

佛教心理学是什麼
**What is Buddhist
Psychology?**

Ho Lok Sang

萬法唯心：

The Mind Makes the World We Know

- 天堂地獄緣於一念：heaven or hell hinges on a flash of the mind
- 修行即是修心：the practice is nothing but mind training

星雲法師曾引用的寓言

Parable cited by Rev. Xing Yun

- 佛经中有这样一个譬喻：有一天，自己的心教训了身体一顿，心对身体说：“每天从早上起，我这颗心就帮你穿衣服，帮你洗脸、刷牙，教你吃饭、走路，你的进退坐卧，哪一样不是我在帮忙？现在，你这个身体要修行求道，你一会儿到这个寺庙朝拜，一会儿又到那个寺庙顶礼，每天拖着个躯壳东奔西跑，四处问道，真是缘木求鱼，你怎么不向我这颗心问道呢？”心又说：“你这个身体，难道没有听说四句偈吗？所谓“佛在灵山莫远求，灵山只在汝心头；人人有个灵山塔，好向灵山塔下修”，放着我这个现成的灵山不求，却向身外觅佛。身体，你也太糊涂了！”

Wrong views stem from wrong minds, not wrong objects of vision

- 宋代《五燈會元》有一段故事：「吉州青原惟信禪師，上堂：『老僧三十年前未參禪時，見山是山，見水是水，及至後來，親見知識，有箇入處，見山不是山，見水不是水，而今得箇休歇處，依前見山祇是山，見水祇是水。』」
- 知見緣何錯亂？皆因心錯而非因境錯。

缘何修心: Why Mind Training

- 失意 frustrations
- 痛苦 suffering
- 悲悯 compassion
- 自省 Reflection

佛是兩足尊

Buddha is the Double Blessed Lord

- 修心以得福慧 Great fortune and great wisdom

馭心易難十則

Ten Challenges in Mind Training

- 惰心容易發心難 To overcome mental inertia
- 發心容易恆心難 To persevere
- 散心容易聚心難 To focus
- 燥心容易靜心難 To calm down
- 妄心容易真心難 To overcome delusion
- 驕心容易虛心難 To overcome arrogance
- 歪心容易正心難 To have a straight mind
- 執心容易放心難 To let go
- 貪心容易淨心難 To Not Crave
- 曲心容易直心難 To Not give excuses

如何修心 The How of Mind Training

- Know what you want. To have a clear goal.有明確的目標，為的是成長心智
- Be humble.虛心必成，驕心必敗
- Work hard.精進
- Don't miss a day. Every day is a good day for mind training.日日是好日：“至道無難，唯嫌揀擇；但莫憎愛，洞然明白”
- Follow successful masters' ancient path追隨昔日成功靈修導師走过的路

“The Way of the supreme is not difficult,
If only people will give up preferences.
Like not, dislike not.
Be illuminated.”

六波罗密(six paramitas= LIFE)

- 布施 (Compassion) or Love
- 持戒 (Wisdom) or Insight
- 忍辱 (Fortitude) Fortitude
- 精進 (Engagement) Engagement
- 禅定 (Wisdom) Insight
- 智慧 (Wisdom) Insight

愛智毅行LIFE是心理資本

- Mental Capital:資本用以生財；心理資本生心之財 (Mental Goods)以滿足心理需要；物質之財滿足物質需要 Mental capital helps produce mental goods which satisfy mental needs

- 心之財包括自由感、成功感、自在感、自我肯定、被人接納、安穩感、平安感、慈悲感

Mental goods include sense of freedom, sense of achievement, sense of being oneself, self-affirmation, being accepted by others, inner peace, sense of security, love, etc.


LIFE Happiness Formula 快樂方程式

- 熱愛生命是根本
- 智慧是方法
 - 發心、承擔、知止、自在、真誠、知足、反省、放下
- 堅毅是恆心
- 投入是實行

即是有恆地投入生活、智慧地維護生命：釋放生命潛能，實現個人成長。

愛是源自內心的一個願望
盼望對方有安穩無憂的生活
盼望對方衝破界限盡展潛能
體現豐富的生命
趨吉避凶
幸福快樂





純淨的愛不夾雜其他
廣博的愛澤及一切生命
頑強的愛歷久常新百折不撓
忘我的愛不惜犧牲一切



愛是對生命的認同
捨此並無他愛

愛無關條件更不是交易
愛不求任何回報
愛是最大的動力



愛或始自一種關係
卻必須超越任何關係
愛是衷心的祝福



Insight: Wisdom is...

Wisdom is to know the grand purpose.
The grand purpose is to realize Life's potential.
That requires taming our ancient weaknesses.
To be wise is to overcome mind's sicknesses.

Wisdom is a sense of proportion.
A sense of proportion is to abandon excesses:
Giving up the urge to keep seeking more;
To be wise is to be free from this scourge.

Wisdom is being able to tell means from ends.
That requires knowing what you really want.
You certainly want to achieve your goal.
But a goal does not mean much unless it serves your soul.

Wisdom is to see the transient nature of things,
To realize everything is but the result of transient causes and conditions;
The self as we know it should only be an instrument
To serve the master, like a servant.

Wisdom is never to worry,
When worrying doesn't do you any good.
Most worrying is really nonsense.
Why not simply do your best, and live in good conscience?

Wisdom is to live fully.
To live fully is to find value in every moment of your life
Even when it brings sorrow and pain.
A day truly lived is a day truly gained.

生命爲本；治心爲綱
掌握中道；戒奢戒虐
知權顯實；不逐名利
莫逐因緣；生滅由他
絕言絕慮、無處不通
不二皆同、無不包容

Mental capital is a mental habit

- A habit to reflect and to learn from every experience, with humility;謙卑自省
- A habit to put oneself in the shoes of others, when making every decision;推己及人
- A habit to see the big picture instead of being calculating and focusing on marginal gains and losses;高瞻遠矚
- A habit of mindfulness, to guard against lapses into delusion;心常儆醒
- A habit of not worrying about things when worrying does not help.心常安樂

憑自省力

轉過錯為智慧

Through reflecting,

Turn errors into wisdom...



Mental Capital can be negative...

if we are in a habit of self-destruction

- 自驕自大 arrogance and self-aggrandizement
- 與人計較 calculating and differentiating
- 目光如豆 excessive concern about gains and losses of the moment
- 昏沉逐境 get carried away by distractions
- 疑慮終日 worrying all day

The wisdom of letting go

放下的智慧

- To forgive and forget, so you can get on with the journey;寬恕別人即善待自己
- To treat sunk costs as a bygone, so you will not be bogged down;沉陷成本已成過去
- To treat past glory as a bygone, so you can face new challenges that come;不去緬懷昔日光輝，好去迎接今日挑戰
- To concentrate on what needs to be done, so you will not miss opportunities for improvement.
活在當下，把握今天

無畏地生活
堅毅地奮鬥



Live fearlessly;
Fight relentlessly...

“Psychological capital”

正向心理

- **Hope** - a positive motivational state based on a will to succeed/improve. 希望
- **Self efficacy** – able to achieve a specific goal in a specific situation. 自信
- **Optimism** – bad things happen, but good things happen more often, and I can make good things happen. 樂觀
- **Resiliency** – can bounce back 能耐

LIFE adds to psycap

The background of the slide features a pattern of stylized, overlapping leaves in various shades of orange, brown, and tan. The leaves are rendered in a flat, graphic style, creating a textured, autumnal effect. The text 'LIFE adds to psycap' is positioned in the upper left quadrant of the slide.

Engagement

- Purposive living 有目的地生活

- Fortitude and Engagement
Stem from Love and Wisdom
慈悲和智慧衍生能耐和動力

慧能開悟的故事

The story of Huineng listening to

a sentence in **Diamond Sutra** and finding enlightenment.

- 云何降伏其心
- 應無所住而生其心
- “How should we overcome and master the mind?”
- “We should not allow the mind to dwell on delusions.”

To be free from obsessions of all kinds is not to dwell on delusions

- Unforgivingness, arrogance, being biased by sunk costs and past glory, stubbornness, differentiating you and me, dogmatism, etc. all can be traced to “allowing the mind to dwell on delusions.”
- 記仇,傲慢,自以為是,為沉陷成本和昔日光輝影響,固執,教條主義等均為心有所住

总结 Conclusions

- Buddhist psychology is a practical way of achieving a happy, fulfilling life and helps us to achieve full mental health.
- It represents a change in attitude and is totally against dogmatism. Diamond Sutra: “even the teaching should not be a burden, so more so should non-teaching not be a burden.”(如筏喻者,法尚应捨,何况非法)