



世界真佛宗宗務委員會 教育處 真佛法學堂
馬來西亞真佛宗密教總會 大德佛學院 聯辦



修行入門

「千江有水千江月」

第七課





佛法不離世間覺， 生活即是道場

THE BUDDHA'S TEACHINGS ARE INSEPARABLE FROM WORLDLY
ENLIGHTENMENT;
LIFE ITSELF IS THE PLACE OF PRACTICE.



課堂目標 Objectives:



了解行者的 生活態度

Understanding the one's attitude towards life;

行、住、坐、臥
four dignified postures



課堂目標 Objectives:



了解六波羅蜜 的實踐方式

Understanding the Practice of the Six Paramitas

菩提心、平常心、中道
Bodhicitta, Ordinary mind,
The Middle Way



修行的目标：

開悟——煩惱斷

生死了

照見宇宙一切事理

The goal of spiritual dharma practice: Enlightenment is the severing of afflictions,
liberation from birth and death,
and the illumination of all things and principles in the universe.





修行的目标：

子淨光：
自身修行產生的心光。

母淨光：
宇宙本有的空性光明。

Child Pure Light: The light of the mind generated through one's own spiritual practice.

Mother Pure Light: The inherent emptiness and luminosity of the universe.

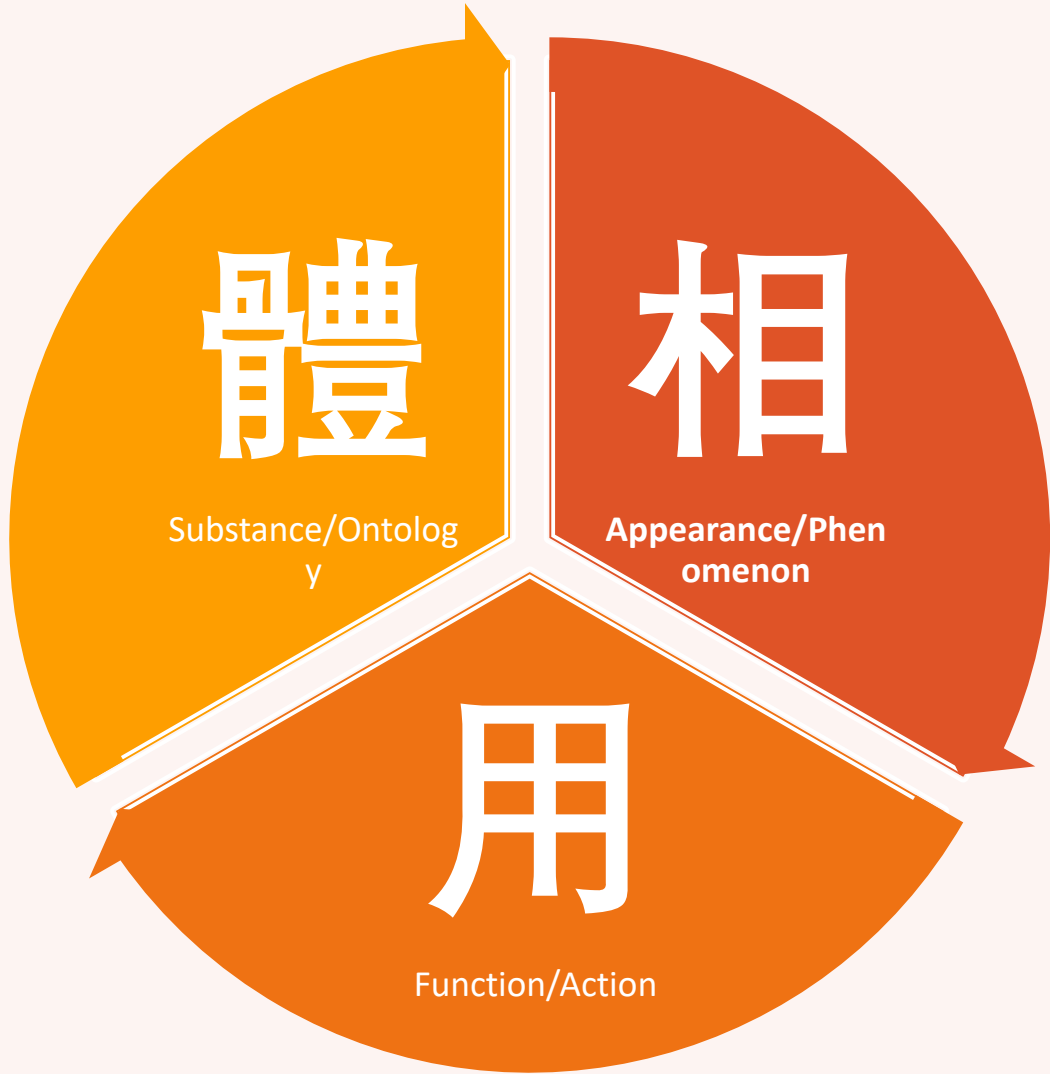


佛法真義的萬能公式：

THE UNIVERSAL FORMULA FOR THE TRUE MEANING OF BUDDHISM:

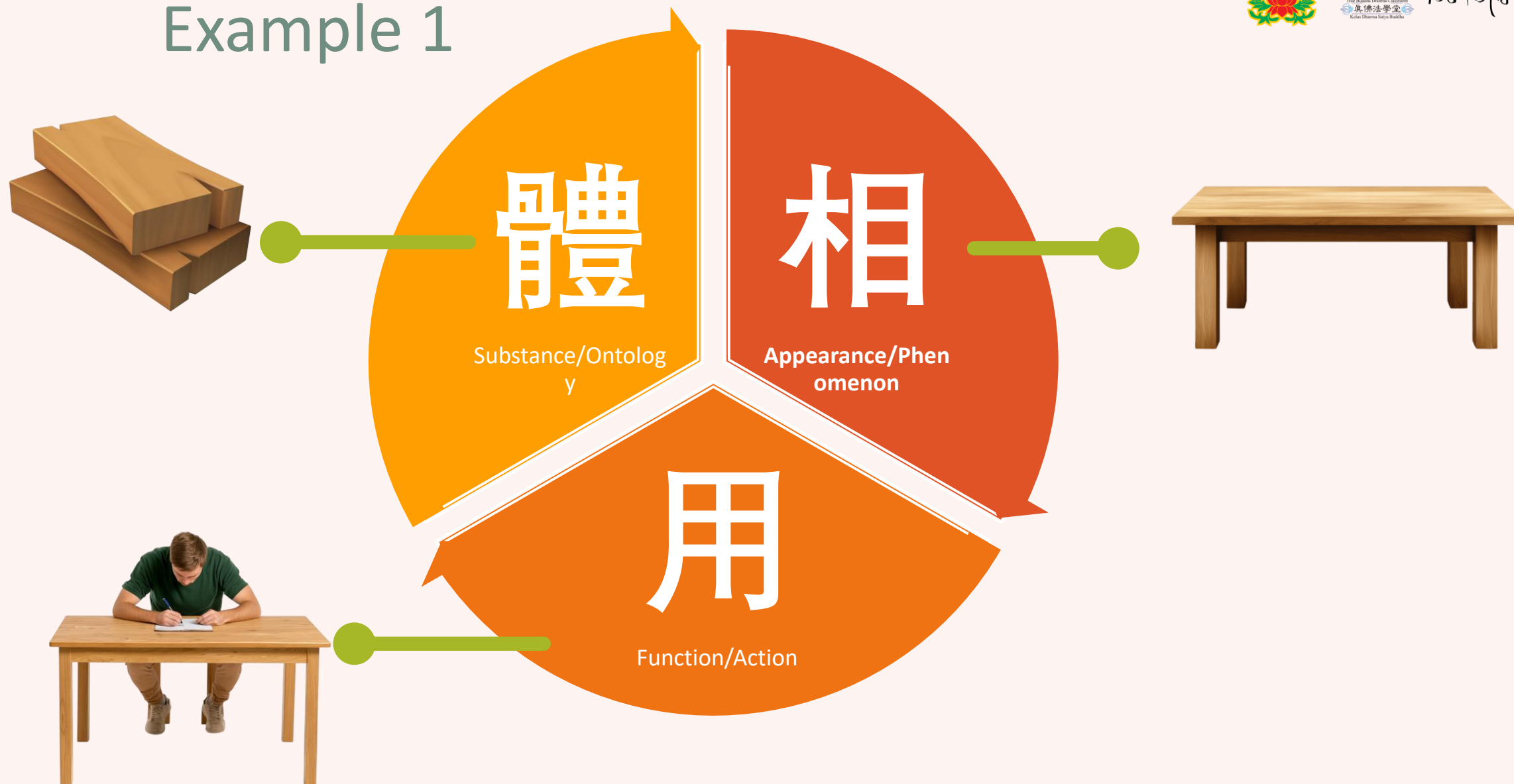
佛法真義的萬能公式：

UNIVERSAL FORMULA FOR THE TRUE MEANING OF BUDDHISM:





舉例說明 Example 1





舉例說明 Example 2

戒
Precepts

體

Substance/Ontology

相

Appearance/Phenomenon

定
Concentration

慧
Wisdom

用

Function/Action



舉例說明 Example 3

生命

Life

體

Substance/Ontology

相

Appearance/Phenomenon

生死

Death & Life

生活

Living

用

Function/Action



舉例說明 Example 4

法身

Dharmakaya

體

Substance/Ontology

相

Appearance/Phenomenon

報身

Sambhogakaya

应身

Nirmanakaya

用

Function/Action

行者的自我定位：
A practitioner's self-positioning:

我們在娑婆世界， 就是佛的「應身」。

IN THIS SAHA WORLD, WE ARE THE "MANIFESTATION BODIES" OF
THE BUDDHA.





修行就是將佛法的「用」， 落實在日常處世之中。

SPIRITUAL PRACTICE IS ABOUT APPLYING THE "USE" OF
BUDDHISM IN DAILY LIFE.



如何將佛法「應用」 在處世之道？

How can we apply Buddhist teachings to our conduct
in the world?

面對貪瞋痴

Facing greed, anger and ignorance



止

Stopping

面對貪瞋痴

Facing greed, anger and ignorance

隨

Following

轉

Transforming





止

Stopping



止法:

堵法。

強行壓制。如大禹之父治水。

治標不治本。

The method of stopping (blocking): forcibly suppressing. Like the father of Yu the Great controlling the floods, this only addresses the symptoms, not the root cause.





止

Stopping



生活例子：

硬憋著脾氣不發，
像用紅酒塞塞住腸胃，
終會爆發。

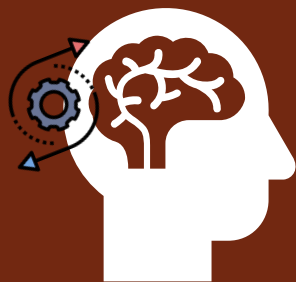
Real-life example: Suppressing your temper is like stuffing your stomach with a wine cork; it will eventually explode.





轉

Transforming



轉法：

疏導法

將能量轉化。

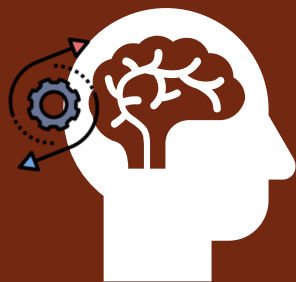
Transformation Method : Guidance Method. The wisdom which transforms energy.





轉

Transforming



生活例子：

轉化貪瞋痴

貪變慈悲

瞋變金剛

痴變大智若愚

Real-life examples: Transform greed, anger, and ignorance; greed becomes compassion, anger becomes diamond, and ignorance becomes profound wisdom.



隨

Following

Go With The Flow



隨法：

任運； 最高明的隨法

超越貪瞋痴，自在任運。

Following (natural spontaneity): The most supreme form (the Great Perfection, Dzogchen) goes beyond greed, anger, and ignorance, functioning freely and spontaneously.



隨

Following

Go With The Flow



生活例子：

就像你看一場非常真實的電影。

real-life example: Just like watching a very realistic movie.



止

Stopping

面對貪瞋痴

Facing greed, anger and ignorance

隨

Following

轉

Transforming

應用智慧：

止法不行→用轉法，
轉法不行→進入隨法。

Applying wisdom: If stopping doesn't work, try turning; if turning doesn't work, then follow.



佛法的核心精神

中道

不走极端

The core spirit of Buddhism: The Middle Way;
Avoiding extremes



弦不能太緊（斷） 或 太鬆（無聲）

The string should not be too tight (it will break) or too loose (it will be silent).



合乎自然的修行方法

A natural method of spiritual practice

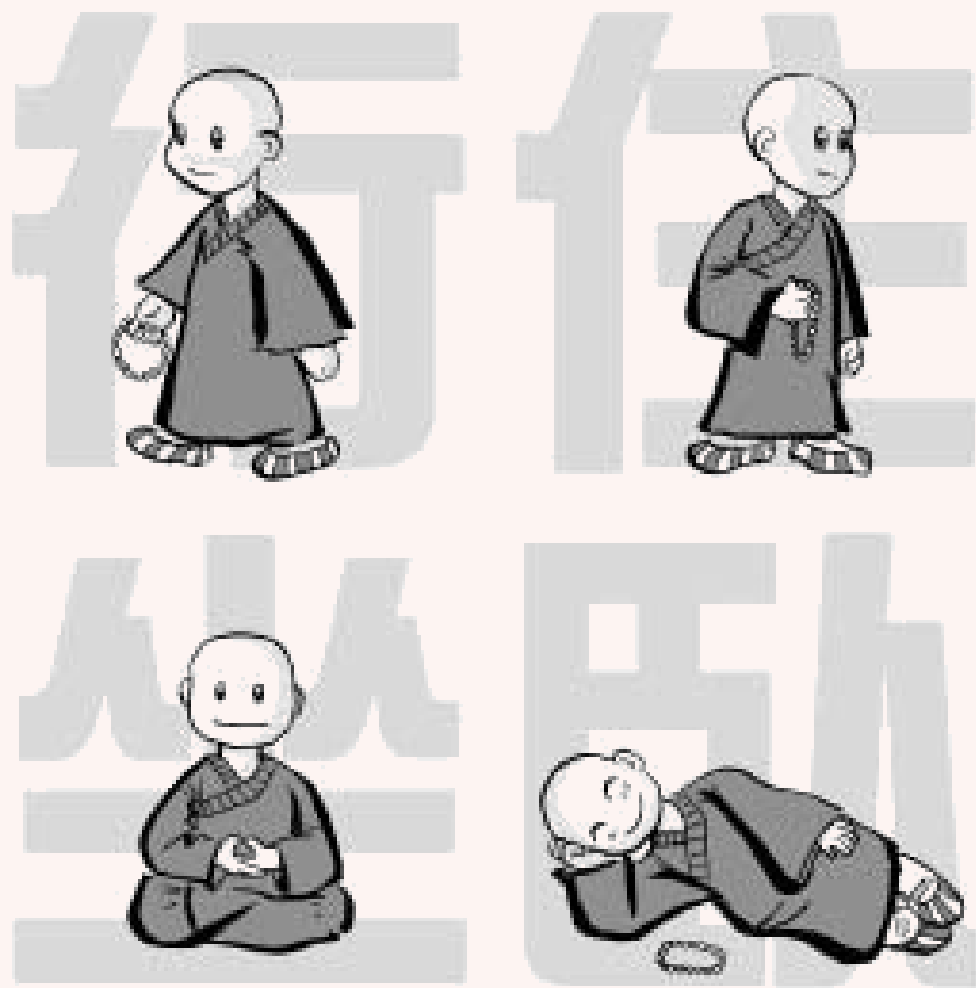




蓮生活佛主張： 修行越合乎自然越好， 與日常生活融合。

Grand Master Lian Sheng advocates that spiritual practice should be as natural as possible and integrated with daily life.





行、住、坐、臥 皆是禪

Walking, standing, sitting, and lying down are all forms of Zen.





「行」的態度： 不慌不忙，腳踏實地

The attitude of "Moving (doing)": Be unhurried and down-to-earth.





「住」的態度：

簡單清淨，擋風遮雨。

不一定要睡豪床，但要睡得光明。

The attitude towards "housing": Simple and quiet, sheltered from the wind and rain. It doesn't have to be a luxurious bed, but it should be a place where you can sleep in the light.





「坐」的態度： 坐而不散亂，鬆緊適中

The attitude of "sitting": Sit without being scattered or disorganized, with a moderate level of tension and relaxation.





「臥」的態度：

累了就睡（睡則眠），
不強求「不倒單」。

The attitude of "lying down": Sleep when you are tired (and sleep soundly), and do not force yourself to "not lie down on your stomach".



飲食的智慧：

「饑則食」

不強求「日食一餐」

The wisdom of eating: Eat when you are hungry. Don't force yourself to eat only one meal a day.



穿衣的道：

「寒則衣」。

不學裸形外道，莊嚴外相即是尊重。

The Way of Dressing - "Wear clothes when it's cold." Do not follow the heretical path of nakedness; a dignified appearance is respect itself.



行者每日必做四事：

The practitioner must do four things every day:

承事

Serve

供養

Make Offerings

禮拜

Pay Homage

懺悔

Repent



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Repent



錯誤的修行方式（例）

Incorrect methods of spiritual practice (example)



極端苦行：

- 燃指供佛
- 自焚
- 跳崖
- 不語

這些都**不是正法**

Extreme ascetic practices: Offering burning fingers as a sacrifice to Buddha, Self-immolation. Jumping off a cliff.

Refrain from speaking. These are not the true paths of Dharma.





佛法主張

常法

自然、穩定、長久

Buddhism advocates: constant laws
Naturalness, stability and longevity





身體 是 修行的本錢

The body is the foundation for spiritual practice.



蓮生活佛強調： 行者要有 寬大的心量

Grand Master Lian-Sheng emphasized: Practitioners must have a broad and generous heart



心量越大： 煩惱越少 度眾越多

The greater the heart: The fewer afflictions; The more sentient beings can be saved



心境： 如虛空

無所謂的智慧

A state of mind: like empty space, a wisdom of non-attachment

事師四種心：

There are four kinds of hearts when serving the Root Guru



事師四種心：

There are four kinds of hearts when serving the Root Guru



孝子心（順）

the heart of a filial son (obedience)



事師四種心：

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大地心（忍）

the heart of the earth (patience)



事師四種心：

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僕使心（勞）

the heart of a servant (labor)



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There are four kinds of hearts when serving the Root Guru



船心（載）

the heart of a boat (carrying)



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平常心

怎麼實踐平常心？

How to practice equanimity?



平常心

自然

真實

不造作

不受任何環境變化而生喜樂憂愁

A calm and peaceful mind: Natural, authentic, unpretentious, unaffected by changes in environment, free from joy or sorrow.



平常心

那諾巴祖師的「六不」

不取、不捨、不立、不破

- Nanopa's "Six Don'ts" - Don't grasp, don't abandon, don't establish, don't destroy.



除了平常心.....

Other than practicing ordinary mind.....

平等觀

Concept of Equality



怨親平等： 沒有計較與比較， 包容一切

Treat enemies and friends equally - without calculation or comparison,
embracing everything.



蓮生活佛的關懷哲學

對有缺點的人花更多心力， 不是偏心，而是“醫治”

Grand Master Lian-Sheng's Philosophy of Compassion:
Spending more effort on those with shortcomings is not favoritism,
but rather a form of "healing."



還有.....
As well as.....

方便度眾生

Conveniently guide sentient beings

隨順眾生

Follow their wishes

「行住坐臥」日常的自然修行，
其實處處都體現了

六波羅蜜的實踐精神

The natural practice of "walking, standing, sitting, lying down" actually embodies
the spirit of the Six Pearamitas in every aspect.



「布施」：

與眾生相處的「隨順」與「方便」

Giving: "Acceptance" and "Skillful Means" in Interacting with All Beings



「忍辱」：

面對環境的「平常心」與「平等觀」

Enduring: A calm and egalitarian attitude towards the environment.



「持戒」：

合乎自然的「生活規律」

Observing precepts: living in accordance with the natural "rhythms of life"



「精進」：

每日必做承事、供養、禮拜、懺悔

Daily practices include serving, making offerings, worship, and repentance.



「禪定」：

在鬆與緊之間的「調御」

Meditation: The "balancing act" between relaxation and tension



「般若」：

看穿本質的「體相用」與「中道」

Wisdom: Seeing through the essence of "substance appearance, and function" and the "Middle Way"



總結 Summary



今天四個重點：

- 佛法要應用在生活
- 用止、轉、隨處理煩惱
- 修行要自然、好的心境與中道
- 每日必做承事、供養、禮拜、懺悔。

Today's class summary includes four key points:

Apply Buddhist teachings to daily life; Use cessation, transformation, and following to deal with afflictions; Practice should be natural, with a good state of mind and following the Middle Way; Daily practices include serving the Root Guru, making offerings, pay homage,



願大家在日常中得定，
在平凡中見佛。

May everyone find meditative stability in daily life, and behold the Buddha within
the ordinary.



謝謝聆聽

Thank You

蓮花翰鴻助教 合十

