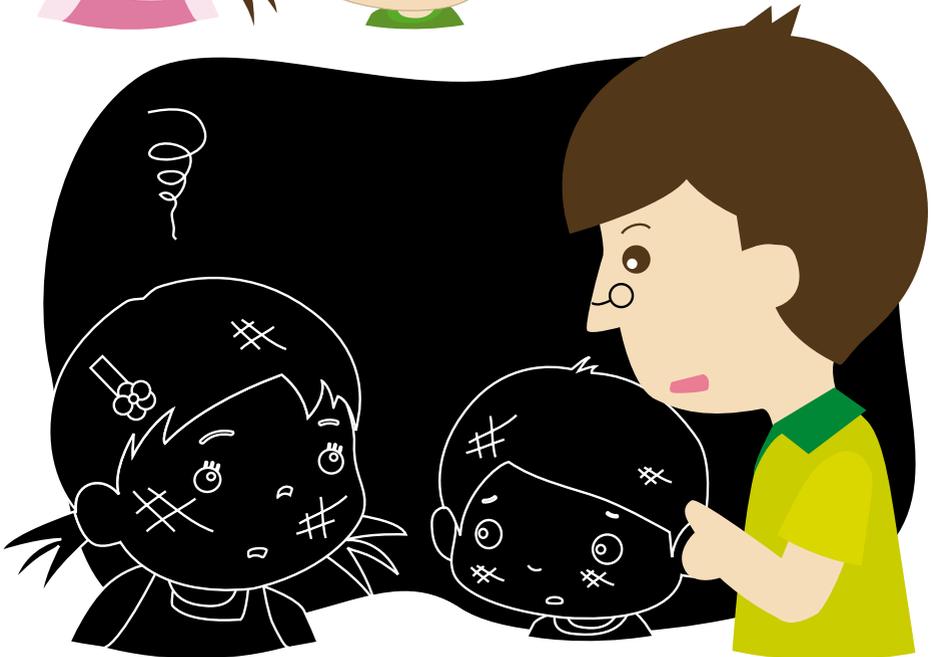


Little brother stepped
My foot carelessly
So I scolded him angrily.

Like two dragons
Locked in a combat
We fought furiously.

Making brother
And me unhappy.

Daddy said
As good children
We shouldn't fight.
So I promised it won't
Happen again.



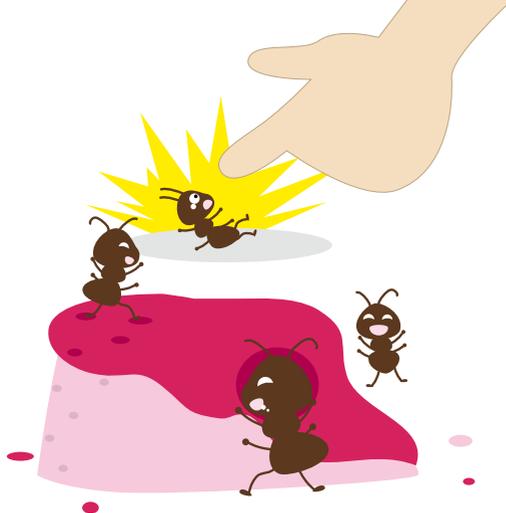


公园里，空气好。
花儿香，小草绿。
老师说：

“花和草都是小生命，
不乱摘，不乱踩。”
我要爱护花和草。

In the park, the air is fresh
The flowers are fragrant, the grass is green
“But they are all alive,” reminds my teacher.
“So no stamping and no plucking.”
Listening to my teacher
I do my part to help protect Mother Nature.





弟弟小，吃蛋糕，
不小心，掉地上。
小蚂蚁，闻香来。
弟弟伸出小手指，
摸一摸，捏一捏。
妈妈说，不应该。
收拾好，蚂蚁走。
不杀生，善心好。



Little Brother munching cake
Wasn't careful and
Dropped some cake



Teeny ants came scurrying
When they caught the scent wafting.

Stretching out his tiny hand, little brother grasped the ants.

Mummy said: "Don't do that."

"Do not kill. Clear the mess and let them be."

香蕉皮，在地上。
爸爸看了捡起来。
我问为什么。
他说如果别人不注意，
踩着皮，会滑倒。
爸爸是个好榜样！

Banana skin, on the ground
Daddy saw it, and pick it up.
"Why Daddy did you do that?" I asked.
"Because someone will slip and fall."
Daddy, Daddy, you are my good role
Model.





The rain comes
The ants run
But, still the ants
Are trapped

Cracking his head,
A little *Sami*
Take some sticks
To build a bridge
To safely bring them
Up a tree.

下大雨，蚂蚁逃。
风雨大，落水中，
小沙弥，想办法。
用树枝，搭座桥，
好让蚂蚁爬上树。
蚂蚁得救啦！



Mummy broke a glass accidentally.
"Be careful, dear mummy,"
Said sister gently.
But mummy still injured her foot.
"Take a rest then," said brother
caringly.
The children's kind words
Touched mummy's heart greatly
For we are all her good children.



妈妈不小心打破玻璃罐，
妹妹说声“小心哦！”
妈妈不小心伤了腿，
哥哥说：“痛了就休息。”
妈妈听了心里甜滋滋，
我们都是好孩子！



What Karma Is

Sayadaw U Thittila

Karma is the natural and impersonal law of cause and effect. This booklet explains the workings of Karma and teaches us self-responsibility. We have to plant the seeds of goodness now if we want to reap good fruits in this and future lives.



Working With Anger

Ven. Thubten Chodron

This book describes Buddhist methods for subduing and preventing anger, not by changing what is happening, but by framing it differently.



Tales of Buddha's Former Lives

Stories 51 - 100

Tales of the Buddha's Former Lives is a collection of simple stories written along the line of Aesop's Fables. Though meant for readers of all ages, they are especially useful to older children and teenagers, as these stories promote and highlight virtuous conduct and good behaviour, especially those human values that contribute to harmony, pleasure and progress.



Transforming Our Daily Activities

Ven. Thubten Chodron

Spiritual practice need not be separated from daily living. Here is a book that teaches you how you can lead a more fulfilling life according to the Buddha's teachings and transform your daily activities into acts of compassion and loving-kindness. You can live and breathe the Dharma even while at work, driving or doing grocery shopping!



All in One, One in All

Thich Nhat Hanh

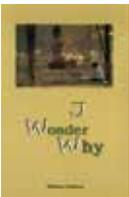
This body is not me. I am not caught by this body. I am life without boundaries. I have never been born. I will never die. Look at me. Look at the stars and the moon. All of them are me, manifestations of me. This book contains transcripts of the Dharma talks given by the world-renowned Zen master Thich Nhat Hanh. These teachings show us how mindfulness practice can bring about freedom no matter where we are, and bring joy and hope to ourselves and others.



Awakening a Kind Heart

Ven. Sangye Khadro

Everybody wants to be happy and free of problems. The two short teachings in this book explain simply and clearly how we can achieve this happiness by transforming our usual self-cherishing attitude and awakening a kind heart.



I Wonder Why

Ven. Thubten Chodron

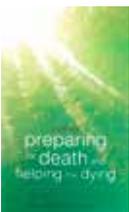
This book covers the most fundamental questions and issues that arise in the minds of modern individuals who are new to this tradition of practical spirituality. Written in a clear and engaging language, this book presents the Buddhist approach to the fundamental issues and concerns of daily life.



Settling Back Into The Moment

Joseph Goldstein

This book is a compilation of excerpts that are words of timeless truths, words that are meant for reflection, words that talk straight to your heart.



Preparing For Death And Helping The Dying

Ven. Sangye Khadro

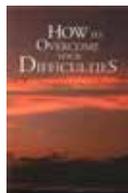
This booklet answers a genuine need in today's world: to know more about death and how to help dying people. The discomfort we have towards death is because we think it will be a terrible, painful and depressing experience. However, it doesn't have to be so. Dying can be a time of learning and growth; a time of deepening our love, our awareness of what is important in life, and our faith and commitment to spiritual beliefs and practices.



Dhammapada

Ven. Acharya Buddharakkhita

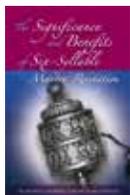
The Dhammapada, which enshrines the spirit of the Buddhas' teachings, is a book for all times, a book to be cherished and loved. May it bring light to your life!



How to Overcome Your Difficulties

Ven. Dr. K. Sri. Dhammananda

Are you worried? Are you miserable? If so, you are invited to read this booklet to develop a better understanding of your problems. It is dedicated to you and to those who worry.



The Significance and Benefits of Six-Syllable Mantra Recitation

His Eminence Drubwang Konchok Norbu Rinpoche

Are you curious about the origin of the Six-Syllable mantra? Or what the Four-arm Chenrezig means? Read this book for a better understanding. Based on a series of teachings given by His Eminence Drubwang Konchok Norbu Rinpoche of the Drikung Kagyu lineage, this book also explains the benefits and importance of doing the Mani recitation, and the mental state in which the recitation is to be conducted.



Be A Lamp Upon Yourself

Compilation

The usefulness of this book is in its concise approach to the basic teachings of the Buddha.



Three Teachings

Ven. Tenzin Palmo

Ven. Tenzin Palmo's Teachings on Retreat, Mahamudra Practice and Mindfulness are a delight to read. Transcribed from talks that she gave in Singapore in May 1999, the teachings are delivered in plain language, seasoned with plenty of audience participation. Each subject is discussed with humour, liveliness and compassion. She has the great gift of showing how the Dharma can be integrated into every aspect of our lives.



七月是不是鬼节?

Is The 7th Lunar Month The Ghost's Season?

七月真的是鬼门关大开、祭拜“好兄弟”的节日吗? 本书告诉你事情的真相.....

* English & Chinese Editions



佛说父母恩重难报经

Filial Piety Sutra

慈鸦尚还哺，羔羊犹跪足，若不尽孝道，何以分人畜? 做个孝顺的儿女，当读《佛说父母恩重难报经》，以报亲恩。

* English & Chinese Editions



生死两相安

Preparing for Death and Helping The Dying

桑耶卡卓法师 著

死亡并非一切的终结，而是进入另一世的门檻。勇于面对死亡，才会勇于活在当下。只有接受死亡，才能接受人生中的悲欢离合。希望这本小册子，能让您对死亡有初步的了解，并对如何协助临终者有基础的认识。



怎样克服你的困难

How to Overcome Your Difficulties

达摩难陀法师 著

您忧愁苦恼吗? 如果您有这种感觉，就请您阅读这本小册子。它能让您对自己的问题有更深入的了解。这本小册子就是献给您和被忧愁所笼罩的人。



开阔心，清净心

Open Heart, Clear Mind

土登却准法师 著 涂炳忠 译

作者以浅白易懂的语言，表达出对佛法的清晰理解，能使一般人，尤其是对佛教还不熟悉的人，了解佛法，运用佛法，并从中获益。



心灵曙光

Basic Buddhism for Beginners

土登却准法师 著 涂炳忠 译

在修学佛法的过程中，我们难免会遇到一些困难与疑问。作者针对一般人的疑问提出了独到的见解，仿佛黎明中的一道曙光，射入读者的心灵，净除内心的困惑，带来智慧的光芒，让有心于修学佛法的朋友，能进一步了解并实践佛陀的教誨。



点亮心灯 (汇编)

Be A Lamp Upon Yourself

佛法如灯，照亮心灵的幽室。

智慧如海，冲破心灵的桎梏。

如果有人邀请您走一趟般若之旅，点一盏心灵之灯，您是否愿意?

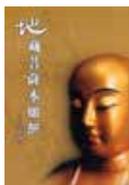


告别嗔怒，步向安宁

Working with Anger

土登却准法师 著 涂炳忠 译

佛陀是一位心灵的医师师，他传授了许多处理情绪与烦恼的实用方法，其中一些对治嗔恚的方法，非常适用在日常生活中。只要我们能够掌握这些方法，生活就不再烦恼!



地藏菩萨本愿经

白话解释 胡维铨 讲述

众生度尽，万善皆提，地狱不空，誓不成佛。

在地藏经里，释迦牟尼佛宣说地藏菩萨的深重誓愿—累劫勤苦，分身无数，百千方便，利益救拔教化罪苦众生。

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一切施中，法布施为最 —— 佛陀 The gift of truth excels all other gifts – The Buddha

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您在何处取得这本书 Where did you obtain this book? _____

本书强调小朋友应该从小就教育及培养正确的品行道德、尊重生命的重要性。积极落实东方优良的传统文化，教导小孩孝顺父母、尊师重道、懂得感恩、爱惜一切生命；从学习中提升智慧，不断自我反省及知过能改等的好行为。

Children should be taught and instilled with the right morals and ethics since young. The objectives of this book are to introduce, familiarise and inculcate in young children the virtues of Buddhism and eastern culture like filial piety, gratitude and compassion. Through this process, we hope children would be imbued with the positive traits of self-reflection and self-correction of non-virtuous behaviour and conduct.

"Drop by drop is the water pot filled. A little at a time, wise people make themselves good."

- The Buddha

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