

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

比丘近湛法師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 Zhan at the Dharma Realm Guanyin Sagely Monastery in Malaysia on Jan 25, 2023

English Translated by the Early Bird Translation Group

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

個三皈依的儀式，納受戒體就是在三皈依這個時候。

那麼，我們都會進行三次。第一次接受三皈依的時候，你要觀想所有的善法。如果你觀想的力量越大，那你觀想的境界就越大。比如，你只能觀想到我們這個道場的善法，或者你有辦法觀想到整個世界的善法；如果你觀想的力量夠大，你就可以觀想到整個三千大千世界甚至觀想到十方的世界，不管有佛或沒有佛的世界，所有的善法都在你第一次三皈依的時候，像水蒸氣一樣冉冉升起，升起到空中，就好像雲朵一樣。這是受三皈依時的第一次觀想。

在第二次受三皈依的時候，你就要觀想這個雲朵漸漸聚攏到你的頭頂上。

在第三次受三皈依的時候，你要觀想這個像雲朵似的善法，像通過漏斗一樣，都灌注到你的身心裡面來。就是靠你觀想的力量，把善法都灌注到你的身心裡面來。

簡單講，你觀想的境界越大、越清楚，你就可能得到一個上品戒；你觀想比較小一點的境界，你可能得到一個中品戒；你如果觀想得比較模糊或在打妄想的話，你可能得到一個下品戒。

因為要做這樣的觀想，所以需要先懺悔。當我們身心清淨的時候，觀想善法灌注到自己的身心，那才是比較有用的。可是，有些人就說：「我又不會觀想，受戒的時候怎麼辦？」或說：「觀想太大的境界，我做不到，我作觀想就很容易打妄想。」如果有人覺得自己觀想的本事比較差一點，像我自己就是這樣，最重要的其實就是你的誠心，就是你求三皈依、求受戒的誠心。你覺得觀想對你來說是很困難的，你就一心稱念本師釋迦牟尼佛的名號，或是稱念宣公上人的名號，也是可以的，這是比較簡單的方法，我相信你們都可以得到上品戒。❀

qualities. The more powerful your visualization, the greater the state of your visualization. For example, maybe you are only able to contemplate the virtuous qualities of this temple, or maybe you are able to contemplate the virtuous qualities of this whole world. If your visualization is strong enough, then you can even visualize the virtuous qualities of three thousand great thousand worlds or even all worlds throughout the ten directions, worlds with or without Buddhas. Visualize all of these virtuous qualities rising like steam into the air and turning into clouds. This is the first round of visualization you should do during the ceremony.

During the second round, you should visualize all these clouds slowly gathering towards and rising above the crown of your head.

During the third round, you should visualize that these cloud-like virtuous qualities are entering your body and mind through a funnel (at the crown of your head). This is the method of using the power of your visualization to channel all the virtuous qualities into your body and mind.

To put it in a nutshell, the greater and clearer the state of your visualization, the greater the quality of the precepts you receive. You may have visualized a smaller state and hence received an intermediate quality precept. If you had murky visualization or were having false thoughts during the process, you might have received an inferior quality precept.

Because such visualization needs to be made, we must first go through repentance. It is more effective to visualize the process of virtuous qualities entering and channeling throughout our body and mind when our mind and body is pure. However, some might say, "I do not know how to visualize. What do I do when I receive the precepts?" Others might say, "I am unable to contemplate the more advanced states. If I do, it is very easy for me to have false thoughts." Some may feel that they are insufficient in their ability to visualize, like myself, but the most important thing is actually your sincerity, your sincerity for taking the Three Refuges and receiving the Five Precepts. If you feel that visualization is extremely difficult for you, then you can single-mindedly recite the name of Śākyamuni Buddha or the name of Venerable Master Hsuan Hua. That is an easier way. I believe that all of you can receive superior quality precepts. ❀