

怎麼四王天的一晝夜會是人間五十年呢？我舉一個例子，你們就都可以明白了。我們如果覺得這一天很快樂的，不知不覺這一天就過了，覺得這天很短的。在天上他們都很快樂，所以他們的一晝夜，就等於我們這兒五十年那麼長。

爲什麼我們人間就五十年這麼長呢？因爲人間煩煩惱惱、苦苦惱惱、爭爭吵吵，一天到晚這麼忙忙碌碌，都不知幹什麼？就好像蒼蠅在空中，飛到東邊，飛到西邊，飛到南邊，飛到北邊，也不知幹些什麼？你看，在這兒沒有什麼快樂，所以這個時間就長了！我們人間一晝夜，又是地獄裏五十年！爲什麼地獄它那時間又長了呢？也就因爲它太痛苦了，所以就覺得時間延長了！

## 我沒有時間 *I've Got No Time*

摘錄自宣化上人《楞嚴經》淺釋

EXCERPT FROM THE COMMENTARY ON THE *SHURANGAMA SUTRA* BY MASTER HSUAN HUA  
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The Heaven of the Four Kings is the heaven closest to us, located halfway up Mount Sumeru, as explained in the Buddhist sutras. It does not reach the peak of Mount Sumeru. The four great heavenly kings are the eastern heavenly king, the southern heavenly kings, the western heavenly king, and the northern heavenly king. The life span of beings in the Heaven of the Four Kings is 500 years; after 500 years, they are destined to fall, and the five marks of decay appear as I explained earlier. A day and a night in the Heaven of the Four Kings is equivalent to 50 years among people. "How is this?" you ask.

I'll give you an example to help you understand. If we feel very happy on a given day, the day passes without our even being aware of it. We feel the day was very short. All of us are like that. Because it is blissful in the heavens, a day and night there is equal to 50 years among people.

Why is 50 years such a long time in the realm of people? In the realm of people there is continual disturbance and affliction, suffering and difficulty,

由此我們應該明白，這個時間沒有長短的。所以以前果尋問我：「什麼叫時間？」我說：「沒有時間。」時間就是每一個人自己的感覺，長短而已。你要是天天快樂，覺得很快樂的；恐怕過五百年，你也覺得是沒有好長的時間。不要說五百年，說五十年吧！這個人一生很快樂，也不憂也不愁，也沒有脾氣，也沒有煩惱，快快樂樂的；他這一生覺得是一轉眼之間。爲什麼？他太快樂了。

這個時間，是由每一個人的感覺來分別而已。所以果尋問我「什麼叫時間？」，我說「沒有時間。」我這個「沒有時間」，可以說我不知道時間，又可以說我太忙了不知道時間了，也可以說我也不想知道時間。我這個「沒有時間」，有這三個意思。

fighting and quarrelling. People are busy from morning to night, and they don't have any idea what they are doing. They are like flies in the air flying north, south, east, and west without knowing what they are doing. You haven't any bliss here. So the time is very long.

Then again, a day and a night among people is equivalent to 50 years in the hells, because the pain and suffering in the hells is so intense, and so the beings there feel the time is extended. From this you should understand that time is neither short nor long. Earlier a disciple asked me, "What is time?" I haven't any time. There is no time. Time is just each person's individual awareness of long and short; that is all.

If you are happy every day, 50 years can go by and you won't feel it has been a long time. If one's life is very blissful, if one has no worries, anxieties, anger, or afflictions, one's entire life seems but a short time--the blink of an eye. Ultimately, time is nothing more than a distinction based upon each person's awareness. When I said I haven't any time, it can mean that I don't perceive time, that I'm so busy that I don't perceive time, and that I'm not intent upon perceiving it -- these three meanings.