

今月の宗祖のおことば **Founding Master Ippen's Thought of 12th Month (Dec.)**

過去遠々のむかしより 今日今時にいたるまで おもひと思ふ事はみな 叶はねは

こそかなしけれ

「別願和讃」

Ever since ancient times till the very moment right now, every hope or idea harbored in feeble minds has never been realized, which is pitiful.

Master Ippen's Waka Poetry "Pledged Prayers"

～ 一遍上人のおこころ ～ **Master Ippen's Innermost Thought**

思い通りにならないことばかりで悲しくなってしまうのが凡夫です。結果にばかりとらわれず、悟りの境地を目指すのです。

Common mortals lament the vagaries of life, things that they can't get in their way, feeling sorrow. Without worrying about the results, one should aim at the realm of awakening.

鐘の音とともに Together with Sounds of Year-end Bell

今年も残すところ後一か月。時間の流れの早さを感じます。年の瀬が迫り一年を振り返ると、良いことや悪いこと、改善しなければならぬことなど様々なことを思い起こすのではないのでしょうか。さて、遊行寺では大晦日の深夜から元朝にかけ、除夜法要を修行しております。大晦日は「除日(じょじつ)」と呼ばれ、古い年を除き去り新年を迎える日という意味を表します。その夜に煩惱を払うために打つ鐘を「除夜の鐘」と呼び、一般的に煩惱の数と同じ108回撞きます。

With only one month left till the end of the year, we feel time spins. On looking back over the year as it winds down, people may find various things that are construed good, bad or better to be improved, I wonder. The Yūgyō-ji will observe the Buddhist Service on New Year's Eve - before mid-night on Dec. 31 till the early morning of New Year's Day. The last day of the year is called, *jojitsu*, literally meaning leaving off the year, representing the expression for wiping away the old year and welcoming the new year. The bell tolls to drive away a string of blind passions at that night is called the "Year-end Bell", which, in general, are being pounded at 108 times, conforming to the 108 worldly desires in number.

煩惱の数については四苦八苦(しくはく)という言葉に由来しているといわれます。四苦 (4 x 9=36) と八苦 (8x9=72) を足した数が108になることから、煩惱は108あるという訳です。(諸説あります)。仏教では、人生を送る上でどうしても避けられない苦しみを四苦とし、その四苦にさらに四つ加えて八苦で表します。ですから、四苦八苦といっても苦が12個あるわけではなく、全部で8つとなるわけです。四苦は「生まれる辛さ」「老いていく悲しみ」「病の苦しみ」「死への恐れ」を表す生老病死(しょうろうびょうし)を指し、八苦は愛別離苦(あいべつりく)(愛する者との別れ)、怨憎会苦(おんぞうえく)(怨み憎んでいる者に会う事)、求不得苦(ぐふとくく)(求める物が得られない事)、五蘊盛苦(ごうんじょうく)(肉体と精神がおもうままにならない事)を意味します。

The number of secular desires is said to have stemmed from the term "*siku-hakku*", lit. four hardships, and eight miseries, implying "sweating blood". The mathematic calculation: (4x9=36) + (8x9=72) equate to 108, which is one reason for that. (Other stories also avail.) In Buddhism, "the four unavoidable agonies in human life are called "four distresses", to which added are one more set of "four miseries", making the categories eight (8) in total. Therefore, the expression "*shiku-hakku*" doesn't necessarily accrue to 12, but is set at 8 in number. The four agonies represent "humans' life, aging, illness, and death", respectively showing "the hardships of human

life” “the sorrow of aging”, “the troubles of sickness”, and “the fears of death”, while the eight adversities indicate “parting from loved ones”, “encounter with those whom one holds hatreds and resentments against”, “being unable to get what one has sought”, “the inability of regulating one’s physical body and mind”.

私達の心を汚す煩惱の多くは、四苦八苦の言葉が示すように、自分の思い通りにならないがゆえに湧き出るものです。また消し去ろうとしてもなかなか消え去るものではありません。だからこそ、年に一度は自らの行いを振り返り、悔い改めて同じ過ちを繰り返さないようにするのです。一年の締めくくりには、除夜の鐘が鳴り響く遊行寺へぜひ足を運んで下さい。鐘の音には、煩惱を振り払い心に落ちつきを与えてくれる他にも、過ぎ去ってゆく年への感謝や、新年への期待感をつのらせてくれます。皆様のご参拝お待ちしております。どうか気持ち安らかに素敵な一年をお迎え下さい。

合 掌

(内近司(ないごんす) 常盤(ときわ) 慈人(じじん))

Many of the secular desires making one’s heart tainted, as the term “*shiku-hakku*” implies, sprint forth from what one can’t get in his own way. And, these sins can never be easily wiped off. That’s why one should look back over one’s acts once in a year, atoning for the misdeeds, reforming oneself, and averting to do-over the same mistake. At the time of closing the year, the temple staff heartily wish many people to make visits to the head temple with the reverberating bell’s toll on the New Year’s Eve. The sounds of the bell, aside from dissipating the excessive secular desires, getting relieved ones’ hearts, provide with the chance for appreciating the passing year, and enhancing hopes or anticipations for the new year. Please everyone be encouraged to gather at the temple. Wishing you welcoming the start of splendid new year with serenity and composure.

In Prayers

Written by the temple inner-affairs attendant: Priest Jijin Tokiwa

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