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THE SHURANGAMA SUTRA WITH COMMENTARY

【卷十】 ROLL TEN

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國際譯經學院記錄翻譯 / 修訂版  
Translated by the International Translation Institute / Revised Version



「寐為諸夢」：你要是睡著了，這就是夢，這個想陰就會有夢，會變夢。以前講到想陰的時候，不是說他這兒睡著了，旁邊在捶衣服，擣衣舂米的，他就聽這是撞鐘，或者敲鼓？也就是這個想陰。他睡著了，就有這種錯覺。「則汝想念，搖動妄情」：那麼在夢的時候，你這個想念搖動，就知道撞鐘擊鼓的這種妄情。「名為融通第三妄想」：這個名字就叫融通。融通就是融而通之，通而融之；就是互相合作。我告訴你，無論醒著，或睡著了，這想陰，現在的名詞就叫互相合作。互相合作就是通融，這叫想陰的妄想，這是第三想陰。

化理不住。運運密移。甲長髮生。氣消容皺。日夜相代。曾無覺悟。

「化理不住」：這就是行陰。行陰像水波浪似的，那麼川流不息，它不停止的。也就是前念生，後念滅；後念滅，後念又生，這麼互相生滅。化理不住，這種變化的道理不停止，總是這樣地去工作，不停止、不休息。「運運密移」：運，就是運轉的意思。運轉運轉就川流不息，密移是你看不見，它這個是很輕微的，在你不知不覺地，它就搬了家了；你不知不覺地，它就變了樣了，這是運運密移。

什麼運運密移呢？好像「甲長髮生」：什

**When you are asleep, you dream.** When you are asleep, you dream. Your thinking *skandha* produces dreams. Previously, we mentioned how the thinking *skandha* could make one perceive things incorrectly in one's sleep. For example, if you are asleep and people are beating on clothes or pounding rice nearby, you may hear it as bells and drums being played. **Thus, your thinking is stirred to perceive false situations.** When you dream, your thinking *skandha* makes you perceive the false situation of bells and drums being played.

**This is the third kind of false thinking, which is characterized by interconnectedness.** “Interconnectedness” means working together. The thinking *skandha* functions whether you are awake or asleep, so we call this “interconnection,” which means mutual cooperation. This is the third kind of false thinking, and it is associated with the thinking *skandha*.

**Sutra:**

**The metabolic processes never stop; they progress through subtle changes: your nails and hair grow, your energy wanes, and your skin becomes wrinkled. These processes continue day and night, and yet you never wake up to them.**

**Commentary:**

**The metabolic processes never stop;** day and night they continue. This is the formation *skandha*, which flows on unceasingly like waves. As one thought ceases, the next one arises. As that thought passes by, the next one comes up. They arise and cease one after another. These metabolic and transformational processes never end. They just go on working, never stopping to rest. **They progress through subtle changes** which you cannot perceive because they are so minute. Without your realizing it, the house is moved out from under you, and everything looks different. What are these subtle changes?

麼叫甲呢？甲就是指甲。指甲你兩天不剪，它就長得有這麼長；三天不剪，它又長一點；四天不剪，它又長一點。它一天比一天長，一天比一天長，可是它怎麼樣長呢？每一分鐘、每一秒鐘長多少？你知道不知道？它怎麼長出來的？你知道不知道呢？這個甲長——長啊，就一天比一天長。髮生，你我這個頭髮一個月不剪，大約就有四分長。一個月不剪有四分長，你知道它一天長多少呢？也不知道！說那我可以統計一下，你統計，這不一定是正確的，你用電腦算術機算一算，看一看它知道不知道？

「氣消容皺」：氣一天比一天就衰敗了，這叫氣消。好像青年的人，天真活潑；壯年的人就壯；老年的人，這氣就消了。消不是沒有了，就是衰敗了。容皺，這個容也雞皮鶴髮了，面貌也老得不得了了，再想裝一個後生的人，裝一個年輕的人，也做不到了。你就怎麼樣化妝，八十歲的人也不能變成二十歲的男子，所以這叫容皺。

「日夜相代」：這個甲長、髮生、氣消、容皺，白天晚間都一樣工作的，它不停止它的工作，真是比鐘錶都勤力。鐘錶有的時候你不上鏈，它會停止呢；這個你不要給它上鏈，它也一樣地工作。除非死了，死了就不工作了。「曾無覺悟」：它就這樣日夜相代——日夜來摧你，由少而壯，由壯而老，由老而死。死了再生，生了再死，這叫死死生生，生生死死，永遠都不覺悟。永遠在這裏頭迷迷糊糊地，糊塗而來，糊塗而去，這就是行陰的一種妄想。

阿難。此若非汝。云何體遷。如必是真。汝何無覺。

「阿難，此若非汝，云何體遷」：你這個身體甲長髮生，氣消容皺，你若說這個指甲不是你的，它怎麼在你身上長長呢？你說這個頭髮不是你的，它怎麼在你頭上長長呢？你說這個氣不是你的，怎麼你覺得氣不足，就衰弱了呢？

**Your nails and hair grow.** If you don't cut your nails for two days, they grow a little bit. After three days, they are a bit longer. After four days, they are longer still. Each day, they are longer than the day before. But do you know how much they grow in each second and each minute? Do you know how they grow longer? If you don't trim your hair for a month, it may grow almost half an inch. But how much does it grow each day? You don't know. You say, "Well, I'll calculate it." Sure, but will it be accurate? You can try using a computer to calculate it and see if the computer knows.

**Your energy wanes.** Your energy decreases from day to day. People are full of energy and zest in their youth, and they also have a lot of vitality in their prime. However, as they get older they start losing their energy. Although it's not totally gone, it's on the decline. **And your skin becomes wrinkled.** Your skin gets lined like a chicken's skin, and your hair turns as white as crane feathers. Your features become terribly aged, and you can no longer pass yourself off as a young person. No amount of makeup can transform your eighty-year-old face into that of a twenty-year-old.

**These processes continue day and night.** This work goes on day and night—your nails grow, your hair gets longer, your energy wanes, and your skin gets wrinkled. It's more reliable than a clock. If you don't wind up your clock, it will stop. But you don't have to wind up your metabolism; it does its work just the same, unless you die. When you're dead, it stops working. **And yet you never wake up to them.** They pursue you day and night—through your youth, your prime, and your old age, right up to your death. After you die, you get reborn, and then you have to die again. You undergo endless rounds of birth and death, without ever waking up. You go right on being confused through it all. You're muddled when you come and muddled when you go. That's what the false thinking of the formations *skandha* is all about.

**Sutra:**

**If these things aren't part of you, Ānanda, then why does your body keep changing? And if they are really part of you, then why aren't you aware of them?**

**Commentary:**

**If these things aren't part of you, Ānanda, then why does your body keep changing?** Your body goes through all these transformations—the nails and hair grow longer, the energy wanes, and the skin gets wrinkled. You say your fingernails aren't yours? Then why do they continually grow long? You say the hair isn't yours? Then why does it keep growing on your head? You say the energy isn't yours, but why do you sometimes feel weak when your energy is insufficient?

待續

To be continued