



生活在感恩的世界

Living In a Grateful World

感激斥責你的人

因為他助長了你的定慧

Be grateful to those who have denounced you,
for they have increased your wisdom and concentration.

感激絆倒你的人

因為他強化了你的能力

Be grateful to those who have made you stumble,
for they have strengthened your ability.

感激遺棄你的人

因為他教導了你應自立

Be grateful to those who have abandoned you,
for they have taught you to be independent.

感激鞭打你的人

因為他消除了你的業障

Be grateful to those who have hit you,
for they have reduced your karmic obstacles.

感激欺騙你的人

因為他增進了你的見識

Be grateful to those who have deceived you,
for they have deepened your insight.

感激傷害你的人

因為他磨鍊了你的心志

Be grateful to those who have hurt or harmed you,
for they have reinforced your determination.

感激所有使你堅定成就的人

Be grateful to those who have made you
Firm & Resolute
And helped in your achievement.



伊斯蘭聖訓

化敵為友

Wise saying of Prophet Mohammed s. a. w.

Turn your foes to friends

- 一. 在憎恨與喜悅日子講公道話
- 二. 接濟與我斷交的人
- 三. 照顧與我絕情的人
- 四. 原諒對我行不義的人

釋淨空學

PESAN BIJAK DARI NABI MUHAMMAD SAW (AL QUR'AN)
Wise saying of Prophet Mohammed s.a.w.

Merubah Musuh Menjadi Sahabat
Turn your foes to friends

Bersikap Adillah Dalam Keadaan Suka Atau Pun Tak Suka (Al Maidah ayat 8)
Speak words of fairness whether in anger or in joy.

Bantullah Mereka Yang Memerlukan Bantuan Meskipun Anda Tak Mengenal Orang Yang Di Bantu (Al Hadist)
Help them even if they have severed ties with you.

Tetaplah Bersikap Baik Terhadap Orang Yang Menyakiti Anda (Al Imron 159)
Show concern towards those who are ungrateful towards you.

Maafkan Dan Doakan Orang Yang Bermaksud Jahat Pada Anda (Al Hadist)
Forgive those who have ill intent.