

二十一祖婆修盤頭尊者 (續)

The Twenty-First Patriarch, Venerable Vasubandhu (continued)



宣公上人講於1981年8月29日
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BIOGRAPHIES | 人物誌

「如是心印傳祖意」：這個就是心印法，就是傳佛心印。祖師意、西來意，就是——

大道一字無 誰也說不出
也沒留下樣 更沒畫出圖

你畫出圖，那都是罵人呢！說找一個樣子，那也真是頭上安頭。

大道一字無

什麼也沒有。我告訴你們，就是那個「○」。你要是明白那個「○」了，什麼都明白了；你不明白那個「○」，就糊塗一輩子。說：「那個『○』是什麼也沒有，沒有個數目！」沒有數目，就是在那個地方！「無始無終、無內無外、無大無小、無上無下、無方無圓」。說：「我不信這個！」那我不講了！所以這就是「祖師意」。祖師

This Mind Seal is a transmission of the Patriarch's intent. Just this is the Mind Seal Dharma. This is the transmission of the Buddhas' Mind Seal, the intent of the Patriarchs. The intent that came from the West.

*No words can describe the Great Way.
Anyone who tries to speak about it fails to express it.
It has no evident style.
Nor can it be depicted in fine art.*

Any attempt to draw it would be an insult! Trying to find its style is unnecessary, is like adding a head on top of a head."

No words can describe the Great Way.

Nothing at all exists. I'll tell you. It is zero. If you understand zero, you understand everything. If you fail to understand the zero, you simply muddle through life.

You say, "The zero is the absence of anything. It is the absence of numbers."

Well, the absence of numbers is the essential point! "It has no beginning and no end, no inside and no outside. It is not large or small. It is neither above nor below. It is not square or round."

You say, "I don't believe that."

I say, "Well, I'll stop talking then."

The patriarch's intent: So it is! So it is! It is just like that! There's nothing else.

意，如是如是，就這樣子、就這樣子，沒有旁的。

「西天東土步步高」：你想修行，修佛法門，就步步要往上走。不是總向後轉，不是盡退失你的菩提心；要步步高，要往上走。所以說：

修行如登百尺竿，下來容易上去難。

這個偈頌不知道是說得對不對？不過我不管！對，我也要這麼說；不對，還要這麼說！說完了，就把它忘記了！所以我希望你們也都不記得了是最好的。❀

坐禪時，先把左腿放在右腿的上邊，然後將右腿搬到左腿上邊，這叫「雙跏趺坐」，又叫「金剛坐」，也叫「菩提坐」。雖然名稱很多，但是都是指這個坐。結雙跏趺坐，容易入定，也不容易打瞌睡。另一方面，你也可以坐著睡；但是如果你不想睡，你也不須要睡。為什麼呢？因為一切唯心所造。

打坐時，身體要挺直，端然正坐，不偏不倚，不仰不合。坐直，但不要僵硬得像木板一樣，或像四週被硬板或鐵條圍住一樣。我這樣說，是因為我知道有些人打坐時，坐得像木板一樣僵硬，或像木刻雕像一樣。這樣坐需要費很多勁，這不是調伏身心的方法；調伏身心是很自然的。不要造作，要很自然……。很自然地打坐，不需費任何的力量。你放鬆的坐在那裏，感覺很舒適……。

「打坐時，要調勻呼吸；不要像牛一樣作很深的呼吸……，但也不要像蚊子一樣呼吸的太淺，幾乎聽不見……。需要吸氣時就自然地吸氣，需要呼氣時就自然地呼氣。使你的心平靜下來，不打任何妄想。」

「舌尖頂上顎，有口水就吞入肚子裏。打坐的人最好戒煙、戒酒、戒用毒品；不要依賴外緣來幫助你。如果你不抽煙、不喝酒，你的口水就不會焦苦，吞到肚子裏去，可以調和氣血。」❀

—宣公上人法語

Whether approaching this from West or East, step-by-step, climb higher.

If we want to cultivate the Buddha's Dharma doors, then step-by-step, we must ascend. We must not turn back. We must not retreat from our resolve for Bodhi. We must always advance upward. So it is said:

Cultivation is like climbing a hundred-foot pole.

Coming down is easy, going up is hard.

I'll pay no attention to whether what this verse says is accurate or not. Either way, this is how I want to say it. After I've said it, I forget it, and so it would be best if none of you remembered it either. ❀

When you sit down (to meditate), you take your left leg and put it on top of your right thigh, and then take your right leg and put it on top of your left thigh. That's the full lotus posture. It is also called the jewelled vajra sitting position. It is also called the Bodhi position. Although there are many names, they all refer to this one position. If you sit in this position it is easy to enter samadhi. It is also easier not to doze off. On the other hand, you can also sleep in this position. However, if you don't want to sleep, you don't have to. Why? It is because everything is made from the mind alone.

When you sit, your body should be held upright. Don't lean back with your neck cocked backwards. Don't lean backwards or forwards or slouch to the right or left. Sit straight but not stiff as a board. Don't sit so stiffly that it seems you are hemmed in on all sides by stiff boards or iron bars. I say this because I know there are certain people who, when they sit, immediately sit up as stiff as boards. They pose like wooden statues. It takes a tremendous amount of effort to maintain yourself like that. That is not the way to subdue your body and mind. Subduing the body and mind should be very natural. Don't display some special style.... When meditation is done naturally, there is not any force at all about it. You just sit there very relaxed, and you feel quite comfortable....

When you are sitting, you want to make your breath even. For instance, you don't want to make a point of taking very deep breaths.... like a cow.... On the other hand, you shouldn't breathe like a mosquito—so shallowly that its barely audible.... You breathe in when you need to breathe in, and you breathe out when you need to breathe out. It's very natural and you make your mind pure calm and don't have any false thinking.

Put the tip of your tongue on the roof of your mouth. That way the saliva in your mouth will flow directly into your stomach. That is why it is best for people who meditate to refrain from smoking, drinking, and taking other intoxicants. Don't rely on external conditions to aid you. If you don't smoke and you don't drink, then your saliva won't be scorched and bitter, and you will be able to swallow it into your stomach, where the saliva helps in harmonizing the energy and the blood. ❀

—A Talk by Venerable Master Hua