

## Life and Death Are of Momentous Matters; Impermanence Has a Swift Nature

# 生死事大 無常迅速

沙彌尼 近簡 2009年11月26日講於萬佛城大殿  
A talk given by Shramanerika Jin Jian at the Buddha Hall of  
the City of Ten Thousand Buddhas on November 26, 2009



我的法名叫近簡。有很多人問為什麼我要出家，說我有很好的工作，還年輕，可以等一等才出家。大家認為都會有一個明天、一個後天、一個後後天；可是有時候，有的人可能就沒有一個明天、後天。所以如果不做我們想要做的、或者應該做的，可能我們就沒有機會了！

我以前在醫院裡面工作，每天都要看病人，有的病得很嚴重，有的常常快要死了，就被救活了。記得有一次，剛好是感恩節，有一位醫生陪着我們完成月底的結算工作，就輪到另外一個醫生值班；當時我們想跟他說再見，卻忘了說。想不到第二天，他的太太就必須把他送進醫院，結果發現他有了癌症；醫生說，他只有一年可以活。

過了整整一年，他就往生了；他還有兩歲跟四歲的女兒，自己本身也才四十幾歲。所以不要認為你還年輕，還有很多時間可以做什麼事情，或者現在先上班，以後退休了才修行；因為你所預期的「將來」可能不會來的，往往你沒有預算到的事情就會在今天、明天或者下一分鐘就發生。

雖然以前在醫院工作，看見非常痛苦、非常危險的人；但是從來沒有想到這些病痛可能就會發生在自己的身上，因為我還很健康，可能很久才會死。所以就因為年輕，沒想到我們也隨時會走——比如說，你走出門，有一輛車子撞到你，或者是開車遇上了車禍。我們認為不會早死，這是一種錯誤的觀念；事實上，我們如果這個氣呼出去，不再吸進來，就沒有命了！

希望大家珍惜時間，知道無常是很真實的，時間是很寶貴的。

My name is Jin Jian. Many people ask, “Why would you leave the home-life, especially when you have a good career and are still young? You can always leave the home-life later.” Everyone thinks that we have tomorrow, the next day, the day after and another day to do something, but for some there is no tomorrow. There is no day after. If we don't do what we want to do or what we should do, then we may never get the chance.

I used to work in a hospital and every day we made the rounds to see patients. The patients were very sick. As a group, we were able to save people. We brought people back when they were on the verge of death. I remember it was on Thanksgiving when our group finished the last rotation for the month. One male member of the group had already finished his duties for the month, and a new physician had come on duty. Little did we know that our goodbye to him would be the last one. We learned that his wife drove him to the hospital within a day or so. He was diagnosed with cancer and had one year to live.

Exactly one year later he passed away, leaving two daughters, two and four years old. He was in his early 40's. Don't think that because we are young that we will have time to do things later in life. The later time to learn Buddhism, cultivate or walk the path of cultivation – when we have finished our careers or retire – may never come. We can't predict what may occur today, tomorrow, or the next minute.

Although I have worked in the hospital and every day saw people who were sick and suffering, for some reason, I never really thought those things would happen to me. We think, I'm still healthy and I'm not going to die for a long time. It's something we never think about when we're young. It never comes to consciousness in young people that they can die just like anybody else. But we can die, just in the next moment. We can walk out the door and be run over by a car, or drive home and be killed in an accident. It can happen. We young people have an idea that we are indestructible. I believe it is a delusion that we have. We can't see through to understand that when we exhale and we don't inhale again, that's it. It is our last breath.

So I hope that everyone will cherish time and understand that impermanence is something that is real. It is something that we should consider especially when we think that we are still young and we still have time, because we may not have the time.