

以宣公上人爲榜樣—親願師剃度出家

Taking Venerable Master Hsuan Hua as a Role Model — Qin Yuan Shi Enters the Monastic Life

林世莉 文/譯

Written and English Translated by Lin Shiju



萬佛聖城居士訓練班學員邢親願，於2025年3月2日（農曆二月初三）上午8時30分，依上宣下化老和尚領導的僧團出家，在如來寺禪堂剃度。由平日教導佛法的比丘恒江法師擔任剃度師，並由如來寺負責沙彌訓練的軌範師近幸法師擔任教授師，圓滿親願師多年的出家心願。

來自天津的親願師，父母都是教師。他出生於一座由寺廟改建的教師宿舍；從小出去玩，看到小佛龕，就忍不住進去打坐；每逢夏天必定理光頭。剛上大學時，因為生活缺乏規律，身體變差，於是往精神層面追求。當時嚮往在山林清淨修行，開始萌生以後要出家的念頭。

到美國攻讀博士期間，意外遇上百年大疫。在網上看到宣公上人的開示，覺得上人創辦的萬佛聖城是座清淨道場，容易用功修行。2022年夏天，在拿到博士學位後，立即前來萬佛聖城。發現在此能夠遇到來自世界各地的人，大家互相尊重，相處和諧。

On March 2, 2025 (the third day of the second lunar month), at 8:30 a.m., Qin-Yuan Xing, a trainee from the City of Ten Thousand Buddhas' Laypeople Training Program, fulfilled his long-held aspiration of shaving head and entering the monastic life in the meditation hall of Tathagata Monastery. Under the guidance of the monastic community founded by the late Venerable Master Hsuan Hua, he received the Noivce Precepts. Dharma Master Heng Chiang, his regular Dharma instructor, served as the Precept Transmission Master, while Dharma Master Jin Xing, supervisor of novice monk training at Tathagata Monastery, acted as the Teaching Acharya.

Born in Tianjin, China, to a family of teachers, Qin Yuan Shi spent his early years in a converted temple that served as a teachers' dormitory. As a child, he was instinctively drawn to meditation whenever he encountered small shrines and would shave his head every summer. During college, his health declined due to an irregular lifestyle, prompting him to seek spiritual fulfillment. He yearned for the tranquility of



forest retreats, planting the seed for his future monastic path.

While pursuing a Ph.D. in the U.S., the pandemic led him to discover Master Hsuan Hua's teachings online. Deeply moved, he recognized the City of Ten Thousand Buddhas as an ideal place for dedicated practice. After earning his doctorate in 2022, he immediately traveled there, finding a harmonious community where people from diverse

從前做科研時，親願師覺得現代科技將人際關係都給扭曲了，那樣的生活沒有究竟的意義。人生短短數十年，出家能調整身心，專心修行，將執著、習氣散掉。他在修行路上從念佛法門入手，但發現自己太執著緊張。其後接受法師建議，要打好修行基礎，先學習放鬆六根、放鬆身心，儘量不打妄想，心念保持在當下。現在對戒律比較好樂，看戒律的書覺得很踏實，希望以後能像持戒清淨的高僧一樣，和其他人相處時，能將人性中的慈悲、溫暖分享給別人。

父母親原本期望他拿到博士學位後，風風光光在外面做事。因此對於他「不要名利、要做大丈夫、了生脫死」，直接到萬佛聖城修行，父母都感到放不下。但在視訊通話中，發現他在參加過第一個冬季三週禪七後，很多原本令人苦惱的習氣毛病都消失了，父母親覺得挺好。而且萬佛聖城重視教育，也是身為教師的他們深感認同之處。

出家時，得到雙親全力的支持，令親願師頗為感動。母親還特別叮嚀他：「要以宣化上人為榜樣，做個像上人那樣的出家人。」剃度儀式後，親願師表示，此刻，心中充滿感恩，今後將以出家人的身份，更加精進修行。期許自己能夠解脫，並幫助眾生從生死的輪迴中解脫出來。❀

backgrounds respected and supported one another.

Reflecting on his scientific career, Qin Yuan Shi observed how modern technology distorts human relationships, leaving life devoid of ultimate meaning. Realizing the brevity of life, he chose monasticism to refine his mind and body, dissolve attachments and habituation, and cultivate liberation. Though he initially focused on Buddha-recitation, he struggled with tension until a Dharma Master advised him to first relax his six sense organs, relax his body and mind, try not to give rise to false thinking and keep his mind in the present moment. Now, he finds deep inspiration in vinaya (monastic discipline), aspiring to emulate prominent monastics who purely uphold precepts, and shared compassion and warmth when dealing with others.

Initially, his parents had hoped he would find a job and achieve worldly success after his Ph.D. They struggled to accept his renunciation of fame and fortune to “become a true spiritual warrior and transcend the cycle of life and death.” He went directly to the City of Ten Thousand Buddhas for spiritual practice, but his parents felt unable to let go. However, after witnessing his transformation—particularly the dissolution of bad habits following his first winter three-week Chan session—they grew supportive. The City's emphasis on education further resonated with them as lifelong teachers.

When Qin Yuan Shi announced his leaving-home plans, his parents wholeheartedly endorsed his decision, which deeply touched him. His mother told him, “Follow Venerable Master Hsuan Hua's example—become a monastic like him.” After the ceremony, Qin Yuan Shi expressed profound gratitude, vowing to diligently practice as a monastic, attain liberation, and guide others out of the cycle of life and death. ❀