龍華藏院
Leong Hwa
MONASTERY

將心比心，心連心道場
Heart-to-Heart Dojo

The Core Theme: 將心比心 (Empathy) & 惜福 (Cherishing Blessings)

In Chinese Mahayana Buddhism the term carries a deep, traditional meaning centred on the Bodhisattva path and community harmony. It highlights two daily mindsets to tie this all together:

- **將心比心** (Jiāng xīn bǐ xīn): "Put your heart in another's place." Treat others exactly how you wish to be treated.
- **惜水、惜电、惜福**: "Cherish water, cherish electricity, cherish your blessings." True alignment starts with small, mindful actions like turning off unused lights or saving water, which directly preserves your spiritual merits.



1 Harmony in Body 身和同住 – Behavioural Harmony

- **What it means:** Live peacefully alongside others, maintaining proper conduct and helping one another without causing disturbance.
- **Actionable steps:** Take care of the environment. Do not damage Monastery property, respect the quiet hours, and be mindful of your daily actions so you don't disrupt the peace of those around you.



2 Harmony in Speech 口和無诤 – Verbal Harmony

- **What it means:** Speak with kindness and eliminate conflicts born from speech.
- **Actionable steps:** Stop gossiping, insulting, arguing, or spreading rumours. Speak gently, communicate openly when issues arise, and use words that heal rather than divide.



3 Harmony in Mind 意和同悦 – Mental Harmony

- **What it means:** Share a unified spiritual goal while letting go of personal jealousy, pettiness, and judgment.
- **Actionable steps:** Actively celebrate other people's achievements and good deeds (rejoicing in merit). Avoid suspicious or resentful thinking and cultivate an inner joy for the community.



4 Harmony in Precepts 戒和同修 – Share precepts and practice Harmony

- **What it means:** Abide by the same rules, rules apply equally to everyone without exceptions or privileges.
- **Actionable steps:** Strictly follow the Monastery regulations and guidelines. This includes universal responsibilities like conserving resources and respecting the rules of the space.



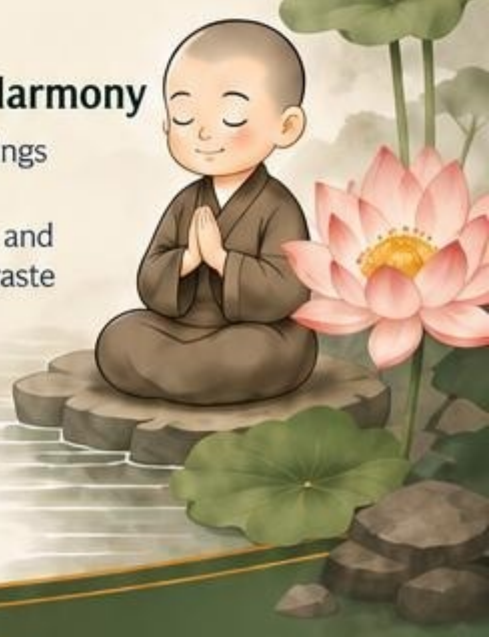
5 Harmony in Views 見和同解 – Harmonious Outlook

- **What it means:** Align on the core teachings of the Dharma and the primary direction of the Monastery, while tolerating minor differences in personal opinion.
- **Actionable steps:** Keep the big picture in mind—supporting the temple and practicing diligently. Do not let minor philosophical or personal disagreements fracture the unity of the group.



6 Harmony in Benefits 利和同均 – Economic Harmony

- **What it means:** Fairly distribute and share all resources, food, and offerings without hoarding or greed.
- **Actionable steps:** Treat all resources—including public water, electricity, and tools—as community property rather than personal possessions. Do not waste or overconsume them for selfish gain.



Summary

The Monastery is a 'Sanctuary of Shared Hearts' (連心道場). This means our practice goes beyond individual sitting or chanting. True Mahayana practice relies on the harmony of our community. When we align our hearts with the compassion of the Buddhas, and align our steps with each other, we create a powerful field of collective wisdom. We encourage all of us to support one another on the Bodhisattva path, turning our shared vows into reality.