



阿若憍陳如尊者

## 阿若憍陳如尊者 (續)

### Venerable Ājñātakaśīpa

(continued)

宣化上人講於1984年7月26日

比丘尼恒持、晨瑛譯組 英譯修訂

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世尊說：「你們聽著，我已經修行成佛了。不要跑，留下來我給你們講法。」

「哦？你成佛啦？你能成佛？」

其中的最先跑掉的三個說：「不要聽他的，他吃那樣的苦怎麼能成佛？」

後面跑掉的兩個說：「不要相信他的。沒有人護持他，他現在跑來找我們，裝成已經成佛了。他喝牛奶呢。別人一供養牛奶給他，他一口氣都喝下去了。這樣他成的什麼佛？」五個人沒一個相信他的。

佛說：「我給你們解釋，你們聽聽我所說的法。」佛哄他們幾個人：「先別跑啊。」五個人你看我我看你，決定要怎麼辦。他們的興趣被喚出來，於是乎他們就坐下來，聆聽釋迦牟尼佛說法。

“Listen,” said the World Honored One, “I have realized Buddhahood through cultivation. Don’t run away. Stay and let me speak Dharma for you.”

“Oh?” replied the five, “You’ve become a Buddha? You were able to realize Buddhahood?”

The three, who had left him first said, “Don’t listen to him. How could he have realized Buddhahood in the midst of such bitterness?” The two who had left later said, “Don’t believe him. No one is supporting him now, and he’s come to get us under the pretense that he is a Buddha. He drinks milk. Someone brought him milk and he gulped it right down. How could he have become a Buddha that way?” None of them believed it.

The Buddha said, “I will explain for you. Listen to what I have to say.” He coaxed them saying, “Don’t run away just yet.” The five looked at one another and decided to listen first and then decide what to do. Actually, their interest had been aroused, so they sat down and fixed their gazes on Shakyamuni Buddha.

「爲五人轉四諦法輪」。佛開始轉法輪，說：

此是苦，逼迫性。  
此是集，招感性。  
此是滅，可證性。  
此是道，可修性。

第二轉是勸轉，是勸轉四諦法輪。

此是苦，汝應知。  
此是集，汝應斷。  
此是滅，汝應證。  
此是道，汝應修。

第三轉是證轉，就是證轉四諦法輪。佛說：

此是苦，我已知，不復更知。  
此是集，我已斷，不復更斷。  
此是滅，我已證，不復更證。  
此是道，我已修，不復更修。

「尊者居首。聞聲悟道。」佛一說完法，阿若憍陳如尊者，突然回心轉意，說：「原來是這樣！」他就明白法了，其他四個人還不明白。

於是乎他說：「我不聽了，我不聽了；夠了。」為什麼他不聽了呢？他已經明白了，無須再明白了。他說：「我耳朵聾了，我聽不見你在說什麼。」這些都是一個開悟的人的話的。你不要想歪了。佛在說完法的時候，這位尊者就已經悟道了。

☞待續

**He turned the Dharma wheel of the four noble truths for the five men.** The Buddha initiated the turning of the Dharma wheel by saying,

*As to suffering, it is by nature oppressive.  
As to amassed afflictions, they are by nature enticing.  
As to cessation, it can, by nature, be realized.  
As to the Way, it can, by nature, be cultivated.*

Then he said:

*As to suffering, you should know it.  
As to amassed afflictions, you should sever them.  
As to cessation, you should realize it.  
As to the Way, you should cultivate it.*

Then he said:

*As to suffering,  
I already know it and don't need any further knowledge of it.  
As to amassed afflictions,  
I already have severed them and don't need to do any further severance.  
As to cessation,  
I already have realized it and don't need any further realization.  
As to the Way,  
I already have cultivated it and don't need to do any further cultivation.*

**Among them, this venerable one was the first to awaken upon hearing these truths voiced.** When the Buddha finished speaking this Dharma, Ājñātakaundīya suddenly, in a complete reversal of view, said, “Oh, so that’s the way it is!” He understood the Dharma. The other four men did not yet understand.

Then he said, “I’m not listening. I’m not listening. That’s enough.” Why wasn’t he listening? He already understood, didn’t need to listen anymore, and said, “My ears have gone deaf; I can’t hear what you’re saying.” These are the words of someone who is enlightened. You should not think otherwise. As soon as he heard Śākyamuni Buddha explain this Dharma he became enlightened to the Way.

☞To be continued