

虛空打破明心地

*With empty space shattered
the Mind is understood*

宣公上人禪七開示

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A Chan talk given by Venerable Master Hua

我們參禪參「念佛是誰」，很渺茫的，參來參去，也找不著這個「誰」。找不著這個誰，這時候會生疑情。疑情一生出來，大疑就大悟，小疑就小悟，不疑就不悟，長疑就長悟，短疑就短悟。

怎麼叫疑情呢？就是找不著這個「誰」了，哦，這個誰呢？這一個「誰」字，參幾個鐘頭也不停止。這時候，氣也沒有了，脈也停止了，念也住了，得了湛然大定。這種定，行也是定，坐也是定，站著也是定，躺著也是定，都在這個定裏邊，不出不入，所以叫「湛然大定」。

這時候，上也沒有天了，下也沒有地了，中間也沒有人了，遠處也沒有物了，一切一切都空了。再這空也沒有了，虛空粉碎了，這時候是個什麼境界？你看一看，想一想，虛空都沒有，這個妄想、雜念在什麼地方？私欲又在什麼地方？到這個時候，就很容易開悟，很容易返本還原、明心見性。

When you investigate “Who is mindful of the Buddha?” things may get vague. You keep on investigating, but you can't find out “who?” Unable to find the “who,” you give rise to a “feeling of doubt.” Once this feeling of doubt arises, great doubt will bring great enlightenment. Small doubt will bring small enlightenment. No doubt will bring no enlightenment. Continual doubt will bring continual enlightenment. Brief doubt will bring brief enlightenment.

What is meant by a “feeling of doubt”? It's being unable to find out “who?” Hmm. “Who?” Sustained investigation of this word “who” for hours nonstop can bring you to the point that your breath ceases, your pulse stops, your thoughts come to a standstill, and you attain a profoundly great samadhi. With that kind of samadhi, you are in samadhi when you are walking, sitting, standing and even lying down. You neither enter it nor leave it, and so it's called a profoundly great samadhi.

At that time, above, there will be no heaven; below, there will be no earth; in between, there will be no people; and afar, there will be no objects. Absolutely everything will be empty. Even emptiness will not exist. Once emptiness is obliterated, what kind of state remains? Take a look. Think about it. When there isn't even any emptiness, where could the false thoughts and extraneous ideas be located? Where could lust be found? At that time, it's very easy to become enlightened. It's very easy to return to the root and go back to the source, to understand your mind and see your nature.