



The Sixteen Views (Part 4)



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福就是在平安度過，能平安就是人間的福。人間如何去感受福之樂？如何感受到禍之苦？同樣是在人間，禍福苦樂都是在人間，人間就是有了生命，就會人與人之間互相對立、互相傷殺，到底是為什麼。

It is a blessing to live in peace. Living in peace is a blessing in this world. How do we experience the joy of blessings and the suffering of misfortunes? Disasters, blessings, suffering and joy all exist in this world. In this world, human beings become involved with one another, oppose one another, and even kill one other, but for what?

就是因為「執著」，為了自己的生存，為了自己所好。無論是對宗教的固執，或是對名利地位的固執，自然產生了互相彼此自我的固執，就去反對他人、傷害他人。這就是人，有了生命就有這麼多的災難。

For our attachments, for our own existence, or our own preference. Whether we are fixated on religion, wealth, or status, we naturally become Entrenched in our own positions. Then we oppose and hurt others. This is what humans do. With life come so many disasters.

所以在佛陀告訴我們的「十六知見」中，佛陀第四告訴我們「命者見」。

So the Buddha told us that the fourth of the Sixteen Views is the View of Endless Life.

命，因為我活著我有生命，你活著你有生命，他活著他有生命，有生命就有自我妄計。這種妄計有我，妄計命根，生命在五蘊中，色受想行識，日常在那裡輪轉，在命和根中輪轉。

I am alive, so I have a life. You are alive, so you have a life. With life come self-delusions about the existence of a permanent self. We exist in the Five Aggregates, form, sensation, perception, action, consciousness. Every day we function in our life with our Roots.

根，就是六根。有了生命，所以在五蘊中運作六根，如此互相自我堅持執著，所以就變成排斥異己。和我若不貼心，和我若不同心，若無法和我站在一邊，我就排斥你，排斥、互相傷害。

The Roots are the Six Sense Organs. While alive, we use our senses within the Five Aggregates. Thus we become attached to our positions and reject those people who are different. If your mind does not work like mine, if you are not of the same mind, if you are not on my side, I reject you. This rejection hurts us both.



**人往往執著於生命
為了各自生存及所好
而排斥異己
造成對立與傷害**

Humans often become attached to their lives. For the sake of their survival and preferences, they reject what is different from themselves, thus creating opposition and harm.

人和人都如此，何況對其他眾生。就是不是人，一切的動物，會感覺到執著在「人」。對其他的動物，就覺得這是人所要使用的，無論是吃牠、用牠。

People treat each other this way, not to mention other sentient beings. Toward non-humans, like animals, people cling to the attitude that they have the right to use them in any way they want, whether for eating or labor.

你看牛馬為人這麼拖、這麼拼。從前農業時代，牛若拖慢一點就受鞭打；馬若跑得慢一點，人騎在馬上，還是用馬鞭打。這種對動物也是很大的差別，認為所有的動物，都是人所使用的。甚至為了自己，一張嘴可以吃遍天下，一切物命成為人的口福，不知喪生無法計量。

Look at how hard oxen and horses work for humans. Since humans began farming, we have whipped oxen if they slowed down a little. If a horse runs slowly, the human on his back whips him. We treat animals very differently from humans. We think they exist for our use. We even believe they exist for our consumption. We sacrifice living beings for our palates, and the deaths are incalculable.

人只知道「我是人、我活著、我有生命、我有感覺」，他第一在人與人之間，不懂得他也是活著，他也有生命，他也有感覺；沒有同理心，只顧著自己。人和人都沒有同理心了，何況人和其他動物的生命？自然他就不重視，所以要吃牠、要用牠；但是還要殺牠、欺負牠。

People only know, "I am human, I am alive. have a life and I have feelings." In dealing with others, they do not understand that others are also alive, also have lives, also have feelings. They have no empathy; they just look out for themselves. If humans have no empathy for each other, how can they feel for other living creatures? Humans do not value animals, so they eat, use, abuse, and kill them.



The Sixteen Views [Part 4]

很多人只知道自己有情、自己的感覺，自己如何能高興。你看，養雞來鬥雞，讓雞去打架、讓雞互咬，咬到雞毛都掉光，這樣人高興。鬥牛也是一樣，故意穿紅衣服挑釁他，讓牠發脾氣，再用劍射牠。

Many people are only aware of their own feelings and how to make themselves happy. People raise roosters for cockfighting. They let them fight each other until they lose all their feathers. This makes people happy. The same goes for bullfighting. They deliberately use red cloth to aggravate bulls. They anger them, then stab them with lances.

為什麼？為了我高興，所以我高興，我的情緒很高興快樂，如此就沒有去疼惜其他的物命，這都是有生命時在造業。

Why? For their pleasure. As long as it makes them happy, they don't have to cherish the lives of other beings. That is how they create karma in their lives.



人為了生活
驅使動物勞役
為了滿足口腹之欲
吃遍天下生物

Humans, for the sake of their livelihood, drive animals into hard labor. To satisfy their appetites, they eat all kinds of living beings in the world.





**種種不懂得疼惜
其他物命的行為
都是為自身的「命」而造業**

They engage in various behaviors because they do not know to cherish other living beings. Thus, when they act only to benefit their own lives, they create karma.

不知道其他生命有價值·當然人的生命·哪一個人的生命沒有價值呢？

We do not know the value of other lives. Whose life is without value?

我們常常說：「要尊重生命。」不只尊重人的生命，我們還要尊重其他動物的生命。動物也有比人的智商還高的，雖然牠們的身形與我們不同，但是智慧比人高，而且對待主人忠心耿耿，很可愛。

We always talk about respecting life. This means not only human lives, but other animals lives as well. Some animals have high IQs. Although their appearance is different, they are more wise than some people. They are also loyal to their owners and are very adorable.

過去佛陀講經，很多動物也很有智慧。我們現在就說現在，有一段新聞報導，有一位年輕的女子，應該是少婦，她是在英國，本來她有一個很幸福的家庭，先生、還有一對兒子和女兒。她本身對這個家庭，也是料理得很好，先生去上班，孩子去上學，是一個很幸福的家庭，但是不幸在十年前，她一場病，就是多發性的硬化症，全身一直僵硬掉，身體的動作失去功能。

When the Buddha taught the Sutras, He spoke about many animals with wisdom. There was a recent news report. There was a woman, a young wife living in England. She had a happy family, with a husband, a son and a daughter. She managed this family very well. Her husband went to work, and the children went to school. They were very blessed. Unfortunately, she fell ill ten years ago, with multiple sclerosis. Her body stiffened and she lost many motor functions.

這段期間好像神仙的家庭，突然間整個垮下來·到底這個家庭失去了·這位主婦對家庭的功能·這個家庭要怎麼過日子？孩子還小、先生在上學·該怎麼辦呢？幸好有一個團體·這是「殘疾人幫助犬慈善機構」·他們平時就訓練一些動物·狗...等等，如何去幫助人。所以他們知道個家庭應該要常常保持的這分幸福，但是這種病不可能治得好，即使是英國，醫療也算發達，但是這種病就是無奈。所以「殘疾人」就幫助她一隻狗，送她一隻狗。

It seemed like her blessed family suddenly and completely collapsed. She could no longer do anything for them, so how could they cope? Her children were young, her husband was working. What could they do? Fortunately, there was a group, a charity that helped the handicapped. They trained various animals, such as dogs, to help people. They wanted to help maintain the good fortunes of this family. But this disease is not curable, even in a medically advanced country like England. People are helpless when faced with this disease. So "Dogs for the Disabled" helped her by providing her with a service dog providing her with a service dog.

這隻狗的名字取為「尤斯卡」，牠是拉布拉多種，這種狗、這種類的狗特別聰明。所以尤思卡來到這個家庭，開始改變了這個家庭，這位主婦的命運。因為牠聰明，牠能代替牠的主人做很多事，在她的生活中幫助她很大。

The dog, named Juska, was a Labrador. That breed is particularly smart. So Juska changed this woman's and her family's lives when he arrived. He was smart, so he could do a lot for his owner. He was a great help in her daily life.

所以譬如主人坐在輪椅上，先生、小孩的衣服換下來，髒了要洗，她的主人坐在輪椅上，無法去洗衣服、無法動作，這隻狗會幫助主人，將這些髒衣服一件一件咬進洗衣機，牠還會按鈕，讓洗衣機自動替牠洗衣服。衣服如果洗好了，機器



停了就表示衣服洗好了，也已經快乾了，牠就會去打開，然後一件一件把它拖出來，晾起來讓它曬太陽，讓衣服能乾。也會幫忙收衣服，衣服收下來，牠也會一件一件摺好，也是很整齊。甚至有人來了在按電鈴，牠也代替主人趕緊跑去開門讓客人進來。主人有時候口渴，牠會去把礦泉水叼來，杯子也叼來，這樣讓主人的生活沒有什麼缺乏。她所有的功能這隻狗都能代替她，將她服務得很妥貼。甚至她也會推主人，陪主人出去外面去曬曬太陽、去交朋友。

For example, she was in a wheelchair. So when her husband and children needed their dirty clothes washed, there was no way for her to get up and do laundry. So, the dog helped her by carrying each piece of clothing into the washing machine clothing into the washing machine. He even pushed the buttons to start it. When the machine stopped that meant the clothes were clean and ready to be dried. Then he would open the machine and pull out the clothes and lay them in the sun to dry clothes and lay them in the sun to dry. Afterwards he collected the clothes and folded each item very neatly. When someone rang the doorbell, he opened the door to let them in. When his owner was thirsty, he brought her a bottle of water and a cup. Therefore, she was well served. The dog could do many of her tasks and served her well. He even pushed her outside to enjoy the sun and make friends.

有了這隻狗，這個主人在她的生命中什麼都不缺了。還多一個朋友，這隻狗是她最忠實的朋友，能陪伴她，能替她做很多事。看！這隻狗尤斯卡，就是她最後生命中的貴人。看！動物也能做人生命中的貴人。她如果不是有這隻狗來幫助她，我們知道多發性的硬化症，我們能想像根本全身都不能動，說不定慢慢連說話都無法表達，先生不工作，生活就失去了重心，孩子還小該怎麼辦？

With this dog, this woman did not lack anything in her life. He was her most loyal friend. He accompanied her and did many things for her. This dog, Juska, was her great benefactor. Look at how an animal can be a person's benefactor. MS leads to loss of motor functions and the eventual loss of speech. Without the dog's assistance, her husband would not be able to work and the family would lose their anchor. And what would happen to the children?



生命的價值
不是能呼吸能享受
而是要能為人付出

The value of life is not in simply breathing and enjoying luxuries; it is found in giving to others .



總而言之，我們人應該要疼惜生命。佛陀也這樣告訴我們：「生命的價值不只是會呼吸、能享受、能飲食，這樣才叫生命，真正的生命是要為人付出。」人間苦難這麼多，我們若要去幫助苦難人，這就是生命的價值。

In short, we should treasure all lives. The Buddha told us that as well. The value of life is not measured in breaths, in luxuries and in eating and drinking. The true value of life is in giving. There is so much suffering in this world. Helping those in need gives value to our lives.

我們不只不去幫助苦難人，還去傷害、迫害，看看人禍的殘酷！

Some people not only avoid helping those in need but also harm them. Look at the cruelties of man-made disasters.

天災過後，大家還能恢復重建家園，過著很平安的日子。即使氣候有四季輪替，即使下霜雪的天氣，或者大太陽的天氣，但是也有清風送暖的時刻，能人人運用這個生命，生活在大自然的空間中，生命發揮互助，這樣的世間是多麼可愛。天災容易過去，但是人禍的破壞無盡期，所以這都是人心所造。

After a natural disaster, people can recover and rebuild their homes and lead peaceful lives. The four seasons continue their cycle. Even if the sun is blazing, a light breeze will eventually bring gentle relief. If everyone can use their lives in this natural environment to help each other, the world will be a delightful place. Natural disasters easily pass, but there is no end to destruction caused by humans. This is all created by human minds.



學佛者要有使命感
荷擔如來家業
廣布佛陀的智慧與教育
引領眾生解脫煩惱
轉惡為善航向光明

Buddhists should have a sense of mission and shoulder the Tathagata's work. They should spread the Buddha's wisdom and teachings to liberate sentient beings from afflictions, transform evil into goodness, and steer them toward the light.

所以佛陀對我們的教育，希望人人能珍惜生命、運用生命，如何在迷茫煩惱重重的人間？如何能轉變人人的煩惱？如何去除人人的惡念？如何從煩惱中啟發出那分人人本具的善念，能讓人人轉惡為善？這是佛陀來人間對我們的教育。



So the Buddha taught us in the hope that we will cherish our lives and use them well. In a world full of confusion and afflictions, He taught us to transform afflictions and eliminate bad thoughts. He taught us how to develop our innate goodness amid afflictions, and how to transform evil into goodness. This is what the Buddha came to teach us.

我們對人生、生命，我們也應該要有使命。我們的使命就是荷擔如來家業，如何能傳達佛陀的教育，將佛陀的智慧，我們要領導眾生，航向智慧光明的道路，這是我們的使命。

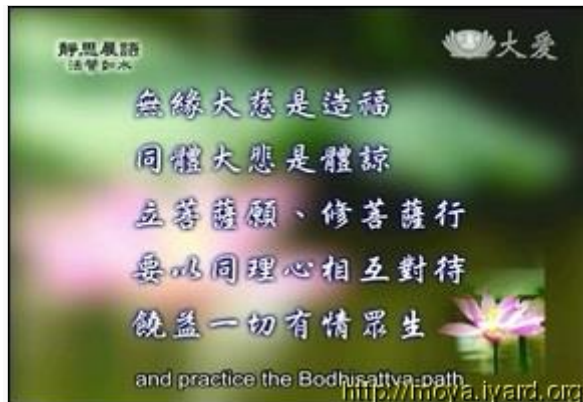
We should have a sense of mission in our lives. Our mission is to shoulder the Tathagata's work. We need to spread the Buddha's teachings and use His wisdom to guide sentient beings onto a path of luminous wisdom. This is our mission.

所以我們要運用這個人身，我們不是說過：「人身難得，中國難生，菩薩難得親近。」所以我們現在有這麼一大群，人間菩薩的團體，我們應該要很珍惜。人人都是人間的活菩薩，所以我們要起尊重心，尊重人人是菩薩。當然我們自己也就是菩薩心，立菩薩願，我們更加要修菩薩行，運用生命，借重空間，人與人之間來修行，這是我們要好好把握。

So we must make good use of this human body. Didn't we say it is difficult to obtain human form, to be born in central areas, to meet Bodhisattvas? With so many practicing Bodhisattvas gathered in this organization, we must cherish it. Everyone is a practicing Bodhisattva, so we must be respectful towards everyone. Of course we must have a Bodhisattva-mind, make the Bodhisattva-vow and practice the Bodhisattva-path. We must use this life, this world, and our relationships for spiritual cultivation. We must take advantage of this opportunity.

所以我們要知道我們有情，知道我們自己也有情緒，看到這個不歡喜，聽到這個話我生氣，我們要去體諒別人。同樣她看我們也是不歡喜，聽到我們說壞話也會生氣，這種同理心，叫做「同體大悲」。

We must know that as human beings, we have emotions. We know that we do not like to see this or hear that, so we have to understand that others may be similarly unhappy when they see us or hear what we say. This empathy is All-embracing Compassion .



無緣大慈是造福
同體大悲是體諒
立菩薩願、修菩薩行
要以同理心相互對待
饒益一切有情眾生



Unconditional Loving-Kindness creates blessings. Having All-embracing Compassion shows understanding. Make the Bodhisattva-vow and practice the Bodhisattva-path. Treat others with empathy and try to benefit all sentient beings.

所以對外不斷要付出「無緣大慈」，就是建設人間。即使和我無緣無故，我也期待他能幸福，這叫做「無緣大慈」。「慈」就是造福。

We have to constantly offer Unconditional Loving-kindness. Even if someone is completely unrelated to us, we should still wish them well. This is Unconditional Loving-kindness. Loving-kindness creates blessings.

我們對內應該要多發揮「同體大悲」，我們要自己建立我們自己這分悲心，和我們有關係的人我們要多多關懷，要互愛、要和氣、要合心，所以對內要「同體大悲」。

We need to practice. All-embracing Compassion with each other We need to strengthen our sense of compassion and be more caring to those we know. We should foster mutual love, harmony and unity. So we must have All-embracing Compassion.

若能如此，這種同理心，人群合會，如此還有什麼彼此的成見，就沒有了。所以「無緣大慈」就是造福，「同體大悲」就是去體諒他的感覺、我的感覺，他的痛苦、我的痛苦，他的快樂是我的快樂。應該有這種同理心來互相對待，這種人生不是很快樂嗎？

If we can do this, if we have this empathy toward others, then we will not have any prejudice. So, Unconditional Kindness creates blessings, and All-embracing Compassion shows understanding. Other people's feelings are ours, and their happiness is ours. We should treat each other with empathy. Wouldn't life then be full of happiness?

好了，各位，生命要好好把握。用在有用、對人有益，如此這個生命才是真正尊貴。不只是對人，連對待動物也是一樣，請大家多用心。

Everyone, make the most of your life. If we use our lives to benefit others, then our lives will truly be valuable. This not only applies to people, but animals as well. Everyone, please always be mindful.