

香港佛教講堂三皈五戒心得分享

Insights on Taking Three Refuges and Five Precepts at Buddhist Lecture Hall in Hong Kong

2021年12月19日香港佛教講堂戒子報告

Reports given by Preceptees at the Buddhist Lecture Hall, Hong Kong, on December 19, 2021



2021年12月19日阿彌陀佛聖誕，恒興法師在香港佛教講堂為大眾舉行三皈五戒儀式。

On December 19, 2021, the celebration of Amitabha Buddha's Birthday as well as a Three Refuges and Five Precepts ceremony led by Dharma Master Heng Hing took place at Buddhist Lecture Hall (BLH) in Hong Kong.

黃親龍：我的法名是親龍。我皈依的原因可以分成兩點：首先，我自己是一個樂於助人的人，因為我覺得可以通過幫到他人，是一件能夠令自己開心的事。我很贊成佛教的「斷惡修善」的信念。另外，我的親戚們都是佛教徒，我的舅婆皈依佛教也有數十年之久，她會灌輸一些佛教的信念給我，教導我要多幫助他人。因此，在2021年尾的時候，我決定皈依成為一個佛教的弟子。

Huang Chin Long : I take refuge for two main reasons. Firstly, I am a helpful person. I think helping people makes me happy. I agree very much with the Buddhist teaching of not doing something bad whilst cultivating good virtues. Moreover, my relatives are Buddhists. One of my great aunts took refuge a few decades ago. She sometimes shared Buddhist teachings with me and encouraged me to help many other people. Therefore, I decided to take refuge at the end of December, 2021.

Wong Chin Wei : Amitabha! I am eight years old. My Dharma name is Chin Wei. I took refuge during last year's Amitabha

王親惟：阿彌陀佛！我今年八歲，法名王親惟，我是在去年的彌陀法會皈依的。媽媽在我還是嬰孩時就已經開始帶我到佛教講堂參加法會，她說希望能為我先播下多點佛法種子，所以我在五歲時還參加了週日兒童班有好一陣子。我特別喜歡吃佛堂的午齋，好好吃啊！還有，我知道不殺生是一件很好的事情。

雖然疫情還持續著，但是我感恩有機會跟外婆和媽媽到佛教講堂和上山到慈興寺去，我很開心，法師們對我很好，師兄們都很疼我。去年，近潤法師問我想要皈依嗎？還解說皈依的意義給我聽。我跟爸媽商量之後，決定皈依佛。現在，我能參加法會的，最喜歡上供的時候，因為我會比較專心，所以也就可以跟著唱誦。最後，我非常感謝佛菩薩、師公、法師、師兄、外婆和媽媽的支持。

許親潔：我的法名是親潔，至今已結婚有十四年，一直以來都是跟隨同修和家人到佛教講堂參加法會等。我的大女兒（十一歲）及二女兒（九歲）兩年前主動說要皈依，當時的我對佛教了解不深而沒有和她們一起皈依。直到一年前我被醫檢到已是乳腺癌二期，要手術和化療，此時，我才真正感悟到人生的無常，原來幸福並不是常在的。感恩我的家人一直陪伴著，以及法師的指導，盡力誦經迴向，心裡平靜很多，也都順利了完成所有療程，真的很感恩！又因為疫情關係，直到去年底才有機會皈依，家裡的人都很開心。阿彌陀佛。

張親弘：佛在世時，以佛為師；佛將入滅時，阿難尊者請示於佛，佛告訴弟子要以戒為師。

我的法名親弘，皈依多年，於2021年12月19日在香港佛教講堂受了五戒。五戒是作為佛弟子的根本戒，是規範我們的身口意，能讓我們止惡，不再造惡業。

一直以來很敬仰宣公上人，讀過上人的一些事蹟、開示與行持；宣公上人提倡的萬

Buddhist assembly. My mother has started bringing me to the Buddhist Lecture Hall (BLH) since I was a little baby. She hopes that I can have more “Dharma seeds” planted. When I was five, I was thankful that I could attend the Sunday school for a short while. I love having lunch at BLH as the food is very delicious. And I know that refraining from killing is a good act.

Though the pandemic still prevails, I am grateful that I am able to attend some assemblies in BLH and visit Cixing Monastery with my grandmother and mother. I am very happy as the Dharma Masters and Dharma brothers and sisters all treat me very well. Master Jin Run asked if I wanted to take refuge and explained the meaning of refuge to me. After discussing this suggestion with my parents, I decided to take refuge.

Whenever I can attend assemblies, I love the section of the meal offerings most. It is because I could always focus better and recite the mantra and scripts. Last but not least, I want to thank the Buddhas, Bodhisattvas, Venerable Master Hua, Dharma Masters, Dharma brothers and sisters, and my grandmother and mother for their support.

Hui Chin Jie : Since I got married fourteen years ago, I have followed my husband and his family to attend assemblies at the Buddhist Lecture Hall. I have two daughters. The elder one is eleven years old whilst the younger one is nine. They took refuge two years ago. At that time, I did not understand Buddhism well enough, and thus did not follow them to take refuge. I was diagnosed with breast cancer (Stage II) a year ago. After having operations and chemotherapy, I realized how life is impermanent and being fortunate is not a must in life. Under the guidance of the Dharma Masters and family members, I recite Buddhist texts daily, which gives me peace of mind. I am thankful that I could undergo all the treatments smoothly. Owing to the pandemic, I was not able to take refuge until the end of last year. All my family members are very pleased. Amitabha.

Zhang Chin Hong : The Buddha was the teacher when he was in the world. When he was about to enter nirvana, Venerable Ananda raised questions, and the Buddha instructed that disciples need to treat the precepts as their teacher.

佛聖城六大宗旨「不爭、不貪、不求、不自私、不自利、不妄語」，亦與五戒相近。機緣到了就發心受五戒，並選擇在宣公上人的道場受戒，感到無比榮幸！雖然受五戒前也知道五戒的內容，但受五戒之後有了戒牒，並由法師正式授戒而有了戒體，覺得很正式，所以一直小心守護這個戒體。

因為家人都沒有皈依，也不相信，但幸運的是他們尊重我的信仰並不阻礙我，所以家裡只有我一人真正食素、皈依和受戒了。以前節假日時，家人飲紅酒也讓我飲，我基本上都拒絕；但有時人家再多次勸喝，亦不願壞了大家的節日氣氛，也勉強意思意思陪飲一點點，點到為止。但自從受戒後，堅持守護此戒，便不飲了。

戒律是保護我們不令業相續的，所謂「萬般帶不去，唯有業隨身」。戒律是讓我們行持在道上，了生脫死得解脫的。受戒是此生最正確的選擇與守持，感恩三寶！感恩法師！)

黃親堅：我分別在2004年和2021年，於香港佛教講堂皈依和受五戒。

我在「未受戒」的狀態下學佛，足足有十七年之久。未受戒的原因是擔心自己不能守戒或無意中犯戒，須承擔「明知故犯，罪加一等」的果報。

在工作上，當遇到灰色地帶時，自己也未必有能力能判斷事情是否屬於犯戒；因此，選擇先了解如何持戒，然後才考慮受戒，平日就是盡量做到十善行。

2021年某天，我讀到《地藏經》的一段經文「佛告閻羅天子，南閻浮提眾生，其性剛強，難調難

My Dharma name is Chin Hong. I took the Five Precepts on December 19, 2021 in the Buddhist Lecture Hall. The Five Precepts are the basic precepts for all Buddhists to follow. They help to guide our bodies, speech and minds, putting an end to our chance of committing bad karma.

I respect Venerable Master Hua very much and have come across his stories, teachings and practices. Venerable Master Hua's teaching of "not fighting, not being greedy, not seeking, not being selfish, not pursuing self-benefit, and not lying" shares a similar meaning to the Five Precepts. I am very honored that I could take the Five Precepts in the monastery of Venerable Master Hua when the time came. I understand what the Five Precepts mean before the assembly. Having Dharma Masters conduct the assembly and by obtaining the certificate, I feel that everything becomes official. Therefore, I am very careful to protect my mind and behavior.

Although no other family members believe in Buddhism and take refuge, they respect my religion and do not give me obstacles. In my family, I am the only one who is a vegetarian, and takes refuge and the precepts. During previous festive seasons, I could not refuse having some sips of red wine given the festive ambience and strong recommendation of family members. However, I can insist not to drink now.

Taking precepts helps protect us from creating karma which follows one from life to life. I believe precepts can lead us to nirvana and thus taking precepts is my very correct choice and practice in this life. I am grateful to the Three Jewels. I am also thankful to the Dharma Masters!

Huang Chin Kin : In 2004 and 2021 respectively, I took refuge and the Five Precepts at the Hong Kong Buddhist Lecture Hall.

I studied Buddhism in a state of "having not taken the Five Precepts" for seventeen years. The reason for not taking the precepts is that I worried that I'd be unable to keep the precepts and violate the precepts unintentionally, and I thereby would have to bear the consequence of "knowingly violating, the crime is compounded."

At work, when encountering a gray situation, I may not have the ability to judge whether something is a violation of the precepts. Therefore, I chose to understand the precepts first, and then consider taking them. I try my best to achieve the "Ten Good Deeds" in daily life.

One day in 2021, when I read a passage in the *Sutra of the Past*

伏」時，忽然意識到自己喜歡那種自由無拘無束，覺得「守規矩」是一種束縛和壓力。然而很可能是一種習氣使然，造成自己遲遲未受戒。但至於是什麼原因令我最終決定受戒，其實我也不知道，就是覺得時機到了，應該好好把握，於是申請受戒。

受五戒之後，我得到一些體會：

以前雖然有皈依但極少穿海青參加法會，現在受五戒了，參加法會需要搭衣，感覺有了佛力的加被，誦經專注力強了，妄想也少了；不像以前容易昏沉或遊太空去了，總是跟不上誦經的節奏。現在可以全神貫注了，即使有跟不上節奏的時刻，也能很快找到經文誦處再跟上。

以前總覺得戒律就是條規，持戒就是守規矩，就是用條規監督自己的行為。現在深深覺得，戒律是人人本來就具備的靈性，受戒和持戒正是啟動這個靈性，回復本來就有的良知良能。當日常生活遇到境界和誘惑時，靈性會令自己覺醒，知道什麼應該做、什麼不應該做。所以我就不去擔心自己有沒有犯這條戒、犯那條戒，也沒有整天吶喊著「守戒呀！持戒呀！」的口號。持戒從此變得輕鬆自在。原來學佛修行是可以這樣輕鬆自在的！

受戒之後，對道場的歸屬感加深了，自己正式成為道場的一份子，不像以前只是一名過客。

溫親喜：約二十一年前認識了位虔誠的佛教老弟子，法名果企——她就是我的奶奶！常常聽她提及「師父——宣化上人」和「益師——恒益法師」的點滴。漸漸也進入我的腦海世界。

Vows of Earth Store Bodhisattva, “The Buddha told King Yama that living beings of Jambudvīpa have obstinate dispositions, and are difficult to regulate and difficult to tame.” I suddenly sensed that I like freedom and unrestraint, and see “rule” as a kind of restraint and pressure. It’s probably a “habit,” which has caused me to delay in taking the precepts. As for why I finally decided to take the Five Precepts, I don’t even know myself. In the fall of 2021, I felt that the “right time” had come and I should grasp it well, so I applied for taking precepts.

After taking the Five Precepts, I had some experiences: In the past, I rarely wore robes to participate in the Dharma ceremonies, but now it is necessary for me to wear the Kasaya to participate in the Dharma ceremonies. I feel that I have more strength with the Buddha’s blessing, my concentration is stronger when reading the Sutras, and my delusions are reduced. In the past, it was easy to become drowsy or wander into space, resulting in my inability to keep up with the rhythm of reading the Sutras. Now I can be fully immersed, and even if I occasionally can’t keep up with the rhythm, I can quickly see the scriptures, get there and catch up again.

I used to think that the precepts are the rules, and keeping the precepts is to follow the rules, and use the rules to supervise one’s own behavior. Now I feel that the precepts are the spirituality that every individual has, and not just external rules and regulations. Taking and keeping the precepts is to activate this spirituality, no longer relying entirely on external rules to restrict one’s behavior. When I encounter states and temptations, spirituality will wake me up and alert me on what to do and what not to do. Therefore, I don’t need to be obsessed with whether I have broken this precept or that precept, and I don’t need to constantly shout the slogan “Keep the precepts! Keep the precepts!” Keeping the precepts becomes easier and more comfortable.

It turns out that studying and practicing Buddhism can be so relaxing. After I took the Five Precepts, my sense of belonging to the monastery deepened, and I felt that I had officially become a part of the monastery, not like before when I was just a passer-by.

Wan Chin Hei : I knew a very devoted senior Buddhist twenty-one years ago. Her Dharma name is Guo Qi. She is my grandmother. She always shared stories and teachings of Venerable Master Hua and Dharma Master Heng Yi 益 with me. After all these years, their names were embedded in my mind.

每年大年初一，全家老少必定齊齊整整到佛堂用齋，而身為溫家一份子的我，當然跟隨。年復一年，我對佛教講堂一點不陌生，但對佛學來講我完全一竅不通，我每次只管接送家人到佛堂。

高齡奶奶（果企）一向身體硬朗，無須家人擔心。但是，無情歲月催人老，腦退化了，也因此把往事常掛嘴邊，同時也沒法子再獨自外出。作為家人的我們，當然知道她唯一喜愛的是到佛堂誦經禮佛，所以由某年某日開始，每逢星期三、初一、十五及法會必定往返接送，風雨不改。就在2021年，奶奶突然身罹重疾又加上腦退化，即便這樣，她依然記掛著佛堂。浴佛節當天，陪著奶奶一起去浴佛，見證到佛祖的加持，讓果企能走到大殿親手浴佛。感恩，非常感恩！

不久奶奶仙遊了，師兄們提醒在49天內要誦完108部《地藏經》，此時一張白紙的我只好上網找經文，發現很多字也不懂發音，便上網聆聽，然後通知家人，大家要齊心完成。之後得知佛教講堂每逢週三是誦《地藏經》，雖然疫情下並沒有完全開放，但法師給予機會，有幸參加誦經；之後逢初一、十五，法會能參與的也盡量參與。事實上，每次拜佛後我只會用兩個字「辛苦」來形容，奇怪，我不但沒有因此而放棄，反而更愛上了誦經。

同年12月，佛教講堂舉辦皈依儀式，從沒想過要皈依的我，由抗拒轉為接受，我想真正的原因是想延續奶奶心願：誦經，學習佛法！回想起這粒佛緣種子已經種下了21年，今日能迸出幼苗，是奶奶無形的培育，期待開花更能結果。阿彌陀佛！✽

On the first day of every Chinese New Year, the whole family used to go to the Buddhist Lecture Hall (BLH) to attend the assembly and have lunch. Being a member of Wan's family, I definitely joined them.

Year after year, BLH was not new to me. However, I knew nothing about Buddhism at that time because I was only responsible for driving the family to BLH.

In the past, Guo Qi was very strong and healthy. She was able to travel on her own and we did not need to worry about her. However, she suffered from dementia years ago. She began to repeat stories about things that happened in the past and could not go out on her own. We knew that she loved going to BLH to attend assemblies and recite Buddhist texts. We then drove her to BLH back and forth every Wednesday, and the lunar first and fifteenth, rain or shine.

In 2021, she was diagnosed of having a detrimental disease and her dementia worsened. She could not go to BLH and thus missed BLH very much.

We accompanied her to BLH to attend the assembly for the Bathing Buddha Festival in May 2021. We were very thankful as we witnessed how the Buddha's blessing bestowed on Guo Qi. Though she was very weak, she was able to walk towards the Buddha statue and carry out the bathing process smoothly.

Guo Qi passed away not long after. At that time, Dharma brothers from BLH recommended me to recite one hundred and eight times the *Sutra of the Past Vows of Earth Store Bodhisattva* in forty-nine days. I did not know anything about the Sutra. I, especially, did not understand and didn't know how to pronounce many words in it. To learn, I firstly relied on some soundtracks. The whole family also recited together for Guo Qi. I then learned that there was an assembly in BLH on Wednesdays, reciting the Sutra. Though there was a pandemic and restrictions on the number of attendees in religious activities, Dharma Master Jin Run was very kind on letting me participate. Thereafter, I also attended the assemblies taken place on every lunar first and fifteenth. I felt pain after attending every assembly. However, the pain and toil did not deter me from attending the assemblies as I found that I loved to recite Buddhist texts.

In December 2021, there was an assembly of taking refuge in BLH. I, a person who initially resisted and had never thought of taking refuge, decided to take it finally. The reason was that I wanted to follow Guo Qi's pathway, reciting sutras and learning Buddhism.

I believe some seeds about Buddhism have been planted in my mind in the past twenty-one years. It must be Guo Qi's cultivation leading to the sprouting of my Buddhist seedling. I hope my seedling can grow, blossom, and become a juicy fruit one day. Amitabha! ✽