

《大般涅槃經·聖行品》所述禪法 及相關注疏的詮釋

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摘要

《大般涅槃經》自譯出後，在隋唐之前多有流傳，經中〈聖行品〉所述之禪法，在當時亦受重視。〈聖行品〉為五行之一，講述菩薩之戒定慧學，其定學內容為四念處。四念處觀於《阿含經》至《大般若經》皆有解說，依《涅槃經》之論述，此四念處非只為二乘人修習，而是通達三乘的禪法，南北朝僧人多習此經，亦知有依此文修習禪法者。本文依此脈絡，先探討《涅槃經·聖行品》內容，經文由起信開始，敘述戒定慧學，並依融攝三乘的角度，對三學加以解說，作為初學菩薩的入門。其中定學為四念處，包括不淨觀、白骨觀、觀識非我、觀出入息、觀四大非我等，得一切法中我不可得，由此斷除貪欲、瞋恚，得入菩薩堪忍地。接著以《摩訶般若波羅蜜經》與《大智度論》關於四念處之內容，說明此禪法菩薩亦應修習，及其四念處修習次第。再以代表南朝的《涅槃經集解》、北地禪法的《涅槃經義記》，與隋代天台宗《涅槃經疏》等三種注疏，分析其釋經理路，藉此呈現對〈聖行品〉的理解及其中定行對禪法思想的影響。

關鍵詞：《大般涅槃經》、《摩訶般若波羅蜜經》、四念處、《涅槃經》注疏、佛教釋經學

A Study of Si Nianchu in the *Shengxing Chapter* of *Mahā-parinirvāṇa Sūtra* and the Related Exegeses

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Abstract

The *Mahā-parinirvāṇa Sūtra* (《大般涅槃經》) is a popular Buddhist scriptures in Southern and Northern Dynasties since translated by Dharmakṣema (曇無讖). In this scripture, one chapter named *ShengXing* (《聖行》) mentioned about Si Nianchu (四念處, smṛty-upasthāna) and said Bodhisattva (菩薩) should learn and practice this meditation. Same idea could be seen in other Mahāyana scriptures, like *Pañcaviṣṭi-sāhasrikā-prajñāpāramitā* (《摩訶般若波羅蜜經》). Therefore, many Buddhist monks regarded it as an important classic and added explanatory notes to it. At present, there are three existing exegeses about the *Mahā-parinirvāṇa Sūtra*: *Dabanniepanjin-Jijie* (《大般涅槃經集解》), *Dabanniepanjin-Yiji* (《大般涅槃經義記》) and *Dabanniepanjin-Shu* (《大般涅槃經疏》). In these exegeses, they interpreted the *Shengxing Chapter* from different perspectives, which shows us how they understood the Chapter from their positions and how it influenced their meditation systems.

Keywords: Dapanniepanjing (*Mahā-parinirvāṇa Sūtra*), Mohoboruo boluomijing (*Pañcaviṣṭi-sāhasrikā-prajñāpāramitā*), Si Nianchu (smṛty-upasthāna), *Niepanjing Zhushu* (《涅槃經》注疏), Buddhist Exegeses