

一切衆生救命之寶——楞嚴神咒（續）

Shurangama Mantra

—the Treasure That Saves All Beings (continued)

謝國正2017年10月1日講於台北法界印經會

A Talk Given by Upasaka Kuo Cheng Hsieh at Dharma Realm Buddhist Books Distribution Society in Taipei on October 1, 2017



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年在台灣新北市寶巖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，故對佛教正法有所聞知。

About the author: This article is Upasaka Kuo Cheng (Kuo 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 Kuo 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 Kuo Cheng was blessed by the Buddhas and Bodhisattvas, 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 Kuo Cheng was able to learn about the Proper Dharma.

《楞嚴經》上佛又說誦持《楞嚴咒》：「欲求果報圓滿，速得圓滿。身命色力，亦復如是。」誦持《楞嚴咒》你想求果報圓滿，速得圓滿，並可把你無量劫以來，累世帶來的業障徹底消除。正如上人所說，常誦持〈

The Buddha in the *Shurangama Sutra* also talked about reciting the Shurangama Mantra: "What they wish to accomplish they will quickly accomplish. In the same way, they will also have health, good fortune, beauty, and strength." When you recite the "Shurangama Mantra," if you want to seek the perfect retribution, you will quickly obtain it. Your karmic obstacles from countless

楞嚴咒)：「無論怎麼樣重的罪都消滅了，連一根頭髮那麼多都沒有了。」沒有業障的糾纏，不但身心能獲得清淨，再加上楞嚴會上佛菩薩的護持，為人處事各方面當然更圓融順暢，乃至常會有意想不到的結果。

而何謂「楞嚴」？「楞嚴」是梵語，中譯為「一切事究竟堅固」亦即「定」之義。這個定是定中之王，三昧（註1）中之定。

而何謂「一切事」？上人說：「所謂『一切事』就是不論什麼事都包括在內，所有山河大地、房廊屋舍、所有的人物、胎、卵、溼、化，這些種種問題、種種的道理，這都叫『一切事』。」

所以，只要你常誦持〈楞嚴咒〉，你想身體健康，就能得到健康；你想命好，命就好；你想容貌膚色長青，就能長青；你想身體有力，就有力；這一切也都和求長命一樣速得圓滿、速得究竟堅固（即徹底堅固）如你所願。

套一句現代人常用的話，常誦持〈楞嚴咒〉者可「凍齡」。不過，和一般世俗所謂的「凍齡」者不同的是，他們命該絕時就得走，而常誦持〈楞嚴咒〉「求長命者，即得長命。」，想活多久就可活多久；除非你自己不想活太久，來生另有目的，想移民到西方極樂世界或至其他微塵世界去教化眾生，自「坐化」了生，那

kalpas can be completely eradicated. As the Venerable Master said, reciting and holding the Shurangama Mantra frequently: “No matter how serious the karmic offenses are, they will be eliminated, not even a single hair (of the offenses) will be left.” Without the entanglement of karma, not only can the body and mind be purified, but also with the support of the Buddhas and Bodhisattvas at the Shurangama Assembly, of course, people and things will be more harmonious and smooth in all aspects, and there will often be unexpected results.

And what is “Shurangama”? “Shurangama” is a Sanskrit word, translated in Chinese as “everything is ultimately firm”, that is, “concentration”. This concentration is the king of concentration, the concentration in Samadhi¹.

And what is “everything”? The Venerable Master said, “The so-called ‘everything’ means everything is included no matter what—all the mountains, rivers, land, houses, buildings, all people, all beings born from fetuses, eggs, moisture, and transformation; all problems, all kinds of principles, all these are called ‘everything.’”

Therefore, as long as you often recite the Shurangama Mantra, if you want to be healthy, you will be healthy; if you want to have a good life, your life will be good; If you want to look young, you will be young-looking; if you want your body to be strong, you will be strong; all of these can be achieved as quickly as seeking longevity, and the ultimate firmness (that is, complete firmness) can be achieved quickly as you wish.

To paraphrase a common saying among modern people, those who often recite the Shurangama Mantra can be “ageless”. However, unlike the so-called “ageless” people in the secular world, they have to die when their lives are about to end whereas those who often recite the Shurangama Mantra can live as long as they want: “If people wish for a long life, they will live a long life.” Your lifespan depends on your wish; unless you don’t want to live too long and you have another purpose in your next life whereby you want to “immigrate” to the Western Pureland or to other worlds to teach and educate sentient beings, and “to pass away while sitting in meditation,” that’s another

（註1）三昧：上人說：「三昧就是正定正受，就是令你心不散亂，沒有這麼多雜念。」

¹ Samadhi: The Venerable Master said: “Samadhi is proper concentration and proper perception, which means that your mind will not be scattered and you will not have so many discursive thoughts.”

另當別論。否則，天主和閻王都奈何不了你，甚至還做你最忠實的護法，因為你是「無上甚深微妙法，百千萬劫難遭遇。」——〈楞嚴咒〉的修持者。

所以，上人在「正法代表-天地靈文楞嚴神咒」的開示中說：「〈楞嚴咒〉是天地間的靈文，靈文中的靈文，秘中之秘，無上法寶，一切眾生救命之寶。」

上人說：「佛法就是妙法」，而有咒中之王稱謂的〈楞嚴咒〉也可說是「妙中之妙」，靈妙不可思議中的靈妙不可思議。上人也說過〈楞嚴咒〉是「正法的代表」，「在佛教裡再沒有比〈楞嚴咒〉更重要了。」

〈楞嚴咒〉也可說是「浩然正氣的化身」，充滿無限的正能量，其威力之強大，深不可測。而〈楞嚴咒〉更是天地間驅魔降妖最有力的真言（密語）。你一誦〈楞嚴咒〉，上人說：「那些魑魅魍魎都逃到它們所不能逃的地方躲起來，不敢公然出現於世，為非作歹。」所以上人說：「〈楞嚴咒〉是支持天地沒有毀滅的靈文，〈楞嚴咒〉是支持世界不到末日的靈文。」

世界上若有一人會唸〈楞嚴咒〉，這世界就不會毀滅，佛法也不會毀滅的。等到世上沒有人會唸〈楞嚴咒〉時，這世界就快毀滅了，因為正法不在了。」

總之，誦持〈楞嚴咒〉能獲致極不可思議的境界，此種境界絕非一般科學家和凡夫俗子所能窺知。唯有深信〈楞嚴咒〉且誠心誦持者，方能略知一二，體會其奧妙。



☞待續

matter. Otherwise, neither God nor King Yama will be able to do anything to you, and they will even be your most loyal Dharma protector, because you are a practitioner of the Shurangama Mantra—the most profound and subtle Dharma, which is difficult to encounter in millions of kalpas.

Therefore, the Venerable Master said in the lecture of “The Shurangama Mantra—The Efficacious Language of Heaven and Earth as well as a symbol of the Proper Dharma”—“The Shurangama Mantra is the universe’s magic text, the magical syllables among magical syllables, the mysterious among the mysterious, the best Dharma treasure. It’s the treasure that saves all beings.”

The Venerable Master said, “The Buddhadharma is the wonderful Dharma”, and the Shurangama Mantra, which is called the king of mantras, can also be said to be “the most wondrous of the wondrous”, the efficacious, wonderful and inconceivable among the efficacious, wonderful and inconceivable. The Venerable Master also said that the Shurangama Mantra is “a symbol of the proper Dharma” and “there is nothing more important than the Shurangama Mantra in Buddhism.”

It is also “a transformation of the vastly proper energy” full of infinite positive energy, its power is so powerful that it is unfathomable. And the Shurangama Mantra is the most powerful mantra (secret language) for exorcising demons and subduing monsters in the world. As soon as you recite the Shurangama Mantra, the Venerable Master said, “Those demons and monsters flee to places where they cannot escape, and hide, not daring to openly appear in the world to do evil.” Therefore, the Venerable Master said: “The Shurangama Mantra is a force that sustains heaven and earth. It delays their extinction. It is the very spiritual force which prevents the world from coming to an end.

As long as a single person can recite the Shurangama Mantra, the world cannot be destroyed, nor can the Buddhadharma. But when there is no longer anyone who can recite the Shurangama Mantra, then very quickly the world will be destroyed, because the Proper Dharma no longer abides.” In short, reciting and holding the Shurangama Mantra can lead to an extremely inconceivable state, which cannot be seen by ordinary scientists and ordinary people. Only those who firmly believe in the Shurangama Mantra and sincerely recite and uphold it can know a little bit about it and appreciate what’s behind it.

☞To be continued