

# 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

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「無所繫」就是無所繫念，「繫」就是罣礙，無所執著才能沒有所罣礙；你沒有罣礙了，也就沒有恐怖了。你恐怖甚麼呢？就因為你放不下，才有所恐怖；所謂「有所恐懼，則不得其正」，就不能得到正念了。你不得到正念，就有顛倒夢想了；你得到正念，就無罣礙了，也就是「無罣礙故，無有恐怖，遠離顛倒夢想」了。把一切顛倒夢想都遠離了，這就是正念，就是無著，就是心無所繫。如果能返本還源，就見著本地的風光、本有的家業，這才是真正得到自在！

意淨光明者 所行無染著  
智眼靡不周 廣大利衆生

「意淨光明者，所行無染著」：「意淨」就是沒有妄想、沒有無明、沒有私欲、沒有貪瞋癡了。「意淨」也可以說是「淨意」。昨天不是講過？「若人欲識佛境界，當淨其意如虛空。」誰能「當淨其意」呢？誰能淨其意，就是誰！把一切的見惑、思惑、無明惑都斷了，這就意淨了；意淨，智慧光明就會現前。

☞待續

“Unfettered” means being free from anxiety and fear. But what is there really to fear? Fear arises because we cannot put things down. As long as fear remains, we cannot do things properly, nor can we attain proper mindfulness. Without proper mindfulness, we fall into upside-down, dream-like thinking. With proper mindfulness, however, there are no obstacles. Upside-down thoughts and dream-like illusions are left far behind. To leave upside-down dream thinking is to have proper mindfulness. It is also to be free from attachments and fetters.

Returning to the root, going back to the source, and beholding the scenery of your true homeland, your original home, this is true and actual self-mastery.

#### **Sūtra:**

***He is one who has a pure and bright mind,  
And all he does is without defiling attachments.  
There is no place that his wisdom-eye does not see  
And vast and great is his benefit to living beings.  
He is one who has a pure and bright mind.***

#### **Commentary:**

***He is one whose mind is pure and bright.*** A “pure and bright mind” means a mind free of false thinking, ignorance, sexual desire, greed, hatred, and delusion. As a verse says: *If one wishes to know the state of the Buddha, / One should purify one’s mind like empty space.*

How does one purify one’s mind? By cutting off all view-delusions, thought-delusions, and subtle delusions as numerous as dust and sand. When these are ended, the mind becomes pure. And when the mind is pure, wisdom and light naturally manifest.

☞To be continued

