

古來修行人，各有各的特長

Ancient Cultivators Each Have Their Distinctive Strengths

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修道，在過去所有的大德高僧，每一位都有他特別的長處。所謂特別的長處是什麼呢？有的就以智慧是他所長的，有的又以修行是他所長的，有的是忍辱，有的專門行布施，有的就是持戒，有的就精進，有的就是禪定是他所長的。

已經過去的不要講，就以近代虛老來講，他這種禪定的功夫是不可思議的。他每一坐或者七天、或者十天、或者三個禮拜，坐到那裏如如不動，了了常明。

他怎能坐到三個禮拜、或者十天、或者一個禮拜，而我們這一些人怎麼連一天也坐不了？坐那麼一天，這個頭就盡去親近腳了，為什麼？就因為我們沒有道心，我們不知道修行要有一種忍耐心。

In ancient times, all great virtuous and eminent monks have their distinctive strengths. What are those distinctive strengths? Some have profound wisdom, while others have strength in cultivation, patience, giving, upholding precepts, vigorous effort, or in meditation.

Rather than talk about the ancient masters, let's use the recent Patriarch Hsu Yun¹ as an example: his skill in meditation was extraordinary. Each time he sat in meditation, he could sit for as long as seven days, ten days or even three weeks. At each sitting, he was absolutely motionless while maintaining mindfulness.

How is he able to meditate for this long while some of us are unable to do so even for one day? Why are our heads drowsily nodding toward our feet after sitting for just one day? This is because we lack the genuine aspiration for cultivation. We do not understand the need to have patience and endurance in order to cultivate.

1 虛老 *Master Hsu Yun* (Empty Cloud) (1840-1959) was one of the greatest enlightened master of modern times. He revitalised the Chan School in China and retransmitted all five of the authentic Chan lineages.

