

My Mother

我的母親

A Talk by Hean Chiang at GBM on October 22, 2017

張果賢居士 2017 年 10 月 22 日結法緣於金佛聖寺



(from left to right: 張果賢、郝果堅、張果慧)

All Buddhas and Bodhisattvas, Venerable Master, Dharma Masters and Buddhist Friends, Amitofo.

諸佛菩薩、師父上人、各位法師、各位善知識，阿彌陀佛！

For those who do not know my name, I am Hean. And beside me is Cindy. She is a very dear family friend and a god daughter to my mother. Because of my lack of Chinese, Cindy will be translating for me in Mandarin. I will attempt to speak in Cantonese but please forgive me for my 'broken' Cantonese.

我是 Hean（張果賢），旁邊這位是 Cindy，她是我媽媽（郝果堅）的乾女兒，也是我們家裡邊非常親密的朋友。因為我的國語比較差，所以請她來幫我作翻譯。我也會試著用廣東話講，如有不通順或詞不達意，請各位多多包涵。

Although I have been coming to Gold Buddha Monastery (GBM) for a long while, I am ashamed that I am ignorant in Buddha dharma. As such, I have chosen an easy topic to speak today, which is my mother and the life lessons I learned from her. But first of all before I start, my sister and I with our families are truly grateful to all Dharma Masters and our Buddhist friends for your kindness and compassion in chanting for my mother's well being for the past

7 weeks; as well as for your monetary contributions. We have donated all the monies to GBM on behalf of our mother. When she was alive, our mother was always touched by the care and warmth from everyone whenever she came to GBM. So once again, thank you, Dharma Masters and friends very much for your kindness.



(DM Chih & Khok – 浴佛法會 Wesak 2017)

DM Jung & Khok
- 2015 Cherishing Youth

我雖然來到金佛寺已經將近 30 年。由於我對佛法的淺薄，今天我選了一個最簡單的題目。我講一講我自己的母親以及從她那裡所學習到的人生經驗。不過首先我姐姐（果慧 Seng）和我，以



及我們的家人，真誠感謝所有法師和善知識們的仁愛和慈悲，在過去的七個星期為我母親念經。同時也謝謝大家的白金（白包），已經代我們母親全數捐給了金佛寺。母親在生時，每次來到金佛寺，都受到大家的愛待和照顧，一直令她很感動。再次感謝各位法師和朋友們的仁慈。

My mother was a strong-minded, cheerful and a very independent lady and the lessons she taught me were full of wisdom and compassion. A long time ago when I was sick from chemotherapy, she was there to support me, physically, mentally and spiritually. She taught me to handle my suffering in a calm and peaceful manner and encouraged me to chant the Sutra of the Past Vows of Earth Store Bodhisattva. That was nearly 20 years ago and the lesson I learned or a little enlightenment I had then, was that suffering was uninterrupted day and night, and even though it was only a very small fraction

of an eon, it was very unbearable. I cannot imagine how much more suffering there is in the Uninterrupted Hell as described in the sutra. This experience changed my perspective of life and I feel it was a tough but a very worthwhile lesson.

我的母親是一位意志堅強、非常獨立、又爽快的人，也很喜歡開玩笑。她給我的教導都充滿著智慧和仁慈。很久以前，當我因病要接受化療時，她一直在精神上支持我。教我冷靜、祥和地對待痛苦，並鼓勵我念《地藏經》。快 20 年前那場病也給了我小小的啓示：我在那一段時間內，夜以繼日的痛苦，不過是永世中的一霎那，簡直不能想像經書裡描述的「無間地獄」的苦，到底有多苦！這段經歷雖然艱苦，卻是很有價值，因為它改變了我的人生觀。

In 2010, my mother was diagnosed with Congestive Heart Failure at the age of 92 years old. It meant her heart was failing, liquid may fill her lungs and feet, and the medications she had to take affected her kidney function. We did not know how long we would have her but are grateful to have the continuous opportunity to care and enjoy her for the next 7 years. After the diagnosis, she still insisted on living her very independent life. It was worrisome for us but we respected her wishes. It was only 3 years ago, at the young age of 96 that she finally agreed to move back with me.

2010 年，母親患上心衰竭，就是說她的心臟在衰退。可能有肺積水和腳腫，而且治療藥物的副作用又影響到她的腎臟功能。不知道她還能和我們在一起多久，但是很感恩，接下來七年，我們仍然擁有她、照顧她，跟她快樂的生活。發現病情之後，她還堅持自己獨立生活。我們雖然擔憂卻尊重她的決定。僅僅在三年前，我 96 歲“年輕”的媽媽終於同意搬回來和我住。

My mom, sister and I spent a beautiful summer last year. We enjoyed simple things in life; such as drinking coffee, enjoying the garden, praying to the Buddhas, chanting, chatting and joking. We had many laughs. One time, I remembered her cheekily telling me in a secretive voice that she had stuffed a lot of money at the top of her shirt. She would then pull out sheets of clean tissue. Was she senile? No, she was not. To her, these tissues were similar to if not more valuable than actual money because she needed them for her convenience to spit lots of sputum. She always thought of ways so that she could take care of herself without bothering others, including her daughters. That's my mom.

去年，母親與我姐妹倆度過了一個愉快的夏天，一起分享著生活中的小樂趣：如喝咖啡、欣賞花園、拜佛、念經，甚至鬧著玩。我們有過很多的歡笑。記得她曾經頑皮地用神秘的語調告訴我：「我的衣裡藏著好多好多錢」，然後將一張張乾淨的面紙巾扯出來。不要以為她是老年癡呆，其實這些紙巾對她可能比鈔票更有用，她要用來清潔她大量的痰沫，

因為這是她心臟病引出來的。她總是想方設法來照料自己，而儘量不要麻煩別人。我的母親就是這樣的人，連她的女兒，她也不要麻煩。



(Summer 2017)

Even though I had personally received several life aging notifications e.g. failing eye sight, slower brain functions, stiff bones in the morning and many more; but nothing prepared me for the deep insights I had on this 2nd type of suffering - old age; until I witnessed my mom's fast aging process and suffering. I was humbled by my mother's aging graciousness and diligence. Whenever her energy permitted, she was eager to attend the Great Compassion Repentance session at GBM. Even though it was difficult for her to see the text, she would keenly follow when I sat beside her pointing to each character

for her. From all these, I again learned a huge lesson from mom.

雖然我自己也已經收到不少生命老化的警告，如視力衰退、思維減慢、早晨起來筋骨僵硬、很痛等等。但是這些都沒有讓我意識到這第二種苦——老苦，已經來到我面前。直到親自看到母親的快速衰老退化，我才知道這個老苦到底有多麼苦。母親在衰老的過程中，她仍然保持著她的慈祥 and 勤勉，我自愧不如。她只要精神能支持，總是很熱心要來金佛寺參加每天的《大悲懺》法會，雖然看書已經非常困難，但她總會細心、耐心地跟隨我指給她看的每一個字，跟著念下去。所以我是在母親這個老化過程中，我又在她那裡學到另外一個很大的人生課題。

There was a time when she was appalled that she had forgotten how to wear her precept sash. For a few days on end, she would practice again and again until one day, she smilingly said that she knows how to wear her precept sash again.

曾經有一個時間母親忘記了怎樣搭她的戒衣，令她自己非常震驚。以後幾天都在不停地練習，直到有一天她微笑著告訴我，她又會搭她的戒衣了。

It was sad to helplessly watch as she ages but it also enriches my life watching how she handled herself. She was calm in her nature and took care of herself physically and spiritually. She chanted 'Amitofo' or 'Guan Shi Yin Pu Sa' whenever she could. She was diligent in exercising even though her bones

ache all the time. There was one day when we went for a stroll and I videotaped her when she started exercising; lifting her arms and moving her hips. So for those of you who may be interested in watching a cute short clip of her exercising, please let know during the break and I will show you on my phone.

我無奈地看著母親衰老，不過看到她如何管理自己，倒是令我的人生得以充實。無論在生理上和精神上，母親都以她冷靜的心性來管理自己。她也會儘量地、經常性地念「阿彌陀佛」和「南無觀世音菩薩」。她也堅持做運動。就算在長期筋骨疼痛的情況下，她也會堅持。我經常帶她到外面去散步，就算推著“小推車”，她也會做運動。有一次我帶她出去，她做一些小運動，我就看她很可愛，就將她錄了下來。



Karmic retributions caught up with mom in her last few months. She contacted shingles. Shingles is a disease that causes unbearable nerve pain. It was very, very painful and at the very beginning, she would lament why she has to suffer this painful disease at her old age. We would chant Guan Shi Yin Pu Sa's name together. One day, I asked mom to share her pain with me. Of course, she was like a ferocious lion protecting her cub and said a strong firm 'No'. She quietly practised endurance and contemplated sickness suffering as a 'test' on her. She would constantly remind herself of endurance with a Chinese character 'Endure' on her wall.

在母親最後幾個月的生命裡遇上因果，患了「帶狀皰疹」。這個病多伴隨神經劇痛，真的是很痛！最初她哀嘆為什麼到這把年紀還要承受這種病的痛楚！我們一起念「觀世音菩薩」佛號。有一天，我跟她說讓我來分擔她的痛苦。她就像勇猛的母獅保護她的幼獅似的，強烈而堅定地說：「不可以！」然後她默默地忍受劇痛。在床邊，她掛上一個「忍」字，她經常看著，就當這病苦是給她的考驗。

In her last couple of months, we had assistance from Fraser Health and she had a number of caregivers who were very kind to her. They would bring laughter to her and comforted her. Those were her blessings.

在最後兩個月，政府“菲沙衛生局”派來護理人員幫助母親。他們逗她笑、安撫她，對她非常仁慈。這也是她的福氣。

We cared for her daily needs and whenever she could, we would stimulate her mind and motor skills with games. At times, we sat at the front door together and enjoyed the sunshine and garden or after dinner, we would wheel her for a walk around the neighbourhood to see an auspicious statue of Guan Yin Bodhisattva in a neighbour's garden. Her eyes would especially light up whenever her grandchildren kept her company.

我們很注重母親的日常需要，只要她體力精神允許，我們會利用遊戲來刺激她的思維和行動能力。很多時候我們就坐在前門享受陽光、欣賞花園。晚飯後，有時候就推她到臨近的街上走動一下，看看鄰居花園裡那一座優雅的觀音塑像。尤其是當她的孫兒女來陪伴她的時候，她高興地連眼睛都會特別明亮。

In the morning of September 2, she was feeling unwell and was admitted into Burnaby Hospital. Her heart and kidneys were failing and she was placed in acute care. While she was in hospital, my sister, cousin and I took rotating shifts in looking after her 24 hours a day. On one particular night, she woke up very hungry at midnight. My cousin fed her a big bowl of rice porridge and had a good conversation with her. She was very responsive and coherent in her responses. On another night, she woke up and chanted 'Amitofo' loudly. The nurses were worried until my cousin explained that she was only chanting.

9月2日早上，母親感到不舒服，我們便送她進 *Burnaby* 中央醫院。發現她心臟和腎臟都衰竭了，所以緊急把她移到加護病房。在她住院期間，我的妹妹、表弟和我輪流照顧她，一天 24 小時。有一天，她半夜醒來，說很餓，我表弟就給了她一大碗米粥，也談了很多話，她的回答都很靈敏，講話也很連貫的。又一個晚上，她醒了，就大聲念起“阿彌陀佛”。護士很擔心，我的表弟就解釋說她只是高聲在念唱。

Over the next few days after her admission, her doctors were amazed and encouraged that she had improved. She recognized all of us. She even pulled a joke on my sister. Out of a sudden, she said there's a rat and my sister was shocked and said 'where?' She then laughed and said 'I am only pulling your leg.' However, the doctors were still cautious because the heart organ is unpredictable and so they were not able to provide a life span prognosis. They basically prepared us that we will be supported by a palliative home care team when we bring mom home when she was stabilized.

接下來三、四天，醫生很驚訝她的病情有好轉。當時她很清醒，能夠認清我們每一個人。當姐姐陪她時，她甚至還開了個玩笑，很突然說：「有老鼠！」姐姐驚訝地問：「在哪裡？」母親竟然就笑了，說：「跟你開玩笑的啦。」由於心臟功能很難預測，所以醫生也很難告訴我們母

親的壽命還能延長多久，只是要我們預備當母親情況穩定後會送她回家，並且有“安寧居家護理隊”來支持我們。

On Sept. 7 morning, after the nurse aide gave her a body wash, I asked if she wanted some rice porridge. She nodded and less than an hour after I fed her a small bowl, she showed some signs of discomfort. I called for help and the nurse and doctor came immediately. It then happened.... so peacefully and quickly..... my mother passed away, at about 11:50 am.

9月7日早上，助理護士幫母親洗完澡之後，我問她要不要喝點稀飯，她點頭。就喂她吃了一小碗稀飯。過了不到一個小時，大概半個鐘頭到四十五分鐘，母親似乎感到不舒服，我找護士。護士和醫生馬上就來了。當他們來，事情就發生了，我的母親在早上十一點五十分與我們永別了，走的那麼快速、那麼安詳。

There were many deep lessons I learned in the past few years, and there is also much to be thankful for. My mother is no longer suffering the awful nerve pains from shingles. I no longer need to worry about her inevitable forthcoming toothache from a couple of decaying deep roots embedded in her gums. I am very thankful that my mother's passing was quick and peaceful.

這幾年來的經歷令我學習到很多。而值得感恩的是，母親不再需要忍受「帶狀皰疹」伴隨的神經劇痛；我不再需要擔心她牙根深處的腐爛即將帶給她無可避免的牙痛，這是牙科專科都不知該怎麼處理的事，因為這個痛總會到來。非常感恩母親走得快速而平靜。



It was amazing to watch her face slowly transformed and relaxed into a smile as we chanted 'Amitofo' for the first 8 hours. Toward the end of the chanting session, after Dharma Masters arrived, I am comforted that one of our family members saw mom in her robes, waving her hand with a smile on her face. Today is my mother's last 7th day ceremony at GBM and I, on behalf of our whole family would

like to express, once again our deep gratitude to all Dharma Masters and friends for your compassion in chanting for my mother's well being.

在我們為她念誦「阿彌陀佛」開始的八個小時裡，很驚異地看著她的面部慢慢放鬆、慢慢見到笑容了，真是太神奇了。令我最欣慰的是，我們念經到最後一段，法師已經來到了，那時我們有位家人就看到母親穿著海青，面帶微笑，在跟我們揮著手呢。今天是為我母親作法會的最後一

天，我代表我們全家深深地感謝、感恩各位法師和所有善知識們的辛勞和善願為母親誦經。

Amitofo.

阿彌陀佛。



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<https://www.youtube.com/watch?v=4oS0vDzL0OE&feature=youtu.be>

In Memory of Khok Teng Kin





In 1985, she visited the City of Ten Thousand Buddhas with her good friend and was overjoyed to see Shi Fu again.

1985年，她與好朋友去萬佛城，高興地見到了師傅。

2:51 / 8:51



金佛聖寺

Gold Buddha Sagely Monastery

3:20 / 8:51