

【附錄】佛陀一生大事記

Appendix One
Chronology of the Buddha's Life

<p>誕生</p> <p>Birth</p> <p>(563 B.C.E.)</p>	<ul style="list-style-type: none">● 佛陀原名悉達多•喬達摩，出生在印度北方的迦毗羅衛國(今尼泊爾境內)。屬於釋迦族，刹帝利種姓。父親是迦毗羅衛國國王淨飯王，母親是王后摩耶夫人。 Born as Siddhartha Gautama in Lumbini on April 8th of the Lunar calendar in the kingdom of Kapilavastu in Northern India. To date, Lumbini, along with the asoka tree under which the prince was born remain a protected site by the Nepalese government.● 悉達多於四月初八日，在藍毗尼園無憂樹下誕生。藍毗尼園遺址，現由尼泊爾政府作為古蹟保護，是佛教四大聖地之一。 His father, King Suddhodana, and mother, Queen Maya were the rulers of Kapilavastu. The prince belonged to the Sakya clan and the Ksatriya caste.● 太子誕生七日後，母親摩耶夫人因病去世，由姨母摩訶波闍波提夫人撫養長大。 Queen Maya died seven days after the prince was born, leaving him in the care of his aunt, Mahapajapati Gotami.● 阿私陀仙人為太子占相並預言，太子將來若非成為轉輪聖王，一統天下；便是出家成就佛道，廣度三界眾生。 Asita, a seer, predicted that Siddhartha will either become a monarch who will unite all lands, or renounce the worldly life and become a Buddha to liberate all sentient beings.
<p>8 歲</p> <p>Age 8</p>	<ul style="list-style-type: none">● 拜婆羅門跋陀羅尼為師，學習四吠陀、五因明等學問。淨飯王並召釋迦族大臣之五百童子同入學堂共學，以為將來輔助太子治理國政做準備。 Siddhartha was educated in the subjects of the Four Vedas and the Five Sciences. King Suddhodana also summoned 500 children of the Sakya clan to study as his classmates to prepare them for aiding the prince in his future reign.

<p>12 歲 18 歲</p> <p>Age 12-18</p>	<ul style="list-style-type: none"> ● 悉達多開始學習軍事武術，技藝勝出同輩釋種青少年。能駕馭與指揮四兵，並精通兵器、搏擊角力等。可以射穿七面鼓，曾把「千人弓」射過鐵鼓，箭入於地，因而成井，眾人稱之「箭井」，名聲響徹四方。 Siddhartha received military and martial arts training, excelling his Sakyan peers. Not only was he able to lead and command armies, he has also mastered weaponry and wrestling. Using a bow that could only be drawn by the strength of a thousand men, the prince's arrow pierced through seven iron drums and shot into the ground. A well also appeared around the arrow, and was thereby named the Arrow Well. The prince's reputation was widespread. ● 悉達多在無憂的年齡裡，卻表現出與其他同齡孩子決然不同的特點，喜歡沉思、默想，身邊日常小事，常讓其心有感悟。例如為世間的弱肉強食感到不平等，時常思索「人生苦的根源是什麼？如何才能解脫這些苦？」 Unlike his peers, Siddhartha grew up differently. He often pondered about even the smallest things in life such as, “Why do the weak fall prey to the strong?” or “What is the cause of life's sufferings? How can we be free from such sufferings?”
<p>19 歲 24 歲</p> <p>Age 19-24</p>	<ul style="list-style-type: none"> ● 悉達多與鄰國天臂城善覺王的長女耶輸陀羅公主成婚，六年後生下一子羅睺羅，婚姻幸福。 Six years after being married to Princess Yasodhara, the eldest daughter of King Suprabuddha of Devadaha, their son Rahula was born.
<p>25 歲 30 歲</p> <p>Age 25-30</p>	<ul style="list-style-type: none"> ● 一日，悉達多太子興起出城巡遊百姓景況，卻驚見老、病、死的苦狀而鬱悶不悅。最後一次見到沙門修行人威儀之姿，遂生出離之志。此即「四門出遊」。 One day, Siddhartha ventured outside the palace walls and encountered the Four Sights of old age, sickness, and death, leaving him in serious grief. His final encounter with a dignified renunciant inspired him to renounce. ● 淨飯王得知太子出遊四門而有出家之念，唯恐阿私陀仙預言實現。遂為太子建築春、夏、冬等三座華美宮殿，並安排後宮歌姬舞姬侍候，希望令太子忘情享樂。太子雖擁有豪華舒適的生

活，然生命中種種困惑，從不曾消逝於心。Upon hearing Siddhartha's wish to renounce, King Suddhodana was so afraid that Asita's prophecy would come true that he built three splendid palaces, each for spring, summer, and winter. He even arranged beautiful and seductive entertainers to serve the prince, wishing that this would cause Siddhartha to indulge in pleasure. Although Siddhartha had a luxurious and comfortable living, his questions and queries prevailed in his mind.

- 一日，夜半趁歌舞伎熟睡之際，喚醒車匿，跨上愛駒犍陟，走出皇宮，剃除鬚髮，出家修道。One night, when everyone was asleep, Siddhartha woke up Chandaka, his servant, and left the palace on his horse Kanthaka. He then cut off his hair and renounced his princely life.
- 太子度過恆河，抵達離家五百多公里外，王舍城山林處修行。淨飯王派遣憍陳如等五大臣，陪伴太子出家修道。
The prince crossed the Ganges River and practiced in a forest near Rajagrha, some 500 kilometers from home. King Suddhodana therefore dispatched five officials including Ajnata Kaundinya to accompany Siddhartha in his practices.
- 修行期間，悉達多在王舍城乞食，頻婆娑羅王受其威儀感動，勸其放棄修行，願讓一半王位，共同治理國政。悉達多一心向解脫道，頻婆娑羅王遂請求其成就佛道後，回返度之。
Upon seeing Siddhartha begging for alms in Rajagrha, King Bimbisara was deeply moved by his demeanor and offered half of his kingdom in attempt to persuade Siddhartha to abandon his practices. Remaining adamant, Siddhartha promised to return and deliver the king once he attained enlightenment.
- 在王舍城中，首先拜訪兩位全印度最出名的數論派阿羅藍仙人與鬱陀仙人，分別達到無所有處定及非想非非想處定至高之禪定狀態。然並未能解脫煩惱，也已找不到其他更高明的老師。
In Rajagrha, Siddhartha first sought advice in Arada and Udraka, the two most renowned ascetics of the Samkhya School in India. They had already achieved the *dhyanas* of nothingness and of neither thought nor non-thought. Nevertheless, they were still not liberated

	<p>from defilements, and no better teacher could be found.</p> <ul style="list-style-type: none"> ● 悉達多遂與五位苦行同伴，前往優羅頻羅村苦行林，與婆羅門及外道修行各種極端禁慾苦行，長達六年。 For six long years, Siddhartha and his five companions practiced extreme asceticism in the forest in Uruvela alongside other Brahmins and hermits.
<p>31 歲 35 歲 Age 31-35</p>	<ul style="list-style-type: none"> ● 悉達多六年苦行日子中，日食一麻一麥，瘦骨嶙峋，幾至死亡狀。遂悟禁慾苦行亦非究竟，決定放棄苦行，遭致五個同伴唾棄誤解，以為太子墮落。悉達多獨自前往伽耶山附近之尼連禪河畔沐浴，並接受牧羊女的乳糜供養，恢復體力。 In the six years of ascetic practice, Siddhartha ate no more than a sesame seed or a grain of wheat per day. Emaciated and on the verge of death, he realized that asceticism was not the perfect practice and decided to abandon it. His five companions scorned him for his degeneration. Siddhartha went alone to bathe in the Nairanjana River, near Mount Gaya. After accepting a shepherd girl's offering of milk, he regained his strength.
<p>31 歲 35 歲</p>	<ul style="list-style-type: none"> ● 依據律藏，佛陀成道後，在菩提樹周邊移動七處，繼續思惟緣起甚深之理，同時宣說自證境界，講述《華嚴經》二十一日。由於《華嚴》宣說菩薩階次及佛的內證之法，凡愚小機如聾似啞，不契大教。According to the Vinaya, after the Buddha attained enlightenment, he moved to seven different places around the bodhi tree and continued to contemplate the profound truth of Dependent Origination. He then taught about the state of self-enlightenment in his 21-day discourse of the <i>Avatamsaka Sutra</i>. However, the teachings on the levels of being a bodhisattva and the Buddha's way of realization were too profound and incomprehensible for ordinary beings. ● 佛陀轉往波羅奈國之鹿野苑，首度憍陳如等五比丘，三度演說四聖諦妙意，名為「三轉十二行相」。度得五比丘為佛教僧團之濫觴，史稱「初轉法輪」。佛、法、僧三寶，於焉具足。 At Deer Park in Varanasi, the Buddha took the Five Bhiksus as his first disciples, marking the beginning of the Sangha. He gave three lectures on the splendid meaning of the Four Noble Truths, the first turning of the Dharma Wheel. As a result, the Triple Gem: Buddha,

	<p>Dharma, and Sangha were complete.</p> <ul style="list-style-type: none">● 其後，度化波羅奈國富家長者子耶舍及其親友豪族共有五十五人剃度出家。連同佛陀，當時佛教僧團，共有六十一位阿羅漢。 <p>Afterwards, the Buddha ordained Yasa, son of a rich elder in Varanasi, and his relatives and friends, numbering 55 in total. At the time, there were 61 arhats in the Sangha.</p> <ul style="list-style-type: none">● 耶舍的父母聽聞佛陀說法後，欣然皈依佛陀座下，成為佛教僧團第一位優婆塞、優婆夷，形成僧信二眾具足的教團組織。 <p>After listening to the Buddha's teachings, Yasa's parents happily took refuge in the Buddha and became the first upasaka and upasika, the foundation for an organization comprising both monastics and laity.</p> <ul style="list-style-type: none">● 此後十二年，佛陀遊化全印度，宣講《阿含經》，主要內容為四聖諦、八正道、十二因緣、三十七道品、無我等。 <p>In the following twelve years, the Buddha travelled across India, teaching the <i>Agamas</i>. He mainly taught the Four Noble Truths, Noble Eightfold Path, Twelve Links of Dependent Origination, the Thirty-Seven Conditions Leading to Bodhi, and non-self.</p>
<p>36 歲 41 歲 Age 36-41</p>	<ul style="list-style-type: none">● 前往迦耶山尼連禪河畔，度化拜火教三迦葉—優樓頻螺迦葉、伽耶迦葉、那提迦葉及其隨眾等一千人。從此僧團組織的基礎愈形穩固。 <p>At the side of Nairanjana River of Mount Gaya, the Buddha liberated the three Kasyapa brothers who worshipped fire--Uruvila Kasyapa, Kaya Kasyapa and Nadi Kasyapa--as well as their 1,000 followers, solidifying the foundation of the Sangha.</p> <ul style="list-style-type: none">● 佛陀依十幾年前與摩揭陀國頻婆娑羅王之約定，來至彼國，為說法要。王於國都王舍城建「竹林精舍」，是為佛教第一座道場。該精舍計分十六大院，每院六十房，更有五百樓閣，七十二講堂，供養佛陀僧團大眾安居。 <p>The Buddha returned to Magadha and taught the Dharma to King Bimbisara as promised more than a decade ago. The king built the first Buddhist monastery, Venuvana Vihara in the capital Rajaghrha.</p>

	<p>It was divided into sixteen buildings, each containing sixty rooms for the Buddha and the Sangha's living quarters. There were also 500 towered-pavilions and 72 lecture halls.</p> <ul style="list-style-type: none"> ● 舍利弗與目犍連一起皈依佛出家，助佛弘法，成為佛陀教團重大盛事。其後，婆羅門中最傑出的人物大迦葉也隨佛出家，國王、學者紛紛皈依而來，佛陀的教化更是普遍各方。佛陀的千二百五十弟子常隨遊化，成為佛陀僧團之常隨眾。 <p>Sariputra and Maudgalyayana became the Buddha's ordained disciples and helped propagate the Dharma, a significant event in the Buddha's Sangha. Afterwards, Mahakasyapa, the foremost among brahmans, also ordained and joined the Sangha. With kings and scholars taking refuge in the Buddha one after another, the Buddha's teachings became even more widespread. 1,250 disciples followed the Buddha in his travels, and became permanent followers in the Sangha.</p>
<p>36 歲 41 歲 Age 36-41</p>	<ul style="list-style-type: none"> ● 北方憍薩彌羅國舍衛城的須達長者和祇陀太子分別布施園林與樹木，由舍利弗計劃和監督完成「祇園精舍」，佛陀率眾前往安住。該國波斯匿王也皈依在佛陀座下，成為佛教忠實的大護法。 <p>Elder Sudatta and Prince Jeta from Sravasti, a city in the northern kingdom of Kosala, donated a grove and trees. Under Sariputra's planning and supervision, Jetavana Monastery was constructed as new dwelling for the Buddha and his disciples. King Prasenajit of Kosala also took refuge in the Buddha, becoming a significant and loyal Dharma protector.</p> <ul style="list-style-type: none"> ● 此後，佛陀經常南北往返於竹林精舍與祇園精舍之間，以摩揭陀、憍薩彌羅、婆蹉三國為中心，遊方印度各地，度化了許多弟子。 <p>The Buddha often traveled north and south, between Bamboo Grove Monastery and Jetavana Monastery. With Magadha, Kosala, and Matsya as centers of his propagation, the Buddha traveled all over India and taught many disciples.</p> <ul style="list-style-type: none"> ● 因為須提那破戒事件，佛陀制訂戒律，規定每半個月布薩誦戒一次。 <p>Due to Sudinna's breaking of his vows, the Buddha established the</p>

	<p>precepts and the rule that a Upavasatha ceremony must be held every fortnight to recite the precepts.</p>
<p>42 歲 Age 42</p>	<ul style="list-style-type: none"> ● 此後八年之間，佛陀為普應群機，宣說《維摩結經》、《思益經》、《解深密經》、《金光明經》、《大集經》等，所謂偏圓並陳、權實兼施的教法，是為方等時。 For the next eight years, the Buddha taught the <i>Vimalakirti Sutra</i>, <i>Sutra Asked by Visvasacinta Brahma Deva</i>, <i>Sandhinirmocana Sutra</i>, <i>Golden Light Sutra</i>, and <i>Mahasamnipata Sutra</i>. These lectures expanded both partial and all-embracing teachings, and teachings delivered through both skillful means and essence. This period of teaching is thus called <i>vaipulya</i>.
<p>43 歲 49 歲 Age 43-49</p>	<ul style="list-style-type: none"> ● 佛陀教團逐漸擴大教化，淨飯王遂派大臣優陀夷前往舍衛城迎請佛陀回迦毗羅衛國弘法，釋迦族貴族青年，如：富樓那、阿難、提婆達多、難陀、阿那律、跋提等王子，均受到佛陀仁德感召，紛紛加入僧團。 As the Sangha gradually expanded along with their propagation, King Suddhodana sent his minister Udayin to Sravasti to invite the Buddha to return to Kapilavastu to teach the Dharma. Princes of the Sakya clan, such as Purna, Ananda, Devadatta, Nanda, Aniruddha, Bhadra and other royal youths, were all inspired by the Buddha's benevolence and joined the Sangha community. ● 王族的理髮師優婆離，屬於首陀羅最底層種姓，佛陀亦允准皈依出家。自此，在佛陀之教團，打破階級，提倡四姓平等。一反婆羅門教社會秩序，引起前所未有的震撼。 Upali, who belonged to the lowest caste and was a barber for royalty, renounced with the Buddha's consent. Since then, the Buddha's Sangha had broken the segregation of castes and instead advocated equality. This was against brahmanical social order and shocked many in India. ● 佛陀之子羅睺羅亦剃度出家，佛乃為之制定沙彌十戒，乃僧團中有沙彌之始。 Rahula, the Buddha's son, was ordained. The Buddha thus established the ten precepts for srameneras, marking the beginning of novice monks in the Sangha.

	<ul style="list-style-type: none">● 佛陀的父親淨飯王逝世，享年九十三歲。佛陀親自為父抬棺。之後由阿那律的哥哥摩訶男出任國王，統治迦毗羅衛國。 King Sudhodana, the Buddha's father, died at the age of 93. The Buddha carried the casket himself. Mahamana, Aniruddha's older brother, ascended the throne and ruled Kapilavastu.● 姨母摩訶波闍波提夫人亦率五百名宮女來到毗舍離，隨佛出家，此為比丘尼教團成立之始。 The Buddha's aunt, Mahapajapati, led 500 court ladies to Vaisali and became his ordained disciples, marking beginning of the bhiksuni community.
50 歲 71 歲	<ul style="list-style-type: none">● 此時期開始，佛陀為心慕大乘者遣除情執，使直下承擔般若中道實相之法，宣說般若二十二年。般若大法之宣講，為佛陀講說《法華經》之起源。 For 22 years starting from this period, the Buddha taught teachings on Prajna and the Middle Path to eliminate attachment and to direct his disciples to the essence of the Dharma. These were the origin of the Buddha's teachings in the <i>Lotus Sutra</i>.● 度化鬼子母。 Liberated Hariti.● 佛陀選阿難為常隨侍者。 The Buddha chose Ananda as his full-time attendant.● 耆婆是佛陀之神醫。 Jiva, a great physician, served the Buddha.● 度化殺人魔鴛崛摩羅。 Liberated serial-killer Angulimala.

<p>70 歲 78 歲</p> <p>Age 70-78</p>	<ul style="list-style-type: none">● 提婆達多蠱惑阿闍世太子叛道，囚禁其父頻婆娑羅王，自立為王。 Under the influence of Devadatta, Prince Ajatasatru rebelled and imprisoned his father, King Bimbisara, declaring himself the new king.● 佛陀為頻婆娑羅王和韋提希夫人說《觀無量壽經》，頻婆娑羅王於獄中去世。 The Buddha taught <i>Amitāyurdhyāna Sūtra</i> (Sutra of the Meditation on the Buddha of Immeasurable Life) to King Bimbisara and Queen Vaidehi. King Bimbisara died in prison.● 提婆達多叛變，欲分裂僧團，被佛陀制止。 Devadatta schemed a rebellion to split up the Sangha, but was stopped by the Buddha.● 阿闍世王懺悔皈依佛陀。 King Ajatashatru repented and took refuge in Buddha.● 憍薩彌羅國的琉璃王子篡位，波斯匿王出走。琉璃王攻佔迦毗羅衛國，佛陀雖阻攔三次未果。釋種滅亡，並殺害祇陀太子。 Kosala's Prince Virudhaka usurped the throne. King Prasenajit fled. King Virudhaka attacked and occupied Kapilavastu, despite the Buddha's three failed attempts to stop him. The Sakya clan was thus eliminated. King Virudhaka also killed Crown Prince Jeta.● 阿闍世王將憍薩彌羅國與迦毗羅衛國，併入摩揭陀國版圖。 King Ajatasatru annexed Kosala and Kapilavastu into Magadha.● 此後七年，佛陀見眾生根機成熟，宣說《法華經》，「開權顯實」，說如來出世之本懷。 In the seven years that followed, seeing the maturation of sentient being's understanding of the Dharma, the Buddha expounded the <i>Lotus Sutra</i>. He revealed the true essence of the Dharma, as well as the Tathagata's original intention of being born into this world.
---	---

<p>79 歲</p> <p>Age 79</p>	<ul style="list-style-type: none"> ● 佛陀渡過恒河，前往越祇國與毗舍離國弘法。 The Buddha crossed the Ganges River to teach the Dharma in the kingdoms of Vrji and Vaisali. ● 阿闍世王準備攻打越祇國，派大臣兩舍請示佛陀，佛陀為其宣說「七不退法」，順利勸阻出兵。 Preparing to attack Vrji, King Ajatasatru sent his minister Varsakara to seek the Buddha for advice. The Buddha taught him “The Seven Non-Regressing Dharmas” and successfully dissuaded the king from starting a war. ● 姨母大愛道示寂，舍利弗與目犍連相繼入滅。 Mahapajapati, Sariputra, and Maudgalyayana, entered nirvana.
<p>80 歲</p> <p>Age 80 (483 B.C.E.)</p>	<ul style="list-style-type: none"> ● 佛陀自知時至，遂向弟子表明，三個月後將要入滅，仍展開最後遊行。 Knowing that the time for his passing was near, the Buddha declared to his disciples that he was to enter nirvana in three months. Still, he began his last travel to propagate the Dharma. ● 須跋陀羅為佛陀所度最後的弟子，聽聞佛陀說法後，證得阿羅漢果，且先佛陀入涅槃。 Subhadra, the Buddha's last disciple attained arhatship after listening to the teachings, and entered nirvana before the Buddha.
<p>80 歲</p> <p>Age 80 (483 B.C.E.)</p>	<ul style="list-style-type: none"> ● 佛陀臨入滅前，對諸弟子開示：「你們不要傷心，天地萬物，有生就是無常之相，你們假若要我永久住於世間，而你們卻不依著我所指示的教法而行，就算我活了千千萬萬年，又有什麼用呢？你們若能依我的教法而行，就等於我永久活在你們心中。我的法身慧命，會遍於一切處和你們及未來的眾生共在一起。」 The Buddha said to his disciples before he entered nirvana, “Do not grieve. Everything with life in this universe is impermanent. If you wish that I permanently stayed in the world, yet do not act in accordance with the Dharma I have taught, what would be the use of living for millions of years anyway? If you all act in accordance with the Dharma I have taught, I will live forever in your hearts. My Dharma-body will pervade the universe, and I will be together with

all of you and with all sentient beings in the future.”

- 阿難以四事問佛：「一切經典之前，應以什麼字義作為經首？佛入滅後，以誰為師？依誰而住？惡性比丘，如何調伏？」佛陀開示大眾：「經典之前，以『如是我聞』開頭；大眾應以戒為師；依四念處而住；對待惡性比丘，應默擯之。」

Ananda asked the Buddha four questions: “How shall we start the beginning of the sutras? After you enter nirvana, who shall be our teacher? Where should we abide? How should we deal with vicious bhiksus?”

The Buddha said to the congregation, “You should begin each sutra with ‘Thus have I heard.’ You should rely upon the precepts as your teacher. You should abide in the Four Bases of Mindfulness. You should quietly disregard vicious bhiksus.”

- 佛陀最後遺教：「你們要堅定信仰，皈依法，依法而行，不要皈依其他。不懈怠的修學聖道，解脫煩惱，住心不亂，這就是我真正的弟子。」

The Buddha's last teaching: “All of you should be firm in your faith, seek refuge in Dharma, and practice in accordance with the Dharma, never seeking refuge elsewhere. Do not grow tired of your practice, nor of extinguishing the afflictions, and do not allow the mind to become confused. Then you will be my true disciples.”

- 佛陀選在拘尸那羅的娑羅雙樹間，以禪定——八勝處、八解脫安然入滅。佛陀涅槃後，大迦葉最後頂禮佛足，將佛陀荼毗後的舍利，分送八國，造塔供養。造塔為令世人見塔如見佛，感念佛陀在人間教化的功德。

The Buddha chose to enter nirvana peacefully in meditation on the Eight Bases of Overcoming and Eight Kinds of Liberation between two sala trees in Kusinagara. Mahakasyapa was the last to venerate at the Buddha's feet after he entered nirvana. After cremation, the Buddha's relics were divided between eight kingdoms, where stupas were built for these relics. People regarded the stupas as if they embodied Buddha; it allowed them to recollect the Buddha's merits of teaching in the human world.

<p>相關遺址 Sacred Site</p>	<ul style="list-style-type: none">● 出生聖地——藍毗尼園遺址 Site of birth: Lumbini. ● 苦行及證道聖地——菩提伽耶遺址 Site of ascetic practices and attainment of Buddhahood: Bodhi Gaya. ● 講授《華嚴經》、《阿含經》及初轉法輪聖地——鹿野苑遺址 Site of teaching the <i>Avatamsaka Sutra</i> and the <i>Agamas</i> as well as the first turning of the Dharma Wheel: Deer Park. ● 成立比丘尼僧團聖地——毗舍離遺址 Site of establishing the Bhiksuni Sangha: Vaisali. ● 講授《法華經》聖地——靈鷲山遺址 Site of teaching the <i>Lotus Sutra</i>: Vulture Peak ● 講授《金剛經》聖地——舍衛國祇樹給孤獨園（祇園精舍）遺址 Site of teaching the <i>Diamond Sutra</i>: Jetavana ● 講授《涅槃經》及涅槃聖地——拘尸那羅遺址 Site of teaching the <i>Mahaparinirvana Sutra</i> and of parinirvana: Kusinagara
-----------------------------	---