

# 隨時隨地迴光返照

## Each Moment is Cultivation

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我們修道，要天天修行、月月修行、年年修行、時時刻刻都是修行。修行，不是說坐那兒打坐就是修行，也不是說跪那個地方念經、誦咒就是修行。隨時隨地都要迴光返照，反求諸己，問問自己：「今天我有沒有生貪心？」「今天我有沒有生出瞋恨心？」「我今天有沒有打過愚癡的妄想？」如果有貪心生出來，趕快要覺悟，把這個貪心去了；有瞋心生出來，也趕快要覺悟，把這個瞋心趕快化了它；要有愚癡的妄想，也趕快要叫這個愚癡的妄想變成真正的智慧，不要跟著這個貪心、瞋心、癡心去跑。

做工的時候，行住坐臥的時候，都可以修道。時時刻刻迴光返照，令智慧一天比一天增加，令愚癡的心一天比一天減少。愚癡能變成智慧，瞋心能變成慈悲，貪心能叫它變成布施。能這樣子，這才是修行！不是有境界來了，就被這個境界轉了，就把這個「我」抬出來，這個貢高我慢的「須彌山」就現出來了，這是要不得的。

— 宣公上人百日禪開示

As cultivators, we must cultivate day after day, month after month, and year after year. Each moment is cultivation. What is cultivation? Cultivation is not just sitting in meditation or reciting sutras and mantras on your knees. Rather, it is practicing constant self-reflection and asking ourselves, “Did I have thoughts of greed today? Did I have thoughts of anger today? Did I have deluded thoughts today?” If you notice you have thoughts of greed, quickly be mindful of them and eradicate the thoughts of greed. If you have thoughts of anger, quickly be mindful and dissolve your anger. If thoughts of delusion arise, tell your deluded thoughts to quickly turn into genuine wisdom. Do not go blindly along with your greed, anger, and delusion.

When you are working, walking, standing, sitting, or lying down, you can cultivate. Constantly reflect inwardly. This way, your wisdom will grow day by day and your delusion will disappear day by day. Thoughts of delusion can become wisdom, thoughts of anger can become compassion, and thoughts of greed can become generosity. That is what it truly means to cultivate! If a temporary state or situation confuses you and you react from an egoistic standpoint, your arrogance will manifest itself like Mount Sumeru. Then that is not good.

—From the Venerable Master Hua’s lectures during the hundred-day Chan session