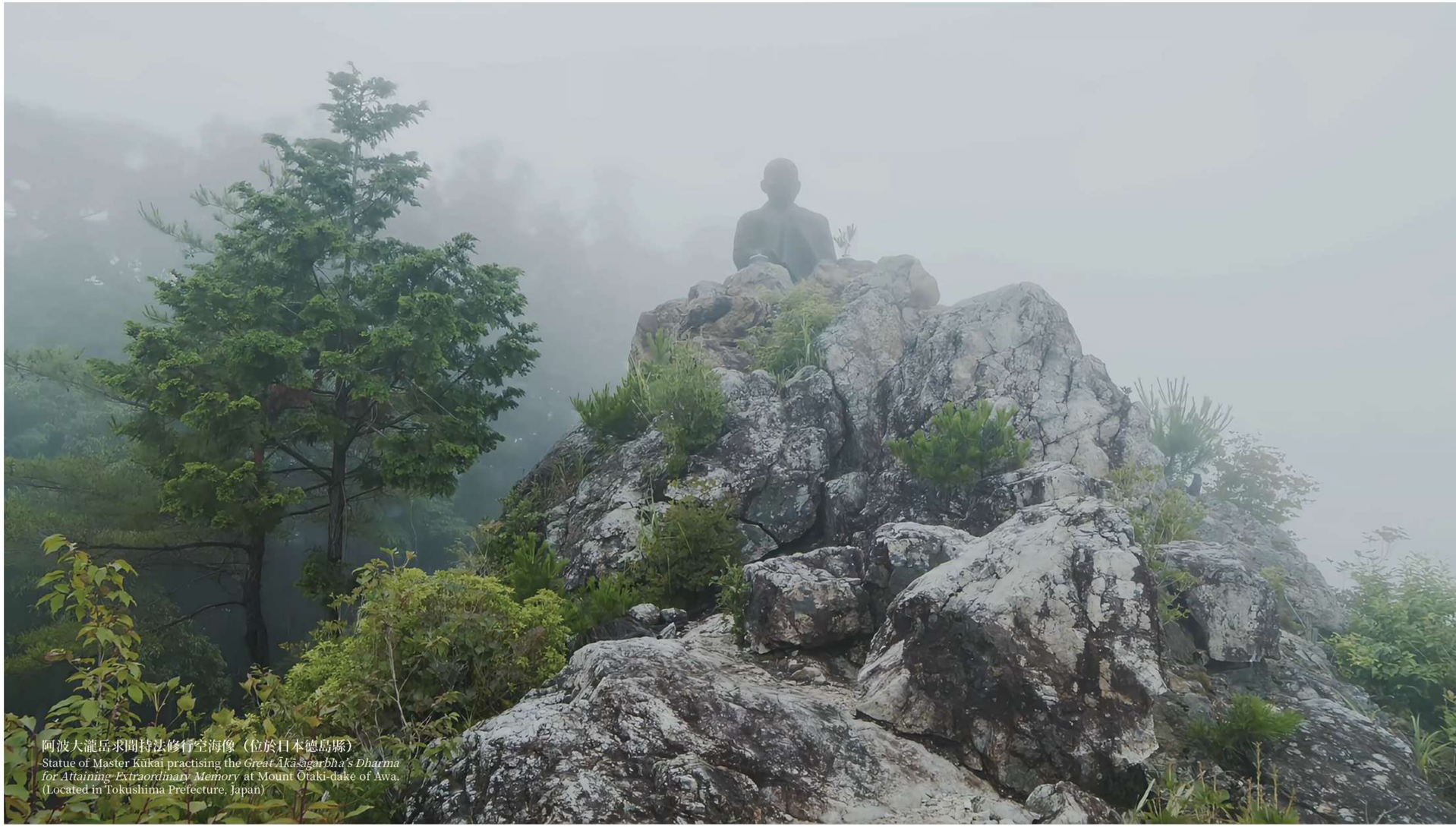
02

四國苦修

Practicing Asceticism in Shikoku

青年空海棄俗尋真，深入四國山野潛心苦修，先後於阿波大瀧岳、土佐室戶岬等處，精進修行虛空藏求聞持法。大瀧岳林深岩峻，他棲身山林、摒絕塵擾，磨礪心志；室戶岬臨海而立，風濤不息，天海一色，空海於御廚人窟之中日夜精進，觀悟佛法真意。

As a young man, Master Kūkai forsook worldly studies in pursuit of higher truth, retreating deep into the mountains and wilderness of Shikoku to dedicate himself to rigorous spiritual practice. He practiced the *Great Ākāśagarbha's Dharma for Attaining Extraordinary Memory* first at Mount Ōtaki-dake of Awa and later at Cape Muroto in Tosa. Amid the dense forests and towering cliffs of Mount Ōtaki-dake, he dwelt among the mountains and shut out all worldly distractions to temper his will. At Cape Muroto, where the land rises to meet the sea, winds and waves endlessly surge, and sky and ocean seem to merge into one, Master Kūkai practiced day and night in the Mikurodo Cave, contemplating the profound truth of the Buddha Dharma.



阿波大瀧岳求聞持法修行空海像（位於日本德島縣）
Statue of Master Kūkai practising the *Great Ākāśagarbha's Dharma for Attaining Extraordinary Memory* at Mount Ōtaki-dake of Awa. (Located in Tokushima Prefecture, Japan)



阿波大瀧岳求聞持法修行空海像（位於日本德島縣）
Statue of Master Kūkai practising the *Great Ākāśagarbha's Dharma for Attaining Extraordinary Memory* at Mount Ōtaki-dake of Awa. (Located in Tokushima Prefecture, Japan)

六塵能溺海，
四德所歸岑。
已知三界縛，
何不去纓簪。

—— 空海

The sea of the Six Dusts would drown;
Lofty as mountains are the Four Virtues.
Entangled in the Three Realms for long,
why not cast aside those vain laurels? [1]

—— Master Kūkai

[1] Explanation: The Six Dusts of the world (sight, sound, smell, taste, touch, and thought) are the bitter sea that drowns living beings, while the four virtues of Nirvāṇa (eternity, bliss, true-self, and purity) are the high mountains to which living beings should aspire. Having suffered from the entanglements and afflictions of the three realms (the desire realm, the form realm, and the formless realm - the three realms representing the secular world), why not remove worldly adornments (and pursue liberation through Buddhist practice)?



室戶岬日出（位於日本高知縣東南部）

Sunrise at Cape Muroto (located in southeastern Kōchi Prefecture, Japan)