

靈光獨耀照法界(續)

A Spiritual Light Illumines the Dharma Realm (Continued)

宣公上人於一九七〇年十一月十五日至一九七一年二月二十日百日禪開示選輯
 Venerable Master Hsuan Hua's Talks during the Hundred Days of Chan from Nov. 15, 1970 to Feb. 20, 1971
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一切法都是佛法

佛法是世間法，也是出世法，出世法不離世間法。所以《六祖壇經》上說：「佛法在世間，不離世間覺，離世覓菩提，猶如求兔角。」本照這幾句經文的道理，願意做家人，就修法；願意做在家人，就要護法。那麼修法的人也要有，護法的人也要有，在家人就應該護持三寶，出家人就應該實實在在去修行，各人做各人所應做的事情，這就對了。

在我心中沒有一個歡喜，也沒有一個不歡喜，這就是中道了義，中道法。一切法都是佛法，既然一切法皆是佛法，哪有可以歡喜的？可以不歡喜的？參禪，就要在這個地方用功，沒有一個厭憎心，也沒有一個歡喜心，平平常常的去用功。就好像水似的，水波不興，沒有波浪了，混濁的東西就都沉底去了；沉底去了，你清淨的法身就現出來了！我今天晚間講這麼多法，最後這幾句很要緊的，你們要是不忘了它，能依照這個道理去做，你們的智慧大約很快就比我大了。「說的是法，行的是道」，所以我們說法之後，就要行道！

稀有的禪七

時間是很快的，我們這個禪七已經過去兩天多了，時間是過去了，我們所用的功有沒有一點成就，這是各人應該要知道的。這是在美國第一次舉行這樣的禪七，我相信很多人都不相信我們會有這種的修行，這麼努力用功。外邊的

All Dharmas Are the Buddhadharma

The Buddhadharma is both secular dharma and transcendental dharma. Transcendental dharma is not apart from secular dharma. This is why the *Sixth Patriarch Platform Sutra* says, "The Buddhadharma is in the world and there is no enlightenment apart from the world. To search for Bodhi apart from the world is as if searching for horns on a hare." Based on these lines, monastics will cultivate the Dharma and laypeople will protect the Dharma. We need people who cultivate the Dharma and people who protect the Dharma. Laypeople should guard the Triple Jewel while monastics should cultivate honestly; each does what he or she should do. That is how it should be.

In my mind there is no like or dislike, which makes it the Middle Way. All dharmas are the Buddhadharma. Since all dharmas are the Buddhadharma, what is there to like or dislike? This is what we work hard on in meditation, so that there is no aversion or happiness. We simply apply ourselves in an ordinary manner, like water without waves. When filthy things sink to the bottom, our pure Dharma body appears! Out of all the Dharma I said tonight, these last few lines are very important. If you don't forget them and you can apply them, then your wisdom will soon be greater than mine. "What is said is the Dharma; what is practiced is the Way." After we give a talk on the Dharma, we must walk the Way!

Rare Meditation Sessions

Time flies. Our meditation session has gone on for more than a couple of days. Each of us must know whether our skills are more honed as time passes. This is the first time that America has such a meditation session. I believe many people find it unbelievable that we cultivate as hard as we do. People outside must think we're joking or that we've gone insane; that must be why we don't sleep so much or eat so much

人認為我們這是講笑話，或者是發神經病了，才不睡覺，也不吃那麼多東西，每天用二十一個鐘頭的時間來用功，這是絕對做不到的；外邊人的意見是這樣。可是他們認為我們做不到，我們現在就做給他們看一看。等我們做完了，他們知道：「啊，他們是真實的修行，每天都是向前這麼精進！」可是等他們知道我們真是用功修行時，他們已經落後了。他們做不到，我們能做到，跑到所有的人的前邊，這就做一切人的領導者，領導一切人來用功。那麼我們領導一切人用功，自己要先把功用好了，然後才能領導人，所以一分鐘也不要空放過去，這麼樣來用功。

如人飲水、冷暖自知

今年，頭一次舉行這個禪七，能有這麼多真心用功的修行人來參加，這是很稀有的。我相信將來再舉行禪七的時候，人就會多了。因為人人都知道，要往真的修行才能得到好處；若不往真的修行，就不能得到好處。這修道是一點也不可以懶惰的，你懶惰一點，就不能得到好處。說得到什麼好處呢？這種好處說不能盡，是妙不可言的，你用錢沒有地方買的，你必須要實實在在來修行才能得到。

所以有人說怕苦，不參加打禪七，這是一個最大的錯誤！我們過



去生生世世恐怕都沒有遇著這種好的機會，所以到現在還是在六道輪迴裏轉，轉來轉去。我們要是參加過禪七，一定不會顛倒了，一定不會盡打妄想了，一定不會盡生出一些個貪心，也不會有瞋心，也不會有癡心了。也不會有貪財的心，也不會有好色的心，也不會有貪名的心，也不會有貪吃的心，也不會有貪睡的心。你若參過禪，就沒有這五欲，為什麼？因為你有定力了，把這五欲的境界就都可以變過來，變成不貪名、不貪財、不貪色、不貪吃、不貪睡，什麼都不貪了，甚至於作夢都不會有這種欲念！不正當的欲念都沒有了，夢裏都清淨，這是真正得到好處了。

food. We spend 21 hours a day on our practice. This seems absolutely impossible. Outsiders opine that we cannot do it, so now we will show them. When we are done, they will know, "Ah, they are truly cultivating, diligently moving forward everyday!" Of course by the time they realize that we really work on our cultivation, they've already fallen behind. We can do what they cannot do so we run on ahead of everyone else and become leaders. We lead everyone in practice by doing our own practice well. We practice without letting a minute go by in vain.

Only Those Who Drink the Water Know Its Temperature

This is the first time that we are holding a meditation session this year. It is extremely rare to have so many cultivators who truly practice participating here. I believe there will be more people when we have other meditation sessions in the future. Everyone knows that we get something when we truly cultivate; if we don't cultivate toward what is true, then we cannot gain anything. We cannot be a bit lazy in cultivation; be a bit lazy and you cannot acquire anything positive out of it. The advantages gained are wonderful beyond words and cannot be described in full; they cannot be bought with money. You can only receive them when you truly cultivate.

Some people say they are afraid of suffering and refuse to participate in a meditation session. This is a most grave mistake! I am afraid that we have never encountered such excellent opportunities in lives past, which is why we continue to turn around on the wheel of transmigration in the six realms. If we were to have participated in a meditation session, then we will definitely not be confused and not be entertaining random thoughts all the time. We would definitely not develop greed, anger, or delusion all the time. We would not be greedy for money, beauty, fame, food, or sleep. Having meditated, you don't have these five desires because you have the power to focus. You can change the five desires so that you are not greedy for fame, money, beauty, food, or sleep. You are not greedy for anything. You don't even have these thoughts of desire while dreaming! It's truly advantageous to be pure in our dreams, freed of any improper thoughts of desire.