

# 四種快樂

## The Four Types of Happiness

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我們都喜歡快樂，不喜歡苦惱。人們對於快樂有太多的想法和做法，在此我們大致可以把它分成四種的快樂。

### 第一種快樂

第一種快樂，來自於感官，是原始本能的快樂；它指的是我們從見（視覺）、聞（聽覺）、嗅（嗅覺）、嚐（味覺）、觸（觸覺）中獲得的快樂感覺。例如，在寒冷的夜晚，有一杯熱騰騰的咖啡或一杯熱巧克力，會讓你感到全身溫暖；或者當你聽到

We all like happiness and dislike suffering or affliction. People have too many conceptions and approaches regarding happiness, and here, we can broadly categorize it into four types.

### First Type of Happiness

The first type of happiness is sensory, derived from the sense faculties; it is a primal, instinctual form of happiness. It pertains to the pleasurable sensations we obtain through sight, sound, smell, taste, and touch. For instance, on a cold night, a steaming cup of coffee or hot chocolate can warm your whole body; alternatively, when you hear your favorite music, you may experience mental exhilaration. All of these are sensual enjoyments.

However, the pleasure of the senses quickly vanishes, disappearing without a trace. It is like watching a movie; after a movie finishes

您最喜歡的音樂時，您會感到心神暢快；這些都是感官上的享受。

然而，這些感官上的快樂，是會很快就迅速消失，而不見蹤影了。這就像看一場電影，當電影演完時，曲終人散，趣味也就終止了。

事實上，有時感官上的快樂甚至會留下不良後果，例如心靈上的空虛。這就是為什麼有人嗑瓜子會嗑個不停；菸，一根會接著一根地抽；酒，會一口接著一口喝個沒完的。一直持續的感官刺激所帶來的快樂，很快就會消失殆盡。

我們的大腦神經天生就是會忽略已經熟悉的事物，而總是將注意力轉移到新奇的事物上。尤其是當事物不能再提供新的刺激時，我們的大腦神經往往就不會再關注這個事物了。這就是我們常說的「喜新厭舊」。

這也許可以解釋為什麼吸毒的人會服用越來越強烈的毒品。譬如說，從吸食大麻開始到最後，就對古柯鹼這樣傷身的毒品也都上癮了，都是為了要滿足感官享樂。然而這些癮君子卻要為此付出高昂的代價，那就是他們的腦神經和身體因吸毒而給弄壞了。所以我們不該沉溺於感官上的享樂。

所以佛教總是告誡我們要少欲知足。事實上，它正是保護我們，令我們不再愚癡下去。

## 第二種快樂

第二種快樂，來自成就感的快樂，是更高層次和持久上的快樂。簡單來說，就是做自己想要做的，或擁有自己想要擁有的。例如，你所想要的人、事、物，擁有健康、伴侶、子女、朋友、房子、財產、名譽、地位等等，這些都會讓你感覺到快樂。

然而，無論是感官上的快樂或是成就感的快樂，都不能成為永久幸福的來源，因為世間的事物都是無常的，一切都是暫時的，誰也不知道什麼時候就會突然消

premiering, the show is over, the crowd disperses, and the entertainment ends along with the enjoyment.

Sensory pleasures may sometimes result in adverse consequences, such as a sense of spiritual emptiness. This explains why some individuals can't stop munching on melon seeds, smoking one cigarette after another, or relentlessly downing shot after shot of alcohol. The happiness induced by persistent sensory stimulation rapidly fades away completely.

Our nervous system is innately designed to disregard familiar entities and shift attention toward novel things. When a certain object or phenomenon can no longer provide fresh stimulation, our brain's neurons tend to stop paying attention to it. This describes the commonly expressed saying "favoring the new and tiring of the old."

Perhaps this occurrence can explain why individuals who consume intoxicants tend to ingest increasingly potent substances. For example, starting with marijuana use and ultimately developing an addiction to highly detrimental drugs such as cocaine, all for the sake of satisfying sensory pleasure. However, these addicts must pay a hefty price for such a pursuit, namely, the destruction of their nervous system and physical health due to drug use. Consequently, we must not indulge in sensory enjoyment.

Therefore, Buddhism consistently warns us to reduce our desires and be content. In truth, this is a way of protecting us, preventing us from continuing in ignorance and folly.

## Second Type of Happiness

The second type of happiness stems from a sense of achievement, a higher and more enduring form of happiness. Simply put, it entails doing what you want to do or obtaining what you want to obtain. For example, the people, objects, and circumstances that you seek—health, a partner, children, friends, a house, wealth, reputation, status, and so forth—all of these contribute to a sense of happiness.

However, whether it is the pleasure of the senses or the delight of accomplishments, neither can be the source of everlasting happiness, as all objects and phenomena in the world are impermanent, and everything is temporary. No one knows when these will abruptly end or vanish.

This mirrors the experience of many individuals who, in

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這就像大多數人在年輕的時候，有時間和健康，但沒有錢；當他們覺得自己擁有足夠的金錢時，他們卻失去了時間和健康。

所以請不要太過執著於追求這些身外之物，請您輕鬆對待它們。如果命運將它交付給您，那您就欣然接受，但是您要時刻謹記著，這些事物雖然美好，但它們卻是短暫的、脆弱的、瞬間就會消失的。您最好把這些身外之物，當作是暫時借給您的，隨時可能被收回去。

在這個世界上，我們每個人都有自己的工作，譬如說，有些人是律師、醫生、教師、學生、司機、推銷員、清潔工、出家人、家庭主婦或家庭主夫等等，而僅有少數的人能夠從工作中獲得快樂。這是為什麼呢？

例如，在我們求學的過程中都能看得出來，有的老師確實把教書當成神聖的職業來看待，而有的老師只是把教書當成是一種謀生的手段。那些能成為最優秀的老師，往往都是把教書視為一種神聖的職業；由於他們對自己的工作有著崇高的意義，所以他們不會被薪水或其他外在環境所控制的影響。

再拿一個職業來說吧——律師。眾所皆知，律師是個高收入的行業。但您知道嗎？在最容易出現抑鬱症的職業排行榜單上，律師位居第一。為什麼擁有如此高且正當收入的律師行業，還有這麼高的抑鬱症、還這麼不快樂呢？

那是因為高收入並不等於是快樂，人們總是花錢如流水。一旦薪水或收入增加，他們就會去買新的電腦、新的手機、新的沙發、更大的電視、上高級的餐廳等等，甚至會刷爆信用卡。然後他們會問：「我的錢都去了哪裡了？」這時候，他們只能苦苦的期待下一次的加薪或收入增加的到來。

事實上，薪水或收入的增加所帶來的快樂是微乎其微的。當您對您的工作

their youth, possess time and health but lack financial resources; yet, when they believe that they have amassed enough wealth, they no longer have time and health.

Thus, please do not be excessively attached to pursuing these external possessions; approach them lightheartedly. Should fate bestow them upon you, accept them graciously, but remain ever mindful that, though these possessions might be delightful, they are ephemeral, fragile, and liable to vanish instantly. It is best to regard these external possessions as things temporarily lent to you, subject to reclamation at any moment.

In this world, everyone has their job, such as lawyer, doctor, teacher, student, cab driver, salesperson, janitor, monastic, housewife, househusband, and so forth. However, only a few can obtain happiness from work. Why is that?

For example, in our educational journey, we can observe that some teachers truly treat teaching as a sacred profession. In contrast, other teachers see it merely as a means of making a living. Those who emerge as the most excellent teachers often see teaching as a sacred calling because they find lofty and noble meaning in their work. They will not be affected by salary or external factors.

Let's consider another profession, that of lawyer. It is widely recognized as a high-income profession. Yet, are you aware that, within rankings of occupations most susceptible to depression, the lawyer sits at the foremost position? How does a profession endowed with such elevated and legitimate earnings display such pronounced rates of depression and unhappiness?

That is because high income does not translate to happiness. Individuals tend to spend money extravagantly. Upon receiving a salary increase or augmented earnings, they proceed to buy new computers, new phones, new sofas, larger televisions, or dine in fancy restaurants, and so forth, even to the extent of exhausting their credit limits. Afterward, they ask, "Where has all my money gone?" At that point, they can only anxiously wait for the next raise or increment in income.

In fact, the happiness that comes from increases in wages or income is negligible. When you derive no happiness whatsoever from your work, you are equally unable to derive happiness from your life.

I will now recount a true story. A plumber participated

壓根得不到快樂的時候，那麼您對您的生活也是得不到快樂的。

這是一個真實的故事。一位水管（水喉）工接受了電話採訪。這位採訪者就問：「很不好意思啊，想做一些調查。人們都說水管工可以很自由地支配自己的時間，我很想弄清楚，事實真的是這樣嗎？」

水管工回答說：「你知道我是怎麼樣幹活的嗎？我常常在凌晨三點就接到客戶的電話，說他們的馬桶壞了。我必須立刻起床，趕去疏通他們家的污水管道，不然他們就沒法洗澡和上廁所。」

採訪者就問：「為什麼會這樣子？」

這位水管工就回答說：「有些東西就不應該扔進馬桶裏邊，不是所有東西都能從下水道流出來的，所以我就要趴在地上，把那些在污水管道裏堆積了幾年的髒東西掏出來。一大堆的保險套、血塊、頭髮、衛生巾和糞便，這些常常都弄得我要作嘔啊！」

這採訪者接著問：「那麼總體來說，這份工作給您的感覺怎麼樣？」

這水管工就回答說：「其實，也沒有像我剛才說的那麼糟糕。各種情況都可能發生的，有時候中午我就可以下班了。但我告訴你，沒有人會在一大早睜開眼睛就說，我今天迫不急待要去處理這些令人作嘔的東西，就算是幹我們這一行的也不會這麼想。不過，我工作是為了家庭，所以我不會被這樣的工作打垮。就像前幾天，我抽空看了我孩子們的棒球比賽。」

我們可以從這段訪談中，聽到父母為了家庭而努力工作的心聲，這讓我們深受感動。如果他們能夠找到工作的崇高意義，那有助於激發他們的工作熱情，找到工作的樂趣，乃至提升他們的人生意義。

一份針對醫院人員的研究報告發現，在醫院負責清理病人便盆或嘔吐物的清潔工，可能是醫院裡級別最低的工作人員；但有些清潔工，找到了他們工作的崇高意義，並激發了他們在工作上的熱忱。

in a phone interview. The interviewer asked, “Sorry to bother you, but I’m conducting some research. People always say that plumbers have the freedom to manage their own time, and I want to find out if that’s true, is that the case?”

The plumber replied, “Do you understand the nature of my work? So many times I’ve received calls at three in the morning from customers saying that their toilet doesn’t work. I then must immediately get up from my bed and rush to unclog their sewage pipes. Otherwise, they can’t use their bathrooms at all.”

The interviewer then asked, “Why does that happen?”

The plumber responded, “Some things simply should not be thrown into the toilet. Not everything can flow through a septic system. Therefore, I had to crawl on the ground and dig out all the filth that had accumulated in the sewage pipes for years—loads of condoms, blood clots, hair, toilet paper, and excrement. So many times I wanted to puke!”

The interviewer then asked, “So, overall, how does this job make you feel?”

The plumber answered, “Actually, it’s not as bad as I described. Many things can happen, and sometimes I can finish work by noon. But I’ll tell you this—no one wakes up in the morning excited to take care of that nasty stuff, not even people in my line of work. But I work because I need to care for my family, so I refuse to let this job break me. Just the other day, I managed to watch my child’s baseball game.”

This interview shows the parents’ wholehearted efforts to strive for their families, which is extremely moving. If they can identify a noble significance in their work, it serves to ignite their professional passion, uncover joy in their work, and ultimately enhance the meaning of their lives.

A research report concerning hospital personnel revealed that cleaners tasked with disposing of patients’ bedpans or vomit may occupy the lowest position among hospital staff. Still, some of these cleaners have discovered a noble purpose in their duties, thereby igniting their enthusiasm for their work.

待續

To be continued