

# The Honor of Being A Teenager:

作为青少年的荣誉：

The Meditations of Kamalashila,  
Part 5

莲花戒系列冥想 第五部分



Diamond Mountain

Retreat Center

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## The Honor of Being a Teenager: The Meditations of Kamalashila, Part 5

*Note: The meditation course based on Master Kamalashila's "Great Commentary to the Diamond Cutter Sutra" is designed to cover each of the first three quarters of the text during the first three sessions (typically of 5 to 7 days in retreat for each, with a long early-morning class). The course then skips to the Nine Messages contained in the Poem of Emptiness & Impermanence which comes at the end of the sutra, since this requires an entire, fourth session on its own.*

备注：基于莲花戒大师对《能断金刚经》的伟大论释，本冥想课程的计划为在前三部分闭关课程中（典型的情况为每次持续五到七天，每天清晨都有一堂很长的早课）讲完前四分之三经文内容的每一部分。然后，这个系列课程跳到了经文结尾出现的“空性与无常之诗”所包含的《九大教言》的教授，因为此部分内容需要完整的一次课程，即第四部分的课程才能讲完。

*And then finally, in a fifth retreat session, the course comes back to the final quarter of Master Kamalashila's commentary, where he and the original sutra are largely repeating and consolidating the points taught up to that point. This material does not require a full retreat session of its own, and thus allows time for a thorough Idim Review of the entire sutra and commentary during the fifth session. The Idim Review is contained in a separate document.*

到最后，在第五部分的闭关课程中，此课程再回到了莲花戒大师论释的最后四分之一的内容，其中无论是莲花戒大师还是世尊佛陀在其佛经原文中都主要在重复和强调到目前为止的教授。这些内容并不需要一个完整的闭关课程来讲，因此我们才有时间对此佛经和论释进行完整的念图复习。念图复习的内容在另一份独立的教材里。

The Nine Messages 九大教言  
Meditations for Kamalashila 4 莲花戒系列五



**Kamalashila 5  
Meditation 1**

How often do I think about  
building a mandala paradise?

*How will I do it?*

*Where will it be?*

**莲花戒系列五 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？

**Kamalashila 5  
Meditation 2**

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

**莲花戒系列五 冥想2**

如果今天我已拥有五眼，

我会如何使用每一种？



**Kamalashila 5  
Meditation 3**

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

**莲花戒系列五 冥想3**

如何播种，

让隐藏的显现可见，

让一切时成弹指一瞬间？

The Nine Messages 九大教言  
Meditations for Kamalashila 4 莲花戒系列五



**Kamalashila 5  
Meditation 4**

Explaining the Dharma:

*Is it ever alright  
not to dig deeper?*

莲花戒系列五 冥想4

解释佛法：

是否有不需要进一步深挖的时候？

**Kamalashila 5  
Meditation 5**

Chi Jedrak:

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

莲花戒系列五 冥想5

齐挈答：

“佛法”与如《能断金刚经》之类的  
佛法书籍之间有何不同？



**Kamalashila 5  
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.*

莲花戒系列五 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 莲花戒系列五



**Kamalashila 5**

**Meditation 7**

Buddha under the Bodhi tree:

*Did I make him enlightened?*

*Did I create history?*

*Deceptive & true.*

莲花戒系列五 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。*

**Kamalashila 5**

**Meditation 8**

The honor of being a teenager,

among normal people

莲花戒系列五 冥想8

作为凡人中青少年的荣誉



**Kamalashila 5**

**Meditation 9**

Who the Buddha is not,

and who the Buddha is,

and who the Buddha

could not be

莲花戒系列五 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 莲花戒系列五



**Kamalashila 5  
Meditation 10**  
The thousand names  
of emptiness—  
*how many do you know?*  
**莲花戒系列五 冥想10**  
空性名数千；  
其中知多少？

**Kamalashila 5  
Meditation 11**  
A reminder:  
*never deny  
that things exist*  
**莲花戒系列五 冥想11**  
一个提醒：  
永远不要否认事物的存在



**Kamalashila 5  
Meditation 12**  
How can I stay  
neither in the cycle  
nor in nirvana?  
**莲花戒系列五 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 莲花戒系列五



**Kamalashila 5  
Meditation 13**

How do empty things  
in my life

still do something?

莲花戒系列五 冥想13

生活中的空空事物，  
如何仍能有所作为？

**Kamalashila 5  
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*

莲花戒系列五 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。



**Kamalashila 5  
Meditation 15**

Subhuti doesn't get it;

*can I also*

*use skillful means*

*to spread the Dharma?*

莲花戒系列五 冥想15

须菩提没有弄懂；

我是否也能用巧妙方法（善巧方便）  
来传播佛法？



**Kamalashila 5  
Meditation 16**

The yoga of everyday life:

*The Buddha  
goes for groceries,  
to the left*

**莲花戒系列五 冥想16**

每日生活瑜伽：

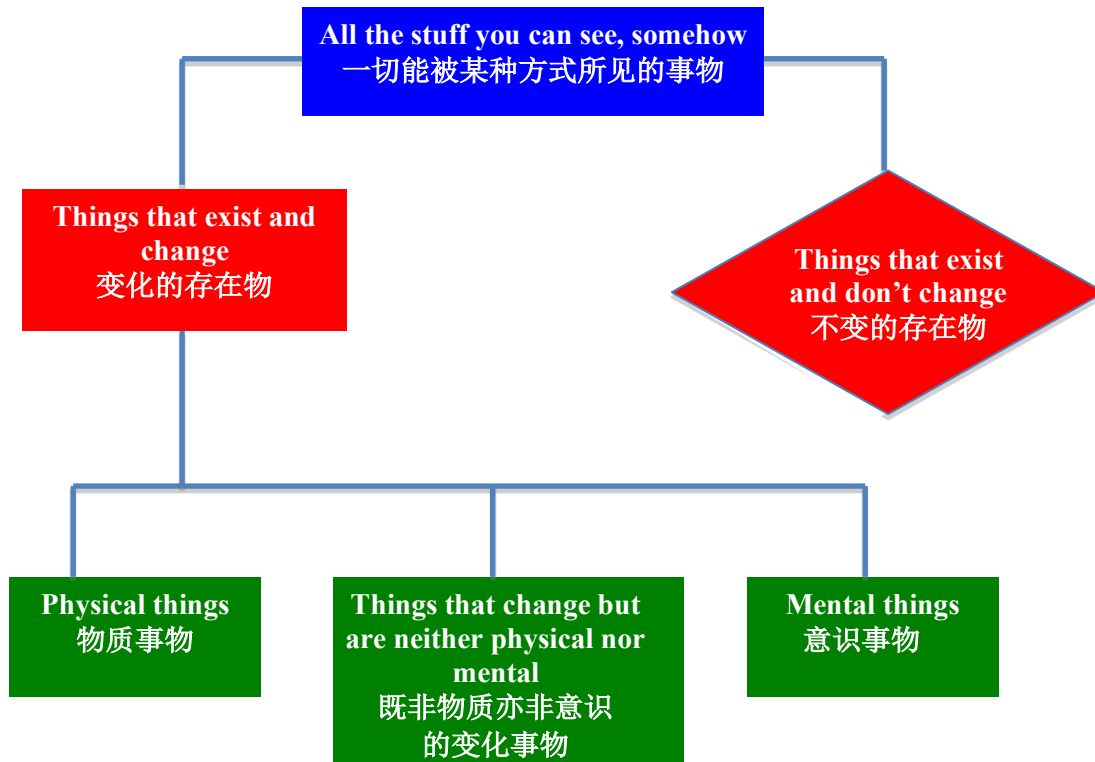
佛陀去超市，  
往左。

**Kamalashila 5  
Meditation 17**

Me as the Tathagata,  
The One Gone Thus—  
by thinking a certain way

**莲花戒系列五 冥想17**

如来佛是我，  
如此离去者（如来）——  
借助某种思维方式。





**Kamalashila 5**

**Meditation 18**

Going deeper  
in the first of  
the Six Flavors

*to see clearly*

*what's coming from me*

**蓮花戒系列五 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。

**Kamalashila 5**

**Meditation 19**

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

who is thinking well

**蓮花戒系列五 冥想19**

善思维者，  
在思维，  
善思维者的空性。

