



走過一世紀 —— 悼念比丘尼恒樂師

WALKING THROUGH A CENTURY -REMEMBERING BHIKSHUNI HENG LE

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俗話說：「家有一老，如有一寶。」用這句話形容金佛寺一百零二歲的恒樂師，是再貼切不過的了。

恒樂師，1915年出生中國，後來隨夫定居馬來西亞。1979年移民加拿大溫哥華之後，如同大部分華人偶爾上神廟拜拜。一次，偶然間到四十九街燒香，湊巧上人到那兒講法，一場醍醐灌頂般的法音，紮實地種下老人家的菩提根苗。83年底金佛寺成立，住在唐人街的她得地利之便，得以天天步行到廟裡共修。

一天，上人跟她說：「金佛寺是妳的家，快快回家來吧！」一席話，時不時地在她心中盤旋迴盪著。終於，1994年以八十高齡出家，此後的每一個日子，老人家就把金佛寺這個大家著實地看理好。她總是說，上人對老人特別好，像我這麼老了，上人還是不捨棄我。

記得在2015年敬老節會上，恒樂師應邀分享她長壽的秘訣。她說：「天天運動，」當年九十九歲的她，仍堅持每天踩健身腳踏車，左腳五十下，右腳五十下。此外，「甚麼都吃一點，喜歡的就多吃一點點，不喜歡的也吃一點」。

其實這位快樂老人只剩最後一顆牙

A saying goes, “An elder at home is like a treasure of the family.” There is nothing more appropriate than using this phrase to describe the 102-year-old Dharma Master Heng Le.

Dharma Master Heng Le was born in 1915 in China. Later, she followed her husband to settle down in Malaysia. After immigrating to Vancouver, Canada, in 1979, she often went to Buddhist and Daoist temples to pay her respects. One time, she visited Gold Buddha Monastery on 49th Street in Chinatown. Coincidentally, Venerable Master Hua happened to be speaking Dharma there. The inspiring sound of his Dharma planted a Bodhi seed in this elder’s heart. Because Gold Buddha Monastery, established in 1983, was conveniently located in Chinatown, Dharma Master Heng Le could walk to the monastery and cultivate with the assembly every day.

One day, the Venerable Master told her, “Gold Buddha Monastery is your home. You should quickly return!” These words echoed in her mind from time to time. Finally, in 1994, at the advanced age of eighty years, she left the home-life.



了，可是吃起東西來總是津津有味，連旁邊的人都感染到她的感恩和享受。一天她回憶起小時候的情景，說起在家鄉碰到乞丐上門來，家裡的父祖總會客氣地請他們進門，燒一頓新的、好的菜飯請他們。我們這才恍然大悟：原來是祖上的餘蔭，加上老人家的福德，即便沒牙也得以享受食物，這才是真正的祕密。



每天早上三點半起床漱洗完畢，恒樂師就會到小佛堂，合起掌便喃喃地念：「阿彌陀佛早安！觀音菩薩早安！韋馱菩薩早安！師父早安！……」功課之餘，就仔細地幫忙看顧道場門戶，若有人進出不小心忘了關門，就會提醒我們：萬一給小偷進來就不好了。偶爾家人來探望，她總說：「這裡的法師都很慈悲，很照顧我。」其實我們心底明白，是老人家在守護著我們。

三月三日我們按時送上午餐，她也依例一再地稱謝並叮囑我們：「年輕多吃一點，不要等到像我沒牙……。」一邊笑呵呵地把嘴張開，一邊指著那顆最後的牙說著。平常吃晚飯的時間到了，卻不見向來生活規律的她；到她房裡一瞧，竟熟睡在床上沒有反應。送到醫院後不久，便安然往生了。享年一百零二歲，戒臘二十二歲。

在我們身邊或多或少都有年長的人，他們用其一生訴說人生哲理，認真和他們相處，寶貝就在眼前！❀

From then on, Dharma Master Le assisted in the running of Gold Buddha Monastery every day, doing whatever work was needed to be done for the sake of everyone. She always said, “The Venerable Master is especially kind to the elderly. Although I am of such an advanced age, the Venerable Master never gave up on me.” On Honoring Elders Day in 2015, Dharma Master Le shared her secret of living a long life. “I exercise every day,” she said. Even when she was 99 years old, she still persisted in peddling on an exercise bike – her left foot 50 times, her right foot 50 times – every day. She also said, “Eat a little bit of everything. If you like something, you can eat a little more of it, but if you don’t like something, you still need to eat a little bit of it anyway.”

At that point, this happy elderly nun had only one tooth left. But whatever she ate, it all tasted delicious to her. Her gratitude and joy deeply affected the people around her. She said that when she was a child, beggars often came to the doorsteps of her home. Her father or grandfather always welcomed them in and cooked a good, fresh meal for the beggars. After hearing this story, people thought that perhaps it was the virtue from her ancestors as well as her own blessings and virtue that allowed this elderly nun to enjoy whatever food she was given, even without teeth. This was the real secret.

She rose at 3:30 a.m. every morning. After brushing her teeth, Dharma Master Heng Le would go the small Buddha Hall, put her palms together, and recited, “Good morning, Amitabha Buddha! Good morning, Guan Shi Yin Bodhisattva. Good morning, Wei-tuo Bodhisattva. Good morning, Shrfu (Venerable Master Hua)! …” After reciting the daily ceremonies, in her free time she also helped to watch over the monastery and greet guests. In coming in and out of the monastery, if one of us carelessly forgot to close the doors, she would remind us, “It won’t be good if thieves came in.” Sometimes, her family would come to the monastery to visit her. She always told her family, “The Dharma Masters here are very kind to me. They always take very good care of me.” We understand in our hearts that it was actually this elderly nun who was taking care of us and protecting us

On March 3, when we brought her breakfast, as usual, she smiled and, pointing to the only tooth in her mouth, said, “Young people should eat more. Don’t wait until you are toothless like me…” When dinner time came, we didn’t see Dharma Master Heng Le, who lived a very disciplined life. We went to her room and found her sleeping in bed, unable to respond. She was taken to the hospital. Not long after that, she passed away peacefully. She was 102 years old, 22-years old in precept age.

When we have elders around us, they use all their energy to tell us their philosophy of life. If we reach out to them and treat them well, they are precious jewels right in front of our eyes. ❀