

依戒修三昧，其心常禪寂

——憶比丘尼恒定法師

A Mind Always Still and in Samadhi Is Cultivated by Upholding Precepts —In memory of Bhikshuni Heng Ding

馬來西亞法緣聖寺提供
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恒定法師 圖（左） Bhikshuni Heng Ding (the left)

恒定法師，法名果昧，馬來西亞甲州人。1978年，恒定法師從報章得知「中美佛教總會」將赴馬來西亞弘法，雖然自幼接受英文教育，又初學佛法，自知要跟上中文講經說法 and 佛教儀典會有困難，但仍欣喜莫名。

「人身難得今已得；佛法難聞今已聞。此身不向今生度；更向何生度此身？」縱然聽不懂上人的話，須待旁人譯成英

Bhikshuni Heng Ding, whose Dharma Name is Gwo Mei, is from Melaka, Malaysia. In 1978, Bhikshuni Heng Ding saw an advertisement in the newspaper stating that a delegation from the Sino-American Buddhist Association was coming to Malaysia to propagate the Buddhadharma. At that time, Bhikshuni Heng Ding was English-educated and was a beginner in Buddhism. Although she knew she would have a hard time following and understanding the lectures and ceremonies, which primary was in Chinese, she was overwhelmed with joy.

As the saying goes:

*A human body is difficult to gain,
yet now I have a human body;
Buddhism is difficult to hear,
yet now I have the opportunity to hear it.
If I fail to cultivate in this life,
then who knows in which life I will be able to cultivate?*

During the lectures, she was filled with Dharma bliss despite not entirely understanding the Venerable Master. She caught only bits and pieces of what was being delivered as she had to wait for the English translation. From that time onwards, Bhikshuni Heng Ding was deeply touched by Master's vows to translate the Tripitaka into English and other languages. She

文，可她依然法喜充滿。從那時起，定法師被上人欲將大藏經典譯成英文和其他語言的願力，深深感動，認識到會有更多人將從此獲益。

1980年，她前往美國萬佛聖城，並受三皈五戒，發願要在上人座下剃度出家。同年，恒定法師帶著滿囊的英文佛經譯本，回到吉隆坡。

1993年，定法師辭去工作並在當時的法界佛教總會駐馬來西亞新道場「紫雲洞」當常住，也常到另個新道場「登彼岸」幫忙。在此期間，定法師留意到很多從小接受英文教育的人，想學習佛法卻苦於沒有適合的教材，就介紹萬佛聖城的英譯書刊給他們，個個歡喜讚歎。

數月後，定法師再次來到萬佛聖城。並於1994年在上人座下剃度出家，圓滿了多年的心願。之後派往西沙加緬度的法界聖城接受為期四年的訓練，並在法界佛教大學修習兩年，於2000年受三壇大戒。

2001年1月，定法師回馬來西亞道場服務。7月跟隨紫雲洞弘法團到新加坡教導學員基本靜坐、法器應用及開示等。同年9月，定法師等人成功邀請法總法師們來馬開辦「第一屆女居士訓練班」，並以中英文開課教授基本佛法，讓很多居士獲益匪淺。之後，她開辦了每個星期六的禪坐班，至今依然持續著。

每年，定法師皆到聖城拜萬佛寶懺。自2016年開始，她的健康每況愈下，依然盡力為道場服務。2019年2月16日下午5時，恒定法師因病故於法緣聖寺安詳捨報。很多法師及佛友為她助念至深夜。2019年2月18日舉行荼毗，多人為她送行。到了焚化場，法師誦經，〈往生咒〉及功德迴向，在棺木入焚化爐前，大家不斷地念阿彌陀佛。❀

knew the translations would benefit many.

In 1980, Bhikshuni Heng Ding arrived at the City of Ten Thousand Buddhas in America and received the Three Refuges and Five Precepts under the Venerable Master. She vowed to leave the householder life and join the sangha. In that same year, equipped with the Dharma treasures of all the available English-translated sutras, she went back to Kuala Lumpur.

In 1993, Bhikshuni Heng Ding resigned from her job and moved into Tze Yun Tung (Cave of Purple Cloud), a newly established branch of the DRBA in Malaysia. At the same time, she was also helping another Way place called Deng Bi An (Reaching the Other Shore), which the Venerable Master had just received. While she was in Deng Bi An, she discovered a lot of English-educated people who were willing to study the Buddhadharma but were unable to find proper resources. Bhikshuni Heng Ding would introduce to them English translated books published by the Buddhist Text Translation Society, and it was very well received.

After a few months, Bhikshuni Heng Ding arrived at CTTB again. In 1994, her wish was fulfilled and she left the householder life under the Venerable Master. She then went to City of Dharma Realm in Sacramento for four years of Sangha Training and studied at DRBU for two years in CTTB. In 2000, she ascended the precept platform and received the complete precepts.

In January of 2001, Bhikshuni Heng Ding returned to Malaysia and served at the other DRBA branches. In July, she joined the delegation from Tze Yun Tung on a trip to Singapore and taught basic meditation, Buddhist liturgy, and gave lectures. In September of the same year, she was among a group of people who successfully invited the Dharma Masters from DRBA to conduct the first Laywomen Training class. The training was conducted in both Chinese and English and focused on fundamental principles of Buddhism. Many benefited from the training. Later, she started a Saturday meditation class that is still being taught today.

Every year, Bhikshuni Heng Ding would participate in the Ten Thousand Buddhas Repentance in CTTB. Despite her ailing health since 2016, she continues to offer her service in the Way places. Bhikshuni Heng Ding peacefully passed away from illness in Fa Yuan Monastery on February 16, 2019 at 5p.m. Many Dharma Masters and laypeople recited the Buddha's name at her side until midnight. On February 18, many people attended her funeral service. At the crematory, the Dharma Masters recited sutras, *rebirth mantra* and transferred merits. Everyone continuously recited Amitabha Buddha's name when the casket entered the cremator. ❀