

佛教的解釋  
郭敏雅

佛教是從印度來的宗教。佛教在世界各地很多地方流行。美國人口的百分之一信奉佛教。世界各地有許多佛學的學校。佛教的經典有很多現代和古代的解釋文本。佛教雖然是一種宗教，可是很多人把它解釋為一種哲學。任何人都可以學習佛教，它在印度是最流行的。

學佛的學生學習研究佛教著作。佛認為痛苦是由願望引起。願望結束時就會痛苦。在佛教的目標是要達到啟示。佛教徒學冥想，瑜伽，太極拳和其他健康的生活習慣。大多數佛教徒相信輪回。佛教試圖教給學生銘記如何生活與和平的生活。

佛教最重要的原則是四聖諦。第一個四聖諦，生活涉及痛苦，我們必須避免痛苦，並找到幸福。第二個四聖諦是我們痛苦，因為我們的願望，所以我們必須學會擺脫我們的痛苦。第三個四聖諦是我們能夠克服痛苦，學習活在當下，而不是糾纏於過去或未來。第四個四聖諦是經由一個八步路徑導致沒有痛苦。如果你學習這四聖諦，那麼你將達到一個慈悲和幸福的生活。

Buddhism is a religion originating in India. Buddhism is a popular religion all over the world. In the U.S.A, about 1% of the population believes in Buddhism. There are many schools of Buddhism all over the world. There are many modern and ancient interpretations of Buddhist texts. Although Buddhism is a religion, many people view it as a philosophy. Anyone can learn Buddhism, although it is most popular in India.

Students of Buddhism study writings of the Buddha. Buddhism believes that suffering is caused by desire. When your desires end, then suffering will end. The goal of Buddhism is to reach Enlightenment. Buddhism studies meditation, yoga, tai chi, and other healthy lifestyle habits. Most Buddhists believe in reincarnation. Buddhism tries to educate students about maintaining a peaceful life.

Buddhism's most important principle is the Four Noble Truths. The first of the four noble truths is that life involves suffering, and we must avoid the suffering and find happiness. The second Four Noble Truths is that we suffer because we have desires, so we must break away from our desires. The third Noble Truth is that we can overcome our suffering by learning to

live in the present moment, rather than dwelling on the past or the future. The fourth Noble Truth is that through an eight-step path we can get rid of our suffering. If you learn the Four Noble Truths, then you will achieve a life of compassion and happiness.

佛教-Fójiào-Buddhism  
印度-Yìndù-India  
宗教-zōngjiào-Religion  
普遍-pǔbiàn-universal  
世界各地-shìjiègèdì-all over the world  
現代-xiàndài-modern  
古代-gǔdài-ancient  
文本-wénběn-text  
技術-jìshù-technically  
解釋-jiěshì-interpret  
作為-zuòwéi-view  
哲學—zhéxué-philosophy  
研究-yánjiū—to study  
著作-zhùzuò-writings  
認為-rènwéi-to believe  
願望-yuànwàng-desire  
引起-yǐnqǐ-to cause  
痛苦-tòngkǔ-suffering  
結束—jiéshù—to end  
目標-mùbiāo-goal  
達到-dá dào-attain  
啟示-qǐshì-enlightenment  
冥想-míngxiǎng-meditation  
瑜伽-yújiā-yoga  
太極拳-Tàijí quán-tai chi  
健康—jiànkāng-healthy  
習慣-xíguàn-habits  
相信—xiāngxìn-believe  
輪回-lúnhuí-reincarnation  
試圖—shìtú-attempts  
銘記—míngjì—to remember  
重要—zhòngyào-important  
原則—yuánzé-principle  
四聖諦—sìshèngdì—the four noble truths  
避免—bìmiǎn-prevent  
幸福—xìngfú-happiness  
學會—xuéhuì-master

擺脫-bǎituō-break away from  
克服-kèfú-to overcome  
當下-dāngxià-present moment  
糾纏-jiūchán-to be in  
過去-guòqu-the past  
未來—wèilái- future  
沒-méi-end  
導致-leads  
慈悲—cí2bei1-merciful  
經由—jīngyóu-via