

我是在一九七八年師父上人首次造訪馬來西亞的吉隆坡時皈依了上人。當時我年紀約三十多歲，生活上若以物質來說我是過得很好。我嫁了一位任職銀行常務理事的先生，過著豪華的生活方式。如果有任何的事情須要做，我只須要打個電話給我先生的秘書，事情就會做好了。我把時間花在以時尚的衣著妝扮自己，和吉隆坡社會名人錄上的人社交。每天晚上都要去參加宴會，每餐我們都享受最好的美食。我生活上的重心就是「五毒」（註：財、色、名、食、睡）之類的浮華事物和價值，而我卻以假當真。

有一天，我發現我的先生沒有信守他的婚姻誓言，我的整個世界就垮了。我盡全力去改善情況，但是一事無成。當我在一九七八年遇到上人時，我向上人吐露我的問題；上人勸告我獨自走上佛道，把自己當作是一個「出家」的人。當我在人生路途上尋找一個更

有意義的人生時，我認真接受上人的勸導，把上人當作是我的博聞廣知的導師。從那時開始，我開始一步一步走向這條尊貴的道路。

一九八八年時，上人和他的代表團員在我的新加坡公寓住了四個晚上。自從這次行程後，我決定成為純淨的素食者。剛開始時，這是很難下的決心，因為我知道我會想念以往喜好的美食。但是，我反問自己，我如果連這麼小小犧牲都不肯做，那我怎算是一個好弟子？我到當地一座寺院，去參加三天的三千佛懺；我懇切祈禱佛、菩薩加被，助我成就我的願望。在那同時段裏，我有朋友勸我不要變成素食者。有位朋友說他的祖母也嘗試做一個素食者，結果她咳嗽了好幾個月，因為素食對身體太寒。另一個朋友勸說，如果我成為素食者，以後就再沒有人可以在她們來新加坡時帶她們去品嚐美食了。還有其他的朋友們瞞著我打

我與師父上人的因緣

My Affinity with the Venerable Master

黃雪玲二〇〇八年十一月二十一日寫於新加坡

By Rosaline Kang in Singapore on November 21, 2008

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In 1978, Master came to Kuala Lumpur, Malaysia, for the first time, and it was then when I took the Three Refuges with him. I was in my thirties then, and life couldn't have been better as far as material things were concerned. I was married to the Managing Director of a bank and living a luxurious lifestyle. If there was anything to be done, I only had to ring my husband's secretary and it would be done. I spent my time beautifying myself with the latest fashion styles and socializing with all the 'who's who' of KL society. There were parties to attend every night, and we enjoyed the best gourmet food for every meal. My focus in life then was the 'five poisons (wealth, form, reputation, food, sleep)', superficial things and values, which I took for real.

My whole world collapsed one day when I discovered that my husband had not been true to his marital vows. I tried everything I could to improve the situation, but nothing worked. When I met the Master in 1978, I confided my problems to him and he advised me to walk along the Buddhist path and to treat myself as a 'left-home' person. As I was searching for a more meaningful life, I took Master's

advice very seriously and looked towards him as my all-knowing teacher. From then onwards, I started my journey step by step towards this noble path.

In 1988, the Master and his delegation stayed for four nights in my apartment in Singapore. It was after that trip that I decided to become a full-time vegetarian. It was a very difficult decision to make in the beginning, as I knew that I would miss all the food that I loved. However, I asked myself, "How good a disciple am I if I couldn't even make this small sacrifice?" I went to a local temple and bowed the 3,000 Buddhas Repentance Ceremony for three days, and I prayed sincerely to the Buddhas and Bodhisattvas to help me achieve this goal of mine. In the meantime, I had friends who advised me against becoming a vegetarian. One friend said that her grandmother tried to be a vegetarian too, but in the end she coughed for months as it was too cooling for the body. Another friend dissuaded me by saying that if I became a vegetarian, there would no longer be anyone taking her and others for good food when they came to Singapore for visits. Yet other friends were betting, without my knowledge, that I

賭，說我茹素無法持續三個月。

讓她們驚訝的是，我不只是素食超過三個月，打從1988年至今，我已經茹素整整二十年了。我很有決心，看見他人食肉時，絕對不受任何誘惑；但最好的是，我從來沒有咳嗽或生病。事實上我多年的貧血毛病，也在茹素後治癒了。我了解到在生活裏，如果您下定決心，沒有什麼事是不可能的；尤其是當您對您的願望很虔誠，慈悲的佛和菩薩會幫助您，引導您。

一九九三年，我在長堤聖寺給上人慶生的典禮上受了五戒。兩年後，我期望著能受菩薩戒。那是在恆良法師到金海岸拜訪時，她告訴我萬佛聖城在兩千年時會傳授菩薩戒。我很高興，馬上就寄出我的申請表。當我抵達萬佛聖城，我遇到方丈恆律法師；他告訴我，我是第一個提出申請的人。



wouldn't last being a vegetarian for three months.

To their surprise, not only did I last for three months, but I have now been a vegetarian for 20 years since 1988. I was very determined and was never tempted in any way when I saw others eating meat, but best of all, I never coughed or fell sick. In fact, the anaemia I had for years was cured when I became a vegetarian. I realized that in life, there is nothing impossible if you make up your mind to do it, and especially if you are sincere about your goal, the compassionate Buddhas and Bodhisattvas will help and guide you.

In 1993, I was ready to take my five precepts after the Master's birthday celebration at Long Beach Monastery. A couple of years after that, I was looking forward to take my Bodhisattvas Precepts. It was during a visit by Dharma Master Heng Liang to the Gold Coast that she told me that CTTB would be transmitting the Bodhisattvas Precepts in year 2000. I was delighted and sent in my application form right away. When I arrived at CTTB, I met Dharma Master Heng Lyu, the Abbot, who told me that I was the first person to apply.

從此我沒再回顧過往，經過這些年之後，我瞭解到我現在是多麼的幸運，能夠分辨出何為真實、何為虛假。從我丈夫的事發生，已過去二十四年了，我現在過的是一個很簡單的生活。我記得上人的話，我把自己當作是一個出家的人。我在金海岸或是新加坡的住處都有一個莊嚴的佛堂，我把它視為我個人的寺廟。我很早就放棄看電視了，每天除了做早晚課以外，我還誦阿彌陀佛聖號兩萬遍。我依法生活，從聽經和獨居生活中得到喜悅。因為我有佛法，我現在是最快樂了；而且我努力精進朝我的願望和我的目標前進——那就是在我命終時到西方極樂世界——這也是對佛，菩薩，上人仁慈教導報恩的最好方法。

能夠遇到像上人這樣的偉大的導師，是再幸運也不過的了。我永遠感激上人，因為遇到上人才改變我的生命，上人是一位真正的善知識。



I have not looked back since. After all these years, I realized now how lucky I am to be able to distinguish what is real and what is false. It has been twenty-four years since my husband moved on and I now live a very simple life. I remembered Master's words and I treat myself now like a 'left-home' person. I have an adorned Buddha hall wherever I live, be it in the Gold Coast or in Singapore, and I treat it as my personal temple. I gave up watching TV a long time ago. Besides my morning and evening chanting, I recite Amitayus Buddha's name 20,000 times a day. I live my life in accordance with the Dharma, and I find joy in listening to sutra lectures and being alone. I am very happy now because I have the Buddhadharma and I am working vigorously towards my vow, as well as my goal, which is to go to the Western Paradise at the end of my time, as this will be the best way to repay all the Buddhas, the Bodhisattvas and Master's kindness and guidance.

I couldn't have been more fortunate than to meet such a great Master like our Venerable Master. I am forever grateful to Him and it was through meeting Him that my life has changed. He was indeed a good-knowing advisor.