

大方廣佛華嚴經淺釋

The Flower Adornment Sutra with Commentary

【光明覺品第九】

CHAPTER NINE: LUMINOUS AWAKENING

宣化上人講解
國際譯經學院記錄翻譯
比丘尼恒青校訂

Commentary by the Venerable Master Hua
English Translated by the International Translation Institute
Revised by Bhikshuni Heng Ching

「身心悉平等」：身屬於外，心屬於內。所謂「內觀其心，心無其心；外觀其形，形無其形；遠觀其物，物無其物」，內無身心，外無世界，這是身心平等。身心都空寂了，所以才說「內外皆解脫」：「解脫」也就是無著，你沒有執著了，就是解脫。

「永劫住正念」：你得到解脫了，也就是正念現前了。正念現前，不是一個時候正念現前，也不是一天正念現前，也不是一個月正念現前，也不是一年正念現前，那麼是多長的時間於正念呢？是「永劫」，就是所有的大劫都住在這個正念上。正念，就是正定，也就是正受。正念現前就會得到定，也就會得到受用。你為甚麼得不到這種好的受用？就因為你沒有定！你為甚麼沒有定？就因為你沒有正念！所以正念現前，就會得到定，也就會得到正受用。

「無著無所繫」：這個時候，你在這個正定正受的三昧裏邊，也就無所著，沒有甚麼執著；也無所繫，沒有甚麼罣礙。

☞待續

The “body” refers to the outside and the “mind” refers to the inside. ***His body and mind are level and equal.*** Inside you contemplate the mind as being no mind, And outside you contemplate forms as having no form. You contemplate all things attentively and there are no things. Inside there is no mind and outside there is no world. The body and mind are level and equal. They are still and quiet. And so the next line of text reads—***Inside and out all is liberated.*** “Liberated” means to be without attachments. If you have no attachments then you will become liberated.

If you are able to attain liberation, then you have proper mindfulness. At that time your mindfulness will manifest. But this doesn't happen just once. It doesn't manifest for one day, one month, or for one year. How long is it for? ***For an eternity of kalpas he dwells in proper mindfulness.*** “An eternity of kalpas” means many great kalpas. For that long one abides in proper mindfulness. “Proper mindfulness” is proper samadhi and proper reception (Skt. Samāpatti.) When proper mindfulness manifests you attain samadhi and the ability to function. Why don't you attain the ability to function well? It's because you don't have any samadhi. And why don't you have any samadhi? It's because you don't have proper mindfulness.

Therefore, proper mindfulness is proper samadhi, and proper samadhi is proper reception—proper functioning. ***Forever unattached and unfettered.*** When you have proper mindfulness—proper reception—you have samadhi, and you will be unattached.

☞To be continued