

# Enjoyable Journey of Memorizing the Shurangama Mantra

## 愉快記憶楞嚴咒

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*The Shurangama Mantra--  
The Efficacious Language of Heaven and Earth*



Memorizing the *Shurangama Mantra* can be an enjoyable journey if you take a systematic and practical approach.

First, it's essential to have faith and understand the benefits of upholding the *Shurangama Mantra*. With strong faith, it's easier to stay determined for long periods of time. Without adequate faith, you may slip in your practice — especially when you don't see immediate results or responses.

You can start by reading or listening to Venerable Master Hua's Dharma lectures. There are multiple Dharma lectures and resources on [drba.org](http://drba.org), [Dharmalib.org](http://Dharmalib.org), and [dulun1918.com](http://dulun1918.com). In one of his Dharma lectures, Venerable Master emphasized if there is not a single person in the world who can recite the *Shurangama Mantra*, then strange creatures will come out of hiding and cause havoc. This reason alone can be enough to acknowledge the power of the mantra and spur you to recite it.

Next, implement a study schedule. An organized study schedule will help keep you focused, make daily progress, and prevent you from becoming lax. Without a study schedule,

如果您能有系統地採取切實可行的方法，那麼背誦〈楞嚴咒〉將成為一趟愉快的旅程。

首先，要有信心，要瞭解持〈楞嚴咒〉的好處。有了堅定的信心，更容易有長遠心。如果信心不足，隨著時間的流逝，您的修行可能會變得散漫——特別是得不到立竿見影的結果或感應時。

您可以從閱讀或聆聽宣公上人的講法著手。在 [drba.org](http://drba.org)、[Dharmalib.org](http://Dharmalib.org) 和 [dulun1918.com](http://dulun1918.com) 上有許多有關佛法的講座和內容。上人在一次講法中強調，「如果一個人也不會背〈楞嚴咒〉了，這時候妖魔鬼怪就都出現於世，為非作歹。」這個理由就足以讓您見識到此咒的益處和力量，並激勵您去讀誦它。

you may procrastinate one day and then that might stall your progress for ten.

To start, you may want to set aside one or two hours each day to memorize the mantra in the morning or evening. If you are short on time, you can recite the mantra while cooking, taking walks, or during breaks at work. Keep in mind that cultivation can be harmonious with your daily activities; however, ignoring your essential responsibilities is not synonymous with Buddhist practice.

Writing down the study schedule on a calendar is also helpful. This will keep the day organized and allow smoother transitions between activities. Although following a new routine may seem forced at first, you will gradually adapt with time.

Now, you want to choose an appropriate method to memorize the mantra. There is no fixed method as everyone learns differently. One approach is to learn and master the mantra in small sections. For example, depending on your abilities, you may want to learn two to four lines per day.

As you start memorizing the lines of the mantra, it's important not to push for speed. If you aim to memorize four lines, you should master them before advancing to the next set of four lines. If you memorize sections of the mantra vaguely, it will be challenging to recall the entire mantra from memory in the future. Therefore, it is more advantageous to master a set of lines over a few days rather than to vaguely memorize a set of lines in one day. Cutting corners only brings disadvantages.

Also, when you recite the mantra, it's best to pronounce every word clearly. Try not to mumble or skim through lines. If you start by mumbling through your recitations, it will be difficult to recite the entire mantra clearly in the future.

Another method is to recite small sections of the mantra and then recite them backward. This method is helpful because it utilizes active recall and helps you remember longer.

For example, if you are memorizing this set of five lines below, you would first recite:

1. *Chi tuo ni*
2. *E jia la*
3. *Mi li zhu*
4. *Bo li dan la ye*
5. *Ning jie li*

接著，制定一套學習計劃。有組織的學習計畫表將有助於您保持專注，日益進步，免於懈怠。沒有學習計畫，就可能放逸，三天打魚兩天曬網。

首先，您可以每天抽出一到兩個小時的時間，利用早晨或晚間背誦〈楞嚴咒〉。若您時間緊迫，也可以利用做飯、散步或是工作之餘背誦咒語。請記得，修行是能夠融入日常生活的。除非您肩負多重身分，否則佛教徒不應該忽略自身的基本修行。

在日曆或計劃上寫下學習時程表也很有幫助，這將讓生活井井有條，作息更緊湊。剛開始您可能覺得遵循新課表作息很勉強，慢慢地您會逐漸適應它。

再來，您要選擇一個適合的方法來背誦咒語。每個人的學習方式都不同，所以沒有固定的方式。一個方法是以小段落的方式來背誦咒語，可以依照自己的能力，每天學習兩到四句咒語。

當您開始背誦咒語的時候，最重要的是不要急於求成。如果您的目標是記住四句，就該先熟記這四句，然後再背下四句。如果您含糊記住先前的咒句，之要要背誦全咒時就很困難。因此，花幾天時間熟記一段咒語比一天含糊記住一段咒語更好，欲速則不達。

還有，誦咒的時候，每個字都要念得清清楚楚，聽得明明白白；不要含糊念咒。如果您開始念誦的時候就含糊其辭，以後就很難把整個咒語念得清楚。

另一種方式是來回念誦一段咒語。這種方法很有用，利用主動回憶來幫助您記住更長的咒語。

舉例來說，如果您要背以下這五句咒語，首先要順著背誦：

When you have mastered reciting it normally, then you can start reciting in the backward. If you have memorized *Ning jie li*, you should know that *Bo li dan la ye* is before it. Therefore you want to recite like this:

1. *Ning jie li*
2. *Bo li dan la ye*
3. *Mi li Zhu*
4. *E jia La*
5. *Chi tuo ni*

This method is beneficial in solidifying the lines in our memory. It also reduces the risk of merely mouthing the syllables because this technique forces you to slow down and contemplate which line precedes the line you just recited.

You can also join *Shurangama Mantra* study groups or programs for a motivational push. There is a DRBA Global Recitation Event which can be found online ([dulun1918.com/gx](http://dulun1918.com/gx) and [app.dulun1918.com](http://app.dulun1918.com)). Participants can pledge how many times they want to recite the mantra per year and view individual and collective progress over time. There are also mantra recitation cards available in Chinese and Pinyin. For those who use WeChat, a devoted volunteer created an approved *Shurangama Mantra* course for Gold Buddha Monastery. Every day, a volunteer will recite a few lines of the mantra and provide feedback to the participants, who repeat lines back. The group environment is very supportive and helps keep your progress on track. A new

1. 吽陀你
2. 阿迦囉
3. 密唎柱
4. 般唎怛囉耶
5. 儻揭唎

當您可以順著背誦後，接著開始倒著背誦。如果您背過了儻揭唎，您應該知道在它之前是般唎怛囉耶，因此您要這樣念誦：

1. 儻揭唎
2. 般唎怛囉耶
3. 密唎柱
4. 阿迦囉
5. 吽陀你

這種方法有助於加強我們的記憶，也減少了僅僅口頭記誦的風險。因為這種技巧會迫使您放慢速度，思索背誦的這句咒語前面有幾句咒語。

您也可以參加學習〈楞嚴咒〉的群組或者活動來砥礪自己。可以詢問法師是否有相關學習小組和課程，以下是我所知道的活動：

<https://www.dulun1918.com/gx>以及 <http://app.dulun1918.com> 網站上的「法

**DRBA-World Peace Global Recitation Event**  
**City of Ten Thousand Buddhas**  
**Wonderful Enlightenment Mountain**  
 Project

20,000,000 Shurangama Mantra, 80,000,000 Great Compassion Mantra group cultivation target  
 (The group cultivation is on a yearly basis. We are in the five round.)  
 The group cultivation is from September 1, 2021 to August 31, 2022

Shurangama Mantra | 法音網 | Great Compassion Mantra

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<http://app.dulun1918.com/m>

learning session for the mantra starts every few months.

While reciting the mantra, it is also beneficial to uphold the five precepts and eat vegetarian food to avoid obstacles. From my experience, when I first began to memorize the *Shurangama Mantra*, I committed countless offenses such as being unfilial, committing false speech, and drinking alcohol at social events. My memory was weak, and it took me many days to memorize a few lines of the mantra. Numerous other obstacles also arose. Later, I began to study cause and effect, and the rules for wholesome conduct by reading the *Sutra of the Past Vows of Earth Store Bodhisattva*, *Standards for Being a Student*, and *the Treatise on Response and Retribution*. (Patriarch Yinguang distributed about three million copies). The obstacles gradually reduced as I performed more meritorious deeds and committed fewer offenses. Therefore, it is beneficial to uphold the precepts and practice wholesome conduct while reciting the *Shurangama Mantra*.

Learning the *Shurangama Mantra* can be manageable and rewarding if you take a systematic approach and proceed in small increments. Of course, the learning experience can be different for everyone depending on your ability and current conditions. But ultimately, it depends on whether you have strong faith and solid determination to reach your goal. ❀

總全球持咒活動」。參與者可以發願自己每年的持咒遍數，並在過程中查看小組和自己的進度。該網站也有中文和拼音的咒語誦讀卡。

一位熱心義工在金佛寺開設了經批准的微信楞嚴咒班。志願者每日都會背誦幾句咒語並向參與者提供反饋；參與者也會重複一遍當日學習的咒語；群組環境讓人很難放逸。每隔幾個月就會有新的咒語學習課程成立。

在持咒的同時，持五戒、吃齋也有益於避障。分享一下我自身的經歷：我剛開始背誦楞嚴咒的時候，犯過不孝、妄語、在社交場合喝酒等無數罪過。我的記憶力很差，往往要花上好幾天的工夫才能記住幾句咒語，也出現了許多其他障礙。後來，我開始研讀《地藏菩薩本願功德經》、《弟子規》、《太上感應篇》（印光大師流通《太上感應篇》約三百萬冊），研究善行的因果規律—功德越多，罪過越少，障礙就會逐漸減少。因此，誦讀〈楞嚴咒〉時，持戒修行是有益的。

學〈楞嚴咒〉，只要有系統、循序漸進，就會有收穫。當然，根據不同的能力和條件，每個人的學習體驗可能有所不同。這一切都取決於您是否有強大的信念和堅定的決心來實現目標。❀



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