

金峰聖寺三皈五戒心得分享

Insights on Taking Three Refuges and Five Precepts at Gold Summit Monastery

2022年5月8日釋迦牟尼佛聖誕，上恒下來法師在西雅圖金峰聖寺主持三皈五戒儀式。

On May 8, 2022, the celebration of Shakyamuni Buddha's Birthday as well as a Three Refuges and Five Precepts ceremony led by Dharma Master Heng Lai took place at Gold Summit Monastery in Seattle, WA.



Chin Fa : My name is Uyen and my Dharma name is Chin Fa. I live in Portland. About one and a half year ago, I saw the Dharma talk of Master Hsuan Hua on YouTube. This is the first time I have listened to the Dharma. I have been to a temple in Vietnam but all I had thought was that Buddhism is about going to the temple and praying for happiness and a lucky life.

Right after I listened to the first video of Venerable Master Hua, I cried and realized that I have lived falsely. After that I started being vegetarian and didn't see any difficulties of changing my diet. I have listened to Master Hua's Dharma talk every single day. I started going to Gold Summit Monastery after I met DM Jin Ji at Snow Mountain Monastery.

Since I live in Portland, I drive to temple every Sunday to bow

親法:我的名字是鴛，法名親法。我住在波特蘭。大約一年半前，我在油管上看到宣公上人的講法。這是我第一次聽佛法。我去過越南的寺廟，但我對佛教的理解就是去寺廟為生活中的幸福和好運祈福。

當我聽完宣公上人的第一段視頻我就哭了，我意識到我的生活是虛偽的。之後我就開始素食，我在開始素食之後沒有遇到任何困難。我每天都聽宣公上人的講法。我在雪山寺遇到近寂師之後，就開始去金峰聖寺。

由於我住在波特蘭，每週日我都會



and recite Sutras and Mantras. I know that I am going back to Vietnam this month so I asked Dharma Master Jin Ji to give me a chance to take refuge and the Five Precepts before going back to Vietnam. The reason why I want to take the Five Precepts is because I know for sure that my ultimate goal is to be reborn in the Pure Land and never go back to evil ways. Taking the Five Precepts can fundamentally shape my life and can give me more time to think and recite Amitabha buddha's name.

After taking the Precepts, I had a dream that I was eating a baby crab, and right when I took the first bite, I remembered the Precepts and I threw up everything. For two or three days, I had the same dream and right when I almost broke the Precepts I always remembered just in time not to break them. I feel very blessed now and I know that I have more motivation to keep practicing Buddhism and learning the Dharma. I hope everyone who reads my reflection will be inspired and will always expand their Bodhi mind and never give up on learning the Dharma.

Chin Hui : In 2021, I had the opportunity to attend a Refuge and Precepts Ceremony at Gold Summit Monastery. Even though I attended several Refuge and Precept ceremonies at different temples in the past, witnessing the ceremony at Gold Summit Monastery had a powerful impact on me. Before this ceremony, I heard that receiving the precepts is beneficial, but I did not truly understand how important it is to uphold the

駕車去金峰寺禮佛，誦經誦咒。我知道這個月我要回越南，所以我請近寂師能給我一個機會，讓我回越南之前能受三皈五戒。我受五戒的原因是我知道我的目標是求生淨土，並且再也不在惡道輪迴。受五戒從根本上規範我的生活，給我更多的時間憶念阿彌陀佛聖號。

受戒之後，我做了個夢，夢見自己在吃小螃蟹，就在我咬下第一口的時候，我想起了戒律，然後把吃到嘴裡的一切都吐了出來。有兩到三天，我都做這樣的夢，就在自己快要犯戒的時候，我總是能及時想起戒律，因此得以不犯戒。我現在覺得自己非常有福氣，我覺得自己在修行和學習佛法上更有動力了。我希望每個有緣讀到我心得的人，都能受到鼓舞，能夠增強自己的菩提心，永遠不放棄學法。

親慧：2021年，我有機會參加了在金峰聖舉行三皈五戒。儘管我過去在不同的寺廟參加了幾次皈依和受戒，但這次在金峰寺目睹整個三皈五戒的過程卻對我產生了巨大的影響。在這個儀式之前，我聽說受戒是有好處的，但我並不能真正

Five Precepts. That night when I went home, I wondered why people at this monastery were so serious when they received the Five Precepts.

This made me question whether I could uphold these precepts to the same degree. Feeling intimidated, I created my own excuses for not receiving them. Since I try to practice the Five Precepts in my daily life, I thought it was reasonable for me to go at my own pace in eventually fully holding the Five Precepts. After researching and learning that observing the Five Precepts is fundamental to cultivating Buddhism as well as the concrete manifestation of compassion and the bodhisattva path, I then asked myself, “I have listened to so many Dharma lectures and I always wanted to be a true Buddhist disciple, why can’t I take a step forward to observe the precepts?” This thought struck me hard, and it motivated me to receive the Five Precepts and to earnestly uphold them.

Finally, the opportunity came as soon as I made up my mind. I was fortunate to be able to receive the Five Precepts during the Ten Thousand Buddhas Jeweled Repentance Ceremony at Gold Summit Monastery this year. After I received the Five Precepts from Dharma Master Heng Lai, it felt like I was turning over a new leaf. I become more aware of my thoughts, speech and actions. Through constant awareness of false thoughts and direct control of craving, I believe that I will continue to improve and will be able to abandon the wrong and evil deeds as long as I practice in accord with the Vinaya. On the last day of the Ten Thousand Buddhas Jeweled Repentance Ceremony (first session), I felt so blessed, refreshed and delighted. My whole body was filled with the bliss of Dharma. I suddenly felt more appreciative towards everyone and everything around me, even towards my karmic debtors. There are no words to fully describe that feeling and it lingered on my mind for days.

In the current pandemic situation and the threats of upcoming wars and natural disasters, our planet is covered and darkened with bad karma. I truly hope everyone in this world can follow the precepts no matter what one’s religion is and we, as Buddha disciples, can continuously chant the Shurangama Mantra to reverse and eradicate all the bad karma. With the assistance of the powerful Shurangama Mantra, each of us, as a small light, can unite and create an enormously bright torch that can clear out the darkness caused by all the bad karma in this world. ❸

理解受持五戒有多重要。那天晚上，當我回到家時，我很好奇為什麼在金峰寺裡受戒的佛友都這麼認真。

這也讓我質疑自己是否能同樣受持這些戒律。我感到有些膽怯，就為自己找不去受五戒的藉口。既然我在日常生活中嘗試練習五戒，我覺得按照自己修行的節奏去走，最後完全受持五戒是合理的。

在研究和學習了遵守五戒是佛教修行的入門基本原則，以及菩提和慈悲之路的具體表現後，我問自己：「我聽了這麼多佛法，並且我一直想成為一名真正的佛弟子，為什麼我不能向前再邁出一步來遵守戒律呢？」這個想法深深地打動了我，激勵我去受五戒，並認真地持戒。

最後，在我下定決心時，機會就來了。今年金峰聖寺舉辦萬佛寶懺期間我有幸受了五戒。當我從恒來法師那邊受到五戒後，我覺得我的人生就彷彿翻了一頁新的篇章。我更加注意自己的身、語、意。通過不斷意識到自己的妄想，進而約束自己的貪慾，我相信只要自己按照佛教戒律修行，就能繼續進步，並能夠摒棄錯誤和負面的行為。

在萬佛寶懺（今年前半段）的最後一天，我感到如此幸福，精神煥發和喜悅。我整個身體都充滿了法喜。我突然對周圍每個人和每件事，甚至我的冤親債主都感到更加感恩。沒有一個詞可以完全描述這種感覺，這種感覺在我的腦海中徘徊了好幾天。

在當前瘟疫大流行的情勢下，以及面臨可能到來的戰爭和自然災害的威脅下，我們的地球被惡業所覆蓋籠罩。我真心希望這個世界上的每個人，不論是什麼宗教，都能遵守戒律，我們作為佛陀的弟子，可以通過不斷地持誦〈楞嚴咒〉來扭轉和消除惡業。隨著〈楞嚴咒〉強大的咒力，我們每個人的小小光明，能夠彼此團結起來，創造出巨大明亮的火炬，去清除這個世界上由惡業帶來的黑暗。❹