

念念真誠



Sincere In Every Single Thought

介紹余引弟居士

An Introduction to Upasika Yindi She

法界佛教印經會 提供
葉美霞 英譯

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菩提臺 BODHI STAND

余引弟居士，湖南省邵陽縣人，為家中長女，下有弟、妹各三位。二十多歲時，偶獲〈白衣神咒〉，不由得心生歡喜，開始誦念。十多年之後，余居士的二妹提出想皈依三寶。她當時不解地問，為什麼要皈依？得到的答案是：「不皈依就像沒有入學。要先入學，才能從小學開始讀書。」於是姐妹二人一起皈依了三寶。

四年後（1998年），因緣具足來到臺北法界印經會共修，並擔任義工迄今。同年，法總弘法團蒞台於北中南三地舉行法會，整個家族在她的影響下，幾乎全體總動員一起當義工。這次法會，不僅為家人種下更深的菩提種子，也成就大弟出家的遠因（註：余居士的大弟親柱師，後於2011年在萬佛聖城出家）。

此後，余居士視臺北法界如家，每週二下班後，固定來參加晚間的〈大悲懺〉。雖然家人並不十分贊成，但是余居士在不耽誤家事並兼顧家人感受的情形下，仍然不放棄，堅持共修，後來終獲家人的認同。

Upasika She, Yindi is from Shaoyang County in Hunan Province. She is the eldest daughter in her family with six younger siblings. In her twenties, she encountered *the White Robe Spiritual Mantra* by chance. When she began reciting the mantra, she felt very happy from within. More than ten years later, Upasika She's second sister suggested that they take refuge with the Three Jewels. At that time, she did not understand and asked why they should take refuge. Her sister said, "Not taking refuge is like not enrolling in school. We must first enroll in school, and only then can we start learning from the elementary level." Subsequently the two sisters took refuge with the Three Jewels together.

Four years later (1998) when her past conditions ripen, she started to participate in the Dharma assemblies at Dharma Realm Buddhist Books Distribution Society in Taipei. Since then she became a volunteer until this very day. When the DRBA delegation visited Taiwan in 1998 and hosted Dharma Assemblies, under her influence, most of Upasika She's extended family members participated as volunteers. That particular

公職退休後，她更投入道場事務，全力護持，並帶動家族第三代成員親近佛法。又深感生死事大，因此對於修行功課絲毫不敢懈怠，祈能福慧雙修，日後能順利往生西方淨土。

由於乾女兒久受羊癲風之苦，屢屢求醫無效，所以她鼓勵乾女兒每日誦持《地藏經》、〈普門品〉，並將誦經功德迴向給冤親債主。乾女兒依此行持多年之後，病情果然逐漸減輕，生活品質亦大為改善。

今年已經六十八歲的她，雖然已夠資格成為敬老節的座上嘉賓，可是卻始終擔任敬老活動的義工。她總是說：「只要體力夠、做得動，能做就做！」舉凡大殿組、香積組、書庫組、機動組、念佛會、晚間值班組，都能見到她認真工作的身影。她總是默默付出——對新進義工的默默指導，或是對參加法會居士的默默關懷，都是一片「但問耕耘，不問收穫」的真誠，期許自己能如上人的教誨：

念念真誠念念通，
默默感應默默中；
直至山窮水盡處，
逍遙法界任西東。



Dharma Assembly deeply planted Bodhi seeds for her family and her first younger brother resolved to leave home and join the monastic order. (Editor's note: Upasika She's first younger brother joined the Sangha at CTTB in 2011; his Dharma name is Dharma Master Chin Zhu).

From then on, Upasika She thought of the Dharma Realm Buddhist Books Distribution Society as her home and attended the Great Compassion Repentance bowing ceremony every Tuesday night. Although her family initially did not agree with her involvement, she managed to convince them by balancing her responsibilities at home. She took into account her family duties and also persisted with her involvement at the monastery. After her retirement, Upasika She became more involved in the monastery. She even influenced the third generation of her extended family to draw near to Buddhism. She deeply understands the importance of ending birth and death, and is not the least bit lax in her cultivation. She wishes to cultivate both blessings and wisdom and be reborn in the Land of Ultimate Bliss successfully.

Her goddaughter has epilepsy and her condition has not improved even after consulting many doctors. Upasika She encouraged her goddaughter to recite *the Earth Store Sutra* and the *Universal Door Chapter* every day, and transfer that merit to her karmic creditors. After following her instructions for many years, her goddaughter's condition has progressively subsided and her quality of life has greatly improved.

Although she is 68 years old this year and is qualified to be a guest at the Honoring Elder's day celebration, Upasika She still insists on participating as a volunteer for the event. She says, "As long as I still have enough energy and can still move, I will continue to work!" Upasika She diligently works in all parts of the monastery, in the Buddha Hall, culinary, book storage, Buddha Recitation or night shift duty team. Her sincerity shines through as she guides new volunteers and silently cares for the laypeople attending Dharma Sessions, never asking for benefits. Her only wish is to follow the Venerable Master's teachings:

*If every thought is sincere, every thought will be connected.
Silently efficacious responses manifest in anonymity.
Until one reaches the place at the end of the world,
One roams at will from east to west throughout the Dharma Realm.*



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