



菩提田

Bodhi Field

# 上虛下雲老和尚在雲居山的事蹟點滴

《續》

THE BIOGRAPHY OF VENERABLE MASTER HSU YUN IN YUNJU MOUNTAIN (CONTINUED)

上虛下雲法師講述於九龍志蓮淨苑，虛老和尚圓寂四十週年（1999年）之佛誕期間

SPOKEN BY DHARMA MASTER SHAO YUN IN 1999 ON THE BUDDHA'S BIRTHDAY AND THE 40TH ANNIVERSARY OF VENERABLE MASTER HSU YUN'S ENTERING NIRVANA AT ZHILIAN PURE SOCIETY, KOWLOON

沙彌果福 根據錄音帶整理 TRANSCRIBED AND COMPILED BY SHRAMANA GUO FU

沙彌尼親毅 英譯 ENGLISH TRANSLATION BY SHRAMANERIK A CHIN YI

當時已是一百一十七歲高齡的老和尚，每天都要到建築場所和開荒的地方巡看，並親自指導，還要接待來自各方的人士，晚上六點到禪堂裡講開示，八點以後開始翻閱來自各地的信件。信件有時一天多達百多封，他老人家都要一一過目，若是重要的函件，他便親筆回覆，若是一般書信，他說明意思就由我們代覆。他平常都要深夜十二點左右才休息，翌日凌晨兩點又起床打坐，直到打四板，即大約三點半才起床洗臉；不用牙刷牙膏，只用溫水漱一下口，然後吐在毛巾上

，洗洗雙眼，再洗整個面部。他說這樣洗，可防止眼疾，又能增加視力。洗過臉後，就到佛前禮拜，之後又回到床上打坐，那時我們就開始上早殿了。早殿後，稍微休息一會兒，聞打梆聲，大眾就往齋堂過早堂了。

當時山上的生活很艱苦，開發的田地不多，收成的穀子也很少。因為紅薯初生，收成較多，每年七月份開始直到第二年的三月

，都是吃紅薯的季節。而紅薯的葉子和枝幹，就是我們的小菜了。有時連蕃薯根和葉也沒有，就只有炒鹹鹽加進稀飯裡吃。每天過早堂吃的稀飯，只是一點點的米混了多多的紅薯一起煮的。中午吃飯呢，雖然當時師傅們吃飯吃得很多，也只是隨便弄一點小菜，有青菜已算是很好的了；晚上是沒有飯或麵的，只有煮一些蕃薯或是馬鈴薯，放在齋堂裡面，要吃藥石的就自己去弄一點，但是吃的人很少。

老和尚吃的稀飯和菜，都是由我們從大寮裡打的，跟大眾師傅們吃的一樣，如果沒有客

The Venerable Master was 117 years old at that time. He would inspect the construction and farming sites and even direct the work. The Master had to receive guests, give lectures at six o'clock every evening, and read his correspondence after eight o'clock. Sometimes he received more than one hundred letters in a singleday, but he read them all. If the letters were important, he would reply to them personally. Otherwise, he would ask us to respond to them according to his wishes. Venerable Master Hsu Yun usually retired around midnight and woke up at two next morning to meditate. He would sit until the boards were hit for the fourth time, which was about 3:30, and then go to wash his face. The Master didn't use a toothbrush or toothpaste, but merely rinsed his mouth with warm water and then spat the water into a towel which he used to wipe his eyes and face. He said that kind of cleaning could prevent ophthalmic illnesses and improve one's eyesight. After the Master washed his face, he would bow to the Buddha then return to his bed and meditate. We began our Morning Recitation at that time. Following the ceremony, we took a short break and had our breakfast after the boards were struck.

Life in the mountains was really harsh in those days. Since we didn't develop much farmland, the grain we harvested was limited. However, we could harvest a lot of yams. July to March was the season to eat yams. The leaves and stems of the yam became our side dish. Sometimes we didn't even have yam leaves and stems. As a result, we just ate rice gruel with stir-fried salt. The rice gruel we had for breakfast contained more yams than rice. For lunch, we ate a lot of rice, but the vegetable dishes were rather simple. We considered ourselves well off when we had green vegetables. There was no rice or noodles for dinner. We just cooked some yams and potatoes and set them in the dining hall for the few people who had dinner.

Our kitchen prepared rice gruel and vegetables for Venerable Master Hsu Yun, exactly the same food that the assembly ate. If

人的話，他從不加一道菜，他老人家那種節儉簡樸的生活，現在想起來，還記憶猶新。

雲居山地勢很高，海拔一千一百多米，冬天氣候很冷，低至零下（攝氏）十七八度，收藏在地窖裡的紅薯，經不起寒冷的空氣，皮都發黑了，煮熟後吃起來很苦的。有一次，我和奇賢師一起在老和尚那裡吃稀飯，吃到了那種又苦又澀的紅薯皮，便撿出來放在桌邊上；老和尚看到時默不作聲，迨吃過稀飯後，他老人家卻一聲不響的把那些紅薯皮都吃掉了。當時我們倆目睹那情景，心裡感到很慚愧和難過，從此以後再也不敢不吃紅薯皮了。事後我們問老和尚說：「您老人家都那麼大年紀了，而那些紅薯皮好苦啊，您怎麼還吃得下去呢？」老和尚嘆了一口氣

，對我們說：「這是糧食啊！只可以吃，不可以糟蹋啊！」

又有一次，江西宗教事務處處長張建民先生到山上來探望老和尚，老和尚自己加了幾道菜請他吃午飯。張處長始終是個在家人

，不懂得惜福，當他在吃飯時，掉了好幾粒米飯在地上。老和尚看見了也不說話，等吃完飯後，他才自己彎下腰來，一粒粒的把那些米飯從地上撿起來，放進口裡吃下去，使得那位張處長面紅耳赤，很不自在。他一再勸老和尚說：「老和尚，那些米飯已掉在地上弄髒了，不能吃了。」老和尚說：「不要緊啊！這些都是糧食，一粒也不能糟蹋的。」

「處長又說：「您老人家的生活要改善一下啊！」老和尚答：「就是這樣，我已經很好了。」

老和尚的身體很好，除了早上吃兩碗稀飯外，有時還會吃一點馬鈴薯；中午吃兩大碗米飯，晚上有時吃一小碗麵條，或者吃一點稀飯。他說他晚上開始吃藥食，是從「雲門事件」（1951年）發生後才開始的，在此以前，他老人家一直都是過午不食的。

待續



there were no guests, he wouldn't add another dish. My memories of the Master's frugal and simple lifestyle are still fresh.

Yunju Mountain is very high, with an altitude of more than eleven hundred meters. During winter, it gets as cold as seventeen or eighteen degrees below zero Celsius. Due to the extreme cold, the skin of the yams stored in the cellar turned black

and tasted really bitter when cooked. Once, Dharma Master Qi Xian and I had some rice gruel with the Venerable Master. We picked out the bitter yam skins and put them on the table. When the Master saw that, he didn't say anything. However, after we finished, he ate the skins without uttering a sound. We asked the Elder Master afterward, "Venerable One, at your age, how could you eat those bitter skins?" The Master heaved a sigh and replied, "This is food! I can't waste it as long as it's edible!"

Another time, Mr. Zhang Jianming, Jiangxi Director of Religious Affairs, paid a visit to the Venerable Master Hsu Yun. The Master personally cooked some additional dishes for Mr. Zhang's lunch. Since Mr. Zhang was still a layperson, he didn't know how to cherish blessings and dropped few grains of rice while he ate. Upon seeing that, the Venerable Master didn't say anything but bent down to pick them up one by one and ate them after lunch was over. Mr. Zhang was quite embarrassed and told the Master, "Elder Master, those grains of rice became dirty when they fell to the ground. They cannot be eaten." Venerable Master Hsu Yun answered, "It doesn't matter. It is all food and I can't even waste one grain of it." Mr. Zhang said, "You should improve your lifestyle!" Venerable Master replied, "I'm fine this way."

The Master was very healthy. Sometimes he would eat potatoes in addition to two bowls of rice gruel. Venerable Master Hsu Yun ate two big bowls of rice for lunch and one small bowl of noodles or rice gruel for dinner. He said that he started to take dinner [literally 'medicine meal'] after the "Yunmen Incident" in 1951. Before that, the Master didn't eat after noontime.

To be continued