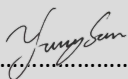


Postgraduate Assignment coversheet & feedback form

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Student Name: Yuang Sun		
Module code: SICH 7024 Module title: Chinese Buddhist Scriptural Studies 1: Infinite Life Sutra	Student ID number: 1804386	Educational support needs: No
Module tutor: Venerable Shengmiao Assignment due date: 04/11/2025		
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: 2818		
I confirm that this is my original work and that I have adhered to the University policy on plagiarism. Signed 		
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Agreed Internal Mark:	
External Examiner's mark (if relevant)	
Final Mark	
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☐ I have not used AI in my assignment

I confirm that I have not used any AI tools in the research and creation of this assignment. I confirm that I have not presented any AI generated materials as my own work. I confirm I have copies of my drafts, notes, and other resources I used, which I may be asked to provide in evidence.

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I acknowledge the use of [DeepL] [(<https://www.deepl.com/zh/translator>)] on [04/11/2025] to [Purpose my work: (proofread material etc.)]. I used the prompt(s):

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Chinese Buddhist Scriptural Studies I
the Infinite Life Sutra

The Meaning and Translation of 一心不亂 **Yixin Buluan**

Module code: SICH 7024

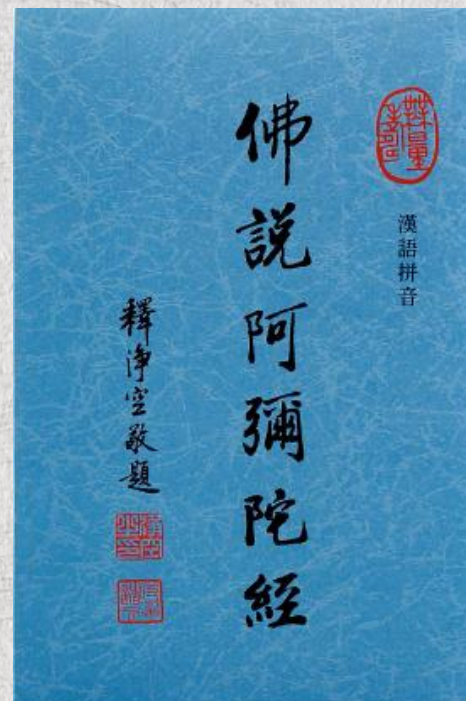
Module tutor: Venerable Shengmiao

Student name: Yuang Sun

Student ID number: 1804386

Date: 4 November 2025

I、 Introduction



II、 Discussion of Principles



若有善男子、善女人，聞說阿彌陀佛，
執持名號，若一日、若二日、若三日、
若四日、若五日、若六日、若七日，
一心不亂。其人臨命終時，阿彌陀佛
與諸聖眾，現在其前。是人終時，心
不顛倒，即得往生阿彌陀佛極樂國土。



姚秦羅什尊者

Kumarajiva (344~413)

- <https://www.hrfjw.com/foxue/changshi/9970.html>



- In *Ding Fubao's Great Dictionary of Buddhist Studies* 《丁福保佛學大詞典》，quoting the commentary on the Amitābha Sūtra, the Dictionary stated in Chinese: 「一心不亂者，專注無散也。」
- *the Diamond Sutra* states, 「凡夫之人以為有我」





- If, during practice, a person's thoughts cannot settle into a focused state and their attention remains attached to external sensory experiences — such as sights, sounds, smells, tastes, or tactile sensations — they cannot attain the ideal state of 「一心不亂」.
- 「continuous pure recollection」 (淨念相續) ——
《楞嚴經》





若一日夜，或二、或三、或四、或五、
或六、或七，繫念不亂。是善男子或善
女人臨命終時，無量壽佛與其無量聲聞
弟子、菩薩眾俱前後圍繞，來住其前，
慈悲加祐，令心不亂；既捨命已，隨佛
眾會，生無量壽極樂世界清淨佛土。

——《稱讚淨土佛攝受經》玄奘大師譯
本



Master Xuanzang (602~664)



- 「一心者，无二心也。不乱者，不乱动也。」
- 事一心 and 理一心.
- 「事一心者，如前忆念，念念相续，无有二念。信力成就，名事一心。属定门摄，未有慧故。」
- 「理一心者，如前体究，念念深入，能念所念，心源圆融，不可得故。……纯一如中，中理一心，属慧门摄，兼得定故。」——*Commentary and Notes on the Amitābha Sūtra* 《阿彌陀經疏鈔》



Master Lianchi (1535–1615)



- 事一心 indicates that a practitioner has already attained sufficient meditative concentration; however, the state of 理一心 is even higher. It involves not only concentration but also the awakening and possession of the wisdom 般若, fully in harmony with the Middle Way 中道.
- Nāgārjuna Bodhisattva, in the Shizhu Piposha Lun 十住毗婆沙论, states: 「一心者用意即是念佛。」 This indicates that every thought of practitioner is in direct correspondence with the Buddha. In addition, Master Lianchi offers a concise general explanation: 「一心者，專注正境也。不亂者，不生妄念也。」



Nāgārjuna Bodhisattva
(????–????)



- 若持至事一心不亂，見思任運先落，則生方便有餘淨土；若至理一心不亂，豁破無明一品，乃至四十一品，則生實報莊嚴淨土，亦分證常寂光土。

- 事一心，若約蕩益大師所判，尚非現世修行人之身份，況理一心乎。

11 • 蕩益大師

- 印光大師

III、 Translation Comparison



- in North America today, three main English translations of *the Amitābha Sūtra* are commonly used, and they render 「一心不亂」 as follows:
- 「Wholeheartedly and without distraction」
- 「Single-mindedly without distraction」
- 「With one heart unconfused」

Second edition: 1993

**Sutra Translation Committee of the
United States and Canada**

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「single-minded concentration」





- the *Infinite Life Sutra*, for example: 「一心念我，晝夜不斷」.
- In Zhong Baisheng's 鍾佰晟 English translation, he renders it as: 「[someone] who single-mindedly recites my name through day and night without cease.」
- John Walker's English version: 「day and night they would fix their minds upon me.」



the *Infinite Life Sutra*



- Cai Jinyuan 蔡金源 translates this technical term as:
「mind should be undisturbed.」
- Chen Qiwen's 陳啟文 translation: 「undisturbed single-mindedness.」





一心不亂

- 「single-minded concentration」
- 「undisturbed single-mindedness」



IV、conclusion

- In Master Lianchi's 阿彌陀經疏鈔, he states:
「如來一語，事理雙備，故同名一心。」
- 「**single-minded concentration**」 and
「**undisturbed single-mindedness**」
adequately correspond to 「一心不亂」.





Thank you for your listening!