

今年六月底偶然會出現心慌、疲倦等現象，七月初，更年期的症狀如盜汗、潮熱、胸悶、情緒低落、焦慮、驚慌等等症狀，就像山洪爆發似的一發不可收拾。其後得醫師調治，病情逐漸控制住，可是鬱悶的心境，卻如影隨形般的片刻不離。

身體像是被無形的繩索給束縛住，常處在心慌氣短、四肢無力的狀態中。五臟六腑似乎都移位了，體內的氣不斷地往

外散去，三魂七魄似乎少了幾個，每天總會有驚恐、憂傷、煩悶等情緒，浮上心頭，使我心生「了無生趣」之歎。在生病期間，於深夜十二點左右，被盜汗或是潮熱驚醒，身陷悶燒鍋中，靠念佛號或是咒語渡過漫漫長夜。

八月底，在某位師姊的開導之下，認真的念經與懺悔。在不斷的念佛，與加強鍛鍊之下，身處火燄山的悶熱感逐漸減輕。無所適從與坐立不安的

## 懺悔治病

### Curing Illnesses Through Repentance

魏鎮西 文 Written by Angela Wei

徐秀儀 英譯

Translated into English by Chee, Siew Yee



This year, at the end of June, I experienced occasional anxiety and fatigue. By early July, menopause symptoms such as night sweats, hot flashes, chest pain, depression, apprehensions and panic attacks came crashing in like tidal waves and could not be stopped. After treatments from the doctors, my condition gradually came under control, but the depression stayed with me all the time.

My body and spirit felt like they were bound by invisible ropes. I was often anxious, was short of breath, and experienced loss of strength in my limbs. My internal organs felt like they had all moved, the

energy of my body was constantly dispersing outwards, and it felt like my soul had left my body. Every day I went through emotions such as apprehension, sadness, irritation, etc. and often felt that life was meaningless. During this period of time, I would often be awakened by night sweats or hot flashes in the middle of the night. Feeling submersed in a thermal cooker, I relied on reciting the Buddha's name or mantras to help get through the long nights.

At the end of August, under the guidance of a fellow cultivator, I began to seriously practice reciting sutras and repentance. With constant recitation of the

症狀也漸漸消失了。十月初，決心要至誠懇切的懺悔，每天早上十點在體力較好的時段，在佛前用心的求哀懺悔。

兩週之後，有一天剛懺悔完，突然心頭一陣酸楚，似乎感受到往昔被我傷害過的眾生，他們身心備受煎熬的苦楚。在那一瞬間，我聲淚俱下，除了請求往昔被我傷害過的眾生們能夠原諒我之外，還祈求佛菩薩，以及宣公上人賜我補償的機會。如此不斷祈求懺悔半小時之後，發覺被束縛已久的身心突然鬆綁了。

有此體驗之後，每當我再做懺悔的功課，多了一份虔誠敬畏之心，三魂七魄也漸漸地歸位了。

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Buddha's name and more exercises, the sensation of engulfing flames subsided. The feelings of unease and restlessness also gradually ceased. At the beginning of October, I made the resolve to repent with my utmost sincerity. Every morning at 10 a.m. when I usually felt better, I would repent in front of the Buddha.

I had been practicing repentance for two weeks when, one day right after my repentance, I suddenly felt a sensation on my chest. It was as if I could feel all the bodily harm and sufferings of all the beings I had previously hurt. In that split second, I was in tears asking for forgiveness from all of them. I was also asking for a chance from the Buddhas, Bodhisattvas, and the Venerable Master to redeem myself. After 30 minutes of repeatedly praying in repentance, I suddenly realized that my previously bound body and spirit had been released.

After this experience, whenever I practiced repentance, I would feel increased sincerity and respect, and gradually, my soul became whole

十月下旬，我終於能夠像往日一樣端坐念佛了！看著窗外的藍天白雲，突然感受無限的詩意，生命又有活力了。

十一月身體恢復正常之後，我體悟到人生的無常，悟到身體藉由生病教我們修行，將隱藏在身心中的污垢清洗一番！能夠在身心健康狀態之下念經、念佛、或是打坐，是一件很有福報的事。生病以前，總是有口無心的念佛或是念經。在大病痊癒之後，我對念佛、念經與打坐有了一番新的體悟。承蒙佛菩薩、上人的慈悲眷顧，賜給我覺醒的機會，從今往後，念經、念佛或是打坐，一定全神貫注，心懷感恩去修習。

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again. By the end of October, I was finally able to sit and recite the Buddha's name just like before. Looking out at the blue sky through the windows, I felt serene and that life was full again.

In November, when my body had fully recovered, I realized that life is impermanent. I realized that through illnesses, our bodies teach us to cultivate and to cleanse the hidden defilements within ourselves. To be able to recite sutras, recite the Buddha's name, or meditate with good health and wellness is a blessing. Before my illness, I had often recited the sutras or the Buddha's name halfheartedly. Since my recovery, I have had a new realization about sutra recitation, Buddha's name recitation, and meditation. I am grateful for the opportunity that the compassionate Buddhas, Bodhisattvas, and the Venerable Master have given me to wake up. From now on, I will recite sutras, recite the Buddha's name, or meditate with full focus and practice with gratitude.