

純素之道

The Pure Tao

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請坐，來，請坐，請坐

Please take your seat.

so the president invited me to come and give a talk today.

今天大家也是抱著輕鬆的心情

Today, as always, we gather together with a light heart.

新的從別處來到這裏，表示你想要探討

You newcomers have come from elsewhere, which means that you truly wish to investigate the Tao.

廿年來都這樣了嘛

We have been doing this for twenty or so years.

就真正在學道的啊！

This is truly to study the Tao!

新的比較少看到我

New members have fewer chances to see me,

「道」單純就是針對你的本體著手

The “Tao” points straight to your Ben-ti,

會長邀請我出來說

稱為純素之道

and thus is called the “Pure Tao.”

純素，單一，針對你的本體

It is pure, simple, and points straight to your Ben-ti.

主要就是要顯發法身

Its main purpose is to reveal your Dharma-body.

其他的那些儀式、種種、種種

Those various sorts of formalities and ceremonial,

那也不能否定別人

I don't mean to negate others,

就如莊子所謂的駢拇

are like what Zhuangzi calls "an extra thumb,"

十一指、四趾，多出來的

that is, the eleventh finger, webbed toes, the extraneous.

老莊所講的仁義，都是多出來的

According to Laozi and Zhuangzi, benevolence and righteousness are extraneous,

會帶來很多勞累

which would cause much toil.

天道是很尊貴的

The Tao of Heaven is supremely noble,

人在那裏弄來弄去，儀式出來，那會很勞累

uninfluenced by people performing whatever sorts of formalities and rituals, which after all would cause much toil.

但是那是人間的一種習俗

That being said, they are a kind of social customs,

也不能否定別人

which should not be denounced.

我講這些

My statements here

也不是說肯定自己，否定別人

are not to affirm myself or to negate others.

莊子所謂的是非，無是與非

Zhuangzi claims there is nothing right or wrong.

然於然，以及不然於不然，各有理由

“It is so because it is so.” “It is not so because it’s not so.” All have their own reasons.

也不能說儀式就不好

Thus we cannot simply conclude that formalities and ceremonial are irrelevant.

我要講的就是直接針對你的本體、本心

What I meant to say pinpoints straight to your Ben-ti, your Original Mind.

講本體、本心

Thus I speak about “Ben-ti,” the “Original Mind.”

莊子所謂的真君

Zhuangzi calls It the “True Master.”

真君遇到光

When your True Master encounters the Light,

光遇到了之後，你就很快就顯發法身出來

your Dharma-body would soon arise and reveal.

你不要忽略你心中本體啊，那個功能啊

Do not neglect the Ben-ti within you and its power.

真君的功能在莊子的書裏面就有提到

The True Master’s power, as has been described in *Zhuangzi*,

真君功能同帝功，「同帝」境界

is equal to the power of “God.”

同上帝一樣的境界

It is as mighty as God.

祂一旦出來啊，「精神四達並流」

Once It arises, “spirit pervades in all directions.”

四通八達

It can roam far and wide in all directions.

你只要出離出來，精神四通八達

Once you can leave your physical body, your spirit can pervade in all directions.

「無所不極」，什麼地方都可以到

“There is nowhere it cannot reach.” It can reach anywhere,

「上際於天，下蟠於地」

be it to “soar into the sky or wreath
around the earth beneath.”

尤其「化育萬物，不可為象」，這句重點

“It can make manifest all myriad objects,
but cannot be identified with the
phenomena created.” This statement is the
essence.

看老莊的書，就會覺得奇怪

You might find it odd when reading
Laozi’s and Zhuangzi’s works.

所謂的自然，是什麼自然？

What do they mean by “Nature”?

山河大地自然

The natural world contains mountains,
rivers, landscapes and so on....

自然和道有何關係？

What relation does this sort of nature have
with the “Tao”?

大自然的外在自然

The natural world refers to the external
nature.

回歸你本體，自己燃起

Turn your attention inward to your Ben-ti.
Your self-nature would spontaneously
ignite.

所以你精神四通八達出來之後，化育萬物

After your spirit can flow forth and attain
pervasion, it can also make manifest all
myriad objects.

即是實相可以變化萬物的自然

Thus their so-called “Nature” designates
the True-Form that can manifest all myriad
objects.

化育嘛，「不可為象」，找不到形跡

It gives forms and makes manifest, but
“cannot be identified with the phenomena
created.” It is traceless.

如此就是實相。〈刻意篇〉有這麼記載

Such is True-Form. Thus the chapter
Ingrained Ideas says,

「不可為象」找不到形跡

“It cannot be identified with the
phenomena created.” It is formless,
traceless.

實相找不到形跡，只有你知道

True-Form has no form and leaves no traces. You just know It yourself.

所以你精神出來以後

So after your spirit flows forth,

可以化育杯子、咖啡.....

it can make manifest myriad objects, namely, cups, coffee....

「化育萬物」的意思就是如此

Such is the meaning of “It can make manifest all myriad objects.”

若是說外在自然，可以找到象啊

The external natural world, nonetheless, has traceable forms.

找到山河大地，形象，可以找得到

Mountains, rivers, landscapes, and various other physical forms can all be located.

「不可為象」

“It cannot be identified with the phenomena created.”

你的本體既然展現出來，同帝境界，同帝

Now that your Ben-ti has revealed externally, its power is equal to that of God,

同上帝一樣的境界

as mighty as God.

所以你不能忽視你裏面的本心功能

So you should never ignore the power of your Original Mind within.

就是《華嚴經》一心生萬法

As *The Flower Ornament Sutra* puts it, one single mind can produce myriad Dharma manifestations.

本心的功能起作用，回歸於你肉身

When your Original Mind awakens to act and applies its function back to your physical body,

回歸於肉身，稱為永恆的幸福

such is called “everlasting blessing.”

而你求的是永恆哪

What you are seeking is everlastingness.

你學道或是宗教，也是要求永恆哪

Your studying the Tao or joining religion
is also for questing everlastingness.

不然學道要幹嘛？

If not, what's the use of studying the Tao?

否則你回顧一下

Consider this.

從三皇五帝，堯舜禹湯文武周公

Since antiquity, from the three sovereigns
and the five emperors,

從古代是三皇五帝

namely Emperors Yao, Shun, Yu, Tang,
Wen, Wu and the Duke of Zhou,

一直到現在民國

all the way to the present republic country,

去世的總統、國王、皇帝

for all those deceased presidents, kings and
emperors,

耶，就是缺少一個永恆

they had all but no everlastingness.

從三皇五帝

From the three sovereigns and the five
emperors,

三皇就是燧人氏、伏羲氏、神農氏

the three sovereigns being Sui-ren, Fu-xi,
Shen-nong,

五帝就是黃帝、顓頊、帝嚳、堯、舜

and the five emperors being the Yellow
Emperor, Zhuanxu, Ku, Yao, and Shun,

一直到禹出現

all the way to Yu,

夏商周之後就起來了

who established the Xia Dynasty, followed
by the Dynasties of Shang and Zhou.

堯舜禹湯文武周公之後開始了

Then came the Spring and Autumn period,
the Warring States period,

春秋戰國一直延續到現在

and all the way to the present.

如今一個個翹辮子了，已經不能永恆了

Now those emperors and kings are all dead, unable to attain everlastingness.

我們還坐在這裏，還比他好

We are better off, still able to sit here.

所以黃帝向廣成子學道啊

That's why the Yellow Emperor sought to study the Tao with Guangchengzi,

喂，也是要學本體顯發

also in quest for awakening the Ben-ti within.

「守其一，處其和」

“Behold the One, abide in harmony.”

還是針對「一」，針對你的本體

This too pinpoints to the “One,” to your Ben-ti.

古代和現在一樣，找你的本體

Since antiquity to the present, the quest has always been the same: to find your own Ben-ti.

你從廿年前聽本體、本體

You have been hearing me talking about Ben-ti since 20 years ago.

我向你介紹本體、本體

I introduced you to the idea of Ben-ti

十五年帶動實相

and spent about 15 years to engage you to see True-Form.

就是要找到本體

The purpose is to get you to find your Ben-ti,

還是針對專一，就是找你的本體

nothing else but your Ben-ti.

純素之道呵！

Such is the Pure Tao!

一旦顯發，同帝境界

Once your Ben-ti reveals outwards, its power is equal to that of God

可以回歸到你現在，很幸福

and can apply back to your present living to make you happy.

否則人生啊，如莊子所謂的

Otherwise, life is like what Zhuangzi describes,

終身役役不見其成功，疲憊不堪，不知其所歸

“To be constantly toiling all one’s lifetime without ever seeing any fruition; to be weary and worn out with one’s labour without knowing where to return.”

每天不知道在忙些什麼

Every day you blindly busy yourself,

奔波來奔波去，忙到最後

rushing about here and there.

上一集一個讚譽者說「一口飯而已」

Eventually you would realise, as someone said in the previous video, it’s for nothing but “filling one’s stomach.”

而人不光是一口飯，精神層次

But life is not just about “filling one’s stomach.” It also has a spiritual aspect.

精神可以獨立，精神一旦顯現

Spirit can exist on its own independently. Once it arises,

四通八達，無所不到

it can pervade in all directions. There is nowhere it cannot reach.

而精神，不屬於你的

Spirit does not belong to you.

肉身死亡之後，各自獨立

It can exist on its own after your flesh body perishes.

也不屬於這個時代的

It doesn’t belong to this era either.

精神不屬於這個時代的

Spirit is beyond time,

各自獨立在宇宙時空穿梭

able to roam freely in any cosmic space and time.

你遇到光，能凝聚成形不再飄蕩

You have encountered the Light, and thus your spirit can congeal into a solid form and wander no more.

而且有自主性，能夠產生永恆的規律出來

Its autonomy can thus reveal and produce a constant regularity.

所以，學道簡單地說，直接了當地說

Simply put, to study the Tao

尋找永恆

is to seek the eternal.

現在天冠光出現

The Celestial Crown Light

簡單地說本身就是永恆

Itself is the eternal.

天冠光以前出現，我都不在乎啊

I used to pay no heed when the Celestial
Crown Light appeared.

我無知，不懂珍惜

I was ignorant and didn't know to cherish
It.

現在有境界、有實相的人

Similarly, some people who have now
gained the insight of True-Form

也不知道天冠光在那裏？「我只看到而
已」

don't recognise the Celestial Crown Light
when It manifests.

「我只看到光而已」 「我只看到圓光而
已」

"I only saw some light." "I only saw the
Round Light."

「我只看到常光」，都而已啊

"I only saw the Constant Light." The
manifestations were claimed to be "mere."

大家都而已啊

All described it as something mere.

我過去一樣

I did likewise in the past.

我比你更無知啊，顯幾萬張照片

I was even more ignorant than you,
notwithstanding that It has manifested in
thousands of my photos.

耶，奇怪，我看到什麼.....。

"Oddly enough, how come I see

山河大地、萬物.....。

manifestations of mountains, rivers,
landscapes, and various other objects...?"

怎麼我只要一喊，它就過來？

How come they can arrive at once in a single thought?"

天冠光就搬過來

It is the Celestial Crown Light that transports them over

而且摸得有樹、石頭.....。

so that you can touch the manifested trees, rocks....

萬物都可以摸得到，和真的都一樣

All myriad manifested objects are tangible, as solid as the corporeal.

和真的一樣，實相

True-Form manifestations are as solid as the corporeal.

《法華經》講「諸法實相」

The Lotus Sutra speaks about "all myriad manifestations of Dharma and True-Form."

一切法、一切現象的實相

All myriad manifestations of Dharma, all myriad phenomena of True-Form,

亦即宇宙人生一切都可以搬進來你的眼前

including the whole of the universe and life, can be transported to appear in the space before your eyes.

你也看過五十二集 DVD

In my video vol. 52,

我引用柏拉圖的一句話

I quoted a statement of Plato,

柏拉圖的神，能搬運精神宇宙時空

which asserts that Plato's God can transport the space and time

萬物到你的面前

and myriad objects of the spiritual universe to appear before you.

就像這樣，長城搬到你面前，那是實相啊

In this way the Great Wall can be transported to appear in the space before you, and such is a True-Form manifestation.

一切法的現象都可以搬過來

All Dharma manifestations can be transported over here.

人生的一切都可以搬過來入實相，通達道了

All objects in life can be transported over here in the form of True-Form. Once you have thoroughly penetrated the Tao,

能化育萬物，化育，把它變化成萬物

you are able to make manifest all myriad objects,

可是別人看不到

notwithstanding that others don't see them.

不可為象，不見跡象，那就是實相

It cannot be identified with the phenomena created; It leaves no trace. Such is True-Form.

實相的目的就是永恆，所以你有實相的人

True-Form represents everlastingness. For those of you who have gained the insight of True-Form,

只要你看看到一項彩色的，必定是永恆

as long as you can see a True-Form manifestation in colours, it must be everlasting.

永恆好像距離你很遙遠了啊

To attain everlastingness seems remote to you.

你還有很多年哩

You still have many years to live.

你還可以活到...，一眨眼

You can live to.... In a blink of eye,

喂，去年的今天、廿年前，好像昨天的事啊

what happened this day last year, or even 20 years ago, is like what happened yesterday.

時間，剛才講從三皇五帝到現在

Since far antiquity, from the above-stated three sovereigns and the five emperors to the present,

皇帝就是缺少永恆

all kings and emperors are devoid of everlastingness.

推演現代，人類的成就

Consider the present era. Although mankind has made remarkable achievements

當然值得喝采，值得鼓掌

worthy of praise and applause,

但是就是缺少生命的永恆

they still lack everlastingness in life.

不僅搬長城、搬萬物...

Not only can the Great Wall and myriad
other objects be transported

落在你的空間

to the space before you,

光可以把我的形象

the Light can also transport my image

搬運到羅春月的安養院，讓你照到

to appear in Chun-yue Luo's care home
and let you capture it in photos.

可以搬你的過去世出來

It can also make appear your past lives

搬你的過去.....。

and transport them....

天冠光從以前到現在就已經存在

The Celestial Crown Light has always
existed since time without beginning.

過去我在濱江街協會的牆壁上

In our previous Bin-jiang street office,
were there not banners on the wall

不是說「遇斯光」嗎？遇到這個光

with a proclamation to “meet the Light,”

「思斯光」，「觸斯光」

to “contemplate the Light,” and to “touch
the Light”?

「觸」就是說，接觸到祂

To “touch” means to get in contact with It,

最後「投入光中」

and finally to “plunge in union with It.”

你現在所看到的那一張就是投入光中

The photo you are looking at now shows
the state of having plunged in union with
the Light

天冠光帶我出離到遙遠的時空啊

when the Celestial Crown Light transported me to a remote space and time.

天冠光就能使人這樣

The Celestial Crown Light can make people attain so.

天冠光有出離的功能，就像我這樣

It has the function of enabling one to travel out of one's body as in my case,

可以...「光化身」

to create a "light-body"

乘著天冠光

to roam the universe,

上窺青天，下潛黃泉，無所不到

be it to soar to the heavens above or to dive into the Yellow Springs below. There is nowhere It cannot reach.

莊子所謂的遊無何有之鄉，出入九州

This echoes Zhuangzi's saying of "[to] roam in the realm of nothingness and travel freely across the nine continents."

噢，宇宙任你遨遊啊

The whole universe is free for you to roam.

天冠光哪裏來的？怎麼來的？

Where does the Celestial Crown Light come from? How does It come?

你會產生疑問

You might raise such questions.

天冠光出無本

The Celestial Crown Light originates from nowhere.

「出無本，入無竅」，無所不在的意思

"[It] comes from no source and enters no aperture," which means It is omnipresent.

莊子講的自本自根

Zhuangzi speaks of "self-origination," "self-rootedness."

先天地之先，自古以固存

It has always existed prior to the birth of heaven and earth since time immemorial.

自古以來就已經存在了

It has always existed since time without beginning.

「道」古代到現在都是存在的

The Tao has always existed since antiquity
to the present.

只是你沒去注意到，沒去接到

It's just that you pay no heed to It and thus
miss It,

因為道無形無相

because It is traceless, formless.

既然接到，就是永恆哪

Now that you have received It, you thus
become everlasting.

投入光中、投入永恆.....。

Plunge in union with the Light. Plunge
into the eternal.

如果靠苦修，非常困難

It's very hard to attain through practising
acseticism.

即使老莊都還認為「若有真宰」

Even Laozi and Zhuangzi suppose that
there is a "True Master."

假設有真宰、好像有真宰

There seems to be a True Master,

可是「特不得其朕」，找不到祂的蹤跡
but "It is nowhere to be found." It is
traceless,

找不到祂的影子，都找不到祂的形象
shadowless, and formless.

還好像有而已，感覺到有而已

They had merely a feeling of Its existence.

現在活生生地擺在你面前

Now It manifests vividly right before you,

「就看到這樣而已，也沒什麼」

and you think it is nothing big deal.

就像我以前，剛才講的

I was like this before, as I said above,

無知就無知啊，實在是自己無知
being really ignorant myself.

看著你成長，不會主宰你

It watches you grow but does not control
you.

如老子講的「長而不宰」

As Laozi puts it, "It fosters growth without controlling."

用老莊的話來告訴你，比較好註解

It's easier to explain with Laozi's and Zhuangzi's words.

不會主宰你，也不會管我啊

It doesn't control you nor me.

要出事情的時候，祂也不會說

When the assail was on the verge to break out, It had forewarned me,

「有人要害你，趕快跑喔」

but not by saying, "Leave at once. You have been framed."

只給我出文字相「順人者亡，順天者興」

It had only shown me written words that state, "Those who comply with man's wish shall perish; those who conform to the heaven's will shall prosper."

叫我向前走，我就向右轉

When It instructed me to go straight ahead, I made a right turn.

叫我向右，我就向左，故意和祂唱反調

When It instructed me to turn right, I went against Its advice and turned left.

還說祂管那麼多，人部的祂也在管

I said to It, "You are too interfering, even in human affairs."

那時候要出事情了，叫我走，我偏偏...
鐵齒

It had indicated me to leave when the assail was about to erupt. I was obstinate,

故意不走

and stayed on.

耶，之後發生事了

Later when the assail indeed broke out,

祂照樣救我

It still came to rescue me.

心量廣大啊，就是老子的慈啊

How magnanimous It is. Such is what Laozi means by "compassion."

慈悲就是廣大，能容忍你一切過錯

Compassion entails magnanimity, able to tolerate all your faults.

那是我無知的過錯啊

Being ignorant was my fault.

我從經驗告訴你，本體的廣大

I'm based on my own experience to tell you how magnanimous Ben-ti is.

你內在藏著無量廣大的本體

Within you consists a fundamental essence of infinite magnanimity.

而我們不知道，一直向外求

It's just that we are unaware of its existence and thus keep seeking outward.

所以，我再引用莊子，重複再重複的

That's why I've been repeating myself in reciting this statement of Zhuangzi,

「終身役役，不見其成功，也不知其所歸」

“To be constantly toiling all one's lifetime without ever seeing any fruition or ever knowing where to return.”

也不知道在忙些什麼？

What is all the fuss about?

所以莊子講三種悲哀

Thus Zhuangzi distinguishes three kinds of misery.

神形雖在，可是好像已經滅亡了

Although spirit and body exist, they appear to have perished.

莊子感覺很悲哀，莊子是這麼講

Zhuangzi finds this really miserable. This is how he puts it.

當然，莊子的思想我們作參考

Of course, we take Zhuangzi's statements for reference only.

事實上，生命的永恆是比什麼都重要

Actually, to gain eternal life is more important than anything else.

一般人，就現實的生活吃喝玩樂

Ordinary people, however, consider having fine dining, drinking,

榮華富貴，不是比較重要嗎？

fame and prosperity is more important. Isn't it so?

我講過，歷代皇帝吃喝玩樂都是一流的

As I said earlier, all the kings and emperors in history had everything finest in dining, drinking and merry-making,

都是最好的，就是少一個永恆

but they still lacked everlastingness in life.

例如我的分身、天冠光分出來

Take my Fen-shen for instance. It is emanated from the Celestial Crown Light

分身成實體化

and is congealed in a solid form.

分身展現出來就是永恆

What Fen-shen demonstrates is everlastingness.

分身就是永恆

Fen-shen is eternal.

所以你若能看到天冠光

So if you can see the Celestial Crown Light,

你就進入永恆，就能分身

you likewise can enter the eternal and emanate a Fen-shen of your own.

摩西也是遇到光啊，摩西

Moses had also encountered the Light. Moses.

《舊約聖經》摩西在沙漠中七年以後

The Old Testament records that after seven years of wandering in the desert,

遇到光，所謂的宇宙光

Moses encountered the Light, the so-called “Universal Light,”

宇宙光，耶和華、上帝……。

“Jehovah,” “God,”...

到後面名詞一大堆就出來了

and many other epithets for It.

祂會講話，祂要他叫出埃及

It can speak. It guided him to lead the Exodus out of Egypt.

摩西看祂在沙漠中出現了，他愣住了

Moses stood transfixed when he saw It manifest in the desert for the first time.

祂要他帶以色列人出埃及

It guided him to lead the Israelites out of Egypt.

喂，光怎麼會偏心？偏摩西？不偏法老王？

Why would the Light prefer someone, favouring Moses over Pharaoh?

為什麼要和法老王作戰？

Why would It want to turn against the Pharaoh?

祂本身什麼都沒有，無形、無相

It has nothing Itself, no form, no image,

無意志、無主宰、無任何觀念

no will, no desire to rule or any opinionated thoughts.

為何偏心摩西？

Why would It want to prefer Moses?

你接到光，祂照你的觀念

When you come in contact with the Light, It would act in accord with your thoughts.

光啊，是針對人類的本性、天賦

The Light aims straight at human nature, one's disposition, endowment.

針對你生命的永恆

It focuses on the everlastingness of life.

為什麼針對摩西帶領出埃及？

Why did it instruct Moses to lead the Exodus out of Egypt?

推開紅海，走出埃及，沒有講永恆

He parted the Red Sea leading the crowd to exit Egypt, but did not tell them about gaining eternal life.

雖然擁有土地，帝王功強盛了

Although the lands were eventually conquered and sovereignty was established and flourishing,

可是至今起不了永恆的作用

the achievements nonetheless had no everlasting impacts.

《新約》發現這一點，耶穌是強調永生

The New Testament has come to reflect on this point, wherein Jesus is noted to stress the gaining of eternal life.

信耶穌得永生，永生才有生命的意義啊

Thus it is said, "Those who believe in Jesus are sure to gain eternal life." It is only when life is eternal can one's life become meaningful.

摩西碰到光，摩西不認識祂

Moses met the Light but didn't know who It was.

光就回答，聲音從光中出

The Light thus answered him with voices flowing forth from within.

電影是用漩渦式表達

Movies tend to show It in the form of vortex.

當然各種方式

Surely It can appear in various forms,

像你看的大日、漩渦光.....。

such as in the forms of the Great Sun, of the Vortical Light....

都是型態變化之一，都一體

All these varied appearances are essentially one.

你不要分別，哎唷，怎麼那麼多光？

Make no discrimination. "How come there are so many different forms of light?"

都搞花了

This way you would confuse yourself.

不要這樣分，一體

Make no discrimination. They are essentially one.

「其一是一，其不一也是一」

Its sameness indicates oneness; Its differences also indicate oneness.

摩西不瞭解祂

Moses didn't know who It was,

祂就自我介紹，我是自古永有、本有

so It introduced Itself as the original, self-existent being since time without beginning.

祂本來就存有的，剛才講

It is originally existent. As has been stated above,

莊子講「自古以固存」

Zhuangzi describes It to be “self-existent since time without beginning.”

自古以來就一直存在著

It has been existent since time without beginning.

祂平常出現，消失了去哪裏呢？

Where does It go after disappearing from Its usual manifestations?

祂出現在我面前，就變分身出來

When appearing before me, It shows in the form of my Fen-shen.

我的分身是祂變的

My Fen-shen is a transformation of It.

我要睡覺了

Before bedtime,

我還問祂，祂要去哪裏啊？

I used to ask It, “Where are You going?”

「出無本，入無竅」

“[It] comes from no source and enters no aperture.”

沒有去路、沒有歸宿就是無所不在

Having nowhere to go and no abode to reside is being omnipresent.

空間，祂的空間，不知道要去哪裏？

As for Its spatial attribute, no one knows where It goes.

你要祂去哪裏？

Where do you want It to go?

我現在要睡覺了，祂要去哪裏？

“I’m about to sleep now, so where are You going?”

我是人，我沒辦法陪祂

“I’m a mortal; I cannot stay up to accompany you.”

我就彷彿真人般對祂講

I told It as if talking to a real man.

「有實而無乎處」

“[It] has substance but no fixed abode.”

《莊子》說，「有長而無本剽」

Zhuangzi says, “[It] continues to grow but has no beginning or cut-off.”

剽就是末

“Cut-off” means ending.

本剽、始終啊，無始無終的意思

“No beginning or cut-off” means no start or end.

無始終就是時間哪

“No start or end” states Its temporal aspect.

祂無所不在又無始終

It is omnipresent, beginningless and endless.

問祂說去哪裏？

Where does It go?

到處都是祂的地方，無所不在

It is everywhere, omnipresent.

從以前到現在都存在

It has always existed since time without beginning to the present.

無本剽、無本末

“No beginning or cut-off, no start or end”

所謂的無始終啊、無遠近

is what has been phrased “beginningless and endless, not far or near,

無內外、無古今啊

not inside or outside, no distinction of ancient and present.”

難怪釋迦佛講萬萬億佛土

No wonder in his explication on the billions of trillions of Buddha-lands,

極樂世界在萬萬億佛土之遠……。無遠近了

the Buddha Shakyamuni describes The Land of Ultimate Bliss to be billions of trillions of Buddha-lands away, beyond the distinction of far and near.

今天最珍惜，我自己認為啊

Nowadays I cherish most that

天冠光讓人看到

others have also seen the Celestial Crown Light.

看到的話，你就進入永恆

If you can see It, you can enter the eternal.

就這麼簡單

As simple as that.

你一接觸祂，投入光中，你就自己瞭解

Once you come in contact with It,
plunging in union with the Light, you will
naturally come to understand.

本來道就是你自己去體會，不是說給你
道

The Tao is to be experienced, not to be
preached.

給你道、給你什麼、要給人福報

Talks of transmitting you the Tao or of
bestowing blessings on people,

要給人什麼，沒有啊。不是這個意思

talks as such are not what I mean.

對人來講，不是報人之報

The blessings are not intended to one's
mortal self,

而是報人之天

but to one's heavenly self.

報人之天，對人之天的福報

To one's heavenly self. The blessings are
for one's heavenly self,

針對人之天，人之天就是人的本體

with a focus on the heavenly within. The
"heavenly self" in fact designates one's
Ben-ti.

這個道，天冠光，大道一出現

Once the Tao, the Celestial Crown Light,
appears before you,

就是要照明你的本體

Its purpose is to illumine your Ben-ti.

報人之天，不是報人之人啊

It bestows blessings on people's heavenly
selves, not their mortal selves.

《莊子》書中也有講到

Zhuangzi proclaims similar ideas.

所以，報人之天，報你的本體顯現出來

It bestows blessings on the heavenly
within such that your Ben-ti can emerge
and flow forth,

即是精神四通八達，你就永恆

that is, your spirit can pervade in all directions, This way you can become eternal.

莊子強調出離

Zhuangzi stresses the importance of being able to travel freely out of one's physical body.

出離的基本條件，就是分身

The prerequisite for attaining out-of-body travel is to have one's own Fen-shen established.

有實相，你就能分身

Once you can see True-Form manifestations, you are able to emanate your Fen-shen.

分身冥六合

Fen-shen works in harmony with the universe.

太極之先不為高，六極之下不為深

It can travel beyond the zenith without considering it high. It can plunge under the nadir without considering it deep.

達到老莊，老子和莊子的境界

Such is the state of mind of Laozi and Zhuangzi.

分身超越老莊過去

Fen-shen surpasses the ideals of Laozi and Zhuangzi.

莊子感覺好像有真宰

Zhuangzi felt that there is a True Master.

好像

Merely a feeling though.

老子看到，不知道什麼名字

Laozi was able to see but didn't know Its name.

其中有象.....。

“Immanently It produces phenomena....”

《莊子》裏面有一句話說，中無主

Zhuangzi phrases It in terms of “presiding principle” [“Inwardly there be no presiding principle.”]

「主」，靈魂、本體在主宰你的生命

The “presiding principle” here designates soul. Your Ben-ti is in charge of your life.

你斷氣，你就翹辮子了啊

After you draw your last breath, you are dead.

你會呼吸是阿賴耶識，即是靈魂啊

Your breathing is controlled by the Repository Consciousness, which can be considered as soul.

佛教有說，靈魂不是阿賴耶識

However, according to the Buddhist teaching, soul cannot be identified with the Repository Consciousness.

靈魂是西洋的名詞

“Soul” is a western term.

認真講，阿賴耶識就是靈魂了

Strictly speaking, the Repository Consciousness is soul.

阿賴耶識後面才法性哪

Dharma-nature comes even after the Repository Consciousness.

法性不是意識了，非意識了

Dharma-nature is not consciousness. It is beyond consciousness.

法性屬於本體了

Dharma-nature pertains to Ben-ti.

你本身就是有三位一體了

You yourself contain the Holy Trinity:

本體、靈魂、肉體

Ben-ti, soul, and flesh body.

三位一體流露出分身……。

The three unite into one to give forth Fenshen.

我要講什麼？講到忘記了

What next? I've been talking all along to the point that my head has suddenly gone blank.

來，看要讚譽什麼？我突然頭腦空掉了

Come. Feel free to speak if you have any praises to present. My head has suddenly gone blank.

來來來，先生，來

Come. This gentleman. Come.

等一下想到再說，喔

I'll resume my speech later when it comes back to me.

(感恩本尊，午安)，午安

(Thank you, Ben-zun. Good afternoon.)
Good afternoon.

(我就是那個新的)

(I'm a novice.)

(而且也是來吸收你的能量，感恩本尊)

(I've also come to be enlightened. Thank you, Ben-zun.)

(因為我是個賣書的人)

(I'm a bookseller.)

(自從我買了你的書以後，就很喜歡你的書)

(Since I bought your book and read it, I've fallen in love with it.)

(那個書在三百九十六頁)

(On page 420,)

(第十二行你有說到)

(line 14, you write,)

(說：我以本心為尊，我以法身為主)

("I operate with my Original Consciousness as Guide, with my Dharma Body as Master.")

(不立外在偶像)

("I do not worship external idols,)

(直接依法身統攝外在宇宙地水火風空)

(and rely directly on my Dharma Body to absorb all elements of the external universe, such as earth, water, fire, wind, and space)

(而形成精神宇宙)

(to form my spiritual universe.")

(這句話就在我的腦子裏面繞)

(These statements have been revolving in my head)

(已經繞了大概一、兩個禮拜)

(for about one or two weeks.)

(我不知道在說些什麼，可是很喜歡)

(Although I don't really get them, I like them very much.)

(可不可以請本尊指導一下?)

(May I entreat Ben-zun to expound it?)

精神宇宙嗎？(是，精神宇宙)

(是)

About the spiritual universe? (Yes, about the spiritual universe.)

(Yes.)

精神宇宙，實相屬於精神宇宙

老子的道

True-Form manifestations pertain to the spiritual universe.

Laozi's teaching

物質宇宙

有自然宇宙和精神宇宙之分，(是)

The physical universe

proclaims an analogous distinction of the natural universe and the spiritual universe. (Right.)

柏拉圖的哲學，有精神宇宙和物質宇宙

釋迦佛成佛，成什麼佛？

and the spiritual universe are both discussed in Plato's philosophy.

What sort of buddhahood did the Buddha Shakyamuni attain?

物質宇宙就是山河大地

成就宇宙人生的實相

The physical universe designates the external physical objects including mountains, rivers, landscapes and so on

He attained the buddhahood that realises the True-Form of the universe and life.

地、水、火、風...所形成，(感恩本尊)

宇宙人生都可以成為實相

that are constituted by elements of earth, water, fire, wind and etc. (Thank you, Benzun.)

The whole universe and life can be transformed into True-Form.

物質宇宙可以進入精神宇宙

從物質宇宙，時空、山河大地

The physical universe can be merged into the spiritual universe.

The whole physical universe, namely, time, space, mountains, rivers, landscapes and so on,

都可以進入、輸入精神宇宙

can all be merged, fused into the spiritual universe.

所以老子的道

Laozi's teaching likewise

含有物質宇宙和精神宇宙，(是)

covers discussions of both the physical universe and the spiritual universe.

精神宇宙，實相空間

The spiritual universe,

我有提到的實相空間

or the aforementioned Realm of True-Form,

比如說看自己的分身在物質界的時空，(是)

for instance, the temporal and spatial dimension in which one's Fen-shen is seen to manifest, (Yes.)

稱為無內外，沒有內，沒有外

is neither inside nor outside. It is beyond the distinction of inside and outside.

(請教本尊，這個本心是不是就是直覺?)

(Ben-zun, is the Original Mind some sort of intuition?)

本心、法性，透過法性才能形成直覺

The arise of intuition is based on the operation of the Original Mind, the Dharma-nature.

其實直覺就已經有動態了

It is in fact a dynamic process.

本心是如如不動，本心是靜止的

The Original Mind, in contrast, is unmoving, quiescent.

如如不動，感而後應

It responds only when being invoked.

這些話你都懂得

I believe you understand all these statements.

「感而後應」，(感恩本尊)

“[It] responds only when being invoked,” (Thank you, Ben-zun.)

「迫而後動，不得已而後起」，(是是是)

“[It] reacts only when being compelled to, and rises only when necessary.” (Right.)

動到了，本心不斷地展現出來

When awakened, the Original Mind will continue to reveal Itself unceasingly.

(是)

(Right.)

比如說

Take Confucius for example.

孔子見到老子以後，三天說不出話來

He remained dazed for three days after meeting Laozi.

子貢就這樣講，(是)

As Zigong puts it, (Yes.)

「尸居而龍見」

“While he lays motionless indoors like a corpse, his dragon-like presence could be seen outside.”

「尸居」

“Laying motionless indoors like a corpse.”

安居在裏面，怎麼會在外面活動呢？

How come he could be seen out and about?

「雷聲而淵默」，你沈默很安靜

“While he is deep in silence, his thunder-like voice could be heard outside.”

在裏面都很安靜，怎麼外面聲勢很浩大呢？

Inwardly being tranquil, how come his voice could be heard outside with great vehemence?

沒有看到，你會很浩大呢？(是)

How come his voice could be heard with great vehemence without he himself being seen? (Yes.)

發動起來如天地

When in action, his power is boundless like heaven and earth.

發動起來，無所不容啊，(是)

When in action, his power excludes nothing. (Right.)

這是本心的功能

Such is the function of the Original Mind.

(那統攝呢？統攝又是什麼呢？)

(What about all-including apprehension?
What does it mean?)

統攝萬物，就是萬物都可以統攝進來實相中

All-including apprehension of myriad objects means that all myriad objects can be reflected in the Realm of True-Form.

萬物都可以統攝進來

Myriad objects can all be reflected in this way.

所以，「以虛靜推於天地」

Thus goes the saying, “From hollow quiescence emerge heaven and earth.”

虛靜，虛靜是指心，無的狀態，精神境界

“Hollow quiescence” refers to the mind being in the state of emptiness, in the spiritual realm.

虛靜是老莊的名詞，虛靜是...

“Hollow quiescence” is a term coined by Laozi and Zhuangzi, which...

推到天地，成為萬物，精神宇宙輸入物質宇宙

can give rise to heaven and earth and all other myriad objects. The physical universe can be fused into the spiritual universe.

(精神宇宙是不是愛？)

(Can the spiritual universe be understood as love?)

精神宇宙，本體顯發出來的，(是)

The spiritual universe is created by one's own Ben-ti. (Right.)

精神宇宙要根據物質宇宙搬進實相

It is created by transforming the physical universe into True-Form.

「相攝互入」

Such is called “interfusion.”

比如說你講杯子、講分身

Take the manifested cup or Fen-shen you said just now for example.

要經過物質的身體，搬進實相稱為分身

It is created in True-Form based on the image of the corresponding physical model, and such True-Form manifestation is called Fen-shen.

物質的，搬到實相中

Physical attributes can be emulated and manifested in True-Form.

精神成實相，(是)

Spiritual substantiation can produce various True-Form manifestations (Right.)

有質感，而且可以變化

that are of supreme quality and versatility,

比原有的更漂亮，(是)

even more beautiful than the original physical models. (Yes.)

物質宇宙固定的，成、住、壞、空。

The physical universe follows a fixed course of development: formation, followed by existence, then destruction, and lastly extinction.

它成了就慢慢會壞掉，(是)、會毀掉

It would gradually decay and destruct. (Yes.)

精神宇宙百年、千年、萬年都一直存在

The spiritual universe, however, can last forever for hundreds of years, thousands of year, or even hundreds of thousands of years.

你有實相以後，到一百歲都不會消失

Once you can see True-Form, you will continue to exist after death.

實相是代表你的本心顯發啊

Being able to see True-Form represents your Original Mind has been awakened.

像維摩詰境界都是本心顯發出來的

All those wondrous realms that Vimalakirti displayed were created by his Original Mind.

天女進入維摩詰室

For instance, celestial maidens were seen manifest in Vimalakirti's room.

須彌山納入芥菜子，變化很多很多很多

Mount Sumeru was seen manifest in a mustard seed. There are many other manifestations.

豁然開朗，還歸本心

In an instant liberating clarity, one turns attention inward to one's Original Mind.

《維摩詰經》

The Vimalakirti Sutra

就小乘轉換大乘的一本重要經典，(是)
is a critical scripture that links Hinayana
Buddhism to Mahayana Buddhism. (Yes.)

《維摩詰經》告訴你，無修而得

It points out that you are originally
complete without the need of undertaking
any practices.

無修而得，本來就有啊，還修什麼？

It is originally inherent in you. Why bother
to strive for It?

你本來就有，本來具足啊

You are born with It. You are already
complete in yourself.

觸動到本心就顯發出來

When activated, your Original Mind will
reveal Itself.

你修的話

If you undertake practices,

像莊子要坐忘、要心齋、要吾喪我

for instance to practise sitting in oblivion,
mental fasting, and self-oblivion as
Zhuangzi puts it,

像佛家，要禪定

or to practise Samadhi as Buddhism puts
it,

要進入一禪、二禪、三禪、四禪

in order to enter the four stages of
Samadhi,

進入到第七意識，你就轉不出來了

you are likely to get stagnant even before
your samadhi can reach the seventh
consciousness.

就在那裏昏睡狀態了

Before then you may have already lapsed
in torpor.

起居活動，在動態中展現功能

The state of mind in which [the Original
Mind] can freely reveal Its functions in
dynamic everyday living

稱為大禪定，(是)

is called “the Great Samadhi.” (Right.)

不一定都要禪坐

To reach such state doesn't necessarily
require practising sitting meditation.

六祖惠能怎麼反對禪定？(是)

Otherwise why would the Sixth Patriarch of Zen, Huineng, admonish the practice of meditation in stillness? (Yes.)

反對禪坐？因為祂本來具足

He reproved practising sitting meditation because you are originally replete with It.

不用禪坐嘛

There is no need to practise sitting meditation.

所以，歸納精神宇宙和物質宇宙

In summary, the spiritual universe and physical universe

都可以互相通融，圓融無礙

can interfuse with one another in harmony without impedement.

我引用那一句話作結論

I'll conclude with my earlier statements

說釋迦佛成就了佛，成佛，什麼佛？

regarding the Buddha Shakyamuni's attainment. What sort of buddhahood did he attain?

覺悟，你講的覺

He attained realisation, or awareness as you put it,

直覺地悟到宇宙人生實相

of the True-Form of the universe and life.

人生包括人事地物，你的親人、友人

All aspects of human life including objects, places, people, namely your family and friends,

朋友.....，都可以進入實相耶，(是)

can all be reflected and manifested in True-Form. (Right.)

實相範圍非常廣啊，(那是不是一種就是)

The scope of the True-Form Realm is immensely vast. (Is that...)

(您說的那個大樂光明心的感覺？)

(Is that what you called "the Mind of Great Felicity and Brilliance"?)

密宗的名詞

That is a term of Tantric Buddhism,

也是大概這個原理啊

which expresses a similar idea.

我們的內心藏著廣大的光明啊

Deep in our mind resides boundless light.

這個光明，莊子介紹過「天府」

Zhuangzi designates this light in terms of
“The Heavenly Storehouse,”

葆光，(感恩)

“The Store of Light.” (Thank you.)

一直探討知識、探討知識，研究學問

Even if you devote yourself in studying
and investigating

佛學、聖經、經典，一直...

Buddhism, Bible and whatever other
scriptures

人事地物懂了，研究到止於所知

to the extent of being able to comprehend
all earthly matters, your erudition is still
limited to what is known.

不能再知道的時候，講不出來了

When it comes to what cannot be known,
no words can express it.

大道不稱，大道不辯，大道不道

The Great Tao has no name; It gives no
discrimination; It is beyond speech.

道可道，非常道，講了就不是道了

The Tao that can be spoken is not the
constant Tao. When put in words, it is no
longer the Tao.

這個時候怎麼樣？如果能講、能說出來

If someone can indeed elucidate

能知道所不能知，就是進入天府

and understand what cannot be known,
that person must have attained absorption
in the Heavenly Storehouse,

天府裏面取之不盡，用之不竭

wherein lies boundless, unexhaustable
wealth.

(是)

(Right.)

因為天府裏面藏有葆光，葆光流露出來

This is because there is light hidden in our Heavenly Storehouse. When this inner light flows forth,

葆光能流露萬物出來

it is able to manifest myriad objects.

光中化佛，光中化萬物……。葆光，(是)

In this light a Buddha appears; in this light myriad objects manifest, all because of the working of this inner light. (Right.)

你本身有法性光明喔

You yourself have this luminous essence of Dharma-nature.

法性光明，道家強調氣

This luminous essence of Dharma-nature is what the Taoists call “Qi.”

一氣通天下，通天下於一氣爾

“One single Qi permeates throughout the heaven and earth.”

這是孔子的話

These are Confucius’ words.

氣等於法性哪

This Qi is equal to Dharma-nature.

法性通天下、通宇宙，(感恩)

Dharma-nature is all-pervading, permeating the whole heaven and earth, the entire universe. (Thank you.)

一氣通天下，進入外在時空

This single Qi permeates the whole heaven and earth, able to enter the space and time of the external universe.

像出離就進入外在的時空了喔

To leave one’s flesh body, for instance, is to enter the external space and time.

精神出離

When your spirit leaves your body, i.e.,

你的分身出離進入物質宇宙，(是)

your Fen-shen exits your body and enters the external physical universe, (Right.)

不受時空任何限制

it is beyond the confinement of the external time and space.

逍遙，自由自在，(是)

It is absolutely free, (Yes.)

不再受生死的侷限了

no longer under the fetter of life and death.

(就沒有限制的自由)

(Absolute freedom, free of any limitation.)

人有限制，生病

Human life has limitations, namely,
illness,

老、死，所以人才要學道、學佛

old age and death. This is why people seek
to study the Tao, to study Buddhism.

我無意中五十年來發現天冠光

I chanced to discover the existence of the
Celestial Crown Light about 50 years ago.

現代人可以節省很多修道時間，(是)

It can save people a lot of time in studying
the Tao, (Yes.)

而且真正達到究竟

and lead them to truly attain the ultimate
realisation.

(感謝慈悲，感謝慈悲，感恩本尊)

(Thanks for your great compassion. Thank
you, Ben-zun.)

所以，你問這個題目很好啊

You've raised an excellent question.

(不會問，對不起，耽誤大家時間)

(Pardon my clumsy questions. Sorry for
wasting everyone's time.)

我還要回給你說

Moreover,

真正要找的是本體，還歸本心，(是)

you should know that what you are truly
seeking is your Ben-ti. Turn your attention
inward to your Original Mind. (Yes.)

儘量不要用知識、智力來擋住你的本體

Try not to let your knowledge and intellect
obscure your Ben-ti.

(好)

(Yes.)

還是採取自然，先聽進去

Accord with the course of Nature. Accept my words first.

心中「我有本體」就好，(好)，先請坐，(好)

Just bear in my mind that “I have Ben-ti.” (Yes.) Take your seat. (Yes.)

「我有本體就好」什麼意思呢？

What do I mean by this?

肯定自己的本體

This is to acknowledge the existence of your Ben-ti,

肯定自己的本體、想到自己的本體

to affirm and to direct your attention back to your Ben-ti.

「自己本體有很大的功能」

Your Ben-ti possesses supreme, unsurpassed powers.

沒有本體，人只有肉身

Without Ben-ti, you have merely a souless flesh body.

只有吃喝飲食，哪有什麼本體？

One may think that life is all about filling one's belly. Where on earth is Ben-ti?

如果這樣，稱為「中無主而不止」

This way, as the saying goes, “If inwardly there be no presiding principle, it will not cease there.”

什麼意思？

What does this mean?

你心中沒有靈魂，沒有本體觀念

Suppose you have no faith in soul, no faith in Ben-ti.

中無主而無止

This is like inwardly holding no presiding principle, and therefore it won't cease itself there.

有的人一帶動就有

Some people can be easily activated.

有的為什麼沒有？

How come some cannot?

心中無主的話

Without faith in mind,

大道就不停止在你身上，就消失，你就看不到

the Tao won't cease upon you. When It disappears, you won't be able to see It,

你就沒辦法實現法身

and thus you won't be able to realise a Dharma-body of your own.

「外無正而不行」

“If outwardly there be no correct obedience, it will not be carried out.”

比如說你沒有肯定精神宇宙、物質宇宙

Suppose you don't acknowledge the existence of the spiritual universe, or the existence of the physical universe.

沒有這種肯定，外無正而不行

Without such affirmation, it will not be carried out.

大道實施不出來啊

The Tao would have no place to reveal.

像我要倒水給你喝

This is like me intending to give you water to drink

你沒有拿杯子來，沒有心喝這些水

and you not fetching any cup to receive it, not caring to drink at all.

我拿著茶壺，等你拿杯子啊

It's like I'm holding a tea pot waiting for you to fetch a cup.

所以

Thus,

你自己肯定說要探討道、探討永恆

it is only when you've set your mind to investigate the Tao, to investigate the eternal,

探討宇宙現象的時候

to investigate the various phenomena of the universe,

這樣，大道就可以行得出來，馬上有實相

can you realise the Tao and attain immediate insight of True-Form.

所以本體與你人的關係，包括宇宙的關係

The affinity between Ben-ti and you, including the affinity with the universe,

要經過光的照明比較快

can be realised faster through the illumination of light.

耶穌為什麼講「信祂得永生」？

Why does Jesus state, “Those who believe in Him shall gain eternal life”?

因為天主就是光啊

Because what he calls “God” is in truth Light.

耶穌的上帝就是光，剛才我講

Jesus’ God is Light. As has been stated above,

耶和華是《舊約》摩西遇到的光

Jehovah, according to *The Old Testament*, is the Light that Moses encountered,

摩西遇到的光

the Light that Moses encountered.

到《新約》，變成上帝

When it comes to *The New Testament*, It is addressed as “God.”

一直到一千兩百多年前

It is only until around 1200 years ago,

穆罕默德的回教出現

when Muhammad established the Islam religion,

《聖戰千秋》那部電影有講過

as featured in the film *The Message*,

聖戰以後，發現，咦，怎麼光都一樣啊？

did people, after decades of Holy War, come to realise that the Light is all the same.

穆罕默德在希拉的洞中發現到光

Muhammad encountered the Light in the Cave of Hira,

自然教他寫《可蘭經》

which later guided him to compose *The Quran*.

穆罕默德文盲啊

Despite being illiterate,

可是他能寫《可蘭經》

he still managed to compose *The Quran*.

穆罕默德看到光

He encountered the Light,

光——阿拉之光

and addressed It as the Light of Allah.

只是種族不一樣

The difference is only in ethnicity;

信仰都一樣

all faiths are equal.

而我們這個光呢

Our Light,

天冠光也是自古本有

the Celestial Crown Light, is also self-existent since time without beginning.

我們不必扯到和其他的關係

There is no need to relate our faith to other systems of faith.

「其不一也是一」

“Its diversity is also Its oneness.”

自古本有、已有……。

Self-existent since time without beginning....

我想，哎唷，科學家如果有這個光多好啊

I often think to myself how great it would be if scientists could come to know this Light.

天冠光的廣大，廣大到能控制壓力

The Celestial Crown Light has such omnipotence that It can alter air pressure

能控制時空的冷熱

and temperature.

所以，莊子講，道...

Thus Zhuangzi says,

「廣廣乎，於大不終」，大到無窮無盡

“How magnanimous is the Tao. Even the greatest cannot exhaust It.” It is so immensely vast that it is inexhaustable.

「於小不遺」，最小的、最卑微的事

“The smallest cannot evade It.” For things of the lowliest, the most trivial,

祂都不會遺漏

It overlooks not.

最小啊，你生活的...

Even for the most trivial of your daily living,

於小，祂也不給你遺漏

It neglects not.

祂不給我遺漏

It never overlooks me.

可是我把祂遺漏.....。

However, it's me who neglected It....

以前...我剛才講無知、忽視了祂

Because of my ignorance, I disregarded Its revelations.

就是我遺漏祂了，所以我慢了廿年了

I used to disregard Its revelations, so I'm 20 years behind what I'm supposed to be.

我現在才重新，好像現在正要開始哩

It is as if I just set off for a new start,

我好像復活耶，我好像重生耶.....。

as if I'm just reborn....

宋七力大案

During the tumult of the Sung Chi-Li case,

也是祂救我哩

it was still the Light that saved me.

認知天冠光進入光中以後

After you come to know the Celestial Crown Light and attain absorption in It,

就像《莊子》書所寫的

as *Zhuangzi* puts it,

乘著光，與形俱化，可以分身哪

you can ride on light and transform freely with time. You can emanate a Fen-shen of your own,

往上升天，乘雲駕霧，然後進入無極的時空

ascend to heaven, ride on clouds and then enter boundless realms,

然後住在涅槃之都，住在遊無何有之鄉

abide in Nirvana and roam freely in the abode of the ultimate non-empty emptiness,

實現永恆

and attain everlastingness.

出離以後，和莊子描寫的一樣

After you leave your body, as Zhuangzi puts it,

不知去哪裏？不知安頓哪裏？

it's likely that you don't know where to go, where to settle down,

不知停止在哪裏？不知往何處去？

where to reside,

到最後還是回家，還是下來了

and in the end you still return to your earthly home, back down to where you were before.

所以，再三強調，我重覆再重覆

That's why I've been repeating myself in stressing

本體啊，剛才我一開始就講了

the Ben-ti within. As I said in the beginning,

你不要忽視本體

do not ignore your Ben-ti.

功能有和上帝一般的能力，同帝境界

It has God-like powers.

上帝很抽象，上帝，講上帝有什麼功能？

The concept of "God" is abstract. What sort of power does It have?

耶穌的上帝，展現什麼功能？

What sort of power did Jesus' God demonstrate?

被釘十字架，有什麼功能表現？

What sort of power was revealed in Jesus' crucifixion?

耶穌在凱撒時代，地區王是希律王

Jesus was crucified within the reign of Tiberius Caesar, with Herod Antipater being the tetrarch of Galilee.

釘十字架，功能沒有展現出來？

Was there no miracles shown in his crucifixion?

耶穌展現是永生

What Jesus demonstrated was eternal life.

耶穌介紹出來的真理是正確的

The turth Jesus preached is correct.

還是要找你的心

You after all have to seek within

因為上帝的國就在你心中

because the kingdom of God is in your mind.

法利賽人問，上帝的國在哪裏？

Pharisees questioned Jesus where the kingdom of God is located,

耶穌指著法利賽人，在你心中

and Jesus, pointing to them, answered, “in your mind.”

「中」就是我剛才講

This answer of Jesus echoes the meaning of the Chinese character 中 (pronounced [zhong1]) used in the above quote,

「中無主而不止」，就在你心中

“If inwardly there be no presiding principle, it will not cease there.” It means “in your mind.”

我常說，極樂世界在哪裏？

As I often say, where is the Land of Ultimate Bliss located?

《觀無量壽經》說極樂世界自心出

The *Amitayurdhyana Sutra* expounds that it comes from one’s own mind,

自你心出

from your mind.

所以，講本體本體，聽起來沒什麼啊

The talk of Ben-ti may sound nothing big deal,

本體可以化極樂世界，可以天國

but, that being said, your Ben-ti can create the Land of Ultimate Bliss, the kingdom of God,

可以精神宇宙

the spiritual universes.

而釋迦佛的極樂世界，耶穌的天國

The Buddha Shakyamuni’s Land of Ultimate Bliss and Jesus’ kingdom of God

就是你所謂的精神宇宙

both are what you call “the spiritual universe.”

極樂世界在哪裏？科學家找不到啊

Where is the Land of Ultimate Bliss located? Scientists haven't been able to locate it.

太空梭就繞了幾年都找不到啊

No trace of it has ever been found in decades of extraterrestrial space missions.

須彌山又在哪裏？

Where is Mount Sumeru located?

呃，什麼三十三忉利天在哪裏？

Where is the Trayastrimsa Heaven located?

兜率天、他化自在天又在哪裏？

Where are the Tushita Heaven and the Parinirmitavasavartin Heaven located?

那是屬於精神宇宙，物質宇宙找不到啊

They all belong to the spiritual universe, not to the physical universe.

精神宇宙，廣大到無量無邊，無有窮盡

The spiritual universe is so boundlessly vast, unexhaustable,

不可蠱測，不可猜測啊

immeasurable, unfathomable,

不是用人的知識判斷

inconceivable by the intellect.

知識觀念暫時撇開

For now, set aside your knowledge and learning.

讓本體顯發出來

Let your Ben-ti reveal

展出生命的延長性、永恆性出來

to demonstrate the continuity, the everlastingness of life.

生命的價值就顯示出來了

This way the value of life can be realised.

(感恩本尊，感恩本尊)，自然一些...

(Thank you, Ben-zun.) Take it easy.

你不用跪啊，(對，我還是要跟本尊先...)

No need to kneel. (Yes, but allow me to...)

(先三拜一下)，不用跪啊，不用跪啊

(make three kneelings first.) No need to kneel.

我在喝茶，你才在跪？(是，感恩)

You were quick to spot opportunities to kneel while I took a sip of the tea. (Yes, thank you,)

(因為我不想要做笨蛋)

(Because I don't want to make a fool of myself.)

我和馬玉龍開玩笑

I was only teasing Yu-long Ma.

他沒有那麼糟，(感恩)

He is not that bad. (Thank you.)

(我要跟本尊讚譽一下)

(I'd like to present praises to Ben-zun)

(就是這張，就是天冠光)

(about this photo of the Celestial Crown Light.)

(那我在去裱褙的時候，送裱褙的時候)

(One day when I brought it to a shop to be framed,)

(然後那個...就是那個裱框的人說)

(the joiner there asked me)

(這是什麼啊？那我跟他講說)

(what this photo is about. So I told him)

(這是宋七力分身顯相，那我就去了)

(it shows Chi-li Sung's Fen-shen, and then I left shortly.)

(第一次，他問一問，我就離開。然後再去)

(I didn't stay long the first time there.)

(再去請的時候，他媽媽在旁邊喔)

(When I went again to collect the framed photo, his mother happened to be around that time.)

(他說媽媽...妳看，這是宋七力顯相喔)

(He said to her, "Mum, look. This photo shows Chi-li Sung's Fen-shen.")

(那他有這樣講，那我就順勢)

(Since he said so, I complied.)

(他媽媽已經七十多歲了嘛)

(His mother was in her 70s.)

(我試試看，幫她帶動看看)

(I tried to engage her)

(我說，媽媽，妳看這照片，遠遠地看)

(by guiding her to behold the photo.)

(有看到一個形相、有一個人在這裏)

(She reported seeing some human form.)

(可是那個裱框的女兒)

(while the joiner's daughter)

(她就看到觀世音了)

(reported seeing the Bodhisattva
Avalokitesvara.)

(然後，她就看到觀世音，那我就問她說)

(Then I asked her daughter)

(妳以前有沒有看過觀世音?)

(if she had ever seen manifestation of this
Bodhisattva before.)

(她說，以前沒有看過，那她今天就有)

(She said no. This was her first time.)

(然後去跟祂摸紗、摸衣服)

(She went on to touch the Bodhisattva's
veil and clothes.)

(她一摸，有)

(When she reached out,)

(然後觀世音淨瓶整個都有)

(she could perceive the touch, even the
tactile experience of contact with the
Bodhisattva's vase.)

(給她，唉，說觀世音，請祂變成天冠
光)

(I then led her to transform the
Bodhisattva's image into the Celestial
Crown Light,)

(噢，有，看到天冠光了)

(and she saw It immediately.)

(那接下來給她帶動看媽祖，媽祖也有)

(I then engaged her to see Mazu,)

(變成關公也有)

(Guanyu,)

(再來就是變西方三聖、阿彌陀佛也有)

(the Holy Triad of the West, the Buddha
Amitabha,)

(再來變耶穌也有)

(and also Jesus.)

她如果有，就都有了，(是)

As long as she can see one, she can see all.
(Yes.)

(然後我是說這個就是，妳以前看不到)

(I told her that she could see such things
only just now and not before)

(就因為這道光啊，幫妳點燃了，就看到了)

(all because of this Light. "It has
enlightened you such that you can see.")

(她就自然瞭解)

(She understood it at once.)

(再來就是我把這張照片掛到家裏的時候)

(After I hung up the photo at home,)

(有個現象就是說)

(something amazing happened.)

(我在日本的阿姨，隔天打電話給我)

(The next day my aunt phoned me from
Japan,)

(她說，我爸爸跟我阿嬤...)

(telling me that my dad and grandma had
come to see her.)

(以前有看過，但是很久沒有來了)

(She had seen them manifest before, but it
was a long time ago.)

(結果她當天跟我講說)

(That day she told me)

(我阿嬤、還有我爸就來找她)

(my grandma and dad had come to see
her.)

(然後再讚譽是說，感恩本尊是說)

(Thank you, Ben-zun. I have another
praise to present.)

(我阿姨以前在大阪的時候見到本尊)

(This aunt of mine had met Ben-zun before
in Osaka.)

(但是她有癌症，肺癌、還有肝硬化)

(That time she had lung cancer and cirrhosis,)

(一天要躺十幾個小時)

(and was mostly bed-bound.)

(那時候本尊在大阪，訪問團已經過了)

(That time Ben-zun stayed in Osaka after meeting with visitors.)

(她就來，想要見本尊)

(She came hoping to meet Ben-zun.)

(那時因為已經結束了)

(Although the meeting was over,)

(她還是有跟本尊燒香嘛，本尊就放了圓光)

(considering her deep resolve and devotion, Ben-zun took pity on her and imparted a Round Light in her)

(幫那個《法身顯相集》簽名之後)

(after signing her copy of the book *The Photo Collection of Dharma Body*.)

(然後我就到那個旅館幫她帶動)

(After that, I continued to engage her with more exercises back in her hotel room.)

(她本來要躺十幾個小時的)

(She usually would need to lie in bed for more than ten hours a day.)

(結果整個人統統輕鬆起來)

(That day she felt exceptionally great and relaxed.)

(然後再來就是分身也出來)

(She was able to see her Fen-shen)

(也看到偶像)

(and manifested idols.)

(後來第二次跟本尊禮敬)

(She then bowed to Ben-zun a second time to give thanks.)

(然後一直到現在，那天打電話跟我講說)

(Such visions last to the present. That day she phoned me)

(麻煩你跟本尊報告說，她現在身體都很好)

(to relay her message to Ben-zun that she is now in tip-top condition.)

(感恩本尊)

(Thank you, Ben-zun.)

(癌症也好了，肝硬化也好)

(Her cancer and cirrhosis have both gone.)

(感恩、感恩)

(I'm most grateful.)

(感恩本尊，天冠光出來的時候)

(Thank you, Ben-zun. Earlier when I saw the Celestial Crown Light appear,)

(讓我想到了是剛剛本尊有開示說)

(it reminded me of Ben-zun once expounding,)

(遇斯光，思斯光，覺斯光，觸斯光)

(“Meet the Light, contemplate the Light, be mindful of the Light, touch the Light,)

(悟斯光，明斯光，入斯光，投入其光)

(understand the Light, expound the Light, enter the Light, plunge in union with the Light,)

(得光照明。讓我想到了這幾句)

(and eventually attain enlightenment.” These phrases suddenly came to me.)

過去我在說「投入光中」就是這個意思了

This is what I mean by “Plunge in union with the Light.”

投入光中

Plunge in union with the Light.

若有活動起來

When the Light is in action,

活動起來「乘著光」，乘光

you may take a ride with It. “Ride the Light.”

天冠光蓋在你上方就是說乘

When the Celestial Crown Light manifests hovering above you, It can give you a ride.

乘光上雲端，乘光上天空

Ride the Light to reach the clouds. Ride the Light to soar into the sky.

乘光而入，而入宇宙

Ride the Light to roam the universe.

(那也讓我想到那個...)

(This also reminds me of....)

(本尊以前曾經開示)

(Ben-zun once explained...)

(在那個宇宙光明體有提到)

(in the book *Universal Light Body* that)

(本尊不是佛，也不是神)

(Ben-zun is neither a Buddha nor God.)

(是無量分身的本尊)

(but one who can emanate infinite numbers of Fen-shen.)

(那感恩本尊，本尊不僅能夠分身)

(Thank you, Ben-zun. Not only can Ben-zun emanate Fen-shen,)

(現在也讓很多同道都能夠分身，非常感恩)

(he has also enabled many of our fellow members to attain likewise. Thank you, Ben-zun.)

(然後亙古至今大光體，照明人類本心體)

(This perennial supreme Light is able to enlighten people's Original Minds.)

(放光照明法界藏，智身引入光明中)

(to illumine our inherent Storehouse of Dharma and guide our wisdom-bodies into the Light Itself.)

(無量甚深微妙法，百千億劫難遭遇)

(Such is the Dharma of boundless magnanimity and profundity, hard to encounter in thousands of billions of eons.)

(感恩本尊)

(Thank you, Ben-zun.)

(那第二個讚譽就是)

(Next I'll offer my second praise.)

(我最近在那個有一本《牛頓》雜誌)

(In a recent issue of the magazine *Newton*,)

(這一集提到最尖端物理學)

(it has an article about quantum physics)

(所預言的平行宇宙論)

(and the theory of parallel universes.)

(MIT 就是麻省理工學院，鐵馬克教授表示)

(Professor Tegmark of MIT has proposed that)

(有無限多個平行宇宙存在)

(there may be infinite universes co-existing in parallel,)

(在宇宙彼方說不定還有另一個你存在)

(wherein there may be another you living somewhere else.)

(鐵馬克博士基於這樣的想法)

(Based on this thought,)

(認為在遙遠的彼方)

(he reckons that in some remote universe)

(一定存在另一個自己)

(there must be another self living in parallel.)

(再者根據計算)

(Moreover, according to his calculation,)

(在十的一百一十八次方公尺的前方)

(he concludes that the parallel self may exist approximately 10^{118} meters away)

(存在著跟我們可觀測區域)

(and have features completely identical to those of the perceived self in this world.)

(完全相同的分身)

(This notion of parallel self is analogous to what we call “Fen-shen.”)

(所以這邊我的問題是說)

(I believe)

(本尊現在已經讓我們很多同道實踐分身了)

(Ben-zun has enabled many of our fellow members to realise their own Fen-shens.)

(那這個真是不可思議)

(This is truly amazing.)

平行宇宙，宇宙重疊，多重宇宙

Be it parallel universes or multiple universes,

宇宙，天冠光出離以後

once you can travel out of your body with
the Celestial Crown Light,

(感恩本尊)

(Thank you, Ben-zun.)

天冠光的作用就表達出來

(大概就是這兩個讚譽，就是感恩本尊)

Its functions will naturally reveal to you

(The above are my praises for today.
Thank you, Ben-zun.)

出離，就幫你變化出來

and help you attain out-of-body travels.

這樣就好了

Fair enough.

會分身的人比較進入狀況

People who can emanate Fen-shens are
better able to understand this.

好了、好了

Good.

現在講很抽象.....。

It's vague to explain verbally in this
way....

比如說從這個照片的啟示

For example, this photo demonstrates

(是，感恩)

(Yes, thank you.)

天冠光能把我的樣子搬到羅春月的安養院

the Celestial Crown Light can transport
my image to appear in Chun-yue Luo's
care home.

(我是不是也可以有天冠光?)

(May I inquire to also be imparted with the
Celestial Crown Light?)

當然也可以把你的過去世搬過來

It likewise can transport your past to the
present,

你嗎？你...你沒...你沒辦法了

You? Your hope is scant.

搬到你眼前，搬運

to the space before your eyes. It can transport and merge

物質宇宙進入精神宇宙.....。

the physical universe into the spiritual universe.

搬運

Transport.

為什麼上一次你在 DVD 看到

Why in my previous video did I say

可以找到過去往生的親人？

It can find your deceased relatives?

從平行宇宙得知，怎麼可能知道？

It can find them from the parallel universes. How is this possible?

天冠光馬上給你找出來

The Celestial Crown Light can locate them instantly.

往生的親人在哪裏？

Where are the deceased relatives located?

死了五十年、三十年，怎麼知道？

Some have been dead for 30, 50 years. How can It find them?

天冠光的範圍永遠一直存在的

Because the Celestial Crown Light is everlasting;

從古代到現在一直存在

It has existed all along since time without beginning.

馬上給你找出來啊

It can locate them for you immediately.

就這個原理啊，要你親眼看到

This is how It works. You have to see for yourself.

有六道輪迴啊

There are six paths of reincarnation.

釋迦佛、耶穌開示的是真理啊

What the Buddha Shakyamuni and Jesus expound is true.

耶穌強調信耶穌得永生

Jesus proclaims that those who have faith in him shall have eternal life.

有他的道理

He has a point.

而人類要尋找的

The thing that mankind has always been seeking

帝王所追求不到的，就是永生

and that even kings and emperors cannot obtain, is eternal life

所以，秦始皇……。梁武帝？

The First King of Qin and the King Wu of Liang...

信佛得永生？

Did they attain eternal life because of their Buddhist faith?

秦始皇那時候，佛教還沒有進入

In fact, in the time of the First King of Qin, Buddhism had not been transmitted to China,

佛教在東漢末年才進入啊

not until the end of the Eastern Han dynasty.

秦始皇沒有佛教觀念，所以吃仙丹

The First King of Qin had no Buddhist knowledge and thus ended up seeking the elixir of life

吃銀丹，吃提煉的丹藥，汞中毒

and taking a silver pill which later caused him mercury poisoning.

提早廿年死，吃仙丹死得更快

He died 20 years earlier than he was supposed to. Ironically, taking the so-called elixir of life made him die sooner.

想求永生啊

He wanted to attain eternal life.

耶穌、釋迦佛介紹永生

Jesus and the Buddha Shakyamuni both taught to attain eternal life,

超脫輪迴，找清淨心

to break free of the cycle of reincarnation, to find one's Pure Mind,

找真如本體，一樣原理啊

to find one's Ben-ti. Their teachings are essentially the same.

永生，找本體啊

To attain eternal life, one has to find one's Ben-ti.

人有本體，確確實實

People have Ben-ti, which is true beyond doubt.

《維摩詰經》豁然開朗，還歸本心

The Vimalakirti Sutra describes the state of instant liberating clarity and the returning of attention to the Original Mind.

所有維摩詰境界，須彌山納入芥菜子

All the various miraculous displays that Vimalakirti demonstrated, namely, moving Mount Sumeru into a mustard seed,

九百萬菩薩進入他的維摩詰室

expanding his room to accommodate nine-million Bodhisattvas,

或天女在維摩詰室住十二年啊

or manifesting a celestial maiden to live in his room for 12 years,

種種一切不思議境界，還歸本心

all these various amazing displays are in fact originated from the Original Mind.

都是本心演出來的

They all arise from the Original Mind.

本心永恆

The Original Mind is everlasting.

信本心得永生

One who has faith in the Original Mind shall attain eternal life.

本心有三藏，藏什麼？

The Original Mind has three kinds of repository. What are they?

藏過去、藏現在、藏未來，本心有三寶

The repositories of the past, of the present, and of the future, which are the three jewels of the Original Mind.

佛教的三寶和老子的三寶不大一樣

The three jewels of Buddhism are slightly different from those in Laozi's teaching.

老子的三寶，慈是廣大，廣大

For the latter, one of the jewels is compassion, which means magnanimity.

佛教三寶，法寶、僧寶、佛寶

The three jewels of Buddhism, that is, Buddha, Dharma and Sangha,

藏萬有

store all myriad objects.

法界藏，藏法界

The jewel of Dharma stores all myriads of Dharma Realms.

法界實相，實相就是精神宇宙

True-Form Dharma Realms pertain to the range of spiritual universes.

如來藏.....。

The repository of suchness....

所以，找到自己的本心以後，顯發法身出來

So after you have awakened your Original Mind, your Dharma-body will reveal.

實際的法身境界

The various experiences of Dharma-body

表達出生命的永恆

demonstrate the everlastingness of life.

採取老莊的自然流露出來，流露.....

It reveals naturally as Laozi and Zhuangzi proclaim it.

自然流露、流露法身...

Dharma-body arises naturally.

法身是天冠光的功能，天冠光塑造法身

Giving rise to Dharma-bodies is one of the Celestial Crown Light's functions. It can give forms to Dharma-bodies.

天冠光塑造萬形啊！

The Celestial Crown Light can give forms to all myriad objects.

所以你找到天冠光，就有法身

So as long as you can find the Celestial Crown Light, you shall be able to acquire a Dharma-body.

投入光中的意思

In other words, if you can plunge in union

和天冠光冥合，你就永恆

with the Celestial Crown Light, you can enter the eternal.

(感恩本尊，多謝您的金口)

(Thank you, Ben-zun. Thanks for)

(賜我這個仙人的外號)，有像啊
(dubbing me “celestial being” last time.)
You do look like one of them.

(我很多朋友看到那個 DVD 的時候)
(After hearing me being called so in the video,)

(都會打電話來問我)
(many of my friends phoned me asking,)

(他說，噢，仙人，你什麼時候變成這樣?)
 (“Oh, celestial being, when on earth did you acquire this name?”)

(感恩本尊您的金口)
(Thank you, Ben-zun. I’m most grateful for being dubbed such a name.)

(現在首先我先介紹一下)
(Allow me to introduce myself first.)

(我姓陳，陳信雄)
(My sir name is Chen, full name is Xin-xong Chen.)

(我來這裏)
(I’ve been)

(來到法身宗已經一年多了)
(in this Dharma-body group for about one year,)

(最大的差別就是說)
(and have witnessed great changes in me.)

(我在道上已經摸索了差不多卅年左右)
(I’ve been on the path to pursue the Tao for about 30 years.)

(每天都在探討、在摸索)，卅年了?
(There was never a break in all these years.) For 30 years?

(差不多，經常若是想要看光的時候)
(About so. In the past, if I wished to see a light manifest,)

(得要在打坐期間才看得到)
(I had to be in the state of sitting meditation in order to see it.)

(初次看到的時候，心想奇怪)
(The first time I saw it, I thought to myself,)

(怎麼有這種東西？很亮很亮)

(“Oddly enough, how come I see such a thing?” It was resplendent)

(就好像是有一層，就是……………那樣的)

(as if having a layer of luster….)

(起初心想，看看看一次、兩次、三次)

(Initially, I just beheld it. After a second or third time,)

(後來有一次我頭腦就想，伸出去看看)

(one day I had a sudden idea to hold out my hand,)

(糟了，被祂拉過去了，於是融入光中)

(and then the light drew me in.)

(噢，非常好，這樣就出離去遨遊)

(That was amazing. I was thus drawn out of my body to roam freely outside.)

視覺去的？還是你的分身去的？(分身)

Was it your visual awareness or your Fen-shen that travelled out? (My Fen-shen.)

你有看到你的人？(有有，我本身進去)

Did you see yourself? (Yes, I saw myself)

(就跟進去，被祂拉走就對了)

(drawn into the light.)

(進入之後，我就跟著祂去山河大地)

(Soon after that, I saw myself flying over mountains, rivers and lands,)

(尤其是大陸那個南京的胡同)

(specifically the alleys in the Nanjing city of China.)

(噢，看得一清二楚，一磚一瓦)

(The scene was so clear to the point that every brick, every tile,)

(兩邊的那個看板、什麼，噢，都非常清楚)

(and even the roadside billboards there could all be seen clearly.)

(然後本來都是眼睛閉著的時候才看得到)

(I used to see with my eyes closed.)

(來到我們法身宗之後)

(However, after I joined this Dharma-body group,)

(最近，感恩)

(recently, thank you,)

(讓我有時眼睛睜著可以看到東西)

(I can sometimes see with my eyes open,)

(可以看到我的分身就對了)

(and see my Fen-shen in this manner.)

(有一次，噢，震撼)

(I once saw a stunning manifestation)

(眼前所看出去的，都是我的大頭照)

(of my countenance filling the space before my eyes.)

(人頭以及臉孔，都沒有其他的東西)

(Only my countenance, nothing else.)

(當我回神的時候，哇，糟了，消失了)

(However, when I got back to myself, the image soon vanished.)

(希望本尊幫我加持一下)

(So I hope Ben-zun can take pity on me to empower me)

(讓我隨時可以看得到)

(so that I can see any time at will.)

(我現在要向你讚譽一項就是說)

(Now I'd like to present another praise.)

(你現在在說的時候，差不多十分鐘前)

(About 10 minutes ago while you were speaking,)

(你頭腦的兩邊，就像有天冠光的那個)

(I saw the Celestial Crown Light shining down encircling the two sides of your head.)

(這樣金光這樣下來，還有那個大日那個)

(It sent forth rays of golden light in this way, along with the Great Sun shining)

(都從這個...那金光兩邊這樣)

(from atop...)

(金光都這樣出來)

(resplendent with rays of golden light.)

直接看就有了？(對啊)

Did you see this directly with your eyes open? (Yes.)

這樣就很好了

It's brilliant

你可以看到自己的分身

that you can see your Fen-shen.

我一直強調看到自己的分身

I've been repeating myself in stressing the importance of seeing one's own Fen-shen.

(有啊，看得到)

(Yes, I can.)

看得到，第一關過了，(是)

Being able to see manifestations as such means having reached the first milestone. (Yes.)

接著後面自然無量，(後面都沒有)

There are infinitely more to come. (Nothing came afterwards.)

後面無量，(無量)

Infinitely more will ensue. (Infinitely more.)

無量，依你解釋是沒有

Infinitude, according to your interpretation, is nothingness.

沒有就是無量啊

Nothingness entails infinitude.

(好，感恩、感恩)

(Yes, thank you.)

無生有，生無量的有嘛

Nothingness gives rise to existence, to infinite beings.

所以無量就是無，無生有啊

Thus infinitude can be regarded as nothingness. Nothingness gives rise to existence.

(好，感恩、感恩，好，謝謝、謝謝)

(Yes, thank you. Thank you.)

好好

Good.

(感恩本尊，感恩法身)

(Thank you, Ben-zun. Thank you,
Dharma-body.)

(我是新人，我是一個很新的人)

(I'm a novice, a complete novice.)

很新嗎？

A complete novice?

(很新，因為都不懂，所以要來請...教)

(A complete novice. I have no relevant
background knowledge for this and thus
have come for your instruction.)

不懂才會快

It's faster without relevant background
knowledge.

妳如果太懂，知識很高，就越被擋住

Your erudition could become your
empediment.

不懂，就傻傻地聽進去

Just accept it first if you don't understand.

一直把它聽進去就好，(感恩本尊，感恩)

Just keep listening first. (Thank you, Ben-
zun.)

(我要讚譽之前，我先謝謝一個好朋友、
貴人)

(Before presenting my praises, I'd like to
thank my good friend.)

(就是王玉珍小姐，她帶我來的)

(Yu-zhen Wang, for taking me here.)

(我要讚譽的是，我今年年初的時候很
不幸)

(I had an accident earlier this year.)

(但是也不幸中之大幸)

(and it turned out to be a blessing in
disguise.)

(不小心去給車碰到。那撞的時候)

(I was hit by a car. At the moment of
crash,)

(當下我真的...我看到的全部都是那
個...)

(all I could see was...)

(好像是泥巴、泥砂)

(soil and mud)

(這樣一直流、一直流)

(keep flowing over me.)

(後來我就心裏...)

(I recalled that since little)

(因為從小母親就是都念觀世音菩薩)

(my mother would always invoke the name of the Bodhisattva Avalokiteshvara in times of danger.)

(所以我一直念，好像念三遍)

(so I followed her way to invoke the name three times.)

(我就發覺到一個光好大、很強)

(Then I saw a great, powerful)

(然後那個光是圓形的)

(round light appear.)

(就這樣放射出去)

(radiating in all directions.)

(那我就看到，後來就真正給我看到大圓光)

(It turned out to be the Great Round Light.)

(定位在那個地方)

(and it remained there shining upon me.)

(那時候我才發覺，原來我醒了)

(When I got back to myself.)

(原來我回到我的自己的本體)

(I realised that I had just returned to my Ben-ti.)

(因為剛剛所看到的都不是，不是我自己)

(What I saw earlier was not me.)

(所以我那時候就發覺...)

(So at that moment...)

(我感恩就是本尊、感恩法身)

(my only thought was to thank Ben-zun, to thank Dharma-body.)

(感恩大光體、這個光)

(to thank this Great Light.)

(我來到這裏，就說得很奇妙)

(Oddly enough, the first time I came here,)

(我回家的時候，不曉得怎麼搞的)

(somehow on my way back home,)

(那個心情就像...就說不出的那種開心)

(I felt so elated.)

(沒有辦法去形容的，很開心)

(The joy in me was beyond description.)

(那後來我就去體會)

(Later on,)

(在不經意中就會看到本尊在那邊)

(a few visions unexpectedly dawned on me showing Ben-zun manifesting over there.)

(我就看到了)，分身、分身，(分身)

(I saw....) That was Fen-shen, Fen-shen.
(Fen-shen.)

分身，(對，那個分身，對，我就看到了)

Fen-shen. (Yes, that was Fen-shen. I saw Him.)

(我發覺本尊的分身在那邊)

(Just now I had a feeling that Ben-zun's Fen-shen was up there,)

(在上面...然後就看到了)

(so I glanced up and indeed saw Him)

(就在我們這一個屋子裏面)

(manifest inside this building.)

屋頂的上面，(對對對，我就看到了)

Above the roof. (Yes, exactly. I saw Him there.)

(所以，我今天要讚譽本尊的大光體)

(So today I've come to present praises to the Great Light of Ben-zun.)

(讓我有今天可以站在這個地方)

(Were it not for this Light, I would not have been able to stand here today)

(因為剛開始都不會走路)

(because the accident had initially left me paralysed.)

如果碰到無醫而治，馬上好

In cases of miraculous healing without treatments, the ailment will be cured instantly,

它不會說慢慢好

not in a gradual manner.

有馬上好就不會再復發，(是喔?)

This sort of instant healing assures no resurgence in the future. (Really?)

妳剛才讚譽說看到光以後

You said earlier that it was not until you saw the Light

妳才知道回到自己的本體

that you came to realise you had returned to your Ben-ti,

回到自己的本體...我剛才講的天府

had come back to your Ben-ti. This is because, as has been stated above, the inherent Heavenly Storehouse

天府自然有光。有時候自己會看到光

is originally luminous. Thus you sometimes would see a light manifest

法性流露在外面就看到光

when your Dharma-nature reveals outwards.

個人的法性的光。法性光，(對)

This sort of light pertains to one's own Dharma-nature. The light of Dharma-nature. (Yes.)

妳看到的光是法性光

The light you saw was the light of your Dharma-nature.

妳剛才說回歸於本體，本體被妳觸到了

Your returning to Ben-ti, as you stated above, can be taken as your Ben-ti having been awakened by you.

我剛才講

As I stated earlier,

「感而後應，迫而後動，不得已而後起」

“[It] responds only when being invoked, reacts only when being compelled, and arises only when necessary.”

一動到了，耶，法性自然就產生光

Once awakened, your Dharma-nature would naturally shine forth light.

(感恩本尊)，石頭和黃金，停在那裏

(Thank you, Ben-zun.) Suppose a pebble and a gold rock are put together.

沒有互敲怎麼會產生響聲？

How can they produce any sound if there is no clash between the two?

如果拳頭和桌子一直放在這裏，不會響啊

Suppose a stone is kept still on a table. Surely no sound will come of it.

你思想碰到本體，耶，回歸到本體

Likewise, when your thought comes in contact with your Ben-ti, returns to your Ben-ti,

就與祂接觸了就產生光，(對)

a light is thus produced. (Right.)

回歸本體，(對)，一看到光

When you return your attention inward to your Ben-ti and can see the light thus produced (Yes.)

功能一旦流露出來

when its functions reveal outwards,

我還是要重複一次，精神四達並流啊

let me restate this once more, your spirit can pervade

四通八達，無所不極，什麼地方都能到

in all directions and reach everywhere.

我是針對妳的本體講的喔

What I say here is aimed at your Ben-ti.

(是，感恩、感恩)

(Yes, thank you.)

「上際於天」，上可以接天

“Reaching the heaven above,” you can travel up to heaven;

「下蟠於地」，可以通地，通天入地了

“wreathing round the earth beneath,” you can also penetrate the earth. That is, you can pervade throughout heaven and earth.

等一下，你也沒有跟我說

Later don't ask me

通給我看看...

to make a demonstration of this.

(所以我今天一定要讚譽，要讓本尊幫我...)

(So today, I've set my mind, by all means, to present my praises, and hopefully Ben-zun can help me....)

通天通地，然後化育萬物

After attaining pervasion of heaven and earth comes the ability to make manifest all myriad objects.

化育，有實相了

Such ability to make manifest means having attained the insight of True-Form.

(是)

(Yes.)

我重複一次，「化育萬物，不可為象」

I'll restate this once more. "It can make manifest all myriad objects, but cannot be identified with the phenomena created."

不見蹤跡，實相就對了

It leaves no trace. It is True-Form.

本體功能就像上帝

Ben-ti has god-like divine functions.

同帝，「其名為同帝」

God-like. Thus the saying goes, "Its name is 'the Divinity' [in man]."

《莊子》的〈刻意篇〉

In *Zhuangzi*, chapter *Refined Will*,

有寫到莊子的同帝境界

there are descriptions of what Zhuangzi calls the Divine Realm.

喔，來來來

Come. Go ahead.

(感恩本尊，我要讚譽三點)

(Thank you, Ben-zun. I have three praises to present.)

(我就一直想要來這邊讚譽)

(I've always wanted to come here to present my praises.)

(然後我就把我想要讚譽的)

(To prepare for this,)

(哪一集 DVD 的資料)

(I read through your video scripts)

(那一句話把它找出來)

(in order to find the statement of yours that can point out what I've been wanting to say.)

(然後在《自性平等》裏面)

(In the video *The Equanimity of Self-nature*,)

(有一位同道他讚譽到說)

(one fellow member praised)

(她看見她往生的先生)

(seeing her late husband)

(從穿著休閒服，到西裝、到金色身)

(manifest in different outfits, from casual wear to formal suits, and then in a body radiating golden lustre.)

(這時候本尊說了一句話)

(Ben-zun then replied her)

(說金色身就是有渡到)

(that apparition in a golden body means having been delivered across.)

(突然之間)

(At that moment,)

(我就看到我在今年的三月份)

(I recalled one morning this March)

(我早上在看 DVD 的時候)

(when I was watching Ben-zun's video,)

(我父親就是出現金色身)

(I saw my late father manifest in a body radiating resplendent golden hues.)

(可是因為那時候我剛來沒多久)

(I was merely a novice that time,)

(沒有什麼認知)

(and rather ignorant.)

(而且那時候的畫面是大概停了幾秒鐘)

(His image remained for several seconds.)

(因為我的父親往生兩年)

(My father died two years ago.)

(然後那時候他出現的時候)

(When he manifested,)

(是跟我同一個方向在看那個影片)

(I saw him facing in the same direction watching the video with me.)

(然後我就沒有想什麼)

(I didn't give much thought that time.)

(我心想，看到就看到)

(but took a quick mental note of it.)

(那後來聽到這句話的時候，有來學會讚譽)

(After hearing that person's praise, I too had come to present my own.)

(我覺得很感動父親是這麼有福報)

(I'm very grateful that my father has been endowed with such great blessing.)

(因為他生前是完全沒有信仰的)

(He was a humanist all his life.)

(而且是一個很固執的人)

(and was very stubborn.)

(可是就是莫名其妙地來到這裏之後)

(After coming here, somehow,)

(我就發現到就是說)

(I noticed that)

(我每次看本尊的 DVD)

(every time when I was watching Ben-zun's video,)

(我都是一種喜悅心)

(my mind was filled with joy,)

(那個喜悅心)

(which)

(我也不會形容到底是怎麼來的)

(I don't even know where it came from.)

(然後也希望我往生的父親)

(I truly wish my late father)

(能夠真的就是回到光中)

(can really return to the Light.)

(可是在那當下，我就發現到是說)

(On seeing his manifestation, I realised that)

(我什麼都沒做，父親就這樣回到光中)

(my father had already returned to the Light without the need of me doing anything.)

(我就很感恩本尊)

(So I'm very grateful to Ben-zun.)

(然後第二點就是要讚譽那個天女)

(My second praise is about my encounter with a celestial maiden.)

(有一次就是坐在家裏看電視)

(One evening I was resting at home watching TV.)

(那時候是晚上大概是八點多)

(It was around eight o'clock in the evening.)

(然後在看那個就是我看我喜歡的節目)

(I was watching my favourite programme.)

(突然那個天女出現的時候)

(Then a celestial maiden made an unexpected manifestation.)

(這個天女就是比較常出現)

(This one appeared rather often.)

(祂手上都會手執一個蓮花)

(always holding a lotus in one hand.)

(這個天女是我之前)

(This celestial maiden took the form of)

(我早期有在蒐集那個觀音圖卡)

(the Bodhisattva Avalokiteshvara featured on the Bodhisattva picture-cards that I used to collect in the past.)

(然後我有一次就是本體要訓練我)

(One day my Ben-ti trained me)

(就是讓自己把那個相，自己去顯發)

(to initiate manifestations myself.)

(之前都是本體在帶動、自然流露)

(Previously it had always been my Ben-ti who initiated manifestations.)

(都很清楚)

(and the images were all very clear.)

(所以那一次之後，我就從觀音圖卡裏面)

(Thus,)

(挑了一張，把祂當成天女)

(I chose one of the picture-cards and used the printed Bodhisattva image on it to shape my celestial maiden.)

(拿那個蓮花的那個天女比較常出現)

(The one with a lotus in one hand appears more often.)

(那天祂就自己出現，就本體又自己流露)

(That day she made an apparition herself. My Ben-ti initiated it, and)

(然後祂就手就過來，餵我吃鳳梨酥)

(she then extended her arm over to feed me a pineapple shortcake.)

(祂的手好漂亮、好漂亮，非常的纖細纖長)

(Her fingers are so beautiful, long and slender.)

(皮膚非常的通透，指甲是透明的)

(She has a flawless, translucent complexion, her finger nails clear and translucent.)

(我就心想，哇，鳳梨酥，我在日常生活中)

(I thought to myself, “Wow, pineapple shortcake!”)

(我比較不喜歡吃鳳梨酥)

(I don't particularly fancy pineapple shortcake.)

(我當時的念頭是這樣)

(That being said,)

(可是當我吃到這個鳳梨酥的時候)

(the moment I took a bite of the shortcake,)

(我就說，哇，這真是人間美味)

(its taste struck me with wonder, “What a fine delicacy.”)

(怎麼有這麼好吃的鳳梨酥?)

(“How come there is such delicious pineapple shortcake?”)

(跟我在物質界所吃的鳳梨酥完全是不一樣的)

(It tasted completely different from the worldly ones I had ever tasted before.)

(就這樣...因為天女祂餵我吃的時候)

(When the celestial maiden put it in my mouth,)

(祂手還會接著那個)

(she would meanwhile hold out the other hand)

(因為會掉落，祂就幫我接著)

(to catch any falling crumbs.)

(我就在享受當下，就這樣吃了三次)

(I relished the moment throughout, and ate three pieces.)

(吃了三個鳳梨酥)

(I ate three pieces.)

(結果沒有多久，我就打嗝了)

(Before long I burped.)

(其實我那時候是很認真看電視)

(Honestly, at that moment I was engrossed both in watching TV)

(然後也很認真在享受在吃那個鳳梨酥)

(and relishing the shortcakes.)

(結果我心想，咦，我打嗝了?)

(I was surprised that I even burped.)

(真的，我就是表示我真的吃到，這樣)

(This means that I literally ate them.)

(我就覺得很不可思議，很喜悅)

(It was absolutely amazing. I was overjoyed.)

(然後就覺得說...就一直看著那個天女)

(so I fixed my gaze on the celestial maiden)

(說，喔，謝謝祂、謝謝祂)

(and gave my thanks.)

(後來祂又用那個湯匙挖那個香蕉餵我吃)

(She went on to feed me a banana with a spoon.)

(吃完又沒多久，我又打嗝一次這樣)
(I burped again soon after eating it.)

(那就很感恩本尊，賜我本體復活)
(Thank you, Ben-zun, for having awakened my Ben-ti.)

(第三個讚譽就是，有一次在看實相)
(My third praise is about my another True-Form vision.)

(實相裏面出現我的兒子笑得很開心)
(In that vision, I saw my son laughing happily)

(又出現一隻狗，雖然畫面很短暫)
(with a dog beside him. Although the vision disappeared quickly,)

(那隻狗我看得很清楚。那隻狗是柴犬)
(it showed a clear image of a Shiba dog.)

(我就看到我兒子跟這隻狗非常快樂)
(He looked very happy with the dog.)

(畫面就不見了，我就沒有去想很多)
(The vision then disappeared, and I didn't give much thought to it)

(因為當下就其實還要去忙其他的事)
(because I had something else to attend to at that moment.)

(所以我就沒有去想很多)
(I didn't give much thought to it.)

(隔了兩三天，我兒子有一次走回來說)
(Two or three days later, my son once returned home)

(媽，有隻狗跟我回來了)
(calling out to me, "Mum, a dog is following me back.")

(我就那時候就很驚訝)
(I was so surprised,)

(從椅子這樣走出去看那隻狗)
(and thereupon I walked out at once to see the dog.)

(跟我看的那隻狗一模一樣)
(It looked exactly the same as the one in my vision.)

(我就看那隻狗，其實牠應該是流浪一陣子)

(I supposed that it had been homeless for some time.)

(我就發現我兒子就在猶豫說要不要養?)

(I could tell that my son was thinking to adopt it.)

(那我當時就不忍心去拒絕)

(I couldn't bring myself to refuse him)

(因為我看那隻狗很可憐)

(given the dog's pitiful situation.)

(我就看著自己說，奇怪，我怎麼變了?)

(I thought to myself, "How strange! I've changed.")

(因為我以前我也不喜歡小動物)

(Before this I had always disliked the idea of keeping a pet)

(我對於養育小動物，怕麻煩一點)

(in fear of the troubles involved.)

(怎麼我想要拒絕的那種心突然不見了)

(How come that inclination to refuse had suddenly vanished?)

(就是想要去好好把這個生命帶進來)

(I rather looked forward to accepting this life in our family.)

(那我當時也不能理解)

(I couldn't get my head round such a change.)

(我自己到底是怎麼了?)

(What is going on in me?)

(於是我們全家人去照顧這隻狗)

(As a result, our whole household took part in looking after the dog.)

(就因為這隻狗是流浪一段時間)

(It had been homeless for quite some time.)

(所以牠有些身體的一些小問題)

(and thus had some health issues.)

(那我就帶牠去給醫生看)

(I have brought it to see a vet.)

(這段時間，我就發現，我在這邊之後)

(Ever since I joined the group, I have experienced)

(我的境界就一直在提升)

(a continuous growth in my understanding.)

(有時候同道都會協助我)

(I also obtained guidance sometimes from our fellow members.)

(所以我提升很快)

(That's why my understanding has been able to grow so fast.)

(也讓我在生活中擁有這隻狗狗之後)

(With this dog in our life,)

(去看見自己的問題)

(I have learned to reflect on it to see my own problems,)

(讓我在本體的互動上一直在提升，感恩)

(which has inspired me to keep improving the way I interact with my Ben-ti. Thank you.)

好，請坐

Good. Please take your seat.

她的實相把狗、父親、鳳梨酥

Her vision transformed the dog, her late father and pineapple shortcakes

進入到實相

into True-Form.

她讚譽，有一個莫名的喜悅

She spoke of experiencing an ineffable joy.

為什麼會這麼高興？

How come she would get so happy?

《莊子》有一句話「天機不張而五官皆備」

There is a saying in *Zhuangzi*: "The heavenly function lies dormant within, inherent in the five sense-faculties."

天機不張...天機是指本體功能啊

"The heavenly function" here denotes the function of Ben-ti.

不必活動，不需要彰顯

It needs no action, no expression,

採取你的五官去接受

and can be perceived directly by the five sense-faculties.

天機不張而萬物皆備

The heavenly function lies dormant within, inherent in all myriad objects.

無言而心樂

“It needs no words and yet can delight the mind.”

樂是快樂的樂，音樂的樂

The original Chinese text here uses the character 樂 as in 快樂 [*happiness*] and 音樂 [*music*].

無言而心樂，莫名的喜悅

It needs no words and yet can delight the mind. An ineffable joy.

很多人接觸到本體道

Many people after receiving this teaching of Ben-ti have reported that,

哎唷，怎麼沒有境界

despite their lack of understanding

什麼也看不到

and vision,

可是心就很高興

they can feel a great joy welling within,

就莫名的喜悅，沒有境界，就很喜悅

an indescribable joy.

無言而心樂

“It needs no words and yet can delight the mind.”

天機不張而五官皆備，無言而心樂

“The heavenly function lies dormant within, inherent in the five sense-faculties. It needs no words and yet can delight the mind.”

天機不張

“The heavenly function lies dormant within,”

天機可以洩漏，可以自然流露

and yet can reveal on its own accord.

天機就本體的功能展現了活力

The heavenly function can demonstrate vitality in accord with Ben-ti's function.

「天機不張」

“The heavenly function lies dormant within,”

但是你的五官所感受的，本體可以播給你

and yet your Ben-ti can cast to you what your five sense-faculties have perceived.

所以莫名的喜悅

That's why you would experience an inexplicable joy welling within.

不要忽視本體

Don't neglect your Ben-ti within.

每個人的本體都有無限的功能

Everyone's Ben-ti has limitless functions.

所以首先就是要見到真如自性本體

The first step is to see one's true essential self-nature, Ben-ti.

《金剛經》講得很清楚

It is stated clearly in *The Diamond Sutra*,

「凡是有相，都是虛妄」

“Whatever has a form is delusory.”

「若見諸相非相，即見如來」

“If someone can see forms as formlessness, that person has seen the Thus-Come One.”

看到的相就是看到本體

Seeing forms is seeing Ben-ti.

若見諸相，諸相非相，所有內容的諸相

“If you can see forms as formlessness, in which *forms* refers to all myriad perceived objects

即一切相，非相是指實相

and *formlessness* the True-Form,

就是看到如來、看到你的本體

you have seen the Thus-Come One; you have seen your Ben-ti.

如來就是真如來了啊

“The Thus-Come One” denotes the coming of the true suchness of reality.

《般若經》我有引申過

As I've explained before regarding the
Mahaprajnaparamita Sutra,

唐玄奘翻譯的大藏六百卷

which Xuanzang translated into Chinese in
the Tang dynasty for the whole 600
chapters of it,

真如來了，叫作如來

the coming of the true suchness of reality
is called the "Thus-Come One."

如來可以如去

The Thus-Come One can likewise thus go.

從清淨心、菩提心、真如自性、本
心.....。

Terms such as the Pure Mind, the Bodhi
Mind, the True Essential Self-Nature, the
Original Mind and so on,

如來的意思，同樣名詞啊

all designate the Thus-Come One; they are
in fact synonyms.

莊子講真君。真君，不管你信不信

Zhuangzi calls It "the True Master." The
True Master, irrespective of you believing
It or not,

真君有沒有合你意，真君還是真實存在

irrespective of It conforming to your wish
or not, truly exists.

莊子的真君，有時候莊子用「精神」

Zhuangzi sometimes also calls It "Spirit"
interchangeably.

精神出離

When your spirit travels out

精神一展現出來，不是屬於你的

and reveals outwards, it no longer belongs
to you.

肉身死掉就不是屬於你的

It belongs to you no more when your
physical body perishes.

獨立於空間，獨立存在

It exists on its own, independent of the
worldly space

也不是屬於這個時代的

and time.

如果接觸到光，屬於永恆時空的

If it meets the Light, it would thereupon become one with the eternal space and time.

(我一看到她，我就發現她已經走了)

(she had already passed away.)

生命的奧妙就在這裏

(我就馬上打電話跟我太太講說)

Such is the wonder of life.

(I thereupon phoned my wife)

(感恩本尊)，喔，好好好

(那個媽媽走了)

(Thank you, Ben-zun.) Good. Good.

(telling her of the news)

(首先，法喜充滿)

(妳趕快那個為她那個跟本尊分身供茶)

(Firstly, with exuberent Dharma joy,)

(and asking her to quickly offer tea to Ben-zun's Fen-shen on behalf of my late mother.)

(接著我要為我媽媽讚譽那個她得永生)

(I'd like to present a praise on behalf of my late mother for her having gained eternal life.)

(她當下她就在家裏就...我媽媽是在香港)

(She was at home that time and did as told right away. My mother was in Hong Kong that time.)

(我媽媽在六月六號她永生)

(She entered the eternal on the 6th of June.)

(那我太太在台灣，那她就供茶)

(那一天中午的時候)

(My wife was in Taiwan, and did as told to offer tea.)

(That day noontime)

(供了茶之後)

(我到醫院去看她的時候)

(Soon after the offering was made,)

(when I saw her in the hospital,)

(當下她就看到我媽媽出現)

(she saw an apparition of my mother.)

(我太太跟和雅，她那個時候也在家)

(My wife and daughter He-ya, who was also at home that time, both saw the apparition.)

都看到？(是，都看到)

They both saw it? (Yes, both of them.)

(結果看到之後，隔不久，大概幾分鐘而已)

(A few minutes later,)

(我大女兒在公司，她也看到了)

(my eldest daughter, who was in office then, also saw it.)

(她就打電話來問我太太，說阿嬤是怎麼了？)

(She phoned my wife asking what had happened to grandma,)

(她說阿嬤剛剛走了)

(and was told that she had just passed away.)

(她說，剛剛在公司裏面)

(She said that a moment ago in office)

(就看到她突然出現)

(she had seen a sudden apparition of her)

(然後一直對她笑，一直笑一直笑)

(keeping smiling at her.)

(很年輕，大概三十一、二歲而已)

(She looked as if in her early 30s.)

(我媽媽已經是九十四歲)

(My mother was already 94 that time.)

出現都年輕的樣子，(對對對)

Those who have been delivered across would all appear in the image of their prime. (Yes, exactly.)

(隔大概十幾分鐘之後)

(About 10 minutes later,)

(坤穎也打電話來，他說...)

(Kun-ying also called back home)

(他先看到)

(saying he too had seen her apparition)

(他是正好在扶輪社主持會議)

(earlier when he was holding a meeting at the Rotary Club.)

(拿麥克風講話的時候)

(When he was making a speech,)

(突然...我媽媽出現了)

(my mother suddenly manifested,)

(他就一直愣在那邊看)

(and he fixed his gaze on her)

(看了大概十幾、廿秒)

(for about 10 or 20 seconds.)

(他就打電話來跟家裏人講)

(He then phoned us)

(他剛剛看到阿嬤)

(telling he had just seen grandma manifest.)

你沒有通知他，他先通知你，(對對對)

Rather than you informing him, he did so first. (That's right.)

(他先打電話來講，他們都不知道)

(They both phoned to tell us first,)

(不知道阿嬤走了)

(unaware that their grandma had passed away.)

這樣天冠光沒有遺棄你，(感恩本尊)

This means that the Celestial Crown Light never abandons you. (Thank you, Ben-zun.)

天冠光沒有遺棄你

The Celestial Crown Light never abandons you.

(感恩本尊)

(Thank you, Ben-zun.)

(我很感恩，在同時間在三個地方出現)

(I'm most grateful that the apparitions appeared simultaneously in three different places.)

(感恩本尊)

(Thank you, Ben-zun.)

我還是重複

I'll restate this once more:

天冠光沒有遺棄你啊，(是)

The Celestial Crown Light never abandons you. (Yes.)

你不要遺棄天冠光，(是是，感恩本尊)

You shouldn't abandon It. (Yes. Thank you, Ben-zun.)

天冠光不遺棄人，(是)

The Celestial Crown Light never abandons people. (Right.)

天冠光沒有遺棄我，也沒有遺棄你

It never abandons me or you.

(感恩本尊)

(Thank you, Ben-zun.)

天冠光不會嫌棄任何人

The Celestial Crown Light despises no one,

不管你什麼類的人

no matter what sort of person you are.

只是人嫌棄祂、疑惑祂

It is mankind who gets contemptuous and sceptical about It.

可是還靜靜地看著你啊

Nonetheless, It remains in silence watching over you.

天冠光可以救你，人反而排斥天冠光

The Celestial Crown Light can save you, but you resist It.

天冠光已經救到你了啊，(是是)

The Celestial Crown Light has already saved you. (Right.)

天冠光把你母親的靈魂

The Celestial Crown Light has turned your mother's soul

變成有形的讓你看到

into a visible form for you,

給你兒子看、給和雅看

your son, He-ya,

給你大女兒看，(是)

and your eldest daughter to see.

天冠光不是救你的媽媽永生嗎？

Isn't it that the Celestial Crown Light has delivered your mother to the eternal?

(是)

(Yes.)

(我是覺得要讚譽的就是說)

(I want to praise that)

(這個太不可思議了)

(this is absolutely amazing.)

就是你女兒看到很年輕的樣子

Your daughters saw her look youthful.

(都是一樣，她看的都...)

(They all saw her this way.)

(都是卅一、二歲)，都年輕的樣子

(seeming to be in her early 30s.) Her manifestations were all youthful.

渡到一定用最年輕的

Those who have been delivered would all manifest in the image of their prime.

用她那個年紀出現

In the image of her prime.

一定容光煥發、頭髮很整齊，(是是)

They would all appear radiant with their hair neat and tidy. (Yes.)

(很喜悅)

(Gladly.)

(坤穎看到的年齡也是這樣的)

(Kun-ying also saw her appear this way.)

(我太太、我女兒跟那個蔭如)

(My wife, daughters, and Yin-ru)

(全部看到的都是一樣)

(all saw her this way.)

天冠光的特色，(是)

Such is the function of the Celestial Crown Light. (Yes.)

問天冠光有什麼意義和價值？

What is the meaning and the value of the Celestial Crown Light?

就是可以救到你，(是是)

Simply put, It can save you. (Yes.)

可以救到你，永恆，永恆，(是是)

It can save you, deliver you to the eternal.
(Right.)

人生，你遇到生病

When illness befalls you,

把它當作春夏秋冬，正常，(是)

treat it as the natural rotation of winter,
spring, summer and fall. It's a normal
process. (Yes.)

不要太悲哀

Don't be over-grieved.

把你的分身顯發出來比較重要

It's more important to get your Fen-shen
established.

生病、死亡或老了

Illness, death, old age

生老病死嘛，就是人生！

and birth, they are all part of life!

所以成仙、成法身，就三患莫至

Thus it is said that attaining immortality,
gaining a Dharma-body, can keep at bay
the three forms of evil.

三患莫至就是《莊子》的永恆，(感恩
本尊)

Keeping at bay the three forms of evil,
according to *Zhuangzi*, is the attaining of
the eternal. (Thank you, Ben-zun.)

向你恭喜，你母親永生，(是，感恩本
尊)

Congratulations to you. Your mother has
gained eternal life. (Yes. Thank you, Ben-
zun.)

好好，來

Good. Go ahead.

(感恩本尊，非常感恩本尊)

(Thank you, Ben-zun. I'm very grateful to
Ben-zun,)

(賜予我真的非常幸福圓滿)

(for bestowing on me consummated
happiness.)

妳也有分享到幸福圓滿

You have also experienced this consummated happiness.

(真的非常地幸福，而且很法喜充滿)

(I'm truly happy indeed, filled with Dharma-joy.)

(因為祂也讓我照到很多實體珠)

(I've been so much blessed that I happened to capture images of True-Form pearls in my photos.)

(也照到那個光，非常地漂亮)

(and also images of the resplendent Great Light.)

照相照到？(對，還有我自己親身體會)

You captured their images in your photos? (Yes, I also saw them myself.)

(那一天晚上，八月廿號的時候)

(That night, 20th of August.)

(我很開心)

(with great joy.)

(我請大光體下來讓我照)

(I entreated the Great Light to manifest and let me take pictures for It.)

(祂真的是整道光這樣從我們家)

(It then sent down a wall of light from above my house)

(那個光整片這樣下來了，我都照到)

(covering the whole area. It has all been captured in my photos.)

大光體是指大日嗎？

By "the Great Light" do you mean the Great Sun?

(就整道的那個光，很強)

(A wall of light, very bright.)

大日嗎？

The Great Sun?

(對，就這樣整個光下來)

(Yes. It sent down a wall of light)

(我們家的那個窗簾，全部都蓋住了)

(covering my entire window curtains.)

(我好法喜)

(I was filled with Dharma-joy.)

(我一躺的時候，我就心裏面很開心)

(Later when I had a lie-down, overjoyed,)

(跟我自己法身講，哇，真的是很讚歎)

(I praised to my Dharma-body how awe-inspiring the Light's manifestation was.)

妳跟法身講

When you talked to your Dharma-body,

是妳的分身站在面前嗎？

did you see her appear before you,

還是妳只是向裏面講？

or did you just speak inwardly?

(我向裏面講，可是祂直接出來)

(I spoke inwardly first, and then she came forth straightaway.)

(那時候還沒有出來，可是...)，講了以後

(Initially she wasn't outside, but....) After you spoke to her,

祂就站在妳面前？(對，祂就站在我前面)

she then appeared before you? (Yes, she then appeared before me.)

妳能和妳自己的分身對話？

You can speak with your Fen-shen?

(對對對，祂就...祂就直接...)

(Yes, indeed. She appeared straightaway....)

(我很法喜，那就請妳帶我進入實相)

(Overjoyed, I then entreated her to lead me to enter the Realm of True-Form.)

(然後就看到我自己在那邊活動)

(Then I saw myself appear)

(就推開我的房間)

(in a space)

(就好像一個空間)

(extending beyond my room.)

妳有遇到光才能看到法身

You've encountered the Light so that you can see your Dharma-body.

遇到的是大日，大日，(對)

You've encountered the Great Sun. The Great Sun. (Right.)

(整道光下來的時候，真的是好震撼)

(I was completely awestruck when seeing the whole wall of light pouring down.)

妳那個光沒有圓形哩

Was the Light round?

(對呀，整片光)

(It spread over the whole area.)

那是法性光，(法性光)，法性光

That was the light of your Dharma-nature. (The light of Dharma-nature.) The light of Dharma-nature.

(因為我那時候在照的時候)

(When I shot the pictures,)

(我是聽到說羅春美同道有照到天冠光)

(I knew that Chun-mei Luo had also caught the image of the Celestial Crown Light in her photos.)

(我一直希望我能照到)

(So I wish I can too.)

妳是輸人不輸陣，在那裏拚拚看

You loathe losing out, so you strove to have a shot.

(不是，不是，因為我相信本尊所講的話)

(No, no. It's because I believe in)

(本尊說一即一切)

(Ben-zun's statement that one is infinitely many.)

(然後我心裏面想，一即一切就是恩賜)

(I thought to myself that this statement is a blessing.)

(恩賜的話，每個人都有機會)

(and that everyone has a chance to attain the same.)

(所以我都對我法身說...)

(So I told my Dharma-body....)

妳的光，整片的，(對對，祂是整片下來)

The light spread over the whole area?
(Yes, it spread over the whole area.)

是法性的光

That was the light of your Dharma-nature.

這樣境界很好啊，(感恩，感恩本尊)

You have keen True-Form visions. (Thank you, Ben-zun.)

會法喜也是從這境界來的

Your Dharma-joy also springs from such visions.

莫名地歡喜

Rejoice in an inexplicable joy.

(每天都很快樂、很法喜)，莫名地歡喜

(I feel fabulous everyday, full of Dharma-joy.) Rejoice in an inexplicable joy.

本體的內容常淨我樂。常，永恆

What your Ben-ti reveals is always pure, tranquil and full of self-bliss. *Always* means *forever*.

安靜是無的狀態

Its tranquility signifies its state of emptiness.

處於無的狀態就很寧靜

Being in an empty state is tranquil.

不是沒有吵鬧，那種寧靜

It has the sort of tranquility beyond all clamours.

「我」是能自由自在，逍遙遊.....

Self here means being able to act freely, to roam freely at one's pleasure.

「樂」，法喜充滿，自然的快樂

Bliss here means being filled with Dharma-joy. A sense of joy

已經進入、轉入了。法性起作用，(感恩本尊)

has naturally arisen as a result of the working of one's Dharma-nature. (Thank you, Ben-zun.)

法性很抽象

The concept of Dharma-nature is rather abstract.

什麼法性？出現...在外面稱為光

What is Dharma-nature? When it reveals outwards, it is called "light."

有的人莫名其妙「我看到光」

(我大概五月份的時候被我媽叫過來)

Some people claim to have seen some inexplicable light

(I was told by my mum to come here this May.)

有的小時候看到光或年輕的時候看到光
in their childhood or youth.

被你媽媽調過來？(就是我媽一直跟我講)

Your mother asked you to come? (My mum kept nagging me.)

怎麼以後都沒有看到呢？因為你偶發性

How come they see it no more when they grow up? Because for them its revelation is incidental.

(這邊很好，你要趕快來)

(saying that this place is fantastic, and that I should come quickly)

光可以成相，也是法性變出來

The Light can form images, which likewise are produced by one's Dharma-nature.

(要趕快過來看本尊)

(to meet Ben-zun.)

(很感恩)，好，請坐、請坐

(Thank you very much.) Good, please take your seat.

(那我想，因為那個時候我非常排斥)

(That time I greatly resisted her urge.)

來來，那年輕人舉好幾次手了，來

Come. That young lad over there has raised his hand several times. Go ahead.

(我真的非常排斥)

(Really.)

(感謝本尊，感謝法身，我是新的會員)

(Thanks to Ben-zun. Thanks to Dharma-body. I'm a novice here.)

(因為我很排斥就是修道、學道這方面)

(I loathed anything related to practising or studying the Tao.)

(因為媽媽以前是跟那個清海法師)

(because my mum used to follow Master Qing-hai)

(然後，對，然後就是要吃素)

(on keeping an austere vegetarian diet.)

(然後就是說什麼從小就吃素)

(I was told that my diet has always been vegetarian since I was born.)

(在媽媽肚子裏就吃素，叫什麼「胎裏素」)

(Even before when I was born, she followed what is called a “vegetarian pregnancy diet.”)

(我舅舅跟我講說哪有胎裏素?)

(My maternal uncle once told me in secrete that alleged vegetarian pregnancy diet was nonsense,)

(妳母親在吃那補品的時候)

(because he used to mix some chicken soup)

(我都加一下雞湯，我就說喔，這樣啊)

(in her herbal soup.)

(然後...那時候我的幻想就有一點幻滅)

(His words shattered what I had always been led to believe.)

(到六、七歲的時候，什麼都不懂)

(At the age of six or seven, rather naively,)

(媽媽修就是跟清海法師，那我就去印心)

(I followed my mum to attend one of Master Qing-hai’s “Mind-Seal” sessions,)

(然後她有那個觀音、觀光)

(where she taught to contemplate sounds and lights.)

(可是我那時候就是很討厭打坐)

(However, that time I loathed very much practising sitting meditation.)

(因為我看每個人都很認真，就坐在那邊)

(Everyone there seemed so engrossed in their meditation except me.)

(他們都很入定，他們都要看聽那些光)

(Sitting in deep absorption, they all wished to gain)

(就是聽那些音，然後看那些光)

(visions and hearing of those lights and sounds.)

(那我就是頭低低地在那邊看螞蟻，這樣子)

(Only I sat, head down, watching ants crawling on the floor.)

(然後，因為那時候我就是在想)

(I thought to myself,)

(我還活在這邊)

("I'm still alive.)

(我為什麼要去想那邊那個事情?)

(Why do I have to worry about things after death?"

(我看到這些東西之後，我真的以後走了)

(Suppose I can really see those things as she said. Does this guarantee)

(我真的可以去那邊嗎?)

(a place for me there after my death?)

(就是他們也這樣一直說什麼要勸人家)

(She always encourages people)

(就是要善良、要就是比較正向地鼓勵)

(to be kind and think positive.)

(可是他們沒有說)

(However, she never talks about)

(到底要怎麼樣去達到永生)

(how to gain eternal life.)

(並沒有教我們怎麼做?)

(She never shows us how to achieve so.)

(我這樣懵懵懂懂吃素吃素)

(I've been blindly on a vegetarian diet)

(吃素到廿幾歲的時候，就是最近)

(until my 20s, that is, until recently)

(媽媽那個時候從清海法師到玄光通那邊)

(when my mum left the Qing-hai group and then joined the Xuan-guang-tong group,)

(然後之後再到這邊過來)

(and finally joined this group here.)

(因為我看我媽媽就是...)

(My mum...)

(也是一個人這樣子過來)

(always came here alone.)

(我就覺得...)

(and I felt...)

(每次我從學校回來，都沒有陪她)

(I rarely spent time with her everytime I got back from school.)

(感覺是最熟悉的陌生人的那種感覺)

(She was like the most familiar stranger to me.)

(那我就我心想過來陪我媽媽一下好了)

(Thus I decided to accompany her here at least for a while.)

(我第一次來的時候是坐那邊)

(The first time I came, I was seated over there)

(來聽聽本尊道到底在講什麼東西)

(to listen to Ben-zun's lecture.)

(我一開始很認真聽喔)

(I was very attentive in the beginning.)

(可是我聽到五分鐘之後，我就睡著了)

(but soon lapsed into torpor five minutes later.)

(然後之後，喔，睡醒了，結束了)

(When I woke up, the lecture was already over.)

(上午場已經結束了，要開始吃便當)

(The morning session was over, and people started to have lunch.)

(坐我前面就是謝金和同道)

(Jin-he Xie was seated in front of me.)

(他就跟我講，他就說你聽得怎麼樣?)

(He asked me how I thought about the lecture.)

(我心想我都在睡覺)

(In the back of my mind, I wanted to say I had been sleeping straight through the session)

(你要問我，我不知道該怎麼跟你講?)

(and hardly had anything to comment on.)

(然後就說，還不錯，我睡得很舒服)

(Out of courtesy, I replied, “Not bad. I had a sound nap.”)

(然後謝金和同道說，這樣很好)

(Then Jin-he Xie said, “That’s good.”)

(你其實也聽不懂，那你睡覺是本體在聽)

(In fact you can’t understand it anyway. You snoozed because your Ben-ti had overtaken you to listen.)

(你聽不懂，你本體聽就好)

(Since you can’t understand it anyway, just let your Ben-ti listen.”)

(喔，這麼好。他又說，因為以前在那邊修)

(“How nice!” He continued, “Your previous practice)

(你都要很專心很專心在那邊坐)

(required you to sit in deep concentration)

(然後不能動，這樣我就受不了啊)

(and to refrain from any bodily movement.” This is what I cannot stand.)

(我就會想一直動啊)

(I just can’t stop the urge to move about.)

(這樣子睡覺就可以攝受，又可以得到)

(Apprehension can be gained through sleeping.)

(我就覺得這個真的很不錯)

(I find this really cool.)

(然後...其實我是覺得)

(In fact,)

(修道不一定就是要刻意)

(I don’t think deliberate abstinence is necessarily the way to the Tao,)

(就是要我一定要去做那樣)

(namely, practices requiring one to behave in a certain way.)

(真的是我就是不喜歡這個樣子)

(I disagree with this sort of thinking.)

(我喜歡這樣順順地，就是平常照生活)

(I believe that the way to the Tao should go hand in hand with our mundane living,)

(照大家的那個，就是一般人的正常生活)

(with our normal, ordinary living.)

(我不希望因為修道去影響到我作為一個人)

(I don't want my daily routines and duties as a human being)

(人部的生活作息跟)

(to be restricted by my pursuit of the Tao.)

(因為我覺得天部和人部都要顧到)

(I believe that both the heavenly and the worldly are to be equally heeded.)

(這是第一次來就覺得聽聽覺得還不錯)

(I felt quite good the first time here.)

(第二次來的時候，因為我之前心想)

(Before I made my second visit, I had been pondering)

(就是修道只是為了之後去永生)

(whether the pursuit of the Tao is merely to gain eternal life after death.)

(可是我現在活在這邊，我能得到什麼?)

(What good can it bring for my present mortal life?)

(那個時候我就這樣想，因為我蠻勢利的)

(The calculative side of me thought this way.)

(馬玉龍同道又出現)

(Yu-long Ma was here too the second time I came.)

(他說其實本尊道讓你學到很多東西可以大樂)

(He said that I will learn a great deal from Ben-zun's teachings, including experiencing the Great Enrapture.)

(我心想，哇，太棒了)

("Fantastic," I thought.)

(因為我當了廿幾年的宅男，都沒有女朋友)

(I've been single all along for more than 20 years.)

(然後...然後本尊您也說您也是宅男)
(When I thought of Ben-zun also being a solitary bachelor,)
(我就覺得...)
(I thought)
(就想跟本尊，好，就跟本尊學習)
(I should take Ben-zun as my role model.)
(這樣子)
(That's what I thought.)
(然後馬玉龍同道都帶動我)
(Some other senior members also helped engage me, for example, Yu-long Ma,)
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(然後謝金和同道帶動我)
(Jin-he Xie,)
(還有孟慶豪同道一起帶動，然後越帶動)
(and Qing-hao Meng. The more they engaged me,)
(耶，有看到就是彩色的一些相)
(the more vivid my visions became,)
(可是，就是越帶動，好像越有興趣的樣子)
(and the more interested I became.)
(然後希望早點到大樂的那個境界)
(I hope to experience the Great Enrapture soon.)
(因為我還是碩士生)
(I'm a graduate school student)
(然後之後就是要口試，就有很大的壓力)
(and am under great stress recently because of the upcoming final oral exam.)
(然後我們老師是助理教授)
(My supervisor is an assistant professor.)
(他就是丟個題目給你)
(He often throws research questions to us,)
(他不會管你怎麼做，他只要結果而已)
(and expects us to give him results no matter what methods are used.)

(我實驗的規劃比較不紮實，會有漏洞)

(My methodology is a bit rough,)

(所以我有好幾個禮拜)

(so for several weeks)

(就是一天只睡三個小時)

(I slept only three hours a day.)

(然後我心想，啊，我這樣不行啊)

(I knew I can't go on like this,)

(請本尊幫幫忙、請法身幫幫忙)

(so I turned to Ben-zun and my Dharma-body for help.)

(然後結果有一天)

(One day, as a result,)

(差不多到四、五點的時候，我意識開始起來)

(around four or five o'clock in the morning, I awakened to a vision of Ben-zun,)

(就看到，哎唷，《顯相集》裏面)

(as shown in *The Photo Collection of Dharma Body*,)

(本尊的眉心放光，那時候本尊穿碩士服)

(to an image of Ben-zun in a Master's gown emitting a beam of light from between his eye-brows.)

(然後眉心放光一直照一直照)

(The light continued shining on me)

(然後我就起來了)

(until I got back to myself.)

(就是還繼續要補實驗，在壓試體的強度)

(I was required to do an add-on experiment to examine the robustness of the test material.)

(那個時候我就放本尊 DVD)

(I was watching Ben-zun's videos while running the experiment.)

(結果，咦，那個試體怎麼壓)

(Much to my surprise,)

(咦，就蠻順利的)

(the experiment went pretty well.)

(試體就感覺跟大力水手吃菠菜一樣)

(The test material turned out to be so robust, like Popeye the Sailor Man after eating spinach.)

(覺得就變得很強壯，非常謝謝本尊，謝謝)

(It turned out to be very robust. Thank you, Ben-zun.)

你意思是說你看得見了是嗎？

Do you mean you have seen visions?

(對，然後記得很清楚)

(Yes. I can well recall them.)

有看到眉心放光？(那個是最清楚的)

You have seen a beam of light emitted from between the eye-brows [of my Fen-shen]? (This was the clearest vision.)

有活動嗎？(沒有，祂就一直瞪你這樣)

Did He interact with you? (No, He gazed into me)

(然後就那個光一直照亮著)，一直照你
(and kept shining light on me.) He kept shining light upon you.

(對對對)，看到眉心光就對了，(有)

(That's right.) You've seen light emission from the centre of eye-brows. (Yes.)

這樣就是看到了，(好，謝謝本尊)

This means you truly have seen. (Yes. Thank you, Ben-zun.)

看到，有一天也會大樂啊

Once you can truly see, you will eventually experience the Great Enrapture yourself.

(噢，謝謝、謝謝...)

(Oh, thank you.)

(感謝本尊，請本尊放光)

(Thank you, Ben-zun. Please enlighten me.)

來這裏沒有打坐、沒有儀式

Here we practise no sitting meditation and perform no formalities and ceremonial.

也沒有吃素，(是)

Neither do we require the keeping of vegetarian diet. (Yes.)

我們這裏直指人心，直截了當

We point straight to the mind, to the point.

(所以我覺得很快樂)

(So I'm very happy here.)

很輕鬆愉快來學道，(對)。享受道，(對)

Study the Tao with a light heart. (Yeah.)

Relish the bliss of the Tao. (Yes.)

不受苦，不是苦修，也不必戒齋

It requires no suffering, no practising
asceticism or fasting.

我們都沒有傳統儀式

Here we undertake no conventional
formalities and ceremonial.

但是我們也沒有反對其他的修法

That being said, we are not against them
either.

我們這裏是放光照明

We focus on light emission and
illumination.

你剛才被眉心放光照一下，就有了

As you said just now, you soon started to
have visions after being illumined by the

light emitted from the centre of [Fen-
shen's] eye-brows.

就可以看到了，不用修.....。

You can thus see without undertaking any
forms of practice.

(可以請本尊放光照媽媽嗎?)

(May I entreat Ben-zun to also enlighten
my mum?)

已經放了

It has been done already.

已經放了

Done already.

(謝謝本尊，感恩本尊)

(Thank you, Ben-zun.)

(感恩本尊，今生很榮幸能遇到本尊)

(Thank you, Ben-zun. It's my great honour
to be able to meet Ben-zun in this life)

(然後點燃法性，有了法身)

(and have my Dharma-nature awakened
and Dharma-body established,)

(讓我的心靈從染濁出現轉化，走向心淨)

(which has transformed my turbid mind to become pure and tranquil.)

(還真有天壤之別，內心真是感激又感動)

(My present state of mind is poles apart. I'm deeply moved and grateful.)

(我去年來到法身宗，在這之前呢)

(Before I joined this group last year.)

(我有八年的時間在陪伴照顧臥病的父親)

(I had been attending my sick father for about eight years.)

(到後面的三年)

(In the final three years.)

(不是在急診室過夜，就是待在病房裏)

(I spent most of the nights either in the hospital's A&E or bedward.)

(我吃了十幾年的素)

(I've been on a vegetarian diet for over 10 years.)

(依照佛家在講百善孝為先，孝順是不能等)

(Filial piety, according to Buddhist teachings, is above all virtues. It should not be put off.)

(但是這種身苦、心更苦的心境)

(Exhausted by physical weariness, and even more so by mental strain.)

(還夾帶著不捨的情執)

(along with a clinging tenacious feeling.)

(我常常躲在家裏的陽台角落邊的凳子上)

(at home I often retired to the stool in the balcony corner)

(好像那裏才是我心靈的避風港)

(as if it was my only harbour of mind.)

(遙望著天空，覺得人生何其苦)

(Gazing into the distant sky, I felt life is laden with sufferings and afflictions.)

(無語問蒼天)

(All words fail in the presence of God.)

(去年呢，我母親心肺功能不佳)

(Last year my mother's cardiopulmonary function started to deteriorate.)

(要常接觸那個氧氣機，需要有人陪侍)

(and thus she needed constant respiratory support and someone to attend her.)

(那可是這個時候我已經有了法身)

(With my Dharma-body having been established that time,)

(我可以很踏實地做好我夜間的照護工作)

(I was able to carry out my night care job properly.)

(因為我負責晚上的照顧，我坐在床邊)

(I took care of the night care. I often sat at her bedside)

(望著本尊照，看著本尊放光)

(gazing upon Ben-zun' photo, watching it sending forth light)

(灑落了一床的光，有時候是白光)

(upon the bed. The light sometimes appeared white,)

(有時候是黃光，還有摩尼珠袖會飛出來)

(sometimes yellow. The Cintamani jewel once manifested)

(就在房間裏頭輪轉)

(in the room rotating in mid-air.)

(本尊有時候會走出來，遞給我漂亮的花)

(Fen-shen would sometimes come forth from the photo and give me beautiful flowers)

(諸如香水百合，或是紅色的牡丹花)

(such as lilies, red peonies,)

(還有黃色的鬱金香，還有那個太陽花)

(yellow tulips, and sunflowers.)

(當本尊分身對我微笑的時候)

(When Fen-shen gave me a smile,)

(我整個心都開了)

(my mind was completely liberated.)

(我自己都笑出來了，真的很喜悅)

(I even broke into laughter with great joy.)

(很感恩本尊分身那種關懷之意)

(I'm very grateful for Fen-shen taking pity on me.)

(我的法身)

(My Dharma-body)

(就坐在母親旁邊的躺椅上)

(would usually sit on the deckchair beside my mother.)

(我想睡了，就示意法身)

(When I got sleepy, I would implore my Dharma-body)

(務必在必要的時候要叫醒我)

(to always wake me up when needed.)

(每次能夠達成任務)

(She never failed me.)

(我不再恐慌，而且很窩心)

(So I no longer panicked and felt rather secure actually.)

(不像從前總是似睡非睡)

(I used to dread falling asleep)

(唯恐有閃失)

(in fear of any mishap.)

(觀看 DVD 是我的精神糧食)

(Watching Ben-zun's videos has provided me great spiritual support.)

(我遵從本尊的導引)

(I followed Ben-zun's guidance.)

(也學會逐漸地與本體交往)

(and have learned how to communicate with my Ben-ti.)

(當我躺在母親旁邊的床舖上的時候)

(Sometimes when I lay on the bed beside my mother.)

(把牆壁上月曆的水果，芒果)

(I would visualise the fruits in the picture of the calendar on the wall, namely, mango.)

(水梨、香蕉、荔枝，都拿來實體的享受)

(pear, banana, lychee and so on, and relish them in the form of solid True-Form.)

(有時候逗逗牆壁上畫內的小女孩)

(Sometimes I would play with the little girl featured in the wall painting.)

(她就跑到我身邊來，蹦蹦跳跳)

(She would come forth, hopping, jumping.)

(轉來轉去的，我摸摸她可愛的臉頰)

(and twirling around me. I would then caress her adorable cheek.)

(還有胖胖的小手，還有看看她的大眼睛)

(chubby hands, look into her big round eyes.)

(童言童語地陪伴我於沈靜的晚上)

(and listen to her baby talks in the silence of night.)

(有時候我會漫步於林蔭小道上)

(Sometimes I would imagine myself strolling along a leafy trail)

(一路上綠意盎然)

(abundant in greenery)

(蟲鳴鳥叫，摸摸旁邊粗大的樹幹)

(and chirps of birds and insects. When I held out to touch the trees there,)

(樹枝跟樹葉會隨風飄搖，搖曳生姿)

(the branches and leaves would sway gently with the breeze.)

(偶然會看到野百合花盛行地綻放著)

(Sometimes there were also wild lilies in full bloom.)

(草叢間還會冒出小白花、小黃花)

(The bushes were burgeoning with white and yellow daisies)

(點綴了這美麗的景色)

(highlighting the whole scene.)

(我聽到了潺潺的水流聲)

(I also heard sounds of a waterfall)

(原來是遠方從山壁上傾瀉而下的瀑布)

(pouring down from a distant cliff.)

(水注四射，一股清涼的感覺襲上了心頭)

(The water splashed in all directions, giving a fresh, cooling sense.)

(走著走著，望著對邊的山頭)

(I walked on and gazed upon the mountain on the opposite side.)

(正值夕陽西下)

(The sun was setting in the west.)

(金黃色的光芒在那裏轉動轉動地)

(sending forth rays of golden light)

(如同本尊的眉心放光)

(as splendid as the light that shines forth from the centre of Ben-zun's eye-brows.)

(而其光亮，又如同是法界來的光源)

(It had the sort of brilliance as if from the Dharma-Realm,)

(源源不絕地透亮出來、透亮出來)

(shining forth unceasingly without obstruction.)

(你一直看就一直歡喜)

(The longer I beheld it, the happier I became.)

(一直看就一直歡喜)

(The longer I beheld it, the more elated I became,)

(好像要跟你的心合為一了)

(with my mind seemingly drawn to become one with it.)

(我現在終於明白)

(I've finally come to realise that)

(原來真的不需要用生命去苦修)

(ascetic practices are not really necessary.)

(將實相融入生活中)

(Merging the True-Form vision in the everyday living)

(祂的境界能渡化一切的苦厄)

(can eliminate all sorts of afflictions and sufferings.)

(你會感覺非常地高興)

(You would thus be imbued with joy.)

(在照顧母親的期間)	(以顯體發用於日常生活間作為回報)
(During this period of nursing my mother,)	(I will repay my gratitude by steadfastly carrying out Ben-zun's teachings in everyday life,)
(我不再是人生何其苦的感慨)	(並珍惜所擁有的一切)
(I no longer grieved how miserable life is.)	(and cherish all I have.)
(而是轉化成法喜來填補我的心靈)	
(My mind was instead imbued with Dharma-joy.)	(本尊道法)
	(I will)
(以上種種是本尊道含藏有珍貴廣大的法寶)	(終生也將永遠永遠流傳給世間有緣的人)
(The above various experiences of mine testify to the boundless Dharma-treasures contained in Ben-zun's teachings.)	(dedicate the rest of my life to transmit Ben-zun's teachings to anyone I chance to meet.)
(是本尊無私、慈悲地放光所賜給的)	(感恩本尊)
(They have been bestowed on us through Ben-zun's selfless, compassionate illumination.)	(Thank you, Ben-zun.)
(今天在此，這個機會)	(謝謝本尊讓我知道什麼叫作離苦得樂)
(I'd like to take this opportunity here)	(Thank you for expounding to us what it means by "divorcing sufferings and gaining happiness in return.")
(要說感恩本尊，永懷於心)	(感恩，謝謝，謝謝)
(to pay homage to Ben-zun, and will forever bear this in mind.)	(Thank you.)

妳的讚譽內容是妳直接看實相？

Did you see the above described True-Form manifestations directly?

(看到實相)

(I saw the True-Form manifestations.)

看到實相就這樣生活

You saw the True-Form manifestations and lived with them?

這樣嗎？(是)

Is it so? (Yes.)

剛才說潺潺的流水聲，還有什麼...

Just now you spoke of hearing sounds of running water and so on...

(我可以聽到水聲)

(I could hear water sounds.)

就是直接看到實相？(對，實體出來)

If you want to see True-Form manifestations, (Yes, solid True-Form manifestations would then appear.)

實相就可以就在妳眼前？(可以啊)

would they appear right before your eyes? (Yes.)

噢，那境界很好

You have keen True-Form visions.

現在可以看到妳自己的分身嗎？

Can you now see your own Fen-shen?

(可以，就站在前面)，這樣喔？(是的)

(Yes, she now appears before me.) Is it so? (Yes.)

噢，境界很好哩，(謝謝，感恩本尊)

Oh, you have keen True-Form visions. (Thank you, Ben-zun.)

妳來不久嘛？

Did you join this group recently?

(是，但是祂讓我知道什麼叫作離苦得樂)

(Yes. Despite this, my Fen-shen has already made me realise what it means by “divorcing sufferings and gaining happiness in return.”)

(很感恩本尊，謝謝本尊)

(I'm most grateful. Thank you, Ben-zun.)

妳孝順照顧母親，比較快

Your filial piety, devotion to taking care of your mother, has made it easier for you to attain so.

孝順，孝順的人很快

It's quick for filial people to attain so.

(我覺得情執我還放不下)

(Honestly I still can't let go of my emotional attachments.)

(我看到媽媽，看到父母痛苦)

(Seeing my parents suffer)

(我的心就揪痛，我就很痛苦)

(rends my heart. This grieves me greatly.)

有實相就能去除苦惱

The ability to see True-Form manifestations can rid you of afflictions.

(是啊，所以我很感恩本尊)

(That's true. So I'm very grateful to Ben-zun.)

苦惱的人，妳看到媽媽.....。

When you see your mother suffer....,

就希望她有法身，(是，謝謝)

you wish she can soon gain a Dharma-body. (Yes, thank you.)

人生就是這樣，家家有本難念的經

This is life. Every family has its own problems.

妳剛才讚譽，境界很好哩

The above True-Form visions you described are remarkable.

(我很感恩本尊，就是...)

(I'm most grateful to Ben-zun.)

妳能看到自己的分身就可以了。(是)

You can [see your mother] as long as you can see your own Fen-shen. (Yes.)

如果變成馬玉龍呢？妳看得到嗎？

Can you see [your Fen-shen] now transform into Yu-long Ma?

(可以啊，可以啊)

(Yes, I can.)

妳的分身，妳的分身去變，(變馬玉龍)

Your Fen-shen makes the transformation.
(She has turned into Yu-long Ma.)

妳的分身去變的，不是另外一個馬玉龍

Your Fen-shen turns herself into so. It's
not another Yu-long Ma from elsewhere.

(對啊，我的分身現在是馬玉龍)

(Yes, my Fen-shen has now turned into
Yu-long Ma.)

妳的分身沒有了，妳的分身變馬玉龍，
(可以)

Your Fen-shen has now disappeared and
turned into Yu-long Ma. (Yes.)

這樣也可以？(嗯，可以)

Can you see now? (Yes, I can.)

喔.....。(謝謝本尊)

Oh.... (Thank you, Ben-zun.)

妳現在在實相中，想再求什麼？

Now in the Realm of True-Form, what else
do you wish to gain?

(我當然境界越廣越深越好)

(Surely I wish my visions can go further
wider and deeper.)

妳希望求什麼，現在？

Any specific things you desire to gain?

有實相境界可以求

You may supplicate now that you can see
True-Form.

因為有時候妳不會用啊，祂流露了

Sometimes you just don't know how to
make use of It. It reveals,

可是妳不會用，我要告訴妳，想求什麼？

but you don't know how to use It. That's
why I'm asking if there is anything you
desire in particular.

(我現在就是飽和餓，就是不是那麼明
顯)

(Presently my True-Form perception in the
aspect of satiation vs. hunger is not so
clear.)

喔，飽跟餓，沒有飽足感？(對對對)

Oh, satiation vs. hunger. Lacking the
feeling of satiation? (Yes.)

天食妳吃得到嘛？(可以吃得到)

Have you ever tasted True-Form celestial
food? (Yes, I have.)

(但是餓的時候，說要飽的時候，有時候就...)

(But when it comes to making me full when hungry...)

(有時候就體會得沒有很好)

(the feeling tends to be vague.)

妳現在起可以吃到打嗝啊，會飽，打嗝

From now on it can make you full to the extent of having burps.

有飽了？飽足感？(喔喔喔，有有有)

Do you feel full now? Satiated? (Yes.)

妳沒有就講沒有，沒關係

It's fine to say no if you don't.

(有了、有了，打嗝了)

(Yes. I just burped.)

飽了喔？(嗯嗯)

Do you feel satiated now? (Yes.)

以後吃天食都會飽

From now on manifesting celestial food to eat can make you feel full.

(謝謝、謝謝、謝謝本尊)，好好好

(Thank you, Ben-zun.) Good.

(感恩本尊，我要來替我曾孫女讚譽)

(Thank you, Ben-zun. I'd like to present praises for my great grand-children.)

(因為我孫女要嫁的時候)

(Before my grand-daughter's wedding day.)

(不好意思)

(excuse me,)

(我把您的三張眉心放光給她當嫁妝)

(I gave her as a wedding gift three copies of your photo that shows a beam of light emitted from the centre of your eye-brows.)

(我說阿嬤沒有嫁妝)

(I told her I had nothing precious to give)

(我告訴她，三張這眉心放光)

(but these three photos.)

(這是本尊的照片，給妳當嫁妝)

(These are Ben-zun's photos for you as a wedding gift.)

(她一聲就說好，就拿走了)

(She happily accepted and took them away.)

(噢，我興奮地說)

(I said to myself excitedly)

(啊，她得到了，她得到了)

(she would eventually attain realisation.)

(那三張照片)

(Those three photos)

(就被她的三個孩子得去哩)

(were then given to her three kids.)

(她有一個五歲的)

(One of them is now five-year-old.)

(若是我拿一本書給他看)

(I once gave him a book to read.)

(他就翻閱了，翻閱了)

(He read through it.)

(他就告訴媽媽，媽媽，我好愛這本書)

(and then told his mum that he loved it so much)

(因為這本書會發光，他非常愛)

(because it would give forth light.)

(他就這樣看、這樣看)

(He saw it in this way.)

(連同他還有一個小妹四歲)

(He has a four-year-old sister)

(還有一個弟弟一歲半)

(and an 18-month-old baby brother.)

(他說去超商裏面)

(He once said when he went to supermarkets)

(去看裏面的東西)

(to check out some goodies.)

(他看到的都是活生生的喔)

(everything he saw would come alive)

(電視在演的)

(Even for food shown on TV,)

(都是可以吃的喔)

(and appeared ready to eat.)

(他也把它拿來吃了)

(he would do likewise.)

(都去拿過來，這兩隻手去拿來吃、拿來吃)

(還有現在)

(He would then imagine grabbing them over to eat with both his hands,)

(Recently,)

(進去裏面出來後說吃飽了)

(他還教他的四歲妹妹說那是可以吃的)

(and soon got full after leaving the shop,)

(he even showed his sister how to eat in this way,)

(媽媽，我吃得很飽)

(妳就要用這兩隻手去拿就會吃到了)

(telling his mum, "I'm so full now.")

(telling her to hold out her hands to get it.)

(裏面的東西我都吃光光了)

(用這兩隻手拿)

(I've eaten up all the goodies there.)

(Having grabbed it in his hands,)

(還有，他也看到報紙)

(拿了之後，換他，再換拿給他的小弟)

(Moreover,)

(he then passed it to his baby brother,)

(假如有拍攝吃的東西，他也都把它拿來吃)

(他小弟只有一歲半而已)

(suppose he sees images of food on newspaper, he likewise would imagine grabbing it over to eat.)

(who is only one-and-a-half year-old now.)

(就拿給他的小弟吃)

(He shared it with his baby brother.)

(他的小弟吃到還有聲音哩，吃到有聲音喔)

(His baby brother even ate to the point that chewing sounds were heard.)

(有聲音，他姊姊拿給他吃)

(Rather than waiting for his sister to feed him,)

(來不及吃嘛，他自己去拿)

(he too would hold out to take it himself)

(他自己也拿來吃)

(and then tuck in,)

(都吃到有聲音就對了)

(making loud eating noises.)

(最近大的那個，他就比較沒有在吃了)

(Recently the oldest one, however, is less often seen to eat in this way.)

(他就跟他的媽媽說)

(He told his mum,)

(媽媽，我們的那個房間)

(“Mum, in our room)

(有大日，有太陽啊，說有太陽，很亮)

(there is a great sun so bright.”)

(他說還會發光喔)

(He said it was shining forth light.)

(感恩本尊，因為我們四代都有)

(Thank you, Ben-zun. The four generations of us are all able to see [True-Form].)

(感謝本尊，託本尊的福氣，謝謝)

(Thank you, Ben-zun. We owe it all to your blessings. Thanks.)

小孩子自然流露，自然

It flows forth naturally in children. It's natural.

小孩子沒五官意識，也沒意見，就自然流露

Children have no discriminating mind and are non-opinionated, so It can flow forth naturally.

萬物可以物化，物化

All myraid objects can be materialised,

物化，可以變，變，可以變來變去

made manifest, and transformed freely.

變是本體的功能

Such is the function of Ben-ti.

肉身是果報，享受就好

The flesh body is a sort of karmic reward.
Just enjoy.

(好，感恩本尊)

(Right. Thank you, Ben-zun.)

好，請坐、請坐。剛才引用《莊子》的話

Good. Please take your seat. Earlier I
quoted a saying from *Zhuangzi*,

大道不報其人，而報人之天

“The Great Tao recompenses not the
physical being of man, but the heavenly
within.”

人之天就是人的本體啊

The heavenly within means one's Ben-ti.

小孩子沒有五官意識，流露得很快

Children have no discriminating mind and
thus are quick to pick up Its revelations.

所以你們四代都有嘛？(是)

The four generations of you are all able to
see? (Yes.)

從本體著手，要福報從本體

Start with your own Ben-ti if you are
seeking blessings.

本體裏面讓你取之不盡，用之不竭

The wealth within your Ben-ti is so great
that you can never exhaust it.

所以才有那句「至無而供其求」

Thus goes the saying, “The ultimate void
[within] is able to produce and provide
what one seeks.”

本體什麼都沒有，可是祂可以提供你所
求

Ben-ti has nothing but can grant whatever
you seek.

這一句必須在這裏再重複

I must restate this once more here:

不可能的事有時候就變可能

The impossible may sometimes become possible.

你聽不下去的，儘量聽下去

Try to accept it first even though you may find it hard to.

都是實現那些不可能的

What [Ben-ti] realises is all that is impossible.

用五官意識判斷

If you judge using your discriminating mind,

馬上「不可能」，你就沒有了

it becomes “impossible” right away, and you would then get nothing.

我是透過實際經驗告訴你

I'm telling you this based on my actual experiences.

有天冠光、大日，還有漩渦光.....。作根據

With the Celestial Corwn Light, the Great Sun and the Vortical Light as the foundation,

所以不用修、不用吃素、不用苦修

there is no need of undertaking practices, of keeping a vegetarian diet or of practising asceticism.

直接享受，自然流露

Just enjoy. It flows forth naturally.

(他沒有看到分身)

(He hasn't seen Fen-shen,)

(他會說那阿伯、阿伯)

(but would call Him “Uncle.”)

現在他如果在叫阿伯，你告訴他

If next time he calls Him “Uncle” again, tell him

人家現在都叫爺爺了

other children now call Him “Grandpa.”

不是阿伯了，現在升級了

No longer in the rank of uncle, He has been upgraded.

分身，我的分身就是天冠光變化的

My Fen-shen is emanated from the Celestial Crown Light.

所以我的分身代表天冠光

Thus my Fen-shen represents the Celestial Crown Light.

你們看到的分身稱為分化身

The Fen-shen you saw is also called an emanation body.

來來，年輕人，你剛才舉了好幾次手

Come, this young lad. You've raised your hand several times earlier.

(感恩本尊，感恩法身)

(Homage to Ben-zun. Homage to Dharma-body.)

(我想要先替我奶奶讚譽)

(Firstly I'd like to present praises on my grandmother's behalf.)

(就是我奶奶很老了啊，她今年八十五歲)

(She is fairly old, aged 85 this year.)

(今年年初的時候，她只是身體檢查)

(She had a health check earlier this year.)

(得了肺腺癌，而且是末期)

(and the report showed she had terminal lung cancer.)

(醫生說這不可能好了)

(The doctor said the chance of recovery is scant.)

(我自己覺得就是人老了，這個也是很正常)

(I wasn't surprised as this is a normal aging process.)

(不過就是五色珠可以治病的話)

(That being said, since the Five-Coloured Pearl is said to have a healing power,)

(那我就試試看，就是看那個五色珠)

(I gave it a go. I undertook to visualise the Pearl)

(然後看奶奶的樣子在裏面，然後再那個)

(and imagined my grandma to appear inside it,)

(再進到奶奶的身體裏面)

(and then the Pearl to enter her body.)

(我心想反正有分身會照顧老人家)

(Thinking that Fen-shen would look after her,)

你看到五色珠進入你奶奶身體裏面

You saw the Pearl enter your grandma's body.

(那我也後來也沒有想這麼多)

(對對對)，無醫而治

(I didn't pay much thought afterwards.)

(Yes.) Being cured without any medical treatments.

(上個月，聽到消息說，再去檢查的時候)

耶穌會醫病是因為那時候醫學不發達

(Last month, I heard that the latest checkup report)

Jesus did healing miracles because medicine that time was underdeveloped.

(癌症就不見了，腫瘤不見了，對)

現在醫學發達，儘量找醫生

(showed the cancer, the tumour, had mysteriously gone.)

Nowadays we have advanced medicine, so try to seek medical treatments first.

(感恩本尊)

如果說...萬一沒有辦法，癌症沒辦法

(Thank you, Ben-zun.)

If all available treatments have been exhausted and the cancer persists,

你有看到五色珠嗎？(有啊...有啊)

耶，五色珠試試看

Did you see the Five-Coloured Pearl yourself? (Yes, I did.)

yeah, you may try the Five-Coloured Pearl.

你說你幫她入五色珠嗎？(對對對)

五色珠就是我頭上不是有七顆珠嗎？

You said you put the Pearl in her? (Yes.)

Do you see that there are seven Pearls shining above my head?

(然後我再讚譽一個，就是感恩本尊...)

(I have one more praise to present. Thank you, Ben-zun.)

第四顆分化出來的

The Five-Coloured Pearl is derived from the fourth one.

(Next I'd like to thank you for enlightening and edifying us. After seeing you last time,)

我還沒有給你介紹過七顆珠啊

(後來有持續地演實相、演實相)

I haven't introduced to you these seven Pearls.

(I have kept practising to see True-Form.)

你能看到五色珠嘛？(是，可以)

(有一天早上，我在走路的時候)

Can you see the Five-Coloured Pearl now? (Yes, I can.)

(One morning when I was walking alone to some place,)

現在在你面前，你看得到嗎？

(走一走、走一走，忽然我變偶像)

It now appears before your face. Can you see it?

(an idea suddenly came to me)

(可以、可以、可以)

(心想變一個偶像)

(Yes, I can.)

(to manifest an emanation girlfriend)

你看到五色珠進入你奶奶？(對對對)

(就是陪我一起走啊)

Is it that you saw this Five-Coloured Pearl enter your grandma's body? (Yes. That's right.)

(to walk with me.)

(結果一變，沒想到就是...)

那很好，那很好，(嗯，感恩本尊)

(As a result, much to my surprise,)

Very good. (Thank you, Ben-zun.)

(我就是第一次體會到什麼叫作比真的還要真)

(再來感恩本尊放光提升，上次見本尊之後)

(I experienced for the first time)

(什麼叫作比真的還要真，就是活生生)

(what is more real than the corporeal. It was all lively.)

(然後祂就是出現在前面)

(She manifested before me,)

(然後轉頭，轉頭跟我就是微笑)

(and then looked back to give me a smile.)

(我就是整個好震撼，就...)

(I stood completely dumbfounded...)

不敢講就是色情觀

Not daring to tell means that you have a lustful view.

敢講就是法身觀

Daring to tell means that you hold an impartial Dharma view.

(沒有，那時候因為...)

(No, because that time....)

你先講偶像是誰？

Tell us first who your emanation girlfriend is.

(我偶像是上次...沒有，那次出的不是說...)

(My emanation girlfriend last time was.... No, not the same one....)

又換一個了？(又換了，對對對)

You changed again? (Yes, I changed again.)

有認識的啊？(我自己認識的)

Someone of your acquaintance? (Yes, of my acquaintance.)

你認識有這個人？(對對對)

You know this girl? (Yes.)

然後你把她變成實相？

You transformed her image into True-Form?

(對對對，就是這樣，就...就...)

(Yes, that's right....)

平常你欣賞她，把她變成偶像

You adore her, so you created an emanation girlfriend based on her image.

(沒有，因為比較熟)

(Not really. It's just because she is more familiar.)

比較熟，(所以比較好演)

More familiar. (So it's easier to practise.)

(比較好演，對，然後...)

(Easier to practise. Yah, then....)

講啊，(然後就出來，我就是因為太震撼了)

Go on. (I was so awe-stricken)

(我就我也沒有就是進一步了)

(that I didn't proceed further.)

(再讚譽是，有一天晚上在睡覺的時候)

(On another occasion, one night when I was ready for bed,)

(躺下去，咦，結果我的棉被就是...)

(as soon as I lay down, my blanket...)

(開始就是隆起來)

(suddenly bulged)

(裏面有東西在動啊)

(as if something was moving underneath.)

(我就心想那應該是那個偶像來了)

(I thought it must be that emanation girlfriend,)

(然後我就鑽進去)

(so I quickly tucked myself in.)

你聯想到第一個念頭就是偶像？

Your first thought was that emanation girlfriend?

(對，偶像，對)

(Yes, that's right.)

不會想到是阿飄啊，(就是想好的)

You didn't think it to be a ghost. (Think positive,)

(應該就會出好的)，對對對

(then what follows should also be positive.) That's right.

我一直強調真善美的世界

I have always emphasised to contemplate a world of truth, goodness and beauty,

美好的世界，正面的、光明的
a wonderful world, positive and bright,

(因為那時候房間燈暗暗的嘛，我就心想)

(That time my room was dim, so I thought to myself,)

體會人生的美好
and to experience the beauty of life,

(因為本尊有說，可以把祂變成光形)

(as Ben-zun had said before, to make her appear in the body of light)

宇宙人生的美妙，道的奧妙
the wonder of the universe and life, and the profundity of the Tao.

(再就是凝聚起來，然後就是光)

(by contemplating light to condense)

所以阿飄永遠不會出現
Thus ghosts would never get a chance to appear.

(光形啊)

(into a solid form.)

(然後我就掀開)

(When I lifted my blanket,)

光的形凝聚起來，(對對，凝聚起來)

Light condensed into a solid form. (Yes, it condensed.)

(果然就是那個偶像)

(there indeed lay my emanation girlfriend.)

(祂就會發亮，然後就是如來明妃)

(Her whole body was shining. I then experienced what is said to be the ecstasy of union with the Thus-Come Consort.)

剛才講的那個嗎？(不是)

The one you said earlier? (No.)

如來明妃？你要描述一下啊

又另一個？(對)

The ecstasy of union with the Thus-Come Consort? Tell us more about it.

Another one? (Yes.)

(就是...)，這樣你有色情觀

(It was like...) Your holding back means you are preoccupied with lustful views.

(就是...)

(It was like...)

(就是電線杆，然後進入，然後就是...)

(a power pole penetrating...)

現在改椰子樹了，(椰子樹，椰子樹進入)

It's now often compared to a coconut tree instead. (a coconut tree penetrating....)

(然後怎麼...就是人部怎麼如)

(Simply put, how the mundane copulation proceeds,)

(就是照著...)，你有色情觀，你有色情觀

(we followed suit.) You are preoccupied with lustful views.

好，然後呢？(目前就這樣，感恩)

Fine. What happened next? (That's all for now. Thank you.)

你要教剛才說要大樂的那一位

You should show the guy who earlier spoke of wishing to attain such Great Enrapture.

有沒有大樂？(有一次有)

Have you ever experienced the Great Enrapture? (I have once.)

(而且祂那個就是跟人部有一點不太一樣)

(It was more than the sensual pleasure experienced during the humanly copulation.)

(祂就是一波一波一波一波的)

(It came in waves)

(然後好像電流會就是滋滋滋)

(and a buzzing hum could be heard like electric currents.)

(這樣子)

(This is what I experienced.)

(我聽同道讚譽，就是會噴香水)

(Someone once praised to have also smelt perfume,)

(可是這個我到現在還沒有體會到)
(but I haven't experienced this though.)

繼續、繼續，因是已！

Keep watching open-mindedly whatever manifests before you!

(感恩本尊)，就這樣
(Thank you, Ben-zun.) Is that all?

來來來，(感恩本尊，各位菩薩吉祥)
Come, come. (Thank you, Ben-zun. Good day to you all Bodhisattvas.)

(因為我剛剛見到本尊，第一次見到本尊)
(This is my first time to meet Ben-zun in person.)

(然後本尊每天都在我精舍)
(Everyday when I get back to my vihara,)

(因為我會放 DVD)
(I would play Ben-zun's videos.)

(就是說每一次念經回來的時候)
(That is, everytime after I come back from chanting services,)

(都會放本尊的 DVD)
(I would always play Ben-zun's video)

(然後讓本尊自己在那邊說話)
(and leave it on.)

妳能看到分身嘛？
Can you see Fen-shen?

(沒有，我就...)
(No...)

(因為我去念經的時候)
(I know that when I go to do chanting services,)

(那都有無形的眾生跟著我回來)
(some of the deceased would follow me back home,)

(所以我不舒服，然後只要一回來的話)
(and this would make me unwell. Nonetheless, as long as)

(本尊的那個 DVD，我就身體好了)
(I play Ben-zun's video soon after the services, I no longer feel sick.)

(所以我就覺得這個本尊也很厲害)

(So I find Ben-zun is truly amazing.)

(就不用收驚、也不用念咒，就好了)

(I recovered instantly without the need of doing any Siu-kiann [i.e., recalling a frightened soul] or mantra-chanting.)

(所以也很感恩)

(So I'm very grateful.)

(就是說剛剛還沒有見到本尊之前)

(Earlier when waiting outside to see Ben-zun,)

(我就在外面就覺得想哭的感覺)

(I already felt like crying.)

(就很感動)

(I got so moved,)

(然後我心想，那等一下遇到、看到的
時候)

(thinking I would surely)

(我一定會哭)

(burst into tears when I see Ben-zun later.)

(我剛剛在這邊一直流眼淚，就哭得...)

(Just now my tears kept welling up....)

(就還會抽噎，就是說那種內心的那
種...)

(I was sobbing in great joy.)

(然後我就覺得我的...)

(I felt)

(我在那邊哭得就很感動)

(greatly moved.)

(所以我想我應該...)

(So I think I should....)

(我是從南部台南，昨天就上來)

(I came here from Tainan yesterday,)

(然後把一切工作就推掉，就特意今天
來)

(having put off all my work in order to be
here today)

(希望讓本尊能讓我這麼笨的人)

(in the hope that Ben-zun can)

(可以加持我)

(enlighten me being so slow-witted.)

(可以...可以加持我嗎?)

(May I entreat to be enlightened?)

妳都聽下去就有，(好)

You have it all as long as you can listen in acceptance. (Ok.)

(感恩本尊，就是說能加持我)

(Thank you, Ben-zun, for enlightening me.)

(因為我一想到眾生這麼苦)

(Everytime when I think of the sufferings of sentient beings,)

(所以我就覺得)

(I feel)

(我沒有能力幫助他們)

(so powerless in helping them.)

妳現在面向著天冠光在講，天冠光都聽到了

Now you're saying this before the Celestial Crown Light, so It has heard you.

所以妳順其自然，光的功能

Let nature runs its course. Just act in accord with the Light's revelation.

(感恩本尊)

(Thank you, Ben-zun.)

(因為那個我平常就有在聽您的帶子，然後...)

(I listen to your videos regularly....)

聽得下吧？(有，每天都有在聽)

Can you listen in acceptance? (Yes, I listen everyday.)

(因為我自己一個人住)

(I live alone.)

(所以您等於是我的伙伴)

(so you are like my companion.)

能聽到分身出現，最好，(好)

It's best if you can keep on listening to the point that your Fen-shen manifests before you. (Right.)

看到你自己的分身更重要

It's more important that you can see your own Fen-shen.

(好)

(Yes.)

例如她的姪女也是出家人

Take her niece, also a nun, for example.

在加拿大自己有分身

She lives in Canada and has realised her own Fen-shen.

(我知道，我去過她家)

(I know. I've been to her place.)

(所以她也送我本尊的相片)

(She gave me your photos,)

(我都放在我的床頭上)。柯慧玲嘛

(which I still keep on the headboard of my bed.) Hui-ling Ke, right?

(然後黃國賢那個先生他說)

(Guo-xian Huang once said to me that)

(師父，妳都常去念經)

(my sutra-chanting)

(那這些亡者都可以得救)

(can indeed save the deceased)

(你就想像他們的相片裏面就有大日的光)

(if I visualise the Great Sun to appear in their photos while doing the chanting.)

(然後我每次都要想像)

(So I tried,)

(可是我看不到)

(but saw nothing.)

(我都不知道說他們有沒有得渡)

(I don't know whether they have really been delivered across.)

(只是我都會想本尊的...)，改天妳看到的話

(I would imagine Ben-zun's....) Suppose one day you see them,

都會看得很清楚啊，(好，謝謝)

you would see in great clarity. (Thank you.)

會看得很清楚，妳自己都馬上知道

You would see in great clarity and know rightaway.

現在也不用急，(最好不要看到那個鬼)

No need for haste now. (Hopefully I won't see ghosts.)

(因為我每天去念經，假如看到他們)

(I do chanting services everyday. If I see them,)

(我可能會怕)

(I would probably freak out.)

這樣嗎？

Really?

妳自己念經，妳還怕鬼？

You do chanting services and still fear ghosts?

妳怕鬼，妳得要靠光，喂，光與我同在

When you feel creepy, you should turn your thoughts to the Light and think, "Hey, the Light is with me."

光與我同在，這樣

"The Light is with me."

(現在比較不會怕了)

(I don't fear as much as I used to.)

(現遇到本尊之後，本尊的就是說)

(After I met Ben-zun,)

(我知道修行其實是在於人都要善良的心)

(I realised that all forms of Buddhist practices are meant to cultivate a benevolent heart.)

(所以我出家才八年)

(I have only entered the monastic life for eight years.)

(我八年裏面)

(In these eight years,)

(我去每個寺廟這樣看過之後)

(I have been to many temples, monastries, and the like,)

(我就想我有一天可能也會就是說還俗也好)

(and this made me think that I might one day resume secular life)

(或是繼續這種身相出家也可以)

(or continue to live the monastic life in this way.)

(因為我可能屬於)

(I find myself)

(比較「修女也瘋狂」這種方面)

(more like the easy-going nun in the movie “Sister Act.”)

(因為我比較自在，而且假如說以做人來講)

(I’m easy-going,)

(我比較屬於說以道德為本)

(and I treat others based on moral principles,)

(就是說人心都要善良)

(believing that one should have a kind heart,)

(不要說嘴巴講的戒律一大堆)

(rather than merely giving empty talks of precepts)

(然後自己又做的行為又不好)

(and acting otherwise.)

(所以我比較...)

(That’s why)

(我就沒有進到寺廟裏面住)

(I chose not to live in the monastery.)

(因為我只要進到寺廟裏面住的話)

(Otherwise,)

(可能沒有幾個月)

(before long)

(會讓人家遣單出來)

(I would surely be expelled.)

(因為他們都希望去的話)

(Because people there all believe)

(都是說什麼戒律、什麼戒律)

(precepts should be put before everything else.)

(可是我覺得人就是要幸福)

(But I believe people should live happily,)

(要快樂、要自在)

(be happy, be at ease,)

(然後都要真誠的心)

(with a sincere heart,)

(所以不是那種嘴巴在講的戒律)

(rather than just talking emptily of the precepts,)

(所以我就很反彈說，怎麼現在的時代)

(which disgusts me greatly.)

(怎麼都會變成這樣子?)

(How come the present social mores have turned so?)

(所以我就自己就從寺廟出來)

(That's why I chose to live outside of the monastery,)

(自己蓋一個房子，在台南關廟那邊住)

(and to build myself a house in the Guanmiao District of Tainan.)

(所以我自己心想，我要過著快樂的生活)

(I believe I have to make myself happy)

(然後這樣可以幫助眾生快樂)

(before I can help others to be happy.)

(不要說嘴巴一直講什麼戒律、什麼戒律)

(Talking profusely of precepts)

(害得那眾生都不敢接近我們出家人)

(would only put people off us Buddhist monks and nuns.)

妳再提升起來，提升，先妳自己的分身起來

Cultivate yourself first. Realise your own Fen-shen first.

這樣就好解決了，(好，感恩)

The rest is easy to solve. (Right. Thank you.)

自己的分身先起來

Realise your own Fen-shen first.

那些鬼就都渡到了

Those ghosts would naturally be delivered across as a result.

(所以我希望說我可以自立之後)

(Hopefully after I attain realisation,)

(可以再幫忙眾生，這樣子)

(I would be able to help sentient beings attain likewise.)

(我比較不喜歡儀式)，妳先坐下

(I'm not particularly fond of ritual formalities.) Take your seat first.

(謝謝)，妳這老莊思想

(Thank you.) Your view is in line with the philosophy of Laozi and Zhuangzi,

退仁義，賓禮樂

in line with the idea to push back benevolence and righteousness and to treat ceremonial and music as guests.

老莊反對仁義啊

Laozi and Zhuangzi disagree with the idea of benevolence and righteousness.

古代的制度、儀式.....。一大堆

In ancient times, there were copious rules and formalities.

竊國者仁義之士

Usurpers are often those who seem to be benevolent and righteous people.

「竊國者為諸侯」

“Usurpers are often monarchs of the vassal states.”

諸侯都存仁義

They commonly endorse benevolence and righteousness.

《莊子》反對仁義

Zhuangzi states against the idea of benevolence and righteousness,

所以他用駢拇、用十一指，那都是多餘的

and likens it to an extra thumb.

我剛才開始就告訴你「純素之道」

That's why I explained in the beginning the “Pure Tao”

直指人心

that aims straight at the mind.

其餘是多餘的，打坐、禪定...

Other methods such as sitting meditation, meditation in stillness and so on, are extraneous.

人間傳統的儀式

All sorts of worldly conventions,

自然規律的儀式仁義道德等等，與道無關啊

formalities concerning the regularity of nature, benevolence, righteousness, moral conducts and the like, are all irrelevant to the Tao,

所以純素，直截了當

because It is completely pure, straightforward.

打坐、仁義、道德、渡眾生、什麼...

Sitting meditation, benevolence, righteousness, moral conducts, deliverance of sentient beings and so on...

先把自己渡起來，就是分身出來

Undertake first to deliver yourself across, that is, to realise your own Fen-shen.

你才能渡別人，無渡而渡

You would then be able to deliver others, to deliver without delivering.

你分身起來，你分身就替你辦事了

Once established, your Fen-shen can work on your behalf.

你如果靠自己這個人去拚，人道

If you endeavour relying solely on yourself, you are going the human way.

疲累者人道，無為者至尊。無為，天道

One who pursues the human way eventually gets exhausted with toil; one who contrives nothing is unsurpassed. To act without contrivance is the Way of Heaven.

所以妳知道不要那些儀式禮儀

Thus you know to rid of all those formalities and ceremonial.

傳統的佛教就是儀式禮儀為特徵啊

Traditional Buddhism is characterised by its focus on formalities and ceremonial.

重點沒做到

The essence is nonetheless missed.

孔子實現禮、義.....。

Confucius promulgates to practise ceremonial and righteousness....

莊子反對，並非反對孔子本身

Zhuangzi disagrees with such ideas, not with Confucius personally.

因為那些與道無關嘛

Because those ideas are irrelevant to the Tao.

維摩詰講本心，我剛才回答他

Vimalakirti points straight to the Original Mind. Thus I answered him earlier

豁然開朗，還歸本心

that with attention returned to one's Original Mind, one attains instant liberating clarity.

儀式、仁義...猶如「相响以濕，相濡以沫」

To practise formalities, benevolence, righteousness and so on is like fish [when pulled out of water] “to moisten one another by the damp about them, and to keep one another wet by their own slime.”

在那裏「不如相忘於江湖」

Such is not as good as “living freely in rivers and lakes oblivious of one another.”

魚啊，相响

Fish moistens one another

吐口沫互相...求生

with their own slime to survive.

不如在江湖中

This cannot compare with living freely in rivers and lakes,

把魚放進河中，江河，讓牠自由自在啊

setting the fish free in rivers and lakes.

以泡沫在那裏互相生存而已

To moisten with slime is merely to survive.

儀式一大堆，不如進入本心

To undertake by practising various formalities is not as good as to enter straight into the Original Mind.

儀式多餘的

The formalities are extraneous.

但是也不能否定別人

Surely we are not to negate others.

否定別人、肯定自己，我也沒有這個意思喔

I don't mean to affirm myself by negating others. Don't take me wrong.

用妳的內容來講

My reply

我的回答是針對妳讚譽者的內容

is based on the contents of your praises.

(我再請教本尊)

(I have one more question.)

(我為什麼看到本尊會哭?)

(How come I can't help bursting into tears when seeing Ben-zun?)

我剛才說一句話

As I've said earlier,

「天機不張而五官俱備」

“The heavenly function lies dormant within, inherent in the five sense-faculties.”

本體流露出去啊，感受是你的靈魂

Your Ben-ti reveals outwards, and your soul perceives it.

找到光了，很感動

It has finally found the Light, and thus is greatly moved.

靈魂知道這個光，而肉體不知道

Your soul recognises this Light, although you don't.

妳莫名奇妙怎麼會哭？為什麼會感動？

How come you would burst into tears?
How come you would get so moved,

或莫名喜悅？

or feel an indescribable joy welling within?

就是「天機不張而五官俱備」

This is because “The heavenly function lies dormant within, inherent in the five sense-faculties.”

靈魂看得出來

Your soul can recognise the Light,

噢，它會攝受光

and would thus come forth to absorb the Light.

所以我剛才講

As I've said earlier,

道啊，不報其人，而報其人之天，人的本體

the Tao recompenses not the physical being of man, but the heavenly within, that is, Ben-ti.

亦即針對你的本體

It aims at your Ben-ti.

道，以光來說

The Tao can be regarded as the Light.

光是照到你的靈魂，不是在照你的肉體

It is your soul that the Light shines upon, not your flesh body.

噢，看到天冠光...

When you see the Celestial Crown Light, for instance,

是你的靈魂看到，你的法性看到的

It is seen by your soul, your Dharma-nature.

《莊子》，認為有真君

Zhuangzi believes there exists a True Master.

你求祂有成，有得到、沒得到

Whether He answers your requests or not,

祂還是真實的存在，還是不增不減地存在著

He truly exists, neither increased nor diminished.

但是人不知道有本體存在

However, most people are unaware of the existence of Ben-ti.

例如妳出家人，妳存在是佛，拜釋迦佛

You as a nun believe in the existence of Buddha, and worship the Buddha Shakyamuni.

向外拜佛，忽略了本心

You seek outwardly worshipping Buddha, and have ignored your Original Mind.

所以仁義、道德

How much more so have the ideas of benevolence and righteousness and morality

不知道毀滅了多少本體、本心

obscured one's Ben-ti, one's Original Mind.

莊子的思想的表現是如此

Such is the point of Zhuangzi's philosophy.

莊子感覺人的悲哀就是向外追求、向外追求

He reckons that the misery of mankind comes mainly from seeking outwardly.

因此說終身役役，勞累不堪

Thus he states that one toils all one's lifetime

結果無所得

without ever seeing any fruition.

莊子教人找真君

Zhuangzi exhorts to turn inward to find one's True Master within.

莊子的思想就是如此

Such is the point of his philosophy.

拜佛、拜阿彌陀佛，拜佛念心，念心就是念佛

To worship Buddha, to worship the Buddha Amitabah, is to contemplate one's own mind.

念佛就是在念心

To contemplate Buddha is to contemplate one's own mind.

這是《觀無量壽經》講的啊

This is stated in the *Amitayurdhyana Sutra*.

念心是念佛

To contemplate the mind is to contemplate Buddha.

《觀無量壽經》第八觀

The eighth contemplation of the *Amitayurdhyana Sutra* states,

「是心是佛，是心作佛」，是不是有這一句？

“Mind is Buddha; Mind is to be esteemed as Buddha.” Does it not state so?

心就是佛，佛就是覺悟，「覺」，覺悟

Mind is Buddha. Buddha is the awakened one who has attained awakening.

覺悟是要什麼？從內心的覺悟

What's the purpose of attaining awakening? To awaken one's mind.

否則梁武帝問達摩，有佛嗎？

Otherwise, why would Bodhidharma, in response to the Emperor Wu of Liang's query on the existence of Buddha,

達摩告訴他，無佛

answered him that there is no Buddha?

為何無佛？心就是佛啊

Why is there no Buddha? Because mind is Buddha.

佛在心中莫遠求，自己的本心佛

Buddha is within one's mind; there is no need to seek afar.

六祖有講本心就是真佛，真心就是真佛啊

The Sixth Patriarch of Zen explains that the Original Mind is true Buddha; true Mind is true Buddha.

所以心就是佛，念心就是念佛

Thus it is said that mind is Buddha. To contemplate mind is to contemplate Buddha.

你拜到阿彌陀佛出現

Even though you worship outwardly to the point that the Buddha Amitabha appears before you,

你的本體變的啊

still, it is made manifest by your Ben-ti.

所以本體的功能...

Thus Ben-ti's function,

我剛才講的與上帝相同，與佛相同

as has been said above, is equal to God, to Buddha.

所以佛在心中莫遠求

Buddha is within one's mind, not to be sought afar.

心就是佛

Mind is Buddha.

反求自己，回歸找自己的心

Turn your attention inward to seek within your mind.

「豁然開朗，還歸本心」

“In a sudden liberating clarity, one has returned to one’s Original Mind.”

眾裏尋他千百度，驀然回首...

“Having searched for someone in the crowd for hundreds of thousands of times but to no avail, I looked back in a sudden,

忽然間轉頭，那人卻在燈火闌珊處

seeing that the person is right there not afar, between sparse, fading lamplights.”

一直向外尋找，你驀然回首，回歸找自己

Likewise, you have been searching outwardly all along. With a sudden turn of mind, a return to find oneself,

啊，「那人」就是「本體」

you will realise that the “person” is actually your “Ben-ti,”

祂朦朧朦朧站在燈火等你了

who has been standing among fading lamplights waiting for you all along.

所以妳拜佛並沒有錯啊

You are not wrong in worshipping Buddha.

拜佛就是在拜自己

To worship Buddha is to worship oneself.

淨土宗有三個觀念

The Pure Land Buddhism teaches these three principles:

文字(持名)念佛，觀照念佛，實相念佛

to contemplate Buddha by reciting Buddha’s name; to contemplate Buddha by practising meditation; to contemplate Buddha in the form of Truth.

實相念佛就是把那佛偶像變成實相

To contemplate Buddha in the form of Truth can be done by visualising in True-Form any Buddha-idol you prefer.

開頭妳說的念經，念念念

You said earlier of sutra-chanting.

文字念佛

To contemplate Buddha by reciting sutras

你念經使意識不要胡思亂想

is meant to rein your wandering thoughts,

不要雜念進入，然後顯你的本體出來

to relinquish any distracting thoughts so that your Ben-ti can reveal.

你打坐要靜慮，打坐來靜慮、靜慮

To practise meditation in stillness

然後現出你的本體，也是為了本體啊

is also intended for revealing one's Ben-ti.

打坐、禪定、布施...喔，做善事

This applies to the various practices, namely, meditation in stillness, alms-giving, doing good deeds,

諸惡莫作，諸善奉行，百善孝為先

creating no evil, cultivating all good, upholding filial piety above all, and so on.

布施，是佛教講的六度波羅蜜，持戒

Alms-giving is one of the six paramitas, which contain also

忍辱、精進、智慧、禪定，六度波羅蜜啊

the practices of forbearance, of perseverance, of wisdom, and of meditation in stillness. The six paramitas

也是為本體呵！

are also intended for revealing Ben-ti.

布施就是做好事，造福給人家

To give alms is to do good deeds, to bring blessings to others.

「不為福先，不為禍始」

“Take no initiative either in bestowing blessings or incurring misfortune.”

你給人福，就是禍的開始，因為福禍相依

Bestowing blessings on others is in fact the cause of their future misfortune, for blessing and misfortune are interdependent.

莊子講的，不為福先，不為禍始

Zhuangzi says so. “Take no initiative in bestowing blessings or incurring misfortune.”

不要做禍端的開始

Don't be the cause of misfortune.

不要開始就為惡，你到最後就有壞的報應了

If you start off doing evil, you would eventually get bad retribution.

所以「不為福先」

Thus the saying goes: "Take no initiative in bestowing blessings."

布施就是要給人家福，給人家好

To give alms is to bestow blessings on others

看眾生可憐.....。

out of pity for them...

你讀過《本生經》，輪迴好幾世、好幾世

If you've read the stories of reincarnation in the *Jataka Tales* before,

那個人會如何、如何，都與過去世為惡有關

you should know that one's bad karma is related to one's evil deeds in previous lives.

無惡不作，結果當餓鬼，你想要去渡他

One becomes a hungry ghost because of having committed all sorts of crime. If you want to deliver such a person,

先渡自己才能渡別人，先渡化自己啊

you have to deliver yourself first.

妳可以採取妳的方式

You may approach this in your own way.

順其自然，照妳的方法

Let nature runs its course. Go your way.

然後遇到光照明，看到妳分身以後

After you've encountered illumination and seen your Fen-shen,

妳整個模式就改變了

your present way of thinking will be overturned.

模式改變

Your way of thinking would change.

但不一定要改變自己的模式

It's not necessary that you change your present way of living

要還俗，照你的模式就好

to resume secular life. Go your way,

順其自然就對了

and let nature runs its course.

所以，先渡自己

Undertake first to deliver yourself.

才可能渡別人

Then you can deliver others.

若沒渡自己，光是說要渡人

If you can't deliver yourself and simply
claim to do so for others,

那就像妳剛才說的，看到鬼就會怕

you, as you said earlier, would panic when
seeing ghosts.

好好好好好

Good. Good.