



若真修道人
不見世間過
若見他人非
自非卻是左

摘自六祖大師法寶壇經

། །ཡང་དག་དག་བའི་སེམས་ལྷན་བའི། །
སྐྱེ་བོས་འཇིག་རྟེན་སྐྱོན་མི་ལྟ། །
གལ་ཏེ་གཞན་གྱི་སྐྱོན་མཐོང་ན། །
རང་གི་སྐྱོན་ཏེ་ལོང་བ་ཡིན། །

བརྒྱད་རབས་དྲུག་པ་སྐྱོབ་དཔོན་ཉེ་ལོ་གིས་དམ་ཚཱ་རིན་པོ་ཆེ་རྟེན་གསུང་མདོ་ནས། ལྷུང་བ་ལོ། རྗེ་ཆེ་རིང་བཀའ་གིས། །

“Someone with a truly virtuous mind does not look at worldly faults. Seeing faults in others is your own fault, and therefore it is you who are mistaken.”

From the Altar Sutra by the Sixth Patriarch Huineng

I always tell you not to look at the faults of others, don't I? According to the view of Secret Mantra, when you see a fault in others you should understand that you see this fault due to your own afflictions. Afflictions see afflictions. Looking at the affliction itself, you recognize, "The fault I see in this person is just an affliction. Where is this affliction? I can find it in my own mind." So you look at your own afflictions and not at those of others.

Lord Jigten Sumgon said, "Not looking at the faults of beings' body, speech, and mind, but seeing the good qualities in them, is the perfect liberation of the bodhisattvas."

When I see the good qualities in all the disciples my mind is pure. This pure mind can cause their mind to become pure. When I see others in an impure way, it is due to my own impure mind. It is like being obscured by darkness, like a dark cloud making a white cloud look dark.

Sakya Pandita said, "A noble being, like a jewel, never changes. By looking at the goodness in others they increase their own well water. An inferior being, like a sieve, is holding the bad, but losing what is good." A noble being embraces goodness, they see the good qualities in others. An inferior being who sees the faults in others is like a sieve that collects just debris while the pure water is lost. Seeing the faults in others is a sign of one's own wicked nature.

Therefore, do not look at the faults of others but look at their good qualities!

Garchen Rinpoche, October 17, 2019, Taiwan

Translated by Ina Bieler

我不是一直跟你們說不要看別人的過失嗎？依據密續的見地，在見到他人的過失時，應該要懂得這是因為自身有煩惱的緣故。因為自身的煩惱，故而見到煩惱。看著煩惱本身，你要認識到「我所見到的此人的過失僅僅是一個煩惱，而這個煩惱在哪裡？在我自己的心裡也可以找到這個煩惱」。因此，你要見到自己的煩惱，而非他人的。

怙主吉天頌恭曾說「不見他人身語意之過失，但見其功德，是為菩薩之圓滿解脫」。

當我見到所有弟子的功德時，我的心是清淨的。這份清淨心能使他們的心得以清淨。當我以不清淨的方式看待他人時，這是因為我自己的心不清淨的緣故，這就像是被黑暗所籠罩，烏雲使白雲顯得黯淡一樣。

薩迦班智達曾說「聖者如寶，無有變遷。見人功德，長養己之淨水。劣者如篩，唯揀下劣，而舍佳品」。聖者因廣納賢善，而見他人的功德。見他人過失的劣者則像篩子，只能篩出殘渣，卻把淨水漏光了。見他人過失是自身惡毒本質的表徵。

因此，不見他人過失，而見其功德！

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