

静而不争

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sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》生活，总是让人感到疲惫。但很多时候，我们之所以会这么累，其实不是因为生活本身，而是因为自己的心。《/span》《/p》《p style="margin: 0px 16px; padding: 0px; max-width: 100%; clear: both; min-height: 1em; color: rgb(51, 51, 51); font-family: -apple-system-font, BlinkMacSystemFont, "Helvetica Neue", "PingFang SC", "Hiragino Sans GB", "Microsoft YaHei UI", "Microsoft YaHei", Arial, sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align: justify; line-height: 1.75em; box-sizing: border-box !important; overflow-wrap: break-word !important;”》《span style="margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》 《/span》《/p》《p style="margin: 0px 16px; padding: 0px; max-width: 100%; clear: both; min-height: 1em; color: rgb(51, 51, 51); font-family: -apple-system-font, BlinkMacSystemFont, "Helvetica Neue", "PingFang SC", "Hiragino Sans GB", "Microsoft YaHei UI", "Microsoft YaHei", Arial, sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align: justify; line-height: 1.75em; box-sizing: border-box !important; overflow-wrap: break-word !important;”》《span style="margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》想的太多，就很难释怀；计较的太多，就不容易快乐。《/span》《/p》《p style="margin: 0px 16px; padding: 0px; max-width: 100%; clear: both; min-height: 1em; color: rgb(51, 51, 51); font-family: -apple-system-font, BlinkMacSystemFont, "Helvetica Neue", "PingFang SC", "Hiragino Sans GB", "Microsoft YaHei UI", "Microsoft YaHei", Arial, sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align: justify; line-height: 1.75em; box-sizing: border-box !important; overflow-wrap: break-word !important;”》《span style="margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》 《/span》《/p》《p style="margin: 0px 16px; padding: 0px; max-width: 100%; clear: both; min-height: 1em; color: rgb(51, 51, 51); font-family: -apple-system-font, BlinkMacSystemFont, "Helvetica Neue",

“PingFang SC”, “Hiragino Sans GB”, “Microsoft YaHei UI”, “Microsoft YaHei”, Arial, sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align: justify; line-height: 1.75em; box-sizing: border-box !important; overflow-wrap: break-word !important;”》《span style=”margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》或许，每个人都要走过一段路，经历一些事，遇到一些人，才能渐渐明白：一个人最好的活法，就是静而不争。《/span》《span style=”margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; color: rgb(89, 89, 89); letter-spacing: 1px;”》 《/span》《/p》《p style=”margin: 0px 16px; padding: 0px; max-width: 100%; clear: both; min-height: 1em; color: rgb(51, 51, 51); font-family: -apple-system-font, BlinkMacSystemFont, “Helvetica Neue”, “PingFang SC”, “Hiragino Sans GB”, “Microsoft YaHei UI”, “Microsoft YaHei”, Arial, sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align: justify; line-height: 1.75em; box-sizing: border-box !important; overflow-wrap: break-word !important;”》《span style=”margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》 《/span》《/p》《p style=”margin: 0px 16px; padding: 0px; max-width: 100%; clear: both; min-height: 1em; color: rgb(51, 51, 51); font-family: -apple-system-font, BlinkMacSystemFont, “Helvetica Neue”, “PingFang SC”, “Hiragino Sans GB”, “Microsoft YaHei UI”, “Microsoft YaHei”, Arial, sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align: justify; line-height: 1.75em; box-sizing: border-box !important; overflow-wrap: break-word !important;”》《span style=”margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》心累了，就放下吧。凡事看开些，得不到的，就不要，该放手的，就放手。《/span》《/p》《p style=”margin: 0px 16px; padding: 0px; max-width: 100%; clear: both; min-height: 1em; color: rgb(51, 51, 51); font-family: -apple-system-font, BlinkMacSystemFont, “Helvetica Neue”, “PingFang SC”, “Hiragino Sans GB”, “Microsoft YaHei UI”, “Microsoft YaHei”, Arial,

sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align: justify; line-height: 1.75em; box-sizing: border-box !important; overflow-wrap: break-word !important;”》 《span style=”margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》 《/span》 《/p》 《p style=”margin: 0px 16px; padding: 0px; max-width: 100%; clear: both; min-height: 1em; color: rgb(51, 51, 51); font-family: -apple-system-font, BlinkMacSystemFont, "Helvetica Neue", "PingFang SC", "Hiragino Sans GB", "Microsoft YaHei UI", "Microsoft YaHei", Arial, sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align: justify; line-height: 1.75em; box-sizing: border-box !important; overflow-wrap: break-word !important;”》 《span style=”margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》 这一辈子真的挺短，要把精力用在对的人身上，别为了一点小事浪费时间。 《/span》 《/p》 《p style=”margin: 0px 16px; padding: 0px; max-width: 100%; clear: both; min-height: 1em; color: rgb(51, 51, 51); font-family: -apple-system-font, BlinkMacSystemFont, "Helvetica Neue", "PingFang SC", "Hiragino Sans GB", "Microsoft YaHei UI", "Microsoft YaHei", Arial, sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align: justify; line-height: 1.75em; box-sizing: border-box !important; overflow-wrap: break-word !important;”》 《span style=”margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》 《/span》 《/p》 《p style=”margin: 0px 16px; padding: 0px; max-width: 100%; clear: both; min-height: 1em; color: rgb(51, 51, 51); font-family: -apple-system-font, BlinkMacSystemFont, "Helvetica Neue", "PingFang SC", "Hiragino Sans GB", "Microsoft YaHei UI", "Microsoft YaHei", Arial, sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align: justify; line-height: 1.75em; box-sizing: border-box !important; overflow-wrap: break-word !important;”》 《span style=”margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》 说到底，心大了，大事就变小了，心小了，小事也变大了。 《

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到一半的时候发现柴不够。有的弟子说，赶快去砍柴，有的则说去借，还有的说去买。师父问：“为什么不把壶里的水倒掉一些呢？”

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YaHei UI", "Microsoft YaHei", Arial, sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align: justify; line-height: 1.75em; box-sizing: border-box !important; overflow-wrap: break-word !important;”》《span style=”margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》有时候，你越是想抓住什么，什么就会离你越远；你越是执着于某人，就会被他伤害得越深。《/span》《/p》《p style=”margin: 0px 16px; padding: 0px; max-width: 100%; clear: both; min-height: 1em; color: rgb(51, 51, 51); font-family: -apple-system-font, BlinkMacSystemFont, "Helvetica Neue", "PingFang SC", "Hiragino Sans GB", "Microsoft YaHei UI", "Microsoft YaHei", Arial, sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align: justify; line-height: 1.75em; box-sizing: border-box !important; overflow-wrap: break-word !important;”》《span style=”margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》 《/span》《/p》《p style=”margin: 0px 16px; padding: 0px; max-width: 100%; clear: both; min-height: 1em; color: rgb(51, 51, 51); font-family: -apple-system-font, BlinkMacSystemFont, "Helvetica Neue", "PingFang SC", "Hiragino Sans GB", "Microsoft YaHei UI", "Microsoft YaHei", Arial, sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align: justify; line-height: 1.75em; box-sizing: border-box !important; overflow-wrap: break-word !important;”》《span style=”margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》缘聚缘散，都顺其自然。对自己好一点，没有多少人值得你去委曲求全。《/span》《/p》《p style=”margin: 0px 16px; padding: 0px; max-width: 100%; clear: both; min-height: 1em; color: rgb(51, 51, 51); font-family: -apple-system-font, BlinkMacSystemFont, "Helvetica Neue", "PingFang SC", "Hiragino Sans GB", "Microsoft YaHei UI", "Microsoft YaHei", Arial, sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align: justify; line-height: 1.75em; box-sizing: border-box !important; overflow-wrap: break-word !important;”》《span style=”margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box

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SC", "Hiragino Sans GB", "Microsoft YaHei UI", "Microsoft YaHei", Arial, sans-serif; font-size: 17px; letter-spacing: 0.544px; line-height: 1.75em; text-align: center; box-sizing: border-box !important; overflow-wrap: break-word !important;” 《span style=“margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》 《/span》 《span style=“color: rgb(217, 33, 66); letter-spacing: 1px;”》余生，简单地过，开心地活 《/span》 《/p》 《p style=“margin: 0px 16px; padding: 0px; max-width: 100%; clear: both; min-height: 1em; color: rgb(51, 51, 51); font-family: -apple-system-font, BlinkMacSystemFont, "Helvetica Neue", "PingFang SC", "Hiragino Sans GB", "Microsoft YaHei UI", "Microsoft YaHei", Arial, sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align: justify; line-height: 1.75em; box-sizing: border-box !important; overflow-wrap: break-word !important;”》 《span style=“margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》 《/span》 《/p》 《p style=“margin: 0px 16px; padding: 0px; max-width: 100%; clear: both; min-height: 1em; color: rgb(51, 51, 51); font-family: -apple-system-font, BlinkMacSystemFont, "Helvetica Neue", "PingFang SC", "Hiragino Sans GB", "Microsoft YaHei UI", "Microsoft YaHei", Arial, sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align: justify; line-height: 1.75em; box-sizing: border-box !important; overflow-wrap: break-word !important;”》 《span style=“margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》人生一世，草木一秋，谁都逃不过两样东西，一是因果，二是无常。 《/span》 《/p》 《p style=“margin: 0px 16px; padding: 0px; max-width: 100%; clear: both; min-height: 1em; color: rgb(51, 51, 51); font-family: -apple-system-font, BlinkMacSystemFont, "Helvetica Neue", "PingFang SC", "Hiragino Sans GB", "Microsoft YaHei UI", "Microsoft YaHei", Arial, sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align: justify; line-height: 1.75em; box-sizing: border-box !important; overflow-wrap: break-word !important;”》 《span style=“margin: 0px; padding: 0px; max-

width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》 《/span》《/p》《p style=”margin: 0px 16px; padding: 0px; max-width: 100%; clear: both; min-height: 1em; color: rgb(51, 51, 51); font-family: -apple-system-font, BlinkMacSystemFont, "Helvetica Neue", "PingFang SC", "Hiragino Sans GB", "Microsoft YaHei UI", "Microsoft YaHei", Arial, sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align: justify; line-height: 1.75em; box-sizing: border-box !important; overflow-wrap: break-word !important;”》《span style=”margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》聚散得失，皆是天意。无论结果如何，遇见了，就是一种缘分，都应该感恩。《/span》《/p》《p style=”margin: 0px 16px; padding: 0px; max-width: 100%; clear: both; min-height: 1em; color: rgb(51, 51, 51); font-family: -apple-system-font, BlinkMacSystemFont, "Helvetica Neue", "PingFang SC", "Hiragino Sans GB", "Microsoft YaHei UI", "Microsoft YaHei", Arial, sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align: justify; line-height: 1.75em; box-sizing: border-box !important; overflow-wrap: break-word !important;”》《span style=”margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》 《/span》《/p》《p style=”margin: 0px 16px; padding: 0px; max-width: 100%; clear: both; min-height: 1em; color: rgb(51, 51, 51); font-family: -apple-system-font, BlinkMacSystemFont, "Helvetica Neue", "PingFang SC", "Hiragino Sans GB", "Microsoft YaHei UI", "Microsoft YaHei", Arial, sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align: justify; line-height: 1.75em; box-sizing: border-box !important; overflow-wrap: break-word !important;”》《span style=”margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》学会善待自己，很多东西，都别太在意。你争，累你自己，你气，气你自己，到头来，得不偿失。《/span》《/p》《p style=”margin: 0px 16px; padding: 0px; max-width: 100%; clear: both; min-height: 1em; color: rgb(51, 51, 51); font-family: -apple-system-font, BlinkMacSystemFont,

“Helvetica Neue”, “PingFang SC”, “Hiragino Sans GB”,
“Microsoft YaHei UI”, “Microsoft YaHei”, Arial, sans-serif; font-
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 《/span》《/p》《p style=”margin: 0px 16px; padding: 0px; max-width: 100%; clear:
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sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align: justify; line-height:
1.75em; box-sizing: border-box !important; overflow-wrap: break-word !important;”》《
span style=”margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box
!important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89,
89, 89);”》到了一定的年纪，心就该慢慢静下来了。有些人，争不来，有些事，不必争。生活不易
, 且行且珍惜。《/span》《/p》《p style=”margin: 0px 16px; padding: 0px; max-width:
100%; clear: both; min-height: 1em; color: rgb(51, 51, 51); font-family: -apple-system-
font, BlinkMacSystemFont, “Helvetica Neue”, “PingFang SC”,
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YaHei”, Arial, sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align:
justify; line-height: 1.75em; box-sizing: border-box !important; overflow-wrap: break-
word !important;”》《span style=”margin: 0px; padding: 0px; max-width: 100%; box-
sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing:
1px; color: rgb(89, 89, 89);”》 《/span》《/p》《p style=”margin: 0px 16px;
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“PingFang SC”, “Hiragino Sans GB”, “Microsoft YaHei UI”,
“Microsoft YaHei”, Arial, sans-serif; font-size: 17px; letter-spacing:
0.544px; text-align: justify; line-height: 1.75em; box-sizing: border-box !important;
overflow-wrap: break-word !important;”》《span style=”margin: 0px; padding: 0px; max-

width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》人生这条路，有悲有喜，有阴有晴，最重要的不是目的地，而是沿途的风景，和自己的心情。《/span》《/p》《p style="margin: 0px 16px; padding: 0px; max-width: 100%; clear: both; min-height: 1em; color: rgb(51, 51, 51); font-family: -apple-system-font, BlinkMacSystemFont, "Helvetica Neue", "PingFang SC", "Hiragino Sans GB", "Microsoft YaHei UI", "Microsoft YaHei", Arial, sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align: justify; line-height: 1.75em; box-sizing: border-box !important; overflow-wrap: break-word !important;”》《span style="margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》 《/span》《/p》《p style="margin: 0px 16px; padding: 0px; max-width: 100%; clear: both; min-height: 1em; color: rgb(51, 51, 51); font-family: -apple-system-font, BlinkMacSystemFont, "Helvetica Neue", "PingFang SC", "Hiragino Sans GB", "Microsoft YaHei UI", "Microsoft YaHei", Arial, sans-serif; font-size: 17px; letter-spacing: 0.544px; text-align: justify; line-height: 1.75em; box-sizing: border-box !important; overflow-wrap: break-word !important;”》《span style="margin: 0px; padding: 0px; max-width: 100%; box-sizing: border-box !important; overflow-wrap: break-word !important; letter-spacing: 1px; color: rgb(89, 89, 89);”》往后余生，安而不乱，静而不争，简单地过，开心地活！《/span》《/p》

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