



吃飯穿衣的學問

The Knowledge of Eating and Wearing Clothes

摘自宣化上人講述的《華嚴經·光明覺品》

Extracted from *the commentary of Light Enlightenment Chapter of Avatamsaka Sutra* given by Venerable Master Hsuan Hua



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什麼叫漏呢？漏，就是我們每一個人無始劫以來，生生世世的習氣和毛病。譬如好喝酒的就有一個酒的漏，好吸毒的就有一個毒的漏，貪財的就有財的漏，貪色的就有色的漏。這漏就是總不圓滿，譬如你吃飯這也是漏，你穿衣服這也有漏，你願意睡覺這也是漏，你生煩惱這也是漏，你有欲念這更是漏，所以這個漏是從所有的地方來的。這個漏也就是種種的習氣毛病，包括一切不合副規矩、不合副法的都叫做「漏」。

有的人聽見這種講法就打了妄想，打什

What are outflows? They're just people's bad habits and faults that they've amassed from beginningless time, life after life. That's what is meant by "outflows." If you like to drink wine, that's a wine-outflow. If you smoke dope, then you have an outflow of smoking dope. People who are greedy for wealth have the outflow of wealth. And those who are greedy for beautiful form have the outflow of beautiful form. outflow means that one will never be perfect. For example, eating is an outflow and wearing clothes is an outflow. When you like to sleep, that's an outflow. Any state that you go along with and end up getting afflicted by is an outflow. If you have thoughts of desire, then you will have a lot of outflows. Outflows are just all our various bad habits and faults. This includes continually



麼妄想呢？打了反對這種講法的妄想，說：「吃飯也是漏，穿衣服也是漏，睡覺也是漏，那你說什麼不是漏呢？吃飯是漏，但是人人都要吃，沒有一個人可以不吃飯、不需要穿衣服、不睡覺的。不吃飯就會死，穿衣服、睡覺也和吃飯同樣的重要。你說衣、食、住都是漏，應該要無漏，這個我絕對反對！」

不錯，誰也不能不吃飯、不穿衣服、不睡覺，可是我所說的這個「漏」是一個「太過」了。譬如吃飯，你吃飯只要吃飽了就可以了，不管它是好吃不好吃，有營養沒營養，你只要不打妄想，那個漏就沒有了。

譬如你吃東西，一邊吃一邊打妄想：「今天吃的這個東西，不知道有沒有營養？營養夠不夠呢？吃這個對我身體是不是有幫助呢？」你這一打妄想不要緊，可是這個有營養的東西就跟著妄想跑了，東西雖然是吃到肚裏去了，但是營養也都跟著你的妄想漏掉了。

你若只是吃飽不打妄想，也不管是好或不好，就作一個無心道人，無心來吃東西，不打妄想，那麼這個營養是無窮無盡的。只可惜你一打妄想，那些營養的蛋白質、維他命就都跟著妄想跑了、漏了。

就好像裝一碗水，這個碗若是沒有裂紋，這水就不會漏；若是這個碗壞了，水也就漏了。碗的妄想就是那個裂紋，因為它一打妄想，就有漏縫了；人一打妄想，也就等於碗有了裂縫一樣。你若不打妄想，沒有破漏的地方就不會漏了。

本來不應該打妄想，為什麼要打妄想呢？要一邊吃一邊想：「這個東西味道好，那個東西怎麼樣、怎麼樣...。」你再怎麼樣打妄想，等明天這吃下的東西搬了家，從另外一個地方出來的時候，無論它原來是怎樣好吃的，你也不會再把它拿回來吃的。

breaking the rules and doing things that are not in accord with the Dharma. That's what is meant by outflows.

Some people hear this explanation of Dharma and give rise to false thinking. What kind of false thinking? They are opposed to what has just been expressed. They think, "You say that eating is an outflow, and that wearing clothes is an outflow, and that sleeping is an outflow. Then tell me, what isn't an outflow? Eating is an outflow, but everybody has to eat. Nobody can go without eating. How can we eliminate that outflow? Nobody can go without wearing clothes, so, how can we get rid of that outflow? Nobody can go without sleep. How can we dispense with that outflow? If all those things are outflows, then how can anyone be without outflows? If one doesn't eat, one dies. If one doesn't wear clothes, one won't get away with it. If one doesn't sleep, one will soon find it's just as important as eating and wearing clothes. If the outflows we must get rid of are those essential parts of our life, then I definitely object!"

I agree. There isn't anyone who doesn't need to eat, sleep, and wear clothes! However, outflows means over indulgence in these things. For instance, when you eat, if you just eat your fill then that's okay. You shouldn't pay any attention to whether the food is good or bad. The important thing is not to have a lot of false thinking about what you eat, and then you won't have any outflows.

If, on the other hand you eat something and then give rise to a lot of false thinking, then you will have an outflow. You think, "I wonder if what I ate today had any food value. I don't know if I've had enough nourishment or not. Will the things that I've eaten help out my body or not?" On the one hand you eat, and on the other hand you have so much false thinking about it that even if you did eat something nourishing, you'd waste it all by false thinking. You may have put the food in your stomach but it all flows back out in your false thinking.

If, when you eat, you stop when you're full and you don't have any false thinking about whether the food is good or bad, then you're a person of the Way without any thoughts. "No thoughts" means that you eat and don't have any false thinking. And if you do it in this way, then the nourishment will be endless and boundless. It's just because of your false thinking that all the proteins and vitamins disappear.

This can be likened to a bowl with water in it. If there aren't any cracks in the bowl then when you put water in it, the water won't run out. It doesn't have any outflows. But if there are cracks, then the water is going to leak out. People's false thoughts are just like cracks in a bowl. If you don't have false thinking, then you don't leave any cracks for outflows.

Originally, you didn't have any of these false thoughts. Why do you want to create some and start speculating about what the food

你若不打妄想呢，營養就都在你的身體裏不會漏，漏的只是渣滓。你若一打妄想啊，那漏的就多了。

本來穿衣服不管它好不好看，穿著不冷就可以了嘛，你打那麼多妄想幹什麼？你不單要禦寒，還要穿得美觀，穿得好看，穿得令其他人注意你。其實其他人一注意你，你這兒一想好不好，這都是漏了，因為你穿這件衣服覺得不好看，又另外換一件，這就是漏——把以前那一件漏了。

穿衣服的漏是這樣子，睡覺的漏又怎麼樣呢？你睡覺的時候，躺在那地方不睡盡打妄想，這個「覺」就都跑了，睡不著覺了。在床上翻過來也睡不著，翻過去也睡不著，你說這不是漏嗎？這都是漏，把這個「睡覺」漏了，沒有了。你睡不夠，等白天的時候就不夠精神，這就因為你用得太多了，用得太多這都是漏。

你沒有睡覺是漏，睡太多了也是漏，睡到恰到好處這就沒有漏了。你說哪一個吃飯沒有漏、穿衣服沒有漏、睡覺沒有漏？你反對什麼！你根本就是不懂，太愚癡了，真是可憐！

不僅僅吃飯、穿衣服、睡覺是漏，乃至於你歡喜也是漏，發脾氣也是漏，憂愁哀傷也是漏。你有一種愛也是漏，而且是雙料的漏；你有一種憎惡，這也是漏；你有一種欲，這也是漏。喜、怒、哀、樂、愛、惡、欲這七情都是「漏」。

這七情，你用得不對都叫「漏」。七情還沒有發生以前，這叫一個中道。發脾氣是最大的漏，要發脾氣的都不要發脾氣這是中道。你們誰能不發脾氣，那就會很快開悟了。誰脾氣大，誰就很慢才會開悟。因為你一發脾氣，就把這個「開悟」嚇跑了。這「開悟」說：「嗨，你這麼大脾氣，我不能叫你開悟的。如果你開了一個發脾氣的悟，這是不對的。」這都叫漏。所以這個漏就是由這七情漏出去的。

可是這個漏，也可以不漏；漏而不漏，所以叫「無漏」。但如果有一個「無漏」，那就還沒有真正到家，因為還有一個「無漏」在。若根本就沒有一個漏、不漏，那就究竟了！

tastes like and analyzing every bit of it for its vitamin content? No matter how much false thinking you have about what you ate today, by this time tomorrow when it has passed through your body, you certainly won't want to eat it, no matter how good it was before.

If you don't have any false thinking then the nourishment will stay in your body and will not flow out. But the more false thinking you have about it, the more of its energy-value you lose in outflows.

If you wear clothes in order to keep warm, that's okay. But, if your objective in wearing clothes isn't to keep warm, but rather to look good and to cause others to notice you, then that's an outflow. As soon as someone pays attention to you and you strike a thought about whether what you wear looks good or not, that is an outflow. If you put on a shirt and then changed into another one because you think it does not look good, that is an outflow—in a sense, you lost your shirt to outflows.

That is how outflow occurs regarding wearing clothes. What's the outflow of sleeping like? When it's time to go to sleep, you lie there but you can't go to sleep. Once you start false thinking, sleep runs off and you don't know where to find it. You toss and turn and still you can't go to sleep. Would you call this an outflow or not? It's the outflow of sleep. And if you don't get enough sleep then the next day you won't have enough energy, because you used it all up false thinking all night.

Not getting enough sleep is an outflow and getting too much sleep is also an outflow. If you get just the right amount of sleep then there is no outflow. So, tell me now, which one isn't an outflow? Eating? Sleeping? Wearing clothes? So what were you opposing? You basically don't understand and because you're so stupid you objected. That is really pitiful.

Not only are eating, wearing clothes, and sleeping outflows, but whatever you like is an outflow. Your temper is also an outflow. Worry, love, hate, and desire are also outflows. The seven emotions of happiness, anger, grief, fear, love, hate, and desire are all outflows.

If you use these seven emotions incorrectly then they are outflows. We call the state of serenity, before your seven emotions arises, the Middle Way. Losing your temper is the biggest outflow. If you can hold your temper, even during difficult situations, that counts as the Middle Way. If you can refrain from anger then you'll very quickly reach enlightenment. Whoever has a big temper will be slow to awaken. Your continual anger will frighten enlightenment away. Enlightenment will say, "Oh, you're so angry, I can't stay around here!" The only enlightenment that you'll open is anger-enlightenment and that is not right. These are all different types of outflows.

But these outflows can be stopped. If you get to the place where you can flow and yet not flow, then you can be said to have no outflows. But having the thought of no outflows still does not mean you have really made it home, because you still have a "no outflows" in your mind. Basically there are neither outflows nor non-outflows and that's the ultimate state.