



Saturday Night Dharma
Group Study on SKYPE
DaAi TV Wisdom at Dawn
Dharma as Water

The Poison of Ignorance Obscures Wisdom

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在普天之下的人間，慈濟人那種非常真善美的愛，這分視眾生如親人，不忍他們受苦受難，我們要盡心盡力去付出。我們都是從開頭一直陪伴到他們安定，這是在不同的地方，也都有同一分的愛，在這樣的時間、空間，人與人之間，都有這樣的形態。

Around the world, Tzu Chi volunteers often give aid generously and lovingly, treating others like their own family members. Because we cannot bear to see suffering, we try to help others the best we can. We will be there from the start, to keep them company until they are safe and settled. This happens all around the world. We offer the same kind of love regardless of the time, place or people involved. This is the attitude of our volunteers.

還有，有一種就是同樣的年紀，但是不同的心態。在澳洲有一位九十七歲的老人家，這位老婆婆，她要圓一個夢，就是想要有一間自己的房子。但是她的年齡已經九十七歲了，又是單獨一個人。但是要完成這個心願，她就要去辦理貸款，而貸款償還的條件，是她要以廿七年的時間攤還。廿七年的時間，現在是九十歲，想到那個時候已經百餘歲了。

Here is an anecdote about people who are the same age but are very different. In Australia, there was a 97-year-old woman. She always had a dream to have a house of her own but she was already 97, and she lived alone. Because of her wish she took out a mortgage and bought a house. It was a 27 year mortgage. Can you imagine? In 27 years she would be a hundred and twenty-some years old.

但是她很有勇氣，她認為：「我一定可以活到那個時候！」所以這間房子就是還要再住廿多年，這種實在是對人生很有興趣，但只是為了自己。

But she was bold. She believed that she would live in her house for another 20 plus years. This woman's is hope for life is very interesting but it was all for her own benefit.

看到另外一篇新聞，同樣也是在澳洲。這位老婆婆同樣也是九十七歲，一輩子都很辛苦，靠她自己自立更生、作裁縫。但是九十幾歲，靠著一台裁縫車，也已經陪她將近八十年的時間，但是現在視力不太好。

There was also a news report of another 97-year-old woman in Australia. There are many illegal or new immigrants in Australia, who do not have a place to live. This 97-year-old woman had worked hard all her life as a dressmaker. Though she was 97, she had relied on a sewing machine for almost 80 years to make a living. But her vision had become poor.

因為很當地多非法居民，或是新移民，到了當地無處可住，流離失所。這位老婆婆聽到這個家庭一家十口，流離失所，來到此地又失業，生活辛苦，她就起了一分的心，要將這一台她依靠著生活的裁縫車，她將這個東西送給這個家庭。這也是另外一分的愛。



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One day she heard of a family of ten who had immigrated to Australia, but were unemployed and could not find a place to live. When she heard of their hardship, she came up with the idea to give them the sewing machine that supported her all her life. This is another kind of love.

等到年紀大了之後，她就感覺到這時候應該要捨了、要捨了，能選擇讓一家十口要生活的這個家庭，她捨。教他們要如何做衣服，教他們如何謀生，這也是另外一種人生。

Because she was very old, she felt that she should let go of her belongings. She made a choice to help this family find a way to make a living. She offered them her sewing machine and taught them how to make clothes. This is a different perspective on life.

同的年齡，同樣都是獨居老人，確有不同的看法，這就是眾生。

These two old women were both living alone, but each had a different view on life.

Ordinary people are full of afflictions. They are stingy, greedy, arrogant and angry. Only by entering the Bodhisattva-path can one let go of everything and do one's best to help others. In doing so, one breaks away from the mindset of an ordinary being, returning to a pure, innate nature.

眾生很辛苦啊！忙忙碌碌、紛紛嚷嚷、庸庸擾擾，都是在天底下，但是不離開凡夫心。除非有心進入菩薩道中，放下一切，出錢、出力，都是為人做事，這除非就是菩薩的心，才能脫離凡夫事。

This is how ordinary people are working hard and very busy in this chaotic world of troublesome and trivial matters unable to break away. But once they set their minds on entering the Bodhisattva-path, they can let go of everything, donating money and time to help other people. Only with this Bodhisattva mindset can they break away from the mundane life.

凡夫就是慳貪，貪著或是驕慢瞋恚等等...我們學佛就是要脫離這些事情，我們才能腳步向前精進。

Ordinary people are stingy, greedy, arrogant and angry. As Buddhist practitioners, we must break away from all of this. Only then we can move forward diligently.

所以說起來，佛陀說：「三毒」凡是在人間的凡夫，都離不開「貪瞋癡」三毒。



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Therefore, the Buddha taught us about the Three Poisons. All sentient beings in this world have the Three Poisons of greed, anger and ignorance.

所以有了貪就離不開毒害，毒害了我們的善念；但是我們若能將貪去除，這分佈施心、愛心，就馬上提起來。所以我們要知道，只是一念心的轉變，轉一念心，自然去付出；或是凡夫心，人生已經將近一百歲了，還想到廿多年之後的住所，這也是貪的一種。

Greed poisons our benevolent thoughts. But if we can rid our minds of it, our intent to do charity and our love will emerge. So we should know that only change of mindset makes, is willing to give. Conversely, some ordinary people, even if they are almost 100 years old, still crave a house for the next 20 years. This is also greed.

再來是「瞋」，瞋也是一的毒念，忿怒的心。若有了一念瞋心起，忿怒心一形成，像火燒身一樣，所以它的名稱叫做忿怒。瞋的毒，裡面就起了忿怒，非常不平。怒、怒火衝天！其實我們現在人生，很多人都是動不動就發怒，所以瞋火焚身。

The second Poison is anger. It is a mind of hatred and resentment. With an angry thought, hatred forms in our minds engulfing us like flammers. Hence, it is called anger. The poison of anger gives rise to hatred causing us to have an aberrant mindset. In fact, many people get angry easily and get burned by their own anger.

其實大乾坤也是一樣，像澳洲有一大片的土地，在幾天內，連續一直燒、一直燒，燒掉了六萬多公頃；這一大片的火海，多麼令人懼怕！這是如何引起的呢？有人說是天災，所說的天災就是焚風，熱風的摩擦，所以起了火星，星火燎原，所以一大片的土地燒成這樣。

This also happens in the outside world. In Australia, over 60,000 hectares of land burned continuously for several days and were destroyed. A big fire like this is quite terrible. What caused the fire? Some said it was an act of arson some said it happened naturally originating from a lightning strike and fanned by warm, dry winds. It burned everything to ashes.

有人說是人為，就是有人故意縱火。你想，若是故意放火燒，這種人的心態是什麼心態呢？那就是瞋毒，因為他就是對人世間心不平衡，一定心中有怨，一定心中有恨，這種的怨和恨，就是出自於瞋毒。所以心不平衡，實在是很可怕。假使是人為，這種人為的種種，在人間，就會惹出人間的大災禍。

If the fire was deliberately started, what kind of person would do that, and what was his intention? Was it anger towards society, the result of an unstable mind full of resentment and hatred? Resentment and hatred stem from anger, causing an imbalanced mind. This is quite terrifying. Even if it was not caused by humans, there are many other great disasters caused by humans.



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也聽到我們花蓮水蓮，也有一個家庭，為了生活，先生和太太兩個人的感情，起了衝突。先生好賭、好飲，對家庭不負責任，太太就很辛苦在工作，所以這兩個人的心都是不平衡的心。一個是很辛苦為這個家庭，所以心中生怨；但是這個先生他自己的心沒有調適好，生活有了偏向，所以對家庭不負責，所以賭博、喝酒等等...

Recently I learned of a family living in the Shui-lien area of Hualien. The husband and wife had a fight over their finances. The man was addicted to gambling and drinking, and was irresponsible. His wife had to work hard to support the family. Both of them felt unfairly treated. The wife harbored much resentment. The husband hadn't adapted well to family life and became lost, avoiding responsibilities, drinking, gambling, etc.

兩把火互相接觸之後，從心態當中的火引爆出來，在外的行為就是引爆了瓦斯，所以心外的火也燒了起來。一個家庭有三個人受傷。這三人因為瓦斯爆炸所造成的輕重傷，已經送到我們的醫院治療，但是否能夠平安度過？聽說有一位，應該是這位先生，全身幾百分之幾十的嚴重燙傷，生命很危急。這樣是多麼的痛苦啊？全身被火燙傷，這種的痛。若是早知道一旦死不了，就會遭逢到今天這種燙傷的痛，真是悔不當初。

With such mindsets, it was as if the couple's minds were burning with anger. When their anger collided, it led to an actual gas explosion and fire. Three family members were injured and treated in the burn unit of our hospital. It is not known if all will survive. The husband suffered severe burns over much of his body and is still in critical condition. It must be quite painful to be burned this way. If they had known that they would survive the explosion but would suffer such great pain they would probably rethink their actions.

為什麼會有這樣的形態？這種動作？惹出了家已破，孩子和他本身以及太太都是人受重傷。那麼久的時間以來都已經在忍耐了，何必一時之氣呢？到底眾生的心態，何時才能撫平呢？這都是凡夫。因為一時瞋怒、衝動的結果，衍生出的苦難的事情，後面還要經歷很長一段時間。

They might wonder why they had acted in such a way as to destroy their family. Now the husband and his child are gravely injured. What about his wife? If she had known the consequences, she might have had more patience and not let anger take over. When can people's minds be appeased? The angrier we get, the worse the suffering we create for ourselves.

所以一念忿怒心起，造成了一個家庭如此悽慘。或是造成了地球上的生態破壞。想想看，這都只是一念心，那就是瞋毒——「瞋毒生忿怒」，所以世間像這樣的例子，有多麼的多啊！

It was anger that caused such tragedy for this family. It can also cause damage to the Earth. Let us consider this. All this damage was caused by the mind, beginning with anger and resentment. There are many examples like this in this world.



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再來就是癡，癡也是一種毒念。癡就是迷惑，會迷惑了我們的心，迷惑了我們的生活，迷惑了人與人之間，所以凡事都看不開，凡事都看不清楚，這叫做迷惑。

The next Poison is ignorance. Ignorance is a poison of the mind. It is delusion. It brings delusion to our minds, to our way of living, and to our interactions with others. Ignorance obstructs our views, confuses our minds and causes delusion.

有貪、有瞋，都是從這個癡而來。所以癡的毒，是已經病入膏肓。我們眾生所以有貪心，所以有瞋恨，都是由於這念癡迷開始。所以這念癡毒，比上面那兩項「貪毒」、「瞋毒」更嚴重。眾生有了癡迷，使一切事理都不明瞭，所以顛倒妄取，起了很多的邪念，這稱為「癡毒」。

Both greed and anger come from delusion, so ignorance is poisonous to our minds. Once poisoned, it is almost incurable. The greed and anger in our minds all starts from ignorance. Thus, this Poison is worse than greed and anger. A deluded mind is easily confused; it cannot understand the truth of things. Being confused and delusional and engaging in evil conduct is the Poison of ignorance. Ignorance is a poison in the mind and causes delusion, so one cannot understand the truth of things. Being confused and delusional, one engages in evil conduct.

在《百喻經》中有這段文字，很有趣的文章，它說——

The Sutra of One Hundred Parables relates a very interesting story.

有一位牧羊人，他飼養了很多很多的羊。一生中，從小即開始養羊，從一而二、二而四，一直養到現在，到了他的年齡也以經幾十歲了。想一想，這樣一直繁殖下去，這群羊有多大一群呢？他每天都在數羊，看到羊又多一隻了，母羊又生小羊了，他就很歡喜。

There was a shepherd who raised sheep. He had raised many sheep, starting from when he was a child. One sheep became two, two became four, and he continued with his sheep raising business. As an adult, all he thought about was how many sheep he had and how to increase his herd. So he counted his sheep every day. When he counted one more sheep than before, that meant a new lamb had been born so he was very happy.

但是等他的年齡到了中年時，看到人家有家庭，和他同樣年齡的人，有家庭、有太太、有小孩，他也很羨慕。但是他卻整天都守在這一群的羊群當中。所以隨著日子、時光不斷地消逝，年齡不斷地增加，儘管認為自己應該要成家，應該要有小孩，要有太太，但是日子還是一樣成天不變，只是守住那群羊群。



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But as he reached middle age, he noticed that many men his age already had families, with wives and children. He was very envious, but he had spent all his time tending his sheep. As days went by, he became older. Although he felt he should start a family, his days remained unchanged. He still spent all his time tending sheep.

有一天有一個人來對他說：「你應該要娶妻了，你也應該要有一個家庭。你看，你是如此的富有；你看，你的羊這麼多；這個村子就屬你最富有了，可是你還是一個人人在養羊。你現在應該要成家了！」

One day, a visitor said, "You should get married and have a family. You have a lot of money. Look at the number of sheep you have, you are the richest person in the village, but you are still tending the sheep yourself. It is time for you to start a family."

牧羊人聽了很歡喜，說：「要啊！我想要成家，我也知道我要娶妻，我要生子。」他說：「是啊！那我幫你介紹好嗎？」牧羊人說：「好啊！好啊！你幫我介紹。」

The man was very happy to hear that. He said, "Yes, I want to have a family, and I want to have a wife and children." The person said, "Can I introduce someone to you?" The man said, "Yes! Good! Please introduce someone to me."

過了一段時間，這個人就來詐騙他就說：「我幫你介紹這位女孩子很美。」牧羊人說：「真的嗎？」這個騙子說：「但是她需要錢。」牧羊人說：「好啊！要多少錢？」騙子就告訴牧羊人要多少錢，這位牧羊人就趕緊賣羊，然後付出了很多錢。

A while later the person told him, "I found someone that I can introduce to you. She's a very pretty girl." "Really?" "However, she is in need of money." "It's fine. How much does she need?" The person told him the amount. He quickly sold some sheep and gave the person money.

又過了一段時間，騙子又來說：「你的太太生孩子了。」牧羊人說：「真的嗎？」騙子說：「但是養育孩子也需要錢。」牧羊人就想：「好啊！」然後他就趕忙又準備了多少錢，把錢交給騙子讓他去處理。

A while later the person told him, "Your wife just had a baby." "Really?" "But raising child required money." "Let me know how much she needs?" And he gave money to the person.

再過了一段時間這位騙子又說：「你的兒子準備要娶妻了啊！」牧羊人就說：「真的啊！我要做阿公了！」所以又趕忙準備了一大筆錢，這些東西又給了這個騙子。

Later on the person told him, "Your son is getting married." "Really?" "I will be a grandfather soon. Good! Hurry. I want to give him some money." Again, he gave his money to the person.



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又經過了一段時間之後，騙子又跑來了，說：「現在要告訴你不幸的事情，你的兒子生病了。」牧羊人說：「那怎麼辦？」騙子說：「還是需要錢啦！」所以牧羊人又趕忙準備了一筆錢給這個騙子。

Another period of time had passed. The person came to tell him "I am here to give you sad news. Your son is sick." "What can I do?" "He needs money." So he gave this person some money.

又過了一段時間，騙子又來說：「不幸的消息，你的兒子已經死了。」這個牧羊人聽了之後就在那邊哭，在那邊撞牆，把自己的頭撞得血流淋漓的，苦不堪言啊！

After another period of time, the person brought bad news to him "Your son is dead." Upon hearing this the man cried and knocked his head until he bled. He suffered unspeakable pain.

佛陀將這個故事舉出來之後就說：「眾生癡迷，就和這個憨人一般！老是想要守住財物，又想要要求其他的，自己不能建立自己的家庭，只是一個妄想、妄念的追求，在妄念中好像自己得到很多，自己沾沾自喜，但是不知道在妄念中的『漏』，漏掉了多少心靈的智慧。所以這叫做癡。」

The moral of the Buddha's story is that all sentient beings have ignorance, just like this foolish person who wanted to hold onto his fortune while also pursuing other things. He did not know how to start a family, but he had this delusive desire. In delusion on he felt he had gotten a lot and was very happy for himself. He did not know that the deluded mind is constantly leaking, spiritual wisdom. The creates ignorance.

The Three Poisons of greed, anger and ignorance cause one to lose wisdom. By generously giving to and loving others, and constantly being mindful and reflecting on one's own thoughts and conduct, one keeps the Three Poisons away.

這個故事，我們靜靜的想，世間難道真的有這樣的人嗎？其實這個故事是一種比喻，有這種同樣習氣的人很多。若是以這個比喻來看，確實在我們的人生當中，有很多這般妄想的人生。他的心不捨，他在貪念中，他的迷就無法將他的心並去除。和這種相似的人生，難道不是這樣嗎？

Do people like the man in the story really exist? The story is just a metaphor. But many people are like the man. They are living a deluded life, unable to let go of the delusion. When the minds is deluded with greed, there is no way to cure it. Isn't our life also like this?

所以有的時候，當有人在生氣的時候，就會自我提醒：「我要趕緊想，在《靜思語》當中有一句話：『發脾氣就是短暫的發瘋。』所以不要發脾氣，要趕快把它壓制下來。」



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This is why when someone loses his temper I think about a saying in the Jing Si Aphorisms, "To lose your temper is temporary insanity." We must control our tempers.

同樣就是一個心靈，你一直貪，我們怎麼不能轉慳貪為佈施呢？人生實實在在的事情，你能去付出那分的愛，自然人人都能夠愛你。所以，這種貪迷，或是癡迷，或是瞋毒，這都是毒念。

If we hold onto greedy thoughts, how can we transform from being greedy into being generous and giving? In fact, when we give generously and loving to others we will be loved by others in return. So, the delusions of greed, ignorance and anger are all poisonous thoughts.

各位，在我們平時心靜下來的時候，要好好去想：「同樣是在這個天底下，同樣是人與人之間，到底我們的行動是什麼？我們的心在想什麼？」我們人人都應該要時時多用心啊！

Everyone, we should calm our minds and reflect carefully. As human beings living in this world how should we think and how should we behave? Please always be mindful.