

新的一年，從心開始

A New Year Starts from a New Mind

沙彌尼近晏2023年1月24日講於花蓮彌陀聖寺千佛懺圓滿日

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A Dharma Talk by Shramanerika Jin Yen at Amitabha Monastery, Hualien on January 24, 2023,
the Complete Day of the One Thousand Buddhas Repentance

English Translated by BTTS Volunteer



今天是千佛懺法會的圓滿日。過年我們都會大掃除，把環境整理得乾乾淨淨；新的一年開始，大家來參加這個拜懺法會，也是為自己除舊布新一除去舊習氣、毛病，給自己一個新的開始。

中國字很有意思，從「懺」字來說，這個字左邊一個心、上面兩個人、下面兩橫夾住一個非、右邊一把刀。非就是過錯，這個非字上下兩橫包起來，就像人歡喜覆藏，把自己的過錯掩飾起來，深怕被發現。懺悔就是人拿著一把刀把這些覆藏的過錯從心裡割去，把這些過錯拋出心外，給自

Today, we complete the One Thousand Buddhas Repentance. Before the Lunar New Year, we thoroughly clean our homes, making the whole environment tidy. In the beginning of the New Year, we come to join this Repentance Dharma event. This signifies our own cleaning—clean our old habits, our faults, and to give ourselves a new start. The Chinese words of Repentance [Chàn Huǐ] are very interesting. For example, the word, Repentance [Chàn] has a radical of a heart on the left. On its top, there are two people and below it has a fault wrapped by two strokes. On its right, it has a knife. Faults are our mistakes. However, these mistakes are wrapped by two strokes. It's like an analogy of people covering their faults because we don't want others to know our mistakes. Therefore, repentance is likened to holding a knife and cutting off layers of coverings and removing these faults from our mind in order to start anew. Repentance [Chàn] is to repent of our mistakes in the past. We repent of all the mistakes

己一個光明的開始。「懺」是懺其前愆，以前所造的種種愆由，在拜懺的時候誠心向佛菩薩發露，這一份誠心與諸佛相應，佛光普照幫助我們洗滌罪障；「悔」是悔其後過，日後要時時提醒自己切莫重蹈覆轍，又犯同樣的錯誤。所以，透過懺悔我們的罪障會慢慢地消除，心裡的雜草會一次又一次地被拔掉，這同時便會發自內心感受到輕盈與愉悅。

過年拜懺清除心裡的污垢，大家也希望新的一年一切平安順利，所以過年有些人會寫消災延壽牌位或是點光明燈，藉由佛菩薩的加持力幫助我們在新的一年順遂無憂。佛菩薩可以幫助我們消災延壽，我們自己也可以幫助自己消災延壽。上人這麼說：不生煩惱就是消災、不發脾氣就是延壽、不欺壓旁人就是消災延壽。

「不生煩惱就是消災」，平常我們可以觀照自己的念頭是不是煩惱無間斷，惡念不止息？忌妒障礙、貢高我慢、爭心、貪心、自私心念念不斷。譬如在公司裡，有個同事跟上司的緣分特別好，心裡就起了忌妒心，忌妒心一起，障礙心也隨之而生，在會議報告中希望他講到一半電腦壞掉、希望他走上台的路上不小心摔倒……。我們起的每個念頭果報終究會回到自己身上，時時起惡念，無災也會招致災禍，這樣怎麼消災？

相反地，如果平靜不生煩惱、常存善念，念念以助人、利益眾生為出發點，譬如看到一隻蚯蚓在水泥地上爬，可以順道把牠抓起來放到泥土上，雖然只是舉手之勞，卻救了一條生命。日常生活中小善的積累這些善因就是當遇到災劫時幫

that we have done in the past. When we join the Repentance Dharma Ceremony, we reveal all our mistakes to the Buddhas and Bodhisattvas. Such a sincere heart will call forth a response from all Buddhas. The Buddha's Light will shine upon us and help us wash away our faults. [The second Chinese character for repentance is Huǐ.] Huǐ is not to make the same mistake again in the future. We ought to remind ourselves not to repeat the same mistakes. Therefore, repentance [Chàn Huǐ] will gradually eradicate our offenses. The weeds in our mind will be pulled out gradually. The joy and lightness will naturally come from our heart.

During the Lunar New Year, we eradicate defilements in our mind. Everyone should all wish for a peaceful and successful new coming year. Some people will write a plaque for dispelling calamities and lengthening life. Or, set up a "Lamp of brightness" and wish for the aid from the Buddhas and Bodhisattvas to help us go through this year smoothly without worry. Indeed, the Buddhas and Bodhisattvas can help us. However, we can also help ourselves to dispel calamities and lengthen life. The Venerable Master said, "Dispelling calamities means not to give rise to affliction, lengthening life means not to give rise to anger. Dispelling calamities and lengthening life means not to oppress others."

"Dispelling calamities means not to give rise to affliction." When we reflect inwardly and watch our minds, we can observe waves of afflictions and outflows, as well as unwholesome intentions endlessly arising. Jealousy, arrogance, fighting, greed, selfishness continuously arise and cease. For instance, when your coworker has a very good relationship with your boss, you might be jealous. When jealousy arises in your mind, various hindrances arise. For example, you would hope that during your coworker's presentation, their computer will break down, or they will trip on the stage when they come up. When we give rise to these unwholesome thoughts in our minds, such intentions may have an adverse effect on us, such that there may be retribution. When you always constantly hold onto these unwholesome thoughts, you bring yourself closer to disasters, how then would you be able to dispel calamities?

On the contrary, we should maintain a peaceful mind, to not give rise to afflictions, to constantly have wholesome thoughts, to always want to help and benefit people. For instance, when you see an earthworm crawling on the cement road, you can just pick it up and put it in the soil. Even though it is such a small act, you have saved a life. The causes of all these small acts of kindness will accumulate

助我們消災解難最大的助因。

「不發脾氣就是延壽」，人體五臟六腑的運作與七情六欲的變化息息相關。《黃帝內經》上說：「心在志為喜、肝在志為怒、脾在志為思、肺在志為憂、腎在志為恐。」脾氣如果往外發，大動肝火，傷的是肝；如果往內吞，生悶氣，傷的是胃。怒火一升可能衝破血管而中風，或者太過激動而心臟驟停。脾氣就是一種毒氣，佛法教我們學著化毒氣為祥和之氣，不這麼在意、不那麼堅持，放下一點執著，心保持在一個平穩的狀態，自然可以延年益壽。

「不欺壓旁人就是消災延壽」，欺壓旁人，覺得我年資深、經驗多、年齡長、學歷高別人都應該聽我的，只要不順意就起煩惱、發脾氣。起了煩惱就不能消災，發了脾氣也不能延壽，所以欺壓旁人既不能消災也不能延壽。遇到事情我們要用德行來感化人，有德行，人看了自然心服口服地順從；以勢力壓迫人，不但不能消災延壽而且還傷害彼此的緣分。

上人說：「你只要你往好了做，你心一轉變，什麼都轉變了。為什麼不吉祥呢？因為心裡不吉祥，所以就遇著不吉祥的事情。」新的一年希望大家從心開始，誠心地向佛菩薩懺悔前愆，洗滌心垢，給自己一股善的力量，幫助自己消災延壽。✿

gradually every day. When a disaster really does occur, these causes will in turn help us.

“Lengthening life means not to give rise to anger.” All the internal organs in our body are deeply connected with all of our Seven Emotions and Six Desires. The *Yellow Emperor’s Classic of Medicine* says, “Rapture hurts the heart, anger hurts the liver, worry hurts the spleen, anxiety hurts the lungs, fear hurts the kidney.” When we burst out in anger, it hurts our liver. If we should suppress such strong emotions, we would feel sad and sulky and we would end up hurting our stomach. Particularly when we burst out in anger, the fire of anger would burst out our blood vessels and cause a stroke or a heart attack. Temper is toxic. The Buddhadharma teaches us to transform toxic energy into auspicious and peaceful energy. We don’t hold on to our views so firmly. Don’t be so insistent. Let go of our attachments. Maintain our peaceful mind and naturally we can lengthen our life.

“Dispelling calamities and lengthening life means not to oppress others.” We don’t oppress others with the thought “because I am more senior, I am more experienced, I am older, I have higher education so everyone should listen to me.” When things don’t go our way, we give rise to afflictions. When afflictions arise, it cannot dispel calamities. When we give rise to anger, we cannot lengthen life. Therefore, oppressing others cannot dispel calamities nor lengthen life. When we encounter difficulties, we influence others through our virtue. When you have sufficient virtue, people will follow you naturally. However, when you oppress a person by using your power, not only can you not dispel calamities but you in turn damage your relationship with this person too.

The Venerable Master said, “Just focus your energy on how you can be wholesome. When your mind turns, everything else turns around. Why is there inauspiciousness? It is because your mind is not auspicious and therefore you encounter inauspiciousness.” A New Year has come. I truly hope that everyone can work on their heart. We sincerely repent of our past mistakes in front of the Buddhas and Bodhisattvas. We hope to cleanse the defilements in our hearts, to give ourselves the power of kindness and wholesomeness, and help us to dispel calamities and lengthen our lives.✿

