



# 馬來西亞佛教總會

PERSATUAN BUDDHIST MALAYSIA  
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阳历 2022 年  
佛历 2566 年  
和敬互助，促进和协

释日恒

世上的每一个人皆希望“世界和平、国泰民安”，全民才能安居乐业。但是，眼观现在的世界，国家与国家之间因为各自的利益冲突不断，甚至引发战争；人与人之间因为各种生活小事造成争执甚至打架，造成人命伤亡事件也时有耳闻。每一个人都希望和平安乐，但是和平安乐要如何才能实现呢？佛法说明人生是众缘和合而生，因缘散失则灭。因此，人是不能独立存在在这个世界上的。如果我们要达到互济互利、和睦共处的人生，佛教僧团的生活准则如六和敬，就是我们在教导我们共处融洽最好的借镜。

六和敬共有六项，即：身和同住、口和无诤、意和同悦、见和同解、利和同均及戒和同修。佛住世时，僧团人数众多，佛陀为了弟子和乐共处，正法久住世间，而以六和敬统理大众。僧团及佛法因此而得以传承至今，此乃佛陀大智慧，以清净之法洗涤众人无明之心，让后世众生在浊世能够继续修行，实践人间净土之愿。

身和同住教导我们和乐相处，人与人相处，不发生肢体冲突，一切以和谐，大众利益为方向，身业清净，自然造就和谐、安乐的环境及氛围。此外，口和无诤告诉我们沟通的重要。语言可以是真理也可以是无形的毒药。语言可以化干戈为玉帛；也可以兴风作浪，挑起事端。与人相处之时，觉察口业，不以语言伤害他人；反而时常以爱语给人引导及鼓励，那么人与人之间自然关系友好。意和同悦让我们因为志同道和而喜悦，家庭以和乐为方向，佛教团体以利他为目标，国家以全民团结、安居乐业为宗旨。大家齐心努力，思想一致，欢喜共同成就，迈向共同的目标。

接着，是见和同解；处事上相辅相成共同商量，互相听取各方的意见，不执著个人的想法，以讨论、协调解决事情。利和同均让我们能够共享资源、自利利他让每个人都能够从中受惠。只要我们在处理事情上不只是顾及个人的利益但也平等的利益他人，对于人与人因利益不均衡的争执自然就化解了。戒和同修是群体生活很重要的准则。国有国法，家家有规，共同生活就有共同的规则需要遵守，大家才能和乐共处。

在疫情弥漫，天灾人祸内忧外患不断的当下局势，我们更需要在生活中实践六和敬，身行以和敬态度展开群体互助，力行促进处事和乐共商协议。这个才是世界和平，国泰民安的良策。因此，今年的卫塞节主题以“和敬互助，促进和协”与各个佛教团体、全国的佛教徒及马来西亚人民共勉之。我日恒率领着马来西亚佛教总会与全国寺庙庵堂全体同仁祝贺世界和平、国界安宁、风调雨顺、全民安乐，更是祈愿大家身体健康、吉祥如意、福慧增长、心想事成。



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Promote Harmony Through Mutual Respect And Helping Each Other

Seck Jit Heng

Everyone in the world hopes for "peace for the world, security for the country and people", only then people are able to live and work in peace and contentment. However, looking at the world now, there are constant conflicts among countries because of their own interests and benefits, and even wars are triggered; disputes or even fights between people due to various small things in life, resulting in casualties are also heard from time to time. Everyone wants peace and happiness, but how can peace and happiness be achieved? Buddhism explains that life is created by the harmony of various karmic conditions, and when karmic conditions are dissipated, it perishes. Therefore, men cannot exist independently in this world. If we want to achieve a life of mutual benefit and harmonious coexistence, the living standard of the Buddhist Sangha, such as the Six Harmonies and Reverence, is the best example for us to learn from.

The Six Harmonies and Reverence has six items, namely: harmony in actions when living together, harmony in speech without discord, harmony in resolve through shared joy, harmony in views through common understanding, harmony in benefits through sharing equally and harmony in precepts through common practice. When Buddha lived in this world, there were a large number of Sangha. In order for his disciples to live in harmony and also for the Dharma to pass on for a long time, Buddha led the public with six harmonies and reverence. The Sangha and the Dharma, therefore can pass down to the present day. This is the great wisdom of the Buddha. He used the pure method to wash away the ignorance mind of people, so that later generations can continue to practice in the turbid world and fulfill the wish of the pure land on earth.

"Harmony in actions when living together" teaches us to get along well; people get along with each other with no physical conflict, everything orients towards harmony and the best interests of the public. When the body and karma are pure, naturally it creates a harmonious environment and atmosphere. In addition, "harmony in speech without discord" tells us the importance of communication. Language can be the truth or invisible poison. Language can resolve conflict; it can also stir up trouble. When dealing with people, be aware of verbal karma and do not use words to harm others; instead, always guide and encourage others with loving words, then naturally the relationship between people will be friendly. "Harmony in resolve through shared joy" makes us happy because we are like-minded and harmonious. Families take harmony as the direction, the Buddhist groups take altruism as the goal, country aims to unite its people and let them live and work in peace and contentment as the ultimate goal. Everyone works together, shares the same perspective, and happy to move towards and achieve the common goals.

Next is "harmony in views through common understanding"; when resolving matters, discuss



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and coordinate through mutual consultation, listen to each other's opinions, and not clinging to personal ideas. "Harmony in benefits through sharing equally" allows us to share resources, altruistically benefits everyone. As long as we do not only take into account of the interests of individuals but also the benefits of others equally while handling matters, then disputes over unbalanced interests between people will naturally be resolved. "Harmony in precepts through common practice" is a very important guideline for group life. Country has national laws, family has house rules, living together has common rules to abide by so that everyone can live together harmoniously.

In the current situation where the epidemic is spreading, natural disasters, man-made disasters, internal and external troubles continue, it is more vital for us to practice the Six Harmonies and Reverence in our lives, carry out group mutual assistance with an attitude of harmony and respect, and promote the execution and negotiation of matters harmoniously. This is the good policy for world peace, national and civil security. Therefore, the theme of this year's Wesak Day, "Promote Harmony Through Mutual Respect and Helping Each Other", is a mutual encouragement for various Buddhist groups, Buddhists across the country and all Malaysian. I, Jit Heng, lead Malaysian Buddhist Association, and various temples across the country to bless the world for peace, national borders security, good weather, and peace for everyone. I also pray that everyone good health, good luck, growth of prosperity and wisdom, and all wishes come true.