

1
00:00:00,000 --> 00:00:06,000
我們一起來念一下因緣祭

2
00:00:30,000 --> 00:00:32,000
我們一起來念一下因緣祭

3
00:01:00,000 --> 00:01:02,000
好

4
00:01:03,000 --> 00:01:06,000
諸位法師慈悲

5
00:01:08,000 --> 00:01:11,000
諸位發大新的精進菩薩

6
00:01:12,000 --> 00:01:14,000
大家早安 大家好

7
00:01:16,000 --> 00:01:19,000
我們會下這麼樣子的一個決心

8
00:01:19,000 --> 00:01:24,000
當然不是莫名其妙

9
00:01:24,000 --> 00:01:26,000
一定是因緣俱足

10
00:01:26,000 --> 00:01:28,000
種子俱足

11
00:01:28,000 --> 00:01:30,000
內的種子俱足

12
00:01:30,000 --> 00:01:32,000
外的因緣也俱足

13
00:01:32,000 --> 00:01:34,000
我們發這個心

14
00:01:34,000 --> 00:01:39,000
也可以隨行這樣子的一個願

15
00:01:40,000 --> 00:01:44,000
其實我們把自己修好

16
00:01:46,000 --> 00:01:48,000
沒有什麼偉大

17
00:01:48,000 --> 00:01:51,000
只是對得起自己而已

18
00:01:52,000 --> 00:01:56,000
但是我們把自己修好的前提

19
00:01:56,000 --> 00:01:58,000
你若是

20
00:01:58,000 --> 00:02:00,000
我希望我把自己修好

21
00:02:00,000 --> 00:02:02,000
能夠饒益所有眾生

22
00:02:02,000 --> 00:02:05,000
那麼這個

23
00:02:05,000 --> 00:02:08,000
發心就叫做發菩提心

24
00:02:08,000 --> 00:02:10,000
這個就大聖

25
00:02:10,000 --> 00:02:12,000
就發大新

26
00:02:12,000 --> 00:02:14,000
我們修不是為我們

27
00:02:14,000 --> 00:02:16,000
但是我們要饒益眾生

28
00:02:16,000 --> 00:02:18,000
一定要先把自己修好

29
00:02:18,000 --> 00:02:20,000
這是必然的次序

30
00:02:20,000 --> 00:02:22,000
你沒有把自己弄對

31 00:02:22,000 --> 00:02:24,000 你怎麼可以去幫別人	41 00:02:49,000 --> 00:02:51,000 你給人家抄	51 00:03:08,000 --> 00:03:11,000 這個才真的幫上忙
32 00:02:24,000 --> 00:02:26,000 越幫越忙	42 00:02:51,000 --> 00:02:54,000 他即使全部都把你抄下來了	52 00:03:11,000 --> 00:03:14,000 那當然不是作弊是幫忙
33 00:02:26,000 --> 00:02:28,000 打個最簡單的比喻	43 00:02:54,000 --> 00:02:56,000 他最多就跟你一樣分數	53 00:03:14,000 --> 00:03:15,000 不是
34 00:02:32,000 --> 00:02:34,000 我們考試的時候	44 00:02:56,000 --> 00:02:58,000 但反過來講	54 00:03:15,000 --> 00:03:16,000 我只是舉這個例子
35 00:02:34,000 --> 00:02:37,000 我很快把答案寫完	45 00:02:58,000 --> 00:03:00,000 我如果每一題都很準確	55 00:03:16,000 --> 00:03:19,000 我們想要去幫別人
36 00:02:37,000 --> 00:02:39,000 然後就很慈悲的	46 00:03:00,000 --> 00:03:01,000 我會做	56 00:03:19,000 --> 00:03:21,000 如果在現在就好像說
37 00:02:39,000 --> 00:02:42,000 拿給旁邊的人抄	47 00:03:01,000 --> 00:03:03,000 我可以考一百	57 00:03:21,000 --> 00:03:23,000 好
38 00:02:42,000 --> 00:02:45,000 我其實是有點過分	48 00:03:03,000 --> 00:03:04,000 我給你抄	58 00:03:23,000 --> 00:03:27,000 我看一個路邊一個遊民
39 00:02:45,000 --> 00:02:47,000 但是事實上就是這個意思	49 00:03:04,000 --> 00:03:05,000 你即使有些抄不對	59 00:03:27,000 --> 00:03:28,000 看他很可憐
40 00:02:47,000 --> 00:02:49,000 你的答案都不見得對	50 00:03:05,000 --> 00:03:08,000 至少也會有八九十分	60 00:03:28,000 --> 00:03:29,000 好

61 00:03:29,000 --> 00:03:32,000 我帶你去吃飯	71 00:03:49,000 --> 00:03:51,000 然後行有餘力	81 00:04:06,000 --> 00:04:08,000 自己很著惱功德項
62 00:03:32,000 --> 00:03:33,000 那你身上帶的錢	72 00:03:51,000 --> 00:03:52,000 就多出來的	82 00:04:08,000 --> 00:04:10,000 那跟慈悲完全不一樣
63 00:03:33,000 --> 00:03:36,000 你自己都吃不飽	73 00:03:52,000 --> 00:03:54,000 你覺得可以幫別人	83 00:04:10,000 --> 00:04:13,000 慈悲一定是建立在智慧上
64 00:03:36,000 --> 00:03:38,000 然後我帶你去吃飯	74 00:03:54,000 --> 00:03:55,000 你就去幫別人	84 00:04:15,000 --> 00:04:16,000 沒有智慧
65 00:03:38,000 --> 00:03:40,000 那又算誰的帳呢	75 00:03:55,000 --> 00:03:57,000 不要不自量力	85 00:04:16,000 --> 00:04:18,000 根本就沒有慈悲
66 00:03:40,000 --> 00:03:41,000 你的都不夠啊	76 00:03:57,000 --> 00:03:58,000 自己都搞不定	86 00:04:19,000 --> 00:04:21,000 人同此心心同此理
67 00:03:41,000 --> 00:03:43,000 你怎麼可以請人家吃飯	77 00:03:58,000 --> 00:04:01,000 然後就一天到晚忙別人的事	87 00:04:21,000 --> 00:04:23,000 不是那個肉團心
68 00:03:43,000 --> 00:03:44,000 所以一樣的	78 00:04:01,000 --> 00:04:03,000 以為自己很慈悲	88 00:04:23,000 --> 00:04:25,000 也不是我們喜氣心
69 00:03:44,000 --> 00:03:45,000 你想要幫忙別人	79 00:04:03,000 --> 00:04:04,000 那個完全不對	89 00:04:25,000 --> 00:04:27,000 而是那個清淨心
70 00:03:45,000 --> 00:03:49,000 必須先自己可以受用	80 00:04:04,000 --> 00:04:06,000 自己很亂	90 00:04:27,000 --> 00:04:29,000 人同此心心同此理

91 00:04:29,000 --> 00:04:31,000 是那個清淨心	101 00:04:49,000 --> 00:04:51,000 如果搞錯了是一塌糊塗	111 00:05:09,000 --> 00:05:12,000 真正的智慧是不爭不解
92 00:04:31,000 --> 00:04:32,000 你打什麼妄想	102 00:04:51,000 --> 00:04:52,000 為什麼搞錯	112 00:05:12,000 --> 00:05:14,000 如實
93 00:04:32,000 --> 00:04:35,000 跟我怎麼想怎麼有關係	103 00:04:52,000 --> 00:04:53,000 就是無明	113 00:05:14,000 --> 00:05:15,000 知道
94 00:04:35,000 --> 00:04:37,000 我的想法怎麼會跟你一樣	104 00:04:53,000 --> 00:04:55,000 就是沒智慧	114 00:05:15,000 --> 00:05:16,000 法爾如是
95 00:04:37,000 --> 00:04:38,000 所以這個三亂心	105 00:04:55,000 --> 00:04:56,000 好	115 00:05:16,000 --> 00:05:18,000 所以這七天
96 00:04:38,000 --> 00:04:40,000 是不可能一樣的	106 00:04:56,000 --> 00:04:58,000 那麼我們這七天	116 00:05:18,000 --> 00:05:21,000 我們有一個根本的態度
97 00:04:40,000 --> 00:04:44,000 必須是清淨的平等心才會一樣	107 00:04:58,000 --> 00:05:01,000 你不要帶著一大堆希望來	117 00:05:21,000 --> 00:05:24,000 你只能覺知
98 00:04:44,000 --> 00:04:45,000 所以我們學佛千萬	108 00:05:01,000 --> 00:05:03,000 想說我來這邊修七天	118 00:05:26,000 --> 00:05:29,000 知道我現在的身心狀況
99 00:04:45,000 --> 00:04:47,000 那個層次不要弄錯	109 00:05:03,000 --> 00:05:06,000 應該會功利大正	119 00:05:29,000 --> 00:05:33,000 不要期盼你的身心是什麼狀況
100 00:04:47,000 --> 00:04:49,000 不要搞錯了	110 00:05:06,000 --> 00:05:09,000 其實真正的智慧是什麼	120 00:05:33,000 --> 00:05:37,000 更不要拒絕我的身心是什麼狀況

121 00:05:37,000 --> 00:05:38,000 你就知道	131 00:05:55,000 --> 00:05:58,000 我每一個當下身心的狀況	141 00:06:14,000 --> 00:06:16,000 我要怎麼樣不難過
122 00:05:38,000 --> 00:05:40,000 這時候我的身心怎麼樣	132 00:05:58,000 --> 00:06:00,000 然後在這裡面	142 00:06:16,000 --> 00:06:17,000 譬如說
123 00:05:40,000 --> 00:05:41,000 知道	133 00:06:00,000 --> 00:06:01,000 有需要調整	143 00:06:17,000 --> 00:06:19,000 我們最多的可能就是
124 00:05:41,000 --> 00:05:43,000 一直知道下去	134 00:06:01,000 --> 00:06:04,000 我們就把它調整一下	144 00:06:19,000 --> 00:06:20,000 打妄想
125 00:05:43,000 --> 00:05:45,000 你就知道隨時都在變	135 00:06:04,000 --> 00:06:05,000 那如果說	145 00:06:20,000 --> 00:06:22,000 這個是心理的
126 00:05:45,000 --> 00:05:47,000 那好也不定	136 00:06:05,000 --> 00:06:07,000 我現在不曉得怎麼調整	146 00:06:22,000 --> 00:06:23,000 然後另外一個呢
127 00:05:47,000 --> 00:05:49,000 壞也不定	137 00:06:07,000 --> 00:06:09,000 但是我很難過	147 00:06:23,000 --> 00:06:24,000 就生理的
128 00:05:49,000 --> 00:05:50,000 不是常的	138 00:06:09,000 --> 00:06:11,000 那你很難過的時候	148 00:06:24,000 --> 00:06:26,000 這邊痠那邊痠
129 00:05:50,000 --> 00:05:52,000 它隨時都在變	139 00:06:11,000 --> 00:06:13,000 動個腦筋	149 00:06:26,000 --> 00:06:27,000 坐不住了
130 00:05:52,000 --> 00:05:55,000 但是你這樣子就如實的知道	140 00:06:13,000 --> 00:06:14,000 動個想法	150 00:06:27,000 --> 00:06:29,000 那我從後面講起

151 00:06:29,000 --> 00:06:31,000 如果左腳痠	161 00:06:47,000 --> 00:06:49,000 撇到外面去	171 00:07:06,000 --> 00:07:09,000 有智慧也有定力吧
152 00:06:31,000 --> 00:06:33,000 你就左腳放下去吧	162 00:06:49,000 --> 00:06:51,000 就做相反的動作	172 00:07:09,000 --> 00:07:10,000 我現在是
153 00:06:33,000 --> 00:06:36,000 然後把右腳擺上來	163 00:06:51,000 --> 00:06:54,000 那一下子其實就調整回來	173 00:07:10,000 --> 00:07:12,000 我知道怎麼辦會讓它不痠
154 00:06:36,000 --> 00:06:37,000 如果右腳痠	164 00:06:54,000 --> 00:06:56,000 不要一直在那個	174 00:07:12,000 --> 00:07:15,000 但是我現在就故意要讓它痠
155 00:06:37,000 --> 00:06:38,000 就右腳放下去	165 00:06:56,000 --> 00:06:58,000 讓自己很大的困擾裡面	175 00:07:15,000 --> 00:07:17,000 我要突破這個痠
156 00:06:38,000 --> 00:06:39,000 把左腳擺上來	166 00:06:58,000 --> 00:07:00,000 在那邊讓身心不安	176 00:07:17,000 --> 00:07:19,000 所以我說不動就不動
157 00:06:39,000 --> 00:06:40,000 就這樣	167 00:07:01,000 --> 00:07:02,000 這個就代表	177 00:07:19,000 --> 00:07:22,000 那這個就又有智慧又有定力
158 00:06:40,000 --> 00:06:42,000 兩腳交換	168 00:07:02,000 --> 00:07:03,000 我們有智慧	178 00:07:22,000 --> 00:07:24,000 你知道怎麼讓它不痠
159 00:06:42,000 --> 00:06:45,000 如果這樣坐還是痠的	169 00:07:03,000 --> 00:07:05,000 我們不用智慧	179 00:07:24,000 --> 00:07:26,000 但是你接受那個痠
160 00:06:45,000 --> 00:06:47,000 你就把它撇到外面去	170 00:07:05,000 --> 00:07:06,000 但是呢	180 00:07:26,000 --> 00:07:28,000 你體驗那個痠

181 00:07:28,000 --> 00:07:30,000 你超越那個痠	191 00:07:54,000 --> 00:07:57,000 忍耐必須安人	201 00:08:26,000 --> 00:08:29,000 去看你所要觀的對象
182 00:07:30,000 --> 00:07:32,000 那這個就更上一層	192 00:07:57,000 --> 00:08:00,000 就用那個很放鬆	202 00:08:29,000 --> 00:08:32,000 那這樣才能夠清楚的看到
183 00:07:32,000 --> 00:07:35,000 所以修行有很多層次	193 00:08:00,000 --> 00:08:03,000 很清靜的心來忍耐	203 00:08:32,000 --> 00:08:34,000 你所要觀察的對象
184 00:07:35,000 --> 00:07:39,000 不要弄得自己痛得滿頭大汗	194 00:08:03,000 --> 00:08:06,000 而不是用那個對抗的心在忍耐	204 00:08:34,000 --> 00:08:38,000 讓這個心穩定專注
185 00:07:39,000 --> 00:07:40,000 然後身心都不安	195 00:08:06,000 --> 00:08:09,000 那個只是更加大那個壓力	205 00:08:38,000 --> 00:08:40,000 這個叫做定
186 00:07:40,000 --> 00:07:44,000 那個其實你要讓它放鬆	196 00:08:09,000 --> 00:08:12,000 所以那樣子就用錯了	206 00:08:40,000 --> 00:08:42,000 叫做止
187 00:07:44,000 --> 00:07:46,000 會要很長的時間	197 00:08:12,000 --> 00:08:14,000 就沒有智慧了	207 00:08:42,000 --> 00:08:46,000 然後以這個穩定的專注的觀察力
188 00:07:46,000 --> 00:07:48,000 反而弄巧成拙	198 00:08:14,000 --> 00:08:18,000 一定要用對的方法去做對的事	208 00:08:46,000 --> 00:08:51,000 去觀察你所要觀察的對象
189 00:07:48,000 --> 00:07:50,000 不需要	199 00:08:18,000 --> 00:08:22,000 那用對的態度去看	209 00:08:51,000 --> 00:08:55,000 然後去看清楚對象到底是什麼
190 00:07:50,000 --> 00:07:54,000 所以我們忍耐也有限度	200 00:08:22,000 --> 00:08:26,000 用這個平靜的平等的能觀	210 00:08:55,000 --> 00:08:57,000 這就叫觀

211 00:08:57,000 --> 00:09:00,000 所以要觀必須先能止	221 00:09:25,000 --> 00:09:27,000 譬如說你在看什麼東西	231 00:09:41,000 --> 00:09:42,000 沒有我的認知
212 00:09:00,000 --> 00:09:03,000 才有觀的條件	222 00:09:27,000 --> 00:09:28,000 馬上有你的想法	232 00:09:42,000 --> 00:09:44,000 但是當下現觀
213 00:09:03,000 --> 00:09:06,000 你心一定要很平靜	223 00:09:28,000 --> 00:09:30,000 那個就是我	233 00:09:44,000 --> 00:09:46,000 這樣一直看下去
214 00:09:06,000 --> 00:09:09,000 很安穩、很放鬆	224 00:09:30,000 --> 00:09:31,000 我的想法	234 00:09:46,000 --> 00:09:51,000 你才能夠說那個對象到底是什麼
215 00:09:09,000 --> 00:09:14,000 那最好是把我拿掉	225 00:09:31,000 --> 00:09:32,000 我認為它是什麼	235 00:09:51,000 --> 00:09:54,000 因為你每一個過程都了了分明
216 00:09:14,000 --> 00:09:16,000 什麼叫我拿掉	226 00:09:32,000 --> 00:09:34,000 要把這個拿掉	236 00:09:54,000 --> 00:09:55,000 你一起我
217 00:09:16,000 --> 00:09:19,000 不是真的把這個我給拿掉	227 00:09:34,000 --> 00:09:36,000 你現在是要觀察它	237 00:09:55,000 --> 00:09:57,000 那過程就不分明
218 00:09:19,000 --> 00:09:21,000 而是以為的我	228 00:09:36,000 --> 00:09:37,000 不是要下結論	238 00:09:57,000 --> 00:09:59,000 我們起一個念的時候
219 00:09:21,000 --> 00:09:23,000 自以為是的我、習慣的我	229 00:09:37,000 --> 00:09:38,000 你要不斷地	239 00:09:59,000 --> 00:10:01,000 起一個想法的時候
220 00:09:23,000 --> 00:09:25,000 把這個東西拿掉	230 00:09:38,000 --> 00:09:41,000 沒有我、沒有我的意念	240 00:10:01,000 --> 00:10:04,000 那時候你的觀察是什麼

241 00:10:04,000 --> 00:10:06,000 就只有你那個想法不是觀察	251 00:10:31,000 --> 00:10:33,000 當然有些是講得很具體	261 00:10:54,000 --> 00:10:57,000 其實就是要你很簡單
242 00:10:06,000 --> 00:10:09,000 那個觀察已經被你的想法打斷了	252 00:10:33,000 --> 00:10:34,000 講得很細	262 00:10:57,000 --> 00:11:01,000 隨時按照那個要領
243 00:10:09,000 --> 00:10:12,000 而且甚至被你的想法扭曲了	253 00:10:34,000 --> 00:10:38,000 有些只是跟你講個大概	263 00:11:01,000 --> 00:11:03,000 就念佛就好
244 00:10:12,000 --> 00:10:13,000 你在觀察它	254 00:10:38,000 --> 00:10:41,000 就講個原則而已	264 00:11:03,000 --> 00:11:05,000 念佛你就念佛就好
245 00:10:13,000 --> 00:10:16,000 你怎麼會有想法	255 00:10:41,000 --> 00:10:43,000 但是問題是你怎麼修	265 00:11:05,000 --> 00:11:06,000 一心念佛
246 00:10:16,000 --> 00:10:19,000 這時候就不是在觀察它	256 00:10:43,000 --> 00:10:44,000 當然講得很細的	266 00:11:06,000 --> 00:11:08,000 一心念佛就好
247 00:10:19,000 --> 00:10:22,000 是自己在那邊造作	257 00:10:44,000 --> 00:10:46,000 你可以慢慢 check	267 00:11:08,000 --> 00:11:09,000 不管你什麼
248 00:10:22,000 --> 00:10:27,000 所以我們修行當然有各種的法門	258 00:10:46,000 --> 00:10:49,000 一段一段的一步一步的去核對	268 00:11:09,000 --> 00:11:10,000 就很快的
249 00:10:27,000 --> 00:10:29,000 其實所有的法門	259 00:10:49,000 --> 00:10:51,000 是不是那個樣子	269 00:11:10,000 --> 00:11:11,000 這個是口訣
250 00:10:29,000 --> 00:10:31,000 通通一個性質	260 00:10:51,000 --> 00:10:54,000 但講得很簡單的	270 00:11:11,000 --> 00:11:12,000 這是要領

271 00:11:12,000 --> 00:11:15,000 這是修這個法門最重要的關鍵	281 00:11:41,000 --> 00:11:43,000 心集佛	291 00:12:00,000 --> 00:12:02,000 心裡面就有佛
272 00:11:15,000 --> 00:11:18,000 你就隨時用這個來衡量	282 00:11:43,000 --> 00:11:44,000 佛集心	292 00:12:02,000 --> 00:12:04,000 那佛到底是什麼
273 00:11:18,000 --> 00:11:21,000 其實它口訣可能很簡單	283 00:11:44,000 --> 00:11:45,000 念集佛	293 00:12:04,000 --> 00:12:05,000 你能說嗎
274 00:11:21,000 --> 00:11:22,000 要領也很簡單	284 00:11:45,000 --> 00:11:47,000 佛集念	294 00:12:05,000 --> 00:12:07,000 能預知嗎
275 00:11:22,000 --> 00:11:25,000 但是裡面的功德	285 00:11:47,000 --> 00:11:50,000 這裡面會有多少內涵	295 00:12:07,000 --> 00:12:09,000 能夠看到什麼說這是佛嗎
276 00:11:25,000 --> 00:11:30,000 裡面的現象一點都不簡單	286 00:11:50,000 --> 00:11:52,000 你想一想	296 00:12:09,000 --> 00:12:10,000 不是嘛
277 00:11:30,000 --> 00:11:32,000 念佛就好	287 00:11:52,000 --> 00:11:54,000 想是多餘的	297 00:12:10,000 --> 00:12:13,000 所以你還是一直保持這個要領
278 00:11:32,000 --> 00:11:37,000 你如果真念佛	288 00:11:54,000 --> 00:11:56,000 你稍微揣度一下	298 00:12:13,000 --> 00:12:14,000 一直念下去
279 00:11:37,000 --> 00:11:39,000 念念是佛	289 00:11:56,000 --> 00:11:58,000 裡面會有多少內涵	299 00:12:14,000 --> 00:12:17,000 一心專注的一直念下去
280 00:11:39,000 --> 00:11:41,000 集心集佛	290 00:11:58,000 --> 00:12:00,000 一個最簡單的內涵	300 00:12:17,000 --> 00:12:18,000 心無旁騖

301 00:12:18,000 --> 00:12:20,000 慢慢的你就	311 00:12:42,000 --> 00:12:46,000 都會到底	321 00:13:13,000 --> 00:13:16,000 一直在那邊作怪
302 00:12:20,000 --> 00:12:24,000 這個念佛法門應該給你的加持	312 00:12:46,000 --> 00:12:47,000 都會到底	322 00:13:16,000 --> 00:13:18,000 你都把自己封閉在
303 00:12:24,000 --> 00:12:25,000 也就是透過念佛法門	313 00:12:47,000 --> 00:12:49,000 到底就到究竟像	323 00:13:18,000 --> 00:13:20,000 你的便祭池裡面
304 00:12:25,000 --> 00:12:28,000 可以得到的體驗體證	314 00:12:49,000 --> 00:12:51,000 真正的認知實相	324 00:13:20,000 --> 00:13:22,000 就你的起心動念裡面
305 00:12:28,000 --> 00:12:31,000 當然就一步一步的展開來了	315 00:12:51,000 --> 00:12:56,000 真正的跟一真法界打成一片	325 00:13:22,000 --> 00:13:24,000 當然起心動念是你沒錯
306 00:12:31,000 --> 00:12:33,000 你一步一步的體驗了	316 00:12:56,000 --> 00:13:00,000 那這裡面一個很簡單的	326 00:13:24,000 --> 00:13:28,000 但是不要被那個東西抓住
307 00:12:33,000 --> 00:12:35,000 所以所有法門其實	317 00:13:00,000 --> 00:13:03,000 就是裡面不能自我隔離	327 00:13:28,000 --> 00:13:30,000 你要了了分明
308 00:12:35,000 --> 00:12:38,000 只要是佛所說的法門	318 00:13:03,000 --> 00:13:05,000 不能自我封閉	328 00:13:30,000 --> 00:13:32,000 這時候我在打妄想
309 00:12:38,000 --> 00:12:41,000 你依法奉持	319 00:13:05,000 --> 00:13:09,000 自我隔離就永遠那個我放不掉	329 00:13:32,000 --> 00:13:35,000 這時候即使是正念也只是念
310 00:12:41,000 --> 00:12:42,000 一門深入	320 00:13:09,000 --> 00:13:13,000 自我封閉就用便祭池	330 00:13:35,000 --> 00:13:37,000 妄想更不用說

331 00:13:37,000 --> 00:13:39,000 想那個十三天	341 00:13:54,000 --> 00:13:57,000 離開的意思不是真的離開什麼	351 00:14:19,000 --> 00:14:22,000 我們講的全心投入
332 00:13:39,000 --> 00:13:40,000 想明天幹什麼	342 00:13:57,000 --> 00:13:59,000 就放下那個念	352 00:14:22,000 --> 00:14:26,000 就融到你所要探討的對象上
333 00:13:40,000 --> 00:13:41,000 去年幹什麼	343 00:13:59,000 --> 00:14:01,000 放下那個念	353 00:14:26,000 --> 00:14:28,000 真正的用這一份
334 00:13:41,000 --> 00:13:44,000 那個完全一點意義都沒有	344 00:14:01,000 --> 00:14:04,000 放下繼續造作那個不如意的念	354 00:14:28,000 --> 00:14:31,000 真正的很平靜
335 00:13:44,000 --> 00:13:46,000 這我們知道	345 00:14:04,000 --> 00:14:05,000 就這樣而已	355 00:14:31,000 --> 00:14:32,000 很明瞭
336 00:13:46,000 --> 00:13:48,000 我在打妄想	346 00:14:05,000 --> 00:14:10,000 那你就又回到那個當下了了分明	356 00:14:32,000 --> 00:14:34,000 沒有干擾
337 00:13:48,000 --> 00:13:50,000 曉得	347 00:14:10,000 --> 00:14:12,000 保持覺知	357 00:14:34,000 --> 00:14:35,000 沒有散亂
338 00:13:50,000 --> 00:13:51,000 非	348 00:14:12,000 --> 00:14:14,000 你要這個覺知	358 00:14:35,000 --> 00:14:39,000 沒有昏沉的覺照力
339 00:13:51,000 --> 00:13:52,000 曉得不對了	349 00:14:14,000 --> 00:14:17,000 要用到什麼對象上去	359 00:14:39,000 --> 00:14:41,000 不斷的覺照下去
340 00:13:52,000 --> 00:13:54,000 那就離開	350 00:14:17,000 --> 00:14:19,000 你就真正的用到	360 00:14:41,000 --> 00:14:47,000 你必然會越來越接近實相

361 00:14:47,000 --> 00:14:50,000 越接近你所要觀察的對象	371 00:15:19,000 --> 00:15:20,000 你只要念佛	381 00:15:41,000 --> 00:15:46,000 而是在我還有夜息在
362 00:14:50,000 --> 00:14:53,000 越來越廣越深入	372 00:15:20,000 --> 00:15:24,000 這就指專一其心	382 00:15:46,000 --> 00:15:48,000 還有夜包身在
363 00:14:53,000 --> 00:14:55,000 越來越細	373 00:15:24,000 --> 00:15:26,000 然後越念越清楚	383 00:15:48,000 --> 00:15:49,000 必然還是有我
364 00:14:55,000 --> 00:14:58,000 所以要探討任何東西	374 00:15:26,000 --> 00:15:28,000 越念越明白	384 00:15:49,000 --> 00:15:51,000 但是真正修行的
365 00:14:58,000 --> 00:15:01,000 都要用這樣子的態度	375 00:15:28,000 --> 00:15:30,000 那就是觀	385 00:15:51,000 --> 00:15:53,000 真正知道的
366 00:15:01,000 --> 00:15:03,000 這樣的態度	376 00:15:31,000 --> 00:15:33,000 隨時照著當下	386 00:15:53,000 --> 00:15:57,000 他不會落到那個我執裡面去
367 00:15:03,000 --> 00:15:07,000 就是指觀雙應	377 00:15:33,000 --> 00:15:35,000 我現在我知道我在念佛	387 00:15:57,000 --> 00:16:00,000 更不會落到法執裡面去
368 00:15:10,000 --> 00:15:13,000 包括念佛	378 00:15:35,000 --> 00:15:37,000 我在念佛裡面	388 00:16:00,000 --> 00:16:02,000 會落到法執裡面去的
369 00:15:13,000 --> 00:15:17,000 也是指觀雙應	379 00:15:37,000 --> 00:15:40,000 現在能知所知	389 00:16:02,000 --> 00:16:04,000 一定有我執
370 00:15:17,000 --> 00:15:19,000 你不要東想西想	380 00:15:40,000 --> 00:15:41,000 不是我要知	390 00:16:04,000 --> 00:16:08,000 有我執的一定會落到法執裡面去

391 00:16:08,000 --> 00:16:10,000 這是必然的	401 00:16:26,000 --> 00:16:27,000 沒有能所	411 00:16:51,000 --> 00:16:55,000 不斷地拿這個在那邊作怪
392 00:16:10,000 --> 00:16:12,000 但是我們知道這個不對	402 00:16:27,000 --> 00:16:29,000 哪來的輪迴	412 00:16:55,000 --> 00:16:57,000 造作
393 00:16:12,000 --> 00:16:13,000 就不斷地放	403 00:16:29,000 --> 00:16:31,000 哪來的煩惱	413 00:16:57,000 --> 00:17:01,000 你即使研究再多的佛法
394 00:16:13,000 --> 00:16:14,000 不斷地放鬆	404 00:16:31,000 --> 00:16:33,000 哪來的無明	414 00:17:01,000 --> 00:17:03,000 都使不上力
395 00:16:14,000 --> 00:16:15,000 不斷地調整	405 00:16:33,000 --> 00:16:35,000 自然就沒有了	415 00:17:03,000 --> 00:17:07,000 因為佛法到你這邊就不對了
396 00:16:15,000 --> 00:16:17,000 慢慢地法執不見了	406 00:16:35,000 --> 00:16:40,000 所以其實懂佛法以後	416 00:17:07,000 --> 00:17:08,000 不是佛法不對
397 00:16:17,000 --> 00:16:19,000 我執不見了	407 00:16:40,000 --> 00:16:43,000 要修行一點都不難	417 00:17:08,000 --> 00:17:12,000 佛法到你這邊就不對
398 00:16:19,000 --> 00:16:20,000 沒有我	408 00:16:43,000 --> 00:16:46,000 最難的是你好像學了佛法	418 00:17:12,000 --> 00:17:17,000 所以我們才是我們最大的障礙
399 00:16:20,000 --> 00:16:22,000 沒有法	409 00:16:46,000 --> 00:16:49,000 但是不斷地用那個無明的我	419 00:17:17,000 --> 00:17:19,000 我們有痛苦嗎
400 00:16:22,000 --> 00:16:26,000 就沒有能所	410 00:16:49,000 --> 00:16:51,000 在那邊敲	420 00:17:19,000 --> 00:17:21,000 是你造成的痛苦

421 00:17:21,000 --> 00:17:22,000 你有快樂嗎	431 00:17:43,000 --> 00:17:45,000 做眾善奉行	441 00:18:07,000 --> 00:18:08,000 它事大不調了
422 00:17:22,000 --> 00:17:24,000 是你造成的快樂	432 00:17:45,000 --> 00:17:47,000 惡就是非	442 00:18:08,000 --> 00:18:11,000 當然你要去調整它
423 00:17:24,000 --> 00:17:27,000 什麼都是自作自受的	433 00:17:47,000 --> 00:17:50,000 善就如理	443 00:18:11,000 --> 00:18:14,000 我現在想了一大堆分別心
424 00:17:27,000 --> 00:17:29,000 這個先弄清楚以後	434 00:17:50,000 --> 00:17:51,000 我們要依著道理	444 00:18:14,000 --> 00:18:19,000 善惡心 貪嗔癡念 懷疑 傲慢
425 00:17:29,000 --> 00:17:34,000 我這要慢慢調整這個莫名其妙的 我	435 00:17:51,000 --> 00:17:54,000 不要依著那個非理	445 00:18:19,000 --> 00:18:21,000 這個通通是讓你的身心
426 00:17:34,000 --> 00:17:37,000 慢慢地把它轉	436 00:17:54,000 --> 00:17:57,000 這個其實就很簡單	446 00:18:21,000 --> 00:18:23,000 當下就不舒服的
427 00:17:37,000 --> 00:17:39,000 因為現在我還在	437 00:17:57,000 --> 00:18:00,000 什麼是非理	447 00:18:23,000 --> 00:18:25,000 所以這個都是不如理
428 00:17:39,000 --> 00:17:40,000 當然就要為我負責	438 00:18:00,000 --> 00:18:02,000 拿身體來講	448 00:18:25,000 --> 00:18:27,000 你知非己理
429 00:17:40,000 --> 00:17:41,000 還是要去轉	439 00:18:02,000 --> 00:18:05,000 這時候我的身體不舒服	449 00:18:27,000 --> 00:18:28,000 知道這樣子不對了
430 00:17:41,000 --> 00:17:43,000 那轉當然就是諸惡魔	440 00:18:05,000 --> 00:18:07,000 就身體非理	450 00:18:28,000 --> 00:18:31,000 趕快跳開 趕快停下來

451 00:18:31,000 --> 00:18:32,000 就這樣子而已	461 00:18:54,000 --> 00:18:57,000 慢慢地我們這樣子的薰息	471 00:19:22,000 --> 00:19:24,000 哪來的輪迴呢
452 00:18:32,000 --> 00:18:34,000 這個就諸惡莫做了	462 00:18:57,000 --> 00:19:02,000 這樣子的現形又變成種子	472 00:19:24,000 --> 00:19:26,000 為什麼要出輪迴呢
453 00:18:34,000 --> 00:18:36,000 你不再繼續就諸惡莫做了	463 00:19:02,000 --> 00:19:04,000 種子又可以起現形	473 00:19:26,000 --> 00:19:27,000 不需要吧
454 00:18:36,000 --> 00:18:39,000 然後這時候心了了分明	464 00:19:04,000 --> 00:19:08,000 你就隨時都在對的狀況下	474 00:19:27,000 --> 00:19:30,000 出輪迴不是真的從什麼出來的吧
455 00:18:39,000 --> 00:18:42,000 而且有時候我們很慈悲	465 00:19:08,000 --> 00:19:10,000 所以沒有痛苦啊	475 00:19:30,000 --> 00:19:35,000 而是離開苦
456 00:18:42,000 --> 00:18:44,000 看到每一個都很高興	466 00:19:10,000 --> 00:19:14,000 沒有痛苦何必理	476 00:19:35,000 --> 00:19:40,000 離開惡不善的造作
457 00:18:44,000 --> 00:18:46,000 看到每一個景象都很舒服	467 00:19:14,000 --> 00:19:16,000 什麼是輪迴	477 00:19:40,000 --> 00:19:41,000 不如理的造作
458 00:18:46,000 --> 00:18:48,000 這時候就是善	468 00:19:16,000 --> 00:19:18,000 輪迴就是有痛苦啊	478 00:19:41,000 --> 00:19:43,000 那是極
459 00:18:48,000 --> 00:18:49,000 眾善奉行	469 00:19:18,000 --> 00:19:21,000 輪迴不是苦極滅道嗎	479 00:19:43,000 --> 00:19:45,000 就是你離開這個
460 00:18:49,000 --> 00:18:54,000 我就安住在這樣子的狀態裡面	470 00:19:21,000 --> 00:19:22,000 那你如果沒有痛苦	480 00:19:45,000 --> 00:19:48,000 那果報當然就沒有這些吧

481
00:19:48,000 --> 00:19:50,000
沒有這些還是受什麼報

482
00:19:50,000 --> 00:19:52,000
你不會受苦報了

483
00:19:52,000 --> 00:19:56,000
所以不是到大乘的時候

484
00:19:56,000 --> 00:20:01,000
其實講的涅槃

485
00:20:01,000 --> 00:20:04,000
還有到究竟講的涅槃

486
00:20:04,000 --> 00:20:07,000
其實都不一樣

487
00:20:07,000 --> 00:20:10,000
那當然都隨著我們的理解

488
00:20:10,000 --> 00:20:13,000
隨著我們那個我的執著

489
00:20:13,000 --> 00:20:15,000
我的障礙

490
00:20:15,000 --> 00:20:18,000
去說能夠對質你的執著

491
00:20:18,000 --> 00:20:20,000
障礙的法

492
00:20:20,000 --> 00:20:21,000
事實上

493
00:20:21,000 --> 00:20:24,000
如果我們真的知非

494
00:20:24,000 --> 00:20:27,000
即能離

495
00:20:27,000 --> 00:20:31,000
即使苦報現前

496
00:20:31,000 --> 00:20:33,000
惡報現前

497
00:20:33,000 --> 00:20:34,000
我都能離啊

498
00:20:34,000 --> 00:20:36,000
我知道它非啊

499
00:20:36,000 --> 00:20:38,000
我不去跟它相應啊

500
00:20:38,000 --> 00:20:40,000
不著在那個上面啊

501
00:20:40,000 --> 00:20:42,000
不去挑釁它

502
00:20:42,000 --> 00:20:45,000
其實即使到你面前

503
00:20:45,000 --> 00:20:52,000
你都可以很清楚地

504
00:20:52,000 --> 00:20:56,000
很輕鬆地就閃開了

505
00:20:56,000 --> 00:21:00,000
其實我們要躲開我們的業障

506
00:21:00,000 --> 00:21:02,000
一念而已

507
00:21:02,000 --> 00:21:04,000
瞬間而已

508
00:21:04,000 --> 00:21:08,000
那這個當然我們要慢慢去體會

509
00:21:08,000 --> 00:21:09,000
不是一下子講

510
00:21:09,000 --> 00:21:11,000
我們馬上能做得到

511 00:21:11,000 --> 00:21:14,000 要慢慢地用佛法的知見	521 00:21:35,000 --> 00:21:36,000 否則的話	531 00:22:10,000 --> 00:22:11,000 這個叫終點
512 00:21:14,000 --> 00:21:18,000 去改變習慣性的我們的想法	522 00:21:36,000 --> 00:21:40,000 其實總是有障礙	532 00:22:11,000 --> 00:22:13,000 就好像一篇文章
513 00:21:18,000 --> 00:21:20,000 我們的認知	523 00:21:40,000 --> 00:21:44,000 因為你還有果可成	533 00:22:13,000 --> 00:22:16,000 那麼到這邊大句號寫上
514 00:21:20,000 --> 00:21:24,000 要轉這個我們凡夫	524 00:21:44,000 --> 00:21:46,000 你還有涅槃可證	534 00:22:16,000 --> 00:22:17,000 這一篇文章寫完了
515 00:21:24,000 --> 00:21:26,000 甚至小聖	525 00:21:46,000 --> 00:21:49,000 你還有佛可成	535 00:22:17,000 --> 00:22:18,000 它是終點
516 00:21:26,000 --> 00:21:27,000 阿羅漢	526 00:21:49,000 --> 00:21:54,000 那是不是都有一個 ending	536 00:22:18,000 --> 00:22:21,000 是這一篇文章的終點
517 00:21:27,000 --> 00:21:29,000 還是炎結	527 00:21:54,000 --> 00:21:57,000 其實我們這樣講	537 00:22:21,000 --> 00:22:24,000 不是你寫作的終點
518 00:21:29,000 --> 00:21:32,000 那個獨覺的思維模式	528 00:21:57,000 --> 00:22:04,000 終點就是起點	538 00:22:24,000 --> 00:22:26,000 更不是你人生的終點
519 00:21:32,000 --> 00:21:33,000 要把它轉掉以後	529 00:22:04,000 --> 00:22:07,000 永遠沒有終點	539 00:22:26,000 --> 00:22:29,000 更不是你智慧思維的終點
520 00:21:33,000 --> 00:21:35,000 你才能真自在	530 00:22:07,000 --> 00:22:10,000 終點只是我們說個名	540 00:22:29,000 --> 00:22:32,000 都只是暫時的一個修正符

541 00:22:32,000 --> 00:22:35,000 所以境界越高	551 00:22:57,000 --> 00:23:02,000 所以這些觀念	561 00:23:30,000 --> 00:23:33,000 你隨時感受到的
542 00:22:36,000 --> 00:22:39,000 那個修止符	552 00:23:02,000 --> 00:23:05,000 我們如果慢慢能夠突破	562 00:23:33,000 --> 00:23:36,000 都是那份喜悅
543 00:22:39,000 --> 00:22:41,000 為什麼要精進	553 00:23:05,000 --> 00:23:07,000 能夠看穿	563 00:23:36,000 --> 00:23:39,000 那份自在
544 00:22:41,000 --> 00:22:42,000 為什麼要精進	554 00:23:07,000 --> 00:23:10,000 事實上我們修行會很愉悅	564 00:23:39,000 --> 00:23:42,000 所以我個人來講
545 00:22:42,000 --> 00:22:45,000 就不斷地不斷地自我提升	555 00:23:10,000 --> 00:23:12,000 真的充滿著能量	565 00:23:42,000 --> 00:23:44,000 當然還是會有一些障礙
546 00:22:45,000 --> 00:22:47,000 提升到不能提升	556 00:23:12,000 --> 00:23:13,000 充滿著希望	566 00:23:44,000 --> 00:23:46,000 但是很容易的
547 00:22:47,000 --> 00:22:48,000 提升到不能提升	557 00:23:13,000 --> 00:23:19,000 充滿著快樂的身心	567 00:23:46,000 --> 00:23:48,000 你如果依著法
548 00:22:48,000 --> 00:22:52,000 就不用提升就已經完全圓滿了	558 00:23:19,000 --> 00:23:22,000 我不敢說什麼修得怎麼樣	568 00:23:48,000 --> 00:23:49,000 要突破那些障礙
549 00:22:52,000 --> 00:22:56,000 不是不用再提升就完了	559 00:23:22,000 --> 00:23:28,000 但是以我這個很粗略的一個修	569 00:23:49,000 --> 00:23:51,000 很簡單
550 00:22:56,000 --> 00:22:57,000 不是	560 00:23:28,000 --> 00:23:30,000 就是依法奉持者	570 00:23:51,000 --> 00:23:53,000 不是人家罵你的時候

571 00:23:53,000 --> 00:23:57,000 你用佛法人家就不罵了	他的講話很用力	你有被罵
572 00:23:57,000 --> 00:23:59,000 不是這個樣子	581 00:24:20,000 --> 00:24:22,000 但是對你來講	591 00:24:43,000 --> 00:24:45,000 那你如果慢慢知道
573 00:23:59,000 --> 00:24:01,000 他還有業障	582 00:24:22,000 --> 00:24:25,000 你完全不會生氣	592 00:24:45,000 --> 00:24:46,000 我
574 00:24:01,000 --> 00:24:03,000 還有習氣在	583 00:24:25,000 --> 00:24:28,000 因為你不對上去	593 00:24:46,000 --> 00:24:48,000 我是當下那個念頭
575 00:24:03,000 --> 00:24:05,000 他會繼續罵	584 00:24:28,000 --> 00:24:31,000 他再怎麼罵你都不對上去	594 00:24:48,000 --> 00:24:51,000 當下念頭如果不去跟他相應
576 00:24:05,000 --> 00:24:07,000 但是剛開始你認為他在罵你	585 00:24:31,000 --> 00:24:33,000 沒有能所	595 00:24:51,000 --> 00:24:54,000 那這個我就不是他的對象了
577 00:24:07,000 --> 00:24:09,000 你調整一下	586 00:24:33,000 --> 00:24:35,000 他在罵誰	596 00:24:54,000 --> 00:24:56,000 所以其實要解決這些東西
578 00:24:09,000 --> 00:24:16,000 其實你在欣賞一個肺活量很大的人在發聲	587 00:24:35,000 --> 00:24:37,000 誰被罵了	597 00:24:56,000 --> 00:25:01,000 都簡單像彈個手指頭一樣
579 00:24:16,000 --> 00:24:17,000 他的肺活量很大	588 00:24:37,000 --> 00:24:39,000 我們都對號入座	598 00:25:01,000 --> 00:25:02,000 跟彈指一樣
580 00:24:17,000 --> 00:24:20,000	589 00:24:39,000 --> 00:24:41,000 所以他有對象罵	599 00:25:02,000 --> 00:25:05,000 要化解也是跟彈指那麼快
	590 00:24:41,000 --> 00:24:43,000	600 00:25:05,000 --> 00:25:07,000

這個就是智慧	這些假象所帶來的障礙	我們有這一份了了分明的知道
601 00:25:07,000 --> 00:25:08,000 這就是觀念	611 00:25:28,000 --> 00:25:30,000 我們今天第一天	621 00:25:58,000 --> 00:26:00,000 所以我知道
602 00:25:08,000 --> 00:25:09,000 這個不是不負責任	612 00:25:30,000 --> 00:25:33,000 那一天會好過一天	622 00:26:00,000 --> 00:26:01,000 這是一種緣起
603 00:25:09,000 --> 00:25:11,000 這是真懂實相	613 00:25:33,000 --> 00:25:36,000 因為那個體驗越來越細	623 00:26:01,000 --> 00:26:06,000 這是我的身跟心當下的狀況
604 00:25:11,000 --> 00:25:14,000 我們現在都把假象當實相	614 00:25:36,000 --> 00:25:38,000 越來越深	624 00:26:06,000 --> 00:26:10,000 心當下的狀況就是你起什麼念
605 00:25:14,000 --> 00:25:15,000 以為懂	615 00:25:38,000 --> 00:25:41,000 但是身心的狀況	625 00:26:10,000 --> 00:26:12,000 這是當下的狀況
606 00:25:15,000 --> 00:25:17,000 以為我處理了	616 00:25:41,000 --> 00:25:46,000 不一定後面比前面棒	626 00:26:12,000 --> 00:26:15,000 你知道這是我起這個念
607 00:25:17,000 --> 00:25:19,000 事實上都沒有處理	617 00:25:46,000 --> 00:25:49,000 因為都是緣起	627 00:26:15,000 --> 00:26:18,000 你還是輕輕地看著那個念
608 00:25:19,000 --> 00:25:21,000 必須真正懂實相	618 00:25:49,000 --> 00:25:52,000 你給你的身心弄到什麼樣的緣起	628 00:26:19,000 --> 00:26:21,000 那個輕輕地看著
609 00:25:21,000 --> 00:25:22,000 才能真的化解	619 00:25:52,000 --> 00:25:55,000 它就反應給你知道	629 00:26:21,000 --> 00:26:23,000 是你的本覺
610 00:25:22,000 --> 00:25:26,000	620 00:25:55,000 --> 00:25:58,000	630 00:26:23,000 --> 00:26:25,000

從來沒有消失	要跟哪一個我相應呢	00:27:21,000 --> 00:27:24,000 不把我的起心動念當我
631 00:26:25,000 --> 00:26:28,000 那起什麼念是當下業力因緣	641 00:26:55,000 --> 00:26:58,000 知見立之無名本	651 00:27:25,000 --> 00:27:28,000 那我等於無名
632 00:26:28,000 --> 00:26:30,000 它隨時在改變	642 00:26:58,000 --> 00:27:01,000 袁潔簾跟我們講得很清楚	652 00:27:28,000 --> 00:27:30,000 現在你就是無名
633 00:26:30,000 --> 00:26:32,000 隨時在發生	643 00:27:01,000 --> 00:27:06,000 認為有一個我就根本的無名	653 00:27:30,000 --> 00:27:32,000 就無名的產物
634 00:26:33,000 --> 00:26:36,000 這兩個並存	644 00:27:06,000 --> 00:27:09,000 以四大為我身	654 00:27:32,000 --> 00:27:35,000 所以一定要突破這個
635 00:26:38,000 --> 00:26:41,000 我也不去肯定	645 00:27:09,000 --> 00:27:12,000 以六成原影為我心	655 00:27:35,000 --> 00:27:37,000 一定要慢慢能突破
636 00:26:41,000 --> 00:26:42,000 忘念是我	646 00:27:12,000 --> 00:27:14,000 這個就無名	656 00:27:37,000 --> 00:27:39,000 為什麼能突破
637 00:26:42,000 --> 00:26:45,000 有我也不去否定	647 00:27:14,000 --> 00:27:17,000 但我們現在是不是都把這個當我呢	657 00:27:39,000 --> 00:27:41,000 因為佛告訴我們
638 00:26:45,000 --> 00:26:47,000 說忘念不是我	648 00:27:17,000 --> 00:27:19,000 對不對	658 00:27:41,000 --> 00:27:42,000 他已經突破了
639 00:26:47,000 --> 00:26:49,000 因為沒有我	649 00:27:19,000 --> 00:27:21,000 現在哪一個不把這個身體當我	659 00:27:42,000 --> 00:27:44,000 他教給我們突破
640 00:26:49,000 --> 00:26:52,000	650	660

00:27:44,000 --> 00:27:46,000 自我突破的方法	00:28:04,000 --> 00:28:07,000 法到底是在說什麼	00:28:32,000 --> 00:28:33,000 有條理的
661 00:27:46,000 --> 00:27:48,000 我們只要依法奉行	671 00:28:07,000 --> 00:28:10,000 然後法就在講實相	681 00:28:33,000 --> 00:28:35,000 在契入實相
662 00:27:48,000 --> 00:27:51,000 所以這七天我們不要打太多妄想	672 00:28:10,000 --> 00:28:12,000 契入實相的方法	682 00:28:35,000 --> 00:28:38,000 尤其我們說
663 00:27:51,000 --> 00:27:53,000 這一支香該做什麼	673 00:28:12,000 --> 00:28:15,000 所有法都是	683 00:28:38,000 --> 00:28:39,000 這些物理
664 00:27:53,000 --> 00:27:54,000 我們就做什麼	674 00:28:15,000 --> 00:28:18,000 當然所有法我講的是佛法	684 00:28:39,000 --> 00:28:41,000 物理就探討一切物的道理
665 00:27:54,000 --> 00:27:56,000 就這樣不斷地	675 00:28:18,000 --> 00:28:21,000 其他的法不會契入實相	685 00:28:41,000 --> 00:28:43,000 一切現象的道理
666 00:27:56,000 --> 00:27:58,000 一支一支香	676 00:28:21,000 --> 00:28:26,000 但是現在科學也企圖著契入實相	686 00:28:43,000 --> 00:28:46,000 那如果這樣講
667 00:27:58,000 --> 00:27:59,000 去體驗	677 00:28:26,000 --> 00:28:28,000 也很有效	687 00:28:46,000 --> 00:28:49,000 其實物理就是佛法
668 00:27:59,000 --> 00:28:01,000 去清清楚楚地明白	678 00:28:28,000 --> 00:28:30,000 有效率的	688 00:28:49,000 --> 00:28:52,000 佛法就在探討一切存在
669 00:28:01,000 --> 00:28:04,000 那你慢慢地就會知道	679 00:28:30,000 --> 00:28:32,000 有規則的	689 00:28:52,000 --> 00:28:55,000 一切法的實相到底是什麼
670	680	690

00:28:55,000 --> 00:28:58,000 物理也在扮演這種角色	00:29:23,000 --> 00:29:24,000 公巧明要懂	00:29:53,000 --> 00:29:56,000 最根本最核心的那個到底是什麼
691 00:28:58,000 --> 00:29:02,000 所以你怎麼說它不對呢	701 00:29:24,000 --> 00:29:29,000 因為我們要謀生	711 00:29:56,000 --> 00:29:58,000 其實一直探討下去
692 00:29:02,000 --> 00:29:05,000 真正的佛法是含一切道理	702 00:29:29,000 --> 00:29:31,000 那因明要懂	712 00:29:58,000 --> 00:29:59,000 一直穿透
693 00:29:05,000 --> 00:29:07,000 我們都知道	703 00:29:31,000 --> 00:29:36,000 因為我們必須能如理思維	713 00:29:59,000 --> 00:30:00,000 現在物理已經說了
694 00:29:07,000 --> 00:29:10,000 佛法當然在方便上	704 00:29:36,000 --> 00:29:38,000 那內明要懂	714 00:30:00,000 --> 00:30:04,000 一直穿透下去就空
695 00:29:10,000 --> 00:29:14,000 很重要的就是語言	705 00:29:38,000 --> 00:29:43,000 要去弄清楚我的心到底是什麼	715 00:30:04,000 --> 00:30:05,000 你到這也可以印證
696 00:29:14,000 --> 00:29:16,000 所謂的聲明	706 00:29:43,000 --> 00:29:45,000 所以佛法就是內明	716 00:30:05,000 --> 00:30:07,000 我的心本來是空的
697 00:29:16,000 --> 00:29:18,000 聲明要懂	707 00:29:45,000 --> 00:29:49,000 內明就探討真正的你是什麼	717 00:30:07,000 --> 00:30:09,000 那空不是什麼都沒有
698 00:29:18,000 --> 00:29:20,000 那一方明要懂	708 00:29:49,000 --> 00:29:51,000 究竟的你到底是什麼	718 00:30:09,000 --> 00:30:12,000 空是什麼都沒有障礙
699 00:29:20,000 --> 00:29:23,000 因為我們要照顧這個身體	709 00:29:51,000 --> 00:29:53,000 那個最裡面最裡面	719 00:30:12,000 --> 00:30:14,000 所以可以含容一切
700	710	720

00:30:14,000 --> 00:30:16,000

可以了知一切

721

00:30:16,000 --> 00:30:18,000

可以跟一切共存

722

00:30:18,000 --> 00:30:19,000

那就是圓滿

723

00:30:19,000 --> 00:30:21,000

就是自在

724

00:30:21,000 --> 00:30:24,000

而不是我們現在都在對立

725

00:30:24,000 --> 00:30:26,000

弄半天都對立

726

00:30:26,000 --> 00:30:28,000

所以永遠不自在

727

00:30:28,000 --> 00:30:31,000

好 我們休息一下