



在修行道上成長

—介紹比丘尼恒足師

Making Progress in Cultivating the Way

—Introducing Bhikshuni Heng Dzu

求同 文與譯

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恒足師十幾歲時，在廟宇中因聽聞〈普門品〉唱誦，深得法喜，後來便常去那裡做義工。她有一群好友，每在週日相聚，當中有多位是虔誠佛教徒，總會談及廟上見聞。一九八九年當宣公上人到馬來西亞弘法時，大夥相約前往聽法；在她一見到上人時，不自覺就哭了。幾場講演後，上人繼續行程他去，她回家後就開始學習吃素食；不但如此，也帶著同事斷葷了。

一九九〇年年，辭去八年來的工作，她搬到恒蘇法師的道場上去更進一步的親近佛法。五個月後，拿到簽證，她們十一位年輕人在一九九一年四月同到萬佛城拜萬佛懺，五位先出家，她的因緣稍晚熟，也在觀音成道日落髮。

恆足師回想在一〇八天戒期中，從早到晚上課和出坡，時間表緊湊，沒空洗衣。可是受訓期間的井然有序，同修合作，一起工作，工作上、生活中增長彼此的認識，水乳交融，其樂無窮。一九九二年就受了大戒。

一九九三年，她便開始在喜捨院為「僧伽居士訓練班」服務，負責學生的檔案，同時也兼職於「君康素食齋」。因為熟悉工作的性質，又可推廣素食，她很投入，也很積極。

恒足師有充沛的工作活力與高效率，因此後來又接了流通處，服務兩年。大約在二〇〇〇年左右，「佛經譯經委員會」的書開始在網路上銷售，她便一點點把世界各地的

The recitation of the *Universal Door Chapter* at a temple gave Heng Dzu Shr great Dharma bliss when she was a teenager; later on, she always went there to do voluntary work. She had a group of close friends and they would meet together on Sundays. Since most of them were devoted Buddhists, their conversation often involved sharing what they learned at the temple. In 1989, when the Venerable Master led a delegation to speak Dharma in Malaysia, they went together to participate. As soon as she saw the Venerable Master, she shed tears. After several Dharma assemblies, the Venerable Master went on his journey. She became a vegetarian and even inspired her colleagues to stop eating meat too.

In 1990, she quit her job of eight years and moved to the temple of DM Heng Sue in Kuala Lumpur so that she could learn more about Buddhadharmā. Five months later, after she received her U.S. visa in April 1991, she came with ten other friends to attend the Repentance before 10,000 Buddhas at the City of Ten Thousand Buddhas. Five of them left the home life first and her turn came later. Finally she also entered the monastic life on Guanyin Bodhisattva's Enlightenment Day.

Heng Dzu Shr recalled that during the 108-day training period for full ordination, the novices were so busy with classes and work from morning to night that she had no time to do laundry. However, everything was in good order and her fellow cultivators worked together so that their mutual understanding developed in their work and life. It was like the perfect blend of water and milk, and she felt tremendous joy. In 1992, she received full ordination.

In 1993, she started to work at Joyous Giving House (JGH) for the Sangha Laity Training Program, and was responsible for keeping the student files. She also helped in Jyun Kang Vegetarian Restaurant. She was very devoted and active as she became familiar with her work and took the opportunity to spread vegetarianism. Being very efficient and energetic, she also managed the CTTB Bookstore in her extra time for two years. In the year 2000, the Buddhist Text Translation Society (BTTS) created a website to sell their publications online. She started to fill book orders from all over the world. At first the orders were only for English books. Now people can acquire books in Chinese, Vietnamese, Spanish, French and other languages.



訂單書寄出。初期只是英文書，現在中、越、西、法，各種文字都有。據她說：「書會寄到世界各地；很多人來信表示感謝，並希望我們能繼續出版上人的開示。」她很感激能參與其事，對於網路的無遠弗屆，也存好感。

二〇〇一年九月份開始，恒足師接任女校舍監；聽她細數三年來一屆屆畢業的同學，可以感到她的心血，並且知道這真是一門學問。由剛開始沒有經驗，對學生不瞭解，有情況發生時，往往不知該聽信誰或如何做決定。教學相長，學生是她的鏡子，她學會了一視同仁，與聆聽的藝術。她很專心在孩子身上，注意她們的課業與品德的發展，也安排她們的休假。

在大叢林中，她認為要堅固自己的修行；因為有多次念佛的感應，所以她選擇念佛法門。

多才多藝的恒足師，自出家以來，到過法總各分支道場，參加法會，擔任悅眾，廣結法緣；因為自認不擅於做帶頭者，她總是居輔位。在喜捨院歷經三位主管，她顯現極佳的適應與合作力。對自我成長的期許，恒足師表示要對治的是那「來得快，去得快」的脾氣；對於得罪的人，她則是叩頭謝罪。在僧團中，見賢思齊，她很清楚地把自已修行的目標致力於說話的態度和心靈的慈悲上。

“Books are sent to all parts of the world. People express their appreciation and hope we continue to publish more of the Venerable Master’s books,” said Bhikshuni Heng Dzu. She is very grateful to be a member of BTTS and values the far-reaching influence of the Internet.

Since September 2001, Heng Dzu Shr became the Girls’ Dorm Director. Listening to her talk about each student who graduated in the last three years, one feels her caring and realizes that it is not an easy job. In the beginning she lacked experience and slowly learned how to understand the students better and to make the many difficult decisions involved in caring for the boarding students. Teaching and learning go hand in hand. The students are a mirror for her. By reflecting on herself she has learned to treat them fairly and has also developed the art of listening. Her mind is focused on these girls, as she watches their academic performance and character development, and takes care of mundane tasks such as arranging their activities on holidays.

In a big monastery, she thinks it’s important to reinforce one’s spiritual practice. Since she has had many responses from Amitabha recitation, this is her chosen practice.

Endowed with many talents, Bhikshuni Heng Dzu has gone to all the branches of the Dharma Realm Buddhist Association to help with Dharma assemblies and has created affinities in the Dharma with many people. Always serving as assistant cantor, she chooses not to take the lead. With her flexibility, loyalty and support, she has proved to be a capable assistant for three different managers at JGH. For her personal growth she wishes to overcome her quick temper, and she bows to those she has offended to make up for her mistakes. Living in the Sangha community, she has learned from good cultivators. Her goals for her practice are to improve her attitude in speaking to others and to develop more loving-kindness in her heart.

上人答問錄 Q & A with the Venerable Master

問：什麼是菩薩道？

答：菩薩道是要吃虧的。不要損人，要利人，損己利人；

要利益一切衆生，不是單單人，一切衆生都在這個行菩薩行的道路上。

Q: What is the Bodhi Path?

A: The Bodhi Path involves taking losses. Instead of taking advantage of others, one should benefit them. One should benefit all beings, not just people.

On the path of practicing the Bodhisattva conduct, one must consider all living beings.