

修|行|專|題|研|究

從《壇經》的自心自性說看 佛耶修行理念之差異*

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摘要

《壇經》認為，只有從蘊含著自心自性的法身中才能修到真正的功德和解脫，所以它雖然沒有像耶教的《聖經》那樣，把「色身」的復活與永生作為修行的目的，但是也沒有從靈肉對立的二元立場把後者及其所屬的物質世界看成一種阻礙宗教修行的罪惡陰暗的實在。同時，由於《壇經》中的自心自性不像《聖經》中的上帝那樣是一個超越於人類之外的「完全的他者」，所以它的修行目的不是為了尋求「自有永有」的造物主的護持和拯救，而是為了領悟內在法身中的「本不生滅」而又「能生萬法」的真空自性。

關鍵詞：自心自性、壇經、聖經、修行

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Comparing Buddhist and Christian Ideas of Practice: The Inherent Mind and Nature Theory of *Platform Sutra*

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Abstract

Platform Sutra attributes the real merits and *nirvāna* to the *dharmakāya* that contains the inherent mind and nature, so that it does not regard the resurrection and eternity of human body as the purpose of religious practice like what the *Bible* of Christianity does, but on the other hand, it does not regard body and the whole material world as the evil, dark and real obstacle in religious practice from the position of soul-body dualism. Furthermore, the inherent mind and nature in *Platform Sutra* also differs from the Christian Biblical concept of God that is a “wholly other” beyond the humankind, so that the purpose of *Zen* practice is not to seek the protection and salvation of an everlasting creator, but to discover the real empty self that has neither birth nor death and can produce all dharma.

Keywords: the inherent mind and nature, *Platform Sutra*, *Bible*, practice

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