

Protect the Mind and Don't Pollute Space



守護心城，不要染污虛空

上人 開示於萬佛聖城 A Dharma talk by the Venerable Master at the City of Ten Thousand Buddhas
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我們和虛空合而為一，有什麼妄想，便放出什麼味道。這種味道，充滿虛空。虛空被染污了，我們再吸收到體內，便生病痛。輕者身體不適，重者嗚呼哀哉！

我們所打邪知邪見的妄想，例如：殺生心、竊盜心、邪淫心、妄語心、瞋恨心、嫉妒心、障礙心等，有這種毒素在心中，吐出來之後，就把空氣染污了。所以在空氣中，存了很多的毒氣，若吸收到體內，便會中毒。體內的細胞起了變化，不是癌症，就是重病，令人受不了。所以，我們的思想和行為，一定要正大光明，否則，只增加天地的戾氣。宇宙充滿毒素，全世界的眾生，便會中毒而死亡。

我們的妄想是惡的，虛空中的戾氣就多一點；我們的妄想是善的，虛空中的祥和之氣就多一點。戾氣充滿虛空，比原子彈還要厲害千萬倍。

We are one with space, and we give off an odor corresponding to the discursive thoughts we have. This odor fills all of space and pollutes it. Then when we re-absorb it into our bodies, we develop sicknesses and pains. In mild cases, it causes our bodies to be unbalanced. In serious cases, it can be fatal.

All our discursive thoughts that involve wrong knowledge and wrong views, such as thoughts of killing, stealing, sexual misconduct, lying, anger, jealousy, and obstructiveness, are toxins in our hearts. When we produce these toxins, we also pollute the air. So the air contains many toxins that poison us if we absorb them into our bodies. Then the cells inside our bodies change, and we have difficulty – leading to cancer or other serious illnesses. That is why our thoughts and actions should definitely be proper and true. Otherwise, they generate a destructive energy within heaven and earth. If the universe is full of toxins, all beings in the world will be poisoned and die.

If our discursive thoughts are harmful, the destructive energy in space increases. If our discursive thoughts are wholesome, the harmonious energy in space increases. When destructive energy fills all of space, it is tens of millions of times worse than the atomic bomb.

我們的體內，也有原子彈、氫氣彈、核子彈等。如果心裡沒有這些東西，世界根本不會現出這些東西。這是裡邊有什麼，外邊就現出什麼。裡邊若是沒有什麼，外邊也不會現出什麼，所謂「萬法唯心造。」

古人云：「天下本無事，庸人自擾之。」這是說愚癡的人，覺得這個也是真的，那個也是真的，真來真去，就真死了，自己還不知道是怎樣死的，多麼可憐！

愚癡的人，在這世界上，顛顛倒倒、煩惱惱惱、爭爭吵吵，沒有完的時候。在外邊沒有，在裡邊就有；在裡邊沒有，在睡中又有。有什麼？有妄想。妄想紛飛，心不清淨。要知道，妄想是修道的絆腳石，障礙你成就道業。

你們看！人真是怪物，自己還不承認自己是怪物。還把自己的身體當作寶貝一樣的愛護，處處為它著想，吃點維他命丸吧！令它多活幾年。現在告訴大家！少打點妄想，比吃什麼補藥都有用處。若是不相信這個道理，那就愚癡到極點。這種真正的道理，不能不信，不信就是沒有智慧。沒有智慧的人，是不相信真理的。

什麼是真理？就是真正的道理。例如慾念重的人，吃什麼補藥也沒有用。為什麼？因為漏了。他不明白真正養生之道——清心寡欲。我們修道的人，首先要斷欲去愛，這是基本法則。不然的話，修到八萬大劫，也不會有所成就。

我從三藩市來萬佛聖城講經，一定要說真實的話，令你們曉得修道的真實性。如果我不說真話給你們聽，這樣冷的天，大家坐在大講堂中，受寒風所襲，若得不到真理，受冷挨凍得不到代價，多麼划不來。

我今天所說的真話，希望你們聽完之後，把自己的貪瞋癡三毒收拾起來，不要再向虛空放毒。讓一切眾生吸點新鮮空氣，那你的功德無量，是間接放生了。再希望你們大家把妄想消滅。沒有妄想，一切自在，得到好處。這樣就算挨了凍，也不冤枉。

Our bodies also contain atomic bombs, hydrogen bombs, and other nuclear weapons. If we did not have these things in our minds, they would never have appeared in the world. Whatever is in our minds manifests itself outside. If there is not really anything on the inside, then there will not be anything that arises on the outside. That is, "Everything is made from the mind alone."

The ancients said, "There are no troubles in the world originally, but ordinary confused people create troubles for themselves." This describes foolish people who believe that everything they encounter is true, and they confuse themselves to death without knowing why they died. How pitiful this is! Foolish people in this world are muddled and troubled; they argue and fight without end—if not externally then internally; and if not internally, then during their sleep. Why? It is because they have discursive thoughts. Their thoughts are wild and uncontrolled, and their minds are impure. You should know that discursive thoughts encumber your cultivation and obstruct your accomplishment of the Way.

Look at this! People are such strange creatures, and we don't even recognize how strange we are. We treasure our bodies like the most precious objects and take care of them in every way. We eat vitamin pills so that our bodies can last a few more years. I'll tell you all now, if you have fewer discursive thoughts, it will be more beneficial than any supplements you take. If you don't believe this, then you are extremely foolish. This is true principle that you must believe. If you don't, you are lacking wisdom. Those who lack wisdom won't believe in true principle.

What is true principle? It is principle that is true. For example, if someone has strong desire, any amount of supplements they take won't help. Why? Because of outflows. They don't understand the true way to good health, which is to have a pure mind and few desires. We who cultivate must first let go of desire and emotional love. This is the basic requirement. Otherwise, you can cultivate for eighty-thousand great eons and you won't accomplish anything.

I came to the City of Ten Thousand Buddhas from San Francisco to lecture on the sutras, and I must speak truly so that you understand the reality of cultivation. You are all sitting in this big lecture hall on such a cold day and have been chilled by the cold wind. If I don't speak true principle to you, then it is not worth the cold and difficulty you are enduring.

What I have said today is true. I hope that after you have listened to it, you will clean up your three poisons of greed, anger, and delusion. Don't pollute the atmosphere anymore. If you can help all beings to breathe clean and fresh air, then you will have immeasurable merit and virtue. This is indirectly liberating life as well. I hope all of you will also extinguish your discursive thoughts. When discursive thoughts are gone, everything is comfortable and at ease, and you will receive benefit. Then, even though you have suffered through such cold weather, it will not have been in vain.