



法藥



Dharma Medicine



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有些時候生病反倒是好事，在受病過程中，象徵著宿世的惡業正被洗滌清淨。一九九九年十一月二十二號，醫生發現我體內長了一個良性瘤，建議我開刀去除。我告訴醫生我吃素，手術日期決定後，我開始每天持誦《地藏經》和「觀音聖號」。

手術前一天我撥了一通越洋電話給我在美國的妹妹，告訴她手術為時一個鐘頭。她聯絡了金山寺，那裡的比丘尼給了我們協助，令我們修行不致於中斷，而能保持冷靜。

手術後我轉到另一個房間，醫生觀察我手術後復元的情形。當時他看到了桌上宣化上人、阿彌陀佛、觀音菩薩和大勢至菩薩的聖像，好奇地問我佛教的教義是什麼；我告訴他佛教教人要慈悲，天天過著和樂的生活。

第二天我的繼子來看我，他聞到一股香氣，是在瑞士這個國家的醫院裡所沒有的。又過了一天，三位護士經過，訝異地發現我房內的亮光比太陽光還亮。於是她們對佛教生了好奇心，就來向我請教生命的意義。我把上人的開示錄和錄音帶分送她們，她們因此而學會了要如何擺脫瞋恨和物欲的牢獄，同時明白了因果，開始對自己有了一番嶄新的認知，儘管她們還是要去承受自己所造的業；在幫助她們的同時，我也一面在消除自己的惡業。

醫生看到我和護士們講話，很驚訝我復元得那麼快；他堅持我在醫院多住幾天，但是我決定回家靜養，這樣才能做我每天的功課。一

Some illnesses are the result of good karma; the ailment process characterizes the purgation of past misdeeds. On November 22, 1999, my doctor discovered a benign tumor in my body. He advised that the tumor be removed surgically. I informed him that I was a vegetarian and after the appointment, I began to constantly recite the *Earth Store Sutra* and the name of Guanyin Bodhisattva every day.

The day before the surgery I made a phone call to my sister in the United States and told her that the operation would last an hour. She contacted Gold Mountain Monastery and the bhikshunis there assisted us in continuing to cultivate and to maintain equanimity.

After my surgery, I was transferred to another room and was monitored by my doctor to ensure my post-operation recovery. He saw the pictures of the Venerable Master Hsuan Hua, Amitabha Buddha, Guanyin Bodhisattva, and Great Strength Bodhisattva on the table. Burning with curiosity, he asked me what Buddhism teaches. I told him that Buddhism teaches humanity the role of kindness, compassion, and harmony in everyday life.

On the second day, my stepson visited me and detected a rare fragrance unusual in a Swiss hospital room. The next day, three nurses stopped by and were astounded that the light in my room was brighter than that of the sun. Inquisitive about the teachings of Buddhism, they decided to seek advice from me about life. I shared some of the Venerable Master's lecture books and tapes with them. From these, the nurses learned how one can break free from the imprisonment derived from hatred and anger and the pursuit of material comfort. They also learned about the law of cause and effect and began developing a new perspective of understanding themselves. Although the nurses will undergo their own karma, by helping them, I was also eradicating my own negative karma.

When the doctor saw me conversing with the nurses, he was surprised by my quick recovery but insisted that I should stay in the hospital for few more days. But I refused and decided to go home to



個月後我就回到工作崗位了。

世上的幾個不可避免的現象中，其中之一就是人把疾病界定為「無常」和「苦」。但是我的病可說是業報成熟的結果，即使這個果已經轉變為病痛，我也不需要憂慮或是去想我過去曾種過什麼惡因才導致這種結果

。唯有靠每日不斷的修行，才能銷盡我剩餘的業習種子，使這些種子不再萌芽。

人體雖然很脆弱，且又得受疾病的侵襲，但還是修法不可或缺的財產，一旦失去了身體，人就失去了修行的機會。我會永遠地珍惜這個身體，它的心靈終站會帶我到上人跟前；要不是遇到了上人，我就不可能用這麼健康的身、心來學法。因果定律獎善罰惡的力量，能賞賜，也能剝奪我們生命中一切的利益。然而，當罪業將我捆綁，並加重我痛苦的鎖鍊時，上人的教化令我掙脫了束縛，使我在病苦之中，心境仍舊清脫。

recuperate and to carry on my daily cultivation. A month later I was back to work.

Due to the fact that impermanence and suffering are inescapable marks of this world, there is illness. But my illness was the result of the ripening of my own karma. Even though my ailment was the fruit of my karma, it was unnecessary for me to be distraught with worry or to ponder what seed of past karma I had planted. It was only through daily cultivation that the vestiges of my karmic deeds could be stripped so that the seeds would cease to further germinate.

In spite of its frailty and incurring illnesses, a human body is an indispensable possession without which a person's opportunity to practice the Dharma is lost. I will always treasure this human body, whose spiritual destination (governed by my fate or karma), led me to the Venerable Master. If I had not known him, I would not have developed a positive physical and mental condition to learn the Dharma. The fixed law of cause and effect can be a force of good or evil. It can bestow rewards, or it can deprive us of all the benefits of life. But when transgression enslaves and increases the weight of my chains of torment, the Master's teaching breaks the bonds thereof and my illness is transcended.

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或聞或嚐，其實肉類本身的氣味十足令人作噁。我們於嘉餚所好者，乃是其風味與質地也。與其說一道菜好吃，不如說拌入的調味料極為上口。

在選擇素食之際，即是在為這個社會盡一份心力；我們於大地賜與的，不是暴奪，而是回報，以我們尊重地球，珍惜食物的一顆心來回報這片土地。

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Unlike vegetables, meat by itself is extremely disgusting in both smell and taste. What people like from food is the taste and the texture, so when a dish tastes good, it means that the sauce mixed with it is very appetizing. In choosing to not be a carnivore, we are contributing to the good of the society, not taking away what the earth gives us, but giving back in a way that respects our planet and values our food.

