

華嚴聖寺三皈五戒心得分享

Insights on Taking Three Refuges and Five Precepts at Avatamsaka Sagely Monastery

杜親誠 英譯 English Translated by Cindy Wang

2022年7月17日觀世音菩薩成道日。上恒下來法師在加拿大卡加利華嚴聖寺為大眾舉行三皈五戒儀式。

On July 17, 2022, Guanyin Bodhisattva's Enlightenment Day, Venerable Dharma Master Heng Lai hosted a ceremony of the "Transmission of the Three Refuges and Five Precepts" for the public at Avatamsaka Sagely Monastery in Calgary, Canada.



蕭親囑:今天在華嚴寺受三皈五戒。在皈依儀式的禮佛這一環節，當我站在自己的位置上，聽到法師敲的第一聲引磬，一種很特別的感覺就湧上心頭。很感恩佛陀把佛法帶到娑婆世界，很慶幸自己能夠遇到佛法、皈依受戒。我在禮佛的時候就默默地一邊禮佛一邊流淚。

要跟著三皈五戒的儀軌念誦很多內容，真的是不敢亂打妄想。一發現自己在打妄想就馬上把自己拉回來。希望自己把戒律都放在心上，好好行持。

Xiao Chin Zhu: Today, I took the Three Refuges and received the Five Precepts at Avatamsaka Sagely Monastery.

During the ceremony for taking refuge, there's a section about bowing to the Buddha. I stood at my spot, and when I heard the first bell the Dharma Master struck, a very special feeling surged into my mind. I am very grateful to the Buddha for bringing Buddhism to the Saha world, and I'm also very fortunate to meet the Dharma and take refuges and precepts. I was weeping silently while bowing.

The rituals of the ceremony, included lots of recitation and chanting. I dared not to bring up any idle thoughts, and as soon as I realized I had one, I immediately pulled my mind back. I

在受戒的時候，真正感覺自己能「接收」到皈依的戒體，這種感覺清清楚楚的，我想我會用心去持戒的。

張親信：感謝佛菩薩和法師給我的緣分，讓我可以親近佛法。皈依證說的好：不爭、不貪、不求、不自私、不自利、不妄語，盡未來際，永不退轉。讓我對人生有了新的領悟。學習什麼是放下，什麼是珍惜！再次感謝這一份緣，願我誠心向佛，永不退轉，南無阿彌陀佛。

騰親切：這次雖然沒有參加受戒。但我在日常生活中，嘗試以五戒的要求規範自己的行為。真的很多感慨。上一週履行和上人的約定，要拜滿一萬拜。心想這有什麼難的呢？一天拜500拜，20天就能夠拜完。沒料到第一天拜了500拜，雙腿痛到無法上下樓梯，找個椅子坐下來也痛，要從椅子上起身也痛，睡覺翻身也痛。皈依後的第一課：雖然告訴自己要有一顆精進的心，「懶不得」固然是很重要，但也不能一直往前衝，也要能耐得住性子，慢慢來「急不得」。於是第二天減到一天拜200拜，連續拜到第六天，雙腿完全不痛了，這是我受皈依後的第一課。

梁親正：我受皈依後，真的覺得皈依能幫助更好地約束自己。感恩法師能給我這個機會受皈依和五戒。我希望未來自己能做得更多，能參加更多的義工工作，在修行上也比從前做得更多。

hope I can keep all the precepts in mind and uphold them very well.

During the ceremony of accepting the precepts, I truly felt that I received the precept substance; the feeling was very clear. I believe I will uphold it sincerely and diligently.

Chang Chin Xin: I appreciate the affinity that the Buddha, Bodhisattvas, and Dharma Master has given me, so that I can get close to the Dharma. The certificate of Refuge states it very well, “No fighting, no greed, no seeking, no selfishness, no pursuit of personal advantage, no lying, and never retreating in countless kalpas.” This lets me gain a new comprehension of life, and I have learned how to let go and how to cherish. Thanks again to this affinity, I wish to turn my sincerity to the Buddha and never retreat. Namó Amitófo!

Teng Chin Qie: Although I did not take the precepts this time, I have tried to regulate my behavior according to the requirements of the Five precepts in daily life.

Last week when I started to carry out the commitment that I had with Venerable Master Hua, which is to make ten thousand bows to the Buddha, I thought: “What’s the difficulty with this? If I bow five hundred times a day, it only takes twenty days to finish it.” Right after the first day’s five hundred bows, unexpectedly, my legs were too painful to walk up and down the stairs, and it was too painful to sit down in a chair or get up from a chair, or to turn over to sleep. The first lesson I learned after taking refuge is, although I told myself it’s important to be diligent and not be lazy, I still cannot just keep rushing forward. I must also be patient and slow down. On the second day, I reduced the bowing to two hundred times, and on the sixth day, my legs were completely painless. This was the first lesson I learned after taking refuge.

Liang Chin Zheng: After taking refuge, I truly felt that doing so would help me to restrain myself better. I am grateful to the Dharma Master for giving me the opportunity to take refuge and to receive the Five precepts. I hope I can do more in the future, participate in more volunteer activities, and cultivate more than before.

Wang Chin Chuan: I took my three children to Avatamsaka Sagely Monastery this summer for them to take refuge and to receive the Five precepts.



王親銓：今年夏天我帶我的三個小孩來華嚴寺皈依受戒。

大女兒親涵今年14歲。她9歲的時候就皈依了，現在她早已經拜完一萬拜。這次她來受了盜戒。受完戒之後，她說總覺得有人在看著她，她自己也非常小心，不要去破戒。在鋼琴老師家裏偶爾拿了弟弟不吃的零食，猛然想起來這算不算偷盜呢，趕緊問弟弟，得到弟弟同意後才放下心，後來又深深地在佛前懺悔了。然後她拜託妹妹親淇要時時提醒她，互相監督。發願每天念地藏菩薩聖號一千遍，直至一千日，就是三年左右，她堅持到現在還未間斷。

二女兒親淇今年10歲，目前拜了8750拜，這次皈依的同時也受了盜戒。她說沒有特別的感覺，因為她從小用別人的東西都會先徵得對方同意。但是她說她以前很怕黑，皈依以後覺得有安全感了，不那麼害怕了，她還想要趕快拜完一萬拜，希望能在夢中得見上人。

小兒子親銓今年七歲，受完了皈依後，感覺好像有了家庭作業，盡量堅持每天拜佛，但是中間偶有間斷，堅持得不是非常好。希望能將來早些受戒。這就是我家小孩皈依受戒後的感受。❀

My eldest daughter, Chin Han, is fourteen years old, and she took refuge when she was nine years old; she has already finished the ten thousand bows long ago. This time, she came to take the precept against stealing, and after the ceremony, she said that she constantly feels someone watching her; she is also very careful about not breaking the precept.

Occasionally, when she took snacks that her brother didn't eat at their piano teacher's house, she would suddenly think and question whether this would be stealing. She would quickly ask her brother, and after getting his consent, she was relieved. Later, she would sincerely repent in front of the Buddha for the incident. She also asked her sister, Chin Chi, to remind her from time to time and they supervise each other. She vowed to recite Earth Store Bodhisattva's name one thousand times a day for one thousand days, that is, about three years. She has persisted until now without any break.

My second daughter, Chin Chi, is ten years old and has made 8,750 bows already. This time, she took refuge and also received the precept against stealing. She said that she did not feel anything special, because she always asks for the owner's consent before using their things; she has had this habit since she was very little. She mentioned that she used to be afraid of the dark, but after taking refuge, she felt more secure and was no longer afraid. She hopes to finish the ten thousand bows as soon as possible and hopes to meet Venerable Master Hua in her dreams.

My youngest son, Chin Chuan, is seven years old. After taking refuge, he feels like he has homework to do, trying his best to bow to the Buddha every day, although there's interruption occasionally and he is sometimes not very persistent. I hope he can receive the precepts soon. This is how my children felt after they took refuge and received the precepts. ❀