

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.

## 受三皈五戒是很幸福的事

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

比丘近孝法師2023年1月25日講於馬來西亞法界觀音聖寺

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

雖然在戒律上學習不是太多，不過他們都知道什麼是五戒：不殺生、不偷盜、不邪淫、不打妄語、不飲酒。這樣一眨眼十年過來了，現在再看這件事，這一班老人家一直以來都是吃素、沒有殺生，真的全靠這位法師來勸導他們吃素。一般人都很喜歡吃肉的，你勸人家吃素是很困難的，我就沒有這樣的德行，勸你們來受五戒都不容易。不過，經典裡說受五戒、八戒福報很大，受五戒其實真的是一個很大很大的福報。

新年期間，大家見面都說：新年快樂！快樂是結果，一定要種一個因去結這個果；如果你想快樂，就一定要受五戒囉！

misconduct, no lying, and no taking intoxicants. In a blink of an eye, ten years have passed. Now when I look back at that time, that group of elderly people have since followed a vegetarian diet and have not killed living beings. This really is all thanks to this Dharma master's advice and encouragement. Most people love eating meat, so it is very difficult to persuade them to adopt a vegetarian diet. I myself don't have this type of virtue — it is already difficult advising you all to receive the Five Precepts. However, the sutra texts have stated that receiving the Five Precepts or the Eight Precepts brings you great blessings; receiving the Five Precepts is truly a magnificent blessing.

During the time of Chinese New Year, when everyone sees each other, they say, "Happy New Year!" Happiness is the result, so you must plant the seed to reap this fruit. If you want to be happy, then you must receive the Five Precepts!

## 受三皈依的觀想

# Visualization While Taking the Three Refuges

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晨瑛譯組英譯

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講到懺悔，懺悔就是能夠洗滌我們的身心，讓我們的身心清淨；我們身心清淨的時候，才有辦法去納受這個戒體。不然就好像你拿一個髒的容器，不管裝什麼東西，裝進去的东西都不會清潔。所以拜願的重點是在這裡。

講到這個戒體，不僅僅在受三皈依的時候；包括受五戒、八戒或其他戒的時候，一定也都會先有這

Speaking of repentance, repentance can help us cleanse our body and mind. Only when our body and mind are purified will we be able to accept and embody the precept-substance. Otherwise, it will be like using a filthy container; no matter what you put in it, nothing that is stored inside will ever be clean. This is the key of bowing.

Speaking of the precept-substance, it is not only when we take the Three Refuges do we have the ritual of the Three Refuges. It also occurs when we take the Five Precepts, the Eight Precepts, or any other precepts. These ceremonies will always be preceded by the ceremony of the Three Refuges; it is also the very moment in which beings receive the precept-substance.

During the ceremony, we will do three rounds of visualization: For the first round, you the preceptees should visualize all the virtuous