



楞嚴咒句偈疏解

The Shurangama Mantra with Verse and Commentary



宣化上人講解
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南無楞嚴會上佛菩薩（三稱）

Namo Śūraṅgama Assembly of Buddhas and Bodhisattvas.

【白話解】：

「南無」是梵語，翻譯中文就叫「皈命敬投」，也就是把我們的身心性命都皈依給佛了，對佛恭恭敬敬的五體投地。只有佛是我們相信的，其他都是我們不需要相信的；所以「南無」兩個字，就叫皈命、敬投。

「楞嚴」二字，就是「一切事究竟堅固」。一切事就不是一種事，而是無論什麼事都包括在內，都在這個究竟到不可破壞的程度上了。這就是因為阿難被先梵天咒所迷，佛說這個〈楞嚴咒〉，派文殊師利菩薩用這個咒把阿難救回來。所以這叫「楞嚴會上」，就是在楞嚴法會，是當時有這一切的佛，和這一切的諸大菩薩等等；所以念〈楞嚴咒〉，先要皈命楞嚴會上的佛菩薩。唸三次。

Explanation:

Namo is a Sanskrit word, and the meaning is “to return one’s life,” and “respectfully submit.” That is, we take our body, mind, and life and return them to the Buddha. It means that we are extremely reverent and respectful toward the Buddha and make full prostrations before him. It signifies that we believe in the Buddha, and we do not find it necessary to have faith in anyone else.

Śūraṅgama, which has already been explained, means “ultimately firm and solid in all respects.” “In all respects” indicates that it is not just in one matter or one incident that one is firm, but that no matter what the circumstances, one is in all way invincible and cannot be destroyed. Because Ananda was confused by the mantra which was formerly from the Brahma Heaven, the Buddha spoke the Śūraṅgama Mantra. And he sent Mañjuśrī Bodhisattva to use the mantra and rescue Ananda and bring him back. Here, the line refers to the **Śūraṅgama Assembly of Buddhas and Bodhisattvas**, and this is the assembly in which the mantra was spoken. Before you recite the Śūraṅgama Mantra, you should return your life to the Śūraṅgama Assembly of Buddhas and Bodhisattvas by reciting these lines three times.

講〈楞嚴咒〉，是很稀有的，難遭難遇的這麼一個法會！可是你們在這裡聽〈楞嚴咒〉，一邊聽一邊睡覺，一邊聽一邊打呼，不但自己得不到受用，也令你旁邊的人坐在那地方打妄想，這是不恭敬法的一個行為。假如你學了法，若沒有師承，沒有師父傳給你，這叫盜法。那麼，你在聽法的時候，不好好聽，在那兒睡覺，這叫慢法。慢法和盜法，這都是不合法的。

所以你們各位，聽法的時候要睡覺，可以在沒有來聽法之前就喝一杯咖啡，或者喝一杯濃茶。不要才到這兒一陣子，就支持不住了，在這睡覺，盡和周公去下棋去。這是把大好光陰空過了，把聽法機會錯過了。

你要知道，你到這個講堂來，是為著法而來，不是為著睡而來，也不是為著吃而來；你既然為法而來啊，就要得到一點法。不要累我浪費很多氣力，你在那兒可就是入了睡覺三昧——嗯，很自在的，很熾盛的，很端嚴的，很大名稱的，很吉祥的，也很尊貴的，哈！把薄伽梵的六義都包括了，你一個人都包了，這是不太好。所以我希望歡喜睡覺的人，在聽經的時候也要打起精神來，不要睡那麼多覺。

☞待續

This lecture series on the Śūraṅgama Mantra is very rare and hard to come by! But some of you are sitting here listening to the Śūraṅgama Mantra lecture falling asleep and snoring; by doing so, not only are you missing out on all the benefits yourself, you're also causing those around you to have false-thinking. That is a disrespectful conduct towards the Dharma. If you learn some Dharma without your teacher's consent, you are stealing the Dharma. If you listen to the Dharma half-heartedly, casually, or even fall asleep while listening, you are slighting the Dharma. Both of these are not in accord with the Dharma.

So, all of you, if you are feeling sleepy while listening to the Dharma, you can drink a cup of coffee or a cup of strong tea before coming. Don't run out of energy right after you arrive and just "go to play chess with Duke Zhou" (fall asleep and then dream.) You will just be letting precious time slip through your fingers and missing out on an opportunity to listen to the Dharma.

You must know that you come to this lecture hall for the Dharma, not to sleep, nor for the food. Since you are here for the Dharma, you should at least gain a little bit from it. Don't tire me out by wasting my energy and breath, while you are sitting there in "sleeping samādhi" — what self-mastery, what prospering, what grandeur, what great renown, what great auspiciousness, what great nobility, ha! You have it all, all the six meanings of Bhagavān? That is not good. So, I hope that for those of you who like to sleep, you will 'strike up your spirits' (energize yourselves) while you are listening to Dharma, and not sleep so much.

☞To be continued

楞嚴咒是支援天地沒有毀滅的靈文，楞嚴咒是支援世界不到末日的靈文。所以我常說，世上若有一人會念楞嚴咒，這世界就不會毀滅，法也不會滅的。等到世上沒有人會念楞嚴咒時，那時佛法就該滅了。

——宣公上人

The Śūraṅgama Mantra has a force that upholds heaven and earth and keeps them from becoming extinct. It is that spiritual force that prevents the world from coming to an end. As long as one person can recite the Śūraṅgama Mantra, the world won't be destroyed, and the Dharma won't become extinct. When there is not a single person left who can recite the Śūraṅgama Mantra, the Buddhadharma will die out.

—By Venerable Master Hua