



持楞嚴咒求出家——



介绍比丘尼恆慎師

SHE RECITED THE SHURANGAMA MANTRA SEEKING TO BECOME A NUN--
INTRODUCING BHIKSHUNI HENG SHEN SHI

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我十一歲時，有段時間住外婆家；外婆是皈依三寶的佛教徒，在寺廟舉行法會時，會帶我去參加。但我對出家人的印象模模糊糊，最深的是廟上可口的素食，覺得比葷食好吃太多了，所以即使得走一個多小時的路，也不覺辛苦。當時有人叫我常唸南無阿彌多婆夜，……(往生咒)，說是多唸會變得聰明。我聽教從此就常唸，直到離開外婆家後，不再去寺廟了，還是常唸這個咒；長大接觸佛教後，才知道小時唸的是往生咒。

1989年我到臺北一家素食館上班，同事給了我一本上人講的《地藏菩薩本願經淺釋》、一本《宣公上人開示錄第一冊》。我以最快速度看完，對上人起了很深的信心，趕忙到臺北法界印經會再請了兩本書看。當時的「法界」限制請書，一次不過兩本。

我那時嚮往萬佛聖城，希望將來能在那出家，於是我天天念《楞嚴咒》、背《楞嚴咒》、拜佛，全心全意想去聖城。一天我夢見自己三步一拜朝禮聖城，上人迎面走來，站在我面前對我摩頂，說：「妳可以來聖城。」立刻就感到一股清涼，從頭頂灌入，我興奮得醒了過來；醒後，那清涼感仍在。太真實了！

我想出家，又想奉養父母，在矛盾中掙扎，直到父親往生，我對觀世音菩薩發願，希望在三年內出家。心想事成，終於到了萬佛城，並在1995年3月25日落髮；2000年受具足戒；現派在臺北法界印經會服務。

I lived with my grandmother for a while when I was eleven years old. She was a Buddhist who had taken refuge with the Triple Jewel. Whenever there was a retreat or a session, grandma would take me to the temple. My recollections of the nuns were very vague, but the vegetarian food made quite an impression on me. It was so much better than meat dishes. Therefore, even though the walk was much more than an hour, I didn't feel tired. Someone told me to chant "Na Mo A Mi Do Po Ye..." (Rebirth Mantra) because this mantra could make me smarter. Being devoted, I recited it often. I continued reciting this mantra even after I left grandma's home and stopped visiting temples with her. When I rediscovered Buddhism later on, I realized that it was the Rebirth Mantra I had been reciting all along.

I worked at a vegetarian restaurant in Taiwan in 1989. A colleague there gave me two books by the Venerable Master, *Commentary on Earth Store Sutra* and *Dharma Talks by Venerable Master Hua, Volume One*. I read them in no time and was inspired to profound faith. I could not wait, so I went to Dharma Realm Buddhist Books Distribution Society in Taipei and requested two more books.

At that time, all I could think of was to come to the City of Ten Thousand Buddhas to leave the home-life. I started to recite and memorize the Shurangama Mantra, bow to the Buddhas everyday, and devoted myself wholeheartedly wishing to come to the City of Ten Thousand Buddhas (CTTB). One day, I dreamed that I was doing three steps one bow to CTTB. The Venerable Master walked up in front of me and rubbed my head and said, "You can come to CTTB." At that very moment, my entire body felt cleansed and refreshed. I woke up with great joy and vividly remembered that cleansing state.

My wish to leave the home-life conflicted with my responsibility of being a filial daughter until my father passed away. I made a vow to Guanyin Bodhisattva that I would leave the home-life within three years. My wish came true. I finally arrived at CTTB and became a nun on March 25, 1995. In 2000, I received the complete Bhikshuni Precepts. I am presently at the Dharma Realm Buddhist Books Distribution Society in Taipei.