

金岸法界三皈五戒心得分享

Insights on Receiving the Three Refuges and Five Precepts at Gold Coast Dharma Realm

2023年5月27日澳洲金岸法界戒子報告於釋迦牟尼佛聖誕日

Reports Given by Preceptees at Gold Coast Dharma Realm, Australia, on May 27, 2023, Shakyamuni Buddha's Birthday



辛俐葶：成長過程中，我總覺得人應該要有宗教信仰，自己也堅信世間有因果循環。曾多次在鏡子前審視自己，問心：「我是誰？來這世界上一定有什麼事情要做，只是忘記了。」雖曾努力去理解不同的信仰，但都與我心中的期待不同。在我快要放棄時，大專社團老師察覺我的迷茫，建議我嘗試了解佛教，並提供了花蓮彌陀聖寺的聯絡方式。

在與上恒下雲法師溝通後，我獨自踏上了兩天一夜的寺廟之旅。那

Xin Liting: Growing up, I always felt that one should have religious faith, and I firmly believed in the world's cause-and-effect cycle. Many times, I looked at myself in the mirror, asking myself, "Who am I? There must be something I have to do in this world, but I've forgotten what it is." Although I have tried hard to understand different religious beliefs, they were not what I was expecting in my heart. Just when I was about to give up, my university club advisor noticed my confusion and suggested me learn Buddhism. He provided me with the contact information for the Amitabha Monastery in Hualien.

裡的一切都那麼有規矩、恭敬、精進，甚至福田箱的位置都不為外人輕易透露。在那裡我聽說了宣公上人，了解了上人的僧團，並被這種家風深深吸引。

24歲那年的清明節，終於迎來三皈依的時機，在高雄六龜法界聖寺由恒下江法師主持。皈依當天晚上，我在夢中看到自己跟隨人群在一個明亮的房子裡大排長龍，當輪到我時，一抬頭，上人慈祥的笑著說：「好！好！好！」並用右手摸我的頭，我才知道原來是排隊見上人呀！就這樣皈依三寶，今年是第八年了。

28歲那年，因為感情道路的挫折，又傷害了一條生命，讓我下定決心受五戒，不再讓錯誤延續。

中間經歷了很多的煎熬和痛苦，直到2023年，我來到了澳洲金岸法界。在經歷了前面的事情後，在心裡、上人相前、上人僧團前、諸佛菩薩前深深懺悔。在金岸法界受持五戒，受戒前認真上課，並向恒下實法師請教問題。夢見上人很嚴肅的帶上我與其他人上一台車行駛，並且我的口中吐出黑沙。從受戒當天直到現在，我努力持戒，讀經，聆聽法師的教導，盡可能修正自己的言行。

這世界上最大的挑戰是，當內心的自己無法服從正確的指導時。佛法的教誨如同燈塔，引導我不斷前行。但願自己能時刻想起，來到這個世界上的真正使命與功課是什麼。願這份感悟能夠潤澤更多迷茫的心靈，共同在佛法的光輝下成長。

孫嘉鑫：感恩金岸法界這次傳授三皈依五戒，感謝宣化上人、恒實法師、萬佛聖城僧團以及一切師兄善知識。自受戒後的幾個月，我覺得自己已經有了翻天覆地的變化，從無知愚昧到有所覺悟。

在受五戒前，我猶豫不決，特別是

After communicating with Dharma Master Heng Yun, I embarked on a two-day, one-night journey to the temple alone. Everything there was so orderly, respectful, and diligent; even the location of the donation box was not easily revealed to others. There, I heard about Master Hsuan Hua and the sangha community he established, and I was deeply attracted to the tradition he set up.

At the age of twenty-four, during the Qingming (清明) Festival, I finally took the Three Refuges at the Dharma Realm Sagely Monastery at Liugui, hosted by Dharma Master Heng Chiang. That night, I dreamed of myself following a crowd, queuing up in a bright house. When it was my turn, I looked up and saw Master Hua smiling kindly, saying, "Good!" and touching my head. I realized that I was in line to see Master Hua. Thus, I took refuge in the Three Jewels, and this is my eighth year now.

At the age of twenty-eight, due to romantic disappointment and harming a life, I made up my mind to take the Five Precepts to not let the mistakes continue.

I went through a lot of torment and pain until 2023 when I arrived at the Gold Coast Dharma Realm (GCDR) in Australia. I deeply repented of my former offenses in my heart, in front of the Master Hua's image, in front of the Dharma Masters, and before all Buddhas and Bodhisattvas. I took the Five Precepts at GCDR, attended classes diligently before the ceremony, and asked Reverend Heng Sure my questions. At night, I dreamed of the Master driving me and some other people in a car in a very serious manner, and black sand kept coming out of my mouth. From the day of taking the precepts until now, I have been working hard to hold the precepts, read the sutras, listen to the Master's teachings, and correct my words and deeds as much as possible.

The greatest challenge in this world is when the inner self cannot obey the right guidance. The teachings of the Dharma are like a lighthouse, guiding me forward continuously. May I always remember what my true mission and lessons are in this world. May this insight nourish more confused souls, growing together under the brilliance of the Dharma.

Sun Jiabin: I am grateful to the Gold Coast Dharma Realm for hosting the ceremony of Three Refuges and five precepts, and I thank Master Hua, Reverend Heng Sure, all Dharma Masters of CTTB, and all wise advisers and Dharma brothers



澳洲金岸法界一景

A View of the Gold Coast Dharma Realm in Australia.

妄語戒，因為從小養成了「見人說人話，見鬼說鬼話」的習慣。然而在道場法會現場，看到上人的德相在前，法師的威儀攝受和師兄們的鼓勵下，讓我鼓起勇氣求受五戒，立志進步。

戒妄語真的難。初時每天意識到自己的妄語，心中懊悔不已。有時甚至想放棄戒律，但想到法師們的付出，我便決心努力精進。我開始通過觀照自己的情緒來修心。例如，我發願每攀緣心起便自我警醒，逐漸我能捕捉並修正不好的想法，減少妄語的心。

在深入的反思和修行中，我意識到殺盜淫妄酒五戒其實是告訴我們不要向外攀緣，而要向內尋求智慧和平靜。當你重新定義痛苦為修行必經之路，它便成為快樂和成長的源泉。我曾害怕外界的鬼魔等干擾，後來意識到這些都是自己嚇唬自己。我開始誦持經文，調整磁場，發現內心不再恐懼。

五戒的實踐讓我明白，真正需要戒除的是自己向外尋求發洩的心；皈依的真義是皈依自己的真心。向內尋求，保持平靜與智慧，讓外界變化成為過眼雲煙的風景。人生的修行是一條曲折但充滿希望的道路，感謝所有給予我支持和引導的人，讓我能走上這條成長之路。阿彌陀佛。❀

for giving me this opportunity to take the precepts. In the few months since I received the precepts, I feel that I have undergone a tremendous transformation, from ignorance to some understanding. Before taking the Five Precepts, I was hesitant, especially regarding the precept against lying, as I had developed the habit of saying one thing to one person and another to someone else since childhood. However, with the inspiration of Master Hua and Dharma Masters, and the encouragement of the Dharma brothers and sisters, I mustered the courage to accept the precepts and committed to improving myself.

Keeping the precept against lying is truly difficult for me. Initially, I would realize my false speech every day and feel deep regret in my heart. Sometimes I even thought about giving up the precepts but thinking of Master Hua's effort, I resolved to try my best. I began to cultivate my mind by observing it. For example, I vowed to be self-aware whenever my mind began to grasp or cling, and gradually I was able to catch and correct improper thoughts, reducing the intention of false speech.

Through deep reflection and practice, I realized that the Five Precepts of not killing, stealing, committing sexual misconduct, lying, or taking intoxicants are telling us not to seek externally but to look inward for wisdom and calmness. When you redefine suffering as a necessary path of cultivation, it becomes a source of joy and growth. I used to fear external disturbances such as ghosts and demons, but I later realized that these were just me frightening myself. I began to recite sutras and adjust my energy field, finding that I was no longer fearful inside.

The practice of the Five Precepts has made me understand that what needs to be restrained is the mind that seeks external venting; the true meaning of taking refuge is to take refuge in one's true mind. By looking inward, and maintaining calmness and wisdom, external changes become fleeting and insubstantial. The cultivation of life is a winding but hopeful path, and I thank all those who have supported and guided me, allowing me to walk this road of growth. Amitabha! ❀