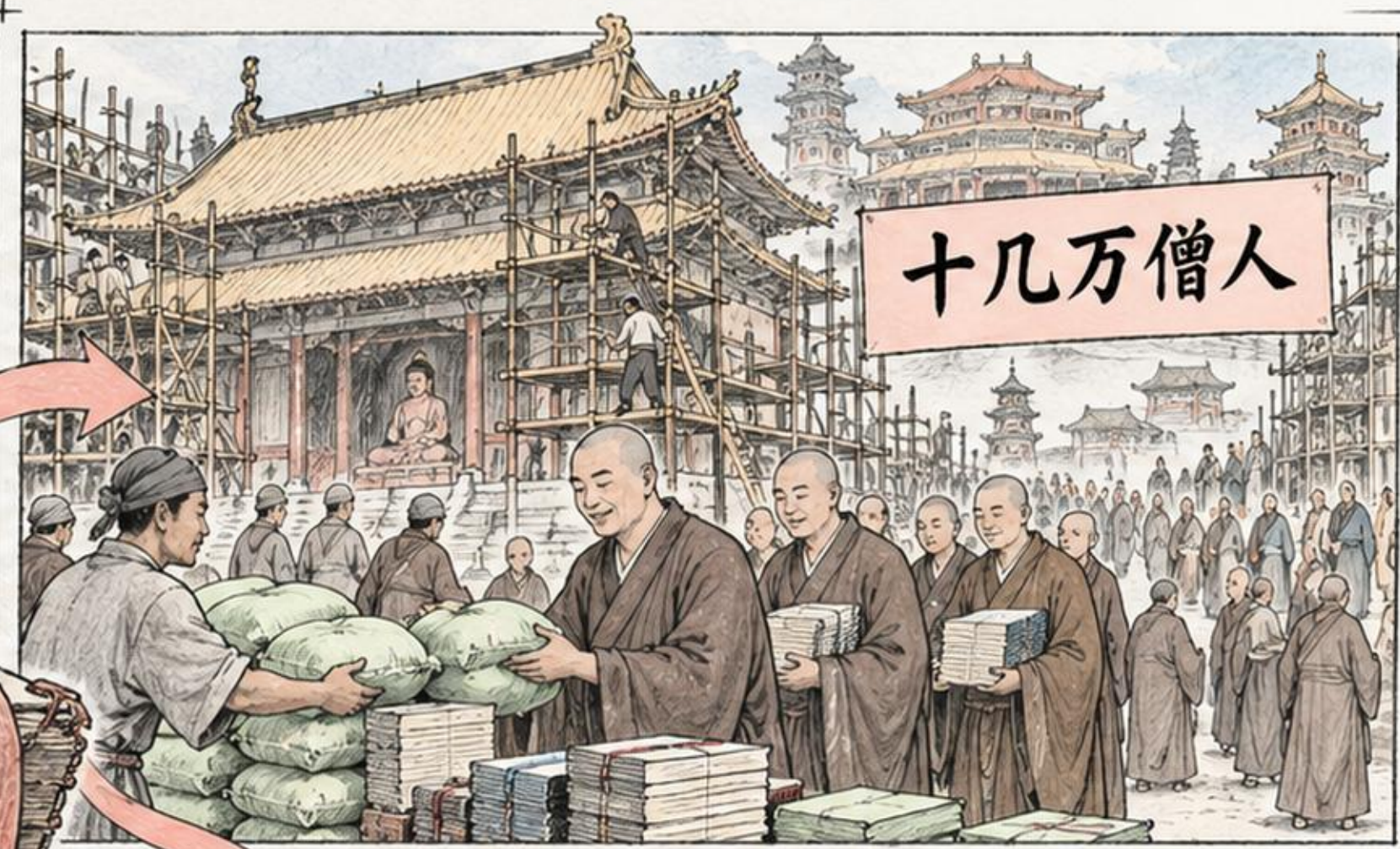




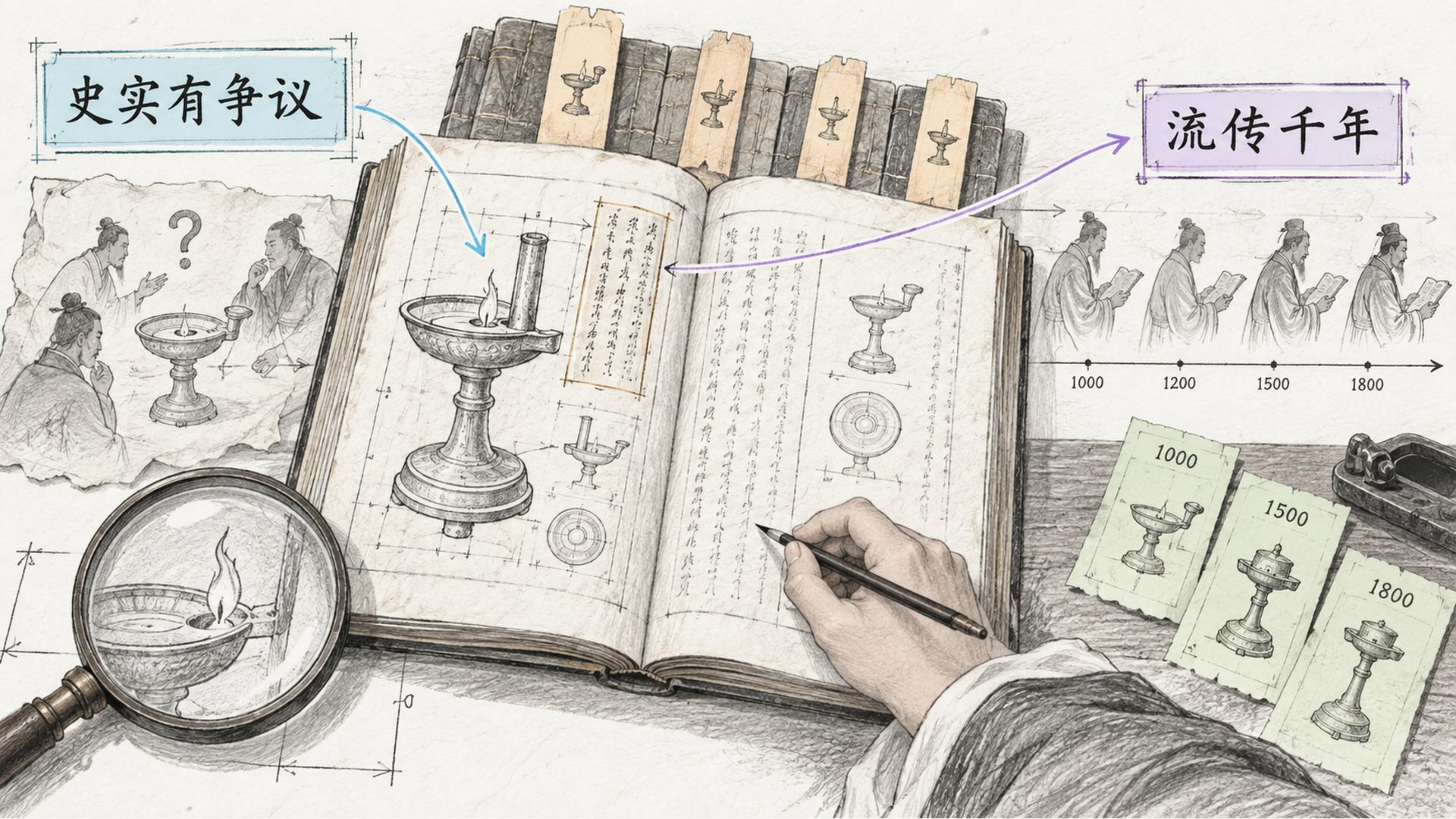


并无功德



史实有争议

流传千年



三轮体空





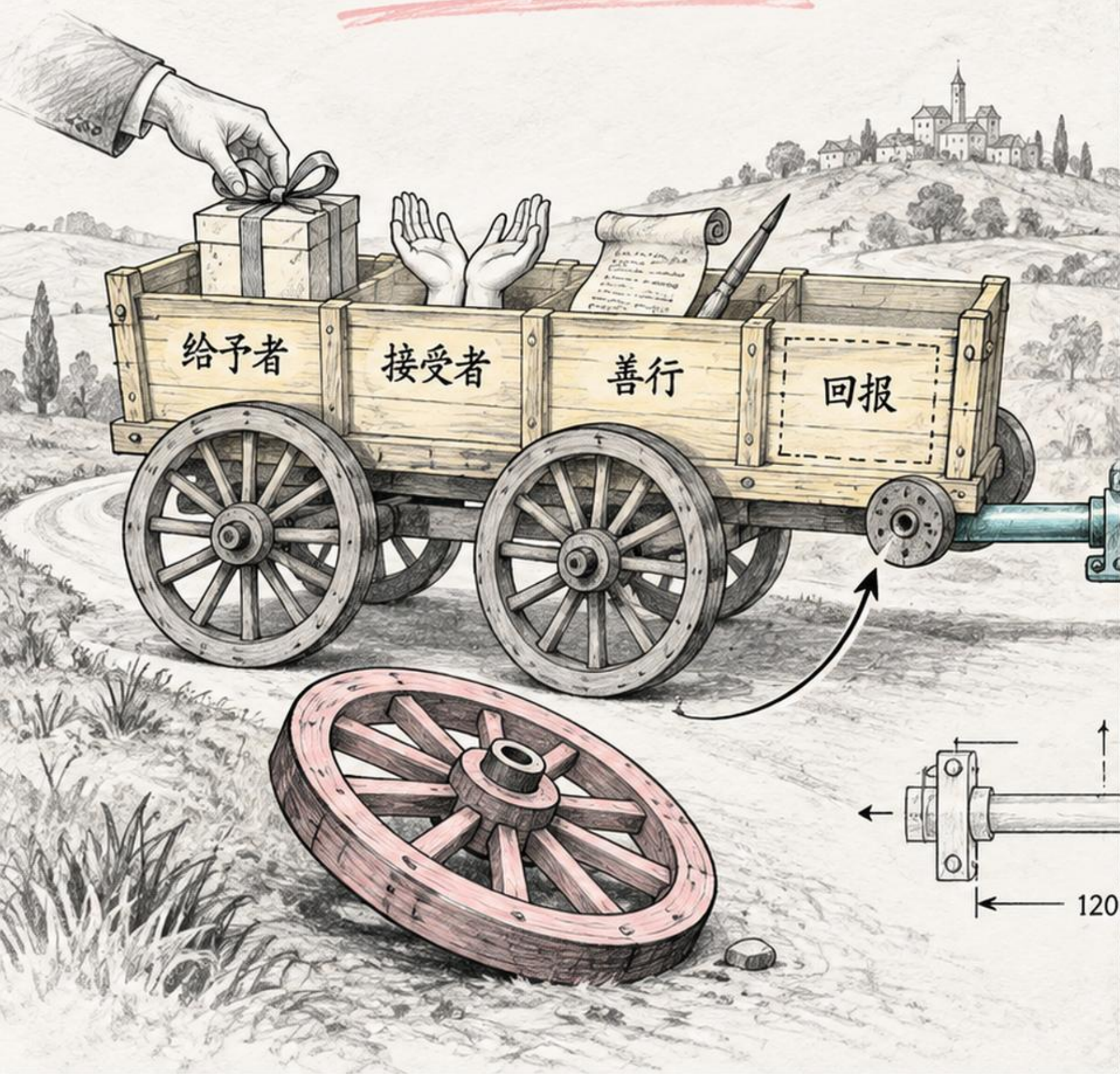
施者

受者

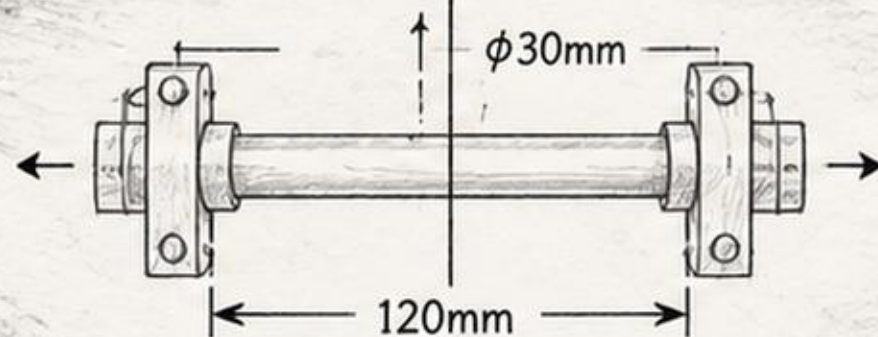
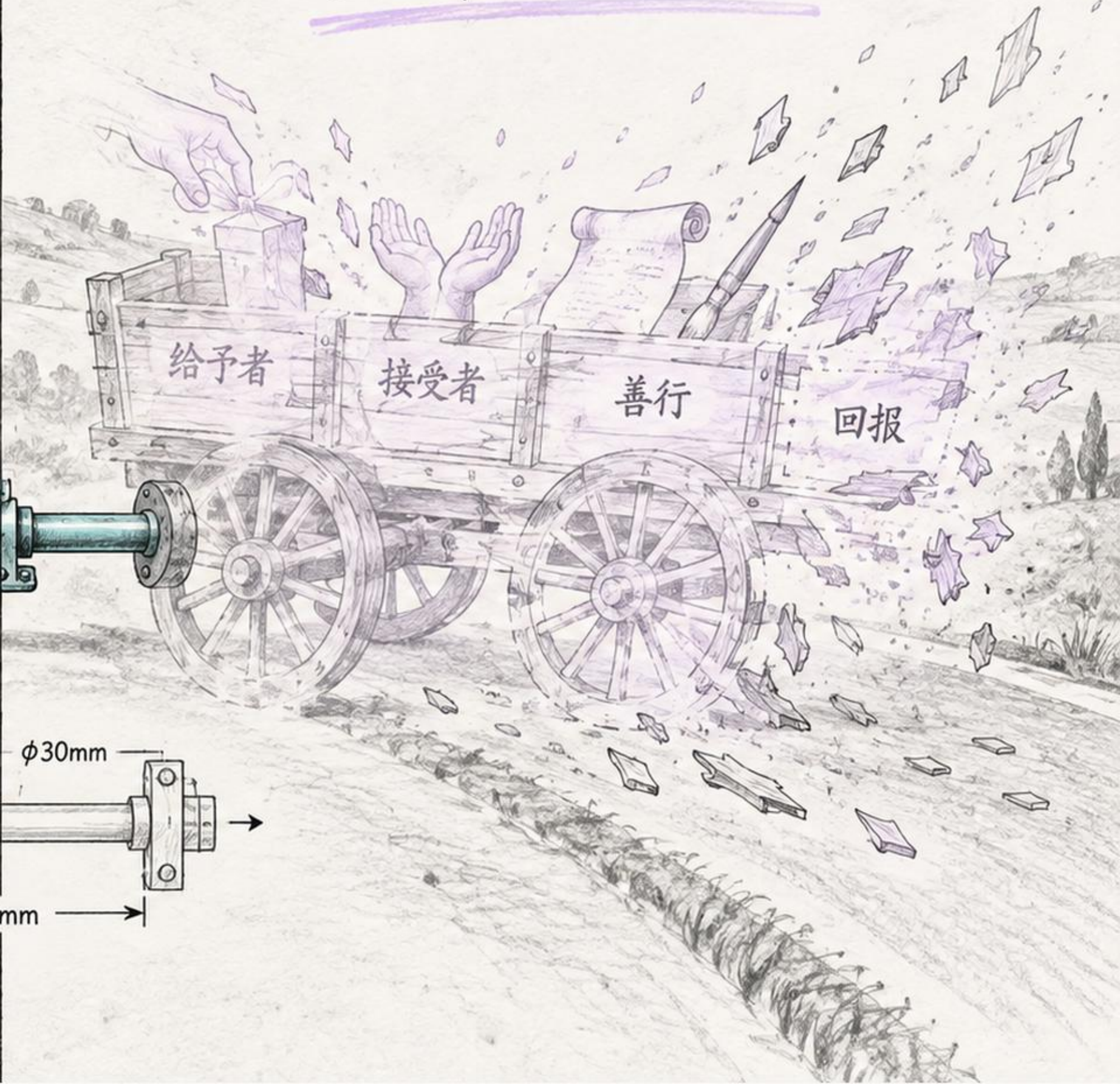
所施之物

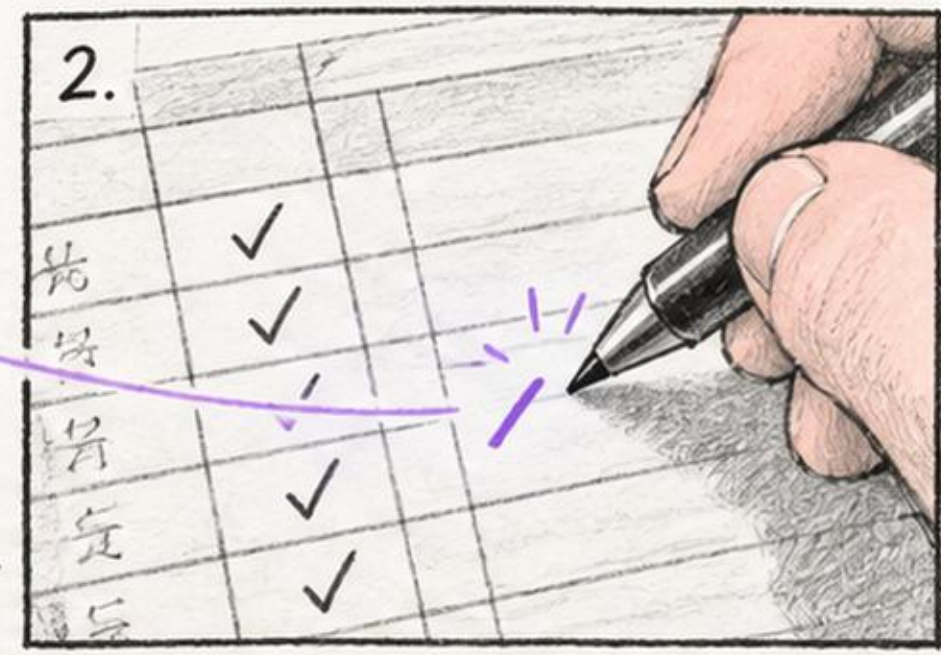
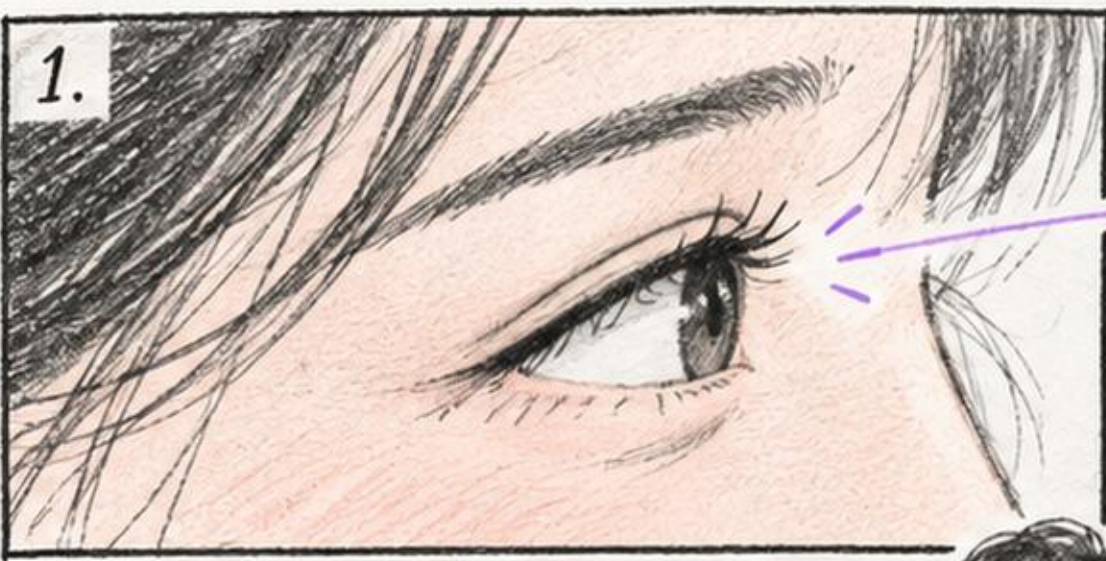
无自性

只卸回报



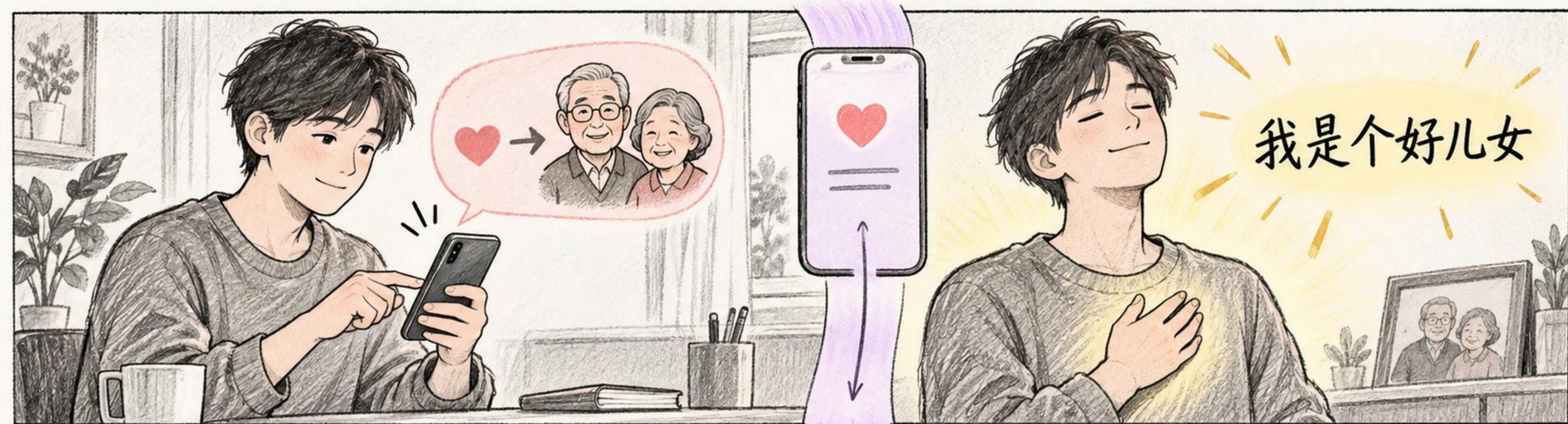
整车是幻觉

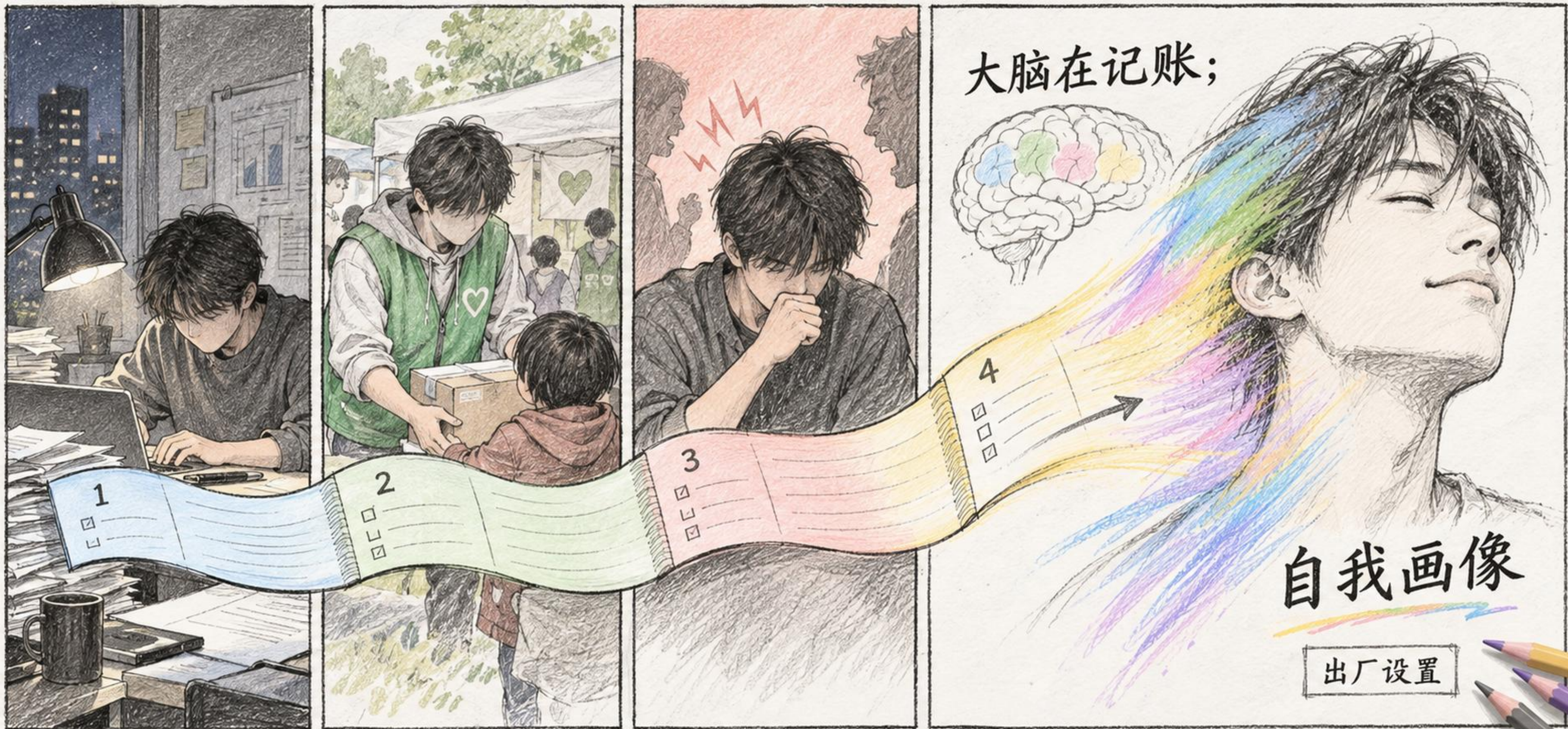




我帮了他;
半秒钟







1



2



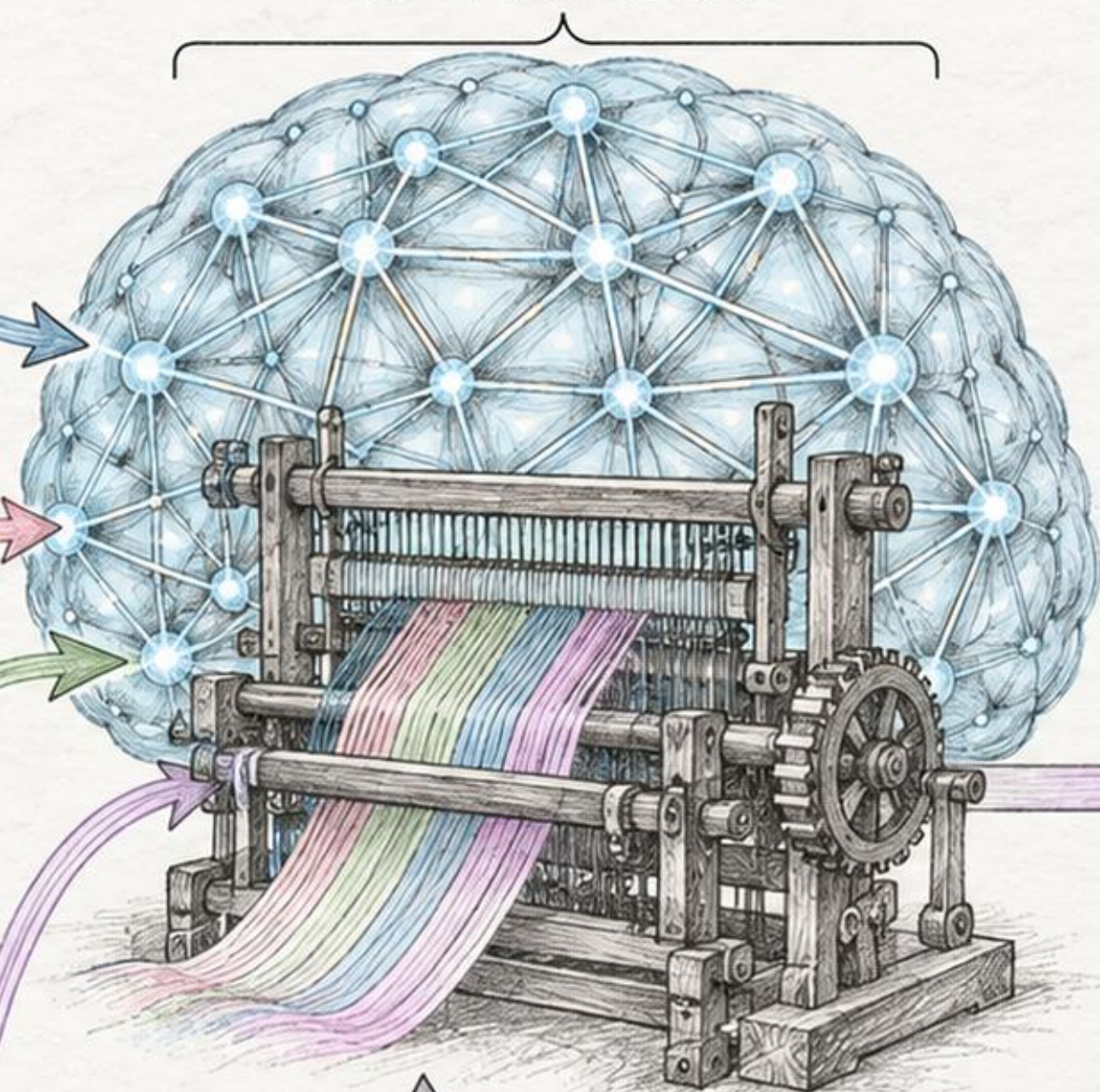
3



4

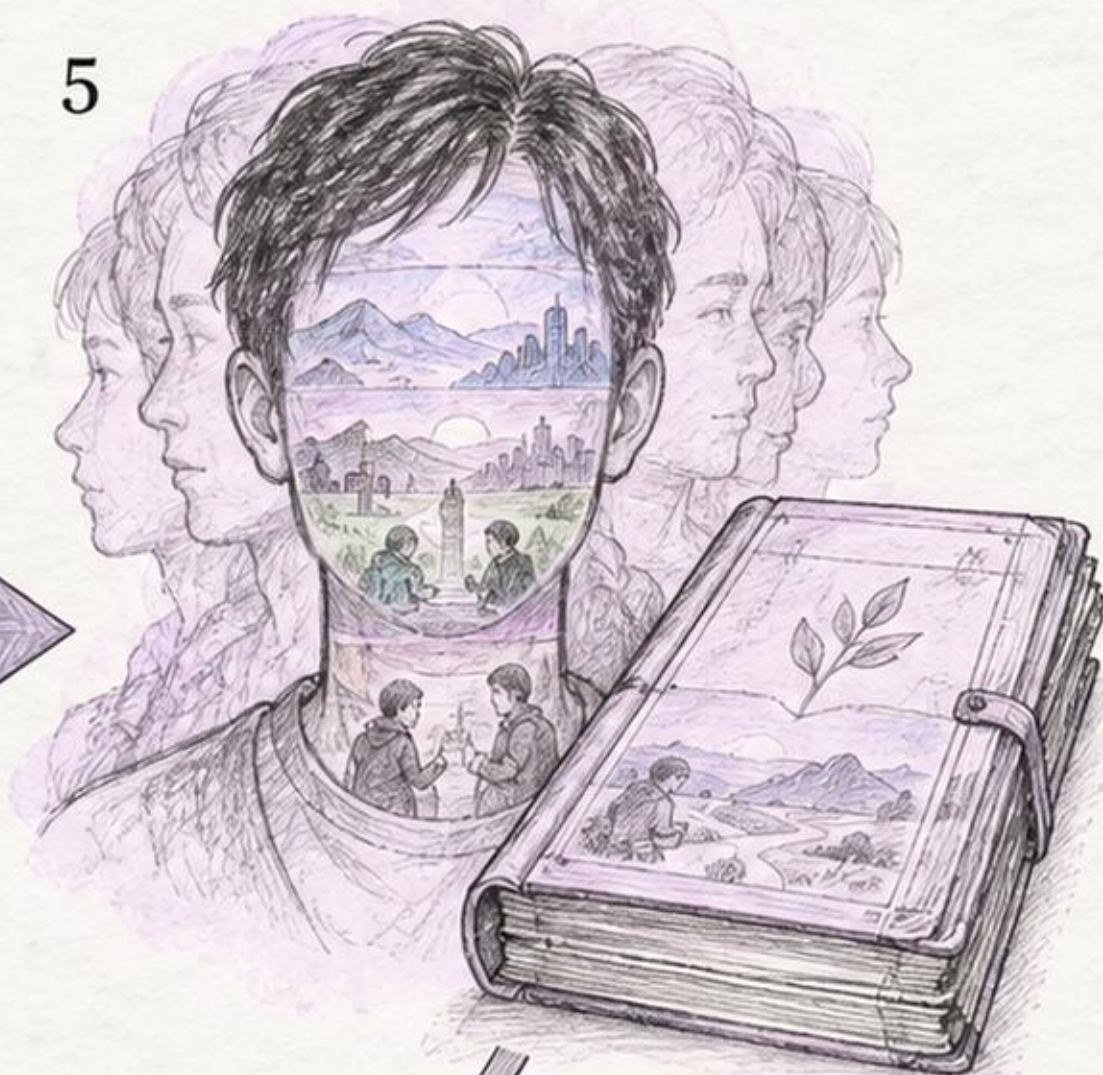


默认模式网络



我的故事

5



自我模型

6

作为先验信念



①



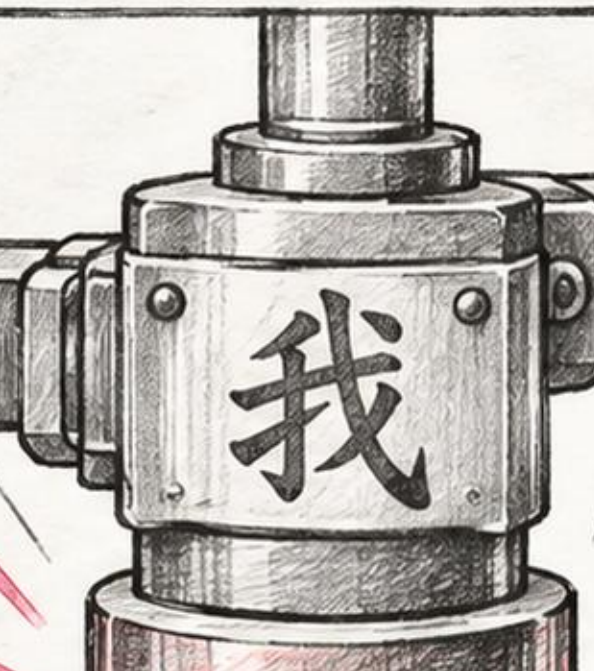
我看到的

②



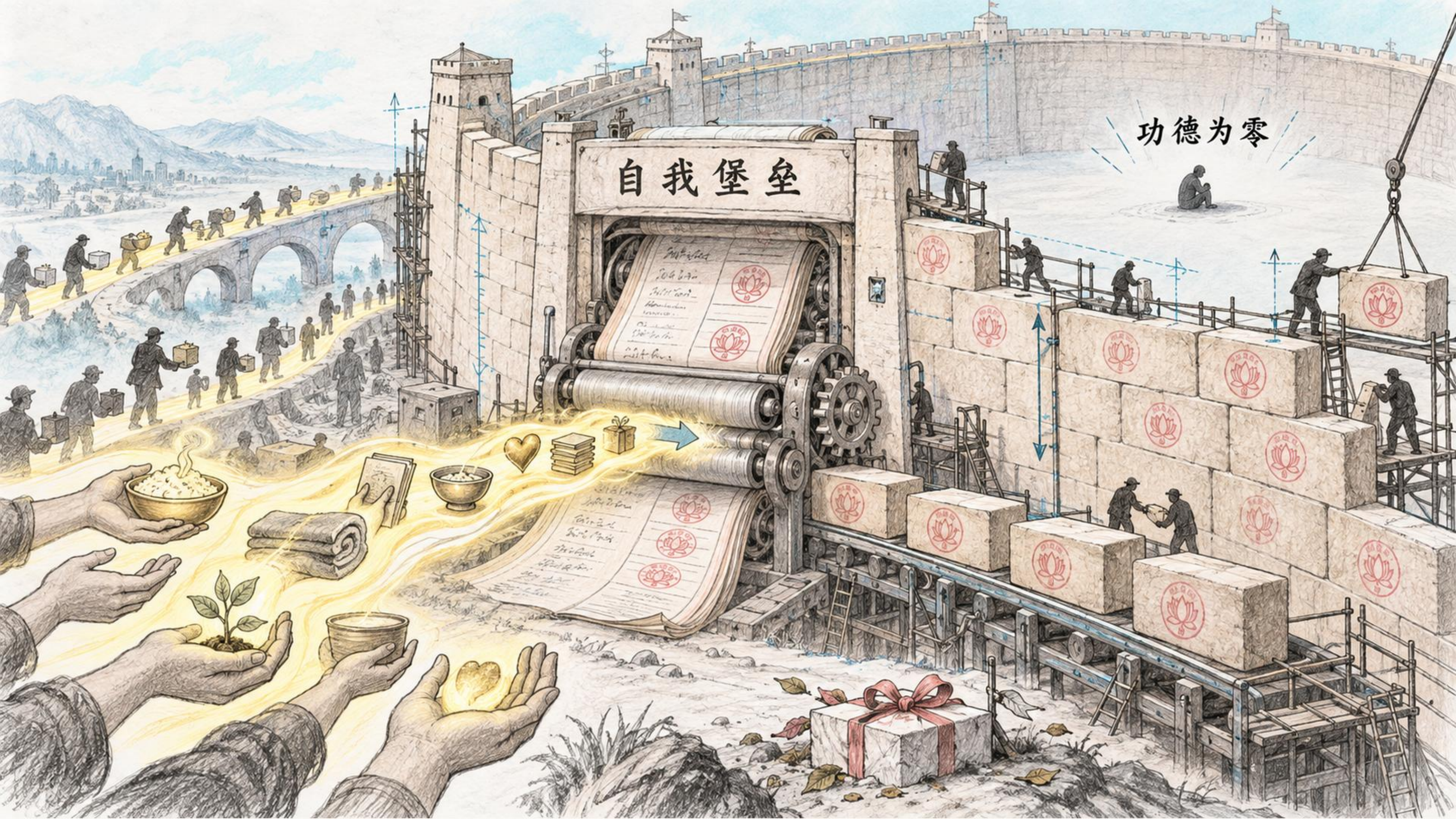
我的想法

③



我的功德





自我堡垒

功德为零

① 看见



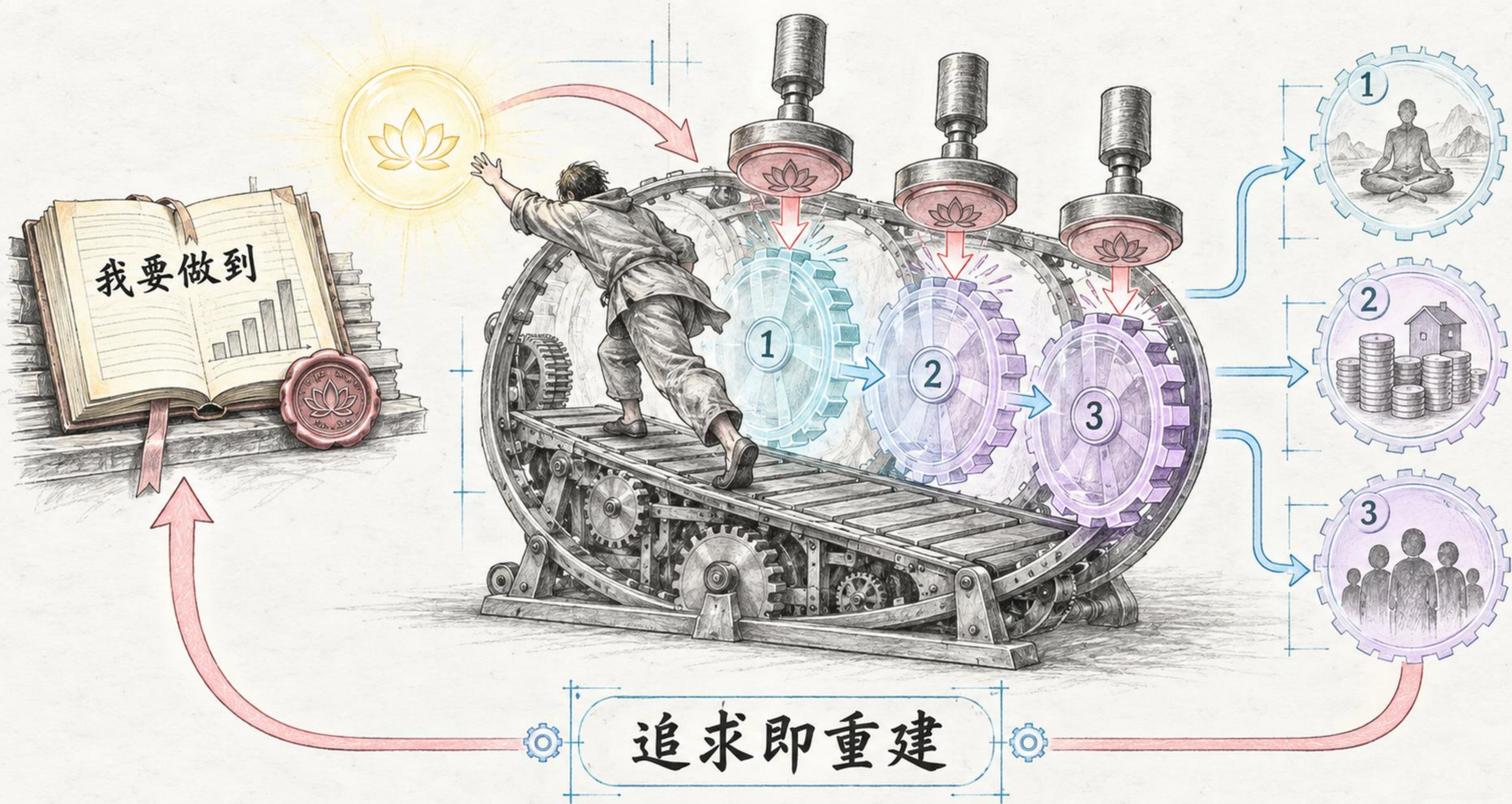
② 身体动了

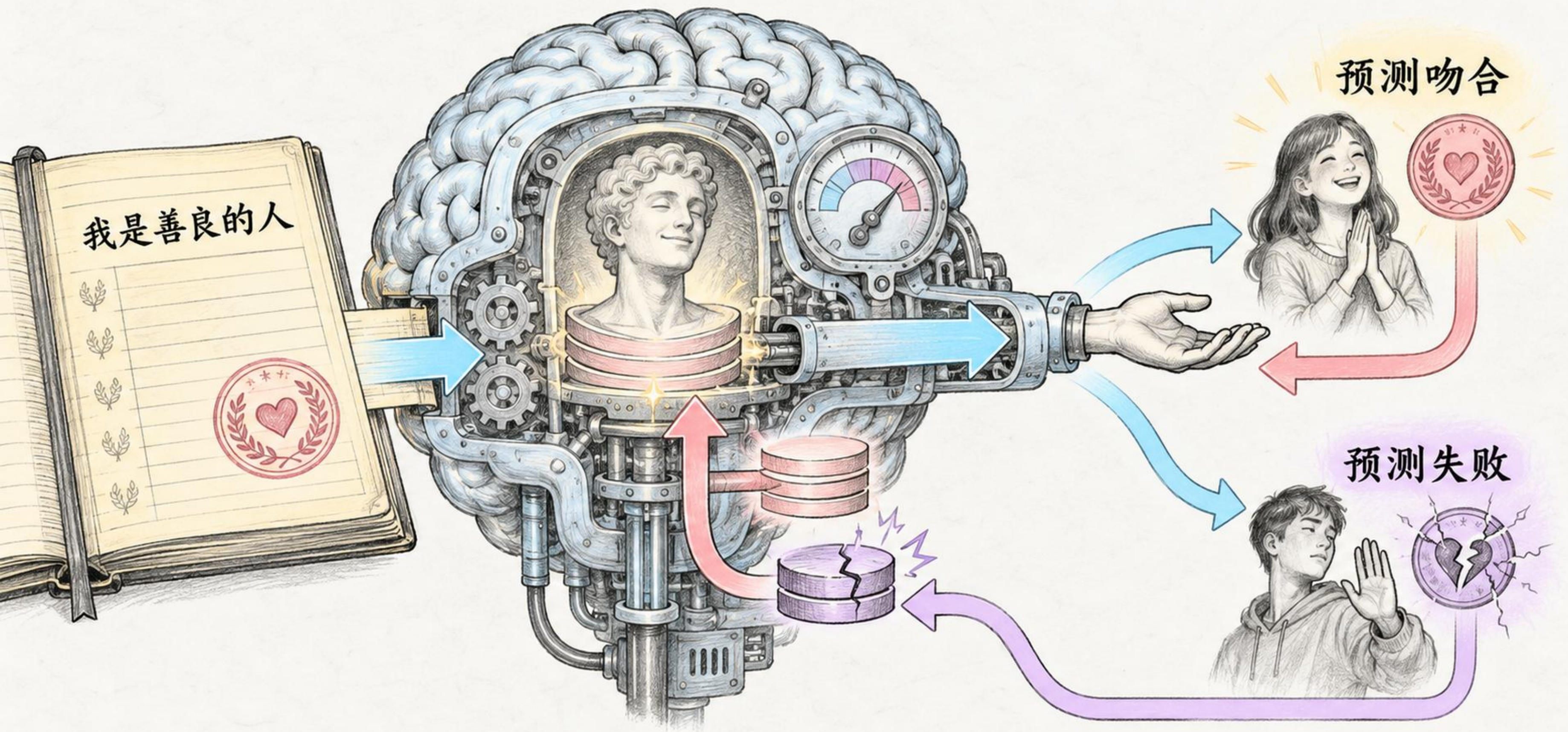


③ 扶



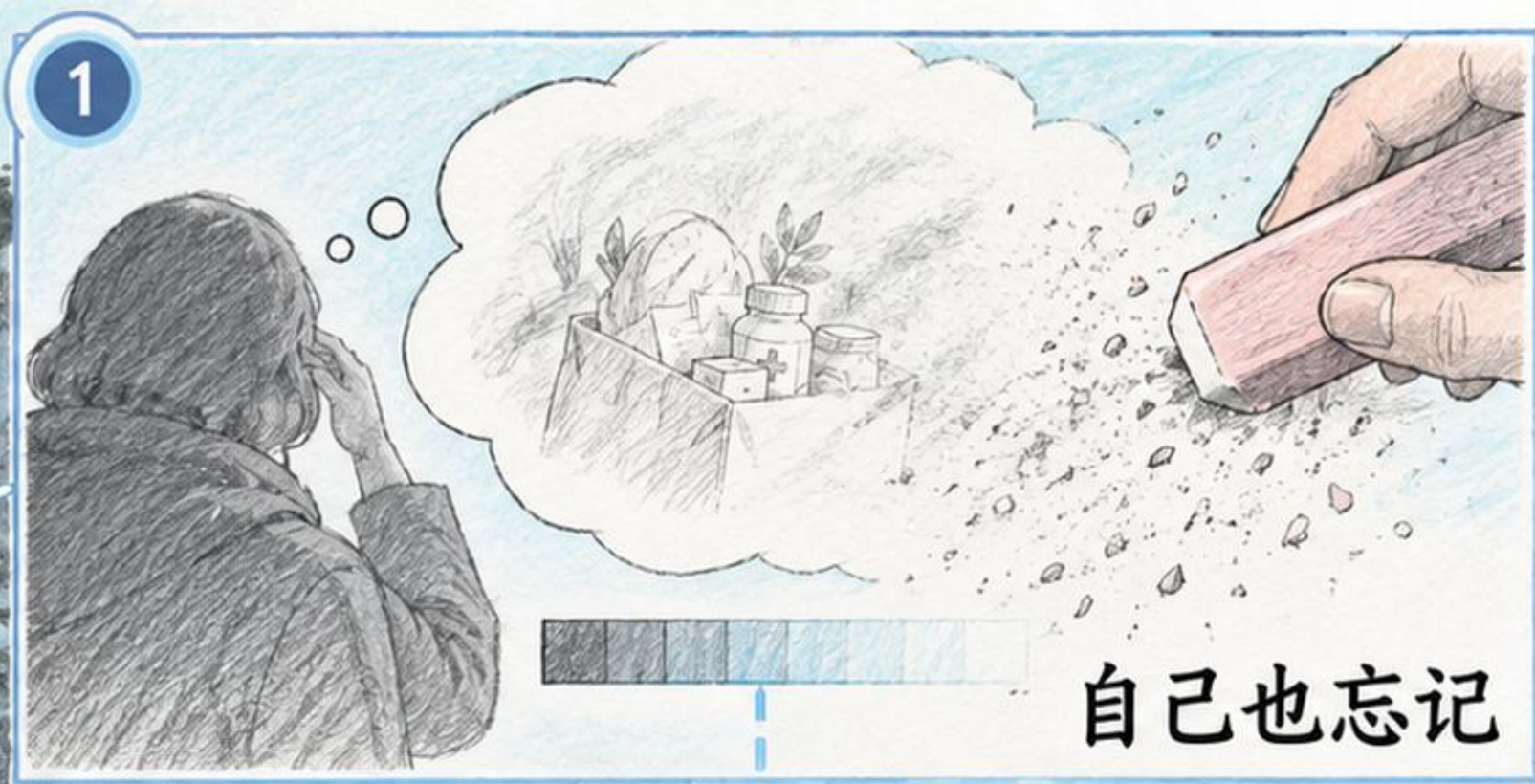




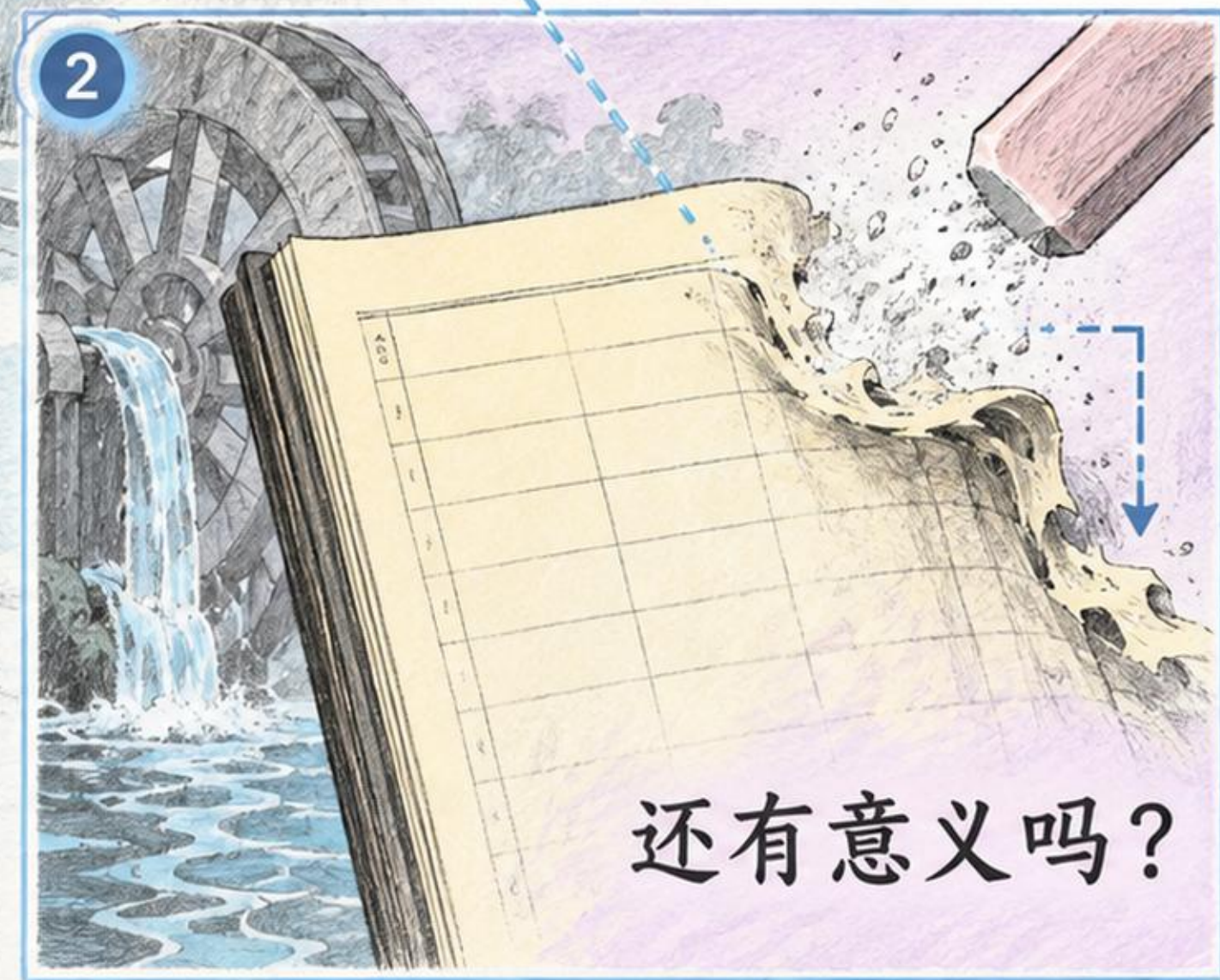




无人知道



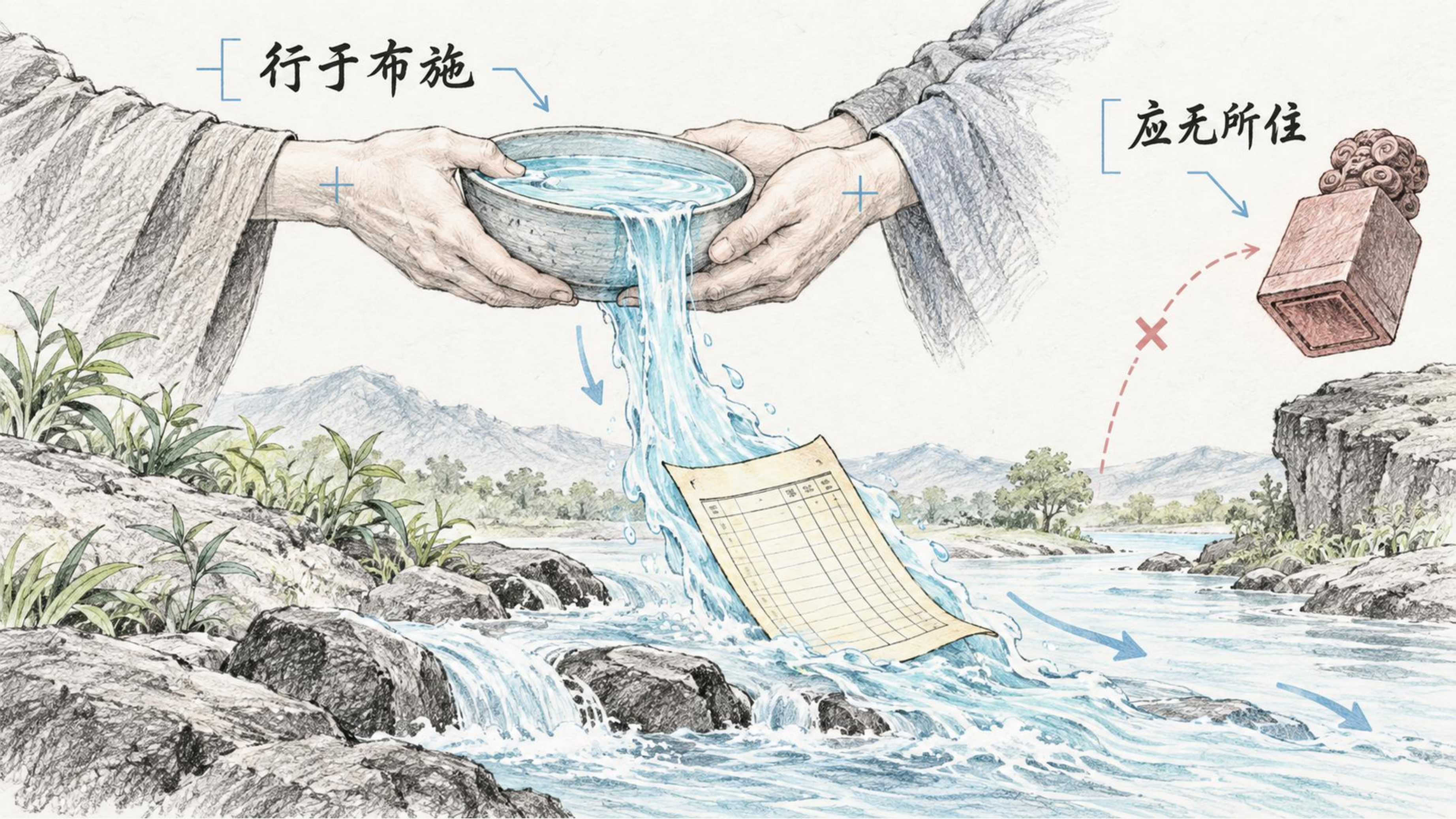
自己也忘记



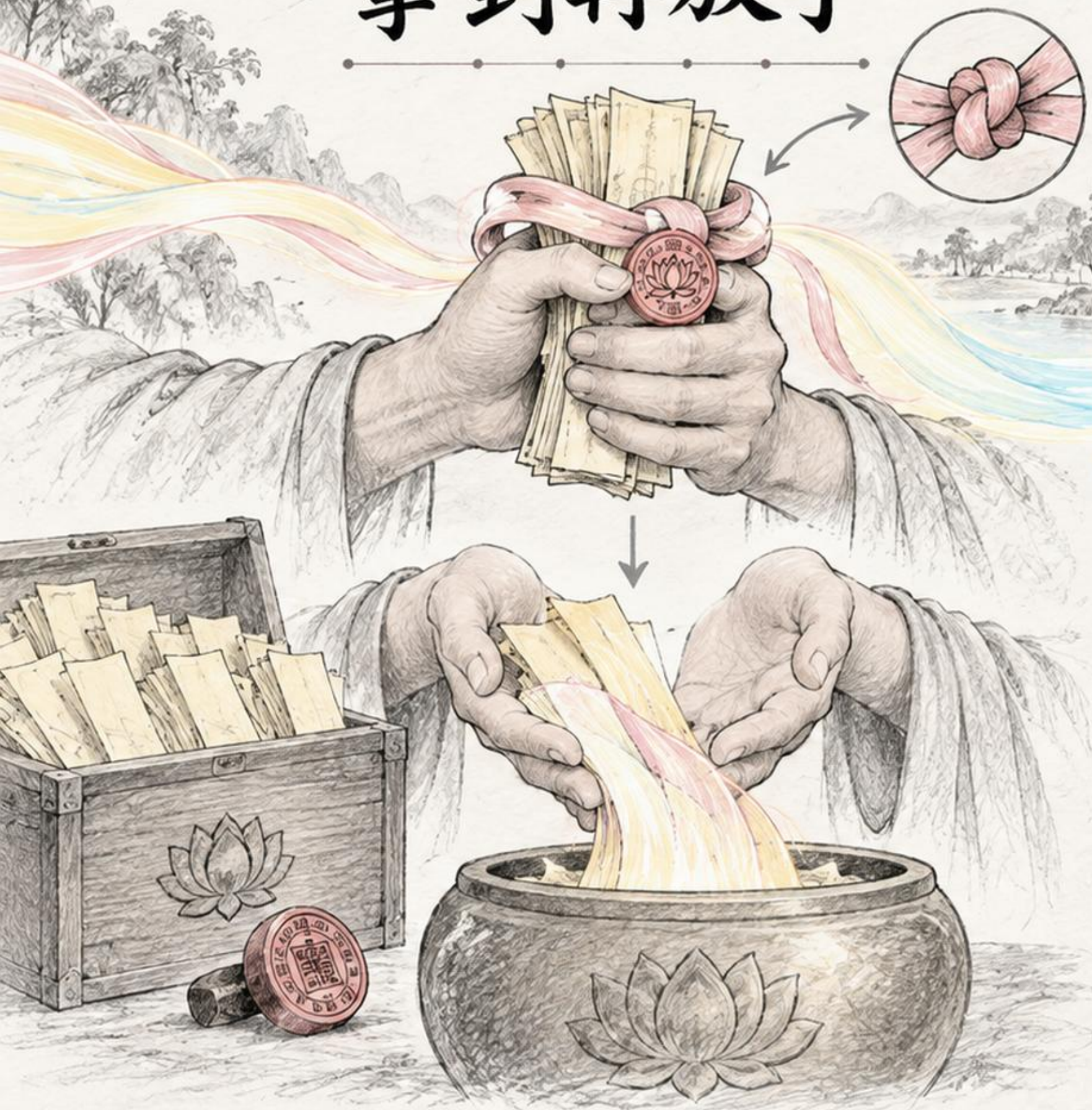
还有意义吗？

行于布施

应无所住



拿到再放手



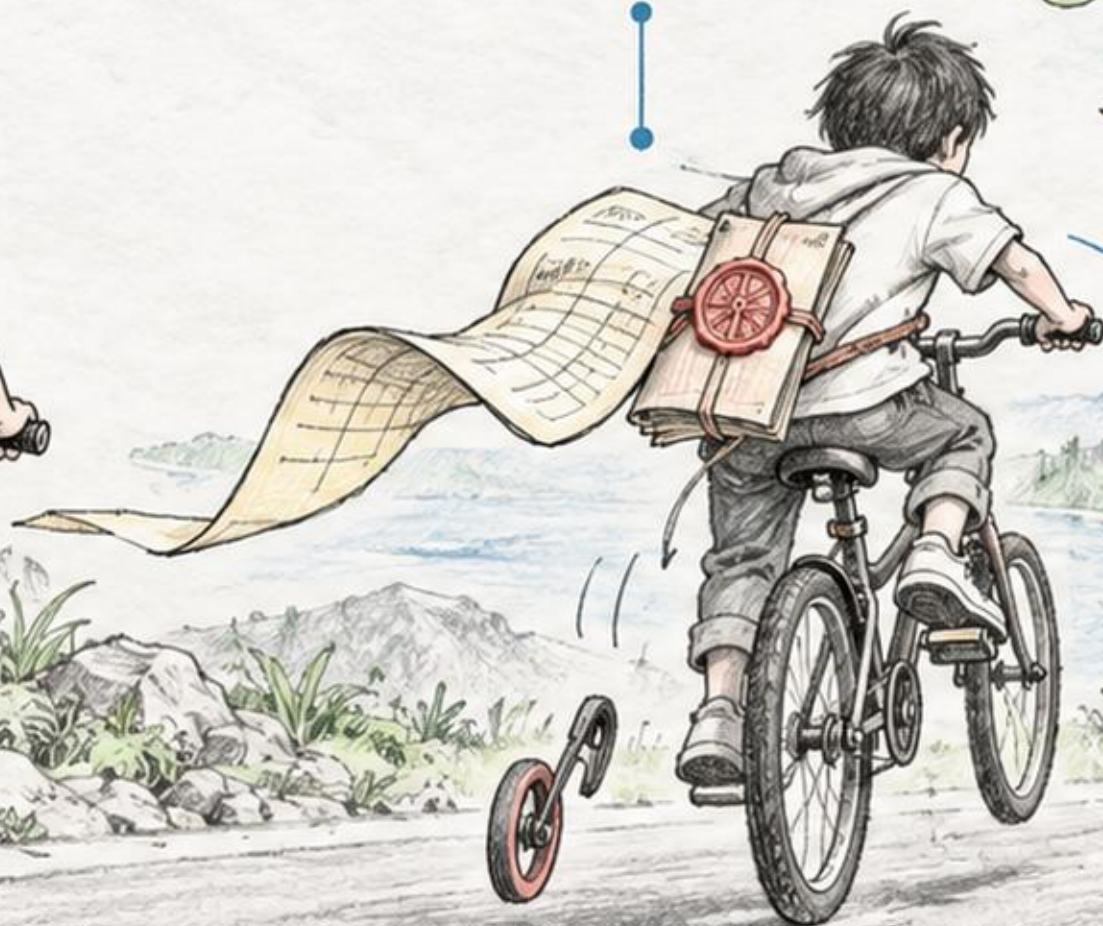
从未握紧



①
训练轮

②
练习放开

③



0 1 km 3 km 10 km



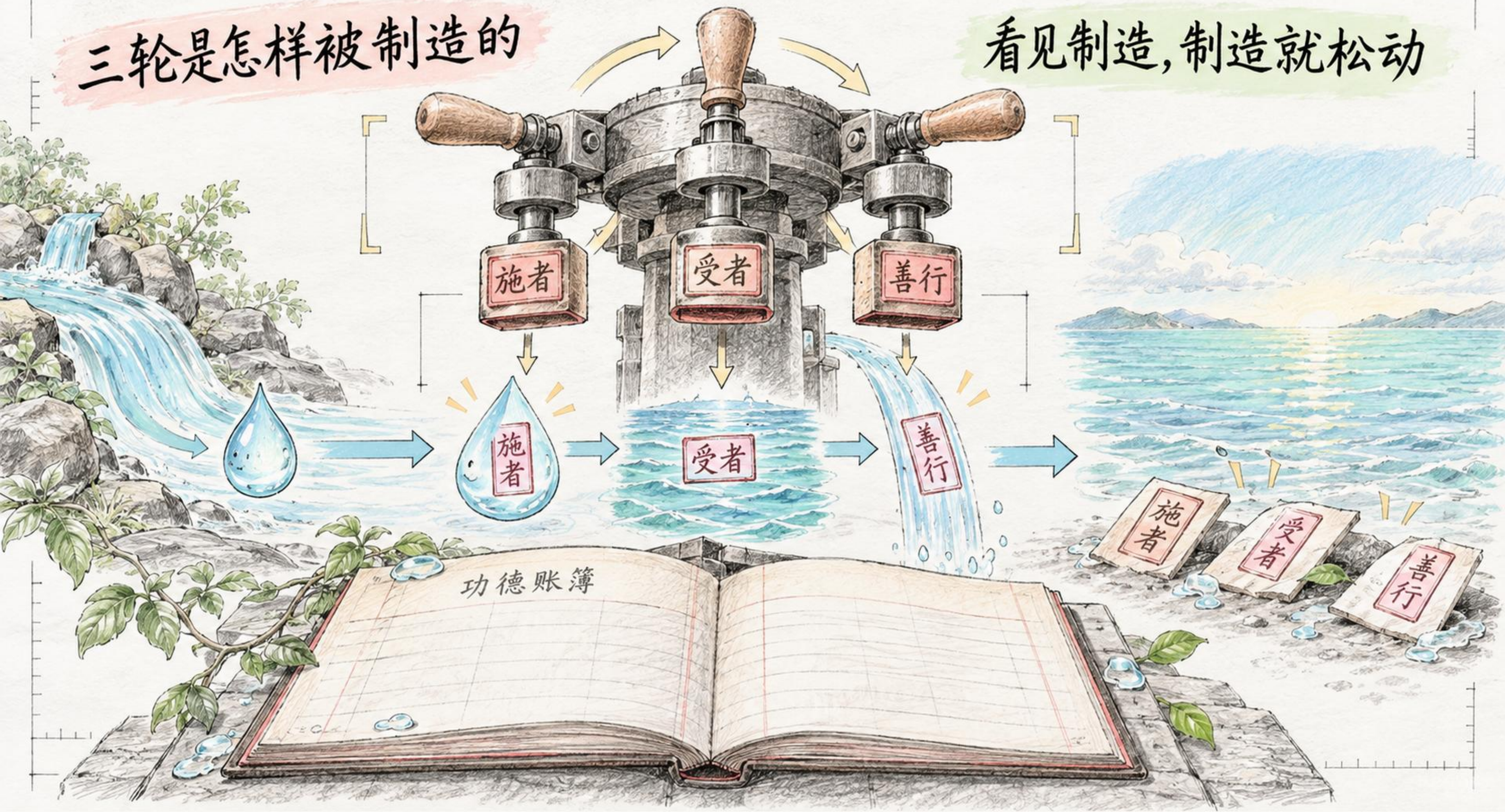
水落大海时，谁在施予

体空是本来的状态



三轮是怎样被制造的

看见制造, 制造就松动





忘了自己在修行

真正的用功没有用力感

只有事情在发生



炒菜、走路、帮人



达摩祖师语录

真正的功德是心不盖章

净智妙圆，体自空寂





那一秒里面，有什么
在‘我在帮他’出现之前