

「娑婆」：你們都知道，這個世界叫娑婆世界。「娑婆」兩個字，就翻譯成「堪忍」，又翻譯成「忍愛」，又翻譯成「善說、善到」；有這三種翻譯法。

堪忍，言其我們眾生堪能忍受娑婆世界的痛苦。娑婆世界的苦太多了，可是我們眾生，還能在這裏忍受。忍愛，也就是說眾生在娑婆世界，能忍這個苦，而生出了一種的愛心。善說、善到，言其這個娑婆世界，你說是很好的，還到娑婆世界來做人。

——摘自宣公上人《大悲咒句解》

"Saha": You all know that this world is called the Saha World. The term "Saha" has been translated in three ways: "endurance", "tolerance with love", and "well spoken of, well aspired to".

"Endurance" refers to our ability as living beings to bear the suffering of the Saha World. Despite the abundance of suffering here, we can still endure it. "Tolerance with love" means that, while enduring this suffering in the Saha World, living beings develop a kind of emotional love. "Well spoken of, well aspired to" implies that, despite the hardships, people speak of the Saha World as being good and are even willing to return here as humans.

——An excerpt from the Explanation of
Great Compassion Mantra by Venerable Master Hua