

CHAPTER EIGHT

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三身

The Three Kinds of Body

人身是载道之具、成道之器，极为重要。人要是没有身体，心性就没有房舍。所以修道人用身行道，才能助心聚神，助性聚灵。如果专讲享受，纵欲任性，耗神散灵，就会毁身败德，累心累性，成为罪人。所以说“会用身的超三界，恣情纵欲孽难逃。”人身也可分为三品，就是德身、罪身、孽身。

身体是个胎生物，物与物合，遇着物就愿归为己有。不论任何好东西，一到身上准坏。所以说它是无底深坑，永填不满。不用说吃喝嫖赌吸全爱好，只是吸毒一件，不用几年的工夫，就能把万贯家财吸尽，甚至卖老婆孩子，最后吸海洛因，打吗啡，还犯国法，这不是孽身么？

要是好吃懒做，专想享受，工作不努力，怨天尤人，这样越怨恨，心里越难过，日久必病。有病就是受罪，不只犯罪才是罪人，这是罪身。

The Body is a vehicle for conveying the Dao, a vessel to bring the Dao to completion. This is of utmost importance. If humans did not have a Body, the Heart and Inner Nature would not have a house. For this reason, people who cultivate the Dao must employ their Body to walk the Dao if they want to be able to assist the Heart in fusing together the spirit, and assist the Inner Nature in fusing together the myriad aspects of the divine. But if they focus only on pleasure, stubbornly insist on indulging their every whim, exhaust their spirit and scatter their divinity, they simply destroy the Body and ruin their Virtue. Tiring out their Heart and their Inner Nature, they become criminals. Therefore it is said that, “those who are able to employ their Body transcend the Three Realms, while those who wantonly indulge in their whims have a hard time escaping from Enslavement.” The Body can also be subdivided into three aspects: the Virtue Body (*de shen*), the Body of Transgressions (*zui shen*), and the Enslaved Body (*nie shen*).

The Body is a material thing born from a fetus and, as a material thing, is connected to other material things. As soon as it encounters things, it wants to have them for its own benefit. Regardless of how good something may be to begin with, as soon as it reaches the Body, it turns bad. Therefore we say that the Body is a deep bottomless pit that can never be filled. You don't need to be addicted to food, drink, prostitution, gambling, and smoking all at the same time, you only have to inhale the poison of doing drugs a single time. Your addiction doesn't have to go on for many years before the drugs decimate all your family's wealth, to the point where you sell your wife and children, use heroin or morphine, and break the criminal laws of the country. Isn't this precisely the Enslaved Body?

If you are a glutton and a lazy bum who thinks only about pleasure, and you do not exert any effort in your job but blame everybody but yourself, the more hatred and resentment you develop, the sadder and sadder you feel. In due time you will invariably develop an illness. Having an illness is being the victim of a crime, except that in this case the victim of the crime is also the perpetrator of the crime. This is the Body of Transgressions.