

澳洲金岸法界2017年楞嚴咒七

Seven-Day Shurangama Mantra Session 2017 at Gold Coast Dharma Realm in Australia



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澳洲金岸法界自2017年12月3日至12月9日，舉行該寺第四屆楞嚴咒七，也是第二年開放日誦108遍楞嚴咒精進壇場。比丘恒來法師應邀前來，法會期間，連續六晚為大家開示。比丘近孝法師與比丘尼恒哲法師也加入維那行列，帶領大家誦咒。

參加這次楞嚴咒七的信眾逾20人，晚間聽法近40人。包括專程自美國加州、馬來西亞、新加坡、以及澳洲其他城市等地前來的善信。這次法會最特別的是，首度在金岸法界新佛殿「楞嚴聖寺」舉行楞嚴咒七。新佛殿左右兩邊各有

The Fourth *Shurangama Mantra* session was held from Dec. 3 to Dec. 9, 2017 at Gold Coast Dharma Realm Monastery in Australia. This was also the second year that GCDR offered an intensive program of reciting the *Shurangama Mantra* 108 times daily as part of the *Shurangama Mantra* session. Bhikshu Heng Lai was invited to give lectures for the six evenings of the session. Bhikshu Jin Xiao and Bhikshuni Heng Je were among cantors who led the assembly.

More than 20 people participated in this session, and nearly 40 people attended the evening lectures. Besides local laypeople, participants came from California USA, Malaysia, Singapore, and other cities in Australia. For the first time, the *Shurangama Mantra* session took place in the new Shurangama Sagely Monastery, which made the Dharma assembly very special. On both the left and right sides of the new Buddha Hall, two octagon-shaped Shurangama Dharma wheels were hanging from the ceiling. These Dharma wheels were decorated with the Sanskrit syllables of the heart of the *Shurangama Mantra*, as well as with lotus flowers and copper mirrors. It's extraordinary to recite *Shurangama Mantra* in this Shurangama platform. Since Sep 30, 2017, when

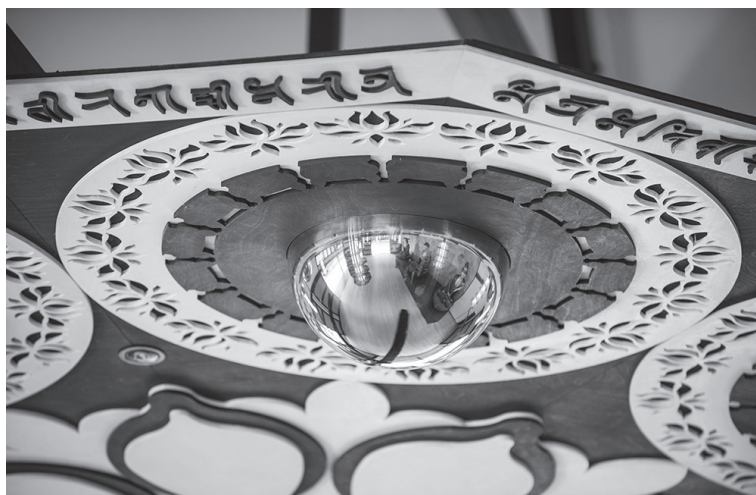
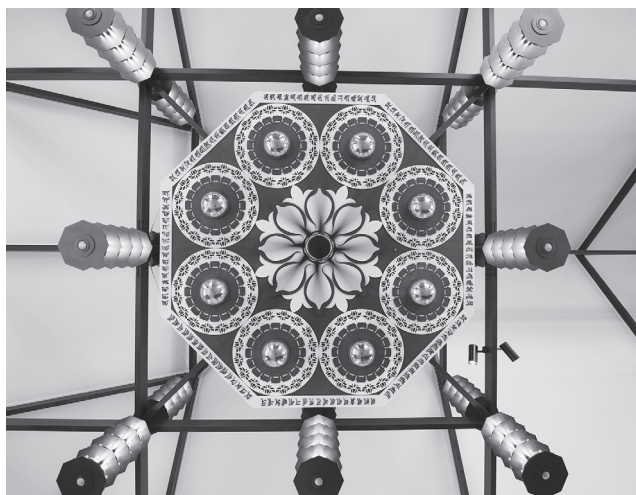
一大片從天花板垂下的八角形楞嚴法輪，除了蓮花、銅鏡之外，週邊還鑲嵌著楞嚴咒心梵字。在楞嚴壇場齊誦楞嚴咒，感覺格外殊勝。這座新佛殿自2017年9月30日正式啟用，已舉行過梁皇寶懺、禪七、觀音七。楞嚴咒七是第四場七天法會。

報名精進組有12人，人數比第一次舉辦時增加了50%。今年由恒哲法師坐鎮精進壇場；自清晨四時起，精進組成員即入壇場「福堂」，各自默默誦咒。他們不用上殿過堂，唯有用餐時間暫停，但晚間必須聽法師

the new Buddha Hall was launched, the following Dharma assemblies—the Emperor Liang Jeweled Repentance, a Chan session and a Guan Yin session have been held in this hall. This seven-day Shurangama session was the fourth Dharma assembly held there.

Twelve people signed up for the intensive program. This was an increase of fifty percent from the previous year. This time, Dharma Master Heng Je was the host of the intensive program. The members of this group would enter Blessings House where the intensive program took place, starting at four a.m. and recite the *Shurangama Mantra* silently. They didn't join the daily ceremonies during the session, instead they paused their recitations only for meals. They did attend the evening lectures.

In the first few days, those who had memorized the *Shurangama Mantra*



開示。速度慢的，頭幾天都要誦到半夜才誦得完。已背熟楞嚴咒者，用餐時繼續默念，累計次數的速度更快。速度最快的是哲法師，每天大約下午三時許即已圓滿108遍楞嚴咒，最快的一次是在下午兩點多就誦完。

新佛殿的楞嚴壇場每天自清晨七時起，直到晚間七時，連續12小時不間斷誦咒，上供與晚課改到舊佛殿，佛殿裡每天12小時誦持楞嚴咒，平均一天也能誦到80遍以上。因此部份精進組成員有時也跨組，來到「楞嚴聖寺」，加入和大眾共同誦咒的行列。

來自馬來西亞的呂十妹雖不會背楞嚴咒，但在此每天默念108遍，竟然讓她耳際不停縈繞著佛號；初次乍聽，她還以為有人在播放念佛機。

旅居澳洲布里斯班的馮霞，每日持誦楞嚴咒已有十年，逐年增加日誦次數，2017年年中起，每日持誦49遍楞嚴咒。這次在金岸法

continued to recite silently while having meals, so it took them much less time to complete their task. The ones reciting the slowest finished around midnight. The fastest person was Dharma Master Heng Je who finished reciting the *Shurangama Mantra* for 108 times at past three in the afternoon. One time, she finished around two thirty. After that she would join the recitation in the new Buddha Hall and sometimes substituted for the cantor.

People participating in Shurangama session at the new Buddha Hall began recitation at seven in the morning and continued until seven in the evening. So the mantra was recited 12 hours non-stop every day during the session. The participants were able to complete around 80 times of the *Shurangama Mantra* on a daily basis. Some intensive group members also came to the group at the new Buddha Hall to join the recitation.

Xia Feng, who lives in Brisbane, Australia, has been reciting the *Shurangama Mantra* for over 10 years, and she has increased the frequency of her daily recitation over these years. Starting from mid-2017, she recites the mantra 49 times a day. Coming to Gold Coast Dharma Realm to participate in the *Shurangama Mantra* recitation, reciting the mantra 108 times each day, Xia Feng felt very peaceful and had much less false thoughts. After 108 times of daily recitation, Dorothy Lu from Malaysia constantly heard Buddha's name chanting in her ears, though she had not memorized

界挑戰每天108遍，她感覺妄想減少很多，內心特別安定。來自美國加州的一位女居士，原本希望藉著密集精進的楞嚴咒七消業障，但在行前受佛友啟發，決定改為迴向世界和平而誦咒；不料在楞嚴咒七最後一天，竟然夢見有人對她說：「我原諒你了。」

法會期間，恆來法師每晚七時至八時半，講述當年追隨宣公上人修行的小故事，並介紹雪山寺近況。總是一臉嚴肅的來法師難得以輕鬆詼諧的口吻話當年，引起笑聲陣陣。來法師也回憶在上人指導下打餓七10天、18天、36天的經驗，但在母親擔心反對下，來法師沒參加72天的餓七。來法師說，打18天和36天的餓七時，事前都要準備。餓七期間，上人還會給每個弟子不同的咒語持誦。不過，打餓七的準備方式以及上人給的咒語，來法師都說不便分享。

來法師認為斷食對於放下欲望與執著幫助很大，當腹中空空如也，餓得前胸貼後背時，「你就會知道人生中真正重要的是什麼。」不僅如此，打坐更是進步神速，雙盤不再受腿痛之苦，而且沒什麼妄想，容易入定，他也因此體會到平日對生命實在太執著了。

金岸法界當家近賦法師指出，前兩年有人提議楞嚴咒七不妨加開108遍的壇場，近賦法師自己嘗試兩天，每天各誦108遍楞嚴咒，發現可行，因此自2016年起開放精進壇場報名，兩次的反應都很好。2018年將繼續舉辦楞嚴咒七雙壇場，不過辦法可能略作調整。近賦法師也表示，在興建「楞嚴聖寺」之前，即透過網路徵集100萬遍楞嚴咒。「楞嚴聖寺」建造大約一年的過程中，一切順利，如期完工。更巧合的是，正式啟用「楞嚴聖寺」當天，2017年9月30日，正是百萬遍楞嚴咒的圓滿日。

比丘近孝法師與比丘尼恆哲法師，都希望見到萬佛聖城及更多分支道場舉辦楞嚴咒七，因為宣公上人住世時，曾多次強調：「楞嚴咒關係整個佛教的興衰，世界上若有一人會念楞嚴咒，這世界就不會毀滅，佛法也不會毀滅。」❀

the *Shurangama Mantra*. When she first heard it, she thought someone was playing a Buddha's name recitation machine. Another lay woman from California initially sought to have her karmic obstacles dispelled by attending the Shurangama session. Then influenced by a friend she decided to recite for world peace instead. On the last day of the Shurangama session, she unexpectedly had a dream in which someone told her: "I forgive you."

During the session, Dharma Master Heng Lai shared many stories regarding his early studies with Venerable Master Hua and also gave updates on the new Snow Mountain Monastery. Dharma Master Lai talked about the early days with a humorous tone and ease, which brought a lot of laughter. He recalled how the Master instructed him to fast for 10 days, 18 days and 36 days. Because of his mother's opposition and worry, Dharma Master Lai didn't fast for 72 days. He explained that many things need to be prepared before entering an 18 or 36 day fast. During the fast, every disciple was given a special mantra by the Master. However, Dharma Master Lai didn't share the detailed preparation or the mantras.

Dharma Master Lai said that fasting is very helpful in putting down desire and attachment. When you are starving, and have absolutely nothing in your stomach, you then know what are the most important things in your life. In addition, your meditation skill increases a great deal, and the pain in your legs while sitting in full lotus position disappears. Therefore, with almost no false thoughts, it's much easier for the meditator to enter samadhi. During the fast, Dharma Master Lai realized that he was too attached to his earlier life.

Dharma Master Jin Fu, manager of Gold Coast Dharma Realm, mentioned that a couple of years ago someone had suggested adding recitation of the *Shurangama Mantra* 108 times a day during the Shurangama session. She, herself, had tried it for two days, and was able to finish the recitation. Therefore, the intensive recitation has been offered twice since 2016 and received very good responses. The dual Shurangama platforms will still be set up for the upcoming 2018 session, but some details may change. Dharma Master Jin Fu also said that GCDR had via internet asked people to recite the *Shurangama Mantra* one million times before Shurangama Sagely Monastery was built up. Then, during the one year construction period, everything went smoothly while the new hall was finally completed. Coincidentally, on Sep. 30, 2017, the day one million recitations were completed, was the same day of Shurangama Sagely Monastery's opening.

Before Venerable Master Hua entered stillness, he emphasized its importance many times: "The *Shurangama Mantra* influences the prosperity and decline of Buddhism. If there is one person in the whole world who can recite this mantra, then the world will not be destroyed, and Buddhism will not become extinct." Therefore, the two leading cantors, Dharma Master Jin Xiao and Dharma Master Heng Je hope that *Shurangama Mantra* sessions can be held at the City of Ten Thousand Buddhas and more of DRBA branches. ❀