



Eliminating Afflictions and Unveiling Wisdom

天地之間，要知道的事實在太多了。無論身外的世界，或是身內的乾坤等等...實在看得愈多，知道愈多，覺得很多還沒看到，還很多都不知道。所以我們人生什麼時候學得完？實在是來不及。

There are many things in the world that we still do not fully understand, whether in the world around us or the microcosm within us. The more we see and the more we know, the more we feel that there is still a lot which we have not yet seen and do not yet know. Can we learn it all within one lifetime? There simply is not enough time.

很多來不及，就是因為天地間的奧妙，實在是太多了。所以，我們要完全知道透徹，不可能。

Time is running out. There are just too many wonders in the world. Completely understanding everything is impossible

在聽醫療的解釋，在志策會中，聽到每個科室在分享。他們除了臨床——臨床就是看病；還要專注在醫生和病人的關係的建立上——醫師如何能取得病人的信心。醫師要如何將知識，在病人身體上，認出他的病因來源，要如何為他治療？每一科都有非常浩瀚的常識。而且還在研究中，也是在證明中，已經在臨床上，將研究的結果用在人體。還有要繼續再研究的...有的研究成果，就好像有一道曙光，未來無論是治療癌症，無論是改善外貌，治療毛髮問題等等...造成人很多的煩惱，無論是五官的煩惱，或是毛髮的脫落的煩惱，或是...很多的煩惱。

During strategic planning meetings for Tzu Chi's medical mission, I hear from every department and sub department about their clinical experiences I hear about the relationships between physicians and patients, and how physicians gain the patients' trust. How does a doctor apply medical knowledge to diagnose a patient and prescribe treatment? Every specialty in medicine covers a vast amount of knowledge that is still being researched and experimented with, all of which is put into practice in clinical situations. A lot remains to be researched. We appear to be at the dawn of a new era, from cancer treatments to cosmetic and reconstructive surgeries. Nowadays, many people are troubled by their physical appearance; they want a full head of hair and things like that

但是目前在醫界，就算已經有這麼多的研究成果，但還是有一個極限。但是不是只能研究到這樣的極限而已呢？醫師還在繼續研究，無論是在醫學，學術，臨床等等...都在繼續研究。聽他們報告時，已經發現，各科不同的領域都有新的發展，也是發現了很多新的醫療科技，這對於未來的人生都很有希望。甚至也有能令人長壽不老的研究？像這樣的醫療成



果，會感覺這樣還要多久？還要再十年，或是說最快再五年。我就說：「還是太慢了，我感覺來不及」。

But there are limitations in medicine. Can the limitations be stretched? Quite possibly The field of medicine continues to develop through research and clinical studies. As I listened to their reports on developments in the different fields of medicine, I discovered that there is much to be hopeful about; there is even the possibility of increasing longevity and slowing down the aging process. How long will it take to get to that point? Ten years? Five years at the earliest I would say that it is not soon enough.

的確，天地之間，無論是大宇宙中的萬事萬物，無量數認識不盡。甚至我們日常吃的青菜，蔬菜類，我們只是這樣種這樣吃，但是我們都不知道，哪一樣菜裡面所包含的成份，對人體什麼是好的？什麼吃多了有害？什麼我們都不知覺，但卻在他們的研究中，知道這樣菜有什麼好處，但是有什麼對人體有害等等...

In this world, in the great universe, there are an infinite number of things to be understood. Take the vegetables we eat every day, for example. We grow and eat them, without giving much thought to what they are made out of, which parts are good for us or which parts are bad for us in excess amounts. We are fairly unaware of these things. But researchers have discovered the benefits of eating certain vegetables, as well as some of the negative side effects

不只是萬物，無量物我們無法認識體會，但是我們的生活就是在其中這麼的過去。在我們自己的身體當中，人人都一樣，我們什時候細胞的生滅？什麼時候我們的細胞在突變？在突變中，什麼樣的細胞和什麼樣的細胞，怎麼去碰撞到，去衝突了。造成人有了什麼病痛？我們自己也不知道。我們帶著這個身體，但是體內的世界，還有很複雜的生物理論，我們自己也不知道。

There is so much more to learn about the infinite number of things in the world. This is how we live our lives. In our own bodies, when do our cells form and die? When do they mutate? During the mutation, what types of cells interact with or damage other cells? When we get sick, we do not know what is wrong. We carry around this body of ours, but we know very little about the complex biological inner workings within

但是醫師在深入，學者在研究，臨床教育研究，一層一層的深入。如果聽到他們在開會報告，每一回的進步，都可以發現到的，對人體乾坤，內在的毛病，都已經開始逐漸在研究，也有了進展。像是這種毛病要用什麼東西對治？除了外在的藥物，還有內在。從我們自己體內拿出來的東西——幹細胞——它還能回歸再做治療。這實在是很多，浩瀚無邊。

So physicians and researchers conduct clinical studies that unravel the mysteries. Every time I attend a meeting about this, I learn about recent medical advances. We are



discovering much about the small universe in the human body and we are researching ways of treating different illnesses. We now have the ability to take something from within our body, such as stem cells, to create medical treatments. What can be learned about medicine is truly vast.

令我最感動的，就是在研究的人，不只是他在臨床研究，還要在人體上施用。

What moves me the most is how considerate our researchers are when they test new treatments on a person's body

我們有一位胡志棠醫師，他就發明了一種治療的方式，可以做到如何讓病人，治療過程不必開刀，又不必插管；又能在治療的過程，和病人還在聊天；讓他不知不覺中過程完成。就是選擇用從鼻子進去。但是他要去試驗，這個方法對病人，有沒有什不適應的地方？有沒有不舒服？他就自己從鼻子一直穿，要穿進到十二指腸，或是胃部。

For example, Doctor Hu was trying to find a way for patients to avoid having to undergo surgery or to be intubated Ideally, the patient would be able to hold a conversation during their treatment. In order to make the experience more pleasant, he placed the tubing through the nose. But he also wanted to experiment with a technique to minimize the patients' discomfort. So he tried it on himself. He had the tubing inserted into his nose, all the way to the duodenum in the stomach area

坐著穿，站著穿...好像不太舒服；後來無論是坐或站的姿勢，他都自己一直試驗，在自己的人體中自己試驗。一直到躺著穿鼻胃管，這樣才覺得這樣舒服了。所以現在他一邊在做的時候，一邊在治療中，病人很輕鬆，可以一邊和他聊天。

He tried it standing up, and then tried it seated. It was not very comfortable in either position. He kept experimenting on himself. Then he tried lying down and found it was the most comfortable position. So this is how he administers the treatment now. The patient can be very comfortable and chat with him during their treatment.

聽了很感動，而且看到那個過程的幻燈片，他自己在自己的人體先做試驗，很感動。

I was very moved upon hearing this story and seeing the slideshow of Doctor Hu experimenting with his own body It was very touching.

還有他還在研究中的，未來對我們人類，病痛和形態能改觀，又能長壽，這一直感覺一道曙光出現了。然後他說：「這很有希望，我很有興趣，一直在研究，可能再十多年後。」
「這樣不會太慢嗎？」「最快可能再五年。」「我覺得是來不及。」

There are other things being researched that could benefit humanity in treating illnesses, changing our appearances, and lengthening our lives. It seems that we are at the dawn



of something new. Our researchers say, "We are very hopeful. I am very interested. We are constantly doing research, maybe in ten years there will be breakthroughs." "Isn't that a long way off?" "Maybe in five years?" "I think that would still be too late."

這很多東西還在改善，不斷改善，不斷發現，不斷在進行，真的是浩瀚無邊。

Many things are being improved Improvements, discoveries, and advancements are constantly being made. This process is truly endless

所以人生，誰能常常說：「我懂得很多，我飽學多聞。」到底有哪個人呢？

In life, who can say that they know a lot? That they are very learned? Which one of us?

唯有佛陀！宇宙中的大覺者，兩千多年前，發現了宇宙的奧秘真理。同時也說出人身很多的污穢，很多的生物。我光是聽到一碗水中，有八萬四千蟲，如何防範呢？要如何讓這個水中的八萬四千蟲，不會來污染我們的身體？他就是用濾水囊，就是水要過濾。

Only the Buddha, the Great Enlightened One Over two thousand years ago. He discovered the wonderful truth of the universe and pointed out so many human impurities. There are many living things. The Buddha said that in a bowl of water there are 84,000 microorganisms. How do we prevent these organisms from infecting our body? He used a water filter

當時「佛觀一鉢水，八萬四千蟲。」我們凡夫以我們的肉眼來看，沒有啊！連阿難都說：「佛陀，水很清。」但是佛觀一鉢水，八萬四千蟲。這種細菌，佛陀他的佛眼觀一切，多麼微細，那種細菌佛陀看出來了。

In His time, "Buddha saw 84,000 microbes in a bowl of water." Using the naked eye, we do not see the microorganisms. Even Ananda said, "Buddha, the water is clear." But the Buddha saw that in a bowl of water there are 84,000 microorganisms. He was able to see bacteria during His time. The Buddha is all-seeing He was able to see even things as subtle as germs.

所以宇宙中的大覺者，釋迦牟尼佛，知道大宇宙大乾坤的世界。無量物體，生物學，這些佛陀都了解。人身體的生理學，也一樣是佛陀最了解，所以我們生為佛的弟子，真的是有幸。



The Great Enlightened One, Sakyamuni Buddha, understood the great universe, as well as physics and biology. He understood them all. The biology of the human body is also something that the Buddha knew well. Therefore, we are quite fortunate to be His disciples.

每一回，無論是聽慈善志業體的報告，普天之下苦難人偏多，那種發大心，立大願，入苦難中的眾生群中去做救濟。像二〇〇六年十二月，在馬來西亞中南部，百年不遇的大水災，雖然我們很擔心。但是慈濟志業在那裡，人間菩薩除了提高警覺，還是投入在苦難人群中，水中救濟，也很感動。

Whenever I listen to the reports on our Charity mission, I am reminded that there are many people in the world who are suffering, but also that many others have made great vows to help them. Take for example the great flood in December of 2006 that happened in Malaysia. Of course we were very concerned about it. Fortunately, we had Tzu Chi volunteers over there. These Bodhisattvas minded their own safety, while being fully engaged in helping those. Affected by the flood. I am truly touched by their actions.

但人還在台灣，也只能夠意識到那個地方有這樣的苦難發生，能了解那邊的情形，令我們煩惱眾生能不能離苦？像這樣的煩惱只是在那個地方嗎？其實還有其他地方，現在在進行救濟中。到底要如何救？救人的人平安，被救的人能得到溫暖，能得到充足，度過這段受災的日子。如何才能全都很圓滿？實在也很不容易。

Although we are in Taiwan, we knew about the situation over there and it concerned us. Is that the only place that is troubling? Actually, there are other places in the world where we actively provide disaster relief. What is the best way for us to help people? Our volunteers need to be safe. The people we help need to feel comforted and receive adequate support in order to endure these difficult times. How do we carry out these missions successfully? It is truly a difficult task.

所以凡夫，如何才能和佛的智慧，真正接近平等？如何追得上？愈知道得多，愈覺得和佛的智慧，還相距很長很遠。所以因為如此，我才一直常常說：「來不及了。」

How can ordinary people make strides toward attaining the Buddha's wisdom? How do we catch up? The more we know, the more we feel that the goal remains very far. This is precisely why I often say that we are running out of time.

Put effort into training the mind to eliminate afflictions and to understand everything clearly. Then, you will be closer to attaining the Buddha's wisdom.



無論是人間事，要做的實在很多，來不及了；要如何改善的事還有很多，實在時間不夠。要如何能去掉一切煩惱，接近佛陀的智慧？還離得很遠，也是趕不到，還是來不及。

There are so many things in the world that we need to accomplish. We are running out of time. There are so many things left to be improved upon We really do not have enough time. How do we let go of all our worries and get closer to the Buddha's wisdom? We are still far behind. We do not have enough time to get there.

時間總是有限，不過，我們在有限的時間，總是我們也要很把握時間，最重要的要領——要如何能智慧提高？要如何一切事物能通達明？唯有一樣，就是向自己的心下功夫；我們的心煩惱去除，沒有得失人我，那種爭端煩惱。若能如此，才能很接近。

Time is always working against us Time is limited, so we should take advantage of it. Making the best use of our time is the most important thing. How can we elevate our wisdom and understand everything clearly? There is only one way. We must cultivate our own minds and eliminate afflictions so that there are not thoughts of gain or loss or interpersonal conflicts to trouble us. If we can do this, then we are closer to the Buddha's wisdom.

像在研究的人，他要撥開一切，專心在研究室，面對著顯微鏡，用全部的精神等等...他能在顯微鏡中看出了生物。但是我們就是要在，浩瀚遼闊的大宇宙小乾坤，要去下功夫。所以我們現在，我們唯有一樣，就是抓好我們的心，定好我們的心。要抓得住它，心不能到處跑我們的心不能起心動念，不能在人与人之间生煩惱。

Consider a researcher. He has to set everything aside and stay focused. He looks into his microscope with complete focus and sees microorganisms. Our own task is to put effort into understanding the vast universe as well as tiny microcosms. To do this, we must do one thing well, and that is to take hold of our minds. We must be able to control our minds so that they do not run rampant. We should not let random thoughts arise and cause conflict between one another.

煩惱一生，不斷一直衍生下去。這樣要怎麼辦呢？就是要懺悔！懺悔即清淨，我們有懺悔的心，才能智慧明，才能通達一切。很多事情都是障礙住了，所以行不通。就是有煩惱障礙了，所以想不通，這就是欠缺智慧的明朗！智慧不明朗，就是因為這麼多的煩惱，使我們遮蓋障礙。所以我們要突破煩惱，唯有就是要懺悔，改往修來。

If conflicts arise and become worse, what should we do? We must repent. We are purified after repentance. Only with repentance can we give rise to wisdom, and clearly



understand everything. We have many obstacles, so many things do not work out. Because we are blocked by afflictions, we cannot think things through. This is the absence of wisdom. We are covered and obstructed by afflictions. The only way we can break through is by being repentant and changing our ways.

Repent all afflictions that are caused by the Four Consciousnesses This will create merits.

改掉了過去，叫做悔改，過去的錯誤，我們要很勇敢表達出來；表達出來之後，我們要很堅定的心，懺於未來——「我要從此刻開始，我要完全修改過來。」修改我們人生的觀念，修改我們過去行動的錯誤；修改我們過去那分，錯了之後又錯的事等等...所以我們一定要懺悔，我們才能了解「四識」。

Correcting our past mistakes is part of repentance. We must be open about our past mistakes. After we acknowledge them, we must be determined to change "From this moment on, I want to change." We must change our life values and right our past wrongs. We want to avoid making the same mistakes over and over again. Therefore, we must repent. Then we can understand the Four Consciousnesses.

什麼是「四識」？四識過去也一直對大家說過了。我們的識在五蘊中，五蘊會給我們很多的感受，在境界。「識」有外面的境界，有裡面的。過去在百八煩惱之前，都已經解釋過很多名相。這四識都不離開五蘊，也稱作五陰。在這裡說四識，就是普遍在五蘊當中，如果背得起來，五蘊就是「色、受、想、行、識。」

What are they? We have spoken about them in the past. Our consciousness is within the Five Aggregates. The Five Aggregates create many realms. Consciousness is external and internal. Earlier we talked about the 108 Afflictions They all arise from the Five Aggregates, otherwise known as the Five Skandhas. The Five Aggregates are form, sensation, perception, action, consciousness.

這個識，就是在「色」有識。你看五根，「眼、耳、鼻、舌、身」，這五根和外面的「色、聲、香、味、觸」，彼此在此相對，但是它中間如果沒有識，就無法引進來了。你看眼睛看不見的人，他有眼睛，眼睛睜開著，但是你的東西拿在他面前，問他：「你知道嗎？這是綠的還是紅的？」「我又看不見。我哪知道是綠的還是紅的？」看他眼睛睜開著，東西放在他面前，他也分不出顏色是什麼色，就是視神經壞了，以我們的名稱說是「眼識」。

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Consciousness is related to form. You see, the eyes, ears, nose, tongue and body all interact with external form, sight, sound, smell, taste and touch. Without consciousness though, the sensations would not register. For example, a blind person may have eyes, and they may be open, but if you put something before him and asked him whether it is green or red, he would not know. He cannot tell whether it is red or green. Though his eyes are open and the object is in front of him, he would not know. His optic nerves may be damaged, which is where the Eye-consciousness lies.

舉這一例，你們就知道「色、受、想、行」，中間就是有「識」，識去分別，所以分別出很多，令我們的感受不同，令我們的思想偏向，令我們的行為偏差等等...

This illustrates that with form, sensation, perception and action, there is the Aggregate of Consciousness, which has a function of differentiation. Consciousness causes us to have different feelings, to develop biased thinking, and to go astray in our behavior.

各位，我們若是不懺悔，我們的智慧不成長，我們對事物不通達，我們的煩惱一大堆。若如此，「識」在日常生活中一錯，千錯萬錯就一直錯下去。所以我們若能懺悔，我們才能四識的煩惱，才能撥開，如此才能生出功德。

Everyone, if we do not repent, then our wisdom remains undeveloped, our understanding of affairs is not clear, and we have many afflictions. If that is the case, then our consciousness will lead us down one wrong path after another. On the other hand, if we repent, then we can brush away all afflictions of the Four Consciousnesses. This is the only way to give rise to merit.

各位，希望我們大家在日常生活中，識很重要。人生，浩瀚人生，法實在很多，不過我們把這些法，收攝過來在一個焦點，好好對治我們的心，如此才可能接近佛的智慧。請大家多用心。

Everyone, I hope that we all realize that consciousness is very important in daily life. There is a vast amount of Dharma in life. We bring all this Dharma into focus to subdue our minds. That is how to attain the Buddha's wisdom. So please always be mindful!