

Thoughts Turn Straight and True

思無邪

A Dharma Talk Given by Dharma Master Heng Chih at Gold Buddha Monastery on April 16, 2017

Chinese Translated by Bhikshuni Jin Jing and Janet Lee

比丘尼恒持法師2017年4月16日講於金佛聖寺

比丘尼近經、李采真 中譯

The Ukiah Valley is bordered by hills on the east and west. The City of Ten Thousand Buddhas is on its east side, so the sun, rising from the east, illumines Wonderful Enlightenment Mountain. In 2015, we bought a property in Ukiah and established the Sudhana Center, located close to the western hills of the Ukiah Valley.

The Sudhana Center is owned by the Dharma Realm Buddhist Association and managed by Dharma Realm Buddhist University. It is a place where we hold conferences, sessions, meditation sittings, and offer space for local groups' activities. The center provides classrooms and residences for the selected students, staff, and faculty of Dharma Realm Buddhist University.

Sudhana is the Sanskrit name of the Youth Good Wealth. In the Buddha Hall at Sudhana Center, a life-size image of him stands in front and to the left of a very large statue of Guanyin Bodhisattva and before images of the Three Sages of the West. A matching life-size statue of the Dragon Girl stands in front and to the right of Guanyin, opposite Good Wealth. They are exquisite jade-carved images.

A meditation room adjacent to the Buddha Hall originally had seven dark-hued stained-glass windows. To replace these with more translucent windows that will let in more light, Professor



在瑜伽谷東西兩側有連綿山丘環繞著，萬佛聖城就座落在瑜伽市的東邊。所以當太陽從東方升起，朗照了整座妙覺山。2015年，我們在靠近瑜伽谷的西邊山丘購置了一些物業作為新校區，並成立「善財參學中心」。

善財參學中心為法界佛教總會所有，由法界佛教大學負責管理；在這裡，我們舉辦座談會、打七和禪修課程，也開放給當地其他社團活動共享。校區內的教室和宿舍則提供給法大學生和教職員

使用。

「Sudhana」是善財的梵語，新校區是以善財童子的名字命名。善財參學中心的佛殿中，在西方三聖前方有一尊觀音菩薩坐像，和一尊真人大小的善財童子像佇立於觀音菩薩的左側；同等大小的龍女像隨侍在觀音菩薩像的右邊，正巧與善財童子相對稱。這兩尊都是非常精巧的玉石雕像。

佛殿旁的一間禪堂，以前原有七扇深色的彩繪玻璃窗。我們用更透明的窗來替代，讓更多的光線能灑進室內，由鮑果勒教授的同修凱洛琳設計並打造出七個彩繪蓮花

Doug Power's wife, Caroline Hanson, designed and created seven colorful stained-glass lotus-blossom windows.

In addition to the stained-glass lotus windows, Caroline also created the three stile mural panels of Amitabha Buddha, and Guanyin and Great Strength Bodhisattvas that are set behind the Guanyin statue in the Buddha Hall at Sudhana Center.

A Dharma-protector and his family donated the Youth Sudhana and the Dragon Girl images. He is a cardiac surgeon who has performed more than 8,000 surgeries, and hopes to complete 10,000 before he retires. Guanyin Bodhisattva's heart of great compassion must indeed be moved by this!

Now I will share a verse composed by the Venerable Master:

Innocence found, vibrancy abounds!

Thoughts turn straight and true.

Tame the mind. Let things go. That is the vital clue.

As the earth dissolves, dualities will, too.

When space is shattered to smithereens, distinction-making will end.

A single efficacious light shines throughout the Dharma Realm.

Hold that pearl of wisdom! Keep that mani gem close!

Transcending the defiled and pure, coming and going no longer occur.

The pulse will stop, thoughts cease, and the mad mind will be at peace.

This is a great one for you to memorize to take into your meditation. When you get bored, you can recite this verse and ask who you are. I believe, if I'm not mistaken, that this was partly written for the monks Heng Sure and Heng Chau on their three-step-one-bow pilgrimage, because they really worked hard on bowing, and had achieved some advantages in their cultivation of the Way, so I think the last line has something to do with that.

Innocence found, vibrancy abounds! Thoughts turn straight and true. The first premise is that we come unsoiled; we are a blank page. But quite soon, our habits develop. This is not necessarily a Buddhist perspective on a newborn child, but it is a very popular one. Young students at Instilling Goodness Elementary School learn the *Chinese Three-Character Classic* and know this by heart:

People at birth, are naturally good.

Their natures are similar; their habits become different.

Tame the mind. Let things go. That is the vital clue. I thought this was a rather good definition of what it means to be innocent. In Daoism, you'll see an old fellow with a white beard and red cheeks looking like

玻璃窗。

除了彩繪蓮花玻璃窗，凱洛琳還創作了三幅彩色玻璃面板的阿彌陀佛、觀音菩薩和大勢至菩薩像，位於佛殿觀音菩薩座像的後上方牆上。

善財童子和龍女這兩座玉石雕像為護法居士及其家人所捐贈。他是一位心臟外科醫師，迄今已執刀超過八千次，他期盼在退休前能完成一萬筆紀錄。觀音菩薩的大慈悲心肯定也會受其感動！

現在，我想分享師父所寫的一首偈頌——禪定要訣頌。

天真活潑思無邪，
降心離相是要訣；
大地消沉泯對待，
虛空粉碎了分別。
靈光獨耀照法界，
智珠在抱養牟尼！
不垢不淨不來去，
脈息念住狂性歇。

這首偈頌可以背起來，它對禪修有很大的幫助。當你打坐覺得厭倦的時候，可以憶念這首偈頌以幫助自己參那個「誰」。如果我沒記錯，這首偈頌是師父為當時在三步一拜的恆實法師和恆朝法師所寫的。因為他們當時相當認真禮拜，並且在修行上也達到某些層次，因此，我認為這首偈頌的最後一句和當時他們的修行有關。

「天真活潑思無邪」：這裡講到我們初生的時候就像白紙一樣純淨，但很快的，我們就被習氣毛病所染污。這並非只是佛教的觀點，而是一個相當普遍的看法。在中國的《三字經》裡也有提到相同的觀點，《三字經》是育良小學的漢語學習教材。

人之初，性本善；
性相近，習相遠。

a kid. This is a manifestation of the “innocence of a child.”

As the earth dissolves, dualities will, too. / When space is shattered to smithereens, distinction-making will end. The mind we use is primarily the sixth consciousness. And it's very busy. The mind has to define everything working with the sixth consciousness to evaluate, criticize, and to figure out if something is good for us or not. When we sit in meditation this week, we should apply effort to stopping the sixth consciousness mind and getting rid of some of the habits embedded in us.

A single efficacious light shines throughout the Dharma Realm. / Hold that pearl of wisdom! Keep that mani gem close! In the Master's preface to *Reflections in Water Mirroring Heaven: Records of Turning the Tide of Destiny*, he says, “Here's why I am writing this book.” The essence of what he hopes to be able to communicate in all the many essays he wrote is as follows:

Our inherent vision is fascinating in all its endless aspects. Who wouldn't like to experience this wonder? To do so we must quickly purify our mind, strive towards goodness, bring forth vigor and courage, and firmly resolve to realize Bodhi. Then we will be able to help vast numbers of beings cross to the Other Shore. There we will happily join gatherings of especially good people. Bodhisattvas who never retreat from the Way will be our enduring companions.

The Master is talking about Amitabha Buddha's Pure Land. Holding on to the mani gem is to “keep the resolve, purify our minds, strive towards goodness, bring forth vigor and courage, and firmly resolve to realize Bodhi.” To that we should adhere firmly!

So then ***Transcending the defiled and pure, coming and going no longer occur. The pulse will stop, thoughts cease, and the mad mind will be at peace.*** The Master's *Heart Sutra Verses Without Stand* clearly explain these eight lines. It's really good to memorize those eight lines so they are easy to recall in your meditation, because these *Heart Sutra* verses talk about deep meditative states.

❀



「降心離相是要訣」：我認為這一句將「天真」做了很好的詮釋。在道教中，你會看到一位白鬍子老人，有著紅通通的臉頰，看起來像個孩童一樣。這就是「孩子純真」的一種顯現。

「大地消沉泯對待，虛空粉碎了分別」：我們的心被第六識所主宰，它很忙的。這個心忙著用第六意識來分別對一切事情下定義、批評，並且衡量每件事情對我是好或不好。當我們這星期在坐禪的時候，我們應該努力去停止這個第六意識的識心，並擺脫我們那些根深柢固的習氣。

「靈光獨耀照法界，智珠在抱養牟尼」：師父在《水鏡回天錄》的自序中提到：要挽回天意這個希望，他說：「這是我寫這部書的動機。」他希望能藉由自己所撰寫的這所有文章中，將最真實的道理傳達給大家：

「本地風光別有妙趣，其味無窮矣！吾人其欲嘗試之？淨其意志，回心向善，發精進勇猛心，立志修成道果。廣度同倫，共登彼岸，與諸上善人，歡聚一處，不退菩薩，永作伴侶。」

師父在這段文中告訴我們往生阿彌陀佛的淨土，就是要涵養我們的摩尼珠，就要「淨其意志，回心向善，發精進勇猛心，立志修成道果。」因為這個，我們必須要堅誠恆！

「不垢不淨不來去，脈息念住狂性歇」：師父在《心經非臺頌解》裡邊把這八句偈的境界解釋得相當清楚。因為《心經非臺頌解》中所講的都是甚深禪定的境界；記住了這八句偈頌，這樣能很好地幫助你在禪修上的用功。❀