

## <<心灵的诺亚方舟>>

### 图书基本信息

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### 内容概要

《心灵的诺亚方舟》主要收录了2010年6月索达吉堪布应邀前往北京，参加第四届“国际公益慈善论坛”的研讨，后分别在北大、清华与部分知识分子就大乘佛教的理念，进行互相交流、沟通的精彩内容。

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### 作者简介

索达吉堪布，生于1962年藏历六月初四，甘孜炉霍下罗科玛人。

初中毕业后，考入甘孜师范学院就读。

1985年，师舍俗出家，前往喇荣十三大光身成就圣地（色达五明佛学院）依止大恩根本上师晋美彭措仁波切，潜研教理，精苦修持。

来院九个月即被法王任命为堪布，在三年内，对中观、般若、因明、俱舍、戒律等方面五部大论，善学善辨，业已通达。

后通过讲论、辩论、著论，而成为学院的大堪布。

对《时轮金刚》、《大幻化网》、《大圆满》等密乘甚深之义，能善修善讲。

其主要原因，师于传承上师与根本上师具有不共之殊胜信心。

特别对全知无垢光尊者与全知麦彭仁波切具有极其不共之信心。

从那时起十多年来，对藏汉学法弟子日日未断传讲显密经论、窍诀。

译著：《释迦牟尼佛广传·白莲花论（上）（下）》麦彭仁波切著，索达吉堪布译；《释迦佛修法仪轨》麦彭仁波切造，索达吉堪布译；《全知无垢光尊者略传》秋札桑波尊者著索达吉堪布译；《钦则益西多吉密传》堪布索达吉译；《全知麦彭仁波切略传》法王如意宝晋美彭措著，索达吉堪布译；《百业经》晋美彭措法王传讲，堪布索达吉译导；《全知麦彭降措之修法仪轨》法王晋美彭措著，堪布索达吉译；《菩提道次第摄颂浅释》宗喀巴大师造颂，侯生桢敬译颂，索达吉堪布讲释；《量理宝藏论》萨迦班智达著，堪布索达吉译；《事师五十颂释》宗喀巴大师造，索达吉堪布译；《三主要道颂简释》宗喀巴大师造颂，堪布索达吉讲述等。

著作：《法王晋美彭措传》；《密宗虹身成就略记》；《金刚功德经》；《金刚经释》；《略说佛教各派互不相违》；《显密问答录》；《入密明灯论》著；《密宗断惑论》；《持戒功德如意宝树》；《破除邪说论》；《儿童佛教课》；《佛教科学论》；《智海浪花（上）（下）》；《烟酒杀生过》；《放生功德甘露妙雨》；《最可贵的是什么？》；《劝友放生书》；《藏密素食观》；《悲惨世界》；《教言汇集》等。

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### 书籍目录

关于慈善的思考——第四届“国际公益慈善论坛”演讲 放生利众勤修佛法——河北万佛禅寺开示 真正的“财富”——北京万人放生开示 佛教空性观——北京大学哲学系演讲 附：北京大学哲学系问答  
藏文化的修心养生观——清华大学科技园演讲 附：清华大学科技园问答 信仰与人生——北京大学宗教文化研究院演讲 附：北京大学宗教文化研究院问答

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### 章节摘录

版权页：插图： Later,the charity banquet slogan was changed to:"Charity is not money,it is the heart." The protagonist of that day's charity dinner was not Warren Buffer,who donated three million dollars,nor Bill Gates,who donated eight million dollars,but the little girl,who donated just thirty dollars.She was well received,and the crowd gave her the most enthusiastic applause. What does this story tell us? That an ordinary person can participate in charity; that it is not just a privilege of the rich.In this matter,Jet Li's "One Foundation" has set a very good example.He encourages each person to donate at least one dollar per month,or do an hour of voluntary charitable work.This way,as long as there is a kind heart,anyone can participate in a charitable event. Charity's Present Situation and Its Historical Causes Social polarization is now very serious.Wealthy people spend money like water and are extravagant.In contrast,poor people do not have enough clothes to wear,do not have enough food to eat,and even their basic needs are not guaranteed.The prominent Chinese poet of the Tang Dynasty,Du Fu,once wrote,"While the mansion of the rich has spoilt wines and rotten meats,the roadside has the frozen bones of the dead." This is as true a picture of the current state of affairs as it was of his.In order to improve the situation in this environment,each of us should generate a non-discriminative love toward others,and,as much as we can,help living beings.If everyone can achieve the idea expressed in the saying "While taking care and honoring our own elder relatives,we should not forget about other elderly.While raising and educating our own children,we should not forget about other children," then building a harmonious society will be very easy,and just around the corner.

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### 编辑推荐

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