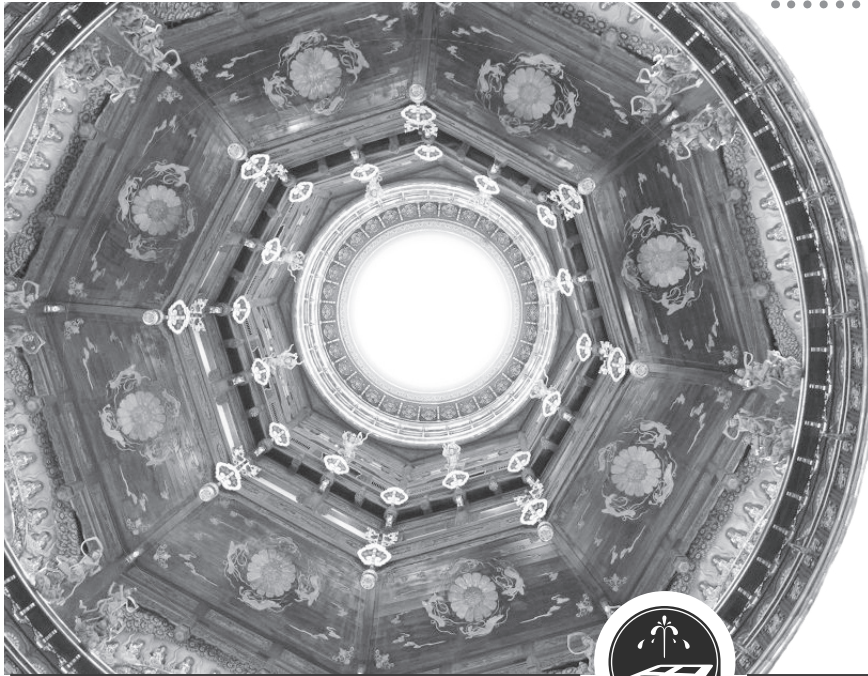


注意你的思想

How to Focus One's Thoughts



比丘尼恒懿講於2013年2月11日
溫哥華金佛聖寺

Talk by Bhishuni Heng Yi
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BODHI FIELD | 菩提田

首先祝賀大家新年快樂。通常人們在過年期間都有些吉祥話，比如：身體健康、吉祥如意、一切順遂、財源滾滾等。人們希望得到這些，不外就是認為它們可以帶來快樂！所以一句「新年快樂」就已涵蓋所有的吉祥語。

快樂是什麼？記得以前在舊的金佛寺時，我們有機會到一個女子監獄和受刑人結緣，我們有時一起念佛，有時聊聊天。通常她們會想知道我們出家人的起居生活，尤其對我們三點半起床和一天吃一餐很是驚訝不已。當我們提到寺院裡居住的條件，好比空間不大，也沒有電視娛樂等等，她們就覺得我們實在很苦。我們參觀了她們居住處所和活動範圍，真像五星級飯店，每人的房間各有套衛浴設備和電視，吃飯就到餐廳，有自助餐供應。雖然她們住的環境條件比我們好，但是她們一點都不快樂，無時不刻就想離開這裡。

First of all, I wish everyone here a Happy New Year. It is customary that people will give some good tidings in celebrating Chinese New Year such as: I wish you good health, lots of good luck and make lots of money. The reason that people wants those things is because they think those things can bring happiness. Hence, one single phrase of “Happy New Year” covers all auspicious words we say.

What is “happiness”? I remember when we were in old Gold Buddha Monastery, we had a chance to go a women’s correctional facility to talk to inmates there. We sometimes recited Buddha’s name together, and sometimes we just had a chat with them. Usually they would like to know more about our daily life. They were surprised that we got up at 3:30 in the morning and ate only one meal a day. Furthermore, when we mentioned about our living conditions such as not having a large personal space and not watching TV or any entertainment, they immediately thought that we lived a hard life. Then we visited their areas living and recreational activities. The place was just like a five-star hotel compared to our place. Every room was a suite equipped with a bathroom and a TV. When it’s the

由此可見，當我們在一個地方感到痛苦不快樂時，那個地方就是我們的牢獄。所以，一個人要是在家裡或在某個場所，有不愉快的時候，他就很想離開現場，以為離開就可以得到解脫和快樂。因此我們常會聽到人們說：「我要掙脫『家』的枷鎖，我的先生、我的太太、我的孩子，讓我好生氣啊！」

「我要離開這公司，因為老闆、因為同事，對我如何又如何，讓我做不下去。」

殊不知，我們內心的快樂並不是由外在環境來的。我有個朋友認識一對非常恩愛的夫婦，太太每天都很高興、笑咪咪的，有一次他們參加一個宴會，我朋友把這位太太拉到一邊說：「我看妳老是很開心的樣子，是不是因為你先生對你特別好？」這位太太說：「不是，我的快樂和我先生沒有關係！為什麼我自己不能快樂，而需要由別人給予呢？我看到我先生鬱悶不樂時，我還想辦法讓他高興呢！」可見，一個獨立自主又能為他人著想的人，這個人是快樂的！

去年，我生病住院，是因為右肺有個瘤太大而壓迫心臟和導致肺積水，加上體內氧氣不足，二氧化碳的數值太高，於是醫院要我除了吃飯外，整天必須戴上氧氣罩，讓氧氣強力由鼻孔灌進肺部。這個氧氣罩子，在我的臉上緊貼繃著以免氧氣外漏，這讓我極端不舒服，所以每當要套上氧氣罩時，我就會想到自己又要上刑受罪了！再加上，因為它讓我相當不舒服，就很難入睡。往往好不容易才睡著，又常常被吵醒，不是要起身吃藥，就是抽血、打針、量血糖等等。因為病，所受的苦，我想我全都受了！我那時候就覺得我要趕快出院，否則再下去我一定受不了！

但是什麼時候出院，這也不是由我可以決定的！在這種極端令我受不了的情況之下，突然冷靜下來，我就想，既然我無法決定外在條件，我只有改變自己的心態，唯有合作，才能讓身體好起來，才有可能出院。於是當醫護人員要放上氧氣罩在我臉上時，我就想：「真好！我現在正在消業障呢！而且還是高級的消業障，因為是他們在侍候我。」晚

time for meals, they could just go to canteen and have their meals. Although their living conditions were far better than ours, they were not happy at all. They wanted to leave that place at any given moment.

Thus, we know when we are not happy in a place, that place becomes our prison. Therefore, if one feels unhappy at home or in some place, he or she will want to leave the scene and is under the belief that he or she can be liberated and happy once he or she leaves that place. Consequently, we constantly hear people say: "I want to shake off the yoke of home. My husband, my wife, or my children make me so angry." Or "I want to leave this company because my boss or colleague treats me like ... so, I cannot continue to work in this company."

Little do people know that happiness does not come from an external environment. I have a friend who knows a loving couple of which the wife always has a big smile whenever people see her. One time, they went to a party, my friend pulled that happy wife aside and asked her: "It seems to me that you are always happy, is it because your husband treats you very well?" She replied: "No! My happiness has nothing to do with my husband. Why is that people think my happiness has to be given to me by others? I can make myself be happy. But I sometimes try to make him happy when I found him depressed." So anyone who can stand on his or her own and yet be considerate of others is certainly a happy person.

Last year, the tumor in my right lung got so big that it pressured my heart and caused pulmonary edema. My body was lack in oxygen and the carbon dioxide level was also too high. As a result, I went into a coma and was rushed to a hospital. In the hospital, I had to put on an oxygen mask at all times except meal times. The mask strongly forced the oxygen into my lungs through my nostrils and it was fitted onto my face really tightly so that the air couldn't leak. It made me feel extremely uncomfortable. Whenever it's time for me to put on the oxygen mask, I felt that I was being tortured and was suffering a lot. On top of that, the mask was so uncomfortable that it made it difficult for me to fall asleep. In many occasions as soon as I managed to start falling asleep, I was called to wake up to take medicine, draw blood, take an injection, measure blood glucose and etc. I felt that due to this sickness, I had undergone all the sufferings there was. At that time, I wanted to leave the hospital badly because I felt I could not take the situation any longer.

But it was not up to me when I can be discharged from the hospital. In this extreme situation that I thought I couldn't bear, I suddenly calmed down. I realized since I could not change the external conditions, I'd better change the state of my mind. Only when I cooperate with the doctors could I get well and be discharged. Therefore, when the medical staff put the oxygen mask on me again, I would think: "This is good for me. I am eradicating my karmic obstacles now. And it is a higher form of eradicating my karma since the medical staff had to serve me." When I could not sleep at night I would think: "I am very grateful since now I have more time to

上睡不著時，就想：「感恩！讓我可以有更多的時間持咒修行！」每天只要遇到這種情形，就給自己洗腦，慢慢就可以甘之如飴。所以在第二次昏迷住院時，我就決定開刀，雖然那是超級的大手術，但我此時還是感恩、還是配合，所以身體恢復情況讓醫生很滿意。佛說「一切唯心造」，是確實不虛的！

英國前首相柴契爾夫人曾說過：「注意你的思想，他們會變為言語。注意你的言語，他們會變為行動。注意你的行動，他們會變為習慣。注意你的習慣，他們會變為性格。注意你的性格，他們會變為你的命運。」所以古今中外，對於我們的思惟所造成的結果，都有類似的詮釋。

recite mantras and cultivate.” Everyday I would brain wash myself like this. Gradually I could take the bitter as if it were sweet. When I fell into a coma for the second time and had to go to hospital, I decided to have the operation. Although it was a serious and a major operation, I cooperated fully and was grateful for everything. The doctor was very satisfied with my recovery from the surgery. So, it is exact proof of what the Buddha said, “Everything is made from the mind alone.”

The former Prime Minister of Great Britain – Margaret Thatcher said, “Watch your thoughts, for they become words. Watch your words, for they become actions. Watch your actions, for they become habits. Watch your habits, for they become your character. Watch your character, for it becomes your destiny.” Hence, people at different times and different places have similar interpretation about how our thinking will result in consequences.



宣公上人法語

Talks by Venerable Master HsuanHua

切記，不要殺雞、殺鴨、殺牛、殺羊、殺豬，你殺牠，來生牠殺你。那麼偷盜可不可以呢？最好也不要偷盜。有人說：「我從來就不偷盜！那麼，根本就沒有問題吧。」這不是對你說的，我是對那些偷盜的人說。也不要邪淫，也不要打那麼多妄語，也不要喝那麼多酒。今年要規規矩矩，安分守己，就不會被蛇咬了；若不守規矩，就會被蛇咬了。

主要的，有錢的人不要買股票，賭股票會窮光了；沒有錢的買股票，也贏不了多少錢，或者僅僅夠吃飯。所以今年不要賭錢、殺生、偷盜、邪淫、妄語、飲酒。今年要守五戒、要行十善。那麼這個蛇，就沒有辦法咬你。

各位！我说的话你們注意，今年就是不要殺、盜、淫、妄、不要賭錢、不要釣魚、不要打獵，還不要去殺人放火，偷東西也都不可以。今年就是要規規矩矩。我今天就說那麼多，祝你們各位身體健康、精神愉快，都得到如意吉祥！新年快樂！

Remember clearly: do not kill chicken, ducks, cows, goats or pigs. You kill them now. In the future life they will kill you in return. What about stealing? Is it alright to steal? It is the best that one does not steal. Someone said: "I never steal! Then, there should not be any problems at all." Well, I am not talking about you. I am talking about those people who steal. Do not engage in sexual misconduct or telling lies; neither should one drink so much alcohol. This year, you must behave yourselves and know your place so that you will not be bitten by snakes. If you don't follow the rules, you will be bitten by snakes.

Mainly, those of you with money should not buying stock as you would lose money on it. If you are not doing so well financially, buy stock will not give you much gain after all – just enough to feed yourself. Therefore, this year, do not gamble, kill, steal, commit sexual misconduct, tell lies and drink alcohol. This is the year one must observe the Five Precepts and Practice the Ten Good Deeds. Only then, the snakes will have no chance to bite you.

Everyone! Pay attention to what I just said. This year, one should not kill, steal, engage in sexual misconduct or tell lies. Do not gamble; do not go fishing, hunting, killing people or committing arson. Stealing is certainly not permitted. Everyone must behave themselves. This is all I have to say today. I wish all of you have good health, and a joyful spirit; everything will turn out to be auspicious; all wishes will be fulfilled and Have a Happy New Year!

蛇年，要守規矩 Follow the Rules in the Year of the Snake