

新冠肺炎反思

A Reflection on the COVID-19 Pandemic

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我想談談現在正流行的新冠狀肺炎病毒。之前在馬來西亞的時候，就聽到宣公上人說，人類會受到肺炎病毒的攻擊。上人說這個病毒不單單會影響到一個國家，也會蔓延到全世界。到時候不僅普通患者沒有辦法應對，連醫生也束手無策。因為這個病毒會通過空氣和身體接觸傳播，患者同醫生握手或者呼吸，就能把病毒傳染給醫生，所以最終就連醫生和護士也在劫難逃。這些我在馬來西亞時也只是聽聽而已。現在在美國親身感到了這個病毒的可怕。

我從網絡上了解到美國在1918

I want to talk about the new coronavirus that is now wildly spreading years ago, when I was still in Malaysia, I had already heard Venerable Master Hua's prediction of this. He stated that in the future, humanity would be attacked by a pneumonia virus, and that this virus would not only affect one country, but would also spread throughout the world. As it spread, not only would ordinary patients find themselves incapable of coping with it, but doctors would also be helpless. This virus,

which he described, would spread through the air and through bodily contact. Patients would be able to pass the virus to a doctor simply by shaking hands or breathing. Eventually, doctors and nurses would not be able to avoid, either. When I heard these comments long ago in Malaysia, I just listened, without attaching much importance to them — that is, until I experienced the real horror of witnessing the spread of this virus here in the United States.

I learned from the online research that the U.S. suffered heavy losses during a worldwide pandemic in 1918. Because world war was ending during this widespread pandemic, which swept throughout the world, many people contracted a contagious disease. Because World War was ending, it further aggravated the problem of the shortage of doctors and nurses. So it was an especially terrible situation in America.

The Venerable Master said that scientific and technological

年也經歷過瘟疫的災劫。第一次世界大戰之後很多人因為瘟疫的流行而得到傳染病，戰爭又導致醫生和護士嚴重缺乏。所以當時整個美國的情況都很糟糕。上人說過科學進步會帶來很多災劫。比如日本被原子彈轟炸，爆炸所產生的毒氣會散發到空氣中，那麼沒有人可以避免呼吸到有毒的空氣——這就是人類的共業。我最近從新聞報導了解到，這次的新冠狀肺炎病毒，也是通過空氣傳播，攜帶病毒的人一個咳嗽就可以把病傳染給別人。

所以我們一定要遵守團體所制定的安全措施。大家要保護好自己，也要保護好別人，要為他人著想，避免病毒的傳播。在這個艱難的時候我們一定要迴光返照，要了解根本的問題在哪裡，要了解到生死。要遵從上人所講的六大宗旨：不爭，不貪，不求，不自私，不自利、不妄語。

我從網上看到新冠狀肺炎病毒會通過一代代的演變而形成多種疾病。1918美國爆發瘟疫的紀錄顯示：病毒最終會演變成很多種傳染病，同時病毒也會變異得越來越強來抵抗新的消炎藥。

上人叫我們念〈大悲咒〉和〈楞嚴咒〉。因為大悲觀世音菩薩很慈悲，只要我們誠心地求，就有可能化解這個災劫。我記得上人說〈大悲咒〉是能治一切病的，「大悲大咒通地天」。

〈楞嚴咒〉中的第132句：「毖沙舍」。它在上人的楞嚴咒句偈是「虛空妙藥治瘟魔，除風寒暑濕燥火；時氣流行傳染病，持咒消除娑婆訶。」

上人解釋「毖沙舍」或翻譯為「虛空神」或翻譯為「妙藥」。「虛空妙藥治瘟魔」，上人是說虛空神

progress would bring many disasters. For example, when the atomic bombs were dropped on Japan, the air was filled with of toxic fumes, and no one could avoid breathing them in — this was the shared karma of humanity. I recently learned from a news report that the new coronavirus causes pneumonia-like symptoms also spreads through the air. With just a single cough, a host who is carrying this virus can spread it to many other people.

Therefore, we must abide by the City of Ten Thousand Buddha's community safety measures. Everyone must protect themselves as well as other people. Everyone should be considerate of others so as to prevent the spread of the virus. In this difficult time, we must reflect on ourselves by "returning our light and shining it within;" We must understand the fundamental issue, and understand the cycle of birth and death. We also must follow the six guiding principles taught by the Venerable Master: not fighting, not being greedy, not seeking, not being selfish, not pursuing personal advantages, and not telling lies.

I learned while researching online that the coronavirus that causes illness is able to evolve from generation to generation, and has more than one strain. Spanish Flu outbreak in 1918, we have no vaccine or cure for this new virus, and after undergoing more mutations, this new coronavirus could become even tougher and more resistant to antiviral drugs.

The Venerable Master taught us to recite the *Great Compassion Mantra* and the *Shurangama Mantra*. Guanyin Bodhisattva is very compassionate; as long as we sincerely pray, we can dispel this calamity. I also remember that the Venerable Master said that the *Great Compassion Mantra* can cure all diseases. As he put it, "This great mantra of great compassion penetrates heaven and earth."

The 132nd line of the *Shurangama Mantra* is: Pi sha she. In his explanatory verse of this line, the Venerable Master said:

*A spirit named Emptiness dispenses wonderful herbs to cure demonic plagues.
Brought on by wind, cold, heat, dampness, dryness and fire.
Seasonal ills, epidemic diseases, and rampant contagions.
Can be wiped out by holding this mantra. Suo po he!*

According to the Venerable Master's explanation of this mantra line, "Pi sha she" translates to "*A spirit named Emptiness*" or "wondrous medicine"—the spirit "Empty Space" dispenses "wondrous medicine" to dispel demonic plagues. These syllables can cure contagious diseases, even plagues that spread very rapidly. Whenever a plague spreads, behind it is a demon "pulling the strings."

Brought on by wind, cold, heat, dampness, dryness and fire. The Venerable Master said that illnesses can be divided into two categories:

或是妙藥都是治瘟疫病的，哪怕這種病傳染得很快。這一句咒就是治這個病的，因為瘟疫流行時都有一種魔鬼。

「除風寒暑濕燥火」，上人就說，病有內病跟外病。風、寒、暑、濕、燥、火是病的六種因。有風會生病；有寒也會生病；暑屬火，太熱了也會有病；濕屬於是水病，是外邊的病菌導致。

所以上人就講「時氣流行傳染病」，就說瘟疫是不常有，是偶然有的，凡是有病都有一個魔鬼在那兒令你生病；說在瘟疫流行的時候是有很多魔鬼。

「持咒消除娑婆訶」，上人就說你若誦持這句咒就能消除這一切的災難。「娑婆訶」是吉祥的意思。若生病時能誠心持咒，不打妄想就能有感應。若一邊持咒一邊打妄想那就沒有用了。

上人就是這麼解釋「毖沙舍」這一句。所以，我們要知道，一個人生病除了外因，內因產生了更大的影響。

內因是我們的情緒，比如說焦慮或怨恨。我們一定要管理好自己的內心。尤其是現在因為要防止疾病傳播有很多的不方便。大家不能像以前一樣共修，又要戴口罩。這些種種的不方便會不會讓我們起煩惱呢？會不會生氣，會不會感到很不耐煩呢？我們要做到不起煩惱，不要怨恨。因為從中醫的角度來看，一個人會生病內因佔了很大的因素。

王鳳儀，中國的王善人他就通過五行來給人治病。五行的五個元素分別是金、木、水、火、土。這五個元素又分別呈現陰性和陽性。王鳳儀認為每一個人都

those brought about by internal causes and those brought about by external causes. There are six major external causes of illness: wind, cold, heat, dampness, dryness, and fire. Too much wind can cause illness, and so can too much cold. Heat belongs to the element of fire — having too much heat in one's body will make one sick. Dampness belongs to the element of water — too much moisture in one's body is associated with illness derived from water. Illnesses like this are caused by external bacteria.

Seasonal ills, epidemic diseases, and rampant contagions. The Venerable Master said that where there are illnesses, there will be demons. Since epidemics are not a common occurrence, when an epidemic strikes, there will be many demons there.

Diseases can be wiped out by holding this mantra. Suo po he! The Venerable Master said that when this mantra is held in mind, calamities and disasters of every kind will disappear, and everything will be auspicious. "Suo po he" is itself auspicious. If someone is sick and can sincerely recite this mantra without entertaining false thoughts, they will evoke a response. However, when one keeps striking up false thoughts while reciting the mantra, then there will be no use.

That was how the Venerable Master explained the meaning of the line "Pi sha she" from the *Surangama Mantra*. We should realize that besides the external factors that cause someone to contract an illness, there are also internal factors that have even greater influence.

These internal factors are our emotions — for example, anxiety, resentment, or hatred. We must take care of ourselves and discipline our minds, especially when we are faced with many kinds of inconvenience, as we are right now, when we have to do many things to try and prevent the disease from spreading. Not only are we unable to cultivate together the same way as before, we are now required to wear masks as well. Will these inconveniences upset us and breed afflictions within us? Will they make us angry or impatient? We must train our minds to be free of these afflictions and free of grudges. A traditional Chinese doctor has the perspective that internal factors play a large role in human illness.

Wang Fengyi (often called "Goodman Wang" in Chinese) cured the illnesses of others by analyzing the five elements in their bodies—metal, wood, water, fire, and earth. All five have both yin and yang properties. Wang Fengyi believed that everyone has his own five elements. Those who have more of a yin nature are generally more pessimistic, while those who have more of a yang nature are generally more optimistic. Each person should transform his yin qualities into yang qualities.

We will now discuss the characteristics of each type of person. People of a yin-wood nature (or temperament) tend to lose their temper

有自己的五行。總的來說五行中，偏陰性的人比較悲觀，偏陽性的人比較樂觀，每一個人都應該撥陰轉陽。

下面我們來分別介紹五行中每種人的特點。有陰木特性的人，很容易發脾氣又不服人，不喜歡被拒絕；這樣的人容易傷肝。陽木的人，富有主見和慈悲心，具有領導人的特質。

陰火的人，他沒有耐心很急躁，貪欲重；容易傷到心臟。陽火的人理智，明辨是非。所以我們應該轉陰火為陽火，做一個明理的人。陰土的人，愛抱怨，反應慢，缺乏智慧又固執，思想狹窄，懷疑心重；這樣的人容易傷脾胃。所以陰土的人就要學會有對別人有信心，轉陰土成陽土。

陰金的人，容易嫉妒別人，很虛偽狡猾；通常陰金的人容易肺部有問題。所以若能轉陰金成陽金，就會成為一個總看到別人好處又講義氣會做事的人。陰水的人，總是拖拉遲緩；這樣的人容易傷腎，常常腰痛。如果可以轉陰水成陽水，人會變得聰明有智慧，能夠包容別人的缺點錯誤。

以上這些是王善人對不同五行特質的人的建議。我們要改我們的脾氣，轉換自己的心情，病就會好。

同時《中庸》裡面也有講到：「喜怒哀樂之未發，謂之中；發而皆中節，謂之和。中和者，天下之大本也；和也者，天下之達道也。致中和，天地位焉，萬物育焉。」現在疫情嚴重，我們更加要牢記「生死無常」才是每一個人根本要解決的問題。這時大家一定要齊心面對，護持正法。令災難消失，世界和平！❀

and are unyielding in their relations with others. They dislike being turned down or rejected. Such people are much more susceptible to liver damage. People of a yang-wood nature have more compassionate hearts, do things differently, and know their own minds. Such people are born leaders.

People with a yin-fire nature tend to be impatient, hasty to act, and full of desire. These people are more susceptible to heart problems. People with a yang-fire nature are sensible and rational, and can clearly discern between right and wrong. Therefore, we should transform the yin-fire into yang-fire and be sensible, reasonable people. Those with a yin-earth nature like to complain a lot and are socially awkward. They are unwise, stubborn, narrow-minded, and full of doubt and suspicion. This kind of person tends to be more susceptible to stomach and spleen problems. Therefore, people with a yin-earth nature should learn to place trust in others, transforming their yin-earth nature into a yang-earth one.

People with a yin-metal nature are cunning and smart and easily become jealous. This kind of person tends to be more susceptible to lung problems. If one can transform the yin-metal nature into a yang-metal one, he will be able to see the good side of others. Moreover, such people are chivalrous and capable.

People with a yin-water nature tend to be sluggish and do things slowly. Such people tend to be more susceptible to kidney problems. Should they be able to transform their yin-water nature into a yang-water one, they will become wise and intelligent, and better able to tolerate others' mistakes and shortcomings.

The above are Goodman Wang's suggestions and advice to different people depending on which elements they possess. We should learn to transform our bad tempers and turn our bad moods into good ones; then our illnesses will be naturally dispelled.

The *Doctrine of the Golden Mean* says, "Pleasure and anger, sorrow and joy: before they emerge, they are called the mean. Emerging according to the proper rhythm, they are called harmonious. The mean: this is the great root of the world. Harmony: this is the ultimate Dao (Way) of the world. Arriving at harmony and the mean, heaven and earth assume their proper places, and myriad things of the world are nurtured."

Right now, in the midst of this very severe pandemic, we must firmly bear in mind that birth and death are impermanent. The problem of birth and death is the fundamental problem that we need to solve. At this critical moment, we must come together to meet this situation head on, all while upholding and protecting the Proper Dharma. By doing so, we can hope to help eradicate calamities in the world and bring about world peace. ❀