

01 初级福建佛法开示 Intro Hokkien Talks

- [1] 福报(Blessing) 2015
[2] 愚人与智者(Fool and Wise Man) 2015
[3-5] 祈求, 犯罪与业力(Doa, Dosa and Kamma) 2010
[6-7] 托钵(Monks' Almsround (Pindapata) 2011
[8-9] 传统与佛教互相矛盾(Buddhism vs Tradition) 2012
[10-12] 回向(Melimpahkan Jasa (Pattidana) 2010
[13-15] 学佛的目的(Purpose of Studying Buddhism) 1997
[16-19] 业报(Kamma-Vipaka) 1998
[20-21] 布施与持戒(Dana and Sila) 2002
[22-23] 感恩家长(Gratitude to Parents) 2011
[24-26] 乔达摩佛的事跡(Life Story of the Buddha) 2002
[27-29] 人身难得(Human Birth is Precious) 2011
[30] 日常生活的佛法(Dhamma in Daily Life) 2002
[31-33] 荤肉食与业报(Kamma and Meat Eating) 1996
[34-35] 世间财产或心之财产(Worldly Currency Vs Spiritual Currency) 2006
[36-38] 听闻经典的利益(Benefits of Listening to the Suttas) 2002
[39-43] 三十层众生(30 Planes of Existence) 1999
[44-46] 风水与业报(Hong Sui & Kamma) 2011
[47-58] 佛陀的阿罗汉弟子(Arahant Disciples of the Buddha) 1988
[59-60] 佛法中的矛盾(Contradictions in Buddhism) 2001
[61-63] 华人传统风俗与佛法之分别(Chinese Tradition and Buddhism) 2008
[64-65] 慈悲(Compassion) 2007
[66-67] 放下(Letting Go) 2009
[68-69] 生活无恐惧(Hidup Tanpa Rasa Takut) 2009
[70-72] 学佛不是拜佛(Cultivate, not pray!) 2017
[73-75] 如何修习八支圣道(How to practice Ariyan Eight Fold Path) 2017
[76-77] 问与答(Q&A @ Suttarama) 2017

02 高级福建佛法开示 Adv Hokkien Talks

- [78-79] 为何四圣谛是最重要的法(Why Four Ariyan Truths is The Most Important Dhamma) 2017
[80-81] 正见(Right View) 2009
[82-85] 佛教禅修(Meditasi) 2012
[86-89] 四圣谛(Four Noble Truths) 2004
[90-91] 五蕴(Five Aggregates) 2001
[92-93] 如何成为圣人(How to Become an Ariya) 2007
[94-96] 对戒律的误解(Wrong Interpretations of Vinaya) 2006
[97-98] 印度早期佛教(Early Buddhism in India) 2010
[99-100] 菩提树的坚木(Hardwood from the Bodhi Tree) 1992
[101-102] 六入及十八界(The 6 Spheres and the 18 Elements) 2004
[103-104] 十二因缘(12 Links of Dependent Origination) 2010
[105-107] 八正道(Noble Eightfold Path) 2010
[108-109] 明行足(Vijja Carana Sampanno) 2005
[110-111] 佛教禅修(Buddhist Meditation) 2004
[112-113] 正念与禅定(Mindfulness & Concentration) 1999
[114-115] 吉祥经(Mangala Sutta) 2002

- [116-117] 解脱因缘(Dependent Origination Of Liberation) SN 12.23) 2009
[118-119] 佛教禅修(Buddhist Meditation) 2006
[120-121] 四念处(Satipatthana) 2008
[122-123] 经济不景是善法(Economic Recession Is Good Dhamma) 2009
[124-125] 在家众的修持及对僧伽的责任(Laypersons' Practice and Duties to the Sangha) 2006

03 增支部 Anguttara Nikaya (HOK) 1992

- [126] AN - Introduction & Book 1 & Book 2
[127] AN Book 3A (3.3.23 - 3.4.35)
[128] AN Book 3B (3.4.36 - 3.10.99)
[129] AN Book 3C (3.11.101 - 3.13.129)
[130] AN Book 4A (4.3.21 - 4.5.49)
[131] AN Book 4B (4.5.50 - 4.7.61)
[132] AN Book 4C (4.7.62 - 4.11.103)
[133] AN Book 4D (4.11.110 - 4.17.167)
[134] AN Book 4E (4.18.176 - 4.26.255)
[135] AN Book 5A (5.4.31 - 5.6.58)
[136] AN Book 5B (5.13.121 - 5.17.166)
[137] AN Book 5C (5.18.175 - 5.25.250)
[138] AN Book 6 (6.2.11 - 6.6.62)
[139] AN Book 7A (7.2.13 - 7.5.49)
[140] AN Book 7B (7.6.54 - 7.7.62)
[141] AN Book 7C (7.7.64 - 7.7.80)
[142] AN Book 8A (8.1.2 - 8.2.12)
[143] AN Book 8B (8.2.17 - 8.2.20)
[144] AN Book 8C (8.3.21 - 8.5.46)
[145] AN Book 8D (8.5.49 - 8.6.54)
[146] AN Book 8E (8.9.81 - 8.9.88)
[147] AN Book 9A (9.1.3 - 9.1.6)
[148] AN Book 9B (9.1.7 - 9.2.19)
[149] AN Book 9C (9.2.20 - 9.3.30)
[150] AN Book 10 & Book 11
[151] AN Overview & Bhante's Advice

04 相应部 Samyutta Nikaya (HOK) 1991

- [152] SN Intro & Devata (1) Devaputta (2)
[153-154] SN Kosala (3)
[155] SN Mara (4) Bhikkhuni (5)
[156-157] SN Brahma (6)
[158-159] SN Brahmana (7)
[160] SN Vangisa (8) Vana (9) Yakkha (10)
[161] SN Sakka (11)
[162] SN Nidana (12)
[163] SN Abhisamaya (13) Dhatu (14) Anamatagga (15)
[164-165] SN Kassapa (16)
[166] SN Labhasakkara (17) Rahula (18) Lakkhana (19)
[167] SN Opamma (20) Bhikkhu (21)
[168-172] SN Khandha (22)
[173] SN Radha (23) to Valahaka (32)

- [174-176] SN Salayatana (35)
[177] SN Vedana (36) Matugama (37) Jambukhadaka (38)
[178] SN Citta (41)
[179] SN Gamani (42)
[180] SN Abyakata (44) Bojjhanga (46) Satipatthana (47)
[181] SN Sotapatti (55)
[182] SN Sacca (56) & Q&A & Bhante's Advice

05 福建和华语开示 HOK & MDN Talks

- [183-185] 什么是原始佛教(What is Original Buddhism) 2016
[186-193] 从经典导向道和果(Sutta Guide to Paths & Fruits) 2016
[194-195] 出家的因缘(Reasons for Going Forth) 2012
[196-197] 布施, 持戒与禅修 (Dana, Sila and Bhavana) 2012
[198-201] 教授尸迦罗越经(Sigalovada Sutta) 2012
[198-199] Reasons for Going Forth 2012
[202-203] 四圣谛(Four Noble Truths) 2012
[204-207] 十二因缘(12 Links of Dependent Origination) 2012
[208-209] 佛法問与答 Q&A 2012
[210] 快乐的寻觅(Search for Happiness) 2006
[211-212] 五趣轮回(Five Destinations of Rebirth) 2006
[213-214] 怎样达至一果(How To Become A Sotapanna) 2010
[215-217] 佛教的演变(How Early Buddhism Evolved) 2010
[218-219] 五取蕴(Five Aggregates of Attachment) 2010
[220-222] 吉祥经(Mangala Sutta) 2006
[223-224] 业报与肉食(Kamma And Meat Eating) 2010
[225] 初出家的经验(Early Monkhood Experiences) 2006

06 中部 Majjhima Nikaya (HOK) 2013

- [226] 01-Mulapariyaya 根源经(2013-10-23)
[227-228] 02-Sabbasava 漏经(2013-10-24)
[229] 03-Dhammadayada 法继承经(1995)
[230] 04-Bhayabherava 恐惧惊慌经(1995)
[231] 05-Anangana 无秽经(2013-10-25)
[232] 06-Akankheyya 希望经(2013-10-25)
[233] 07-Vatthupama 布喻经(2013-10-26)
[234] 08-Sallekha 渐损经(2013-10-27)
[235-236] 09-Sammaditthi 正见经(2013-10-28)
[237-238] 10-Satipatthana 念处经(2013-10-29)
[239] 11-Culasihanada 小狮子吼经(2013-10-30)
[240-241] 12-Mahasihanada 大狮子吼经(1995)
[242] 13-Mahadukkakkhandha 大苦蕴经(1995)
[243] 14-Culadukkakkhandha 小苦蕴经(1995)
[244] 15-Anumana 反思经,
16-Cetokhila 心障碍经-2013-10-31
[245] 17-Vanapattha 树林经(1995)
[246] 18-Madhupindika 蜜团经(2013-11-01)
[247] 19-Dvedhavitakka 两类觉经(2013-11-03)
[248] 20-Vitakkasanthana 觉止息经(2013-11-03)
[249] 21-Kakacupama 锯喻经(1995)
[250-251] 22-Alagaddhupama 蛇喻经(2013-11-05)
[252] 23-Vammika 蚂蚁窝经(2013-11-06)
[253] 24-Rathavinita 接替马车经(2013-11-06)
[254] 25-Nivapa 诱饵经(1995)
[255] 26-Ariyapariyesana 寻求圣法经(1995)
[256] 27-Culahatthipadopama 小象迹喻经(2013-07-23)
[257] 28-Mahahatthipadopama 大象迹喻经(2013-11-07)
[258] 28-Q&A (2013-11-07)
[259] 29-Mahasaropama 大实木喻经(2013-11-08)
[260] 29-Q&A (2013-11-08)
[261] 30-Culasaropama 小实木喻经(1995)
[262] 31-Culagosinga 小牛角经(1995)
[263] 32-Mahagosinga 大牛角经(2013-07-24)
[264-265] 33-Mahagopalaka 大牧牛人经(2013-07-25)
[266] 34-Culagopalaka 小牧牛人经(2013-07-26)
[267-268] 35-Culasaccaka 小萨遮经(2013-07-27)
[269-270] 36-Mahasaccaka 大萨遮经(2013-07-28)
[271] 37-Culatanhasankhaya 小爱尽经, 38-Mahatanhasankhaya 大爱尽经(2013-07-29)
[272-273] 39-Maha-Assapura 大马城经(2013-07-30)
[274] 40-Cula-Assapura 小马城经(2013-07-31)
[275] 41-Saleyyaka 娑罗村经, 42-Veranjaka 毗兰若经(2013-08-01)
[276-277] 43-Mahavedalla 大广解经(2013-08-02)
[278-279] 44-Culavedalla 小广解经(2013-08-03)
[280] 45-Culadhammasamadana 小行法经(2013-08-04)
[281] 46-Mahadhammasamadana 大行法经(2013-08-04)
[282] 47-Vimamsaka 观察经, 48-Kosambiya 拘睢弥经(2013-08-06)
[284-285] 50-Maratajjaniya 魔罗受斥经(2013-08-07)
[286-287] 51-Kandaraka 紧达罗迦经(2013-08-08)
[288] 52-Atthakanagara 八城经(2013-08-09)
[289] 53-Sekha 学人经(2013-08-09)
[290-291] 54-Potaliya 颇多利耶经(2013-08-10)
[292-293] 55-Jivaka 耆婆经(2013-08-11)
[294-296] 56-Upali 优波离经(2013-08-12)
[297] 57-Kukkuravatika 狗戒经(2013-08-13)
[298] 58-Abhayarajakumara 无畏王子经(2013-08-14)
[299] 59-Bahavedaniya 多种受经(2013-08-14)
[300] 60-Apannaka 无净经(2013-08-15)
[301] 61-Ambalattikarahulovada 芒果林教化罗睺迦经(2013-08-17)
[302] 62-Maharahulovada 大教化罗睺迦经(2013-08-17)
[303-304] 63-Culamalunkya 小摩伦迦经(2013-08-18)
[305-306] 64-Mahamalunkya 大摩伦迦经(2013-08-19)
[307-308] 65-Bhaddali 跋陀离经(2013-08-20)
[309-310] 66-Latukikopama 鹑鹑喻经(2013-08-21)
[311-312] 67-Catuma 遮偷摩经(2013-08-22)
[313] 68-Nalakapana 那迦迦波那经(2013-08-23)
[314] 69-Gulissani 瞿尼师经(2013-08-23)
[315-316] 70-Kitagiri 基多山经(2013-08-24)
[317] 71-Tevijjavacchagotta 三明婆蹉种经(2013-08-25)
[318] 72-Aggivacchagotta 火婆蹉种经(2013-08-25)
[319-320] 73-Mahavacchagotta 大婆蹉种经(2013-08-26)
[321] 74-Dighanakha 长甲经(2013-08-27)

[322-323] 75-Magandiya 摩紧提耶经(1995)
[324-325] 76-Sandaka 散陀迦经(2013-08-28)
[326-327] 77-Mahasakuludaya 大沙俱逻 优陀夷经(2013-08-29)
[328] 78-Samanamandika 须摩满提经(2013-08-30)
[329-330] 79-Culasakuludayi 小沙俱逻 优陀夷经(2013-08-31)
[331] 80-Vekhanassa 韦迦那经(2013-09-02)
[332] 81-Ghatikara 伽提迦罗经(1995)
[333-334] 82-Ratthapala 赖吒和罗经(2013-09-02)
[335] 83-Makhadeva 大天王经(2013-09-03)
[336] 84-Madhura 摩偷罗经(2013-09-03)
[337-338] 85-Bodhirajakumara 菩提王子经(2013-09-04)
[339] 86-Angulimala 央掘摩罗经(2013-09-05)
[340] 87-Piyajatika 钟爱生经(2013-09-05)
[341] 88-Bahitika 斗篷经(2013-09-06)
[342] 89-Dhammacetiya 法庙经(2013-09-07)
[343] 90-Khannakatthala 紧那迦陀迦经(2013-09-08)
[344] 91-Brahmayu 梵寿经(2013-09-08)
[345] 92-Sela 舍罗经(2013-09-09)
[346] 93-Assalayana 阿婆迦经(2013-09-09)
[347] 94-Ghotamukha 瞿多目迦经(2013-09-10)
[348-349] 95-Canki 阐基经(2013-09-11)
[350] 96-Esukari 伊须迦利经(2013-09-12)
[351] 97-Dhananjani 陀然经(2013-09-12)
[352] 98-Vaseththa 婆舍多经(2013-09-14)
[353-354] 99-Subha 须跋经(2013-09-15)
[355-356] 100-Sangarava 僧伽罗婆经(2013-09-16)
[357-358] 101-Devadaha 天湖经(2013-09-17)
[359] 102-Pancattaya 五与三经, 103-Kinti 认为经(2013-09-18)
[360] 104-Samagama 沙摩村经(2013-09-19)
[361-362] 105-Sunakkhatta 须那迦经(2013-09-20)
[363] 106-Anenjasappaya 助益不动摇经(2013-09-21)
[364] 107-Ganakamoggallana 算师目犍连经(2013-09-21)
[365-366] 108-Gopakamoggallana 防卫大臣目犍连经(2013-09-22)
[367-368] 109-Mahapunna 大月圆经(2013-09-23)
[369] 110-Culapunnama 小月圆经(2013-09-24)
[370] 111-Anupada 逐一经(2013-09-24)
[371-372] 112-Chabbisodhana 六种清净经(2013-09-25)
[373] 113-Sappurisa 善人经(2013-09-26)
[374] 114-Sevitabbasevitabba 应行不应行经(2013-09-26)
[375-376] 115-Bahudhatuka 多种界经(2013-09-27)
[377] 116-Isigili 仙人山经(1995)
[378-379] 117-Mahacattarisaka 大四十经(2013-09-28)
[380-381] 118-Anapanasati 出入息念经(2013-09-29)
[382-383] 119-Kayagatasati 身念经(2013-09-30)
[384] 120-Sankharupapatti 行与再投生经(2013-10-01)
[385] 121-Culasunnata 小空经(2013-10-01)
[386-387] 122-Mahasunnata 大空经(2013-10-02)
[388] 123-Acchariya-abbhuta 未曾有法经,
124-Bakkhula 薄拘罗经(2013-10-03)
[389-390] 125-Dantabhumi 调御地经(2013-10-04)
[391] 126-Bhumija 浮弥经(2013-10-06)
[392] 127-Anuruddha 阿那律陀经(2013-10-06)
[393-394] 128-Upakkilesa 污染经(2013-10-07)
[395-396] 129-Balapanita 愚人与智者经(2013-10-08)
[397-398] 130-Devaduta 天使经(2013-10-09)
[399] 131-Bhaddekaratta 理想好独处之修行者经,
132-A.Bhadde 阿难理想好独处之修行者经(2013-10-10)

[400] 133-M.Bhadde 大迦旃延理想好独处之修行者经,
134-L.K.Bhadde 卢夷强普理想好独处之修行者经(2013-10-10)
[401] 135-Culakammavibhanga 小业分别经(2013-10-11)
[402] 136-Mahakammavibhanga 大业分别经(2013-10-11)
[403-404] 137-Salayatanavibhanga 六处分别经(2013-1-0-12)
[405-406] 138-Uddesavibhanga 总说分别经(2013-10-13)
[407-408] 139-Aranavibhanga 无净分别经(2013-10-14)
[409-410] 140-Dhatuvibhanga 界分别经(2013-10-15)
[411] 141-Saccavibhanga 谛分别经(2013-10-16)
[412] 142-Dakkhnavibhanga 施分别经(2013-10-16)
[413] 142-Q&A(2013-10-16)
[414] 143-Anathapindikovada 教化给孤独经(2013-10-17)
[415] 144-Channovada 教化阐陀经(2013-10-17)
[416] 145-Punnovada 教化富楼那经(2013-10-18)
[417] 146-Nandakovada 教化难陀迦经(2013-10-18)
[418] 147-Cularahulovada 小教化罗睺迦经(2013-10-19)
[419] 148-Chachakka 六六经(2013-10-19)
[420] 149-Mahasalayatanika 大六处经(2013-10-20)
[421] 150-Nagaravindeya 频头城经(2013-10-20)
[422] 151-Pindapataparissuddhi 乞食清净经(2013-10-21)
[423] 152-Indriyabhavana 根修习经(2013-10-22)

07 相应部 Samyutta Nikaya (HOK-MDN) 2015

[424-451] SN 12-Nidana 因缘(Jul 25-Aug 5, 2015)
[452-453] SN 13-Abhisamaya 通达,16-Kassapa 迦葉,
17-Labhasakkara 利养, 20-Opamma 譬喻(06-08-2015)
[454-485] SN 22-Khandha 五蕴(Aug 7-21, 2005)
[486] SN 25-Okkanti 入, 35-Salayata 六入(22-08-2015)
[487-516] SN 35-Salayata 六入(Aug 22-Sep 3, 2005)
[517-521] SN 36-Vedana 受(Sep 4-5, 2015)
[522-528] SN 45-Magga 道(Sep 7-9, 2015)
[529-541] SN 46-Bojjhanga 觉支(Sep 10-14, 2015)
[542-551] SN 47-Satipatthana 念住(Sep 15-19, 2015)
[552-553] SN 48-Indriya 根(Sep 19-20, 2015)
[554] SN 49-Sammappadhana 正勤, 50-Bala 力(20-09-2015)
[555] 问与答 Q&A (20-09-2015)
[556-560] SN 51-Iddhipada 神足(Sep 21-23, 2015)
[561] SN 51-Iddhipada 神足, 52-阿那律陀, 53-Jhana 禅(23-9-2015)
[562-565] SN 54-Anapana 入出息(Sep 24-25, 2015)
[566-571] SN 55-Sotapatti 入流(Sep 26-28, 2015)
[572-578] SN 56-Sacca 谛(Sep 29-Oct 1, 2015)

08 长部 Digha Nikaya (HOK-MDN) 2015

[579-585] DN 02-Samannaphala 沙门果经(Oct 2-4, 2015)
[586-590] DN 05-Kutadanta 古得且得经(Oct 7-8, 2015)
[591-592] DN 11-Kevadha 给味得经(09-10-2015)
[593-597] DN 21-Sakkapanha 帝释所问经(Oct 10-11, 2015)
[598-601] DN 29-Pasadika 清净经(Oct 12-13, 2015)

09 粤语佛法开示 Cantonese Dhamma Talks

[602-603] 布施与持戒- Dana and Sila 2007
[604-608] 业报- Kamma-Vipaka 2007
[609-610] 世间财产或心之财产- Worldly Currency Vs
Spiritual Currency 2007
[611-612] 听闻正法的重要性- Importance of Listening of Suttas 2008
[613-615] 快乐与享受- Happiness and Enjoyment 2007

[616-620] 三十层众生- Thirty Planes of Existence 2008
[621-622] 真正的财神- The Real God of Wealth 2010
[623-624] 快乐的寻觅- The Search for Happiness 2007
[625-628] 佛法 Q&A - Dhamma Discussion With TAR
College Students 2007
[629-630] 四圣谛- Four Noble Truths 2008
[631-633] 原始佛教- Original Buddhism 2008
[634-636] 八正道- Noble Eightfold Path 2010
[637-641] 五蕴- Five Aggregates 2001
[642-644] 正见, 觉知, 念与定- Right View, Mindfulness,
Recollection and Concentration 2001
[645-648] 禅修- Meditation 2008
[649] 观- Vipassana 2008
[650-652] 四念处- Satipatthana 2008
[653-658] 佛法问与答- Dhamma Discussion In Hong Kong 2008
[659-660] 明行足- Vijja Carana Sampanno 2005
[661-662] 佛教的演变- How Buddhism Evolved 2010
[663-665] 何谓佛所教- What is the Buddha's Teaching 2017
[666-668] 如何修习七觉-How to Develop the 7 Bojjhanga 2018

10 慧光师清净自在系列 1

[669] 学佛为何越学越苦恼?
[670] 五戒是幸福人生的基本条件。
[671] 出了家又入了家。
[672] 佛是万能的吗?
[673] 三种病人四种马。
[674] 出家人可以吃肉吗?
[675] 吃肉是间接的杀生吗?
[676] 真正的战场。
[677] 冤有头债有主。
[678] 恐惧死亡的原因。
[679] 别错失机缘!
[680] 迷信与正信。
[681] 七件你应该时时注意的事项。



回归原始佛教

mp3 48 kbps ~ 44kHz ~ Mono

Ven. Dhammavuddho Mahathera
达摩悟陀长老 (主持)
Abbot of
VIHARA BUDDHA GOTAMA
乔达摩佛寺
c/o 121 Jalan Besar,
35350 Temoh, Perak, Malaysia
Website: www.vbgnnet.org
Tel: +60 12 469 7483

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[682] 一念之差!
[683] 生死流转的三条连锁。
[684] 关闭与闭关。
[685] 师父不慈悲!
[686] 神佛不分!
[687] 为活人诵经。
[688] 具足五个条件才能构成杀生罪!
[689] 感官的接触是烦恼的起点, 也是智慧的源泉。
[690] 诵经能够消业障吗?
[691] 师父为什么你会出家。
[692-693] 睁大眼睛看清楚!

11 慧光师清净自在系列 2

[694-695] 照见五蕴皆空
[696-697] 灭除一切烦恼
[698-700] 苦从哪来?
[701-703] 业是命运的创造者
[704] 一切都在燃烧
[705] 凡夫与圣者见解之间的差别
[706] 好人难做

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