

# 恒實法師新加坡弘法側記

## Reverend Heng Sure's Dharma Talks in Singapore

林世菊 文/譯

Written and English translated by Lin Shiju



新加坡居士林今年慶祝成立90週年，特別舉辦系列講座。法界佛教總會會長恒實法師應邀於2024年9月30日至10月2日，主持了其中兩場講座以及一場翻譯工作坊。

實法師9月30日晚間的講題是「佛教在AI（人工智能）時代的挑戰與機遇」，實法師指出，百餘年前，人類的每日生活與馬匹息息相關，包括騎馬、乘坐馬車、餵馬等等。曾幾何時，馬匹已從一般人的日常生活中消失。在人工智能興起之後，有人認為，當今人類和就業機會，很快就會像馬匹一樣淘汰消失了。

雖然科技進步神速，但宣公上人於1985年即已說過，等到五臟六腑也是人造的時候，人就忘了道。實法師特別強調：「沒有一個機器會開悟、會慈悲。」他提出佛教徒因應今日世界的方法，就是採行中道、使用智慧低科技（打坐、念誦、瑜珈、太極拳……）、打開六根的第一個結等等。

The Singapore Buddhist Lodge celebrated its 90<sup>th</sup> anniversary this year with a series of lectures. Reverend Heng Sure, President of the Dharma Realm Buddhist Association, was invited to host two of these lectures and a translation workshop from September 30 to October 2, 2024.

On the evening of September 30, Reverend Sure delivered a lecture titled “Challenges and Opportunities for Buddhism in the Age of AI.” He pointed out that over a hundred years ago, daily human life was closely related to horses, including riding, carriage driving, feeding horses, and so on. Over time, horses have disappeared from the daily lives of ordinary people. With the rise of artificial intelligence, some believe that humans and jobs will soon be gone like horses.

Despite rapid technological advances, Venerable Master Hsuan Hua said in 1985 that when even human organs become artificial, people would forget the Way. Reverend Sure emphasized, “No machine will ever attain enlightenment or have compassion.” He proposed that Buddhists respond to today’s world by adopting the Middle Way, using wise low-tech methods (meditation, prayers, yoga, tai chi, and more), and untie the first knot of the six sense faculties.

On the evening of October 1, Reverend Sure originally

10月1日晚間，實法師的講題原本是「掌握靜坐技巧、輕鬆解壓生活」，但他臨時改為「深入禪修，有秘訣嗎？」實法師表示，自己在14歲那年，看了「抗敵英雄」那本書之後，開始自己練習打坐。就讀大學期間，他的四年大學室友恰巧也愛好打坐，並且從見面的第二天起，就教實法師打坐。後來這位室友在宣公上人座下出家，法號「恒由」。

實法師本人也從宣公上人那兒學到：打坐要時刻觀照自己的心念，打坐能更深入的秘訣不在年齡、性別、種族等等外在條件，而在恆順眾生。宣公上人到西方，介紹佛法給那些從未聽過孝道的人。上人教大家參禪打坐，先從心地開始。心地如何開發？先從道德開始。道德如何開發，從孝悌忠信禮義廉恥開始。第一個「孝」字，就是要「知恩報恩」。

我們是為人子女（乃至父母）、後代、兄弟姐妹、學生（乃至師長）、朋友、公民、僱員（乃至僱主）、隊友等等。打坐時，如果浮上心頭的都是些破碎的人際關係，就要努力修補。若我們能了悟眾生世間，打坐時，祖先便與我們同在，讓我們的打坐更穩定、更深入。基督教〈十誡〉中的第五條也說：尊敬你的父親和母親，使你在世上長久，並且一切順利。實法師引用宋人黃庭堅的〈戒肉食〉詩：

我肉眾生肉，名殊體不同；  
原同一種性，只是別形軀。

實法師強調，打坐的功夫有待我們處理好和眾生的關係。

實法師於10月2日下午，為新加坡善信主持「佛法翻譯技巧工作坊」。當地善信有許多人從小受英文教育，對翻譯佛經深感興趣。實法師在這個工作坊中，展現的豐富翻譯經驗與技巧，廣受當地善信歡迎。❀

planned to discuss “Mastering Meditation Method for a Stress-free Life,” but he changed the topic to “Taking Meditation Deeper – Is There a Secret?” Reverend Sure shared that he began practicing meditation on his own at the age of fourteen after reading *The Lives of a Bengal Lancer*. During his university years, his roommate of four years was also fond of meditation and taught him from their second day of meeting. This roommate later became a monk under Venerable Master Hua with the monastic name “Heng You.”

Reverend Heng Sure learned from Venerable Master Hua that meditation involves constantly observing one’s thoughts; the secret to deeper meditation does not lie in external factors such as age, gender, or race but in constantly according with all living beings. When Venerable Master Hua introduced Buddhism to the West, he taught those who had never heard of filial piety to begin from the mind. How to develop the mind? Start from virtue. How to develop virtue? Begin with filiality, brotherhood, civic virtue, trustworthiness, propriety, righteousness, integrity, and humility. The first word “filiality” means knowing and repaying kindness.

We are children (and/or parents), descendants, siblings, students (and/or teachers), friends, citizens, employees (or employers), teammates, and so on. If broken relationships come to mind during meditation, we must work on them. Our ancestors are with us if we awake into the relational world during meditation. Meditate with our ancestors and our sitting will go deep and be stable. The fifth commandment of Christianity also says: “Honor your father and mother so that your days will be long in the land and all will go well with you.” Reverend Sure quoted the poet Huang Tingjian from Song Dynasty:

*My flesh and creature’s flesh ,  
Are different only in name,  
Although we come in many shapes,  
Our nature is the same.*

He emphasized that skill in meditation awaits our workings through so many relationships.

On the afternoon of October 2, Reverend Sure hosted a workshop on Dharma translation for devotees in Singapore. Many local devotees, having received English education from a young age, are very interested in translating Buddhist scriptures. Reverend Sure’s rich translation experience and techniques were well-received by the local devotees in this workshop. ❀