

金岸法界〈楞嚴咒〉百萬遍持誦活動

SHURANGAMA MANTRA RECITATION AT GOLD COAST DHARMA REALM

金岸法界提供
李正 整理

Provided by Gold Coast Dharma Realm
Compiled by Zheng Li



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法界佛教總會澳洲分支道場金岸法界，自2015年8月3日啟動誦持〈楞嚴咒〉100萬遍共修活動，至2016年一月底，約有278人報名參加，累計誦持〈楞嚴咒〉近15萬遍。共修功德迴向金岸法界興建楞嚴聖寺早日完成，護持正法住世、世界和平。以下是幾位參與者的心得。

• 發心背誦楞嚴咒

參加此項〈楞嚴咒〉100萬遍共修的鍾親謙指出，2014年到金岸法界參加楞嚴咒法會，聽到來自美國佛友Derek分享背誦〈楞嚴咒〉的經驗。Derek的三歲女兒在他念咒時，看到他的頭頂上有白色的傘蓋罩住，而且還有菩薩在房子周圍織網。因此深信上人說誦咒時，將有一個白傘蓋保護我們是真實不虛的。

聽到〈楞嚴咒〉功德如此強大，鍾親謙下定決心背誦〈楞嚴咒〉。起初只能每晚背7至8句，時多時少，數月後終於背會了。2015年8月，加入百萬〈楞嚴咒〉持誦活動，從此每天早上持誦三遍，晚上一遍。

Gold Coast Dharma Realm (GCDR), the branch monastery of Dharma Realm Buddhist Association in Queensland, Australia, has launched a “One Million *Shurangama Mantra* Recitation” Program since August 3rd 2015. By the end of January 2016, around 278 people had recited the *Shurangama Mantra* nearly 150,000 times. The merit and virtue from the recitation was transferred for a speedy completion of the Shurangama Monastery at Gold Coast Dharma Realm. People hope that with the launching of this monastery, the proper Dharma can continue to remain in the world and that the world will be peaceful and people will live in harmony. The following are people's reflections on participating in this event.

• Resolving to Memorize the *Shurangama Mantra*

One participant Qin Xian Chung remembered another layperson, Derek, from the US who shared his experience of reciting the mantra. Derek shared his response from reciting the mantra in the 2014 *Shurangama Mantra* retreat at GCDR. He said that at the time he was able to memorize most of the mantra and his three-year-old daughter told him that she saw a white canopy above his head when he recites. She also said that a few Bodhisattvas were weaving a net surrounding the house. So Derek truly believed the Venerable Master's words that there would be a white canopy that purifies the space and protects the upholder of the *Shurangama Mantra*.

Upon hearing about the powers of the *Shurangama Mantra*, Qin Xian Chung committed himself to memorizing the entire mantra. At first, he usually could remember seven or eight lines each evening, sometimes more

同年11月，開車在路上停下來等紅綠燈，後面的車未能及時停住，因而撞上他的車，並且向前推撞前面的車。鍾親謙的車完全報銷，但出乎意料地，事故中沒有任何人受傷。鍾親謙很感謝〈楞嚴咒〉，由於不僅每天持誦，而且車裏也掛著〈楞嚴咒〉，才得以逃過這場災禍，同時也明白了上人說的：「大的災難化小了，小的災難就化沒有了。」

另一個有趣的現象就是，雖然工作壓力越來越大，他的心卻相對越平靜，而且健康狀況也持續改善中。

• 楞嚴咒的奇妙之處

另一位參與持誦百萬遍〈楞嚴咒〉的張雅茵，受過專業醫學訓練，因健康出現狀況，必須接受組織切片。雖然對醫療檢查流程非常清楚，但內心的恐慌與無助依然難以形容。那一刻，腦海突然出現「咒心」兩個字。

剛開始學習〈楞嚴咒〉的她，當時只會背咒心，於是一遍又一遍地持誦咒心。慢慢地心情恢復平靜，感到菩薩似乎就在身邊看護著她。檢查過程漫長而痛楚，但這疼痛似乎不在體內，而在體外，並不怎麼干擾她，甚至過後也不需止痛藥減輕疼痛。這是她第一次真實感受到〈楞嚴咒〉的神奇。

持誦〈楞嚴咒〉之後，對事物執著的習性慢慢修正，生活壓力也減輕許多。最大的得益，就是內心找到安全感，因為無論怎樣艱難的問題，只要持誦〈楞嚴咒〉最終都能迎刃而解。同時因為持誦〈楞嚴咒〉，時時刻刻似乎有位長者在身邊警戒她，哪些事情不對，不可以做，哪些念頭必須修正，減少了生活中犯錯的機會。

日誦〈楞嚴咒〉108遍養成計畫

發願日誦108遍〈楞嚴咒〉的鄭果瑜，最早是在母親勸告下開始學習〈楞嚴咒〉。當時二十來歲的她，白天沒精神，夏天也怕冷，對人不信任。

第一次唸〈楞嚴咒〉可說是驚心動魄，屋外風平浪靜，跪在佛堂裏卻聽到怒吼，而且感受到震動。母親鼓勵她繼續持誦，所以

or less. But a few months later, he was able to recite the whole mantra. In August 2015, he joined the One Million *Shurangama Mantra* Recitation Program. Each day, he would recite three times in the morning and one time in the evening.

One day in November 2015, he was driving and stopped for the traffic light but the car behind him did not stop in time. So his car was hit from behind and consequently Qin Xian Chung crashed into the car in front of him. The damage was so severe that his car was totaled. But surprisingly, nobody involved in the accident was hurt. He was so thankful to the Buddha and to the mantra he recited daily, (which he also hung in a pendant inside the car). He understood the meaning of Venerable Master Hua's words: "If disasters are unavoidable, big ones will turn into little ones, and the little ones won't even happen."

Also, he noticed one interesting thing. Although there was more and more stress in his work environment, his mind was relatively peaceful and his physical health was improving.

• The Wonders of the Shurangama Mantra

Yayin Zhang, another participant of the "One Million *Shurangama Mantra* Recitation" Program, had received medical education and professional training. Although familiar with medical examination processes, when she had to get a biopsy herself, she could not even describe her fear and feeling of helplessness. At that moment "The Heart of Shurangama Mantra" words suddenly appeared in her mind.

It was during the time when she first began to learn reading the *Shurangama Mantra*. She could not recite the whole mantra, but she could recite the "The Heart Mantra". Then, she started to recite "The Heart Mantra" over and over again. Slowly, she began to feel that a Bodhisattva was by her side, watching over her. Her mind gradually calmed down. Although the process of the medical examination was long and painful, the pain seemed to come from outside, not inside her body. She did not even have to take painkillers to reduce the pain afterward. This is the first time she actually felt the magic of the *Shurangama Mantra*.

Through reciting the mantra, she noticed that she slowly corrected her habits and got rid of many attachments, which relieved a lot of pressure in her life. The biggest benefit is that she experienced a sense of security. Knowing that no matter what happens, all she has to do is recite the mantra and her problems will eventually be resolved, no matter how tough the problem may be. Also, whenever she recites the mantra, she feels as if an elder is always standing beside her, warning her against doing wrong things and how to correct bad thoughts. Hence she is able to make fewer mistakes nowadays.

Plans for Chanting the Shurangama Mantra 108 times

Guo Yu Cheng made the vow to recite 108 times of *Shurangama Mantra* each day. Actually, it was her mother who advised her to learn this

雖然上班很忙，每天早上還是唸一遍。每次唸，身體不同部位都會麻；堅持下去，這種感覺就漸漸消失。

念了一年左右，有一天看到上人的一句開示：「做早課就是為了背起來，這樣隨時隨地都可以做。」看到這句話，她決定把〈楞嚴咒〉背起來。之後又讀到終南山普光老和尚日誦108遍〈楞嚴咒〉的故事，其中「一個人一天24小時能誦〈楞嚴咒〉，現世的父母都能成佛」這句開示，悄悄打進她的心裏。於是，日誦108遍〈楞嚴咒〉的養成計畫就此誕生。

2015年8月6日加入百萬遍〈楞嚴咒〉共修。當時日誦47遍，截至目前已達到每日持誦62遍，並持續增加中。誦持的過程有許多考驗，像是想睡覺、舌頭打結、感到煩躁或枯燥、家人禁止等等。但是她的初發心非常強烈，也相信是佛菩薩的加持才能堅持到現在，並感謝金岸法界佛友的鼓勵。

現在的身心狀態，和沒有持咒之前比起來已大大改善，對事情的看法也更樂觀，和同事相處更融洽，父母的脾氣也變好了，並且明顯感受到自己定力的提升。她相信只要堅持下去，總有一天可以達成願望。

宣公上人曾說：「如果你不斷地誦〈楞嚴咒〉，那麼你就可以擺脫你前世和所有過去世的業障…。有人真能持〈楞嚴咒〉，在這個地方，虛空裏頭就有一個大白傘蓋。你的功夫若大、若高，你一唸這個傘蓋，甚至於幾千里地以內，都無災無難了；你功夫若小，那麼這個傘蓋在你自己的頭上，也保護著你。你要有道德，是一個大德高僧，你這一唸，甚至整個國家都得到好處了，都沒有什麼災難了。就有災難，大的災難也就化小了，小的災難就化沒有了。」❀

mantra. At that time, she was in her twenties with poor health. She did not have much energy during the day and felt cold even in the summer time. She also did not trust other people.

When she first recited the mantra, it was frightening. When she knelt in front of the altar, she heard a roaring sound and felt that her body was shaking although it was completely calm outside. Her mother encouraged her to continue reciting the mantra, so although her work life was very busy, she kept reciting each morning. Each time when she recited the mantra, she would feel numb in different parts of the body; but as she continued reciting, this feeling gradually disappeared.

After reciting the mantra for about a year, one day she saw the Venerable Master's talk about reciting mantras. He said, "During morning ceremony, you should recite the mantra from memory, then you can recite the mantra anytime and anywhere." After she saw this sentence, she decided to memorize the mantra. Later one day she saw the story of the Elder Master Puguang of Zhongnan Mountain who chanted the mantra 108 times daily. Master Puguang said, "If one can recite the mantra 24 hours a day, then your parents in this life time can become Buddhas." These words resonated deeply with Guo Yu Cheng and so she made the resolve to recite the mantra 108 times too.

On August 6th, 2015, she joined the One Million *Shurangama Mantra* Recitation Program where she recited the mantra 47 times a day. Now she is already reciting the mantra 62 times daily and will increase the amount. She experienced many tests during the process of recitation, such as sleepiness, tongue-tied, feeling irritable and bored, or disapproval from family members, but her will power remained strong. She also believes that her strength comes from the Buddha's blessing, and from the continuous encouragement from GCDR after she joined the recitation program.

Ever since she started reciting the mantra, her physical and mental conditions have greatly improved. She also is more optimistic and works harmoniously with her colleagues; her parents' temper has also improved. She also clearly feels that her Samadhi has increased and believes that as long as she persists with the recitation, one day her wishes will come true.

The Venerable Master Hua said, "If you continually recite the *Shurangama Mantra*, then you can get rid of your karmic obstacles from last life and all past lives... Whenever someone is seriously reciting the *Shurangama Mantra*, a great white canopy will be there in the space above the person. If your skill in reciting the mantra is at a high-level and is far-reaching, then when you recite, the canopy will extend for thousands of miles, preventing any disasters or difficulties. If you only have a little skill, then the canopy will be right above your own head protecting you. If you have virtue in the Way, if you are a High Sanghan, then when you recite, the entire nation will be benefitted and no calamities will occur. Or if disasters are unavoidable, big ones will turn into little ones, and the little ones won't even happen." ❀