

菩提比丘於萬佛聖城開講「阿毗達摩」

Bhikshu Bodhi Lectures on Abhidhamma at the City of Ten Thousand Buddhas

編輯部 文譯

By the Editorial Staff

菩提比丘於2018年3月5日至26日，每週一、三、五下午，在法界佛教大學達摩鎮

校本部新教學大樓開講「阿毗達摩概要精解」，總計十堂課，20小時。並於3月4日和3月25日晚間，在萬佛聖城大殿演講「種善根」與「實用緣起」。不僅法大師生多人聽講，僧伽居士訓練班學生、萬佛聖城住眾、以及對佛學有興趣的瑜伽市民也紛紛前來，開講時經常座無虛席。

「阿毗達摩」是巴利文的論，按字面翻譯是「上等法」。「阿毗達摩」的一大特點，是很有系統地將佛陀教法分門別類，並綜合哲學、心理學和倫理學，將一切究竟法分為四大類：心、心所、色、涅槃。巴利文的《阿毗達摩論》（論藏）共有七部大論：法聚論、分別論、界論、人施設論、事論、雙論、發趣論。菩提比丘這次在萬佛聖城使用的教材，是他將阿耨羅陀尊者的巴利文著作《阿毗達摩概要》英譯，加上助讀說明而成的《阿毗達摩概要精解》一書。

3月4日在佛殿講解「種善根」時，菩提比丘指出，「種善根」有十種方法：布施、持戒、禪修、恭敬、服務（出坡）、迴向、隨喜（功德）、學法、弘法、正知見（擇法眼）等。而「種善根」的根本就是皈依三寶。

3月25日晚間在萬佛聖城大殿，菩提比丘說明「實用緣起」。「緣起」是佛



Venerable Bhikshu Bodhi spoke on Abhidhamma at the newly renovated building of the Dharma Realm Buddhist University Talmage campus every Monday, Wednesday, and Friday afternoon from March 5 to March 26, 2018. There were 10 class meetings for 20 hours. He also gave lectures at the Buddha Hall of the City of Ten Thousand Buddhas on “Planting Wholesome Roots” and “Practical Dependent Origination” on March 4 and March 25, respectively. His classes and lectures attracted many DRBU faculty members and students, Sangha and Laity Training Program students, CTTB residents and local Ukiah people interested in the Buddhadharmā. The class was full.

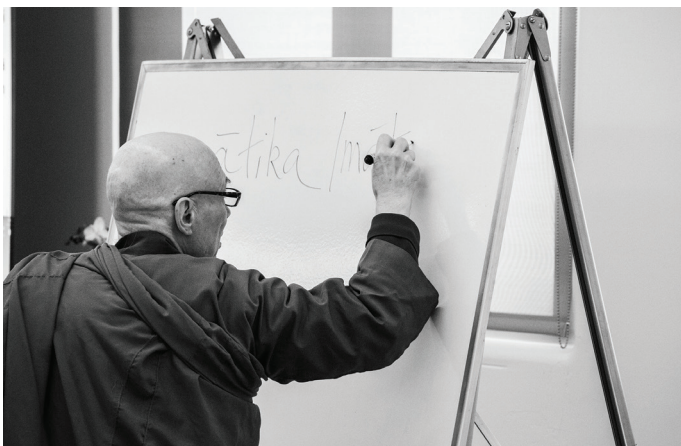
The word *Abhidhamma* literally means “that which exceeds and is distinguished from the Dhamma.” The *Abhidhamma* is the Buddhist analysis of mind and mental process, a wide-ranging systemization of the Buddha’s teaching that combines philosophy, psychology and ethics into a unique and remarkable synthesis which is also the division of actuality into the four ultimate realities: *citta*, *cetasika*, *rūpa*, *nibbāna* (consciousness, mental factors, material phenomena, and Nibbāna. In the Pali Canon, *Abhidhamma* Pitaka consists of seven books: the *Dhammasaṅgani*, the *Vibhaṅga*, the *Dhātukatha*, the *Puggala-pannatti*, the *Kathavatthu*, the *Yamaka*, and the *Paṭṭhana*. The textbook Bhikshu Bodhi used for his class is: *A Comprehensive Manual of Abhidhamma*. This is a translation from the Pali



陀教法中的核心思想，也是獲得解脫的關鍵。菩提比丘不僅介紹緣起，也說明「緣起」與修行的關係，特別是與「四念處」的關係。

菩提比丘此次在萬佛聖城講課的最後一週，還應邀到男校和女校演講「負起社會責任」與「慈觀」。

菩提比丘出生於紐約。1967年取得哲學博士學位後，前往斯里蘭卡出家。1972年受沙彌戒，1973年受比丘戒，戒和尚是斯里蘭卡著名的學問比丘—阿難陀·慈氏長老。1984年菩提比丘奉任斯里蘭卡佛教出版社總編輯，1988年出任該社社長。他在著作、編譯、編輯上聲譽卓著，出版過許多重要作品。2002年菩提長老回到美國，於2007年創辦「全球佛教救濟會」，目前擔任美國佛教會會長。❀



Abhidhammattha Sangaha written by Acariya Anuruddha for which Bhikkhu Bodhi added.

On March 4, when he talked about “Planting Wholesome Roots” in the Buddha Hall of CTTB, he pointed out that there are ten ways to plant wholesome roots: giving, taking the precepts, cultivating meditation, reverence, service, sharing merits with others, following the merit of others, studying the Dharma, speaking the Dharma, correcting/straightening out one’s views. The basis for planting wholesome roots is taking refuge in the Three Jewels.

On March 25, he gave a talk on “Practical Dependent Origination” at the Buddha Hall of CTTB. “Dependent Origination” is often said to be the central pillar of the Buddha’s teaching and the key to liberation. In this talk, Ven. Bhikkhu Bodhi gave a concise overview of this core Buddhist principle and related it to Buddhist practice, particularly to the four foundations of mindfulness.

During the last week of his stay at CTTB, Venerable Bhikkhu Bodhi was invited to give talks on “Taking Social Responsibilities” and “Metta Contemplation” at Boys School and Girls School.

Venerable Bhikkhu Bodhi was born in New York. After completing his PhD in philosophy in 1967, he traveled to Sri Lanka, where he received novice ordination in 1972 and bhikkhu ordination in 1973, both under the eminent scholar-monk Ven. Balangoda Ananda Maitreya. In 1984, Bhikkhu Bodhi was appointed English-language editor of the Buddhist Publication Society (BPS, Sri Lanka) and, in 1988, became its president. Ven. Bhikkhu Bodhi has many important publications to his credit, either as author, translator, or editor. In 2002, he returned to the United States. In 2007, Bhikkhu Bodhi founded the organization “Buddhist Global Relief.” He now is the president of the Buddhist Association of the United States. ❀