

一切衆生救命之寶——楞嚴神咒

Shurangama Mantra

—the Treasure That Saves All Beings

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作者簡介：本文為果正居士（謝國正）恭讀宣公上人開示：「正法代表-天地靈文楞嚴神咒」之感言。果正居士1990年在台灣新北市寶巔寺皈依旅美高僧宣化上人（圓寂前最後第二次赴台弘法）。1993年拜佛菩薩加持，被服務單位——前行政院新聞局外放美國洛杉磯工作三年半。遂有機緣親近晚年常駐錫洛杉磯的上人，故對佛教正法略有所知。

About the author: This article is Upasaka Gwo Cheng (Guo Cheng Hsieh)'s insight after studying Venerable Master Hua's talk "A Symbol of the Proper Dharma and the Efficacious Language of Heaven and Earth – Shurangama Mantra". Upasaka Gwo Cheng took refuge with Master Hua, an eminent monk living in the United States back then, at Baoxie Temple in New Taipei City, Taiwan in 1990 (the penultimate time Master Hua went to Taiwan to spread Buddhadharma before his entering nirvana). In 1993, Upasaka Gwo Cheng was blessed by Buddha and Bodhisattva, and was assigned to work in Los Angeles, USA by the former Information Bureau of Taiwan's Executive Yuan for three and a half years. Then he had the opportunity to get close to the Venerable Master who often stayed in Los Angeles in his later years, so Upasaka Gwo Cheng was able to learn about the Proper Dharma.

上次法師和敝人在此跟大家結法緣，我談到《楞嚴經》卷七有關養生的一句話：「求長命者，即得長命，欲求果報速圓滿者，速得圓滿。身命色力，亦復如是。」當時我說誦持〈楞嚴咒〉是天地間最養生的一種不用

Last time, Dharma Master and I tied up Dharma affinities with you here. I talked about a sentence in the seventh volume of the *Shurangama Sutra*: "If people wish for a long life, they will live a long life. What they wish to accomplish they will quickly accomplish. In the same way, they will also have health, good fortune, beauty, and strength." At that time, I said that

花錢的方法，而不是多吃人參或靈芝等補品。因為當時時間有限，未能把想要表達的完整講完，今天再補充說明。

師父宣公上人曾講過，地球上所有一切眾生，一降生在這世間，閻羅王那裡就有每一個人的生死簿，何時生、何時滅都已注定。除非有高僧大德到閻王那裡，把你的壽命給延長。（護持師父上人至美國宏揚佛法的香港老弟子——譚果式居士，曾懇求上人為她母親延壽十一年），那是另外一回事，否則時候一到，就得離開這世間。可是為什麼《楞嚴經》上說，誦持〈楞嚴咒〉「求長命者，即得長命。」？這豈不是違失常理，違反大自然的法則嗎？誦持〈楞嚴咒〉到底有何秘訣可使人長命？

依敝人淺見，答案似可在上人「正法代表——天地靈文楞嚴咒」開示中所說「三光普照透三才」裡找到。上人說你誦持〈楞嚴咒〉「身上會有身光，口裡有口光，心裡會有心光。」這三光普照天、地、人等三才。除了這三光之外，上人也說過誦持〈楞嚴咒〉者身上還會有「紅光繚繞」，所謂「千朵紅蓮護住身。」

當一般人壽命已盡時，閻王會遣無常鬼去提領他們的「魂神」到地府報到，接受審判。但無常鬼到壽命已盡而誦持〈楞嚴咒〉者的住處，可能找不到門路，為什麼？因為你常誦持〈楞嚴咒〉，身體自然會放光，把無常鬼照得看不清到底你在那裡？

一般而言，鬼道眾生陰氣盛性喜暗黑較怕光。而誦持〈楞嚴咒〉者身上所放出的光，那可是佛頂

reciting the “Shurangama Mantra” was the most cost-effective way to maintain health in the world, instead of eating more supplements such as ginseng or lucid ganoderma. Because time was limited at that time, I couldn't finish what I wanted to express, so I will add an explanation today.

Venerable Master Hua once said that all sentient beings on the earth, once they are born in this world, there is a book of life and death for each of them in King Yama's place, and when they will be born and when they will die is predetermined. Unless there are eminent monks and great virtuous ones who come to King Yama to prolong your life. (Upasika Tan Guoshi, an old disciple from Hong Kong who supported the Venerable Master to spread Buddhism in the United States, once begged the Venerable Master to extend her mother's life by eleven years), that is another matter, otherwise, when the time comes, one will have to leave this world. But why does the *Shurangama Sutra* say that reciting the Shurangama Mantra “if people wish for a long life, they will live a long life”? Isn't this contrary to common sense and the laws of nature? What is the secret of reciting and holding the Shurangama Mantra to make people live longer?

According to my humble opinion, the answer seems to be found in the Venerable Master's talk of “The Shurangama Mantra—The Efficacious Language of Heaven and Earth as well as A Symbol of the Proper Dharma” that “the pervasive illumination of three lights permeates three forces.” The Venerable Master said when you recite the Shurangama Mantra, “Your body emits light, your mouth emits light, and your mind emits light.” These three lights universally illuminate the three forces of heaven, earth, and people. Besides the three lights emitted, the Venerable Master also said that those who recite the Shurangama Mantra will also have “a red light surrounding their bodies.” As it is said, “A thousand red lotuses protect the practitioner.”

When people are at the end of their lifespan, King Yama will send ghosts of impermanence to pick up the “soul spirits” of the dead to report to the underworld for trial. But ghosts of impermanence may not be able to find their way to the residence of those who recite the Shurangama Mantra at the end of their lifespan. Why? Because you often recite the “Shurangama Mantra,” your body will naturally emit light, illuminating the ghosts of impermanence so that the ghosts can't see clearly where you are.

Generally speaking, beings in the ghost realm are full of *yin* and prefer darkness and are more afraid of light. And the light emitted by those who recite and hold the Shurangama Mantra is the

上化佛中的化佛所散放出來大白傘蓋無上清淨的光明，而不是一般普通的光。即便無常鬼最終找到了門路，也不敢靠近你。而上人也說過：

「〈楞嚴咒〉裡邊所說的，都是降伏天魔、制諸外道的，從一開始到終了，每一句都是諸佛的心地法門，每一句有每一句的用途，每一個字有每一個字的奧妙，都具足不可思議的力量。即使只唸一字、一句、一會或念全咒，都是驚天動地，所謂驚天地，泣鬼神，妖魔遠避，魑魅遁形。」

無常鬼再一聽有人誦持〈楞嚴咒〉的聲音恐怕早就嚇破膽，逃之夭夭，所謂「萬妖一見往遠躲」，那敢停留在你的處所，趕回去向閻王稟報。閻君一聽，就說：「這一定是有修為的老修行，那就不要再去打擾他了，讓他專心用功吧！」

與此同時，師父上也說過，誦持〈楞嚴咒〉「為什麼妖魔鬼怪不敢出來？因為力量太大了。盡虛空遍法界沒有一個地方不是有這種祥光瑞氣彌漫著。所以有人誦〈楞嚴咒〉就是補天地正氣的不足。」

你一誦〈楞嚴咒〉，天上的天主（在佛教是忉利天的主宰叫帝釋；也即是天主教的教主，俗稱上帝）和地下的閻王均可感受到誦持〈楞嚴咒〉所散發出來那種祥光瑞氣的氛圍，不管天災（水、火、旱）、地災（地震、海嘯、火山爆發、土石流等）、瘟疫、戰爭或其他人禍造成的種種災難，依修行的功力，不是消失於無形，至少也能隨之減輕。

上人說：「有人真能持〈楞嚴咒〉，在周圍四十由旬內沒有一切災難，化險為夷。」（所謂「由旬」，此乃古印度的一個長度單位，佛教沿用。漢傳佛教以16公里為1由旬，四十由旬約為640公里。）你一誦〈楞嚴咒〉，天主和閻王等神鬼王高興都來不及，當

supremely pure light of the great white canopy emitted by the transformation Buddha among the transformation Buddhas on the top of the Buddha, not the ordinary light. Even if the ghost of impermanence finally finds a way, it won't dare to get close to you. And the Venerable Master also said:

“The content of the Shurangama Mantra subdues heavenly demons and controls externalists. Every line, from beginning to end, is the Buddha's mind-ground Dharma-door. Each line has its own function; each possesses its own esoteric wonder; and each is endowed with incredible power. The recitation of a single word, a single line, a single assembly, or the recitation of the entire mantra causes the heavens to vibrate and the earth to tremble; it's said that heaven and earth are shocked, the ghosts and spirits wail, the demons keep a wide distance, and mountain and river sprites hide away.”

The ghost of impermanence would be frightened and flee when he hears the sound of someone reciting the Shurangama Mantra. To quote the Venerable Master, “Seeing this, the hordes of demons flee and hide,” they don't dare to stay in your place, they will rush back to report to the King Yama. As soon as King Yama hears it, he says, “This must be an experienced practitioner with cultivation, then don't bother him anymore, let him concentrate on his cultivation!”

At the same time, the Venerable Master also said that when reciting the Shurangama Mantra, “Why is it that the demons, ghosts, and goblins don't dare show themselves when you recite the Shurangama Mantra? It's so powerful that there isn't a place in all of space or the entirety of the Dharma Realm that isn't flooded with auspicious light. Anyone who recites the Shurangama Mantra is bolstering the amount of healthy energy in the universe.”

When you recite the “Shurangama Mantra,” the God of the heavens (in Buddhism, the host of the Trāyastriṃśa Heaven is called Indra; that is, the Lord in Catholicism, commonly known as God) and King Yama can feel the auspicious atmosphere emanating from reciting the Shurangama Mantra, regardless of natural disasters such as floods, fires, droughts, earthquakes, tsunamis, volcanic eruptions, landslides, and plagues, or man-made disasters such as wars. Through the power of practice, if these do not disappear imperceptibly, at least they can be alleviated accordingly. The Venerable Master said: “If anyone can really hold the Shurangama Mantra, then there will be no disasters in the surrounding forty yojanas, and the danger will be saved.” (“Yojana”

然更捨不得急著捉拿你的「魂神」到地府審判。你想多活幾年，閻王可能去找天主商量說：「這個老修行天天誦持〈楞嚴咒〉，對我們天地的太平太有幫助了，就讓他在人世間多活幾年吧！只要他經常誦持〈楞嚴咒〉，他想活多久，就讓他活多久。」所以師父上人說《楞嚴經》和〈楞嚴咒〉盡未來際也說不完它們的功德和妙用，真是妙不可言。

同樣的道理，我們生在這五濁惡世堪忍的世界裡，與生俱來就有無數菌蟲存在每一個人的臭皮囊裡。隨著歲月的增長，雖然靠著日月的精華和地物的養分使我們的身體不斷發育成長，但同時我們的肉體也持續被那些無數一般肉眼看不到的菌蟲和病毒（病魔）給氧化和破壞。隨著時間的推移，慢慢地腐蝕我們的細胞和微血管，使我們從一出生開始，就日復一日地衰老乃至生病，終至消亡。

但因你常誦持《楞嚴咒》，藉由誦持《楞嚴咒》聲波振動所衍生的正氣，把那些寄生在你身上的菌蟲或纏身的病毒（病魔），都給蟄眠不起作用或嚇跑，身心自然常保清淨，乃至金剛不壞。結果，你當然比一般人更不容易衰老和生病。從醫學的角度看，持誦《楞嚴咒》也可說是天地間最不可思議的一道既能抗氧化又擅於解毒的靈丹妙藥。如《楞嚴經》所言：「一切咒詛（邪咒）、厭蠱（以巫術致災禍於人）、毒藥、金毒、銀毒、草木蟲蛇、萬物毒氣、入此人口（誦楞嚴咒者），成甘露味。」

☯待續

is a linear measurement in ancient India and continues to be used in Buddhism. In Chinese Buddhism, one yojana is equivalent to 16 kilometers, and forty yojanas are about 640 kilometers.) Once you recite the Shurangama Mantra, God and King Yama and other gods and ghosts are only too happy to get your “soul spirit” for trial in the underworld. If you want to live a few more years, King Yama may consult with God and say, “This experienced practitioner who recites the Shurangama Mantra every day is very helpful to the peace of our world, let him live a few more years in this world! As long as he often recites the Shurangama Mantra, he can live as long as he wants.” Therefore, Venerable Master said that to the ends of all time the merits, virtues, and wonderful functions of the *Shurangama Sutra* and the Shurangama Mantra could never be told—they are so wonderful beyond words.

In the same way, we are born in this evil world of five turbidities, and we are born with countless bacteria and viruses in everyone’s “stinking skin bag”. As the years pass, although our bodies continue to develop and grow with the essence of the sun and the moon and the nutrients of the earth, at the same time, our bodies are also constantly affected by countless bacteria and viruses (demon of illnesses) which cause oxidative stress and destruction to our bodies. As time goes by, it slowly corrodes our cells and blood capillaries, causing us to age and even get sick day after day from birth, and eventually die.

But because you often recite the Shurangama Mantra, the proper energy generated by the sound wave vibration of the Shurangama Mantra will make those bacteria or viruses (demon of illnesses) parasitic on your body hibernate—they will not be functioning or will be even scared away. Our bodies and minds will always be clean and pure spontaneously, as indestructible as vajra. As a result, you are of course less prone to aging and diseases than the average person. From a medical point of view, reciting the Shurangama Mantra can also be said to be the most incredible panacea in the world that can both resist oxidative stress and remove toxic substances. As the *Shurangama Sutra* says: “Any substance made venomous by spell, curse, or sorcerer’s hex, any poisonous vapor derived from plants, trees, insects, or snakes, indeed any of the countless kinds of poisonous substances—all these will turn into ambrosia upon entering the mouth of people who recite this mantra.”

☯To be continued