



# 培福培慧勤戮力

—介紹比丘尼恆功師

## Diligently Developing Blessings and Wisdom —Introducing Bhikshuni Heng Gung

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恆功師在十七、八歲時皈依三寶，並在1985年於臺灣承天寺隨廣老受菩薩戒，之後便常往板橋蓮社參加念佛會，並在那裡閱讀到宣公上人的開示，如獲至寶之餘

，決定皈依這位一代高僧。1988年於妙法寺皈依上人，她自己形容當時痛哭流涕，猶如浪跡天涯的遊子重見慈父。同時爲了廣聞多學，她毅然的申請入正法佛學院就讀。佛學院的生活原非爲出家鋪路，但生活其間她實在是法喜充滿，也赫然發現了人生的意義。恆功師便決定辭親割愛，次年上人返台弘法期間於寶纈寺爲她圓頂。1989年12月她到聖城，91年7月受具足戒。

恆功師對於大殿的功課認真顧全，自修法門則是每天誦地藏經，並念佛求往生。每晚閱讀宣公上人開示，是她多年來不可或缺功課，上人的甘露法語是她的精神食糧。她體會到：在紛爭中，要採取低姿態，才能調整自己平安過關；反之高姿態者既耗損能量，又不合道。她認爲修行須懂得對境調心，沒有法力、慧眼，不論到何處都會覺得痛苦。

恆功師時時勤耕福田，聖城生產很多水果：紅黃李子、葡萄、蘋果、梨、柿子、黑莓、水蜜桃，無花果等。水果成熟時，恆功師利用上午忙著採收果實，供佛供眾，而不以爲苦。下午則或者拜大悲懺或者廚房洗碗。菜園還有各種工作，她能隨時找時間打理，總是手不離工。由於她勤種福

Heng Gung Shr took refuge with the Triple Jewel around age 17 and took the Bodhisattva Precepts at Cheng Tien Temple under Elder Master Gwang Chin in Taiwan in 1985. Later, she frequently went to Banchiao Lotus Society to recite Buddha's name and there she read the *Instructional Talks* of the Venerable Master Hua. She felt she had discovered a precious treasure and decided to take refuge with this eminent monk. In 1988, she took refuge with the Venerable Master at Wonderful Dharma Monastery. Like someone who sees her father again after being away from home for a long time, she could not stop crying. Wishing to learn more Buddhadharma, she applied to the Proper Dharma Buddhist Academy. Originally, going to the Academy was not a preparation for becoming a nun at all. However, after experiencing the bliss of Dharma and realizing the meaning of life, she decided to renounce the home life. The following year when the Master led a Dharma delegation to Taiwan, he shaved her head at Bao Xie Temple. In December 1989 she came to the City of Ten Thousand Buddhas and was ordained in July 1991.

Heng Gung Shr manages to attend the practices at the Buddha Hall. Her personal practice consists of reciting the *Earth Store Sutra* and reciting the Buddha's name in order to be reborn in the Pure Land. Every evening she reads the Venerable Master's *Instructional Talks* without fail, because the sweet dew of the Dharma nourishes her spiritually. She realizes that in a conflict can easily adjust oneself if one remains low key; but by taking a high profile position one will get exhausted and not accord with the Way. Also, she thinks that cultivation means knowing how to regulate one's mental state; otherwise, without applying the Dharma and wisdom one will experience suffering anywhere.

Heng Gung Shr is constantly planting fields of blessings. The City of Ten Thousand Buddhas produces many fruits: plums, grapes, apples, pears, peaches, persimmons, blackberries, and figs. When the fruits are ripe, Heng Gung Shr spends the mornings picking them,

田，待人又和善，因此同修凡有疑難雜工，必會先想到找功法師。她的口頭禪是：「加減賺（修福培慧），過一天賺一天。」因此她笑口常開。

恆功師另一個哲學是：「汝意不可信」，凡有懈怠的念頭起時，便以此令自己保持正念，所以在聖城能夠不畏嚴寒、不懼風雨，從清晨打太極拳和誦《華嚴經》數年如一日，可以見出這份難能可貴的韌性。問她如何能保持恆心，不會半途而廢呢？恆功師輕鬆的回答：就是一個「忍」字，因為做事日久才見功，甜美的果實非垂手可得。以此堅誠恆心，法師的身體日趨強健並練成極柔軟的工夫，一字劈腿一口氣輕鬆到地。她喜愛《華嚴經》

，希望日日跟隨菩薩學習，聽從菩薩教誨。一位法師曾非常感恩的敘述道：有一次生病，功法師一大早三點半之前便幫她煎好藥，送到她寮房，說：「某法師，快點起來，把藥喝了，身體才能快點好起來！」此外，她還常常鼓勵勸勉人要勞動身體，身強心強，才有修行資糧，不會退轉，能夠進道。法師如此誠懇待人，嚴於律己，難怪上人給她「成功」（果成、恆功）的法號。

working tirelessly in order to offer them to the Buddhas and people. In the afternoons, she either attends the Great Compassion Repentance or washes dishes in the kitchen. She also finds time to tend the vegetable garden. In general, she works all the time. Because of her diligent cultivation of blessings and her kindness to others, people always think of her when there is any difficult task to do. Her motto is: "Whether you earn more or less (of blessings and wisdom), it all adds up. For every day you live, you earn a day's worth." That's why she's always smiling!

Heng Gung Shr has another motto based on the Dharma: Don't believe your thoughts. Whenever a thought of laxness arises, she uses it to keep her proper mindfulness. Therefore, at CTTB, undaunted by the chilly or stormy weather, she has been reciting the *Flower Adornment Sutra* and practicing Taichi for many years without interruption. Her stamina is unusual. Asked how she can persevere and not quit halfway, Heng Gung Shr replies, "Patience. When you do things, it takes time before you see the results. Sweet fruits are not easy to get." With her sincere perseverance, this Bhikshuni has become physically strong and yet is so flexible she can do the splits. She loves the *Flower Adornment Sutra* and wishes to learn from the Bodhisattvas every day and follow their instructions. A fellow nun recalls, "One time when I was ill, Heng Gung Shr cooked herbal medicine and brought it to my room by 3:30 a.m., saying, 'Dharma Master, get up and take the medicine and you can get well soon!' Moreover, she often urges people to exercise because with a healthy body and strong mind, one can cultivate and advance in the Way and not retreat. Bhikshuni Heng Gung treats people with sincerity and disciplines herself strictly. No wonder the Venerable Master named her "fruit of attainment, constant success" (Gwo Cheng, Heng Gung)!

