



誦持楞嚴咒的利益

The Benefits of Reciting the Shurangama Mantra

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〈楞嚴咒〉有種不可思議的力量，能依個人情況的不同而予藥對治。每當和朋友提及誦念〈楞嚴咒〉，他便會問我，有什麼感應？我總是說不出來，唯一能形容出的就是，你會有一種「翻」過來了的感覺，它有撥邪反正的力量。

〈楞嚴咒〉的功用太大了，它能改變您周圍不好的一切。拿我自己的例子來說，在未誦〈楞嚴咒〉之前，我總不能吃素，一吃素我就全身乏力，也吃不下去，但念〈楞嚴咒〉沒幾天，我便絲毫不勉強的吃素了。本來的我有很多壞習氣，一早起身棉被不折，房間也不整理，住了幾年也都沒感覺髒亂；但持咒後，才發覺這是不適當的行為而做了調整，這也包括了懂得尊重法寶，把經書和普通的書分開，將佛桌整理清潔。

讓我最驚訝的是，我改變了從讀書到入社會離不開電腦的習慣。以前的我，就算沒有事要處理，也會「掛」在電腦上，一直到精疲力盡才會離開。我不知為什麼，電腦就有種力量，抓著我常常熬夜到天亮；也因為這樣，長期下來，我身體變得很不好。但持咒後，我自然就改變了，一做完事，我就關機，如果再待在電腦前，也會覺得很無聊。

以前記憶力很不好的我，常常暈頭轉向找東西，甚至安全帽戴在頭上還在找安全帽。這樣的情形，也有很明顯的改善。諸如此類的小事，細數不盡！這個念了半天還是完全不懂的咒語，在默默中，神奇地改變了我多年以來的積習！

The Shurangama Mantra has a kind of inconceivable power, and is able to provide specific healing for each person's individual situation. Whenever I bring up the recitation of the Shurangama Mantra to friends, they ask me, 'how does it make you feel?' But I can never quite express it, the only possible way to describe it is as a "turning" feeling you get, a powerful ability to turn the deviant into the proper.

The utility of the Shurangama Mantra is truly great, able to transform all the bad around you. From my own personal example, before I had recited the Shurangama Mantra, I could never bring myself to be vegetarian. Once I started, my whole body seemed to lack energy, and I just wasn't able to keep the vegetarian diet. However, after studying the Shurangama Mantra for only a couple of days, without the slightest bit of forced effort, I was able to keep the vegetarian diet.

Originally I had many bad habits. I wouldn't make my bed in the morning, nor would I clean my room, and after years of living like this I just didn't feel like it was messy. But after upholding the mantra, I realized that this was inappropriate behavior and straightened up. This included understanding and venerating the Dharma Jewel, separating Buddhist Sutras from secular books, and ordering and cleaning the altar.

But what really surprised me was that I was able to transform my addiction to the computer, a habit I've had from the time I was a student right up until I entered the work force. In the past, when my previous self didn't have anything else to take care of, it would still be glued to the computer. I would only stop when I was absolutely exhausted. I don't know why, but the computer always had this power to grab me and have me spend all night on it until the break of dawn. This was also why, over a long period of time, my health deteriorated. However, after maintaining the mantra, I naturally changed. Now once I finish something, I immediately turn the machine off. If I stay on the computer, I start to feel bored.



《楞嚴經》上提及摩登伽女由神咒力銷其愛欲，讓我所感甚深，因為我和初戀男友分手後，每當想起便淚流滿面，痛心萬分，甚至有時像要昏過去似的，為愛欲之苦揪心不已。後來因持〈楞嚴咒〉的關係，慢慢釋懷淡忘；就是想起來，也能以平常心面對之。

以上的種種，難以說盡。我因為誦持〈楞嚴咒〉所得到的法益，我發覺最珍貴和慶幸的是，〈楞嚴咒〉能啟發我們原本所具有的「佛性」，讓以前慳吝的我願意去布施，甚至一向自私的個性也獲得改善；從前未去重視動物生命的我，也能漸漸地明白牠們的生命和我沒有分別。

有時候，在念咒時，我會覺得好像佛在世一樣；他在說些什麼？教導我們該如何做，等……。雖然我還不能了解，但我會覺得很開心，好像佛就在我們身旁一樣，教導我們生活在似是而非的道理四處充斥，價值觀混亂的末法時代中，如何能做到上人所教導的「疾風中之勁燭，烈火內的精金」。

有時候覺得，〈楞嚴咒〉又像錄有上人聲音的錄音帶，不斷地呼喚在沉睡中的我們醒過來、醒過來，一直告訴我們——家裡不能沒有「主人」。每次當我們內在的習氣，如：忿、恨、惱、覆、誑、諂、僞、害、嫉、慳…等，隨著外在的誘惑走時，〈楞嚴咒〉能讓人擁有足夠的力量和智慧，能及時發現，不隨之造業。

有時候又覺得，〈楞嚴咒〉就好像我們每一個人本有的自性。念誦著每一句咒文，就是念誦著每一個人本來的樣子；讓每一個人心中的那塊淨土，都能因法水的灌溉而茁壯。同時因為人人心中都有佛性，每一個人不再是單獨的個體；念〈楞嚴咒〉把我們連成一體了。

My old forgetful self would always be turning in circles looking for things, even looking for my bicycle helmet when all the while my bicycle helmet was still on my head. That situation has clearly improved. Little details like these are innumerable! That mantra that you can read all day and still not understand a word of has somehow magically and unknowingly changed years of my accumulated bad habits.

The *Shurangama Sutra* discusses Matangi's daughter whose sexual desire was melted through the power of the Shurangama Mantra. This moves me deeply, in that ever since I split up with my first boyfriend, every time I think of him my face becomes covered in tears and my heart wracked with pain, sometimes even to the point of seeming like I'll pass out. Because of the bitterness of sensual desire, my heart is seized without respite. But afterwards, because I've upheld the Shurangama Mantra, my breast has been slowly liberated as my memories fade. And even when I do remember, I can face my memories with an even heart.

There are so many different kinds of benefits like those above, that it's difficult to mention them all. However, in my upholding of the Shurangama Mantra, the one Dharma benefit that is the most treasured and worthy of rejoicing in is that it can prompt the realization of our fundamental and perfect Buddha Nature. This made my formerly miserly self willing to practice giving to others, so much so that my selfish nature has changed for the good. My old self that had never regarded the lives of animals as important was now able to gradually understand that their lives were no different from my own.

Sometimes while reciting the mantra, I feel like the Buddha is here on earth. What is he saying? He teaches us what we should do, and so forth. Although I still don't understand, I feel happy, as if the Buddha is right next to us. He teaches us that the principle that life is not what it seems to be is applicable everywhere. In this Dharma Ending Age with its disordered values, he instructs us in how to become like the "strong candle in the brisk wind or the true gold amidst the raging flame" that the Venerable Master had also taught us.

Sometimes I feel that the Shurangama Mantra is also like a recording of the Venerable Master's voice on tape, unceasingly calling on us to arise from our deep slumber. He tells us to wake up so that we will not be without a "master" of the house. Every time we come upon our inner habits such as fury, hate, irritation, covering, deception, flattery, pride, harming, envy, stinginess etc. and are led astray by outer temptations, the Shurangama Mantra can enable us to possess sufficient strength and wisdom, so that we do not go on to create bad karma.

Sometimes I also discover that the Shurangama Mantra is like every person's inherent nature. Reciting every word of the mantra is like reciting everyone's original likeness. It also enables the portion of Pure Land within each person's heart to be nurtured and made stalwart by the waters of the Dharma. At the same time, because everyone's mind has the Buddha Nature, every person is no longer an independent separate being. Reciting the Shurangama Mantra enables all of us to become one.





〈楞嚴咒〉的每一句咒文，像源源不斷的法水，令您的菩提心萌芽，幫助您的菩提心成長，化解您所遇到的困難；讓您在良好的狀態下，原本所具有的德性可以發揮出智慧的光芒，進而圓滿菩提心願。

我想，我開始了解到為什麼上人要說〈楞嚴咒〉是天地間的靈文了，因為它的每一句咒文都來自於圓滿的佛性，在不同眾生的「夢」裡，揭示如何了生脫死的要道，使其明白無盡輪迴痛苦的要因，它打破眾生從無始以來錯誤的認知，它使掩蓋自性的根本無明得以破除。

最後，我也要跟著上人說：

我今皈命大佛頂，無盡法藏智慧光；
願我明了妙總持，奉行如來所說義。

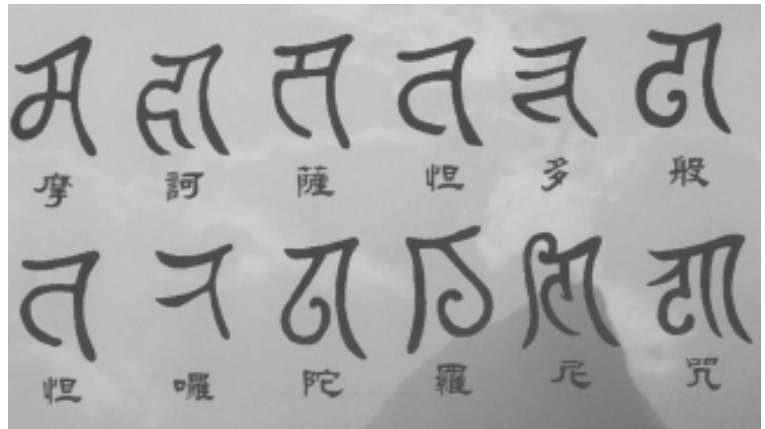
Every word of the Shurangama Mantra is like the ceaselessly flowing water of the Dharma that generates the sprouts of the Bodhi Mind. It then helps your Bodhi Mind to grow and untangles all the hardships that you encounter. Under these wonderful conditions, your inherent virtue can emanate the glorious rays of wisdom, so that the vows of the Bodhi Mind are all fulfilled.

I think I am starting to understand why the Venerable Master said that the Shurangama Mantra contains the most efficacious words in the world. It is because every word comes from the perfect and whole Buddha Nature. And for all the different living beings who are in the dream, it reveals the way to put an end to birth and death. It elucidates the major causes of the bitter sufferings in the unending cycle of birth and death. It obliterates the errors of intellect made by living beings from time without beginning, and it allows them to destroy the fundamental ignorance that covers up their inherent nature.

Lastly, I wish to echo the Venerable Master:

I now devote myself to the mighty summit of the Buddha, the inexhaustible Dharma Treasury of the brilliant light of wisdom.

I vow to understand the marvelous Dharani and to reverently practice the principals espoused by the Tathagatas.



楞嚴咒心

