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# 修行入門

「千江有水千江月」

## 第五課





# 因果與業力

KARMA AND KARMIC FORCE

因果律 | 業力運作原理 | 解脫輪迴 | 出離心

THE LAW OF CAUSE AND EFFECT | THE PRINCIPLE OF KARMA | LIBERATION FROM SAMSAARA | RENUNCIATION

# 課程目標 OBJECTIVES

了解因果與業力的運作原理

Understand the principles of cause and effect and karma

明白因緣與命運的關係

Comprehend the relationship between karma and destiny

了解如何轉化業力

Understand how to transform karma

了解出離心

Understand renunciation



了解因果與業力的運作原理  
Understand the principles of cause and effect and karma

# 什麼是因果？

What is Karma?

招因為果，凡果亦為因。

Cause leads to effect. All effects are also causes.

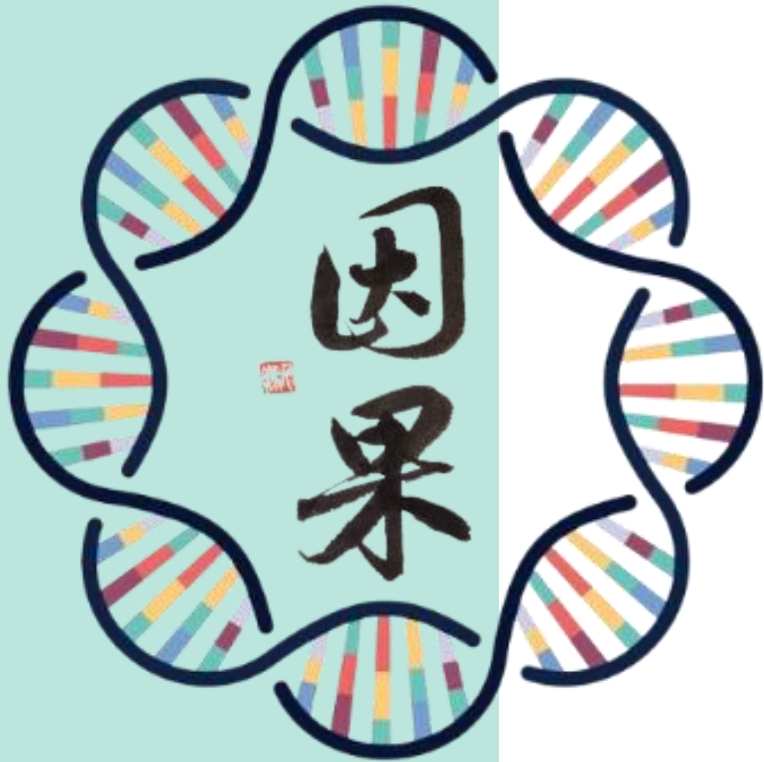
因 → 果 → 再成 因

循環不息

Cause → Effect → Leads to another cause (an endless cycle).

因果循環，絲毫不爽。

The cycle of cause and effect is flawless.



“因果的運作是極為精準的，  
沒有偶然，沒有僥倖。

The workings of cause and effect are extremely precise; there is no chance or luck involved.

不是誰在「懲罰」我們，  
而是業力自然成熟。”

It's not that anyone is "punishing" us, but rather that karma is naturally ripening.

# 一 了解因果與業力的運作原理

Understand the principles of cause and effect and karma



## 真的有因果嗎？

Is there really cause and effect (Karma)?

## 從哪裡可以看出？

How can we tell?





# 植物界

Plant Kingdom



# 生活例子

Real-life Examples

# 健康界

Health Aspect



# 基因界

Genetic Aspect

# 生活例子：植物界

Real-life Example

Plant Kingdom

- 種稻得稻，種麥得麥。
- 種番薯得番薯，種芋頭得芋頭。

In the plant kingdom: you reap what you sow; you grow wheat, you'll get wheat; you grow sweet potatoes and you'll harvest sweet potatoes; you grow taro and you'll harvest taro.

了解因果與業力的運作原理  
Understand the principles of cause and effect  
and karma



# 生活例子：植物界

Real-life Example

Plant Kingdom

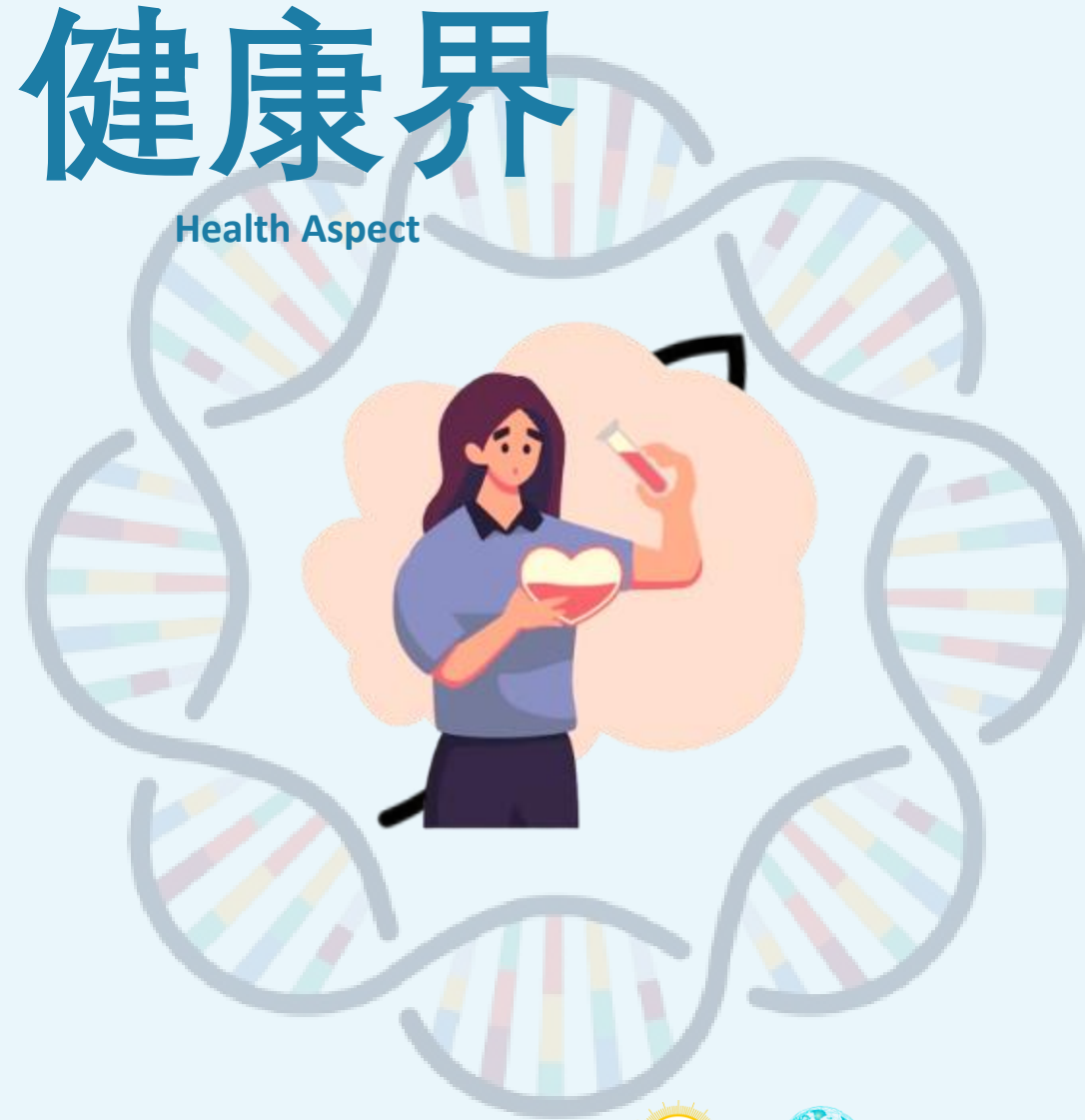
- 「吃什麼就變成什麼人」。
- 你得病（果），是因為你飲食（因）不節制
- 或者熱能積存、消耗不均。

"You become what you eat." You get sick because you don't control your diet, or because of uneven energy accumulation and consumption.

了解因果與業力的運作原理  
Understand the principles of cause and effect  
and karma

# 健康界

Health Aspect



# 生活例子：健康界 基因界

Real-life Example

Health Aspect

Genetic Aspect

為什麼有人出生就有病？  
那是基因（先天的種子），  
這也牽涉到因果與遺傳。

Why are some people born with diseases?  
That's due to genes (innate seeds), which also involves the cause  
and effect and heredity.



# 業力的公式

The formula for karma



# 業力的公式

The formula for karma

因 + 緣 = 果

Cause + Condition = Effect



# 業力的公式

The formula for karma

運作原理：

**善果：** 善的種子 + 陽光、空氣、水（善緣） = 善果

**惡果：** 惡的種子 + 土壤、水份（惡緣） = 惡果

Operating Principle:

Good Result: Good seed + sunlight, air, water (good conditions) = good result

Bad Result: Bad seed + soil, water (bad conditions) = bad result



# 業力的公式

The formula for karma

核心觀念：

因（種子）是內在的，

緣（補助力）是外在的。

Core concept: The cause (seed) is internal, and the condition (supporting factor) is external.



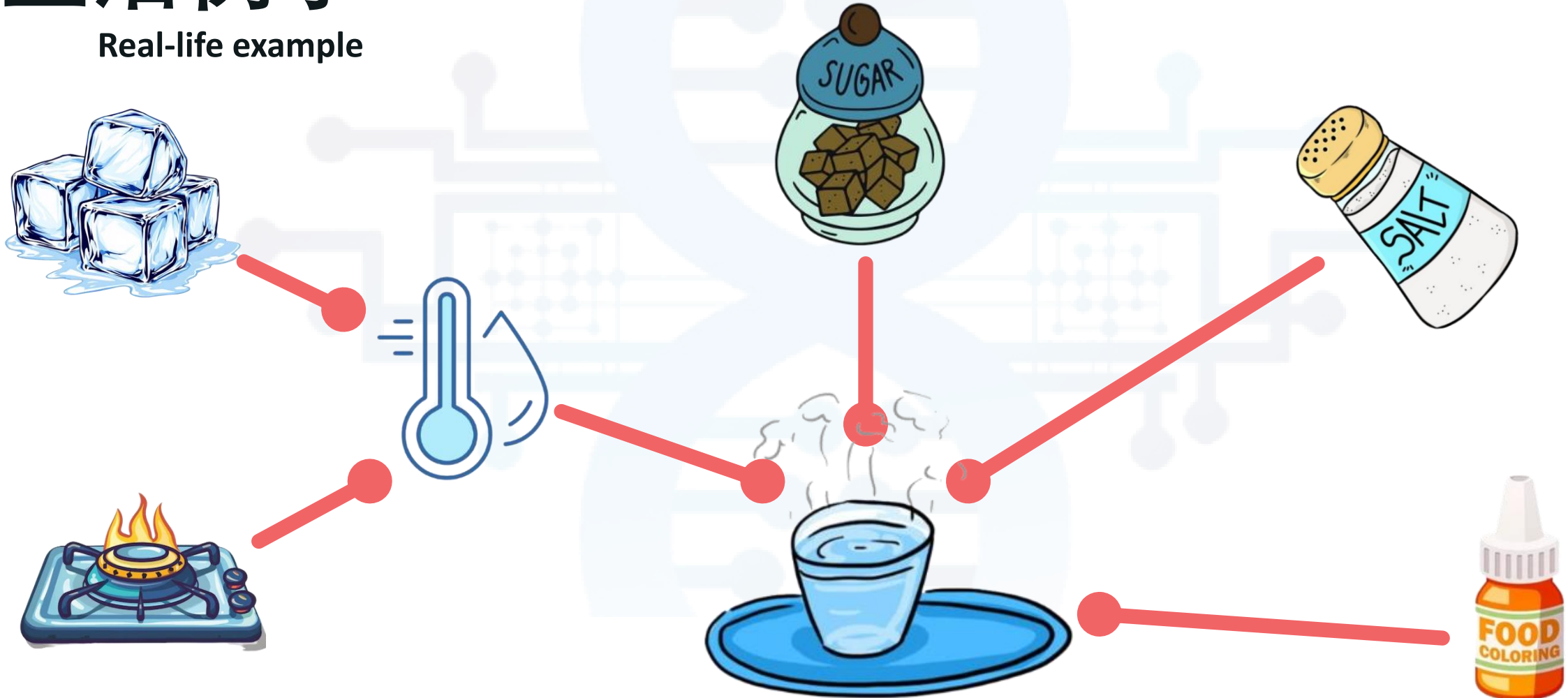


# 業力的公式

The formula for karma

## 生活例子：

Real-life example

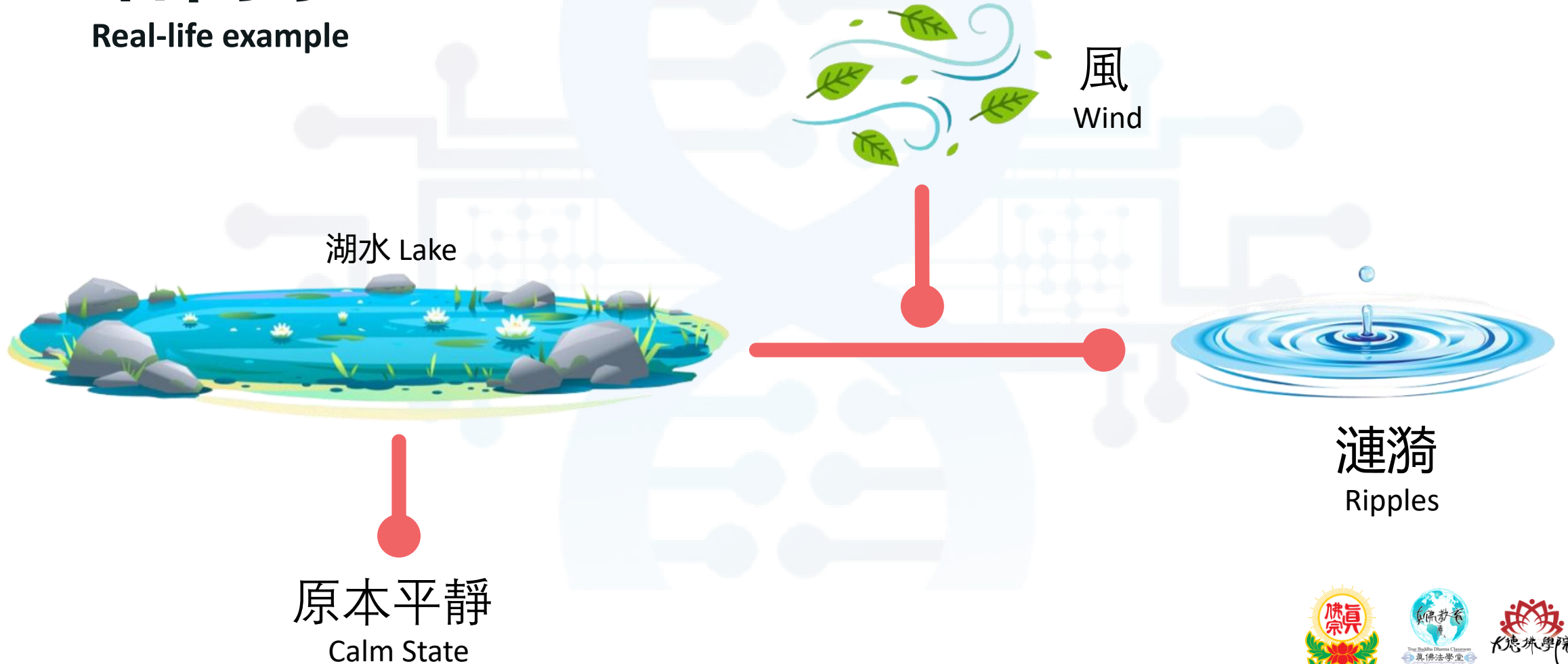


# 業力的公式

The formula for karma

## 生活例子：

Real-life example



# 業力的公式

The formula for karma

## 生活例子：

Real-life example

鑽木取火

Friction Fire



# 業力的公式

The formula for karma

## 生活例子：

Real-life example



# 業力的公式

The formula for karma

因<sub>1</sub> + 緣 = 果

Cause + Condition = Effect

因<sub>0</sub> + 緣 = 果

Cause + Condition = Effect

因<sub>-1</sub> + 緣 = 果

Cause + Condition = Effect



## 決定了輪迴

This determines the cycle of Samsara



# 因果循環，絲毫不爽。

The cycle of cause and effect is inextricably linked.

# 菩薩畏因，眾生畏果。

Bodhisattvas fear the cause, while ordinary beings fear the effect.





# 明白因緣和命運的關係

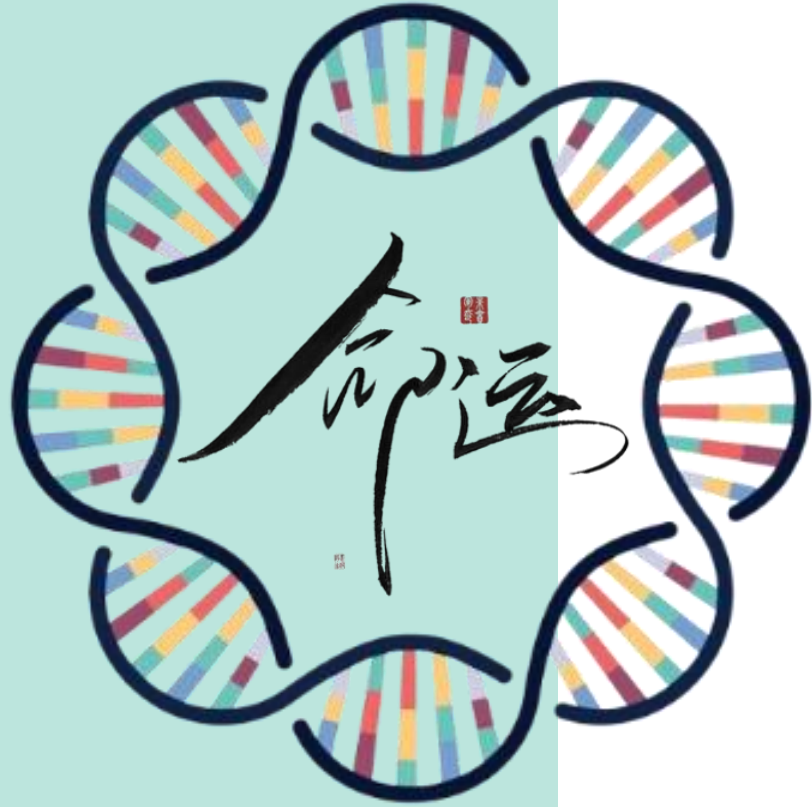
KARMA AND DESTINY

因果律 | 業力運作原理 | 解脫輪迴 | 出離心

THE LAW OF CAUSE AND EFFECT | THE PRINCIPLE OF KARMA | LIBERATION FROM SAMBARA | RENUNCIATION

# 明白因緣與命運的關係

Comprehend the relationship between karma and destiny



佛法認為：

## 命運是存在的

Buddhism believes that:Destiny exists.

因為：

## 命運 = 因緣果報的展現

Because: Destiny is the manifestation of cause and effect.



健康 Health



# 明白因緣與命運的關係

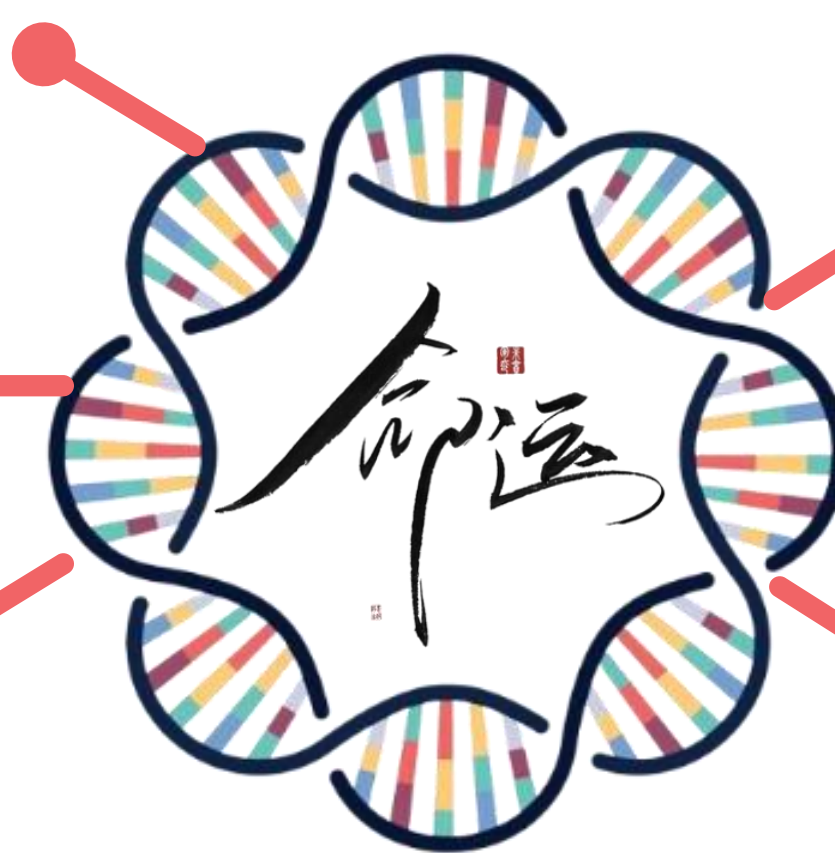
Comprehend the relationship between karma and destiny



事業 Career



家庭 Family



外貌

Appearance



財富

Wealth



# 了解如何轉化業力

UNDERSTAND HOW TO TRANSFORM KARMA

因果律 | 業力運作原理 | 解脫輪迴 | 出離心

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# 了解如何轉化業力

Understand how to transform karma



## 1. 因若無緣，不成果

● 善種子給陽光水土 → 開花結果

● 惡種子不給緣 → 不發芽

Without the right conditions, there will be no fruit.  
Good seeds, given sunlight and fertile soil, blossom and bear fruit.  
Bad seeds, without the right conditions, will not sprout.



# 了解如何轉化業力

Understand how to transform karma



修行人要学习

在“因”的阶段就谨慎防范。

Practitioners must learn to be cautious and preventative at the "cause" stage.



# 了解如何轉化業力

Understand how to transform karma



## 2. 守護戒律

守戒律、出家或清淨獨處，  
本質上就是「戒掉惡緣」。

Observing precepts, becoming a monk, or living in solitude is essentially about "abstaining from negative influences."



# 了解如何轉化業力

Understand how to transform karma



## 3. 勤修善法

● 善法能改變命運的軌跡。

Diligently cultivate virtuous practices: Virtuous practices can change the trajectory of one's destiny.



# 了解如何轉化業力

Understand how to transform karma



## 3. 常做思維

思惟無常、思惟非我、

思維及體悟空性。

安自己的心，沒有得失的心。

Constantly engage in contemplation: Reflect on impermanence, contemplate non-self, contemplate and realize emptiness, thus calming the mind and freeing it from attachment to gain or loss.



# 了解如何轉化業力

Understand how to transform karma



常問自己：

- 身體是永遠的嗎？
- 房子是永遠的嗎？
- 金錢是永遠的嗎？
- 眷屬是永遠的嗎？

Frequently ask yourself :Is your body eternal? Is your house eternal?  
Is money eternal?  
Are your family members eternal?



# 了解如何轉化業力

Understand how to transform karma



## 4. 誦金剛薩埵百字明咒

- 金剛薩埵是懺悔本尊
- 持百字明能將過去的業障和缺失  
“化為空性”

Recite the Vajrasattva Hundred Syllable Mantra. Vajrasattva is the deity of repentance.

Reciting the mantra can "transform" past karmic obstacles and shortcomings into emptiness.



# 了解如何轉化業力

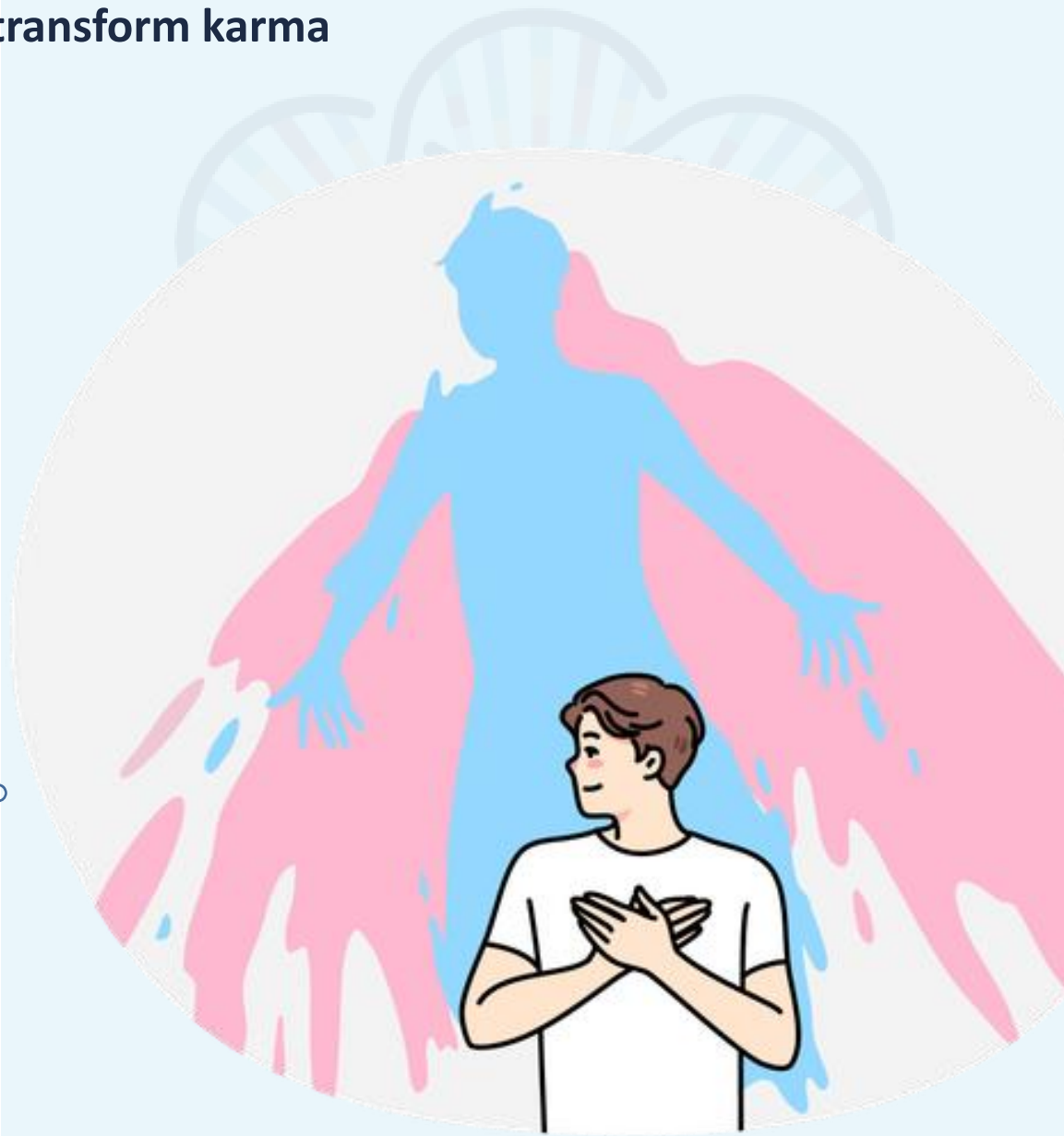
Understand how to transform karma



## 5. 結合道合一

- 修行的終極目標是與道合一，  
超越六道輪迴。
- 世上一切有形的東西終歸毀滅，  
只有契合「道」的智慧永垂不朽。

The ultimate goal of spiritual practice is to unite with the Tao, transcending the cycle of rebirth. All tangible things in the world will eventually perish; only wisdom that aligns with the Tao will endure forever.





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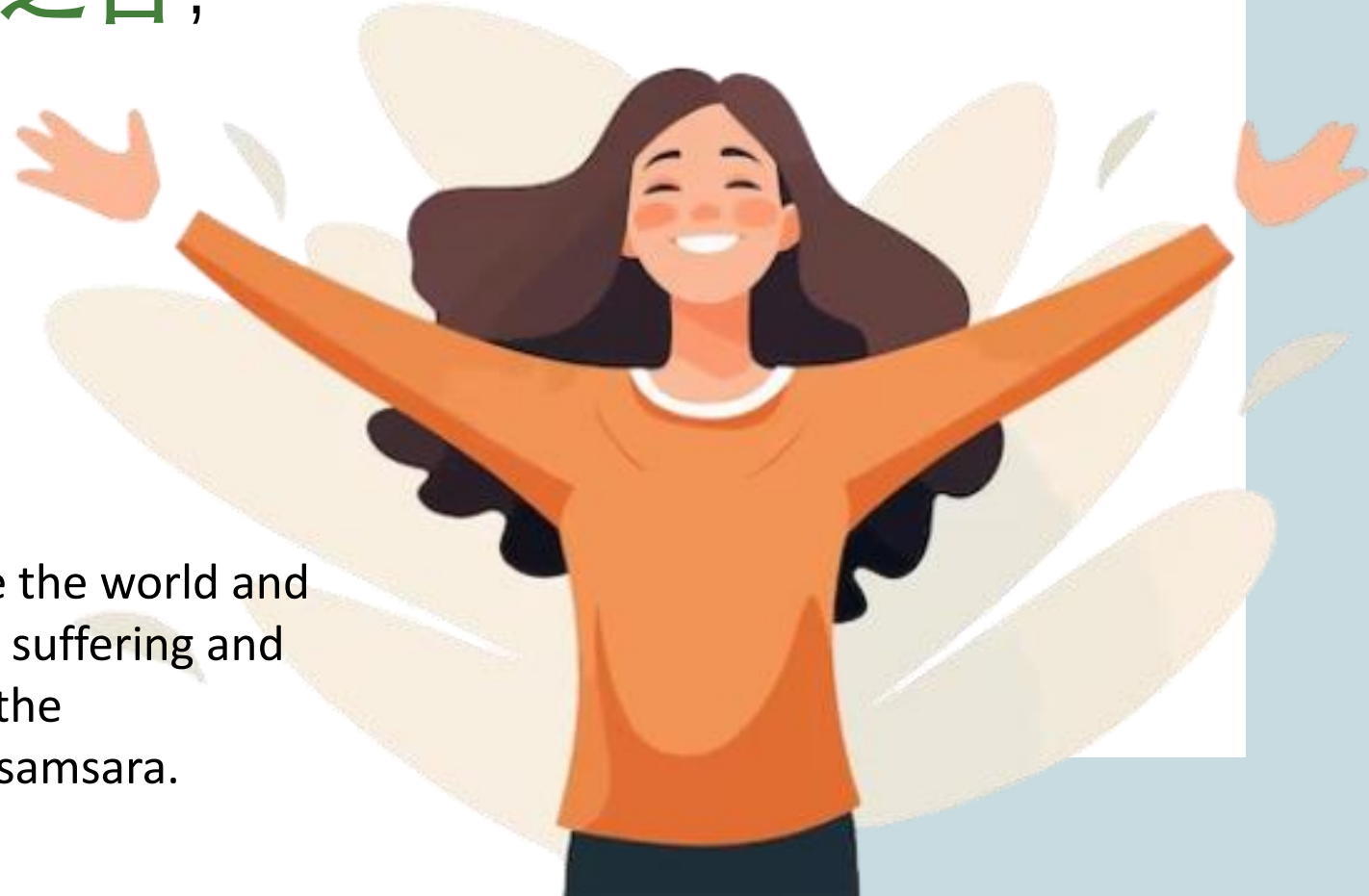


# — 了解出離心

Understand renunciation

指因認清世間無常與輪迴之苦，  
為解脫煩惱、離苦得樂  
而發起的離世求道心。

Renunciation refers to the aspiration to renounce the world and seek enlightenment in order to be liberated from suffering and attain happiness, arising from the recognition of the impermanence of the world and the suffering of samsara.





# — 了解出離心

Understand renunciation

核心觀念：

出離**不是逃避**，

而是看清「有形象的都會毀壞」。

Core concept:

Renunciation is not about escaping, but about seeing clearly that

"anything with a form will be destroyed".



# 了解出離心 Understand renunciation

## 認識修行價值：

佛陀選擇出家而非當王位繼承人，  
就在於覺悟到真理比王位更重要。  
他說人生苦短、一切有形必歸於空，  
與其被王位、財富束縛，  
不如生起出離心、追求與道合一。



Recognizing the Value of Spiritual Practice: The Buddha chose to renounce the world rather than become the heir to the throne because he realized that truth is more important than a royal position. He said that life is short, and all that is tangible will eventually return to emptiness. Rather than being bound by a throne or

# 了解出離心 Understand renunciation



心依於法

Mind Reliant on the Dharma

法依於窮

Dharma Reliant on Exhaustion

窮依於死

Exhaustion Reliant on Death

死依於巖

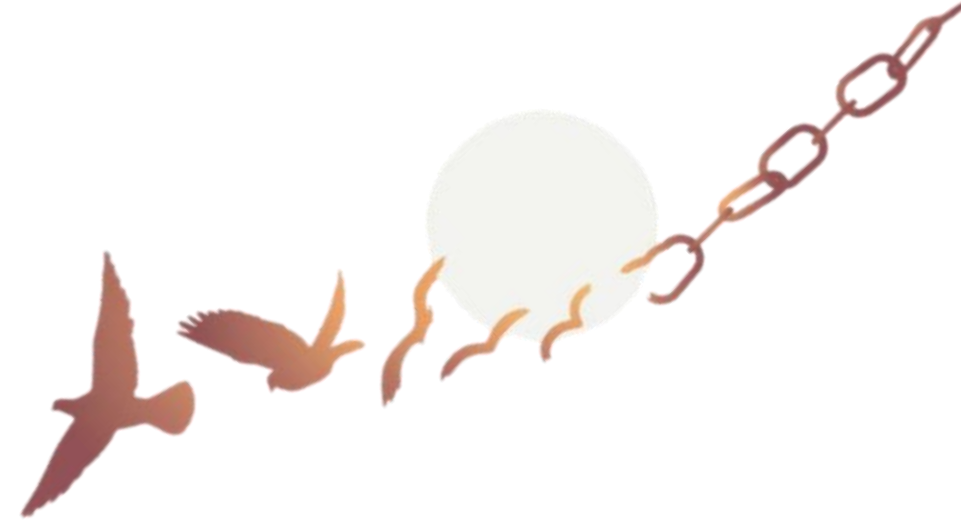
Death Reliant on the Rock



# 了解出離心 Understand renunciation

## 心依於法

Mind Reliant on the Dharma



● 心要完全專注於佛法修行。

● 要修自己，自覺覺他，自度度他。

● The mind must be completely focused on Buddhist practice.  
One must cultivate oneself, awaken oneself and others, liberate oneself and others.



# 了解出離心 Understand renunciation

## 心依於法

Mind Reliant on the Dharma

### 生活例子:

就像學煮菜一樣: 心要專注在 **食譜、火候、步驟**

若一邊做一邊胡思亂想, 菜就容易失敗

心在食譜 → 菜煮得好

心在法上 → 修行才會進步

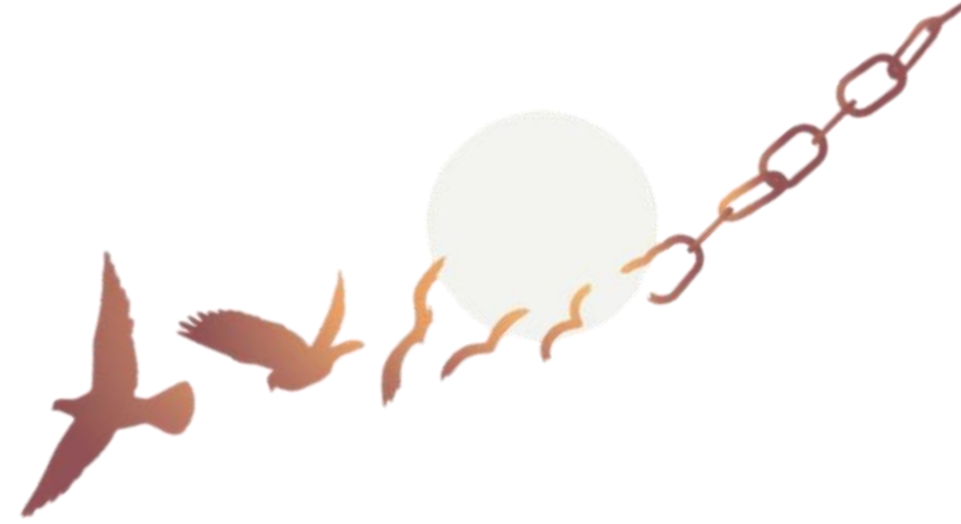


It's like learning to cook. Your mind should be focused on the recipe, the heat, and the steps (this is the Dharma), not on chopping vegetables while thinking about who scolded you yesterday or where you're going to play later. When your mind is on the recipe, the food will cook well; when your mind is on the Dharma, your practice will progress.

# 了解出離心 Understand renunciation

## 法依於窮

Dharma Reliant on Exhaustion



- 「窮」是指「窮究」，
- 進入意識最深、最微細的佛性。

“

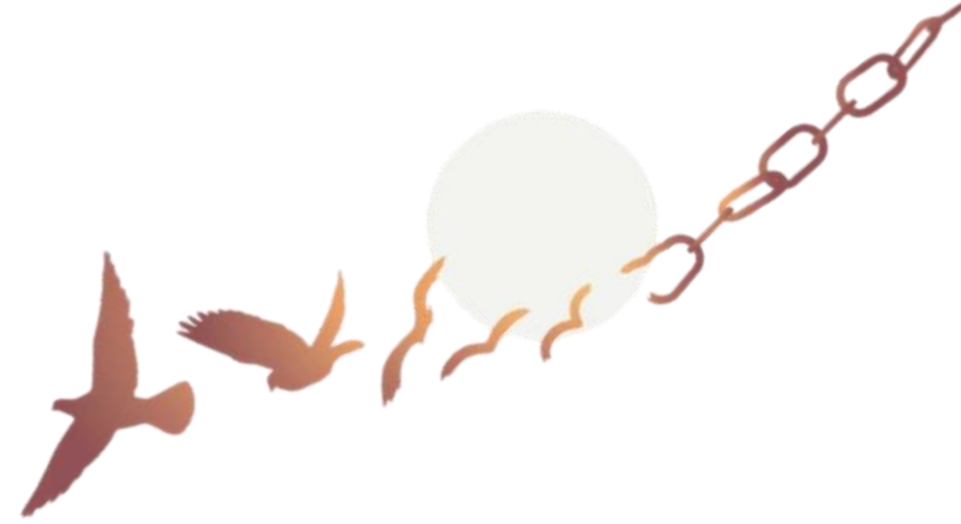
Qióng" here refers to "thorough investigation," entering the deepest and most subtle Buddha-nature of consciousness.



了解出離心 Understand renunciation

## 法依於窮

Dharma Reliant on Exhaustion



- 修行也是如此：
- 穿過 **情緒與自私**，
- 才能看見 **內心最清淨的本性**

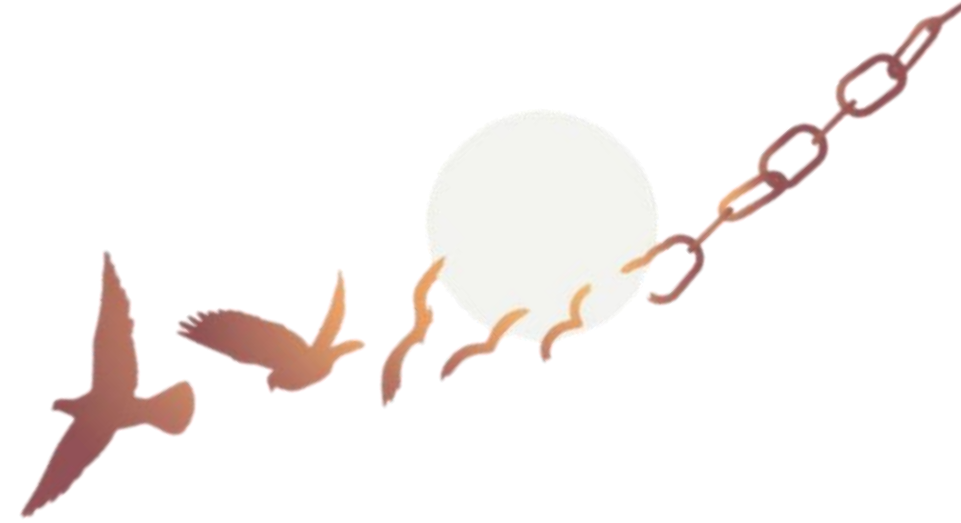
Spiritual practice is similar: Only by transcending emotions and selfishness, can we see the purest, most authentic nature within.



# 了解出離心 Understand renunciation

## 法依於窮

Dharma Reliant on Exhaustion



### 生活例子:

就像 **挖井取水**

不能挖幾下就說沒有水

必須 **一直往下挖、深挖**

穿過 **砂石與岩層** 才能找到水源

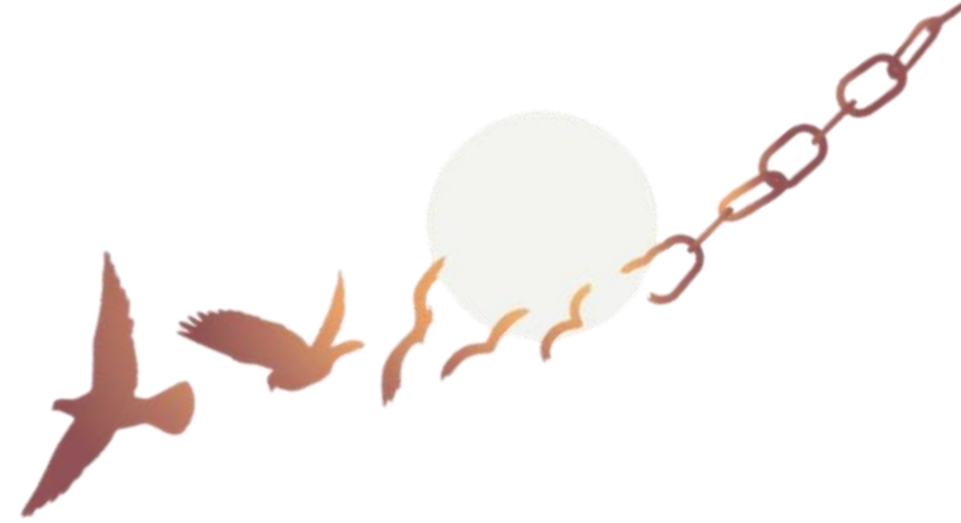
A real-life example: It's like digging a well to get water. You can't just grab a handful of soil and say there's no water. You have to keep digging, digging deeper, through the sand and gravel, through the rock layers, until you see the source of living water. Spiritual practice is the same; you have to go through your emotions and selfishness until you see the purest point within your heart.



# 了解出離心 Understand renunciation

## 窮依於死

Exhaustion Reliant on Death



- 天天想到死日將近，**無常迅速**，
- 才會精進，不浪費時間。
- 要把每一天都當作最後一天來修**，才不會懶散。

Only by constantly reflecting on the approaching day of death and the swift passage of time can one cultivate diligence and avoid wasting time.

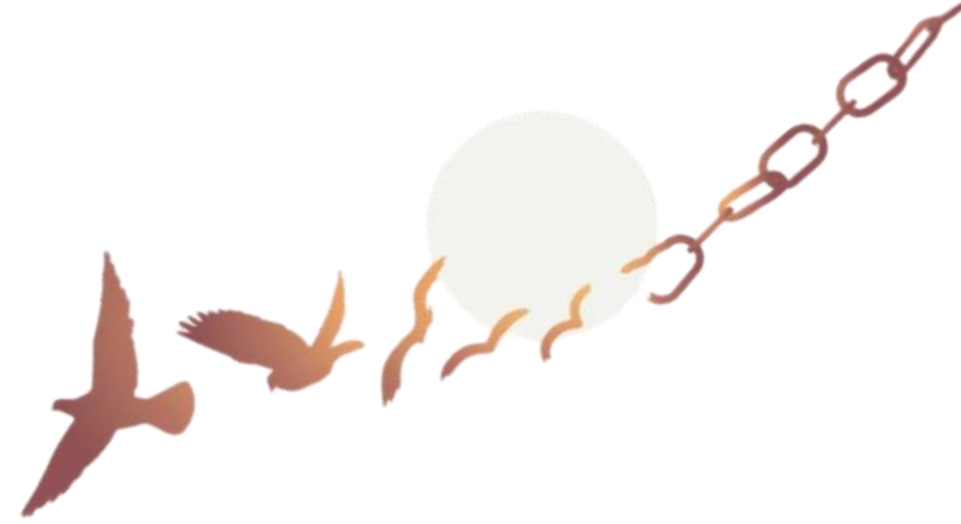
One must treat each day as if it were their last to avoid laziness in practice.



# 了解出離心 Understand renunciation

## 窮依於死

Exhaustion Reliant on Death



### 生活比喻： 期末考試

- 如果考試是 **明年** → 可能還在打電動
- 如果考試是 **明天早上** → 一定拼命讀書
- 總覺得「**還有明天**」
- 所以容易 **懶散、爭吵、浪費時間**

Taking Final Exam as an example: If the exam is next year → You might still be playing video games; If the exam is tomorrow morning → You'll definitely study like crazy

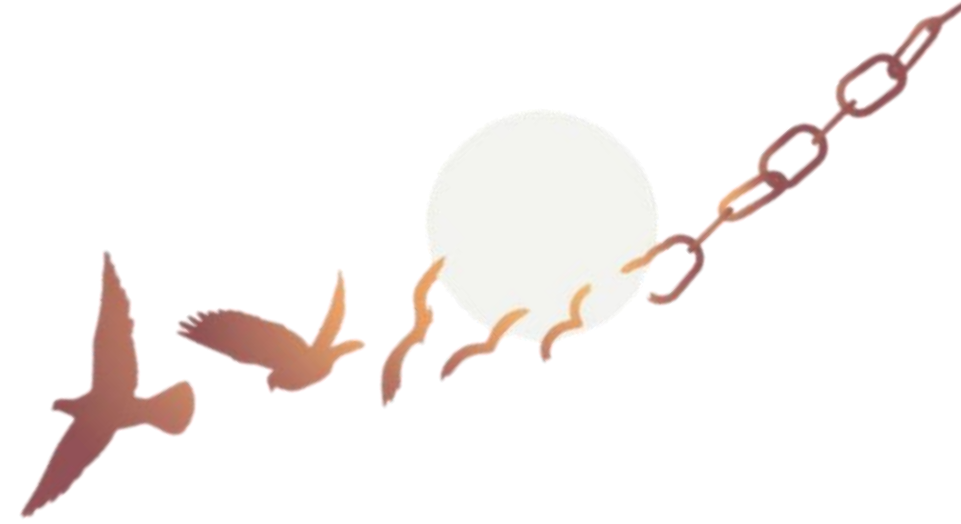
Always feeling "there's always tomorrow". So, it's easy to be lazy, argue, and waste time.



# 了解出離心 Understand renunciation

## 死依於巖

Death Reliant on the Rock



- 「巖」就是古代修行人都住在巖洞。
- 古代的行者，小乘的出離心的人，都住在巖洞裡面。
- 現代人死後最後的歸宿是歸於土。
- 象徵放下世俗名利。

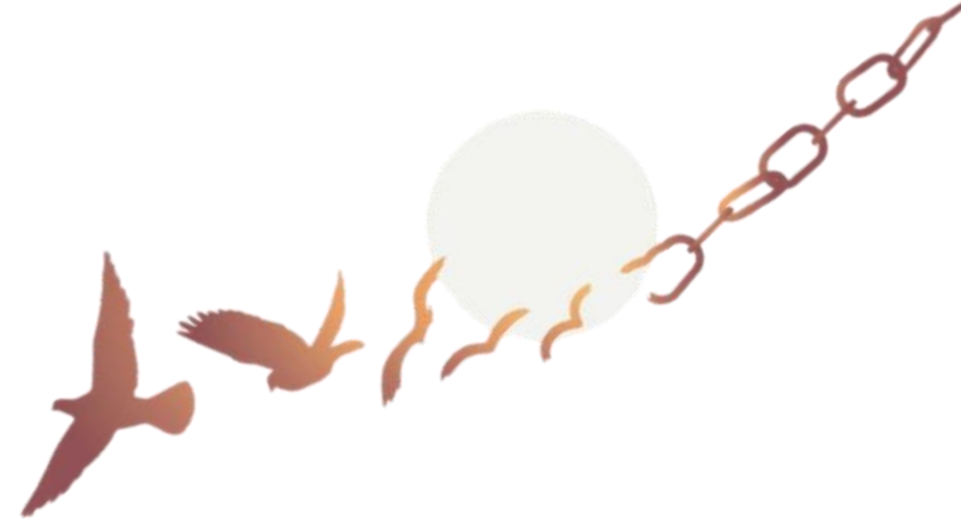


"Rock" refers to the caves where ancient practitioners lived. Ancient monks, those with a Hinayana Buddhist mind of renunciation, resided in caves. In modern times, the final destination for people after death is returning to the earth,

# 了解出離心 Understand renunciation

## 死依於巖

Death Reliant on the Rock



### 生活例子：

我們對房子、車子、甚至對自己的名聲和身體，

都**有很強的「所有權」意識。**

睡前「小死亡」觀想 → 一切其實都是 **暫時借來的**

Real-life example: We have a strong sense of "ownership" over houses, cars, and even our reputation and bodies.

Pre-sleep "mini-death" visualization: Everything is actually temporarily borrowed.





# 觀想體會時刻

Visualization and Experiencing Moments





# 總結

## SUMMARY



# 總結

## SUMMARY

- ✓ 因果存在
- ✓ 業力可轉
- ✓ 命運可改
- ✓ 修行是改命之道
- ✓ 出離心是解脫之門
- ✓ 用「四依」让修行從當下念頭開始

Summary: Cause and effect exist; Karma can be transformed; Destiny can be changed; Spiritual practice is the path to changing destiny; Renunciation is the gateway to liberation; Use the "Four Reliances" to





# 謝謝

## Thank You

蓮花翰鴻助教 合十

