

Postgraduate/Distance Learning Assignment coversheet & feedback form

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For completion by the student:		
Student Name: Wen yuan Guan		
Module code: SICH7024 Module title: Chinese Buddhist Scriptural Studies 1: <i>"Infinite Life Sutra"</i>	Student ID number: 1804022	Educational support needs: No
Module tutor: Venerable Faxing Assignment due date: 10 th November 2023, 15:00		
If your module has multiple submissions, please indicate which piece of work this is. 1 st ☒ 2 nd ☐ 3 rd ☐ 4 th ☐ 5 th ☐ 6 th ☐		
Word count: 2182		
I confirm that this is my original work and that I have adhered to the University policy on plagiarism. Signed <u>Wen yuan Guan</u>		
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Assignment Mark	
1st Marker's Provisional mark	
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Agreed Internal Mark:	
External Examiner's mark (if relevant)	
Final Mark	

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External Examiner's comments (if relevant)

External Examiner's Signature:

Date:

The Core of the Practice Method Taught by the *Infinite Life Sutra*

Module Code:

SICH7024

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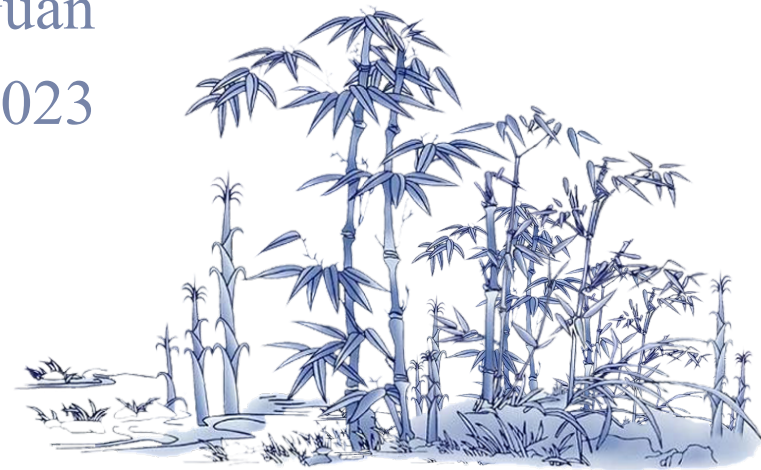
1804022

Student Name:

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Date:

8 November 2023





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◆ What is the Core Method

Bring forth the bodhi mind, and diligently recite
the name of Amitabha Buddha with concentration.

發菩提心，一向專念，阿彌陀佛。



Sutra Vow 18: The Pureland Rebirth Upon Ten Recitations Vow

When I attain Unsurpassed Bodhi, sentient beings of the ten quarters who joyously and sincerely seek rebirth in my land after hearing my name, who then **dedicates with each thought** all their merits and good deeds towards this aspiration, shall be reborn in my land **upon reciting my name for ten times**. Until this vow is fulfilled, may I never attain Unsurpassed Bodhi.



Sutra Vow 19: The Resolve For Bodhi Vow

When I attain Unsurpassed Bodhi, sentient beings of the ten quarters who **resolve to attain Bodhi** in my land after hearing my name, who subsequently dedicates all the merits from their lifelong practice of the Six Paramitas towards this aspiration, and who single-mindedly recites my name through day and night without cease, will meet me during their last moments.



◆ The Three Grade of Aspirants

Bring forth the bodhi mind, and diligently recite
the name of Amitabha Buddha with concentration.

發菩提心，一向專念，阿彌陀佛。



Bodhi (Sanskrit) : Enlightenment

Bringing forth the mind to attain enlightenment and be free of confusion and delusion.

‘Vowing to be born into the Western Pure Land is the
supreme Bodhi mind.’ -- Master Ou-I



◆ How Could We Bring Forth the Bodhi Mind

People in the world strive for things of little urgency. Amidst extreme evils and severe sufferings, they diligently work ... dictated by their minds....Whether they have or do not have, they worry.

世人共爭不急之務，於此劇惡極苦之中，勤身營務，以自給濟．．．有無同憂。



◆ How Could We Bring Forth the Bodhi Mind

When they are rich and powerful, they become complacent and enjoy themselves at will. As they are impatient and apathetic towards the task of accumulating merits, their pomp and power are short lived.

富貴榮華，當時快意。不能忍辱，不務修善。
威勢無幾，隨以磨滅。



◆ How Could We Bring Forth the Bodhi Mind

The law of karma operates like a net stretched everywhere; in its meshes, it inevitably catches all offenders. The net woven of large and small ropes covers the whole world, from top to bottom and those caught in it feel utterly helpless and tremble in fear. This net has been in existence from of old. How painful and heart-rending!

天道施張，自然糾舉，瑩瑩忪忪，當入其中。
古今有是，痛哉可傷！



◆ How Could We Bring Forth the Bodhi Mind

The retributions of karma continue after death. The souls of the malicious inevitably fall into the evil realms of suffering.

Perhaps some will be reborn as hell beings, wild beasts, pests, maggots, or emaciated ghosts. Those who commit evil will suffer misfortune in this life and the hells in the next. Once you fall into the evil realms, you will cycle there for endless kalpas. You cannot hope to leave until your evil karmas are rectified. Such pain and misery are indescribable.

世間有此目前現事，壽終之後，入其幽冥。轉生受身，改形易道。故有泥犁、禽獸、蜎飛蠕動之屬。譬如世法牢獄，劇苦極刑，魂神命精，隨罪趣向。所受壽命，或長或短，相從共生，更相報償。殃惡未盡，終不得離。輾轉其中，累劫難出。難得解脫，痛不可言。



◆ How Could We Bring Forth the Bodhi Mind

You must seek Bodhi and forever uproot the three poisons which drive the Samsara. By doing so, you will be forever free from the pains of the three evil realms.

當求度世，拔斷生死眾惡之本。當離三塗，憂怖苦痛之道。



◆ Reasons for Focusing on One Thing

When one masters one sutra, one naturally masters all sutras.

一經通，一切經通。

-- Venerable Master Chin Kung



◆ Reasons for Focusing on One Thing

Ceaselessly makes **focused** and diligent progress, one will surely attain Buddhahood. There is no wish that one cannot fulfil.

人有至心求道，精進不止，會當剋果，何願不得。



◆ Reasons for Chanting the Buddha-name

The Buddha-name chanting method is suitable for everyone to learn and practice regardless of one's capacity.

Simple

Convenient



◆ Fruitfulness Can be Attained

All dharms are created by the mind.

一切法從心想生。

Those who are mindful of Buddha will attain Buddhahood.

念佛成佛。



Silently or aloud?

Four syllables (Amitabha) or six (Namo Amitabha)?

Principle: To let our mind become quiet, peaceful and without wandering thoughts.



◆ The Ten Recitation Method

1. Upon waking up
2. Before starting breakfast
3. After finishing breakfast
4. Before work
5. Before starting lunch
6. After finishing lunch
7. Before starting dinner
8. After finishing dinner
9. At bedtime



The perfect control of the six senses with continuous pure thoughts.

都攝六根，淨念相繼。

No doubt, no intermingling and no interruption.

不懷疑，不夾雜，不間斷。

The Buddha Speaks the Mahayana, Infinite Life, Adornment,
Purity, Impartiality, and Enlightenment Sutra.





The Three Conditions

淨業三福



◆ Conclusion

However hard a life of diligent cultivation may be, it can only be for a short while. Afterwards, you will be reborn in the Land of Ultimate Bliss and enjoy perpetual joy there. Birth and death can never trouble you again as you are permanently free from the afflictions of the three poisons. With infinite life, you can effortlessly attain Unsurpassed Bodhi.

雖一世精進勤苦，須臾間耳。後生無量壽國，快樂無極。永拔生死之本，無復苦惱之患。壽千萬劫，自在隨意。



Thank you for listening.

