

2010

(2010/7/3)

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2010/7/3

1 271 10(T2,71a4-c13)

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¹ 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 caṅkamaṇa nisajjāya āvaraṇīyehi dhammehi cittaṃ parisodheti; rattiyā paṭhamaṃ
yāmaṃ caṅkamaṇa 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)

1 241

...(T02, 58a)

2 1

(T12,1111a-b)

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(T28,617c)

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(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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716

(T02,193a)

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(T02,193a)

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p.581-587

p.575-581

(T02,58a-b)

2 37 (T27,193a)

3 14 (T32,352b)

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A

1 598 (T02,160b)

¹⁰ 5 65

(T32,277a13-16) 15 187

(T32,358b1-2)

2 715 (T02,192b)

B

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(T27,250c)

C

17

(T25,184b-c)

D

1 86

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(T30,783b-c)

2 89(T30,803b)

3 77(T30,727b) ¹¹

4 34(T30,475c)

E

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(T32,320c)

(T32,320c)

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¹¹

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(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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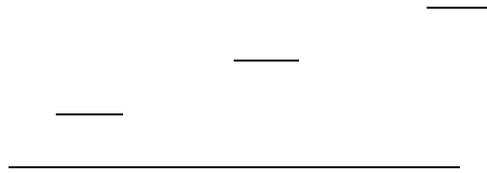
21

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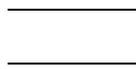
(T30,397b)

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>

3 (p.195-p.196)

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4 24

(T30,413b-c)

A

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715

(T02,192c)

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275

(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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1 (T01,837a-b)

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2 (T22,817b)

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3 (T04,655c)

C

1 68

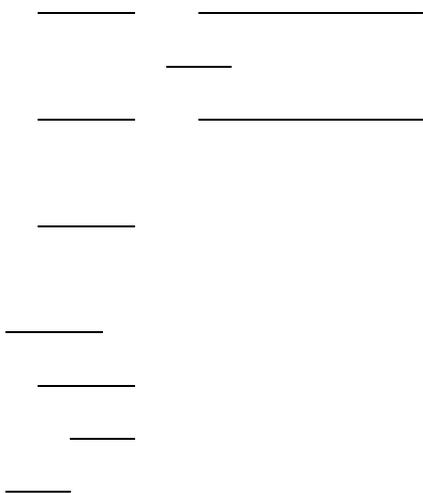
_____ (T30,676c)

2 28

(T30,437a)

3 11

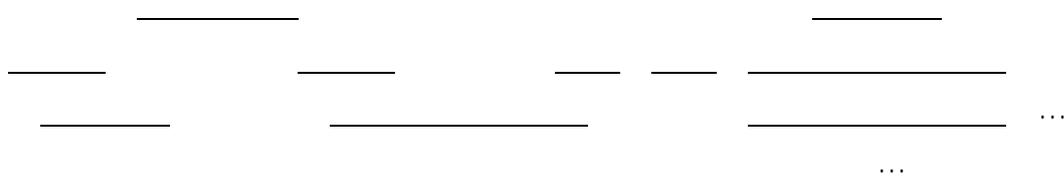
14 () p.410



(T30,330a-b)

4

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(T26,490a)

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709

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(T02,190b)

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96

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(T27,499b-c)

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181

(T01,724b)

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_____ (T30,416b-c)

¹⁶

() p.63)

2 (p.322)

3 (p.172)

17

1 44 (T27,230a)

2 13

(T30,348a)

3 33 8 4 (T01,475a)

18

17 4 8 (T26,40b7-8)

18 1 1 (T24,674c)

() p.859

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_____ (T1, 36c)

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284a)

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(T22, 137b)

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(T23,

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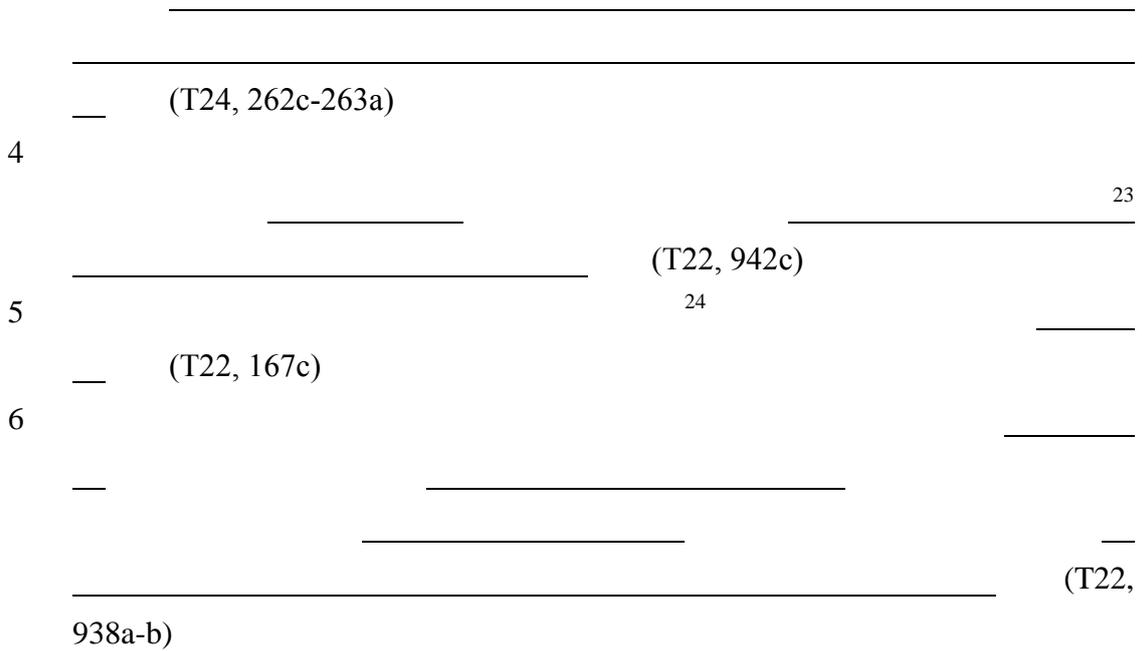
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25	1	2		3	4	5			
26	1			3	4	5		2	27
28	1	29		2	3	4	5		
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31	1		2	4	3		5		
32	1		2		4	5	5		3

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() 1 3 4 5

1 _____ (T2, 806c)

²⁵ AN III 29,25-30,4.

²⁶ (T22, 1005c)

²⁷ (T40, 414c)

²⁸ (T23,371b-c)

²⁹ 655c) (T23, 289b-c) (T22, 103a) (T23, 422a) (T22,

³⁰ 59-69 151-155

³¹ (T4, 755a)

³² (T2, 879a)

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192

(T1, 740c)

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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,

186a)

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(T23, 1055c)

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(Āpaṇa)

_____ (T22,
 491a)
 4 _____ (T22, 967a)
 5 _____ (T22, 190c)
 6 1130 _____
 _____ (T2, 299a)³⁵

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1 53 _____

 _____ (T22, 963c-964a)

2 49 8 _____

 _____ (T2, 802a)

3 44 4 _____ *
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 (T2, 765c)

4 16 4 _____

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_____ (MN I 56,³⁶-57,²) _____

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(satipaṭṭhānabhāvanā)

(kammaṭṭhāna)

_____ (Ps I 251,¹⁰⁻¹³) _____

8

(Vism 621-622)

(vītihaṇa) (sannirumbhana) (vossajjana) (uddhaṇa) (atiharana) (sannikkhepana)

(pabbaṃ pabbaṃ sandhi sandhi odhi odhi)

(samudayadhammānupassī)

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(T18, 946a)

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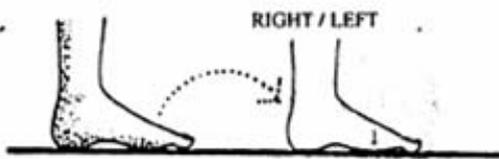
(X63, 15)

11

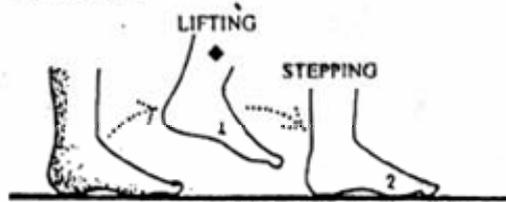
(p.6)

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。

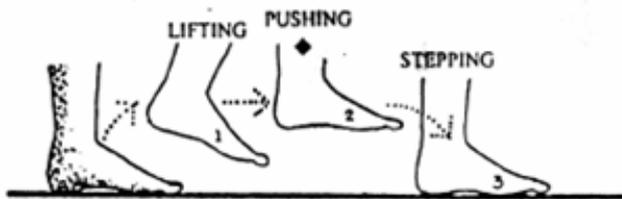
不要去想呼吸以外的其他目標，讓修行間斷的時間愈來愈少，乃至最後能夠持續地修行，幾乎沒有間斷。從清晨一醒來開始，到晚間睡著為止，這中間的時間裡都應當如此精勤不懈地修行。若能如此精進，你就很可能在這次禪修營期間達到安止定（即禪那），這就是為什麼佛陀說安般念應當被培育與數數修行的理由。



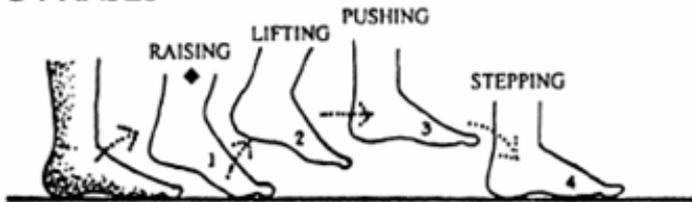
1 PHASE



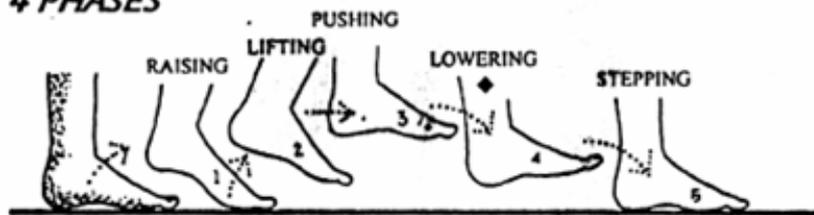
2 PHASES



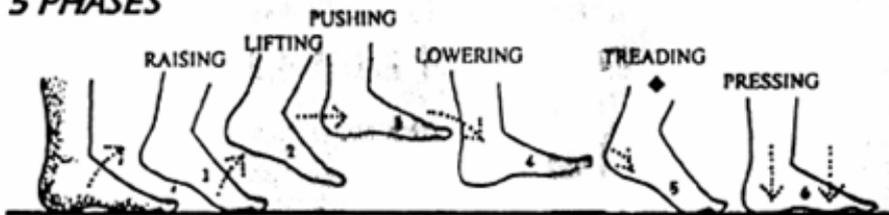
3 PHASES



4 PHASES



5 PHASES



6 PHASES

}	()	1~10	10	
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	()	109		
1		27~34	8	
2		35~47	13	
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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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57 404 41(T2,772b)

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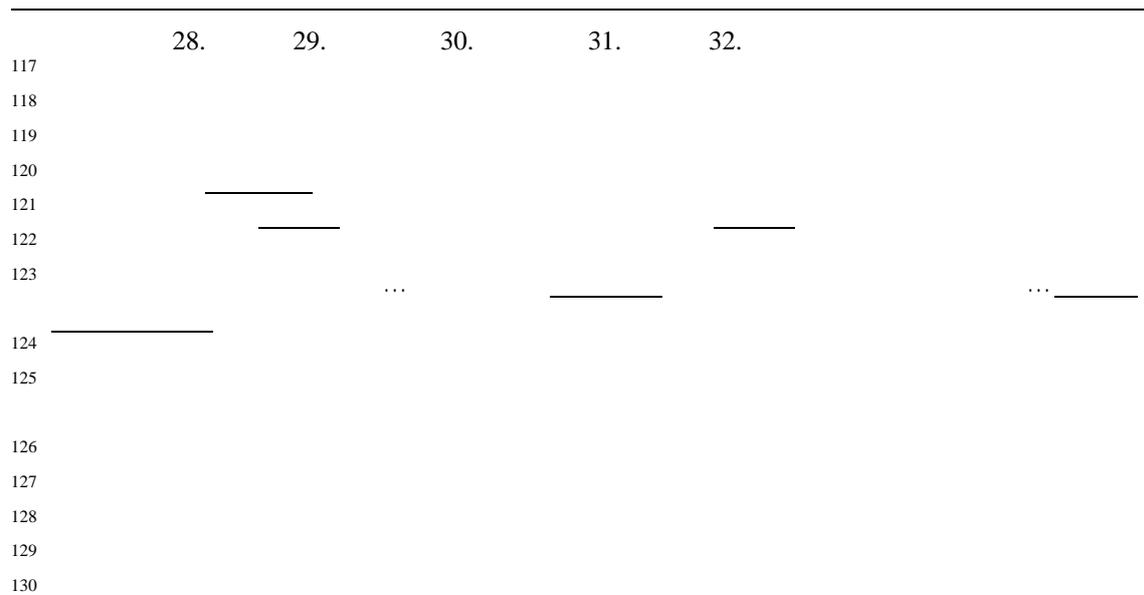
063	118	119	120
064			121
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072		126	127

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073	128	129	130
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076		132	133	134
077				
078				135
079				136

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082				141
083			142	143
084	144			145
085	146			147

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144	1							2	
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110					172		173	174
111					175		176	
112								
113								177
114								178

159								
160	1.	2.	3.	4.	5.	6.		(T1,54a9-19)
161								
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127	190	191
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129	193	194
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c **3**

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