

吸一點新鮮的空氣！ Take a Breath of Fresh Air!

經，可以說是我們每一個人所需要的這種真正的氣。你若沒有這個氣了，就會到死亡的邊緣。經，也可以說是虛空裏頭真正的空氣，所以我們人來學經，就是換一口新鮮的空氣。好像你在屋裏很悶倦，到外邊去吸一點新鮮的空氣。經也就是新鮮的空氣，我們人誰也不能離了新鮮的空氣，所以這個經也是人人不能離的。

那麼說：「我也不學佛經，我也沒有學佛法，我就不吸這個空氣了嘛！」其實你也是一樣吸。因為法沒有滅，這個法在世間，這個氣就充滿世間。你學不學，也都要吸收這個空氣，因為人與人之間，都是互相交流這個空氣的。好像我這口氣出去了，或者你就吸到你那個肚裏頭去，互相交換這個空氣。

我學佛法的這個人，懂佛法了，呼出去的這個空氣裏頭就有佛法。你沒學過佛法的人，也一樣要呼吸這個空氣，所以人與人都不能斷絕這種互相連帶的關係。這個經，也是這個意思，就好像我們的新鮮空氣，也就是我們的精神食糧。

—摘自宣化上人講解之《佛說阿彌陀經》淺釋
李海昱英譯

We can say that sutras are like the oxygen we need to breathe. If it's not there, we will die. Sutras are also like the brisk air in space, so when we are studying the sutras, it is like getting a breath of fresh air. For instance, if it feels stuffy indoors, you would go outside to get some fresh air. If the sutras are like the air we breathe, which we cannot live without, then the sutras are something we cannot live without either.

Someone may say: "If I don't study the sutras or learn the Buddhadharma, then I don't breathe this air." Actually, you still do. Since the Dharma has not ceased to exist, it is everywhere and pervades all places. Whether you are learning it or not, you are still breathing it, because we breathe in the air that others breathe out. When I exhale, you might breathe that air later, so we are constantly taking in the air that others have breathed.

Once we understand the Buddhadharma, the air that we breathe out will contain the Buddhadharma. Others who have not learned the Buddhadharma will inhale this air, forming an unbreakable connection between people. In the same way, sutras are like the fresh air that we breathe, and serve as nourishment for the spirit.

—from the Venerable Master Hsuan Hua's commentary on
the *Amitabha Sutra*
Translated by Lotus Lee