

平安從何來？

Where Does Peacefulness Come From?

比丘尼近達 2007春節講於金聖寺

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今天是大年初一，我記得小時候，母親在初一時喜歡去廟上拜拜，也要我到廟上去吃一碗平安麵。我很怕那個麵，因為很早就煮了，放得太久，所以都是漲得大大的。可是媽媽說：「這是平安麵，妳一定要吃一碗。」當時覺得：「是的，吃了就會平安。」以後學了佛法才知道，平安是從自己心裡發出的，自己的行為要自己負責，而不是靠外來的東西得到平安。

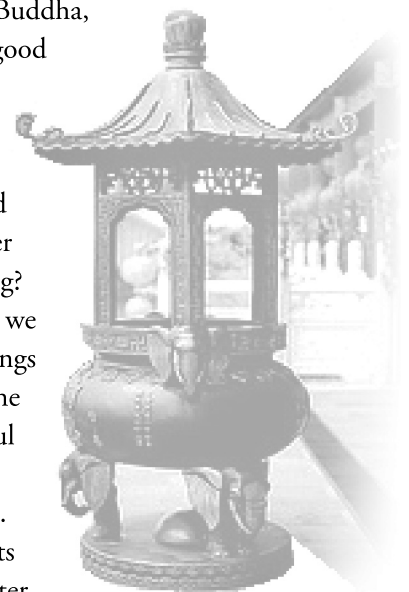
一般人都說去廟上拜拜，求平安。但就像上人所說的：「我們在廟上拜拜求平安，那佛菩薩就馬上給你平安嗎？」如果是這樣的話，那麼我們是佛的弟子，由我們來求事業順利，功課好，就應該會得到更大的利益。學習佛法後我才知道，你在禮佛的時候，要從心裡面去觀察自己，觀察自己這些年來所做的一切，有沒有犯過錯？如果有犯過錯，就要趁禮佛的時候，好好地懺悔，懺悔以前所做的一切，才得清淨。就如同今天我們拜水懺一樣，這也是一個很好的懺悔法門。

水懺是很殊勝的，大概有些人不知道水懺的因緣，在此簡單說一下。悟達國師因為是國師，一直高高在上。可是當皇上賜給他一個沉香寶座時，他一時生

Today is the first day of the lunar year. I remember when I was little, on the lunar New Year, my mother liked to go to the temple to burn incense and pay her respects. She would insist that I go along and have a bowl of noodles from the temple. I was very scared of those noodles, since they were cooked early in the morning, and after a while, they would become mushy and look kind of yucky. But Mother said, "These noodles will give you peace and safety throughout the year, so you have to eat them." At that time I thought, "Yes, if I eat them, I will be peaceful and safe." But after I learned the Buddhadharma, I understood that peacefulness comes from our mind. We are responsible for our own actions; peacefulness does not come from external objects.

Most people like to go to temples to ask for peacefulness. However, the Venerable Master said, "If we go to the temples to ask for peacefulness, do the Buddhas and Bodhisattvas immediately give us peacefulness?" If it were that way, then, as the disciples of the Buddha, when we ask for successful careers and good grades, we should receive an even greater benefit. After learning Buddhism, I understood that when we are bowing to the Buddha, we should contemplate what we have done over the years. Have we done anything wrong? If we have, then while we are bowing, we should sincerely repent of all of the things we have done. Today we are bowing the Water Repentance, which is a wonderful repentance practice.

The Water Repentance is remarkable. Perhaps some people do not know of its story, so I will briefly describe it. Master



起高傲心，所以業障就來找上他了，當年因他誣陷，被皇帝錯殺的人，找到了他，讓他在膝蓋上生了一個人面瘡。可是因為他以前照顧過一位病僧，這位病僧是迦諾迦尊者化現的，當他病癒時，就告訴悟達國師，日後若有難可去找他。悟達國師找到了迦諾迦尊者，尊者指導他用三昧水來洗人面瘡。他一洗，知道這是他以前所犯的因果，以前被他錯殺的人找他償命的。可是因為有迦諾迦尊者的調解，以及他誠心懺悔，所以他逃過這個劫。

所以他就很誠心地寫水懺，讓人家知道，你所做的一切要自己負責任，如果你一心一念地求懺悔，就能夠消除你的罪障。那個被他錯殺的人叫做晁錯，晁錯已經找他十世了，可是因為十世以來他都是高僧，所以沒辦法找到他。可是當他一念高傲、驕慢心一起，晁錯就能夠趁虛而入。

就像我們一樣的，因為我們不知道往昔或者今生以來，在無形中或者有意、無意中傷害到人，或傷害到眾生，在這個水懺法會中我們可以好好懺悔，好好地觀察自己，誠心懺悔，將來就有光明的一天。所以在我們佛教來講，不是今天才是新年，天天都一樣的，就如上人所說的：「如果你心中是極樂世界，極樂世界就是在你當下。」

「一切唯心造」，你心想什麼，就是一切你所遇見，所遭遇的，不是外來的。就因為你看不到以前所做的，看不清楚這些因果，只看眼下之前，就會埋怨為什麼這樣，為什麼那樣。其實你現在所受的，就是以前你所造、所做的。

Wu Da was the Emperor's teacher (also known as the National Master). He was well respected by everyone in the country. However, when the Emperor gave him a sandalwood chair to sit on, he became arrogant and therefore had to undergo retribution for his past mistakes. In the past, he framed a person and caused that person to be executed by the Emperor. Now this person was able to find him and cause him to develop a sore that looked like a human face on his knee. At one time, Master Wu Da had taken care of a sick monk who was the transformation body of Venerable Kanaka. After his illness was cured, he told Master Wu Da that, in the future, if he had any trouble, he could come and find him for help. Therefore, Master Wu Da went to find Venerable Kanaka for help and was instructed to wash his sore with Samadhi water. Once he washed his sore, he instantly knew this was due to his past deeds. The person he harmed had come to take revenge. With Venerable Kanaka's help and his sincere repentance, he was able to cure this sore.

For this reason, he wrote the Water Repentance. You are responsible for your own actions. If you are sincere in repenting, you can eradicate your offenses. The person who was mistakenly killed by him was called Chao Cuo. He had been seeking to take revenge on him for ten lifetimes, but since Master Wu Da had been a virtuous monk for these ten lifetimes, Chao Cuo had been unable to lay his hands on him. But as soon as Master Wu Da had a thought of arrogance, Chao Cuo was able to take his revenge.

Like Master Wu Da, we are all the same. We do not know, whether in past lives or in this life, we have intentionally or unintentionally harmed people or beings. During the Water Repentance, we should sincerely repent. If we do, then we will have a bright future. From Buddhism's point of view, every day is New Year's, just like the Venerable Master said: "If the Land of Ultimate Bliss is in your heart, then you are in the Land of Ultimate Bliss."

"Everything is created by the mind alone." Whatever you encounter comes from your mind; it is not outside of you. Since we are not aware of our past deeds, we only see what's right before our eyes. We complain about this and that. The truth is that whatever we experience now is the result of our past deeds.

