

# The Nine Messages

## Meditations for Kamalashila 4

### 《九大教言》莲花戒系列四的冥想



#### K4 Meditation #1

How often do I think about building  
a mandala paradise?

How will I do it?

Where will it be?

莲花戒系列四 冥想#1

我会多常去思维关于曼陀罗天堂的建设？

我将如何去做？天堂会在何处？

#### K4 Meditation #2

If I had them today,  
how would I use each  
of the five kinds of eyes?

莲花戒系列四 冥想#2

如果今天我已拥有五眼，

我会如何使用每一种？



#### K4 Meditation #3

How could I plant the seeds  
to make the hidden seen,  
and a fingersnap of all time?

莲花戒系列四 冥想#3

如何播种，

让隐藏的显现可见，

让一切时间成弹指一瞬间？

The Nine Messages 九大教言  
Meditations for Kamalashila 4 莲花戒系列四



**K4 Meditation #4**

**Explaining the Dharma:**

**Is it ever alright  
not to dig deeper?**

**莲花戒系列四 冥想#4**

**解释佛法：**

**是否有不需要进一步深究的时候？**

**K4 Meditation #5**

**Chi Jedrak:**

**What is the difference between  
“The Dharma” and  
a book of Dharma,  
like the Diamond Cutter?**

**莲花戒系列四 冥想#5**

**齐拏答：**

**“佛法”与如《能断金刚经》此类的  
佛法书籍之间有何不同？**



**K4 Meditation #6**

**Pens never touch writing,  
words never describe anything,  
words never convey ideas,  
and luminous images  
never create things.**

**No one teaches the Dharma.**

**莲花戒系列四 冥想#6**

**从未触碰到书写的笔，  
从未描述任何内容的词语，**

**从未传达任何概念的词语，  
和从未创造任何东西的发光图片。  
无人教法。**



**The Nine Messages 九大教言**  
**Meditations for Kamalashila 4 莲花戒系列四**



**K4 Meditation 7**  
**Buddha under the Bodhi tree:**  
**Did I make him enlightened?**  
**Did I create history?**  
**Deceptive & true.**  
**莲花戒系列四 冥想#7**  
**佛在菩提树下：**  
**我曾让他开悟？**  
**我曾创造历史？**  
**欺骗与真相。**

**K4 Meditation 8**  
**The honor of being a teenager,**  
**among normal people**  
**莲花戒系列四 冥想#8**  
**凡人中的青少年荣誉**



**K4 Meditation 9**  
**Who the Buddha is not,**  
**and who the Buddha is,**  
**and who the Buddha**  
**could not be.**  
**莲花戒系列四 冥想#9**  
**佛陀不是谁，**  
**佛陀是谁，**  
**佛陀不可能是谁。**

**The Nine Messages 九大教言**  
**Meditations for Kamalashila 4 莲花戒系列四**



**K4 Meditation 10**  
**The thousand names of emptiness;**  
**how many do you know?**  
**莲花戒系列四 冥想#10**  
**空性数千名；**  
**其中知多少？**

**K4 Meditation 11**  
**A reminder:**  
**never deny**  
**that things exist**  
**莲花戒系列四 冥想#11**  
**一个提醒：**  
**永远不要否认事物的存在**



**K4 Meditation 12**  
**How can I stay**  
**neither in the cycle**  
**nor in nirvana?**  
**莲花戒系列四 冥想#12**  
**我如何能**  
**即不住轮回，**  
**又不住涅槃？**

**The Nine Messages 九大教言**  
**Meditations for Kamalashila 4 莲花戒系列四**



**K4 Meditation 13**  
**How do empty things**  
**in my life**  
**still do something?**  
**莲花戒系列四 冥想#13**  
**生活中的空空事物，**  
**如何仍能有所作为？**

**K4 Meditation 14**  
**I need to stop**  
**pleasant parts of life**  
**with painful endings:**  
**Learn not to be good**  
**without understanding;**  
**Always be**  
**the start of a virus**  
**莲花戒系列四 冥想#14**  
**我需要消灭那些生活中**  
**伴有痛苦结局的愉悦成分：**  
**学习不要脱离理解而为善；**  
**永远成为病毒的开始。**



**K4 Meditation 15**  
**Subhuti doesn't get it;**  
**can I also**  
**use skillful means**  
**to spread the Dharma?**



The Nine Messages 九大教言  
Meditations for Kamalashila 4 莲花戒系列四



莲花戒系列四 冥想#15

须菩提并没理解；

我是否也能用巧妙方法（善巧方便）

来传播佛法？

K4 Meditation 16

The yoga of everyday life:

The Buddha goes for groceries,

To the left

莲花戒系列四 冥想#16

每日生活瑜伽：

佛陀去超市，

往左



K4 Meditation 17

Me as the Tathagata,

The One Gone Thus—

by thinking a certain way

莲花戒系列四 冥想#17

如来佛是我，

如此离去者（如来）——

借助某种思维方式。



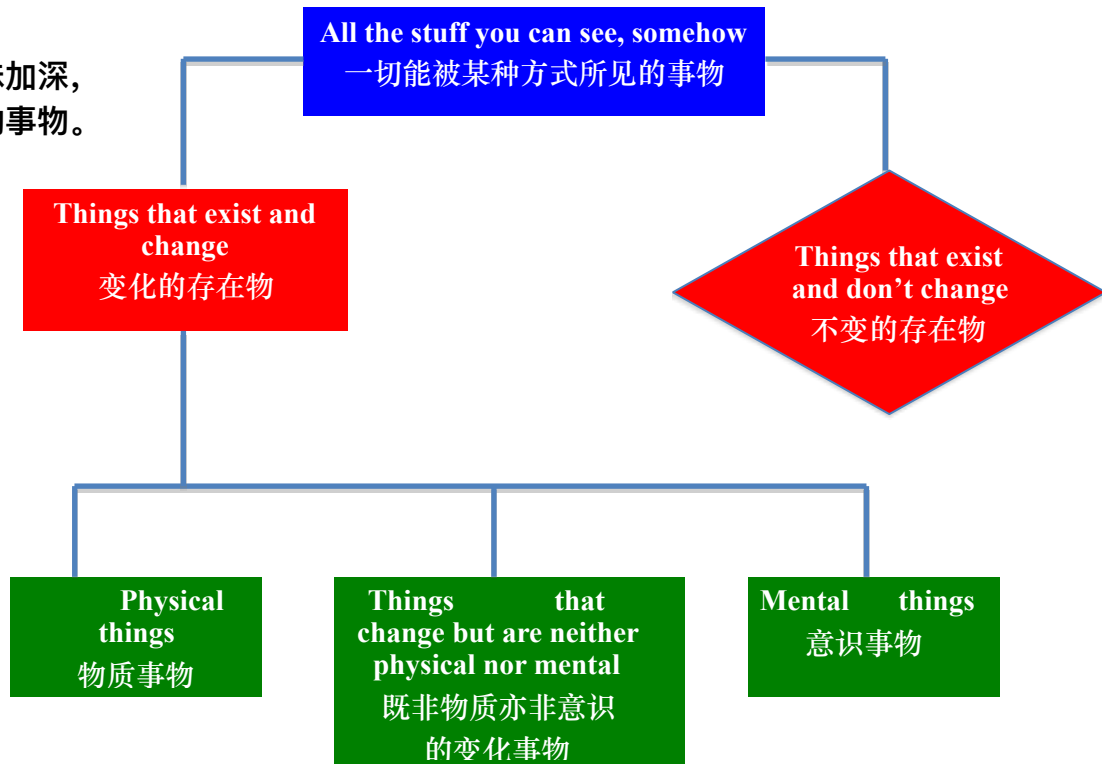
**K4 Meditation 18**

**Going deeper**

**in the first of  
the Six Flavors  
to see clearly  
what's coming from me**

莲花戒系列四 冥想#18

在六味空性中的第一味加深，  
以清楚理解由我而来的事物。



**K4 Meditation 19**

**The one who is thinking well  
thinks of the emptiness  
of the one**

**The Nine Messages 九大教言**  
**Meditations for Kamalashila 4 莲花戒系列四**



**who is thinking well**  
**莲花戒系列四 冥想#19**  
**善思维者**  
**在思维善思维者的空性。**



**K4 Meditation 20**  
**The nature of the things around us:**  
**Stars of the black night,**  
**Cataract people who hurt us,**  
**The dark lamp of our awareness**

**莲花戒系列四 冥想#20**  
**我们周遭事物的本质：**  
**黑夜中的群星，**  
**伤害我们的白内障人，**  
**我们的暗灯觉知。**

**K4 Meditation 21**  
**Tasting the things around us:**  
**the magic trick,**  
**our mother's finger —**  
**a recipe for disappointment**  
**莲花戒系列四 冥想#21**  
**品尝我们的周遭事物：**  
**魔术，母亲的手指——**  
**轻易让希望落空。**





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**Meditations for Kamalashila 4 莲花戒系列四**



**K4 Meditation 22**

**The two problems of things around us:  
good things always change,  
like dew on a grass tip;  
and they were all  
suffering anyway,  
like a bubble**

**莲花戒系列四 冥想#22**

**我们周遭事物的两个问题：**

**好事总是会变，  
如草尖的露珠；  
且无论如何其皆是苦，  
如同泡沫。**

**K4 Meditation 23**

**Three messages to make us sad:**

**No one can keep the dream,  
of good days past;**

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Meditations for Kamalashila 4 莲花戒系列四

No one can hold to the  
lightning  
of heartfelt  
present moments;  
No one can say tomorrow's  
clouds will be  
white and lovely

莲花戒系列四 冥想#23

令我们伤悲的三条教言：

无人能延续好梦，美好的过去必然逝去；  
无人能抓住雷电，衷心真意的当下必去；  
无人能预言云朵，不知明日的白色与美丽。

