

2010

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2010

2010/7/3

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<sup>1</sup> 1) avigatarāgassa 2) aigatacchandassa 3) avigatapemassa 4) avigatapipāsassa avigata- pariḷāhassa  
avigataṇhassa

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86(T30,783b26-c28)

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11 (T2,73a22-c8)

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...yātrā ca me bhavissati anavajjata ca phāsuvihāro cā'ti. ( )

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...nando divasaṃ caṅkamana nisajjāya āvaraṇīyehi dhammehi cittaṃ parisodheti; rattiyā paṭhamaṃ yāmaṃ caṅkama<sup>na</sup> nisajjāya āvaraṇīyehi dhammehi cittaṃ parisodheti...

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p.979

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26 (T25,248c7-249a6)

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92(T30,821a19-29)

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1 241

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...(T02, 58a)

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(T12,1111a-b)

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— (T28,617c)

2

(T26,779c)



3 (T26,497a)

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(T26,416b)

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(T26,925b)

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(T27,192a)

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(T27,194a)

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(T30,346b)

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パーリ佛教を中心とした佛教の心識論

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(T49,15c2)

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(X53,579a10-15)

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(T02,193a)

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717

(T02,193a)

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p.581-587

p.575-581



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(T02,58a-b)

2 37 (T27,193a)

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3 14 (T32,352b)

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**A**

1 598 (T02,160b)

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<sup>10</sup> 5 65

(T32,277a13-16) 15 187

(T32,358b1-2)

2                    715    (T02,192b)

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**B**

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(T27,250c)

**C**

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(T25,184b-c)

**D**

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(T30,783b-c)

2 89(T30,803b)

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3 77(T30,727b) <sup>11</sup>

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4 34(T30,475c)

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**E**

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(T32,320c)

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(T32,320c)

**A**

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<sup>11</sup>

21 5

(T29,110c24-111a13)

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(T30,397b)

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(T30,412a)

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(T01,473c-474a)



※此照片攝於印度阿江達石窟。(2009.10)

**B**

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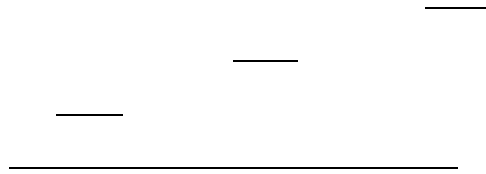
3x4=12

(T30,397b)

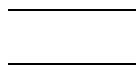


2

(p.195)



24(T30,411c)



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**C**

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24(T30,411c)



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24(T30,412a)



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(T43,110b3-7)

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(T42,435b7-11)



<http://tw.myblog.yahoo.com/jw!bUootnScBhnu.N3bNA--/article?mid=604&prev=607&next=600&l=f&fid=27>

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3 (p.195-p.196)

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(T30,413b-c)

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(T02,192c)

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(T02,73b)

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(T02,802a)

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(T02,765c)

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(p.195-p.196)

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**B**

1 (T01,837a-b)

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2 (T22,817b)

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3 (T04,655c)

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**C**

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\_\_\_\_\_ (T30,676c)

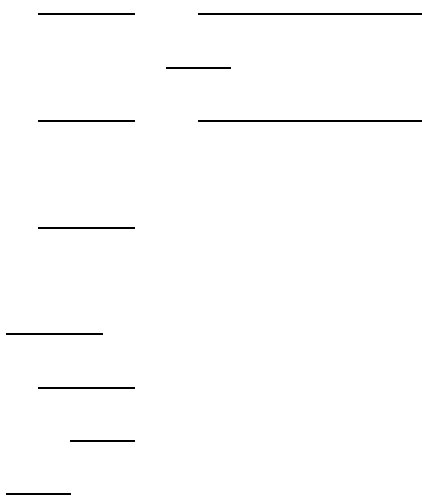
2 28

(T30,437a)

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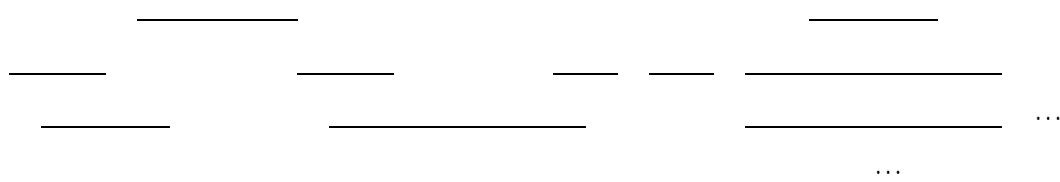
14 ( ) p.410



(T30,330a-b)

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(T26,490a)

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709

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(T02,190b)

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(T27,499b-c)

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(T01,724b)

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(T30,416b-c)

<sup>16</sup>

( ) p.63)

2 (p.322)

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3 (p.172)

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1 44 (T27,230a)

2 13

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(T30,348a)

3 33 8 4 (T01,475a)

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17 4 8 (T26,40b7-8)

18 1 1 (T24,674c)



( ) p.859

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\_\_\_\_\_ (T1, 36c)

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1 592 \_\_\_\_\_ (T2, 158a)  
2 \_\_\_\_\_ (T1, 673b)  
3 262 \_\_\_\_\_ (T2, 35c)

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1 809 \_\_\_\_\_ (T2, 207c)  
2 \_\_\_\_\_  
3 (T22, 167b) \_\_\_\_\_  
\_\_\_\_\_ (T22, 167b-c)

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1 \_\_\_\_\_ (T30, 411c) \_\_\_\_\_  
2 \_\_\_\_\_ (T42, 435b)  
3 \_\_\_\_\_  
4 (T54,221b-c) 8 \_\_\_\_\_  
5 4 \_\_\_\_\_ (T51, 916b)  
6 \_\_\_\_\_ (T51, 893b) \_\_\_\_\_  
7 8 (T51, 917b)  
7 7 \_\_\_\_\_  
\_\_\_\_\_ (T51, 905c)



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284a)

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<sup>22</sup>

(T22, 137b)

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(T23,

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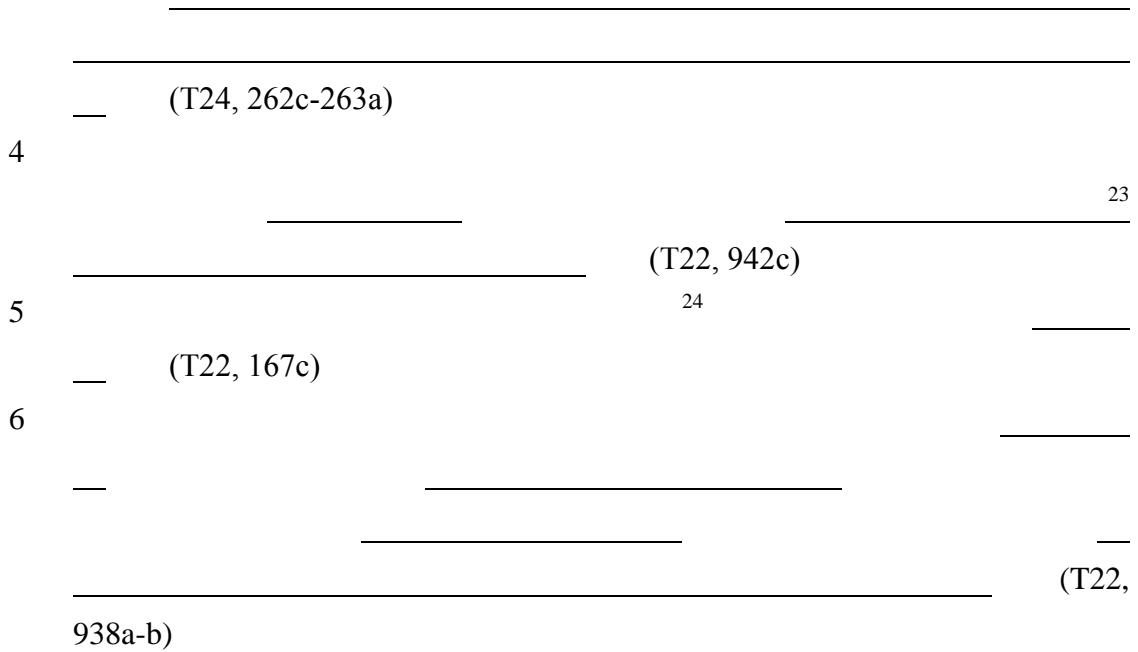
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25	1	2		3	4	5			
26	1			3	4	5		2	27
28	1	29		2	3	4	5		
	1			4	3	30	5		2
31	1		2	4	3		5		
32	1		2		4	5	5		3

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<sup>25</sup> AN III 29,25-30,4.

<sup>26</sup> (T22, 1005c)

<sup>27</sup> (T40, 414c)

<sup>28</sup> (T23,371b-c)

<sup>29</sup> 655c)                      (T23, 289b-c)                      (T22, 103a)                      (T23, 422a)                      (T22,

<sup>30</sup> 59-69                                      151-155

<sup>31</sup> (T4, 755a)

<sup>32</sup> (T2, 879a)

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192

(T1, 740c)

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<sup>34</sup>

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(T54,

221b)

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(T1, 559c)

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(Sv I 251,30-252,2)

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(T24,

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186a)

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(T23, 1055c)

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<sup>33</sup>

<sup>34</sup>

(Āpaṇa)

\_\_\_\_\_ (T22,  
 491a)  
 4 \_\_\_\_\_ (T22, 967a)  
 5 \_\_\_\_\_ (T22, 190c)  
 6 1130 \_\_\_\_\_  
 \_\_\_\_\_ (T2, 299a)<sup>35</sup>

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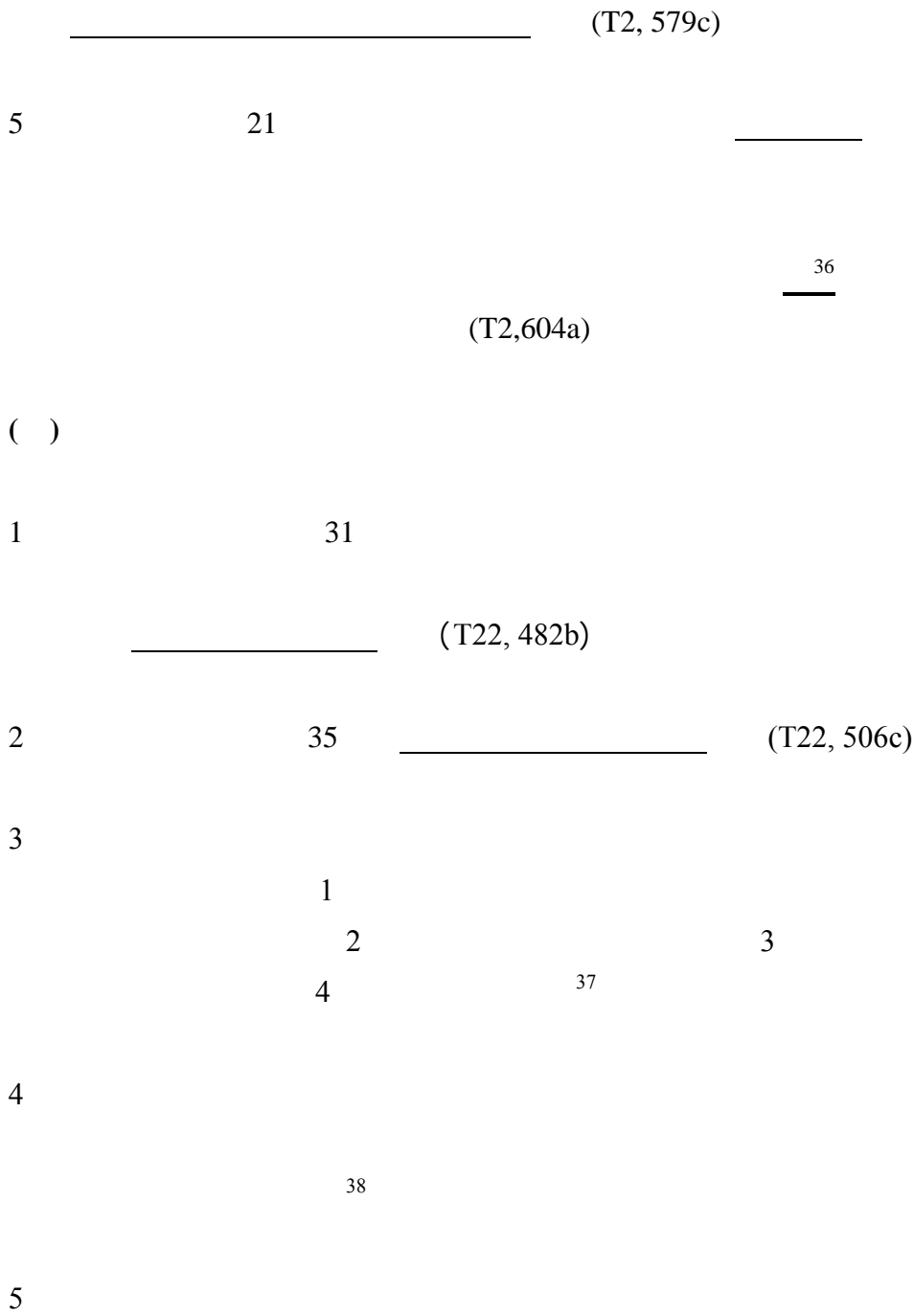
1 53 \_\_\_\_\_  
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 \_\_\_\_\_ (T22, 963c-964a)

2 49 8 \_\_\_\_\_  
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 \_\_\_\_\_ (T2, 802a)

3 44 4 \_\_\_\_\_ \*  
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 (T2, 765c)

4 16 4 \_\_\_\_\_  
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<sup>35</sup>



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(T22, 847b-c)

(T23, 237a-b)

(Vin II 33-37)

Vin I 187

(T22, 904b)





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\_\_\_\_\_ (MN I 56,<sup>36</sup>-57,<sup>2</sup>) \_\_\_\_\_

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(satipaṭṭhānabhāvanā)

(kammaṭṭhāna)

\_\_\_\_\_ (Ps I 251,<sup>10-13</sup>) \_\_\_\_\_

8

(Vism 621-622)

(vītihaṇa) (sannirumbhana) (vossajjana) (uddhaṇa) (atiharāṇa) (sannikkhepana)

(pabbaṃ pabbaṃ sandhi sandhi odhi odhi)

(samudayadhammānupassī)

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(T18, 946a)

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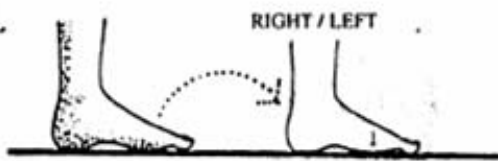
(X63, 15)

11

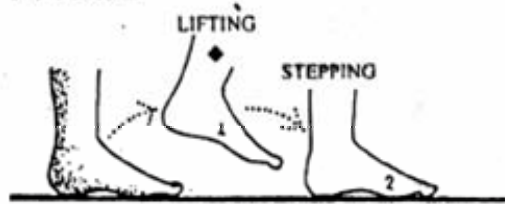
(p.6)

無論身體處在那一種姿勢，都應當如此修行。在每一次靜坐結束時仍然要繼續修行，不要間斷。意思是當你睜開眼睛、鬆開雙腿、站起來等時都要繼續覺知呼吸。日常活動中行、住、坐、臥等任何時候也都要持續地覺知呼吸。

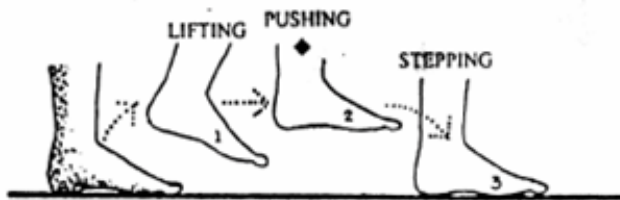
不要去想呼吸以外的其他目標，讓修行間斷的時間愈來愈少，乃至最後能夠持續地修行，幾乎沒有間斷。從清晨一醒來開始，到晚間睡著為止，這中間的時間裡都應當如此精勤不懈地修行。若能如此精進，你就很可能在這次禪修營期間達到安止定（即禪那），這就是為什麼佛陀說安般念應當被培育與數數修行的理由。



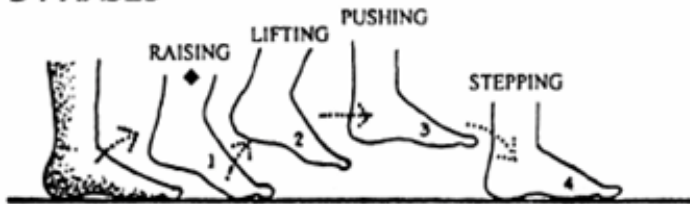
**1 PHASE**



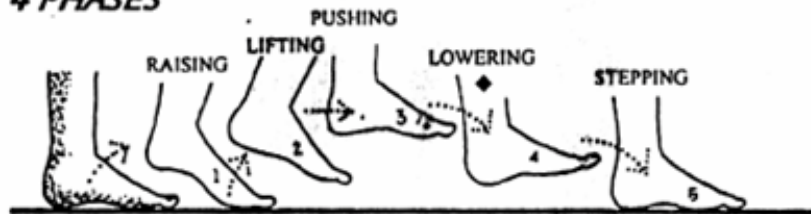
**2 PHASES**



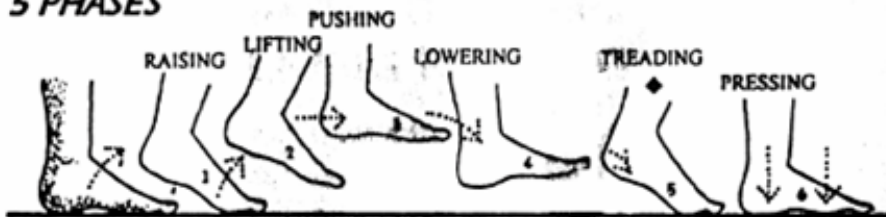
**3 PHASES**



**4 PHASES**



**5 PHASES**



**6 PHASES**



}	( )	1~10	10	
	( )		11~26	16
	( )	109		
1		27~34	8	
2		35~47	13	
3		71		
a		48~54	7	
b			55~57	3
c			58~67	10
d		68~72	5	
e			73~79	7
f			80~86	7
g			87~98	12
h			99~118	20
4		16		
a		119~122	4	
b			123~131	9
c		132~134	3	
	135	1		

T10,447b5-449b24

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005		52
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007		妹 <sup>55</sup>
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009		56 57
010		58

**16**

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013		
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015		61

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55	妹	
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032 77 78  
033 79  
034 80

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037 82  
038 83 84  
039 85 86  
040 87 88  
041 89

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045			97
046			98
047			

**3** **71**

**a** **7**

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052		103	
053		104	105

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**b**

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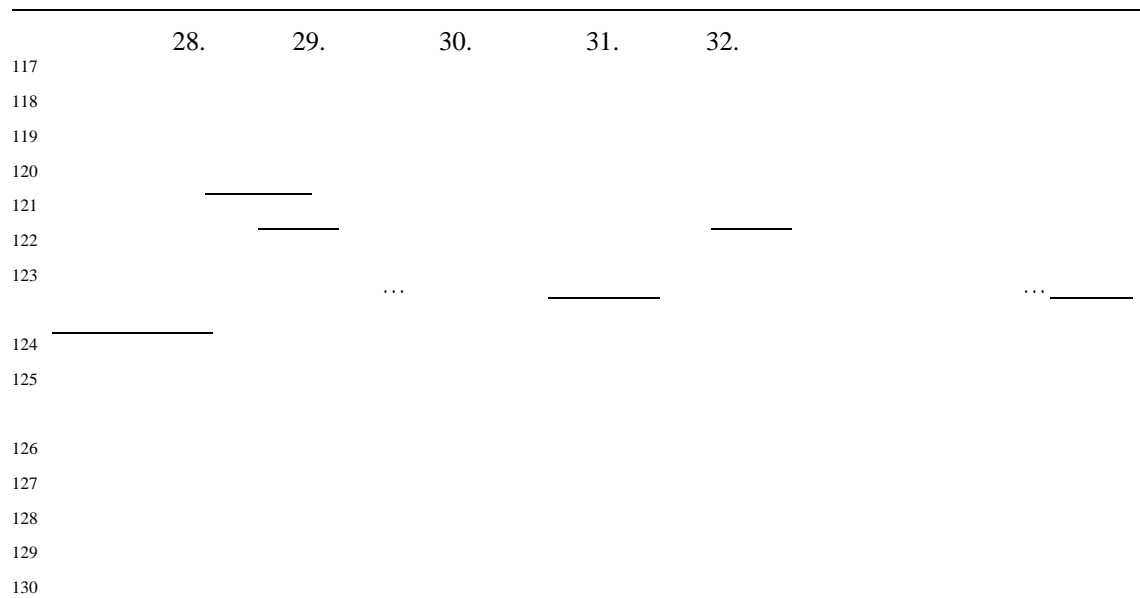
063	118	119	120
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067			

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071			
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**e 7**

073	128	129	130
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076 132 133 134  
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078 135  
079 136

**f**

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082 141  
083 142 143  
084 144 145  
085 146 147

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106								167
107							168	169
108								
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110					172		173	174
111					175		176	
112								
113								177
114								178

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159								
160	1.	2.	3.	4.	5.	6.		(T1,54a9-19)
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129	193	194
130		195
131		196

**c**                      **3**

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134		199

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195			...					
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199		1.	2.	3.	4.	5.	6.	7.
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