



# 三皈五戒的觀想

## The Contemplation of the Three Refuges and the Five Precepts

比丘近聖法師2023年1月25日講於馬來西亞法界觀音聖寺

杜親誠 英譯

A Dharma Talk by Bhikshu Jin Sheng at the Dharma Realm Guanyin Sagely Monastery in Malaysia on Jan 25, 2023

English Translated by Cindy Wang

諸佛菩薩、宣公上人、各位法師、各位善知識：阿彌陀佛！

我就講講我的經驗，這樣子受三皈五戒，才是真實的。個人希望大眾學習佛法，最好第一步要先三皈依，勇敢往前跑，踏出那條路。請問大家，什麼叫三皈依？（大眾：皈依佛，皈依法，皈依僧。）

我們現在很幸運，可以得聞佛法，這是我們的福報，也是往昔曾種下過這些善的種子。所謂「人身難得，佛法難聞」，所以要珍惜我們這個人身。既然得到人身了，為什麼不去受三皈五戒？

儀式是很重要的。有些人就講：「我信佛，不參加三皈依儀式，可不可以啊？」既然有這樣的皈依儀式，為什麼你不要參加？在佛前證明你是個佛弟子，這不好嗎？有些人不敢參加三皈依，因為他們的思想是：「我一參加三皈依，我就不可以吃肉，我就不可以喝酒，我就犯戒囉。」

All Buddhas, Bodhisattvas, the Venerable Master, Dharma Masters, and all Good Advisors: Amitufo!

I would like to share my experiences to let you know about taking the Three Refuges and the Five Precepts and their reality. I hope that people who are learning about Buddhism should take the Three Refuges as the first step to go forward bravely and step out on the path of cultivation. I would like to ask you, what does the Three Refuges mean? (Assembly answered: Taking Refuge in the Buddha, taking Refuge in the Dharma, and taking Refuge in the Sangha.)

Now we are very lucky to hear the Buddhadharma; this is our blessing brought from the good seeds we planted in our past lives. As it is said, “The human body is difficult to obtain; the Buddhadharma is difficult to hear,” so we should cherish the human body we have. Since we already got a human body, why not also take the Three Refuges and Five Precepts?

The ceremony of taking the Three Refuges and Five Precepts is especially important to us. Some people ask, “Is it okay for me to believe in Buddhism but not to partake in the ceremony of taking Three Refuges?” Since there is such a type of ceremony, why would you not want to partake? Isn't it good to state in front of the Buddha that you are a disciple of him? Some people dare not attend because their thinking is like this, “Once I take the three refuges, then I cannot eat meat nor take alcohol, and if I were to do so, then I would break the precepts.”

Most of my relatives and friends also have the same thoughts. Sometimes it is difficult to persuade others to learn about Buddhism

我的親戚朋友多數也是有這樣的思想。有時勸人學佛也是蠻難的，因為他們的思想還沒準備好，認為一旦受了三皈依就必須要持戒，有這樣的恐懼心理。所以必須要通過別人的影響力，以致可以影響他們參加這些儀式。我希望大家踴躍參加三皈依，然後弄清楚什麼是佛、法、僧。

個人的經驗，因緣也是很重要的。假如你往昔種下過這個善的種子，或者往昔你在佛前發過願，那麼在因緣成熟的時候，你會自然地往修行這條路上走。因緣一成熟，你想跑都跑不掉，你一定往修行這條路上走。所以諸位，你們也不要氣餒，等你們因緣成熟的時候，也會慢慢受三皈依、持五戒，往修行那條路上走。因為佛講過每個人都會成佛——佛不會騙人。

另外一方面，就是我們總有一種思想——就是自己騙自己，給自己找藉口，這是很大的毛病。好比當年我從小乘佛教轉到大乘佛教時，就有一種比較的思想：「哎呀！你們是大乘佛法，我是小乘佛法。」就這樣子來比較，這就是我們的毛病。

持戒，你們說說這對你們好還是不好？（眾人大聲說：好！）好。現在我想了解一下，有多少人要參加三皈依五戒的？好啊，統統都是受五戒啊！這裡分享我個人的經驗，還有經書上講到的，就是當你們要受五戒、八戒、十戒的時候，在那個儀式裡有一段文說到，最好要觀想佛灌頂給你們自己。我曾經有過這樣的經驗，在接受三皈依的時候，要觀想佛來加持你，有朵雲在你的頭頂上，所有善法從你頭頂灌注到你的身心。

現在講「戒體」。皈依三寶就是皈依佛、皈依法、皈依僧。在受三皈依的時候，當你們要納受戒體的時候，要觀想佛在加持你，觀想佛在給你灌頂，然後你會得到一個戒體。戒

because their minds are not ready yet and they think that once they have been subjected to the Three Refuges, they will have to observe the precepts—they have such kind of fears. Therefore, it is necessary to use influences from others to bring people to the ceremony. I encourage everyone to take the Three Refuges actively and then find out what the Buddha, Dharma, and Sangha are.

Based on my personal experiences, the causes and conditions are also very important. If you have planted good seeds in your past lives, or if you had made a vow in front of the Buddha, then you will walk on the path of cultivation naturally when the causes and conditions arise. Once the time comes, you will have no way to stop, and you are certainly walking toward the path of cultivation. Therefore, all of you should never be discouraged because once your causes and conditions are ready, you will gradually accept the Three Refuges, abide by the Five Precepts, and walk on the path of cultivation, because the Buddha never lies and he has said that everyone will become a Buddha.

On the other hand, we will always have false thoughts—lie to and find excuses for ourselves—which is a big problem. For example, when I went from Theravada Buddhism to Mahayana Buddhism, I had a comparative thought, “Oh, you are Mahayana Dharma and I am Theravada Dharma.” This kind of comparative mind is our shortcomings.

In terms of holding to the precepts, do you believe it is good for you or not? (The Assembly replied loudly: Good!) Great, now I want to know, how many of you are going to take the Three Refuges and Five Precepts? Excellent, all of you are going to take the Five Precepts! Here, I want to share a personal experience with you; it is also mentioned in a Sutra, which is in the text of the ritual when you take the Five Precepts, the Eight Precepts, or even Ten Precepts, it is better to contemplate that the Buddha is empowering you; I’ve experienced it. Contemplate the Buddha coming and empowering you with a cloud on top of your head and all good Dharmas flowing into your body and mind.

Now we will talk about the “precept substance.” Taking Refuge in the Triple Jewels is taking Refuge in the Buddha, taking Refuge in the Dharma, and taking Refuge in the Sangha. In the time of taking Refuges, when you are about to receive the precept substance, contemplate that the Buddha is empowering you, contemplate the Buddha is anointing the crown of your head, and then you will receive the precept substance. The

體的作用是幫助我們不會犯戒。

誰要受三皈依的，記得來拜願，拜願對你們很重要！通過拜願來懺悔業障，把以前所造的罪業洗乾淨。假如你沒有懺悔過，可能你接受到的戒體不是太有效。蕩益大師講過，在佛前誠心懺悔，是最重要的。

function of the precept substance is to help us avoid breaking any of the precepts.

Whoever going to take the Three Refuges needs to come and join the bowing. It is very important for you to do so! You can repent of offenses through the bowing, and eliminate all karmic obstructions you have created in the past. If you have never repented, then the precept substance you received might not be able to function very well. The Great Master Ouyi said that the most important thing is to repent sincerely in front of the Buddha.

## 受三皈依五戒是很幸福的事

# To Take the Three Refuges and the Five Precepts: What a Fortunate Thing!

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晨瑛譯組英譯

A Dharma Talk by Bhikshu Jin Xiao at the Dharma Realm Guanyin Sagely Monastery in Malaysia on Jan 25, 2023

English Translated by the Early Bird Translation Group

這裡是近孝，在南加州長堤福祿壽聖寺常住。

十幾年前，我隨我母親去萬佛聖城參加法會及受三皈依，這是很幸福的。三皈依結束之後就遇到一位比丘尼法師，法師勸我母親說：「妳應該把五戒也受了。」大家都知道的，萬佛城的法師大部分都是講國語，我母親只會講廣東話，所以在溝通方面就有很大問題。這位法師很慈悲，幫我母親填表，還幫忙其他從西雅圖金峰聖寺來的老人家填表，遞去功德部，參加這個五戒儀式。這一班老人家都參加了這個五戒儀式。

This is Jin Xiao, a resident monk from Fu Lu Shou (Blessings, Prosperity, and Longevity) Sagely Monastery in Long Beach, Southern California.

More than a decade ago, I accompanied my mother to the City of Ten Thousand Buddhas (CTTB) to participate in ceremonies as well as receive the Three Refuges, which was really fortunate. After the ceremony for the three refuges was over, we met a bhikṣuṇī, who advised my mother, saying, “You should also receive the Five Precepts.” As everyone knows, most of the Dharma masters at CTTB speak Mandarin, but my mother only knew how to speak Cantonese, so she had many difficulties communicating. This Dharma master was very kind, who helped my mother fill out the form; not only that, the Dharma master also helped other elderly people who’d come from Gold Summit Monastery in Seattle to fill out their forms to send over to the Donation-Registration Department so that they could participate in the Five Precept ceremony. These elderly people all attended the Five Precept ceremony.

Although they did not study much about the precepts, they all knew what the Five Precepts are: no killing, no stealing, no sexual