

Finding a true guru

尋找真正的上師

By

His Holiness The 14th Dalai Lama

Guide to finding a guru 尋找上師的指導

- Be selective. Check the guru's background before choosing to become a follower. A guru is a teacher who should have studied and attained a high level of spiritual development and God-consciousness.
要謹慎選擇，在成為一個弟子之前，要檢視上師的背景，上師是老師，他必需精通佛法，並且要獲得宗教上高層次的成就及證悟。
- Check the lineage of the guru; for example, is he or she initiated and, if so, by whom? Is the guru's guru known and respected?
審查上師的傳承，例如，他或她的淵源，如果有的話，是從誰處得到傳承？他或她的上師是否眾所周知並且得到尊敬？
- Do not become carried away by the religious rituals the guru performs.
不要對該位上師所做的宗教儀式走火入魔。
- A true guru will not simply hand out answers to all your questions but will enlighten you with his wisdom and teachings.
一個真的好上師並不會輕易的給學生問題的所有答案，但是會用他的智慧與知識來啟發學生心中的疑問。
- Your guru is your spiritual teacher on the path of finding God. Do not expect him or her to perform miracles, although you may experience wonders in their presence.
你的上師是你尋求信仰之路的心靈導師，不要期待他或她為你展現任何的神通，雖然你可能會在他或她身邊看到許多不可思議的景像。
- Improve your understanding about God-consciousness through spiritual studies so that you have some foundation on the science of spirituality before picking a guru.
在選擇上師之前，透過宗教上面的研讀，進一步了解佛性，以奠定宗教領域的基礎，增進對佛學的認知。
- Meet more than one guru so you can analyse which one is right for you.
要認識多一點的上師再去分析哪一位是適合自己的。
- If you meet someone about whom you feel strongly, go ahead and test him or her. There is nothing wrong with questioning a potential guru, because just as a guru tests his disciple before imparting knowledge, you can also test the guru's worthiness.
如果你遇到讓你感覺強烈的上師，就直接給他考驗吧。考驗一個上師並不是一個嚴重的問題，因為就如他在教導自己的弟子之前，也是會給弟子考驗，你也能因此感受到上師的價值。
- A genuine guru is true healer and will perform this service and offer his blessings selflessly and unconditionally without requesting for money.
一個具格的上師，是心靈的治療者，並且不會為了金錢與任何利益，而是無私的奉獻及祝福。

basis of culture, nationality or gender. The true guru only seeks the student who intensely desires spiritual growth.

上師是超越宗教，而且視眾生一律平等，無論你的背景、國籍、或是性別對上師來說都是平等的，一位真的上師只尋求對修行有熱中的弟子而已。

- A guru will never ask a student to renounce his or her religion. The guru will lift the student to comprehend the universal spiritual principles. Whichever spiritual path or religion one follows, they all finally lead to the path of grace of the guru. 上師從不會要求弟子捨棄他的宗教，上師會幫助弟子了解共通的宗教原則。無論你選擇那一個精神之路或宗教，都會指引到上師給予的恩惠。

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