

## 學佛行儀（司工第十三）

# Department Guidelines for Buddhist Practitioners

## (13. As Professional Worker)

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【白話】在家居士從事工作，既然已經有了固定的收入，沒有其他過多的欲望，正好可以專心修行佛法。不過，身體和雙手都宜保持勤勞工作，內心則要時刻保持光明清淨。

無論是念佛、持咒、參禪或修觀，都可以在勞動中用功，因為手腳動作已經熟練，像縫紉、織布這類工作，即使心思不在手上，也不會失手損壞東西。但如果是需要特別專注的事情，比如配藥、裁剪等，就不能這樣一心二用，這些事情可以安排在早晚時段進行。

其實，世上最容易專心修行的人，莫過於勞動者，因為他們不需要過多思慮複雜的事情。每當大家一起工作時，比如採茶、採菱角、捲棉花等，都可以一邊勞動，一邊談論佛法或念佛。如果一起工作的人很多，最好可以組織念佛社團，既能共修，又能增進感情。時間久了，雇主看到員工們誠實勤懇，自然也會被感化。

我在杭州時，曾見過當地的婦女們一起工作時，齊聲念佛，聽聞後十分敬佩！但其他地方卻常見不良風氣，有些人喜歡唱些低俗的歌來取樂，實在不是善良的習俗。希望各地的同修們都能效法杭州的做法，提倡正念。這樣一來，即使是風氣不好的地方，也能漸漸轉變為良善之鄉！

☞待續

A layperson with a profession has an excellent opportunity to practice in accordance with the Buddhadharma. Having a stable job and steady income means one does not need to worry about the next paycheck, which provides a sense of security that supports spiritual practice. In the workplace, one should be diligent and maintain a clear conscience.

No matter which Dharma method one follows—whether it's reciting the Buddha's name, chanting mantras, investigating Chan, or engaging in contemplative meditation—one can continue practicing while working. When one's professional skills become second nature, as in the case of sewing, the task can be carried out smoothly and effortlessly, allowing one to maintain mindfulness without damaging or mishandling anything.

Repetitive tasks are especially well-suited for this kind of practice. However, certain jobs that require close attention to detail—such as cutting fabric, tailoring garments, or preparing herbal medicine—demand full focus. In such cases, one can devote time to Dharma practice before or after work hours.

In a team work environment—such as hand-harvesting tea leaves, gathering red water chestnuts, or picking and rolling cotton—one can continue reciting the Buddha's name. When interacting with others, one should apply the principles of the Buddhadharma in conversation. In group settings, it's even possible to form a Buddha-recitation group to foster harmony and mutual support. Over time, such sincerity and unity may touch the hearts of others, even the employer.

When I was in Hangzhou, I saw many women working together while reciting the Buddha's name in unison. I was deeply moved and inspired by this uplifting sight. In contrast, I also saw many people absorbed in pop culture, taking pleasure in songs with vulgar lyrics. That kind of influence is clearly not wholesome.

Therefore, I sincerely hope that people everywhere will promote the kind of wholesome culture I witnessed in Hangzhou. If that spirit can be encouraged, then even communities burdened by negative social influences can be transformed into virtuous and uplifting ones.

☞To be continued