

一九八〇年代，曾有一位法師來到萬佛城，他對上人說：「上人，我對極樂世界沒什麼興趣。那裏黃金鋪地，處處珠寶，光亮閃耀，我不喜歡；天華亂墜，我也不感興趣。」上人一聽，肅容問他：「你對極樂世界沒興趣，那你喜歡什麼？對什麼有興趣？」

弟子回答：「我喜歡硬木、原木，喜歡水晶玻璃。」上人於是靠近他，彷彿要告訴他一個秘密般，輕聲細語說道：「那個地方也正是如此。」法師一臉困惑，卻見上人滿面笑容地望著他，頓時領悟：在西方極樂世界，一切環境隨心而現。因為成佛尚且可期，其他又何足掛齒呢？阿彌陀佛！ ❀

In the 1980s, a Dharma Master visited the City of Ten Thousand Buddhas. He said to the Venerable Master, “Master, I really have no interest in the Pure Land. The golden ground, the jewels everywhere, all that glitter, I don’t like it. I’m not even interested in heavenly flowers falling from the sky.”

Hearing this, the Master’s expression turned serious. He asked, “If you aren’t interested in the Pure Land, then what do you like? What are you drawn to?” He replied, “I prefer natural woods. I like clear crystal and glass.”

The Master leaned in slightly, as if sharing a secret, and said softly, “In that place, it is exactly like that. Whatever you like is what appears.”

The Dharma Master looked puzzled until he noticed the Master’s broad smile. Suddenly, he understood: in the Pure Land, everything manifests according to the mind. After all, if Buddhahood itself is within reach, what difficulty is there in attaining anything other? Amitufo. ❀

梁皇寶懺法會感應

My Responses to the Emperor Liang Repentance

楊果強 文

By Yang Guo Qiang

江波 英譯

English Translated by Jiang Bo



末學皈依受戒已久，但一直以來從未真正完整拜過〈梁皇寶懺〉。

2017年農曆新年，高雄分會一如往年舉辦新春〈梁皇寶懺〉法會，因緣難得，正好在年假期間有空，心中有了一個念頭：既然有這麼殊勝的機會，應當好好把握，專

Although I took refuge and received the five precepts many years ago, I had never truly completed the full Emperor Liang Repentance ceremony.

During the 2017 Lunar New Year, the Kaohsiung branch held its annual Emperor Liang Repentance Dharma Assembly. The timing was perfect, as I happened to be free during the holiday. I realized that since such a rare

心禮拜一次〈梁皇寶懺〉。一方面懺悔自身業障，另一方面也為冤親債主及親人祈福。就在我下定決心之後，身體竟出現狀況。國曆一月初，右大腿突然長出一個疔瘡，起初只是小紅點，但幾天後腫脹加劇，紅腫發炎的範圍逐漸擴大，甚至影響行走。雖然就醫後病情暫時控制，但腫塊始終未消，心裏難免憂慮。我暗自思惟，也許這正是拜懺之前，業障先行現前的徵兆——我相信這是一種提醒，提醒我應該要好好珍惜這次禮拜〈梁皇寶懺〉的機會。

大年初一，我懷著既恭敬又忐忑的心情，正式開始禮拜《梁皇寶懺》。到了初二，當我誦讀到懺文中提及地獄「伸手不見五指」（「眾合黑闇」地獄，卷四）時，一股寒意不自覺爬上脊背，心中浮現疑問：「這樣的地獄究竟是怎樣的地方呢？」夜深人靜，我帶著這份疑惑入眠，卻做了一個異常清晰的夢。

夢中，我行走在一條漆黑的大街，四周靜得令人心慌，只有自己的腳步聲在夜色中迴響。突然，一位中年男子出現在前方，指向旁邊的小巷，沉聲說：「巷子裏左邊第三間就是。」我心中雖覺詫異，但仍依言而行。走進巷子，推開左邊第三扇門，只見室內昏暗破舊，牆壁斑駁，寒冷陰濕的氣息讓人感到恐怖。裏面坐著三位女子，似祖孫三代，形容枯槁，衣不蔽體，眼神空洞而哀傷。我立刻明白，她們是末學過去世的眷屬。看著她們無助的神情，我

opportunity had presented itself, I should seize it to sincerely perform the repentance in its entirety—both to cleanse my own karmic obstacles and to dedicate the merit to my karmic creditors and loved ones.

However, shortly after making this resolve, I faced an unexpected physical setback. In early January, a boil suddenly appeared on my right thigh. At first, it was just a small red spot, but within a few days, the swelling worsened and the inflammation spread, eventually affecting my ability to walk. Although medical treatment brought the condition under control, the lump never fully subsided, leaving me feeling uneasy.

Reflecting quietly, I wondered if this was a sign of karmic obstacles manifesting before the repentance. I took it as a reminder to cherish this opportunity and to perform the Emperor Liang Repentance with the utmost sincerity and care.

On the first day of the Lunar New Year, with a heart full of reverence and nervous anticipation, I formally began the Emperor Liang Repentance.

On the second day, I recited a passage describing hell as a place where “one cannot even see one’s outstretched hand.” (The Darkness of Saṃghāta Hell, Roll 4). The imagery sent an involuntary chill down my spine. I found myself wondering: What kind of place is that?

I fell asleep that night with the question still lingering in my mind and slipped into an unusually vivid dream.

I was walking down a pitch-black street. The silence was eerie, broken only by the echo of my own footsteps. Suddenly, a middle-aged man appeared before me. Pointing toward a nearby alley, he said in a deep voice, “The third door on the left, inside the alley.”

Though puzzled, I followed his directions. I entered the alley and pushed open the third door. The room inside was dim and dilapidated, its walls stained and peeling. The air was cold, damp, and oppressive, filling me with a sense of dread.

Sitting inside were three women who appeared to span three generations—a grandmother, a mother, and a daughter. They were emaciated and dressed in rags, their eyes sunken and filled with sorrow. Instantly, I understood: they were my relatives from past lives. Seeing their helplessness, a surge of anguish and responsibility rose within me. I hurriedly called out to them, “Come with me—I know the way out.”

However, the moment we pushed the door open and stepped outside, we were immediately plunged into a darkness so deep that I couldn't see my own hand. Soon after, countless yakṣas and

感到一股無言的痛楚與責任湧上心頭，急忙告訴她們：「跟我來，我知道出去的路。」

然而，推門出去後，四周卻陷入伸手不見五指的黑暗境界。接著又出現了無數的夜叉羅刹，手持鐵叉在四周執行酷刑，以及受刑的眾生痛苦哀嚎，但奇怪的是，他們似乎對我視若無睹。我帶著三人躲到一座大山之後，只見前方景象令人毛骨悚然：夜叉將一名男子或女子叉起拋向半空，剎那間，空無一物的天空湧現無數毒蛇、兇鷹及陌生猛禽，在不到一秒鐘的時間內將那人撕裂吞食。待屍骨消失後，那人又重新顯現在地上，夜叉再度將其拋起，如此周而復始，痛苦無法言喻。

我猛然驚醒。看了時鐘，正是初三凌晨二點十七分。我心中明白，這夢境絕非偶然，應是佛菩薩藉夢境示警，提醒有親人仍受苦於惡趣。當天在拜懺中，我誠心祈禱，將所修功德悉數迴向給夢中所見的親人，希望藉由三寶的力量，能讓他們脫離痛苦。

圓滿日的凌晨，我再度夢到同一條街、同一位中年男子。他雖未開口，卻仍以手指向同一條小巷。我心中明白，便再次走入，推開同一扇門。不可思議的是，眼前景象已與先前完全不同：屋內金碧輝煌，光明遍照，氛圍清淨莊嚴。先前憔悴的祖孫三人，如今容光煥發，衣著華美，身上散發光芒，氣色喜樂安穩。我心中充滿欣慰，正欲與他們交談，夢境卻戛然而止。醒來後，我深信這必是三寶加持，使他們蒙受功德超薦，得以解脫苦趣，往生善道。

同樣殊勝的是，自初三誠心迴向後，困擾多日的大腿疔瘡竟逐

rākṣasas appeared, wielding iron tridents as they carried out brutal punishments. The air was filled with the anguished cries of those being tortured. Strangely, they seemed completely unaware of my presence. I quickly led the three women to take shelter behind a massive mountain. What unfolded before us was utterly horrifying.

The yakṣas would spear a person and hurl them into the sky. Instantly, swarms of venomous snakes, fierce eagles, and unfamiliar predatory birds would surge from the empty air. In less than a second, they tore the victim apart and devoured them completely. After the bones vanished, the person would reappear on the ground, only to be thrown into the air again. This endless, unspeakable cycle of suffering repeated itself over and over.

Startled, I opened my eyes. The clock read 2:17 a.m. on the third day of the Lunar New Year. I immediately understood that this dream was not a coincidence. It was a warning from the Buddhas and Bodhisattvas, reminding me that my relatives were still suffering in the lower realms. During the repentance ceremony that day, I prayed with the utmost sincerity and dedicated all the merit I had cultivated to the kin I had seen in the dream, hoping the power of the Three Jewels would free them from suffering.

In the early hours of the day marking the completion of the repentance ceremony, I dreamed once more. I found myself on the same street, and the same middle-aged man appeared, silently pointing toward the familiar alley. Understanding his meaning, I entered and opened the third door.

What appeared before me was beyond imagination. The scene was completely transformed: the interior shimmered with splendor and radiant light, creating a pure and solemn atmosphere. The three women—grandmother, mother, and daughter—who had been gaunt and haggard were now radiant and dignified. They were elegantly clothed, their bodies emitting light, and their expressions were joyful and serene.

My heart swelled with relief and gratitude. Just as I was about to speak, the dream abruptly ended. Upon waking, I was convinced this was the compassionate empowerment of the Triple Jewel, confirming they had received the dedicated merit, were liberated from suffering, and had been reborn in a wholesome realm.

Equally remarkable, after I made that sincere dedication on the third day, the troublesome boil on my thigh gradually subsided and was completely healed in less than a week. This deeply impressed upon me that repentance benefits both the living and the departed. It not only aids beings in unseen realms but also eradicates one's own

漸消退，不到一週便完全痊癒。這讓我深刻體會到，拜懺不僅冥陽兩利，也能消除自身業障，消解病苦，這正是禮懺功德的真實展現。這段經歷給了我許多啟示：誠心懺悔功德不可思議，迴向的力量能廣利一切眾生；佛法並非空談，而是真能改變因果業力的妙藥。夢境前後的變化，以及病苦的痊癒，正是冥陽兩利的明證。今後我定當倍加珍惜，持續精進修行，以此功德普願眾生離苦得樂，共證菩提。✿

karmic obstacles and alleviates illness. This is the true manifestation of the merit and virtue of repentance practice.

This experience offered profound insights: the merit of sincere repentance is truly inconceivable; the power of dedication universally benefits all beings; and the Buddhadharma is not empty theory, but a wondrous medicine that genuinely transforms karmic causes and effects. The dramatic changes in the dream, coupled with the healing of my illness, stand as clear testimony to benefits in both the seen and unseen realms. From this point forward, I resolve to cherish this practice even more, cultivate diligently, and universally dedicate this merit, wishing that all beings may leave suffering behind, attain happiness, and together realize Bodhi. ✿

呼吸之道

The Art of Breathing

翁麗華 文

作者簡介：加拿大認證私人教練、筋膜伸展治療師、步態功能專家、達比訓練系統槓鈴訓練認證教練

By Lihua Weng

About the Author: A certified personal trainer, fascial stretching specialist, certified gait function specialist, and DTS barbell trainer (Canada).



在修行的道路上，了解如何有效地運用我們的身體是非常重要的。既然肉身只是我們用來修行的暫時載具，那麼了解它如何運作、如何順應自然法則，便能讓我們更順利地修行。上人的開示中也提醒過我們，要調理身體的正氣並經常鍛鍊，使身體成為修行的良好工具。

中國的傳統文化和中醫理論中經常提到「氣」。要理解這個概念，首先需要

As we cultivate, it is essential to understand how to use our bodies efficiently and effectively. Since our physical body is a temporary vessel for cultivation, it is advantageous to understand how it functions and aligns with the laws of nature so that we can cultivate more efficiently. The Venerable Master often emphasized the importance of regulating our vital energies and exercising regularly so that the body can become a capable instrument for cultivation.

Traditional Chinese medicine and culture often refer to