

## 無常的價值

《摘自星雲法語》

在一般人的思想觀念裡，大都不喜歡無常，總覺得人生無常，令人恐懼；人情無常，令人悲傷；世界無常，成住壞空；一切無常，虛假如幻。所以一談到無常，往往認為是消極的、悲觀的、沒有意義的。但從另一層面來看，無常實際上是蘊含著積極奮發的思想。所以，對於無常的價值，我們應該有如下的幾點看法：

- 一、帶來希望的人生：無常的定義是好的會變壞，壞的會變好，所以它帶給我們無窮的希望，它讓我們懂得珍惜美好的，改善不好的。譬如現在我貧窮，沒有關係，貧窮是無常的，我可以努力，總有一天我會成功的！一旦我有錢了，我也知道要好好惜福，因為我知道無常，如果不好好愛惜，千萬金錢也會隨流水而去。在情感上，你愛我，我會珍惜，你對我不好，沒關係，我來改善不好的前因，未來我們就有希望結成善緣。
- 二、具有自由的精神：無常的另一個定義是，凡事都不是命定的。因此，每個人都可以自由的改變自己的命運。我可以從改變處世的方法等種種改變上，來扭轉原有的命運，這種改變，是我能你能，大家都能的。因為無常是人人平等的，無論你是國王大臣，還是販夫走卒，無常一樣跟你在一起。所以大家都可好可壞，可壞可好，這是很平等的。
- 三、否定神權的控制：人活著，最苦惱的就是對自己的未來茫然無知，因此很容易被神權控制，很容易把自己的未來交給神權去主宰。但是如果明白無常的道理，就會肯定自己的未來，就能脫離神權思想的控制，而做自己因緣的主人。
- 四、破除定命的論調：如前所說，凡事都不是命定，命運是操縱在自己的手中，所以只要我們心好，只要我們不侵犯別人，而又能廣結善緣，無常亦能使乖舛的命運轉好。

所以無常的價值就是：

- 一、帶來希望的人生。
- 二、具有自由的精神。
- 三、否定神權的控制。
- 四、破除定命的論調。

## 佛光菜根譚

-星雲大師-

「獨處」的意義是要內觀，看無相的世界，聽無聲的聲音。

## 《星雲禪話》

## 無住而住

藥山惟儼禪師在江西馬祖道一禪師處隨侍了三年。有一天，馬祖道一禪師就問藥山惟儼禪師說：

「近日以來，你有什麼心得，說來聽聽吧！」

藥山惟儼禪師回答說：「皮膚脫落盡，唯有一真實。」

馬祖道一禪師聽了藥山惟儼禪師這樣的體悟，感到非常安慰，便稱讚他說：「你的見解可說已經完全深契禪心，所以，今後你可以隨處住山去了。」

藥山惟儼禪師一聽，連稱不敢，並說：「學人福德淺薄，豈敢妄言住山作方丈。」

馬祖道一禪師便說：「不是這樣子的！人生沒有常行而不住，也沒有常住而不行的。如果想益於無所益，為於無所為，就更應該發心做普度眾生的慈航。所以，你不可在此繼續久住，應該隨處去住山利眾才是。」於是，藥山惟儼禪師便向馬祖道一禪師辭別他去。

禪心，是每個人都需要的，所以禪具有人間性。禪者不逃避人間，因此，馬祖道一禪師才會鼓勵藥山惟儼禪師要做普度眾生的慈航，因為禪者是活躍在社會的每個階層，福利大眾，服務社會的。

## 子歸何處

洛浦元安禪師是唐代的僧人，曾經向翠微無學及臨濟義玄禪師問道，後來在夾山善會禪師處得到心要。他因為曾經駐錫過澧州（湖南）洛浦（樂普），接化四方僧眾，所以又稱樂普元安禪師。

某天，有一位學僧向洛浦元安禪師請教說：「禪師，學人擬歸鄉回家，這樣的想法如何呢？」

洛浦元安禪師一聽，立即反問說：「就像家破人亡了，還有什麼地方可回呢？」意思是悟道者安心已滅，了知自性本來空寂，那有家可回。

學僧聽了又問說：「既然無家可歸，那就不用回家了嗎？」

洛浦元安禪師沒有直接回答這個問題，只是以詩偈來回應這名學僧：

「庭前殘雪日輪消，室內紅塵遣誰掃？」意思是，庭院前尚未完全融化的積雪，太陽（智慧）一出來就會消融，意喻雖然已不再受塵境所迷惑，但內心仍有微細的習氣待掃除，還是得靠自己調伏。



## Bishop's School Visits Hsi-Fang Temple

"On Wednesday, March 31, 2010 about 100 students plus several of their teachers from Bishop's School in La Jolla visited Hsi Fang Temple. They were elementary school students in the 8th grade, with nearly equal numbers of boys and girls.

The visit was coordinated by Tsung Hsin and part of an educational program led by The Rev. Mary Katherine Allman, the school Chaplain. Bishop's School is a private college preparatory school affiliated with the Episcopal Church.

"The students were met by the venerables and several of the temple devotees, who welcomed them and showed them to the Buddha Hall. There Carl Ewig met them and gave a talk on some topics suggested by the school about the Buddha, the beginnings of Buddhism, and the significance of the Buddha Hall. In particular the talk focused on the Four Noble Truths and the Noble Eightfold Path, as requested by Rev. Allman who felt this topic, especially as concerns moral behavior, is important for students of that age. Also discussed were the "Four Immeasurables" (loving-kindness, compassion, sympathetic joy, and equanimity.)

The student asked several thoughtful questions. Carl also gave some instruction in meditation using mindfulness of breathe and the students practiced meditation for several minutes. The school then treated the devotees and the students with bagels and drinks in the temple dining room. As always the students were all very polite, interested, excited, and a joy to meet."

## Adopt-A-Park: Balboa Park

In order to promote global warming awareness, help protect the earth, as well as encouraging young adults to engage in community service. BLIA San Diego Youth Group planned the Adopt-A-Park: BalBoa Park event on April 3rd.

Venerable Abbess Yi-Hsuan, BLIA San Diego Subchapter President Chi-Kuo Lee, and BLIA San Diego Youth Group President Kevin Huang led 22 Youth Group members, parents, and volunteers, a total of 50 people, to participate this event.

Under the guidance of Park Ranger Carole, BLIA members work diligently to remove weeds, pick up garbages, and remove dead woods. After 3 hours of hardwork, BLIA members filled 2 trucks full of wastes and gave the 4 acres of Old Desert Gardens a renewed look. Balboa Park staffs praised the great work and were very impressed with the efficiency of BLIA members.

## Compassion

- by Venerable Master Hsing Yun

Three brothers, although not monastics, were very devout Buddhists. They were traveling together to visit different Ch'an masters.

One day, they stayed with a family of seven children whose father had just passed away. The next day, as the three brothers were just about to leave, the youngest brother told the other two, "You go ahead with your travels. I've decided to stay."

The two older brothers were not pleased with the youngest brother's decision and left angrily. It would not be easy for the widow to bring up seven young children, so the youngest brother's decision to stay was very helpful. Later, the widow wanted to marry him, but he said, "Your husband has just died. It would not be proper for us to get married so soon. You should remain in mourning for three years before we discuss marriage."

Three years later, the widow proposed to him again. He replied, "If I marry you now, I would be disrespectful to your husband. For three years, let me be in mourning for him." After another three years, the widow proposed to him once more. He replied, "For the sake of our future happiness, let us mourn for your husband together for three more years before getting married."

Nine years after the husband passed away, the children had grown up. The youngest brother now felt that his mission had been fulfilled, and he left the widow to continue on with his spiritual pursuit.

Although the youngest brother had not received lessons from a Ch'an master, he nonetheless was practicing Ch'an by helping the widow and her children. He was not only able to overcome worldly temptations but can also transform defilements into purity.

## Upcoming Events Highlight:

7/10/2010, Saturday

Community Service - Balboa Park Cleaning

7/31/2010, Saturday

English Buddhism Camp

8/8/2010 - 8/15/2010, All Week

Emperor Liang Repentance Ceremony

## Hsi Fang Temple Class Schedule

Tuesday	10:00-12:00	Hsi-Fang Buddhism Class
Wednesday	10:00-12:00	Chinese Buddhism Class (North County)
	17:30-18:45	English Yoga Class
Friday	19:00-21:00	Chinese Sutra Study (Every Even Week)
Saturday	14:30-15:30	Children's Dance Class (1st, 3rd and 5th Saturday)
Sunday	10:00-12:00	Children Sunday Class
	14:30-15:30	English Buddhism Class
	15:30-16:30	English Meditation Class
	14:00-16:00	Cantonese Buddhism Class

\* Chinese Sutra Study is cancelled for August and September.

