

懷念比丘尼—恆白師

In Memory of Bhikshuni Heng Bai Shr

比丘尼恆榮 文 By Bhikshuni Heng Rong

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我的師兄一釋恆白，從小吃了很多的苦，終於在1995年如願的跟隨宣公上人出家，在出家兩個半月後，上人即入涅槃，這其中的心路歷程，只有讓當事人更發大菩提心，在佛道上用功精進。

對恆白師認識深刻，是2007年從她來金聖寺常住開始，我發現這位師兄非常嚴謹，平常不苟言笑，她對人和善，不攀緣，道場的功課從來不缺，對大眾的佛事更是盡心；修行認真，每日誦楞嚴咒21遍，令我很敬佩。

她曾發願要活到120歲，來救度眾生，但不懂得照顧自己的色身，若有病痛則自己調理。持戒嚴謹，不浪費一物一食，用齋時只吃舊菜，不吃新鮮的食物，以致長期的身體不良。自從生病後，曾經告訴我，這次的大病會改變她的修行方式，以前她堅決不看醫生，不吃新鮮的食物，種種不中道的做法……，將重新來過。但是長期的營養失調，使她體力無法恢復，更而使得病情加重。

生病期間，同參道友們皆盡心盡力的幫助，她常語重心長地講，「這是我出家以來最幸福的時刻。」師兄弟中有人專門為她調理食物，有人幫她洗衣，有人幫她攙扶……，種種的協助，發揮最真心感人的畫面。

病中我常提醒她，「有沒有唸佛？」她回答「佛在心中。」我告訴她：「在心中，也要唸出來，否則容易忘記。」於是一句一句慢慢地念一南無阿彌陀佛！之後，再問她，她則回答「心

My Dharma sister, Shr Heng Bai, had undergone a lot of difficulties since she was little. Finally, in 1995 she was able to fulfill her wish of leaving the home-life under the Venerable Master. However, two months later, the Venerable Master entered Nirvana; this experience inspired her to bring forth a great Bodhi resolve and cultivate vigorously on the Buddha path.

I came to know her deeply since she moved to Gold Sage Monastery in 2007. I found she was very strict with herself; she seldom talked or laughed, but was kind to people and did not exploit affinities. She never missed any ceremonies in the monastery and was very devoted to participating with the assembly in all activities. In addition, she was very serious with her cultivation; she recited the Shurangama Mantra 21 times every day, which made me respect her a lot.

She had vowed to live for 120 years so that she could cross over living beings. However, she did not know how to take care of her own body. If she was sick, she would take care of herself; being strict with holding precepts, she did not waste any materials or food, so she only ate leftovers and seldom ate fresh food, which caused her body to be in poor health for a long time. After she became sick, she told me that the severity of her illness this time made her change her way of cultivation. She started over and changed her ways of living which did not accord with the Middle Way, such as insisting on not visiting doctors, not eating fresh food, etc. However, due to long-term nutritional imbalance, she could not regain her energy and her illness worsened.

During the time of her sickness, all her fellow cultivators helped her wholeheartedly. She often mentioned in sincerity: "This is the happiest time since I left home-life." Some of her dharma sisters cooked special food for her, some washed her clothes, some assisted her to walk. All kinds of help were woven into a most touching picture.

When she was sick, I often reminded her "Have you recited the Buddha's name?" She answered, "The Buddha is in my heart." I told her, "Even with the Buddha in your mind, you still need recite the name aloud; otherwise, you might forget it." So she slowly recited the name, "Namo Amitabha!" Later, I asked her again, and she replied, "My heart is full of light." After she passed away on May 10, her *sharira* pieces were in different colors, which might signify the light in her heart, just as pure as her Dharma name [Heng Bai "always pristine"].



中一片光明。」五月十日往生後她的舍利子片的七彩色，大約是象徵她心中一片光明，與她的法名一樣的潔白。

恆白師的離開讓我們不捨，但也為她的圓滿因緣欣慰。醫院規定往生後需馬上搬離病房，但因護士是位修行淨土法門的越南居士，也因此得以圓滿的完成八小時的助念。往生前，護士為了讓她不致感到痛苦，在拔除醫療器材時動作極為細心。她在念佛聲中安詳往生，顏容如十六、七歲的少年。

如果恆白師能聽得到，我一定要告訴她「你真會選時間。」其時，正值萬佛聖城舉行萬佛寶懺；接著，金聖寺也開始為期三星期的華嚴法會，每天誦華嚴經為她迴向；而各個分支道場，也都為她立牌位助他往生。如此殊勝的因緣，都是她努力修行的感召。願恆白師往生西方極樂世界，乘願再來廣度眾生。

Although we felt reluctant to let Dharma Master Heng Bai leave us, we were gratified that she had perfect conditions and affinities. Usually in the hospital, it is required that after a patient passed away, the body must be moved from the ward immediately. However, her nurse was a Vietnamese layperson who cultivated the Pure Land dharma door, therefore, we were able to help her recite the Buddha's name for eight hours. The nurse was very considerate and careful when removing the medical equipment from her body so that she did not feel any pain before her rebirth. Surrounded by the sound of reciting the Buddha's name, Dharma Master Bai passed away, with her face looking as young as a teenager's.

If Dharma Master Bai could hear me, I would definitely tell her, "You really chose the right time." Her passing coincided with the Jeweled Repentance Before Ten Thousand Buddhas being held in the City of Ten Thousand Buddhas; followed immediately by the three-week Avatamsaka Dharma assembly in Gold Sage Monastery, where the *Avatamsaka Sutra* was recited, and the merit and virtue was transferred to her everyday; Furthermore, every branch monastery set up plaques to help her attain rebirth. All these excellent conditions came from her hard work in cultivation. I hope Dharma Master Heng Bai gets reborn in the Western Land of Ultimate Bliss and comes back on the power of her vows to extensively cross over living beings.